

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.

Free poetry reading to be held

The public is invited to attend a free poet's talk on Friday, September 21, from 6 p.m. to 7 p.m., followed by a reading at 7:30 p.m., in Room 302 of the Hazel Center at Wor-Wic Community College in Salisbury.

Meg Day will be the featured guest. She is the 2015-2016 recipient of the Amy Lowell Poetry Travelling Scholarship, a 2013 recipient of a National Endowment for the Arts Literature Fellowship and the author of "Last Psalm at Sea Level." Day is the winner of the Barrow Street Poetry Prize and the Publishing Triangle's Audre Lorde Award, and a finalist for the 2016 Kate Tufts Discovery Award from Claremont Graduate University.

please see poetry on page 15



Recognized - Jeannette Rembach is the Ocean Pines Pine'eer Craft Club Crafter of the Month for September. Jeannette moved from New York to Ocean Pines in 2002,

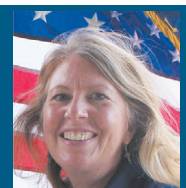
Jeannette says she can't remember not being involved with crafts. She received her Masters of Crafting from UHM (University of Hit or Miss). She believes lessons learned are simple: don't be afraid to try. There are no rules or mistakes, what you create, you own.

Currently she enjoys recycling vintage jewelry, forks and spoons into mirrors, Christmas figurines, wind chimes items and other one of a kind crafts which made be seen in at the Artisan and Gift Shop, in White Horse Park.

*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



Pines Marina issues suggested severe weather action plan

As the likelihood of damaging storm surge, flooding and wind from Hurricane Florence increases for the Delmarva Peninsula, the Ocean Pines Marina is making preparations and issuing a Suggested Severe Weather Action Plan for vessel owners.

“Having a hurricane preparedness action plan helps to minimize the damage to the marina and docked boats,” said Ron Fisher, manager of the Ocean Pines Marina.

Fisher encourages boat owners to make sure that their vessel’s operating systems are in good working order.

Boat owners should also replace fuel filters, inspect batteries and charging systems, and keep fuel tanks topped off.

“Don’t forget to inspect all bilge pumps and thru-hull connections,” Fisher said. “Inspect all working and spare dock lines and ensure that all extra line is in good condition and in an accessible location.”

Vessel owners are asked to monitor oceanpines.org and e-mail alerts on a regular basis for updates on Hurricane Florence and any potential marina evacuation notices.

It’s important to note that any vessel owner who does not remove their vessel in the event of a tropical storm or hurricane assumes all responsibility for damage to their vessel as well as any damage to any other vessel or to any Ocean Pines property.

Caregivers meeting schedule

Caregiver’s Group Meetings will be held Saturday, September 22 through October 27 at 10 a.m. at Bethany United Methodist Church located at 8648 Stephen Decatur Hwy., (corner of Rte. 611 and Snug Harbor Rd.) in Berlin. Join us for coffee and conversation. For more information call Sandy 410-641-0647.

Water exercise classes offered

Ocean Pines Aquatics continues its tradition of bringing innovative, fun and effective water workouts to the community with a line-up of fall classes that includes both perennial favorites and new offerings.

The indoor Sports Core Pool is a hub of aquatic fitness activity year-round and especially in the off-season. The popularity of these activities has allowed Ocean Pines Aquatics to increase the number and types of classes that it offers.

“Water exercises are taking off,” commented Ocean Pines Director of Aquatics Colby Phillips. “With the great workout you get minus the hard impact on your body, it really is becoming the latest trend. We are always looking to offer a fun vari-

ety of different classes for all ages.”

One of the new classes introduced by the department is a blend of aqua kickboxing and “aqua jam,” a cardio and resistance workout set to music. The class, which is held on Mondays and Wednesdays from 10-10:50 a.m., consists of kickboxing on one day and aqua jam on the other, providing two distinct workouts.

The current session runs through October 17; additional sessions will be offered throughout the year. The cost for an entire session is \$55 for Ocean Pines swim members, \$65 for Ocean Pines residents and \$81 for non-residents. Drop-in prices are \$5 for swim members, \$6 for residents and \$7 for non-residents per class.

Another new program is an aqua circuit class incorporating trampolines and hydrobikes. The class, which features a variety of different exercises using the

pool’s popular equipment, is offered on Tuesday and Thursday mornings beginning September 11 as well on Monday and Wednesday evenings from 5:15 p.m. to 6 p.m. beginning October 1.

The 12-class session, which is limited to 9 participants, is \$85 for swim members, \$90 for residents and \$95 for non-residents. Drop-ins (\$8 for swim members, \$9 for residents and \$10 for non-residents) are also available.

Those interested in a low-impact class are encouraged to try aqua yoga, held Wednesdays and Fridays from 8 a.m. to 8:45 a.m. Taught by a certified instructor, aqua yoga makes it possible for people with joint pain to improve their strength, flexibility and range of motion. Six-week classes (\$55 for swim members, \$65 for residents and \$81 for non-residents) and drop-ins are offered beginning September

12. Aqua Boot Camp Fitness is a higher-intensity fitness program taught by certified aquatic instructor Maria Love. It offers the benefits of weight and resistance training with little impact on joints. Participants are invited to try their first class for free.

The class is held on Mondays, Wednesdays and Fridays from 6-6:50 p.m.; the current session runs through October 12. Pricing begins at \$55 for the entire session and \$5 for drop-ins.

Registration for these classes, which are open to the public, may be completed by calling 410-641-5255 or visiting the Sports Core Pool.

Information about additional Ocean Pines aquatic programs, including an online version of the Ocean Pines Activity Guide, is available at OceanPines.org.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 <small>Labour 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
23 30	24	25	26	27	28	29

CANCELLED

The Worcester County Fair scheduled for Saturday has been cancelled due to the conditions at Byrd Park and the worsening forecast for the end of the week.

The Fair will return next year.

DAR to celebrate Constitution Week

The General Levin Winder Chapter Daughters of the American Revolution, will observe Constitution Week during a “Meet and Mingle” at the Ocean Pines library between 5:30 p.m. to 7:30 p.m. on September 19. Women interested in pursuing membership in DAR are invited to join us. For information call 410-213-8238.

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.

Emergency blood shortage declared

Blood Bank of Delmarva (BBD) has declared a blood emergency as supplies have dropped to critical lows after donations declined and demand increased over the Labor Day weekend. The Blood Bank of Delmarva is asking all residents throughout the Delmarva Peninsula to please find time to donate blood to help replenish the community blood supply.

Donated blood is perishable, and in order to maintain a safe supply, a seven-day inventory of all blood types must be continually replenished. Right now, reserves are at 50 percent of optimum levels. Compa-

donors are considered “universal,” and their blood type is needed most readily in trauma situations and emergency rooms across the country cannot survive without it.

In just one hour, someone can donate one pint of blood and help save a life. About one in seven hospital admissions requires a blood transfusion, and those in need include: cancer patients, accident, burn, or trauma victims, newborn babies and their mothers, transplant recipients, surgery patients, chronically transfused patients suffering from sickle cell disease or thalassemia, and many more.

How to help:

- Donate blood or platelets at a donor center
- Donate at a mobile blood drive
- Host a blood drive in your community or at your organization
- Educate others in your family, community, and organization about blood donations, and encourage them to donate themselves

and/or host a blood drive

- Promote the need for blood donors on social media

BBD serves all the hospitals in the Delmarva Peninsula with donor centers in Chadds Ford, PA.; Christiana, DE; Dover and Salisbury. Donors are urged to walk in to any of the centers or call 1-888-8-BLOOD-8 to make an appointment. Donors can also make an appointment online at <https://donate.bbd.org>.



nies, organizations, and community groups are also encouraged to step up to host a blood drive to help rebuild the blood supply.

Michele Hart-Henry, vice president and chief operating officer of the Blood Bank of Delmarva, said, “Summer blood shortages often come to a head on Labor Day, when families leave town for vacation. And although blood reserves generally return to normal as kids head back to school, it is essential that people continue to donate blood before and after a holiday to ensure we can continue to supply our local hospitals with the blood they need.”

Although all blood types are needed, the need is especially critical for type O blood donors. O negative

CLARIFICATION/ CORRECTION

In last week’s article, “A dynamic diving duo,” the name of Marion Lisehora’s late husband was Tony. Marion attended University of College Park.

The Courier welcomes letters for publication. Preference is given to letters addressing community and county topics and have not appeared in another publication.

Letters must be signed and include a phone number where the author can be reached to verify authenticity. Letters are not corrected for spelling or grammar and can be no more than 300 words.

E-mail letters to:

thecourier@delmarvacourier.com



YOUR CANCER EXPERTS

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peninsula.org/cancer

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2012 Business of the Year

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Constitution Day (or Citizenship Day) is an American federal observance that recognizes the adoption of the United States Constitution and those who have become U.S. citizens. It is normally observed on September



17, the day in 1787 that delegates to the Constitutional Convention signed the document in Philadelphia.

When Constitution Day falls on a weekend or on another holiday, schools and other institutions observe the holiday on an adjacent weekday.

The law establishing the present holiday was created in 2004 with the passage of an amendment by Senator Robert Byrd to the Omnibus spending bill of 2004. Before this law was enacted, the holiday was known as "Citizenship Day." In addition to renaming the holiday "Constitution Day and Citizenship Day," the act mandates that all publicly funded educational institutions, and all federal agencies, provide educational programming on the history of the American Constitution on that day. In May 2005, the United States Department of Education announced the enactment of this law and that it would apply to any school receiving federal funds of any kind.

Local club is making a difference

The Kiwanis Club of Greater Ocean Pines- Ocean City is fast approaching the end of their successful program year. The club was able to continue to meet the successes of past years. The



new program year begins October 1 and runs through September 30, 2019. The Kiwanis mission is "Serving the Children of the World". This club is doing that and will continue this next year.

The club has been sending scholarship checks to the colleges for the 12 young people who we are assisting this year. The total awards are \$14,000. It's rewarding to read some of the letters of thanks from the students or their parents. The Kiwanis Club is making a difference. It also makes a difference with younger children, as well.

This current year the Club has provided \$10,600 to youth activities in our area. This includes six clubs that are sponsored in local elementary, intermediate, and high schools and the new Aktion Club for those with disabilities at the Worcester County Developmental Center.

Support is also given to the local 4Steps Therapeutic Program, Cedar Chapel School, Worcester GOLD Infants Pantry and their Christmas program for children through a club's Toy Drive. Also sponsored is a young girls' basketball team through Ocean City Parks and Recreation. The club also contributes to Ocean Pines Association camp scholarships, the Cricket Center, the Kiwanis Key Leadership Program, a toy drive, food drives, Ocean City "Play It Safe" Program, and Project Eliminate of Kiwanis International to eliminate maternal and neonatal tetanus.

Perhaps more important than money, the Club donated hundreds of volunteer hours to school Art Fairs, Science Fairs, and direct assistance to our sponsored school Kiwanis youth service clubs.

The Kiwanis Club has also played a supporting role in the community, contributing \$2,050 to community support organizations, the OPVFD, the OPA Concerts in the Park, OP Veterans Memorial, a coat drive, and Diakonia, plus hundreds of volunteer

hours towards Nursing Home Bingo, dolls for patients, the Blood Drives, our house address signs and others.

So, how does all of this get done? Through volunteer hours and hard work on fundraisers. All of this is paid for by hard work on pancake breakfasts, the Italian dinner, hot dog sales, the wine tasting event, the Duck Race and weekly donations from members to Priority One.

Of course, it's not all hard work; there is the satisfaction of working together to get these results, the weekly meeting, and occasional social events. So here comes 2018-2019. The local children and the community need the Kiwanis Club of Greater Ocean Pines-Ocean City to be successful again. "Kids need Kiwanis and Kiwanis Needs You". Friends and neighbors of members are needed to

both support the club and its fundraisers, but more important, to participate as members of the Kiwanis Club of Greater Ocean Pines-Ocean City to insure the ability to continue to meet all these needs. New members bring their new ideas and participation in the club's mission. While the club needs our existing members for what they are able to do, but more importantly their knowledge of our ongoing programs, new members are essential to the continuation of the Kiwanis Club of Greater Ocean Pines-Ocean City. Consider joining with the Kiwanis Team to continue these services for the 2018-2019 program year. Thank you.

Ralph E. Chinn
 President

Kiwanis Club of Greater Ocean Pines – Ocean City

Household hazardous waste collection day returns

The Worcester County Public Works Recycling Division will host Household Hazardous Waste (HHW) Collection Day on Saturday, September 22, 2018, from 10 a.m. to 2 p.m. at Showell Elementary School on MD Rte. 589 (Racetrack Road). HHW and computers/laptops may be dropped off, but no other electronics will be accepted.

HHW includes pesticides, pool chemicals, gas and other fuels, oil-base paints, thinners and everyday hazardous wastes accumulating in and around the home for safe disposal. Computers and laptops will be collected and later recycled.

Water-based paints are not hazardous materials and should be properly disposed of in the trash after solidifying by drying or adding absorbent materials, such as sand, kitty litter, or mulch, rather than brought to a hazardous waste event.

Collecting HHW for safe disposal saves valuable landfill space and helps protect the environment, as many of these items do not degrade and contain poisonous materials that could seep out of the landfill and contaminate surrounding soil and groundwater.

HHW Collection Day is open at no charge to Worcester County residents only. This event is hosted in conjunction with Maryland Environmental

Services and the Maryland Department of the Environment (MDE). A representative from MDE will be on-site checking vehicle registration. Clean Ventures of Baltimore will be responsible for the safe disposal of all hazardous waste collected. For more information, contact Worcester County Recycling Coordinator Mike McClung at (410) 632-3177.

Choptank gives millions to local communities

The Choptank Electric Trust, Inc., funded by Choptank Electric Cooperative and its members through Operation Round Up, reached its' \$4 million donation milestone this past spring. The Choptank Electric Trust distributes funds raised by members back into local communities here on Maryland's Eastern Shore.

"Since 2004, the goal of Operation Round Up is to help individuals, families, charitable, and cultural organizations in our communities address unmet needs in the areas of health, education, and emergency needs such as food, shelter, clothing and equipment, to name just a few," said Deborah

please see choptank on page 15

A storm

As I write this, forecasters tracking Hurricane Florence expect it to make landfall later this week, probably Thursday. Where it will hit exactly remains a question although the models show a path to North Carolina. But anything can happen and the path could prove un-

tion News, to hear weathercaster Jim O'Brien give storm updates during the noon, 5 p.m. and 6 p.m. programs.

Then we evacuated to the Villas Fire Department. That was an adventure. My grandmother, brother and I arrived before dusk. My grandfather stayed at

the house; I guess to keep an eye on things, especially the boat. I don't know what he felt he could do if something happened. I think he just liked being where the action was.

It was already windy and there was some rain, not a

downpour when we checked in at the fire house. It was the first time we had ever evacuated, a word I had not heard up to that point. The trucks had been removed from the bay, replaced with rows of cots. There weren't a lot of people there when we first arrived so we pretty much had our pick of where to set up camp.

My grandmother called my mother from the pay phone that was just outside the building. My brother and I were with her. In this day of cell phones, remembering a time when there were pay phones on nearly every street block that required a user to insert coins is very nostalgic and, makes me feel just a little old.

We were in the fire house for several hours during which time my grandmother called my grandfather from the pay phone to check in with him. The biggest question on the minds of my brother and me was whether the boat was still floating. It was.

Eventually we got hungry. I don't remember food being available at the fire house so, out to the pay phone we went again so my grandmother could order a pizza from the pizza shop which was open down the street. We waited in the fire hall when she walked to get the pizza. Not long after she returned, the decision was made that we were going home.

It was after midnight when we arrived back at the house. Blowing sand strafed our faces as we walked from the driveway to the front door. Despite all that was happening we were sent to bed.

Calm prevailed the next morning. Fortunately, the storm remained in the ocean and headed north, eventually coming ashore at Long Island. Aside from natural debris in the yard, there was no damage to the house. And most importantly of all, the boat rode out the storm just fine.



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

predictable. It's happened before.

My first experience with a hurricane was during the summer of '76 when Hurricane Belle made its presence known. My brother and I were with our grandparents at their home on the Delaware Bay. The anticipation of the storm was exciting. We were kids so we had no depth of understanding of what a storm could do. It was a great adventure.

We watched our grandfather help the neighbors remove the boats that were moored behind our houses. Much to the chagrin of my grandmother, more than 20 boats were pulled, dragged and towed to safety with the exception of my grandfather's boat. Time had run out so his boat remained at his mooring to face the storm.

I remember helping put tape in big Xs on the windows. Don't know exactly what that was supposed to do, but we did it with great earnest. I remember sitting in the backseat of the hot car to get gas - twice: once for my grandmother's Plymouth Gold Duster and then again for my grandfather's Plymouth Barracuda.

I remember there were numerous telephone calls between my mother who was in Philadelphia and my grandmother. Just the fact that they spoke several times during the day signified there was something big going on because my grandmother hardly used the phone for long distance calls. She was a proponent of the "ring once-hang up; ring twice-hang up" method of communicating thus avoiding long distance charges. To this day I don't know what information her hang up system conveyed but that's what she would do with my mother and anyone else who lived in a toll call zone. Hearing them talk on the phone, we knew something was up.

We watched the news, Channel 6 Ac-

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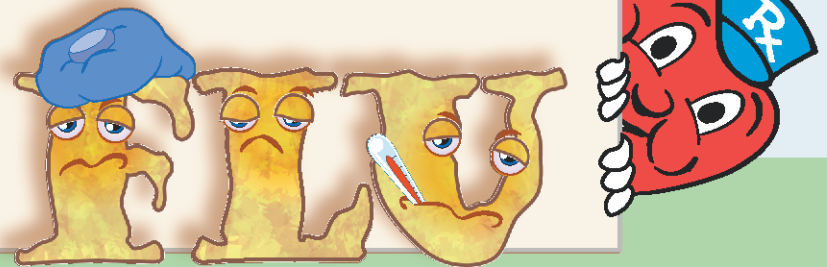
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**FREE Household
Hazardous Waste
Collection**

**Saturday, September 22, 2018
10 AM-2 PM**

Collections to be held at
**SHOWELL ELEMENTARY SCHOOL
RACETRACK RD., BERLIN**

**Household Hazardous
Waste Collection**

WHAT WILL BE ACCEPTED:

- Computers & Laptops (No Other Electronics)
- Gasoline • Gas/Oil Mixtures • Fuels • Acids
- Cleaners • Solvents • Automotive Fluids • Bleach
- Ammonia • Pool Chemicals • Pesticides
- Dark Room Supplies • CFL Light Bulbs • Batteries
- Insecticides • Herbicides • Oil-Based Paints
- Thinners • Turpentine • Wood Preservatives
- Wood Strippers • Etc.

All of these materials will go to a
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Dispose of **solidified** water based paint in trash.
(to solidify – add dirt, sand, kitty litter, mulch, etc.)

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SHOWELL ELEMENTARY SCHOOL
RACETRACK RD., BERLIN
SEPTEMBER 22, 2018, 10 AM - 2 PM**

WHAT WILL NOT BE ACCEPTED:

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- Radioactive Materials • Picric Acid • Asbestos
- Televisions • TV Remotes • Keyboards
- Mouse • Printers • Modems • Scanners • Cables
- Misc. Computer Parts • VCR's • CD Player's
- Calculators • Cell Phones • Radios • Stereos
- CB Radios • Fax Machines • Misc. items

ELECTRONICS WILL NOT BE ACCEPTED

**For more information on this event, Please
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mmcclung@co.worcester.md.us**

**No Materials will be accepted from
Business, Industrial or Commercial Sources.**

**Ocean Pines to
host health fair**

Atlantic General Hospital (AGH) and Peninsula Regional Medical Center (PRMC) are teaming up with the Ocean Pines Association to offer a free health fair for area residents and guests.

The 8th annual Ocean Pines Community Health Fair, which is open to the public, will be held from 8 a.m. to noon on Saturday, October 6, at the Ocean Pines Community Center.

“Ocean Pines, AGH and PRMC are passionate about promoting healthy lifestyles and are working to engage Ocean Pines residents and guests in conversations about common health concerns,” said Ocean Pines Marketing and Public Relations

Director Denise Sawyer. “Healthcare can sometimes be overwhelming and confusing. Medical practitioners will provide important information, including tips on preventative measures.”

Atlantic General Hospital (AGH) will provide various health-related screenings including glucose testing and cholesterol testing for total and HDL (a 12- hour fast is required), carotid, blood pressure and bone density screenings. Other information specialists will be there from the Sleep Lab, Endoscopy Center, Wound Care Center, Diabetes Education, Nutrition, Women’s Diagnostic Services, and Regional Cancer Care Center. Chesapeake Hearing Centers, a partner of AGH, will be providing hearing screenings.

Peninsula Regional Health System, with locations throughout Delmarva, will offer a full complement of screenings. Skin cancer screenings will be performed on Peninsula Regional’s Wagner Wellness Van outside of the community center. Inside, Peninsula Regional will offer blood pressure checks, stroke risk assessment, pulse oximetry, bone density, falls assessment and body mass index screening.

Peninsula Regional will also have information on its comprehensive cardiac and pulmonary rehabilitation program, community support groups, Family Lab services, Lifeline medical

emergency alert system, the Delmarva Health Pavilion Ocean Pines and the new Richard A. Henson Cancer Institute Ocean Pines.

This year’s health fair will feature a door prize, a popular attraction for all who attend. Guests will register as they arrive and enter the door prize drawing. Merchandise from AGH, PRMC and the Ocean Pines Association will be used as a door prize.

The Ocean Pines Aquatics Department will be in attendance to showcase its exciting lineup of water aerobics classes that could be beneficial for patients in the recovery stage.

Over the past few years, Ocean Pines Aquatics has steadily increased the number of aquatic fitness equipment, such as water trampolines, bikes, balance boards, an elliptical machine and a treadmill in addition to several different types of water weights.

Ocean Pines Aquatics staff members are also in the process of obtaining certification for medically-based aquatics training, which will be introduced soon at the Sports Core Pool. The training will enable them to work with patients undergoing treatment for cancer, Parkinson’s disease and more as well as pre- and post-rehabilitative therapy.

Resident Chef Maggie Haren will feature a variety of healthy recipes through interactive cooking demonstrations. Haren is a popular member of the Ocean Pines Farmers & Artisans Market, which is located at White Horse Park each Saturday from 8 a.m. – 1 p.m.

This year AGH will be offering free flu shots for participants over the age of 13 from 8 a.m. to noon during the event.

For area residents, this is an opportunity to take advantage of free health services right in your back yard. For those a little further afield, it’s still a great opportunity to get a snapshot of your health and pick up some valuable tips along the way. All are welcome to attend, even those who are visiting the area. It promises to be a fun, informative experience.





What is the NAMI Family Support Group Program?

NAMI Family Support Groups, offered by NAMI Affiliates in communities across the country, are free, confidential and safe groups of families helping other families who live with mental health challenges. In NAMI Family Support Groups, families join a caring group of individuals helping one another by utilizing their collective lived experiences and learned wisdom. Family member can achieve a renewed sense of hope for their loved one living with mental health challenges.

NAMI's Family Support Group Program is offered the second Tuesday, each month from 6:30-8:00 PM. The group meets at Atlantic General Hospital in conference room 1 next to the cafeteria.



Participant Perspectives

"Before coming to the support group, we had never spoken about mental illness to neighbors, friends and often not even to our relatives."

"NAMI Family Support Group really works and it makes the group experience even better."

"I just attended my first NAMI Family Support Group and the facilitators and the group experience was just the kind of support I was seeking at this time."

Contact us to find out more about NAMI Family Support Groups!



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443-614-6739
namimdls@gmail.com

About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI {Affiliate Name} is an affiliate of NAMI {State}. NAMI {Affiliate Name} and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.

Find good food and pleasant company
at the
Kiwanis Club of Greater Ocean Pines-Ocean City



PANCAKE BREAKFAST

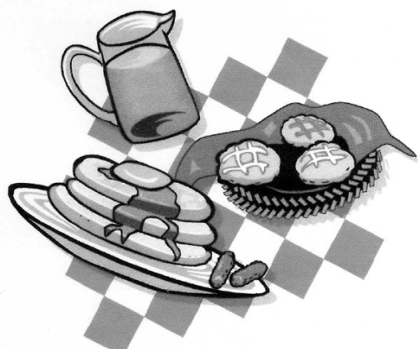
Saturday, October 13, 2018 ♦ 8 to 11 a.m.
Ocean Pines Community Center Assateague Room

Donation:

\$6 Adults

**\$3 Children
Under 12**

**Children Under 5
FREE**



Proceeds to benefit the youth of our community

**Contributions or gifts to Greater Ocean Pines-Ocean City Kiwanis Club are not deductible
as charitable contributions for federal income tax purposes.**

Pines flea market to return

Ocean Pines will once again become a haven for bargain hunters as the community's semi-annual Indoor/Outdoor Flea Market returns on Saturday, September 22 from 8 a.m. to noon at the Ocean Pines Community Center.

Admission is free for shoppers, who will find vendors selling used clothing, children's items, household items, collectibles and more.

Those interested in participating in the flea market as vendors may reserve indoor or outdoor spaces. An indoor space is \$15 for Ocean Pines residents and \$20 for non-residents and includes an 8-ft. table and a chair.

Outdoor spaces, located in the parking lot in front of the Ocean Pines Administration Building, are \$10 for all vendors. Outdoor vendors will need to provide their own tables and chairs.

Free event parking is available at the Ocean Pines Community Center, located at 235 Ocean Parkway.

Shoppers may also stop by the Ocean Pines Farmers & Artisans Market for fresh produce, baked goods, ar-



tisan-crafted items and more. The market is held Saturdays from 8 a.m. to 1 p.m. year-round and Wednesdays from 3 p.m. to 7 p.m. April through September in White Horse Park, located next to the community center.

For more information about this event or to inquire about participating as a vendor, contact the Ocean Pines Recreation and Parks Department at 410-641-7052.

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New start - On Thursday, August 30, Ocean City Elementary (OCES) held its annual Back to School Open House to kick off the school year and welcome back students and their families.

Above: new teacher, **Corey Bristow** welcomed fourth grader, **Lizzie Thompson** to OCES for Open House.

Free financial seminars offered

The Ocean Pines Recreation and Parks Department will offer area seniors and those looking ahead to retirement the opportunity to learn about financial topics tailored specifically to their needs at free seminars this month at the Ocean Pines Community Center.

Carrie Dupuie, a financial advisor with Raymond James, will lead two seminars in September. The first, "Maximizing Social Security," will be held on Wednesday, September 12 from 2:30 p.m. to 4 p.m. She will discuss ways to maximize Social Security benefits and optimize a retirement strategy for those aged 60-67 who are not yet taking Social Security.

Dupuie will also lead a "Navigating Medicare" seminar on Monday, September 17 from 3 p.m. to 4:30 p.m. Suitable for ages 60-65 and their family members, this seminar will cover the health insurance program facilitated by the federal government.

Primerica will offer a "Saving for Retirement" financial wellness workshop on Wednesday, September 19 from 7 p.m. to 9 p.m. The seminar will explore the root causes of the financial problems facing most families.

These seminars are free and open to the public, but spaces are limited and advance registration is required. To register, call the Ocean Pines Recreation and Parks Department at 410-641-7052.

Craft club to meet

The next meeting of the Pine'er Craft Club will be held in the Ocean Pines Community Center on September 20. The meeting will start at 10 a.m. All are welcome to attend.

Suicide prevention training offered

Wor-Wic Community College will host an alertness training for suicide prevention called "safeTALK: Anyone Can Save a Life," on Friday, September 21, from 9 a.m. to noon, in Room 103A of Fulton-Owen Hall on the college campus in Salisbury. Three continuing education credits will be available for social workers and counselors who attend. Register before September 14 by calling 410-334-2900.

Reelect Commissioner Chip Bertino

District 5

Nearly four years ago Ocean Pines residents elected me to represent them as their County Commissioner. Since then **I've worked hard** to ensure I am an **engaged, effective and responsive** Commissioner on your behalf.



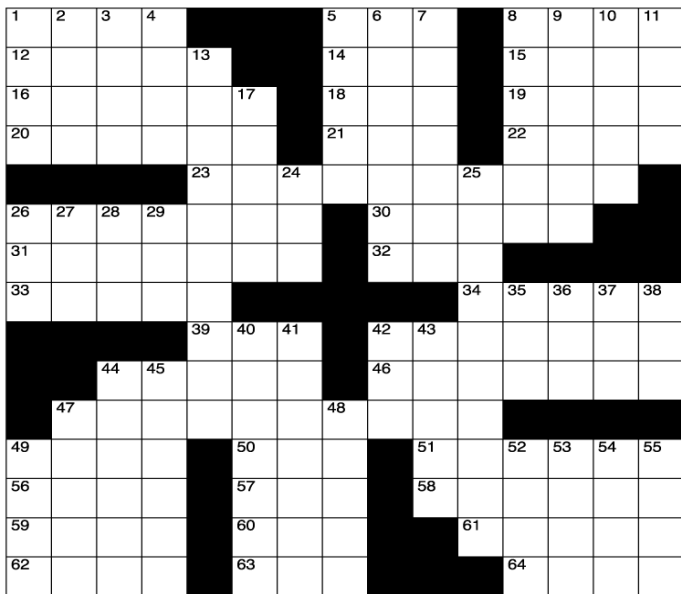
I have:

- Held **frequent town meetings** informing the community of what is happening around the county and how their tax dollars are being spent.
- Worked with the Board of Education to **cut millions of dollars** from the cost of a new elementary school; ensuring the construction of an affordable new Showell Elementary School that will meet and/or exceed the educational and safety needs of our students, teachers and community.
- **Developed working relationships** with local and state officials to ensure our community and county has the ear of decisionmakers.
- Worked to **increase allocations** to the Ocean Pines Volunteer Fire Department and the other nine volunteer companies throughout the county.
- Advocated for and voted to **limit county government spending and growth.**
- Been **responsive to constituents' concerns.**

ReElectBertino@aol.com

Call me at **410-251-2082**

Bertino for Commissioner; Susan Bertino, Treasurer



CLUES ACROSS

- 1. Feel pain
- 5. Interest rate
- 8. Long narrative poem
- 12. Sedimentary rock
- 14. No (Scottish)
- 15. Ribosomal ribonucleic acid
- 16. Sleep gear
- 18. One who buys and sells securities
- 19. Cincinnati ballplayers
- 20. Of the backbone
- 21. Car mechanics group
- 22. Iranian village
- 23. Canadian peninsula
- 26. For all ills or diseases
- 30. Known for his "razor"
- 31. One who plays the viola
- 32. Resinlike substance
- 33. Educational association
- 34. Inappropriate
- 39. A team's best pitcher
- 42. The cost of bus travel
- 44. Badgerlike mammal
- 46. Popular sport in Ireland
- 47. Written works
- 49. Pop
- 50. Consumed
- 51. Something comparable to another
- 56. Wild goat
- 57. One-time space station
- 58. Outline of a plan
- 59. Actress Petty
- 60. An electrically charged atom
- 61. Chewed and swallowed
- 62. Bones (Latin)
- 63. Central nervous system
- 64. Type of pipe

CLUES DOWN

- 1. Vipers
- 2. Pal
- 3. One who has been to Mecca
- 4. Energy and enthusiasm
- 5. Leaf-footed bug genus
- 6. Southern belle accessory
- 7. ___ de Mornay, actress
- 8. Print errors
- 9. Preceding
- 10. Asian nation
- 11. The people in a movie
- 13. Liberate
- 17. Strong laxatives
- 24. Tub
- 25. Happening
- 26. Polyvinyl acetate
- 27. Small island (British)
- 28. Neither
- 29. The G.O.A.T.
- 35. What Goodell oversees
- 36. One who engages in Dawah
- 37. Tall, rounded vase
- 38. Electroencephalograph
- 40. Made of clay and hardened by heat
- 41. Great happiness
- 42. Chinese surname
- 43. Supposed emanations
- 44. Travelers
- 45. Loss of bodily movements
- 47. Los __, rock group
- 48. Seabirds
- 49. Used to store grain
- 52. Whale ship captain
- 53. "Joker" actor
- 54. Portends good or evil
- 55. Organized group of criminals



Answers for September 5

Knots & Knots

It ain't over 'til it's over

By **Dan Collins**

Did I blink? I don't remember blinking but I must have. The summer is over. It seems like only a blink of the eye ago I was standing six deep at a happy hour bar on Memorial Day. Now the summer daylight and summer vacationers are receding at accelerated rates. It's September with new school books and pennant races and fantasy football relegating boating to a satiated summer appetite.

But as Lee Corso says, "Not so fast!" Early autumn may be the best time to get in some quality time with your hole in the water. The water is comfortably warm for swimming over the side and the Route 50 bridge congestion, on and under – has eased and the crabbers have pulled most of their pots.

It's also a good time to check your boating goals for 2018 and see how you did. Milestone events like viewing the June air show or boat races while anchored off Ocean City or participating in a boat parade or watching the Chin-

sandbar off of Hooper's restaurant for lunch?

How about catching a white marlin and getting your picture in the paper even if it isn't during the tournament?

My frustration is always that I never seem to get my boat out enough in summer. Thunderstorms, oppressive heat and social doings always reduce the number of outings but September and October are some of the best cruising times. Now it's a rush to take advantage of these idyllic times.

Although the sunsets are shifting to the southwest, they are more spectacular because there is less haze due



coteague pony swim from on the water or escorting a visiting Viking ship in and out of Ocean City inlet are all behind us but the opportunities will be back next year.

We also had some cancellations this summer mainly due to weather, the OC off-shore swim and a couple boat parades, but I'm sure you can pencil them in for 2019.

September, however, is still a great time to do some of the non-event oriented activities that you had hoped to accomplish this year:

Did you want to try jet skiing? Or water skiing? The rental companies are still open and there are no lines.

Did you want to ride the OC Rocket – the fast boat that takes vacationers along the Ocean City beach in search of high energy thrills and a chance to see a dolphin or two?

Did you want to experience the sunset 'booze-cruise' ride on a new floating bar with a professional captain? Or a raft up with friends?

Did you want to beach your boat on Assateague or Isle of Wight or the

to summer humidity. Also, boat traffic is down, water temperatures are high, and air temps are cool. In fact, too cool some mornings resulting in fog but as long as there are no hurricanes coming up the coast or a Nor'easter ripping sand off the beach, the fall is a great time to be out on the water.

One word of caution. The upside of early fall cruising is that there are fewer boats out there to contend with. The downside is that there are fewer boaters out there to come to your aid. Therefore, you may want to check your life jackets, marine radio and flares more conscientiously before you shove off and remember to file a float plan.

So don't put the cover on the boat just yet. Get out and enjoy the natural beauty of autumn boating because you can still spend all winter practicing your knots while watching football reruns. As the great philosopher Yogi Berra said, "It ain't over 'til it's over."

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



Awards - Volunteers Spirit of Worcester County Awards Dinner on Wednesday August 12, 2018 in the historic Atlantic Hotel in Berlin, MD. Some of the attendees were (L-R) **Paulette Mori**, President of the Ocean City Aviation Association **Jack Levering**, Director of Star Charities All Volunteers **Anna Fultz**, Worcester County Volunteer Services Coordinator **Kelly Brinkley** and one of the recipients of an award **Sue Walter**.

DAR to promote Constitution Week

There are two documents of paramount importance to American history: the Declaration of Independence, which forged our national identity, and the United States Constitution, which set forth the framework for the federal government that is still in use today. While Independence Day is a beloved national holiday, fewer people know about Constitution Week, an annual commemoration of the living document that upholds and protects the freedoms central to our American way of life. This year, the annual celebration begins September 17, 2018.

The Daughters of the American Revolution (DAR) initiated the observance in 1955, when the organization petitioned the U.S. Congress to dedicate September 17–23 of each year to the commemoration of Constitution Week. Congress adopted the resolution, and on August 2, 1956, President Dwight D. Eisenhower signed it into Public Law #915. The celebration's goals are threefold: to encourage the study of the historical events that led to the framing of the Constitution in September 1787; to inform people that the Constitution is the basis of America's great heritage and the foundation of our way of life; and to emphasize U.S. citizens' responsibility to protect, defend and preserve the Constitution.

DAR has been the foremost advocate for the awareness, promotion and celebration of Constitution Week. This annual observance provides innumerable opportunities for educational initiatives and community outreach, two mission areas of crucial importance to the National Society's work. By foster-

ing knowledge of and appreciation for the Constitution and the inalienable rights it affords to all Americans, DAR helps to keep alive the memory of the men and women who secured our nation's independence, whose bravery and sacrifice made possible the liberties we enjoy today.

"The framers created a Constitution that translated into law the ideals upon which our nation was built," said DAR President General Ann Dillon. "Their vision was so forward thinking that their words still guide us today. No American history education can be complete without a thorough understanding of the impact the Constitution has had on the lives of American citizens past and present."

One of the largest patriotic women's organizations in the world, DAR has more than 185,000 members in approximately 3,000 chapters across the country and even in numerous foreign countries. DAR strives to promote historic preservation, education and patriotism via commemorative events, scholarships and educational initiatives, citizenship programs, service to veterans, meaningful community service, and more. For additional information about DAR and its programs, visit www.dar.org.

Locally, General Levin Winder Chapter will observe Constitution Week during a "Meet and Mingle" at the Ocean Pines Branch of the Worcester County Library on September 19 between 5:30 p.m. and 7:30 p.m. Women interested in pursuing membership in DAR are to attend. For questions, phone 410-213-8238.

Pocomoke River State Park expands

The Board of Public Works last week approved the Maryland Department of Natural Resources acquisition of 212 acres along the Pocomoke River as an expansion to Pocomoke River State Park. The former golf course will be repurposed to provide access to the Pocomoke River Water Trail as well as additional recreation opportunities.

"This acquisition will benefit Pocomoke River State Park as well as the Lower Eastern Shore watershed," Maryland Natural Resources Secretary Mark Belton said. "By utilizing Program Open Space we can enhance and expand our state park, providing even greater public access and recreation, while shoring up the rivers now and

into the future."

Portions of the Worcester County property will be allowed to reforest to protect the water quality of Corbin Branch as well as the Pocomoke River. Areas along the shoreline, which include coastal forests and marshes, may provide some natural resilience to climate and weather changes, be it erosion or flooding, by absorbing excess water, dampening currents and waves and stabilizing sediment.

"For more than 50 years, people have known Pocomoke River State Park is a special place," Park Manager Cineva Smith said. "This expansion will protect our unique ecological treasures for future generations to enjoy."

Quirky facts about animals

Think you know everything there is to know about your favorite furry, finned or feathered friend? Chances are there are some interesting facts that even the most ardent animal-lover may be surprised to learn.

Tough tongue: Cats' tongues are covered with little structures called "filiform papillae," which are like tiny hooks pointing toward the throat. These hook-like structures help hold food while a cat is eating. The papillae also help with grooming. Humans can feel these barbs when licked by cats.

Seeing spots: Dalmatians are born all white. Their spots will develop within the first few weeks of life and can be black, brown or liver colored.

Sleepy time: Cats are born loungers and will spend on average 16 hours of the day snoozing. Only sloths spend

Please see **facts** on page 15

Tides for Ocean City (Fishing Pier)

Day	High /Low	Tide Time	Sunrise Sunset
Th 13	Low	4:41 AM	6:40 AM
	High	10:53 AM	7:12 PM
	Low	5:16 PM	
	High	11:15 PM	
F 14	Low	5:28 AM	6:41 AM
	High	11:42 AM	7:10 PM
	Low	6:10 PM	
Sa 15	High	12:02 AM	6:42 AM
	Low	6:16 AM	7:09 PM
	High	12:32 PM	
	Low	7:06 PM	
Su 16	High	12:52 AM	6:43 AM
	Low	7:07 AM	7:07 PM
	High	1:27 PM	
	Low	8:05 PM	
M 17	High	1:48 AM	6:44 AM
	Low	8:01 AM	7:05 PM
	High	2:27 PM	
	Low	9:05 PM	
Tu 18	High	2:50 AM	6:45 AM
	Low	8:57 AM	7:04 PM
	High	3:29 PM	
	Low	10:04 PM	
W 19	High	3:52 AM	6:46 AM
	Low	9:53 AM	7:02 PM
	High	4:27 PM	
	Low	10:58 PM	

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School accountability initiatives announced

Governor Larry Hogan has announced a series of initiatives to ensure accountability in state school systems, including an executive order creating an Office of Education Accountability. The governor also vowed to reintroduce legislation in the 2019 session of the Maryland General Assembly to create an independent Investigator General to investigate allegations of corruption, mismanagement, and criminal conduct in Maryland school systems. The governor was joined by Lt. Governor Boyd Rutherford and Dr. Karen Salmon, State Superintendent of Schools, to make the announcement, as well as education advocates and school officials.

“Our state spends more than \$6.5 billion dollars every year on K-12 education. With that kind of state taxpayer money invested in the local systems, our taxpayers, parents, teachers, and especially our students have the right to expect, and they deserve, more accountability, better local management, and the strongest oversight possible,” said Governor Hogan. “We are continuing our fight to improve Maryland local schools, as well as our fight for accountability in local school systems because the status quo simply is not good enough for Maryland’s children.”

During the 2018 legislative session, Governor Hogan introduced the Accountability in Education Act of 2018

to address widespread accountability concerns from parents, students, and teachers involving school systems across the state due to recent and repeated allegations of wrongdoing, corruption, and mismanagement. Despite the administration’s efforts and the strong backing of parents and education advocates, the proposed legislation was never brought to the floor for a vote.

On the first day of the 2019 legislative session, the governor will reintroduce legislation to create an Office of the State Education Inspector General, an independent unit of the Maryland State Department of Education that will be independently chosen by a commission consisting of appointments made by the governor and the presiding officers of the General Assembly. The new office will be charged with investigating complaints of unethical, unprofessional, improper, or illegal conduct in our schools, and will have the ability to obtain information by subpoena and hold hearings.

To take immediate steps toward attaining the transparency, integrity, and accountability that Maryland parents, teachers, and students deserve, Governor Hogan signed Executive Order 01.01.2018.21 establishing the Office of Education Accountability, an independent watchdog that will be housed in the Governor’s Office for Children. The governor named Valerie Radomsky, a former Baltimore County Public Schools teacher, as director of the office. Most recently, Radomsky served as the chief advisor for education policy to Comptroller Peter Franchot, and she has built extensive relationships with teachers, students, parents, board members, and education advocates across the state.

The office will be responsible for an-

alyzing, coordinating, and providing recommendations on matters including procurement, child abuse, neglect, safety, grading, graduation requirements, assessments, educational facilities, and budgets. The director will also develop criteria for investigating matters based on systematic concerns related to fraud, abuse, waste, and unethical conduct. This includes the establishment of an anonymous electronic tip program to allow reporting of violations, which can be found at gover-

nor.maryland.gov/school-survey-form, which will be active when Radomsky assumes her position on September 12.

“Our children cannot and should not have to wait until next year - they deserve action right now,” said Governor Hogan. “As we continue our fight for accountability in local education systems, our children desperately need someone to fight for their civil rights, and that is exactly what we intend to continue to do.”

Warning signs of suicide

In June 2018, the deaths by suicide of two high-profile celebrities garnered substantial attention. Within days of each other, fashion designer Kate Spade and television host and author Anthony Bourdain took their own lives.

The deaths of Spade and Bourdain prompted many to inquire about suicide, its causes and if there are any signs that might help them identify if a loved one is having suicidal thoughts. According to the American Foundation for Suicide Prevention, no single thing causes suicide. The AFSP notes that suicide is most often a byproduct of the convergence of stressors and health issues that, when coupled, create a sense of hopelessness and despair.

Depression and anxiety are two conditions most commonly associated with suicide. But the AFSP notes that most people who have been diagnosed with these conditions and actively manage them go on to engage in life. Undiagnosed depression and anxiety, as well as undiagnosed or unaddressed substance abuse, increase a person’s risk for suicide. That is why it is so important for men, women and young people to learn to recognize warning signs for suicide and put themselves in position to promptly address their own issues or those of a loved one.

Speech. The AFSP notes that people who take their own lives may speak about doing so prior to committing suicide. People should seek help if they or a loved one talks about feeling hopeless, having no reason to live or being a burden to others. People who speak of feeling trapped or feeling unbearable pain also may be exhibiting warning signs of suicide.

Behavior. Behavior, especially behavior that can be linked to a painful event, loss or change, is another potential indicator that a person is having suicidal

thoughts. Such behaviors include:

- Increased use of alcohol or drugs
- Looking for a way to end their lives, such as searching online for methods
- Withdrawing from activities
- Isolating from family and friends
- Sleeping too much or too little
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Aggression
- Fatigue

Mood. Mood also is a potential indicator that a person might be having suicidal thoughts. In addition to depression and anxiety, people who are considering taking their own lives may exhibit a loss of interest in things they once enjoyed. Irritability, humiliation, agitation/anger, and relief/sudden improvement are other moods the AFSP notes may be warning signs for suicide.

The deaths of two highly regarded celebrities brought suicide to the forefront in 2018. Taking the time to understand suicide and its warning signs can help people prevent tragedies. More information is available at www.afsp.org. People who are in crisis or suspect a loved one may be in crisis are urged to call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or contact the Crisis Text Line by texting TALK to 741741. More information is also available at the Jesse Klump Foundation website at <http://www.jessespaddle.org>.

Additionally, Wor-Wic Community College will host an alertness training for suicide prevention called “safeTALK: Anyone Can Save a Life,” on Friday, September 21, from 9 a.m. to noon, in Room 103A of Fulton-Owen Hall on the college campus in Salisbury. Three continuing education credits will be available for social workers and counselors who attend. Register before September 14 by calling 410-334-2900.

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



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GM talks with Kiwanis

Ocean Pines Association General Manager **John Bailey** was the guest speaker at the September 5 meeting of the Kiwanis Club of Greater Ocean Pines-Ocean City. Members of the club gathered around the table as Bailey showed them drawings of the proposed changes to the 2nd floor of the Country Club.

Kiwanis supports youth programs

By **David Landis, Sr.**

Kiwanis is about “Serving the Children of the World.” As a result, the local Kiwanis Club of Greater Ocean Pines-Ocean City gets numerous requests from local youth focused programs seeking support. At its September 5 board meeting, it was decided the club would support two local youth programs with donations of \$300. The recipients are The MidAtlantic Symphony Orchestra (MSO) and Big Brothers Big Sisters of the Eastern Shore.

The MidAtlantic Symphony Orchestra’s (MSO) offers three Education and Outreach programs: A-B-C Me Play Program which introduces elementary school students to the violin and classical music; the Introduce an Instrument Program whereby two musicians play their instruments to classrooms in order to give students an understanding of the instruments; and, the Master Classes Program, geared to middle and high school students, to raise interest by observing MSO musicians playing their instruments. More information can be

found at www.midatlanticsymphony/org.

Big Brothers Big Sisters of the Eastern Shore will host its 26th Annual Santa’s Open Charity Golf Tournament on December 1 at the Ocean Pines Country Club. More information is available at www.shorebiglittle.org.

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Birds need extra assistance in winter

Cold weather can be particularly taxing on many of the birds individuals discover in their backyards throughout the year. Although some species migrate to warmer climates each winter, many stay put and attempt to ride out winter in their normal habitats. Birds that tend to stay put include finches, sparrows, titmice, jays, woodpeckers, chickadees, and cardinals.

The Cornell Lab of Ornithology says that, in much of North America, winter days can be windy and cold for birds, and nights are even more challenging. In winter, birds no longer have berries and lush vegetation to consume and insects have died or gone underground. Since finding food can be especially difficult, and shelter may be scarce, many birds can benefit from a little help from their human friends.

Shelter. Wild Birds Unlimited says shelter for birds is hard to come by in

winter. Trees have shed their leaves, and evergreens may not be as abundant or protective. As a result, birds frequently seek man-made structures that can provide refuge from the elements.

People can provide shelters for birds, which may include traditional birdhouses, windbreaks and snow shields. Even a brush pile can simulate the natural shelters of trees and shrubs that birds prefer. Roost boxes are another option and one that can accommodate small flocks that will group together and share their body heat.

Use leaves and branches to provide natural camouflage and help attract

birds to the shelter. Offer yarn, fabric scraps, cotton, and other insulating materials that birds can use to help make their shelters more comfortable.

Food. Birds require high-calorie and high-fat foods in the winter so they can keep up their metabolism to generate warmth. Also, since birds' feeding habits vary depending on the type of bird, it may be necessary to place feeders at varying heights to maximize access.

Feeders should be located out of the wind and in an area that offers safe refuge from predators. The National Wildlife Federation also says individuals should put out sizable feeders and/or use multiple feeders to provide

ample food during snow and ice storms. Feeders should be checked regularly and kept full.

Consistency is also important because birds will grow accustomed to being supplemented with food and may depend on such supplements to survive.

Bird Watcher's Digest suggests a variety of foods for birds. Black-oil sunflower seeds, peanuts, suet, cracked corn, millet, thistle seed, safflower, and various fruits can help many birds thrive. It is also suggested to include mealworms, which can be purchased at bait stores or pet stores. These larvae of beetles can be presented in a shallow dish with slippery sides so the worms cannot crawl out.

Birds typically need extra support to survive harsh winters. Offering food and shelter during these bleak months can help.



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Bariatric Center achieves national recognition

Patients seeking surgical treatment for severe obesity and its related conditions have a high-quality choice for receiving treatment at a nationally accredited program that meets the highest standards for patient safety and quality of care on the Eastern Shore.

Atlantic General Hospital announced Atlantic General Bariatric Center has been accredited as a Center of Excellence under the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP), a joint program of the American College of Surgeons (ACS) and the American Society for Metabolic and Bariatric Surgery (ASMBS). The center was originally accredited in August of 2015.

The MBSAQIP Standards, outlined in the Resources for Optimal Care of the Metabolic and Bariatric Surgery Patient 2016 ensure that bariatric surgical patients receive a multidisciplinary pro-

poetry

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sity. She is an assistant professor of English and creative writing at Franklin and Marshall College in Lancaster, PA.

This program was made possible by a grant from Maryland Humanities, through support from the National Endowment for the Humanities. Any views, findings, conclusions or recommendations expressed in this program do not necessarily represent those of the National Endowment for the Humanities or Maryland Humanities.

Contact Renee Dayton at rdayton@worwic.edu or 410-334-2852 for more information.

choptank

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Carter, President of the Trust Board and representative from Cecil County. "Operation Round-Up funds are also used to award seven \$2,000 scholarships annually to outstanding graduating high school seniors in our communities."

The success of the Choptank Electric Trust and Operation RoundUp program is solely based on the amount of members who participate in the program. "We are so grateful for our members' generous and continued support," said Mike Wheatley, President and CEO of Choptank Electric. "Ninety one percent of our members participate in this program and they have made it possible for our Trust Board to reach this historic milestone."

Operation Round-Up is funded by contributions from participating co-op members by "rounding up" their monthly electricity bills. The result is an average donation of roughly \$6 per year. The funds are administered by the nine Trust Board members who represent the nine counties of the Eastern Shore.

gram, not just a surgical procedure, which improves patient outcomes and long-term success. The accredited center offers preoperative and postoperative care designed specifically for their severely obese patients.

"We're very honored to have received this designation. Our team is very deserving of this accolade as they strive each day to provide patients with the level of quality care they deserve in a safe, caring environment," commented Dr. Alae Zarif, Medical Director of Surgical Services at Atlantic General Bariatric Center.

To earn the MBSAQIP designation, the bariatric center met essential criteria for staffing, training and facility infrastructure and protocols for care, ensuring its ability to support patients with severe obesity. The center also participates in a national data registry that yields semi-annual reports on the quality of its processes and outcomes, identifying opportunities for continuous quality improvement. The standards are specified in the MBSAQIP Resources for Optimal Care of the Metabolic and Bariatric Surgery Patient 2016, published by the ACS and ASMBS

Metabolic and bariatric surgical procedures have proven to be effective in the reduction of conditions related to severe obesity. Working with ASMBS, the ACS expanded this quality program for bariatric surgery centers so that it can assist bariatric patients in identifying those centers that provide optimal surgical care.

If you are in search of any of these services or would like to learn more, please visit our website at www.atlantic-general.org. To make an appointment, call 410-641-9568.



Obituaries

Betty J. Boudreaux Zimbeck, 88

Betty J. Boudreaux Zimbeck died August 25, 2018 after having "done everything she wanted to do, and said everything she needed to say." Born September 5, 1929 and raised in New Orleans, LA to parents Junius J. and Theresa (Tucker) Boudreaux, she could cook a mean gumbo, shrimp jambalaya, crawfish bisque, shrimp etouffee, red beans and rice, and other cajun classics. She was forever the "beautiful young bride" to Walt Zimbeck and took some measure of pride in fattening him up over their 53 years of marriage. Betty raised two fabulous children, Kathleen Wilkie of Fairfax, VA and Walter Zimbeck of Annapolis, MD, in Alexandria, VA, and was endlessly proud of her only "GRANDson", Payton Andrews of Fairfax, VA. Betty and Walt retired to Ocean Pines, MD, and Betty joined the clubs with the best social events, the Garden Club (even though she never kept a garden), and the Boating Club (even though they never owned a boat). Betty was a founding member of the Atlantic General Hospital Auxiliary, and led a group to attract developers of retirement/nursing home facilities to Ocean Pines. She

was a take charge person right up to the end. Betty and Walt enjoyed their final years at Greenspring Village (Springfield, VA), where they were safe, and well cared for. A gathering to celebrate Betty's life was held September 4.

Teachers to be celebrated

As part of the focus on the Year of the Woman and acknowledging the accomplishments and contributions of women in our community, the Women of Berlin committee will honor female educators, and their male colleagues, both active and retired, with a meet and greet Back to School Celebration on Tuesday, September 18 from 4:00 to 8:00 p.m. at the store Sisters on Main Street in Berlin.

The event will be a fundraiser for the Worcester County Educational Foundation, which primarily supports these difference makers through teacher grants and funding for technology and innovative instruction. A portion (20%) of the sales of beverages and merchandise purchased in the store that evening will be donated to the Foundation.

facts

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more time asleep.

Send a message: Fish do not have vocal chords, but they can use low-pitched moans, grunts, hisses, and wails to communicate with one another.

Watch the eyes: Pet birds can communicate feelings through their pupils. If pupils are dilated, the bird is calm. Pinprick-sized pupils mean birds are agitated and may bite

Meeeoowww: Cats only meow to communicate with humans, not amongst themselves.

Seeing colors: Dogs are not color blind as once presumed. They can see colors, just not as vividly as humans.

Kindle - not just for reading: A group of kittens is called a "kindle," while a group of cats is a "clowder."

Almost wild: Dogs are so genetically similar to wolves that they can interbreed.

Noseprints: Cats' and dogs' noses are unique, just like human fingerprints.

Fishy growth rings: Fish do not add new scales as they grow. The scales increase in size and form growth rings that can reveal the age of the fish.

Not domesticated: Birds are not domesticated. They are still rather wild and must be taught acceptable pet behavior.

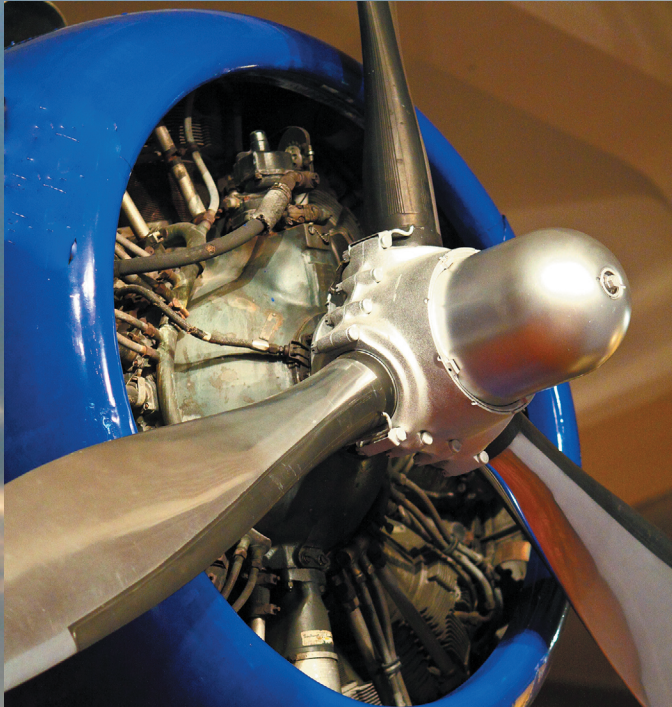
Barkless: Many dogs do not actively bark. One dog that rarely ever barks is the Basenji, due to a narrow larynx. It can yodel, however.



Wings & Wheels Exposition 2018

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CONTESTANTS

Vehicle Registration 9 am to 11 am

\$20 first vehicle, \$10 each add'l vehicle

Closing Ceremony

2 pm: 50/50 Drawing

Trophies & Plaques to be awarded



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