

Living 50 **PLUS** Feature Inside

Elections Committee reports voter error reduction

The Ocean Pines Election Committee's annual report, made official on Friday, shows a significant reduction in voter error over the last three years.

According to the report, the total number of mis-marked ballots was 129 in 2017. This year, that number dropped to just seven.

Committee Chairman Steve Habeger credited former chairman Steve Tuttle with redesigning the ballots in 2017, to make the instructions clearer. Tuttle is currently the Association vice president.

"That made the biggest improvement," Habeger said.

The number of ballots received after the deadline have also declined over a two-year period, from 72 in 2017 to 46 this year.

"All these indicators are moving in a positive direction, Habeger said. "We're going in the right direction ... I think this is a pat on the back [for] the

committee."

According to the report, Ocean Pines mailed 7,957 ballots during the election this year. Including late and rejected ballots, 3,126 were returned,



or a rate of 39.3 percent.

Habeger said that represents a roughly 1 percent decline. He added the Association mailed more ballots in 2019 than 2018 but received slightly fewer.

This year, 3,054 ballots were counted by a scantron and 19 ballots were counted manually. Of the seven

please see election page 23



Creative Expression - Last Thursday evening the First Saturday Writers' Group of Berlin (FSW) hosted a Fall into Fiction short reading event. Nine writers of varied backgrounds read their short works at the Art Center in Ocean City.

FSW meets between 10 a.m. to noon the first Saturday of the month at the Berlin library. It is an informal gathering of local residents who enjoy engaging in the creative process of writing flash fiction, short stories, poetry and essays. Members share a piece of writing and receive feedback from other members. The goal is to provide a comfortable forum for sharing work, expressing ideas and improving writing skills. The group welcomes all those with similar interests.

Above are the readers from Thursday's reading (L to R): Jean Marx, Al Shearman, Ellen Krawczak, Bill Ellis, Will Danaher, Cindy Roman, Don Lehman, Carol Ann Ellis and Gwendolyn Lehman.

Board approves agreement with Comcast

Comcast cable television, phone and internet service is officially coming to Ocean Pines.

The Ocean Pines Board on Tuesday night unanimously approved a landmark agreement with the cable company, granting a right of access to install, maintain, repair and operate equipment in the community. The contract also grants Comcast a non-exclusive license supply service to Ocean Pines residents.

The agreement is effective immediately and good for 10 years, and requires Comcast to construct a service

provider system within five years.

According to the contract, Comcast will install up to 25 video outlets for Ocean Pines buildings, to include the Administration office, Community Center, Police Department, two fire departments, Public Works, Yacht Club, Beach Club and Golf pro shop. Additionally, Comcast will provide free, public Wi-Fi at certain Ocean Pines common areas, at no charge to the Association.

Ocean Pines will receive a 1.6 percent right of access fee, based on annual gross revenues that Comcast

earns in the community.

Association President Doug Parks thanked former Board member Tom Terry and attorney Jeremy Tucker for their help in developing the agreement.

"The three of us really put our heads together and went through that contract back and forth to try to touch on all the important, salient points, to make sure we were doing right for Ocean Pines," he said.

"I'm really happy we put this effort in," Parks continued. "I'm happy with the fact that Comcast came to us and

gave us an opportunity to have a more appropriate contract with them, with no real investment from Ocean Pines other than our time to come to an agreement. This long-term partnership will allow them to bring resources in, to set up healthy competition for driving video, internet and phone services to the customers here in Ocean Pines.

"I'm very happy that we passed the contract and I'm looking forward to getting an implementation plan and a

please see comcast on page 23

Community Calendar

SEPTEMBER

Monday

Ocean Pines Poker Club

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

Delmarva Chorus

The Delmarva Chorus meets every Monday evening at 7PM at the Ocean Pines Community Center in Ocean Pines, Md. Women of all ages are invited to sing with us. Please contact CAROL at 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.

Second Wednesday

The Polish American Club of Delmarva meets at the Columbus Hall, behind St Luke's Church, 100th St & Coastal Hwy, Ocean City, from 2 p.m. to 4 p.m. the second Wednesday of the month. Come join us if you are of Polish or Slavic descent. No meetings.

June, July, August. Call Helen Sobkowiak 410-723-2639 or Maryann Lula 410-250-2548 for more information.

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.

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.

A Time To Remember

On this day in 1975, newspaper heiress and wanted fugitive Patty Hearst is captured in a San Francisco apartment and arrested for armed robbery.



On February 4, 1974, Patricia Hearst, the 19-year-old daughter of newspaper publisher Randolph Hearst, was kidnapped from her apartment in Berkeley, California, by two black men and a white woman, all three of whom were armed. Her fiancé, Stephen Weed, was beaten and tied up along with a neighbor who tried to help. Witnesses reported seeing a struggling Hearst being carried away blindfolded, and she was put in the trunk of a car. Neighbors who came out

into the street were forced to take cover after the kidnapers fired their guns to cover their escape.

Bertino to host town meeting

Worcester County Commissioner Chip Bertino will host a town meeting on Saturday, September 21 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 guest speakers include Stacey Norton, director of Human Resources for the county, Dr. Michael Browne, principal of Pocomoke Elementary School and Mike McClung and Worcester County Recycling Manager.

Ms. Norton will discuss the county's efforts to attract, hire and retain qualified employees in a tight employment market. She will also talk about the county's efforts to reign in healthcare costs, saving county taxpayers millions of dollars.

Dr. Browne, a Maryland 2017 National Distinguished Elementary Principal, will give an overview on the work he and his elementary school teachers are doing in the southern part of the county, which has high levels of poverty.

Mr. McClung will discuss the county's recycling efforts, its cost and how a weakening recycling market is impacting local collection.

Commissioner Jim Bunting will join the meeting as well.

NAACP to meet

Worcester County NAACP will host on Thursday, September 19 at 6:30 p.m. Ms. Denise Shorts, chief academic officer for the Worcester County Board of Education.

An executive meeting precedes the speaker at 6 p.m. The meeting will be held at the Berlin MAC Center located at 10129 Old Ocean City Blvd. All interested persons are invited to attend.

Call 443-944-6701 for information.

Pines to host water safety program

Starting next month, fourth graders from three Worcester County public schools will get an important lesson on water safety with the help of the Ocean Pines Aquatics Department.

Students will take part in a three-day safety course at the indoor Sports Core Pool in Ocean Pines, with les-

sons such as survival swimming skills, basic first aid and how to help distressed swimmers, and beach safety tips including how to safely navigate a rip current.

Senior staff members of Ocean Pines Aquatics, in conjunction with Ocean City Beach Patrol and the Ocean Pines Fire Department, will teach hundreds of 9 and 10-year-old students from Ocean City Elementary, Berlin Intermediate and Buckingham Elementary schools beginning Tuesday, October 1 from

noon to 2 p.m. on Tuesdays, Wednesdays and Thursdays.

Berlin Intermediate School sessions are scheduled October 1-3 and October 8-10. Buckingham Elementary School students are scheduled October 22-24 and October 28-30, and Ocean City Elementary is scheduled November 19-21 and December 3-5.

The Ocean Pines Aquatics Department and Worcester County Public Schools jointly launched the program last year, with the school district sup-

plying funding.

"The Aquatics team is excited to start our second year, teaching some of the fourth graders of Worcester County," Ocean Pines Operations Director Colby Phillips said. "This was a program that was a priority for myself and the team when I first started with Ocean Pines, and the support of the Board of Education and the County Commissioners in providing funding has been a huge blessing.

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Golf tournament to aid youth education programs at veteran's memorial

Golfers and sponsors are needed for the 13th annual golf tournament, benefiting educational outreach programs at the Worcester County Veterans Memorial (WCVM) at Ocean Pines.

The tournament this year will kick off with a shotgun start at noon on Wednesday, September 25 at the Ocean Pines Golf Club.

For players, the fee is \$100 and includes greens fees with a cart, range balls, grab and go lunch, door prizes, a dinner buffet, and access to awards, prizes and a goodie bag. Hole in one, straightest drive, putting, and closest to the pin contests will coincide with the tournament.

Tax deductible tournament sponsorships start at \$100 for Tee Sponsors. Other levels are: Tee Sponsor with Ad (\$150), Contest Sponsor (\$250), Bronze Level (\$500), Silver Level (\$1,000) and Gold Level (\$2,000).

Organizers also need gift certificates from local businesses and silent auction items for the event.

"This is our major fundraiser for the whole year. It supports the education and outreach program, and it supports the maintenance of the Veterans Memorial itself," WCVM Foundation Board member Don McMullen said.

Each year, more than 600 area fifth graders take a field trip to the memorial to learn how the country and local community honors veterans, how veterans participated in major conflicts in U.S. history, and how people can honor veterans and the U.S. flag.

McMullen said the field trip includes demonstrations by Stephen Decatur, Pocomoke and Snow Hill high school Junior ROTC participants on how to fold

and salute the flag. Additionally, volunteers discuss the history of the flag "from Betsy Ross to the present day," and students get lessons on each of the five branches of the U.S. Armed Forces, McMullen said.

"They really give the young people an opportunity to understand our democracy," he said. "We had over 605 kids visit the memorial this past year, and that includes all your public schools, Most Blessed Sacrament fifth graders and Worcester Prep fifth graders, and home school students."

The WCVM Foundation also produces a 34-page student booklet for local schools about veterans, the flag, and American heritage, and McMullen offers a slide presentation about the memorial to students, prior to the field trip.

"The Veterans Memorial Board just thinks it's so vital to educate our kids on democracy and how we earned our freedom," McMullen said. "As far as we know, this could be the only program in our country at a veteran's memorial where they focus on the education of fifth graders. It's near and dear to our hearts and it's very important to all of us."

To download a registration/sponsorship brochure, visit <https://opvets.org/wp-content/uploads/2019/08/WCVMF-Golf-Brochure-2019.pdf>.

For more information, contact McMullen at 443-388-2941 or dmc-mullen1@aol.com, or Worcester County Veterans Memorial President Marie Gilmore at 410-726-2881 or OP-Marie@aol.com.

For more information on the Worcester County Veterans Memorial at Ocean Pines, visit www.OPVets.org.

Join Peninsula Regional Medical Center for its annual Party in the Pines!

September 18 4:00 – 7:00 p.m.

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- Food (Catering by Rosenfeld's Jewish Deli!)
- Giveaways
- Tours and more!
- Free and open to the public

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WYFCS director prepares to retire

Steven Taylor has made his life's work philanthropy and advocacy, from championing environmental protection and conservation, to helping thousands with mental health care and social support services. After an impressive 32-year career, Taylor announced he will retire from his position as Executive Director at Worcester Youth and Family Counseling Services (WYFCS) this December. The legacy he leaves behind is a diverse and powerful one.

Raised in Berlin, he grew up on an Angus cattle and row crop farm with his brother, sister and two parents before moving to a house on Ayers Creek.

That house stands next to the location where he and his wife Suzy run Ayers Creek Adventures, a kayak and eco-tour business, to this day.

From an early age he found himself engaged with the outdoors, a passion that would later influence his career in environmental preservation and pol-

icy. "My childhood was good," he said, "I spent a lot of summers in Ocean City enjoying watersports like surfing and



waterskiing in the bay. I love the ocean, swimming and fishing. I've always liked being on the beach and in an open-air environment. It was a big influence on my life, just being outside." He attended Stephen Decatur High School before going away to college.

After graduating from University of Baltimore with his Master's in Business Administration in 1987, he began to work for the Chesapeake Bay Foundation.

"When I was at college, there were organizations that came in and talked about what they do; the Chesapeake Bay Foundation was one of them. I was very interested in what they had to say and followed up with them, eventually going to Annapolis to meet with those who worked there. I had a good feeling about the work they were doing. I liked the idea of working outside and experiencing and doing the kinds of things I did as a child."

Though he was drawn to the return

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We Care visits Kiwanis Club

Operation We Care (OWC) was founded in 2007 by Jeff and Diana Merritt who own Minteman Press in Salisbury. The purpose of the effort is to support military and first-responders through the assistance of volunteers. They pack over 2,000 care packages a year which are sent to deployed troops. While the troops are from all over the country, typically at least one person in the unit has some tie to the Delmarva. OWC strives to support both active duty and veteran military through care packages, events, and a variety of assistance outlets. OWC also makes donations to local law enforcement and fire.

Pictured are (L-R) Kiwanis Club of Greater Ocean Pines-Ocean City President **Dick Clagett** with guest speaker **Jeff Merritt**.

Memorial to dedicate Chair of Honor

The Worcester County Veterans Memorial Foundation at Ocean Pines will dedicate a Chair of Honor as a permanent reminder of those who were held as POWs and the 82,000 who are still missing and never returned from serving abroad.

Everyone is invited to join the event scheduled for Saturday September 21, at 2 p.m., at the Veterans Memorial. Limited seating will be available. If you know you need seating, please bring a chair.

A Chair of Honor is a permanent

installation of a stadium seat that will always remain empty. The seat will be installed near the POW/MIA flag that flies every day at the Veterans Memorial. The Rolling Thunder Inc. Chair of Honor Program is intended to support their mission by bringing daily reminders of the POW/MIA chair in any location is to remain empty to remind people that even though our soldiers are not here, there is still a space reserved for them. They are not forgotten.

In November 1996, OPA Counsel Joe Moore, filed court papers to evict La Dolce Vita restaurant from the Yacht Club for breach of the lease.



Late the previous summer OPA provided the restaurant partnership with bills amounting in the tens of thousands of dollars that were to be reim-

bursed per the lease agreement. Attempts by OPA to collect were unsuccessful. A trial was held November 22. The judge ruled in Ocean Pines' favor and the restaurant had to vacate the Yacht Club premises within three days.

-Bud Rogner, *History of Ocean Pines*

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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

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.



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 and 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 "Tweener:" a little past middle age but not quite old enough to benefit from the plethora of discounts offered to senior citizens.

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 birthday, 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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taylor
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to the Eastern Shore, employment opportunities at the time were slim, and he had met his wife during his college years.

“We supported one another. She had a job in Harrisburg and I was in Baltimore, so we lived in between. She would commute north, and I would commute south. It worked for the two of us at the time. It wasn’t about what I wanted, but what worked well for both of us.” He identifies his wife as being his mentor in advocacy and philanthropy.

“Her family was very generous even though they weren’t extremely wealthy. They just felt it was important to give. Her grandmother used to say, ‘every dollar you give you get two dollars back.’ That’s what she taught me as we got to know one another—the importance of giving and even if you don’t have a lot to give—give something.”

It was through his wife he had his first exposure to working with young people, something that would later be echoed in his career at WYFCS.

“Suzy was involved in some church groups and we did things with the kids

like take them ice skating or to the park. For a lot of kids, it was their first time out of the neighborhood. I really enjoyed doing and experiencing what these kids were experiencing for the first time much like what we do here [at WYFCS.]”

After the Chesapeake Bay Foundation, he went on to work for the Environmental Protection Agency in the National Estuary Program, where they received an application for an initiative that would eventually lead him to become Executive Director of the Maryland Coastal Bays Program (MCBP.)

“We were receiving applications for new estuary programs. They are an exclusive bunch, there are only 28 across the nation out of 100 plus estuaries. I was there at a time when they were accepting and reviewing applications for new ones. The Maryland Coastal Bays was one of them.”

The team he was working with didn’t share his enthusiasm for the project at first.

“They didn’t want to fund the Maryland Coastal Bays Program because they felt like the Chesapeake Bay Program was already getting a lot of money and Maryland was getting more than their fair share through

that.”

He was eventually able to convince them that the MCBP would have the highest likelihood of success compared to all the other estuary programs because of its size.

“It’s primarily one county in one state, 175 square miles. Comparatively it’s a small project area; some estuary programs are three or four states, ten or fifteen counties which makes the process much more complicated when dealing with various jurisdictions.” Despite the typical standard of five years of planning before program implementation, as luck would have it that particular round was only requesting three.

“Convincing my team members that it was a small project area and coinciding for the less amount of time for planning was sellable and they accepted that argument.” A short time later, one of his colleagues suggested he apply for the position of Executive Director of the MCBP, effectively being “lent out” by the federal government for a three-year term. His work with the MCBP would become a landmark moment for his career and a turning point for the local environment.

“The Maryland Coastal Bay Program’s mission is to improve water quality and habitat in the Maryland Coastal Bays Watershed. It’s imperative to know what’s happening on the

landscape before you can start to address water quality problems because it’s influencing the water quality.”

His position required beginning the planning phase for the project—getting all the partners and stakeholders involved and talking about what potential solutions there were to habitat and environmental issues and to the water that was impacting wildlife. After that three-year planning period, they put the program into motion.

“They’re 22 years into implementing that plan. It includes restoration projects, clean ups, public education, talking about navigation and recreation, how multiple uses can impact one another. It’s a comprehensive look at a particular water body and what things can be done to fix it.”

The end of his tenure for MCBP coincided with his wife receiving a job offer to work in New Jersey. Realizing the opportunity that offer presented her, he decided it was time to make a change and leave Maryland.

“I felt that it was my turn to support her... and so I said, ‘you know what, I’ll find a job in the environmental field after we are there, let’s follow this career path that you’re on and see where that takes us.’” He described the move as being a culture shock.

“Here on the Eastern Shore things move a little slower, which is nice. In New Jersey everyone just seemed to be in a hurry.” There were however benefits to the change in pace and the move didn’t stop him from keeping close to his favorite habitat.

“There were a lot of things for our kids to do, a lot of activities, sporting events, recreational opportunities. We lived near the shore, about three miles from the beach, on a peninsula. To the east was the ocean, to the south was the Navesink River and to the north was Raritan Bay, it was a great place

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STEVEN W. RAKOW

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The Courier has a NEW PHONE NUMBER:

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Safe Station project underway

Where would you go if you needed help with addiction right now? The Worcester County Health Department, in partnership with the Town of Ocean City Fire Department, has launched a "Safe Station" in Ocean City at the 15th Street Fire Station for those seeking immediate help getting into recovery. The station is open 24-hours a day, 7 days a week for any individuals seeking treatment services.

"This is another pathway for anyone in Worcester who needs help with addiction, another tool in our toolbox for connecting people to services," said Mike Trader, Behavioral Health Program Assistant Director for Worcester County Health Department. "Individuals looking to start their recovery journey can walk into any of our health department sites while they are open and we will connect them to treatment. The major benefit from the Safe Station project is that the station is open 24/7. When people are ready to start recovery we want to be there to help, whether it's 9 p.m. or 9 a.m."

The Safe Station on 15th Street opened earlier this summer and has already assisted several individuals seek-

ing treatment. The partnership with the Ocean City Fire Department means there will always be basic medical services available for someone coming into the station looking for help. After an individual comes into the station in search of recovery services, the *Safe Stations* team works with the client to find the best treatment path forward.

"We modeled Safe Stations on existing programs in other parts of the State, including the system currently in place in Anne Arundel County," said Jennifer LaMade, Director, Planning, Quality and Core Services for the Worcester County Health Department. "We saw, historically, that people seeking recovery often found fire stations very approachable and easy-to-access, making the Ocean City Fire Department a perfect partner for this program."

This first Safe Station was placed in Ocean City due to the majority of opioid overdoses in Worcester happening in the northern half of the county.

For more information on the Safe Station project or recovery resources available in Worcester County, call 410-632-1100 or visit worcesterhealth.org

RELIEF... IS JUST STEPS AWAY.



If you're in pain that is making everyday activities difficult... there's a new Physical Therapy practice in Ocean Pines that you should know about. You may already know Billy and Jenn Hamilton, they've been Doctors of Physical Therapy in the region for over 13 years, and they are both Certified Hand Therapists.

NOW, just around the corner, Billy and Jenn have set up a very special kind of practice in Pennington Commons. So call, email or simply stop in to experience a new kind of physical therapy, it's a breath of fresh air for anyone who is experiencing pain.

¡Se Habla Español!



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Suicide Awareness Walk is Saturday

Suicide is the 10th leading cause of death in the United States, yet suicide can be prevented. Volunteers from Worcester County are joining the quarter of a million people who are walking in towns across the United States to draw attention to the fight for suicide prevention. The 8th annual Out of the Darkness Walk, hosted by the Worcester County Health Department (WCHD) will be held on Saturday, September 21. Walkers will gather at Caroline Street and the Boardwalk, with registration beginning at 9 a.m. After opening remarks, the procession will walk to the Inlet, turn and walk to 5th Street, then back to Caroline Street.

Several local organizations, including staff from the WCHD, use the funds generated by walkers to spread suicide awareness and prevention education in Maryland and Delaware's coastal communities, where suicide rates are historically high. Pledges collected by walkers and other walk supporters contribute to the work of the American Foundation for Suicide Prevention, the leading national organization doing suicide research and suicide prevention outreach.

"The Out of the Darkness Walk conveys a message of hope, community, and resiliency," said Christen Barbierrri, Local Care Team Coordinator for Worcester County Local Management Board. "We are able to bring the conversation about the importance of behavioral health out of the darkness, and into the light."

Leading up to the Out of the Darkness Walk, participants are encouraged to share their stories on social media using #WhyIWalk to place a spotlight on the fight against suicide. To learn more about the Ocean City Out of the Darkness Walk, to raise your personal pledge team, or to pledge on behalf of an existing team, visit <http://afsp.org/oceancity>.

For information on the Celebration of Life event hosted the night before the walk, please contact Jackie Ward at 410-632-1100 ext. 1049.

Are you or someone you know having thoughts of suicide? You are not alone, and help is available. Call the National Suicide Prevention Lifeline at 1-877-273-8255 or text the Crisis Text Line at 741741 for free and confidential support.



Kiwanis Supports Worcester GOLD

The local Kiwanis Club of Greater Ocean Pines - Ocean City supports many different organizations, most of which serve our local children. One of them is Worcester GOLD (Giving Other Lives Dignity). Each week donation cans are placed on the tables at the club's meetings for members to contribute as the wish. The proceeds support the Kiwanis Young Children-Priority One Program helping children pre-natal to age four. The club's donation goes for supplies to GOLD's VAULT (Vast Amounts of Useful Little Things) to that purpose. Recipients are chosen through coordination with Worcester County Social Services in Snow Hill where GOLD is also located.

Pictured are (L-R) Kiwanis Chair for Worcester GOLD/Priority One **Jim Spicknall**, Worcester GOLD President of the Board **Carol Jacobs** and Kiwanis Club President **Dick Clagett** presenting the \$800 donation.

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9936 Stephen Decatur Highway, West Ocean City, MD 21842 in the Food Lion Shopping Center

Profile

Ron Fisher

This is the latest in an ongoing series of profiles provided by the Ocean Pines Association on Ocean Pines' staff standouts

Before becoming the Ocean Pines Marina manager, Ron Fisher led a storied career that culminated in a decade of service as the executive director of the Peninsula Regional Medical Group in Salisbury.

According to a biography prepared by the Physician Assistant History Society, Fisher previously held titles such as "sailor, jet mechanic, UPS driver, barber, nurse, community volunteer, columnist [and] 15th President of the American Academy of Physician Assistants."

Fisher was born in Sunbury, Pennsylvania in 1943 and grew up in nearby Selinsgrove. He married his high school sweetheart, Shirl, in 1961, and



served in the U.S. Navy for four years.

Unsure of what to do next, Fisher enrolled in barber school and cut hair for two years. His clients included naturalist Euell Gibbons and, once, "Mon-

keys" lead singer Davy Jones.

Then, Fisher got an offer to go to nursing school through the U.S. Department of Veterans Affairs.

"After nursing school, I was charged with nursing emergency

please see profile page 22

11th Annual Patriot Day Fashion Show Luncheon
Honoring



WOMEN WHO CHANGED THE WORLD

Clarion Resort Fontainebleau Hotel
Ocean City

Monday, October 21

Doors open at 10:30 am – Program begins at 11:30 am

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\$35

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Mystery envelopes for a cash prize and

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For information and reservations contact Jean Delcher at jdclcher@comcast.net, 410-641-8927 or 410-746-1612. Send reservations checks to P.O. Box 1292, Berlin, MD 21811. **Group seating reservations must contain checks for the entire party. Deadline is October 15.**

Sponsored by the Republican Women of Worcester County



Marlene Ott

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Trapping bid packets available for the Lower Eastern Shore

The Maryland Department of Natural Resources is now accepting bids for the 2019-2020 trapping season at several Eastern Shore public lands. Individuals with the highest bid for each area will be awarded annual trapping privileges. Locations and bidding dates are as follows:

For Cedar Island, Deal Island, E. A. Vaughn, Fairmount, Isle of Wight, Johnson, Maryland Marine Properties, Pocomoke River, Pocomoke Sound, South Marsh Island, and Wellington wildlife management areas, along with Janes Island State Park, bid packages must be picked up and submitted by noon on October 15 at the Wellington Wildlife Management Area, 32733 Dublin

Road, Princess Anne. Sealed bids will be opened at 1 p.m. on October 15. More information for these locations is available by calling 410-543-8223 between 7 a.m. and 3:30 p.m., Monday through Friday.

For Ellis Bay, Fishing Bay, Idylwild, LeCompte, Linkwood, Nanticoke River, Taylor's Island, and Wetipquin wildlife management areas, bid packages must be picked up and submitted by noon on Oct. 16 at LeCompte Wildlife Management Area, 4220 Steele Neck Road, Vienna. Sealed bids will be opened at 1 p.m. on Oct. 16. More information for these locations is available by calling 410-376-3236, ext. 302, from 7 a.m. to 3 p.m., Monday through Friday.

MBS fall festival returns

Mark your calendars for the Most Blessed Sacrament (MBS) Family Fall Festival on Friday, October 4 from 3 p.m. to 6 p.m. to enjoy the wonders of the fall season. This free family-friendly event of-

fers fun for everyone. There will be rides, games, vendors and delicious baked goods and hot food for sale. Purchase wristbands at \$25 each for unlimited access to all games and rides.

This year, several new attractions were added including the Mind Winder and Ladder Climb rides. Our crowd-favorites like the Surf Challenge, Gaming Truck, Archery Game and Laser Tag are back by popular demand. There will also be hayrides, carnival games and a rock wall.

Prior to the Fall Festival's opening, MBS will host a fundraiser to help families whose lives have been affected by Hurricane Dorian. The annual "Kiss Buddy the Donkey" contest will offer students and families the opportunity to donate to the teacher or administrator they would like to see pucker up to kiss Buddy. All proceeds from this contest will be sent to help with hurricane relief in the Bahamas.

MBS offers free parking. All proceeds for the Fall Festival benefit the Home and School Association.

Most Blessed Sacrament Catholic School is a pre-K 3 through eighth grade school located at 11242 Racetrack Rd., Berlin, MD 21811. For more information about this event or admissions, please contact Amanda Evans, Director of Admissions and Advancement, at 410-208-1600.



Miciotto joins Wor-Wic

Wor-Wic Community College recently welcomed **Mark Miciotto** as a CDL instructor in the continuing education and workforce development division.

He holds a commercial Class A license with school bus and passenger endorsements and has worked in the transportation industry since 1999, during which time he drove tractor trailers and buses. He has also taught a variety of CDL and other classes at Wor-Wic.

Chorus to host Guest Night

The Delmarva Chorus, a chapter of the Sweet Adelines International is planning a Guest Night on September 30 from 7 p.m. to 9 p.m. at the Ocean Pines Community Center. All ladies are invited to attend and spend an evening singing and meeting new friends. Homemade refreshments will be served and fun, smiles and laughter are guaranteed. Please contact Mary at 410-208-4009 or 410-629-9383.

Live bird presentation Saturday

My Backyard will host a Scales and Tales presentation of the "Clean Up

Crew" this Saturday, September 21. On hand will be a live eagle and turkey vulture. The event will take place at 1 p.m. at My Backyard located at 11312 Manklin Creek Road in Ocean Pines. Some seating is available but you are encouraged to bring your own lawn chair.



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taylor
from page 6

for me to be so close to water-based opportunities.”

Once in New Jersey, he began working on a watershed project for the Manasquan River and a short time later was offered a new opportunity by one of the members of the planning committee, a professor at Monmouth University.

“He approached me with ‘Steve you’d be a great teacher at Monmouth University. You can be an adjunct professor and teach a class or two on the subjects of your discretion.’ I taught environmental law and policy. I taught about Clean Water Act and what laws and regulations were a result of that. I didn’t find it foreign because I that was where my experience lay.” He also taught environmental science at Brookdale Community College, which he found a bit more challenging, but soon invested himself in establishing the Clean Marina Program (CMP), the first of its kind in the state.

The CMP is what he describes as a “good housekeeping plan for marinas.”

“Marina owners or managers think about where paints are stored, how they would clean up a gas spill; essentially considering potential hazards and what the response would be. It’s all about good management of the marina.”

He decided to bring his knowledge of similar projects to the table in his new home.

“Maryland had already had a Clean Marina Program. I was in a meeting with Environmental Protection Officials and told them about the CMP and that I thought we should bring this to New Jersey. It’s a great thing, it’s voluntary, it’s non-regulatory. They were about to issue a lot of regulations on marinas at that time. But they decided the CMP might be a good way to ease off the marina owners by submitting this voluntary program to avoid the regulation component.”

He spent time using his own experience working with officials to help adapt the policies that had been used in Maryland to New Jersey laws. When that was done, they found pilot marinas willing to try the program out. The success was so great, the CMP was adopted state wide. The call to come back to the Shore, however, was always in his mind.

While living in New Jersey, Taylor’s grandfather listed his property for

sale, but due to the market at the time, was unable to attract a buyer. He and his wife decided it made sense for them to purchase the land themselves.

“Suzy and I were talking one night and thought, ‘you know what we should buy that property.’ We were at a point in our lives where we could afford it, so we drafted a proposal to my grandfather and gave him life rights to live there. He said, ‘absolutely.’ He was delighted that another family member would have the land that he lived his life on and raised his children on. It was a win-win for him and for us. We are so fortunate to have had that opportunity and to be living there and so happy.”

After they bought the property, they rented their house for nearly a decade. They planned to retire there but talked about what they wanted to do when they finally returned from New Jersey. Eventually the discussions led them to the concept of Ayers Creek Adventures.

“We did some brainstorming and jotted down ideas and the kayaking piece bubbled to the top; it seemed obvious. It’s a great location for that, it’s a passive recreation, it’s not like a marina with motor boats cruising around. It seemed like a good fit for the property, and with my background and my ability to provide nature tours on the creek—it was just the perfect thing. Everything came together, my experience and my knowledge, my family being there, our idea of moving back to the Eastern Shore. It all fit into place.”

After a few years operating Ayers Creek, a close friend and current WYFCS board member, Karen Clayland, approached him about become the new Executive Director for the organization.

“She was familiar with my non-profit experience and thought that I would be a good fit, not because I was knowledgeable about mental health issues or social issues, but because of my experience in managing non-profits. She encouraged me to apply and I did.”

The transition from environmental policy and conservation to mental health and social service was a challenging one.

“It was hard at first, I questioned, ‘what am I doing here?’ But I focused on the business side because that was what I was bringing to the table. There were great staff that were able to handle the mental health component and

the social service component, so I really didn’t have to worry because I had a great team. That’s what I still focus on, how I can make this a strong business.”

Despite being on the administrative side, being able to interact with the people WYFCS has been a highlight of his work.

“It’s rewarding working here even though my job doesn’t give me hands on work like some of the team. I get to experience how beneficial our services can be; I see that through the work that we do and the communications I have with the staff. It’s inspiring to see people so dedicated to giving to others in a different way, teaching kids right from wrong and a good and healthy way to live.”

He says being Executive Director has taught him a lot about mental health and its treatment.

“I’ve learned a lot. I didn’t know that so many people struggle with it. One in five at some point in their lifetime will have a mental health diagnosis. I had no idea that it was that significant. That was a huge revelation for me that it was so significant in the community.”

The social issues and struggles within the area also surprised him.

“Worcester County even though it seems like a wealthy county is not. The schools report significant numbers of folks at the federal poverty level or lower. The United Way did a report that they call ALICE that is identifying people working but are living paycheck to paycheck. With the federal poverty level and the ALICE group numbers combined, 30-35% of the people in Worcester County are paycheck to paycheck or worse. I don’t think people realize the extent of social need that’s out there.”

He said he’s seen the benefits of reaching out to the public about these issues.

“The great thing is that when we share this information and call for support from the community, we get overwhelming response. People come forward and they’re willing to buy school supplies or donate money to the organization or volunteer or become a CASA. There are wonderful people in the community willing to come forward and help.”

Taylor believes spreading this information is one of his proudest accomplishments while being at WYFCS.

“Something that I worked really hard on during my tenure here is mak-

ing sure that community is aware of who we are, what we do and why we do it. I attend almost all the Chamber of Commerce functions and not just go but participate and network and talk about what I do and the challenges that are in the community. I think that that’s where I’ve probably helped the organization the most; helping people know about the services that we provide and the number of people that we help every year, and that there is a need.”

Under his administration, he’s seen WYFCS grow financially as well.

“Aside from spreading our message, my other area of concentration has been making the nonprofit financially stronger; when I started there really wasn’t too much in reserve should something go wrong. We didn’t have money to fall back on if we lost a grant or something tragic happened to the building. By being conservative and looking at staffing arrangements I’ve been able to create that rainy day fund and keep our bank accounts healthy.”

When asked where he saw the organization going in the future after his retirement, he hoped the mission would be to expand into the southern end of the county.

“That’s something we’ve been talking about for a long time. It’s just going to require more resources. We need to find additional grants to fund

please see **taylor** on page 23

Tides for Ocean City Inlet

Day		High /Low	Tide Time	Sunrise Sunset
Th	19	Low	5:30 AM	6:45 AM
	19	High	12:02 PM	7:03 PM
	19	Low	6:11 PM	
F	20	High	12:20 AM	6:46 AM
	20	Low	6:14 AM	7:01 PM
	20	High	12:48 PM	
	20	Low	7:05 PM	
Sa	21	High	1:08 AM	6:47 AM
	21	Low	7:05 AM	6:59 PM
	21	High	1:42 PM	
	21	Low	8:03 PM	
Su	22	High	2:05 AM	6:48 AM
	22	Low	8:03 AM	6:58 PM
	22	High	2:44 PM	
	22	Low	9:05 PM	
M	23	High	3:10 AM	6:49 AM
	23	Low	9:04 AM	6:56 PM
	23	High	3:50 PM	
	23	Low	10:07 PM	
Tu	24	High	4:16 AM	6:50 AM
	24	Low	10:08 AM	6:55 PM
	24	High	4:53 PM	
	24	Low	11:07 PM	
W	25	High	5:18 AM	6:51 AM
	25	Low	11:12 AM	6:53 PM
	25	High	5:51 PM	

Platform Tennis tournament to raise money for veterans

The Ocean Pines Platform Tennis Association will host its second annual Fun-Raising Tournament on Saturday, September 28.

Tournament proceeds will benefit the Coastal Hospice and Palliative Care "We Honor Veterans" program.

Platform tennis clubs in Maryland, Delaware, New Jersey and Pennsylvania are invited to compete and the first 64 applicants will reserve a spot. The cost is \$40, and the entry deadline is September 21.

The tournament will again be held at the Manklin Meadows Racquet Sports Complex in Ocean Pines. Players should check in no later than 7:45 a.m. and a welcome ceremony is scheduled to start at 8 a.m. Play generally begins at 8:30 a.m. and, last year, the final match was over by about 4 p.m.

The inaugural tournament raised \$8,500 for the Catch a Lift foundation, which helps post-9/11 combat-wounded veterans recover and rehabilitate, both physically and mentally, through physical fitness, motivation and support. The foundation was started by David and Toni Coffland, both Ocean Pines residents, in honor of their son, U.S. Army Spc. Christopher J. Coffland, who was killed in action in Afghanistan.

Event co-chair Susan Walter said the tournament this year would benefit the "We Honor Veterans" program. Michael

Petito will chair the event.

"Michael and I have met with Coastal Hospice President Alane Capen at the Ocean Pines facility and it is truly a beautiful environment, with a room to be provided for any veteran who needs end-of-life care," Walter said. "Our mission is to raise funds to provide for any veterans, either in this facility, or if their need is for in-home hospice care. We have asked Ms. Capen to earmark our donation to any local veterans in need."

To download a tournament entry form, visit <https://www.oceanpines.org/wp-content/uploads/2019/06/2019-TOURNEY-entry-form-and-donation-request.pdf>.

Registration checks should be made out to "Ocean Pines Platform Tennis Association" and mailed to Susan Walter, 36 Capetown Road, Ocean Pines, Maryland 21811.

Donation checks may be made out to "Coastal Hospice – We Honor Veterans program" and mailed to Susan Walter.

For questions about the event, contact Walter at cbreeze601@verizon.net or Petito at map11946@yahoo.com.

Polish celebration scheduled

The Polish Club of Delmarva 20th anniversary celebration and Veterans Day Memorial Dance will take place Sunday, November 10 from 1 p.m. to 5 p.m. Music will be provided by "Joy" Polish American Band. Tickets are \$25 per person which includes a hot platter and dessert, beer, wine and soda, coffee and tea. It will be held at the O.C. Elks Lodge located at 13708 Sinepuxent Ave. in Ocean City. For tickets contact Fred at 410 250 8625.

Sportfishermen to meet

The Atlantic Coast Sportfishing Association will be having its monthly meeting on Tuesday September 24. The meeting will be held at the Lion's Club off Airport Rd. in West Ocean City. Meetings start promptly at 7:30 p.m. Doors to facility open 7 p.m. Guest are welcome to attend our meetings.



Crab feast - Daughters and Sons of Italy held a successful Crab Feast on September 7 at Higgins Crab House. Social Chair **Mary Ellen Areno** and President **Vito Potenza** had a good time eating crabs. Photo by Anna Foulz.

Star Charities to collect for soldiers serving overseas

The annual "Holiday Gifts for Soldiers" collection by local nonprofit Star Charities will run this year from October 1 through October 31.

Star Charities volunteers will place black collection buckets in Ocean Pines at the Community Center, Sports Core Pool and Manklin Meadows Racquets Sports Complex.

Additional collection containers will be available at the libraries in Ocean Pines and Ocean City, as well as at the Gold Coast Mall in Ocean City, Worcester County Arts Council in Berlin, and First Shore Federal Savings & Loan on Racetrack Road.

All items collected will go to U.S. Armed Forces soldiers serving outside the United States.

Suggested donation items include:

- Chewing gum, hard candy and nuts
- Powdered iced tea, Gatorade and lemonade
- Sunglasses, cards, games, puzzle books, paperback books and current magazines

• Men's/women's toiletries including deodorant, body/foot powder, toothbrushes and toothpaste, mouthwash and floss

- Feminine products
- Tylenol, Advil and Tums (antacids)
- Bar soap, washcloths, hand towels, wet towels, body/lip sunscreen and cotton socks

No glass or perishable items will be accepted.

Star Charities founder Anna Foulz said international calling cards are especially sought after.

"This provides a soldier a call home to family," she said. "Should you be so generous as to donate a phone card,

please do not place in buckets, but call" Foulz at 410-641-7667, or email Sue Walter at cbreeze601@verizon.net.

The Salisbury National Guard will pick up collection buckets in November and prepare them for shipping to overseas U.S. Military bases.

"Please keep the men and women who protect us in your thoughts as we enter the holiday season," Foulz said. "Any donation, however small, will be so greatly appreciated.



Living 50 Plus

A Special Feature to The Courier

Babysitting for grandparents

Witnessing your children getting older and starting their own lives and families can be bittersweet. There is pride that comes with seeing their successes, but the melancholy of knowing that the years have passed so quickly. Although you may no longer be tucking your children into bed, reading them bedtime stories or bandaging “boo-boos,” when your children have children, the chance to nurture can start anew.

One of the great joys that comes from having older children is the ability to welcome and love grandchildren. Grandchildren are points of light in people’s lives and provide the exuberance and excitement that reminds you of your own youth. Grandparents often are thrilled to be involved in the care and upbringing of their grandkids. Some may also live with their grandchildren to help take some pressures off of adult children.

Babysitting is one way that grandparents can be a frequent fixture in their grandkids’ lives. If it’s been some time since you cared for little children, it’s well worth it to take a refresher course in child care.

Make sure it’s safe. Conduct a safety audit of your home if grandchildren will be coming over to your place. Are outlets secured with covers? Are medications you may be taking out of reach? Do you have gates to block stairs or restrict access to certain rooms? Modifications may be needed.

Assess your health. Chasing after children can be a workout. Be sure you are up for the challenge and have the stamina. If you have any medical conditions that can impair judgement or reaction time, you might want to reconsider babysitting.

Take directions. The way you parented may not be the same way your own children parent. Be humble and follow their lead with regard to instructions. The parenting guide *Apt Parenting* advises that you should ask about the eating and sleeping habits of the child. You may have to defer to your own children’s guidelines on discipline and behavior.

Learn what’s new. Many things regarding childcare have changed in the last 20 years, including safety laws and guidelines. Be sure you are up to date on these changes. And if you aren’t certain about something, ask. This involves everything from crib bar widths to car seat installation.

Babysitting can be a joyous task for grandparents who are ready for the job.



Atlantic General Hospital's Annual Flu Clinics



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

The vaccine is made from eggs. If you are allergic to eggs, consult with your health care provider.

Ages 13 years and older only.

Tues., October 1, 10 a.m. to 2 p.m.

Pocomoke Fire Department
1410 Market Street • Pocomoke, MD

Tues., October 8, 10 a.m. to 2 p.m.

Taylor Bank (Snow Hill Branch)
108 West Market St. • Snow Hill, MD

Wed., October 9, 2 p.m. to 6 p.m.

Wed., October 16, 2 p.m. to 6 p.m.
Atlantic General Hospital
(Please use Emergency Room Entrance)
9733 Healthway Dr. • Berlin, MD

Thurs., October 10, 10 a.m. to 1 p.m.

Holy Savior Catholic Church
1705 Philadelphia Avenue • Ocean City, MD

Sat., October 19, 8 a.m. to 12 p.m.

Health Fair at Ocean Pines Community Center
235 Ocean Parkway • Ocean Pines, MD

Wednesday, October 23, 1 p.m. to 3 p.m.

Atlantic General Women's Health
38394 Dupont Blvd., Unit H • Selbyville, DE



We appreciate your generosity. Donations made during the Flu Clinics will help offset the cost of future Flu Clinics.

Emergency preparedness tips for seniors

Natural disasters can strike at any time, and when they do, the damage is often considerable. According to the United Nations Office for Disaster Risk Reduction, between 2005 and 2014 natural disasters caused \$1.4 trillion in damage across the globe, affecting 1.7 billion people along the way.

Various preventive measures can protect people and their homes from the potentially devastating impact of natural disasters. For example, oceanfront communities may be able to decrease property damage by exacting certain measures, such as building homes on stilts.

Another way to prevent tragedy related to natural disasters is to develop an emergency preparedness plan before the next storm strikes. That's important for everyone, but especially so for seniors, many of whom live with mobility issues that can compromise their ability to escape the eye of oncoming storms.

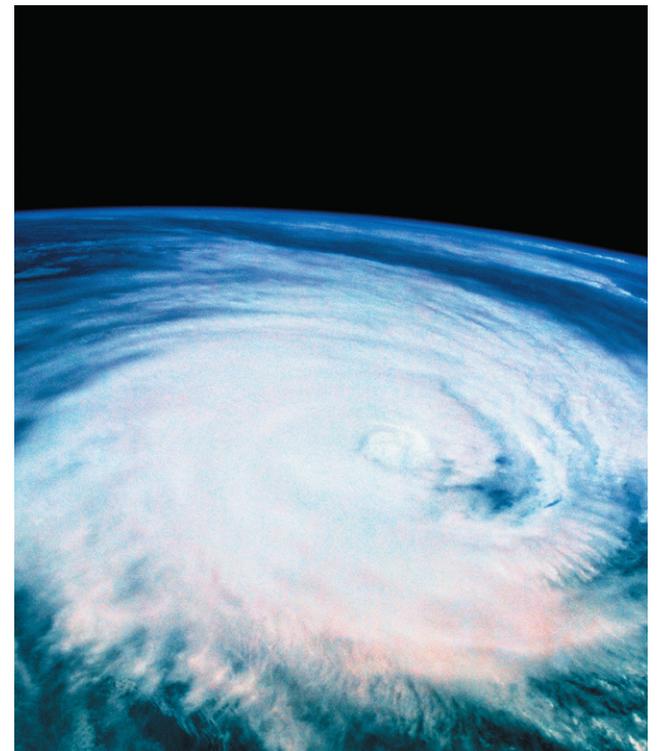
In recognition of the potential problems seniors face when natural disasters strike, the American Red Cross offers the following tips to seniors and their families so aging men and women can make it through such situations safe and sound.

Make arrangements to contact loved ones. Prior to an emergency, seniors and their support network should make arrangements to make immediate contact once a disaster strikes. Determine who will make initial contact and how that contact will be made (i.e., via phone, text message, social media, etc.), as well as who will be responsible for providing assistance if necessary. Such a plan lets everyone within the support network know their precise responsibilities, which limits confusion in the sometimes hectic hours and days after disaster strikes.

Exchange keys. Make sure everyone in the support network has keys to seniors' homes. In so doing, support networks are increasing the chances that someone will be able to reach poten-

tially vulnerable seniors if the primary contacts are incapable of doing so.

Let others know where emergency supplies are kept. Everyone should have emergency supplies in their homes. Seniors should not take it for granted that such supplies can be easily found if they become incapacitated during a storm. Make sure such information can be easily accessed during a



storm by emailing it to your support network and/or posting the information in a convenient location in your home, such as on the refrigerator.

Share your evacuation plans. In the wake of recent disasters, many communities that did not previously feel vulnerable to natural disasters have devised evacuation plans for residents. Seniors should share these plans with their support networks. Doing so makes it easier for relatives to find you if you must evacuate your home before help arrives.

Share important medical information. Seniors should share medical information, such as healthcare providers and a list of the medications they're taking. This can make things easier for emergency responders to successfully treat people who become incapacitated during storms.

Emergency preparedness strategies save lives. More information about how seniors can prepare for emergencies is available at www.redcross.org.

Living 50 Plus

A Special Monthly Feature to *The Courier*



Healthcare
Travel
Recreation
Services
Dining

For Advertising Information

Contact **Linda Knight**
443-366-4184
CourierLKnight@gmail.com

Fainting spells for elderly linked to blood clots

Falls are one of the greatest risk factors for injury among the aging population. When falls are attributed to fainting spells, people may be very eager to get to the source of the fall. Doctors have found that blood clots may attribute to fainting in the elderly.

Information published in the journal "Clinical Geriatric Medicine" found that the elderly are at a higher risk of blood clots because of their reduced mobility.

Blood clots may result in deep vein thrombosis, or DVT, and could lead to a pulmonary embolism if left untreated.

DVT is a common problem involving the veins of the legs. Blood pooling in the legs may cause a blood clot to form in the deep veins of the lower leg, impairing blood flow back to the heart. A pulmonary embolism, or PE, occurs when a clot dislodges from the leg veins and travels through the bloodstream to

reach the heart and lungs. According to the health site Aging Care, as many as one million Americans suffer from blood clots every year, often resulting in hospitalization.

While swelling in the legs, cramping in the lower legs, skin color changes, and warmth of the skin where the clot is located can signal a problem, symptoms of a PE may vary greatly. Shortness of breath, chest pain, cough, and rapid or irregular heartbeat can all occur, says The Mayo Clinic. Researchers are finding that, in some cases, fainting episodes also may be indicative of a PE. Italian researchers revealed that, among 560 patients hospitalized for a first-time fainting spell, one in six had a PE.

People who are experiencing fainting spells should be on the radar for other symptoms of PE, advises the American College of Chest Physicians. However, it's important to note that fainting can be attributed to dehydration, a drop in blood pressure and heart-rhythm disturbances.

Certain risk factors put people at a higher chance for DVT and PE. These include: prior surgery, certain cancers, cardiovascular disease, bed rest that

causes blood to pool, sitting for long periods of time, smoking, being overweight.

Use of compression stockings to move blood more efficiently, physical activity, leg elevation, anticoagulants, and pneumatic compression can help prevent the formation of clots. Because PE can be life-threatening, people experiencing fainting or other symptoms are urged to speak with their doctors.



Did you know?

Over the last decade, seniors have become increasingly more savvy in regard to social media usage. The Pew Research Center found that, in 2015, around 35 percent of people age 65 and older reported using social media. That's a large jump from just 2 percent in 2005. As of 2016, 65 percent of people between the ages 50 and 64 reported using social media, according to Pew. Social media usage among seniors continues to climb, although young adults still comprise the demographic most likely to use it. Among seniors ages 50 and older, Facebook is by far the most popular social media platform used, followed by Pinterest and LinkedIn.

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Cruising tips and tricks

Cruising can be an ideal vacation for people of any age, but particularly for seniors. Cruises combine all-inclusive meal packages with accommodations, breathtaking ports of call and pre-

Cruise Lines International Association, a global organization advocating for the cruising community, found that 25.8 million passengers expected to take a cruise in 2017, and various cruise com-



arranged activities, so vacationers do not have to lift a finger for days on end. Cruising also can be a social activity, meaning singletons can meet up with other like-minded people and enjoy the cruising experience together.

panies invested more than \$6.8 billion in new ocean vessels.

Whether a person is new to cruising or is a seasoned ocean or river traveler, there are always techniques to try to score great deals or enjoy the experience even further. Consider these tips and tricks, courtesy of Royal Caribbean,

The Cruise Critic, the Travel Channel, and other vacationing experts.

Research the ships, and not just the cruise lines. Cruise lines each offer their own amenities and are known for certain features. One cruise line may be a better match for young singles, while others may cater to families. In addition, certain ships may have their own special features such as water slides, athletic events, casinos, and more. Choose a ship that meets your needs.

Arrive the night before. There's no need to rush to the port to board the ship. Extend the vacation a little further by arriving a night or two before and checking into a nearby hotel. Some hotels may offer free parking or shuttle service to the ship.

Choose a close port. Select a port within driving distance to avoid airline costs and the extra hassles of coordinating luggage and travel to the port.

Book dining ahead of time. Cruise ships often have a main dining room and then specialty restaurants. If you want a particular meal, make reservations before leaving port. Certain restaurants may offer discounts or perks, such as a

free bottle of wine or premiere seating.

Understand what's included. Cruise ships have many foods and drinks that are included in the packaged price. Certain branded items, such as specialty coffees or ice creams, may be available at an additional charge, as are premium drinks. But chances are you can find a free, similar version elsewhere on the ship.

Explore special discounts. When shopping for a cruise, see if there are discounts available for seniors, teachers, people in the military, or those who belong to certain clubs. Cruises often love to incentivize, so it pays to ask about discount pricing.

Make a list of activities. It can be easy to get overwhelmed by all of the offerings on a cruise ship, so much so that there's some stress over trying to fit it all in. Recognize that you can't see or hear it all, and prioritize what's important to you. Make sure you have plenty of time to relax.

Book at the right time. Cruises may be more available after Labor Day when kids go back to school and the weeks between Thanksgiving and Christmas when others are too busy to travel.

Cruising can be an ideal vacation for travelers who are savvy enough to do their research.

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Feel your best starting with your stomach

Did you know that the key to personal health may begin in the core of the body? Doctors and researchers are learning more and more about how the immune system and other functions of the body are tied to microscopic players housed in the stomach and intestines. Improving this digestive environment can benefit the body in various ways.

Understanding probiotics. Bodily bacteria outnumber body cells by 10 to one, offers the health and wellness resource Healthline. Most of the bacteria in the body are harmless, and many of them in the gut actually are linked to numerous health benefits, such as weight loss, enhanced immune function, reduced risk of disease, and improved digestion. Unfortunately, bad bacteria also vie for space in the gut. If the good bacteria and yeasts, or probiotics, are not in abundance to push out the bad bacteria, like salmonella and

E. coli, those bad bugs can proliferate, causing problems. It is essential to keep an abundance of probiotics available to stay healthy and maintain the "good vs. bad" balance in the gut.

Getting probiotics.

While the body can be healthy without the addition of probiotics, having more can be beneficial. The Cleveland Clinic says that food and supplements containing probiotics assist the good bacteria already present in your gut. When a course of antibiotics wipes out both good and bad bacteria, for example, probiotic-rich foods and supplements can more readily replace what's lost.

Dietary sources of probiotics include some yogurts, cheeses, kefir, sauerkraut, miso, kimchi, pickles, and beverages like kombucha, a fermented tea. Getting probiotics from foods is the most natural way to supplement good gut bacteria, as the foods meld with the probiotics in ways that doctors may

never understand to deliver the most benefits.

The downside is it's impossible to measure just how many probiotics can be acquired from foods. That is what makes supplementation so handy. Capsules and tablets are loaded with a variety of different active bacteria and yeast cultures to aid the digestive system in measurable ratios. Some tout anywhere from one to 30 billion active colony-forming units (CFUs) per serving.

Side effects. Probiotics are generally healthy for people to consume in amounts found in foods, advises the Mayo Clinic. Most healthy adults can safely add foods or dietary supplements that contain probiotics to their diets. Introducing probiotics may cause temporary and mild flatulence, discomfort and bloating.

Probiotics can be yet another tool to improve overall health at any age, but especially for adults looking to minimize illness risk.



How empty-nesters can transform their homes

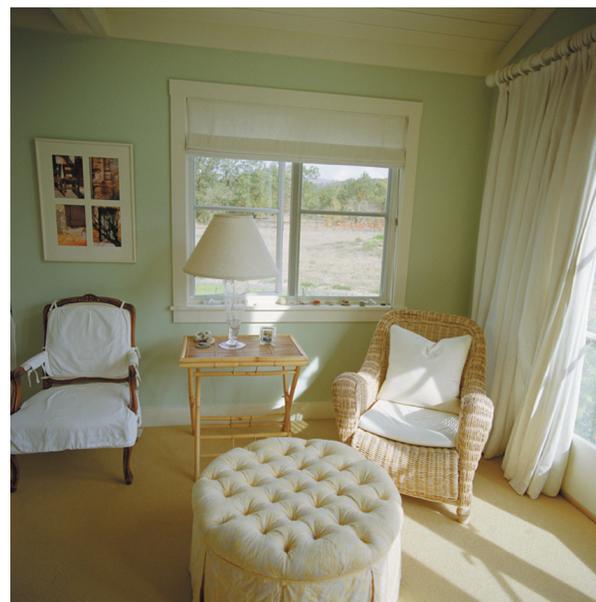
After bringing home a bubbly baby boy or girl, it can be hard for parents to imagine that a day will come when their kids are off to college and then onto

there's the option to downsize or make that extra space more useful.

Homeowners who choose to stay put can renovate vacant rooms into spaces that meet their newfound needs.

Hobby haven: If you've always meant to set up a crafting room, home-brewing station or an artist's studio, now is an ideal time to do just that. Figure out which supplies you will need and begin reworking that former bedroom into a new sanctuary for leisure interests.

Guest suite: If you've never had a spare bedroom to entertain guests, a child's former bedroom can fit the bill. It may not be that difficult to transform such spaces into relaxing and



their own apartment or house. After spending decades nurturing and caring for children, parents are then left with a suddenly quiet house and probably much more time to spare. If saying goodbye to the kids also means extra house,

inviting rooms for overnight guests. Be sure there is at least a queen-sized bed and a dresser or chest of drawers to stash belongings. Select paint colors and linens in neutral tones so the room will be inviting to guests.

Living room redo: When there's an entire soccer team coming over to hang out, that large sectional sofa or modular seating may be ideal. Now that the kids are out of the house and their friends are no longer coming over for movie night, living rooms can be made more intimate with small-scale seating. A small sofa and two comfortable chairs may be a more fitting option.

At-home gym: Save on gym membership fees by building a mini studio right at home. Choose one of the larger bedrooms and then fill it with some fitness equipment, such as an elliptical trainer, a bench press bench and some free weights. Store rolled-up mats in the closet for yoga or Pilates sessions.

Expanded bathroom: If space has always been at a premium in the bath-

room, borrow area from an empty bedroom and turn it into a spa. Install a soaking tub separate from the shower, and fill the room with other amenities, such as a warming lamp or even a small sauna.

Home office: Working from home a few days a week may be more plausible when nearing retirement, as it will be a smoother transition from heading to the office each day to spending more time at home. Turn a bedroom or den into an office space with a new desk and bookshelves.

An empty nest can be a bittersweet experience, but parents can make such situations work for them by transforming their homes to better reflect their current needs.

Ridesharing keeps seniors on the move

Losing the ability to drive and get around is one of the most challenging aspects of growing older for seniors. This loss of independence can result in loneliness, depression and isolation. Often seniors have to rely on family to take them places, leaving them at the mercy of a friend or relative's schedule.

Ridesharing services such as Uber, Lyft, Sidecar, and many others can fill the transportation void for older adults and help them regain their lost independence. Many traditional paratransit services (door-to-door transit, often limited to those over 65 and disabled) may be less convenient than ridesharing services, and it may be challenging to find a company that services rural areas. Plus, reservations may need to be made a day in advance, with limited drop-off locations available. That makes it hard for seniors to make spontaneous plans, again taking away some of their independence. But flexible ridesharing services may provide the flexibility seniors are hoping for.

Connecting with ridesharing services requires only a cursory education in mobile technology. According to a recent report from the Consumer Electronics Association, 46 percent of senior households have smartphones and 40 percent have tablets. Many seniors are becoming more tech-savvy, meaning they have the wherewithal to navigate apps and websites that can connect them with a ride. And if they aren't, a quick primer from a young friend or relative can stoke

their confidence.

Before engaging a ridesharing service, seniors should familiarize themselves with how such services work and take steps to ensure their safety.

Many ridesharing services are linked directly to a credit card account. Passengers should not have to pay in cash. If the driver requests it, this should raise a red flag. Report the driver to the service.

Confirm that the driver matches the profile and the vehicle that was indicated on the ride app. Never get in the car unless there is verification.

Ask for an estimate regarding the cost of the trip and if those costs can increase considerably during the ride. Budget-conscious seniors should avoid services whose rates can fluctuate dramatically after riders get in the vehicle.

Look into Uber ASSIST as another option. Seniors who require a little help to get in and out of the car or those who need wheelchairs or other devices can choose the Uber ASSIST option on their apps. This ensures their driver will be specially trained and is capable of helping with the transfer. New senior ridesharing services, such as Lift Hero in California, are now hitting the market as well.

Ridesharing services are changing the way people get around. While ridesharing might have been designed with millennials in mind, it has become the new go-to for seniors who are not ready to give up their independence.

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Find relief from menopause symptoms

Menopause is a natural part of the female aging process. During menopause, a woman's body, which was once primed for reproduction, is no longer able to produce children.

Part of menopause is the cessation of menstruation. However, changes to one's period is not the only signal that menopause has begun.

Menopause is a hormonal process that is different for just about every woman. The health and wellness resource Verywell Health advises that there are no hard and fast rules to menopause, and its start, duration and ending vary from woman to woman. For many, the transition will take around four years.

The symptoms women will experi-

ence are unique, but there are some that are relatively common. Addressing symptoms for comfort becomes a joint venture between women and their doctors.



Hot flashes. Hot flashes are known as vasomotor symptoms. They are often described as a sudden sensation of heat in the chest, face and head followed by flushing, perspiration and sometimes chills, advises Harvard Medical School. Up to 80 percent of women experience hot flashes during

menopause.

The Mayo Clinic says that hormonal replacement therapy is an effective way to alleviate hot flashes. For those

who cannot take hormones or prefer not to, low-dose antidepressants also may decrease menopausal hot flashes. Gabapentin for seizures and clonidine for high blood pressure are other drugs that may be used off-label for hot flashes.

Osteoporosis. Doctors may recommend medication or supplements to prevent or treat osteoporosis. A reduction in estrogen, which occurs during menopause, is directly related to a decrease in bone density. Hormone replacement may be effective, and vitamin D supplements may help as well. Women whose bone mass was less than ideal before menopause may find that they are at a greater risk for osteoporosis than those who had good bone mass.

Weight gain. Women who are in perimenopause or menopause may

find that excess body fat develops, especially around the waist. Healthline advises that women may have to cut more calories and increase physical activity in order to combat weight gain. A diet rich in fruits and vegetables helps a person feel full and is low in calories.

Vaginal dryness. The Mayo Clinic says that estrogen can be administered directly to the vagina using a cream, tablet or ring. This can help relieve vaginal dryness. For those who prefer nonhormonal avenues, lubricants also can add moisture to make intercourse more comfortable.

It is important for women to be honest with their doctors about menopause symptoms. Together they can work out a plan of action that can include natural and medicinal remedies for common symptoms.

Ways to protect against hearing loss

A certain degree of hearing loss can be a normal part of the aging process. However, people who take steps to protect their hearing long before Father Time takes his toll can prevent the extreme hearing loss suffered by millions of seniors across the globe.

John's Hopkins Medicine states that approximately 15 percent of adults aged 18 years and older report some difficulty hearing and up to 39 percent of adults in their sixties have hearing problems. Lost hearing cannot be restored, though hearing aids and other devices can help people with hearing loss hear better. Hearing aids are not always an accessory people look forward to needing, so it's good to know that a few simple strategies can protect people's hearing over the long haul.

1. Get a baseline hearing exam. Speak with an audiologist, who can test your hearing and establish a baseline level against which future tests will be measured. This way it is easier to see if hearing loss is increasing over time.

2. Turn down the volume. Audio devices can contribute to hearing loss. Earbuds are particularly dangerous because they fit directly next to the eardrum. The World Health Organization says that 1.1 billion teens and young adults worldwide are at

risk for noise-induced hearing loss from unsafe use of audio devices. Set the maximum volume on audio devices below 60 percent and wear headphones for no more than an hour a day. Keeping music low on other devices is also advisable.

3. Wear protective gear. Protective gear includes ear plugs and protective earphones. This gear should be worn whenever you expect to encounter loud noises, such as when you mow the lawn, go hunting or shooting, attend rock concerts, or visit construction sites.

4. Limit use of cotton swabs. Ear wax is beneficial to the ears and can stop dust and other particles from entering the ear. Furthermore, using a cotton swab can potentially cause damage to sensitive organs in the ear if they are inserted too far or too roughly, advises the hearing testing service Ear-Q.

5. Avoid loud noises. Steer clear of fireworks, noisy city centers, loud performances, and other situations if you do not have hearing protection.

Remember, hearing loss often does not produce immediate symptoms or pain. However, over time, hearing loss can become noticeable. A proactive approach can help people avoid significant hearing loss as they age.

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PRMC to examine suicide predictors

In 2017, 47,173 people died by suicide in the United States. Six-hundred three of those deaths were in the state of Maryland and 69 here on the Eastern Shore. In Maryland, suicide was the third leading cause of death for 15- to 24-year-olds.

Richard A. Henson Research Institute at Peninsula Regional Medical Center (PRMC) has been chosen to participate in a new study examining why suicide happens here and what can be done proactively to help prevent it. "Addressing Suicide Research Gaps on the Eastern Shore" is the title of the Johns Hopkins Clinical Research Network grant awarded to PRMC. The grant will support a retrospective, one-year study evaluating potential predictors such as gender, age, occupation, veteran status, and medical/mental health services accessibility.

This research will assist investi-

gators in better understanding the constellation of interactions that are the most effective in supporting people who are at risk for suicide.

"The Richard A. Henson Research Institute is excited to participate in the study and looks forward to providing positive outcomes for our community," said James Trumble, MD, Vice President of Clinical Integration at PRMC and the Site Investigator for the study.

Currently the Research Institute is partnered with the Johns Hopkins Clinical Research Network through three ongoing studies involving best practices in patient care.

"Our part in healthcare delivery on the Eastern Shore is to support our practitioners' ability to provide cutting-edge solutions that best serve our community's healthcare needs," said Dr. Robert Joyner, Director, Richard A. Henson Research Institute.



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Flounder Fishing

Fall is rapidly approaching and Flounder will begin to seek the deeper water before starting their migration. Hopefully this column will help you catch some nice keepers.

Fishing report: Flounder fishing has been hit or miss because of cloudy water as a result of all the recent rain and wind. But now that the bay is getting back in shape some nice fish are being caught in the Thorofare and the East and West Channels on live bunker, spot and Gulp. bluefish are hot in the inlet and king fish, spot and croaker in the surf on Bloodworms.

Water clarity: If at all possible, find clean water as flounder are ambush fish and need to see the bait. Move around and you can usually find some clear water depending on the tide and weather conditions.

Location: This time of year, I prefer the deeper water of the East Channel, West Channel, Thorofare and finally the inlet. However, I don't overlook the shallows if the weather has been warm and will at least try Harbor Island, Bird Island or behind the airport...

Bait: From mid August on I prefer live spot in the 3"-4" size, live finger mullet, but also don't overlook frozen shiners if you don't want the hassle of caring for live bait and Berkley Gulp 4" Swimming Mullet in white, pink and chartreuse. I usually catch spot with hook and line and use a cast net for finger mullet. To catch spot on hook and line I prefer using an ultra light spinning rod with 4lb. test line to which I attach a SABIKI RIG Model # MSB-3G-8 IRIDESCENT/ GREEN GLO size #8. I prefer the three-hook model as you have fewer tangles. To each hook I attach either a piece of cut night crawler, bloodworm, or bloodworm fishbite and a small split shot just enough to get you to the bottom and wait for the bite. Jig it occasionally and you should be able to pick up 10 spot in less than an hour but again this depends on water clarity and if we have

had recent heavy rain that could change the salinity of the water in the canals and impact the bite. If you live in the Pines a good location for spot and finger mullet are Pin Tail Park along the bulkhead. Both are easy to keep alive. spot or mullet I'll catch the night before and keep them alive in a bait bucket secured to the dock, live bait well on a boat or a Styrofoam bucket with a bubbler overnight. Other good bait is strip bait. If you happen to catch one a fillet strip cut off a sea robin or lizard fish is prime food for flounder.

Presentation: When fishing live bait, I prefer to use a long leader of 30lb. test mono material approximately 48 inches in length. This is a double rig that I make with a straight shank #2 hook on top, sinker clip down 22 inches and a kale #1 hook at the bottom. You can also use a circle hook which I have had good luck with. I will hook the live spot or mullet on the bottom hook through the upper lip and out the hard cartilage in the nasal area. They live longer and I feel are more effective hooked in this fashion. On the top hook a Gulp dressed with a strip of squid with a split tail which gives the squid strip more action. For weight use either a 2 or 3 oz sinker depending on how fast the tide is moving.

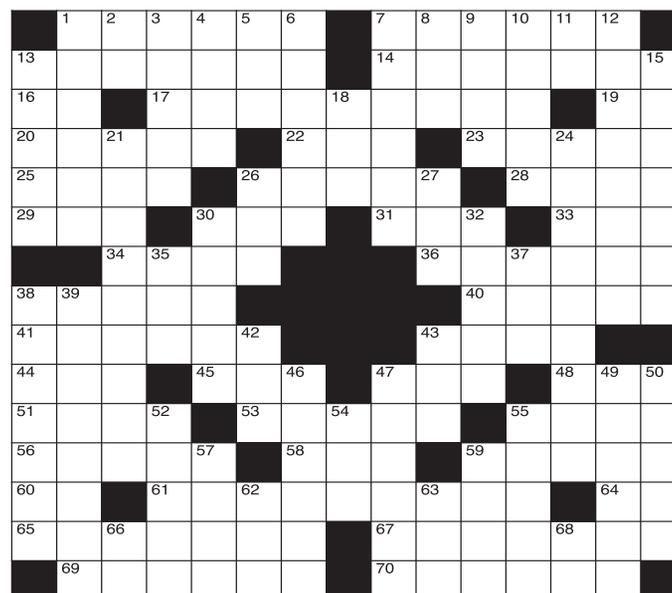
The pink Gulp is usually best in the spring when the grass shrimp are very active, white anytime and the chartreuse is usually best in the fall or when there is slightly cloudy water.

Now let's go fall flounder fishing and good luck.

Question of the week: What are Anadromous Fish?

Answer: They are fish who live in saltwater but go to freshwater to spawn. Maryland fish that are anadromous are striped bass, shad and herring.

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



CLUES ACROSS

- 1. Study of sight
- 7. Becomes less intense
- 13. Juicy, soft fruit
- 14. A great ape
- 16. All-time NY Giants great
- 17. Big Apple native
- 19. Home of the Flyers (abbr.)
- 20. People stand in them
- 22. Automotive legend Iacocca
- 23. Influential linguist
- 25. ___ and Andy, TV show
- 26. Wives (law)
- 28. Discriminating
- 29. Star Wars hero Solo
- 30. Married woman
- 31. A digital tape recording of sound
- 33. Chinese dialect
- 34. Angolan monetary unit
- 36. A type of sheen
- 38. "Ash Wednesday" poet
- 40. Nobel Prize-winning chemist
- 41. Spoke angrily
- 43. Separated with a tool
- 44. Relative biological effectiveness (abbr.)
- 45. Actors' group
- 47. A type of ship (abbr.)
- 48. Bar bill
- 51. Romanian city
- 53. Greek sorceress
- 55. Small water bird
- 56. Tropical Asian plants
- 58. "Unforgettable" singer
- 59. Belonging to a bottom layer
- 60. Potato state
- 61. A toy that spins
- 64. "A-Team" character
- 65. Ornamental molding
- 67. Covers again
- 69. Poets write them
- 70. Appear

CLUES DOWN

- 1. Popular mid-size Kia
- 2. Image management (abbr.)
- 3. Prongs
- 4. Cools
- 5. It produces milk
- 6. Trends
- 7. Concurred
- 8. Chinese cabbage ___ choy
- 9. Greek war god
- 10. Straits along the Red Sea
- 11. Railway
- 12. Washing with water
- 13. Supreme being
- 15. Ductless gland
- 18. Parts producer (abbr.)
- 21. Not arranged in a straight line
- 24. Red sweet peppers
- 26. Famed protest yacht
- 27. Drain
- 30. Distributes
- 32. Small, savory dishes
- 35. Web of Things (abbr.)
- 37. Defunct aerospace company
- 38. Lacking consistency
- 39. Type of retriever
- 42. Barrier
- 43. Senior officer
- 46. Categories
- 47. Call it a career
- 49. Suitable for growing crops
- 50. High jumping legend Iolanda
- 52. Hairy
- 54. Dish made with lentils
- 55. TNT broadcaster Craig
- 57. Used to align parts
- 59. Cold, dry Swiss wind
- 62. Water in the solid state
- 63. A great play
- 66. Atomic #45 (abbr.)
- 68. Big shot lawyer (abbr.)



Answers for September 11

Golf tournament raises thousands for local charities

The Ocean Pines Golf Members Council raised money for Diakonia and the Worcester County Humane Society during the 14th annual Bavarian Hops Scramble, held last Friday at the Ocean Pines Golf Club.

After tournament founder Ernie Stiles passed away last year, organizers decided the event would continue in his honor.

“Ernie’s idea was simply to go out for nine holes, have some good fun, and support some good causes,” Golf Council member Bob Long said. “This year the event began with a toast, as each participant raised a glass to the sky and said ‘Nostrovia!’ (to your health) in honor of Ernie and the others who have passed and who enjoyed playing in previous scrambles.”

Non-golfers joined in on the fun during a “Tee Box” party at the seventh hole, making donations and cheering or jeering as tournament participants tried to win a closest-to-the-pin contest. The honor this year, as well as the coveted “Hops Hat,” went to Walt Lischak.

The two-person scramble tourna-

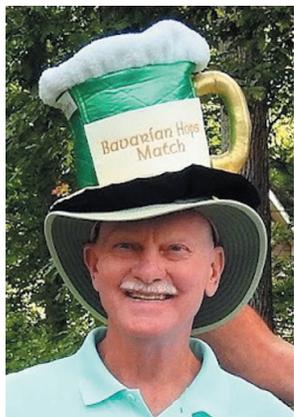
ment uses a skins format for scoring, with the lowest net score on each hole earning a share of the prize money. Because the format also stipulates that if two teams tie all would tie, when overall scoring finished this year no team could claim the low score on any hole.

“As a result, all the prize money went to the designated charities,” Long said. “In total, \$3,600 was raised [this year] and will go to the two designated charities.”

The Bavarian Hops Scramble over the years has raised more than \$29,000 for local charities.

Following the tournament, players and friends enjoyed dinner at the Ocean Pines Community Center with catering provided by Carrabba’s Italian Grill.

For more information on Ocean Pines Golf, visit www.oceanpines-golf.org.



Pet blessing scheduled

In honor of St. Francis of Assisi, who loved all animals and whose feast day is October 4, the Church of the Holy Spirit in Ocean City will hold a Blessing of the Animals ceremony on October 6 from noon till 1 p.m. in the church parking lot.

The church is located at Coastal Highway and 100th 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.





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profile
from page 9

rooms for a year, and then I was offered a position at the Geisinger Health System [in Pennsylvania] in renal dialysis, and I ran their renal dialysis unit for a couple years," Fisher said. "And then they came to me and said, 'Hey, we'd like to send you to physician's assistant school.' I said, 'Sounds good to me!'"

"That was just a normal progression for me," he said of his varied interests and career paths.

Fisher practiced family medicine for 10 years and later went into administration, still with Geisinger, eventually becoming vice president of operations for the western region.

"I was responsible for multiple clinics [and] physicians and staffing and facilities, you name it," he said.

Fisher also served as the second president of the Pennsylvania Society of Physician Assistants. He is credited with "moving the profession forward through developing relationships with regulatory bodies and professional or-

ganizations," according to the Physician Assistant History Society.

Eighteen years ago, Fisher, although retired, received a call from Peninsula Regional, asking for help in expanding the hospital's network of physicians.

"I helped them for 11 years," he said with a laugh.

Fisher started working for Ocean Pines five years ago. He said he's "always been a fisherman" and kept a boat in the Marina. He and Shirl had a condo in nearby Ocean City.

"After I retired, I just decided I needed something to do. I came down and put an application in to work on the docks and was offered the dockmaster position. That was the beginning," he said. "I learned on the job, met with some of the other marinas' staff and learned a lot about managing marinas from them, and here I am."

Fisher said the job was a welcome change.

"Being in health care for all those years, you deal with a lot of disease and death and everything, and I said to my wife, 'I want to do something

that people enjoy buying.' It was an easy transition for me, and it's been a lot of fun," he said.

"You meet a lot of people, and just the management aspects of a marina are far different than health care," Fisher continued. "To me, it's a lot easier but, at the same time, I enjoy the ability to make a profitable amenity for Ocean Pines – that's been my goal."

To say Fisher achieved that goal is an understatement. So far this year, the Ocean Pines marinas have posted a net operating profit of \$234,582. His department is more than \$35,000 ahead of budgeted numbers and about \$20,000 better than it was at the same time, last year.

Ocean Pines General Manager John Viola has taken to calling success at the marinas "The Ron Fisher Effect."

"Benchmarking [with other marinas] has a lot to do with it," Fisher said. "I also do gas sales competitively. I'm buying gas, for instance, cheaper than most of the other vendors. That helps.

"Customer service also has a lot to

do with it, as well as ease of access to the [Yacht Club] Marina. Having floating docks helps to sell our boat slips, because people don't have to deal with the tidal surge and everything," he added.

Fisher also credited "a tremendous staff" with making his life a lot easier.

"They're very customer oriented and I get a lot of compliments on them. That's helped a lot," he said. "Two of the people have been there over 10 years."

The Yacht Club Marina has slips for 86 boats. This year, Fisher said there was a waiting list for about 40 more.

Also, this year, the amenity added a security detail, and Fisher said the change has gone smoothly.

"The Yacht Club is doing so well that we had a lot of boats coming in and docking in slips that were already rented, or docking at the gas dock, which is against EPA regulations. Our parking lot was filling up, so we went with permit parking for the boat slips and added security, and that's helped a

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profile

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lot," he said.

Fisher has seen some colorful characters over the years. Perhaps the funniest, he said, was a Pennsylvania State Trooper who accidentally pumped 25 gallons of gas into the rod holder of his boat.

"Of course, the gas went down into the bilge of his boat, so he couldn't start it and had to have the boat towed over to the boat ramp. And they had to have the hazmat team come in and drain the fuel out of the boat," he said. "The funniest part was, this guy actually taught hazmat in Pennsylvania."

In the future, Fisher would like to expand the Yacht Club Marina office to include more retail items, such as boating supplies and fishing tackle.

safety

from page 2

"Drowning is one of the number-one causes of death for children," she continued. "Learning to save yourself in different types of water safety situations is our goal for these children. We teach them everything from basic pool safety to ice safety, and the Ocean City Beach Patrol comes in as well to discuss rip currents."

For more information on Ocean Pines Aquatics programs, visit www.oceanpines.org/amenities/pools or call 410-641-5255.

election

from page 1

mismarked ballots, four were rejected for being mismarked and three were rejected for voting for more than the allowed number of candidates. Of the 46 late ballots, 42 came in two days after the election deadline and four came in four days after the deadline.

Tom Janasek (2,160), Larry Perrone (2,131) and Camilla Rogers (1,753) were the top-three vote getters in the election, with each earning a three-year seat on the Ocean Pines Association Board of Directors.

In 2019, 768 Ocean Pines homeowners were not eligible to vote and received notice of the Annual Meeting, rather than a ballot.

Eligible voters, in Ocean Pines, refers to homeowners "in good standing," meaning they do not have outstanding violations or unpaid assessments. Those on a monthly pay-

"We hear that quite often," he said. "Certainly, they want live and frozen bait. They want fishing rods, if they're taking kids out, and there's a lot of products on the market that catch a lot of flounder out here – that's what I'd like to stock up on."

Along with serving as Ocean Pines' dockmaster, Fisher currently writes the monthly "Captain Ron's Fish Tales" column for the *Courier* newspaper. He is also a past president of the Ocean Pines Chamber of Commerce and Worcester County Veterans Memorial Foundation and served on the Worcester County Department of Health Advisory Council.

Fisher said he enjoys living in the community because it's a central location for his family.

"My grandkids grew up vacationing here," he said. "They're in their mid-20s and 30s now and, in fact, they were all just here for the weekend. My oldest granddaughter has her own real estate company in Pennsylvania and my grandson is a captain in the Marine Corps and teaches at OCS (Officer Candidates School) at Quantico. And my youngest granddaughter works for L'Oréal, up in New Jersey."

He also said the recreational opportunities in Ocean Pines are second to none.

"I love the water and I like to fish – and it's got 'em all," Fisher said. "There's nothing I don't like about Ocean Pines."

ment plan are not eligible to vote.

For questions about voter eligibility, contact Membership and Assessment Supervisor Ruth Ann Meyer at 410-641-7717 ext. 3031, or email rmeyer@oceanpines.org.

The committee established three dates for the election next year: a candidate draw and workshop on Friday, June 12, a candidate forum on Wednesday, June 17, and a second forum on Saturday, June 27.

Votes each year are counted and announced on the second Friday in August, with the results scheduled to be validated during the Annual Meeting held on the following day.

The Ocean Pines Elections Committee will next meet on Friday, Oct. 25 at 10 a.m.

To read the committee's full report, visit <https://www.oceanpines.org/wp-content/uploads/2019/09/2019-09-13-FINAL-Election-Report.pdf>.

taylor

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that. I haven't been able to do that, so I hope the next person is more successful than I was."

He also said he hoped WYFCS could receive more financial support.

"I look at our funding allocations; we're receiving a lot of money locally and from the state and very little from the federal government. It should be the opposite; the federal government should be providing the lion's share of our funding to be supplemented by state and local sources. I think that next person needs to focus on that too."

The challenge for his successor will be partnering with larger entities to get that assistance.

"The federal government doesn't have the resources to manage hundreds of thousands of grants to small nonprofits like us. They prefer to provide money to the states so the they are only managing 50 grants as to opposed to thousands. I think WYFCS needs partner with other similar or like organizations in neighboring counties and apply for grants that will come to Delmarva or the region and support similar work."

After his extensive career, Taylor says he's looking forward to retirement.

comcast

from page 1

timeline that we can make public for everyone. That information will be available when we get it," Parks said.

General Manager John Viola said the agreement was a landmark for Ocean Pines.

"This is something people in Ocean Pines have wanted to see happen for years, and full credit to the team for making this a reality," he said. "Doug, Tom Terry, Jeremy Tucker and others put in countless hours to get this done, and we couldn't be happier that Comcast will soon be providing service to our homeowners and residents. Good things are happening in Ocean Pines."

The agreement marks the first time in Ocean Pines history that more than one cable television service will be available to residents.

Cable television first came to the

"I think the nicest part will be able to wake up in the morning and not have to rush to do anything. I can just have coffee and sit there, read or watch the news, do some woodworking, or relax. I think that will be the greatest thing, having that peace of mind. Then my wife and I will do some traveling. We want to go visit some national parks and out west. We want to visit our children and spend time together."

He says he's proud of the work that he's done over the past 32 years and the legacy he will leave behind.

"I feel like I've done everything I can do help give back to Worcester County and the people who live here. My work with the Coastal Bays Program has had success and that success is really for the children... the kids who are going to grow up here. It's not for me, because I'm going to leave that behind, but it's for all the people that are coming up and want to enjoy the things that I used to do. The same is true for Worcester Youth. The kids that live in communities that are challenging hopefully will have greater opportunities to explore and grown on their own. I feel like the programs that I've been fortunate enough to be involved in have given back to the community. I think that if every person can say that about themselves, we'd live in a better world."

community in 1979, with Triad CATV. Simmons Cable TV bought the Ocean Pines cable system in 1987 and took over the agreement with the Association.

According to "History of Ocean Pines, Maryland" by E.A. Rogers, as of 1991 the basic cable rate was \$14.95 per month and included 25 channels, with premium channels available at an extra cost.

Simmons was sold to American Cable TV Investors 5 Ltd. in 1992 and the Board approved transferring the franchise agreement to ACTV.

According to a March 1997 issue of the Ocean Pines Report, Mediacom bought ACTV in 1997 and the Ocean Pines cable TV franchise was then transferred to Mediacom.

To view video of the special Board meeting, visit https://youtu.be/JJ_rdur9thI.

More details about the agreement will follow in a joint announcement with Comcast.

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