

## Anniversary Community Day is Saturday

The largest residential community of Worcester County will celebrate its rich history with food, fun and carnival games during the 50<sup>th</sup> Anniversary Community Day, 1 p.m. on Saturday, June 2 at the Veterans Memorial Park in Ocean Pines.

"It's going to be a fun-filled day for the entire family," said Debbie Bennington, event organizer of the Community Day.

Fun activities will include paintball, balloon darts, ping ball toss, cornhole, spike ball, Kan-Jam, soft ball toss, Nerf guns, spin art, balloon rockets, duck pond, dunking booth, little and big bounce houses, photo booth, face painting, plinko board fun and much more.

The Association will sell shirts that bear the 50<sup>th</sup> Anniversary logo, which was created by logo contest winner Lisa Perez, at the event.

Music by DJ Extreme Paradise Promotions will set the stage for a fun atmosphere. The Pine Tones will perform at 2 p.m. Pony rides by Saddle Up Stables will also be available for children to enjoy.

Food and beverages will be available for purchase from the following vendors: the Tiki Hut Snow Cone truck, Eastern Shore Kettle Korn, De-Novo's, the Good Humor truck, Johnsons Bar B Q & Crab Cakes and Kiwanis Club of Ocean Pines/Ocean City.

Activities and games are also being provided by the Veterans Memorial Foundation, Ocean Pines Fire Department, Ocean Pines Volunteer Fire Department Auxiliary, Pine'er Craft Club, Boy Scouts, Ocean City Beach Patrol, Shape-Ups, Copy Central, Ocean Pines Anglers Club, Democratic Women's Club, Ocean Pines Garden Club, Coastal Power Washing, OC Paint Ball, Berlin Intermediate School, Ocean Pines Ladies Golf Association and many more.

The Community Day is sponsored by Peninsula Regional Medical Center, Mediacom, The Power of 2 Team & Maryland Title, Chesapeake Utilities Corporation, Avery Hall Insurance and East Coast Construction.

Residents, nonresidents and local dignitaries are invited to celebrate Ocean Pines' history at the 50<sup>th</sup> Anniversary Community Day event, at 11144 Cathell Road in Ocean Pines.



**Memorial Day** - Again this year the Worcester County Veterans Memorial at Ocean Pines held a Memorial Day ceremony that attracted hundreds of attendees. Above is the POW/MIA wreath presented by American ex POWs Walter Webster, USA and Jack Hallman, Army Air Corps. Inset: Keynote speaker Colonel **Janeen Birckhea-Morton**, Maryland Army National Guard. Photos by Susan Bertino

# Community Calendar

# May

## Coastal Hospice, MAC host aging conference

Coastal Hospice and MAC, Inc. invite healthcare professionals and caregivers to “Healing Ourselves First: Resilience as our Greatest Clinical Competence.” The conference, which is planned for Thursday, June 14 at MAC, will feature Rev. Dr. Carla Cheatham as the guest speaker.

Registration begins at 4:30 p.m. The presentation by Cheatham is scheduled for 5:30 p.m. to 7 p.m. at MAC, Inc., 909 Progress Circle in Salisbury. Heavy hors d’oeuvres will be served.

Cheatham is the section leader of the National Hospice and Palliative Care Organization’s (NHPCO) Spiritual Caregivers Section. She is the author of *Hospice Whispers: Stories of Life* and *Sharing Our Stories: A Hospice Whispers Grief Support Workbook*. For more information about Cheatham, please visit [carlacheatham.com](http://carlacheatham.com)

Cheatham will explain the differences between burnout and compassion fatigue, the triggers, the risks, how to avoid fatigue and the importance of boundaries and perception when caring for aging adults.

The cost to attend is \$10 and the deadline to register is June 8. Registration can be completed online at <http://coastalhospice.org/resilience>. Continuing education credits are available for social workers and nurses. This program has been submitted to the Maryland Board of Nursing for 1.5 hours of continuing education. For questions about the event, please call Coastal Hospice at 410-742-8732.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13 <small>Mother's Day</small>	14	15	16	17	18	19 <small>Father's Day</small>
20 <small>Victoria Day (C)</small>	21	22	23	24	25	26
27 <small>Memorial Day</small>	28	29	30	31		

## Jazz evening planned

A “Dancing Under the Stars” evening event to benefit the Germantown School Community Heritage Center will take place Friday, June 8 between 7 p.m. and 11 p.m. The performance will feature the jazz and blues of Suzette Prinkett. Tickets are \$25. The event will occur at 10223 Trappe Road in Berlin. Light fare will be served. For reservations call 410-641-0638.

## Monday

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

## Sweet Adelines

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

## Monday/Tuesday

**Sanctioned Duplicate Bridge**  
Open bridge games Monday at 12 p.m., Tuesday at 10 a.m. at OP Community Center. Call Mary Stover 410-726-1795.

## Tuesday

**Families Anonymous**  
From 7 p.m. to 8:30 p.m. at room 37 in the the Community Church at Ocean Pines on Rte. 589. For more information call Carol at 410-208-4515.

## Tuesday/Thursday

**Poker Players** wanted for Gentlemen's Poker in North Gate area Ocean Pines. Game played every Tuesday & Thursday evening 5:45 p.m. to 10:45 p.m. on Pinehurst Rd. Ocean Pines. Call 410-208-0063 for more information.

## Wednesday

**Kiwanis Club Meeting**  
Weekly meetings at 8 a.m. on Wednesdays in the Ocean Pines Community Center. Doors open 7 a.m.

## Elks Bingo

Ocean City Elks in Ocean City (behind Fenwick Inn) open at 5:30 p.m. Early birds at 6:30 and bingo at 7 p.m. Call 410-250-2645.

## Rotary Club

Ocean City/Berlin Rotary Club meetings are held at 5:45 p.m. at the Captains Table in Ocean City. Contact Stan.Kahn@carouselhotel.com.

## Square Dancing

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

## AL-Anon/OP-West OC-Berlin

Wednesday Night Bayside Beginnings Al-Anon family meetings are held at the Ocean Pines Community Center at 7:30 p.m.

## Thursday

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

## Beach Singles

Beach Singles 45 for Happy Hour at Harpoon Hanna's at 4 p.m. Call Arlene at 302-436-9577 or Kate at 410-524-0649 for more activities. [BeachSingles.org](http://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.

## Merchants launch scavenger hunt

Berlin Main Street announces a new downtown summer shopping scavenger hunt promotion called Berlin: Shop, Search & Solve.

Each shopper picks up his/her entry card at participating downtown shops and the Berlin Welcome Center. The shopper then walks about town peering in store front windows to find the color-coded letters to solve the ‘Wheel of Fortune’ style phrase on the card. Each word in the phrase will have the same colored letters.

Once the puzzle is solved, completed entries are dropped into the designated box located at the Berlin

Welcome Center, 14 S. Main Street, for a chance to win \$50 Berlin Bucks. A new winner will be chosen each week from Memorial Day to Labor Day. No purchase is required; one entry person please. You may not enter each week.

The contest will run Memorial Day weekend through Labor Day weekend.

## Singing groups seeks volunteers

Delmarva Woman's A Capella Chorus needs singers for the Ocean Pines 50th Anniversary celebration on June 21. The group is looking to swell its ranks to a chorus of 50 for the one-time event. The group in-

vites the public to practice with them on Mondays at 7 p.m. at the Ocean Pines Community Center. No audition. No further obligation. Limited time. Call Jean at 410-208-4149 for details.

## Strawberry festival scheduled

St. Paul's By-The-Sea will host its first Strawberry Festival on Saturday, June 2 from 11 a.m. to 5 p.m. The proceeds from this festival will help repay the construction costs incurred in building the new Fellowship Commons building that replaced the church rectory lost in the fire in 2013. Prepared cakes,

jellies, and other desserts will be available for purchase, along with Powellville Fried oysters, hot dogs, ice cream and drinks. Craft items will be offered for sale. There will be several basket raffles that include gift certificates for hotels, restaurants, and entertainment. Docents will be present to lead tours of the church and New Fellowship Commons. For additional information, please call the church office at 410-289-3453.



# Getting ready to celebrate with an anniversary parade

By **June Freeman**

It was the first practice for many of the soon-to-be racquet sport participants in the Ocean Pines 50<sup>th</sup> Anniversary Parade. Bodies stood here, there, and everywhere awaiting instruction from director Teri Westbrook. The group appeared to be attentive and focused, but when the first whistle blew feet moved in all directions, arms flailed haphazardly in the air and there were a few who dodged for cover rather than risk a possible collision. Westbrook's many years of experience in dance, music, choreographing, directing flash mobs, and entertaining World War II veterans at the Reagan National Airport was going to be put to good use.

For a full hour, Westbrook patiently and valiantly had the group marching in place, dipping, turning and twirling their racquets. Then the moment of truth came and a near miraculous event took place. Teri assembled the group of marchers in a straight line and marched them down the driveway. Their feet and racquets moved in tandem to the music of "Celebrate Good Times."

This is but one of the forty entries getting ready to participate in the Ocean Pines 50<sup>th</sup> Anniversary Parade.

Chairing this anniversary parade is an enormous undertaking requiring a tremendous amount of time, coordination, and problem solving. Carol Ludwig, who volunteered to be chairperson of the parade, discussed the process and details involved. The planning started almost a full year ago. Ludwig praised her parade committee including members of the Delmarva Chorus and Bob McConkey for all their hard work. She explained that forty entries for the parade means hundreds of people and lots of cars, trucks, floats and marchers. The parade is scheduled for June 2 and will begin at 10 a.m. It will start

from Village Way and go to White Horse Park, northbound on Ocean Pines Parkway.

It is clear that Carol Ludwig, two-time winner of Ocean Pines Volunteer of the Year Award and a founding member of the Delmarva Chorus of Sweet Adelines International, is more than up for the task. Positivity, energy, and a love of Ocean Pines are a just few of her attributes. Carol said her mother always said that "if the word 'hyperactive' was available back then, I would have been diagnosed with it." Given the huge responsibility of chairing the parade, hyperactivity has turned out to be a big asset for Carol.

Meetings, organizing, planning, discussing, adjusting, and keeping paperwork are some of her daily activities as the chair of the parade. Ludwig responds to dozens of emails every day from people asking questions, making suggestions, requesting meetings, pondering organizational matters and the list goes on and on. Carol commented, "I try to answer all my emails right

away. No matter what the email, I use self-control and good manners." Then with a smile and her great sense of humor, she laughed and added, "and no curse words."

Anything of this magnitude cannot be without its trials and tribulations. There was a lot of discussion and concern as whether the Ocean Pines Parkway would be closed down for the parade. In the end, it was decided that only the northbound side of the parkway would be closed and the southbound will remain open. The Ocean Pines police have been working with everyone involved in order that everything runs safely and smoothly. Then there was the decision as to where the parade would be staged as there had to be a place large enough to accommodate the massive amount



**Carol Ludwig**

of parade vehicles and people.


When asked if she would volunteer to do this again, Carol's response was "Absolutely. I want this to be a celebration of the residents of Ocean Pines. Remember that Ocean Pines is fifty years old, very successful, and a wonderful place to live."


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



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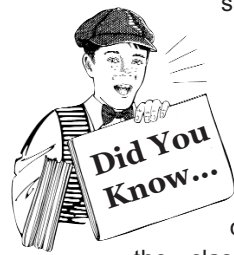
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## 2012 Business of the Year

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Modern technology has forever transformed the classroom. As calculators replaced abacuses, mobile phone apps have now replaced calculators, and such advancements continue to change how students learn. One way



schools are notably different from those of the past is through the absence of a once major component of

the classroom layout. Chalkboards are either missing or completely retrofitted in modern learning environments. In the 1800s, slate blackboards were the new technology, replacing handheld tablets of wood or slate. Within the last few years, schools have increasingly opted for cleaner "white boards" or "smartboards," which are digitally connected to computers and offer touch interfaces similar to those on tablets and smartphones. As e-books replace textbooks and more assignments are handed in via digital documents, lockers may be the next to vanish.

## FOP clarifies endorsement position

**Editor:**

Having spent many years as a police officer, fire/ems responder and now the President of The Fraternal Order of Police's Lodge 50, which serves over 100 deputies as well as members of the Snow Hill PD, Ocean Pines PD and Pocomoke City PD, I feel compelled to share with the voters of Worcester County how candidate for State's Attorney, Kris Heiser gave her word and then broke it.

On March 13, 2018 members of Lodge 50 unanimously voted to endorse Interim State's Attorney Bill McDermott in the upcoming election after hearing presentations from both candidates. We released our endorsement in writing on March 23.

Lodge 10, which represents the Ocean City Police Department, voted to endorse Ms. Heiser on March 23, ten days after our Lodge had endorsed Bill McDermott. I think it's important to note that Lodge 10 was split on their endorsement, with over 46% of their lodge choosing not to endorse Ms.



Heiser.

At the State level, the State Fraternal Order of Police were concerned that the power of an FOP endorsement would be diluted by having two lodges within one county with different endorsements, and so they instructed us to mediate a solution.

On April 2, 2018 Lodge 50 executive board met with Bill McDermott to discuss the proposed resolution between the lodges. The terms of the agreement were simple. Lodge 50 and Bill McDermott would be prohibited from doing any further publications regarding the announcement (which we traditionally always have) and Lodge 10 along with Ms. Heiser would not release the endorsement of Lodge 10 so as not to dilute any FOP endorsement. All parties agreed to the terms.

On April 21, 2018 at the Republican Lincoln Day Dinner, Ms. Heiser decided that she would unilaterally violate our trust and the agreement, and announced to the 150 people that she had been endorsed by Lodge 10.

On April 30 she disseminated a press release announcing that she had been endorsed by Lodge 10. Tellingly, the release was on her letterhead and

not Lodge 10's because she did so without their permission and in violation of our agreement. There were no quotes from the Lodge's president or e-board members.

Ms. Heiser then paid for an ad in one of our local newspapers announcing Lodge 10's endorsement.

Ms. Heiser is running for State's Attorney, a position that requires someone to be beyond all reproach. Ms. Heiser has clearly decided that winning at all costs is more important than honoring a promise she made to this county's law enforcement. I hope the press will contact Lodge 10 and ask them about the details of this letter.

It seems unfair to bind Bill McDermott to the agreement he was willing to keep, when his opponent is willing to do anything she believes is in her best interests. Lodge 50 released Bill McDermott to continue publishing our endorsement of him for States Attorney. I hope the voters of Worcester County remember that honesty, trustworthiness and commitment are among the greatest requirements of a State's Attorney, and she has demonstrated a lack of all three.

**Chris Larmore**  
Lodge 50 President

## OPA numbers game

Commentary by **Joe Reynolds**

Earlier this year OPA Treasurer Pat Supik was telling association members OPA would have an operating deficit of nearly \$2 million for the fiscal year just ended on April 30, 2018.

Association members were rightfully in shock. Speculation was rampant. The search was on for someone to blame. At the May 24th meeting of the Board of Directors, Supik said the operational deficit would be around \$1.6 million. There was no explanation of why this number would change by nearly \$400,000.

Some community members, including *Ocean Pines Progress* publisher Tom Stauss and OPA board candidate Esther Diller, are wondering why the loss would even be at \$1.6 million. Stauss, in particular, has been asking Supik for an explanation as to how OPA can project an April 30, 2018



year-end loss of \$1.6 million when the official OPA monthly financial report for March shows an operating profit of \$34,000. Supik has yet to explain.

Adding to consternation among association members, the issue is compounded by OPA's serious delay in reporting of monthly financial results for the month of April, in spite of a board motion requiring the results be made available within 13 working days after the end of the month.

What is going on?

A year ago, OPA posted a net operating loss of \$565,000 for the month of April. In April 2016 operating loss for the month of April was \$564,000.

One might reasonably assume that April of 2018 under General Manager John Bailey should be at least as good as April last year. If so, the net operating loss for the year ending April 30, 2018, should be roughly \$565,000 less \$34,000 — resulting in a net operating loss for the year of \$531,000, not \$1.6 million.

Another way to say this — if the of-

ficially reported net operations show a profit of \$34,000 at the end of March 2018, and the operating loss for the month of April 2018 is similar to the loss for April 2017, then the net operating loss for the fiscal year ending April 30, 2018 should be around \$531,000.

Perhaps there is a logical explanation, but explaining an apparent difference of about \$1 million raises serious questions. After all, OPA said the assessment increase this year was necessary to help recover the near \$2 million Supik originally projected as a loss at budget time in February.

Some association members are beginning to think a level of politics is involved here to try and make the last fiscal year look as bad as possible to justify assessment increases, or maybe something is amiss with OPA's internal accounting.

As Stauss asked Supik, "How do we get from a \$34,000 surplus at the end of March 2018 to a \$1.6 million loss at the end of April 2018?"

# Garage distraction

Have you ever experienced getting involved in a project without realizing why or how you're involved? Such was the case for me on a recent Saturday when I went to the garage to fetch a pair of pliers for a project I was working on in the house. Instead getting the pliers I

collected writing pads while attending trade shows. I have thrown them in this particular drawer so that when I want to make a note while working on a project in the garage, I can. How many notes I've made, I cannot say. How many pads I've collected? Way too many.

Scattered within the drawer were pencils of varying lengths, many nearly a stub like their point. I have a habit of placing a pencil behind my ear whenever I work on a project in the event I need to note a measurement on a piece of wood

before sawing. It may never be used but it provides a sense of security like a small child carrying a favorite blue blanket. At this point I have more than enough pencils at the ready than I will ever have projects to undertake.

Several years ago I had the idea of purchasing children's license plates with the names of family members. Remember as a kid when you could buy a state license plate with your name on it to hang from the back of your bike seat? They still make them however not all names are available. I had to purchase adhesive letters and blank plates to make certain names. Once I had them all collected and made, I hung the plates outside on the pergola. It took me awhile to complete the project and when it was done and I looked at the plates hanging there I realized I didn't like the idea one bit. So, I took them down and shoved the plates in the drawer where they've resided for many years.

Also in the drawer were several galvanized hooks, four one and half inch pulleys, a baggie filled with orange ear plugs, several dried up markers, a pair of dice and too many to count thumb tacks that had spilled from their container and were sprinkled at the bottom of the drawer like snowflakes.

Without realizing it, time had slipped by, nearly two hours, and I hadn't made but a small impact on this tidying-up project. Getting bored and not a little frustrated, I decided to call it quits. And with my forearm I swept what I had pulled from the drawer back into the drawer. The rags too were left in a pile on the corner of the bench.

When I returned to the house I found unfinished the project I was working on. Oh, that's right I needed a pair of pliers. And out to the garage I went again.



## It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

became distracted and started tidying up the work bench which was desperately disorganized.

I have a habit of pulling out a new work rag each time I'm working on a new project. When finished I throw the rag on the bench. As a result there were multiple rags scattered like jetsam on a beach following a storm. Some had been hardly used while others were laden with grease and oil or paint. There was quite a laundry pile created when they were collected.

Picking up the rags unearthed all sorts of items including bolts, pencils, a bottle of wood glue, a broken hose nozzle, various lengths of different types of string, several fish hooks and spray paint cans. Truthfully I can't remember the projects on which I was working that included the items I found. For instance what was I working on that required a left-handed work glove? And where is the right glove?

My organizing and sorting efforts were brought to a standstill when I attempted to open one of the work bench drawers. It pulled out about an inch and a half before becoming stuck. Several tugs provided no relief. Fifteen minutes was spent probing with my fingers in the crack trying to ascertain the cause of the jam. Time passed, frustration mounted. Finally I felt a pencil that was jammed nearly beyond finger reach. By manipulating a piece of old hangar wire (also found under one of the rags) and jiggling the drawer just a certain way I was able to free the pencil from its jammed position. My sense of accomplishment was short-lived as I looked down at the drawer contents and realized there was just too much stuff in it.

Turning attention away from the bench, which still required effort, I focused on the drawer from which I pulled all sorts of items. Through the years I've

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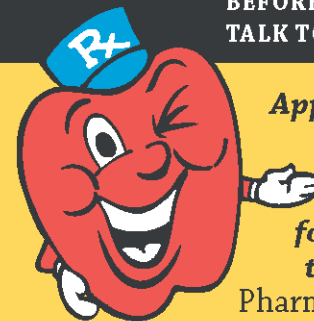
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## Wild turtles should never be taken as pet

It is that time of year when turtles may be seen more frequently. Irresistible as turtles may be, the Maryland Department of Natural Resources urges people to resist the temptation and to leave these reptiles in the wild.

Helpful Marylanders do sometimes move turtles off roads to protect them from traffic. This should only be done with extreme caution, and the turtle should only be removed far enough to be out of danger. That should be the extent of human interference.

There are no good outcomes to removing a turtle from the wild. Baby turtles are cute but they become big, can live for decades, and may outgrow their aquariums or other artificial habitats. Captive turtles often do not survive being released into the wild and released pet turtles may introduce diseases into wild populations, especially if they were kept in a home with other animals.

To protect turtles, the law prohibits the removal of some species from the wild. It is also illegal to possess any turtle under 4 inches in length. Reptiles

that have been bred in captivity, or which are not native to Maryland, may not be released into the wild. Only individual animals that were taken from the wild may be released back into the wild, and only if:

- They have not been held in captivity with any other reptile or amphibian,

- They have not been in captivity for more than 30 days, or;

- Written authorization is given by the Maryland Department of Natural Resources.

People who are interested in keeping a turtle as a pet can obtain more information from the Mid-Atlantic Turtle and Tortoise Society, which provides opportunities to adopt turtles and tortoises that cannot be released into the wild.

The rules and regulations surrounding the taking and keeping of turtles and other reptiles as pets are designed to protect native wild populations and prevent the spread of disease. More information about permits for captive reptiles and conditions for release into the wild, as well as species lists, is available here.



**Kiwanis wine tasting** - Having fun at the Wine Tasting fund raiser of the Kiwanis Club of Greater Ocean Pines-Ocean City are **Sid Warner**, with wine bottle, and **Peggy and Bill Young** on the right and other Kiwanis workers. The event was held at the Ocean Pines Community Center on May 4. Photo by Anna Foulz.

### 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.

### Charity meeting scheduled

Star Charities will hold its monthly meeting on Friday, June 1 in the Ocean Pines library. The meeting starts at 10 a.m. For further information, or if you want to join, contact Anna Foulz, President, at 410-641-7667

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PRESENTS

# 50<sup>th</sup> Anniversary Parade and Community Day

**Saturday  
June 2**

**free! Parade**

**June 2 at 10am**

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from Mumford's Landing  
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## WCHS seeks volunteers

Worcester County Humane Society is currently seeking volunteers to serve in a variety of roles to help the cats and dogs at the no kill shelter. Volunteer opportunities include adoption events and fundraising, in-shelter volunteers, fostering shelter cats and dogs, volunteering at the WCHS Thrift Store, volunteering at the WCHS Spay and Neuter Clinic and helping to take care of cats being housed at Petco in West Ocean City.

Worcester County Humane Society is a private, nonprofit that depends on donations and fundraisers to care for the many cats and dogs that find their way to the shelter. Volunteers are needed to take part in the shelter's Ways and Means Committee. This committee is in charge of all of the shelter's fundraisers and adoption events which are held mostly on weekends. There are various ways to help on this committee including chairing an event, working at an event, collecting donations for raffles and auctions, baking sweets for bake sales and making dog biscuits to sell at events. Those interested in joining the Ways and Means Committee can call Sandy Summers at 443-235-5647.

In-shelter volunteer opportunities are very much needed for care of the shelter animals. It is preferred that volunteers who are interested in being an in-shelter volunteer be able to commit to a set weekly schedule. Volunteers are needed 7 days a week. Some in-house volunteer duties include cleaning kennels and cages, cleaning cat areas, walking dogs, doing dishes and laundry, and office help. Volunteers who apply for this position must be 18 years old and must be able to work independently.

The shelter just opened the WCHS Thrift Store located on Sunset Ave. in

West OC and volunteers are needed to help process donations and work the counter at the store. The store is open Wednesday thru Friday from 10-4 and Saturdays 10-2. Anyone interested in volunteering at the thrift store can call 410-213-9400.

With kitten season in full swing and an influx of senior cats and dogs being surrendered, the shelter is in great need for foster families. The shelter provides all food, medical care, and training for foster families. Any personal pets in the foster home must be spay/neutered, current on vaccines, and FeLV negative (cats). No matter the situation or lifestyle, there is a foster animal suitable for almost everyone. Foster animals could include nursing cats with litters of kittens, abandoned kittens with no mother at all, animals who need to be socialized, senior animals who would fair much better in the comforts of a home or animals recovering from surgery or illness. Foster parenting can be more flexible than other volunteer jobs that require people to show up for a specific shift during limited times of the day and for a committed length of time. When an animal goes into a foster home, it frees up a spot in the shelter for another animal. At the same time, foster animals are able to live in a comfortable, safe environment, which makes them much happier and more likely to be adopted.

For those interested in volunteering for the shelter but don't necessarily want to physically go to the shelter, there is a wonderful opportunity to help care for shelter cats while they are being housed in the West OC Petco kitty condos. This opportunity requires the volunteer to commit to a set

*please see **volunteer** on page 15*



### Scholarships awarded

The Women's Club of Ocean Pines announced the recipients of its college scholarships for 2018. Pictured here (center, left to right) with officers of the Women's Club are **Michael Mareno, Hallie Edmunds and Savannah Nilo**

These Stephen Decatur High School seniors were awarded scholarships for your academic achievements, extracurricular involvement, and dedication to your community. Photo by Diana McGraw.

## Coastal Hospice seeks volunteers

Coastal Hospice has an ongoing and increasing need for volunteers in a wide variety of settings and services. Volunteers play a critical role in supporting the mission of Coastal Hospice – to promote dignity and quality of life for patients and families who face life-limiting conditions.

Volunteer opportunities include, but are not limited to, support for: patients and families, the We Honor Veterans Program and the Coastal Hospice Thrift Shop in Berlin. The organization also seeks volunteers for the Macky and Pam Stansell House of Coastal Hospice at the Ocean, a new hospice residence located at The Point in Ocean Pines expected to open in early 2019.

An informational session about the many volunteer opportunities at Coastal Hospice will take place 9:30 a.m. to 4 p.m. on Wednesday, June 20. The training will be held at the Philmore Commons Office Park, Suite 202, 224 Phillip Morris Drive in Salisbury. To enroll in the session, call 410-742-8732 or email volunteer services at [volunteerservices@coastalhospice.org](mailto:volunteerservices@coastalhospice.org).

Coastal Hospice depends on their volunteers to provide the quality care every patient needs and deserves, and will work with volunteers to match their interests to opportunities.

"We can work within your schedule

and where you live, and give you the skills you'll need to be a hospice volunteer," said Coastal Hospice Volunteer Services Manager Renee' Smith, who will be leading the training session. "There are many ways you can help."

Early registration is encouraged. To register for training or to receive more information, call Volunteer Services at 410-742-8732 or email [volunteerservices@coastalhospice.org](mailto:volunteerservices@coastalhospice.org).

### Focus on prayer event scheduled

For women who are feeling overwhelmed by helplessness in making a difference in the distressing events that show up daily in the news, Holy Trinity Cathedral is hosting an event. A non-denominational, spirit-led gathering will be held to focus on prayer on Saturday, June 2, from 9 a.m. to noon, at Holy Trinity Cathedral, located at 11021 Worcester Highway in Belin. For directions, see [www.htcanglican.org](http://www.htcanglican.org) or call 410-641-4882.

This event is being held to encourage women not to worry and wrestle but to focus on the prayers that move God's heart to act on our behalf.

*please see **prayer** on page 11*

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Members of the Ocean Pines Platinum Tennis Association along with Ocean Pines Marketing and Public Relations Director **Denise Sawyer** and Worcester County Commissioner **Chip Bertino**. Photo by OPA.

## Vets honored at Pines platform tennis courts

A newly installed plaque at the Ocean Pines Platform Tennis Courts now serves as a permanent tribute to area veterans.

An unveiling of the plaque took place at a May 24 dedication cere-

Force, the Coast Guard, or the Marines, each individual made some sacrifices, some large, some small."

The Veterans Appreciation Plaque was inspired by the Ocean Pines Platform Tennis Association, a local racquet sports club that is comprised of Ocean Pines residents and nonresidents.

Club member Sue Walter, flanked by proud veterans, spoke before the ceremony's audience and said, "We can lead the world by example. Only then would the labor and sacrifices of our veterans would be honored not

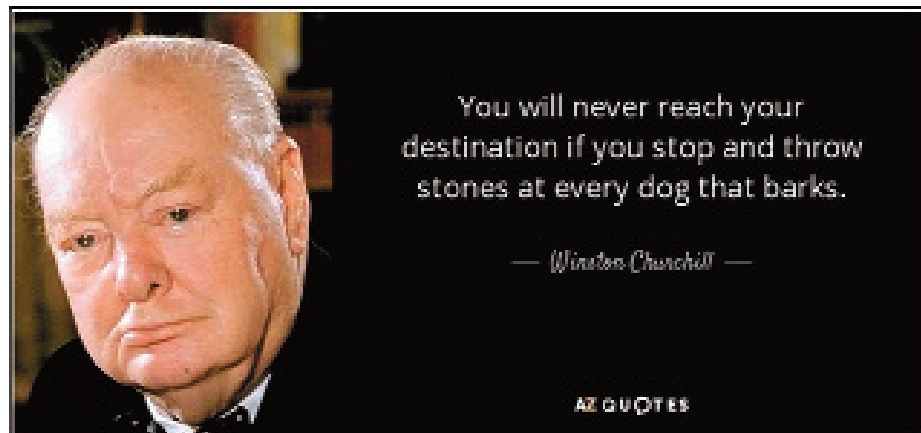
mony at Manklin Meadows Racquet Sports Complex.

"Today these veterans stand before you, representing the hundreds of thousands of men and women who have also served," said Jim Freeman, president of the Ocean Pines Platform Tennis Association, after he asked all veterans in attendance to be recognized. "Whether it be in the Army, the Navy, the Air

only in words but in our deeds."

A plaque that reads "Honoring Heroes: Dedicated to Veterans by Ocean Pines Platform Tennis Association, May 2018" is mounted to the entry of one of the newly installed platform tennis courts.

"Hopefully every player who enters our courts from now on will remember the 'vets' and the sacrifices they made for us," said Freeman.



## Say goodbye to EZPass fee

Governor Larry Hogan announced last week that the Maryland Transportation Authority (MDTA) will permanently eliminate the \$7.50 E-ZPass Maryland transponder fee for all new customers, putting \$46 million back into Marylanders' wallets over the next five years. In 2015, the governor announced major toll roll-backs across the state, resulting in \$270 million in savings for our citizens.

"Today, we continue moving forward with a commitment to provide relief for Maryland taxpayers by putting an additional \$46 million back into the pockets of hardworking middle class families, retirees, and small businesses - and back into our growing economy," said Governor Hogan. "Three years ago I stood here at this very spot and began a statewide toll cut that started with \$270 million - the first time tolls had been cut in Maryland in 50 years - and with today's transponder fee elimination, we have now cut taxes, tolls, and fees by over \$1.2 billion in the last four years."

Free transponders eliminate \$6 million in fees and provide new E-

ZPass Maryland customers \$40 million in toll discounts over the next five years. Customers using E-ZPass Maryland save 25 percent or more on Maryland tolls. At the Bay Bridge, the savings increases to 37.5 percent, or \$2.50 for an E-ZPass customer versus \$4.00 using cash.

In addition, the MDTA will replace nearly 400,000 aged transponders that are currently in circulation at no cost to customers. Anyone who bought a transponder in 2018 will be issued a credit of \$7.50 as long as the account is registered and in good standing. Customers who bought a transponder this calendar year will see the \$7.50 credit on their accounts in the next several weeks.

"It's never been a better time to become an E-ZPass Maryland customer," said MDTA Executive Director Kevin C. Reigut. "Current cash and video tolling customers can now get a free transponder and save time and money with the substantial discount that E-ZPass Maryland offers."

Additional E-ZPass benefits include an enhanced customer experi-

please see **fee** page 15

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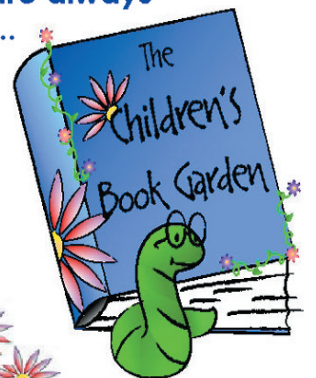
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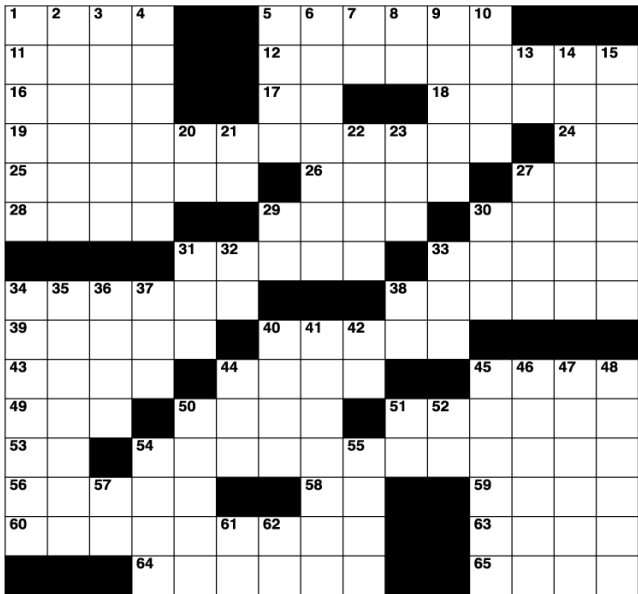
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CLUES ACROSS

1. In bed

5. Composition headings

11. Close by

12. Cannot be removed

16. Take upon oneself

17. \_\_\_, denotes past

18. Denotes ancient Greek dialect

19. American History X actor

24. Millihenry

25. Town in Sonora, Mexico

26. Netherlands river

27. Insect associated with honey

28. Adjacent

29. Change shape

30. Pattern in Indian music

31. Genus of finches

33. Australian clover fern

34. Caused to curve
38. Ability to make good decisions

39. King of Thebes

40. Belgian city

43. Basic unit

44. Phonograph recording

45. Flew off!

49. Moved quickly

50. Chums

51. Stick fast to

53. Megabyte

54. Perceives something not present

56. Fitzgerald and Eyre are two

58. Milliampere

59. Remain as is

60. Honors

63. Norse goddess of old age

64. Minimum

65. Rulers of Tunis

CLUES DOWN

1. About Andes

2. ESPN hostess

3. Cerumen

4. Perceived

5. A right related to property

6. Blessed with

7. Mendelevium

8. Of I

9. Viscous liquid

10. Suffix

13. Bromine

14. Beverage

15. Level in an organization

20. Star Trek character Laren

21. Bad grades

22. Mars crater

23. Small amount

27. Froth on fermenting liquor

29. Bachelor of Divinity

30. Follows sigma

31. Human foot

32. Commercial

33. Company that rings receipts
34. Experiencing a sudden sense of danger

35. Taxable

36. Alternative credit investment firm

37. Ho-\_\_

38. Gold

40. Will not (obsolete)

41. Supposes without proof

42. Rapper \_\_ Hammer

44. Split lentils

45. Carried out systematically

46. Condition

47. Without restraint

48. Produces reproductive cells

50. One of Washington state s Tri-Cities

51. Spielberg film

52. Elliptic function

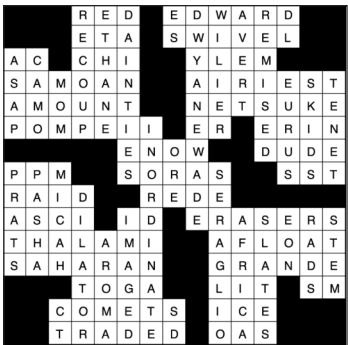
54. Pearl Jam song Hail \_\_

55. People in a film

57. Lethal dose

61. Root beer maker

62. Tellurium



Answers for May 23

Missing Peace is a must-read for mothers, families

By **Jean Marx**

Local author, Nina Wheeler, tells her real-life story in *Missing Peace*, and it's going to be unlike any autobiography you've read before. Her story will leave you spellbound and amazed at the depth of pain and heights of joy she has experienced in her life. With this being the month for Mother's Day, it is entirely fitting to pay tribute to a mother who has battled incredible odds in first surviving to adulthood and then becoming a mother not once, but twice.

Chapter 1 of the book will immediately transport you into the delivery room where Nina is about to give birth to the first of her two daughters in June 1998. We catch a glimpse that this will be no ordinary delivery when the obstetrician asks Nina to lie back so that she can do a pelvic exam. As Nina lies flat on the table, she finds herself gasping for breath and feeling as if her heart is going to pound out of her chest. She tries to speak that she can't breathe, but her voice comes out as a whisper and she wonders if she is just having a panic attack. A short time later, Nina is faced with an emergency C-section to save her baby. The emergency erupts so quickly that there isn't enough time for Nina's epidural to take effect, so she feels every bit of pain in the procedure, starting with the incision into her abdomen.

As Nina finally holds her miracle baby girl who is named Marina as the combination of Nina's husband Mark's and her own name, her challenges are far from over. Just a few short days after bringing Marina home from the hospital, Nina's heart again feels like it is going to pound out of her chest, her ankles are swollen to twice their normal size, and she is in incredible pain. Mark rushes Nina to the Emergency Room where the staff immediately set about trying to pump out all the excess fluids that she had been retaining. While they send Nina home a few days later, the doctors tell her that she will have to undergo open-heart surgery later in the year due to her declining heart capacity. Hearing this news brings Nina back to her childhood where she had been informed she had a bad heart murmur and that she had an enlarged heart. Heart surgery was mentioned as a pos-

sibility from when she was 11 or 12. Nina does go through with the heart surgery six months later and proceeds to experience the worst pain in her life, even worse than childbirth.

Life begins to settle back to normal, but it is not the normalcy Nina thought she would have. She still has no energy, but the doctors continue to brush it off as fatigue from being a young mother. In early 2000 at a doctor visit, Nina is assured that her heart was well enough for her to try to have another baby if she wanted. She and Mark feel blessed to have Marina, but they do try to conceive a second baby, fortunately with success. They bring Francesca into the world that November, and Nina again feels blessed beyond measure. She continues to feel no energy, however, and by June of 2003 at a cardiologist visit, she receives the diagnosis that she is once again in heart failure. While feeling somewhat vindicated that she had known her extreme fatigue wasn't just due to being a mother of young children, she was devastated with the news that she once again had to face another open-heart surgery and the searing pain that would follow.

In the doctor appointments leading up to this second surgery, Nina's doctors finally discover the true underlying reason for her bad heart. This discovery is the basis for the name of Nina's book, but I won't divulge the reason because it's far better for you as the reader to discover it yourself as you read her riveting book. You will find yourself equally cheering for her and believing that her life has been touched with Divine Intervention numerous times. This book is a testament to a deep abiding love for family and the resilience of the human spirit. Nina instantly connects with cardiac patients and would enjoy hearing any feedback on her book; she can be reached by e-mail at njwheeler@comcast.net. Her book is already available in softcover and as an e-Book on Amazon, but as of early June, her book will be also available at the Hallmark store in the Ocean City outlets, A Perfect Face Day Spa in West Ocean City, and at the Sisters store in Berlin.



# Recreation and Parks launches new summer camp for youth athletes

This summer Worcester County Recreation and Parks (WCRP) is launching a new camp program that is ideal for young athletes, Youth Strength and Conditioning.

The new camp is ideal for youth athletes in sixth through twelfth grade who want to improve their overall sport performance and agility and in particular those in team sports who are preparing for the fall sport season.

The instructor for this camp is Mike Hedlesky. A former Collegiate Strength and Conditioning coach, Hedlesky earned certification with the National Strength and Conditioning Association, as a Strength and Conditioning Specialist for all ages, as well as a USA Weightlifting Club coach, and USA Powerlifting coach. He graduated from Salisbury University with a bachelor's degree in exercise science and a master's degree in applied physiology. With

his education, experience, and interests, Hedlesky is uniquely qualified to help youth focus on a different aspect of athleticism necessary to be successful.

WCRP will offer two, week-long Youth Strength and Conditioning sessions at the Northern Worcester Athletic Complex in Berlin at a cost of \$35 per person, per session. Two time slots are also available, from 9:00 – 11:00 a.m. or from 4:00 – 6:00 p.m. The first session will run from June 25 to 28. The second session will run from August 6 to 9. Fridays will serve as make-up session days, if weather cancellations occur.

“Youth sports injuries are devastating, and there is no program like this on the Eastern Shore that is tailored towards youth risk prevention,” Hedlesky said. “I’m excited to start up this new program, because when I was young I never had an opportunity like this, and I wish I did.”

Campers will practice running mechanics, coordination, reaction time, and speed, and they will learn how to change directions rapidly. Serious athletes will not want to miss Youth Strength and Conditioning Camp.

For more information, contact Hedlesky at 410-632-2144, ext. 2509 or mhedlesky@co.worcester.md.us. The registration form and information about other exciting WCRP summer camp programs are available at [www.worcester-recandparks.org](http://www.worcester-recandparks.org).



**Boating** - On May 21, an event marking National Safe Boating Week was conducted at the USCG Station Ocean City. Besides the annual appeal to wear life jackets and avoid boating under the influence, this year's focus was the continued campaign to stop the dangerous practice of bow riding. Last year's efforts showed a significant reduction in bow riding violations and accidents.

Above: Commander **Sara Wallace**, USCG, Maryland National Capital Region, Maryland Delegate **Mary Beth Carozza**, State Senator **Jim Matthias**, Colonel **Zeigler**, Maryland Natural Resources Police, **Julie Brown**, Maryland Natural Resources Police, **Julie Cutlip** owner of Bayside Boat Rentals, **BMCM Timaree Sparks**, USCG Station Ocean City, Officer-in-Charge

## Thunderbirds confirmed for air show

U.S. Air Force Thunderbirds have confirmed they will perform at the 2018 OC Air Show, scheduled for June 16-17 over the Ocean City beach and boardwalk.

The 11<sup>th</sup> annual event will also feature a plethora of military performers to include the F-35 Joint Strike Fighter.

The Thunderbirds resumed their 2018 show season schedule this past weekend at Langley Air Force Base. They stood down for several weeks following the crash of Thunderbird #4 during a training flight on April 4. The pilot, Maj. Stephen “Cajun” Del Bagno, was killed.

In addition to the Thunderbirds and F-35 Joint Strike Fighter, the show lineup will feature a variety of military performers including the C-5M Super Galaxy, C-17 Globemaster III, the United States Special Operations Command Para-Commandos Parachute Team and a search and rescue demonstration by the U.S. Coast Guard.

The OC Air Show will be one of only eight air shows in 2018 to feature a flight performance of the F-35 Joint Strike Fighter. Also known as the Lightning II, the F-35 Joint Strike Fighter is a single-seat, single-engine, all-weather stealth fighter undergoing final development and testing by the U.S. Department of Defense. The fifth generation combat aircraft is designed to perform ground attack, aerial intelligence and air defense missions.

The C-5M Super Galaxy and C-17 Globemaster III, both from the 436<sup>th</sup> Airlift Wing based at Dover Air Force Base in Delaware, will each fly on one day only. The C-17 will make an appearance on June 16 and the C-5M on June 17.

For more information about the 2018 OC Air Show, please visit <http://ocairshow.com/> or follow the show on Facebook.

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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 31	9:26 a.m. 9:47 p.m.	3:35 a.m. 3:24 p.m.	5:39 a.m.	8:17 p.m.
Fri., June 1	10:08 a.m. 10:29 p.m.	4:15 a.m. 4:05 p.m.	5:38 a.m.	8:17 p.m.
Sat., June 2	10:51 a.m. 11:11 p.m.	4:57 a.m. 4:47 p.m.	5:38 a.m.	8:19 p.m.
Sun., June 3	11:34 a.m. 11:55 p.m.	5:40 a.m. 5:33 p.m.	5:38 a.m.	8:19 p.m.
Mon., June 4	12:20 p.m.	6:25 a.m. 6:23 p.m.	5:37 a.m.	8:20 p.m.
Tues., June 5	12:40 a.m. 1:10 p.m.	7:11 a.m. 7:15 p.m.	5:37 a.m.	8:21 p.m.
Wed., June 6	1:29 a.m. 2:03 p.m.	7:58 a.m. 8:10 p.m.	5:37 a.m.	8:21 p.m.

## PRMC honored for support

Peninsula Regional Medical Center has been named the 2017 Mended Hearts Mid-Atlantic Regional Hospital of the Year for the support and encouragement it provides to the national organization's local chapter, DelMarVa Chapter 221. This is the second time that Peninsula Regional has been recognized for this honor, the first being in 2010.

Peninsula Regional was chosen from a field of Mid-Atlantic hospitals that support 31 local Mended Hearts chapters operating in the states of Maryland, Virginia, Delaware, North Carolina, South Carolina and in Washington, DC. "Indeed, the strong relationship of Peninsula Regional Medical Center with its Mended Hearts chapter is a clear indication of the quality of care available to heart patients and their families," added Bill Carter, Mid-Atlantic Regional Director for Mended Hearts, Inc.

Mended Hearts is a national non-profit organization that collaborates with over 300 United States hospitals and rehabilitation clinics to provide heart patients with pre-operative and post-operative visits, group support meetings and educational forums. DelMarVa Chapter 221 has partnered with Peninsula Regional over the last 22 years, and makes more than 500 visits to heart patients and their families every

year. Chapter members pride themselves on sharing their own experiences as heart patients with other heart patients both before and after their heart surgery or other cardiac procedure. The chapter also sponsors friendly and informative monthly group support meetings for Delmarva Peninsula heart patients and their families. "We are so very fortunate to have this dynamic group of volunteers who contribute daily to the comprehensive nature of our cardiovascular service line," said Jeanne Ruff, MS, FAACVPR, Executive Director, Guerrieri Heart & Vascular Institute at Peninsula Regional Medical Center.

The Mid-Atlantic Regional Hospital of the Year award was presented to Peninsula Regional on May 21, and the Medical Center will be recognized at the Mended Hearts National Education & Training Conference this July in San Antonio.

To learn more about the Delmarva Chapter 221 of Mended Hearts, please call 410-543-7123 or email them at [mendedhearts@peninsula.org](mailto:mendedhearts@peninsula.org). Information on Guerrieri Heart & Vascular Institute cardiac, vascular, pulmonary and rehabilitation services is available on the Peninsula Regional website at [www.peninsula.org/ghvi](http://www.peninsula.org/ghvi).

## Tax assessment appeal board applicants sought

The County Commissioners are seeking residents to fill current and upcoming openings on the Worcester County Property Tax Assessment Appeal Board (PTAAB).

PTAAB members decide on appeals concerning real property values and assessments, personal property valued by the supervisors, credits for various individuals and groups as established by state law, value of agricultural easements, and rejection of applications for property tax exemptions. Each member is compensated at a rate of \$15 per hour, for a maximum reimbursement of \$90 per day, plus travel expenses.

PTAAB members are nominated by the County Commissioners and appointed by Governor Larry Hogan to serve five-year terms. Those involved in real estate sales or ap-

praisals are not eligible to serve on the PTAAB.

To apply, please contact the County Commissioners at [admin@co.worcester.md.us](mailto:admin@co.worcester.md.us) to submit a letter of interest, along with a resume outlining any pertinent experience, and to fill out an appointment form. Inquiries may also be sent to the County Commissioners at One W. Market Street, Room 1103, Snow Hill, Maryland 21863.

## Knights to host Bingo

The Knights of Columbus will host Bingo every Friday evening. The next three weeks are June 1, June 8 and June 15. Doors open at 5 p.m. Games start at 6:30 p.m. There will be a \$1,000 jackpot each week. Call 410-524-7994 with questions.



## Sports award recipients

Worcester Prep students from around Delmarva capture coveted spring sports awards. The Worcester Preparatory School (WPS) Spring Sports Award Winners from Middle School are as follows:

Worcester Prep Middle School Girls' and Boys' Lacrosse Sports Awards: Front L-R: **Zoe Brafman** (MVP-Gr. 7), **Linley Hill** (Coaches Award-Gr. 7), **Ava Wilsey** (Most Improved-Gr. 7), **Kat Moore** (Coaches Award-Gr. 8), **Myranda Beebe** (MVP-Gr. 8), **Maggie Miller** (Most Improved-Gr. 8).

Back L-R: **Ibrahim Kazi** (Coaches Award-Blue), **Mark Dahr** (Most Improved-Blue), **Jack Gardner** (MVP-Blue), **Brice Richins** (MVP-Red), **Tristan Weinstein** (Most Improved-Red) and **Bennett Tinkler** (Coaches Award-Red).

## Local student earns DPI scholarship

Nine students pursuing college and graduate studies connected to careers in Delmarva's chicken industry will receive scholarships through the Delmarva Poultry Industry, Inc. (DPI) College Scholarship Program. Eight of the recipients will attend undergraduate colleges in the fall, and are receiving \$2,000 scholarships; the ninth recipient, a graduate student, will be awarded a \$4,000 scholarship. In total, DPI is awarding \$20,000 in scholarships in 2018; last year, DPI awarded \$16,000 in scholarship grants.

"DPI's college scholarship program aims to support the next generation of leaders in Delmarva's chicken industry," said Bill Satterfield, DPI's executive director. "We were impressed by the caliber of this year's applicants, and we're awarding more scholarships than we did last year to encourage young people to consider all the interesting and rewarding ways they can be a part of Delmarva's \$3.4 billion chicken economy."

Altogether, this year's group of applicants attend or will matriculate in more than a dozen colleges and universities around the country. They are pursuing a wide range of majors, from business to engineering to agriculture.

Among the students who received the scholarships was Ryan Duncan of Berlin, a graduate of Stephen Decatur High School. After enrolling in a high school pre-engineering program, Duncan became interested in following a mechanical engineering track in college. He hopes to embark on a career applying engineering solutions to the chicken industry, including in delivering vaccines to chicks.

## WPS announces extended day program

Worcester Prep announces New Extended Day Program for the 2018-19 School Year. This after school care will allow students, Pre-Kindergarten to Grade 6, to remain at WPS until 5:30 p.m. every full day the school is in session. Children will enjoy down time and a snack before starting their homework, then engage in indoor and outdoor free play with friends. Space is limited. Only enrolled WPS students are eligible for this program. For more details, visit <https://worcesterprep.org/extended-day>. To enroll, please contact Tara Becker at [tbecker@worcesterprep.org](mailto:tbecker@worcesterprep.org) or call 410.641.3575, ext. 107.



## Holistic Health Fair draws vendors, visitors

Ocean Pines' first-ever Holistic Health Fair, held on May 19 at the Ocean Pines Community Center, drew a robust crowd looking to learn about healthy living practices that go beyond traditional medicine.

More than 20 vendors participated in the event, representing everything from massage, acupuncture and chiropractic to essential oils, crystals and energy therapy.

Brittany Jarman, a program supervisor with the Ocean Pines Recreation and Parks Department and the event's organizer, said she was excited by the turnout, which was impressive for a new program. Based on the positive feedback she received from this year's health fair she's hoping to organize another within the next year.

"I hope to find more vendors to participate and have this event become well-known in the area and have people from all over join," said Jarman.

More importantly, the event helped to introduce the public to a sector of the local business community with which they might not be familiar.

Jarman said, "I personally learned so much by talking to each and every vendor and I believe that everyone could benefit from at least one of the holistic health approaches."

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

## PRMC earns recognition

Peninsula Regional Medical Center (PRMC) in Salisbury, MD, has received the American Heart Association/American Stroke Association's Get with The Guidelines-Stroke Gold Plus Quality Achievement Award. The award recognizes the hospital's commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines based on the latest scientific evidence. This is the second consecutive year that PRMC has been presented the national achievement award.

Additionally, PRMC was presented the association's Target: Stroke<sup>SM</sup> Honor Roll award. To qualify for this recognition, hospitals must meet quality measures developed to reduce the time between the patient's arrival at the hospital and treatment with the clot-buster tissue plasminogen activator, or tPA, the only drug approved by the U.S. Food and Drug Administration to treat ischemic stroke.

Peninsula Regional Medical Center earned the awards by meeting specific quality achievement measures for the diagnosis and treatment of stroke patients at a set level for a designated period. These measures include evaluation of the proper use of medications and other stroke treatments aligned with the most up-to-date, evidence-based guidelines with the goal of speeding recovery and reducing death and disability for stroke patients. Before discharge, patients should also receive education on managing their health, get a follow-up visit scheduled, as well as other care transition interventions.

"A stroke patient loses 1.9 million neurons each minute stroke treatment is delayed. This recognition further

demonstrates our commitment to delivering advanced stroke treatments to patients quickly and safely. We're dedicated to improving the quality of care for our stroke patients by implementing the American Heart Association's Get With The Guidelines-Stroke initiative," said Warner Crumb, Executive Director of Orthopaedics and Neurosciences at Peninsula Regional Medical Center.

"We are pleased to recognize Peninsula Regional Medical Center for their commitment to stroke care," said Eric E. Smith, M.D., National Chairman of the Get With The Guidelines Steering Committee and an Associate Professor of Neurology at the University of Calgary in Alberta, Canada. "Research has shown that hospitals adhering to clinical measures through the Get With The Guidelines quality improvement initiative can often see fewer readmissions and lower mortality rates."

According to the American Heart Association/American Stroke Association, stroke is the No. 5 cause of death and a leading cause of adult disability in the United States. On average, someone in the U.S. suffers a stroke every 40 seconds and nearly 795,000 people suffer a new or recurrent stroke each year.



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## Weight management/pre-diabetes program offered

Get a healthy start to summer: Peninsula Regional Medical Center Nutrition and Diabetes Education is offering a Weight Management/Pre-Diabetes Program class session on two consecutive Wednesdays starting June 20, from 3:30 p.m. to 5:30 p.m. Classes will be held in the Hallowell Conference Center of the Layfield Tower on the Peninsula Regional campus.

Registered dietitians and nurses provide participants with strategies to develop healthy eating habits and lead a more active lifestyle. The fee is \$50.

To register or if you have questions about diabetes, please call the Peninsula Regional Medical Center Nutrition and Diabetes Education at 410-543-7061.

## Dem club to meet

The Democratic Women's Club of Worcester County will hold a luncheon and silent auction at The Dunes Manor Hotel on Monday, June 18, noon to 2 p.m. Reservations are required. Call 410-973-1021 for information.

## DeNovo's Ice Cream Bar



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# Identifying and understanding dehydration

Dehydration is a simple condition to understand, but one that can lead to a host of complicated problems. Many people may be quick to associate dehydration with athletes, particularly those who exercise outdoors in warm climates. But dehydration can affect anyone at any time, which only highlights why men, women and even children should learn to identify signs of dehydration and what to do should it surface.

What is dehydration? Dehydration happens when the loss of body fluids, namely water, exceeds the amount of fluids that is taken in. When a person is diagnosed as dehydrated, that typically means his or her body has lost so much fluid that it has begun to lose its ability to function normally.

Who is vulnerable to dehydration? Anyone can suffer from dehydration, which can be especially dangerous to young children and older adults. The

Mayo Clinic notes that older adults, who naturally have a lower volume of water in their bodies, may not feel thirsty until they are already dehydrated, so it is important that aging men and women understand that thirst is not always the best indicator that they are becoming dehydrated. Babies may become dehydrated when they get sick with an illness that causes vomiting and diarrhea. But even teens and otherwise healthy adults can suffer from dehydration.

What are the symptoms of dehydration? Symptoms of dehydration vary with age. Parents of babies and young children should be on the lookout for signs of dehydrations, as infants and even toddlers may not be able to communicate that something is wrong.

Signs of dehydration in infants and young children include dry mouth and tongue, a lack of tears when crying,

sunken eyes and cheeks, and a sunken soft spot on the top of the skull. In addition, babies who produce no wet diapers for three hours may be suffering from dehydration. A sense of listlessness or irritability in infants and young children is another potential indicator of dehydration.

Adults who experience extreme thirst may be suffering from dehydration. Less frequent urination and a dark-colored urine when going to the bathroom also is symptomatic of dehydration. Fatigue, dizziness and confusion are some additional indicators of dehydration in

adults.

Can dehydration be prevented? Dehydration can affect anyone, but there are ways to prevent it, even among those people who are especially susceptible to dehydration, such as children and older adults.

Parents of babies who are vomiting or experiencing diarrhea should speak with their pediatricians and discuss the ways to prevent such children from becoming dehydrated. Breast-feeding more frequently and giving the

baby a medicine such as Pedialyte"

please see **dehydration** on page 15



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To place your business card call  
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**End of season** - On May 23 the Ocean Pines Line Dancers concluded their winter/spring session by enjoying a luncheon together at the Dunes Manor in Ocean City. About 20 members attended. The group will resume their dance sessions at the Ocean Pines Community Center in September. They dance three days a week: Monday, Wednesday and Friday. If interested, contact Lynn at 410-713-9929.

#### prayer

from page 8

Founder of the event, Sara Lewis, author of the "Called to Pray" series, has long felt the call to intercede for others. For this fourth of many events, she has put together a team of Women of Prayer to bring down God's blessings in renewal of people and revitalization of prayer. You will be challenged to step up as a Watchwoman on the Wall for your family,

friends, country, world.

In keeping with the ancient Jewish "watchwoman" theme, Brett Buchler will call to worship with the blowing of the shofar (ram's horn) and Candy Abbott, author of "I Never Loved Him More," will inspire any who are caregivers for a family member with Alzheimer's.

To RSVP or obtain more information, email [sara@calledtopray-books.com](mailto:sara@calledtopray-books.com) or call 443-235-5675.

#### volunteers

from page 8

weekly schedule one or two mornings or evenings a week. The duties include cleaning the kitty condos, scooping litter pans, feeding and giving fresh water. These duties take about 30 minutes to complete. Please call Tina Walas at 717-991-3992 if interested in this volunteer opportunity.

Once the shelter's Spay and Neuter Clinic opens, volunteers will be needed to fill a few positions such as receptionist/scheduler, as well as cleaning the clinic and transporting animals. Those interested in becoming a volunteer can fill out a volunteer application on the shelter website [www.worcestercountyhumane-society.org](http://www.worcestercountyhumane-society.org) or stop in at the shelter during regular hours Tuesday thru Sunday 11am to 5 pm.

For more information on events or available pets visit the shelter's website. Follow the shelter on Facebook and Instagram.

## What makes a beer a craft beer?

The craft beer business is booming. According to the Brewers Association, small and independent American craft brewers contributed \$55.7 billion to the United States economy in 2014, providing more than 424,000 jobs across the country.

While craft beer is growing in popularity, even the most ardent craft beer drinkers may not know just what qualifies a beer for craft beer status. Defining craft beer can be difficult, but the Brewers Association says there are certain criteria that American brewers should meet before they can be characterized as craft brewers.

**Size:** Craft brewers are small, with CraftBeer.com saying breweries cannot produce more than six million barrels of beer per year.

**Independent:** Ownership also determines if a brewer can be characterized as a craft brewer. The Brewers Association says that, to be considered a craft brewer, no more than 25 percent of the brewery can be owned or controlled (or equivalent economic interest) by an alcohol industry member that is not itself a craft brewer.

**Traditional:** Craft brewers must

have a majority of their total beverage alcohol volume in beers whose flavor derives from traditional or innovative brewing ingredients and their fermentation.

Those requirements are more stringent, but there are some additional characteristics that help to de-



fine the craft brewing industry. For example, the Brewers Association notes that many craft brewers are heavily involved in their communities.

Such involvement may involve craft brewers sponsoring local events, but may also include philanthropy, product donations and volunteerism.

Innovation is another hallmark of craft brewers. Craft brewers often offer their own interpretations of classic beer styles, giving these styles unique twists. That departure from the norm is what draws beer drinkers to craft beers.

The craft beer business is booming and has revolutionized how people think about and consume beer. More information about craft beer is available at [www.brewersassociation.org](http://www.brewersassociation.org).

#### dehydration

from page 14

can prevent the occurrence of dehydration in babies who are sick. The Mayo Clinic recommends parents take a proactive approach to preventing dehydration in young children, meaning they should not wait until dehydration occurs or symptoms of dehydration

#### fee

from page 9

ence at toll plazas, time savings when traveling, improved air quality by lowering emissions, and by far, the most efficient toll payment method. The 2015 Toll Roll Back Plan also eliminated the \$1.50 monthly account maintenance fee, and in February 2018, the MDTA unveiled its new EZPass Maryland mobile website, providing customers with an easier and more-convenient way to access to their accounts via [ezpassmd.com](http://ezpassmd.com).

Financed solely by toll revenue, the MDTA is the state agency that finances, owns, operates, and maintains the state's eight toll facilities.

present themselves before taking action.

Adults who want to prevent dehydration should drink plenty of fluids and include lots of fruits and vegetables in their diets. Such foods contain lots of water and can help the body avoid becoming dehydrated.

The Mayo Clinic recommends that athletes begin hydrating the day before engaging in strenuous exercise. A tell-tale sign of a well-hydrated body is clear, diluted urine. Athletes should replenish their fluids during exercise and continue doing so even after they finish working out or competing.

Older adults should make a concerted effort to drink more fluids when suffering from minor illnesses, which is when such men and women most commonly become dehydrated. Drink extra water when battling influenza, bronchitis or bladder infections, remembering that feelings of thirst often surface only after the body has become dehydrated.

Dehydration is a serious yet preventable threat to men, women and children. Learn more at [www.mayoclinic.org](http://www.mayoclinic.org).

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