

# The Courier

September 14, 2016 Volume 17 Number 2

## It's Bike Week

Look twice!  
There will be a lot of motorcycles on the road this week.



### Ocean Pines to offer free health seminars

The Ocean Pines Recreation and Parks Department will host a variety of free health-related seminars during September. The seminars will be held at the Ocean Pines Community Center.

Back in Action Physical Therapy will take place on Monday, September 19 from 12:30 p.m. to 1:30 p.m. with Kappes Wellness Centers to present a seminar on the difference between chiropractic and physical therapy.

Learn about posture on Monday, September 26 from 12:30 p.m. to 1:30 p.m. Back in Action Physical Therapy will share the negative health effects of poor posture and strategies to improve it.

Although there is no cost to attend these seminars, spaces are limited and advance registration is required. For more information or to register, call the Ocean Pines Recreation and Parks Department at 410-641-7052.

### GOP to open headquarters

The Worcester County Republican Headquarters will have its Grand Opening on Saturday, September 17 at 5 p.m. Refreshments will be served. Signs will be available and donations are appreciated. All who are interested are welcome to sign up to volunteer. The headquarters is located at the Ocean Gateway Center at 11934 Ocean Gateway (Rte. 50), West Ocean City. It is behind Sherman Williams paint and next to Paws and Claws.

### Bertino to host Town Meeting

Worcester County Commissioner Chip Bertino will host his next Town Meeting on Saturday, October 1, at 10 a.m. at the Ocean Pines library. Commissioner Bertino will provide information on issues and developments occurring within the district and the county as well as answer questions. Ed Tudor, director of Worcester County Development Review and Permitting, will discuss zoning topics. Steve Price, safety coordinator for Worcester County Public Schools, will discuss safety issues confronting county schools.



**First day** - Ocean City Elementary School pre-kindergartener, **Veronica Randall** is pictured working with her teacher, **Grace Mitchell** on an activity about first day of school feelings.

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A photograph of the exterior of the Peninsula Regional Medical Center building. The building is a large, modern structure with a prominent entrance and a covered walkway. The sky is clear and blue.

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## Hospice offers free horse therapy for children who have lost a loved one

Coastal Hospice invites children who have lost a loved one to Hope & Healing with Horses, a free one-day children's bereavement camp, on Saturday, October 1 from 9:30 a.m. to 3 p.m. at Kindred Spirit Farm, 3191 Johnson Rd. in Salisbury.

This event is designed for children ages six to 14 who have experienced the death of a parent, grandparent, sibling or other close loved one in the past two years. It is open to both hospice and non-hospice families. Children must be accompanied by a responsible adult.



Horses offer the children a simple but profound relationship and allow them to connect to a living being without the risk or rejection or criticism.

Counselors from Coastal Hospice, who are trained in bereavement support, conduct the camp

"Children who have lost someone dear to them grieve in very different ways than adults," said Alane Capen, president of Coastal Hospice, which hosts the event. "They may find it harder to express what they are really feeling. Hope & Healing with Horses gives them a chance to connect with other children who have experienced a similar loss."

Hope & Healing with Horses teaches children and their families strategies to express grief and reduce stress and isolation. The day camp uses horses as a tool for emotional growth and learning; the children ride, groom the horses and talk

and guide the children and their families through their feelings.

No previous experience with horses is required. Children should wear closed-toe shoes for riding, and must be accompanied by a responsible adult. There will also be grief support activities for the adults who accompany the children.

Lunch is provided. The event will take place rain or shine.

This event is free, but registration is required by September 27 by calling Melissa Dasher at 443-944-5846. Coastal Hospice asks all persons to honor registrations once they have been made.

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| A Bagel and... |                          |

Southgate - Ocean Pines  
(Mankin Creek & Ocean Pkwy)

# OPA board meets

*Parks appointed to board*

By **Chip Bertino**

The Ocean Pines Association (OPA) Board of Directors met in special session Friday morning. It was the body's first meeting following a week of changes that recorded the management contract with the general manager terminated and the resignation of a board member.



**Doug Parks**

First on the agenda was the appointment of a new board member to replace Pat Renaud who resigned late last month two years into his three-year term. Doug Parks was appointed on a 4-2 vote to fill the unexpired term. Board members Cheryl Jacobs and Pat Supik had voted for Frank Daley. Both Parks and Daley had been candidates during the recent election.

The board majority, that included Board President Tom Herrick, Vice President Dave Stevens, Slobodan Trendic and Brett Hill believe that Parks best embodies the desire for change that members advocated with their votes during the recent election. Nearly 70% of the members who voted cast ballots voted for candidates who campaigned on a platform of change, specifically the management of the organization. Parks immediately took a seat at the table.

Hill, who has been named interim general manager, provided an update on several topics. He said that he and Herrick had met with the organization's department heads following the departure of former General Manager Bob Thompson. He said this meeting was followed up with individual meetings with department heads in which he discussed with them active and pending projects and received an overview of departmental responsibilities.

Hill said that after consulting with his fellow board members, the job notice for a new general manager has been posted. He said that a request for information is being developed to solicit management company support should the board decide to hire a company instead of an individual to manage the community.

An RFP has been released for legal

services and that one will soon be released for accounting services pending a review by the treasurer (Supik) and assistant treasurers (Art Carmine and Gene Ringsdorf). It is expected to be issued this week.

Parks declined an interview request by *The Courier* saying, "My immediate focus is to get up to speed on current board issues and integrate myself with the rest of the team."

## Board moves on capital projects

By **Chip Bertino**

The Ocean Pines Association (OPA) Board of Directors took action on several projects either planned or underway within the community during their special meeting last Friday.

The board voted to approve change orders and additional funding to the new bathroom project at White Horse Park in the amount of \$28,390 to cover increases due to lengthening the building by three feet, electrical and plumbing interfaces with the required sewer pump and to meet county requirements for insulation, attic access and connection assemblies which were not included in the original estimate. The finished cost for the project is projected at \$130,961, which is below the budget of \$145,000.

The board voted to rescind funding authorization to the Manklin Meadows sports complex approved by earlier this year. The board voted to repurpose asphalt tennis courts (11 and 12) to eight permanent pickle ball courts, extending the chain link fence as well as painting and installing nets and posts. The estimated cost for the project is \$28,600. Earlier this year, the board had approved a more expansive project that would have cost \$150,000.

Also, the board voted to seek estimates for a professional playground installer to rehabilitate the current playground at the complex. An RFP will be distributed. Once the bids are in, the board will take further action on funding the project.

The board voted to repurpose Huntington Park field converting the existing softball field to a multipurpose field and to install new playground equipment. The project has a budget of \$25,000.

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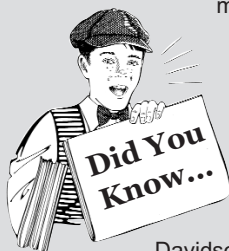
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Robert B. Adair 1938-2007

## 2012 Business of the Year

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Does the roar of an engine beneath you and the wind in your face sound like an exhilarating combination? Are you a big motorcycles fan? Then maybe you already know that the first motorcycles were powered by steam and built in the 1800s. But did you know that the first gas-powered motorbike was



built in 1885 by the same people who would go on to produce the Mercedes? Here are other facts:  
 -Harley-

Davidson is the number one motorcycle manufacturer in the industry. According to its most recent figures, the company sold more than 35,000 bikes in the first quarter of 2014.

-Women riders are increasing in numbers. According to 2012 figures, they now represent about 25 percent of motorcyclists or some 6.7 million riders.

-One of the most common reasons you'll see a bike stalled at the side of the road is because it has run out of fuel. Many older motorcycle models don't have fuel gauges.

-Tires are among the top reasons motorcycles wind up in the shop. A nail or pothole can pop a tire, but motorcyclists have to be even more careful about uneven tire wear than automobile drivers. After all, they only have two.

# County honors volunteer spirit

In late August, the Worcester County Commissioners and Volunteer Services Manager Kelly Brinkley thanked a handful of volunteers during the annual Volunteer Spirit of Worcester County Awards dinner at the Atlantic Hotel for their work in the community. Those present were nominated by their peers in May in the individual, faith-based, nonprofit, team, County employee, and lifetime achievement categories.

"Once a year, we ask residents, businesses, and nonprofits to nominate volunteers who are making a positive difference in the community, so together we can honor them for their gifts of time, talent and energy," Brinkley said. That's what this program is all about. We'll be seeking nominations for the 2017 Volunteer Spirit Awards next spring."

Barbara Peletier received the *Individual Award* for her work with Meals on Wheels, the Kiwanis Club of Greater Ocean Pines and Ocean City, The Dawg Team and Pine'er Craft Club.

Star Charities founder Anna Foults, nominated Peletier, stating, "She never gives up and ensures she accomplishes her task."

Bette Bohlman received the *Faith-Based Award* for her work with Temple Bat Yam (TBY). She runs the gift shop and religious school, serves on the Executive Board, and is the faith partner representative to Atlantic General Hospital.

TBY Executive Board member Candy Gusst, nominated Bohlman and said. "Wherever there is a need or a gap, Bette steps in...She brings exu-



The Commissioners and Volunteer Services Manager Kelly Brinkley gather with the volunteers they honored during the annual Volunteer Spirit of Worcester County Awards dinner at the Atlantic Hotel on August 25.

berance to all the tasks she takes on."

Christine Jirikowic and Rachelle Daigneault received the *Team Award* for their work with the Delmarva Discovery Center & Museum (DDC). The team led 42, fact-filled, school tours, and revamped the DDC Personnel Rules & Regulations manual.

DDC Chief Executive Officer Stacey Weisner nominated them, stating, "Their vast practical experience has been our greatest gift of 2015."

Kenille Davies, Carolyn Miller, Patsy Myles, and Brenda Mannity received the *Nonprofit Award* for their work with Kenille's Kupboard. They assisted with animal rescue, adoption and veterinary costs, collected and dispensed animal food and supplies

to 144 local residents in 2015, and delivered supplies to homebound residents.

County resident Robin Dumler nominated them, applauding them for, "...their tireless efforts and commitment to the Worcester County community and their animals."

Worcester County Risk Manager Eddie Carman received the County Employee Award for volunteering as a certified Lifestyle Balance instructor at area volunteer fire agencies and serving as the Maryland Department of Health and Mental Hygiene spokesperson for the Diabetes Prevention Program.

Worcester County Human Resources Director Stacey Norton nominated Carman, stating, "What makes his service extraordinary this year is that his outreach touched the entire state."

Bill Kerbin, Sr., DDC founder, received the Lifetime Achievement Award for his work with the DDC, serving on the Board of Directors and Executive Committee, assisting in the gift shop, and supporting the DDC from its visionary phase.

DDC President Stacey Weisner nominated Kerbin, stating that, "Anything we need, at any hour of the day or night, he makes himself available."

Learn about volunteer opportunities in Worcester County by contacting Kelly Brinkley at kbrinkley@co.worcester.md.us or by calling (410) 632-0090.

## Coastal Hospice welcomes new manager

Coastal Hospice welcomes Jeff Byrne, LCSW-C, as manager of social work services, who will supervise the staff of social workers at the non-profit agency.

Social workers at Coastal Hospice are an important part of the hospice care team, both in patient homes and at Coastal Hospice at the Lake, providing family counseling, advanced care planning and connections to resources.

Byrne is a native of the Washington, D.C. metro area and received his undergraduate degree in special education from James Madison University and his Masters degree in social work from Columbia University. Before joining Coastal Hospice, Byrne was the deputy director of the Bay Center for Independent Living in Salisbury. He previously worked in home health care in the D.C. area including time with the Hospice of Northern Virginia and the Visiting Nurses Association.



Jeff Byrne

# Stompin' the rags

I love a piano. Guitars, saxes, drums and flutes are all fine but, give me the old eighty-eights. As the song goes, "It carries me away. I love to hear someone play." And I love to play

no lyrics. It was the music of composers like Scott Joplin that attracted my attention. Syncopated ragtime rhythms caught my ear when I heard the movie soundtrack of "The Sting"



## It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

myself, my fingers gliding fluidly over the black and whites, well, not exactly. Often they miss the correct keys and give whatever I'm playing an, shall we say, uncertain quality. Robust and subtle, whimsical and emotional is a piano's voice expressing both harmony and melody. It's a complete instrument.

Settlement Music School in Philadelphia was where I was enrolled as a child to become a prodigy, a Master of the Ivories, the next Andre Previn or at least the next Victor Borge. Such lofty aspirations were silenced as quickly as a damper muffling the strings of a released key.

At first on Thursday afternoons at 4:30 and later at 7 p.m. I sat with Mrs. Goldman laboring to learn the scales and various compositions in instructional books such as Michael Aaron for Beginners, Pageants for Piano and an exercise book whose name now escapes me. Mrs. Goldman's teaching style was traditional. "Sit up straight, fingers curved and don't rush." She also emphasized practice, practice and more practice. She was an abundantly patient woman who endured my habit of attempting to just get by. It never worked. She could tell. On reflection, it was fairly easy to see through my charade. I mean really, how could I have been so brassy as to believe she wouldn't notice a couple of sharps in the scale of C? Yet, it didn't stop me from trying.

Learning the classical compositions of Bach and Beethoven and others of the same ilk didn't hold my interest. Too many key changes and

which had been scored by composer Marvin Hamlisch. I listened to that LP repeatedly. Just as an aside, how many of you remember LPs?

Much to my surprise Mrs. Goldman agreed to scrap the classics for the rags. My first foray into this musical format was attempting to learn "The Entertainer." Looking at the sheet music (the original, not the easy format) for the first time, was for me like gazing at hieroglyphics without benefit of the Rosetta Stone. Daunting would be an understatement. Yet, little by little, measure by measure, my brain translated the notes and put my fingers into action. It was a slow, at times overwhelming task, especially when trying to play an entire section at the correct tempo. My fingers tangled. My eyes crossed. My mother encouraged.

Each week in the studio with Mrs. Goldman I played what I practiced. Sometimes I learned a bar and other times I only conquered a couple of chords. But I trudged on, much to the chagrin I'm sure of family and neighbors who endured listening to the cacophony of my efforts over and over and over



again.

In time, and how much time that was I can't say, the piece was mastered from section A to section D. I could play the piece in my sleep and even performed it at a school recital. Although no talent agents were falling over themselves with recording contracts, I was nonetheless proud of what I had accomplished.

Through the years I learned additional rags but I don't play the piano as much as I would like now. When I do, more often than not, my fingers automatically engage the keys in an old familiar way.

D, E, C, A, B, G.

# Thank You!



*The Worcester County Veterans Memorial at Ocean Pines 10th Annual Golf Tournament held September 7, at Ocean Pines Golf Club was a marvelous success because of the generosity of many community individuals and businesses.*



## The Veterans Memorial Foundation recognizes the following businesses and individuals for their contributions

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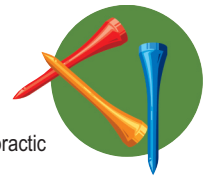
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Chip Bertino County Commissioner



## Coastal Hospice names spiritual managers

Coastal Hospice announced the appointment of two long-time employees as managers of spiritual care and bereavement support services at the non-profit agency.

Coastal Hospice offers spiritual care as a regular part of their hospice services. The non-denominational spiritual caregivers assist patients and their families in coping with the emotional stress associated with life-limiting illnesses. It offers bereavement support to anyone in the community who has lost someone close to them, whether or not Coastal Hospice cared for their loved one. The support can be individual or in support groups and is offered throughout the four Lower Shore counties Coastal Hospice serves

Sharon Hutchison is now manager of spiritual care for Coastal Hospice. A native of Virginia's Shenandoah Valley, she received her BA from Bridgewater College and her Masters of Divinity from Bethany Theological Seminary in Illinois. Hutchison and her husband located to Salisbury in 1999 to become pastors of the Community of Joy Church, where they currently serve. Hutchison joined Coastal Hospice in 2004 after she developed an interest in hospice through working with her congregation. She has received certification in Hospice and Palliative Chaplaincy from California State University and certification in Thanatology from The Association of Death Education and Counseling.



Sharon Hutchison



Howard Travers

Howard Travers is now manager of bereavement support for Coastal Hospice. A native of Salisbury, he received his ministry ordination in 1982, a BS in Practical Theology and Church Leadership in 1989 from Southeastern University in Lakeland, Fl., and Master of Theology and Master of Divinity degrees from Southwestern Assemblies of God University in Waxahachie, Tx. He has been with Coastal Hospice for 22 years and has received certification as a Hospice and Palliative Care Chaplain from California State University. He previously worked with prisoners and ex-offenders and in Christian radio.



### Plein air winners

Fifty artists painted the local scenery for three days, August 11-13, during the "Artists Paint OC" plein air event, then entered their best work in a competition at the Ocean City Center for the Arts on Saturday night. The winners are (left to right): **Dennis Young**, honorable mention; **Marian Bickerstaff**, president of the Art League of Ocean City; **Crystal Moll**, first place; **Barbara Stepura** and **Jim Rehak**, honorable mention; **David Simpson**, third place; **Ray Ewing**, second place; and Ocean City Mayor **Rick Meehan**.

### Regional pickleball challenge set

Worcester County Recreation & Parks will host a, social Pickleball Regional Challenge on Sunday, October 2, at the Worcester County Recreation Center in Snow Hill.

Players are invited to represent your region in a unique, fun challenge that guarantees you play at least 9 social games on our 6 indoor courts. Points will be awarded at the end of each game and a Regional Champion will be determined at the end of the day.

The event will be held from 1 p.m. to 5 p.m. with check-in at 12:30 p.m. There is no entry fee for this event, but participants do need to pre-register. The registration deadline is Monday, September 26.

As this is a fun challenge and not a tournament, all pairing of partners will be by random drawing. There will be prizes, awards, and raffles throughout the day. Concessions will be open and

the local Pro-Lite pickleball paddle distributor will have paddles available and on display.

For more information contact USA Pickleball Association Ambassador, Vicky Sieber-Keefer at 757-824-4345 or vsieber@verizon.net or Program Manager, Trudy Porch at 410-632-2144 x2520 or tporch@co.worcester.md.us.

### D'Souza to be guest speaker

The Maryland Federation of Republican Women announces Dinesh D'Souza, *New York Times* Best Selling Author, filmmaker of the highest grossing documentary film in 2016, "Hillary's America: The Secret History of the Democrat Party" and critically acclaimed "2016: Obama's America" as its keynote luncheon speaker on Saturday, September 24. The event will be held at the Crowne Plaza in Annapolis, MD. Doors open at 11 a.m. with lunch served at noon.

D'Souza, a former Policy advisor to President Ronald Reagan is recognized as one of the "top young public-policy makers in the country" by *Investor's Business Daily*, and is considered influential in public policy through his writings and television appearances.

Seating is limited and reservations should be made early. The cost is \$55.00 per person and includes lunch. Tables of 10 and sponsorships are available.

For more information and tickets, visit MFRW.org or contact Liz League at lizleague@comcast.net or 410-975-0262.



### September Drinks of the Month

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While Supplies Last!

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Flying Dog, Raging Bitch Miller Lite  
Burley Oak Draft of the Month  
(ask for details)

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### Pillowcase ministry

Recently seamstresses and supporters of the Pillowcase Ministry Program met at Go Organic in Berlin to share their work and donations. Pictured is **Barbara Entwistle**, program chair, and **Bev Brumley**, Evangelistic World Outreach. EWO has served the people of Haiti since 1972, building schools, offering adult education programs, providing food and spiritual guidance.

Pillowcase Ministry has grown to include shorts, sleep mats, book bags and market bags, in addition to the sundresses. Monetary donations are welcome to help with postage and other needed items. Call Barbara for more information at 443-944-5868.

## Snow Hill to host Delmarva Paddling Weekend

Registration is open at [www.DelmarvaPaddling.com](http://www.DelmarvaPaddling.com) for the inaugural Delmarva Paddling Weekend, which will be held September 30 through October 2 on the waters around Snow Hill.

Labor Day Weekend may signal the end of the summer season for Ocean City, but it kicks off the beginning of the autumn paddling season around Snow Hill.

As the beach traffic slows down and the hot, humid days fade away, the Pocomoke River, Nassawango Creek and Chincoteague Bay become paradise for paddlers. The warm water, cool air temps, and few insect pests combine to make late September and early October the best time of year to paddle some of the finest flat water on the East Coast.

Participants can choose from an à la carte menu of clinics and guided paddling trips to remote and rarely paddled locations. Interpretive paddling tours guided by local naturalists will focus on the birds and wildlife of the Bald Cypress swamp and the coastal marshes of Chincoteague Bay. Some may choose to experience a twilight ghost tour paddle on the dark waters above Snow Hill's historic drawbridge. New paddlers can learn basic SUP skills at Byrd Park.

A steamed crab feast at the River House Inn in Snow Hill and accommodations at the local bed and breakfasts and Pocomoke River State Park are avail-

able for this new outdoor event that celebrates the paddling experiences of Worcester County, and showcases Snow Hill as a paddling "Trail Town," a central location to stay, play, dine and drink before and after paddling experiences. Snow Hill is situated on the wild and scenic Pocomoke River, with easy access to amazing outdoor recreation opportunities and proximity to Nassawango Creek and Chincoteague Bay. The towns' natural beauty and rich history makes it a prime destination for both nature and heritage tourists.

Participants may bring their own human-powered boats or boards, or local outfitters will provide kayaks, canoes and SUPs for those in need. Participating outfitters include the Pocomoke River Canoe Company and Walk on Water.

The Delmarva Paddling Weekend is co-hosted by the sister Trail Town of Laurel, Delaware, located on Broad Creek. Clinics and guided paddling trips will also be offered on Broad Creek, Trap Pond, the Nanticoke River and the millponds of Western Sussex County.

The Delmarva Paddling Weekend is organized by Conservation Community Consulting, LLC along with a host of other partners. To register and learn more, please visit [www.DelmarvaPaddling.com](http://www.DelmarvaPaddling.com).

Find good food and pleasant company  
at the  
Kiwanis Club of Greater Ocean Pines--Ocean City



## PANCAKE BREAKFAST

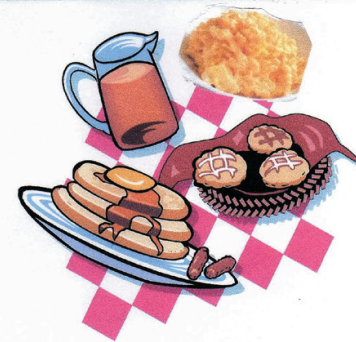
**Saturday, October 8th, 2016 ♦ 8 to 11 a.m.**  
**Ocean Pines Community Center Assateague Room**

### Donation:

**\$6 Adults**

**\$3 Children  
Under 12**

**Children  
Under 5  
FREE**



**Proceeds to benefit the youth of our community**

**Contributions or gifts to Greater Ocean Pines-Ocean City Kiwanis Club are not deductible as charitable contributions for federal income tax purposes.**

### The Republican Women of Worcester County

## Patriot Day Fashion Show Luncheon

*Honoring America's Suffragettes*

Clarion Resort Fontainebleau Hotel

**Tuesday  
September 27, 2016**

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

**\$33**

#### Menu

Cream of Potato Soup

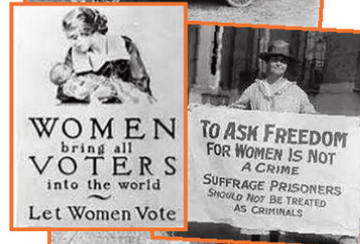
Romaine Salad with roasted vegetables, hard cooked eggs and your choice of SLICED CHICKEN OR SLICED STEAK

Banana Cream Pie

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DEADLINE SEPTEMBER 20



## PRMC awarded accreditation

Peninsula Regional Medical Center (PRMC), located in Salisbury, MD, recently announced it has earned The Joint Commission's Gold Seal of Approval for Hospital Accreditation by demonstrating continuous compliance with its performance standards. The Gold Seal of Approval is a symbol of quality that reflects an organization's commitment to providing safe and effective patient care.

PRMC underwent a rigorous, unannounced onsite survey earlier this year. During the review, a team of Joint Commission expert surveyors evaluated compliance with hospital standards related to several areas, including emergency management, environment of care, infection prevention and control, leadership, and medication management. Surveyors also conducted onsite observations and interviews.

The Joint Commission has accredited hospitals for more than 60 years. More than 4,000 general, children's, long-term acute, psychiatric, rehabilitation and specialty hospitals currently maintain accreditation from The Joint Commission, awarded for a three-year period. In addition, approximately 360 critical access hospitals maintain accreditation through a separate program.

PRMC was also recognized in 2015 by The Joint Commission with disease-specific certifications in AMI (treatment of heart attack), Advanced Primary Stroke, Spine Surgery and Hip and Knee Replacement Surgeries.

"Joint Commission accreditation provides hospitals with the processes needed to improve in a variety of areas from the enhancement of staff education to the improvement of daily business operations," said Mark G. Pelletier, RN, MS, chief operating officer,

Division of Accreditation and Certification Operations, The Joint Commission. "In addition, our accreditation helps hospitals enhance their risk management and risk reduction strategies. We commend Peninsula Regional Medical Center for its efforts to become a quality improvement organization."

"PRMC is pleased to again receive accreditation from The Joint Commission, the premier health care quality improvement and accrediting body in the nation," added Peggy Naleppa, MS, MBA, DrM, FACHE, President/CEO. "Staff from across the organization continue to work together to develop and implement approaches that have the potential to improve care for the patients in our community."

The Joint Commission's hospital standards are developed in consultation with health care experts and providers, measurement experts and patients. The standards are informed by scientific literature and expert consensus to help hospitals measure, assess and improve performance.

## Kiwanis breakfast is October 8

The Kiwanis Club of Greater Ocean Pines - Ocean City Annual Fall Pancake Breakfast will be held on Saturday October 8, in the Ocean Pines Community Center. Doors open at 8 a.m. and serving ends at 11 a.m. Tickets are: adults, \$6; under age 12, \$3; and, under age 5, Free. Tickets can be purchased in advance from Kiwanis members or by calling Ralph Chinn at 410-641-6719. In addition to the traditional pancakes, sausages, fruit cup, OJ, coffee and tea, will be scrambled eggs. Proceeds benefit the youth of our community.



**Volunteers** - Some of the hard-working volunteers at the Atlantic General Hospital Thrift Shop on Old Ocean City Boulevard in Berlin. (L-R) **Kathy Peyton, Jackie Choate, Ann Hamilton, Beth Sparta and Barbara Lischak.** Photo by Anna Foultz

## Stay up to date with vaccinations

The new school year is here making it the perfect time to make sure your kids are up-to-date with their vaccinations. All boys and girls ages 11 to 12 should receive the Human Papillomavirus (HPV) vaccine this year if they have not already. Not only is HPV the most common form of sexually transmitted infection, it can also cause cervical and other cancers. Fortunately, HPV vaccination is safe and effective and protects both males and females from the diseases potentially caused by HPV.

About 79 million Americans are infected with HPV, with 14 million new infections every year. While HPV can often go away on its own without any symptoms, in some instances it can lead to a variety of cancers or other health complications. The best protec-

tion from HPV is vaccination as a pre-teen. Across Maryland, vaccination rates for HPV are lower than some other vaccinations for the same recommended age group, leading the State to focus on increasing awareness and education about the virus and prevention this year.

The HPV vaccination is given in a series of three shots over the course of six months. It is important that all three doses are completed to receive full protection from the vaccine. The vaccine is available through your primary care doctor. It is also available through the Worcester County Health Department during back-to-school vaccination clinics. For more information, visit [worcesterhealth.org](http://worcesterhealth.org) or call 410.632.1100.

## PRMC to hold free breast cancer conference

Peninsula Regional Medical Center's Richard A. Henson Cancer Institute will hold its 12th annual Breast Cancer Conference, "A Perspective on Breast Cancer," on Wednesday, October 5 at the Wicomico Youth & Civic Center in Salisbury.

Presented in partnership with Susan G. Komen for the Cure Maryland, the American Cancer Society, MAC Inc. and Women Supporting Women, the conference is aimed at breast cancer survivors and others interested in breast cancer who want to learn more about what's new in diagnosis, treatment, survival and resources.

Registration for the event and vendor exhibits will start at 4:30 p.m.; dinner will be served at 5:15 p.m. Presentations will run from 6 p.m. until 8 p.m. Topics covered include advances in imaging and treatments for breast cancer, as well as information about a survivorship research study taking place at Peninsula Regional. The conference will end with a Q&A panel discussion with the audience.

There is no cost to attend this conference, but space is limited. To register, please visit <https://www.peninsula.org/events/breast-cancer-conference> or call 410-543-7006.

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# Courier Bookshelf

by Dolores E. Pike



'Room'

by Emma Donoghue

The homes of Ocean Pines play host to a fair number of book clubs. Being a member of two such clubs, the following observation in "Room" a novel by Irish author, Emma Donoghue, struck me as amusing, "They're her book club but I don't know why because they're not reading books." Thus muses Jack as he sits on the stairs out of sight. He interprets everything literally and that is paramount in his adjustment once he is Outside. By capitalizing certain words Jack indicates that he has named some nouns in honor of their importance in his solitary life or that objects have become best friends. Here is a clue to seeing life through his eyes which he relates and emphasizes in a mater-of-fact way.

So later in the novel we find him eavesdropping on the ladies book club meeting at his grandma's house. This book first hit book shelves in 2011 but recent events have encouraged readers to seek it out lately. The movie "Room" was a tremendous success on the big screen in 2015 and featured Brie Larson in the starring role of Jack's mother for which she received an Oscar for best actress.

As Jack begins the narration of his story we meet him on the occasion of his fifth birthday. He and Ma live in Room, an 11 x 11 garden shed surrounded by a hedge and bushes. It is made of vinyl-coated steel, sound-proofed, with a fixed-in-place skylight being the solitary window and a coded security door. As a young girl, Ma was originally abducted several years ago and Room is where Jack was born. He has lived here with Ma his entire life

and has never been Outside. (Ma was there for two years prior to giving birth to Jack in Room.) Ma is visited some nights by their captor, "Old Nick" and so Jack's bed is in Wardrobe. It's Ma's posture of defiance - keeping Jack from any contact with Old Nick.

Jack relates in great detail the many activities that fill his days. Meal times are scheduled by Clock but food is sparse, so they must ration, such as count out pieces of dry cereal for breakfast. On a daily schedule mother and son exercise, sing, play games, read books (a total of only five), craft, dance, pray, write and draw with the five, colored crayons on hand. Jack can switch TV on and wiggle Bunny (antenna) for a clearer picture but he doesn't watch all the time because "his brains would rot." He describes all of this in a genial manner - much like a conversation you might have with a precocious five year old - but because of his isolation you will note the difference.

Wearying of the cat and mouse game with their captor as they ineffectually try to free themselves Ma devises a daring plan. In it Jack must play the pivotal role and we see how his life's lessons with Ma have prepared him for this wrenching moment in his life. And so they escape from Room.

But Jack is overwhelmed by Outside. He is comfortable with Ma but now he is surrounded by a dizzying array of people; the doctors and nurses, the media who paint him a celebrity and Ma's family, now his, Jack's most puzzling encounters.

Grandpa rejects him for reasons Jack cannot fathom but readers will realize. Grandma wants a cuddly grandson and Jack does not like to be touched. Uncle Paul wants to be his "buddy" and teaches him to kick around a soccer ball. But it remains for

Steppa to unquestionably accept the ways of a strange little boy who is too old for his tender years.

Make no mistake - this book is about the confinement of the human body as well as cloistering the soul. Some might view this premise as unrelenting and depressing. I must admit I approached it less than enthusiastically.

Ma exhibits behavior readers may question - here and again I struggled with her decision. But Jack's purity and innocence will subtly captivate as well as his mother's perseverance to push on day after day.

I read once where reading encourages empathy and certainly it is in need today. You will pull this little boy into your heart. And though acceptance to Outside is difficult for him we know that what has gone before has made him stronger and so he will survive.



## DAR to celebrate Constitution Week

The tradition of celebrating Constitution Week was started many years ago by the Daughters of the American Revolution (DAR). In 1955, the DAR petitioned Congress to set aside September 17-23 annually to be dedicated for the observance of Constitution Week. The resolution was later adopted by the U.S. Congress and signed into law on August 2, 1956, by President Dwight D. Eisenhower.

In Worcester County, the General Levin Winder DAR Chapter will celebrate Constitution Week by again inviting all venues with a bell to participate in the Bells Across America project on Sunday, September 18. This includes all churches, fire houses, city governments, and even individuals to ring bells at 11 a.m. Last year's bell-ringing was a success, with communities across Worcester County participating. The General Levin Winder Chapter received special recognition in 2015 from the Maryland State Society DAR for their efforts in promoting this uniquely American tradition.

Constitution Week honors the men who framed the Constitution which remains the legal foundation of our coun-

try. This year is the 229th anniversary of the signing of the Constitution and the 225th anniversary of the ratification of the first ten amendments known as the Bill of Rights. The delegates to the Philadelphia Convention labored during the summer of 1787 to compose the document and signed it on September 17, 1787. Thirty-nine delegates signed the Constitution including George Washington who presided over the convention. Signing for Maryland were Daniel Carroll, Daniel Jenifer, and James McHenry.

## Genealogy group to meet

The Genealogy Group will meet September 19, from 10:30 a.m. to noon at the Ocean Pines library for the first of a four-part workshop. The first lesson is Genealogy Basics: Family trees, terms, lineages or pedigrees, dates, names, marriages, children and death records. All are welcome to attend from beginning researchers to experienced genealogists. Bring any questions and be prepared to share. The event is moderated by Tom Dempsey, past vice president and life-long researcher.

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



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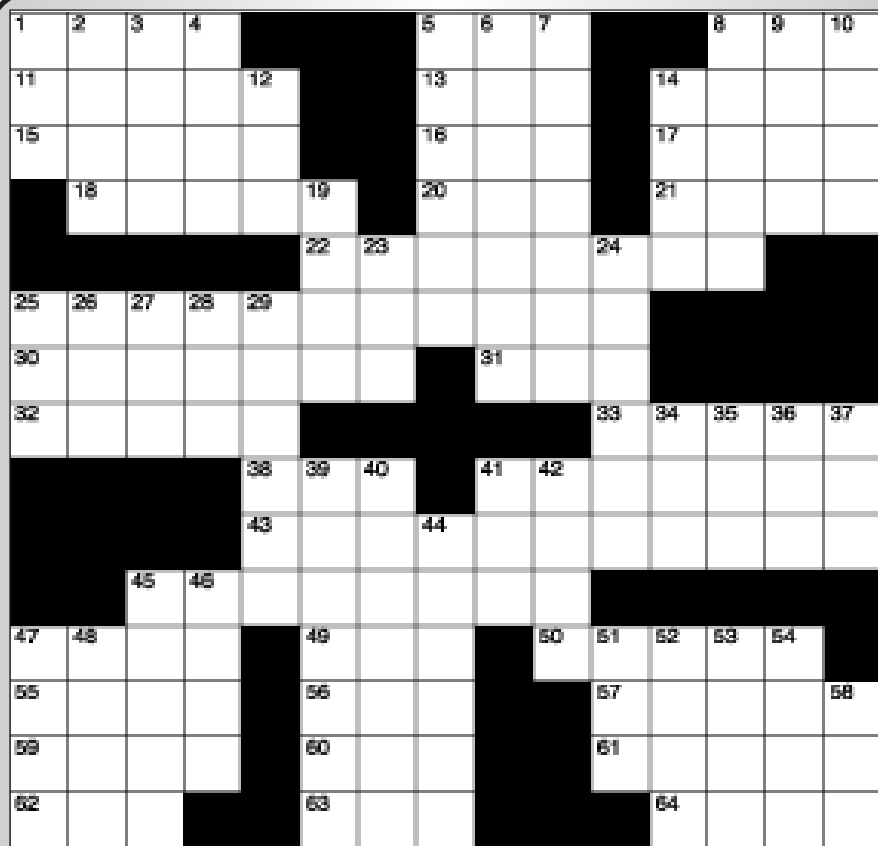
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**ACROSS**

- 1. Kiln
- 5. American time
- 8. Female sibling
- 11. Fencing sword
- 13. Spoken in Laos
- 14. Swiss river
- 15. Fictional Middle-earth
- 16. "The Real World" (abbr.)
- 17. Replacement worker
- 18. Form after cuts
- 20. Frozen water
- 21. Irritates
- 22. Type of bread
- 25. Female peace officers
- 30. Where to put things
- 31. Commercials
- 32. Hard drinker
- 33. Take in
- 38. Copy
- 41. Volume of published materials
- 43. Used to be called skim"
- 45. Organizes
- 47. Parts of worms
- 49. \_\_\_ Khan: hereditary title
- 50. A cravat with

- wide square ends
- 55. Central China mountain range
- 56. Longing
- 57. Elephant's name
- 59. British children's author
- 60. Something curved in shape
- 61. Home to important events
- 62. Nagorno Karabakh Republic (abbr.)
- 63. A very large body of water
- 64. Consists of two elements

**DOWN**

- 1. Former CIA
- 2. Ooohs and \_\_\_
- 3. Invests in little enterprises
- 4. Spanish river
- 5. In the preceding month
- 6. Malignant tumor
- 7. Dried off
- 8. Via \_\_\_: main street of Ancient Rome
- 9. Asian country (alt. sp.)
- 10. One point south of south-

- east
- 12. Confederate soldier
- 14. Popular Bollywood actress
- 19. Small scale embedded generation (abbr.)
- 23. Female sheep
- 24. Of unsound mind
- 25. Pacific Time
- 26. Iowa town
- 27. Trim
- 28. Wrath
- 29. Used to serve wine
- 34. Make less bright
- 35. Skywalker mentor \_\_\_-Wan
- 36. Protestant, Ulster, Loyalist
- 37. Expression of disappoint-

- ment
- 39. Tropical fruits
- 40. Furniture with open shelves
- 41. Metal can be extracted from it
- 42. Flat tableland with steep edges
- 44. Lingua \_\_\_
- 45. Chadic language
- 46. Peruse
- 47. Yemenese port city
- 48. Lean
- 51. Helps little firms
- 52. Blackjack players need this
- 53. Be obedient to
- 54. Source of the Nile River
- 58. Cool



Answers for Sept 7

# That's how my garden grows...



By Betty McDermott

**Hello Fellow Gardeners,**

Welcome to September and hopefully, we will enjoy some cooler weather. I hope you all enjoy this beautiful month. The children have all returned to school; the traffic is much lighter in our area; the house guests have left, and now we can get back to our regular schedules and routines.

I assume you gardeners are still harvesting summer vegetables, as I am. My two tomato plants growing in large buckets continue to turn red or yellow, depending on the Brandywine variety. My lone cucumber plant continues to struggle to produce. In talking with other gardeners, their cucumber plants have not done as well this year as in past years.

My basil plant has bolted, but I managed to snip off several cuttings and have placed them in a tall glass of water to root them. Once they develop nice roots, I will plant them in a container of rich soil and hopefully will enjoy fresh basil well into fall. You can do the same and enjoy fresh basil as needed all fall until the frost gets them. Are you wondering what gardening chores you might want to consider for September? There are plenty, so let's begin with a few, as you might want to save some for October.

\*How would you like to have your own fresh greens for salads right by your doorstep? Well, you can. After you pull out your spent annuals from your containers, clean those containers well and add fresh potting soil with a little fertilizer and then plant your choice of greens, such as lettuce, spinach, kale and other greens that you love. When planting those tiny plants, allow plenty of room for them to grow. It is better to use two or three containers than only one where they may be too crowded. Water well, and make sure you place them in a spot where they will get plenty of sun. Check out your local greenhouses for purchasing these green plants. Good luck!

\*This is the time of year to trans-

plant and move your perennials if they were spring and summer bloomers. It is also an excellent time to plant newly purchased perennials. There are some important do's and don'ts when doing this chore.

Don't divide perennials after October as the roots need time to establish themselves while the soil is still warm.

Do prepare the site for new divisions before you divide them.

Do make sure your tools are sharp. Sharp knives, trowels, or other tools cause fewer open wounds.

Do discard the dead woody centers of old plants. Cut the remaining section of the healthy plant into smaller pieces for replanting.

Do remove one half to two thirds of the foliage on your divisions so they won't wick water from the plants, but don't cut off more than that as this will slow growth and invite rot.

Do replant divisions as soon as possible; don't leave them lying in the sun as these divisions are very vulnerable.

Do plant divisions one half inch higher than they were planted originally as they will sink a little as the soil settles.

Do water your divisions well. Give them a good soaking as you plant them and then water regularly.

Give them a feed of fish emulsion or other fertilizer to provide trace elements and to speed up establishment.

Do mulch plants when the soil cools to prevent shallow freezing; shredded leaves or straw can be used.

Well, it sounds like a lot of work, but you will say it was worth it all next spring and summer when your beautiful perennials are in full bloom.

Enjoy this beautiful month as you clean up your vegetable and flower gardens and put them to rest for the winter.

*"There is something about sun and soil that heals broken bodies and jangled nerves."*

- "Nature" magazine

# WINE about it

by Jean Marx

What's this about Canadian Wines?

In continuing with our road trip theme from last month, Canadian wines are up next. After my family's stop in green and lush Vermont earlier this summer, we spent a few days in Montreal that proved to be some of the best days of our trip. Canada's geography is striking, with more coastline than any other country in the world. Its borders bump up against three oceans: Pacific, Atlantic, and Arctic, and there are a variety of lakes inland. All of this water has a varying effect on climate across the vast country, making for some excellent opportunities for winemaking.

Canada's history in the winemaking business is not entirely clear. Some historians peg the origin to around 1000 A.D. when the Viking leader, Leif Eriksson discovered grape-producing vines in the area he correspondingly named "Vinland." Today it is the province of Newfoundland in northeastern Canada. Local species of grape were the *Vitis riparia*

and *Vitis labrusca*. In 1836, a planter by the name of Ephraim Bull of Concord, Massachusetts, cultivated the *Labrusca* grape and named his the Concord grape. While not as popular today, Concord grapes were used in creating sweet wines in Canada until well into the 1970s. Canada's primary regions for winemaking are in the Niagara Peninsula in British Columbia (specializing in Pinot Grigio and Merlot wines), Quebec (known for Vidal and Seyval Blanc wines), Nova Scotia (for Muscat, dessert, and sparkling wines), and Ontario (for Chardonnay, Pinot Noir, and Cabernet Franc wines).

A specialty in Canada that bears calling out is their ice wine. (This harkens me back to last year's article on Scandinavian wines, as these countries also create the product). Since the 1990s, Canada has become a premier producer of ice wine, and it is mostly produced in Ontario. The grapes are naturally frozen on the vine and are left there until well into the winter months to allow the sugars,

acids, and fruit taste to become highly concentrated. The most commonly used varieties are the Vidal, Riesling, and Cabernet Franc. The grapes are pressed while still frozen, extracting intense flavors and at considerable effort. By way of comparison, a typical grapevine will produce a bottle of wine, but a frozen grapevine only produces one glass of ice wine. The final product is said to be a delicious balance of sweetness and acidity, the acidity providing a crisp, bracing finish. Ice wines can be enjoyed on their own or mixed into dessert recipes or with brandy to make liqueurs. A good place to find Canadian ice wine is [www.mywinecanada.com](http://www.mywinecanada.com).

Getting back to our road trip, we found two wines produced by the Nicolas Laloux winery based in Montreal, Quebec. The wines' label is in French showing a Bohemian gentleman astride a bike. On the winery's website, the English translation for the bicyclist is given as "an independent and passionate individual whose unconventional lifestyle is governed by musical, artistic or literary interests, and by a code of self-respect and intellectual refinement." Who knew that we were going to get all of this in our

bottles of Les Chais 330 Rosé and Les Chais 550 Vin Blanc? The word "chais" in French means "cellars." Montreal was charming and picturesque, making us feel like we were walking through cobblestoned streets in France. Along with the friendly people we met, the atmosphere certainly called for partaking in the local wines. Both wines were tart and crisp with the rosé being slightly sweeter. I wouldn't consider either of the wines far on the sweet spectrum. They were a delicious complement to the breads, cheeses, and soups we enjoyed, particularly the tomato and corn gazpacho I ordered. Natalie MacLean has a number of reviews on her website for the Nicolas Laloux wines at [www.nataliemaclean.com](http://www.nataliemaclean.com).

Our trip to Montreal was full of nice surprises as we had never been there before, and we heartily enjoyed the sights and sounds of the city. One of the surprises was discovering that Canada offers a wide variety of wines, complete with fascinating stories about how and where they are produced. Knowing that this vast country is our friendly neighbor offers another reason to try their wines and experience their hospitality.

## Observance

The Worcester County Commissioners joined with representatives from the Worcester County Health Department and Jesse Klump Memorial Fund to recognize September as

National Suicide Prevention Month. Those pictured include **Caroline Green** (front row, from left), **Ron Pilling**, **Kim Klump**, **Jessica Sexauer**, **Olivia Holland**, and **Erin Wooten**; and (second row, from left) Commissioners **Diana Purnell** and **Chip Bertino**, **Monica Martin**, **Jennifer LaMade**, and **Brittany Lawton**; and (third row, from left) Commissioner **Ted Elder**, **Steven Taylor**, and Commissioners **Jim Bunting**, **Joe Mitrecic**, and **Merrill Lockfaw**. Health Department, staff, in partnership with representatives with the Jesse Klump Memorial Fund, strive to end the secrecy in which suicidal thoughts play on a person's mind by educating caring individuals to recognize the warning signs and take action to save a life. Learn the signs and risk factors for suicide at <http://worcesterhealth.org> and <http://choosetoliveinmaryland.org> and take part in the Out of the Darkness Walk to Prevent Suicide Saturday, September 24, at Caroline Street and the Boardwalk in Ocean City.



## Kane will speak at NAACP meeting

On Thursday, September 22 at 6 p.m., Worcester County NAACP will welcome speaker Tom Kane, Emergency Management Planner for Worcester County Emergency Services. Kane will discuss the process, "Preparedness, Respond, and Recovery" as it pertains to Worcester County residents. The meeting will occur at the Snow Hill library located at 307 N. Washington St. in Snow Hill. Executive board officers for next year will also be nominated at this meeting. Call 443-944-6701 for more information.

## 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., September 15 | 6:46 a.m.<br>7:13 p.m.   | 12:46 a.m.<br>12:59 p.m. | 6:43 a.m. | 7:08 p.m. |
| Fri., September 16  | 7:34 a.m.<br>8:00 p.m.   | 1:32 a.m.<br>1:49 p.m.   | 6:43 a.m. | 7:06 p.m. |
| Sat., September 17  | 8:23 a.m.<br>8:48 p.m.   | 2:16 a.m.<br>2:39 p.m.   | 6:44 a.m. | 7:05 p.m. |
| Sun., September 18  | 9:12 a.m.<br>9:36 p.m.   | 3:02 a.m.<br>3:29 p.m.   | 6:45 a.m. | 7:03 p.m. |
| Mon., September 19  | 10:02 a.m.<br>10:26 p.m. | 3:48 a.m.<br>4:22 p.m.   | 6:46 a.m. | 7:01 p.m. |
| Tues., September 20 | 10:54 a.m.<br>11:17 p.m. | 4:37 a.m.<br>5:18 p.m.   | 6:47 a.m. | 7:00 p.m. |
| Wed., September 21  | 11:48 a.m.               | 5:30 a.m.<br>6:18 p.m.   | 6:48 a.m. | 6:58 p.m. |

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# Maryland's health club law: is your gym in compliance?

By **Steven W. Rakow**, Esquire

Many people frequent health clubs. Some join national chains like Powerhouse, 24-Hour Fitness, Curves, or Anytime Fitness. Others may join small, locally owned gyms like CrossFit Ocean City or Furious Fitness. While gyms are clearly health clubs, other fitness-related facilities fall under Maryland's Health Club Law. By statute, health clubs include: health spas, figure salons, weight reduction centers, self-defense schools,



Steve Rakow

or other physical culture service enterprises offering facilities for the preservation, maintenance, encouragement, or development of physical fitness or physical well-being. Laws have been put in place to protect consumers from unscrupulous health club owners.

Health clubs fall into three categories: (1) those requiring a surety bond; (2) those not requiring a surety bond because they do not collect more than \$200 in advance, have no initiation fee, and do not collect more than three month's dues up front; and (3) pay-per-day health clubs that have no contracts, no initiation fees, and no advanced payments or dues. Regardless of which category the health club

falls into, the health club must register with the Consumer Protection Division of the Attorney General's Office and must notify their members in writing using specific language set forth by the Division. Those health clubs who fail to register can be shut down and fined for engaging in an unfair or deceptive trade practice.

Consumers of health club services have a lot of rights under the law. Health clubs must provide written contracts or fee schedules to their members in a format approved by the Division. Contracts must have certain clauses to alert consumers as to the type of club (bonded, not bonded, pay-per-day) and the right to cancel within

3 days. Automatic renewal clauses are not allowed unless the member can opt out of the renewal.

If a consumer becomes injured or disabled for a period in excess of 3 months, the membership must be extended for an equal period of time. If the health club closes for more than one month, the membership must be extended for an equal period of time, or there must be a prorated refund of the membership fees paid.

If a consumer signs a pre-opening membership agreement with a health club and the health club fails to open, the consumer is entitled to a refund.

*please see club on page 13*

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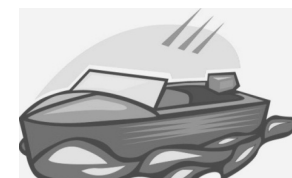
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# Community Calendar

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](mailto: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: [jeanduck47@gmail.com](mailto:jeanduck47@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](mailto: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](mailto: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.

club

from page 12

The consumer may also cancel the membership within three days of the health club opening.

There are both civil and criminal penalties for violating the Consumer Protection Act through an unfair or deceptive trade practice. Civil penalties include \$1,000 fine for a first offense and up to \$5,000 for repeat offenses in addition to allowing the aggrieved consumer to recover separate damages. The criminal penalty for violating the statute could result, in addition to civil penalties, a misdemeanor conviction with a fine of \$1,000 and up to one year in jail.

While the foregoing regulations may seem onerous to some, there have been many health clubs that have taken advantage of consumers of the years. The Attorney General's Consumer Protection Division maintains a website where consumers can see if their health club is registered. This can be found at <https://www.oag.state.md.us/health-club>. If you see a club that fails to comply with the statute, report it.

Health club owners also have protections too. The contract the consumer enters into is just that – a contract. Once a consumer enters into a valid contract with a health club, the consumer must make sure he or she pays on time and keeps their method of payment current. Failure to do so could result in the health club suing the consumer to recover fees owed under the contract.

Steven W. Rakow, Esquire, is a former assistant state's attorney. His private practice focuses on civil litigation, contracts, construction law, criminal and traffic law, and other general practice matters. He's a retired Marine officer and has owned several small businesses. Steve can be reached at 410-600-3075, by email at [steve@steverakowlaw.com](mailto:steve@steverakowlaw.com), or through his website [www.steverakowlaw.com](http://www.steverakowlaw.com).

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](mailto:thecourier@delmarvacourier.com)

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## Opening

Taylor Bank, in cooperation with Chambers of Commerce from Berlin, Ocean Pines, and Ocean City held a ribbon cutting and reception August 25 for their newest branch at Samuel Bowen Blvd, Ocean Landing, across from Home Depot in Berlin.

Helping with the ribbon cutting from left along the ribbon: Berlin Mayor **Gee Williams**, Worcester County Commissioner **Diana Purnell**, Berlin Council member **Lisa Hall**, Taylor Bank Board of Director **Hale Harrison**, Bank Manager **Lori Simon**, Executive Vice President **Peggy Welsh**, Worcester County Commissioner **Bud Church**, Maryland State Delegate **Mary Beth Carozza**, and Taylor Bank Design and Equipment Manager **Herb Wilson**. Taylor Bank President **Ray Thompson** is standing in back of and between Lori Simon and Peggy Welsh. Photo by Ted Page



From L to R: **Kelly Fox, RN, BSN**; **Mary Wilgus, RN** and **Cheryl Nottingham**, vice president of finance at Atlantic General Hospital.

## Wilgus wins DAISY award

Atlantic General Hospital awarded the DAISY Award for excellence in nursing to Mary Wilgus, RN at a recent presentation.

Wilgus has worked with Atlantic General Hospital for over nine years. She supports the hospital in caring for the community and its visitors as a staff and charge nurse, as well as patient care supervisor. Of her nomination, Wilgus says, "There is no greater compliment than the kind words of the people we care for."

One nomination Wilgus received stated, "She tries her hardest to meet the needs of the patients and staff...making every patient feel safe and well informed. Mary is a blessing to everyone she comes in contact

with!"

The DAISY Award, created by The DAISY Foundation in Memory of J. Patrick Barnes, honors the extraordinary work nurses do for patients and families each day. Hospital leadership brought the awards program to Atlantic General to recognize the compassion and high level of care its nurses provide to residents and visitors of the community.

Patients and visitors can nominate an Atlantic General Hospital and Health System nurse for the DAISY Award at any time. Nomination forms are available in every hospital department and health system physician office. Awards are bestowed quarterly.

## Naleppa announces retirement plans

Monty Saylor, chairman, Peninsula Regional Health System Board of Directors and Peninsula Regional Medical Center Board of Trustees, announced last week that Peggy Naleppa will retire in January 2018 from her position as the president/CEO of Peninsula Regional Medical Center and Peninsula Regional Health System. Her retirement will cap a healthcare career that spanned over 40 years and saw Dr. Naleppa in a number of leadership and executive roles from registered nurse at the bedside to CEO of the eighth largest health system in the state of Maryland.



**Peggy Naleppa**

The Board of Trustees has enlisted the assistance of a national firm, Witt/Kieffer, to conduct both an internal and external nationwide search for candidates to be considered as the next president/CEO of Peninsula Regional Medical Center and the Peninsula Regional Health System.

Dr. Naleppa joined Peninsula Regional Medical Center in 2003 as its Executive Vice President/COO. She was named president in 2008, and led the hospital during a succession period where she worked closely with retiring CEO Alan Newberry. Upon Newberry's departure in 2010, she was named the Health System's president/CEO.

Dr. Naleppa's healthcare career began as director of Neurosurgical Services at George Washington University Medical Center in Washington, DC. She has served as a clinical leader or as a senior executive at several hospitals in Maryland. She has served as president of the Maryland Chapter of the Healthcare Financial Management Association (HFMA) and has held several leadership positions with the Maryland Hospital Association (MHA). She is also a fellow of the American College of Healthcare Executives.

"Peggy's leadership may be based on the Eastern Shore, but her influence reaches across the state. At the same time she was building PRMC into a nationally respected patient- and community-centered organization, her innovative way of thinking

and leading as chair of the Maryland Hospital Association's key financial policy council made her a statewide consensus builder," said Carmela Coyle, president & CEO of the Maryland Hospital Association. "She has played an especially important role in our current work to see that model progress to one guiding not just hospital costs, but the total cost of care in our state. As a member of our association, her contributions are invaluable; as a mentor, her knowledge and generosity are insightful; as a friend, she is, simply, cherished."

Dr. Naleppa, who is a registered nurse, holds a Bachelor of Science in Healthcare Administration from St. Joseph's College; a Master of Administration degree with a concentration in finance from the University of Maryland UC; an MBA with a concentration in medical services from Johns Hopkins University; and a Doctorate in Management with a concentration in organizational process management from the University of Maryland UC. She has also been presented a second Doctorate in Public Service from the University of Maryland Eastern Shore.

She lists among her most gratifying professional accomplishments the creation of awards to honor staff and assist those entering the healthcare profession, including the President's Leadership Award, the Ed Urban Quality Award, the Leighton Moore Helping Hands Award, the PRMC Super Hero Safety Award and the Naleppa Family Healthcare Scholarship Fund.

During her nearly 14 years in executive leadership at PRMC, Dr. Naleppa has also overseen a number of significant projects that have improved healthcare and healthcare opportunities for residents of the Delmarva Peninsula.

"It's an honor and a privilege to lead this organization. I humbly start my day on my knees and in prayer. With significant responsibility comes significant blessings – healthcare is a team sport and I am blessed with a great leadership team, an innovative and forward thinking Board of Trustees, an outstanding team of physicians, caregivers, support and professional staff," said Dr. Naleppa.



**Arriving in style** - *Katie Grace* and *Brandon Tomlinson* were married this weekend. They arrived at their reception at the Ocean Pines Yacht Club aboard a boat owned and captained by Bruce Blackway.

## Twin Poets to read at Wor-Wic

The Twin Poets, Nnamdi Chukwuocha and Albert Mills, the current poets laureate of Delaware, will present a free reading in Guerrieri Hall at Wor-Wic Community College in Salisbury on Thursday, September 29, at 7 p.m.

The Twin Poets have been featured on the Peabody Award-winning HBO program "Def Poetry," BET's "Lyric Café" and NPR's "Poetic License." They are the subjects of a Hearts and Minds Films documentary called "Why I Write." They have authored books of poetry and have been included in several anthologies. Their latest work, a children's book titled "Homework for

Breakfast," is scheduled for release this year.

This event is co-sponsored by the arts club and the cultural diversity committee at Wor-Wic. For more information, call 410-572-8711.



**Gathering** - Local Democrats recently gathered for their annual Labor Day picnic at White Horse Park in Ocean Pines sponsored by the Democratic Club of Worcester County. Photo by Ted Page.

## 2 New Openings



Coastal Hospice  
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## OCAA resumes fly-ins, breakfasts

The Ocean City Aviation Association (OCAA) announced the resumption of its Saturday and Sunday Ocean City Airport Breakfast. Beginning September 17 through November 20, and served in the Terminal Building from 9 a.m. until noon, will be coffee, eggs, bacon, sausage, scrapple, and potatoes for a suggested donation of \$7.

All donations will be directed to the Huey Veterans Memorial Display and Park in anticipation of major repairs and improvements in the spring of 2017. For parking information call (410) 213-2471. Further information call Coleman Bunting at (410) 726-7207.

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