

# The Courier

October  
17  
2018

Volume 19 Number 7

## Forensic audit enters next phase

The Ocean Pines Board of Directors announced October 9 that they have unanimously voted to approve a second phase of a forensic audit.

Gross, Mendelsohn & Associates, a firm that includes experienced certified public accountants and certified fraud examiners, will continue its review of financial transactions, with the focus now being on those associated with the Ocean Pines Public Works Department.

In February of this year, the Board approved the first phase of the forensic audit that focused on the operations of the Food and Beverage Department.

The firm has produced interim reports on its work to date; those reports are made available online at [oceanpines.org/forms-docs-cat/audits/](http://oceanpines.org/forms-docs-cat/audits/). The Association will continue to provide the public with similar reports as the forensic auditors move forward with the second phase of the engagement.

The Board of Directors conducted the vote on this motion via email. In accordance with Association policy, the Board may vote by email if the Directors unanimously agree to allow such a vote to occur. The vote to address this issue via email and the vote for the motion itself was passed via unanimous consent from the Directors.

## Parke community to host yard sale

The Parke at Ocean Pines will hold its community sale on Saturday, October 27 (rain date is November 3) from 7:30 a.m. to noon in the drive-ways of its residents. The Parke is an active 55+ Adult community of 503 homes. Parke residents are selling their treasures for others to enjoy. There are clothes, lamps, artwork, household items, electronics, furniture and more.

Maps will be available at the main entrance of the Parke located at Central Parke West, located off of Ocean Parkway at the south entrance of Ocean Pines.

For additional information, contact the Parke Clubhouse Staff at 410-208-4994.



## Holiday craft festival coming

On Saturday November 3, the Ocean Pines Community Center will be turned into a Winter Wonderland by the Pine'eer Craft Club. The group is sponsoring its Annual Holiday Craft Festival with vendors filling the rooms with various handcrafted items, all for sale to help with your holiday shopping list.

The show hours are 9 a.m. to 3 p.m., so come early for the best selections. Specialty items such as jewelry, stitchery creations, beach decor, holiday decorations and more will be featured. The Artisan and Gift shop will also be open with beautiful items. In addition, the Craft Club bakers and friends will fill the Bake Sale Table with homemade items such as cookies, cakes, breads, pies and candy, all at reasonable prices. The local Kiwanis will also be on hand serving breakfast and lunch items as well as coffee and other beverages.

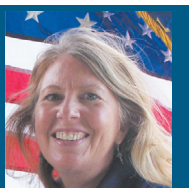
For additional information please call Carol Quinto at 410-208-4317.

Above are co-chairs **Carol Quinto** and **Jacki Kollar**.

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Mary Beth  
**CAROZZA**  
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# Community Calendar OCTOBER

## Delegate candidates to debate

Incumbent Delegate Charles Otto (38-A) and challenger Kirkland Hall will take part in a debate Friday, October 26 between 6 p.m. and 8 p.m. at the Germantown School Community Heritage Center. The delegate district encompasses parts of Berlin, Snow Hill, Pocomoke and Somerset County. This is the only scheduled debate between the two candidates. The Center is located at 110223 Trappe Road in Berlin. For more information call 410-213-1956.

## Sportfishing group to meet

The Atlantic Coast Sportfishing Association will hold its monthly meeting on Tuesday October 23 at the Ocean City Lions Club on Airport Rd. located just off Route 611. Guest speaker will be Maryland State Senator Jim Mathias, a long-time voice for the Eastern Shore. His presentation will include a question and answer session.

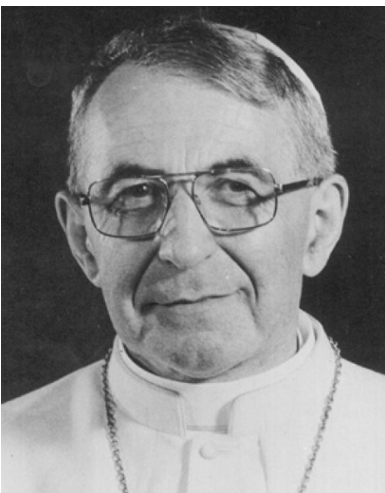
Additionally, Buddy Siegel will detail the recent Coastal Bays report card and member Matt Manos will explain our new web site. Recent fishing conditions will also be discussed. Doors open at 6:45 p.m. Bring a neighbor and/or a friend. For further information call Budd Heim at 410-726-1968.

## Pet blessing scheduled

In honor of St. Francis of Assisi, who loved all animals and whose feast day was October 4, the Church of the Holy Spirit in Ocean City will hold a Blessing of the Animals ceremony on October 21, at 11:30 a.m. in the church parking lot.

The church is located at Coastal Highway and 100<sup>th</sup> St. Pets should be on leashes or otherwise under their owners' control. Any size, shape or type of pet is welcome. You may also bring a photo of a departed pet, or a stuffed animal that means a lot to you.

Call the church at 410-723-1973 for further information.



**Birthday** - Pope John Paul I (1912-1978) was born in Forno di Canale, Italy (as Albino Luciani). He was elected the 263rd Pope of the Roman Catholic Church on September 28, 1978, but died in Rome just 34 days later.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## Card party returns

The St. Paul's by-the-Sea Fall Card Party returns. It will take place on Friday, October 19, from 10 a.m. to 3 p.m. The doors will open at 9:30 a.m.; lunch will be a noon.

The cost is \$20 per person. Please call Amanda Cropper 410-641-5049 or the church office 410-289-3453 to make your reservations.

## 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 Pinesteppers 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.

## Annual Empty Bowl Project returns

Anyone interested in fighting hunger locally is invited to participate in the 5th Annual Empty Bowl Project, a benefit for the Diakonia food pantry and the programs of the Art League of Ocean City. Sponsors for the event are First Shore Federal Bank, Shore United Bank, and Ocean City Elks Lodge #2645.

The Empty Bowl Project is an international grassroots effort to fight hunger and a unique opportunity to use art in a way that helps the community. The project, which begins with bowl-making sessions and cul-

minates in a soup dinner, is a collaborative effort of the Art League of Ocean City and Diakonia to raise awareness and funds for hunger through creative engagement.

During the past four years, the event has raised \$39,316 that was divided between the Art League and Diakonia.

The public, including families with children, can get involved by hand-making ceramic soup bowls now through February at hands-on bowl-making sessions at the Ocean City Center for the Arts. No experience is necessary, and all materials, including instruction, are included. Only 300 bowl-making slots are open to

the public for a cost of \$25 per slot, which includes the bowl and admission to the soup dinner on March 29, 2019.

The one-hour bowl-making sessions continue now through Feb. 17, 2019 and include both daytime and evening sessions. A complete schedule is available on-line atwww.artleagueofoceancity.org. Registration is required by calling the Arts Center at 410-524-9433 or by registering on-line.

“The Empty Bowl Project has become more than just a one-night event,” Rina Thaler, executive director of the Art League, said. “It’s inspiring to see families, children,

groups and individuals come together to make bowls and support this important project and to see the generous sponsors who have stepped up to make this event possible.

“We welcome groups to come in and make bowls, too,” Thaler continued. “Businesses, clubs, and organizations are encouraged to come in together for an inspiring group experience.”

The Soup Dinner will be held at the Arts Center on Friday, March 29, 2019 and is open to the public with continuous seating hours from 4:30 to 8:30 p.m. Guests do not need to

please see **bowl** on page 15



## Anniversary gala scheduled

Join the Ocean Pines 50<sup>th</sup> Anniversary Committee as the largest residential community in Worcester County celebrates 50 years of preserving, protecting and promoting quality resort and residential living on Delmarva at Ocean Pines Yacht Club on Saturday, November 10 from 5:30 p.m. to 11:30 p.m.

"The Gala committee has been working for months with Matt Ortt and his team to bring you the most amazing fun-filled evening that people will be talking about for the next 50 years," said Sharyn O'Hare, event organizer. "We even have a few surprises planned too so come prepared to come, party and just have fun."

A cocktail reception begins at 5:30 p.m., followed by dinner, live entertainment by the hit show band 10 Spot from Virginia Beach, a champagne toast and commemorative giveaways.

"For dinner, guests will enjoy a gourmet salad, filet mignon with lobster thermidor, fresh rockfish imperial, a premium open bar and other tasty treats," said Denise Sawyer, marketing and public relations director for the Ocean Pines Association. "Award-winning culinary wizard Stuart Diepold will amaze gala-goers with an array of delicious dishes."

To recognize the nostalgic anniversary, the cocktail reception will showcase signature appetizers that best

reflect the 70s, 80s, 90s and the 2000s along with a raw bar and beef Wellingtons, chorizo puff pastry and tomato/mozzarella skewers.

"After the cocktail reception, the party heads upstairs to the ballroom where an electric performance takes guests through a foot-tapping trip along memory lane with the best rendition of some of the most-talked-about dance songs in the last 50 years," said Sawyer. "I, along with many others, will not be a wallflower on November 10."

Individual tickets are \$160 and can be purchased at the Ocean Pines Administration Building. Those who are interested have until Thursday, November 1 to purchase their tickets. Tables of ten are available for reserving if you, your family or company would like to have great exposure at the event.

The gala, which is open to the public, is sponsored by Peninsula Regional Medical Center, Steen Homes, Worcester County Tourism, First Home Mortgage, Compass Investment Advisors, The City Florist, Chesapeake Utilities/ Sandpiper, Exit Realty at The Beach and Real Estate Title & Escrow.

"This is going to be the best party ever held in Ocean Pines," said O'Hare.

For more information about the 50<sup>th</sup> Anniversary Gala, contact O'Hare at (410) 603-4777 or sharyn@sohare.com.



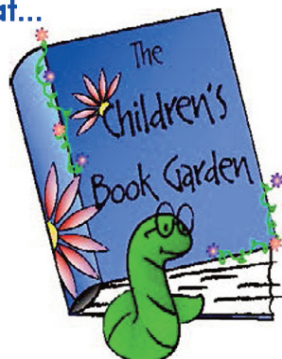
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# The Courier

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## 2012 Business of the Year

**The Courier** is published Wednesday morning by CMN Communications, Inc. Contents copyright 2018. News release items and calendar entries should reach us *Friday noon* prior to publication date. The advertising deadline is *Friday at 5 p.m.* Read **The Courier** online at [delmarvacourier.com](http://delmarvacourier.com)

Social media has had a profound impact on various industries, and the restaurant business is no exception. According to the 2018 Dining Trends Survey from Zagat, 53 percent of the



nearly 13,000 diners surveyed indicated they browse food photos on social media. Perhaps more interesting to restaurant owners

is that 75 percent of those who admitted to browsing food photos on social media indicated they have chosen restaurants based on such photos. Customers who take photos of the foods they order and then share those photos via social media are essentially providing restaurants with free advertising. In fact, Zagat notes that many new restaurants feature interior designs that include photo-friendly lighting, reflecting that restaurant owners recognize the benefits of their customers stopping to snap a photo before diving into their meals.

# Heroin fight statistics shared

Last week, the Maryland Department of Health released its Unintentional Drug And Alcohol-Related Intoxication Death Report for the second quarter of 2018. Maryland's Opioid Operational Command Center has been working with state agencies and partners, and local jurisdictions to address the epidemic.

"As the crisis continues to evolve, so does the hard work of the Hogan administration and Marylanders all across our state. The Opioid Operational Command Center is working closely with a growing number of partners, and our local jurisdictions' Opioid Intervention Teams are increasing access to treatment and recovery resources, stemming the tide of dangerous fentanyl by disrupting drug trafficking organizations, and expanding the important work of prevention through education in our schools, faith-based organizations, the business community, and Maryland's communities," said Clay Stamp, executive director of the Opioid Operational Command Center. "Every day, more and more people – from Western Maryland to Baltimore to the Eastern Shore – are engaging with us in this fight against the heroin and opioid epidemic."

Statewide, Maryland's hospitals are using standard emergency department discharge protocols for individuals suffering from substance use disorders, including: SBIRT (Screening, Brief Intervention, and Referral to Treatment), peer support specialists, "warm" handoffs to treatment, and medication-assisted treatment (MAT).

The Maryland Department of Labor, Licensing and Regulation is engaging Maryland's business community to address how to help build creative employee retention and recruitment capabilities for individuals in recovery.

At the local level, Opioid Intervention Teams (OITs), which are set up in each of Maryland's jurisdictions and led by the local emergency manager and health officer, are reporting progress on initiatives that support the state's fight against this crisis, such as the expansion of local crisis services, prevention, and education programs in schools, access to medication-assisted treatment, and public awareness campaigns.

All 24 Maryland jurisdictions report naloxone training and distribu-

tion, including 10 jurisdictions that participate in the EMS Leave Behind program, which distributes naloxone directly to high-risk individuals.

"Our partnership with the state has allowed us to expand access to naloxone for people using drugs in our community," said Crista M. Taylor, president and CEO of Behavioral Health System Baltimore. "With record numbers of opioid overdose deaths and other drug-related harms occurring, naloxone is an indispensable tool in reducing overdose deaths in our community."

Sixteen jurisdictions report implementing mobile crisis teams; 13 of which are new or have been expanded.

Additional developments include:

## Prevention and Education

-All 24 jurisdictions report implementing information campaigns aimed at prevention and stigma reduction (as of the end of FY2018)

-Department of Juvenile Services provides youth drug education in its facilities (as of the end of FY2018)

-All 24 jurisdictions report implementing programs to encourage safe disposal of prescription medications (as of the end of FY2018)

-39,250 individuals have been trained in overdose response and naloxone administration (FY2018)

-11,309 pounds of prescription medications collected by Maryland State Police (FY2018)

-8,911.07 grams of illicit opioids seized and reported by heroin coordinators (January - August 2018)

## Treatment and Recovery

-Number of substance use disorder treatment beds in Maryland that have been licensed by the Maryland Department of Health's Behavioral Health Administration has more than doubled – increasing from 1,484 beds as of January 2017 to 3,354 beds as of September 2018

-Twenty-two jurisdictions report that peer support specialist programs are new or have been expanded, and all 24 jurisdictions report having peer support specialists in at least one of the following areas: hospital emergency department, Overdose Survivors Outreach Program, obstetrics/gynecology offices, other healthcare setting, recovery centers, street outreach, crisis response, stabilization centers, accompanying law enforcement, correctional and/or parole settings, drug courts, faith-based organizations, other community-based organizations, and schools (as of the end of FY2018)

-9,125 individuals received substance use disorder residential treatment services paid for through Medicaid and state-funded programs (FY2018)

Before It's Too Late is the state's effort to bring awareness to this epidemic—and to mobilize resources for effective prevention, treatment, and recovery. Marylanders grappling with a substance use disorder can find help at [BeforeItsTooLateMD.org](http://BeforeItsTooLateMD.org) or by calling 211 and pressing 1. Additional support is available through [MDCrisisConnect.org](http://MDCrisisConnect.org), which has information on both text and chat features.

## County teams with Toys for Tots

Worcester County Recreation & Parks is teaming up with Toys for Tots again this holiday season and will serve as a public donation drop-off location. All are invited to participate by dropping off a new, unwrapped toy now through December 10 in the Worcester County Recreation Center (WCRC) lobby in Snow Hill.

"Last year our drive helped collect about 100 toys," Program Manager Brianna Goddard said. "It is wonderful knowing that these donations go to young children in our community."

Donate a toy and make a big impact on a child's holiday this year. Toys can be dropped off during regular business hours. Operating hours are available at [www.worcesterrecand-parks.org](http://www.worcesterrecand-parks.org).

For more information on the Toys for Tots drive, call the WCRC at 410-632-2144 or email at [recandparks@co.worcester.md.us](mailto:recandparks@co.worcester.md.us).





# Hey, card me! Card me!

I can't remember the first time someone called me "Sir." When it happened I'm sure I was just fine with it, believing I had reached a certain



## *It's All About. . .*

By **Chip Bertino**

chipbertino@delmarvacourier.com

level of maturity. But now that I think about it, it was probably because the person saying it was younger than me, an occurrence that more and more has become the norm.

Not long ago I was out at a restaurant with my son and his fiancé. The server came by to take our drink order. Anticipating they would be carded both my son and his fiancé had already pulled from their wallets their driver's licenses. The server inspected the cards and took their drink orders. He next turned to me and asked what I would like, never even asking to see my identification. How did he know?

More and more doctors, dental hygienists, teachers, cashiers, bank tellers and many others seem to be younger than me. "Seems" is not the right word. Many others *are* younger than me. There's nothing I can do about it even if I wanted to.

Discounts are often offered to children under a certain age, usually 12 or 13, and adults over a certain age, usually 62 or 65 or something like that. I'm long past falling into the former category and have not quite yet reached the latter category. I'm in a no man's land: too old to say with a straight face that I'm middle aged (unless I were going to live to 105) and too young for retirement. I'm no longer a father of young children; my kids are adults. I'm a grandfather. Yet, I still have to pay full price for movie tickets and don't qualify for the Rite Aid seniors discount offered each Wednesday. Betwixt and between am I.

More specifically, it could be said that I'm a "Tweeners": a little past middle age but not quite old enough to benefit from the plethora of discounts offered to seniors.

My wife and I were dining recently at restaurant that includes on its menu specials for those age 60 and over. I was struck by the fact that the same meal in which I was interested would have been \$4 cheaper if I was only a smidge older. I wonder if they would have carded me? I chose something else knowing I would've gotten indigestion eating something that was more expensive based on my age.

When I was a child, age fractions were a big thing with me. I wasn't eight. I was eight and a half or eight and three quarters as if the fractional increase made any significant difference. To me it did though. I stood a little taller.

The feelings I'm now experiencing, wanting to reach an age milestone isn't



new. When I was 15 I couldn't wait to be 15 and a half (there's that fraction again). At the time in Pennsylvania, when you reached age 15 and a half, you could apply for your driver's learner's permit. Once that milestone was reached, I couldn't wait to turn 16 so I could get my driver's license.

I remember many of my friends at the time eagerly awaiting their eighteenth birthdays, a milestone that coincided with the legal drinking age. While many of them looked forward to their first "legal" drink, I was more excited about gaining the right to vote, which I did proudly casting my first vote for Ronald Reagan for president.

Rushing into tomorrow instead of enjoying today has always been a shortcoming of mine. It makes no sense at my age to want to be older than I am even if discounted pancakes can be had. If I've learned anything during my years, it's that I'll be older soon enough and once I'm there, there's no turning back.

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# Horse count completed

The National Park Service has completed its September 2018 population census of the wild horses on Assateague Island. The total population of the Maryland herd is currently at 79 horses, including 21 stallions and 58 mares. The third foal of the year, colt N 6 B M T - F Q, was born in September to N 6 B M T - F "Jojo."

The National Park Service completes a full census of the horse population in Maryland six times per year, in February, March, May, July, September, and November.

Managed as a wildlife population, the Assateague horses are free to roam over approximately 27 miles of the barrier island and can be difficult to find at times. During each census, horses are identified by their distin-

guishing characteristics, mapped and counted. Individual horses that are not observed during multiple census periods are presumed dead. In addition to the census, the National Park Service has initiated a new genetic study that will develop updated, more detailed



information describing the genetic status and condition of the horse herd in support of the long-term fertility control program that was initiated in 1994.

## Power outages planned for Ocean Pines

Choptank Electric Cooperative has two planned power outages scheduled for certain areas in Ocean Pines.

The first outage is scheduled for Wednesday, Oct. 17 from 8:30 a.m. – 3 p.m. This outage will affect 422 members who are located on Customs Way, Teal Circle, Lookout Point, Park Place, Moonshell Drive, Beach Court, Waters Edge Court, Portside Court, and Windward Court.

The second outage is set for Friday, Oct. 19 from 9 a.m. to noon. This outage will affect 265 members who are located along Ocean Parkway, Port Arthur Court, Fosse Grange, Knight Terrace, Pine Forrest Drive, Parkside Circle, Robin Hood Trail, Abbey Circle, Blue Water Court, Points Reach, Sunrise Court, Breezy Creek Court, and Tidewater Cove.

These outages are planned so crews can perform routine maintenance and repairs. The agency has planned these outages at a time when temperatures & energy consumption are typically lower than usual for the season.

If you have any questions regarding these planned outages, call Choptank Member Service Center, Monday-Friday, 8 a.m. to 4:30 p.m.

## 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, November 2, 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 Oct. 25 by calling 410-334-2900.



**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 cost of a new copy machine. Several fundraisers were held during the 2017-2018 school year to raise money. Above **Mary Makinen** (center) from the Alpha Delta Chapter 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.



**Awesome** - Lauren Truitt's first grade class at Ocean City Elementary School (OCES) loved receiving these awesome new frisbees from the Ocean City Fire Department. In honor of Fire Prevention Week, OCES students were visited by the local fire department to learn about fire safety. Students were able to take a tour of several fire trucks as well as practice how to exit a building filled with smoke.



**Dress-up** - Worcester Prep School third grade teachers, (L-R) **Jackie Knowlton** and **Julie Lyons**, dress up as ladybugs on the class fieldtrip to Bearhole Farms.





**Dinner out** - **Barbara Witt** of Ocean Pines (center) enjoyed dinner at the Ocean Pines Yacht Club and met (L) Yacht Club Manager and Director **Matt Ortt** and (R) **Lewis Sherman**, general manager of the Yacht Club. Photo by Anna Foultz.

## 'Spookiest Night of Your Entire Life' returns

"The Spookiest Night of Your Entire Life," the second annual Halloween party, fundraiser, and short horror film night, is returning to the Ocean City Center for the Arts on 94<sup>th</sup> St. on Saturday, October 20 as part of the Ocean City Film Festival. Doors open at 6 p.m., and the films will commence promptly at 7 p.m.

Admission is \$10, and proceeds benefit the Ocean City Film Festival's 2019 season and the Art League of Ocean City. Guests who arrive in costume will receive discounted admission.

The evening's main event will be a screening of five short horror movies by local filmmakers, including a double-feature, "Projections" and "A Tree Full of Rain," by Unicorn Propaganda; the winning film from July's Ocean City Film Challenge, "Kaw-Liga" by Trevor Taylor; "Pile of Dead Horses" by William Strang-Moya; and "Do Not Disturb" by Brett Hammond. These films are not rated by MPAA, and discretion is advised.

Halloween snacks and shenanigans and a movie-themed costume contest will also take place, and guests are encouraged to come in costume. The winner of the costume contest will receive two tickets to "Artrageous," the arts-based theater show coming to the Ocean City Convention Center on October 28 as a benefit for the Art League of Ocean City, and two all-access passes to the Ocean City Film Festival's 2019 season.

"With each of these events that we

put on, we see more and more filmmakers in the region go out of their way to contribute," said Ocean City Film Festival Director William Strang-Moya. "We're happy that the local film scene is the most active it's been in a long time, and we're trying to keep it growing even more."

The Ocean City Film Festival is entering its third year after its premiere festival in June 2017 and its second in March 2018. The 2019 festival will take place on March 8-10, 2019.

Information and updates on the Ocean City Film Festival can be found at [ocmdfilmfestival.com](http://ocmdfilmfestival.com) or by contacting festival co-director Kristin Helf at [atkristin@artleagueofoceancity.org](mailto:atkristin@artleagueofoceancity.org).

Admission is always free to the Ocean City Center for the Arts at 502 94<sup>th</sup> Street, home of the Art League of Ocean City, a non-profit organization dedicated to bringing the visual arts to the community through education, exhibits, scholarship, programs and community art projects. More information is available at 410-524-9433 or [www.artleagueofoceancity.org](http://www.artleagueofoceancity.org).

## Commissioners' to meet next week

The Worcester County Commissioners' next meeting date will take place Tuesday, October 23.

In June 2018, the Commissioners agreed to move their scheduled meeting from October 16 to October 23 to assure the availability of legal counsel at each meeting in calendar year 2018.



# Engaged. Effective. Responsive.

Chip Bertino's Town Meetings address current issues. Chip is **always prepared, does his homework** and has representatives from the county and community in attendance to help me stay informed with the correct information.

-Judy Giffin

**Chip Bertino deserves to be reelected** as Commissioner. He has the experience needed in that office. He has developed working relationships with other departments in the county making for a more productive government. **His first term accomplishments prove he is the one.** We are voting for Chip Bertino for Commissioner. You should too!

-Joe and Betty Green

How many government officials do you know who actually answer their own phone? Or return emails in a timely fashion? I know of only one: Chip Bertino. **He's accessible and that makes a big difference!**

-Carolyn Dryzga

I have had the opportunity to interface with Commissioner Bertino on multiple occasions during the past four years. **I have been very impressed with his knowledge and skills in resolving complex Worcester County issues.** One such issue that impressed me was the reduction by millions of taxpayers dollars in the cost to build the new Showell Elementary School. *please see **backyard** on page 1.*

-Bob Gilmore

What has impressed me most about Commissioner Bertino is his **willingness to get out of the office and into the field to investigate issues that are important to his constituents.** This "involved" approach to his leadership role in Worcester County has not only contributed to more efficient government but, as in the case of the new school construction, has **saved the taxpayers millions of dollars.**

-Jack Barnes

Commissioner Bertino **works very hard for our district.** He budgets and spends our tax dollars in a fair and transparent way and is always available to listen to our concerns.

-Vanessa Alban

I am especially pleased with Commissioner Bertino's **conservative, fiscally responsible** approach to county government over the last four years.

-Jeanette Reynolds

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

Thank you!

*Chip Bertino*



Reelect

# Commissioner Chip Bertino

District 5

*Bertino for Commissioner; Susan Bertino, Treasurer*



## Pines to host Halloween 'Spooktacular'

Area residents will find a few tricks and a lot of treats at the annual Ocean Pines Halloween/Fall Festival at White Horse Park on Saturday, October 27 from 1 p.m. to 4 p.m.

The Ocean Pines Recreation and Parks Department will host several spooky offerings at the public event that will be held at 235 Ocean Parkway, including costume contests, carnival games, face painting, pony rides, candy, a haunted hayride, crafts, re-

freshments for sale and more.

A Howl-o-ween Dog Costume Contest encourages dog owners to dress their furry friends in costumes for a shot at bragging rights and giveaways. There is no entry fee or pre-registration.

Children also will be able to get in on the costume fun. Costume contests for children age two and under is set for 1:30 p.m., children age three and 4 at 2 p.m., those age five to seven at 2:30 p.m. and kids age eight to 10 at 3 p.m.

All ages are welcome. Admission is free. But there will be a fee for some attractions.

Volunteers and candy donations are needed for the day of special activities. Please contact the Ocean Pines Recreation and Parks Department at 410-641-7052 if you are interested in helping or for more information about any of these activities.



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



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**Feast** - The Ocean Pines Boat Club (OPBC) recently held its annual Crab Feast. It was held at the American Legion Post 166 in Ocean City. Above are (L-R) **Dennis Cox**, OPBC Commodore **Pat Marchesiello**, **JoAnne Steward** and **Doris Loyd**. Photo by Anna Foulitz.

## Coastal Hospice launches 'Put Your Name On It' campaign

Coastal Hospice launches the "Put Your Name On It" campaign to provide opportunities for the community to support the Macky and Pam Stansell House of Coastal Hospice at the Ocean.

Since its inception, Coastal Hospice has been on the forefront of end-of-life care on the Lower Shore. The organization continues this legacy with the development of the Stansell House. This hospice house will serve the most vulnerable patients throughout the Eastern Shore.

The "Put Your Name On It" campaign provides new opportunities for the public to contribute to the development of the Stansell House. Individuals may donate any amount to be a part of the naming of two patient rooms and a work room of the hospice residence. The campaign also unveils a new web page dedicated to the project, [StansellHouse.org](http://StansellHouse.org). The donations received through the campaign contribute to the cost of construction.

"This project is near and dear to my heart," said Macky Stansell, the namesake for the hospice residence and co-chair of the capital campaign for the house. "We knew the Lower Shore needed a facility like this, and we have worked tirelessly for a decade to see it come to fruition. We are now at the finish line, and we are asking the community to continue to help make this vision become a reality. Any little bit you can give will help. That's what the 'Put Your Name On It' campaign is all about."

With the help of dedicated committee and board members, Coastal Hospice has raised \$6.2 million, or approximately 75 percent of the amount needed to finish the project. A total of 2,100 individuals have donated to the capital campaign.

"We have been awed by the generosity and outpouring of the community to support this critical endeavor," said Mike Dunn, Coastal Hospice chairman of the board. "The community has been supportive since the beginning. We never thought we could raise \$5 million, and now we've exceeded \$6 million. The support for the first hospice home for the Lower Shore continues to grow. We are excited about the next phase of the Stansell House completion."

This next phase of the capital campaign invites the public to contribute to the development of the Stansell House through a variety of sponsorship opportunities.

"We invite you to leave a legacy that will impact your neighbors now and in the future," Stansell said. "The community is invited to dedicate a room for a loved one, a cause or their family."

The Stansell House includes 12 patient rooms with a number of amenities to make the residence feel like home. Situated on the Isle of Wight Bay, visiting families and patients will enjoy beautiful views of the water and Ocean City skyline. Nestled in the wooded Ocean Pines community, the

please see **campaign** on page 15



# What kids can do in the face of bullying

Many adults may recall being bullied or witnessing bullying when they were in school. Despite that, it is important that adults, including parents and educators, not see bullying as an inevitable part of growing up. The effects of bullying can be severe, affecting those involved, including the bullied, the bullies and those who merely witness bullying, long after their school days have ended.

According to the U.S. Department of Health and Human Services (DHHS), bullying has been linked to various negative outcomes, mental health issues, substance abuse and suicide.

When taking steps to combat bullying, parents and educators should not overlook the benefits of enlisting children in their efforts. Kids can be great allies in the fight against bullying, and the following are some ways adults can work with youngsters who want to stop bullying.

Teaching kids to respect others. StopBullying.gov, the DHHS' website devoted to stopping bullying once and for all, notes the importance of teaching kids to treat everyone, including

other children, with respect. Parents can teach kids to pause before saying or doing something that can be harmful to someone else. Bullying inflicts physical and emotional pain on its victims, so teaching kids to recognize that words can be just as harmful as fists may encourage them to think twice before saying something mean to a classmate.

The DHHS also recommends advising children to do something else if they feel an urge to say or do something mean. Walk away from a situation to watch television, play a video game or engage in another activity rather than saying or doing something hurtful.

What kids being bullied can do. Kids being bullied also can employ certain strategies to overcome bullying. The DHHS recommends teaching children to look at bullies and telling them to stop in a calm, clear voice. Laughing it off might also work for kids who find joking comes naturally to them. The DHHS advises against fighting back, instead suggesting kids walk away and stay away before finding an adult who can stop the bullying

on the spot.

Encouraging students to confide in adults they trust also can help them overcome bullying and the feelings of loneliness that bullying can elicit. Trusted adults can help children devise a plan to stop the bullying. The DHHS notes that most bullying happens when adults are not around, so staying near adults and

other children can help kids avoid situations where they might be vulnerable to bullies.

What witnesses to bullying can do. Bullying can have a negative impact on children who witness bullying, even if they are not the victims. Adults can encourage children to speak to trusted adults and to report instances of bul-

lying. In addition, children should be encouraged to be kind to children who are being bullied, inviting them to sit



with them on the bus or in the lunch room and engaging them in conversations about topics that interest them.

Bullying affects children whether they are being bullied, doing the bullying or witnessing it. But bullying can be overcome if adults and children work together and keep lines of communication open at all times.

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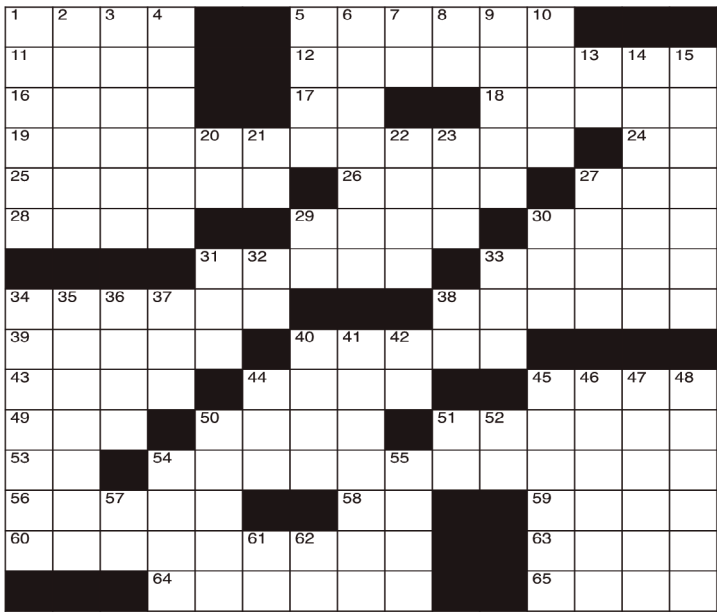


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CLUES ACROSS

1. Hindu month

5. Fashion accessories

11. Prong

12. Clever

16. Network of nerves

17. Helps the police (abbr.)

18. Russian lake

19. Not allowed into evidence

24. Indicates position

25. Without clothes

26. Geological times

27. Folk singer DiFranco

28. Buddy

29. \_\_\_ but don't break

30. Father

31. Cast a shadow over

33. Afghan city

34. Concluding speech

38. Type of creed
39. French Revolution image

40. Syrian president al-\_\_

43. Soviet composer

44. Dove into

45. Famed Broadway producer

49. Leavened bread

50. Ruling family House of \_\_

51. Planet

53. Publicity

54. Manifesting approval

56. Fern genus

58. Larry and Curly's pal

59. Company officer

60. Expressed loathing for

63. Birthplace of Constantine

64. People from Asia

65. "Hercules" voice Donovan

CLUES DOWN

1. Central hall or court

2. Italian city

3. All there

4. Seamstress's tool

5. Sends after

6. Used in herbal medicine

7. Specific gravity

8. A male

9. Hydroxyls + 2C

10. Trigonometric function

13. Archaic language (abbr.)

14. East African native

15. Satisfy

20. Mother

21. Where innate impulses are processed

22. "Rule, Britannia" composer

23. Not good

27. Swiss river

29. A-Team member Baracus

30. Calendar month

31. Drunk
33. Concealed

34. Give forth

35. Contradiction in terms

36. Middle Eastern country

37. On the \_\_

38. Sodium

40. One who attended a school

41. Supporters

42. South Dakota

44. American brewer Adams, Sr.

45. Type of attorney

46. Absence of oxygen

47. Most sheer

48. Human soul, mind or spirit

50. Flies high above

51. University of Dayton

52. Dorm moderator (abbr.)

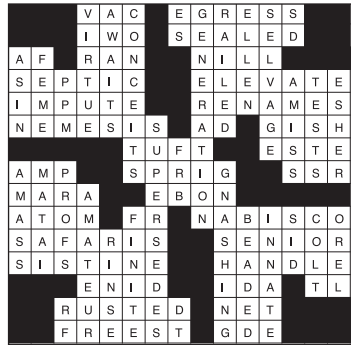
54. Intestinal pouches

55. Assents to

57. Delaware

61. Robots are a byproduct of this

62. Tantalum



Answers for October 10



Fishing Report: Head boats are reporting good Sea Bass fishing also some nice flounder at the wrecks. Flounder are biting in the East Channel and Sheepshead around the South Jetty. A few nice Red Drum are being reported in the surf.

Understanding the Tautog: The Tautog (Tog) is also known as a Black-fish. It is an ugly fish with large teeth which it uses to crush the shells of clams, crabs, barnacles and other shell fish that it normally feeds on. There are times however that Tog will also bite on squid. It is a bottom feeder and likes to hang around rock piles, wrecks and piers making it a difficult fish to catch since it also likes to dart into the rock piles after grabbing your bait and thus snagging the fishing line unless you set the hook and pull them out quickly before they snag your line in the rocks or wreck. Unlike flounder who are an ambush fish and pursue their prey by sight the Tog pursue their prey a great deal by scent.

What kind of gear should I use? Your will require a fairly stiff rod 6' to 7' in length so you can set the hook and pull the fish out of the rocks quickly. The gear can be either spinning or a conventional level wind reel depending on what you prefer. At a minimum you will require 20lb test line, I prefer 30lb test. I also prefer to use monofilament.

What type rig should I use? I recommend using a 4' monofilament leader of 40-50 lb. test attached to your line with a swivel. A sinker should be at the bottom of the rig when fishing slack tide which is the best time to fish for Tog. A dropper should be tied 8-10 inches above the sinker. To the dropper attach a 4/0 Beak or Octopus Hook on approximately 6 to 8 inches of leader. If you don't want to make your own rig visit your local tackle shop and ask for a Tog rig.

What about bait? Everyone has their own favorite bait but some of the most popular baits are green crab, clams and my favorite sand crabs. When Tog fishing the bait should always be fresh as frozen baits do not have the scent necessary to attract Tog. Also, I would highly recommend that if your

are new to Tog fishing that you ask your local tackle shop where you purchase the bait to demonstrate how the bait is to be hooked. This is very important as the hook must be hidden for Tog fishing.

Where should I fish for Tog? Head boat fishing is normally great as the water cools at the offshore wrecks.. If you have your own boat and want to fish inshore seek out rocky structure such as the inlet jetties or tie up to some pilings and fish right down along the piling. This is done best at slack tide. If you are bank fishing there is some great fishing along the inlet jetties but I prefer the bulkhead from 2<sup>nd</sup> to 4<sup>th</sup> street in Ocean City. If your boat fishing the pilings and rocks along stinky beach, Rocks along the Jetty, and the pilings at Harbor Island are also good locations. Again the best time is slack tide so watch your tide charts and have plenty of rigs as you will likely loose a few in the rocks.

What about eating Tog? They are a great tasting fish. Here is one of my favorite recipes.

Broiled Tautog (Tog) Steaks

Ingredients:

- 4-6 fish steaks (about 1-inch thick)
- 2 tablespoons olive oil
- Salt & freshly ground black pepper

to taste

- 2 tablespoons chopped fresh parsley
- Lemon wedges, for garnish

Directions:

1. Preheat the broiler to high, Brush or drizzle the olive oil on the fish steaks, then sprinkle them with salt and pepper.
2. Place fish steaks in a broiler pan, and broil, turning them once with a spatula, until the steaks are golden on the outside and done to taste inside, about 4-6 minutes per side. Serve immediately, garnish with the parsley and lemon wedges.

Upcoming Events: Don't forget the Ocean Pines Anglers Club Teach-A-Kid-To-Fish at the South Pond on Saturday June 19.

Remember to take a kid fishing,  
**Capt. Ron**



# Alpaca farm open to public

Ocean Breeze Alpacas will have its annual open house on Saturday, October 27, from 11 a.m. until 5 p.m. when

public for tours, demonstrations and activities.

Co-owners Nancy and Susan Taylor invite all to come meet their alpacas and visit their “Breezy Barn” farm store of local alpaca yarn, roving and fibers. Alpaca goods and one-of-a-kind hand knits are also available for sale in the shop, just in time for the holiday gift-giving season.

Susan notes, “We hope everyone can join us on Saturday when we have invited various fiber artists to demonstrate. Bring your own project and come create with us under the tent. All spinners, knitters, weavers, etc. are welcome. There will be games, activities, and our popular hayride for the kids and the young at heart.” Lite fare will be available.



the farm, located at 10304 Caleb Road in Berlin, will open free to the

## Kiwanis begins new year with new officers

By **Dave Landis, Sr.**

On Wednesday September 26 the Kiwanis Club of Greater Ocean Pines - Ocean City held its annual installation ceremonies at Lighthouse Sound. October is the time Kiwanis begins its new year and looks back on the year just completed.

The Kiwanian of the Year went to Barbara Peletier. Barb, as she prefers to be called, took the vaunted “Kiwanis Dawg Team” to new heights with 16 events where she and the team sold hotdogs, other entrees, snacks and refreshments to raise funds for the club’s youth programs. She also served as assistant secretary, and special assistant to President Ralph Chinn. Additionally, she co-chaired

one of the three pancake breakfasts, co-chaired the annual wine tasting, organized the annual charter luncheon, the December holiday celebration and the installation ceremony. She continues to work with Meals On Wheels at

the Northern Worcester County Senior Center at Christmas, Easter and Valentine’s Day.

During the event, new officers and directors were installed as follows:

Officers: President Richard Clagett, President Elect Roy Foreman, Vice President Steve Cohen, Secretary Pat Winkelmayer, Assistant Secretary Barbara Peletier, Treasurer Carolyn



Above: The President’s Gavel is passed from now Past-President **Ralph Chinn** to new President **Dick Clagett**, the ceremony was performed by new Division 5 Lt. Governor **Robin Marks**.

Dryzga and Assistant Treasurer Mark Page.

Board of Directors: Joe Beall, Skip McComas, Dave Landis, Ted Vancick, Mark Joseph, Tom Southwell and Sarah Walker.

“It promises to be a fun day on the family farm, and just on case, we have a rain date of October 28 at the same time.

Nancy and Susan Taylor started their alpaca farm business seven years ago with a herd of seven males purchased in Southern Maryland. The following year the sisters-in-law added nine females and six more males from a local farm in Delaware. “These cute critters each have a unique personality, and we’d love to give you a tour and introduce you to our current herd of **35** alpacas and five mini llamas. Our alpacas range in age from a few weeks to 14 years old”, Susan said.

Both Nancy and Susan love to knit and were excited to have their own al-

paca yarn from their animals. Various weights of yarn including, bulky, worsted, and fingering in multiple shades are available for your next knit or crochet project. We also have roving and raw fibers available for spinning. Alpaca yarn is hypoallergenic, without lanolin. The fibers are hollow, making alpaca warmer and lighter than wool. Nancy adds, “Also available are our popular alpaca knit and crochet kits for one skein projects, which include Ocean Breeze Alpaca yarn with an original pattern. For the pet lover, there are super soft alpaca felted mats and stuffed pillow beds.”

For more information, please contact Susan Taylor, 443-880-7808 or Nancy Taylor at 410-215-0931.

## Symptoms of dyslexia

Learning disabilities can make it difficult for kids to reach their full potential. Such disabilities can sometimes be hard to spot, and youngsters might be hesitant to self-report symptoms or problems they are experiencing out of shame or a fear of being seen as different from their classmates.

Dyslexia, which the Child Mind Institute notes is now part of the diagnosis “specific learning disorder,” an umbrella term that groups together reading, writing and math disorders, is one type of learning disability that can compromise students’ abilities to perform in the classroom.

The Yale Center for Dyslexia & Creativity notes that the signs of dyslexia can appear as early as preschool. Such signs may differ depending on the age of the child, but parents can look for the following ones that might indicate the presence of dyslexia.

Preschool. Preschool-aged children may exhibit various symptoms that may be indicative of dyslexia. Difficulty learning and remembering the names of letters in the alphabet and an inability to recognize letters in their own names are such symptoms. Children who mispronounce familiar words, continue to speak in “baby talk” and experience trouble learning common nursery rhymes also may be experiencing dyslexia. The Yale Center for Dyslexia & Creativity also notes that dyslexia tends to run in families, so parents who had their own difficulties reading and/or spelling words

should pay special attention to how their children handle these tasks.

Kindergarten and first grade. Children in this age group who disappear when it is time to read and/or complain about the difficulty of reading may do so because they are dealing with dyslexia. Another potential indicator is reading errors that show no connection to the sounds of the letters on the page. For example, children who say “puppy” when an illustration on a page is a dog. Difficulty sounding

Please see **dyslexia** on page 12

### Tides for Ocean City (Fishing Pier)

Day		High /Low	Tide Time	Sunrise Sunset
Th	18	High	3:12 AM	7:12 AM
	18	Low	9:15 AM	6:18 PM
	18	High	3:43 PM	
	18	Low	10:09 PM	
F	19	High	4:10 AM	7:13 AM
	19	Low	10:11 AM	6:17 PM
	19	High	4:35 PM	
	19	Low	10:56 PM	
Sa	20	High	5:00 AM	7:14 AM
	20	Low	11:04 AM	6:16 PM
	20	High	5:22 PM	
	20	Low	11:39 PM	
Su	21	High	5:44 AM	7:15 AM
	21	Low	11:53 AM	6:14 PM
	21	High	6:04 PM	
M	22	Low	12:19 AM	7:16 AM
	22	High	6:26 AM	6:13 PM
	22	Low	12:39 PM	
	22	High	6:45 PM	
Tu	23	Low	12:58 AM	7:17 AM
	23	High	7:07 AM	6:12 PM
	23	Low	1:23 PM	
	23	High	7:26 PM	
W	24	Low	1:36 AM	7:18 AM
	24	High	7:48 AM	6:10 PM
	24	Low	2:06 PM	
	24	High	8:08 PM	



## New Emergency Services Director named

The Worcester County Commissioners named Billy Birch as the new Worcester County Emergency Services (WCES) director. Birch, who joined the WCES team on September 24, will step into his new role as director following the retirement of current WCES Director Fred Webster in December. Birch brings 25 years of experience in law enforcement, emergency management, and disaster response to Worcester County Government (WCG).

Prior to stepping into this new role with WCG, Birch served as operations manager of the Uniform Protective Services Division at NASA Wallops Flight Facility, where he served as the on-scene commander for all Antares resupply missions to the International Space Station, overseeing all rocket launches, aircraft operations, and special projects. During his time at NASA, he worked closely with federal representatives with NASA, Navy, Coast Guard, National Oceanic and Atmospheric Administration, and state and local officials on emergency operations plans, response issues, and to ensure the efficient recovery of communities in the event of natural



or manmade emergency situations.

"Emergencies do not fall into one neat package and do not happen when we would like to plan them to occur," Birch said. "My goal is to continue to strengthen our Worcester County Emergency Services department by building even stronger relationships with all of our county, state, and federal first responder team partners. These relationships are vital to our county's success and need to be built prior to a large scale event."

Birch earned numerous law enforcement and instructor training certifications, awards, and recognitions, focusing on use of force, active shooter, high risk conflict resolution, victims' rights, and employee relations. He is currently pursuing a bachelor's degree in conflict analysis and dispute resolution at Salisbury University.

Birch resides in Snow Hill where he is an active member of the community and member of the Richard A. Henson Family YMCA, serving as a swim official, fundraiser, and supporter of the HFY Platypi swim team.



**Spotlight** - The Pine'eer Craft Club announced that **Kathy Spurlock** is the Crafter of the Month for October.

Kathy is mom, grandparent and lifelong crafter. She has always enjoyed sewing and creating personalized gifts. Kathy learned to sew in high school.

It was a lifelong dream of Kathy's to live full-time on the Eastern Shore. So, upon retirement she and her husband Nick moved from Pasadena to Milford, DE in 2007. After seeing the Pine'eer Craft Shop featured on WBOC, she was hooked. "I love that I can create the crafts I love all while helping the Ocean Pines Community," she said.

## Flu-fighting tips to keep you and others healthy

Sniffles, sore throat, fever, and aches and pains may accompany a number of illnesses, but during the wintertime such symptoms are typically indicative of influenza.

Throughout much of North America, flu season peaks between December and February. But flu season can occur anywhere from October to March, advises the U.S. Centers for Disease Control and Prevention.

The flu is contagious and can sideline people for extended periods of time. The CDC says that each year one in five Americans gets the flu.

Taking steps to fend off the flu can help men and women and the people they routinely come in contact with.

Foods. Food can be used to fend off the flu. Common foods that many people already have in their pantries can be powerful flu-fighters. Garlic, for example, contains compounds that have direct antiviral effects and may help destroy the flu before it affects the body. Raw garlic is best. In addition to garlic, citrus fruits, ginger, yogurt, and dark leafy greens can boost immunity

and fight the flu, according to Mother Nature's Network. The British Journal of Nutrition notes that dark chocolate supports T-helper cells, which increase the immune system's ability to defend against infection.

A study published in the American

please see **healthy** on page 14

### dyslexia

from page 11

out simple words like "cat" also may indicate dyslexia.

Second grade through high school. Symptoms that appear during these years of a child's life may include slow, awkward reading; trouble reading familiar words and often compensating by making wild guesses because the child cannot sound out the word; and an unwillingness to read out loud. Kids in this age group who are dealing with dyslexia also may not have a strategy for reading new words.

Children in this age group also may exhibit signs of dyslexia through their speech. For example, the Yale Center for Dyslexia & Creativity says some may search for a specific word only to end up using a vague term, such as "stuff." Hesitation when speaking and language peppered with "um's" is another potential indicator that a child might be dyslexic.

Dyslexia cannot be cured, but it can be overcome. Early screening, diagnosis and intervention can help young people become successful adults. More information is available at [www.dyslexia.yale.edu](http://www.dyslexia.yale.edu).



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**Smile** - Worcester Prep School senior **Chloe Ruddo** shows off her hand-painted rock she decorated in Spanish class.

## How to keep dogs safe and content

Every day a family welcomes a pet into their home. According to Greger Larson, director of the University of Oxford's palaeogenomic and bi-archaeology research network, dogs, without a doubt, were the first domestic animal. While researchers know they were tamed and used for work, little is known about when dogs moved from primarily providing utility to being pets.

Pet industry statistics and data from the ASPCA indicate there are now roughly 78 million dogs living as pets in households across the United States. The Canadian Pet Outlook Market says Canada is home to roughly six million pet dogs.

While researchers continue on their quest to determine just how and when canines transitioned from being beasts of burdens to best friends, dog lovers can do their share to keep their pets safe and happy.

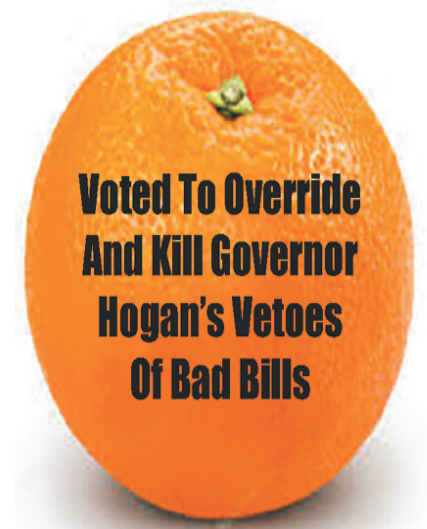
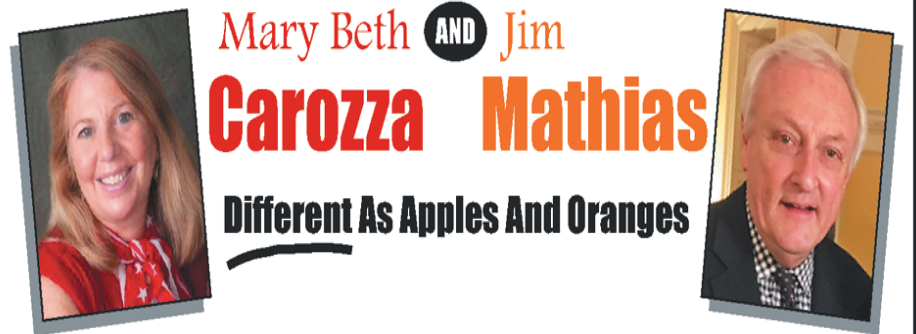
Begin with training. One of the best things a pet owner can do for the well-being of a his or her dog is to ensure that it receives proper training from a

young age. According to VetWest Animal Hospital experts, statistics show that owners who have pets that behave get more satisfaction and have stronger bonds with their pets. A dog that responds to basic commands can stay out of danger, and knowing what he is supposed to do can help the dog feel less stressed.

Socialize the pet. Learning how to respond to other dogs and people is an important aspect of canine life. If the pet is to get along with other dogs, it needs to have high exposure to other animals every day and in various scenarios. Socialization can begin as soon as a puppy is immunized and able to venture out with others.

Spay or neuter the dog. Various animal health experts attest to the benefits of having dogs spayed and neutered. These can include limiting aggression, reducing the need to roam and helping to prevent fights with other animals. Also, spaying and neutering helps keep animal numbers

*please see **dogs** on page 14*



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# healthy

from page 12

Journal of Therapeutics showed that carnosine, a compound found in chicken soup, can help strengthen the body's immune system and help fight off the flu in its early stages.

**Flu shot and medications.** Annual flu shots administered in advance of flu season can help protect people and their families from getting the flu. The U.S. Food and Drug Administration says that, in select situations, antiviral medications, which are usually prescribed to treat the flu and lessen symptoms, can reduce the chance of illness in people exposed to influenza.

Many over-the-counter medicines can alleviate symptoms of the flu, but cannot fend it off.

**Stop germ proliferation.** Germs can be spread easily between persons through direct contact and indirect contact with surfaces sick individuals have touched. Doctors recommend staying home for at least 24 hours after a flu-induced fever has dissipated. Well individuals should avoid contact with sick people.

**Frequent hand-washing with soap and water** can stop germs from spreading. When soap and water is not available, alcohol-based hand sanitizers can help. People also should avoid touching their eyes, noses and mouths after being in public places or around someone who is ill.

**Rest and restore.** Those who feel symptoms coming on should begin drinking more liquids to keep the respiratory system hydrated and make mucus less viscous. Remember to get adequate sleep, as a tired body cannot effectively fight the flu virus.



## dogs

from page 13

under control.

Keep licensing up to date. Licensing will keep dogs registered in the area and help have current contact information available. Pet owners often license and microchip their pets to ensure safety all around.

Exercise the pet. Dogs need daily

**Donation - Steve Farrow**, chairman of the Richard A. Henson Foundation, and **Donna Altvater**, executive director of the Henson Foundation, present **Dr. Ray Hoy**, president of Wor-Wic Community College, with a check for \$10,000 to assist with the college's Food for Students initiative, which includes a food pantry and community garden that began in the fall of 2017. Since its inception, the food pantry has distributed more than 6,000 pounds of food to the campus community, serving more than 1,000 people. The college intends to create a \$150,000 endowment to continue the program in perpetuity.

exercise to maintain healthy body weights and keep them from fits of boredom. A dog that is not properly exercised may engage in destructive behavior around the house to unleash its pent-up energy.

Love and affection are also needed for healthy pets, but pampering should not come at the expense of training and obedience.

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## PRMC Breast Center Nurse earns Daisy Award

Kathy Foxwell is a registered nurse in the Peninsula Breast Center, but her title is navigator. Cancer can feel like a journey, and when people are diagnosed, it's important to have someone to guide them along the way. Foxwell is outstanding at making sure patients have everything they need, and for that reason, she recently earned the Daisy Award for Extraordinary Nurses.

A colleague who nominated her wrote, "The patients we see are anxious and at a high stress level. Kathy's smile and embracing personality gets

the patients through this very anxious time. On many occasions, the patients come back through the Breast Center to follow up with their surgeons and ask to see Kathy again. She always opens her arms wide for them and they are so happy they get to see her and share their journey with her."

She also shared a story that illustrates Foxwell's impact: "Recently at an event for breast cancer survivors, Kathy was approached by a lady who had been diagnosed with breast cancer and credited Kathy with saving her life. The lady had come in for a mam-

mogram and ultrasound. Kathy saw the patient was very nervous and for good reason – it was a holiday and the patient would have had to wait several days to come back for a biopsy. Kathy arranged everything, got in touch with a radiologist that afternoon and the biopsy was done the same day. This patient will never forget how Kathy made her feel, even several years later."

Foxwell was honored with the Daisy Award in a ceremony before her colleagues. She received a certificate

commending her for being an extraordinary nurse. The certificate reads: "In deep appreciation of all you do, who you are, and the incredibly meaningful difference you make in the lives of so many people." She was also presented with fresh flowers on behalf of the Peninsula Regional Medical staff, and a sculpture called A Healer's Touch, hand-carved by artists of the Shona Tribe in Zimbabwe. To nominate an exceptional nurse, visit [www.peninsula.org/DaisyAward](http://www.peninsula.org/DaisyAward) and share a story.

**campaign**  
from page 8

Stansell House is in a peaceful setting and is made even more tranquil with the inclusion of an outdoor meditation labyrinth garden and indoor meditation sanctuary. The porches and veranda will be furnished with rocking chairs, and residents and their families will also be able to enjoy meals in the dining room. The house will open to patients in early 2019.

As of this summer, individuals have pledged to dedicate three of the patient rooms in honor of loved ones. There are also three community-funded sponsorship opportunities – the Volunteer Room, the Veterans Me-

morial Patient Room and the Family Tribute Patient Room, which honors families who have been helped by the compassionate care of the Coastal Hospice team.

"This is a special space for hospice patients who are no longer safe in their homes," Coastal Hospice President Alane Capen said. "At the Stansell House, they will be safe. They will be cared for. Our home will be their home. We thank the community for partnering with Coastal Hospice to turn this vision into a reality."

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**bowl**  
from page 2

have previously made a bowl to attend, but can purchase a bowl and soup for a \$25 donation at the door. Top local restaurants donate the soup, breads, and desserts. A cash bar, a soup-to-go station, a silent auction, and live music are also included. Guests are asked to keep the bowl as a reminder of all of the empty bowls in the world.

The Ocean City Center for the Arts at 502 94<sup>th</sup> Street is the home of the Art League of Ocean City, a nonprofit organization dedicated to promoting the visual arts in the Ocean City area through education, exhibits, scholarships, programs and community art events. The arts center is supported by memberships, corporate and civic funding, donations and sales of art.

More information is available at 410-524-9433 or [www.artleagueofoceancity.org](http://www.artleagueofoceancity.org).

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