

Living 50 **PLUS** Feature Inside

## Anniversary Committee dedicates model boat

Members of the 50th Anniversary Committee on Thursday, in one of their final acts, officially dedicated a restored three-mast model schooner and its new display case in front of a



large crowd at the Ocean Pines Yacht Club.

Community originators Boise Cascade originally donated the boat to Ocean Pines in 1975. The model then took a long voyage on its way back to public display, according to committee members Sharyn O'Hare and Jenny Cropper-Rines.

Cropper-Rines, who chaired the committee that oversaw a year-long celebration in 2018, said the ship's homecoming was "basically the culmination of our 50th year."

"We used the money that we had left from our fundraising efforts to

have this case built," she said.

She recognized committee event chairs, who Cropper-Rines credited with raising the funds for the display case. They included O'Hare (committee co-chair, gala chair), Carol Ludwig (committee co-chair, parade chair), Debbie Bennington (Family Fun Day chair), Vicki Harmon (Beach Bash chair), Don McMullen (golf tournament chair), Tim McMullen (racquet sports tournament chair), Terri Mohr (cocktail party chair), and Marlene Ott (historian).

O'Hare said Boise Cascade gave the boat to Ocean Pines during the opening of the first Yacht Club, on Memorial Day weekend in 1975. Its exact origin is unknown, but it's believed to have been built around 1955.

"I have done research trying to find out who built it, who made it, who gave it – and we have no idea," O'Hare said. "It's our mystery – we don't know who physically made it, but it is obviously handmade."

O'Hare said the ship has "been everywhere" on its way to installation

*please see model on page 4*



Pictured from left are **Rita and Dave Landis** and **Jim Spicknall** representing the Kiwanis Club of Greater Ocean Pines/Ocean City and **Sandy Sipes**, executive director of Worcester County GOLD.

## GOLD seeks sponsors for Helping Hands

Worcester County GOLD (Giving Other Lives Dignity) seeks sponsors, volunteers, and donations to assist its Helping Hands for the Holidays Program. Community sponsors can sign-up to sponsor gifts for children and/or vulnerable adults by completing a sponsor form, available on GOLD's

website at [www.WorcesterCounty-GOLD.org](http://www.WorcesterCounty-GOLD.org) or on Worcester GOLD's Facebook page at [www.Facebook.com/WorcesterGOLD](http://www.Facebook.com/WorcesterGOLD). Please help GOLD to assist families in need by sharing the links on Facebook.

Donations by check can be sent to

*please see helping hands page 6*

## 'Holiday Gifts for Soldiers' makes record donation

A grateful group of volunteers on Friday, November 8 donated to Operation We Care what will be the last "Holiday Gifts for Soldiers" collection started by Anna Foulz and Star Charities.

Many who had known Foulz and worked with Star Charities over the years were on hand to help fill two vans full of nonperishable goods collected for U.S. soldiers serving overseas.

Donations were collected during October through bins placed around the community, and then stored in the Ocean Pines home of Barb

Peletier before being turned over to Operation We Care.

"Thank you, everybody, for helping. We had an awesome collection. This was the best we've ever done," Peletier said of the record number of items gathered.

Peletier said it was "all of us banding together to work together" that put the donation drive over the top. Groups including the Kiwanis, AARP, Sons of Italy, and the Ocean Pines Boat Club banded together to collect nonperishable food, toiletries, books and other items, along with \$1,400 in cash donations.

"This is one of the biggest [number of groups] pulled together we've ever had," Larry Walton said. "I'm always trying to get the clubs to work together and maybe this is a steppingstone to that, I hope."

Walton, a Vietnam veteran who served in the U.S. Army, underscored the importance of the collection. Through Operation We Care, hundreds of care packages will ship to members of the U.S. Armed Forces who are serving far away from home.

"I tell you, it's lonely. I've been there, done that," Walton said. "We were lucky if we got a package from

our family ... but we never had this kind of support group when I was in the military. So, this kind of support group, to me, should never die, because the military serves our country and keeps this country free."

Walton went on to say the holiday season is an especially tough time for military men and women.

"This time of year, there's more suicides in the military ... because it's a lonely time. Some of them don't have family [or] some of them have family that don't care, so this is awe-

*please see donation on page 6*

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Route 13 South & Cedar Lane  
Berlin | 410-641-3130  
314 Franklin Avenue  
Salisbury | 410-543-8401  
1210 Nanticoke Rd., Pecan Square

# Community Calendar NOVEMBER

## 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.

## The Dough Roller

Tuesday 1/2 Price Pizza  
All pizzas are half price 5PM - 9PM\*  
Wednesday Dollar Days  
Buttermilk Pancakes \$1.00 each 7:30 - 11AM\*  
Kids Meals \$1.00 each with a purchase of any Sub, Sandwich or Dinner 5PM - 9PM\*  
Thursday 1/2 Price Dinners  
All Italian Dinners are half price 5PM - 9PM\*



41st St. Location  
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Thanksgiving  
Breakfast  
8am - 1pm

70th St. Location  
Pizza with Santa  
Sunday Dec 1st 3pm - 5pm  
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with Santa - FREE gift for kids!

View more details online at [www.TheDoughRoller.com](http://www.TheDoughRoller.com)  
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Manklin Creek	O.P. South Gate Entrance
OCEAN PKWY	
Southgate - Ocean Pines <small>(Manklin Creek &amp; Ocean Pkwy)</small>	

# Ocean Pines leaf collection scheduled

The Ocean Pines Association has announced leaf collection procedures for its residents this fall.

Public Works will collect leaves and other yard debris from November 25 through Dec. 20, on opposite days from Republic Services collection days.

The department will only pick up leaves placed in paper bags that residents place curbside. Thirty-gallon paper bags are available at Public Works in bundles of five for \$10.

Republic Services will pick up paper and plastic bags out on scheduled pick-up days, limit four bags of leaves per scheduled pick up. Republic Services will also accept branches tied in bundles no longer than four feet.

Additionally, Ocean Pines residents may bring leaves and yard debris in bulk or paper bags to the Public Works yard at 1 Firehouse Lane, near the south Fire Department. The yard will be open November 25 through December 20,

Monday through Friday from 7:30 a.m. until 3 p.m., and Saturdays from 8 a.m. to 3 p.m.

There will be no collection or drop off on Thursday, November 28 or Friday, November 29 because of the Thanksgiving holiday.

Public Works will also vacuum leaves. Residents should refrain from blowing leaves directly into the ditches, as this can lead to clogging of pipes as well as difficulty in water flow.

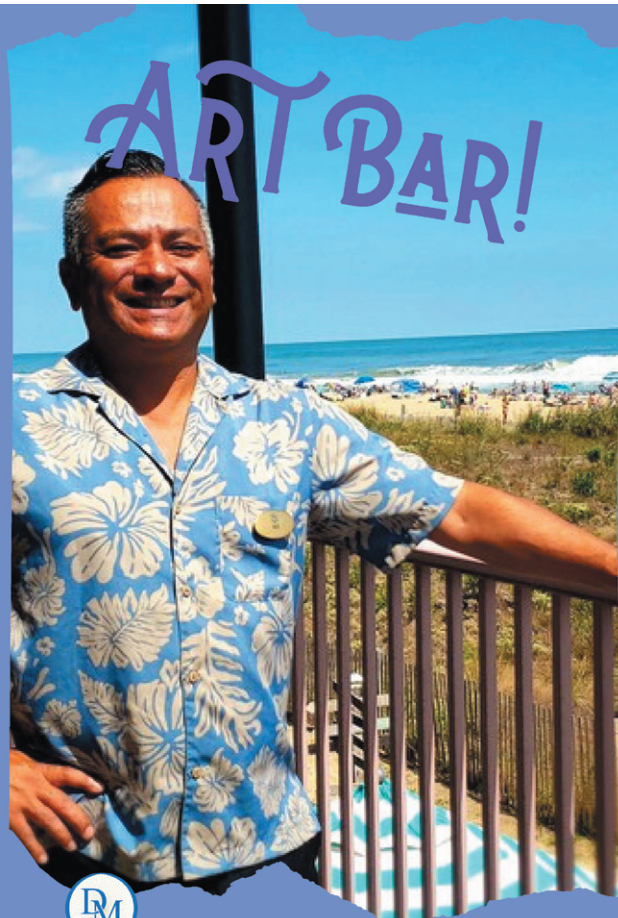
For more information, contact Public Works at 410-641-7425.

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



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[OceanPines.org](http://OceanPines.org)



**Dine in Ocean Pines**  
Ocean Pines Yacht Club

Open Thur-Sun 11am-11pm  
Closed Mon-Wed

DINNER SPECIALS	THANKSGIVING BUFFET	DINNER THEATER
<b>THU</b> Trivia <b>FRI</b> Seafood <b>SAT</b> Prime Rib <b>SUN</b> Theme Night	<b>Nov 28</b> 11am-4pm \$27 Adults \$15 Kids	<b>Nov 30</b> 5:30-8:30pm "Dial 'S' for Santa" \$50 Dinner & Show

Call 410.641.7501 for reservations.

**Ladies' Night Dive-In Movie**  
Sports Core Pool

Enjoy a ladies' night out! Come swim with us and watch "Steel Magnolias" on our giant movie screen. Light snacks provided - BYOB.

**Saturday, Nov 23**  
**Doors Open 6pm**  
**Movie Begins 6:15pm**

\$3 OP Swim Members  
 \$5 OP Residents  
 \$7 Non-Residents



Call 410.641.5255 for info.

**Reindeer Lane Donations**  
Community Center

Donations of new or gently used items for all ages are needed for this special shop where kids ages 12 & under can buy gifts for their family & friends! Please bring items to the Community Center by Dec. 13.



**Belly Dance Bootcamp**  
Community Center

Shimmy off those holiday calories with this fun new class!

**Tuesdays | Nov 26-Dec 17**  
6-7pm

\$60 per person

Call 410.641.7052 to register.

**Aqua Cross Training**  
Sports Core Pool

High-intensity, total-body workout using cardio fitness and hydrocycles!

**Tuesdays - Hydrocycles**  
**Thursdays - Cross Training**  
 9-9:40am

Drop in!  
 \$8 OP Swim Members  
 \$9 OP Residents  
 \$10 Non-Residents

Call 410.641.5255 for info.



**Youth Yoga**  
Community Center

Fosters imagination & wellness with a balance of movement & stillness!

<b>Ages 3-4</b> <b>Saturdays   9-9:45am</b> Nov 23-Dec 28 \$45 OP Residents \$50 Non-Residents \$8 Drop-In	<b>Ages 5-9</b> <b>Saturdays   10-11am</b> Nov 23-Dec 28 \$45 OP Residents \$50 Non-Residents \$8 Drop-In
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Call 410.641.7052 to register.



# Association member sues OPA

Commentary by **Joe Reynolds**  
*OceanPinesForum.com*

Petitioners seeking to change the Ocean Pines Association bylaws via a referendum that would ask all OPA members to vote on limiting the OPA Board of Directors spending on any single project to \$1 million are suing OPA in Worcester County Court.



The petitioners, led by OPA member Slobodan Trendic and represented by attorney Bruce Bright of the Ocean City law firm of Ayres, Jenkins, Gordy & Almand, P.A., seek a court order to force OPA to hold the referendum, as well as \$75,000 to cover legal expenses and other relief the Court deems “just and proper” due to improper handling of the petition by OPA.

OPA already stated publicly that the petitioners had obtained the required number of association member signatures to take the petition to refer-

endum, but the OPA board refused to hold the referendum based on the use of the word “should” in the petition question. Incredibly, a board-provided sample question in the applicable board Resolution on petitions uses the word “should” in the text.

One never knows how courts will react, but OPA looks to be on shaky ground. According to petitioner attorney Bright, the board failed to even comply with bylaws requirements in its handling of the petition submitted with over 800 verified signatures of association members.

Then there are the on-video, loose-cannon comments by board member and OPA Treasurer Larry Perrone. Attorney Bright tells the Court, “Notably, at a public OPA ‘town hall’ meeting on October 26, 2019, Defendant/Board Treasurer Perrone stated, in regard to the matter at issue in this case, that the Board would not ‘voluntarily’ submit the question to referendum and that it opposes the proposed spending threshold because (in their view) ‘it’s not appropriate.’”

In the town hall video, Perrone even made a personal attack on the attorney for the petitioners. As always, you can’t make this stuff up.

Rather importantly, the case documents allege the actions by the Board in handling the submitted petition “were and are not in good faith, were and are outside the scope of the Board’s legitimate and lawful decision-making and authority, and therefore are not protected by the ‘business judgment rule.’”

The lawsuit claims, “Defendants OPA and Parks, Horn, Perrone, Tuttle, Daly, Janasek, and Rogers, as OPA Directors, owed statutory, contractual, and fiduciary duties to the Plaintiff and other OPA members, to act honestly and in good faith, and in accordance with the OPA By-Laws and the Board’s own resolutions, including Resolution B-07.

“Defendants have breached those duties, and in such regard, have acted in bad faith, contrary to the best inter-

*please see reynolds on page 7*

*model  
from page 1*

at the new Yacht Club, including a stay at the Beach Club in Ocean City.

“The last place was upstairs in the bar [of the old Yacht Club],” she said. “As you know, the Yacht Club was due to be torn down ... and this was probably the last wedding that was going on upstairs. They must have been having a heck of a good time because, with all the dancing – or it could’ve been the ghost of ‘Tuffy’ Mumford who was unhappy about his building being torn down, we’re not sure! – but the wall came down with the shelves and everything broke.

“The ship broke, the glasses broke, the bottles broke, it was a mess,” she continued. “Our staff, as they would’ve, they just put everything in dumpsters [and] they took it outside, not realizing the importance of this ship.”

O’Hare said Mark Hordeman, Marty Clarke and his late wife, Donna, then fished the ship from the dumpster.

“They knew the importance of this and rescued it,” she said. “A big thanks to them ... they rescued the boat, took it back, and Mark, who is a wonderful craftsman, restored this.”

O’Hare said it was important that the boat finally have a permanent place to settle. Enter the 50th Anniversary Committee and Public Works employee Joe Costello.

“I’ve been talking to dear Joe Costello ... for years about designing something and he had something in mind,” she said. “Finally, when we had the leftover money [from 50th anniversary events], the committee members and chairs all decided this is where we wanted to put the money, to give this wonderful ship a permanent home.”

She and Cropper-Rines presented Costello with a token of the committee’s appreciation, adding, “We couldn’t do this without Public Works.”

“It’s here now [and] I’m telling you – they aren’t moving this again! It’s not going anywhere,” O’Hare added with a laugh. “This is quite the statement and it is the oldest artifact that we have in Ocean Pines, so I’m really glad it has a permanent home.”

Association President Doug Parks

called the 50th Anniversary Committee “the gift that keeps on giving.”

“Their understanding of the importance of this artifact [and] their focus on making it something that we can cherish, both now and in the future, is a testament to the commitment they had to not only the 50th anniversary celebration ... but the ongoing celebration that we’ll have when we think about the work they put in, in order to put this where it is today,” he said. “Congratulations to all those involved.”

General Manager John Viola added the boat “truly represents Ocean Pines” and the 50-year history of the community.

“A big hand of applause for the 50th Anniversary [Committee],” he said.

Just prior to the official ribbon cutting, Cropper-Rines surprised O’Hare with a gift, thanking her for all the work she put in.

“You kept this in the back of your mind for a long, long time,” she said.

“I wasn’t giving up!” O’Hare added.

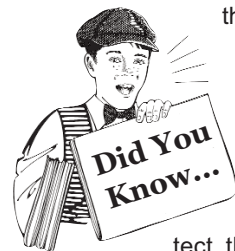
The boat and its new permanent case is on display near the main bar of the Ocean Pines Yacht Club.

## An evening of liturgical music

Holy Trinity Cathedral, a parish of the Anglican Church in North America located at 11021 Worcester Highway in Berlin, and the Historic St. Martin’s Church Foundation present an evening of music with “The Liturgical Folk”, check out their music at <https://www.liturgicalfolk.com/>.

The event will be held on November 26, starting at 7 p.m. at Historic St. Martin’s Church located at 11413 Worcester Highway in Showell. Admission is free. “Liturgical Folk” is an ecumenical, intergenerational songwriting and performance group that explores the intersection of liturgy (the work of the people) and modern folk music. The intention is to create new music for liturgical worship, as well as infuse the words and attitudes of worship into concert settings.

While it can take weeks for patients who have had HIV tests to receive the results of the tests, the World Health Organization notes that some tests can deliver same-day results. Rapid diagnostic tests, or RDTs, can detect the presence or absence of HIV antibodies almost immediately. The immune system produces these antibodies specifically to fight the HIV virus. The National Center for Biotechnology Information notes that RDT can typically produce results in less than 30 minutes and that most of these tests can be performed with capillary whole blood collected by a finger-stick. The WHO notes that RDTs can help people receive early treatment, potentially preventing the virus from reaching advanced stages, including AIDS. However, people who are at high risk for HIV or those who suspect they have the virus should discuss their testing options with a physician.



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# Making a list

It's not yet Thanksgiving and already my grandchildren are slipping into their conversations what they'd like their grandparents to get for them

around. We were a little scraped up but really none the worse for wear.

One year I saw the wonders of Old Faithful through the lens of a GAF Viewmaster that I received in my stocking. If memory serves there were several Viewmaster reels in the box including "The Flintstone's" and "The Three Stooges," and a reel on American treasures such as the Statue of Liberty, Mt.

Rushmore and the Golden Gate Bridge. I don't know that such a primitive toy would be at all interesting to my grandchildren's generation so accustomed to hi definition cell phone videos. But at that time, for me, a GAF Viewmaster was mesmerizing.

One year my brother and I shared a gift, an AMX slot race car track. We had a blast racing our cars around the figure eight track, especially when we paced them to reach the intersection simultaneously and cause a crash. Yeah!

Along the same lines, we asked for and got, SSP race cars. From opposite sides of the room, we would pull the cords and head our cars toward one another hoping for a spectacular smash up. We'd also build a ramp with our blocks and launch our racers into the air toward a stack of letter blocks or some Lincoln Log walls. What fun it was to witness the blocks or logs explode upon impact.

On my brother's list one year was a Hippy Hoppity Horse which he received. He would sit and bounce that horse as high as possible. I don't remember the horse surviving beyond New Year's.

We didn't get everything on our lists. We probably only got one, maybe two items we wrote down. Interestingly, although never on our lists, we always seemed to get underwear, socks and a handknitted sweater from our grandmother.

Times have certainly changed since Rock-em Sock em Robots last stood in the ring. Our toy requests didn't require operating systems or internet access; downloads or gigabytes. All we needed was just a little imagination. Those were the days!



## It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

for Christmas. In the interest of full disclosure many of the items they mention I have no idea what they're talking about. I just nod as if I do, knowing my wife will save the day.

Back in the Dark Ages of my youth when Jiffy Pop reigned supreme, Mod Squad was a hit and Pat Paulsen was running for president, items that could be found on lists prepared by my brother and me included recognizable, low tech toys such as an Erector Set, Matchbox or Hot



Wheels cars, toy boats, Tinker Toys, Lincoln Logs and Legos (or the closest facsimile). This was long before Cabbage Patch Kids or Furbies. We would page through the Sears catalog writing down what we wanted, sometimes even referencing page numbers.

One year I asked for and received a record player. Jackpot! For quite a while I played the only record I owned, "Josie and the Pussycats." It was a 45 which I got by sending in a certain number of Kellogg's Raisin Brad box tops.

Another year I got a new red bicycle with a banana seat. Life was good! Many a mile I rode on that bike. I learned maintenance with that bike. And I learned that clothes-pinning to the fender a playing card instead of a baseball card made a much sharper noise against the spokes. I also learned a little something about the Big Bang Theory when my brother and I once raced up the driveway attempting to be the first one to reach the garage. We collided midway; each thrown from our bikes. My handle bars twisted and I think his pedal broke. Or maybe it was the other way

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William Hamilton, Jr., DPT, CHT  
and Jennifer S. Hamilton, DPT, CHT

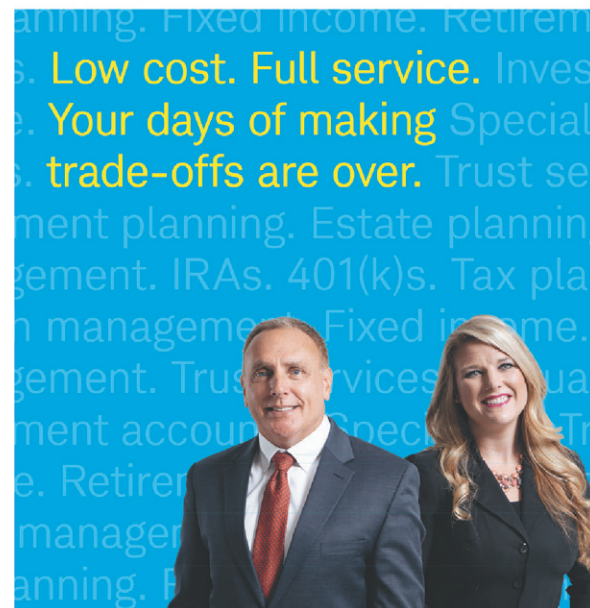


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Inside Ocean Pines  
South Gate

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**Mon-Fri 4-9 pm**

**1/2 Price Appetizer**

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**\$2.50 Rail Drinks**

4-7 pm daily Restaurant Wide

**HH Mon-Thurs**

11-7 pm Restaurant Wide

Fri & Sat. 4-7 restaurant wide

## SPECIALS

### Monday Night

**Chicken or Eggplant Parmesan over penne,**  
served with a choice of soup or salad...\$9.95

### Tuesday Night

**Sandwich Night!** ...\$6 with purchase of  
beverage. Choices will vary

### Wednesday Night

**Pasta Night!** (selections vary), served with a  
choice of soup or salad...\$10.95

### Thursday Night

**Roast Pork** served with scalloped potatoes &  
a veggie. \$11.95

**1/2 Priced Large Cheese Pizza** with the  
purchase of beverages, when dining in  
(toppings at regular price)

### Friday Night

**Fried Shrimp Platter,** served with FF & cole  
slaw and a choice of a soup or salad....\$14.75

### Saturday Night

**Crab Cake Platter** served with FF & cole  
slaw and a choice of a soup or a salad...\$17

**BBQ Baby Back Ribs** served with a choice of  
1 side and a soup or salad \$11.95

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**Large Cheese Pizza** for only \$9.50  
only on carryout (toppings are extra)

**Pizza, Wings & Beer Combo!**

\$12.95

personal size pizza,  
buffalo wings & your choice of a draft  
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### \$6.99 Lunch Specials

offered for dine in and carryout,  
options change daily, call for details!

Mon - 11am - 9pm

Tues - Thurs. 7:30am - 9pm

Fri. & Sat. 7:30am - 9:30pm

**410-208-2782**

### donation

from page 1

some that we pulled this together," he said.

Jeff Merritt said Operation We Care, based locally in Salisbury, has sent care packages for a dozen years. He became involved after seeing tragedy firsthand while working in the Pentagon on September 11, 2001.

This year, he said care packages would go to "12 countries and two ships." He estimated the nonprofit would send 800-1,000 packages.

"That's direct impact ... letting them know that somebody besides their family cares about what's going on," Merritt said. "They're all going to miss Thanksgiving. They're all going to miss Christmas. Holidays are a particularly lonely time [for soldiers]."

"There's always somebody not getting something from home in any unit, I don't care if it's got five people or 300, and the larger the number the more people are not getting stuff from home. That's really who we want to reach out to."

Merritt said that would include a Delaware National Guard Unit with 350 members currently serving in

Kuwait, which will receive 350 care packages. He added there's special local touch in each box they send, to offer soldiers a small taste of home.

"Every one of our boxes has a six-ounce bag of Fisher's Popcorn in it," he said. "Fisher's is a great supporter of what we do."

All involved said Foulz, who started the collection and the Star Charities nonprofit years ago with her husband, Carl, would have been proud of this year's haul. A longtime Ocean Pines resident, she passed away in September, just before the 2019 drive officially began.

"It's because of Anna that it has been successful, for what Anna has meant to us individually and expanded through all of the groups that have participated," Susan Walter said. "Thank you, Anna, it was her doing."

"She's watching [over] us," Peletier added.

While they can no longer use the Star Charities name, based on the family's wishes, everyone involved vowed the "Holiday Gifts for Soldiers" collection would continue.

"There probably will be something next year," Peletier said. "Sue and I are working on it and we are going to pull

all the clubs together."

"This is the first time I've seen this many groups together and, I think if we can do this as a group, look what we can do," Walton added.

For more information or to donate to Operation We Care, visit [www.operationwecare.org](http://www.operationwecare.org) or [www.facebook.com/OpWeCare](http://www.facebook.com/OpWeCare).

### helping hands

from page 1

Worcester County GOLD, 299 Commerce Street, Snow Hill, MD 21863 or made by credit card though GOLD's website. Due to low overhead costs, 92 cents of every dollar received goes directly to serve our neighbors during times of critical need.

Last year with the generous support of our local community, GOLD provided gifts for 724 children and 68 vulnerable adults in Worcester County who live in poverty and low-income circumstances. With only two employees, GOLD depends heavily on the generosity and support of our caring community to enhance the quality of life of local citizens for whom traditional means of well-being support are not currently available. For questions, email GOLD at [WorcesterCountyGOLD@gmail.com](mailto:WorcesterCountyGOLD@gmail.com) or call 410-677-6830.

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## Ocean Pines named 'safest city'

In its 2019 list of "Maryland's Safest Cities," website Security Baron ranked Ocean Pines in the top spot.

The site used FBI Uniform Crime Reporting data to compile the list.

According to the site, "Our first pick is Ocean Pines, a city on the eastern shore of Maryland. With a population of over 12,000 people, there was only 1.71 violent crimes per 1,000 people and only 6.69 property crimes for the same population. Other top picks include Thurmont, Taneytown, and Glenarden."

Other local communities making the list included Fruitland (26), Salisbury (28), Cambridge (32) and Ocean City

(33).

Ocean Pines Police Chief David Massey said the low crime rates are a product of community policing.

"We work closely with our citizens in actively promoting community policing," Massey said. "Our police officers handled over 12,500 calls for service in our community last year. They know our neighborhoods, and this aids in our criminal investigations of crimes and the location of suspects."

"Safety just does not happen on its own. It takes cooperative efforts of residents and police to keep a community safe," he added.

reynolds  
from page 4

ests of the OPA and the OPA members including Plaintiff, and in derogation of the OPA By-Laws and the Board's own resolutions, including Resolution B-07.

"Furthermore, in this regard, the Defendants acted outside the scope of their proper duties, with a reckless and wanton disregard for the rights and interests of Plaintiff and other OPA members, including the signers of the subject petition, and in a grossly negligent manner."

This issue should never have ended up in Court. It is not too late for common sense to prevail at the board level. The board should immediately agree to hold the referendum as petitioned, as well as reimburse the petitioners for legal and other expenses.



**Packaging joy** - **Adrianna Sanchez** and **Charlotte Johnson** in Mrs. Mc-Tavish's first grade class at Most Blessed Sacrament Catholic School helped fill boxes with gifts to send to children in Haiti, the Dominican Republic, Guatemala and Nicaragua through the school-wide Cross Catholic Outreach Box of Joy service project.

# Eastern Shore Physical Therapy



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Book Review

# The Shape of Night

By **Jean Marx**

“The Shape of Night” is the 24th book by Tess Gerritsen. Many of her books have garnered critical acclaim, and 13 of her books went on to inspire a TV series called “Rizzoli & Isles” featuring Angie Harmon and Sasha Alexander as Detective Jane Rizzoli and Medical Examiner Maura Isles. I enjoy Gerritsen’s writing style and so have read 20 of her books. Most are mysteries with plot lines that are a bit dark, whether it is in the nature of the crimes themselves or in some less-than-desirable qualities of her protagonists.

This book goes even a step further into the dark realm. It is quite timely to introduce this book review since we have just celebrated Halloween, as Gerritsen’s tale is a ghost story mixed with occult, mystery, and some lust, too – think of a trace of “50 Shades of Grey” ghost-style.

The book starts out with Ava Collette, an attractive brunette, who is a food writer. She is under a deadline to publish a cookbook that will represent traditional New England cooking. Her

recipes are those she has collected from the past and present and are ones that she tries out herself, thereby enabling her to write about the ingredients and the tastes firsthand.

She has also been collecting historical tidbits she has unearthed about the recipes. Ava resides in Boston, but it is August and she has been falling into a depression for months following a disastrous New Year’s Eve party that she tries to banish to the back of her mind. To escape the torment of her memories, she seeks out a quiet home to finish her cookbook, and she heads to a small town along the rocky Maine coast. The local realtor tells Ava that she is in luck, because the previous female tenant of the mansion known as “Brodie’s Watch” left her lease unexpectedly, and the owner was willing to rent the mansion to Ava at a reduced

rate. The mansion is not just secluded, but is actually quite isolated, and can only be found by driving along a narrow, winding road leading up a steep incline. The house gives off an imposing view with its turret and widow’s walk. When Ava first enters the yard, she feels a palpable negative energy that seems to be emanating from the house. Yet, when she steps inside, she soon begins to feel the house drawing her in. She spots a large painting of a ship above the mantle called *The Minotaur*, and the realtor explains that it was the ship that Captain Jeremiah Brodie had commanded for many years, but had gone down on along with his crew during a rough storm. This was 150 years ago. As Ava begins settling into the home, she begins to be visited by Captain Brodie. At first, she sees a dark swirling image of him, but then he begins talking to her, and then he begins visiting her in physical form – as much as a 150-year-old ghost can physically appear. Brodie seems to know all about her, including sensing her feelings of intense guilt, regret, and shame. He also senses her loneliness, depression, and self-isola-



tion. They begin a strange yet torrid love affair in an alcove tucked inside the turret. She wonders if she is going crazy but is increasingly drawn in by this ghost who certainly appears very real to her during these “visits.”

As time goes by, Ava finds herself feeling an increasing attraction to stay on in the house where Brodie promises her “safety while under his roof.” She even contemplates living her life in seclusion with him; she feels she could never admit to this affair of sorts because of doubts about her sanity that people would have. She begins to do more research on the house and Captain Brodie’s life, and she learns that there have been multiple women who either died in the house, on the grounds, or in the vicinity. Ava hires a ghost hunting team that comes to the house with their equipment and the team does pick up an evil presence in their readings.

The book will keep you guessing until the end as to who or what is causing all of the strange happenings in the house and who is the root of the evil that emanates from it. As I have mentioned, I typically enjoy Gerritsen’s books. This one was not one of my favorites, but it certainly was a clever story with a racy twist.

## Pines residents encouraged to ‘Light up the Pines’

Whether your holiday decorating finds inspiration in Clark Griswold, or your style leans more toward the tasteful and traditional, Ocean Pines once again invites you to show off your skills in the annual “Light up the Pines” outdoor display event.

This year, the program will focus on participation rather than on the selection of winners, as has been done in the past.

Choptank Electric Cooperative, the sponsor of this year’s program, will give away holiday gift baskets to the

first 20 households that register beginning Monday, November 18.

“Choptank Electric Cooperative is pleased to be part of the holiday spirit in Ocean Pines with the ‘Light Up the Pines’ event,” said Beth Hallett, manager of marketing and communications. “We hope our members enjoy bringing holiday fun to the neighborhood!”

Those interested in sharing their displays with the rest of the community are invited to join the “Ocean Pines Holiday Parade of Homes,”

which will feature an online Google map with addresses (and names, if the homeowners wish to share them) of participants.

Households interested in participating should submit a name, address and phone number via email to [info@oceanpines.org](mailto:info@oceanpines.org) or by calling 410-641-7717.

The initial deadline to register is Friday, December 6, although those who decide to participate after that date may still have their homes included on the online map, which will be updated throughout the holiday season.

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are not corrected for spelling or grammar and priority will be given to letters of 300 words or less. Letters must be received by Friday at 5 p.m. They can be e-mailed to:

[thecourier@delmarvacourier.com](mailto:thecourier@delmarvacourier.com)



# Youth employment program available

Worcester Youth and Family Counseling Services (WYFCS) has received new funding for their Career Assistance Program (CAP) to help youth between the ages of 18 and 24 who are unemployed, underemployed and not enrolled in school. This population is commonly referred to as "opportunity youth" and are at high risk for social service dependency. Funding from the Workforce Investment Opportunity Act through the Lower Shore Workforce Alliance will enable the agency to help prepare these young people for employment or higher education.

Worcester County has the highest rate of opportunity youth in the State of Maryland. The goal of the program is to help them start a career, obtain an apprenticeship through a local business, begin technical training in the trades or enroll in higher education.

WYFCS is asking the community to refer young people to the program, so they may begin their path toward a lifelong career. "Many of us

know young people who've tried college, determined it wasn't for them, and now don't know what to do," said WYFCS Executive Director, "Similarly, some have known all along college wasn't their best choice and don't know what to do. This program is for them."

Upon entering the program, assessment tools develop a personalized strength-based profile and identify specific training modules to enhance skills necessary for gainful employment. WYFCS staff assist with job readiness and enrollment training, career placement, apprenticeships, or matriculation into higher education.

The program offers three pathways for employment. The first is

ships where participants have some job skills but need other support systems to maintain employment. The second is to build or enhance skills through technical training through a certification program like HVAC (heating, ventilation, air conditioning), welding, nursing, commercial driving, etc. The third is to enroll in a local college for higher education. In each case, WYFCS staff will work with participants to ensure they're making progress and maintaining their personal goals for independence and employment.

Through this process, young people will envision their future and take the necessary steps to achieve that vision. The program is intended to equip opportunity youth with nec-

the workplace and life. Training also includes soft skill development such as business communication, work ethic, problem-solving and self-confidence, as well as life skill education such as interpersonal skills, healthy relationships, home budgeting and personal care.

Staff will work closely with businesses owners to ensure they're aware of the program and to explore opportunities for apprenticeships or hiring quality employees. If you are a business owner or know young people interested in learning more about this important program, please call our office at (410) 641-4598.

## Tides for Ocean City Inlet

Day	High /Low	Tide Time	Sunrise /Sunset
Th 21	High	2:41 AM	6:48 AM
	Low	8:37 AM	4:44 PM
	High	3:07 PM	
	Low	9:17 PM	
F 22	High	3:44 AM	6:49 AM
	Low	9:43 AM	4:44 PM
	High	4:07 PM	
	Low	10:12 PM	
Sa 23	High	4:42 AM	6:50 AM
	Low	10:46 AM	4:43 PM
	High	5:02 PM	
	Low	11:03 PM	
Su 24	High	5:35 AM	6:51 AM
	Low	11:45 AM	4:43 PM
	High	5:54 PM	
	Low	11:53 PM	
M 25	High	6:25 AM	6:52 AM
	Low	12:39 PM	4:42 PM
	High	6:44 PM	
Tu 26	Low	12:40 AM	6:53 AM
	High	7:14 AM	4:42 PM
	Low	1:29 PM	
	High	7:33 PM	
W 27	Low	1:25 AM	6:54 AM
	High	8:02 AM	4:42 PM
	Low	2:18 PM	
	High	8:21 PM	

If you live in Ocean Pines, be sure to contact The Courier if you want the paper each week in your driveway.

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**Time to winterize, superstitions and other stuff**

Well here we go again it's almost winter. Where did the time go? I don't know about you but I could do without any significant snowfall this winter. Carl Reiner once said "A lot of people like snow. I find it an unnecessary freezing of water. Well said!

**Fishing Report:** Fishing has been O.K. when the weather cooperates with some reports of short Stripers being caught along with Speckled Trout around the Rt. 50 Bridge. Stripers seem to like Roy's Rigs and the Speckled Trout white and chartreuse Gulp along with various colored jigs. However, we have had quite a bit of wind which has had some significant impact on all fishing. Offshore when the weather cooperates, they have been doing pretty well with sea bass on the Head Boats.

**Fishing Quotes and Superstitions:** Since there is not much fishing activity, I thought I would share some of my favorite Quotes and Superstitions.

**Quotes:** *There are two types of fishermen – those who fish for sport and those who fish for fish.* – Author Unknown.

*Nothing makes a bigger fish than almost being caught.* – Author Unknown

**Superstitions:** Did you know that one in four Americans admitted to being "very" or "somewhat superstitious. You probably won't find a more superstitious group of people than sailors and fishermen. Some of my fondest fishing memories were fishing with my dad. He was a great fly fisherman and taught me how to fly fish, identify the hatch and tie my own flies but he was also very superstitious about fishing. He was convinced that if the cows were laying down the fish would not bite. These are great memories and sometimes he was right! Here are some other superstitions you may be interested in.

Fishing on Friday is unlucky  
Don't step onto a boat with your left foot

Don't speak about pigs or rabbits on a boat

If the end of your rod touches the water you won't catch any fish

A good time to go fishing is when you see a chicken oiling its feathers

If you carry a fishing pole into the house before a fishing trip you will not catch any fish

I know you have seen this one. Some people will only fish off a certain side of

a boat. Others will only fish off the front or back

Never take a black bag, or a banana on a boat

Never say good luck

**Winterize your fishing gear:**  
Clean all your lures, rods and reels with soap and water. Be certain to rinse them well. You don't want the saltwater to remain on them over winter and cause rust and corrosion.

Check your rod guides for wear, rust and corrosion and replace if necessary. Also be certain they do not have line grooves worn into them. If they do replace them. Check your guide wrappings to be certain they are intact. Then spray all guides with either WD-40 or I prefer Real Magic available at most tackle shops to prevent moisture and corrosion over the winter months.

For reel maintenance strip all monofilament line, braid is o.k. to leave on. Don't replace the mono line until spring. Clean your reels of all old grease and replace with new grease then spray the entire reel with Real Magic.

Check all of your used lures and hooks for sharpness and sharpen if necessary. You don't want to lose that first fish next season because of a dull hook.

Finally, don't forget to winterize your boat if you have one

Next time we will start to discuss getting ready for trout season and remember to take a kid fishing. I'll leave you with this poem.

*A fisherman, 'twixt you and I  
Will very seldom tell a lie—  
Except when it is needed to  
Describe the fish that left his view.*

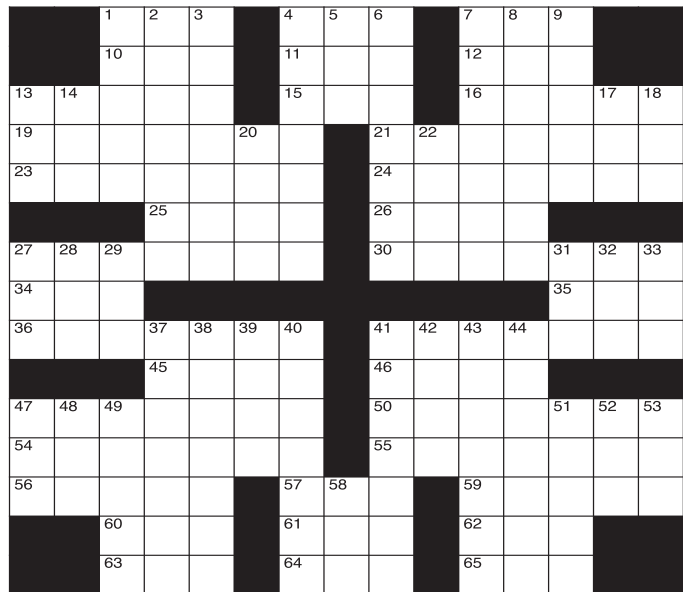
*Here's to our fisherman bold,  
Here's to the fish he CAUGHT  
Here's to the one that got away,  
And here's to the one he BOUGHT.*

*Here's to the fish that I may catch,  
So large that even I,  
When talking of it afterward,  
Will never need to lie.*

*Fishing is worth any amount of effort and any amount of expense to people who love it, because in the end you get such a large number of dreams per fish.*

-Ian Frazier, *The Fish's Eye*

Happy Holidays,  
**Capt. Ron**

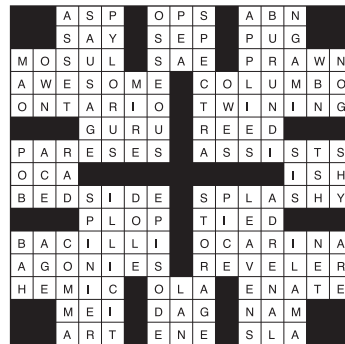


**CLUES ACROSS**

- 1. Small viper
- 4. Some are covert
- 7. A waiver of liability (abbr.)
- 10. Speak out
- 11. Retirement plan
- 12. Small dog
- 13. City in Iraq
- 15. Car mechanics group
- 16. Shrimp-like creature
- 19. Majestic
- 21. TV detective
- 23. Central Canadian province
- 24. Causing to wind around
- 25. Wise man
- 26. Knicks legend Willis
- 27. Muscular weaknesses
- 30. John Stockton compiled them
- 34. South American plant
- 35. To some extent
- 36. Where manners are displayed
- 41. Showy
- 45. Fall down
- 46. Shoelaces are often this
- 47. Disease-causing bacterium
- 50. Egg-shaped wind instrument
- 54. Sufferings
- 55. One who noisily enjoys
- 56. About blood
- 57. Transaction verification system (abbr.)
- 59. Related through female family members
- 60. Low velocity grenade
- 61. "In Living Color" comedian
- 62. Veterans battleground
- 63. Expression of creative skill
- 64. Midway between northeast and east
- 65. Patti Hearst's captors

**CLUES DOWN**

- 1. Something useful
- 2. It goes great with peppers and onions
- 3. Orifice
- 4. Turned into bone
- 5. The Princess could detect it
- 6. Bands of colors
- 7. Makes use of
- 8. Central African country
- 9. Lake in the Kalahari Desert
- 13. He was a "Chairman"
- 14. Legally possess
- 17. One point north of due west
- 18. Small peg of wood
- 20. Stretch of swampy ground
- 22. Is indebted to
- 27. Where you were born (abbr.)
- 28. A team's best pitcher
- 29. Cool!
- 31. Female sibling
- 32. This stimulates the thyroid (abbr.)
- 33. Reserved
- 37. More prickled
- 38. Forbidden by law
- 39. One-time presidential candidate
- 40. A TV show has more than one
- 41. A place to stash things
- 42. Defunct currency in India
- 43. Causes to ferment
- 44. A type of gland
- 47. \_\_\_ Humbug!
- 48. Everyone has one
- 49. Punctuation
- 51. Central American fruit
- 52. Brooklyn hoopster
- 53. 100 square meters
- 58. Local area network



Answers for November 13

## How to travel even if you have limited mobility

Many people dream of traveling the world in retirement. Such dreams come true every day. But many more retirees or people nearing retirement fear that their dreams of seeing the world won't be possible due to mobility issues beyond their control. Thankfully, such fears are largely unwarranted.

Various conditions can affect men and women's mobility. Many such issues tend to arise after age 50, prompting many people to believe their post-retirement travel plans will never come to fruition.

Conditions such as rheumatoid arthritis; chronic obstructive pulmonary disease, or COPD; and heart disease may make it hard for people to travel. But that difficulty doesn't mean aging men and women should resign themselves to a



sedentary lifestyle. Though they might require a little extra effort before boarding a plane for parts unknown, the following are a handful of ways that aging men and women with limited mobility can reap the rewards of traveling.

Contact airlines or other transportation companies if you require special accommodations. The U.S. Department of Transportation notes that passengers are generally not required to provide advanced notice for disability-related accommodations. However, it makes sense to provide such notice anyway. By doing so, men and women with limited mobility can ensure they will have adequate assistance during their trips. When made aware of passengers' mobility issues, airlines or other travel companies may arrange for wheelchairs to be available at the gates or train platforms so pas-

sengers can easily make connecting flights and trains. In addition, advance notice gives companies a chance to provide seating accommodations that can make for a more enjoyable trip.

Contact security agencies. Security is part of modern travel, so travelers, especially those traveling by air, should expect to go through security checkpoints during their trips. Travelers with limited mobility should contact the security agencies in their home country as well

as those in any country they plan to visit to get an idea of what they can expect. Knowing these guidelines in advance can help people with limited mobility determine if they should arrive extra early so they can make it through security checkpoints in time to make their flights or trains.

Contact hotels directly. Each country has its own laws regarding how to accommodate people with physical disabilities or mobility issues, so don't leave things to chance. Before booking a hotel room abroad, travelers with limited mobility should contact the hotel directly to confirm that it can accommodate their needs.

Men and women with limited mobility can still enjoy the wonders of travel, even if it requires some extra effort before embarking on their trips.

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**"A Charlie Brown Thanksgiving"** is the tenth prime-time animated short film based upon the popular comic strip *Peanuts*, by Charles M. Schulz. It was originally aired on the CBS network on November 20, 1973, and won an Emmy Award the following year. As of 2018, the special continues to be aired every November in prime time, now on the ABC network. It was the third holiday special after "A Charlie Brown Christmas" in 1965 and "It's the Great Pumpkin, Charlie Brown" in 1966.

-Wikipedia

# Follow these Thanksgiving travel safety tips

The week of Thanksgiving is a busy time of the year to travel that's marked by a large number of people traveling to see loved ones. In 2017, AAA projected 50.9 million Americans would journey 50 miles or more from home on Thanks-

According to the National Highway Traffic Safety Administration, Thanksgiving is the most dangerous holiday for driving. The most recent data available from NHTSA's Fatality Analysis Reporting System indicates that there were 764 crashes involving a fatality during Thanksgiving 2012. In comparison, there were 654 crashes involving a fatality during Christmas that year.

This Thanksgiving, drivers should make it a point to follow these tips to ensure they get to their destinations safely and soundly.

Check the forecast

before you go. Weather can be unpredictable around Thanksgiving. Conditions may be sunny one day and then cold and icy the next. Stay up-to-date on the latest weather forecasts and road conditions as you prepare for your trip, making sensible decisions about traveling if there is inclement weather.

Get your vehicle inspected. Have your vehicle inspected in the days before

you hit the road. A mechanic's diagnostic checkup and routine servicing, such as topping off fluids and changing windshield wipers, can make driving safer.

Keep your fuel tank more than half-full. FEMA suggests keeping the tank full when temperatures are extremely cold. This is because condensation can build up in near-empty gas tanks, potentially freezing fuel lines and leaving you stranded.

Opt for airline updates. Flights can be delayed or canceled when weather is poor. Many airlines will now text travelers who are subscribed to updates or frequent-flyer programs and apps. That's

a convenient and free bonus.

Plan for stops. Drowsy driving and distracted driving are extreme dangers across North America. Take breaks to avoid drowsiness, and only use a mobile device when safely pulled over at a rest stop.

Leave plenty of time. There are bound to be many travelers come Thanksgiving week. Build extra time into your trip so you don't have to speed or rush to make it on time.


Thanksgiving is a big travel holiday. Make it to family dinner safe and full of smiles by following various safety trips during your travels.



giving. While many people look forward to seeing their loved ones, the sheer volume of cars on the road during Thanksgiving week makes it a dangerous time to travel.

A 2013 study examining the previous five years of data on traffic crashes in Alberta, Canada, found that long weekends have 18 percent more deadly accidents than non-holiday weekends.

The annual **Macy's Thanksgiving Day Parade** in New York City, one of the world's largest parades, is presented by the U.S. based department store chain Macy's. The parade started in 1924, tying it for the second-oldest Thanksgiving parade in the United States with America's Thanksgiving Parade in Detroit (with both parades being four years younger than Philadelphia's Thanksgiving Day Parade). The three-hour parade is held in Manhattan from 9 a.m. to 12 p.m. Eastern Standard Time on Thanksgiving Day, and has been televised nationally on NBC since 1952. Employees at Macy's department stores have the option of marching in the parade.



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## Medication mismanagement can be prevented

Medication management is an important issue for seniors and their families. Failure to properly manage medications can threaten the lives of seniors, highlighting the emphasis families must place on ensuring seniors take their medications in strict adherence to their physicians' instructions.

Polypharmacy, or the taking of multiple medications for different conditions, can be a potential health hazard

for the thousands of seniors who must manage health conditions with prescription drugs. Harmful drug interactions are a result of the confusion that can arise when seniors take multiple medications at the same time. The American Society of Health-System Pharmacists estimates that more than 34 percent of senior citizens are prescribed medications by more than one physician, and 72 percent use medications they were prescribed more than six months prior. Many people also have begun "pharmacy shopping" to save money. According to a study published in 2010 in "American Nurse Today," 44 percent of men and 57 percent of women older than age 65 take five or more medications per week, with some taking as many as 10.

Medication confusion is one risk, but older adults also metabolize medications differently than young people. As a result, they may be more susceptible to overdose or other ill effects. Families looking to help seniors effectively manage their medications should consider the following tips.

Keep a running list of medications. Maintain a list of all medications being taken, noting both prescription and over-the-counter medications and any supplements and herbs. Provide a copy to any new doctors you visit and any new pharmacies you patronize.

Use pill sorters. Medication

sorters can keep medications organized and eliminate some of the personal error in medication management. Organizers have daily slots and may also differentiate between nighttime and daytime medications.

Understand why each medication is being prescribed. Ask your pharmacist and doctor to explain why each medication is prescribed. This information should be printed on the pre-



scription label. Some drugs designed for one symptom may actually be used to treat other issues as well.

Ask for help. Some seniors may benefit from friendly reminders from a loved one regarding when to take certain medications, especially if they need to take multiple doses throughout the day. Cognitively impaired seniors may require the services of a visiting nurse or another caregiver.

Recognize that not all medications are right for seniors. The American Geriatrics Society maintains a list of medications that older adults should avoid or take with extreme caution. Some drugs pose a high risk of side effects or interactions, while others are less effective. Discuss alternatives with your physician if you are prescribed one of these medications.

Keep a medication diary. Record any side effects that occur and how the medications make you feel. Always bring up issues promptly with a doctor.

Proper medication management can help seniors avoid drug-related accidents or worse.

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## How aging women can fight fibromyalgia pain

As the body ages, aches and pains might become more difficult for men and women to handle. While not all pain is indicative of a disorder or condition, aging women who experience pain may be suffering from fibromyalgia. The National Institute of Arthritis and Musculoskeletal and Skin Diseases notes that fibromyalgia is a common and chronic disorder characterized by widespread pain. While anyone can get fibromyalgia, the NIAMS notes that between 80 and 90 percent of those diagnosed are women and that sufferers are most often diagnosed in middle age. Doctors may prescribe medication to help women fight pain resulting from fibromyalgia, and there are some additional ways to combat that pain as well.

Get enough sleep. The NIAMS says the getting enough sleep can help ease the pain and fatigue associated with fibromyalgia. To ensure a better night's sleep, women can adopt sleep schedules so they go to bed and wake up at the same time each day, including on week-ends and during vacations. Avoid alcohol and caffeine in the late afternoon and evening, as both substances can make it more difficult to sleep soundly. In addition, avoid reading or working while in bed, as such activities can stimulate the

body, making it harder to fall asleep as a result.

Exercise regularly. Exercising while in pain may seem counterintuitive, but the NIAMS notes that numerous studies have indicated that regular exercise is an effective treatment for fibromyalgia. When beginning a new exercise regimen, take things slowly at first, gradually building up your endurance levels and amping up the intensity of your workouts as your body acclimates itself to exercise.

Change your diet. Some women suffering from fibromyalgia have reported feeling better when they began to avoid certain foods, though the NIAMS points out that there is no specific diet connected to reducing fibromyalgia-related pain. The AARP notes that foods such as red grapes and cherries and herbs and spices, such as ginger and turmeric, can help aging women combat pain.

Examine your work space. Working women who are dealing with fibromyalgia may benefit by examining their work spaces and adapting those spaces to make them more comfortable. Replace desk chairs if they do not provide adequate support and speak with an occupation therapist regarding other ways to make work stations more comfortable.



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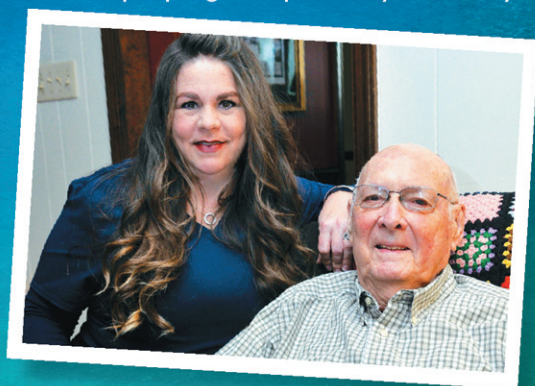
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### November snow, say what!

Third graders at Showell Elementary School showed their shock over the surprise flurries this week. **Madeleine Rhodes, Molly Doria, Lizy Turner, Mark Payne and Ryan Allan**

## Lobecker recognized

The Ocean Pines Pine'er Craft Club announced that Bill Lobecker as the November Crafter of the Month for November.

Bill was born and raised in Bucks County, PA and has been married to his wife Terry for 45 years.

He received a BA from Mansfield University in Criminal Justice Administration. After graduating from college, he went to work for Calkins Media. He retired after a 40-year career with company, having worked as the circulation director of the *Intelligencer* and the *Bucks County Courier Times* in Pennsylvania and the *Burlington County Times* in New Jersey.

After retiring the Lobeckers settled in Ocean View, DE. Looking for something to keep us busy in retirement they started a craft business



called Lighthouse Décor. In addition to selling wreaths and candles at the Ocean Pines Pine'er Artisan and Craft Shop, they also do numerous craft shows in the area.

## Ocean Pines Players cut ticket price

The Ocean Pines Players just received a very generous private donation and they have decided to pay it forward to the audience of their upcoming show, "Assisted Living the Musical," which runs November 22 – 25 at St. Peter's Lutheran Church in Ocean City. The first 200 tickets for the show will be reduced from \$20 to \$15. Those who have already made reservations are included in this discount pricing.

The non-profit group's president, Karen McClure stated, "We are so grateful for this gift and we wanted to share it with our audience to say thank you for your amazing support over the last 40 years, especially during this time of rebuilding. Happy Thanksgiving to all of our wonderful friends here in beautiful Delmarva!" For further information, please go online to [www.oceanpinesplayers.com](http://www.oceanpinesplayers.com) or visit the Facebook page.

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