

The Courier

August 24, 2016 Volume 16 Number 52

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Thompson earns bonuses

By Chip Bertino

Just under \$31,000 is what Ocean Pines Association (OPA) General Manager Bob Thompson was given in bonuses just before the recent community election. It appears the bonus was not voted upon by the previous board. Even though he was on the previous board, Dave Stevens said he had only seen the bonus document shared by Cheryl Jacobs at Monday's organization meeting earlier that day.

In the document provided to board members by Jacobs, Thompson was given the bonus based on calculations of the financial performance of amenities including Aquatics, Golf/Food and Beverage, the Beach Club, Beach Parking, the Yacht Club and Marinas.

According to the document entitled "Authorization of payment to the GM for financial performance" the contract with Thompson states:

"Beginning with the first (1st) year of this contract, Thompson shall be eligible to receive at risk income, with annual payout of up to 25% of base salary [which is \$165,000]. 75% of the at risk compensation is calculated solely on the cumulative financial performance against the adjusted objectives. The objectives are adjusted to reflect major changes made by the OPA Board from the GM's original budget proposal. In the fiscal year 2015-16 those changes are seen in the plan B which was passed as part of the budget development process. The adjusted budgets of the following income producing amenities: Yacht Club, Beach Club (excluding Beach Parking), Golf and Aquatics are included in the calculation.

"The amount to be paid is based on comparing real audited year end numbers from the fiscal year to the adjusted objectives for each amenity.

"Mr. Thompson would receive 1/3 of the 75% of his at risk compensation if the financial performance achieves 90% of the established goal for the year.

please see **bonuses** on page 3



Kiwanis supports Cedar Chapel Special School

Belinda Gulyas, principal of the Cedar Chapel Special School attended the meeting of the Kiwanis Club of Greater Ocean Pines - Ocean City on August 17 in Ocean City. Belinda spoke about the needs of special children and told of a Downs Syndrome parent who felt the innocence of his child was the closest thing to knowing God. She stated that community relationships, like that with Kiwanis, are very much appreciated. Above: **Belinda Gulyas** (left) accepts a \$500 donation from Kiwanis President **Mark Joseph** and past president **Carolyn Dryzga**.



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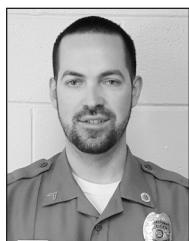
PENINSULA REGIONAL
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Correctional officers recognized

Sergeant Quintin Dennis and Corporal Timothy Mulligan were recently named the 2016 Worcester County Correctional Officers of the Year during the annual Maryland Correctional Administrators Association Conference this summer.



Quintin Dennis



Timothy Mulligan

"I am so very proud of the great job done by the officers and staff at the Worcester County Jail, so when we have the opportunity to recognize their excellence it's exciting," Warden Garry Mumford said. "The Correctional officers at any correctional facility have the awesome responsibility of serving, managing and safeguarding the welfare of inmates each and every day, and our officers here at the Worcester County Jail do it in such a way that all of us should be proud."

Dennis, who joined the team at the County Jail in 2000, is a Berlin native who earned an Associate of Arts Degree in Criminal Justice from Wor-Wic Community College and has earned a

number of specialized certifications, including Prison Rape Elimination Act (PREA) Investigator Certification.

Mulligan is a Snow Hill native who joined the team at the County Jail in 2010 after serving our nation and completing a tour of duty as a soldier in the United States Army. Both men are vital members of the County Jail team who perform their duties with integrity, honesty, and the highest level of commitment to serving their fellow officers and the inmates alike. These officers represent the philosophy of the Worcester County Jail and the motto of corrections to remain fair, firm, and impartial at all times.

Coastal Hospice seeks volunteers

Coastal Hospice & Palliative Care needs volunteers throughout the four Lower Shore counties they serve, Dorchester, Somerset, Wicomico and Worcester, and is offering an introduction course, as well as the training required by the State of Maryland, in a combination of on-site and on-line programs.

Part of the required training will be on-site for one day on Saturday, September 17 from 10 a.m. to 4 p.m. at the Coastal Hospice Volunteer Offices, Philmore Commons, 224 Phillip Morris Dr., Suite 102, Salisbury.

For their convenience, volunteers can take the remainder of the training on-line on their own time and in their own homes. Arrangements can be made for those who do not have a computer at home.

Coastal Hospice matches volunteers with their areas of interest and within their schedules. Patient volunteers offer comfort and companionship to patients and their families, provide transportation and deliver supplies. Other volunteers support the staff with office work, health fairs, fundraising events or by assisting at the Coastal Hospice Thrift Shop in Berlin. Volunteers who are veterans have opportunities to work directly with veteran patients as part of Coastal Hospice's We Honor Veterans program.

Anyone interested in volunteering for Coastal Hospice can take the first step by reviewing the information available on-line at CoastalHospice.org/maryland-hos-

please see **hospice** on page 6



Ocean Pines PGA Director of Golf John Malinowski offers putting tips to some junior golfers.

Ocean Pines Golf and Country Club to hold fall golf clinics

Ocean Pines Golf & Country Club will hold four-week golf clinics for women and juniors beginning this September. PGA Director of Golf John Malinowski and golf course professional staff will provide instruction.

A clinic for juniors will be held on Saturdays from 10 a.m. to 10:45 a.m. starting September 10. Designed for boys and girls ages five to 14, the clinic will provide instruction in swinging, chipping, putting, driving and bunker shots. All skill levels are welcome, and equipment will be provided. The cost is \$40 per person.

Two golf clinics for women will also be offered this fall. A clinic for intermediate golfers and those wanting to brush up on their skills will be held on Thursdays from 10 a.m. to 10:45 a.m. beginning September 8. The clinic will cover all aspects of the game including woods, irons, chipping and putting. The cost is \$50 per person.

A clinic for women who are beginners or have minimal golf experience will be held on Saturdays from 9 a.m. to 9:45 a.m. beginning September 10. Golf basics including proper grip, swing, club usage and more will be covered. Those new to the sport who want to learn in a fun, supportive atmosphere are encouraged to attend. The cost is \$50 per person; equipment will be provided.

Registration for all of these four-

week clinics, which are open to the public, may be completed online at OceanPinesGolf.org or in the Golf Shop. A minimum of five participants is required for each. For more information, contact PGA Director of Golf John Malinowski at 410-641-6057 or jmalinowski@oceanpinesgolf.org.

Jazz concert is Sunday

On Sunday, August 28 at 5 p.m. there will be a Jazz Concert by Jacob Todd at the First Presbyterian Church of Ocean City. The church is located at 1301 Philadelphia Ave. in Ocean City. Light fare will be served. Donations would be greatly appreciated. For further information, please contact Rev. Jeff Howard at 301-289-9340.

Final outdoor movie to be shown

The final outdoor movie night this summer will be held this Saturday, August 27 in downtown Berlin. "Runaway Bride," which was filmed in the town will start at 8:30 p.m. at Main and Jefferson streets. The event is family-friendly and free. Bring your own blankets or chairs and snacks and drinks. No alcohol is permitted. The event is sponsored by the Berlin Parks Commission and Arts and Entertainment Committee and funded in part by a grant from the Worcester County Arts Council.

Dems to picnic

The Democratic Clubs of Worcester County will hold a Labor Day picnic on September 5 between noon and 3 p.m. at Whitehorse Park in Ocean Pines. There will guest speakers and food. The cost is \$15 per person. Call Jan for reservations at 410-641-8217.

Letters sent to The Courier for publication consideration must be signed and include



a telephone number where the author can be reached to verify authenticity, if necessary. Let-

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

thecourier@delmarvacourier.com

New OPA board, new leadership

By **Chip Bertino**

A new era has begun within the Ocean Pines Association (OPA) as three new board members were sworn in and the board voted on its leadership.

Attorney Joe Moore swore in Brett Hill, Slobodan Trendic and Pat Supik and then proceeded his annual ritual of explaining the community's governing documents and duties of the board.

Then the process that has been the subject of speculation within the community since the election results had been announced began, the election of officers. Incumbent President Pat Renaud said that he was not interested in running again as president and then nominated Cheryl Jacobs. Dave Stevens nominated Tom Herrick. When the paper ballots were counted, Herrick had won. He immediately took control of the meeting and presided over the election of the remaining officers.

Stevens was elected over Jacobs for vice president. Trendic was elected secretary. Supik was elected treasurer.

bonuses

from page 1

"If he betters the adjusted objectives by \$50,000 dollars (sic) he would receive an additional 1/3 of the 75% of his potential at risk bonus."

"If he betters the adjusted objectives by \$100,000 dollars (sic) he would receive an additional 1/3 of the 75% of his potential at risk bonus."

Based on the calculations Thompson met each of the at risk bonus criteria and there was paid a bonus of \$30,938. The document was signed by then president Pat Renaud.

There was no discussion Monday evening by the board of the bonus.

Community member Gene Ringsdorf and Art Carmine were elected assistant treasurers. The assistant treasurers have check signing authority. Following a review of responsibilities of the general manager, Moore said that Bob Thompson would still have authorization to sign checks.

Stevens was also elected parliamentarian. When it came time to appoint the community's legal counsel and auditor, a motion made by Trendic to put the positions out to bid was approved on a 5-2 vote. Jacobs and Renaud voted against the motion.

Herrick requested and received the board's nod to get back to the body with board liaison appointments to advisory committees. He asked individual board members to email him with their requests for committee assignments.

Following considerable discussion, the board accepted a Herrick proposal that would incorporate work sessions into the board meeting schedule. A schedule was hammered out for the remainder of the calendar year. The board will meet for work sessions on the following Mondays at 9 a.m.: September 19, October 17 and December 5. The board will meet for regular board meetings on the following Saturdays: September 24 (10 a.m.), October 22 (10 a.m.) and December 9 (9 a.m.).

The board debated a Trendic motion that instructs "Mr. Thompson, OPA's general manager, to halt until August 29, any new or currently board-approved projects from starting, including any work at Manklin Meadows, the Beach Club bathrooms and the Country Club." The motion passed on a 5-2 vote with Renaud and Jacobs voting against. The board called a special meeting for this Friday at 4:30 p.m. to

review the projects and to get a briefing from the general manager. Supik said she would participate in the meeting via conference call.

The board agreed to a Jacobs proposal that would have the board begin discussions on the budget for the next fiscal year sooner than later. The board has tentatively scheduled to meet with the Budget and Finance Committee on Wednesday, September 21.

Hill had hoped to introduce three motions under new business but the board voted to table the motions until the meeting on Friday. The motions included the following: (1) To amend the current fiscal year budget to remove the food truck from the Yacht Club operating budget. (2) To authorize the general manager to "mobilize an objective, third party licensed plumber to the Yacht Club" to troubleshoot the "per-



Attorney **Joe Moore** swears in new board members **Slobodan Trendic, Brett Hill** and **Pat Supik**. Photo by Chip Bertino

sistent odor" and for a "written report be provided to all members of the board of directors" by noon on Friday, August 26. The motion also included language that would require reports from other contractors be provided to the board. (3) To authorize the general manager to have his staff enter the property known as 39 Westfield Circle to bring "unattractive growth in compliance with M-04."



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P.O. Box 1326
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thecourier@delmarvacourier.com
www.delmarvacourier.com

Chip Bertino

Publisher/Editor
chipbertino@delmarvacourier.com

Susan Bertino

General Manager

Mary Adair / Comptroller

Contributing Writers

Betty Cianci, Ron Fisher, Steve Habeger
Douglas Hemmick, Jean Marx,
Betty McDermott, Dolores Pike,
Kelsey Reichenberg and Bev Wisch

Robert B. Adair 1938-2007

2012 Business of the Year

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Assateague wild ponies have roamed the beaches, pine forest, and salt marsh of Assateague Island since the 1600s. Assateague Island National Seashore has a combined total of over 300 wild ponies in Maryland and Virginia. Some people believe the

horses arrived on Assateague's shores when a Spanish galleon ship (with a cargo of horses) sank offshore.



Others believe the horses arrived by early colonial settlers that allowed them to graze there. A Spanish ship wreck was discovered recently in the waters off Assateague which lends credit to the first theory.

The ponies have become well-adapted and enjoy the solitude Assateague Island offers. Marsh and sand dune grasses, rosehips, bayberry twigs, and persimmons supply the bulk of their food. Assateague ponies are often found feeding on the salt marsh cordgrass along Assateague's western shoreline. When traveling by boat, you may encounter Assateague ponies along extensive bay habitats and pine forest of the 37-mile barrier island.

Help your body bounce back after cancer treatment

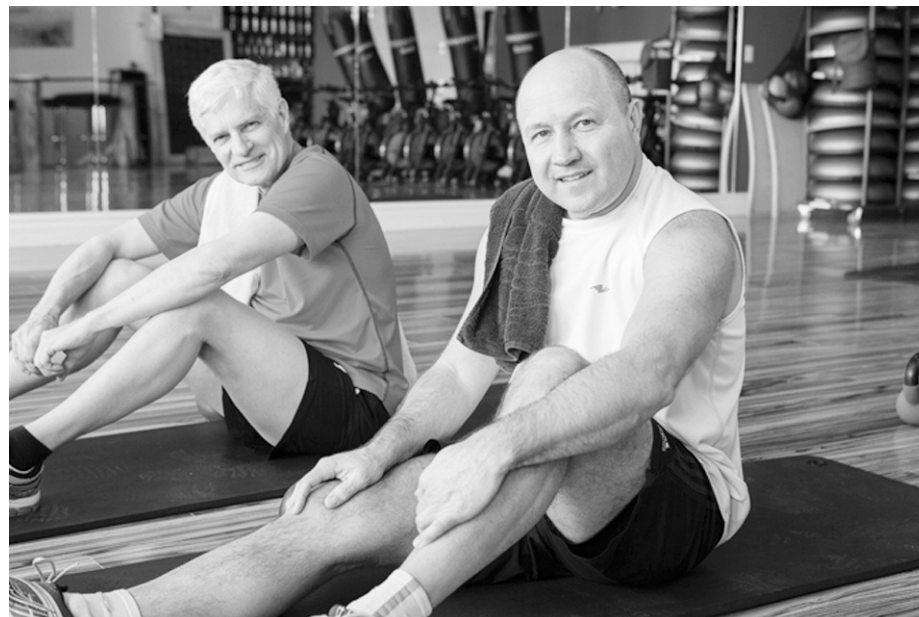
Cancer treatments like chemotherapy and radiation therapy can take a toll on patients' bodies. Though the side effects vary depending on the type of cancer and the treatment being administered, cancer patients may experience both short- and long-term consequences related to their treatments, leaving many with some work to do once their treatments have proven successful.

Fatigue, bruising and bleeding and skin irritation are some of the more common short-term side effects associated with cancer treatments. But cancer patients may also experience long-term side effects. For example, Susan G. Komen, a tax-exempt organization that aims to address breast cancer through various initiatives, notes that early menopause is a potential long-term consequence of breast cancer treatments.

Helping their bodies recover after cancer treatment is a primary goal for many cancer survivors. While cancer survivors should work with their physicians to devise a post-treatment recovery plan, the following are some helpful tips for survivors to keep in mind as they get back in the swing of things.

Recognize the importance of exercise. Cancer survivors who did not exercise much prior to their diagnosis should recognize the important role that exercise can play in their lives going forward. According to the Mayo Clinic, cancer survivors who exercise may benefit from improved mood and sleep, and many report feeling less anxiety than they did during or prior to treatment. And the American Cancer Society notes that some evidence suggests that maintaining a healthy weight, eating right and being physically active may reduce the risk of cancer recurrence and other serious, chronic diseases.

Take it slow. Cancer survivors should approach their post-treatment recovery slowly at first as they reacclimate their bodies to regular exercise. According to the ACS, cancer survivors should aim for at least 30 minutes of exercise five or more days per week. As the body grows



Regular exercise after treatment can help cancer survivors regain strength and may even reduce their risk of recurrence.

more accustomed to exercise, survivors can increase the intensity and duration of that exercise. But some low-intensity yet routine exercise once treatment has ended is a great first step on the path to recovery.

Do not downplay feelings of fatigue. While fatigue is generally a short-term side effect of cancer treatment, survivors should not downplay any feelings of fatigue that linger even after treatment has run its course. On days when cancer survivors lack the energy for vigorous physical activity, a walk around the block or something similar can take the place of more strenuous activities. Report prolonged feelings of post-treatment fatigue to your physician.

Focus on nutrition. The ACS notes that a healthy diet can help cancer survivors regain their strength and rebuild tissue. The ACS recommends that cancer survivors try to eat at least 2-1/2 cups of fruits and vegetables each day and include plenty of high-fiber foods in their diets. In addition, the ACS suggests limiting red meat intake to no more than three to four servings per week.

Bouncing back from successful cancer treatments may take survivors some time, but staying committed to exercise and a healthy diet can help survivors regain their strength and potentially reduce their risk of recurrence.

Dance to be held

An Ocean City Dance will be held Friday, September 23 at the Ocean City Recreation and Parks Community Center located at 200 125th St. in Ocean City. The event is open to singles as well as couples. There will be Swing, Ballroom, Latin, Salsa, Disco and Country dancing to the music of DJ Mike T. Instructor John Brillantes will teach the El Paso line dance from 6:30 p.m. to 7:30 pm.

Open dancing will from 7:30 p.m. to 10:30 p.m. The admission is \$14 per person and includes dance lesson. For information call

443-474-0015 or go to www.DancingAtTheBeach.com.

The Courier

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Car battery, plump fingers and me

A car mechanic I am not. I'll be the first to admit to such a shortcoming. For the record, I can check the levels of the windshield washer fluid and the oil. I can change a tire and there was a time way back when

readings. That will be one new battery, please.

We got the battery home and work began to install it. This operation should and usually is simple. But this particular endeavor was bedeviled by little annoyances. The first one being when one of the long bolts that holds the bracket that holds the battery in place slipped from my fingers and fell into a shadowy crevice between the radiator and



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

cars were much less sophisticated that I could replace spark plugs. However, I'm not the type to tear down and rebuild an engine. You won't see me in my driveway replacing the brakes or performing a valve job. Nope, that's just not me.

Just the other week my son's car was in need of a battery replacement. Changing out a battery is something I can do because it requires not much technical expertise. So, father and son went outside and popped the hood. Common projects undertaken by fathers and sons are opportunities for quality time. I'm sure back in the days of the caveman fathers and sons enjoyed time spent together hunting and gathering or bringing down a Woolly Mammoth. Fortunately for me, the woolies are extinct.

Under the hood of my son's car we found the things that are expected, you know, like the engine. Just behind the left headlight was the troublesome battery. The terminals were somewhat corroded. In simpler times when my grandfather was the family mechanic, he taught me that battery terminal corrosion could be eliminated by pouring Coca-Cola over them. I shared this little tidbit with my son. Thinking that the corrosion was preventing the car from starting, we cleaned the terminals and reattached them. My son turned the ignition key. And then ... nothing.

Okay, let's pull the battery and get another one. Off to the auto parts store we went, just the two of us and our grease smeared hands. The clerk at the store hooked up the battery to their meter and low and behold it registered it had no more life to give. It was gone. In fact I think the meter showed negative

something else of which I don't know the name. I could just see the top of the bolt but was unable to reach it because my sausage-sized fingers were too plump to fit through the opening. My son tried as well but he too failed. Into the garage I went to retrieve a little retractable claw tool that was part of my inheritance from my grandfather.

With a little finesse and a couple swear words, I was finally able to retrieve the bolt. The celebration was cut short when my son dropped the adjustable wrench into the same crevice. Ugh! After a little more finesse and a few more swear words the wrench was rescued just as a clap of thunder broke overhead. Our work took on a new urgency as we raced to beat the down pour.

The battery was in place and the red battery cable was set followed by its black cousin. When the negative cable made contact the car's alarm sounded scaring the bejesus out of us. With our heads under the hood the siren echoed and reverberated through our inner souls.

Changing a car battery should really take about ten minutes. Forty-five minutes later we were able to close the hood signifying the job was finished. I had a welt on the back of my head where I banged it on the hood when the alarm went off. Two of my plump fingers were scrapped up from when I tried to retrieve the bolt and my hands were black with grease. Nonetheless, the job was done and my son no longer had to borrow his mother's car to get around.

A new battery: \$101.95. Time spent with my son: Priceless.

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Evans named teacher champion

The Worcester County Education Foundation (WCEF) introduced Caitlin M. Evans as Teacher Champion representing the students and staff of Worcester Technical High School. Evans has been teaching in the county for four years. Prior to her embarking on a teaching career, she was director of sales for the Courtyard by Marriott in Ocean City. She brought the Hospitality and Tourism program to the technical high school as she saw a need for students to gain customer service skills in our county. She has developed partnerships with hotels in the Ocean City area, as she feels it is important for students to build strong relationships with local businesses. The relationships between students and businesses can open opportunities for students who wish to pursue careers in the tourism and hospitality industry, and

benefit businesses that are interested in grooming enthusiastic employees.

Evans was chosen by the WCEF to represent the Worcester Technical High School and to become a conduit between the WCEF and her school. With Evan's assistance, the WCEF can more accurately access and respond to the present and future needs of the students.

The Worcester County Education Foundation is a non-profit 501(c)3, established by a group of parents and business leaders who support great education and believe that by tapping into community resources, we can help assure that every student in Worcester County has equal access to a first class education. Currently the WCEF is raising money to accelerate the purchase of the necessary digital tools, which provides every child K-12 with equal access to technology and will increase their ability to compete for jobs of the future.

To donate or to learn more about the mission of the Worcester County Education Foundation visit www.wced.foundation or call 410-632-5076.

hospice
from page 2

pice-care-volunteer. For a personal discussion with Sally Rankin, the Coastal Hospice volunteer manager, about volunteer opportunities, anyone interested is welcome to call her at 410-742-8732. To register for training, call or email volunteerservices@coastal-hospice.org.

Founded in 1980, Coastal Hospice is a nonprofit health care organization that cares for individuals facing life-limiting conditions but who want to remain as active and engaged as possible. Coastal Hospice cares for patients in their home, nursing home, assisted living facility or at Coastal Hospice at the Lake.



Happy anniversary

Sid and Charlie Warner celebrated their 61st wedding anniversary at the home of Peggy and Bill Long of Ocean Pines. Above: **Bill and Peggy Long, Julia Striker, Dorothy and Bob Danchik** and seated, **Sid and Charlie Warner**. Photo by Anna Foulz.

AGH capital campaign enters public phase

Atlantic General Hospital Foundation is entering the public phase of a \$10 million capital campaign this month. The funds raised during the "Atlantic General Campaign for the Future" will allow Atlantic General Hospital to complete \$35 million in capital projects planned under the organization's 2020 Vision five-year strategic plan.

Among them is construction of a new 18,000-square-foot full service cancer care center, completion of a women's health center in West Ocean City, renovation of existing surgical facilities and expansion of emergency services within Atlantic General Hospital as well as improvements to inpatient care areas.

The New Regional Cancer Care Center - In addition to existing medical oncology and chemotherapy infu-

sion services and integrative therapies, the new center will include radiation oncology; PET, CT, MRI and other advanced diagnostic radiology services on one campus; laboratory and pathology services; community education and support facilities; and telemedicine technology that will allow patients and their physicians to consult with other cancer care experts, preventing unnecessary travel for consultation and follow up care for patients who may require more intensive cancer care services. Groundbreaking is scheduled for July 2017, with completion in the spring of 2018.

A New Women's Health Center with 3D Mammography Screening - Inspired by the needs of today's busy women, the center will offer patients a seamless experience, with routine exams that can be scheduled together for added convenience. Full breast screening services, including 3D mam-

please see **agh** on page 8



August Drinks of the Month

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What's Happening at Wallops Island

Sounding rockets: to space and back in 15 minutes

By **Steve Habeger**

Since July 4, 1945 more than 15,000 rockets have been launched from Wallops Island, Va. The clear majority of these launches have been scientific sounding rockets. Sounding rockets take their name from the nautical term "sounding" meaning to take a measurement. A sounding rocket describes a parabolic arc nearly straight up and back down to earth.

The use of rockets for scientific purposes has existed for many years but the theory and practical aspects had long gestation times. At the turn of the 20th century, Russian physicist Konstantin Tsiolkowski and German Herman Oberth explained that it could be possible to depart the atmosphere and enter space. Several small solid-fueled rockets were developed but American Robert Goddard broke the mold and advanced the science dramatically when he developed his famous liquid-fueled rockets first demonstrated in 1926. In the late 1920s and early 1930s, clubs of people sprang up all over the world for people interested in improving rockets. All the peaceful rocket work was halted by WWII and, certainly, the Germans gave rocketry science a real (shameless pun alert) boost with the development of the V-2 rocket weapon.

After WWII, rocket technology was adapted from military to scientific use. Significant use of former German V-2 rockets was made, mainly at White Sands, NM, to measure (take soundings) of a myriad of science information that had been inaccessible before the emergence of the new machines. In addition, Wallops Island was beginning a remarkable pace of firing sounding rockets which continues unabated. Many of the Wallops firings used surplus military solid rocket motors. Over time, solid rocket motors have become favored for many reasons, including relatively low cost and relatively high reliability.

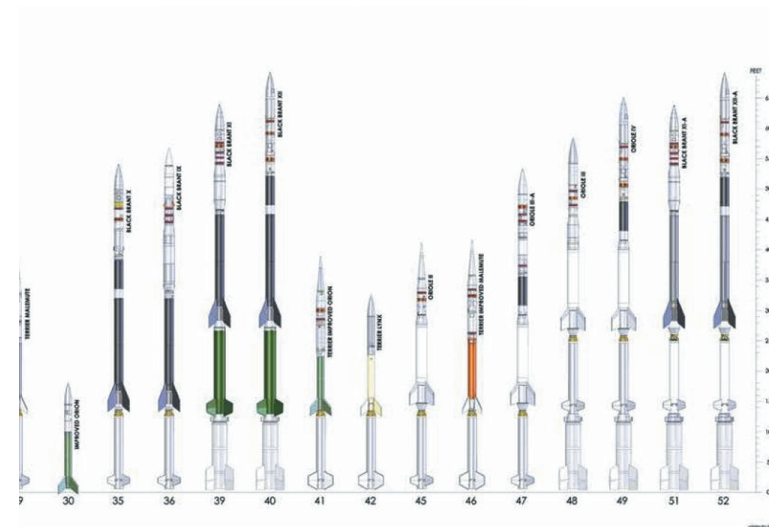
During the International Geophysical Year (IGY) from July 1957 to end-1958 it was planned to include over 200 sounding rockets around the world gathering a mother-lode of new science. While IGY was quite successful, the unexpected (at least in the free world) launch of Sputnik on 5 October 1957 got the attention of the entire world and IGY became an interesting

but overshadowed series of experiments.

Since the late 1950s Wallops has become a focal point of American sounding rocket technology and systems. When a scientist, mostly but not always American, seek to place an instrument into space to take measurements, they apply to NASA for a ride on a sounding rocket. There are many more applications for a "ride" on a sounding rocket than can be accommodated by budget and other constraints so the competition can be intense. When the applications have been whittled down to the number and

please see **rockets** on page 8

SOUNDING ROCKET VEHICLES 2014



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MD #2294

agh
from page 6

mography and ultrasound; bone densitometry; gynecology consultations; and colposcopy, endometrial biopsy and other minor gynecological surgeries will be provided under one roof. The center will be completed in early 2017.

Modernization of Inpatient Care Area – A newly-renovated inpatient care area located on the 2nd floor of Atlantic General Hospital will provide greater efficiency for nursing care and provide improved line of sight to beds from a new and more central nursing and physician work station. The new design will reduce noise in the corridors, improving sleep and comfort for patients. A private room for patient medication instruction and additional, more pleasing family space will be created to allow for family involvement in the treatment and recovery process. Family involvement improves patient response to treatment and improves ongoing recovery after discharge from the hospital.

Modernization of Surgical Facilities – Redesign of the existing surgical services unit and adjacent areas will incorporate the latest technology to enhance best practices in pre-operative care, surgical care and post-operative care, providing larger operating rooms to accommodate advanced laparoscopic and orthopedic surgical procedures. The design will include a private consultation room for patients in the pre-admission and post-operative area to improve patient privacy in the ambulatory surgery area.

Emergency Department and Outpatient Services Expansion - As one of the fastest growing areas in Maryland and Delaware, the region served by Atlantic General Hospital has an increasing need for access to emergency services when unplanned medical emergencies arise. To maintain the ER's efficient care delivery, the number of treatment areas will

be increased. A dedicated space for patient consultation, counseling and arrangement of follow-up appointments with community providers will also be created as well as a consolidated triage and protocol center. The design will allow for improved patient privacy and comfort and increased security capabilities.

“As our community continues to expand, it is vital that our local hospital expand to meet the health care needs of our local families and seasonal visitors,” said Michelle Fager, Foundation co-chair of the Atlantic General Campaign for the Future. “Community support in every way is paramount, as these projects will not only benefit us but will be a lasting gift to our children and future generations.”

Support has already been extended by the Atlantic General Hospital Auxiliary, who has made the first pledge to the Atlantic General Campaign for the Future for \$300,000.

As a not-for-profit community hospital, Atlantic General Hospital invests all income above expenses in programs to strengthen and expand healthcare services and community outreach to meet the organization's mission to improve individual and community health. However, financial support from the community is crucial in bridging the gap between the cost of modern medicine and the growing health needs of residents on the Eastern Shore. The Atlantic General Campaign for the Future is the philanthropic community support that will allow Atlantic General Hospital to achieve their 2020 Vision for healthcare. All funding will support programs that stay in Worcester County, to benefit residents and visitors of Worcester County and the surrounding region. For more information about the Campaign for the Future, visit www.atlanticgeneral.org/campaign-forthefuture.



Drawbridge Divas - The annual luncheon of the ladies who live on Drawbridge Road in Ocean Pines was held at the home of Jackie Choate (far right) on August 19.

rockets
from page 7

type that can be supported, the project is assigned to the *Sounding Rockets Program Office* (SRPO) which is located at Wallops.

Mr. Phil Eberspacher, Chief of SRPO said, the next few years will be very busy for SRPO. The plans look like this:

Remainder of calendar year (CY) 2016, three rockets; two from Wallops and one from White Sands,

CY 2017, 17 rockets; six from Alaska, four from Wallops, ten from White Sands and two from Kwajalein Atoll (in the South Pacific)

CY 2018, at least ten rockets including three from Alaska and four from northern Norway, and

CY 2019, a major campaign from Woomera, Australia among other launches.

One of the strong attributes of the Wallops sounding rocket program is the range of altitudes, payload weights, and time-in-space options that scientists can choose from. Additionally, Wallops sounding rockets have been launched from many places around the earth. The rockets and their payloads are designed, built and tested at Wallops but most sounding rockets are launched elsewhere in the world.

Many scientists desire to measure phenomena in or near the Arctic Circle. The Northern Lights are actually the result of collisions between gaseous particles in the Earth's atmosphere with charged particles released from the sun's atmosphere. In order to study the Northern Lights, Wallops sounding rockets are often launched from Alaska or Norway.

Of increasing interest lately are observations in the Southern Hemisphere. Wallops sounding rockets to investigate such phenomena are launched in Australia and Peru.

White Sands, NM is a popular site to launch telescopes for short duration observations of celestial bodies. White Sands allows for parachute landing and recovery of the very expensive telescopes so that they can be reused. Water landings off Wallops can be problematic for recovery of payloads; electronics and saltwater are not compatible.

Sixteen different Sounding Rocket vehicles, ranging from a single stage Orion to a four stage Black Brant XII, are available to fulfill science altitude requirements of 100 to 1400 kilometers. Payloads up to 1500 pounds can be accommodated.

Additional information about sounding rockets can be found here: <http://sites.wff.nasa.gov/code810/>.



Terrier-Improved Malemute launch. Photo by NASA/Allison Stancil.

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Edward Jones
MAKING SENSE OF INVESTING

Member SIPC



Getting together - Community members enjoying an event sponsored by Senator Jim Mathias held at Ropewalk Restaurant on August 19. Pictured left to right are **Judy Davis**, **Jerry White** of the Democratic Central Committee Worcester County, **Arlene Page** and **Barbara Purnell** of the Germantown School Community Heritage Center.

Associates join Coastal Hospice

Coastal Hospice has welcomed two new Provider Relations Associates as members of their outreach team. Provider Relations Associates go out into the four Lower Shore counties that Coastal Hospice serves to provide physicians and health care facilities with the proper tools to give them a full understanding of hospice and the services the non-profit provides.



Frankie Knight



Caroline Hutchinson

Frankie Knight grew up in Ocean City and attended Wor-Wic Community College and Towson University. She has volunteered for the National Alliance of Mental Illness, Susan G. Komen and CASA. After a cancer diagnosis, she started a

Caroline Hutchinson grew up in Salisbury and attended Bridgewater College in Virginia. Previously, she interned at Coastal Hospice in Provider Relations during the fall and spring of 2014/2015. Hutchinson's goal is to extend a helping hand to her neighbors and have a positive impact on her community.

Founded in 1980, Coastal Hospice is a nonprofit health care organization that cares for individuals facing life-limiting conditions but who want to remain as active and engaged as pos-

sible. Coastal Hospice cares for patients in their home, nursing home, assisted living facility or at Coastal Hospice at the Lake. The organization serves Wicomico, Worcester, Dorchester and Somerset counties. Information is available at 410-742-8732 or at CoastalHospice.org.

Wor-Wic to hold Run/Walk

The Wor-Wic Community College Foundation is sponsoring a 5K Run/Walk, along with the 2016 Law Enforcement Team Cup Challenge, on Saturday, September 24, at 9 a.m., at the college campus on the corner of Route 50 and Walston Switch Road in Salisbury. Check in and registration begin at 8 a.m.

The 5K run and one-mile walk are open to the public. The Law Enforcement Team Cup Challenge is open to employees of any law enforcement agency who will compete in teams of two to three runners for the Law Enforcement Team Cup, currently held by the Wicomico County Sheriff's Office.

All 5K runners and law enforcement team members will be eligible for first place overall male and female trophies, as well as medals for the top three male and female finishers in eight different age categories. The first 100 registrants will receive an event shirt. All participants are invited to stay afterward for the awards ceremony, refreshments, music and fun activities for

the whole family.

The entry fee is \$25 per person, or \$35 per person after Sept. 22. Proceeds will benefit the students of Wor-Wic. For more information or a registration form, visit the college website at www.worwic.edu or call 410-334-2808.

Student backpack blessing offered

As a way of marking the end of summer, and the return to the classroom, St. Paul's by-the Sea invites all students and teachers to bring their backpacks/briefcases to a special service of blessing to mark the beginning of the new school year. This year's blessing will take place on Sunday, September 4 at the 10 a.m. service. There will be coffee and treats for all in DeWees Hall after the service. The church is located at 302 N. Baltimore Avenue in Ocean City. Please contact the church office at 410-289-3453 with any questions.

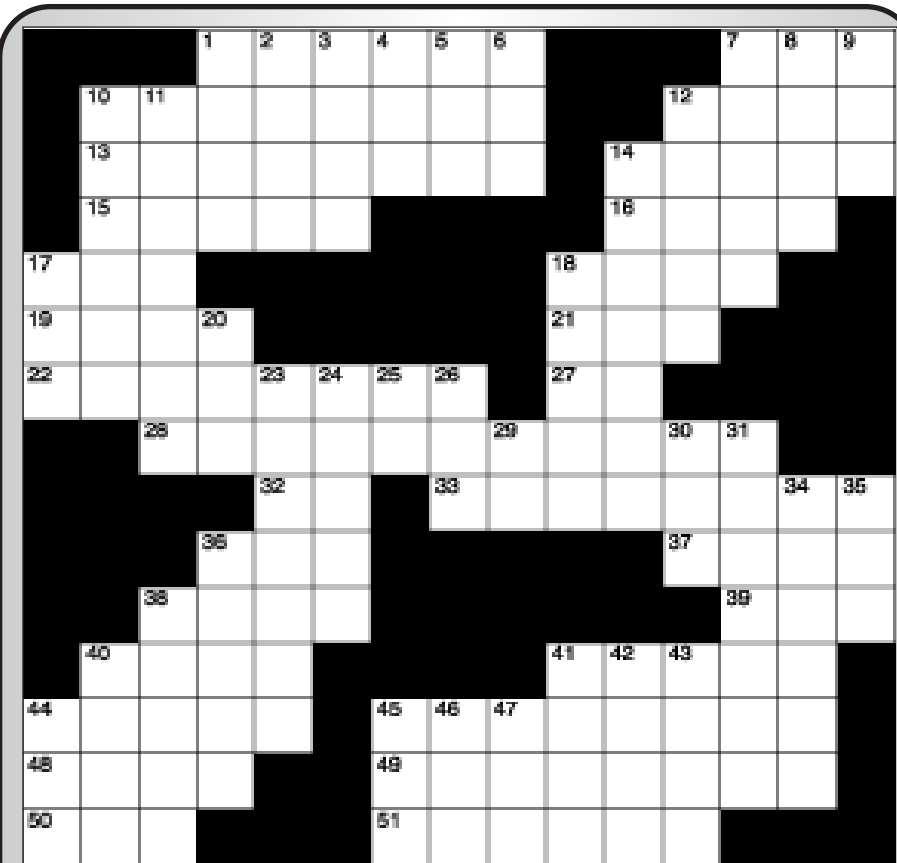
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Answers for Aug 17

Captain Ron's
Fish Tales
By Ron Fisher

Fishing the Coastal Bays

Fishing is good some days and bad the next, why?

I will be the first to admit I don't know all the answers as to why fish bite one day and not the next. However, in this column I'll try to help you improve your odds of having a good day. There are just some days when you will get bites and catch many fish and other days when you may not even have a bite. Here are some handy hints to consider before your next fishing trip.

Water Conditions: One of the most important conditions for catching all types of fish and in particular flounder in our bays is water clarity. If the water is somewhat clean you will likely have a good day but if it is dirty and you can tell just by looking at it with a lot of floating eel grass and you can't see bottom in shallow water you will likely have a bad day of fishing. However, you can improve your odds of finding clean water by going early before all the boat traffic starts and also by fishing the incoming tide where cleaner water usually is entering the bay from the ocean. Although this is not always the case particularly if there were a number of off shore storms the day before and the ocean water is dirty. Also, fishing the outgoing tide after the first few hours increases the risk of the water getting dirty as the tide pulls sand etc. from the marshes and sandbars. It is best to fish the last few hours of the incoming tide and the first few hours of the outgoing tide to improve your odds of having a good day fishing.

Wind: Wind can have a big impact on fishing. One old salt told me the following, "If the wind is from the east, fish bite the least and if the wind is from the west fish bite the best." I don't necessarily agree with this. Here is one from Capt. Ron to remember. "If the wind is from the south fish will open up their mouth, but if the wind is from the west the green headed flies will bite the best." A west wind will drive the flies out of the marshes and if

you don't have bug repellent it will be a miserable day on the water or beaches. If there is wind I prefer a south wind of 5-10 knots. A wind of 15-25 knots will make it pretty rough on the water and will tend to muddy up the bay.

Water Temperature: Water temperature is more important in the spring and late fall than during the summer months and has significant impact on flounder fishing. Flounder tend to like water warmer than 54 degrees so keep that in mind when flounder fishing in the spring and late fall. This is why you will usually catch more flounder in the shallow water in the spring as the water in the shallows is warmer. It does not have as great an impact on stripers and bluefish.

Bait: If you want to improve your odds of catching big fish you need to use the right bait for the time of the year you are fishing. This time of year starting in late August large live bait is the key to success. Fishing with live spot now is my preference. I would also rely on Berkley Gulp Swimming Mullet in a chartreuse or pearl white color fished on a top and bottom rig with the spot on the bottom and Gulp on the top hook. This is a good combination for striped bass and flounder. Bunker is also good but very difficult to keep alive even in an aerator bucket or live well but they work dead or alive. Of course you can use traditional baits such as live minnows, frozen shiners with a squid strip but live spot and Gulp will improve your chances of catching a keeper this time of year.

Spot have a black spot just behind the top of the gill opening and dusky bars on their upper side. Good fishing size is 2-4 inches. You can buy them at most tackle shops but they are expensive. They can be caught in canals and around bridges using small hooks such as a Sabiki rig size 8 hooks baited

How to help students choose an extracurricular activity

Extracurricular activities can benefit students in various ways. Academic clubs, sports and volunteer organizations provide students with opportunities to grow as people and make new friends while also teaching kids skills they will use for the rest of their lives.

Many parents are aware that extracurricular activities can help students improve their chances of gaining admission to college. But students who choose the right extracurricular activities will benefit in greater ways than simply strengthening their college applications. The following are a handful of ways parents can help their sons and daughters choose extracurricular activities they can benefit from for years to come.

Ask kids to jot down their interests. Students are more likely to enjoy and excel at extracurricular activities that align with their existing interests. Ask kids to jot down a list of their interests or anything they might want to try. Youngsters might want to learn a mu-

sical instrument even if they have never before taken a course on music. Once kids have listed their interests, look for activities that allow them to further explore those interests. Chances are there is a school-sponsored or community-based club or organization that will align with at least one thing on your child's list.

Encourage kids to have fun. Kids are more likely to enjoy and fully commit to an activity if they find it fun. While extracurricular activities can help kids grow as people and improve their image in the eyes of college admissions officers, kids will get even more out of an activity if they enjoy doing it.

Look for something that will not interfere with schoolwork. Extracurricular activities can look great on a college application, but that benefit is lost if the activity interferes with a student's academic performance. Some activities, including sports, demand more of students' time than others, but make



sure kids know that school always comes first.

Ask around. Ask neighbors or school officials for recommendations to help kids who have tried but failed to find the right fit with regard to extracurricular activities. Sometimes it takes a little trial and error before a child finds an activity he or she is comfortable with. Fellow parents can make great resources, and school officials likely know of a host of clubs and organizations that kids may be interested in.

Sign up with your kids. If kids are hesitant to sign up for an activity because they are shy, sign up with them. Volunteer organizations are typically family-friendly, and kids might be more likely to come out of their shells if they sign up with their parents or sib-

lings. As kids grow more comfortable with an activity, they will want to get more involved even if mom and dad do not have the time.

Parents can employ various strategies to help kids find activities they can be passionate about for years to come.

capt. ron

from page 10

with small pieces of blood worm, squid or bloodworm fishbites as an alternative to regular bloodworms. Spot are easy to keep alive in an aerated bucket and as a result make an excellent live bait. Hook them through the upper lip and out along the snout.

Follow these tips and I am certain you will improve your Bay fishing experience.

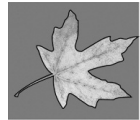
Ask Capt. Ron: I recently received an e-mail question from Jason of Ocean Pines.

Capt. Ron - do you need a fishing license to fish in the Ocean Pines Ponds? DNR says you do require a license if you are 16 or over.

Did you know:

1. Most brands of lipstick contain fish scales.
2. The oldest fishhook ever found dates back about 42,000 years ago. Wonder how they were biting then?

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



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Tide and Sun Chart

* tide is for Ocean City Fishing Pier. Add two hours for Isle of Wight tide

DATE	HIGH TIDE	LOW TIDE	SUNRISE	SUNSET
Thur., August 25	1:26 a.m. 2:09 p.m.	7:46 a.m. 8:40 p.m.	6:24 a.m.	7:40 p.m.
Fri., August 26	2:30 a.m. 3:16 p.m.	8:46 a.m. 9:47 p.m.	6:25 a.m.	7:38 p.m.
Sat., August 27	3:38 a.m. 4:22 p.m.	9:48 a.m. 10:52 p.m.	6:26 a.m.	7:37 p.m.
Sun., August 28	4:43 a.m. 5:22 p.m.	10:50 a.m. 11:52 p.m.	6:27 a.m.	7:35 p.m.
Mon., August 29	5:40 a.m. 6:14 p.m.	11:49 a.m.	6:28 a.m.	7:34 p.m.
Tues., August 30	6:31 a.m. 7:02 p.m.	12:44 a.m. 12:42 p.m.	6:29 a.m.	7:33 p.m.
Wed., August 31	7:18 a.m. 7:45 p.m.	1:28 a.m. 1:30 p.m.	6:30 a.m.	7:31 p.m.

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a telephone number where the author can be reached to verify authenticity, if necessary. Let-

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

thecourier@delmarvacourier.com

How to touch up your vehicle's exterior

Warm weather is synonymous with many things, including summer vacations. But for auto enthusiasts, spring, summer and even early fall would not be the same without road trips. Road trips often instill a spirit of rejuvenation in drivers and their passengers, and there is no reason that spirit cannot be applied to vehicles as well.

Vehicle touchups were once a realm reserved specifically for mechanics or the most ardent auto enthusiasts. But nowadays even weekend warriors can address the minor dings, chips and scratches on their vehicles, saving them both time and money.

Crack the color code. One of the fears novices commonly have when touching up their vehicles is that they

will not find the exact match with regard to their vehicle's exterior color. The key to the perfect color match is contained in the vehicle's color code, which can be found somewhere on the vehicle, most often on the inside of the driver's side door. Consult your owner's manual or call the vehicle

manufacturer if you cannot find the color code on your vehicle. Once you find the code, you can then order your



color. Employing the most extensive library of OEM colors in the industry,

Automotive Touchup makes it as simple as ever for drivers to create and order the exact colors to touch up their vehicles' exteriors.

Paints are created per order during a simple, three-step online ordering process using a vehicle's specific color

code, make, model and year, and orders are shipped directly to consumers, saving them from making a trip to the often intimidating automotive supply store. The result is drivers rest easy with the knowledge that they are not ordering and subsequently applying the incorrect color to their car or truck.

Use the right application tool. Dings, chips and cracks come in many shapes and sizes, and the appropriate touchup tool will depend on the type and size of the blemish. Small chips and nicks and thin scratches are best addressed with pens, while you might need a small bottle of clearcoat to ad-

please see vehicle on page 12

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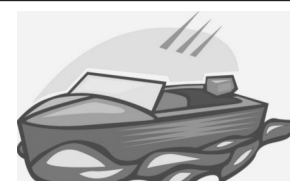
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Community Calendar

When submitting items for the calendar please include the event name, date, where held, time and a little about the event. Items being considered for the calendar need to be in by noon on Friday. E-mail to thecourier@delmarvacourier.com

Mondays

Ocean Pines Poker Club

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

Open every Monday through October: **Historic St. Martin's Church Museum.** 1-4 pm. 11413 Worcester Highway, Showell, MD. For more information, call 410-251-2849

Sweet Adelines

The Delmarva Sweet Adeline Chorus meets from 7 to 9 p.m. in the Ocean Pines Community Center. Call 410-641-6876.

Mon. & Tues.

Sanctioned Duplicate Bridge

Open bridge games Monday at 12 p.m., Tuesday at 10 a.m. at OP Community Center. Call Mary Stover 410-726-1795

Mon., Wed. & Sat.

Church Thrift Shop

OC Baptist Church's Thrift Shop by Seaside Christian Academy behind White Marlin Mall open 10 a.m.-2 p.m. Mon. & Wed., 9 a.m. to 3 p.m. Sat. Call 410-251-6971.

Tuesdays

Families Anonymous

From 7 p.m. to 8:30 p.m. at room 37 in the the Community Church at Ocean Pines on Rte. 589. For more information call Carol at 410-208-4515.

Take off Pounds Sensibly Meeting. Berlin group No. 331, Worcester County Health Center 9730 Healthway Dr., Berlin, 5:30-7:00 p.m. TOPS is a support and educational group promoting weight loss and healthy lifestyle. It meets weekly on Tuesdays. Info: jean-duck47@gmail.com

Tuesdays and Thursdays

Poker players wanted for Gentlemen's Poker in North Gate

area Ocean Pines. Game played every Tuesday & Thursday evening 5:45 p.m. to 10:45 p.m. on Pinehurst Rd. Ocean Pines. Call 410-208-0063 for more information.

Wednesdays

Kiwanis Club Meeting

Weekly meetings at 8 a.m. on Wednesdays in the Ocean Pines Community Center. Doors open 7 a.m. October through April.

Elks Bingo

Ocean City Elks in Ocean City (behind Fenwick Inn) open at 5:30 p.m. Early birds at 6:30 and bingo at 7 p.m. Call 410-250-2645.

Delmarva Hand Dancing

Dancing at The Fenwick Inn in Ocean City from 5:30 to 9 p.m. Contact 302-934-7951 or info@delmarvahanddancing.com

Rotary Club

Ocean City/Berlin Rotary Club meetings are held at 5:45 p.m. at the Captains Table in Ocean City. Contact Stan.Kahn@carouselhotel.com.

Square Dancing

The Pinesteppers have introduction to square dancing at the OP Community Center at 7 p.m. Call Bruce Barrett at 410-208-6777.

AL-Anon/OP-West OC-Berlin

Wednesday Night Bayside Beginnings Al-Anon family meetings are held at the Ocean Pines Community Center at 7:30 p.m.

Wed., Thurs., Fri. & Sat.

Church Thrift Shop

The Shepherd's Nook at Community Church at Ocean Pines is open 9 a.m. to 1 p.m. Call 410-641-5433.

Diakonia Thrift Shop

'Used to be Mine' offers clothing, furniture, household items and more. Proceeds benefit Diakonia shelter and pantry. Located at

Rte. 611 and Sunset Ave. Open 10 - 4. Call 410-213-0243.

Thursdays

Story Time

Stories, music and crafts at 10:30 a.m. for children ages 3-5 at Ocean Pines library. Call 410-208-4014.

Beach Singles

Beach Singles 45 for Happy Hour at Harpoon Hanna's at 4 p.m. Call Arlene at 302-436-9577, Kate at 410-524-0649 or Dianne at 302-541-4642.

Legion Bingo

American Legion in Ocean City opens doors at 5:30 p.m., games begin at 7. For information call 410-289-3166.

Gamblers Anonymous

Group meets at 8 p.m. at the Atlantic Club, 11827 Ocean Gateway, West Ocean City. Call 888-424-3577 for help.

Fridays

Knights of Columbus Bingo

Bingo will be held behind St. Luke's Church, 100th St. in Ocean City. Doors open at 5 p.m. and games begin at 6:30 p.m. Refreshments available. Call 410-524-7994.

vehicle

from page 12

dress slightly larger areas. Use an aerosol spray can to address areas that have experienced extensive damage. When applying the paint, use several light coats rather than one heavy coat. Drivers concerned about their application abilities can visit the AutomotiveTouchup website to access a library of educational videos that illustrate how to use the various application tools. Visitors to the website also can speak directly with a team of advisors who can walk them through their projects.

Recognize that practice makes perfect. Even if you are confident you purchased the right paint, it is still best to practice using your touchup paint prior to applying the paint to your vehicle. Use a glossy sheet of paper or metal can as a practice surface, and then hold that practice surface up next to your vehicle to confirm your choice and calm any lingering nerves you may have about the paint match.

Paint in the right conditions. Before applying any paint, thoroughly clean the affected areas. A simple formula of dish soap and water should do the trick, but be sure to allow the area to dry completely before continuing. When using aerosol cans, the ideal temperature to spray is between 70 and 80F and humidity should be 50 percent or less. Never spray primer, paint or clearcoat in direct sunlight.

Allow the paint time to dry. Drying times vary depending on the temperature. Paints may take longer to dry when temperatures are below 70 F than they will when the weather is warmer. Once the application process is complete, do not wax the vehicle for 30 days.

Few vehicles make it through road trip season without a scratch or two, and now drivers can quickly and affordably address those chips and nicks on their own in a matter of minutes.

Medium-sized chips, nicks and scratches are best addressed with touchup bottles.

Letters sent to The Courier for publication consideration must be signed and include



a telephone number where the author can be reached to verify authenticity, if necessary. Letters are not corrected for spelling or grammar and priority will be given to letters of 300 words or less. Letters must be received by Friday at 5 p.m. They can be e-mailed to: thecourier@delmarvacourier.com



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Champions - Last Tuesday Worcester County Commissioners presented commendations to members of the Berlin Little League Senior All Stars for winning the Maryland District 8 Tournament Play and bringing home the 2016 Maryland State Championship for their age division. The commissioners congratulated the Berlin Little League Senior All Stars team coach Eric Snelsire, manager Cameron McDonough, assistant coach Ned Delaney, team parent Jocelyn Snelsire, and team members #6 Stephen Bontempo, #7 Gavin Bunting, #5 Dawson Delaney, #4 Robert Figgs, #2 Shea Griffin, #8 Christian Harrington, #12 Jeffrey McDonough, #42 Tristan McDonough, #9 Zachary Pilarski, #3 Hunter Selzer, #1 Jacob Shockley, #22 Hayden Snelsire, and #19 William Wheatley, Jr.

Commissioner meetings will soon be available online

Good news for those interested in staying current on Worcester County legislative and administrative issues, but are unable to attend the meetings of the Board of County Commissioners of Worcester County. In the coming months, the commissioners' bi-monthly meetings, which take place on the first and third Tuesdays, will be videotaped and available for viewing after the meeting on the county website at www.co.worcester.md.us.

On Tuesday, August 16 the Commissioners accepted a proposal from ePlus to install a fully automated audio visual system in the Commissioners'

Meeting Room in the Worcester County Government Center in Snow Hill at a total installed cost of \$24,509. This audio visual package is far less costly than recording options the Commissioners had considered in the past, some of which were estimated to cost upwards of \$200,000.

Additional details will be released via local news outlets, as well as the Worcester County website, Facebook and Twitter pages when the new audio visual system is operational and video footage after each meeting is available on the county website.

Simple supper offered

The Knights of Columbus will offer a simple supper on September 28, October 26 and November 30. Dinner will be served between 5 p.m. and 7 p.m. The cost is \$7. There will be a cash bar available. The event will take place at Columbus Hall located at 9901 Coastal Highway in Ocean City behind St. Luke's Church. For information call 410-524-7994.

Bingo nights scheduled

Bingo will be hosted by the Knights of Columbus on August 26, September 2 and 9 at Columbus Hall in Ocean City. The games will begin at 6:30 p.m. Refreshments will be sold. For more information call 410-524-7994.

Breakfast buffet dates set

The Knights of Columbus will serve All-You-Can-Eat breakfast buffets on the second and fourth Sundays of each month as well as Labor Day Sunday in Columbus Hall located behind St. Luke's Church in Ocean City. The buffet will be open 8:30 a.m. to 11:30 p.m. The cost is \$10 for adults and \$6 for children age eight and under. The next dates are August 28, September 4, 11, 25 and October 9.

How to care for aging dogs

Dogs and cats may not live as long as their human companions, but they age just like other living creatures. Cats' and dogs' rate of growth and maturity is accelerated compared to human beings, and pet owners should know it is never too soon to make plans for keeping pets comfortable as they grow older.

Pet owners may find signs of aging more noticeable in dogs than cats, as cats tend to be less active in the daytime than dogs. Canines that were once rambunctious and energetic can sometimes lose their zeal as the years tick by. Knowing what to expect of aging dogs can help owners prepare for the years ahead.

Nutrition

Aging dogs need vitamins, minerals, fats, and fuel. The right pet diet can help dogs remain active and playful as long as possible. Take the time to speak with your dog's veterinarian about brands or food formulations that may help your dog live with certain conditions. Vets may suggest foods that are easily digestible or that include essential fatty acids for cognition and a healthy coat. Foods may need to be low in calories to help prevent weight gain from reduced activity.

Veterinary care

Geriatric dogs may require more frequent veterinary visits than younger animals so any potential health conditions can be discovered before they escalate. Expect senior pet exams, which may include bloodwork, to be more in-depth, says the American Veterinary Medical Foundation.

Discuss any mental and behavioral issues your dog has exhibited with the vet, as dogs can show signs of senility as they get older. The AVMA says studies conducted in the early 1990s were the first to identify brain changes in older dogs that were similar to brain changes seen in humans with Alzheimer's disease.

The doctor may recommend tasks to keep dogs engaged and

more cognizant.

Arthritis

Aging dogs may suffer the aches and pains associated with arthritis. Large dog breeds are especially vulnerable to joint diseases. Take note if your pet seems to be walking stiffly or having difficulty sitting down. Increased irritability may also be a sign your pet is in pain.

The vet may suggest nutritional supplementation with glucosamine and chondroitin as well as pain relief medication to help. An orthope-



dic bed, frequent rub downs of stiff joints and cozy spots to stretch out can help, too.

Dental cleanings

Dental care is important throughout a pet's life, but even more so as he or she ages. Tartar buildup can lead to gingivitis, which can cause bacteria to get into the dog's bloodstream, potentially leading to internal illness. Brushing your dog's teeth and providing teeth-cleaning chews and toys can help. You also may need to schedule thorough teeth cleanings at the vet's office.

Pets' needs change as they get older. Dog owners should keep watchful eyes on their aging pooches to ensure man's best friend stays happy through his or her golden years.

Crafts for the creatively challenged

Creativity lends a lot to everyday life. School parties are made that much better by intricate dessert designs. Handmade blankets tend to be

skillsets, some people are more craft-inclined than others. That does not mean those with little arts and crafts experience cannot make items they can be proud of. The following are a handful of projects for inexperienced crafters who may feel as though they have two left thumbs.

Dress-up pre-made items

Sandra Lee made a career of teaching people how to blend some prepackaged food items with other ingredients to create semi-homemade

more inspiring and cherished than mass-produced alternatives. Because of that, many people find hobbies that inspire their creativity to be incredibly rewarding.

While crafting is a hobby that can be enjoyed by people of all ages and

menus. Anyone can use the same mentality to put together craft projects without having to start from scratch. Search the hobby stores or department stores for items that can be paired together. For example, why not glue a 4-by-6-inch picture frame to the top of

candlestick holder for an ornate and interesting design element at home? Mason jars can be embellished with just about anything, from ribbon to fabric to glitter, giving them a decorative touch. Simply giving an item a new coat of paint or adding some decorative tacks or hooks can easily change its look and give it a crafty feel.

Grow comfortable with a computer printer

Homespun graphic arts can be mastered by just about anyone with access to some clip art, fonts and basic design software. You may also be able to find free apps or shareware online providing ready-made templates. Print out cute labels or tags that match party themes and put them on favor bags or prizes. Print cute slogans on cardstock and staple them to a small, filled plastic baggie to serve as classroom gifts or Valentines. Make a collage of different images and print them out to frame. Or snap a picture of a particular pattern or design element that fits with a room's theme and then frame that image for matching artwork.

Make soaps or candles





Thanks to the bevy of kits available at craft stores, it is easier than ever to make your own soaps or candles at home. All it usually takes is melting down the medium, adding the desired scents and colors and then allowing them to set in a mold or container. The result may seem like you worked for hours when really it was a relatively easy task. These handmade products can make great hostess gifts or nice touches when guests stay over at your home.

Personalize clothing

You do not have to be an artist to create t-shirts, aprons or other items that have that personalized touch. If you do not want to hassle with the mess of fabric paints or pens, use iron-on stencils or letters. Another idea is to create your own stencil (fire up that printer again), cut out your design or letters and then use a bleach pen sold in the laundry or cleaning aisle to color in the design. Let it sit and then launder for a faded and fun project.

Crafting does not have to be difficult. Projects exist for people of varying skill levels.










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