

The Courier

September 27, 2023 Volume 24 Number 4



Speak up - Research shows that the key to eliminating bullying is in empowering people to stand up and speak up for themselves and others when confronted with bullying. The goal at Ocean City Elementary is to directly teach the students the strategies they need to demonstrate positive leadership as bystanders to stand up and speak up to bullies.

At their annual Stand Up, Speak Up assembly on September 21, fourth grade students presented a skit to teach strategies for dealing with bullying situations. The skit was presented to the entire school and students had the opportunity to sing and dance to the Stand Up Speak Up song.

Pictured are **Caris Godman, Callie Thomas and Lily Norton**



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Committee to launch property owner survey

The Ocean Pines Strategic Planning Committee announced plans to release a bi-annual property owner survey in early October.

Committee Chairperson Bernie McGorry said he hopes this new survey will build on the success of the prior poll, which captured more than 1,800 responses.

“We had a tremendous response to our last survey in 2021,” he said. “While overall the feedback was very positive, the results helped significantly to increase focus on safety, infrastructure and community appearance, while maintaining solid financial performance.”

McGorry said the goal of the new survey is to measure property owner sentiment in comparison to the 2021 survey. The survey results will also be used to inform the Ocean Pines Association on areas of focus for the next fiscal-year budget.

Just like the previous property owner survey, this iteration will be accessible in both online and hard copy formats to accommodate all

community members.

To ensure candid and unbiased responses, all individual submissions will be kept anonymous and confidential.

The full survey results will be shared with the community during an upcoming town hall meeting.

“Please stay tuned for further details on the survey, which will be unveiled over the next few weeks,” McGorry said. “Your input is instrumental in shaping the future of Ocean Pines, and we encourage all property owners to participate actively in this important community initiative.”



Presentation - District Governor **Cliff Berg** (left) and Ocean City Berlin Rotary Club President **Margaret Mudron** (right) present a check to **Ken Sklenar** of Easter Seals. The Club meets the first and third Wednesday of the month at Don's Seafood at the South Gate in Ocean Pines. For more information email ocberlinrotary@gmail.com.

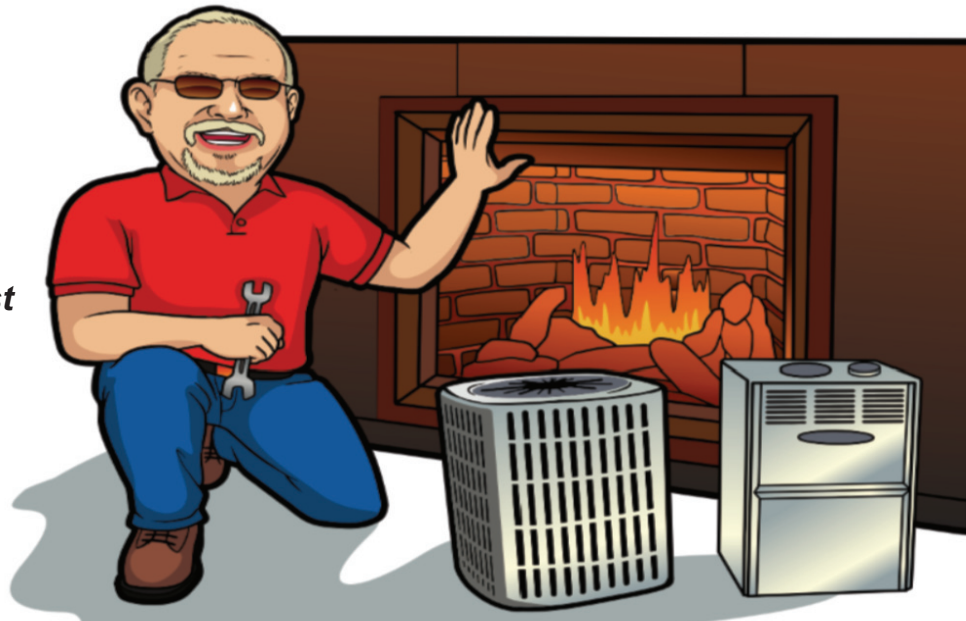
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AGH to offer free flu clinics

As a service to the community, Atlantic General Hospital & Health System is again providing community flu vaccination with a series of free clinics for those ages 13 and older.

No appointment is required. Clinic dates are subject to change based upon flu vaccine availability.

Flu Clinics:

September 23 & October 7

8 a.m. – 11 a.m.

Barrett Medical Office Building (drive-thru), 10231 Old Ocean City Blvd., Berlin.

October 2, 2023

10 a.m. – 1 p.m.

Mary Star of the Sea Holy Savior Parish, 1705 Philadelphia Ave., Ocean City.

October 9

10 a.m. – 2 p.m.

Pocomoke Fire Department, 1410 Market St., Pocomoke.

October 14

8 a.m. – 11 a.m.

Bethany United Methodist Church, Pocomoke, 205 Market St., Pocomoke.

October 17*

2 p.m. – 4 p.m.

Ocean Pines Community Center, 235 Ocean Pkwy., Ocean Pines.

October 18*

11 a.m. – 12:30 p.m.

Stevenson United Methodist Church's Spirit Kitchen, 123 N. Main St., Berlin.

October 20,*

8 a.m. – 11 a.m.

Ocean Pines Community Center (drive-thru), 235 Ocean Pkwy., Ocean Pines, Md.

October 21*

9:30 a.m. – 1:30 p.m.

Snow Hill Fire Department, 4718 Snow Hill Rd., Snow Hill, Md.

**High-dose vaccines available at this clinic.*

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

Donations made during the Atlantic General Hospital flu clinics help offset the cost of future flu clinics. For updates on the Atlantic General Hospital Community Flu Clinics, including new clinic dates and availability of high-dose flu vaccine in addition to the standard-dose vaccine, please visit www.agh.care/flu.



Paint pouring - Janice Uhitzsch, Patricia Seufert, Beth Leonard, Abigail Imus, and Jimena DeChant made sunflower paintings by pouring the paint onto canvases at the Art League of Ocean City's Pour Painting Class on September 15.

The benefits of the flu vaccine

A healthy lifestyle includes many different components. Diet and exercise are arguably the two most significant elements of a healthy lifestyle, but being healthy and avoiding illness involves more than just eating right and getting off the couch.

Preventive care can be critical to long-term health. A healthy diet and routine exercise can help lower risk for

minds and get their flu shots this year.

The flu shot keeps you from getting the flu. While it's common sense to note that the flu keeps people from getting the flu, just how effective the flu vaccination can be might open the eyes of even the most ardent flu shot proponents. According to the CDC, in seasons when the flu vaccine viruses matched circulating strains, the vaccine has been shown to reduce the risk of having to go to the doctor by as much as 60 percent.

The flu shot can save you money and vacation time. The CDC estimated that 48.8 million people got sick with the flu during the 2017-18 flu season. In addition, the CDC estimates that the flu caused workers to miss approximately 17 million workdays and led to more than 950,000 hospitalizations. The cost of a hospital stay is often considerable, and workers who value their vacation and personal time will almost certainly lament having to use some of that time at home nursing the flu. By getting the flu shot, anyone can greatly reduce their risk of spending their time and hard-earned money recovering from the flu.

The flu shot can help prevent serious medical events. A 2013 meta-analysis of various studies that was published in the Journal of the American Medical Association found that the influenza vaccine was associated

please see flu on page 10



various ailments, including heart disease and diabetes. But what about preventing more routine conditions, including the flu? The Centers for Disease Control and Prevention notes that the flu vaccine prevents millions of illnesses and flu-related doctor visits every year. Despite the effectiveness of the flu vaccine, some people still don't get one each year. But a look at some of the many benefits of being vaccinated against the flu might compel such men and women to change their



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EOE

The sound of music isn't what it used to be

There I was minding my own business waiting for a traffic signal to turn from red to green when I became more fully aware of the generational divide that exists when it comes to music.

to hit the brakes. He was not prepared to stop because when he did the nose of his car dropped quickly and the rear wheels seemed to leave the pavement. Of course this could have been the result of the music.



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

As I sat in my car I could feel and hear the rumbling of something approaching from behind. My car started shaking, the steering wheel vibrated. The pulse of the vibrations intensified as a bright red car pulled alongside me. It was a late model car that had been modified. It was very low to the ground with extra wide wheels and yellow flames painted on the side.

I glanced over to look at the driver. It took a moment for me to find him (at least I think it was a him). He had pushed the seat so far back that if I had to guess I'd say he entered the car from the trunk. He appeared to be in his late teens. He had long, dirty blonde hair and sported a nose ring. Several rings pierced his ear and eyebrow. I only could wonder how many additional piercings he had. A cigarette drooped from his mouth.

It was not "Mr. Cool's" appearance that caught my attention. It was the music blaring from his stereo. The bass was so high that I saw the fenders of his car ripple with each blast from the woofers. I could discern in the music no traces of a temporal relationship that would produce unity or continuity. To me it sounded like a cacophony of madness.

He must have noticed my glancing his way because in response he turned up the volume, to a level that prompted birds perched on an overhead electrical wire to take flight.

When the light turned green Mr. Cool sped off as if to underscore his self-absorbed, I-don't-give-a-hoot personality. I accelerated and noticed that the signal at the next corner had turned red forcing Mr. Cool

I pulled up beside him and once again looked his way. He was now wearing a pair of sunglasses and was pounding on the steering wheel keeping some sort of beat, to music that had none.

His movements looked more disjointed than rhythmic. I was not in the best position to judge. My eyes could not focus because of the sound waves emanating from Mr. Cool's vehicle.

It should be noted that I have no problem at all with anyone expressing himself with music. I readily admit that my taste in music is not for everyone. However, it does bother me when others attempt to force their music on me, especially when it isn't music at all but rather unnatural discordant screechings.

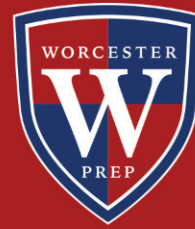
I decided to even the score and make a stand. As I waited for the light to change, I reached into the glove compartment, rummaging through my collection of compact disks. I found the one I wanted and inserted it.

The light turned green. Mr. Cool took off and once again was forced to stop at the next corner. As I slowly pulled alongside, I turned on my stereo and opened all the windows. I raised the volume. The music started and then Frank Sinatra began singing "My Way." Take that, Mr. Cool.

Mr. Cool looked my way and with a smirk gave me the thumbs up sign. At least I think it was the thumbs up sign. I couldn't tell for sure because my eyeballs were still bouncing all over the place.

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Climate change is a thing, a dangerous thing

Editor:

A response to Carol Frazier's letter titled "The disagreement over climate change." Frazier's facts are easily challenged. I found all my information in the media on the internet. When I looked at the home page of "There is no climate emergency" there were 1774 signatories, 394 were Americans. They were the ones I investigated. I do have a life, other than writing this rebuttal. They were not all scientists and only a few if any were climate scientists.

I recall reading a declaration with signatories like these decades ago. Back then one of those signatory climate scientists was an eighth-grade science teacher. It made me laugh because I too was certified to teach eighth-grade science and I knew I wasn't a climate scientist. Today's list has its problems too.

Here are few. These American climate experts include many like this: petrophysicist, retired high

school teacher, investigative journalist, physician of internal medicine, airplane pilot, retired pancreatic surgeon, semiconductor careerist, nutritional counselor, writer and philosopher, special education teacher, lawyer, retired judge, fisherman - it goes on like this. The one I found most mirthful - a signatory described himself like this: author, entrepreneur, critical thinker, communicator (1000th signee). That could be me.

The declaration is nuanced with plenty to oppose or support. I agreed with this sentence: "In a prosperous society men and women are well educated, birthrates are low and people care about their environment."

To achieve these impossible goals, we are going to have to do something we are not doing now.

Frazier mentioned Patrick T. Brown. I found him to be unethical, a person who threw his seven co-authors of a climate study article published in *Nature* under the bus by not telling them first he was writing an

opinion article for *The Free Press* that would admit he didn't tell the complete truth about climate change, a factor in extreme wildfire—but not the only factor. It was self-centered. He said, "When I began the research for this paper in 2020, I was a new assistant professor needing to maximize my prospects for a successful career."

He picked career over truth.

An important fact about Steven E. Koonin is not his connection to the Obama Administration but his time with BP, as the oil and gas company's chief scientist. In 2021, at age 69, Koonin published his book, "Unsettled: What Climate Science Tells Us, What It Doesn't, and Why It Matters." It's been strongly criticized for its inaccuracies. You can read it if you don't have a life.

NASA Global Climate Change says 97 percent of actively publishing climate scientists agree that humans are causing global warming and climate change.

As for myself there are eight billion people in the world and I doubt sadly we are going to be able to fix this. There are too many destructive humans, the only species that wears clothes and too many lucky ones like me. I drive my gas-powered air-conditioned car up to my house, jump out into the heat to go inside, where it is so cold I put a sweater on to keep warm. Despite these indiscretions I believe climate change is a thing. A dangerous thing.

George Timothy Mason
Salisbury, MD



school teacher, investigative journalist, physician of internal medicine, airplane pilot, retired pancreatic surgeon, semiconductor careerist, nutritional counselor, writer and philosopher, special education teacher, lawyer, retired judge, fisherman - it goes on like this. The one I found most mirthful - a signatory described himself like this: author, entrepreneur, critical thinker, communicator (1000th signee). That could be me.

Chemo related hair loss treatment available

People undergoing chemotherapy at the John H. 'Jack' Burbage, Jr. Regional Cancer Care Center can now keep control of their hair loss by using a ground-breaking scalp cooling treatment.

whelming time. A recent \$100,000 gift from local businessman and philanthropist Jack Burbage brought the technology and other services to the cancer treatment facility named in his honor.



Speaking about the impact of this treatment, Chanelle Lake, MSN, RN, OCN, director of the Burbage Regional Cancer Care Center, said, "When faced with the prospect of chemotherapy patients have a great deal of physical and psychological effects to deal with. Losing their hair is a major concern, for many resulting in a feeling of losing their identity."

"Scalp cooling allows patients to take some control of a side effect that would otherwise be inevitable in some treatments," Lake said. "We are delighted to be the first facility on the Delmarva peninsula to offer this treatment option to our patients."

Developed by a British family who understand first-hand what it is like to lose hair due to cancer treatment, the Paxman Scalp Cooling System helps reduce hair loss throughout chemotherapy.

Scalp cooling treatment, also known as cold cap treatment, empowers patients to feel a greater sense of control during a very over-

Patients can discuss scalp cooling and whether it's right for them during their initial visit to the Burbage Regional Cancer Care Center, or call the center at 410-629-6888.

Courier Almanac

In Rome on September 27, 1540 the Society of Jesus, a Roman Catholic missionary organization, receives its charter from Pope Paul III. The Jesuit order played an important role in the Counter-Reformation and eventually succeeded in converting millions around the world to Catholicism.

Though the situation improved somewhat between 2011 and 2019, data from the Centers for Disease Control and Prevention released in 2022 indicated that the number of children between the ages of three and 17 diagnosed with attention-deficit hyperactivity disorder (ADHD) remains high. Between 2016 and 2019, an estimated six million children were diagnosed with ADHD. That figure was 6.4 million in 2011. However, CDC data from 2003 indicates 4.4 million children between the ages of three and 17 had ever been diagnosed with ADHD. ADHD also is common among youngsters in Canada, where the Canadian ADHD Resource Alliance reports between 5 and 9 percent of school-aged children are affected by the disorder that adversely affects a child's ability to focus and/or behave.



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The US Coast Guard Auxiliary is offering virtually the Maryland Basic Boating Safety Course on October 10, 11, and 12 between 6 p.m. and 9 p.m. The cost is \$20 for all three evenings. Register or get more information by calling Barry Cohen at 410-935-4807 or Email: CGAUXOC@Gmail.com.

Pet blessing scheduled

In honor of St. Francis of Assisi, who loved all animals and whose feast day is October 4, the Church of the Holy Spirit in Ocean City will hold a Blessing of the Pets ceremony on October 15 from 11:30 a.m. until 12:30 p.m. in the church parking lot.

The church is located at Coastal Highway and 100th St. Pets should be on leashes or otherwise under their owners' control. Any size, shape or type of pet is welcome. You may also bring a photo of a departed pet, or a stuffed animal that means a lot to you. Call the church at 410-723-1973 for further information.

Church to host crab feast

The Church of the Holy Spirit at 100th St. and Coastal Highway in Ocean City will be having a fundraising crab feast on October 1 from 2 p.m. to 5 p.m. Food will be served until 4:30 p.m.

The dine-in menu will include crabs, fried chicken, corn on the cob, hush puppies, lemonade, iced tea, soda and desserts. Carry-out will also be available. The carry-out meal will include six crabs, two pieces of chicken, corn on the cob, hush puppies, dessert and a drink.

Crabs are medium large/large and will come from Rippon's Seafood. The chicken is being provided by Higgins Crab House. There will be a chance auction and a 50/50 drawing. The cost for adults is \$45; for children ages 6 to 10, it's \$20; children under 6 eat free. Tickets are available now by contacting the Church office at 410-723-1973 or by calling Monica at 443-235-8942. There will be a very limited number of tickets at the door, so pre-sales are strongly encouraged.

Proceeds will benefit the Church of the Holy Spirit and its outreach programs. Refunds will be provided only in the event that the crab feast must be canceled.



Recognized - Congratulations to Ocean City Elementary School custodian, Ivory Smith for being named the 2023 Maryland State Education Association's Support Professional of the Year. Mr. Smith was honored on September 11 by Cheryl Smith, President of the Maryland State Teacher's Association, Julie Smith, school principal, and John Carnahan, Uniserv Director for Worcester and Somerset counties.

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Celebrate - Ocean City Elementary School celebrated their annual Back to School Spirit Day on September 20. Students, faculty and staff wore OCES shirts, hats and sweatshirts and filled the hallways with spirit for their school.
Above are third graders in Mendy Fiori's class.

Gala tickets available

The Art League of Ocean City announced that a limited number of tickets are still available for the non-profit organization's Diamond Jubilee Gala. The event is on Saturday, November 4 at the oceanfront Ashore Resort & Beach Club.

For 60 years, the Art League has fostered and celebrated the arts in Ocean City and beyond. The Diamond Jubilee Gala marks their diamond-year anniversary and is a fund-raiser and friend-raiser for the arts organization to continue its work.

The gala will offer guests a full bar, a palette of fine food for dining, dancing to "The Heartbeats," Philadelphia's hottest party band, the drawing of the winning 50/50 raffle ticket with a potential \$30,000 payout, plus some surprise activities for which the Art League is noted.

"Please join us for the 'pARTy of the Year' in Ocean City," Rina Thaler, executive director of the Art League, said. "It will be an evening to remember. The fare will be exceptional; the venue and ocean view, spectacular; and the big-city entertainment, outstanding. And you'll be supporting a very worthy cause while you're having fun mingling with our wonderful guests. Tickets are selling quickly, so we suggest reserving yours early if you'd like to attend."

"We would also like to thank our top-level sponsors who are already making this event a success for us, even before the big evening," Thaler added. "These sponsors include the Gudelsky Group of Companies, the Ashore Resort & Beach Club, Paul and Emily Schwab, Bank of Ocean City, Jack Burbage Foundation, Seacrets, and Rina and Jeff Thaler."

"Also, Jerry and Pat Selig, Carey Distributors, Community Foundation of the Eastern Shore, Joan Jenkins Foundation, Snowden Lane, Pohanka of Salisbury, T&G Builders, John Sisson, Madlyn and Billy Carder, Jim and Jan Perdue, and T.E.A.M. Productions. And our gratitude goes out to our other sponsors, as well.

Tickets are \$150 per person and available online at Ocart.org/DiamondJubilee or by calling 410-524-9433.

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Shoulder to hand

By **William Hamilton Jr.**, DPT, CHT

Over the years it has become apparent to me that most people are not familiar with the specialized world of hand surgery and hand therapy. This realization has not been lost by the top hand surgeons and therapists in the country. The term “Hand” that precedes “surgeon” or “therapist” has really become a misnomer. Many take the word “hand” literally and believe that those with this specialty ONLY work on the hands. I would like to try to provide information clearly and concisely on this highly specialized field.

First, I would like to define what a Certified Hand Therapist (CHT) is. A Certified Hand Therapist (CHT), as defined by the HTCC, is “an occupational therapist or physical therapist who has a minimum of three years of clinical experience, including 4,000 hours or more in direct practice in hand therapy. In addition, the Certified Hand Therapist has successfully passed a comprehensive test of advanced clinical skills and theory in upper quarter rehabilitation.” There are roughly 6,900 CHTs in the world. Only 15% of CHTs are Physical Therapists, the other 85% are Occupational Therapists.

Second, hand surgery as defined by

flu

from page 4

with a lower risk of major adverse cardiovascular events among people with heart disease. In addition, the CDC notes that previous studies have found that the flu vaccination has been associated with reduced hospitalizations among people with diabetes and chronic lung disease.

The flu shot can protect children. Humans’ immune systems mature as they grow, and the flu vaccine can be an invaluable ally to children as their immune systems are still evolving. A 2014 study published in *The Journal of Infectious Diseases* found that children who were fully vaccinated were between 74 and 82 percent less likely to be admitted to pediatric intensive care units than unvaccinated children.

The flu is a formidable foe. But an annual flu shot can bolster everyone’s chances of beating or even avoiding the flu.

the American Board of Surgery: “Hand surgery is the field of medicine that includes the investigation, preservation, and restoration by medical, surgical, and rehabilitative means of all structures of the upper extremity directly affecting the form and function of the hand and wrist.”

I mentioned that the term “Hand” has become a misnomer because the field of hand surgery and hand therapy encompasses everything from the shoulder to the hand. So much so, that the former Philadelphia Hand Center is now called the Philadelphia Hand to Shoulder Center. This shift in nomenclature was necessary because of how the shoulder, elbow, and wrist effect the function of the hand. You cannot effectively treat the hand without addressing possible issues at these other joints. Hand surgeons and Certified Hand Therapists are experts in treating conditions in the upper extremity (arm) and work closely together to obtain the best possible outcome for patients.

If you or someone you know is having any pain or problems from the shoulder to the hand, be sure to find a Certified Hand Therapist or Hand Surgeon to schedule an evaluation from a true expert and clinical specialist. You can find a CHT near you by going to <https://www.htcc.org/find-a-cht>.

William “Billy” Hamilton Jr., DPT, CHT is owner of Hamilton Physical Therapy (Ocean Pines) and can be reached at 410-208-3300 or Email at Billy@HamiltonPTcares.com.



Billy Hamilton



Serenade - *Mike Castoro*, a Kiwanis member who makes the coffee every week for the 8 a.m. Wednesday meetings is also a member of the Ocean City Pipes and Drums group which performed at this year’s celebrations of the 911 Remembrance in Ocean City.

New Pocomoke Library design plans get underway

Plans to construct a new Pocomoke City Branch of the Worcester County Library are officially underway. On September 5, the Worcester County Commissioners locked in the architectural services of JSD, Inc. of The Design Group to develop detailed design plans to construct a new, one-story branch library in Pocomoke.

“The commissioners have remained enthusiastically committed to building a new branch library in Pocomoke that will meet the needs of the community for years to come,” Commissioner President Chip Bertino said.

The new library branch will be constructed on the existing, county-owned site at 301 Market Street in Pocomoke. At the September 5 meeting, the project team presented a revised cost estimate of \$7.6 million to more closely match the target cost of \$600 per square foot.

“In August the commissioners asked project participants to sharpen their pencils and return with a revised scope of work that more closely matches our target cost of \$600 per square foot to align with available project funding,” Commissioner Caryn Abbott said. “We’re thrilled they were able to meet that objective. Current design plans include constructing a 12,533 square-foot Pocomoke Branch Library. That’s nearly double the size of the existing structure.”

Amenities for the new branch library will include a flexible, open-space design with plenty of natural lighting, a large community meeting room, a larger children’s room, a separate teen area, adult library, restrooms, offices, two study rooms, a local history room, and high-efficiency lighting. Exterior design plans include an outdoor area for

children’s programs. Demolition of the existing 53-year-old library, which is experiencing structural and mechanical failures, is included in the scope of this project.

Plans for the new library are being developed through the cooperative efforts of the Worcester County Commissioners and Library staff, Pocomoke City officials, and The Design Group. Basic plans for the new library are at 10% now, and the commissioners have requested an opportunity to review and revisit these plans once they reach 50% completion. The project is anticipated to go out to bid by April 2024.

“We look forward to the start of construction on this vital community project,” Commissioner Abbott said. “This welcoming new facility is sure to meet the needs of the community well into the future.”

Marty Kwesko trap shoot scheduled

The First State Detachment of the Marine Corps League will hold the first Annual Marty Kwesko Memorial Trap Shoot on October 13, open to veterans, first responders and sport shooting enthusiasts. The event is scheduled to begin at noon on Friday at the Synepuxent Rod & Gun Club, 7909 Purnell Crossing Road in Berlin. Participation is limited to 50 shooters.

Marty Kwesko was a combat-wounded Marine veteran who served as the Commandant of the First State Detachment before succumbing to Cancer. Proceeds from this event will be donated to the Worcester County Veterans Memorial in Marty's Honor.

The cost is \$25per shooter. The format will be a 25-shot round (five times, five shots). Shooters should bring their own shotgun ammunition but participants without a shotgun will be matched with another shooter. First, second and third place trophies will be awarded by Marty's widow, Karen, at the end of the competition.

A hot dog lunch with sodas will be provided, sponsored by Delmarva Two-Way Radio of Ocean City.

To register or further information, contact Milt Warren by phone or text at 443-497-0057 or email at milt.warren@comcast.net.

AGH welcomes new pediatrician

Atlantic General Hospital and Health System officials have announced that Dr. Cristian F. Salgado is joining the health system on September 11, to provide pediatric care to Worcester County and the surrounding area. Salgado completed his pediatrics residency at the Children's Hospital of Philadelphia, after attending University of Maryland School of Medicine, in Baltimore. He achieved high honors throughout his education, graduating Summa Cum Laude from both the University of Maryland, College Park, and medical school, where he was also inducted



Cristian F. Salgado

*please see **pediatrician** on page 14*

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	Low	1:31 PM
	High	7:56 PM
F 29	Low	2:00 AM
	High	8:19 AM
	Low	2:24 PM
	High	8:45 PM
Sa 30	Low	2:44 AM
	High	9:08 AM
	Low	3:15 PM
	High	9:32 PM
Su 1	Low	3:27 AM
	High	9:57 AM
	Low	4:06 PM
	High	10:19 PM
M 2	Low	4:11 AM
	High	10:45 AM
	Low	4:58 PM
	High	11:06 PM
Tu 3	Low	4:56 AM
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	Low	5:52 PM
	High	11:53 PM
W 4	Low	5:45 AM
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Travel

Visiting San Antonio

By **Kurt and Jean Marx**

San Antonio is a fantastic city to visit, whether you are looking for history, culture or cuisine, and it's only a 3.5-hour direct flight from Washington, DC. We recommend that you stay by the Riverwalk as there are various hotels to choose from. We have stayed at The Crockett Hotel and The Gunter and liked them both. Springtime is a good time of year to visit as the crowds and summer temperatures aren't in full swing yet.

The Riverwalk is the heart of the tourist experience in San Antonio and shouldn't be missed. We encourage you to take a cruise on the river. It may seem a bit hokey but it is well worth the \$15 cost. Also, there is a pretty view if you get your picture taken on the Arch Bridge, and this location also happens to be near the tasty Iron Cactus Mexican Restaurant and Margarita Bar.



You can also venture further out from the main hub of the Riverwalk. The walk north is great because it is an easy stroll along the river without many tourists around. South of the tourist area is the King William District. The area was settled by German immigrants and has 25 blocks of beautiful, historic homes, many with lovely landscaping. Depending on when you go, you may be able to enjoy German food and music. The Liberty Bar, located in a building built in 1882, is a great place for a drink or a meal. Tito's is an inexpensive Mexican restaurant offering "puffy tacos," which are served in very puffy corn tortillas.

Further south is the Blue Star Arts Complex that houses a museum, galleries and studios. There are also several restaurants, shops, and a brewery as well as a nice place to rent bikes. We encourage you to rent bikes and ride to the San Antonio Missions National Park. It is a relatively easy ride along the river. If you are concerned about your ability to handle the small

hills or length of the ride, you can rent an electric bike from B-Cycle. They have numerous pickup locations throughout San Antonio. The 4 missions that comprise Missions National Park (Concepción, Espada, San Jose, and San Juan) are alike yet also have some distinctions from each other. The buildings and grounds are beautiful and the history is fascinating. We further encourage you to take a quick detour to see the Acequia (aqueduct); it is quite the engineering marvel.

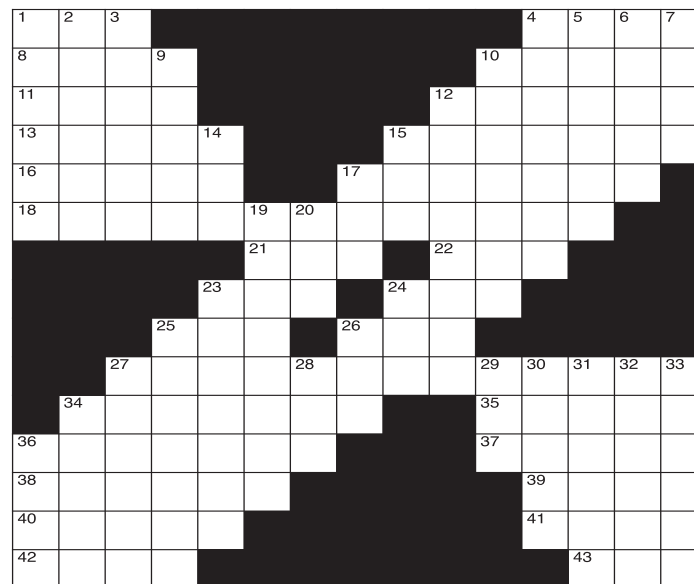
San Antonio also has a pretty and very walkable zoo. Our favorite animals were the African Wild Dogs, okapis, and lions. Just down the street from the zoo is the Japanese Tea Garden. The gardens, which were built in 1912 from an old quarry, are lush and have many water features including a 60-foot waterfall. We found it to be a charming and relaxing place to walk. You can grab a cup of tea or some light fare at the Bamboo Room.

Another recommendation is to see the Spanish Governor's Palace and the San Fernando Cathedral in downtown San Antonio. Both date from the time when San Antonio was part of New Spain and are aesthetically pleasing and interesting to learn about. As you walk to them, we encourage you to stop at Poblanos. The food was fantastic and the service was excellent. We especially liked the breakfast tacos.

La Villita is a charming artists' village filled with beautiful works by local artists. We had a great breakfast at the La Villita Cafe and toured a very interesting African American Museum. Not far from La Villita is the stage that was used during the movie, *Miss Congeniality*.

No visit to San Antonio would be complete without a visit to the Alamo. You can get free tickets to see the church and grounds right out front, and we favored this over paying extra to see the movie and tour the long barracks building. There are several statues and impressive historical panels outside as you tour the grounds, and the iconic church is the flagship of the Alamo with its indelible place in American history.

There are lots of other things to do in San Antonio – museums, sporting events, and cultural exhibits along with excellent restaurants to try. Put San Antonio on your list of places to visit!

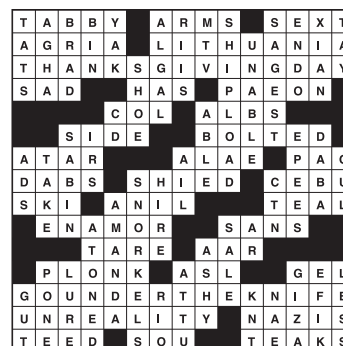


CLUES ACROSS

- 1. Outsourcing (abbr.)
- 4. Post
- 8. German city on edge of Black Forest
- 10. "___, but goodie"
- 11. Spiced stew
- 12. Passionately
- 13. Monetary units
- 15. Group of living organisms
- 16. Organic compound derived from ammonia
- 17. High honors
- 18. 5-year-olds' classes
- 21. Swiss river
- 22. Old woman
- 23. Cash machine
- 24. A way to soak
- 25. Hair product
- 26. Deride
- 27. "The Blonde Bombshell"
- 34. Cause to become insane
- 35. Bluish greens
- 36. Supported with money
- 37. Type of equation
- 38. Court officials
- 39. Indian god
- 40. Rids
- 41. Leak slowly through
- 42. Units of ionizing radiation
- 43. Midway between south and southeast

CLUES DOWN

- 1. Native of Slovakia
- 2. Deli meat
- 3. Fibrous substance in fungi
- 4. Cutting
- 5. Vedder and Van Halen
- 6. Horror comic novelist
- 7. Rulers of Tunis
- 9. Shaped like a circle
- 10. Make a pig of oneself
- 12. Aphorism
- 14. Witness
- 15. Single Lens Reflex
- 17. Freshwater North American fish
- 19. Nautical ropes
- 20. Leg (slang)
- 23. Pokes holes in
- 24. Moved quickly on foot
- 25. Fix-it shops
- 26. Type of bread
- 27. Repaired
- 28. Synthetic diamond (abbr.)
- 29. Type of drug (abbr.)
- 30. German city along the Rhine
- 31. Animal disease
- 32. Martini necessities
- 33. Get away from
- 34. Village in Mali
- 36. Djibouti franc



Answers for September 20

Characteristics to consider when looking for a new dog

Dogs have been faithful companions to humans for hundreds of years. Dog owners know their canine companions can be friendly, affectionate and entertaining. Dogs also are quite intelligent and can perform various jobs that help them stay focused and healthy.

Anyone considering bringing a dog home might be wondering



characteristics to consider when searching for a new dog.

Energy level. Dogs require different levels of exercise and are sometimes classified by how much energy they are likely to exert. A working breed like a German shepherd, for example, may need more exercise than a dog that is known to lounge more often, such as a basset hound.

Talk through exercise expectations and be realistic on how much time can be devoted to walks and play sessions before narrowing down breeds.

Size. The larger the dog, the more indoor and outside space the animal

which dog is best for them. Every dog is unique, and a breed that is a perfect fit for one person or family may not be the right choice for another. The following are five char-

acteristics to consider when searching for a new dog. Larger dogs also will need more food and larger toys and sleeping spots. They also may be more difficult to walk if they are particularly large and strong com-

pared to the individual doing the walking. Some people may want a dog that can be easily transported in a carrier when traveling. Therefore, size is an important consideration when looking for a new dog.

Health predispositions. Though predisposition to certain health issues may not be too great a concern with mixed-breed dogs, purebred animals are another story. For example, RSPCA Pet Insurance says pugs and bulldogs, as well as other brachycephalic (flat-faced) dog breeds, may experience overheating because they have trouble panting to cool off. Some brachy dogs are predisposed to skin, eye or oral health conditions. Other dogs may be more prone to allergies or hip dysplasia. It's important to do your homework on breeds and identify potential health issues a given dog may be predisposed to.

Grooming needs. Coat will determine how often or how much grooming a dog will require. Dogs with double coats may need to be brushed regularly to avoid matting and to help with the shedding pro-

cess. While certain dogs are billed as hypoallergenic, this really isn't a thing. Allergies often form from exposure to dog dander or the oils on their skin, so reduced propensity for shedding will not remove the chances for allergic reaction entirely.

Personality. It is important to read the breed standards on dog disposition. While personality will be affected by breeding and how the animal was raised, inherent traits may make some dogs act a certain way across the board. Dogs bred to be watchdogs may be more aloof or weary around strangers. Dogs that are bred to do jobs like herding may be more independent. Other dogs are family-oriented and bigger lovebugs, which is why Golden retrievers are so popular among families. Speak with a qualified breeder or veterinarian about which dogs will best fit a particular lifestyle.

Various characteristics merit consideration when shopping for a new dog.



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Scrap tire drop-off day scheduled

The Worcester County Commissioners and the Public Works Recycling Division, in conjunction with the Maryland Department of the Environment and Maryland Environmental Services, will host Citizens Scrap Tire Drop-Off Day on Saturday, October 7, from 8 a.m. until 1 p.m. This event will take place at the Central Landfill in Newark.

Worcester County residents are encouraged to get rid of their old, scrap, passenger and light truck tires free of charge, with a limit of 10 tires per household (photo ID required).

Only non-commercial truck and car tires will be accepted. No agricultural tires will be accepted, and no businesses, commercial haulers of tires, or generators of scrap tires will be permitted to participate in the Citizen Scrap Tire Drop-Off.

For more info, contact Worcester County Recycling Manager Bob Keenan at 410-632-3177, ext. 2405.

Fall fest scheduled

The Eastern Orthodox Community of Saint Andrew welcomes everyone to its annual Fall Fest, Friday and Saturday, November 3 (9 a.m. to 5 p.m.) and 4 (9 a.m. to 4 p.m.). Featured are a themed basket auction, international foods, bake sale (complete with a variety of Greek pastries), Mediterranean Market, and much more. The Church is located at 33384 MacKenzie Way (off Plantation Road) in Lewes. For more information, call 302-645-5791 or visit the church website: www.orthodoxdelmar.org/fallfest.

Wor-Wic to host poetry reading

The public is invited to attend a free reading by poet Elizabeth Knapp on Monday, Oct. 16, at 7 p.m., in room 302 of the Hazel Center at Wor-Wic Community College in Salisbury.

Knapp is the author of "Requiem with an Amulet in Its Beak," winner of the 2019 Jean Feldman Poetry Prize, and "The Spite House," winner of the 2010 De Novo Poetry Prize. She teaches at Hood College in Frederick, and is a poetry editor for The Baltimore Review.

Visit the events section of www.worwic.edu for more information.

pediatrician
from page 11

into the Alpha Omega Alpha national medical honor society.

Salgado was born and raised in Quito, Ecuador, and is fluent in both English and Spanish. He is excited to relocate to the Eastern Shore with his wife, who was born and raised in Berlin.

Salgado will be seeing patients at Atlantic General Pediatrics in West Ocean City until the practice's new office space at the Gudelsky Family Medical Center in Ocean Pines is complete. To schedule an appointment, families can call 443-728-1004.

Some things to think about

Gathered from the internet by **Jack Barnes**

Ponderisms

Why do peanuts float in a regular coke and sink in a diet coke? Go ahead and try it...

I used to eat a lot of natural foods until I learned that most people die of natural causes.

How important does a person have to be before they are considered assassinated instead of just murdered?

Why do you have to "put your two cents in"... but it's only a "penny for your thoughts"? Where's that extra penny going? (taxes)

Once you're in heaven, do you get stuck wearing the clothes you were buried in for eternity?

What disease did cured ham actually have?

How is it that we put man on the moon before we figured out it would be a good idea to put wheels on luggage?

Why is it that people say they "slept like a baby" when babies wake up like every two hours?

If a deaf person has to go to court, is it still called a hearing?

Why are you IN a movie, but you're ON TV?

Why do people pay to go up tall buildings and then put money in binoculars to look at things on the ground?

Why do doctors leave the room while you change? They're going to see you naked anyway.

Why do toasters always have a setting that burns the toast to a horrible crisp, which no decent human being would eat?

Can a hearse carrying a corpse drive in the carpool lane?

If the professor on Gilligan's Island can make a radio out of a coconut, why can't he fix a hole in a boat?

If corn oil is made from corn, and vegetable oil is made from vegetables, what is baby oil made from?

If electricity comes from electrons, does morality come from morons? Why do the Alphabet song and Twinkle, Twinkle Little Star have the same tune?

Why did you just try singing the two songs above?

Did you ever notice that when you blow in a dog's face, he gets mad at you, but when you take him for a car ride, he sticks his head out the window?

How did the man who made the first clock know what time it was?

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Great musical instruments for beginners

Playing a musical instrument benefits people of all ages, including children. Young children may take to music education more readily than adults, acquiring skills in record time. While many instruments are beneficial to kids, certain choices are best for children just starting out.

Piano. The piano is a great instrument to learn because it enhances fine motor skills and often serves as a foundation for music education. The good news is one doesn't have to purchase a piano to get started. Digital keyboards and even online piano keyboards can replicate piano sounds quite well and

provide an inexpensive way to learn piano.

Ukulele. Ukuleles are affordable and their small size makes them ideal for kids. It's easy to learn a few chords and play familiar songs. Plus, parents may appreciate that the ukulele is a relatively quiet instrument.

Recorder. A recorder often is one of the first instruments introduced to children in music classrooms. A

recorder is an ideal introductory wind instrument because it is easier to play than a flute or clarinet. Nonetheless, it still requires students to learn coordination and breathing techniques.

Drums. Drums teach children rhythm, which is an essential component of all music. Drums are attractive to kids because they can be

great fun to play and help reduce stress by getting out all that nervous energy. Electronic drum kits are available as quieter alternatives and are great options when space for a regular drum set is unavailable.

As children acquire skills on these instruments, they can continue or move on to more complicated alternatives.




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