



Remembering our Armed Forces

Local celebration will be virtual

Service members make numerous sacrifices in defense of their countries. While the debts to service members may never be the kind that can be repaid in full, paying tribute to veterans, on Veterans Day and throughout the year, can be a great way to show them just how much their efforts are appreciated.

Veterans Day begins with Armistice Day. Veterans Day is a byproduct of the end of World War I, when Germany and the Allied Nations signed the Treaty of Versailles, formally ceasing fighting and establishing terms of peace.

On November 11, 1919, the first anniversary of the signing of the treaty, the first Armistice Day events were held. Armistice Day was initially a legal holiday to honor the end of World War I only, states History.com. The United States



Congress passed a resolution in 1926 for an annual observance, and November 11 became a national holiday starting in 1938. However, in 1954, after the country had been embroiled in both World War II and the Korean War, Congress amended the Act of 1938 by renaming the commemoration Veterans Day to honor veterans of all wars.

Veterans Day in October? According to Military.com, for a short time, thanks to the Uniform Holiday Bill, which in 1968 established three-day weekends for federal employees by celebrating national holidays on Mondays, Veterans Day was moved to the fourth Monday of October, the first being October 25, 1971. However, many people did not agree with this decision, continuing to honor the holiday on the original date. In 1975, President Gerald Ford signed a new law that returned Veterans Day to November 11 beginning in 1978. Since then, parades, memorial events, volunteer efforts, and other celebrations revolving around veterans have been held on November 11.

Veterans around the world. Many countries, including the United States, celebrate veterans on or near November 11. America's closest neighbor to the north, Canada, commemorates veterans on Remembrance Day (also November 11), as does the United Kingdom. Britain also has Remembrance

please see veterans on page 4



Thank you

The First State Detachment 686 of the Marine Corps League presented a Certificate of Appreciation to the Ocean City American Legion Post 166 Color Guard, thanking the ceremonial unit for its sponsorship and Presentation of the Colors that opened the Semper Fi Bike Ride on the Ocean City Boardwalk. Proceeds from the October event held benefited the Semper Fi Fund that supports combat wounded, critically ill and catastrophically injured members of the U.S. Armed Forces, and their families.

Color Guard members **Johan Nyqvist** and **Glen Reely**, left, and **Manny Perez**, far right, received the recognition from Detachment members Paymaster **Bob Broderick**, Detachment Commandant **Marty Kwesko**, and Chaplain **Dave Kline**, at a recent Post membership meeting.

Virtual Veterans Day ceremony to honor those who served

The Worcester County Veterans Memorial Foundation will present a virtual Veterans Day program this year, rather than hold the traditional ceremony at the memorial grounds in Ocean Pines.

The virtual ceremony can be viewed online, here: [Youtube.com/c/OceanPinesAssociation1](https://www.youtube.com/c/OceanPinesAssociation1). Links can also be found on websites and social media for both the Worcester County Veterans Memorial Foundation and the Ocean Pines Association.

Ocean Pines also will run the ceremony on Mediacom and Comcast public access channels at 11 a.m. on Veterans Day, Wednesday, November 11.

Veterans Memorial Foundation President Marie Gilmore said concerns related to the COVID-19 pandemic canceled the in-person ceremony this year.

Annual Memorial Day and Veterans Day cere-

monies have been a hallmark of the foundation, and Gilmore said the holiday this November is too important to pass without commemoration.

"We have a duty and an obligation to honor our veterans, to keep their memory alive," Gilmore said. "The mission of the Veterans Memorial Foundation is to remember and honor all those who have served, and Veterans Day is a perfect opportunity for us to do that."

Veterans Day ceremonies in Ocean Pines typically draw thousands of people from across the region. Because of the circumstances this year, Gilmore said a virtual ceremony was the next best thing.

"In light of the current environment with

please see ceremony page 4

Waterfowl events return

With Covid protocols in place, Delmarva Birding Weekends has announced the first-of-their-kind Waterfowl Weekends slated for November 21-22 and December 12. Late fall offers high numbers of species for nature lovers to enjoy as waterfowl, hawks, and eagles arrive on the scene. Registration for the event is now open at <http://delmarvabirding.com/welcome-waterfowl-weekends/>.

Nature lovers can register for just one field trip, or multiple field trips each day of the three days of events. In the morning on November 21, folks can search for sea ducks, loons, eiders, and purple sandpipers at select locations in southern Delaware, before embarking on an afternoon trip to the nearby 2,200-acre private Newport Farms to find white pelicans, eagles, and a cornucopia of dabbling ducks.

On November 22, local birders who

will guide a secret sojourn to four of the best winter birding spots along South Point. The trip takes a unique turn as participants stroll down the private Por Fin Drive, known for its iconic locust trees that grace the gateway to the National Seashore near the Assateague Market. Here, waterfowl enjoy two restored ponds nestled in 130 acres of woods and farmland.

On December 12, in addition to a second trip to Newport Farms, bird lovers will visit beautiful Cape Henlopen State Park where pitch pine forest, tidal marsh, dunes, and beaches may produce Brown-headed Nuthatches, Snow Bunting, loons, scoters and other bay and sea ducks.

Guided by local fun-loving birders with decades-long experience, the walking tours accommodate visitors from the curious nature lover to fowl fanatics. Every year, birdwatchers from surrounding states flock to Delmarva in the fall.

"These are great nature-oriented weekends," said Melanie Pursel, Tourism Director for Worcester County. "People will be amazed by the number of eagles and ducks, but they will see a lot more than that walking with guides in the wilds around South Point, Berlin, and Ocean City."

"The early winter here is spectacular," said Southern Delaware Tourism Director Scott Thomas. "Imagine hiking a dunes trail at Cape Henlopen to be met with a Peregrine Falcon dive bombing a flock of shorebirds. Or spend a morning at Delaware Seashore State Park enjoying loons and scoters. That's what this time of year is all about."

Social events for the waterfowl weekends have been cancelled due to the pandemic. Typically these "Tally Rallies" would be held at local breweries, bars, and restaurants, and allow participants to add to the species checklist and swap nature stories with new friends.

Indeed participants recount the event in terms of experiences rather than simply observing birds – a majestic harrier soaring over the marsh, a flock of surf scoters, or the eerie hoot and shadow of an owl at dusk. An out-



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*please see **birding** on page 15*

TidalHealth Peninsula Regional visitation closes

Due to an increase in COVID-19 cases, TidalHealth Peninsula Regional stopped allowing visitors to patients admitted to the hospital effective Monday.

Exceptions will be made for end-of-life situations. In addition:

Patients giving birth may have one support person with them during their entire stay on the Labor & Delivery and Mother-Baby units.

Pediatric patients may have a parent or guardian with them at all times.

Emergency Department patients may also have a support person with them while they are in the ED; however, if the patient is admitted to an inpatient floor, they must then follow the no-visitation policy.

Outpatient and elective surgery patients are allowed one support person; masking and social distancing required.

“The decision was not made lightly, as we know how important the support of family and loved ones is to our patients,” said Sarah Arnett, Vice President of Patient Care Services. “With a rise in positive cases in our service area,

and a higher number of COVID-positive patients admitted to our facility, we chose to close general visitation to augment current safety measures in place and limit any potential spread of the virus within the hospital.”

TidalHealth encourages friends, family and loved ones to use phones and video calling applications to keep in contact with patients. The no-visitors policy will be routinely re-evaluated to determine when visitation will be allowed.

For the safety of our patients and staff, everyone entering the building will continue to be screened upon entry for fever and other symptoms or risk factors, and masks are required.

All TidalHealth primary care, specialty practices and immediate care centers remain open for patient appointments. However, to better ensure the protection of patients and staff, no additional people will be allowed in the waiting rooms. Those who are driving patients to their appointments are being asked to continue the practice of waiting in their vehicles.



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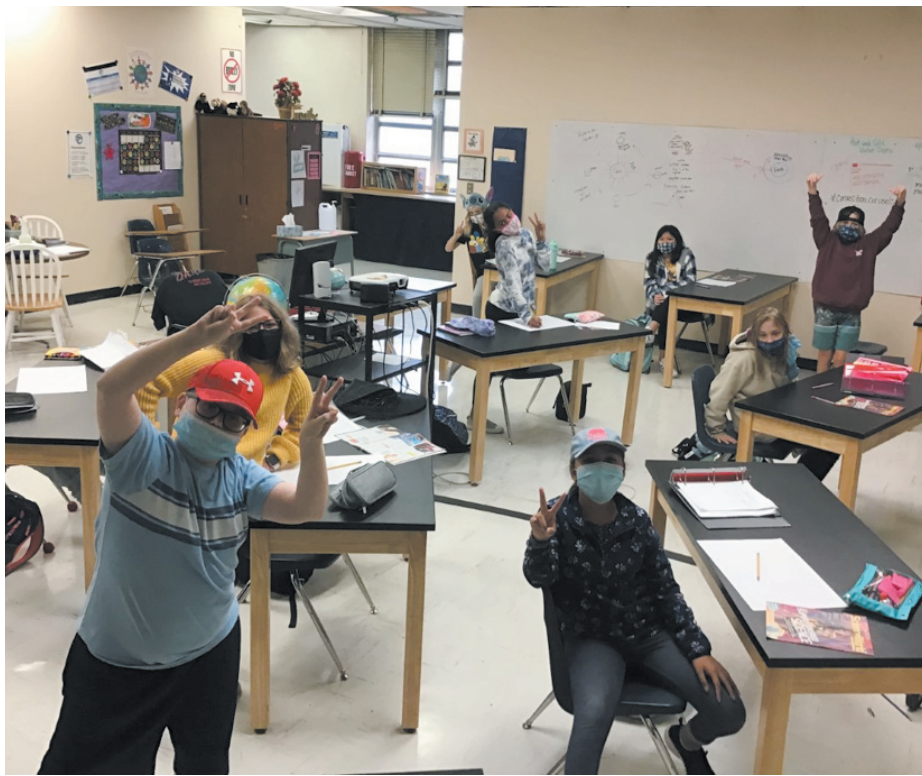



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Understanding - Students in Wendy Nash's sixth grade science class take a break to pose for the camera after reading a *Science World* article called, "Understanding a New Virus." They created posters explaining how to lower the risk of getting the virus. They are social distancing, wearing masks and washing their hands for at least 20 seconds! Pictured in front is **Ashton Hein** and **Jessica Garcia** with **Chappy Stokes** at back on right.

Courier Almanac

On November 11, 1978, a stuntman on the Georgia set of "The Dukes of Hazard" launched the show's iconic automobile, a 1969 Dodge Charger named the General Lee, off a makeshift dirt ramp and over a police car. That jump, 16 feet high and 82 feet long (its landing totaled the car), made TV history. Although more than 300 different General Lees appeared in the series, which ran on CBS from 1979 until 1985, this first one was the only one to play a part in every episode: That jump over the squad car ran every week at the end of the show's opening credits.

Small business owners no doubt recognize the value of repeat customers, but few may recognize just how valuable such customers can be to their bottom lines. A study from researchers at Harvard Business School found that a customer's eighth purchase was an average of 80 percent higher than his or her first purchase. In addition, a survey from the strategic planning, marketing and sales consultants Altfeld, Inc. found that the probability of selling to an existing customer is between 60 and 70 percent, while that probability shrinks to as low as 5 percent for new customers. Customer retention strategies like offering superior customer service and seeking input from customers can help small businesses generate more repeat customers, which can greatly improve their chances for long-term success.



ceremony from page 1

COVID-19, rather than cancel our usual ceremony, we have chosen to put together a virtual ceremony," she said. "The segments were recorded separately and compiled into a cohesive video by Josh Davis, the Ocean Pines Association's marketing and public relations director."

The virtual ceremony includes an introduction by Gilmore, emcee duties by U.S. Air Force retired SMSgt. Mike Masterson, a keynote address by Maryland National Guard CW3 Kaylan Harrington, and performances by the Delmarva Chorus, and Eric Nilsson of American Legion Post 166.

Additionally, American Legion Post 166 of Berlin and American Legion Post 166 of Ocean City jointly offer the posting of colors and a closing rifle volley, and a wreath ceremony honors three female veterans.

Along with producing the virtual ceremony, Gilmore said the Veterans Memorial Foundation continues to seek funding for its education programs. In August, the foundation announced it would not hold its biggest fundraiser of the year, an annual golf tournament, also because of COVID-19 concerns.

Educational programs each year include a tour of the memorial grounds and distribution of an educational booklet for children. Last year, more than 650 fifth graders from all Worcester County schools visited the site.

Gilmore said it's her hope that the program can safely resume next year.

"These programs were designed to educate our children about veterans and the sacrifices that they and their families made to preserve our freedoms," she said. "We believe that's an essential part of what the foundation does, and we hope to get back on track next year with our regular schedule, beginning in the fall.

"We are so very grateful for the past support of people and local businesses in our community. This is a difficult time for many, but we ask, if it is still possible, that people consider making a donation to the Worcester County Memorial Foundation so we can continue our education program," Gilmore added.

For more information on the Memorial Foundation or to donate, visit www.opvets.org.

veterans from page 1

Sunday, which is the second Sunday of November. Remembrance Day also is called Poppy Day, when people of the Commonwealth member states wear a red poppy flower in honor of military members who have died in the line of duty.

Paying tribute. There are various ways to honor veterans on Veterans Day and Remembrance Day. Federal government closings, educational efforts in schools, parades, and visits to military hospitals or cemeteries may take place. In Europe, it is common to observe two minutes of silence at 11 a.m. every November 11. The Worcester County Veterans Memorial Foundation will present a virtual Veterans Day program this year, rather than hold the traditional ceremony at the memorial grounds in Ocean Pines.

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Veterans Day and its sister holidays mark the honoring of veterans of all wars, with a particular focus on living veterans. It is a day to celebrate the dedication and selflessness of hardworking military men and women.

**The
Courier**

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Service

Today is Veterans Day, an opportunity to recognize and honor the men and women who wear or have worn an Army, Navy, Air Force, Marine or

on the back porch sipping a martini, but they were more anecdotes or comedic musings than deep discussions about his two tours in Vietnam or his trials, tribulations and triumphs as a battalion or brigade commander. He never discussed the stress of his combat tours in the jungle. He didn't dwell on the sacrifices he and his family made in service to the country. Nor did he

complain or exhibit self-pity when the delayed effects of Agent Orange used in Vietnam ravaged his body in the form of Amyotrophic Lateral Sclerosis (ALS). He died the way he lived, with dignity.

What follows is the story I wrote for the book after interviewing Bob and his wife Mary in 2005.

"You belong to something in support of the country." That is how Bob Adair summed up his nearly 31-year Army career. But as he readily admits during that career, he was supported greatly by his wife, Mary, and their four children.

A military family is a unique unit. It faces many of the trials and tribulations experienced by civilian families, but it also endures circumstances not readily understood or appreciated by non-military families. Military families struggle with periods of separation, being uprooted, sometimes multiple

times during a single year, tense periods when a parent is in a combat zone, and not always being readily accepted where they live.

Robert Benjamin Adair was the only child of Benjamin and Anna Adair. Mary Cecilia was the second of four children born to John and Catherine Novak. Bob and Mary have known each other since they were about five years old when they lived

around the corner from one another in the Mayfair section of Philadelphia, Pennsylvania. They were friends, "buddies" as Bob remembers. They went to different high schools. Bob went to Northeast Catholic High School for Boys and Mary attended St. Hubert's for Girls. When they graduated in 1956 Bob had already enlisted in the army. He had been introduced to the idea of entering the military by a high school teacher, Father John Tye who was also an army chaplain.

Bob enlisted in the reserves as a combat engineer. When given the opportunity to become an officer by attending college, Bob jumped at the chance. He called his father and asked if he could come home. Ben told his son he was more than welcome as long as he could live by the rules of the house. Bob agreed and was soon enrolled at LaSalle College which later became LaSalle University. By this time Mary was attending Holy Family College.

Not long after he arrived home, Bob visited Mary who recalls how Bob had changed. "He grew up a lot when he came back. He knew what he wanted to do," she remembers. They started dating and by the time they were in their senior year they were en-

gaged. They married shortly after they graduated and Bob was commissioned as a second lieutenant. Immediately, the military guided their lives as it would for the next nearly 30 years. They had only five days to spend on their honeymoon because Bob had to report for duty at Fort Meade in Maryland.

The newlyweds moved into an apartment in Catonsville, Maryland. Soon Mary was expecting their first child. It was Mary's first time away from home and she readily admits that as a child she would get homesick just going to Girl Scout camp on the weekends. Within a very short period of time, she graduated college, got married, moved away from home, and was soon to become a mother for the first time. There was no time to dwell on the pace of events. Within three months of moving to Catonsville, the couple headed to Fort Sill, Oklahoma, which Mary jokingly says is "miles and miles from miles and miles." That first move was an education for Mary. Army movers arrived one morning to pack up their belongings to ship to Oklahoma. "I was so green the cows wouldn't eat me," Mary recalls as she

please see it's all about page 6



It's All About. . .

By **Chip Bertino**

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Coast Guard uniform in service to our country. They deserve our respect and appreciation.

In 2006 I had the high privilege of co-authoring "Our Time, Our Service," an anthology of stories of some of the Veterans honored at the Worcester



Bob Adair preparing for a parachute jump on the day of the birth of his first child.

County Veterans Memorial. I interviewed many Veterans and their families for the book. One of the people I interviewed was Robert Adair, my father-in-law, a career Army officer. He was an exceptional individual whom I first met a few years before he retired as a full Colonel. Through the years, he didn't really talk about his Army career. Sure, there were stories he would tell at the dinner table or while sitting

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it's all about
from page 5

relates how, before she realized it, the movers had packed up everything, including her clothes (she was able to snag a couple of dresses) and the checkbook.

Bob and Mary arrived at Fort Sill but unfortunately the movers did not, at least not right away. So for about a week, with hardly any money (their savings account book and spare change packed in the shipment), Bob, Mary and Mary's brother John, survived on Dinty Moore Beef Stew. In an effort to pass on to her children that they would never starve, she gave each of her children a can of Dinty Moore Beef Stew as a wedding present.

It was not long before the Adairs were on the road again, this time traveling through blizzard conditions to Philadelphia so Mary could stay with family while Bob went to Fort Benning, Georgia. As Mary neared her due date, Bob was able to secure a few days leave to be with Mary when the baby was born. Bob was there but the baby did not arrive, and so he had to return to Fort Benning. "I probably looked like an unwed mother," Mary jokes as she remembers crying as she

saw Bob off at the airport. Finally their first child, Anna Catherine (Nancy) was born in March. Just before making his first parachute jump, Bob was handed a telegram sent by his father: "You are father of a little girl. Wife and baby doing fine." On the climb to jump altitude, Bob kept thinking that if the chute failed, he might never see his daughter. The chute worked that day and several more days that week.

Not long after Nancy was born, Bob got orders to Europe. It was a couple of months before Mary was able to get orders for her and Nancy to join Bob. The orders came on the couple's first wedding anniversary. The flight aboard the Super Constellation took 17 hours for the young mother and her baby. Bob had rented an apartment in Wertheim, Germany. It was not long after Mary's arrival in Germany that tension between the United States and the Soviet Union escalated when the Berlin Wall went up. It was a difficult period for soldiers and dependents alike. Bob pulled considerable field duty during this time; he was in the field 262 days during the next year. Mary and the baby moved on post.

Mary recalls the NEO Run (Non-combatant Evacuation Orders) which

was the evacuation plan for dependents. "We were given maps and shown where to go in case the balloon went up (war started). You knew you wouldn't be able to get out." Dependents were also required to prepare a NEO kit which had to include at least seven days of supplies including clothes, water, blankets and other items. It was a challenging time but, as Mary is quick to point out, they learned to take it in stride.

Time passed for Mary as she was involved in the Wives Club and took turns hosting coffees that were common for officer's wives. It was a time to socialize and lighten the load while the husbands did their duty.

During the Berlin Wall crisis, Bob got word that his father had passed away. Although he was able to return to the U.S. for the funeral, it was questionable whether Mary, if she accompanied Bob, would be able to return with him to Germany. It was a difficult decision but Mary stayed behind in Germany. "I felt his mother needed him more than I did at that time." Bob spent only seven days at home before returning to Europe. He was given top priority on his travel arrangements because he was a nuclear weapons officer in his unit.

Bob may have missed the birth of his first child, but circumstances ensured that he would be front and center for the birth of his second child in May 1962. Mary was experiencing labor pains but did not think too much about it and continued about her routine. Suddenly the pains came every two minutes. It was quickly determined that she could not make the trip to the hospital that was 39 miles away. Bob took her to the battalion aide station where arrangements were hastily made for a helicopter to fly them to the hospital. These plans were cancelled when the doctor told them there was no time. The baby was coming. Bob headed for the waiting room, but the doctor called him back and told him to scrub up and assist. Mary gave birth to a son, Robert Benjamin, Jr. Bob says the experience more than made up for missing the first birth.

A third child, Susan Elizabeth, was born on Veterans Day, 1963. This time Mary made it to the hospital and Bob made it to the waiting room.

Contact with family in the United States was limited with the exception of writing. However, Bob's mother and Aunt Elizabeth did visit them in Germany. At Christmas, Bob's aunt would gather the family including

Mary's parents and siblings and would place a call to Mary and Bob in Germany. Mary and Bob remember it as a wonderful time. The call was hardly inexpensive but that was Aunt Elizabeth's gift.

In March 1964, Bob, Mary and their three children headed back to Fort Sill, Oklahoma so that Bob could attend the artillery advanced course. From there they headed to Niagara University where Bob taught military history. In 1967 Bob volunteered to go to Vietnam. Before leaving, he settled Mary and the kids in a rental house in Philadelphia so that they would be close to family. During this period, strong and heated debate over the war was raging. Students at campuses across the country were beginning to protest the Johnson Administration's handling of the war. An unfortunate fact during this period was that the rage being expressed was not just directed to politicians. Soldiers returning home and families of those who were fighting were caught up in the hatred. Mary was not spared this invective. She obtained an unlisted telephone number because of hate calls other military families were receiving because the husbands were fighting in Vietnam.

The children knew their father was in Vietnam but as Mary recalls "kids are very adaptable. If they don't see you worry, they won't worry." Despite her efforts to go about her routine as normally possible, she admits that she would "sigh a sigh of relief at 7 p.m. because I knew I wouldn't be notified. I was good for another day."

Bob was sent to Vietnam as an historian, but shortly after entering the country, he was assigned as an operations officer of a field artillery battalion. "It was a good tour with good men and good commanders," Bob remembers. Bob was promoted to major in January 1968. He wrote home almost every day and even sent reel to reel audio tapes. He called home from the jungle a couple of times, much to Mary's surprise. The holidays were a difficult time. While Mary had family around her, Bob recalls holidays as being very lonely.

Bob came home from Vietnam in July 1968. Within a short time, he and Mary packed up the kids in the station wagon and headed for the Air Force Academy in Colorado where Bob was assigned as an assistant professor of history. The Adair family spent a lot

please see it's all about on page 14

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What's New?

When I was in grade school, about the time that Sputnik went up, we were told there was something called the metric system but all you had to know to get promoted was to remember that 1 meter = 39.37 inches. The rest was left to post WWII Europe.

But like a virus, it spread. I am now a recovering victim with a set of metric wrenches who reminisces about those glorious days of Roger Bannister breaking the four-minute mile and of crowning the winner of the 100 yard dash the fastest man alive. It's a global village and metric is vogue.

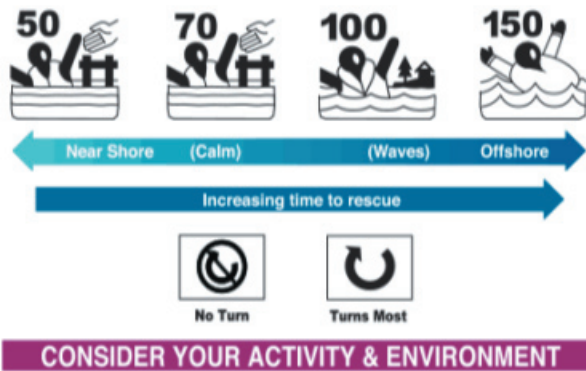
The metric system has now reached the life jacket. Unlike other more lethal invasions, this one did not come from a fish market in China. It came across the border from Canada. Their excellent work to modernize the labeling standards for personal floatation devices (PFD) has been embraced by the US Coast Guard and is now being required on new American PFDs.

Here's a little background to help you understand the issues. PFDs must be approved by the USCG and one must be readily available for every person on a recreational vessel. The approval standard includes all sorts of performance and manufacturing crite-

ria like amount of buoyancy, strength of the stitching tread, serviceability of the buckles, face-righting tendencies, etc. *and* the labeling that informs the consumer of its capability.

Historically, the label displays two primary specifications, the type and size. The sizes are simple: Child, youth, adult – not much different than buying a sweater.

The type gets into its intended use which requires evaluating buoyancy and face-righting performance.



Type I is an off-shore life jacket that is recommended when rescue can take a while. The inherently buoyant versions have 22 pounds of buoyancy and are rated to 'most likely' keep an unconscious person facing upright. Since the average human is over 90% water and the rest slightly buoyant, you can float in a swimming pool with little effort. In the open ocean, however, you will quickly tire and succumb to hypothermia. So a PFD with a mere

please see new on page 13

Power of Attorney: the broader, the better

By **Jessica L. Whaley, Esq.**

When speaking about estate planning in general terms, most people tend to direct their attention to those documents that plan for after they have departed this life (i.e. a will or trust). However, when we prepare an estate plan for our clients, we not only want to prepare documents to assist in the administration of their estate, but also to aid in the years of life ahead. This is where a Power of Attorney ("POA") becomes a useful document - when it is drafted correctly. As we will discuss below, without the proper powers assigned within the document, a POA can be a source of grief for those attempting to help rather than the powerful document it is intended to be.

In basic terms, a POA is a document which grants authority for an agent to act on behalf of the principal in regard to legal and financial matters. In 2010, our state passed the Power of Attorney Act stating that each principal must grant both General and Specific Authority within the POA, which includes agent powers such as the ability to make gifts or create irrevocable trusts. Given the change in law, we recommend that anyone with a POA pre-dating 2010 have a new document created. Further, we also recommend that our clients grant their agent the broadest authority possible in order to empower their trusted decision makers to act however is necessary.

Our recommendation for broad authority stems not only from our desire to protect our clients during all seasons of life, but also, unfortunately, from seeing the effects of a POA that

fails to do this. Issues with a POA that limits the agent's authority most often arise when a family has asked for our assistance in protecting assets from the costs of long-term care. In this case, a family may come to us under the impression that the POA in effect is sufficient to complete the necessary planning. Imagine the frustration they feel when we inform them that the planning is not possible with the current POA since it fails to provide the powers needed or requires that the principal be incapacitated. It is this frustration that drives our push for education of not only our colleagues in the legal field, but also the community as a whole.

You may be left asking what we do when a client comes to us with a defunct POA. First, we ask whether the principal has the ability to sign a new POA that is all inclusive. If they have capacity, then we have them execute a new and thorough POA and the problem is solved. However, when a principal is incapacitated and a new POA cannot be signed, we then are left to petition the Court for guardianship, which can be a time-consuming and expensive process. Further, the Court often requires that we file two petitions when we are helping a family protect assets from the costs of long-term care: one to create the guardianship and a second petition to approve whatever planning the family wishes to do. Unfortunately, with the time it takes to create a guardianship and the cost of nursing home care (\$12,000+ per month), we are sometimes unable to proceed at all because, as a result of

please see poa on page 13

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8 Cornbreads**

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My Backyard... sponsored by Maureen Kennedy

How to care for wild birds this winter

The arrival of winter forces everyone to confront the changes synonymous with the season, and local wildlife is no exception. Low temperatures, harsh winter storms and a scarcity of food can make it challenging for wildlife, including birds, to thrive throughout the winter.

Even though several species of birds are migratory and travel to warmer climates to wait out winter,

when common sources of food, such as insects and berries, disappear as winter wears on. This is when some human intervention can prove handy, advise ornithologists. A few simple efforts may benefit birds and other wildlife that may not hibernate winter away or escape to the tropics.

Have a supply of food, bird feeders, houses, and any other bird-related gear at the ready before the storms really rev up.



Invest in nutritious food, such as black oil sunflower seeds or blends that are high in black oil sunflower seeds. You also can make available more foods that are high in fat, such as suet, peanut butter or even whole peanuts. Mother Nature Network also suggests adding meal worms if they can be found.

Choose feeders that will keep seed dry; otherwise, it will be prone to bacterial and fungal growth.

many others stay put. The Audubon Society says that keeping close to home helps some species of birds maintain their territories.

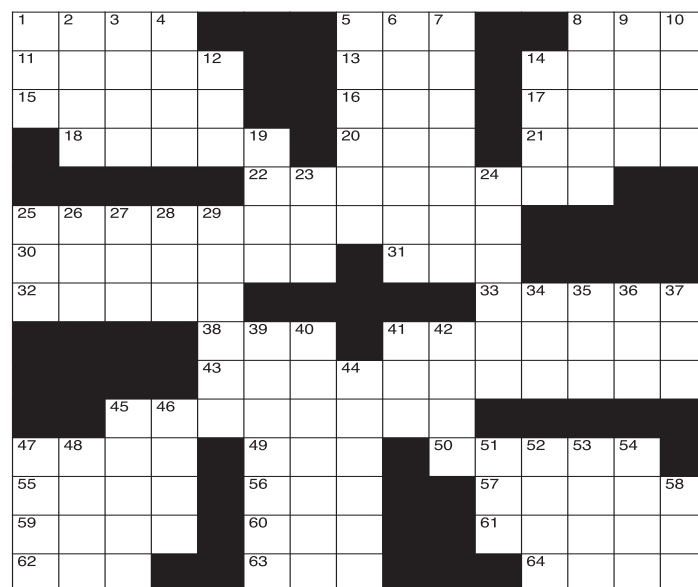
Some birds will puff up to retain heat; others will seek shelter in dense foliage or cavities to avoid the elements. Many birds will huddle together to share warmth.

Another way of keeping warm is building up fat as an insulator and energy source. The Audubon Society says more than 10 percent of some birds' winter body weight may be fat. That can be challenging to maintain

Don't discard fallen leaves or any downed twigs or pruned boughs from trees. This will give birds material for creating shelter or hiding away when the weather gets especially brutal. When the Christmas tree is finished for the season, place it in the yard as a wind-break for birds.

Put shallow water sources around so birds can drink. Replace them frequently if water freezes.

Wild birds can benefit from some help when the temperatures start to drop in winter.

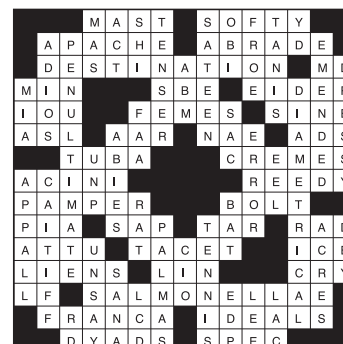


CLUES ACROSS

- 1. Dutch word for "language"
- 5. Popular music style
- 8. Body part
- 11. Largely dry valleys
- 13. Brew
- 14. Ancient Greek sophist
- 15. Where rockers play
- 16. Human gene
- 17. One point east of northeast
- 18. Adversary
- 20. Small cask or barrel
- 21. About ear
- 22. Benign tumors
- 25. In a different way
- 30. One charged with a crime
- 31. Chinese principle underlying the universe
- 32. Long, narrow straps
- 33. Passover
- 38. Ottoman military commander
- 41. One who does not succeed
- 43. Data
- 45. 3D image
- 47. Whale ship captain
- 49. Japanese title
- 50. Made of wood
- 55. Yokel
- 56. Exercise system ___-bo
- 57. Supreme being
- 59. Playing card with three spots
- 60. Hostelry
- 61. Spiritual leader
- 62. Single lens reflex
- 63. Time of the 90th meridian, used in the central U.S.
- 64. Thomas ___, American cartoonist

CLUES DOWN

- 1. Shattered airline
- 2. Swiss river
- 3. Port city in Yemen
- 4. It can be straight
- 5. Tennis player's tool
- 6. Estranged
- 7. Garden archway
- 8. Assists
- 9. Grain crop
- 10. Millisecond
- 12. U.S. Founding Father Adams
- 14. Small, deerlike buffalo
- 19. Easily manageable
- 23. Male parent
- 24. Nearsightedness
- 25. Patriotic women
- 26. Decorate a cake with frosting
- 27. ___ fi (slang)
- 28. A joke rooted in wordplay
- 29. Attack violently
- 34. Keyboard key
- 35. ___ juris: independent
- 36. Corporate executive (abbr.)
- 37. Adult female bird
- 39. Pertains to knowledge
- 40. Pashtoes
- 41. Prefixed title for Italian monks
- 42. To be fired from a gun
- 44. A way to position
- 45. ___ process: produces ammonia
- 46. Follow instructions
- 47. Humanistic discipline
- 48. Throw
- 51. Swiss river
- 52. American hate group
- 53. Actor Idris
- 54. Seizes
- 58. Baseball stat



Answers for November 4



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NOVEMBER 11, 2020

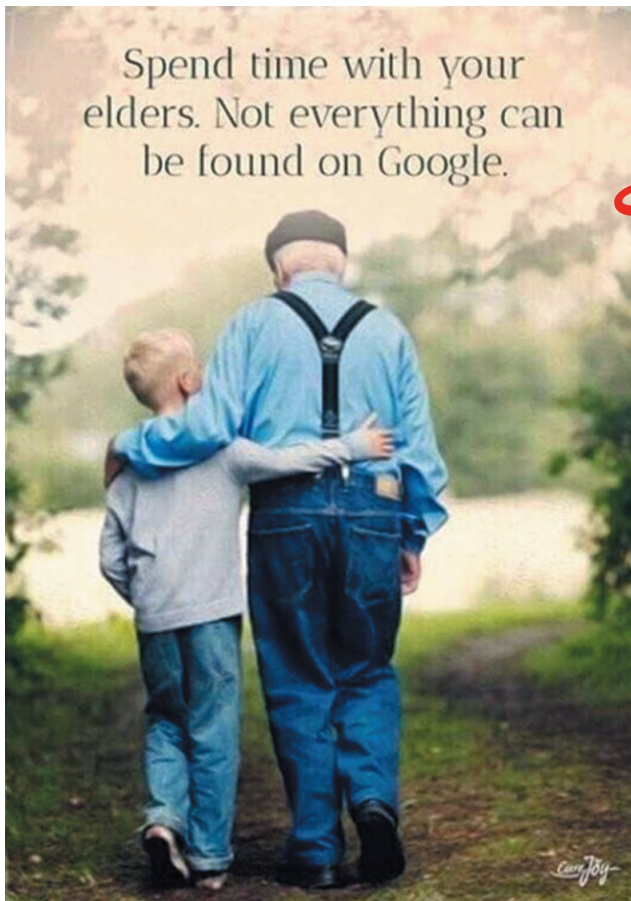
**Virtual Ceremony can be viewed at
the following links:**

**youtube.com/c/OceanPinesAssociation1
OPVets.org
ALPost166.org**

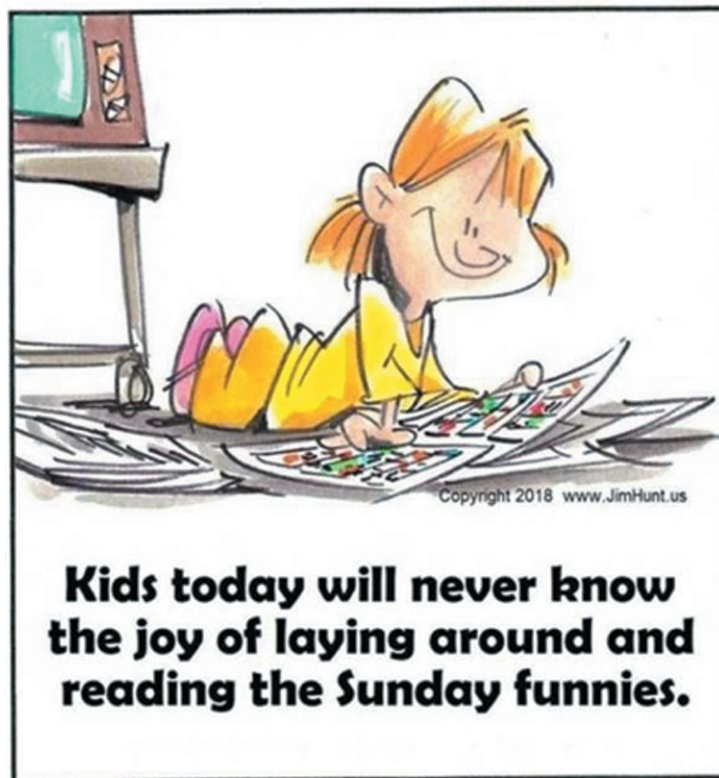
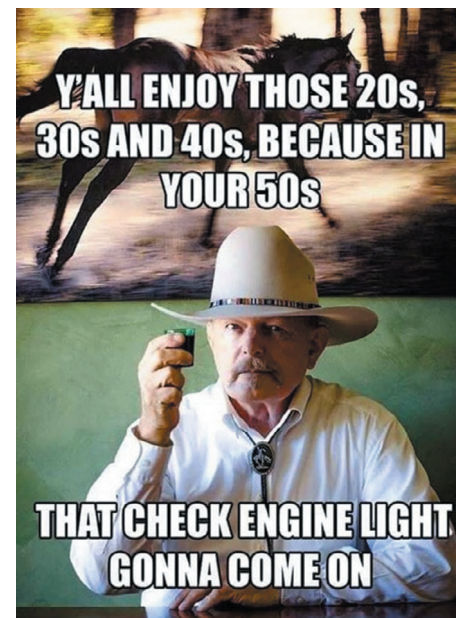
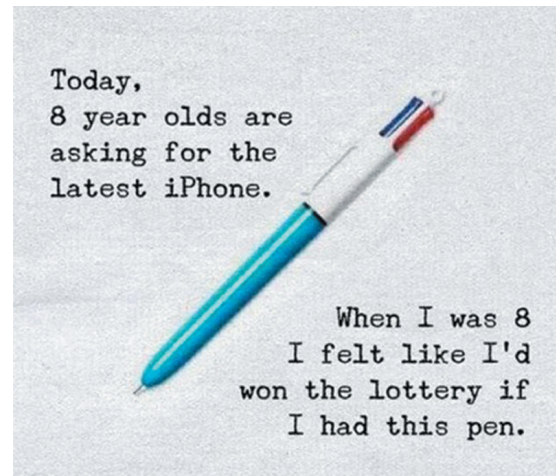
The annual flag Retirement and Burning
Saturday November 14, 9 a.m. at the Memorial
site. Anyone with a flag to retire should
bring it to the site between 9 a.m. and 11 a.m.



**We will honor all who have
served in our nation's military.**



Some things to think about



ONE MINUTE YOU'RE 21, STAYING UP ALL NIGHT DRINKING BEER, EATING PIZZA AND DOING SKETCHY STUFF JUST FOR FUN.

THEN...

IN A BLINK OF AN EYE YOU'RE 50, DRINKING WATER, EATING KALE AND YOU CAN'T DO ANY SKETCHY STUFF, BECAUSE YOU PULLED A MUSCLE PUTTING ON YOUR SOCKS.



*Thank you to Ocean Pines resident **Jack Barnes** for sharing these thoughts that he found on the Internet*

new
from page 8

22 pounds of additional buoyancy and a PFD with a big collar and chest floatation design will keep an exhausted person-in-the-water (PIW) from rolling over face down and drowning before rescue arrives.

Type II is called the near-shore buoyant vest. An example is the ubiquitous orange life vests that are usually tucked away in some boat locker but when worn make the wearer look like he is waiting for the order to abandon ship. The inherent buoyant version has 15.5 pounds of buoyancy and should keep 'some' unconscious wearers face-up in the water. These are designed with the assumption that rescue would be quick- before exhaustion and hyperthermia would overwhelm the PIW.

The Type III 'Flotation Aid' is the preferred PFD for potential high speed water impacts like water skiing or jet skiing where being helped out of the water is imminent. When water skiing, there is always a spotter and on a jet ski, there is always the safety lanyard to stop the person water craft (PWC). The Type IIIs are optimized for comfort and to mitigate high impacts with the water. They are *not* specifically designed to keep an unconscious swimmer's face out of the water.

Type IV are throwable devices such as life rings or USCG approved buoyant seat cushions. The number of required throwables is a function of the size of the boat.

And Type V are special use devices that may require special training to use. Some examples are cold water survival suits, boardsailing vest/harnesses, inflatables, police vests that are both buoyant and bulletproof.

In the current system, you decide on your PFD for that day based on what you want to do on the water. Deep sea fishing = Type I. Splashing around in the bays = Type II. Riding a PWC = Type III.

Once you are familiar with the intended use and capabilities of each type, both the selection of and motivation to use a PFD should improve. The safety issue is: How many boaters take the time to learn the nuances of PFD classifications and purchase the right PFD for their activities?

With all that as background,

what's new? Well, a new labeling system is being rolled out that should improve the buyer's ability to better evaluate and upgrade his/her PFD. The biggest changes are the use of pictograms (icons) to identify the face-righting capabilities of the PFD and to visualize the PFD's buoyancy categories. The icons depict the correct PFD for a given in-water situation. In the old system the label only told you the type. It was left to the boater to figure out what that meant in terms of amount of buoyancy and the likelihood that would keep the wearer face up.

The new buoyancy categories are 50N, 70N, 100N, 150N and 275N where N is newtons which is the metric unit for force like pounds in the English system. For the record, 1 newton = .2248 pounds, almost as exciting as 1 yard = 39.37 inches.

It's ironic that an Englishman, Sir Issac Newton, who discovered gravitational acceleration and postulated the insightful formula, Force = mass times acceleration ($F=ma$) in terms of feet and pounds should have his moniker pirated by the metric mob – all be it out of great respect – to be their unit of force.

I think the new icons will greatly improve the recreational boater's understanding of PFDs and his/her motivation to properly embrace them. In our safe boating classes, we always say that the best PFD is the one you're wearing. A visual that tells me that this PFD will or will not keep my face out of the water is a safety enhancement that we can all understand and appreciate. However, for most Americans, a newton is a really great Nabisco cookie.

Stay safe. Stay dry.

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

Auxiliary to hold dinner fundraiser

The Bishopville Volunteer Fire Department Auxiliary will have a Carne Asade Mexican dinner carryout on Saturday, November 14 from 5 p.m. to 7 p.m. The menu is beef or chicken (need to pick one) Carne Asade, cheese quesadilla, rice and beans, chips and homemade salsa for \$12 a dinner. Extra chips and salsa are available for additional \$5.00. Call 619-922-9950 to give us your pre-order.

K of C bingo returns

Bingo, with virus precautions is back. Sponsored by the Knights of Columbus, the games will take place each Friday night through November. Doors open at 5 p.m. and bingo starts promptly at 6:30 p.m. There will be cash payouts for each game as well as the Big Jackpot. Call 410-524-7994 with for more information.

poa
from page 8

the delay, the assets the family was trying to protect have been eaten up paying for care while waiting.

While our hope for each client is that they never need to use a POA for failing health or incapacity, the reality is that many do come to need the broad agent powers we include in our POAs. As you can see, when it comes to a Power of Attorney document, the broader the authority, the better it is for long-term use. What is important is naming the best person(s) for the job!

Try to resist the urge to download forms off the internet. Hire an experienced elder law attorney to create an estate plan that will actually work when you need it to (upon your incapacity and/or death).

Jessica L. Whaley is an attorney at Procino-Wells & Woodland, LLC. She can be reached at 443-513-4740.

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it's all about
from page 6

of time traveling by car from one assignment to another. Bob and Mary recall that their children traveled well. Typically they got on the road early in the morning while the kids were still in their pajamas. The kids would sleep several more hours during the drive. When they woke up, they would change and the family would stop for breakfast. There were occasional times when the kids would fight in the backseat. In one instance, after several warnings, Bob pulled over and put Susan out on the side of the road, much to the shock of not just Susan but her brother and sister. Bob had moved the car a just few feet when he stopped. Mary stuck her head out the window and asked Susan if she was ready to behave and get back in the car. The answer was a resounding "yes." There were no more problems for the rest of the trip.

The family was in Colorado for just under two years. During that time a fourth child, James Martin was born. In 1970, Bob was selected for the Armed Forces Staff College in Norfolk, Virginia. Again the family moved. This was an interesting experience for Bob as he was able to interact with officers from the other services. As he expected, Bob got orders for Vietnam. Although Mary wanted to return to Philadelphia while Bob was away, he convinced her to move to the Washington, D.C. area because it was likely that he would be sent to the Pentagon upon his return. Just before leaving for Vietnam, Bob and Mary purchased their first home in Alexandria, Virginia. Shortly after they moved in, in January 1971, Bob was back in Vietnam as executive officer to the assistant deputy chief of staff for operations at MACV (Military Assistance Command Vietnam). Although by this time the Nixon policy of Vietnamization was underway and most U.S. combat troops had been pulled out, it was still a hectic tour for Bob. He did a considerable amount of traveling throughout Vietnam and neighboring countries. He readily admits that he "wasn't sure when he was in one country and out of another."

When his tour was over, as expected, Bob was assigned to duty in the Pentagon. His first assignment was as part of the Political Military Division of DCSOPS (Deputy Chief of Staff for Operations) in International Directorate. Bob's responsibility was overseeing nine countries including Eastern Europe and Russia. Eventually he was named assistant executive to the DCSOPS. Bob stayed at the

Pentagon for 49 months. By law, no one can be assigned to the Pentagon for longer than 48 months without permission of the Secretary of the Army. Bob was granted this permission for his last month of service in the Pentagon.

Life for the Adairs continued to hum along at a quick pace. Bob came out on the command list and was given command of a battalion that was soon to be permanently stationed in Germany. It was difficult for the family to leave Alexandria. It was their longest tour and had become home. They rented their home believing they would again be assigned to the Washington area.

The Adairs went back to Fort Sill in spring 1976. Recognizing the impact a move to Europe would have on his troops and their families, Bob conducted several briefings so that the families, as well as the troops, would be familiar with their new environment. The briefing included slides that Bob had taken of Augsburg when he visited there the month before. When it was time to go, an unexpected

problem arose because there were no quarters assigned in Germany for Mary and the kids. It was a catch-22 situation in that Mary could not stay in quarters at Fort Sill, and she could not travel to Germany unless the military provided quarters. It was an uncertain time, but it was decided that Mary would return to Philadelphia with the kids until this was straightened out. This meant that she would have to drive cross-country by herself with the kids. She did it, getting to Philadelphia just before Bob left Fort Sill to fly to Germany. Shortly thereafter, quarters were assigned and Mary and the kids flew to Germany.

Bob was assigned to duty in Augsburg for two and half years. During the first two years, he commanded a battalion, and during the last six months he was an operations officer for the 7th Corps Artillery. The family loved the area, and traveled to Italy and Austria while they were there. The kids learned to ski. Mary became involved in the ACS (Army Community Services) where she assisted with the food bank, the lending closet and financial counseling. Again, Bob's mother and aunt visited them during the Christmas holidays.

In June 1978, Bob was selected for the Army War College in Carlisle, Penn-

sylvania. By this time, the three older children were in high school. Bob and Mary purchased a home in Carlisle. Bob graduated in 1979 and was assigned as an advisor to the Pennsylvania National Guard. So that the kids would not have to be pulled out of school, Bob commuted each day to Hershey, Pennsylvania. Historically, an advisor assignment to a National Guard unit was not considered a track for advancement. But in 1981, Bob's career took an upward trajectory when he was promoted to colonel, and was assigned to TRADOC



General Norman Schwarzkopf makes a presentation to Bob at Bob's retirement.

(Training and Doctrine Command) at Fort Monroe, Virginia. Bob was to develop future strategy and tactics for the army and assisted in the Air/Land Battle doctrine and Air/Land 2000 strategy. Shortly thereafter, he was selected for brigade command.

This would be the Adairs third tour in Europe, but it would be different in some significant ways as three of the children were now on their own and would not be moving with the family. Nancy was married and had a daughter. Rob and Susan were in college. Only Jim would make the move. Asked if she had separation anxiety, Mary says that it was difficult to leave, especially leaving a young granddaughter. They had raised the children to be independent and also, it was an exciting opportunity for both her and Bob.

They arrived in Germany in 1982. Commanding a brigade with 2,400 soldiers and family members was a unique and enjoyable experience for Bob. Mary also enjoyed her role as the commander's wife. She made it a point to entertain as much as possible believing that it was important to get to know the families. Bob and Mary preferred a more relaxed atmosphere when they entertain, and it was a rule at gatherings that there be no talk of business. Bob altered the tradi-

tional social on New Year's morning at the commander's house recognizing that many families had children, and it was more important for them to spend time together as a family than visiting the commander. Bob and Mary smile as they recall the wonderful people they met during this tour and the camaraderie that existed among the soldiers and their families. During Christmas 1983, Mary paid the airfare to have the entire family, which now included another grandchild, at home for the holidays. To this day, Mary has not told Bob how much that Christmas cost. Whatever it was, Bob said it was worth it.

During this tour, Mary and Bob did some traveling, including a trip to Normandy, France, just a week before President Ronald Reagan arrived for the commemoration of the 40th anniversary of the invasion.

In 1985, Bob was assigned once again to Fort Sill. This tour he ran the field artillery school as deputy assistant commandant. It was an enjoyable tour for both Mary and Bob, but before long they were on the road again. This time they were sent back to the Washington area as Bob was assigned to head up the Army Long Range Stationing Study.

Bob retired December 31, 1987, ending a career that started in the enlisted ranks, saw two tours in Vietnam, three tours in Europe and several command billets. As he readily admits, there were good times and not so good times.

When asked what he missed about the military, he corrected the interviewer to put the question in the present tense, "What do I miss." The answer was simple and straightforward, "everything". He went on, "I miss belonging to something in support of the country. Everyone has a job from a private to a general." Mary too misses the people and the lifestyle.

Bob and Mary enjoyed their time in the military. It was a period of some dramatic events including the Berlin Wall, Vietnam, and the beginning of the collapse of the Soviet Union. Looking back on it, it is easy to think what an extraordinary time. But for Bob and Mary, it was a time of just living one day at a time, taking things in stride, raising a family and not worrying about the past, but planning for the future that now includes ten grandchildren.

Bob passed away in 2007. If you would like to read more about other Veterans honored at the Veterans Memorial, you can purchase a copy of the book, "Our Time, Our Service," by contacting the Foundation at 410-726-2881.

birding
from page 2

door experience is the true draw.

The Delmarva Peninsula is one of the country's premier birding areas, thanks to an extensive variety of habitat protected by our coastal parks, refuges and wildlife management areas. More than 400 bird species have been recorded in the region and previous Weekend tallies have topped 200 species.

If boasting that many species isn't enough, participants should feel even better knowing that they've helped Delmarva's birds by promoting birding and habitat conservation. Birders, both novice and experienced, make an important statement about the economic value of birds and their habitats through the money they spend in local hotels, restaurants, and shops. Participants are encouraged to remind local businesses that they are here to enjoy Delmarva's natural areas and the birds that inhabit them. This is more important now than ever.

"It's our vast shallow bays and large tracts of protected marshes and bald cypress forests that make the Delmarva Peninsula one of the finest birding regions in the nation,"

said guide and organizer Jim Rapp. "During the weekend, our guests will hike on private farmland and woodland that are normally off-limits to the public."

Co-organizer Dave Wilson added that most trips are not physically taxing and that the event provides a rare opportunity to tally 100 species in a day in places that are normally inaccessible. For the weekends, mask wearing and social distancing will be the rule. There will be no carpooling and numbers of seats will be reduced.

Boating course offered

The US Coast Guard Auxiliary is offering a virtual Maryland Basic Boating Safety Course November 16, 17, and 18. The Maryland Safe Boating Certificate is required for all boat operators born after July 1st 1972 and is awarded after successful completion of the course. The Class includes piloting in local waters, tying nautical knots, foul weather tactics, legal issues, updated Maryland regulations and common marine maintenance. The cost \$20 for all three evenings. Register or get more information by calling Barry Cohen at 410-935-4807, or Email: CGAUXOC@gmail.com.

Fall scavenger hunt, walk event offered

The Worcester County Health Department invites you to Move Your Way, a self-directed Just Walk fall scavenger hunt on November 14-15. Residents can get in their steps from 8 a.m. to 8 p.m. at one for the following park locations: Byrd Park-Snow Hill, Cypress Park-Pocomoke and Stephen Decatur Park-Berlin,

Residents are encouraged to walk through the park and look for Just Walk wellness rocks. Those who report the number of wellness rocks found along with a photo will be entered into a free raffle drawing for a chance to win a free prize. Submissions should be emailed to crystal.bell1@maryland.gov. This is a great event for anyone and a way to increase physical activity by walking and participating in a scavenger hunt.

Social Distancing and CDC safety guidelines should be followed by all participants.

Register at: <https://www.eventbrite.com/e/fall-just-walk-scavenger-hunt-tickets-127743882391> or visit our website worcesterhealth.org. For more information please call 410-632-1100, Ext. 1108.

Tides for Ocean City Inlet

Day	High /Low	Tide Time
Th 12	High	4:54 AM
12	Low	10:57 AM
12	High	5:16 PM
12	Low	11:18 PM
F 13	High	5:46 AM
13	Low	11:55 AM
13	High	6:08 PM
Sa 14	Low	12:07 AM
14	High	6:38 AM
14	High	6:59 PM
Su 15	Low	12:55 AM
15	High	7:29 AM
15	Low	1:43 PM
15	High	7:50 PM
M 16	Low	1:43 AM
16	High	8:20 AM
16	Low	2:35 PM
16	High	8:42 PM
Tu 17	Low	2:32 AM
17	High	9:12 AM
17	Low	3:29 PM
17	High	9:33 PM
W 18	Low	3:22 AM
18	High	10:04 AM
18	Low	4:24 PM
18	High	10:25 PM

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