

The Courier

September
26
2018

Volume 19 Number 4

Benefit tournament is Saturday

Ocean Pines Platform Tennis will host a tournament to benefit the Catch A Lift Foundation on Saturday. The event will be held at the Ocean Pines Tennis Center beginning at 8 a.m. Gift baskets will be available during the silent auction with all proceeds going to the foundation.

Pines to host free health seminars

Healthcare experts will offer information to area residents at a variety of free seminars this fall. Hosted by the Ocean Pines Recreation and Parks Department, the seminars will be held at the Ocean Pines Community Center, located at 235 Ocean Parkway in Ocean Pines.

-Emergency Room vs. Urgent Care Seminar, Wednesday, October 3, 3 p.m. to 4 p.m. Peninsula Regional Medical Center will help explain which type of facility to visit when seeking urgent medical attention.

-Hearing and How Our Ears Work Seminar, Thursday, October 11, 3 p.m. to 4 p.m. Richard Quartermain, a hearing instrument specialist with Sound Advice Hearing Aid Centers, will discuss how we hear, what becomes damaged in the senior hearing system, what simple steps can improve hearing and improvement with hearing aids.

Posture and Pain Seminar, Monday, November 5, 1 p.m. to 2 p.m. At this seminar presented by Back in Action Physical Therapy, participants will learn how to assess their posture, how posture may contribute to pain and why posture is more than just trying to stand up straight.

Back Pain and Sciatica Seminar, Monday, November 26, 1 p.m. to 2 p.m. Back in Action Physical Therapy will teach participants some of the causes of back pain, how these problems develop over time and some simple ways to relieve pain.

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.



Key Club visits Kiwanis

Kiwanis International has several different student leadership clubs from elementary school through college and a club for adults with disabilities. The high school clubs are known as Key Clubs. The Kiwanis Club of Greater Ocean Pines-Ocean City sponsors the Stephen Decatur High School Key Club. At the club's September 19 weekly meeting both the Lt. Governor of Division 5-B Key Clubs, Dana Kim, and the president of the SDHS Key Club, Zirha Mirza, reported on their 2018-2019 school year plans. (L-R) **Zirha Mirza**, Kiwanis President **Ralph Chinn** and **Dana Kim**.

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state income tax exemption*

By authority: Friends of Mary Beth Carozza; Pat Schrawder, Treasurer

Mary Beth
CAROZZA
FOR STATE SENATE



Community Calendar SEPTEMBER

Bertino to hold Town Meeting on Saturday

Worcester County Commissioner Chip Bertino will host a town meeting on Saturday, September 29 at 10 a.m. at the Ocean Pines library. He will discuss issues and developments impacting the Ocean Pines district and the county. Commissioner Bertino's guests include Worcester County School Superintendent Lou Taylor and representatives from Worcester County Commission on Aging (WoCOA).



Lou Taylor

Superintendent Taylor will give an update on the construction of the new Showell Elementary School and the results of the most recent student testing.

Representatives from WoCOA will talk about the new Maryland Community For Life Program, a state pilot project in Ocean Pines designed to enhance the quality of life for seniors living in the community.

Commissioner Jim Bunting will join the meeting as well.

Children's bereavement camp offered

Coastal Hospice invites children who have lost a loved one to Hope & Healing with Horses, a free children's bereavement day camp, on Saturday, September 29 from 9:30 a.m. to 3 p.m. at Kindred Spirit Farm, 31191 Johnson Rd. in Salisbury.

This event is for children ages six to 14 who have experienced the death of a parent, grandparent, sibling or other close loved one in the past two years. It is open to both hospice and non-hospice families.

"Children who have lost someone dear to them grieve in very different ways than adults," said Alane Capen, presi-

please see **camp** on page 15



The first-ever televised presidential debate occurred between presidential candidates John F. Kennedy and Richard M. Nixon on September 26, 1960. Many who watched were inclined to say Kennedy 'won' the debate, while those who listened only to the radio thought Nixon did better.

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

Free Breast Cancer Conference scheduled

Peninsula Regional Medical Center's Richard A. Henson Cancer Institute will hold its 14th annual Breast Cancer Conference, "Where Did You Get Your Genes?" on Wednesday, October 3 at The Wicomico Youth & Civic Center in Salisbury.

Registration for the event and vendor exhibits will start at 4:30 p.m.; dinner will be served at 5:15 p.m. Presentations will run from 6 p.m. until 7:30 p.m. Topics cov-

please see **cancer** on page 15

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.

AGH to provide flu clinics

Frequent handwashing and avoiding close contact with those who are sick certainly helps but, according to the Centers for Disease Control and Prevention (CDC), the best way to prevent the flu is getting a flu vaccine each year.

As a service to the community, Atlantic General Hospital/Health System is again providing community flu vaccination and will be hosting its annual clinics for ages 13 and older. High dose flu vaccines will not be offered. If you desire the high dose flu vaccination, please contact your primary care provider or the RediScripts

pharmacy located in the main lobby at Atlantic General Hospital. The flu vaccine is considered preventative care and is covered at 100 percent by most insurances.

Patients of AGHS providers can call to schedule their flu shots or inquire about available walk-in times.

Community members can also receive flu shots at Townsend Medical Center on 10th Street in Ocean City, no appointment necessary.

Donations made during the Atlantic General Hospital flu clinics help offset the cost of future flu clinics. This year the hospital and health system has scheduled clinics as follows:

Tuesday, October 2, 10 a.m. to 2 p.m.
Pocomoke Fire Department
1410 Market Street
Pocomoke

Saturday, October 6, 8 a.m. to 12 p.m.
Health Fair at Ocean Pines Community Center

Tuesday, October 9, 10 a.m. to 2 p.m.
Taylor Bank (Snow Hill Branch)
108 West Market St.
Snow Hill

Wed., October 10, 2 p.m. to 6 p.m.
Atlantic General Hospital (Please use Emergency Room Entrance)

Wednesday, October 17, 2 p.m. to 6 p.m.
Atlantic General Hospital (Please use Emergency Room Entrance)

Thursday, October 18, 3p.m. to 6 p.m.
Atlantic General Primary Care
96 Atlantic Ave
Ocean View, DE

Wednesday, October 24, 1p.m. to 4 p.m.
Atlantic General Women's Health
38394 Dupont Blvd. Unit H
Selbyville, DE

please see **clinic** on page 15

Chamber welcomes new director



Kerrie Bunting

The Ocean Pines Chamber of Commerce has hired Kerrie Bunting as its new Executive Director. Bunting is an active member of the Ocean Pines community and she brings extensive experience in community outreach, event coordination, and fiscal control to the organization. Gaining a professional leader for the chamber solidifies the strong foundation that the Board and members have created, according to chamber President Mike Mathers. “Kerrie will help us to further strengthen the Chamber and increase support and services to our member businesses and organizations,” said Mathers.

Bunting holds a B.S. in Biology from Salisbury University and enjoyed a career in research working for Johns Hopkins University where she received a M.S. in Environmental Studies. Most recently, she worked as an event coordinator for Women Supporting Women and prior to that for Castaways Campground. She has also worked as a STEM grant coordinator for UMES and the annual fund coordinator for Salisbury University. Through Ker-

rie’s diverse background she has developed skills in coordinating large events, recruiting and managing volunteers, fiscal control and community outreach.

Bunting resides in Willards with her children, Kyle and Regan, and many beloved family pets.

She values and understands the importance of consistent communication, transparency, advocacy and our unique way of life on the Eastern Shore. At the top of her chamber to do list is recruitment, not only of new business members but ambassadors and board members.

“Our Chamber leadership must grow along with our membership to better serve the community at large,” Bunting said. “I am very excited to join the chamber and am eager to get out there and meet with our community. Ocean Pines has grown so much and shows no signs of slowing down. We welcome new businesses to our area and encourage community engagement.”

Mathers thanked the chamber’s ambassador committee, particularly Jennie Rice of Farmers Bank of Willards and Leslie Zimmerman of Home Instead Senior Care, for the support they provided to members while the organization searched for a new director.

Brown begins first year as WPS



Randal Brown

Randal Brown became the third Head of School at Worcester Prep School (WPS) beginning July 1. Prior to joining WPS, Brown spent ten years as a senior administrator in Episcopal schools. Most recently Brown was Associate Head for Advancement at Christchurch School in Virginia and prior to that Head of School at All Saints Episcopal School in Texas.

Previous work in schools includes eight years as history faculty at Newman School in New Orleans, nationally regarded for its advanced curriculum and talented students. Additionally, Brown began his ca-

reer at his Alma Mater, Webb School in Tennessee, where he taught history and ran a boys dormitory. Randal is a native of Nashville, TN and earned a Bachelor’s degree from Rhodes College, and a Masters of Education degree in Higher Education Administration from Vanderbilt University. In addition to his school career, Brown spent twenty-three years as an officer in the Army National Guard, retiring as a lieutenant colonel in 2014. He is a graduate of the Command and General Staff College and a veteran of the Iraq Campaign where he was awarded the Bronze Star Medal for distinguished service. Brown and his wife Kristen Pryor Brown of Fort Worth, TX now live in Salisbury. They have three children.

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The Courier

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2012 Business of the Year

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SOME RANDOM TRIVIA

-11% of people are left handed
 -August has the highest percentage of births

-Unless food is mixed with saliva you can't taste it

The average person falls asleep in 7 minutes

-A bear has 42 teeth
 -An ostrich's eye is bigger than its brain

-Lemons contain more sugar than strawberries

-8% of people have an extra rib

-85% of plant life is found in the ocean

-Ralph Lauren's original name was Ralph Lifshitz

-Rabbits like licorice

-The Hawaiian alphabet has 13 letters

-Topolino is the name for Mickey Mouse Italy

-A lobster's blood is colorless but when exposed to oxygen it turns blue

-Armadillos have 4 babies at a time and are all the same sex

-Reindeer like bananas

-The longest recorded flight of a chicken was 13 seconds

-didyouknows.com



Integrated health literacy results shared

Atlantic General Hospital and Health System, along with its partners, the Herschel S. Horowitz Center for Health Literacy at the University of Maryland (UMD) College Park School of Public Health and Worcester County Public Schools (WCPS), continue to make measurable improvements in the health literacy levels of middle school students in Worcester County.

Health literacy is measured by an individual's ability to obtain, process and understand basic health information and services needed to make appropriate health decisions. A high level of health literacy is crucial to achieving a healthy lifestyle and properly utilizing healthcare services.

Integrated Health Literacy Program (IHLP) standards help guide teachers in developing lesson plans for core area classrooms (math, reading language arts, science, and social studies) that include basic health literacy concepts and skills. The integrated lessons vary depending on grade level that the program is implemented.

Lesson topics include calculating calorie intake based upon information on a food label during a mathematics class or discussing the harmful effects of e-cigarette use in science class. During the 2017-2018 school year, seventh and eighth grade teachers at all of Worcester County's public schools rolled out the IHLP within their core area classrooms.

With the completion of the 2017-2018 school year, the IHLP is now integrated into every WCPS, first through eighth grade. The results for the 2017-2018 school year demonstrate the positive impact of the program.

In grade seven, the average health literacy scores increased from pre-test to post-test. Both seventh and eighth grades showed increasing scores when asked mathematical questions regarding health facts and nutrition labels. Other findings:

- Seventh graders' average health literacy score significantly increased from pre-test to post-test.

- There was a statistically significant increase in the percentage of seventh grade students who moved from lower health literacy to higher health literacy from pre- to post-test.

please see **results** on page 15



Feast - The Ocean Pines Boat Club (OPBC) Annual Crab feast on Sunday September 9 was a great success. It was held at the American Legion Post 166 in Ocean City. (L-R) **Dennis Cox**, OPBC Commodore **Pat Marchesiello**, **JoAnne Steward** and **Doris Loyd**. Photo by Anna Fultz.

Climate change comments sought

The Maryland Coastal Bays Program (MCBP) has received a draft of a climate change vulnerability assessment of the program's Comprehensive Conservation and Management Plan (CCMP) and is seeking public review and comments.

The report was prepared by the University of Maryland Sea Grant Extension Regional Watershed Restoration Specialist Jennifer Dindinger and includes consensus among management and key stakeholders about how climate change will affect the organization's ability to carry out the CCMP.

A portion of MCBP's management plan includes goals for climate change vulnerabilities in our watershed. This assessment is to identify and prioritize risks that could limit MCBP's ability to reach these goals.

MCBP is one of 28 members of the Environmental Protection Agency's National Estuary Programs in the country. In 2017 MCBP undertook the first five steps of EPA's "Being Prepared for Climate Change; A Workbook for Developing Risk-Based Adaptation Plans."

One of the required steps for becoming a Climate Ready Estuary is to use this workbook to develop a risk-based adaptation plan for the coastal bays. The purpose of this workbook is to assist organizations that manage environmental resources to prepare a broad, risk-based adaptation plan.

Once finalized, the next step will be to develop an action plan around the assessment. This includes exploring opportunities and constraints that influence what MCBP chooses to tackle; developing partnerships to help address the chosen risks, deciding on a path of mitigation, transfer, acceptance, or avoidance of each risk; developing a list of possible adaptation actions to assess further; selecting adaptation actions for implementation; and developing a plan that shows risk reduction over time as a result of implementing adaptation actions.

A copy of this report is available online at www.mdcoastalbays.org Please contact Steve Farr at sfarr@mdcoastalbays.org or by calling 410-213-2297 ext. 105 with any comments, suggestions or questions you may have related to this report no later than October 19.

AARP to meet

The meeting of AARP will be Monday, October 1 at 10 a.m. in the Asateague Room of the Ocean Pines Community Center. John Bennish of the Edward Jones investments will be the guest speaker. Attendees are encouraged to bring a food donation for Sarah's Pantry. For more information contact Larry Walton at 443-831-1791.

Really? Did I just do that?

During the past couple weeks I have found myself having to deal with small nuisances that are extremely frustrating, time consuming and embarrassing. The more stupid the nuisance the more frustrated I get.

The other morning as I was hurry-



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

ing to go somewhere, I brushed up against the refrigerator and knocked off two magnets that were holding up a business card. One magnet fell on the floor, the other fell on the floor and slid under the refrigerator.

For the next five minutes I was on my hands and knees trying to retrieve it. We must have 199 magnets on our refrigerator and there I was worried about this particular one. There was not enough room for me to slip my fingers in to get it so after several attempts, I decided to leave it there.

About two weeks ago, as I was getting out of my car I dropped my keys. They fell between the bucket seat and the gearshift. I had to get out of the car, open the back door and fish around for them. To a passerby I must have looked ridiculous, feet flailing in the air as I dove deeper under the seat in search of the keys. I finally found the keys and 53 cents.

As I was working on my boat the other day, I pulled out my 98-piece ratchet set. The pieces are set into the molded plastic case. After I finished what I was doing, I returned the 5/8 socket and started to close the case.

Without thinking I tried to close the case by swinging the bottom part of the case over the lid instead of the proper way of closing the lid over the bottom. As a result, every one of the 98 pieces ended up on the garage floor. It took me nearly 40 minutes to find all the pieces and then put them back

where they belonged.

The day before that incident I knocked over a box of stainless steel screws that fell beside my workbench. The contents emptied onto the floor. It took me some time to collect everything up. I felt angry and stupid at the same time. The worst part was there was no one to blame but myself.

I feel the same sensation sometimes when I load the dishwasher. I can't recall how many times I have turned over a glass to place it in the top rack and learned that it still had liquid in it. It splashes all over the place and I wind up having to wipe up the counter and floor and change my shirt. With as many times as this has happened to me, you would think I'd learn to check the glasses before loading. I haven't.

The other night I got home early from a meeting. No one else was there. I thought I would sit in my recliner and watch some television. I sat down and reached for the remote control that is usually on the end table next to my chair. It wasn't there. I looked everywhere to find it but to no avail. Finally I just turned on the television the old fashioned way, manually, and sat down.

You gain a whole new appreciation for our ancestors when you have to watch television without a remote. By the time my wife came home I had lost 15 pounds getting in and out of the chair to go to to change the channel and adjust the sound. By the way, I eventually found the remote stuck between the cushions.

Doing stupid things is not a new phenomenon with me. Many years ago, while in a rush, I locked my keys in my car with the engine was running, double-parked in front of the post office. It took more than an hour to get someone to unlock the car. So much for saving time.

I know for a fact that all of us do stupid things that make us frustrated. I just find it funnier when it happens to someone else.



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Pines starts Florence relief effort

The storm-ravaged region of North Carolina, South Carolina and Virginia is facing a continued threat of flood waters after Hurricane Florence left destruction in its wake and more than 40 people dead, according to the Red Cross.

"The aftermath is devastating," said Denise Sawyer, marketing and public relations director of Ocean Pines Association. "Families are displaced and homes are destroyed. Help us as the Ocean Pines Association extends relief to the victims of Hurricane Florence."

The Association, with the help of its employees and Board of Directors, has started a disaster relief effort to provide non-perishable food items, bottled water, baby supplies, pet supplies and more to those in the Carolinas.

The collection effort started last and continues through Friday, October 12. The Association is asking residents to contribute the following items: powdered drink mixes like Crystal Light, Gatorade, coffee, granola bars, crackers, energy bars, non-perishable microwaveable food, canned fruit and nuts, games and playing cards, mops, brooms, Lysol, dog and cat food, pet treats, cat litter and books.

Other needed items are toiletries like toilet tissue, Tums, toothpaste and toothbrushes, hand sanitizers, hand towels, emery boards, nail clippers, foot powder, talcum powder, body lotion, ChapStick, deodorant, diapers, baby bottles, baby food and baby formula and more. Please do not donate clothing, liq-

PRMC offers free flu shots

Peninsula Regional Medical Center's Drive-Thru Flu Clinic is returning for a 24th season on Friday, October 12 at Arthur W. Perdue (Shorebirds) Stadium at the intersection of Route 50 and Hobbs Road in Salisbury from 8 a.m. to 6 p.m. Vaccinations will be administered to individuals 13 years of age or older (13-17 please bring a parent or legal guardian to sign consent). A physician's order is not necessary. For the first time in its history, flu shots at the Drive-Thru Clinic will be free.

Flu vaccinations are encouraged for persons over the age of 65, people with heart or lung disorders, immunosuppressant diseases or diabetes. Participants are encouraged to wear a short-sleeved shirt that will provide easy access to the upper arm.

uids or perishable items.

Drop off points will include the Ocean Pines Community Center at 235 Ocean Parkway, Public Works at 1 Firehouse Lane, Sports Core Pool at 11144 Cathell Road and the Administration Building, including the Police Department, at 239 Ocean Parkway.

The goal is to raise enough items to provide a tractor-trailer load of organized relief.

For more information about the Ocean Pines Relief Effort, contact 410-641-7717, or email info@oceanpines.org.

Historical Society dinner planned

The Worcester County Historical Society is planning its annual fall dinner for Sunday, October 21, at 2 p.m. at the Dunes Manor Hotel, 28th Street, Ocean City.

This year's speaker will be Gordon E. Katz, an award-winning author, who will speak on "The Story of the George Washington Hotel in Ocean City. The Facts and the Rumors." The talk will be accompanied by a PowerPoint presentation outlining some of the hotel's history. Having been constructed in 1931, it was the last major hotel built before World War II. One rumor is that it was built by the Mafia. With five guestroom floors it was the largest and tallest of the earliest hotels. A cocktail lounge was on the sixth floor.

Several years ago, Katz published a book telling about the early history of Ocean City from 1875 to 1890. This book received two prestigious awards: an Award of Merit from the American Association for State and Local History and the Tee O'Connor Professional Award from the Lower Eastern Shore Heritage Council. He is presently working on a sequel to that publication, which continues the story of both Ocean City and the surrounding areas of Eastern Worcester County from 1890 through the storm of 1933 that created the inlet.

The menu will include Maryland crab soup, French Style Chicken, scalloped potatoes, autumn vegetable medley and dessert. Coffee and tea are included.

Tickets are \$25 per person and can be purchased by sending a check to Robert Fisher, WCHS Treasurer, 230 South Washington St., Snow Hill, MD 21863. To guarantee seating, those who plan to attend are encouraged to make their reservations by Friday, October 12. The dinner is open to the public.



Digital learning - The Ocean City-Berlin Rotary Club recently welcomed speaker Diane Stulz, coordinator of Digital Learning for Worcester County School District. She is pictured on screen in center as she demonstrates the Telepresence Robot. The Ocean City/Berlin Rotary Club meets on Wednesdays at 6 p.m. at the Captain's Table Restaurant (Courtyard Marriott Hotel) 15th Street and N. Baltimore Ave. in Ocean City. Guests are welcome.

Food safety tips during weather emergencies

The recent hurricane threat prompted health officials of Somerset, Wicomico and Worcester counties to recommend the following food safety tips for residents to help them prepare for a weather emergency in the future.

Never use a generator, grill, camp stove or other gasoline, propane, natural gas or charcoal-burning devices inside a home, garage, basement, crawlspace or any partially enclosed area. For more information on generator safety, visit <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/power-outage/safe-generator-use.html>

Always keep meat, poultry, fish and eggs refrigerated at or below 41 degrees F and frozen food below 0 degrees F. In preparation for power outages, turn your refrigerator and freezer down to their coldest settings before the hurricane arrives and power goes out. This will ensure food stays colder for a longer period of time.

If the power goes out keep the refrigerator and freezer doors closed as much as possible. The refrigerator will keep food cold for about four hours if left closed. A freezer that is full will hold the temperature for approximately 24 hours if the door remains

closed. If your freezer is not full, move the items close together to help them stay cold longer. Having some coolers packed with ice can be used to help keep your food cold.

When the power comes back on, you should check the frozen food for temperatures and/or ice crystals. If the food temperature is below 40 degrees F and still has ice crystals, it is safe to re-freeze. Food that has partially thawed and refrozen is safe to eat, although the taste or texture quality may have degraded. Discard all refrigerated food that is above 41 degrees.

Maintain a supply of non-perishable food to keep on hand. This food should not require refrigeration or heating. Examples are canned food, or shelf stable food, bottled water, ready to drink baby formula or nutritional drinks. Make sure you also have a hand operated can opener available.

Discard all food that comes into contact with floodwater. If you live in an area likely to flood, move your food higher on the shelves to keep it out of the floodwater. Floodwater may contain fecal contamination and other disease-causing agents.

Drink only bottled, chlorinated, boiled or otherwise disinfected water.

please see food on page 15



Celebration - The General Levin Chapter of the National Society of the Daughters of the American Revolution held a Meet and Mingle at the Ocean Pines library to celebrate Constitution Week. Chapter Regent, Gail Weldin, read the proclamation for Constitution Week issued by the Worcester County Commissioners. For more information on the DAR, visit www.dar.org.

Above are Mary Pat Carozza, Mary Beth Carozza, Gail Weldin, Barbara May and Liz Sharpless.

Tips for buying teens their first cars

Selecting a first car for a teenage son or daughter can be challenging. Newly licensed drivers probably want something sporty that also looks cool, while their parents no doubt want them behind the wheel of something sturdy, safe and reliable.

According to the experts at Edmunds.com, an automotive research and advice group, involving teens in the process of selecting a car helps teach them responsibility and learn lessons about money that may help them make smart choices in the future.

Manage expectations. Cars are generous gifts and not something teenagers have a right

to. Teenagers may not realize the expenses involved in acquiring, running and insuring a vehicle. Parents can explain all of these factors. Unless the teen has enough money to buy his or her own car, the final call is up to the parents on how much to spend and which vehicle to choose.

Note that bigger is not always better. Some parents think their teens will be safer in a truck or SUV. While large vehicles may fare slightly better in a crash, they can be more cumbersome to park and drive, especially for

novices. A large vehicle may tempt teens to pile in friends for a Saturday night, but research indicates the risk of a crash increases with multiple teens in a car.

Choose safety over looks. Safety should be the top priority. According to the Centers for Disease Control and Prevention, teen drivers between the ages of 16 and 19 are four times more likely to crash than older drivers.

Choose a vehicle with a high safety rating over one that looks stylish or comes equipped with distracting bells and whistles.

Pass down the family roadster. Teenagers may anticipate being handed the keys to a brand-new or

previously owned vehicle off of a dealership lot. But giving him or her a set of keys to a car already in the driveway may be more practical. Everyone involved already knows the history, driving capabilities, safety statistics, and potential quirks of cars that have been in the family for years. It may not be flashy, but cars already in the driveway will get teenagers from point A to point B just as effectively as those currently sitting idle on the dealership lot.

Outfitting a new teen driver with a car requires careful research.



Reelect Commissioner Chip Bertino

District 5

Dear Friends & Neighbors,

For nearly 30 years Ocean Pines has been our home. Susan and I raised our three children in Ocean Pines. Our children attended and graduated from our exceptional local public schools. We cheered our children and their friends through countless school plays, seasonal concerts and sporting events. Susan was a Sunday School teacher for 18 years and was a volunteer softball and soccer coach with Ocean Pines Parks and Recreation for many years. We started a business. **This is our home. This is our community.**



Our community gave me a great gift when it elected me County Commissioner. It's been an honor to serve. Each and every day the concerns of my constituents and the welfare of our district have been my priority.

Being engaged, responsive and effective is my philosophy to serve the best interests of our community. My Town Meetings have been a forum to inform residents of what's going on throughout the county and account for how our tax dollars are spent.

I am a **consistent fiscal conservative** who believes government must demonstrate a need for each taxpayer dollar spent. I have voted accordingly. I am a passionate **personal property rights advocate**. I have voted accordingly. I believe government should not compete in the private sector. That is why I voted to discontinue the county's wholesale and retail liquor operations. This decision **saved taxpayers millions of dollars.**

I believe in cultivating strong relationships with local, state and federal officials. Such relationships proved invaluable when the Commissioners worked with the Board of Education to **save taxpayers millions of dollars in construction costs for the new Showell Elementary School.**

It has been a pleasure and privilege to serve on your behalf. This November **I ask for your vote.** Together we will continue to **ensure a bright future for our community and our county.**

Thank you.

Chip Bertino

ReElectBertino@aol.com

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

Bertino for Commissioner; Susan Bertino, Treasurer

Trust announces new hires

The Lower Shore Land Trust (LSLT) has announced that it has hired a Stewardship Manager and a Deputy Director.

Suzanne Ketcham joins LSLT as the Stewardship Manager and will work to identify conservation and restoration projects that deliver water quality and wildlife habitat improvements, while engaging new partnerships in conservation planning. She has a degree in Geography (GIS track) and Environmental Studies from Salisbury University. Recently, Suzanne completed a year with the Chesapeake Conservation Corps at the Maryland Department of the Environment (Stormwater Management Division), where she worked on data management, stormwater Best Management Practices (BMPs), and developing new educational tools to better communicate the benefits of innovative BMPs.

Also joining LSLT's staff is a familiar face. Josh Hastings, a former board member, joins LSLT after spending 7 years as the policy manager for the Eastern Shore Land Conservancy. Josh grew up on a poultry farm and Maryland's first certified organic farm, in Wicomico

County, and previously served as the Legislative Assistant to the Chairman of the Education, Health, and Environmental Affairs Committee in the Maryland State Senate. Josh holds two Bachelor's degrees from Salisbury University, in business marketing and political science, and has a Master's degree in public policy from the University of Maryland Baltimore County. He is the past Chairman of the Partners for Open Space and he is in his second year as the Chair of the Rural Maryland Council.

"We are very excited to have two incredibly talented individuals join our team!", said LSLT Executive Director, Kate Patton. "We recently received national accreditation from the Land Trust Alliance and now we have staff that can accelerate our efforts and expand the great work we are doing around the Lower Eastern Shore."

The Lower Shore Land Trust is a nationally accredited 501(C)(3) nonprofit that is dedicated to preserving rural lands, promoting vibrant towns, and to building a more healthy and connected Eastern Shore.



On the ribbon line were **Robert Lanza**, director of Business Operations, PRMG; **Dr. Thomas DeMarco**, vice president, Peninsula Regional Medical Group; **Herb Geary**, chairman, Peninsula Regional Health System Board of Directors; **Kimberly Rogers**, DNP, CRNP, MSN, BSN; **Maria Madero**, LPN; **Dr. Jack Snitzer**, Endocrinologist and **Steve Leonard**, president/CEO Peninsula Regional Health System.

New endocrinology practice opens

Peninsula Regional Medical Center cut the ribbon on its new Peninsula Regional Endocrinology Berlin office on Wednesday, September 19. The office is located at 314 Franklin Avenue, Suite 108, Berlin.

Nearly 15 percent of residents in Worcester County have diabetes. Endocrinologists are experts in many types of endocrine disorders, but in an area with a high prevalence, diabetes is one of the most significant health issues they see.

"Managing diabetes is important to prevent complications and keep people as healthy as possible," said Dr. Jack Snitzer, one of the endocrinologists who will be working in the Berlin office. "We are pleased to be able to bring our care closer to home for so many patients."

Dr. Snitzer will also continue to see patients in his current Salisbury office, along with Dr. Juman Takkedin, and nurse practitioners Indre Doyle

and Kimberly Rogers.

"It is important for us to expand high-quality healthcare services to underserved areas," said Chris Hall, Vice President of Strategy and Business Development at PRMC. "We want to bring these vital services closer to our many patients in the beach communities. Easier access to regular endocrinology care can help people stay well and out of the hospital, while receiving expert care in a lower-cost environment."


Dr. Snitzer, a specialist in endocrinology, received his medical degree from the Philadelphia College of Osteopathic Medicine in Philadelphia, Pa. He completed a residency in Internal Medicine at Suburban General Hospital in Norristown, Pa., and a fellowship in Endocrinology at the Cleveland Clinic Foundation in Cleveland, Ohio. Dr. Snitzer is board-certified in Internal Medicine and Endocrinology, and is a Certified Clinical Densitometrist.

Dr. Takkedin is also board-certified in endocrinology. She earned her medical degree from Weill Cornell Medical College in Qatar, and performed a residency at Unity Hospital in Rochester, NY, and a fellowship at Rutgers Robert Wood Johnson Medical School in New Brunswick, NJ.

Indre Doyle is a certified registered nurse practitioner who special-

please see practice on page 11

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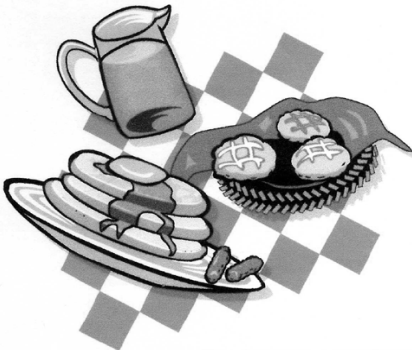
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What is the NAMI Family Support Group Program?

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.”

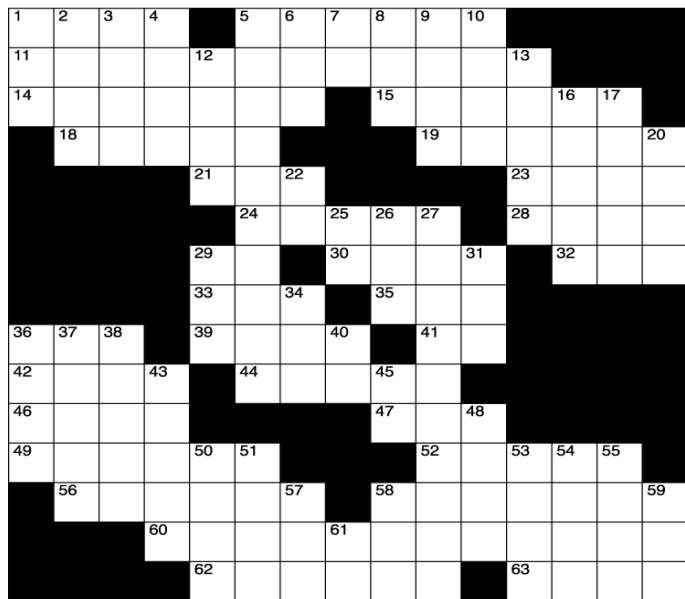
Contact us to find out more about NAMI Family Support Groups!



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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.

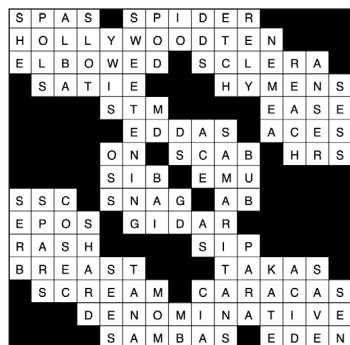


CLUES ACROSS

- 1. Relaxing places
- 5. Creepy crawler
- 11. Blacklisted artists
- 14. Fought for position
- 15. Outer layer of the eyeball
- 18. Gymnopedies composer
- 19. Membranes
- 21. Short-term memory
- 23. Comfort
- 24. Icelandic poems
- 28. Breezes through
- 29. In the general surface area
- 30. Replacement worker
- 32. Days have 24 of them (abbr.)
- 33. Bro or sis
- 35. Large, flightless bird
- 36. Future hovercraft
- 39. Complication
- 41. Core muscle
- 42. Electronic point of scale
- 44. Language of Cameroon
- 46. Skin problem
- 47. Slowly drink
- 49. Meaty part of a chicken
- 52. Bangladeshi currency
- 56. Shout
- 58. National capital
- 60. Word derived from a noun
- 62. Dances
- 63. A memorable garden

CLUES DOWN

- 1. The woman
- 2. Leaders
- 3. "Sin City" actress Jessica
- 4. A type of machine
- 5. Enhancing an offer
- 6. Detachable aircraft unit
- 7. Priestess of Hera
- 8. Tooth caregiver
- 9. A way to engrave
- 10. Count on
- 12. Williamson Airfield code
- 13. Ancient Greek city
- 16. Range
- 17. Ancient Roman poet
- 20. Scottish tax
- 22. Doc
- 25. Bad grades
- 26. A great pitcher
- 27. Helpers
- 29. Former CIA
- 31. Guy (slang)
- 34. Actress Ling
- 36. One from the Balkans
- 37. Unofficially boxes
- 38. Mathematical ratio (abbr.)
- 40. Atomic # 64
- 43. Broken glass
- 45. Equally
- 48. Serbian currency
- 50. Envisions
- 51. Source of the Blue Nile
- 53. Leo's acting pal
- 54. Sour
- 55. What relief pitchers do
- 57. Ma
- 58. Spy organization
- 59. Monetary unit
- 61. Megabyte



Answers for September 19

For the Love of Travel

Vacationland

By **Kelly Marx**

Maine, known on their license plates as "Vacationland" and also known as "The Pine Tree" state, was the site of my latest trip and the state outside of Maryland that I have visited most often. For all the places I have been, New Harbor, ME will always be my favorite. Some of that has to do with the memories I have attached to nearly every square inch of the tiny town I have been visiting since childhood, and some of it has to do with the overwhelming sense of tranquility I get each time I visit.

This was the first time I've visited in September. The first couple of days were spent layered in two sweatshirts, jeans, boots, and even a scarf, drawing smirks from locals who were still sporting summer gear. However, most days it stayed between 62 and 72 degrees and I only had to break out the scarf at night (usually ducking under a table to put it on in an attempt to be discreet).

September, much like in Ocean City, is a great time to visit a touristy summer spot. The locals are finally able to start to catch their collective breaths after a long, busy summer and may even be seen enjoying themselves at one of the few small watering holes.

Most importantly, there are fewer tourists at the must-do attractions, including the Pemaquid Point Lighthouse. If you have never seen it in person, fear not. Dump out your change jar and look until you find Maine's state quarter. Behold, the back of the quarter features the iconic Pemaquid Point Lighthouse that was commissioned by then-President John Quincy Adams in 1827. The lighthouse is considered an active tower and is currently owned by the United States Coast Guard. The Fisherman's Museum, also on the site, is owned and operated by the Bristol Parks Commission. For \$3, you have access to both the museum and the tower. While I am not advocating this, I will mention that climbing down the rocks with the opportunity to circumvent

paying the fee, not that I speak from experience.

After the lighthouse, head down the road back toward New Harbor to Pumpkin Cove. This is a great, secluded spot to walk on the rocks, admire the view, and gather rocks for painting or sea glass for collecting. From there, head to the Pemaquid Beach Park, the closest swimmable beach to New Harbor. Unfortunately, there is no option to avoid the beach fee here. The beach is often rocky, so bring water shoes for comfort. Depending on the tides, there are often tidepools; it is fun to wander along them to look for the marine life such as crabs, snails, and small fish that wash into them. There is a concession stand if you get hungry and restroom facilities for showering and changing.

From the beach, head back to town and grab an ice cream cone. New Harbor Ice Cream sells Gifford's brand of ice cream. My favorite flavor is pink



peppermint stick. Pop across the street to the Pemaquid Craft Co-Op. The various rooms of this one time residence is now filled with gifts and souvenirs created by artisans all over Maine. This is a favorite shop of mine to stock up on gifts for friends. If you need gas before driving back to your accommodation, stop at the gas station right next to the craft co-op which is still a full-service gas station, the only one I've ever experienced. It is pricey, so do the majority of your filling up in the nearby town of Damariscotta.

Check out Reilly's, a family grocery store that has been around since 1928.

please see **travel** on page 15

How to handle a poisoning emergency

Any family can experience a poisoning situation, but people who live in homes with very young children or the elderly need to educate themselves about the various poisonous substances lurking in plain sight and what to do if these substances are ingested.

Although cleaning products or chemicals stored in the garage may be the most commonly thought of household poisons, many other seemingly mundane items also can be poisonous when ingested in large quantities. The National Capital Poison Center

(NCPC) says that these common household items can poison children:

- laundry products
- pain medicine
- vitamins
- antihistamines
- pesticides
- cleaning substances

The NCPC says the most common poisons for adults include prescription drugs, alcohol, pain medications, and cleaning substances.

People may not realize the hidden ingredients in products they use every

day. Swallowing a large quantity of mouthwash containing alcohol can poison a child. Vitamins children mistakenly think are candy can be dangerous as well. Artificial nail products also can be poisonous.

If poisoning is suspected, time is of the essence, as is taking the correct steps.

If the person is unconscious, not breathing or having convulsions, then the first step is to call the local emergency responders where you live or dial 911 immediately.

Remain calm and assess the situation if the person is responsive. Try to identify the poison by looking for open

Please see **poisoning** on page 14

practice
from page 8

izes in endocrinology. She earned her Bachelor of Science in nursing from Johns Hopkins University in Baltimore and her Master of Science in nursing from Wilmington University.

Kimberly Rogers, is a certified registered nurse practitioner specializing in endocrinology. She earned her Bachelor of Science in Nursing from the University of Delaware, her Master of Science in Nursing from Wilmington University and a Doctor of

Nursing Practice from the University of Massachusetts Boston.

The Peninsula Regional Endocrinology Berlin team provides a full complement of services including the management of diabetes and endocrinology disorders, education on glucose monitoring and medication injection, insulin pump support therapy and medical nutritional therapy referrals.

The practice is also home to Peninsula Regional Family Lab Franklin Avenue, which offers comprehensive onsite laboratory services

open to the public Monday through Friday from 8:30 a.m. to 5:00 p.m. Lab staff may be reached at 410-912-6039.

Peninsula Regional Endocrinology Berlin is open Monday through Friday from 8 a.m. to 5 p.m. The office phone is 410-912-6023. The practice is currently accepting new patients. Patients of Peninsula Regional Endocrinology Salisbury who would prefer to have their future appointments at the Berlin office may call 410-572-8848 to make those arrangements.

Tides for Ocean City (Fishing Pier)

Day	High /Low	Tide Time	Sunrise Sunset	
Th	27	Low	3:26 AM	6:53 AM 6:50 PM
	27	High	9:39 AM	
	27	Low	3:54 PM	6:54 AM 6:48 PM
	27	High	9:59 PM	
F	28	Low	4:05 AM	6:54 AM 6:48 PM
	28	High	10:21 AM	
	28	Low	4:40 PM	6:54 AM 6:47 PM
	28	High	10:41 PM	
Sa	29	Low	4:48 AM	6:54 AM 6:47 PM
	29	High	11:06 AM	
	29	Low	5:31 PM	6:55 AM 6:45 PM
	29	High	11:27 PM	
Su	30	Low	5:36 AM	6:55 AM 6:45 PM
	30	High	11:56 AM	
	30	Low	6:28 PM	
M	1	High	12:17 AM	6:56 AM 6:43 PM
	1	Low	6:30 AM	
	1	High	12:51 PM	
	1	Low	7:28 PM	
Tu	2	High	1:16 AM	6:57 AM 6:42 PM
	2	Low	7:30 AM	
	2	High	1:54 PM	
	2	Low	8:31 PM	
W	3	High	2:22 AM	6:58 AM 6:40 PM
	3	Low	8:34 AM	
	3	High	3:02 PM	
	3	Low	9:35 PM	

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Public invited to Sea Shell Memorial

Coastal Hospice will host a “Sea Shell Memorial Gathering” on the Ocean City Fishing Pier on Tuesday, October 9, from 3 p.m. to 4 p.m. The purpose of the free, public gathering is to provide a personal moment to remember, reflect, and offer gratitude to those who have died.

“It is a chance to be surrounded by the love, understanding, and support of others - even strangers who are experiencing many of the same feelings and emotions,” said Coastal Hospice Bereavement Services Manager Howard Travers. “We are strengthened as a community as we reach out to support others and build understanding of our common human values and experiences.”

Those who attend will write the names of loved ones or special per-

sonal messages on sea shells, and then return the shells to the sea. Guests may bring their own special shells, or Coastal Hospice will have shells available. At 3 p.m., a brief memorial service will be held with singing, inspirational readings, ideas on how to cope with grief over the upcoming holidays, and quiet reflection.

Coastal Hospice staff members, including spiritual and bereavement counselors, will be present to offer comfort and support.

Parking is available for \$3 an hour at the Ocean City Inlet Parking Lot near the ramp to the Ocean City Fishing Pier, which is handicapped-accessible.

More information is available by calling bereavement services at 410-742-8732 or at CoastalHospice.org.

Fun Walk scheduled

Fall into fitness this October and participate in the Sixth Annual “Making Strides for Awareness” Fun Walk to be held at 5:45 p.m. on Wednesday, October 3 at Byrd Park in Snow Hill. This is a free event co-sponsored by the Worcester County Health Department and the Town of Snow Hill. The first 50 registrants will receive a HOPE stadium cup. Registration begins at 5 p.m. Participants will have the opportunity to complete a half mile, one-mile, or two-mile walk.

“We are grateful for the continued partnership of the Town of Snow Hill and this opportunity to promote walking in our beautiful parks,” said Mimi Dean, Director of Prevention Services for the Worcester County Health Department.

This is a great chance to enjoy the

outdoors while getting some physical activity with friends, family, and other community residents. Friendly, leashed dogs are welcome. Participants are encouraged to wear pink or purple in support of breast cancer and domestic violence awareness. The Worcester County Health Department and Life Crisis will be on site providing education and health screenings including blood pressure. Just Walk program information will also be available and community residents can sign up for the free, incentive-based, physical activity program on site.

Pre-registration for the 6th Annual Making Strides for Awareness Walk is encouraged and participants can register by calling 410-632-0056 or by visiting Worcesterhealth.org.



Assistance - After the devastation of hurricane Maria, the Alpha Delta Chapter of Delta Kappa Gamma Society International along with the Builder's Club from Stephen Decatur Middle School adopted a school in Puerto Rico to help defray the cost of a new copy machine. Several fundraisers were held during the 2017-2018 school year to raise money. This summer **Mary Makinen** from the Alpha Delta Chapter, pictured center, presented a check to **Rosa Delia Fernandez**, right, and **Evelyn Lugo Morales**, left. The two organizations plan to continue the project again this school year.



A little fun - The Ocean City-Berlin Rotary Club takes a break from their fundraising events for a little family time at Seacrets. The Ocean City/Berlin Rotary Club meets on Wednesdays at 6 p.m. in the Captain's Table Restaurant (Courtyard Marriott Hotel) 15th Street and N. Baltimore Ave., Ocean City, Maryland. Guests are welcome.



Book lunch - The Ocean Pines Book Club had lunch at the Ocean Pines Yacht Club on Wednesday September 12 and discussed author Julia Ash's book called “The Only One.” The event was organized by Anita Roberts. Photo by Anna Foulz.

Backpack info...

The American Occupational Therapy Association says more than 55 percent of the 79 million students in the United States are carrying backpacks that are too heavy. Backpacks should not weigh more than 15 percent of a child's body weight. That means for a student who is around 60 pounds, a backpack should be no more than nine pounds. Wearing two straps on shoulders as well as a waist strap can help distribute backpack weight. Multiple compartments also can help spread the weight of books, devices and supplies to reduce strain.



How to create an effective fire safety plan

While fire can provide warmth and safety, it also can cause immediate and significant damage that can uproot lives and devastate homes. Because fire is such a formidable foe, it is imperative that people from all walks of life have a fire safety plan.

The threat of fire. The National Fire Protection Association says U.S. fire departments responded to an average of 358,500 home structure fires per year between 2011 and 2015. On average, seven people die in U.S. home fires per day. The Ontario Ministry of Community Safety & Correctional Services

says 48 percent of fires that cause severe losses occur in residential properties. Both the NFPA and the Office of the Fire Marshal and Emergency Management in Ontario state that cooking-related fires are the most prevalent, followed by fires sparked by heating equipment.

How quickly fire can spread may surprise some people. The Grand Traverse Metro Fire Department says that in the average two-story home fire, fire ignites in 30 seconds, smoke pours into most rooms by 2.5 minutes, and roughly 4.5 minutes after the fire has ignited, flames can be visible from the exterior of a house. Temperatures in-

side can grow from 190 F to more than 1400 F in two minutes.

Planning is critical. When fires ig-



nite, time is of the essence to make a fast evacuation. Unfortunately, panic may set in and people may not know how to act when under such acute stress. That is why planning for the event of fire can provide families with the information they need to evacuate safely.

Evacuation plans and drills should

be established and practiced frequently so that getting out alive becomes second nature. However, only about one-quarter of households have actually developed and practiced a home-fire escape plan, according to the NFPA.

The following guidelines can help families customize their fire escape plans.

Find two ways out. Look at your home's layout and identify two ways out of every room, if possible. Walk around the house in each room and practice what to do if a fire broke out in that space, offers Safe Kids Worldwide.

Choose an outside meeting place. Establish a spot to meet a safe distance in front of the home where everyone can gather after they have gotten out safely.

Assign help to those with mobility issues. Elderly adults, infants or young children may have difficulty escaping on their own. Plan a buddy system so that a key person in the household is

responsible for rousing and helping another from the house.

Check fire protection. Be sure that there is a working smoke alarm in every bedroom and on every level of the house. Battery-operated smoke detectors are given away in Worcester County free of charge. Residents can receive one smoke detector per household. Smoke detectors may be requested by contacting the Worcester County Fire Marshal's Office at (410) 632-5666. For your convenience, these smoke detectors are equipped with batteries, brackets, and screws. The only requirement for receiving a free smoke detector is to live in Worcester County and show proof of residency.

Drop it low. Heat and smoke rise and escaping on hands and knees is essential for survival.

Practice several times a year. Conduct a fire drill a few times each year, and choose a different escape route each time. Invest in a UI-certified collapsible rescue ladder and attach it at least once, advises The Fire Department of New York, in case a second-story evacuation is necessary.

Maryland's new smoke alarm law became effective July 1, 2013.

A new Maryland law, effective July 1, 2013, requires homeowners to upgrade their smoke alarms to the latest technology when replacing their older units. Smoke alarms have a life expectancy of not more than 10 years. When replacing your outdated smoke alarms, a new smoke alarm with a sealed 10-year battery will be required. In addition, there are new requirements on where smoke alarms are to be placed and the number of smoke alarms per level of your home.

Note: The most important piece of equipment in your home is your smoke alarm. It is also probably the cheapest to maintain.

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poisoning
from page 11

containers or the items that may have been swallowed or touched.

3. The Mayo Clinic says poisoning signs and symptoms can include burns or redness around the mouth and lips, breath that smells like chemicals, vomiting, drowsiness, confusion, and difficulty breathing.

4. Remove any pills or the substance away from the person, and check his or her mouth for any remaining pills.

5. Do not immediately induce vomiting, which may do more damage.

6. Consult with poisoning professionals. In the United States, call the American Association of Poison Control Centers at 800-222-1222. In Canada, call the provincial or regional poison control center, such as the Ontario Poison Centre, at 800-268-9017.

7. Be ready to describe the person's

symptoms, age, weight, and medications, and share any information about what has been ingested. The person on the line may give specific instructions to follow or recommend contacting emergency personnel.



While waiting for help to arrive, follow poison instructions on product labels. Depending on the substance that was ingested, this may include flushing the skin, offering water or another fluid, flushing the eyes, or moving the person into fresh air. Avoid activated charcoal or syrup of ipecac. Poison centers rarely encourage self-care in poisoning incidents.

Unintentional poisonings account for hundreds of hospital visits and many deaths per year. Knowing how to respond to and treat a poisoning emergency can save lives.



Reading - Ocean City Elementary School students are excited about starting the new reading program, "100 Book Challenge." Students from Kristie Fogle's second grade class are pictured with their Bag of Books that will go home nightly so they have books to read on their reading level. Pictured from left to right: **Jacob Betz, Clementine Kohut, Ashton Evans, and Abigail Ferguson.**

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Simpson joins Wor-Wic

Wor-Wic Community College recently welcomed **Susan L. Simpson** of Salisbury as assistant professor of economics.

Prior to joining Wor-Wic, she worked as a part-time instructor of economics since 1999 and held full-time industry positions since 1989. Simpson holds bachelor's degrees in business and economics from Mount St. Mary's University in Emmitsburg and a master's in economics from the University of Colorado Boulder.

results

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- At post-test, 72.1 percent of seventh grade students reported being extremely confident to say "no" when a friend is pressuring them to drink alcohol or smoke cigarettes. This represents a significant increase in confidence from the pre-test.

- Eighth grade had demonstrated improvement in their self-confidence for making healthy decisions. At post-test, 64.3 percent of the students answered the following question correctly: "if you could only eat 60 grams of carbohydrates per day, what is the maximum amount of ice cream per day you could eat?" This is an increase of nearly 10 percentage points over pre-test scores.

Eighth graders showed a signifi-

cant increase in talking about safety on the Internet with family and friends from pre- to post-test.

The next steps for the program include a senior health literacy survey for all 12th grade students of Worcester County Public Schools. The survey is in development with our IHLP partners, UMD Herschel S. Horowitz Center for Health Literacy and WCPS. The purpose of the survey is to determine the long-term effectiveness of the IHLP. Improving health literacy for the next generation will address the health needs in the community by reducing their risk of poor health outcomes, decreasing unnecessary visits to the emergency room and increasing their ability to access appropriate care. To learn more about the health literacy program please visit www.atlantic-general.org/healthliteracy.

travel

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Although it is great for nibbles and wine, it is expensive. Head to the Abundant Bakery, adjacent to the Chesebro Gallery for some delicious pies and breakfast pastries that are both affordable and out-of-this-world-delicious. I recommend all flavors of scones and the strawberry rhubarb pie. The owner is very sweet and you will spend at least 15 minutes chatting, even for a to-go order.

The pace of a vacation in New Harbor is slow. Cell reception is spotty, making it the perfect place to escape for a week. It sure holds a special place in my heart.

camp

from page 2

dent of Coastal Hospice, which hosts the event. "They may find it harder to express what they are really feeling. Hope & Healing with Horses gives them a chance to connect with other children who have experienced a similar loss."

Counselors from Coastal Hospice, who are trained in grief support, conduct Hope & Healing with Horses and guide the children and their families through their feelings, teaching them strategies to express grief and reduce stress and isolation. The day camp uses horses as a tool for emotional growth and learning; the children ride, groom the horses, and talk to them.

A responsible adult must accompany each child, and the counselors also provide the adults with grief support activities. No previous experience with horses is required. Children should wear closed-toe shoes for riding. Lunch is provided. No horse experience is necessary. The rain date for the event is October 6.

This event is free, but registration is required. For more information or to register, please call Melissa Dasher at 443-944-5846. Coastal Hospice asks all persons to honor registrations once they have been made.

food

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After a flooding event, consider water from wells and the community water suppliers unsafe until it has been tested for safe drinking conditions. When boiling water, bring it to a rolling boil for

at least three minutes. You can add household chlorine bleach to your water to disinfect it. Do not use bleach with fragrances or detergents. Add eight drops of 5.25% sodium hypochlorite (household bleach) per gallon of water to allow it to sit for 30 minutes before using it. Try to maintain a supply of bottled water, approximately one gallon per person per day.

Keep a Food Emergency Kit on hand including:

- household bleach or water purification tablets.
- A hand held can opener.
- A food thermometer.
- Waterless hand sanitizer and baby wipes.
- A small grill or Coleman stove for cooking. Never use inside.
- A three to five-day supply of non-

perishable foods such as canned goods, shelf stable foods, boxed or canned milk, and infant formula and pet food, if needed.



For more information, call your local Health Department's Environmental Health Division, the USDA Food Safety Hotline at 1-800-535-4555, or The Maryland Poison Center at 1-800-222-

1222. Information is also available online at www.usda.gov/fsis, www.mesta.md.us, www.cdc.gov, or www.redcross.org.

For more information contact the Worcester County Health Department at Worcester: 443-736-6302.

cancer

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ered include genetic testing and counseling, how genetic tests can influence treatment plans, and genetic testing from a family perspective. The conference will end with a Q&A panel discussion with the audience.

There is no cost to attend this conference, but space is limited. Dinner will be provided. To register, please visit peninsula.org/breastconference.

clinic

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Thursday, October 25, 10 a.m. to 1 p.m.
Holy Savior Catholic Church
1705 Philadelphia Avenue
Ocean City

Influenza and complications resulting from the virus kill an estimated 20,000 people each year, according to the CDC. Although rates of influenza vaccinations have increased in recent years, health surveys indicate that less than half of the high-risk population receives a yearly vaccine.

Influenza, or flu, is a highly contagious virus spread by inhaling droplets from an infected individual's cough or sneeze. Most symptoms emerge within 24 to 48 hours and are characterized by fever, chills, sore throat, cough and headache. Just one infected person can unknowingly pass on the flu to family members and loved ones because the virus can be transmitted 24 hours before symptoms appear. CDC recommends that everyone 6 months of age and older get a seasonal flu vaccine.

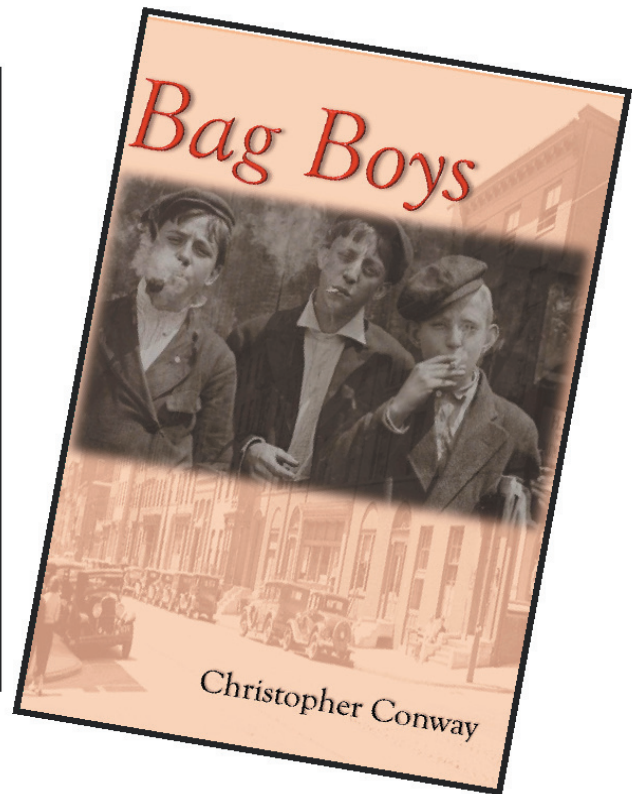
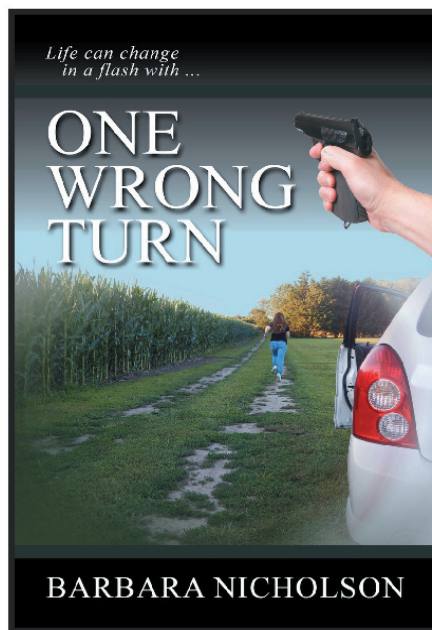
Those at an increased risk for influenza related complications include:

- persons 65 years and older
- nursing home residents and other chronic care facilities
- adults and children with chronic disorders of the pulmonary or cardiovascular systems, including children with asthma
- people with metabolic diseases such as diabetes
- those with blood diseases like sickle cell anemia, or impaired immunity

The vaccine is usually given before the flu season. Since flu viruses mutate often, vaccines should be repeated each year.

For more information on the Atlantic General Hospital Community Flu Clinics, contact Atlantic General Hospital at 410-641-9FLU (9358).

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