

Annual Ocean Pines Doggie Swim returns

Area pups are invited to dip their paws in the water at a Doggie Swim on Saturday, September 8 from 10 a.m. to 2 p.m. at the Mumford's Landing Pool.

Ocean Pines Aquatics hosts the annual event, opening the pool exclusively to dogs and their owners before it closes for the season.

Now in its ninth year, the event is popular with both staff and participants, according to Ocean Pines Aquatics Director Colby Phillips. "The annual Doggie Swim is one of my favorite events that we do," she said.

Phillips added, "The enjoyment that everyone gets from swimming in the pool with their 'best friends' is so fun to be a part of. I think you can actually see the smiles on the dogs' faces."



Dogs weighing less than 20 pounds will be able to swim from 10 a.m. to 10:30 a.m. Dogs of all sizes will be allowed from 10:30 a.m. to 2 p.m.

The cost of the swim, which is open to the public, is \$6 per dog. All dog handlers must be at least 18 years of age and any youth under the age of 17 must be accompanied by a registered adult. Dogs should have current vaccinations, including rabies.

Proceeds from the Doggie Swim will benefit the Worcester County Humane Society.

Ocean Pines Aquatics offers a variety of special events, aquatic fitness classes and swim lessons year-round. Upcoming events include a Dive-In Movie showing of Disney's "Tangled" on November 10 and a Turkey Burn in-water cycling class on November 22.

More information about Ocean Pines aquatics programs is available at OceanPines.org or by calling 410-641-5255.



Enjoying the ride - Coming up on the Route 50 bridge, **Chooch** loves cruising local waters.

*Supports 100% retiree state
income tax exemption*

Mary Beth
CAROZZA FOR STATE SENATE

By Authority: Friends of Mary Beth Carozza,
Pat Schrawder, Treasurer



Community Calendar SEPTEMBER



Casino bus trip planned

A bus trip to Harrington Casino sponsored by the Kiwanis Club will take place Thursday, October 18. The cost is \$20 and includes \$15 slot play and a \$7 food voucher. Bus pick-up will be at the Ocean Pines Yacht Club parking lot at 10 a.m. and will return at about 5 p.m. Seating is limited to the first 56 reservations. For more information contact Tom or Barbara Southwell at 410-641-5456. The trip is open to the public.

Children's theater to hold auditions

The Ocean Pines Children's Theater, under the direction of Paulette DeRosa-Matrona, will hold auditions for "Fiddler on the Roof, Jr" on Friday, September 7 from 5 p.m. to 7 p.m. at the Ocean Pines library. Children entering grades three through six will be part of the ensemble and do not need to audition, but do need to come on the September 7 to complete an application. Children entering the seventh grade, and who wish to audition for one of the 20 roles, need to come prepared to sing at least 16 measures of "If I Were A Rich Man" (boys), or "Matchmaker" (girls). The song must be memorized. Accompaniment will be provided at the audition. These children will also be asked to do a "cold" read of one or more scenes from the musical, and learn a short dance.

Rehearsals thereafter will be held on Fridays from 5 p.m. to 8:30 p.m., and Sundays from 4 p.m. to 7 p.m. A schedule of rehearsals will be available at the auditions. The musical will be presented at the Performing Arts Center in the Roland E. Powell Convention Center in Ocean City the weekend of January 18 and 19. For more information, please email: opchildrenstheater@yahoo.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 <small>Labor Day</small>	4	5	6	7	8
9	10	11 <small>Patriot Day</small>	12	13	14	15
16	17	18	19	20	21	22 <small>Fall Begins</small>
23 <small>30</small>	24	25	26	27	28	29

Worship service time change

Starting September 9, worship at Bethany United Methodist Church is at 10:30 a.m. Christian education for all ages is at 9:30 a.m. Child care and children's activities are offered at 10:45 a.m. All are welcome at 8648 Stephen Decatur Hwy, (corner of Rte. 611 and Snug Harbor Rd.) Berlin. For more information call 410-641-2186.

Monday

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

Sweet Adelines

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

Monday/Tuesday

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

Tuesday

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

Tuesday/Thursday

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

Wednesday

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

Elks Bingo

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

Rotary Club

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

Square Dancing

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

AL-Anon/OP-West OC-Berlin

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

Thursday

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

Beach Singles

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

Legion Bingo

American Legion in Ocean City opens doors at 5:30 p.m., games begin at 7. For information call 410-289-3166.

Gamblers Anonymous

Group meets at 8 p.m. at the Atlantic Club, 11827 Ocean Gateway, West Ocean City. Call 888-424-3577 for help.

Friday

Knights of Columbus Bingo
Bingo will be held behind St. Luke's Church, 100th St. in Ocean City. Doors open at 5 p.m. and games begin at 6:30 p.m. Refreshments available. Call 410-524-7994.

First Saturday

Creative Writing Forum
Every first Saturday of the month at 10 a.m. at the Berlin Library. Novice and established writers gather to share their fiction, non-fiction, and creative writing projects. Program includes critiques and appreciation, market leads, and writing exercises.

Ocean City Coast Day Cleanup is Saturday

Join Maryland Coastal Bays Program, Ocean City Surf Club and the Town of Ocean City to celebrate the Ocean Conservancy Annual International Coastal Cleanup on Saturday, September 8 at Ocean City Town Hall, and take the pledge to 'Build the Swell.'

Throughout the world people will be taking the time to celebrate this annual clean up by picking up trash. Last year, nearly 800,000 people from more than 100 countries removed 250 million pounds of trash from beaches and waterways. In addition to removing trash, volunteers contributed to the world's largest database on marine debris

by logging each trash item. Scientist, researchers, industry leaders and policy makers rely on this data to inform policy and craft solutions

Over 200 volunteers participated in last year's Ocean City cleanup collecting over 500 pounds of trash. This cleanup mobilizes individuals to have an immediate and tangible impact on the health of our waterways while fostering awareness of the marine debris issue and a sense of stewardship.

Everyone is welcomed and encouraged to participate in this year's cleanup. Amazingly, once you participate in a trash cleanup, you will find that you will always be picking up trash, which could be a small piece that might just be that piece that saves a

bird or a marine animal from harm.

The event starts 10 a.m. at the Ocean City Town Hall on Third street. Volunteers will receive trash bags, latex gloves, trash tally sheet and a commemorative tee shirt courtesy of Chesapeake Energy and Sandpiper Utilities while supplies last. Tally sheets can be recorded online through the Adopt Your Street at www.ocsurfclub.org, or you can mail or drop tally sheets off to Ocean City Town hall. Previous year's results can be found online at www.oceanconservancy.org

If you have any questions or like to participate in the Ocean City Cleanup, contact Sandi Smith at sandis@md-coastalbays.org or call 410-213-2297 ext. 106. You can register through her

ahead of time or simply show up. You may also contact Effie Cox from Ocean City Surf Club at ecox3284@gmail.com or 410-600-5953

For those in need of community service hours, this is the perfect event to serve your community and your environment and this event also qualifies for Maryland's Day to Serve.

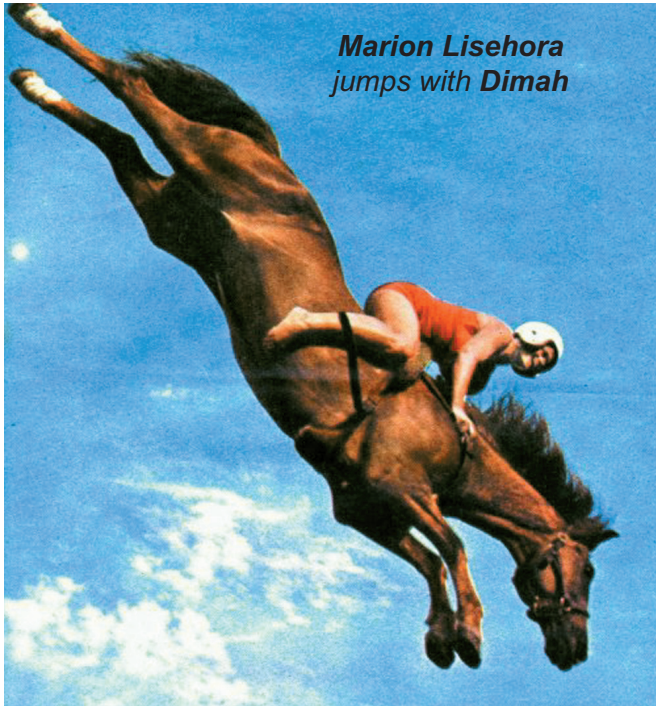
Results from this cleanup will be included on the Ocean Conservancy website so you can actually see what a difference you made.

Assateague Coastal Trust will be hosting their International Coast Day Clean up Saturday, September 22 at the Assateague Island National Seashore.

A dynamic diving duo

By **June Freeman**

Imagine yourself on a hot summer day sitting atop a horse and jumping from sixty feet into a pool while thousands of spectators watch in anticipation. For many this image will rekindle memories of Atlantic City's Steel Pier and the amazing Diving Horse act.



Marion Lisehora
jumps with **Dimah**

For Eastern Shore resident Marion Lisehora, who was a rider of the diving horse, it meant being a part of the most successful entertainment in the city's history. Her adventure started as a quirk of fate. Her soon-to-be husband Joe was asked if he knew of anyone who would be interested in joining the diving act at Steel Pier. Joe recommended a friend, and as an afterthought he mentioned that his wife-to-be was also a good diver. He added that she won both gold and silver diving medals and was a member of the University of Maryland's Gymkana Troupe which included gymnastics and acrobatic performances.

Marion had also competed in varsity soccer, softball, basketball, and volleyball. She was hired as a diver and a true test of her athleticism and determination was on the horizon.

So off they went to Steel Pier on the boardwalk where she would enter into a world of show business. They arrived on a cold, rainy day in May. The lead diver informed Marion that they would only do two dives that chilly

day. Then things became a bit more complicated. Joe had forgotten to mention the detail that Marion had dived exclusively from a three-foot board during her many competitions. Marion chuckled as she stated, "I needed to dive off a thirty-foot tower with a twenty-foot spring board. The board was stretched out twenty-feet over the ocean. It looked scary. I didn't know what to expect and I wasn't even going to get a chance to practice a dive. And I had to figure out what type of dive to do so I decided on a jackknife. It wasn't my best dive." But it was good enough to earn the enthusiastic applause of the all spectators who braved the weather and watched the show.

Marion went on to charm the audience doing handstands, somersaults and a variety of dives off that same thirty-foot diving board; some of the dives were off the roof of the dressing rooms where she plunged straight down into the Atlantic Ocean.

The excitement did not stop there. Marion was about to become a part the most legendary act in the country. It was 1953 and Marion explained, "I graduated from Maryland State University on Saturday, got married that Tuesday and started work on Friday." She would no longer dive alone. Her new job was to ride on the diving horse at famous Steel Pier.

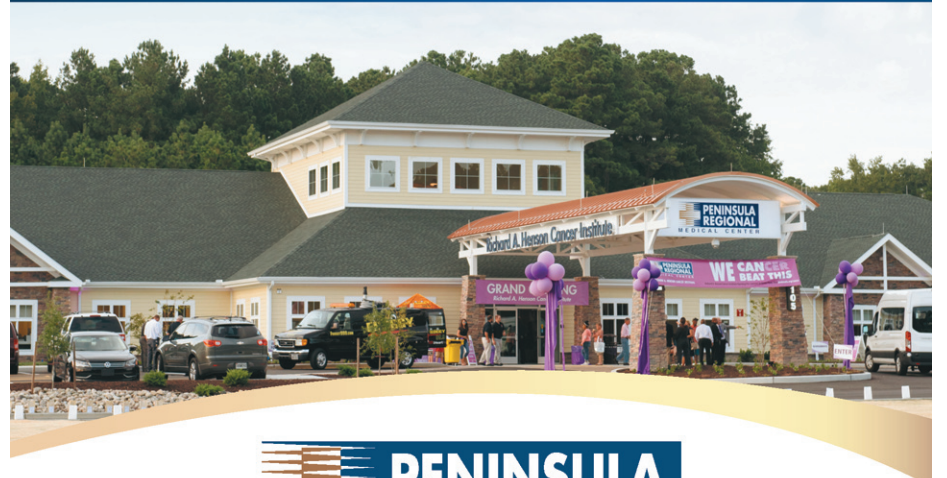
Atlantic City's Steel Pier was an exciting place to work in the 1950s. Stretching over 1,600 feet, Steel Pier was known as 'The Showplace of the Nation'. Some of the attractions included performers such as Marilyn Monroe, the Beatles, Dean Martin, Frank Sinatra and a host of other entertainers. A man named George Hamid created a lot of excitement by bringing in sensational shows including the Human Cannonball, the Diving Bell, the Skiing Dog and the crowd-favorite Diving Horse attraction.

please see duo on page 15

YOUR CANCER EXPERTS

At the Richard A. Henson Cancer Institute, patients are at the center of care. With two locations to better serve Delmarva, the Institute offers:

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- **State-of-the-art technology for diagnosis and treatment, including the new daVinci XI surgical robot, the only one of its kind on the Eastern Shore**
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410-543-7006

peninsula.org/cancer

The Courier

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2012 Business of the Year

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According to the ASPCA, approximately 3.3 million dogs enter animal shelters across the United States each year. While that is a sizable number, it represents a significant decline since 2011, when 3.9 million dogs entered shelters.



The ASPCA estimates that slightly less than half of the dogs that enter U.S. animal shelters (1.6 million) are adopted each year. Some shelter dogs are strays who are ultimately returned to their owners, but the ASPCA estimates that 670,000 are euthanized each year. Dog lovers can help to lower that number by choosing to adopt their next dogs from a shelter rather than buying from a breeder. The American Pet Products Association notes that 34 percent of dogs purchased each year are obtained through breeders. By choosing to adopt dogs from shelters rather than purchasing them from breeders, dog lovers can help reduce overcrowding at shelters and greatly reduce the number of dogs that are euthanized each year.

State ends year with surplus

Governor Larry Hogan applauded the end-of-year budget closeout report showing that Maryland finished the fiscal year with \$503.8 million in unassigned fund balance. \$144.2 million of the total comes from money saved by state agencies, which is \$54.6 million more than estimated, reflecting the Hogan administration's careful management of state agency budgets. Additionally, the state benefited from \$339.3 million in higher-than-anticipated revenues in the 2018 fiscal year, according to data released by Comptroller Peter Franchot.

"These strong revenue and budget results are great news for our taxpayers and provide further proof that we are continuing to make living in our state more affordable and changing Maryland's economy for the better," said Governor Hogan. "We are proud to be responsibly managing our state agencies, resulting in nearly \$150 million in savings that will benefit all Marylanders."

In addition to the funds saved by state agencies, Maryland's revenues also performed better than projected in all four of the largest categories: personal income, corporate income, sales, and lottery.

"Our revenue growth, especially in the personal income, corporate income, sales, and lottery categories, show that both Maryland citizens and businesses are making and spending more money, illustrating our growing economy and further affirming that we have our state on the right path moving forward," said Governor Hogan.

ShapeUps Fitness Club to begin

ShapeUps Fitness Club will begin its 2018-2019 season on Monday, September 10 at the Ocean Pines Community Center. Two sessions are available at 7:30 a.m. and 8:30 a.m. on Mondays, Wednesdays and Fridays. New members are always welcome. Participants need an exercise mat and hand weights and should wear comfortable clothing and athletic shoes. There is a hospitality fee of \$20 for the season. For information call 410-641-7715. This group is open to Ocean Pines residents only.



Induction - Past Commanders of the Ocean City Power Squadron, a unit of the United States Power Squadrons, held its 15th annual induction ceremony into the Dead Duck Society.

On August 23 at the Starr Restaurant at River Run John Hess commander for the year 2017 was this year's inductee. Past commanders pictured from left to right are: (1st Row) Wallace J. Stevenson, Antonino G. Curro; (2nd Row) Morton N. Brown, Judith K. Prange, Frederick F. Stiehl, Anthony D. Smith, Raymond Calandra, Sterling S. Wyand; (3rd Row) Charles W. Hinz, Peter M. Fox, John Hess, John W. Tellman and Stuart C. Glassman.

Private land conservation workshop scheduled

Voluntary conservation programs are the driving force behind much of the great land stewardship being practiced on the Lower Shore. A workshop for landowners in the Coastal Bays watershed will be held on Wednesday, September 5 from 9 a.m. to 10:30 a.m. at the Snow Hill Library. This program will provide landowners with an overview of available cost-share programs, conservation easement programs, and forest management options.

Speakers include representatives from the Maryland Environmental Trust, DNR Forestry, Natural Resources Conservation Service, Maryland's Agriculture Law Education

Initiative, and the Lower Shore Land Trust. Learn about opportunities for hedgerow and forested buffer planting, pollinator habitat installation, invasive species removal, forest management, agricultural leases, and conservation easement programs.

The event is free and open to landowners throughout the Lower Shore through generous funding from the Maryland Coastal Bays Program and Healthy Watersheds Consortium. Coffee and light refreshments will be served. To register, visit www.lower-shorelandtrust.org or for more information contact info@lower-shorelandtrust.org or call 443-234-5587.

County celebrates clean indoor air anniversary

Take a deep breath, Worcester County; this month Maryland celebrates the 10th Anniversary of the Clean Indoor Air Act. Maryland's Clean Indoor Air Act prohibits smoking in all indoor workplaces, including restaurants, bars, and clubs, to preserve and improve the health, comfort, and environment of residents by eliminating exposure to secondhand smoke.

The act made a significant mark in Worcester, where the hospitality industry is one of the largest employers in the county. Businesses were quick to adapt, however, and the trend of providing smoke-free environments both indoor and outdoor continues to grow. In 2015, Ocean City made its beach and iconic Boardwalk a smoke-free zone.

please see **air** on page 15

1983

Who knew that an old computer paper box retrieved from deep in the abyss of our attic would be a portal to another time and place? My wife and I were recently preparing for a yard sale and were gathering all sorts of this and that that had been stored in

my paper clip holder has more capability than that machine.

An RCA 12" diagonal black and white television was on sale for \$76. It was said to be a "perfect second set for any room in the house. You get a sharp, brilliant picture." Nowhere was it mentioned that it had a remote, high def or stereo sound. How did we survive?

If stereo sound is what you wanted, you were in luck. A Soundesign AM/FM Stereo Music System with Cassette was available for \$239. It had a turntable and a cassette player/recorder. If you wanted a record to play, there was a sale on country music records. For \$6.96 for either album or cassette, you could purchase Kenny Rogers' "We've Got Tonight" or Ronnie Mil-sap's "Keyed Up" among other titles.

Music not your thing? How about photography? A Kodak 940 Instant Camera was just \$19.97 after a \$3 rebate. A two-pack of Kodamatic film that provided 20 color pictures was \$14.29. Photo processing was 17 cents (10 for \$1.58) each for beautiful prints "made from your 110, 126, disc or 35 mm color negatives."

A box of 50 Phillies Perfecto cigars was \$5.64. An oil, lube and filter job was just \$10.99. A Sharp eight digit solar calculator was \$7.99 but only with the coupon. A 64-ounce bottle of Downy Softener was \$1.94. You had to have a coupon and you were limited to buying only two bottles.

A men's or women's 26" 10-speed bike was \$88 unassembled in carton. It was \$8 more if you wanted it assembled. And a key-lock chain was \$4.77. A six foot, redwood picnic table with two benches was \$36.88, unassembled in the carton.

So engrossed was I with the newspaper pages, I was of little help to my wife for about an hour or so, just about the time it took her to get the rest of the stuff together for the yard sale. It was fun to, for just a brief period, travel back to 1983, a time when my hair was jet black and I wore jeans with a 28-inch waist. Not only that but if I was so inclined I could buy the "exciting M*A*S*H video game" with a complimentary T-shirt for just \$24.97.

Those were the days.



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

our attic for a lot of years. This is stuff that had been pushed farther and farther back toward the eaves as we over the years carefully placed (read shoved, crammed or jammed) more into the attic just to get it out of sight.

Found in this particular box were dishes, fancy dishes that had been purchased long ago at someone else's yard sale with the expectation that we would use them. We never did. More interesting than the pattern on the dishes were the yellowed newspaper pages that wrapped each dish. The paper was the *Philadelphia Daily News* and the date was Wednesday, May 11, 1983. 1983. Think about it. It was the year before the Orwellian "1984." Ronald Reagan was in his first term. Cell phones, e-mail and i-Pods were in the future. LP records were still being sold. CNN was in its infancy and Fox News wasn't around. "Dallas" was number two in the ratings and Sarah Palin was in high school. I didn't even know my wife then.

The pages that fascinated me most were from a Kmart advertisement. This was a time when WalMart was still pretty much a local store in Arkansas and Woolworth's was still around. It was interesting going back to that "simpler time" when these yellowed, crinkly and somewhat crumbling pages were crisp white.

Prominently displayed on the front page was the Commodore Vic-20 Personal Computer for \$88. It was advertised as a "full-fledged personal computer with 5K RAM expandable to 32K, a full-size computer keyboard with built-in BASIC computer language." This was cutting edge equipment I suppose. I think

Tenth Annual
Patriot Day Fashion Show Luncheon
Honoring

Patriotic Women Of America

Dunes Manor Hotel, Ocean City
Thursday, September 27
Doors open at 10:30 am—Program begins at 11:30 am

Fashions by Chico's
White Marlin Mall

Accessories by Bruder Hill
Berlin

\$ 35

Featuring
Local vendors with merchandise for sale
Mystery envelopes for a cash prize
Lucky Surprise Boxes—each with a gift certificate from a local merchant valued at \$10 or MORE

Menu

- Garden Salad
- Citrus Peppercorn Chicken
- Scalloped Au Gratin Potatoes
- Brussel Sprouts Espafiol
- Rolls and butter
- Coffee and tea
- Flourless Chocolate Torte

(Vegetarian option available if pre-ordered)

For information contact Beth Rodier at 410-352-5222, 443-668-8864 or brodier@comcast.net
To make a reservation send a check made to RWWC to P.O. Box 1292, Berlin, MD 21811.
For group reservations, please include check(s) for the **entire group**. Deadline September 20

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Sailing class to put Pines residents at the helm

As area students begin to head back to school on Delmarva, a growing number of older students in Ocean Pines, on average age 35 and up, are enrolling in unique courses in unique settings.

Salisbury University, in partnership with the Ocean Pines Association, continue to bring Ocean Pines residents and guests engaging life-long learning experiences, including two new courses titled the “Basics of Sailing” and “Basic Sailing on Boat” at the Ocean Pines Yacht Club on Saturday, September 29.

“The sailing courses are the first of its kind at the Ocean Pines Yacht Club and are a great opportunity to showcase our marina, which is certified as a Maryland Clean Marina,” said Denise Sawyer, marketing and public relations director of the Ocean Pines Association.

Folks are invited to learn to sail or improve their sailing skills with help from the Salisbury University Sailing Team, which competes in the Middle Atlantic Intercollegiate Sailing Association Southern Division on the East Coast.

The “Basics of Sailing” course will be held from 9 a.m. through 12 p.m. and will cost \$15 per participant. “Basic Sailing on Boat” will be held from 1 p.m. through 3 p.m. and will cost \$85 per person. Those interested in both courses can enroll in a full-day course for \$100 per person, which does include lunch.

“Don’t worry if you don’t know a ‘mainsheet’ from a ‘mizzenmast,’” said Mary Angela Baker, director of the Center for Extended and Lifelong Learning at Salisbury University. “If you want to learn, we want to teach you.”

Baker and her team of instructors are dedicated to strengthening the lifelong learning program in Ocean Pines, “SU at the Beach,” after a successful launch last year.

The institution will also offer lectures and seminars at the Ocean Pines Community Center, beginning Sept. 13. For more information about

the program or to register for the courses, visit <http://www.salisbury.edu/administration/president/cell/subeach.aspx> or call 410-543-6090.



“Education later in life can either rejuvenate your career or take it in a different direction,” said Sawyer. “Adult learners who hunger for personal development or an improved wealth of knowledge will certainly benefit from the exciting lineup of upcoming courses in Ocean Pines.”

Homeschool gym offered

Worcester County Recreation and Parks is offering Homeschool Gym, a new program open to only homeschool participants this fall.

Homeschool Gym will provide children of all skill and fitness levels with opportunities to have fun and keep their bodies moving. Children will improve their physical skills, enjoy fitness in a variety of recreation activities, and build their confidence in a structured, noncompetitive environment, all while socializing with peers.

Homeschool Gym will take place on Thursdays from 1 p.m. to 2 p.m., September 27 through November 15. The program is open to children ages five to 14. The cost per child is \$30, and \$25 for each additional child.

For more information on this program, contact Kelly Buchanan at 410-632-2144, ext. 2503 or kbuchanan@co.worcester.md.us. Visit www.worcesterrecandparks.org to view all that WCRP has to offer.



College Workshop

Forty-five seniors from the Class of 2019 attended a weeklong Worcester Prep (WPS) College Workshop this summer, from August 20 to 24, in the Guerrieri Library. Led by Vickie Garner, WPS Director of College Counseling, the students participated in essay writing workshops, practiced interview techniques, and worked on their goal of completing an outstanding Common App and Coalition App. In addition, special guest speakers visited throughout the week to share their expertise with the students including Tim Danos (University of Delaware), Stephen Garner (Hood College), and Megan Leslie (WPS English Teacher).

Above: WPS Director of College Counseling **Vickie Garner** collaborates with Class of 2019 seniors, (seated L-R) **Sam Cantor** (Ocean City) and **Molly McCormick** (Bishopville), to complete college essays and The Common App during their summer College Workshop.

Chincoteague Oyster Festival returns

The Chincoteague Chamber of Commerce will host the 46th Annual Chincoteague Island Oyster Festival. Time is running out to purchase tickets to the shore’s largest party of the year celebrating Chincoteague “Salt” oysters and the official beginning of the fall oyster season on the Eastern Shore of Virginia.

This traditional island event will be held October 6 at Tom’s Cove Park located at 8128 Beebe Road in Chincoteague. Oysters will be served raw, steamed, fried and frittered beginning at noon along with clam fritters. Clam chowder, hushpuppies, hot dogs, shrimp cocktail, salad bar, and boardwalk fries will be served at 11 a.m. Non-alcoholic beverages are included in the ticket price of \$45 and beer may be purchased separately.

Gates open at 10 a.m. giving attendees the opportunity to decorate their spaces for the Best Decorated Space Contest, and purchase festival sou-

venirs and raffle chances for the Extravaganza of prizes to be given away at 4 p.m. There will be no admittance into the festival grounds prior to 10 a.m. Outdoor dancing to music by local favorite “Island Boy” can be enjoyed from noon to 4 p.m. The Pony Express Trolley Green Route will operate free of charge from 9 a.m. to 5 p.m. for your convenience courtesy of the Chincoteague Chamber of Commerce and the Town of Chincoteague. Attendees may also park at Chincoteague Combined School and “Ride the Pony Express” from there. Limited tickets remain to this sell-out party. Tickets are \$45 each and proceeds benefit programming and activities of the Chincoteague Chamber of Commerce. Call the chamber today at 757-336-6161 or order online at www.chincoteaguechamber.com and www.chincoteagueoysterfestival.com.

Reelect
Commissioner CHIP BERTINO
———— Campaign Fundraiser



Commissioner Chip Bertino

*Sunday,
September 9, 2018
5 p.m.*

Denovo's Trattoria
Spaghetti Dinner

Spaghetti, meatballs, salad, bread, dessert

Cash Bar

\$20/person in advance
\$25/person at door

For tickets call Marie Gilmore at 410-726-2881

Mail checks payable to Bertino for Commissioner
98 Nottingham Lane, Ocean Pines, MD 21811

E-mail: OPMARIE@aol.com

Authority: Bertino for Commissioner; Susan Bertino, Treasurer

Art League to present 'Artrageous'

On Sunday, October 28 at 8 p.m., the Art League of Ocean City will bring a high-energy national touring stage show to Ocean City at the Performing Arts Center. Artrageous is an interactive art and music experience for all ages, combining the visual and performing arts with audience participation.

Tickets range from \$25 to \$35, and are available at ticketmaster.com. Sales benefit the programs of the Art League of Ocean City and also allow for a free

performance on Monday, October 29 for more than 1,000 Worcester County students.

The Humphreys Foundation and the Optimist Club, along with support from T.E.A.M. Productions and the Town of Ocean City, are funding the special free Monday performance the performers will gear toward the school children. Worcester County teachers have lesson plans they can use to prepare the students ahead of time for what they will see and how they will participate.

"This is the type of opportunity that can change kids' lives," Rina Thaler, executive director of the Art League, said. "When children are exposed to the arts at an early age, it opens up possibilities they may not have considered in their lives and gives them an outlet of self-expression."

Artrageous is a troupe of traveling actors and musicians from Vancouver, Canada who banded together in the 1980s to perform and see the world. Starting with children's puppetry theater and rising from a fire that destroyed their home, the troupe has performed for the likes of Sir Richard Branson, Steve Forbes, and General Colin Powell, and in

venues and events all over the world from India to Thailand, Paris to Austria.

As people who live and breathe the arts, creativity, community, and inspiration, the performers share their passion with the world in a show that focuses on art, music, theater, singing, dancing, and audience interaction, all on one stage. Audience members will witness the creativity of an artist creating a

masterpiece before their eyes in mere moments. Combined with captivating vocals, intricate choreography and exciting music, Artrageous takes their audiences on a visual journey to a gallery of finished paintings, culminating in the performers inviting the audience to come on stage and join in the artmaking.

More information is available at 410-524-9433 or artleagueofoc.org.

'Day to Serve' effort proclaimed

Governor Larry Hogan has issued a proclamation declaring September 11 through October 10 as "Day to Serve" month in Maryland. As part of the announcement, Governor Hogan is encouraging all Maryland citizens to choose a day to participate in a volunteer activity. The "Day to Serve" initiative includes Maryland, Washington, D.C., Virginia, and West Virginia, each of which tracks statistics such as number of volunteers, hours served, and pounds of food donated in a friendly competition.

"The Day to Serve initiative is an excellent opportunity for Marylanders to join together in volunteer efforts, as well as highlight the incredible service and volunteerism that occurs year-round in our state," said Governor Hogan. "Our citizens take great pride in our shorelines and beaches, our communities, and our state, and by working together, we can continue changing Maryland for the better."

Governor Hogan will kick off "Day to Serve" on September 11 at the Maryland Center for Veterans Education and Training (MCVET) in Baltimore. Volunteers from the Governor's Office of Community Initiatives, state agencies, and the local community will work alongside the homeless veterans who reside at MCVET on various projects to help uplift and revitalize the center.

In an effort to promote responsible stewardship of our environment and keep Maryland's shorelines and beaches litter-free, the Governor's Office of Community Initiatives is organizing a statewide waterway cleanup event for Maryland's waterways, which will take place September 14 and 15. With events taking place in all 23 Maryland counties and Baltimore City, one great example is an event sponsored by the Kent Island Beach Clean

Ups planned for Terrapin Beach on September 15, which is also International Coastal Cleanup Day.

To further promote the spirit of volunteerism, Governor Hogan has once again granted four hours of administrative leave for state employees to participate in a volunteer activity of their choice from September 11 to October 10. In addition to the many state employees who will be participating as individuals, several agencies plan to organize projects throughout the state to encourage employee participation.

"We greatly appreciate Governor Hogan's continued support of promoting service and volunteerism throughout the state," said Steve McAdams, Executive Director of the Governor's Office of Community Initiatives. "As our office travels to meet with communities around Maryland, we have seen first-hand the incredible impact volunteerism can have by addressing important issues and building lasting bonds."

New this year, the Governor's Office of Community Initiatives announced the "Day to Serve Challenge." Volunteers can participate by uploading pictures from their service activity with the hashtags "#MDDTS2018" and "#iServeMD" to Facebook and/or Twitter and "tag" three individuals and/or organizations with an invitation to participate. Individual(s) and/or organization(s) with the most likes on their post by October 20 will win a special prize. Click here to learn more about the challenge.

Marylanders looking for volunteer opportunities are encouraged to check the Day to Serve event map periodically, as events will continue to be added. Volunteer service event organizers are requested to register events on the "Day to Serve" webpage.

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Citation - First Lady Yumi Hogan presents a Governor's citation to the Ocean City Life-Saving Station Museum recognizing its 40 years of dedication to inspiring and supporting the interpretation and appreciation of the cultural and natural history of Ocean City, and the Worcester County coastal region. Back row **Robin Beachamp, Lou Parsons, John Fager and Harry Ballatyne**; front row **Yumi Hogan, Nancy Howard and Sandy Hurley**. The museum will celebrate its 40th anniversary during OC History Week with an Historic Home Tour on October 13 and a Surfin' the Seventies celebration at Fager's Island on October 20. For more information visit the Museum website www.oc-museum.org.

Youth volleyball offered

Worcester County Recreation and Parks (WCRP) staff members love volleyball. Registration is now open for three youth volleyball programs at the Worcester County Recreation Center (WCRC) in Snow Hill.

After School Volleyball will take place Tuesdays, September 11 through October 30 from 3:30 p.m. to 5:30 p.m. This program is open to grades kindergarten through third. This program is designed for youth starting out with the sport of volleyball. Participants will be taught basic skills and will play modified games. Transportation from Snow Hill Elementary School to the WCRC will be provided.

Junior Dig-It Volleyball and Dig-It Volleyball are new programs. Junior Dig-It Volleyball will take place on

Tuesdays, September 11 through November 27 from 5:30 p.m. to 6:30 p.m. The program is open to grades fourth through sixth. Participants will learn precise passing, hitting, serving to prepare for higher levels of volleyball.

Dig-It Volleyball will take place on Wednesdays, September 12 through November 28 from 5:30 p.m. to 6:30 p.m. This program is open to grades sixth through eighth. Players will fine tune all skills and prepare for high school level volleyball.

The registration deadline for all youth volleyball programs is September 7. Beginners are encouraged to play. For more information, contact Trudy Porch at 410-632-2144, ext. 2520 or tporch@co.worcester.md.us.

Pines featured in national magazine

Ocean Pines attracts the attention of "Forbes" magazine, a leading source for business news and financial information, and is named the top place to retire in Maryland for 2018.

"This is fantastic news for our community," said John Bailey, general manager of the Ocean Pines Association. "Our residents can take great pride in this announcement. Ocean Pines is fifty years young this year and this news just continues to show that the community has withstood the sands of time – and the ocean – and is ready to lead the way into the next decade and beyond as one of the best places to retire on the Atlantic coast."

The financial experts with the nationwide publication compiled a list of

please see forbes page 15

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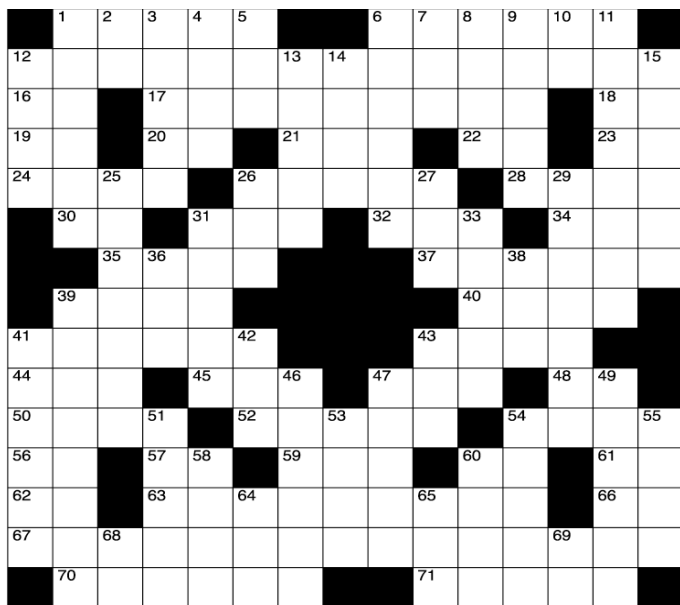


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CLUES ACROSS

- 1. Where to shop
- 6. A descendant of Shem
- 12. NBA big man "Boogie"
- 16. Integrated circuit
- 17. Voice
- 18. Larry and Curly's buddy
- 19. Beloved English princess
- 20. Used to emphasize
- 21. Sun worshippers want one
- 22. Atomic # 44 (abbr.)
- 23. Lincoln's state
- 24. Selects
- 26. Organs present in invertebrates
- 28. Self-immolation by fire
- 30. Trauma center
- 31. Automobile
- 32. Mustachioed actor Elliott
- 34. Something to do at auctions
- 35. British School
- 37. San Diego ballplayers
- 39. Drumming pattern
- 40. One-time Portuguese currency
- 41. Honor
- 43. Beaches have it
- 44. Folk singer DiFranco
- 45. Electronic data processing
- 47. Where wrestlers ply their trade
- 48. The Peach State
- 50. Boat post
- 52. Omitted from printed matter
- 54. Witnesses
- 56. Indicates position
- 57. Atomic # 18 (abbr.)
- 59. Obligated to repay
- 60. Lead prosecutor
- 61. Sun God
- 62. The Ocean State
- 63. Seek opportunity without scruples
- 66. Keeps you cool
- 67. Achievements
- 70. A beloved street
- 71. Analyze minutely

CLUES DOWN

- 1. Cooks need one
- 2. A mystic syllable
- 3. Male parents
- 4. Greek goddess of discord
- 5. U.S.-based church (abbr.)
- 6. Movies have lots of them
- 7. Greek goddess of the dawn
- 8. Influential naturalist
- 9. Ancient town
- 10. Atlanta-based rapper
- 11. Animosities
- 12. Pop singer
- 13. Speak
- 14. One who lives in Burma
- 15. Not liquids
- 25. A framework
- 26. Peter's last name
- 27. Plants have it
- 29. To shorten a book
- 31. French philosopher
- 33. Murdered in his bathtub
- 36. Greek letter
- 38. A hiding place
- 39. Crazy supporters
- 41. Winged nut
- 42. Doctor of Education
- 43. Unhappy
- 46. Popular celeb magazine
- 47. ___ and greets
- 49. Poke holes in
- 51. Beloved Mexican dish
- 53. Monetary unit of Angola
- 54. More wise
- 55. Pouches
- 58. Hindu's ideal man
- 60. Type of gazelle
- 64. Revolutions per minute
- 65. Energy unit
- 68. Cerium
- 69. Canadian peninsula



Answers for August 29

Eyes on the Skies

Celestial targets with famous legends

By Douglas Hemmick, Ph.D.



The celestial targets for September are found in two constellations, Perseus, the slayer of monsters, and Andromeda, the chained princess, now found in the northeastern region of the night skies. Both constellations are prominent characters from Greek mythology.

According to ancient legends, the heroic exploits of Perseus included several remarkable conquests. First was the beheading of Medusa, an ominous gorgon with hair made of live snakes. Perseus then rescued Andromeda by slaying the sea monster Cetus. In these adventures, Perseus was aided by his helmet of invisibility, and reflective shield. Although Medusa's direct gaze would turn men to stone, the reflective shield enabled Perseus to avoid this threat.

September begins the autumn stargazing spectacle offered by the star Algal within the constellation Perseus. Algal is double star, and is classified as an "eclipsing binary." This means the orbital pathways of the pair are perfectly aligned, as viewed from Earth. As the two follow their orbits, each one will at some point block out the light from the other, as it passes in front.

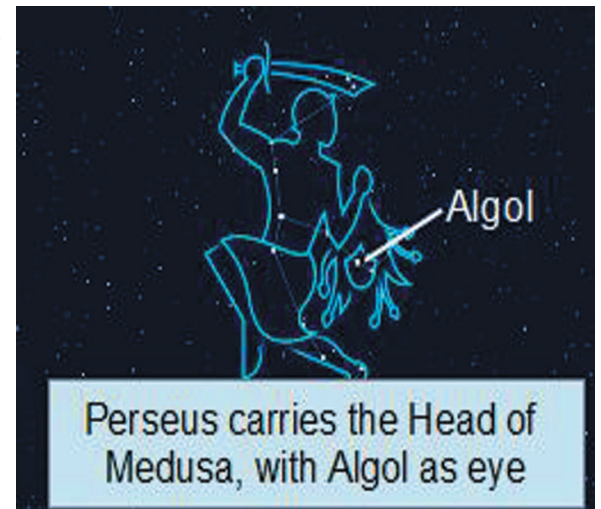
Algal's eclipse events occur each 2.87 days, when the star's intensity dims to just one-third as bright, and remains so for about two hours.

Algal takes its name from an Arabic word meaning "Demon's Head" and has also been called Medusa's blinking eye. A famous bronze statue dating from the 1500s still stands in Florence, Italy depicting the legendary beheading of Medusa.

Stargazers seem to get "two for one" this month, as the next target - the open star cluster M34 - lies very close to Algal. M34 is located southwest from the famous blinking star, towards Gamma Andromedae. M34 was first detected by the Italian astronomer Giovanni Hodierna in the

mid-1600s. and was rediscovered by Charles Messier in 1764. M34 is one of the nearest Messier objects to Earth at about 1500 light-years and is estimated to contain more than 400 stars.

Southward from Perseus in the night sky is the constellation Andromeda which also features the most famous galaxy M31, or "The Great Galaxy in Andromeda." M31 is



the closest large galaxy outside the Milky Way, and was studied by Edwin Hubble and others as the modern era of astronomy began in the early twentieth century. Although it is sometimes nicknamed Andromeda Galaxy, professional publications prefer the title M31.

Andromeda Galaxy, or M31, is a spiral galaxy of comparable size to the Milky Way. Edwin Hubble famously measured the distance to M31 in the 1920's as he showed it to be about one million light-years away. This proved that Andromeda is not within the Milky Way, and cannot be "just another nebula" as many had thought. Hubble's further discoveries of distant galaxies led to his celebrated theory of the expanding universe.

The Andromeda Galaxy can be spotted by two methods. Locate the "W" shape of Cassiopeia in the northeastern sky. Note that one half of the W is more deeply notched than the other half. This deeper V forms an

Game bird hunting seasons announced

The Maryland Department of Natural Resources has announced the state's 2018-2019 early migratory game bird hunting seasons. Bag limits, season dates and shooting hours can be found in the 2018-2019 Maryland Guide to Hunting and Trapping.

"The opening of dove season marks the traditional start of hunting activity in Maryland," Wildlife and Heritage Service Director Paul Peditto said. "We wish all hunters a safe and successful year."

Season dates are as follows:

Dove, split season

First Season: Sept. 1 – Oct. 20

Second Season: Oct. 27 – Nov. 23

Third Season: Dec. 18 – Jan. 12, 2019

Woodcock, split season

First Season: Oct. 24 – Nov. 23

Second Season: Jan. 7–26, 2019

Early resident Canada goose season*

Eastern zone: Sept. 1–15

Western zone: Sept. 1–25

*Hunters are allowed to use shotguns capable of holding more than three shot shells. Shooting hours are extended to a half-hour before sunrise to a half-hour after sunset.

Teal, September season**

Sept. 17–29

**Shooting hours will be a half-hour before sunrise to sunset. The daily bag limit is six.

All migratory bird hunters, including landowners who are license-exempt, must purchase a Maryland Migratory Game Bird Stamp/Harvest Information Program Permit and pos-

sess the printed receipt while hunting. All waterfowl hunters, ages 16 and older, must possess the Federal Migratory Bird Hunting and Conservation Stamp (Federal Duck Stamp). Licenses, permits and stamps can be purchased online, by phone at 855-855-3906, at a department service center or any of the 250 sport license agents.

Official shooting hours begin 30 minutes before sunrise and end at sunset for all early migratory game bird hunting seasons except for mourning doves during the first season segment, when shooting hours are from noon to sunset, and during the September resident Canada goose seasons. Hunters are encouraged to report banded migratory game birds online.

Tides for Ocean City (Fishing Pier)

Day	High /Low	Tide Time	Sunrise /Sunset
Th	6	High	4:48 AM
	6	Low	10:56 AM
	6	High	5:25 PM
F	7	Low	11:54 PM
	7	High	5:47 AM
	7	Low	11:58 AM
Sa	8	High	6:21 PM
	8	Low	12:49 AM
	8	High	6:42 AM
Su	8	Low	12:55 PM
	8	High	7:14 PM
	9	Low	1:39 AM
M	9	High	7:35 AM
	9	Low	1:50 PM
	9	High	8:05 PM
Tu	10	Low	2:26 AM
	10	High	8:27 AM
	10	Low	2:42 PM
W	10	High	8:54 PM
	11	Low	3:11 AM
	11	High	9:17 AM
Th	11	Low	3:32 PM
	11	High	9:42 PM
	12	Low	3:56 AM
F	12	High	10:05 AM
	12	Low	4:23 PM
	12	High	10:28 PM



Winner - Katerina Burton, Worcester County Arts Council scholarship winner, visited with **Anna Mullis**, executive director of the Arts Council, before returning to The Julliard School where she will receive her Master's degree in vocal performance in the spring.

Kitten tests positive for rabies

The Worcester County Health Department confirms that a kitten has tested positive for rabies on August 29, on Snow Hill Rd (Rte. 12) north of Girdletree. The kitten was a female gray, black and tan striped tabby that was roughly eight-weeks-old. Residents of the property near where the kitten was found did not own the animal and the owners are unknown at this time.

Health department officials are concerned that there may have been other contacts to this kitten and warn that any person, pet or other animal that may have had contact with this kitten could be at risk for rabies expo-

sure. If you believe that you or a member of your family had any contact with, or exposure to, the kitten, call the Worcester County Health Department immediately at 410-641-9559 or consult with your medical provider. If you call after hours or on the weekend, call Worcester County Emergency Services at 410-632-1311 to reach health department on-call staff.

If bitten or scratched by an animal, always seek immediate medical care. Post-exposure treatment is necessary to prevent rabies. If not treated, rabies is fatal.

For general rabies information, please visit worcesterhealth.org

Wings and Wheels returns

It will be a day of fun and nostalgia when the Wings and Wheels Exposition returns to the Ocean City Airport on September 15 between 10 a.m. and 2 p.m.

The event, sponsored by the Ocean City Aviation Association, is a fundraiser for the Huey Veteran's Memorial located at the airport.

There will be airplanes, cars, trucks, Jeeps and military vehicles on display. Randy Lee Ashcraft will perform so bring a chair or blanket and enjoy the music.

For those interested in displaying their vehicles, registration is between

9 a.m. and 11 a.m. The cost is \$20 for the first vehicle and \$10 for each additional vehicle.

The ceremony will close at 2 p.m. with a 50/50 drawing and the presentation of trophies and plaques to the winners.

The cost is \$5 for adults. Children ages 12 and under are free.

There will be food vendors, a beer truck, door prizes, demonstrations and other attractions.

Free parking and a free shuttle are provided.

For more information contact Jack Levering at either 352-250-5302 or 410-208-1480, Graison Wainwright at 410-726-7442 or Airport Operations at 410-213-2471.



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The many health benefits of honey

Honey is nature's sweet nectar. While honey certainly can add flavor to various recipes or be enjoyed straight out of the jar, it has many other surprising benefits as well. Used since ancient times as both a food and for medicinal purposes, honey can make for a versatile addition to anyone's diet.

Substitute for refined sugar: Refined sugar offers little to no nutritional value and is full of empty calories. Heathline says that honey has bioactive plant compounds and antioxidants as well as trace amounts of vitamins and minerals. The antioxidants in honey, which include phenols and flavonoids, may help prevent cardiovascular disease, stroke and some types of cancer.

Has antibacterial and antifungal properties: According to the Honey Research Unit at the University of Waikato in New Zealand, honey is antibacterial. Honey will not foster growth of these microorganisms because it contains small amounts of hydrogen peroxide. Because of these properties, some people say that honey can help disorders such as ul-

cers and bacterial gastroenteritis, or other conditions where fungi and bacteria grow unchecked.

Soothes sore throat: Taking a tablespoon of honey to relieve itchy, dry throats and coughs can be effective. In a study published in the "Archives of Pediatrics and Adolescent Medicine," it was determined that honey could be just as effective at stemming cough as the popular medicine dextromethorphan.

Helps reduce inflammation: Honey is well known for its anti-inflammatory properties. As a result, honey can

help treat diabetes, cardiovascular disease, atherosclerosis, and other diseases traced back to widespread inflammation, according to Greek researcher Natalia Vallianou of the Evangelismos Hospital in Athens.

Regulates blood sugar: The combination of fructose and glucose in honey may help the body regulate its blood sugar levels, which could be beneficial to those with diabetes. Certain types of honey also may have a lower hypoglycemic index, which means they do not cause a dramatic shift in blood sugar, according to the

food and health resource "Real Food for Life."

Has probiotic properties: Some varieties of honey contain large amounts of the friendly bacteria that the body needs to maintain a healthy gut microbiome.

Promotes healing: There is evidence that clinical use of honey on burns and wounds can be beneficial. Data published in the Scientific World Journal said that honey can be used to dress wounds and that it produces similar results to other topical treatments in promoting healing.

Explaining opioids

For many years, law enforcement agencies have tried to educate and inform the general public about a growing opioid epidemic. According to the Centers for Disease Control and Prevention, drug overdoses killed nearly 64,000 Americans in 2016, and roughly two-thirds of those deaths involved a prescription or illicit opioid.

The opioid epidemic is not exclusive to the United States. In early 2018, Canada's Special Advisory Committee on the Epidemic of Opioid Overdoses released a statement acknowledging that the country's opioid epidemic had significantly worsened since 2016. In fact, the Public Health Agency of Canada noted that deaths from opioid-related overdoses between January and September of 2017 had increased by 45 percent from the same period just a year earlier.

What are opioids? The term "opioid" refers to a wide range of drugs, including illegal drugs such as heroin. Whether an opioid is an illegal street drug or one prescribed by a doctor, the National Institute on Drug Abuse notes that all of

*please see **opioids** on page 15*

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Volunteer Spirit awards presented

During the 2018 Volunteer Spirit of Worcester County awards dinner at the Atlantic Hotel in Berlin last week, the Worcester County Commissioners and Volunteer Services Manager Kelly Brinkley honored nine individuals, groups, and organizations making strides to improve the local community.

“This group has shown us over the past year how giving of your time truly makes an impact on the lives of others,” Brinkley said. “What is so moving

about their service is that they don’t volunteer for recognition. They volunteer because they are passionate about being part of an effort to make a difference in the lives of people.”

Michelle Hernandez of Connections at Stephen Decatur High School (SDHS) received the Youth Award, while Sue Walter of Star Charities and Carolyn Post of Coastal Hospice each earned Individual Spirit awards.

“Michelle also earned the Presidential Service Award for completing

what we know to be far more than 100 service hours,” Brinkley said. “With her service to the food pantry, soup bowl project, hygiene kits, Ocean City downtown and beach clean-ups, Flower Street Recreation Center, SDHS Haunted Halls, Sons of Italy Festival, and Delmarva Irish American St. Patrick’s Day Parade, her efforts truly get at the heart of what it means to serve in meaningful ways.”

Berlin Branch Library Garden volunteers earned the Group Award, and

Ocean City Power Squadron, District 5 took home the Nonprofit Award. Josephine Alexander of the Worcester County Arts Council and Nancy Fortney of the Art League of Ocean City both earned Member of a Board Awards.

“Nancy serves on the Worcester County Women’s Commission, where her work helps the organization assist women to achieve social, educational, and economic equality,” Brinkley said.

please see awards on page 14

Hope everyone had a good summer with lots of barbecues and outdoor events. Now I’m ready to bake some desserts. My Mom always had a baked dessert on hand especially when school began and I continued that practice with my own children. In the Fall, there is nothing better than custard or bread pudding and it is very easy to prepare. Kids love it too.

Baked Custard

- 3 cups milk
- 4 eggs
- 1/3 cup sugar
- 1 t. vanilla
- 1/4 t. salt
- Nutmeg (sprinkle before baking)

Beat eggs, add milk, sugar, salt and vanilla. Mix well and pour into Pyrex custard cups. Sprinkle with nutmeg. Put cups in baking dish and fill the sides with cold water. Don’t allow the water to boil. Bake at 325 degrees for 1 hour or until knife comes out clean.

Note: Can be baked in one casserole in pan of water.

Old Fashioned Bread Pudding

Fill greased deep baking dish with broken bread, (day old is better.) Pour the following mixture over the bread:

- 3 or 4 beaten eggs
- 1 t. vanilla
- 1 cup sugar
- 2 cups milk or enough to cover bread

Top with nutmeg and bake at 350

degrees for about an hour.

Prepare a pitcher of milk, sugar and nutmeg to pour over warm pudding when serving

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Southgate - Ocean Pines
(Manklin Creek & Ocean Pkwy)

Financial assistance could be available for older students

Men and women over 50 who are considering returning to school may be eligible for financial assistance through various programs. According to the American Association of Retired Persons, older men and women who want to go back to school do not necessarily have to bankroll that expenditure on their own. AARP notes that the Internal Revenue Service offers tax breaks such as the American Opportunity Tax Credit and the Lifetime Learning Tax Credit that older stu-



dents can take advantage of to lessen the blow of tuition costs, which have risen considerably since today's men and women over 50 were in college. Older men and women may also be able to take advantage of 529 college savings accounts they opened for their children that their kids did not end up needing. AARP also notes that men and women over 50 who want to apply for financial aid must be prepared to enroll in more than one class and in more than just a continuing education program. More information is available at aarp.org

awards
from page 13

"She also serves as an Executive Board member for the Art League of Ocean City, where her role accepting and setting up artwork in the gallery sets the tone for the whole visual experience."

Worcester County Veterans Memorial at Ocean Pines volunteers earned the Lifetime Achievement Award. And, the SDHS Naval Junior Reserve Officers Training Corps (NJROTC) earned a nod for the Veteran Award.

"It's impressive when you understand that students on fifth-grade field trips to the Veterans Memorial at Ocean Pines are looking up to and learning from the NJROTC who come in uniform and demonstrate the proper

method for folding the flag of the United States," Brinkley said. "Witnessing the impact the NJROTC makes on these younger children is truly a phenomenal experience."

Those present were nominated by their peers in May in the youth, individual, member of a board, group/team, nonprofit, veteran spirit, and lifetime achievement categories.

In spring 2019, we will issue the call for nominations for the next round of Volunteer Spirit Awards. If you know of an individual or group of volunteers making a difference in our community, we encourage you to nominate them at that time. Learn more about volunteer opportunities close to home by contacting Brinkley at kbrinkley@co.worcester.md.us or at (410) 632-0090.



Commissioner President **Diana Purnell** with **Michelle Hernandez** who earned the Youth Award.

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air

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“The Maryland Clean Indoor Air Act was a major touchstone in making Worcester County a healthier community to live in or visit,” said Rebecca Jones, Health Officer for Worcester County. “Whether you are in a restaurant, indoor shopping or in the office, the act offers protection from secondhand smoke and improves the health and comfort of county residents and visitors, letting us all breathe a little deeper. We’re proud to celebrate a decade of Clean Air, and are excited to see what the next ten years hold.”

According to the Maryland Department of Health (MDH), the law “protects employees and provides smoke-free environments for families to dine and relax. A decade of smoke-free air means youths 10 years old and younger, Maryland’s first smoke-free generation, have never been exposed to a smoke-filled restaurant or indoor public place.”

For more information on the Clean Indoor Air Act, visit worcesterhealth.org

eyes

from page 10

arrow pointing to the M31. A second way is to scan the area northwards of the star Alpheratz in the Great Square of Pegasus. Binoculars should reveal a ghostly white patch with an oblong shape.

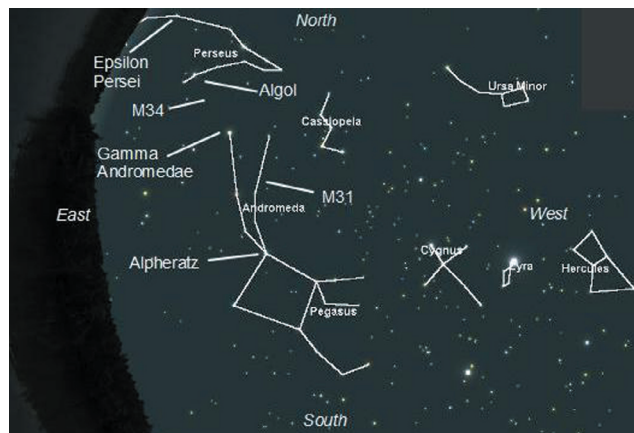
In September, stargazing begins early as the bright planets Venus, Jupiter and Mars are all visible at about 7:30 p.m., just after sunset. Venus and Jupiter can be found in the western quadrant and Mars is rising up in the southeastern sky. The full celestial vista appears after about 8:30 p.m., as the constellation Cygnus the Swan (Northern Cross), appears almost directly overhead.

The Great Square of Pegasus lies to the east of Cygnus and appears to dominate the sky. The nearby stars of the Andromeda constellation are dim and difficult to find, except for Gamma Andromeda which is relatively bright. At about 10:15 p.m. Perseus and Algol will be clearly in view above the northeastern horizon.

Observing the dimming of Algol requires some practice, to gain familiarity with the comparative brightnesses of surrounding stars. Repeated observations are recommended of Algol and its neighboring stars, Gamma Andromedae and Epsilon Persei. Having become accustomed to the sight of these stars, the dimming of Algol will then become more apparent.

Upcoming eclipse dates are: September 7, 9:30 p.m. to 11:30 p.m., September 25, 2:20 to 4:20 a.m. and September 27, 11:10 p.m. to 1:10 a.m. For additional autumn months, look online, for example the Sky and Telescope website, checking for “minima of Algol.”

Wishing good luck and clear skies to all stargazers.

**opioids**

from page 12

these drugs are chemically related. Each opioid interacts with opioid receptors on nerve cells in the body and brain. Prescription opioids are often prescribed to relieve pain.

Why are opioids so often misused? According to the NIDA, opioids are effective at reducing pain. But while they are prescribed to treat pain, opioids also produce a feeling of euphoria. Opioid users, whether they are using heroin or a prescription opioid such as Vicodin, can easily become dependent on opioids because of that euphoric feeling they get when taking them. When this happens, users are likely to misuse opioids, taking them in larger quantities than prescribed or looking to illegal opioids such as heroin in search of that euphoric feeling.

What are some types of opioids? The CDC notes that there are three common types of opioids: prescription opioids, fentanyl and heroin.

Prescription opioids: These are

prescribed by doctors to treat moderate to severe pain. Some common types of prescription opioids are Vicodin (hydrocodone), OxyContin (oxycodone), morphine, and methadone.

Fentanyl: This is a synthetic opioid that the CDC notes is considerably more powerful than other opioids. Fentanyl is typically only prescribed to help patients dealing with severe pain, such as that caused by advanced cancers. However, illegally manufactured and distributed fentanyl is at the heart of the opioid epidemic. In fact, the

forbes

from page 9

the “Best Places to Retire in Each State” by comparing data on more than 650 places across all 50 states.

According to Forbes, the experts looked for relatively affordable places (as measured by the median home price and cost of living) with a high quality of retirement living.

Other key factors include doctor availability, crimes rates, air quality and walkability and ‘bikeability.’

The famed magazine described Ocean Pines as a wooded waterfront community of 12,000 residents on Maryland’s Eastern Shore eight miles inland from the Atlantic Ocean with an above-average ratio of physicians per capita, good air quality, and extremely

CDC reports that death rates from overdoses involving synthetic opioids such as fentanyl doubled in 10 states from 2015 to 2016.

Heroin: Unlike fentanyl and prescription opioids, heroin is illegal. Despite that, heroin usage has risen sharply in recent years across nearly all demographics in the United States.

Opioids pose a significant health problem throughout much of North America. More information is available at www.drugabuse.gov.

low serious crime rate.

The states are listed alphabetically, each with a best and runner-up, and can be found online at <https://www.forbes.com/sites/williammpbarrett/2018/08/28/the-best-places-to-retire-in-each-state/#3ce8dc8b75c1>

“Who says you have to wait until your golden years to enjoy Ocean Pines,” asked Denise Sawyer, marketing and public relations director of the Ocean Pines Association. “Enjoy Ocean Pines now and experience our award-winning residential and resort community. We have a large offering of year-round racquet sports, aquatics and recreational activities and a championship golf course. Not to mention, our waterfront yacht and beach clubs are must-see attractions.”

duo

from page 3

Recalling her first-time diving with her horse, Marion Lisehora told how her husband remarked that her deep bronzed skin had turned white as a sheet. “I had to climb up a long, vertical ladder because I was the young girl in the bathing suit. My horse rode up on the elevator.” Marion reminisced about her beautiful muscular Quarter Horse named Dimah. “On a warm day, Dimah liked to jump into the cool water. As soon as he reached the top of the platform, he would just take off. He wouldn’t stop. I had to jump on him real fast or he would jump without me. And on a cold day, he would just stand there while I shivered,” declared Marion.

Dimah was their superstar but other horses were trained to dive. All the horses started off on a low platform that was similar to a sliding board. Some of the horses showed no interest in diving. She explained, “You don’t make a horse dive. If they don’t want to do it, forget about it. The horses had to like it in order to be a diving horse. Everyone treated these horses like royalty, even after they retired them.”

Marion remained with the Atlantic City attraction from 1953 to 1956. In 1957 she moved to Florida, continuing her diving act for Aqua Fair. She eventually became an elementary school physical education teacher in Millsboro DE. She and her late husband Joe had five children. She is the grandmother of 14 grandchildren.

Marion Lisehora is now 87- years- young and has not lost a step. She is still competing and winning medals in her favorite sports. Her future plans include traveling to Albuquerque, NM to compete in the 2019 the National Senior Olympic Games where she will undoubtedly come home with her usual hosts of medals.

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