# **■WEATHER**



**SATURDAY** 

March 24, 2011



# **■SPORTS**

# Decatur falls in season opener

Decatur infielder Bry Bishop dives for a wild throw to second

PAGE 18



# **■CUISINE**

# Turkey sandwich, gluten-free bagels

Wheat sensitivity, aka Celiac's disease, has grown prevalently

PAGE 31



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DEE



SUPER MOON – On Saturday the moon was at perigee – the point in its orbit when it is closest to the earth, which made it appear 14 percent larger than normal. Above, the moon rises over the boardwalk near Somerset Plaza on Saturday evening.

# Both sides of the road debate Carrollton Lane traffic

BY TONY RUSSO STAFF WRITER

OCEAN PINES – The Ocean Pines Association board of directors last week decided to begin resolving the question of whether or not Carrollton Lane, which connects Yacht Club Drive to Ocean Parkway, should be a one way street.

As it currently stands, there is a sign delineating the street as one way, making the street inaccessible from Ocean Parkway and in effect doubling the traffic along Mumford Landing Road, to the dismay of the area's residents.

Since it is not a county road, the decision about how to proceed falls to the board, which took the information about the history of the disagreement under advisement but didn't debate the solution

Helen Curley, who spoke in favor of the change, said that while she understood that the 17 members who lived long Carrollton Lane wanted to be exempt from the traffic the rest of the association dealt with, the notion was unfair.

"These 17 people on Carrollton Lane don't want a lot of traffic on their street," she said. "Well, I'm sure the people in Mumford's Landing don't either but we all have to get out, don't we?"

See CARROLLTON, page 3

# Natural gas an option?

ZETTE

Chesapeake Utilities may expand service to Worcester County

BY TONY RUSSO STAFF WRITER

OCEAN PINES – To say that Bud Shea was enthusiastic about the recent announcement that Chesapeake Utilities was more aggressively exploring bringing natural gas to Worcester County, doesn't quite get at his level of satisfaction.

After a not-insignificant amount of lobbying by Shea and his dozen or so friends the utility was convinced that Worcester County generally and Ocean Pines specifically possessed enough interest to make the investment worth while

Last week the company announced its intention to make natural gas an option for area residents whose choices have up until recently been limited to oil, propane or electric.

But company senior vice-president Steve Thompson said there's still plenty to be done before the conversion. Retail distributors willing to tap into the pipeline would have the opportunity to do so once the pipeline is complete.

See GAS, page 8

CALENDAR 28 + SNAPSHOTS 27 + EDITORIAL 23 + CROSSWORD 30 + HEALTH 14 + SUDOKU 30 + CLASSIFIED 20 + ENTERTAINMENT 29

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# Carrollton

FROM PAGE 1

Curley pointed out that Carrollton Lane was 10 feet wider than Mumford's Landing Road and better suited to both pedestrian and automotive traffic. She addressed the directors at the invitation of General Manager Bob Thompson after the two had had a discussion on the matter.

Frank Philippi, who represented the members who live in Colonial Village on Carrollton Lane, disagreed with Curley's point of view. He told the directors that many of the people in Colonial Village had made there home purchases with the understanding that their homes were on a one way street.

More than that, however, he said that the amount of traffic generated as the boating season gets under way is significant.

"We're sort of a pass through neighborhood," he said. "We thought this thing had been settled years ago."

Philippi also told the directors that in

an effort to dissuade people from cutting through the developer had narrowed part of the road and that to open the road up would require some work.

In the end, the directors told Thompson to research the change process, whether and if the current one way sign is legal, and to compile the records of past debates over the matter. According to Thompson, various attorneys and county representatives have been at odds about who is responsible for deciding the rules of that particular road.

Curley said that three days after the

meeting an Ocean Pines police car was stationed at the road in question, ostensibly as a deterrent. She questioned whether or not the best use of Ocean Pines' public safety resources was to station an officer at the corner.

"That's a good use of our police department," she said with some derision. "It's really not fair."

The directors will likely meet with representatives of each of the HOAs with the aim of discovering the dominant opinion about changing or leaving the road directional signs.



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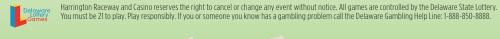
8PM - 17 winners of \$200 Free Slot Play

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# Student summer positions available at Assateague Island

BERLIN – The National Park Service is currently seeking six energetic students between the ages of 15 and 18 to work with the Youth Conservation Corps at Assateague Island National Seashore.

The students will work at the Maryland end of Assateague Island on a dune stabilization project that will help protect visitor use facilities and infrastructure. Students will also have the opportunity to work with and learn about other aspects of park management. Those hired will be paid the Maryland minimum wage, currently \$7.25/hour.

The work project will begin on Monday June 20, and continue through Friday, Aug. 26. Applications may be picked up at the National Seashore Headquarters, 7206 National Seashore Lane, Berlin, Monday-Friday, 8 a.m.-3 p.m. Fully completed applications must be received back at the park by 3 p.m. April 11.

"This is a great way to get acquainted with a land management agency, meet new people, and give back to the community while acquiring new skills, work ethics, and being paid at the same time. An opportunity similar to this was how I began my career with the National Park Service," said Superintendent Trish Kicklighter.

For additional information about the student positions, contact Ish Ennis at 410-629-6062.





Terri Sexton, owner of The Treasure Chest in Berlin, receives national recognition at the conference of the Independent Jewelers Organization.

# Sexton honored with national recognition for execellence

BERLIN - Terri Sexton, owner of The Treasure Chest in Berlin, accepted the prestigious award for "Excellence in Community Leadership" at the conference of the Independent Jewelers Organization (IJO) held recently in Colorado Springs, Colo.

Sexton was elected for this national prize from a poll of more than 800 IJO retail jeweler members. The criterion for this honor was the demonstration of ongoing community involvement, confirmation that the applicants used their time and talent to make a significant, positive impact in their area, as well as examples of how they continually give of themselves unselfishly.

According to Berlin Mayor Gee Williams, Sexton has put in hundreds of volunteer hours as chair of their nationally recognized Main Street Program. Program accomplishments include creating way finding signs, increased downtown parking, business surveys, public surveys, raising funds for Victorian Christmas decorations, creation of Little Mister and Little Miss Peach Berlin Pageant, to name just a few.

These efforts have earned Sexton the "Maryland State Main Street Organization Award" as well as the 2009 Volunteer of the Year Award. She served for many years as chair on the Berlin Chamber of Commerce as a respected voice, she served on the Atlantic General Hospital board, and is involved in the Worcester County Public School System.

"We were quite overwhelmed by the sheer number of testimonials we received from community leaders on behalf of Terri, who has been a member of IJO for almost 25 years," said IJO President Jeffrey Roberts. "Her commitment to serving others is clearly evident and widespread, and she sets the finest example for others to follow. I'm very proud to have Terri as part of the IIO family"

"I enjoy giving back to the community where I was born and raised, and I try to be a positive influence on my hometown," Sexton said. "I have met and worked with so many good people over the years who constantly inspire me, and this transcends into further efforts and actions by everyone involved in our

"To be recognized for these efforts with an award of this magnitude means a great deal to me. I grew up in this business, and when I look back at the scope of some of the things I have accomplished, I'm proud to have been able to be a part of actions that have had a lasting impact," she said.

"At our store we always strive to offer the very best to our customers, but this goes far beyond that. We all care deeply and sincerely about all that goes on in Berlin, as well as the surrounding area, and we'll continue to be as involved as we've been all these years. The rewards we receive are not monetary – they truly touch our hearts."

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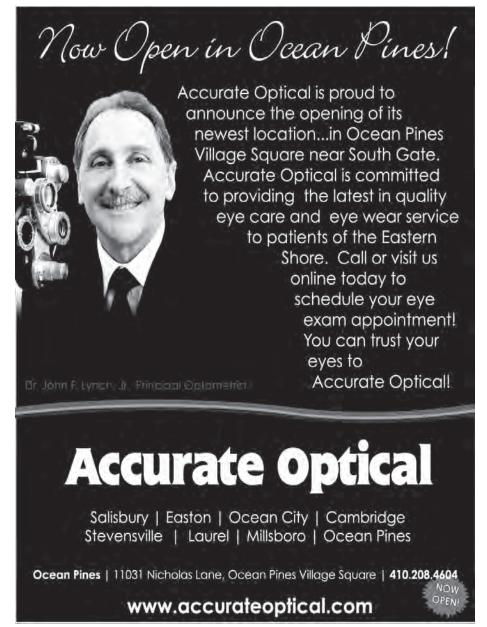
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# NEWS BRIEFS

#### LIBRARY HOURS CHANGE

Hours will change at all five branches of the Worcester County Library system, beginning this week. Il branches will be open six days per week, including one evening.

The slight reduction in operating hours was authorized by the Worcester County Library Board of Trustees. The library has lost three full-time and two part-time positions that have not been filled because of a county-wide hiring freeze.

The reduced hours will provide flexibility for employees from one branch to fill in at another location as needed, with minimal disruption to service. Worcester County Library trustees and staff regret any inconvenience these new hours may cause and pledge to provide the highest level of service possible in this challenging time for the County budget and finances.

New Hours:

■Berlin – Monday, Tuesday, Thursday, Friday: 10 a.m. to 6 p.m.; Wednesday: 10 a.m. to 7 p.m.; Saturday: 9 a.m. to 1 p.m.

•Ocean City – Monday, Wednesday, Thursday, Friday: 10 a.m. to 6 p.m.; Tuesday: 10 a.m. to 7 p.m.; Saturday: 10 a.m. to 3 p.m.

•Ocean Pines – Monday: 10 a.m. to 7 p.m.; Tuesday, Wednesday, Thursday: 10 a.m. to 6 p.m.; Friday: 10 a.m. to 5 p.m.; Saturday: 9 a.m. to 3 p.m.

■Pocomoke – Monday, Wednesday, Thursday, Friday: 9 a.m. to 5 p.m.; Tuesday: 9 a.m. to 7 p.m.; Saturday: 9 a.m. to 1 p.m.

■Snow Hill – Monday, Tuesday, Thursday, Friday: 9 a.m. to 5 p.m.; Wednesday: 9 a.m. to 7 p.m.; Saturday: 9 a.m. to 1 p.m.

#### WATER MAINS FLUSHING

The town of Ocean City Water Department will conduct its spring flushing of water mains Sunday, March 27 through Thursday, March 31, between the hours of midnight and 7

a.m. Should any discoloration of water occur during this period, residents are reminded to let the faucet run for several minutes until the water clears.

#### DIAKONIA WISH LIST

Diakonia provides housing for over 45 people, from ages 0-80, and is need of the following items: Personal hygiene items, Shore Transit bus tickets, new or gently used bicycles, new bed pillows, compact fluorescent light bulbs, stackable front loading washer/dryer, postage stamps, reams of copy paper.

Also gift cards to Staples and Home Depot, office supplies, high efficiency laundry detergent. If you are able to donate any of these items they may be dropped off at the main building on Route 707 in West Ocean City.

#### LANDOWNER EDUCATION SERIES

Space is still open to all who are interested in participating in the following series of evening landowner education workshops this March in Berlin and Snow Hill.

March 24 – Conservation Easements and Tax Law. King Burnett, an attorney and expert on tax law and conservation easements, and others will discuss the conservation easement programs available to Worcester County landowners, along with the tax implications and advantages of these programs.

Each participant will receive a copy of Preserving Family Lands, by Stephen Small. The session runs from 6-8 p.m. in the first floor board room of the WCGC. The cost to register is \$5.

Additional workshops will take place in April. For more information, contact Katherine Munson at 410-632-1200, ext. 1302 or email kmunson@co.worcester.

IARSHAL



SUBMITTED/BAYSIDE GAZETTE

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SUBMITTED/BAYSIDE GAZETT

**LITTLE WHISKERS** – Olivia Parker (left), Grade 5, dressed up for a play for Grandparents Day at Worcester Prep, greets her special guests, grandmother Lettie Parker and great uncle Gene Parker.



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SUBMITTED/BAYSIDE GAZETTI

**GRANDPARENTS' DAY** – Jillian Lebling (left) and Baylor Hoen, both of Worcester Prep's Preschool, played grandparents in a skit presented on Grandparents' Day before an audience filled with hundreds of grandparents and friends of the children in Worcester's Lower School.



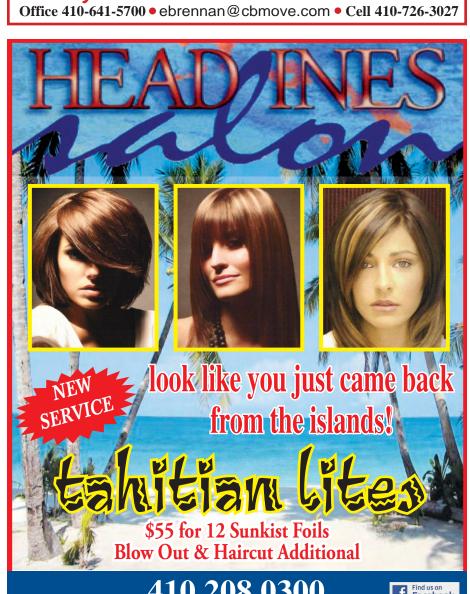


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# Gas

FROM PAGE 1

Although bringing natural gas to Worcester County has been part of the plan since the company brought gas to Salisbury and began moving down the Delaware coast, Thompson said the growing demand for the product, especially the interest shown by Shea and his group, made it clear that there was sufficient demand in the area.

"We were aware many residents of Ocean Pines were interested in natural gas," he said. "The timing just worked out."

Thompson said that the company should be able to convince federal regulators to allow the project to continue down the coast and that barring any snags over franchising or easements at the county level, his company's natural gas line should be ready to be tapped

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The pipeline is run by the Chesapeake Utility subsidiary Eastern Shore Natural Gas, which is in no way related to Eastern Shore Gas (ESG), the company currently providing Ocean Pines with propane. Once the line becomes available there are still plenty of hurdles, however

"We'd started talking to Eastern Shore Gas about the plan several years ago," Thompson said.

The first is whether the propane provider wants to get into the natural gas business. If it does, ESG will have to convert its delivery systems, which can be an expensive proposition. Given that it is an either-or proposition—the current infrastructure cannot carry both types of gas at once, there would have to be a full conversion area wide.

The other option is for Chesapeake Utilities retail arm to become the area's distributor for natural gas. While this option may take a little longer because of the infrastructure that needs to be put into place, it would likely allow potential customers to choose between natural gas or propane.

Thompson said that the company is currently evaluating the market to see how aggressively to proceed in establishing distribution to Worcester County locations. Should the demand be sufficient, Chesapeake could establish home service to all areas of the county.

**SATURDAY NIGHT** 

Patrick McAllorum on Guitar



BY TONY RUSSO STAFF WRITER

OCEAN PINES – During his monthly report to the Ocean Pines Association board of directors, General Manager Bob Thompson said he was in contact with Sen. Jim Mathias, Judy Boggs, and Bud Shea on the issue of getting natural gas made available to the OPA. He said he'd also been in touch with Eastern Shore Gas president Steve Ashcraft.

Thompson said Mathias and another delegate are beginning to compose legislation to better regulate natural gas pricing and distribution.

#### DOG PARK

After some research, Thompson said that he was in support of trying to get a dog park in Ocean Pines. He said there would be some cost involved and presented the directors with suggestions for possible locations including the park in the Manklin Meadows complex, across from the community gardens and Bainbridge Park, which he said might be the better choice.

Although it's difficult to find, he said Bainbridge Park was away from homes and has good drainage.

The cost would be between \$16,000-20,000 and was not in the current budget or the fiscal 2012 budget. Thompson suggested the OPA could maintain the park as part of its regular operation and the start-up funds could be raised as part of a matching challenge to the interested members.

The board supported the notion and suggested interested parties involve the parks and recreation advisory commit-

tee and will resume the investigation at a future meeting.

#### **GOLF OPERATIONS**

Billy Casper Golf, while continuing to run at a deficit, is ahead of what was anticipated and has begun to "turn the corner," according to Thompson.

He also said that the redesign of Java Bay Cafe is continuing with completion expected at the end of the month, including the addition of sand and picnic tables in the back area and the edition of gelato as the new signature dessert.

Thompson said he's been meeting with representatives at UMES, where they have an access card that can also be used as a credit card as part of the eventually move toward an all-access membership card.

#### BEACH CLUB

Similarly, he told the board he was investigating Beach Club parking passes that are both renewable and scannable to prevent more than one car using the Beach Club at a time on the same pass. The cards will be able to track when people come and go at the lot so a card that has been used to check in will not be usable until it has checked out.

The OPA has also restructured membership plans to allow for monthly payments instead of requiring all fees be pain in full annually. The hope is that more people will participate in memberships if they don't have to pay the entire year's worth of membership fee at once.

Tom Terry, OPA board president, appointed a search committee, with the board's consent, to seek candidates for this year's board of directors election.







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# POLICE BEAT

#### DRUG POSSESSION

Derek T. Bartholomew, 20, and Kristy N. Conklin, 20, both of Emmaus, Pa., were arrested after Berlin Police stopped their vehicle for speeding on Route 113 at Franklin Avenue.

After officers observed a strong odor of marijuana and smoke they searched the vehicle and found three plastic baggies of marijuana and a glass smoking pipe. Conklin and Bartholomew were charged with possession of marijuana and possession of drug paraphernalia and released on a PR bond.

#### FIRE

On Sunday, March 20, at 3:36 a.m., the Ocean City Fire Department was dispatched to the Ocean Walk East Condominium, 11800 block of Wight Street, for a reported fire in a third floor unit

The sole occupant was awakened by the audible smoke alarm in the unit, and was able to safely evacuate the structure without incident. Firefighters arrived on scene shortly after, and quickly extinguished a couch fire in the living room of the unit.

#### THEFT

On March 22 Trooper Shockley responded to Pine Street, Ocean City, to a reported theft. Investigation revealed an unknown suspect removed two Stihl leaf blowers, an Echo hedge trimmer, gas can, two rakes and a shovel. The items were left unsecured on a trailer parked on the street.

The theft occurred on March 21 and March 22 between the hours of 10 p.m. and 9:21 a.m. Anyone with information regarding the theft is asked to contact the Maryland State Police Berlin Barrack. Investigation is continuing by TFC Shockley.

#### DUI

On March 13 at 1:38 a.m. Troopers of the Maryland State Police were on patrol in the

West Ocean City area of Worcester County. It was at such time Troopers noted a 1999 Ford truck to be operating in a manner to violate State of Maryland – Motor Vehicle Traffic Articles.

The violation(s) occurred nearest Route 50 and Inlet Isle Road, West Ocean City, Worcester County. Upon conducting a traffic stop of the vehicle, the operator was identified via his Maryland driver's license as Richard Lee Hutchins Jr. Hutchins was noted as living in the 4800 block of Woods Wharf Road, Shady Side, Anne Arundel County.

Upon Trooper's approach to the vehicle, a strong odor of an alcoholic beverage could be detected on the breath and person of Hutchins. Removing Hutchins from the vehicle, he was asked to complete a battery of Standardized Field Sobriety Tests (SFST's). During such time, Hutchins was unable to complete the tests to a satisfactory level. Based on the test results, he was arrested by Maryland State Troopers of the Berlin Barrack for violating the State of Maryland – Driving Under the Influence Laws.

Hutchins was transported to the Maryland State Police Barrack to submit a sample of his breath to determine his level of intoxication. Hutchins provided a breath specimen which was found to contain an alcohol concentration of at least .08 grams of alcohol per 210 liters of breath. Hutchins' license was confiscated. He was released from the Maryland State Police Barrack without further incident after receiving numerous citations for his driving habits and the DUI charges.

#### DRUG POSSESSION

On March 11 at 12:12 a.m. Troopers of the Maryland State Police were on patrol in the West Ocean City area of Worcester County. It was at such time Troopers noted a 2008 Chevrolet Trailblazer to be disabled along the shoulder of west bound Route 50 nearest Riddle Lane, West Ocean City.

Troopers stopped to check the welfare of the vehicle's occupants when they met Chad Randolph Greener, 31, of Newark, Del. Greener, the driver and registered owner of the vehicle was outside the vehicle with several other persons. Troopers smelled a strong odor of burnt marijuana coming from their persons.

During a search of the occupants and the vehicle, an undetermined amount of a controlled dangerous substance, namely marijuana was located on the person of Greener. Greener was placed under arrest without incident for violations of the Maryland Annotated Code for possession of a controlled dangerous substance, namely marijuana and possession of drug paraphernalia. He was transported to a Maryland District Court Commissioner where he was released on his own recognizance.

#### DRUG POSSESSION

On March 9 at approximately 12:56 a.m., TFC Orndorff of the Maryland State Police attempted to make contact with Raffael Baines as he was walking on Bay Street in Berlin. At that time Baines fled on foot and was captured by TFC Orndorff after a brief foot chase.

A baggie of suspected marijuana was located in the area that Baines had run through. Baines admitted to the possession of the marijuana. Baines was arrested for possession of CDS marijuana and taken before a District court Commissioner.

Buy Something

SHOP LOCAL!





# BAYSIDE SINESS

# Antiques, appliances and furniture at Cadillac Jack's

BY TONY RUSSO STAFF WRITER

WEST OCEAN CITY – Jack Shapiro got into the furniture business almost by accident. The Compass Resort Real Estate broker made a policy of not letting the best pieces go when he cleaned out a recently vacated house or traded out pieces for a home staging.

"Eventually my mother's garage was full so I opened a store," he said. Jumping Jack Flash Used Furniture on 146th Street in Ocean City provided both income and opportunity, allowing Shapiro to repurpose furniture that was in perfectly good shape for sale and for donation to local charities.

Fire departments, churches and Diakonia have all been recipients of the excess furniture Shapiro was able to procure through his various dealings.

Over the years he developed an eye for the better or more functional pieces and began collecting antique and close out furniture and accessories. This month, realizing that he needed a less warehouse like space for the finer acquisitions he opened Cadillac Jack's in the Teal Marsh Shopping Center.

The store is filled with a mix of the better antiques, appliances and new and closeout



TONY RUSSO/BAYSIDE GAZETTE

Jack Shapiro opened Cadillac Jack's to showcase the superior pieces from his Ocean City Jumping Jack Flash Used Furniture store as well as new and specialty items he's been able to collect.

furniture Shapiro picks up at auction or as part of his regular real estate dealings.

"I needed a place for the more fragile items," he said. "Although I have some very nice stuff at the other store, you're not going to find a \$10 coffee table here."

Where Jumping Jack Flash Used Furniture is an excellent choice for furnishing your house or rental, Cadillac Jack's is perfect for appointing it. In addition to the antique bedsteads, chairs and dining room sets, Shapiro has collected furniture that's appropriate to the better beach house motif timeless, airy and sophisticated but functional.

In addition to supplying these items, though, Shapiro is also interested in making sure what he suggests or what his customers choose actually looks in the way they believe it will.

One of the greatest difficulties in buying furniture, fixtures or accessories is sometimes a person's vision doesn't match their actual circumstances. Shapiro prides himself on accepting returns.

If you get a purchase home and it doesn't look the way you thought it would, just bring it back. He said he knows what it's like to be dissatisfied with something and feel trapped by

#### CADILLAC JACK'S

Where: 9925 Stephen Decatur Highway, West Ocean City

Phone: 410-250-7000

Hours: Monday-Saturday 9 a.m.-6 p.m. Sunday 10 a.m.-3 p.m. additional hours available by appointment

it. It's an experience he wants his customers to be able to avoid.

One of the other aspects of his service is that, unlike many furniture companies that just take your old pieces away, Shapiro will actually buy them.

In fact, he provides both redecorating and staging services and is happy to come to your home and make a plan for what he can sell you and what he can buy from you.

Whether it is just one item from his shop that can transform an entire room or a mixture of placement and acquisitions, Shapiro has the skill and the eye to make a transformation both painless and inexpensive.

In addition to outright buying pieces, Cadillac Jack's accepts consignments. Shapiro is willing to take pieces that match his customer's predilections and tastes either one item at a time or by the house full.

# FINANCIAL ADVICE

# Life insurance trusts



You may think of life insurance in very simple terms: you buy a policy so that your loved ones will have some financial assistance when you die.

But if you have assets of \$1 million or more, you should view life insurance as a tool. Life insurance has many potential uses in estate planning, and a life insurance trust

can certainly help a family.

What does a life insurance trust do? It enables you and your family to do a few things in particular. First, it provides you, your spouse and your heirs with life insurance coverage after it is implemented. Second, it allows a trustee to distribute death benefits from a life insurance policy as that trustee sees fit. Third, it gives you the chance to reduce your estate taxes.

When you create a life insurance trust, you are creating an entity (the trust) to buy life insurance policies for you and

your loved ones. You don't own the policies; the trust does. Therefore, the insurance proceeds go into the trust when someone passes away. Because the trust owns the insurance policies instead of a person, the insurance proceeds typically aren't subject to probate, income taxes or estate taxes. The trustee can distribute those proceeds to one or more parties as specified in the trust. Also, if your estate ends up really large, the trust can buy additional life insurance to provide additional cash to pay additional estate taxes.

Sometimes these trusts establish instructions for life insurance proceeds, and even time-lines for who receives what, how much, and when.

Why can't someone else own the insurance policy? That scenario can lead to major financial and familial headaches. If that person dies before you, the cash value of the policy will be included in their taxable estate. So the heirs (and relatives) of that person will have higher estate taxes to pay as a result. Also, you surrender control of your policy.

Almost all life insurance trusts are irrevocable trusts. That is, they are legally hard to alter once created (unlike a revocable trust which can be amended or revoked after creation).

You can make these trusts revocable, but if you do, you lose the tax benefit: the insurance proceeds will be included in your taxable estate when you die, which could increase the estate tax bill for your heirs. However, some irrevocable life insurance trusts purchase survivorship life insurance in a profit sharing plan to permit the ability to change beneficiaries (which gets very technical).

If you'd like to know more about life insurance trusts or the potentially significant changes in estate taxes over the last few years, talk to a qualified legal, financial or insurance professional today.

Chip Gordy, MBA, CRPC is an investment advisor representative with Coastal Wealth Management, LLC, specializing in wealth and retirement planning. He can be reached at 410-208-4545 or chip@coastalwealthmgmt.com. Registered representative, securities offered through Cambridge Investment Research Inc., a broker/dealer, member FINRA/SIPC.

# **Groundbreaking ceremony for Salisbury Zoo Animal Health Building**

SALISBURY - Salisbury Mayor James Ireton Jr., invites the public to a groundbreaking ceremony for the Salisbury Zoological Park Animal Health Building, on Monday, March 28. The ceremony will begin at 1:30 p.m. and will be held next to the Salisbury Zoological Administrative Building behind Ben's Red Swings.

The project includes the construction of a new Animal Health Clinic. This health clinic will enable the Salisbury Zoological Park to have a facility that will house and treat current and future animal collection. It will also enable employees to further the zoo's involvement in conservation breeding programs.

This project will include geothermal heating and air for efficiency, necropsy room, surgery room, multiple animal holding areas and quarantine space. A secondary use of the new clinic will be for emergency housing during inclement weather.

"The construction of this building is very important to the future of the Salisbury Zoological Park," said Zoo Director Joel Hamilton.

"As we move towards the implementation of our Master Plan (completed in 2006), AZA accreditation is very critical to our success. Phase One of that Master Plan includes the Animal Health Clinic.

The ability to provide consistent, modern medical care to our animal collection is very important."

"This project, funded by a City of Salisbury Public Improvement Bond of 2009, a Maryland Historic Grant, a State Bond Bill, and private donations to the Renew the Zoo capital campaign and managed by the Delmarva Zoological Society is an example of the community and all levels of government working together for the good of the zoo, and ultimately, for the good of Salisbury," said Ireton.

This project will begin construction in March and is expected to be completed by March 2012.





# Don't Leave Your Legacy to Chance!

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# SCHOOLS BAYSIDE

# **Local student earns travel award to D.C.**

SALISBURY – Three Salisbury University students have won travel awards from the American Society for Biochemistry and Molecular Biology (ASBMB).

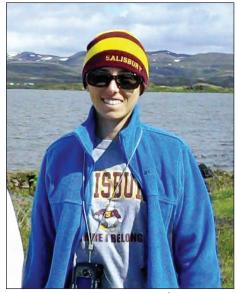
They will attend Experimental Biology 2011, the organization's annual meeting, and participate in the 15th annual student research poster competition, in Washington, D.C. on April 9-13.

SU is the only Maryland institution to have students selected by ASBMB for the \$400 awards. Nearly 13,000 scientists and exhibitors will attend the meeting, including students from Virginia Tech, Cornell and Tulane universities.

"SU is one of only a handful of schools to send three or more students to the annual meeting, impressive considering this is the first time SU students competed for these awards," said Dr. Karen Olmstead, dean of the Richard A. Henson School of Science and Technology. "Our science students are doing interesting work."

Senior chemistry major Matthew Copeland of Lexington Park, and senior biology major Sabrina Kunciw of Ocean Pines were two of 56 undergraduates to earn awards from a regional affiliate network.

"Showing my work to fellow scientists will be a great way for me to cap my



SUBMITTED/BAYSIDE GAZETT

Sabrina Kunciw, of Ocean Pines, on a study abroad trip to study arctic fish in Iceland.

student research career," said Kunciw, who for two years has been working with Dr. Eugene Williams of the Biological Sciences Department to explore how fish alter the composition of their cell membranes in order to survive changes in water temperature.

Kunciw presented at the American Physiological Society meeting in Colorado last summer, while three of Williams' other biology students also spoke at the ASBMB meeting last year in New Orleans.

"One of the most important things in the scientific field is sharing your discoveries with other researchers so they can provide advice or use the results for other applications," said Copeland, who is exploring the biochemical process of obesity related cancers and how adiponectin works as a possible treatment.

"The award will allow us to worry less about the cost of the trip and focus more on creating an effective and meaningful presentation."

Senior biology major Allison Ose of Crofton, is one of only 20 undergraduates to win a national competition for the award. Working with Dr. Chasta Parker of the Chemistry Department, she's been using a cloning technique to study the protein hormone adiponectin, which is known to help control the oxidation of fatty acids and metabolize glucose. The research may ultimately lead to new drugs to treat obesity related diseases.

"We'll have the opportunity to network with professors and potential employers and attend a seminar that helps with the process of getting into grad school," she said.

"In addition, it's a great chance to see what other undergraduates are working on and to attend seminars on up and coming research."

# SCHOOL BRIEFS

#### UMW DEAN'S LIST

Katherine Rosinski of Ocean Pines is one of 781 students at the University of Mary Washington in Fredericksburg named to the university's Dean's List for the fall semester of the 2010-11 academic year.

Rosinski is a junior at the University of Mary Washington. The Dean's List recognizes outstanding academic achievement at the university by full-time students who attain at least a 3.5 grade-point average on a 4.0 scale.

#### FROSTBURG DEAN'S LIST

The following students from the area have been named to the dean's list at Frostburg State University in recognition of outstanding academic achievement for the fall 2010 semester. Benjamin Johnson from Berlin; Matthew Mansfield from Ocean City; Krystal Quillin from Bishopville, with the distinction of a 4.0 grade point average.

#### WLU DEAN'S LIST

Tory-Kate Dickerson of Ocean City, a junior at Washington and Lee University, has earned dean's list status for the recently ended fall term.

### FROSTBURG GRAD

John Sabanosh, Bishopville, recently received a bachelor of science degree in law and society from Frostburg State University, Frostburg, during its 137th commencement ceremonies. FSU President Jonathan C. Gibralter conferred nearly 400 undergraduate and graduate degrees at this December commencement.

# LITERARY READINGS

The public is invited to attend literary readings by husband and wife Michael Hemery and Stacie Leatherman on Thursday, March 31, at 7 p.m., in Guerrieri Hall at Wor-Wic Community College on the corner of Route 50 and Walston Switch Road in Salisbury.

Hemery's book, "No Permanent Scars," was recently published by Silenced Press. He teaches English at North Royalton High School in Cleveland, Ohio, and is the nonfiction editor of "Hunger Mountain."

Leatherman's first book, "Stranger Air," will be published this spring and her second book, "Storm Crop," is scheduled to be published in late 2011. Hemery and Leatherman received their master's degrees in fine arts from the Vermont College of Fine Arts in Montpelier, Vt. A book signing and refreshments will follow the event.

# Free Conversational English program in Ocean City

OCEAN CITY – For those who would like to learn or improve their existing English skills, Worcester County Volunteer Services just kicked off the latest session of Conversational English.

This informal, 12-week tutoring session takes place each Monday from 6-7:30 p.m. at the Ocean City Branch of the Worcester County Library. Reservations are not required, and the classes are free.

Sessions are taught by trained volunteers and designed to benefit all who would like to improve and/or enhance their English speaking skills.

International employees and speakers of other languages who would like to participate in the Conversational English sessions can register at the Ocean City Library on Monday evenings.

The program fills a great need in the business community, and many employers have indicated their willingness to modify employees' work schedules so that they can participate in the course.

Those who are unable to attend on a weekly basis are invited to drop-in whenever they are available. Classes are taught in a one-on-one setting, so missing sessions will not cause participants to fall behind.

Lessons are custom-tailored to the needs of each participant, with four separate levels through which students can advance. Lessons are taught in a private setting to avoid interruptions.

Program benefits include an improved ability for communication between international students and their employers, and the forging of friendships between tutors and students, which helps foster understanding and trust between people of diverse backgrounds.

In addition, the program often has a positive impact on the students' perceptions of Americans in general.

Transportation to the library is available via low cost bus fares, and the bus stops at the front doors of the Ocean City Library. Those interested in participating in or tutoring the Conversation English program are invited to contact Volunteer Services Manager Cyndy Howell at 410-632-5656.

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# **SU earns honors for teaching program** with Worcester County Schools

SALISBURY – Salisbury University has earned national kudos for its teaching partnerships with Worcester County Public Schools.

The university was honored with the 2011 Exemplary Professional Development School Achievement Award from the National Association of Professional Development Schools (NAPDS). Only five campuses across the country were recognized.

"The work of the people involved in the Worcester Elementary Cluster has set the bar for SU's other partnerships and for PDS programs statewide and nationally," said Dr. Dennis Pataniczek, dean of the Samuel W. and Marilyn C. Seidel School of Education and Professional Studies.

"After spending a couple of hours at Snow Hill Elementary School, I was blown away by the seamless collaboration between interns and mentors."

For over a decade, SU's PDS network has enabled University students to improve their practice by working with students in public schools across the region. Currently, over 30 schools in eight counties partner with SU to help train teachers. This includes Snow Hill, Showell and Buckingham elementary schools in Worcester.

According to Dr. Jon Andes, superintendent of Worcester County Public Schools, the active role his teachers play as mentors, site coordinators and adjunct instructors is excellent professional development experience.

He added: "Ultimately, the real advantage is the value added to classroom instruction by [SU students] who collaborate with mentors during their fieldwork and internships. Based on state test results, WCPS is one of the top performing school systems in Maryland. PDS has played a vital role in helping us improve the achievement level of our students."

The NAPDS award recognized SU for "creating and sustaining genuine collaborative partnerships" with Pre-K-12 schools and for meeting nine essential PDS criteria. Specifically, some of

SU's noteworthy accomplishments cited by the award include the establishment of a co-teaching model for internships and the dissemination of this model nationally, the exceptional buy-in by Worcester County teachers to the SU education program, and the strong linkage of intern involvement with student achievement. Also noted was SU's visibility at the NAPDS national conference, evidenced by 18 presentations in the past five years.

The achievement award was given at the 2011 conference in New Orleans in March. Some 900 professionals attended, including Pataniczek; Stacie Siers, PDS coordinator; Dr. Keith Conners of the Teacher Education Department; Drs. Joel Jenne and Ron Siers of the Education Specialties Department; and SU teaching interns Merisa Booth and Michelle Brown.

Selected from among some 3,000 PDS sites that exist in the U.S. and around the world, SU was honored along with the University of South Carolina, Buffalo State College, Cleveland State University and Kansas State University.

SU is one of only three universities to ever receive both the achievement award and the Spirit of Partnership Award, which it earned at the 2009 NAPDS conference.

SU is the third largest producer of teachers in Maryland. During this academic year, some 240 SU education majors are teaching interns. For more information, call 410-543-6030 or visit www.salisbury.edu.





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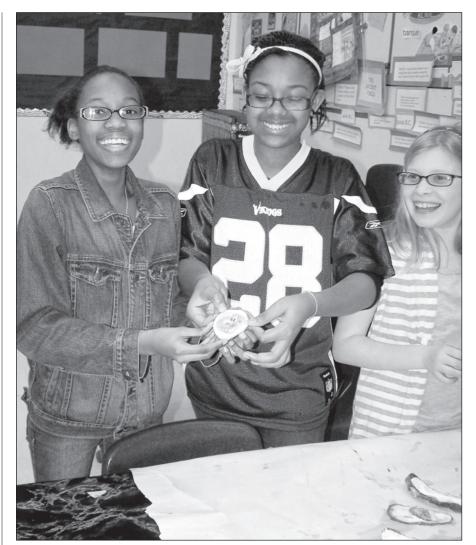
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SUBMITTED/BAYSIDE GAZETTE

**OYSTERING ON THE BAY** — At Berlin Intermediate School, the BIS and Beyond Afterschool Academy, "Oystering on the Bay," helps teach students about the oystering industry, its benefits to the community and the aspects of oystering that are in danger. Carina George, Khalin Wise, Emma Hancock check out raw oysters.



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# Living Well Workshop for people with chronic pain

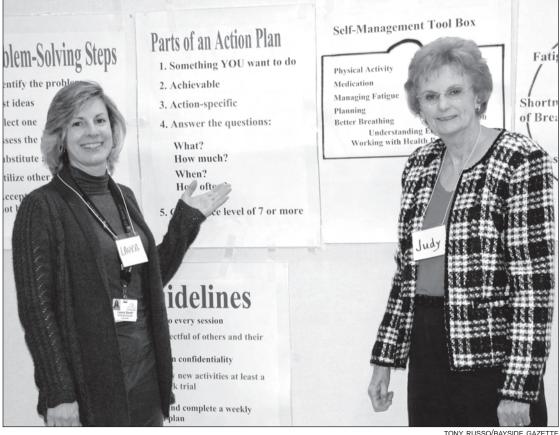
STAFF WRITER

OCEAN PINES - There comes a point for people who have chronic illnesses where, in addition to ensuring they undergo the proper treatments, they desire to learn how to continue to function in spite of the difficulties their condition presents. Although there are physical and occupational programs people undergo, making sure to stay an active participant in both treatment and life is something that might take a little bit of extra willpower and understanding.

In the interest of providing additional resources to people with chronic conditions that detract from their lifestyle Atlantic General Hospital provides a free class called the Living Well Workshop aimed at teaching people to do as much as they can on their own.

AGH community education manager, Dawn Denton, R.N. and her staff have been running the six-week course regularly. What's most interesting about the course is that no matter a person's ailment, there are enough commonalities in the attitude it takes to incorporate it into one's life that not only do the conditions not come into play, they're not really addressed.

"In the course people learn how to improve their life based



Community Education clinical assistant Laura Small and Judy Rafkin, RN, at last week's Living Well course in Ocean Pines.

on their limitations," Denton said. "Everybody sets their own

The course is designed for literally anyone. In fact Denton joked that if someone just showed up, she could find a chronic ailment. From general joint and back pain to diabetes and other diseases for which people must be under constant treatment, the idea is to continue to get the most out of your life given your medical circumstances.

The course was developed and tested at Stamford University until there were measurable improvements observed. It's now used all over the country to aid those who feel they aren't making the kind of life or medical progress they're capable of.

For example, one part of the course deals with how to participate in your treatment and

how to discuss your treatment options with your medical care provider. Another section deals with the self-diagnosis of a barrier a person has come up against so they can better solve it or at least direct the problem to someone who's able.

If a person happens to be suffering from fatigue it could be anything from a particularly stressful time at work to diet to medication side effects.

Learning how to truly consider where the trouble originates is the key to finding the correct course of action, whether it be finding the right medical professional to address the problem to recognizing it as a passing phase.

Perhaps the biggest part of the class, however, is action planning. Each week participants set goals to accomplish before the following class and then report on them. Whether a person succeeds or not is less critical than that they get a better understanding of their ability to plan within whatever limitations they happen to have. The satisfaction that comes from taking control of a situation is a key psychological tool to preventing feelings of helplessness or despair that can come from a more random approach.

'No matter your limitations, there is always a choice," Denton said. "Even deciding to do something or nothing is a choice."

Learning to embrace the choice to do something can be the first step toward a life of which a chronic ailment is a part but by no means the defining term. Being able to focus on the solution rather than the problem is the first step.

For more information or to sign up for the current class, which meets 9:30 a.m.-noon Fridays at the Ocean Pines Library call 410-641-9268.

# FITNESS ADVICE

# Muscle is key to fat loss



By David & Lisa Long

Most things that go on also go off, as is true of diets. Going "on" a diet usually means at some point in time you go "off" the diet. When someone tells me they lost 12 pounds in two weeks, I ask "12 pounds of what?" On low-

calorie diets, about 25 percent of the weight loss may be

muscle. Losing muscle is a bad thing. Muscle tissue is very active--Every pound of muscle burns about six pounds a year, while sleeping, eating, and working.

Inactive adults lose around one-half pound of muscle per year. Many people do not change eating habits, but they do become less active. If you take in more calories then you burn, the extra calories get stored as fat. A pound of fat takes up more room than a pound of muscle. This means that as you lose muscle and gain fat, your weight might remain the same over the years, but your waistline will continue

Contrary to what many people believe, strength training is more important to successful fat loss than aerobic exercise. The reason lies in your resting metabolic rate (RMR), which is the pace your body burns calories at rest. Your RMR is closely linked to the amount of muscle you have ~ muscle burns more calories than fat.

An average aerobic workout (walking, cycling, jogging) will burn approximately 300 calories per hour, a more strenuous activity may burn up to 500 calories an hour ~ workout's over, so is the calorie

Compare this to strength training which elevates the RMR permanently, after strength training your body continues to burn calories. The most effective means of strength training will involve large functional movements, such as squatting, push ups and pull-ups performed at high intensities. Toning is a

A lifestyle change is a more realistic approach to getting healthier and becoming more fit. A personal trainer can help you find an appropriate exercise regimen and offer nutritional guidance to help you

Lisa and David Long are trainers who own Live Long Fitness in West Ocean City. 410-213-1078, www. livelongfitness.com, livelongfitness@live.com

# **Annual Berlin Spring Clean Up Day set for April 16**

BERLIN - Celebrate Earth Day a week early by participating in Berlin's third annual Take Pride in Berlin Spring Clean Up Day scheduled for 9 a.m. to 2 p.m. on Saturday, April 16, at Stephen Decatur Park and Henry Park in Berlin.

"This is an excellent opportunity for Berlin area residents to enjoy the rewards of volunteering while also helping to maintain our community's quality of life and local natural resources. It promises to be a day of good work and good fun for all ages," said the Mayor Gee Williams.

The event is a collaboration between the town of Berlin, the Grow Berlin Green campaign and Berlin Area Ministries United and will feature many opportunities to help clean up and spruce up the grounds of Stephen Decatur and Henry Parks, and other areas throughout the town.

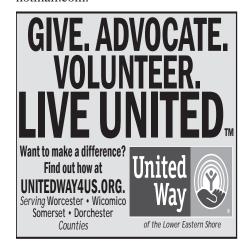
Activities will range from litter pickup and native plantings to painting and storm drain marking. Assateague Coastal Trust's Coast Kids program will also host a butterfly and bat house making activity as part of the event.

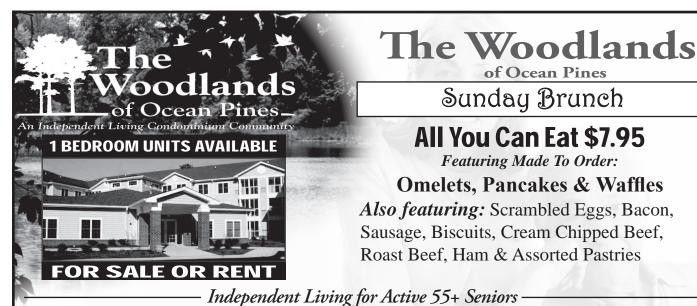
Clean up activities will take place from 9-11:30 a.m. and will be followed by a free barbecue lunch and concert for clean-up participants in Henry Park from 11:30 to 2 p.m. with music provided by Phil Knight's Galaxy Collective.

"Our hope is to engage people from all over the community in this morning of service to help make our town a cleaner and greener place to live, work and play," said Grow Berlin Green coordinator Debbi Colley. "We are also still looking for areas around town needing clean up, and encourage citizens to contact us with ideas on places to send our volunteer green teams."

The town has rescheduled its spring yard waste collection dates to follow the April 16 event so residents who cannot participate in the organized community clean up activities may still use the day to focus on their own household and yard beautification efforts.

Anyone interested in volunteering their time to help with clean-up efforts, or with suggestions for possible cleanup sites should contact Debbi Colley at 410-629-1538 or growberlingreen@ hotmail.com.





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We take care of our bodies by eating right, exercising, and taking any needed medications. How often do we take care of our mouths? Our mouths are the gateway to the rest of our bodies. Shouldn't the health of our mouths be just as important as the rest of our bodies?

Oral infections can cause periodontal disease (gum disease), tooth infections and even bad breath. However, at times it can go further and affect the rest of our body. Many studies have shown that these oral infections have a correlation between heart disease, stroke and diabetes. There are studies that also show that those who already have diabetes are more susceptible to gum disease. Individuals with diabetes and oral infections may encounter problems with their glycemic control. Bacteria from the oral cavity may directly infect blood vessel walls, which may cause local inflammation and injury, which in turn can aid in developing plagues. These plagues can thicken the walls of the blood vessels thus preventing proper blood flow which can lead to a heart attack or stroke. Those already diagnosed with heart disease should maintain a

A healthy mouth is one without active caries (cavities), infection, broken or missing teeth, and plaque

Many individuals are on several medications and these can affect the bacteria flora of the mouth. The change in the bacteria can lead to xerostomia (dry mouth). One way that our mouths maintain health is with the aid of saliva, when insufficient saliva is produced there can be an increase incidence of dental caries.

This information is not meant to scare anyone but to make people aware about the importance of taking care of our mouths. The internet is a great source of gathering information as long as we are prudent about where the information is coming from. Another great source is your dentist! If you don't already visit your dentist on a regular basis, make a point to, and ask questions. Routine dental care appointments can also diagnose cancers of the mouth, which are extremely treatable if diagnosed early. Oral cancers are the most undiagnosed cancers, primarily because there is no established relationship between patient and dentist.

Daily brushing, flossing and rinsing should be followed with regular visits to the dentist. We are highly trained in one specific part of the body, the mouth. We don't just treat teeth, but also the gums and bones that 'house' these teeth and the muscles and joint which help us with chewing our food and speaking.

In the past few months there was a segment on The Dr. Oz Show about the types of health check-ups one should not miss and he highly recommended that every individual should NOT miss their routine dental check-ups.

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TREE RINGS - Showell Elementary second graders Kennedy Hamby and Brooke Ranney share the Tree Rings they created about their lives. Students made a timeline featuring highlights of their lives that look similar to the rings on a tree.



**ARTS STUDY** – Ms. Fardone's second graders at Showell Elementary School are studying ants in Science class. The student detectives were able to put the disassembled parts together to form a giant ant.



**WATCHING THE DETECTIVES –** Showell Elementary School second grade students, Lane Jones and Brady Parcells, were detectives in their science class. They discovered shapes that could be put together to form ants' bodies. Dr. Aaron Dale, vice principal, checks the detectives' work.



**STUDENT ART** – BIS art teacher, Natalee Palmer and fifth grade student, Michael Mareno, pose in front of Michael's portrait at The Globe on 2nd Friday in Berlin. Berlin Intermediate School student artwork is on display for March, in celebration of National Youth Art Month.



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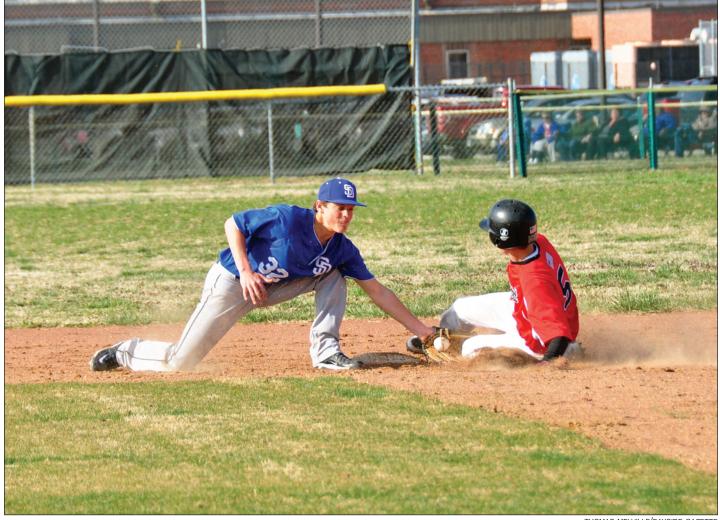
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# SPORTS BAYSIDE



HOMAS MELVILLE/BAYSIDE GAZETTE

Stephen Decatur shortstop Dallas Harrington tags out a James Bennett runner at second base during the third inning on Tuesday. (Below) Decatur starting pitcher Brad Stiles throws an off-speed pitch against the Clippers. For more Stephen Decatur baseball photos, visit www.melvillemediaphotos.com.

# Clippers sink Decatur in season opener

BERLIN – Stephen Decatur opened its baseball season Tuesday on a upgraded diamond that includes new dugouts, but had to face the same old foe, James Bennett pitcher Zack Sterling. The Clippers ace shutout the Seahawks for a 10-0 five inning win.

"It was tough playing them in the first game. You come out of the shoot and play the regional champions with a young team like ours," said SDHS coach Richard Ferro.

Decatur batters could not solve Sterling who used off-speed pitches to keep the Seahawks off balance.

"[Zack] has been dominant for two years now," Ferro said. "He mixes up his pitches really well  like throwing breaking pitches on fastball counts – and that's tough on young hitters."

The Clippers got to Seahawks starter Brad Stiles in the third inning scoring five runs after loading the bases with no outs. Ferro replaced Stiles with Mike O'Neill, who got out of the inning. In the fifth Bennett scored five more to make it 10-0. Sterling shut down the Seahawks in the bottom of the inning to end the game.

"I don't like the outcome, but in the whole scheme of things there are some positives," Ferro said. "I like the way we are here to play know matter what the score is and I like the energy we had."



# SPORTS BRIEFS

DOLPHIN FOOTBALL SIGN UP

Free Football Camp – 10:30 a.m. to 1 p.m. Camp consists of offense/defense positional instruction, agility, speed drills and player positional evaluations at Buckingham Elementary School April 2 and football sign up for ages 6 to 13 years. Anyone unable to attend signup call Donnie 443-497-1577 or Ron Bireley 410-641-0948

Travel Team – Dolphins looking into possibility of adding a travel team season in August to lead into the fall season. The Dolphins are coming off one of their most successful seasons as both teams went a combined 19-1 for the 2010 season, with the Cadet team winning the Salvation Army championship.

#### DOLPHIN'S GIRLS CLUB

Cheerleader sign-ups and spring mini camp – Berlin Dolphin football club has announced the formation of the youth Berlin Dolphins cheerleading dance squad. Open to ages 5 years old and up.

The Dolphins organization welcomes cheerleading coach Vickie. Dolphins Girls Club cheerleading, dance squad, baton twilling sign ups begin April 1, anyone interested can contact Coach Vicki at 410-641-3480, or 443-373-5404 or mddolphinscheer@aol.com.

Spring Mini Camp is April 26, 27 and 28 from 6-7:30 p.m. and on May 3, 4 and 5 from 6-7:30 p.m. at Buckingham Elementary School field at picnic area.

## HEALTHY U 5K

Healthy U of Delmarva hosts a 5K run and 1-mile non-competitive walk 10 a.m. Saturday, April 2, at the Salisbury University track and field complex on Wayne Street. Entry fee for the run is \$10 in advance, \$20 that day.

Children 12 and under may register free. There is no fee for the walk, but registration is still required. Day-of registration begins at 9 a.m. Proceeds benefit Healthy U's summer camps for local children.

To download a registration form, visit the Healthy U of Delmarva at www.healthyudelmarva.org.

## WOR-WIC 5K RUN

The Wor-Wic Community College Foundation is sponsoring a 5k run and Law Enforcement Cup Challenge 9 a.m. on Saturday, April 2, at the college campus on the corner of Route 50 and Walston Switch Road in Salisbury.



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SUBMITTED/BAYSIDE GAZETT

BOYS AWARDS – Boys recognized for JV and varsity basketball during the winter season at Worcester Prep were: (front) Ryan Nally, Coach's Award, basketball; Andrew Ternahan, Most Valuable Player, basketball; Lucas Payne, Most Improved, JV basketball; (back) Will Simons, Coach's Award, JV basketball; and Scott Gee, Most Valuable Player, JV basketball.



SUBMITTED/BAYSIDE GAZETTE

GIRLS AWARDS – Top award winners for winter sports at Worcester Prep for the girls' teams were: (front) Hannah Esham, Most Improved, JV basketball; Frankie Willing, Most Valuable Player, JV basketball; Mallory Richards, Most Improved, cheerleading; Marybeth Fisher, Coach's Award, cheerleading; (back) Alissa Talbert, Coach's Award, JV basketball; Lilly DiNardo, Most Improved, basketball; Kristen Shriver, Most Valuable Player, basketball; Devon Zorn, Coach's Award, basketball; and Hannah Beauchamp, Most Spirited, cheerleading.



# Twisters take first at Fantasy Invitational

LANDOVER – On the weekend of March 5 and 6 the Twisters Gymnastics Team competed in two competitions.

The level 4 and 5 teams traveled to ACPR Gymnastics in Churchville to compete in the Fantasy Invitational. Twisters level 6, 7, and 8's traveled to Landover to compete in the Nation's Capital Cup hosted by MarVaTeens Gymnastics.

At the Fantasy Invitational the Level 5 team took first place. Team members were Alyssa Weldon, Piper Connors, Skyler Mahoney, Bo Bischoff, Maggie Mitchell, Jada Saunders, Olivia Beard, Davina Graybill, and Sierra Eisemann. Many gymnasts had their best meet of the season, several coming away with first place honors.

First place went to Piper Connors (vault, 9.2; bars, 9.775; floor, 9.4; all around, 37.475), Bo Bischoff (bars, 9.6; floor, 9.2), Olivia Beard (bars, 9.775), Davina Graybill (beam, 9.2), and Sierra Eisemann (floor, 9.75).

At the same meet, the Level 4 team placed fifth. Gymnasts contributing to the Level 4 team score were Erin Hurley, Cassandra Dolan, Aryan Peters, Erin Lambertson, Amiyah Rounds, Alexa Eisemann, Nay'yarrah Winder and Akerah Winder.

Individual first place finishers were Erin Lambertson (beam, 8.95), Alexa Eisemann (vault, 9.35; bars, 9.6, all around, 37.05), and Nay'yarrah Winder (vault, 9.7; beam, 9.4; all around 37.375).

At the Capital Cup Twisters Level 6 finished in fourth place. Team members were Ivy Stearn, Kayla Janek, and Georgia Sparacino. Dana Kim, Katherine Pavlos, and Sarena Michnick represented Twisters for Level 7 and Neva Richardson competed in the Level 8 division.

Individual first place finishers among these gymnasts were Ivy Stearn (bars, 9.55; floor, 9.575; all around, 37.575), Dana Kim (beam, 9.5), and Neva Richardson (beam, 9.25).

The Twisters Gymnastics team will compete in one more invitational, the Harford Trophy Meet, before entering into the championship season.

Twisters Gymnastics is based in Berlin and is coached by Carmella Solito, Fran Fennell, Donna Miller, and Shannon Tustin.

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## **EDITORIAL**

# Board should remove limited access to Carrollton Lane

Carrollton Lane in Ocean Pines currently provides one way access for all but residents of Colonial Village, a long-standing source of contention for those who live in the surrounding communities and frequent the pools and marinas in the vicinity.

Changes to Carrollton Lane by the developer began this squabble, with the original plans for the street to be a cul-desac and later changed to a through street angering those who had previously purchased property along the roadway.

To keep the grumbling down the sales team selling lots erected a sign to keep drivers from entering from Yacht Club Drive, which was later changed to an official Do Not Enter by the county, thus starting a battle of wits with Colonial Village residents.

While homeowner's along Carrollton Lane may feel they were mislead by the developer and be understandably angry about that, it doesn't make it right to deny full access to the roadway to all residents who pay to maintain it. It is a more direct, wider and safer road than the current exit onto Mumford's Landing Road

Ocean Pines has played volleyball with the issue for years, claiming the county has responsibility for opening up the road for full public usage. The county for their part says the issue is Ocean Pines' to resolve, so it's time for the Ocean Pines board of directors to act and do the right thing by removing limited access to the road.

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The Bayside Gazette office is located at
Atlantic Business Center
10031 Old Ocean City Blvd. Suite 101
Berlin, MD 21811
Phone: 410-641-0039 • Fax: 410-641-0085
Toll Free: 800-807-9396

EMAIL: editor@baysidegazette.com www.baysideoc.com



# LETTERS EDITOR

# Close the windows fiasco in Berlin

Editor:

Your editorial on the window fiasco in Berlin is on target. We seem to be losing ourselves in a tug-of-war over egos, personalities, and a false sense of righteousness. Add that to apparent inconsistencies on what may and may not be done in the historic district of Berlin and you have a nowin situation.

The Atlantic Hotel, thanks to the present proprietors, has returned to its original grandeur and remains the cornerstone of an increasingly vibrant small-town Main Street. This designation, of course, does not grant authority nor opportunity to ignore the rules on historic renovations.

It's hard to imagine, however, that either the proprietor or the building contractor had deliberately ignored the process of securing approval before commencing work. No one would take that risk: certainly not a well-respected businessman or

building contractor. Approval was sought after the work commenced and, as we understand it, several windows had been installed. It went downhill from there.

Take a stroll along Main Street and count the number of businesses that have had vinyl windows installed. Take a walk in Berlin's historic-district residential neighborhoods and count the number of residences that have installed vinyl windows. My guess is that they gained approval prior to commencing work (that is, if they gained approval at all, and no one complained about it).

In today's day and age of serious economic and energy crises, historic commissions across the state need to review their policies and criteria and make updates to better serve the challenges before us. In the interim, they can certainly consider granting exceptions.

There's maybe a pair of town residents who noticed a change in the windows being installed at the Atlantic Hotel and complained. Our guess is that many others, including visitors to the

area, are awed by the beauty and architecture of the town and aren't giving windows a second thought.

The vinyl windows are replicas of the wooden ones. Vinyl windows are energy-efficient; and in event of an emergency, can be removed and the opening used for egress. In no way have they detracted or changed the beauty of the Atlantic Hotel.

In some towns, and only in historic buildings that now serve as museums, original windows are not replaced (probably because of the size and cost) but have a framed insulated vinyl cover installed on the exterior. Tell me that doesn't look ugly.

While there has been a string of errors on this situation from the start, it's time to stop the finger-pointing, threats, self-righteous approaches, and one-upmanship among council members under personal agendas and turn a no-win into a win-win situation. It isn't rocket science.

Richard and Sophia Riehl Berlin

# OBITUARIES

#### Harriet E. Fischer

OCEAN CITY - Harriet Elizabeth Fischer, age 85, died Sunday March 20, 2011 at Atlantic General Hospital in Berlin. Born in Orange, N.J., she was the daughter of the late James B. Cradduck and Harriet A. Edwards Cradduck.

She was preceded in death by her husband Richard Joseph Fischer in 2003. She is survived by her sons James J. Fischer of Ocean City, and Douglas P. Fischer and his wife Debby of Centreville, Va., and one grandson, Richard J. Fischer of Centreville, Va.

Fischer had worked as a registered nurse for many years, and had been employed at Babies Coit Memorial Hospital in Newark. N.J., and Newton Memorial Hospital in Newton, N.J. retiring in 1982. She was a member of the New Jersey State Nurses Association, and St. Luke's Catholic Church in Ocean City.

A mass of Christian burial will be held on Friday at 11:30 a.m. at St. Luke's Catholic Church, 100th Street and Coastal Highway in Ocean City. Friends may call on Thursday evening from 6-8 p.m. at the Burbage Funeral Home in Berlin, and Friday from 10:30-11:30 a.m. before the mass. The Rev. Richard Smith will officiate.

Interment will be on Saturday at noon at Fairview Cemetery in Culpeper, Va. The Rev. Leo Zonneveld will officiate. In lieu of flowers a donation in her memory may be made to St. Luke's Catholic Church Building Fund, P.O. Box 3400, Ocean City, MD 21843-3400, or to the charity of your choice.

#### Ann Raso Mahassel

OCEAN CITY - Ann Raso Mahassel, age 81, died Friday, March 18, 2011 at Berlin Nursing Home. Born in Rochester, N.Y., she was the daughter of the late Anthony Raso and Maria Zangari Raso. She was preceded in death by her husband Edward A. Mahassel.

She is survived by her daughter, Melina M. Bates; three sisters, Angela Bollas, Laura Dove and Carmella Gallo; one grandchild, Joshua Edward Bates and many nieces, nephews and a host of friends.

A Memorial Service will be held on Thursday, March 24, at 4 p.m. at the Burbage Funeral Home in Berlin, Friends may call from 2-4 p.m. prior to the service. Interment will be at a later date.

### **Dorothy Rita Jaeger**

OCEAN PINES - Dorothy Rita Jaeger, age 82, died Monday, March 21, 2011 at her home. Born in Union City, N.J. she was the daughter of the late William McVey and Mattie Yellig McVey.
Mrs. Jaeger was a member of St. John

Neumann Catholic Church in Ocean Pines, the Sweet Adelines and the Red Hats.

She is survived by her husband Henry John Jaeger; her children, Karen Casale and son-in-law Steve of Berlin, Heidi Jaeger and daughter-in-law Liz Gould of Osterville.

Mass., Patricia Alber and son-in-law Paul of North Conway, N.H.; five grandchildren, Jeffrey Casale, Christopher Casale and his wife Pam Long, Jessye Casale, Kyle Alber and William Alber; two great grandchildren, Klaire Casale and Lily Martin; and numerous nieces and nephews.

A Mass of Christian Burial will be offered on Thursday, at 11 a.m. at St. John Neumann Catholic Church where friends may call one hour prior to the service at the Burbage Funeral Home in Berlin. Donations may be made to Coastal Hospice, PO Box 1733, Salisbury, MD 21804, Letters of condolence may be sent to www.burbagefuneralhome.

#### Edward A. Engelmann

BERLIN - Edward A. Engelmann, age 83, died Sunday, March 20, 2011 at his home in Berlin. Born in Baltimore he was the son of the late Carl Engelmann and Katie Brodt Engelmann.

Engelmann was a veteran of both the United States Navy and Army. He had worked as a chemical engineer with Wyeth Pharmaceuticals where his career enabled him to travel extensively around the world. He had a passion for learning and education and loved to read.

He enjoyed using a computer especially to keep in touch with his adored grandchildren. He was an avid sailor who loved the Chesapeake Bay, especially enjoying the bounty of seafood and fun it provided. Amongst his favorite pastimes was eating steamed crabs with family and friends.

He is survived by his wife Betty Jane Engelmann; a son, Greg C. Engelmann and his wife Jodi; a brother, Carl Engelmann and his wife Esther; three grandchildren, Justin, Jeffrey and Jack Engelmann; several nieces, nephews and a host of friends. He was preceded in death by his sister, Clara Smedley.

A memorial service will be held on Friday, March 25, at noon at the Burbage Funeral Home in Berlin. Friends may call one hour prior to the service. Pastor Tim Simpson will officiate.

In lieu of flowers donations may be made to the American Cancer Society, 1138 Parsons Rd., Salisbury, MD 21801 or the U.S. Department of Veterans Affairs, c/o James A. Haley Veterans' Hospital, Voluntary Service (Mail Code 135), 13000 Bruce B. Downs Blvd., Tampa, FL 33612.

# Raymond Eugene Rickett III

OCEAN CITY - Raymond "Razor" Eugene Rickett III, age 25, died Thursday, March 17, 2011 at Atlantic General Hospital. Born in Salisbury, he was the son of Raymond E. Rickett Jr. and his wife Robin Ann and Allison Lawliss Jubber and her husband Eugene.

Raymond was a 2003 honors graduate of Stephen Decatur High School.

He enjoyed ice hockey, golf, surfing and snowboarding. He worked as a golf pro at

Ocean Resorts in Berlin.

Along with his parents he is survived by his paternal grandparents Raymond Rickett Sr. and his wife Mary of Hagerstown and Bob Manning and his wife Helen of Ocean Pines; paternal grandparents, Evangeline Watts and her husband James of Ocean City and Thomas R. Bennett; a brother, Trevor Rickett of Berlin; a sister Alexis Rickett of Berlin.

A funeral service was held Wednesday at the Burbage Funeral Home in Berlin. Interment will be private. In lieu of flowers donations may be made to the United Way, 801 North Salisbury Blvd., Salisbury, MD 21801.

### Garry Wayne Donaway Jr.

WILLARDS - Garry Wayne Donaway Jr., 37, died Saturday, March 5, 2011. Born in Salisbury, he was the son of the late Garry Wayne Donaway Sr., and his surviving mother, Frances May Adkins and step-father, Tommy Adkins of Salisbury.

Mr. Donaway was a mechanic and had

been employed at various car dealerships around the local area.

He is survived by his wife, Tammy Donaway, of Willards; his daughter Alexis of Pittsville; step-daughter, Amie Eichhorn and her husband Greg Eichhorn Jr. of Willards; step-daughter, Kristin Joseph of Willards; step-daughter, Brooke Joseph of Willards; sister, Sherree West and her husband, William West of Pittsville: step-brother, Claude Adkins of Salisbury; step-sister, Christy Adkins of Pocomoke; grandmother, Erma Donaway, of Snow Hill; two grandchildren, Kylee and Ethen; a niece, Shelby, and nephew, Joshua; several aunts, uncles and cousins.

He was preceded in death by his grandfathers, George Donaway and Otho Davis and his grandmother, Margaret Davis.

Funeral Services was held on March 12 at Burbage Funeral Home in Berlin. The Reverend Chuck Reynolds officiated.

A donation may be made in his honor to Riverside Cemetery, Libertytown Road, Berlin, Maryland 21811.

### James H. Davis

SHOWELL - James Handy Davis, age 85, died Friday, March 11, 2011 at his home. Born in Willards, he was the son of the late Charles Burton Davis and Sarah Truitt Davis.

He is survived by his sons, James Lemuell Davis of Salisbury, and Milton Tyndall of Texas. He leaves a granddaughter Dawn Marie Hales of Newark, Del. There are three great-grandchildren; Ashley, Kristen, and James Albert Hales, and several nieces and nephews. He was preceded in death by his sister Rhoda Colllins.

Mr. Davis was a farmer and poultry grower for Calvin Hudson for 42 years. He was a member of Showell United Methodist Church, Showell Volunteer Fire Company, and the Willards Senior Center.

A funeral service was held on March 15 at

the Burbage Funeral Home in Berlin.

The Rev. Dean Perdue officiated. Interment followed at Willards Cemetery in Willards. Donations in his memory may be made to: Showell United Methodist Church, P.O.Box 291, Showell, MD 21862, or Showell Volunteer Fire Co. 11620 Worcester Hwy, Showell, MD 21862.

#### **Glenn Oliver Bond**

HORNTOWN, Va. - Glenn Oliver Bond, age 85, died Sunday, March 6, 2011 at Coastal Hospice at the Lake in Salisbury.

Born in Pittsburgh, he was the son of the late Martin A. Bond and LV Griffin. He was preceded in death by his wife Arline M. Goode Bond.

Mr. Bond is survived by his daughter Jerlene Smith; two grandchildren; and four great grandchildren.

Services and Interment are private. Arrangements are being handled by the Burbage Funeral Home in Berlin.

#### **Bernard Joseph Nolan**

BERLIN - Bernard Joseph Nolan, age 81, died Monday, March 14, 2011 at Berlin Nursing and Rehabilitation Center. Born in Wilmington, Del., he was the son of the late Joseph P. and Helen L. Hitchens Nolan.

Mr. Nolan was a United States Army veteran. He retired from the Air National Guard as Master Sergeant. After retirement he was the owner of Nolan's Lawn Equipment in Berlin for 16 years.

He is survived by his wife of 52 years, Gloria P. Nolan; three sons, B.J. Nolan Jr. and his wife Dee, Gerald P. Nolan and his wife Lisa and Blaine H. Nolan; one daughter, Carol L. Fulginiti and her husband Scott; one brother, William M. Nolan and his wife Shirley; three sisters, C. Jane DePrisco, Patricia A. Matarese and her husband Vito. Shirley Renzi and her husband Louis "Butch"; nine grandchildren and one great grandchild; and many nieces and nephews.

He was preceded in death by two brothers, John P. Nolan and Charles T. Nolan; three sisters, Winifred Tull, Helen Ferguson and Mary Clark.

A funeral service was held March 19 at the Burbage Funeral Home in Berlin. Interment followed the service in Evergreen Cemetery. Donations may be made to the Worcester County Humane Society, PO Box 48, Berlin, MD 21811.

# Christopher K. Bell

OCEAN CITY - Christopher K. Bell, age 47, died Friday, March 18, 2011 at his home in Ocean City. Born in Washington, D.C. he was the son of Patricia Sullivan Pease and her husband Philip Pease.

Mr. Bell had worked as a security guard in many local hotels.

Services and interment are private. Arrangements are being handled by the Burbage Funeral Home in Berlin.

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# BAYSIDE ESTYLE



SUBMITTED/BAYSIDE GAZETTE

Linda Powers gets her team running in the Can-Am Crown 30 mile sled dog race earlier this month. Powers has been training for more than five years.

# **Eastern Shore musher hits the trail**

# Local team completes 30 mile Can-Am Crown International Dog Sled Race

BY TONY RUSSO STAFF WRITER

OCEAN PINES – Kevin and Linda Powers are the opposite of snowbirds. For the last several years as the weather gets colder they move north for the chance to work out their husky team. The endgame has always been for Linda and the team to complete the 30 mile leg of the Can-Am Crown International Dog Sled Race and this year she got her chance. When Powers and her team crossed the finish line it was the realization of years of hard work and planning as well as seizing what might turn out to be a once in a lifetime opportunity.

Each year thousands turn out for the race, which has 90 participants broken down into heats of 30 mushers. The mushers compete in 30, 60, or 250 mile races for the opportunity to qualify for the next highest mileage race. Successful 250 mile mushers qualify for the world famous Iditarod.

Since deciding to become a musher,

Powers had fixed her sights on the 30 miler. But she had the distinct disadvantage of only being able to train briefly each year. Huskies can only safely train under conditions that rarely exist on the Eastern Shore. The temperature plus the humidity have to add to less than 100. For example, a 30 degree day with 80 percent humidity is still no good.

Add to that the lack of snow and hills and Powers wasn't sure she'd ever have the opportunity to train sufficiently for the Can-Am. Still, she enjoyed getting away with her husband and working the dogs in the snow each year.

During the off season, she runs them with a group in Delaware or around the pond in Ocean Pines one or two dogs at a time, more to practice commands and familiarize the dogs with her management style than to actually train for endurance.

But Powers designated this as her year to compete so when October came the anti-snowbirds passed their opposites as they headed to Maine to train in earnest and to enter the race.

She arrived to five months of the least training-friendly weather she could have hoped for. It snowed enough but the snow was inconsistent. On the upside, she said, she and her team got a lot of experience running in all sorts of weather but on the downside, there were too many days where training was impossible because of the conditions.

Sled dogs have to be treated like professional athletes. A minor sprain, twist or tear can put them out for the season. Powers had to treat her team gingerly, often calling off practice if the course started to get rough.

As the primary caregiver for her 90 year old mother, she joked that she called in all the favors she had with her children to arrange to be away from home for such a long period of time. Throughout the training she had a sense that this might be her only chance and to ruin it by pushing the dogs too hard would have been tragic.

TO PAGE 26

# SU dance spring concert in April

SALISBURY – The Salisbury University Dance Company, directed by Mary Norton, concludes its 50th season with a retrospective concert 8 p.m. Wednesday-Saturday, April 13-16, in Holloway Hall Auditorium.

Performances begin with a lively look back at 50 years of music and dance trends in an ensemble work choreographed by Staci Alexander. Dances by guest choreographers, resident faculty, current members and company alumni also are featured.

Highlights include Dr. Victoria Hutchinson's modern piece "Heavens Alighting," which premiered in 1999, and Norton's "Reflection on a Summer Day," a contemporary ballet first performed by the company in 1993.

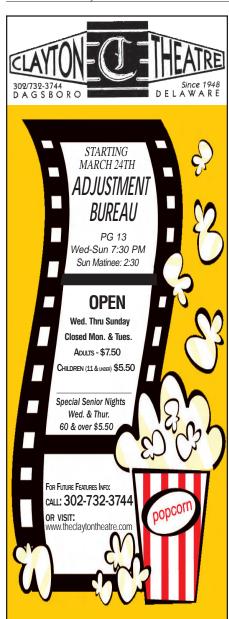
Guest artist Stephanie Powell returns with "Wade," a traditional spiritual modern dance. An award-winning choreographer, Powell has taught dance at Goucher College and Towson University.

Former company president Katie Erdman returns to present "Pursuit of Acceptance." This contemporary dance was the first of three adjudicated winning choreographies set by Erdman while she was a member of the company. The program also includes the adjudicated winner of the Fall 2010 Student Showcase, "Live, Lie, Leave," a contemporary work by current company president Jennifer De Chello, as well as "Five Guys," a new jazz work by faculty member Jessica Hindman-Wheatley.

The concert concludes with Linda Hallman-Darr's driving West African ensemble piece "Djoman." Meaning "dialogue of drums," "Djoman" premiered in 1998 and was presented again in 2004. Hallman-Darr is a nationally board certified teacher and is currently on the faculty at the Center for Visual and Performing Arts at Suitland High School.

A portion of the proceeds from this year's concert benefits the American Cancer Society's Relay For Life. Admission is \$15; \$12 for seniors age 62 and over, non-SU students, and SU alumni. Children under 12 and SU ID holders are admitted free.

Reservations are not required. For advance tickets visit www. salisbury/theatreanddance.



# Musher

FROM PAGE 25

It's recommended that in order to safely complete the 30 miler, the dogs should train between 400 and 1,000 miles running in the snow. By race time Powers and her team had logged 425 miles.

The other circumstance that tended to work against her was the fact that, unlike most of the other competing sled dog teams, hers were essentially pets — most teams stay outside all year, hers are house dwellers. While they're as comfortable on the couch as in the snow for shorter periods of time, a five-hour long endurance test in the snow and ice is a different story altogether.

In the last full training day before the race, Powers set out in less than optimal conditions. The snow was wet, chunky and icy. She completed the course in five-and-a-half hours and was satisfied, believing that she and her team would be able to break the five hour time she'd set as a goal when the conditions were better. On race day conditions were actually worse but there was an upside, Powers and her team were confident because they'd already endured similar circumstances.

She said that, because of her age, she knows she's the weakest member of the team. She cannot, for example, run up hills behind her dogs as some of the other mushers do because her knees won't take it. To compensate, she pushes with one foot then the other as if she were riding a scooter.



SUBMITTED/BAYSIDE GAZETTE

Chinook after the 30 mile Can-Am Crown International Dog Sled Race.

Also, she has to train double. In addition to her regular workouts with the dogs she bikes, goes to the gym regularly and practices yoga to remain flexible. Physical endurance is only the first part of the challenge. Keeping herself focused so she can anticipate any problems the dogs might be having is one of the most important parts.

She's heard tales from mushers who've been hit by branches, missed turns or markers or have even been thrown off their sleds by a sudden burst of speed by their team. The latter has already happened to her, but having it happen in the middle of the North American wilderness can be a life-threatening experience.

For all the precautions the organizers take, there's nothing more effective than

being ready, which is why the training was as much for her as for her team.

A successful musher is a practiced tactician who understands the dogs' needs and capabilities and deploys them in a timely enough manner to maximize their abilities. Each dog is trained in each position — each of the places in line requires different skills — so that in the event they need to be switched out or fill in, they're both able and qualified to. It's not just about endurance; it's about endurance under constantly changing circumstances.

For instance, although the tracks are well packed, the presence of moose or deer or the holes they can leave can trip or distract the dogs. Similarly, the path is only a few feet wide at some places so other mushers who are looking to pass or about to be passed become both distractions and obstacles, especially for young teams such as Powers has.

Powers described her dogs as if they were pitchers. Fenway, the ace, is one of her best lead dogs but when he gets tired he's easily distracted. Toward the end of the race, Powers elected to switch him out for Kodiak, her closer, right around mile 22.

Although she said she knows she'll never be able to train for the 60 miler, Powers holds out hope for another crack at breaking the five hour mark, she finished at 5:25. But if it turns out that she's unable to compete in another Can-Am, she's content in her achievement. There's little more satisfying than establishing an ambitious set of goals and meeting them.



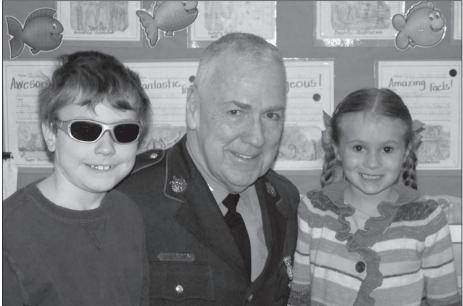


# SNAP SHOTS



SUBMITTED/BAYSIDE GAZETTI

**DWC DONATION** – Democratic Women's Club President, Diana Gross (left), is shown presenting a check to Diane McGraw, grants director of the Friends of the Worcester County Commission for Women. As part of their community service activities, the DWC annually donates \$400 to sponsor a classroom for the McGuffey Bookworm Project.



SUBMITTED/BAYSIDE GAZETT

**READ ACROSS MARYLAND** – Col. Sheridan, superintendent of the Maryland State Police read "Oh, the Places You'll Go!" to Mrs. Phillips' first grade class at Ocean City Elementary School in celebration of Read Across Maryland. In recognition of this national celebration of reading, Maryland's public school students have been treated to readings by community leaders, elected officials, published authors and educators.



SUBMITTED/BAYSIDE GAZETTE

**SHORE SIDING DONATION** – SDHS Alumni Association Building Chair Ryan Bergey, (left) presents a plaque to Shore Siding owner Mike Moesle, and Roger Colflesh Sr. (right), in appreciation for the firm's donation of discounts in providing siding installation and related services for the building of the athletic field house at Stephen Decatur High School's Seahawk Stadium. The field house is now under construction and is a project of the SDHS Alumni Association.



SUBMITTED/BAYSIDE GAZETT

**DWC MEETING** – Mabel Rogers was the guest speaker at the Democratic Women's Club meeting on March 21. Representing the Worcester County Historical Society, Rogers gave a presentation on the history of Riddle Farms. Rogers (left) and DWC President Diana Gross.



SUBMITTED/BAYSIDE GAZETT

**RETIREMENT PARTY** – On Saturday there was a retirement party at Harrison's Harbor Watch for Rita F. Lawson, who was assistant warden of the Worcester County Jail for the past 30 years. With Lawson is friend Sharon Craven.



SUBMITTED/BAYSIDE GAZETTE

**GREEN DAY** – Sharon Craven, Gail Flanagan, Rick Charles and Sharon Spector celebrate St. Patrick's Day at Whiskers.

# CALENDAR BAYSIDE LENDAR

#### **ON-GOING EVENTS**

#### FOOD DRIVE

Month of April, Curves of Berlin, 13th Annual Food Drive. \$30 donation or equivalent donation for Curves reusable grocery bag. For more information: 410-641-0509.

#### **CRAFT SHOP**

Pine'eer Craft and Gift shop open Saturdays and Sundays beginning April 3, 10 a.m. to 4 p.m. White Horse Park, Ocean Pines. Handcrafted items created by the members.

#### **NETWORKING**

The Early Birds, 7:30 a.m. every Thursday, TC Diner, West Ocean City. Free. Reservations required, 410-600-5320.

#### **COMPUTER TRAINING**

Tuesdays April 12 – June 28
Free computer sessions for
senior citizens and those seeking
skills for job opportunities. Coastal
Sanctuary Church Education and
Empowerment Center, 10550
Friendship Rd., Unit A, Berlin. 12
consecutive weeks, 90 minute sessions at 2 p.m., 4 p.m. and 6 p.m.
Register at 410-208-1582. Limited
space available.

# T.O.P.S.

Atlantic General Hospital, Conference Room 1, 5 p.m. to 6:30 p.m. Take Off Pounds Sensibly, meets weekly. For more info: 410-629-1006.

### s.o.s.

Survivors of Suicide Support Group, Atlantic General Hospital Conference Room 1, meets monthly. 6:30 p.m. to 8 p.m. For more info: 443-235-9493.

# **BUILDING MATERIALS SALE**

Every first and third Saturday Habitat for Humanity, 310 E. Market St., Snow Hill. 8 a.m. to noon. Building materials, appliances, doors, windows, cabinets, vanities, fixtures, furniture and more. Selection and prices vary depending on inventory. Proceeds fund the Flower Street, Berlin house construction.

# STORY TIME AT THE ZOO

Every Tuesday 10 a.m. to 11 a.m. Salisbury Zoo, for children 3-5 years old. Story and craft project. All children must be accompanied by an adult. Call 410-546-3440 for more information.

## STORY TIME

Berlin Library, Tuesdays, 10:30 a.m.; Ocean City Library, Wednesdays 10:30 a.m.; Ocean Pines Library, Thursdays 10:30 a.m. Stories, rhymes, finger plays, music and crafts. A different theme each week. For ages 2-5.

### BABY PLAYTIME

Ocean Pines Library, Tuesdays, 10:30 a.m.; Pocomoke Library,

Wednesdays, 10:30 a.m.; Ocean City Library, Thursday, 10:30 a.m.; and Berlin Library, Fridays, 10:30 a.m. For children 0-5.

#### **HOUSE RAFFLE**

Ocean Pines Volunteer Fire Department annual fundraiser. Win a new 3 bedroom, 2 bath home. Limited tickets will be sold - \$100 each. Call 410-641-8272. Drawing will be on Labor Day.

#### **BINGO**

Every Friday Knights of Columbus, 9901 Coastal Hwy., Ocean City. Doors open 6 p.m. Games begin 7 p.m. 410-524-7994.

#### **BREAKFAST**

Every Sunday Knights of Columbus, 9901 Coastal Hwy., Ocean City. 9 a.m. to noon. \$8 per person, \$4 children. 410-524-7994.

#### PANCAKE BREAKFAST

Every Saturday VFW Post 8296, 104 66th St., Ocean City. 9 a.m. to noon. \$5 per person.

#### **BEACH SINGLES**

45 plus, meets every Thursday for Happy Hour, 4 p.m. to 7 p.m., Clarion Hotel, 10100 Coastal Hwy., Ocean City. For more information, 302-436-9577.

### BALLROOM DANCING

Ocean City Library - Introduction to Social Ballroom Dancing – 7 week series. Wednesdays March and April, 2 p.m. Call 410-524-1818 to register.

# Thursday, March 24

## LITTLE HANDS SIGNING

Ocean Pines Library, 10:30 a.m. Kathy Macmillan will introduce children and their caregivers to basic American Sign Language.

### REPUBLICAN WOMEN

General meeting, BJ's on the Water, 75th St., Ocean City. Doors open 10:30 a.m., meeting 11 a.m. Speaker: Charles Gizara, Atlantic General Hospital. \$20 per person. 410-298-9767 for more info.

### DEMOCRATIC CLUB

Worcester County Democrat Club meeting, 7 p.m. Ocean Pines Community Center, Assateague Room. Speaker, Richard Caproni on the federal budgeting process and its implications.

# Friday, March 25

## AMERICANS FOR PROSPERITY

Monthly meeting, Ocean Pines Community Center, 6:30 p.m. Guest speaker, Virgil Shockley.

### **BULL & OYSTER ROAST**

Bishopville Volunteer Fire Department, 10709 Bishopville Rd.

6-10 p.m. Tickets in advance, 410-352-5757. \$30 per person, includes beer, soda & water. Eat in – limited seating. DJ Eddie Simpson.

#### **ROARING TWENTIES BASH**

Cordrey Center, 30366 Cordrey Rd., Millsboro, DE. 7 p.m. to 10 p.m. Counterfeit cash games, live auction, local wine and brews, old time photos, hors d'oeuvres, prizes for best dressed, music. \$35 per person, \$60 per couple. Tickets: 302-682-9080.

# Saturday, March 26

#### FLAPJACK FUNDRAISER

Ocean City Volunteer Fire Company Ladies Auxiliary at Applebee's, West Ocean City. 8 a.m. to 10 a.m. \$6 per person. For tickets and more info. 410-804-4277.

#### MUSICAL PERFORMANCE

Senior Center, Chincoteague, 7:30 p.m. Presented by the Chincoteague Cultural Alliance, performance by Eric Taylor. \$18 at the door, \$15 in advance, students \$5. 757-336-0044.

#### CAR WASH

Boy Scout Troop 225 fundraiser, Berlin Auto Wash, 8 a.m. to 5 p.m. Rain date April 2nd. Portion of proceeds from car washed donated to the troop. Bake sale items. 410-430-9369 for more info.

### TRIBAL FEATHERS

Join a naturalist and learn more about the Native American culture through a live birds of prey demonstration, games and crafts. Pocomoke River State Park, Snow Hill. 410-632-2566 for reservations.

# Sunday, March 27

# MUSIC PERFORMANCE

Evonne Lee and students performing at the 10 a.m. service, Bethany United Methodist Church, Rt. 611 and Snug Harbor Rd. 410-641-2186 for more info.

# Monday, March 28

### MOMENTS IN LIFE

Ocean City Library, 2:30 p.m. Featuring Kelley Rouse, WBOC's anchor. Kelly will share her lifetime of journalism and works through her personal writings and experiences.

## **GENEALOGY 101**

Ocean Pines Library, 1 p.m. Featuring Charles Hall, historian and genealogist. Hall will guide participants through the steps and techniques needed to search your family history.

# DIGITAL STORYTELLING

Ocean Pines Library, 2-4 p.m. Story interviews about life in Worcester County from 1914-2000. Call 410-632-3970 or 410-208-2910 to schedule your interview.

#### SUR-FISHING CLASS

Delaware Seashore State Park, noon to 3 p.m. Introductory class covering equipment, rules and regulations, fish identification and an opportunity to practice.

Participants must be 10 or older and those under 16 must be accompanied by an adult. Must have a valid General Fishing License and ID number. \$25 per person includes use of rod, reed, tackle and bail. Space is limited, pre-preregistration is required. 302-227-6991.

# Tuesday, March 29

#### STUDENT WORKFORCE CONFERENCE

Clarion Hotel, sponsored by the Ocean City Chamber of Commerce. International Student Workforce Conference for Employers. 8:15 a.m. registration. Conference runs until 1:30 p.m. Free.

#### WRITERS ON THE SHORE

Montgomery Room, Salisbury University. 8 p.m. Poet J.C. Todd featured. Admission is free. Call 410-543-6030 for more info.

# Wednesday, March 30

## ENSEMBLE PERFORMANCE

Great Hall, Salisbury University, 7:30 p.m. Featuring the Allegheny Ensemble. Admission is free, public invited. 410-543-6385 for more info.

# Thursday, March 31

### WHO'S COOKING

Learn new recipes and how to whip up fast, easy meals. St. Andrew's Catholic Church, Sinepuxent Ave., Ocean City, 2 p.m. \$5 per person. Pre-register at 410-250-0300.

### ART RECEPTION

Opening Art Exhibit Reception, UMES, Mosley Gallery, 4 p.m. to 6 p.m. Fine Art Student Show. Show on display through April 29. 410-651-7770 for more info.

# Friday, April 1

# JURIED ART EXHIBIT

Art League of Ocean City, 502 94th St., bayside. 9th annual corporate sponsor juried art exhibit. Opening reception 5 p.m. to 7 p.m. Show runs through April 30.

# Saturday, April 2

### BINGO

Most Blessed Sacrament School, Racetrack Rd.. Doors open 5 p.m., bingo begins 6 p.m. 20 games plus specials. Prizes, auction, 50/50, bake sale and other food items. \$20 in advance, \$25 at the door. 410-430-9156 for more info.

#### BAZAAR AND CAR WASH

Deaf Independent Living Assoc., at 806 Snow Hill Rd., Salisbury. Donate gently used items to sell or come to shop. Food. Funds to support Camp Adventure scholarships. 443-365-2647 for more info.

## INDOOR FLEA MARKET

Bethany Untied Methodist Church, Rt. 611 & Snug Harbor Rd., Berlin. Breakfast and lunch, baked goods. For info: 410-629-0926.

#### **FUNDRAISING EVENT**

Benefitting the Lacrosse Club of the Eastern Shore, Blue Ox Restaurant, 5 p.m. to 9 p.m. Must be over 21 to attend. Auction items, 50/50. Funds raised will be used to send kids to recruiting camps. \$20 per person includes buffet and beverage. For tickets e-mail: surfmore@live.com.

#### 5K RUN - WALK

Healthy U of Delmarva hosts, 5K run and 1 mile walk, Salisbury University track, Wayne Street. Run \$10 in advance, \$20 day of event, walk free. Registration required, 9 a.m. To register: 222.healthyudelmarva.org.

# 5K RUN

Wor-Wic Community College at Rt. 50 and Walston Switch Rd. Law enforcement teams are invited to compete for the Law Enforcement Cup. Each agency can have an unlimited number of teams with up to three officers per team. Also open to the public. Trophies. \$25 per person. Register at: www.active.com.

# FRIED CHICKEN BUFFET

Mt. Pleasant Church, Willards. 11 a.m. until.. Adults \$11, children \$5, under six free. Bake table and carrouts

# Sunday, April 3

### **BREAKFAST**

Community Church at Ocean Pines, 8:30 a.m. to 12:30 p.m. \$6 per person. Proceeds benefit Volunteers in Missions.

## SPRING CHOIR CONCERT

UMES, Ella Fitzgerald Center for the Performing Arts, 4 p.m. 410-651-6571 for more info.

## PFLAG

Parents, Families and Friends of Lesbians and Gays is being formed in the Rehoboth area. First monthly meeting, 4 p.m., Epworth Church, 19285 Holland Glade Rd. 302-841-1339 for more info.

# Wednesday, April 6

### QUILTERS

Quilters by the Sea Guild, Ocean Pines Community Center, 12:30 p.m. Meet to make quilts for local charities. 410-641-8898 for more info

# LIVE ENTERTAINMENT

# ATLANTIC HOTEL

Main Street Berlin MONDAY – Earl Beardsley



# **→** BJ'S ON THE WATER

75th St. Bayside 410-524-7575

FRIDAY – Mood Swingers with Lauren Glick SATURDAY –Philly George Project WEDNESDAY – Time Warp



# **CLARION RESORT**

10100 Coastal Hwy. Ocean City 410-524-3535

FRIDAY – New Censation SATURDAY – New Censation



# **DENOVO'S**

South Gate – Ocean Pines 410-208-2782

SATURDAY – AI Prescott TUESDAY – AI Prescott WEDNESDAY – AI Prescott THURSDAY – AI Prescott



## FAGER'S ISLAND

60th St. & the bay, Ocean City 410-524-5500

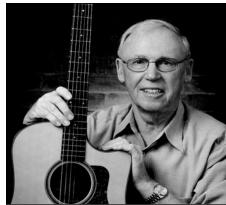
FRIDAY – Dead Poets/DJ Hook SATURDAY – Chester River Runoff/Salt Water String Rand



## GALAXY 66

66th St. Ocean City 410-723-6762

FRIDAY - Philly George Project



Patrick McAllorum @ Marina Deck

# **SLOBE**

12 Broad St. Berlin 410-641-0784

FRIDAY – Johnny Bling SATURDAY – Deanna Bogart Band



## **GREEN TURTLE NORTH**

11601 Coastal Hwy. 410-723-2120

FRIDAY – DJ Wax SATURDAY – DJ Wood



Mood Swingers @ BJs

# >

# **GREEN TURTLE - WOC**

Rt. 611 410-213-1500

FRIDAY –DJ Soulfinger/DJ Skip Dixxon SATURDAY – Slim DNone



# HARBORSIDE

West Ocean City
THURSDAY – Opposite Directions
FRIDAY – DJ Billy T

SATURDAY - Under The Outhouse SUNDAY - Opposite Directions

MONDAY – DJ Billy T TUFSDAY – John LaMere

WEDNESDAY - Crowded Outhouse or Johnny Bling



### **HARPOON HANNAS**

142nd St. Bayside WEDNESDAY – Bobby Burns

# MARYLAND LOTTERY WINNING NUMBERS WEEK ENDING SATURDAY, MARCH 19, 2011

| Mide     | lay    |        | Evening |        | Daily          |       |
|----------|--------|--------|---------|--------|----------------|-------|
| Date     | Pick 3 | Pick 4 | Pick 3  | Pick 4 | Bonus Match 5  | Bonus |
| 03/13/11 | 703    | 1237   | 499     | 1312   | 01 02 07 09 19 | 10    |
| 03/14/11 | 093    | 6566   | 667     | 5797   | 04 10 21 23 31 | 07    |
| 03/15/11 | 906    | 4205   | 900     | 4064   | 02 12 23 38 39 | 06    |
| 03/16/11 | 169    | 5821   | 637     | 5167   | 08 20 35 37 38 | 24    |
| 03/17/11 | 434    | 7599   | 968     | 5687   | 14 16 20 28 36 | 29    |
| 03/18/11 | 282    | 9907   | 159     | 1068   | 02 05 16 32 35 | 34    |
| 03/19/11 | 551    | 7421   | 687     | 2321   | 06 16 30 31 39 | 27    |

| Date     | MULTI-MATCH       |
|----------|-------------------|
| 03/14/11 | 04 11 33 34 38 39 |
| 03/17/11 | 02 05 19 21 36 39 |

| Date     | Powerball      | Bonus | DECEMBER 1 |
|----------|----------------|-------|------------|
| 03/16/11 | 28 39 40 48 53 | 09    | 3          |
| 03/19/11 | 03 11 20 27 46 | 08    | 2          |

| Date     | Mega Millions  | Bonus | Megaplier |
|----------|----------------|-------|-----------|
| 03/15/11 | 10 11 12 28 43 | 45    | 4         |
| 03/18/11 | 14 33 34 54 56 | 37    | 4         |

For the most current Lottery information, go to mdlottery.com

# > HOUSE OF WELSH

1106 Coastal Hwy. Fenwick 1-888-666-0728

FRI. – SUN.– Tony Vegia WEDNESDAY - Bob Hughes



Penington Commons – Rt. 589 Ocean Pines, 410-641-5590

FRIDAY – Barbara Claire on Piano SATURDAY – Patrick McAllorum



104 W. Green St. Snow Hill 410-632-0055

FRIDAY - Zen Monkeys Band



# Talbot & Caroline on the Boards 410-289-6953

FRIDAY – Riot House SATURDAY – DJ Obb/Riot House



#### SEACRETS

49th & the Bay, Ocean City 410-524-4900

THURSDAY – DJ Wax/Back 2 Life FRIDAY – Star 69 SATURDAY – Full Circle/Table Ten/GoGo Gadjet



Rt. 589 – Racetrack Rd. 410-208-1900

THURSDAY – DJ Wax
FRIDAY – Big Bang Baby
SATURDAY – Rew Smith/Wailing Waters



# WHISKERS BAR & GRILL

11070 Cathell Rd. Ocean Pines 410-208-3922

FRIDAY – Karaoke w/Donnie Berkey



Ocean Pines 410-641-7501

FRIDAY – Tommy Edward



Tommy Edward @ The Yacht Club



# SHOP LOCAL It makes a huge difference!

- When you shop local you invest in your community, providing the best return on your investment as every dollar spent in a local store will double the return to your community.
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- One-of-a-kind businesses are what give our communities character people prefer to shop somewhere rather than anywhere.
- Local businesses invest in their communities they are owned by people less likely to leave and are more invested in the community's future. Additionally they provide 350% more in donations to local charities.
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- Reduced environmental impact as most make purchases locally
- Local businesses require comparatively little infrastructure investment and make more efficient use of public services than large national chains.

# **INVEST IN YOUR COMMUNITY!**

# **CROSSWORD**

# SUDOKU

## Chick Lit By Brendan Emmett Quigley / Edited by Will Shortz

Across

- 1 Dinner party 8 Accompanied on a
- ticket
- Works
- 20 Biofuel option
- 21 Size of a football field, roughly
- "Wyoming Outlaw," e.g.
- 23 Chick lit book #1 (1992)
- 25 Italy's longest
- river
  \_\_\_ Pie Island (artist commune on the Thames)
- 27 Turned right
- 28 The Browns, on sports tickers
- 29 Headline
- 30 A nut might go on one
- 33 Chick lit book #2, with "The" (1843)
- 36 Bear witness
- \_\_\_ Franco (watch brand) 37
- 38 "Down with thee!"
- 39 Chick lit book #3 (1965)
- \_\_ D. Young (Time's Man of the Year in 1929)
- 48 Two-time N.B.A. M.V.P. Steve
- 49 Kerfuffles
- 50 Emphatic acceptance
- 51 Italian city where pizza was invented

For any three answers, call from a touch-tone phone: 1-900-285-5656, \$1.49 each minute; or, with a credit card, 1-800-814-5554.

- 53 Mich. neighbor
- 54 Clumsy handler
- 56 P.R. locale
- 58 Brand introduced by Philip Morris in 1975
- 59 Chick lit book #4 (1974)
- 64 Iron Man cocreator
- 67 Where 76-Across
- may be worn
- 68 Affixes on 69 Chick lit book #5
- (1960)
- 74 "A Dog of Flanders" writer
- 75 Pip of "Great Expectations,"
- e.g. 76 67-Across jewelry
- 77 Fold member
- 80 Says
- 82 Theater with fans
- 84 Political commentator Colmes
- 85 Nerve cell projection
- 86 Opponent of Napoleon 87 Chick lit book #6
- (1930) 92 Start to
- production?
- 93 Tel Aviv's \_\_\_ Park
- 94 Refer (to)
- 95 Chick lit book #7 (1985)
- 101 Group in "Sex and the City,'
- 103 Some washers and dryers
- 104 Wine container
- 105 Philadelphia's \_\_\_ Whitman Bridge

- 106 Environmental pollutant, for short
- 108 Snarl
- 109 Chick lit book #8 (1967)
- 114 Bracelet
- attachment 115 Christmas or
- Yom Kippur 116 Spread, as
- rumors 117 Some church
- overhead? 118 Bony
- 119 Game highlights shower

## Down

- 1 Rose high in some people's estimation
- 2 Besides 3 Gossip fodder
- 4 Down, with "up"?
- 5 Mille & Roses (Lancôme perfume)
- 6 School in the Patriot League
- 7 Stage light
- 8 Artery
- 9 True-crime writer Rule
- 10 Home of Agate Fossil Beds Natl.
- Monument 11 First horse to
- compete in all three Triple Crown races
- 12 With cold feeling
- 13 Stuck
- 14 Famous bathrobe wearer. informally
- 15 Folk guitarist Leo
- 16 1986 Indy 500 winner

- 17 Wombs
- 18 \_\_\_ the Short, early king of the Franks

- 29 "What moves you" sloganeer
- 31 Mosquito
- 32 Reno setting: Abbr.
- 34 Vitamin and
- 36 \_\_\_ time (never) 37 Old or morning
- follower
- \_\_\_ is not absurd, then there is no hope for it": Einstein
- 43 Friends and
- 44 Broached
- 45 A quarrel
- 47 Dodge S.U.V.
- 55 Skating
- maneuver
- 60 "Just a
- 61 Bookcase
- movies open: Abbr.
- selection

- 19 Power cord feature
- 24 Chess opening?
- protection
- 33 180s
- supplement chain
- 35 Night light?
- 40 Harsh treatment 41 "If at first, the

- 46 "A Cooking Egg"
- 54 Part of a support
- 57 Femur or tibia
- 59 Rock singer Dee
- material 62 When most
- 63 YouTube

- 42 Ulster or Norfolk
- neighbors
- poet
- 52 Affairs
- group

- 114
- 64 Bar selection

108

117

- 65 Hypes 66 Dog named after a Japanese
- prefecture
- 70 Werewolf feature 71 Lakers star
- Lamar 72 Flame, e.g.
- 73 Impersonate, in a way
- 77 Clear of charges 78 Carpentry fastener
- 79 -ess alternative

118

- Series team, for short
- 83 Classic sandwich 84 End in \_
- 85 Part of many ristorante dish
- 88 Shift's end? 89 Book before
- Num. 90 Hesitates
- 91 Locale for many a gondola
- 92 Whence the phrase "I will 92 Whence the phrase "I will both lay me down in peace, and sleep" 95 Conifer with durable wood
- 96 Home of ConAgra
- 97 Seagoing 98 Día de los Reyes month
- 99 Group think?
- 100 Pacers' contests? 101 [blech!]
- 102 "Let's \_\_\_ There" (old NBC slogan)
- 105 Maze choices 107 Tanning salon
- fixtures 109 Doctor the planet
- Gallifrey 110 Samurai's home
- 111 Évian, e.g.
- 112 "Yo!" 113 Hue and cry

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# su do ku

© Puzzles by Pappocom **MEDIUM - 7** 

Fill in the blank spaces in the grid so that every vertical column, every horizontal row and every 3 by 3 box contains the numbers 1 through 9, without repeating any. There is really only one solution to each puzzle.

|   | 9 |   | 1 | 6 |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 5 |   |   |   |   |   | 2 |   | 3 |
|   | 4 | 2 |   |   |   |   |   |   |
|   |   |   |   | 4 | 1 | 6 |   | 2 |
|   |   | 3 |   |   |   | 1 |   |   |
| 2 |   | 4 | 5 | 7 |   |   |   |   |
|   |   |   |   |   |   | 3 | 6 |   |
| 4 |   | 5 |   |   |   |   |   | 9 |
|   |   |   |   | 2 | 7 |   | 5 |   |

# The answers to last week's puzzles

| 4 | 6 | 7 | 2 | 3 | 5 | 8 | 1 | 9 |
|---|---|---|---|---|---|---|---|---|
| 5 | 2 | 3 | 1 | 9 | 8 | 7 | 6 | 4 |
| 1 | 9 | 8 | 4 | 7 | 6 | 2 | 3 | 5 |
| 6 | 3 | 4 | 5 | 2 | 1 | 9 | 8 | 7 |
| 9 | 5 | 1 | 8 | 6 | 7 | 4 | 2 | 3 |
|   | 7 | 2 | 9 | 4 | 3 | 1 | 5 | 6 |
|   | 8 | 9 | 3 | 5 | 2 | 6 |   |   |
| 3 | 1 | 6 | 7 | 8 | 4 | 5 |   |   |
| 2 | 4 | 5 | 6 | 1 | 9 | 3 | 7 | 8 |

| M | Α | R | R | Υ | 1 | N | G | Т | Н | Е | K | Α | L | Е |   | F | L | T | Т | Е | ı |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 0 | R | E | 0 | S |   |   |   | Н | 0 | R | S | Υ |   | s | Р | Е | E | D | U | Р | ı |
| M | 0 | s | Т | Р | Α | s | Т | 0 | R | s |   | s | Т | Α | 1 | R | R | Α | M | Р | ı |
|   |   |   |   | Α | w | Α | R | D | s |   | В | 0 | Α | s | Т |   |   | L | Е | Е | ı |
|   | s | G | Т |   | Α | Т | E |   |   | Т | 0 | U | s |   | Α | R | Υ | Α | N | S | ı |
|   | С | R | Α | С | Κ | Υ | 0 | U | R | Р | Α | Т | Е |   | Р | 1 | Е |   |   |   | ı |
| С | Н | 0 | Р | Р | Е | R |   | N | Τ | Α |   |   |   | В | Α | С | Α | R | D | Т | ı |
| Н | 0 | М | E | R | s |   | С | Α | N | D | L | E | w | Т | Т | Н | Н | Α | Т | R | ı |
| Е | L | Υ |   |   |   | М | Α | R | S |   | Ι | N | E | Z |   |   |   | Т | ٧ | Е | ı |
| R | Α | K | Т | N | G | М | Υ | M | 0 | U | Ν | D | s |   | В | 0 | w | M | Е | Ν | ı |
| Τ | R | 0 | N | 0 | R | Е |   |   |   | Н | Е | Е |   | N | 0 | W | Н | Е | R | Е | ı |
|   |   |   | R | D | Α |   | G | R | 0 | U | N | D | н | 0 | w | L | T | N | G |   | ı |
| Α | F | R | Е | s | Н |   | M | 0 | Т | Н |   |   | Α | Τ | L |   | G | Т | Ε |   | ı |
| R | ı | 0 |   |   | Α | В | Α | С | 0 |   | N | Α | U | s | Е | Α |   |   |   | - | ı |
| Т | R | Α | Т | L | M | U | С | K |   | В | Е | Т | Т | Е | R | L | o | С | K | S | ı |
| D | Е | N | s | Е | s | Т |   | Р | Т | Α | N | 0 |   |   |   | Р | Α | R | С | н | ı |
| Е | В | 0 | L | Α |   | С | н | Τ | L | L | Е | D | w | Т | Т | Н | F | Е | Α | R | ı |
| С | 0 | K | E | s |   | Н | Α | L | L | Е |   | D | R | Α | M | Α |   | E | R | Е | ı |
| 0 | Х | Е | Υ | Е |   |   | М | Е | s | s |   | s | Υ | N | С | s |   | L | s | D | ı |
|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |

M C S D E N I M T A P S S A A B S R H O A L O N E I S L A M A D M I T

# CI SINE BAYSIDE

# Turkey sandwich with gluten-free, yeast-free bagels

As a chef, I need to be up on the popular trends of diet. To further expound, it becomes my responsibility to understand



By Paul Suplee, CEC, PC III

conditions and food allergies, an upswing in which we are experiencing at an unprecedented rate in this country.

current medical

The word 'trend' does not simply indicate a person's wants or desires, or a concept that lofty results can be attained by simple work (diet trends, exercise gizmos, etc.). Rather it can reflect an upward turn in the rise of individual with sensitivities to certain food allergens. For example, at a conference a couple of years ago, I was an audience member to a dietitian from Boston who noted that peanut allergies had grown tenfold in as many years.

Similarly, wheat sensitivity, aka Celiac's disease, has grown almost as prevalently in American society. As such, the modern chef has to be well versed in these and many more food sensitivities. Diverticulitis also comes to mind, and the list goes on and on.

Another issue is that of actual pathogens in foods. Have you read the news lately and heard of a great rise in Salmonella, E. Coli or other 'trendy' poisons? Well, as far as the eggs are concerned, and I'll start with that since all health departments are adamant on cooking eggs to the proper temperature, they are different than they were five, 10 or 15 years ago.

Living at the shore, it is obvious how many chicken farmers have closed shop. Yet the demand for chicken is through the roof, as it is considered a white meat and healthier than beef, pork et al. With fewer chicken farmers, and higher demand, it's a natural formula for overcrowding and a growing environment that might not be as safe as in the past.

Probably the oldest continental sensitivity to gain notoriety among chefs is the allergy to MSG, despite the fact that there



is MSG in asparagus and shiitake mushrooms, just to name a couple of natural food sources from which the flavoring compound is extracted. Of course, these are in trace amounts, so it is hardly comparable to the concentrated powders we buy in the spice aisle.

But it begs the question: How are there 1.3 billion Chinese citizens without MSG allergies? This was the question posed to me by Steve, a three-fingered spirited chef from Hong Kong who worked at Ming Garden in Providence while I was a prep cook. It confused him then, and I'm sure it still confounds his reason. But so it is. If a guest asks for no MSG, just leave it out. Stay on the safe side.

Which brings me to today's post; gluten-free and yeast-free breads. Is it possible? Is it edible? And why, Paul, why?

Due to some recent events, we as a family are changing some aspects of our diet, and unfortunately wheat is one of the staples disappearing from the adult place setting. Originally distraught and overwhelmed by the amount of information and inversely misinformation out there, we started to study.

A quick trip to the health food store and a bag of Pamela's Products gluten free flour later, it was time to test this interesting concept.

And I can say that I at least won this battle. A fascinating combination of sorghum, rice and tapioca flour, this mix is easily malleable into whatever bready delicacies you can imagine. Does it taste like wheat flour?

Emphatically no, but when I made bagels, it reminded me of the Chart House's Squaw Bread, sweet and bready. With a touch of butter it was delicious. And replacing the yeast with an acid and alkaline (in this case fresh lemon juice and baking soda), it was a winner.

It takes me one step closer

to understanding the trials and tribulations special-diet consumers experience as diners, and this is the point of the lesson. While I don't consider myself overly trendy, I can honestly say that this is one trend that I will master for the betterment of others' dining plea-

### TURKEY SANDWICH

1 ea. GF Bagel, flavored as desired (recipe follows)

½ c. Baby spinach, washed

3 oz. Fresh deli turkey, sliced
Brie cheese or St. Andre (optional)
Pesto (recipe follow)

-Slice the bagel and toast

-Assemble the sandwich and eat!

gluten-free, yeast-free bagels 3 ½ c. Pamela's Products GF Bread Mix

Bread Mix

4 c. EV Olive Oil

1 1/3 c. Warm water

1 1/3 c. warm water 2 ½ tsp. fresh lemon juice

2 ½ tsp. fresh lemon juic2 ½ tsp. Baking soda

-The instructions are on the back

of the bag, but here's the tweak:
-Substitute the yeast with the

lemon juice and baking soda
-Follow instructions up to letting
them sit for an hour

-Here I sprayed the tops with a tiny amount of EV olive oil and sprinkled Real Salt on top for a nice bite. You could also top with sesame seeds, flax seeds, or anything you may desire

Bake for approximately 25 minutes and cool to serve

## PESTO

2 c. Handpicked basil leaves

4 Tbsp. EV Olive Oil

2 Tbsp. Pine nuts

2 cloves garlic

Zest of ½ a lemon, Microplaned Grated Parmiggiano-Reggiano (optional)

-Place all ingredients in a food processor and process until completely combine and a smooth paste

-Store in the refrigerator with a thin coating of EV olive oil to preserve. As you pull some out to use, simply flatten and cover again with a thin layer of oil.

Paul G. Suplee is a certified executive chef and ProChef certified Level-3. He is a writer and culinary instructor. His ePortfolio can be found at www.heartofakitchen.com.





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