

The Courier

November 16, 2016 Volume 17 Number 11

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Dems women's club to meet

Democratic Women's Club of Worcester County meetings are held the third Monday of each month at the Ocean Pines Yacht Club. Coffee and conversation begins at 9:30 a.m. followed by the 10 a.m. meeting. All are welcome to attend these informative and friendly meetings. Please call 410-208-2969. The Democratic Women's Club of Worcester County will also be collecting non-perishable food, toiletries and paper products. Supplies will be shared with a local food ministry. Call 410-641-8553 for additional information.

AARP holiday luncheon set

AARP Chapter 4507 will hold a holiday luncheon on Monday, December 5 at the Ocean Pines Yacht Club beginning at 11:30 a.m. The cost is \$25. The menu will include a vegetable tray with cheese and crackers, seafood scampi, grilled chicken with lemon and herb butter, Maryland crab soup, mixed vegetables, garlic mashed potatoes, garden salad with rolls and butter. RSVP by December 1. Contact Larry Walton at 443-831-1791 or Chris Wanzer at 410-208-6942.

Turkey Shoot is Saturday

The Synepuxent Rod and Gun Club will host a Turkey Shoot benefiting Ocean City/Berlin Boy Scout Troop 225 on Saturday, November 19. Event hours are 8 a.m. to 2 p.m. Registration begins at 7:30 a.m. Bring your own 12 or 20-gauge shotgun and ammo will be provided. Rounds start at \$2 per target. Win gift certificates from area restaurants, hotel accommodations, sporting goods, tools, hunting supplies, turkeys, jewelry, etc. Buy raffle tickets to win a Stoeger semi-auto 12-gauge shotgun. Breakfast, lunch and bake sale will be available. Event will be held at Synepuxent Rod & Gun Club, 7909 Purnell Crossing Rd. in Berlin. For more information contact Matt Norman at 443-366-5882 or scoutmaster@octroop225.org.



Presentation - During the Veterans Day Tribute at the the Worcester County Veterans Memorial, **Dianne Tanner**, LTJG USN, **Sandra McAbee**, Spc., USA and **Lou Ann Trummel**, Staff Sgt., USAF present a wreath. Photo by Joe Reynolds.



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November

Community Calendar 2016

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Thanksgiving worship offered

There will be a Thanksgiving Eve Worship on Wednesday, November 23 at 7 p.m. at Bethany United Methodist Church located at 8648 Stephen Decatur Hwy. in Berlin. For more information call 410-641-2186.

Survivor Day helps suicide loss survivors

The Jesse Klump Suicide Awareness & Prevention Program, joining hundreds of other organizations, is hosting International Survivors of Suicide Loss Day on Saturday, November 19. Survivors Day invites people affected by suicide loss around the world to gather at events in their local communities to find comfort and gain understanding.

International Survivors of Suicide Loss Day will be held at Zenna Wellness Studio, 10 South Main Street in Berlin from 1 p.m. until 5 p.m. There is no charge to join the group in a day of memory, celebration of life, and healing, but participation is limited to those who are grieving following the loss of someone close.

"After I lost my son Jesse to suicide, I felt so alone and helpless about his death. But attending a support group allowed me to connect with others who had lost a person close to them, and made me realize I wasn't alone, that others understood my grief. It was incredibly healing," said Kim Klump, President of the fund and host of the Berlin ISOS event.

Klump subsequently began hosting monthly support group meetings in Berlin, and the stories of healing and comfort from those who struggle with grief after a suicide have grown.

The Survivor Day gathering will include a screening of "Life Journeys: Reclaiming Life after Loss," a new American Foundation for Suicide Prevention-produced documentary that traces the grief and healing journey. Following the screening, local survivors will host a panel discussion, exploring the ways they found to heal from what they once thought was an endless cycle of grief.

"ISOS Day is always the Saturday before Thanksgiving, so we recognize our gratitude for the life of the one we lost, as well as for the support and love we enjoy from others who have walked the same path," Klump said. "We do so by sharing a catered Thanksgiving meal, and in order to plan the dinner we ask that people advise us that they are planning to come."

For more information about International Survivors of Suicide Loss Day and to reserve your place, or to learn about monthly support group meetings, call 410-762-3090.

Monday

Ocean Pines Poker Club

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

Sweet Adelines

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

Monday/Tuesday

Sanctioned Duplicate Bridge

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

Tuesday

Families Anonymous

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

Tuesday/Thursday

Poker Players wanted for Gentlemen's Poker in North Gate area Ocean Pines. Game played every Tuesday & Thursday evening 5:45 p.m. to 10:45 p.m. on Pinehurst Rd. Ocean Pines. Call 410-208-0063 for more information.

Wednesday

Kiwanis Club Meeting

Weekly meetings at 8 a.m. on Wednesdays in the Ocean Pines Community Center. Doors open 7 a.m. 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@delmarvahand-dancing.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.

Thursday

Story Time

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

Beach Singles

Beach Singles 45 for Happy Hour at Harpoon Hanna's at 4 p.m. Call Arlene at 302-436-9577, 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.

Friday

Knights of Columbus Bingo

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

Gamblers Anonymous

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



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Worcester County is colored red

The election is over and Worcester County is colored red, leaning Republican and bucking the blue coloring of the state of Maryland as a whole.



**Present Elect
Donald Trump**



Barry Brittingham

Worcester Countians gave large margins to GOP candidates for President, Senate and House of Representatives. Donald Trump garnered 61% of the county vote for president; Senate candidate Kathy Szeliga captured 61% of the vote and incumbent Congressman Andy Harris claimed 66% of the vote. Szeliga lost statewide to Chris Van Hollen who will succeed Barbara Mikulski.

In local races for the Board of Education where three seats were up for election, District 2 incumbent

Barry Brittingham ran unopposed. District 3 incumbent Sara Thompson won over newcomer Fran Gebhart, 1,957 votes to 1,779. Elena McComas took the District 5 seat over Tom Terry 2,119 votes to 1,997. McComas will succeed Jonathon Cook who did not seek reelection.



Sara Thompson



Elena McComas

Early voting which took place at Gull Creek Assisted Living between October 27 and November 3, attracted more than 7,450 voters, two and a half times more than during the 2012 general election which drew 2,790 voters. Republicans outpaced Democrats during the eight days of voting, 3,448 to 2,981.

-Chip Bertino

Annual Christmas Bazaar

Friday, Nov. 18 And Saturday, Nov. 19

10 a.m. - 7 p.m.

St. Mary Star Of The Sea/Holy Savior Parish
 17th Street And Philadelphia Avenue, Ocean City, Md.

Gift Shop • Attic Treasures • Christmas Shop With Homemade Crafts
 Toys • Books • Jewelry • Plants • Flowers
 Homemade Baked Goods And Candy

FOOD MENU (EAT IN OR CARRY OUT)
 Hot Roast Beef And Hot Turkey With Gravy And Fries
 Fish And Chips • Pulled Pork Sandwich With Cole Slaw • Meatball Sliders
 Chili • Clam Chowder • Oyster Stew (Cooked To Order)
 Raw Bar-Oysters On The Half-Shell • Beer • Wine
 Hot Dogs • Chicken And Tuna Salad • Mac & Cheese • French Fries • Desserts • Beverages

Christmas Display Raffles • Basket Of Cheer • 50/50s
Chance Auction With Over 50 Baskets

Christmas Carnival For Kids
 All Major Credit Cards Accepted
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\$0 prescription drug deductible
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 10:30 a.m., 2:30 p.m.
 100 E. Carroll Street
 Salisbury

Thursday, December 1
Ocean Pines Community Center
 11:00 a.m.
 235 Ocean Parkway – East Room
 Worcester

Friday, December 2
Peninsula Regional Medical Center
 10:30 a.m., 2:30 p.m.
 100 E. Carroll Street
 Salisbury

For a complete list of meetings, visit
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* A sales person will be present with information and applications. For accommodation of persons with special needs at sales meetings, please call 1-866-328-5422 (TTY: 711).

** www.CMS.gov: 2016 CMS data from the Johns Hopkins Advantage MD 11-county service area.

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H3890_PrtAD2_0916 Accepted 09282016

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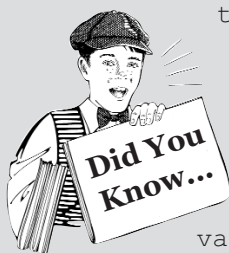
Robert B. Adair 1938-2007

2012 Business of the Year

The Courier is published Wednesday morning by CMN Communications, Inc. Contents copyright 2016. News release items and calendar entries should reach us *Friday noon* prior to publication date. The advertising deadline is *Friday at 5 p.m.* Read **The Courier** online at delmarvacourier.com

Preparing meals at home remains the least expensive way to eat. The budgeting resource Cheapism.com compared

the costs of a classic chicken dinner, accounting for variables such as tip, food waste and family size, made at home and at a restaurant. The comparison determined that a home-cooked meal costs as much as 60 percent less than a dinner out. A simple chicken dinner for one costs between \$6 and \$8 at home, takeout costs more than \$13 and dining out costs more than \$15. The rates of savings are similar when accounting for paying for a family of four.



Nurse practitioners recognized

The role of the nurse practitioner (NP) will be showcased November 13 through 19 as NPs across the country celebrate more than 50 years of practice during National NP Week.

In the United States, this group of health care professionals number approximately 222,000 strong with an additional 20,000 NP students graduating each year. NPs are independent providers of high-quality, cost-effective, personalized health care. NP practice offers a unique combination of nursing and health care service to patients. Focusing not only on diagnosing and managing acute and chronic illnesses, NPs are trained to integrate health promotion, disease prevention, counseling and patient education to help patients understand their complete health picture.

In a population that is aging, with Baby Boomers becoming seniors in growing numbers over the next ten years, having choices about health care providers will become even more important. The federal government estimates that by 2020 there will be a 30 percent increase in primary care NPs, which, if successfully integrated into primary care practices, should drastically help with the expected shortfall of roughly 20,000 primary care physicians in the same year. According to The Kaiser Family Foundation, it is estimated that NPs can provide 80-90 percent of care that primary care physicians do, allowing them to be an asset to a primary care office setting and alleviate some of the load for a physician that may have no room for new patients.

National NP Week brings visibility to the role of the NP, helping consumers make wise choices when selecting their health care provider. "We are very honored to have some of the area's most skilled NPs, providing quality care and personalized service to our community members and visitors. This week is an added opportunity for us to recognize our NPs and their value to Atlantic General Hospital and Health System and the health of the community," said Michael Franklin, FACHE, President and CEO of Atlantic General Hospital.

To locate a NP provider in your community, go to atlanticgeneral.org/findadoc.



Kiwanis presents benches

Cedar Chapel Special School is one of seven local school supported by the Kiwanis Club of Greater Ocean Pines - Ocean City. Kiwanis members made two benches for the school entrance. Children use them as they await transportation to and from the school. Pictured (L-R) **Jim Spicknall**, Kiwanis President **Barb Peletier**, **Dick Claggett**, **Charlie Warner** and Cedar Chapel School Principal **Belinda Gulyas** with one of the benches.



Seahawk Week

Stephen Decatur High School administrators, counselors, and teachers launched a successful Senior Seahawk Application Week that included college, career, and military counseling, financial and FAFSA advice, writing center tutorials, and on-site college acceptances during the week of October 31. Close to 300 seniors received the intensified services and 40 students earned on-site college acceptances from Salisbury University, University of Maryland Eastern Shore, and Wilmington University.

Above: Stephen Decatur High School senior **Acacia Nichols** receives her on-site Salisbury University acceptance from Principal **Tom Zimmer**, **Sammy the Seagull** and SU admissions representative **Charles Overholt** (right) during the inaugural Senior Seahawk Application Week.



A little fun - **Jean O'Neill** and **Evelyn Anderson** enjoyed dancing around in their colorful costumes during the Halloween Party at the Woodlands in Ocean Pines. Photo by Anna Foults.

You wash, I'll dry

It was on a Saturday evening not too long ago when my wife and I found ourselves experiencing what Yogi Berra would say was déjà-vu all over again. We were in the kitchen after an enjoyable meal that my wife prepared. That's not the déjà-vu part. The déjà-vu experience was that we found ourselves replaying roles that we had long

good.

When the kids came along and the pace of our lives accelerated I can't imagine not having had a dishwasher; never really gave a thought about not having one. It became like so many other modern day conveniences, a necessity. But now that our children are grown and our life pace is downshifting, spending a little extra time in the kitchen washing and drying dishes is a not so loathed activity. Actually, it can breed enjoyable conversation.

As part of their chores growing up our children were required on a rotating

basis to clean up the kitchen after dinner. By then a dishwasher was standard kitchen equipment in our house. Yet to listen to the howls of discontent you would have thought they were being forced to lug everything a half mile to a clear water stream for cleaning. Our boys howled loudest which only prolonged their efforts. They never seemed to catch on to that fact. Our daughter was no nonsense: she got in there, loaded things up, hit the button and got out.

Growing up it always was a given that when the family came together for a holiday or some other celebration, a washing/drying contingent gravitated to the

kitchen after the table was cleared. It was usually the women folk. They went about their business, chattering away, gossiping and laughing. Any time a male member of the family entered the area, all went quiet until he left.

Well, not that I would want to again each evening wash and dry dishes manually it was a sort of pleasant diversion to recently once again take in hand the dish towel. But as it was so many years ago, it was nice to once again use the dishwasher after we went to the store to resupply our soap stock. Through the years we've purchased I don't know how many dishwashers. None really have made an impression on me like that first one. I guess it's true what they say, you always remember your first.

It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

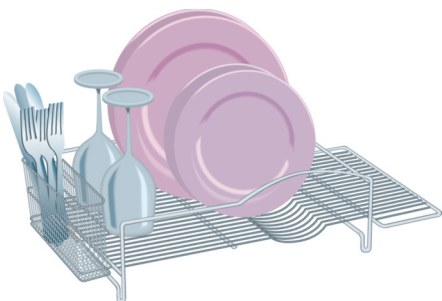


ago set aside: her hand washing dishes that I then towel-dried.

We ran out of the dishwasher soap and so there we were performing manually a task we had many years ago relinquished. I'm not complaining. Actually it was a bit of enjoyable nostalgia sort of like visiting a little league field on which you once played years before. As we washed and dried we talked and laughed. It brought back memories of when we were first married, living in our first house before children were even on the horizon.

We had no dishwasher at the time so after each meal dishes, glasses, utensils and cookware had to be manually cleaned. Looking back it's easy to think fondly of those times but in truth the exercise grew tiresome, especially when we had company. Yet, like so many before us, we did it. With each plate cleaned and dried we yearned for the time when all we could afford our very own dishwasher.

That day finally arrived. We saved enough money and purchased a new, very basic dishwasher. Its features were limited to "On" and "Off." It had no delayed timer, adjustable racks or variable wash settings. If memory serves it was a Caloric brand unit with a white front. It cost us about \$199 on sale at American Appliance located in Pleasantville, NJ. I installed it. That first evening when we loaded it and turned the dial to start it, we felt we were really living large. We had stepped up in the world. Life was



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TRIVIA NITE *Thurs 11/17*

(Open for dinner 4-9pm, bar open til 11:30pm / end of game)

4-7pm: **Happy Hour**
5:30-8pm: **Pub Trivia**
w/ **Special Menu, Prizes, DJ**
Thursday Night Football:
Tailgate Specials at the Bar

DATE NITE *Fri 11/18*

(Open for lunch 11am-4pm, dinner upstairs 4-10pm, bar open til 12pm)

4-7pm: **Happy Hour**
4-10pm: **2 Entrées, Shared App, Dessert, Bottle of Wine, \$60***

*plus tax & gratuity

PRIME RIB *Sat 11/19*

(Open for lunch 11am-4pm, dinner 4-10pm, bar open til 12pm)

4-7pm: **Happy Hour**
4-10pm: **Queen-Cut (10oz) \$18, King-Cut Prime Rib (14oz) \$21***

FOOTBALL *Sun 11/20*

(Open for brunch 9am-1pm, lunch til 4pm, dinner 4-9pm, bar open til 11:30pm / end of game)

\$3 Craft Brews, \$5 Crushes
4-7pm: **Happy Hour**

TAILGATE *Mon 11/21*

(Open for lite fare 7:30pm-end of game)

Buy 1 APP, Get 1 FREE
(2nd appetizer must be of equal of lesser value)
Domestic Pitcher + 10 Wings, \$5

Thanksgiving with us!

Wed, 11/23, open 6pm: **Tommy Edward Concert w/ Special Menu**

11/24: **THANKSGIVING BUFFET**
Reserve Your Seating: 1pm, 3pm, 5pm

Taking Orders for...
THANKSGIVING FEAST CARRYOUT
\$145 (serves 8) + a la carte menu

410.641.7501 dining@oceanpines.org OceanPines.org
at Ocean Pines Yacht Club, 1 Mumford's Landing Rd, Ocean Pines, MD



Wreaths Across America honors veterans

By **Dolores E. Pike**

A person dies twice. The first time when he takes his last breath. And the second time when his name is said for the last time

— Karen Worcester

When discussing this year's theme, "Say Their Names"

A young newsboy from a small town in Harrington, Maine considered himself lucky when he won a prize that took him on a trip to Washington, DC. His name was Morrill Worcester and he got a chance to visit Arlington National Cemetery. The solemnity and expanse of graves across the landscape left a lasting impression on him.

Then, as all young boys do, Morrill grew up and went on to become a successful businessman.

Fast forward to 1992. At near the end of the Christmas season Mr. Worcester found his company with an oversupply of holiday wreaths and he recalled his Arlington experience. He contacted Olympia Snowe, a Senator from Maine at the time, and she worked with him to make the arrangements for the wreaths to be donated. It was decided to place them in an older, less visited, section of Arlington.

The owner of a local trucking company undertook the transportation of the wreaths to Virginia. Each one, complete with its signature red bow, was placed at a grave site, along with an accompanying ceremony at the Tomb of the Unknown Soldier.

The first year began a wreath laying tradition and went on quietly in this manner for about 10 years until a photo appeared on the internet. It is safe to surmise that millions witnessed the video. It was of a snow-covered Arlington where the graves were adorned with green holiday



Volunteers prepare to lay wreaths at Arlington Cemetery

wreaths and red bows. The aisles of graves stretched into infinity. All of a sudden with the holiday season approaching, everyone wanted to donate a wreath for a veteran, a hero. The program was destined to go beyond Arlington. It was after this at some point that the organization, Wreaths Across America was born and a company sponsorship along individuals and organizations began.

Today, as December approaches, volunteers prepare for another journey to Arlington to deliver the wreaths at the graves of fallen he-

roes. But the original Arlington wreath program has grown until now there are over 1,100 additional military cemetery locations where wreaths are placed.

November 28 is the donation deadline to join with this year's Wreaths Across America, and must be received by the Worcester County Veterans Memorial at Ocean Pines on that date. The wreath distribution will include the Eastern Shore Veterans Cemetery in Hurlock.

See the sponsorship form on the back cover of this week's edition.



Fall Dinner Specials

Monday

Chicken Parmesan over Pasta \$9.95
Lobster Tail \$14

Tuesday

Burger and French Fries \$6

Wednesday

Meatloaf with mashed potatoes and a vegetable \$6.95
Add a soup or a salad \$9.95

Thursday

Steak Night! \$13.95

Friday

Fried Shrimp with French Fries & cole slaw \$14.75

Saturday

Crabcake Platter with 2 sides and a choice of a soup or salad \$15

\$2.50 Bottles

While supplies last

Excluded from \$1 off happy hour special

Leinenkugel Summer Sandy
Bud Lime Sams Summer Ale

— Large Selection of Wines at \$10 per bottle —

Daily Breakfast Specials \$5 LUNCH SPECIALS

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Breakfast Lunch Dinner
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Gospel program offered

A Sons of Thunder Gospel program, sponsored by Voices of Praise will be held Saturday, November 19 at St. Paul United Methodist Church located at 405 Flower Street in Berlin. The free event will start at 6 p.m. For more information call 410-641-0270.



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Student health literacy improvements noted

Atlantic General Hospital and Health System, along with its partners, the Herschel S. Horowitz Center for Health Literacy at the University of Maryland College Park School of Public Health and Worcester County Public Schools, have made additional strides in their efforts to improve the health literacy of elementary and middle school students in Worcester County.

Health literacy is measured by an individual's ability to obtain, process and understand basic health information and services needed to make appropriate health decisions. A high level of health literacy is crucial to achieving a healthy lifestyle and properly utilizing healthcare services.

Integrated Health Literacy Program (IHLP) standards help guide teachers in developing lesson plans for core area classrooms (math, reading language arts, science, and social studies) that include basic health literacy concepts and skills. The integrated lessons vary depending on grade level that the program is implemented. Lesson topics include calculating calorie intake based upon information on a food label during a mathematics class or discussing the harmful effects of e-cigarette use in science class. During the 2015-2016 school year, sixth grade teachers at Snow Hill Middle School piloted the IHLP within their core area classrooms, while teachers in grades one through five county-wide continued with the implementation of the curriculum.

The IHLP wrapped up its third year with pre-testing students prior to implementation of the curriculum in the fall and then again post-curriculum implementation in the spring. The results for the 2015-2016 school year are encouraging.

In grades three, four and five, the average health literacy scores increased from pre-test to post-test. At the time of post-testing more third, fourth and fifth grade students reported eating fruits and vegetables every day than at pre-test. Other findings include:

-Third grade students who received a high health literacy score increased from 37.2% at pre-test to 68.7% at post-test.

-Students who received a poor health literacy score (1 or 2) decreased

from 21.2% at pre-test to 5.6% at post-test in the third grade.

-Fourth grade students who received a poor health literacy score decreased from 12.6% at pre-test to 2.7% at post-test.

-Fifth grade students who received the highest health literacy score (6) increased from 56% at pre-test to 75.7% at post-test.

-There was an increase in the percentage of children who moved into the highest health literacy score range in the sixth grade.

-IHLP impact is apparent because those who have been through the program in earlier grades are showing higher pre-test scores than those in their first year of the program.

-The sixth grade pilot showed a slight increase in the average health literacy score. The research team from University of Maryland postulated that this could be in part due to the students receiving health literacy program curriculum in earlier grades over the last three years.

*please see **health** on page 8*

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PRMC receives national recognition

The American College of Surgeons National Surgical Quality Improvement Program (ACS NSQIP) has recognized Peninsula Regional Medical Center in Salisbury as one of 60 ACS NSQIP participating hospitals that have achieved meritorious outcomes for surgical patient care. As a participant in ACS NSQIP, Peninsula Regional is required to track the outcomes of inpatient and outpatient surgical procedures and collect data that directs patient safety and the quality of surgical care improvements.

The ACS NSQIP recognition program commends a select group of hospitals for achieving a composite meritorious outcome related to patient management in eight clinical areas: mortality, unplanned intubation, ventilator > 48 hours, renal failure, cardiac incidents (cardiac arrest and myocardial infarction); respiratory (pneumonia); SSI (surgical site infections-superficial and deep incisional and organ-space SSIs); or urinary tract infection. The 60 hospitals commended achieved the distinction based

on their outstanding composite quality score across the eight areas listed above. Risk-adjusted data from the July 2016 ACS NSQIP Semiannual Report, which presents data from the 2015 calendar year, were used to determine which hospitals demonstrated meritorious outcomes.

ACS NSQIP is the only nationally validated quality improvement program that measures and enhances the care of surgical patients. This program measures the actual surgical results 30 days postoperatively as well as risk adjusts patient characteristics to compensate for differences among patient populations and acuity levels. The goal of ACS NSQIP is to reduce surgical morbidity (infection or illness related to a surgical procedure) and surgical mortality (death related to a surgical procedure) and to provide a firm foundation for surgeons to apply what is known as the “best scientific evidence” to the practice of surgery. Furthermore, when adverse effects from surgical procedures are reduced

please see prmc on page 11

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2016

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*Approximately 20 lb. box



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health
from page 7

“Improving the health literacy of the next generation is critical to the adoption of healthier lifestyles and proper utilization of healthcare services. Individuals have to understand basic health principles before they can become active and effective partners in their own care. We’re very pleased with the positive outcomes of this program in its first three years, and we look forward to helping create a healthy community,” said Michael Franklin, CEO of Atlantic General Hospital.

During the 2016-2017 school year, the IHLP has been implemented in grades 1-6 county-wide and is currently being piloted in grades 7 and 8 at Stephen Decatur Middle School. The program serves approximately 3,500 students. To learn more about the health literacy program please visit www.atlanticgeneral.org/healthliteracy.



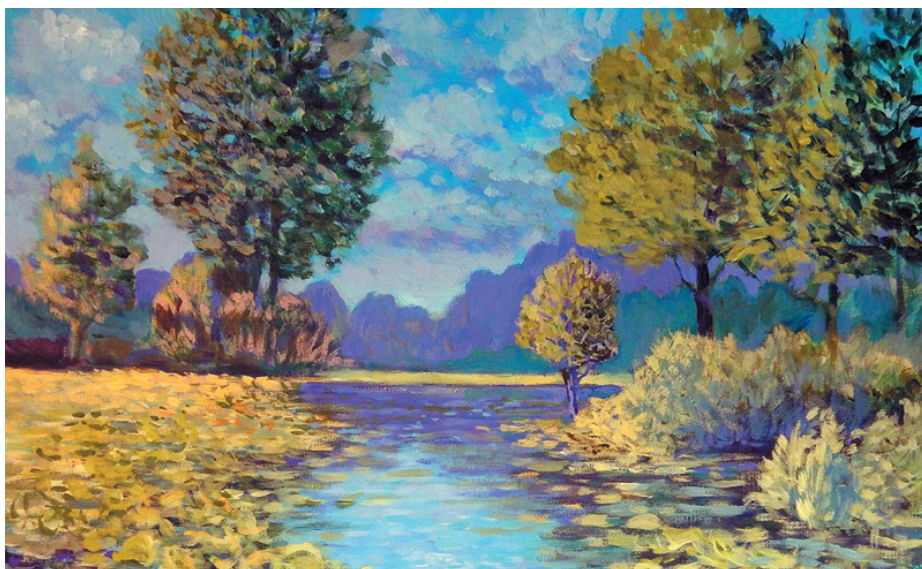
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Local artist paints for suicide prevention

One thing Kim Klump remembers about her son, Jesse, who took his own life in 2009, was how much he enjoyed kayaking on the Pocomoke River. The other thing she knew right away was that she had to turn her family's tragedy into something positive, and the Jesse Klump Suicide Awareness & Prevention Program was born.

Now local artist Jim Adcock has memorialized Jesse and the river he loved in a series of five original paintings of the Pocomoke River. The sale of Adcock's work supports the program, which works to reduce the historically high suicide rates that plague the lower Eastern Shore by teaching suicide prevention first aid – the ability to recognize the risk factors and warning signs that might lead someone to suicide, and the simple steps anyone can take to keep that person safe until trained professionals can intervene.

"Jesse would have recognized the scenes that Jim painted," Klump said. "They capture the grandeur of the

river, its beauty and serenity, and by his generous donation, Jim will help us preserve lives so that those who are in crisis will survive their distress and maybe come to enjoy the outdoors as Jesse did."

Adcock's Pocomoke Series will be on exhibit at Baked Dessert Café and Gallery, 4 Bay Street in Berlin, beginning on November 14. "It's an honor to hang Jim's work," Robin Tomaselli, proprietor of Baked Dessert, said. "This is a cause of special interest to us, especially as we see the skyrocketing rates of suicide among our veterans. The Jesse Klump program has focused on addressing veterans' needs with the goal of saving their lives."

The Pocomoke paintings range in size from 11" x 14" to 20" x 30" and are priced from \$275 to \$475. For more information on the Jesse Klump Suicide Awareness & Prevention Program, or to find out more about Jim Adcock's Pocomoke Series, call 443-982-2716.

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An Unexpected Pleasure

By **Dr. Joseph Palmisano**

Kathleen and I decided to visit Laura and her family last week in Warwick, New York. West Point is close by, so we decided to pay a visit.

The weather was perfect, temperature about 70 with bright sunshine and low humidity. It was just the right day to visit historic West Point. It is perched on a hill overlooking the narrowest, deepest and most twisted part of the Hudson River.

It was where Washington ordered a heavy chain to be laid across the river at its narrowest point to prevent the British from navigating the Hudson and cutting the rebellious colonies in two. It was also the future site of the United States Military Academy, established during the presidency of Thomas Jefferson, in 1801. The entire campus is a National Landmark with many historic buildings and monuments.

We visited the fabulous Museum of the Army where we saw the history of the Academy and its role in all the conflicts involving the United States. Every weapon and uniform of our army is on display here, plus interesting vignettes of academy life in the time of two future presidents and numerous iconic military figures. Then we took the guided bus tour which is a must. The informative tour guide took us to historic sites and kept up a running commentary on everything we saw and experienced. You must visit West Point on your own to appreciate its history and grandeur. National Geographic has placed it in its top 20 places to visit in the United States.

Next we visited the historic Thayer Hotel. This is the only full-service hotel on a military base in the world. It was built in 1925 when Douglas MacArthur was superintendent, and the main dining

room is named after him. We had lunch on the terrace overlooking the Hudson while the ghosts of MacArthur, Eisenhower, Patton, and others hovered in the



background. Adjacent was the General Patton tavern, a full-service bar with many pictures of the general throughout his career, especially the Pentathlon of the 1912 Olympics, where he placed fifth.

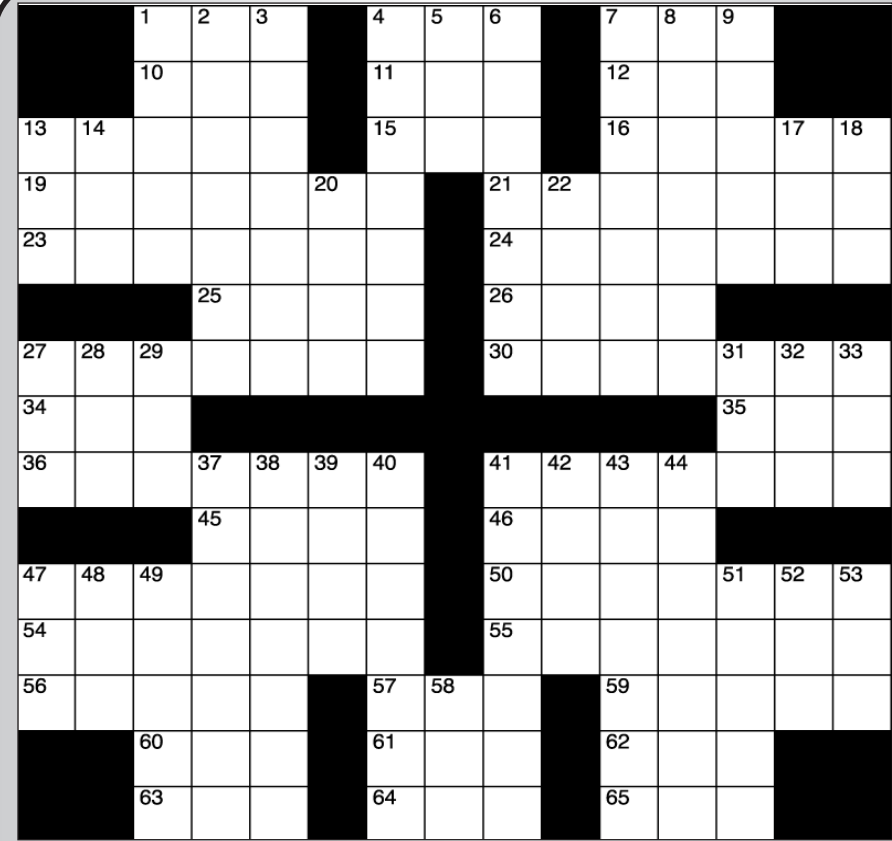
The unexpected pleasure of our visit was that it was the perfect day to see the changing leaves in all their autumnal glory. Flaming reds, deep oranges, interspersed with brilliant yellows with green backgrounds were all part of the mountains surrounding the Hudson at this point. The brilliant sunshine made the spectacle all the more vivid.

When we left West Point, we crossed the river and drove north to view the Hudson Valley and historic Boscobel Mansion. Again, the vistas were magnificent.

I heartily recommend a visit to this historic area, and if you do it in the fall, you may also experience the same unexpected pleasure.

Dr. Joseph Palmisano is a columnist featured monthly in The Courier. He shares insights about World War II.

He resides in Ocean Pines and is the author of "Doctor Joe, A Family Doctor in the Twentieth Century."



ACROSS

- 1. Adenosine triphosphate
- 4. Plane
- 7. Plant cultivated for its tubers
- 10. Wreath
- 11. Equal, prefix
- 12. Type of fish
- 13. Measuring instrument
- 15. High-pitched crying noise
- 16. Chilean seaport
- 19. Make in advance
- 21. Where planes land and take off
- 23. Nicaraguan capital
- 24. Reprint
- 25. Evergreen genus
- 26. Vale
- 27. Not the most dry
- 30. There are four of them
- 34. Pie -- mode
- 35. At or near the stern
- 36. Attached to the side of a motorcycle
- 41. Soft-bodied beetle
- 45. ÒRule, BritanniaÓ composer

- 46. ___ of March: rough day for Julius Caesar
- 47. A way of changing taste
- 50. Bubbled up
- 54. Remedy
- 55. Barrooms
- 56. Henry Clay ___, industrialist
- 57. A citizen of Thailand
- 59. Cove
- 60. One and only
- 61. Ò___ death do us part
- 62. Zero
- 63. Thus far
- 64. Brew
- 65. Crunches federal numbers

DOWN

- 1. John ___, Pilgrim settler
- 2. Drink table on wheels
- 3. A canoe
- 4. Baseball player nicknamed ÒKittyÓ
- 5. Midway between east and southeast
- 6. Direction of attention
- 7. Egg-shaped wind instrument
- 8. Cadavers
- 9. Farewell
- 13. Revolutions per minute

- 14. Small constellation
- 17. Vineyard
- 18. Consumed
- 20. Pitchers need to get them
- 22. Educational assn. (abbr.)
- 27. No longer is
- 28. PeytonÓs little brother
- 29. Small amount
- 31. An awkward stupid person
- 32. Popular pro sports league
- 33. Pigpen
- 37. Type of head pain
- 38. ÒJiminyÓ is one
- 39. Diarist Frank
- 40. Boat race
- 41. Can be

- split
- 42. Thought
- 43. Staggering
- 44. Baltic country
- 47. Sunscreen rating
- 48. Paddle
- 49. Togetherness
- 51. Beat-influenced poet
- 52. Midway between northeast and east
- 53. Fall back, spring forward
- 58. Afflict



Answers for Nov. 9

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In the Rear View Mirror

Chevy II: A chip off the old (engine) block

By **Bruce Palmer**

When you consider the trends in the auto business during the 1960s, you think of the horsepower race, increasing safety features and early attempts to control tailpipe emissions. And then, there was model proliferation...an important key to the manufacturers' success.

Up until the 50s, a dealership typically only offered one car choice. Sure,



1964 Chevy II Nova

you could get it as a two or four-door, a convertible or a wagon...but they were variations of the same basic car. The first exceptions came with Chevy's Corvette in 1953 and the Ford Thunderbird two years later.

Proliferation began to ramp-up with 1960. The auto-makers debuted their "compacts" that year, including the Ford Falcon and Chevy Corvair.

prmc
from page 8

and/or eliminated, a reduction in health care costs follows. ACS NSQIP is a major program of the American College of Surgeons and is currently used in over 770 adult and pediatric hospitals.

The American College of Surgeons is a scientific and educational organization of surgeons that was founded in 1913 to raise the standards of surgical practice and to improve the care of the surgical patient. The College is dedicated to the ethical and competent practice of surgery. Its achievements have significantly influenced the course of scientific surgery in America and have established it as an important advocate for all surgical patients. The College has more than 78,000 members and it is the largest organization of surgeons in the world.

Rivalry between Ford and Chevy was always strong, each looking to out-sell the other. Corvair was revolutionary without a doubt from its European styling and rear-engine layout. Falcon was far more conventional, basically a shrunk full-size Ford.

Unfortunately for Chevrolet "conventional" sold better. Falcon beat Corvair by two-to-one in both 1960 and 61. The big wigs at GM knew they needed to do something. They needed a

smaller version of their popular full size car, a little "chip off the old (Chevy) block," fast. Less than 18 months later, that first little

Chevy rolled off the assembly line; but what to call it?

Many names were suggested, with "Nova" leading the pack, but Nova didn't start with a "C" and the big brass preferred alliteration. Finally, Chevy decided to simply put a "II" on their name. As an appeasement to those pushing for Nova, the space-age moniker would be set aside for the higher-trimmed Chevy II models.

Chevy II arrived for 1962 bearing the key-words "economy and thrift." Offerings were predictably limited to two and four door sedans and two and four door wagons, all in three trim levels. Leading the hierarchy was the aforementioned Nova which offered the model's lone convertible. And, thrifty it was, with a base four-cylinder or an optional straight-six engine.

A basic Chevy II rolled out with a sticker just three bucks over two grand (similar Falcons went for \$1,985). Chevy II options were numerous and cheap: heavy duty shocks cost an extra dollar, an upgraded radiator was \$2 more. Buyers liked what they saw, pushing sales past 300,000 in that first year. Chevy II started to steal sales from Falcon, which fell by 20% that year. Some would argue that Chevy II also stole sales from Chevrolet's own Corvair by 1963 when a precipitous drop-off in production began

on that line.

Offered for a first time on Chevy II in 1963 was the popular Chevy "SS" (Super Sport) package. Because no V8 was yet available in the Chevy compact, an "SS" was just a six-cylinder car, although some buyers took them home to put in a V8 themselves.

Chevy II entered 1964 with its first factory V8 option and continued strong sales, now nearly even with Falcon. Sadly, it would be the last year of availability for the handsome Chevy II convertible and as proliferation increased, Chevrolet introduced yet another all-new model for 1964: Chevelle.

Though larger (a midsize) and altogether different from Chevy II, Chevelle began taking away from the compact's sales too, right on into the final year of the "first generation" body, 1965. Similar things were happening over at Ford where the Fairlane's introduction in '62 and the arrival of Mustang in spring of 1964 both cannibalized Falcon sales.

New sheet metal and a whole new look to Chevy II waited for 1966. Sharper edges, a more aggressive stance and higher horsepower options were now a part of the Chevy II persona. Fresh styling stopped the sales slide around 150,000, a respectable number in an era where there were now so many more models to choose from. For '67, Chevy II remained largely unchanged as it took-on yet another internal challenger: Chevy's all-new Camaro.

By the time 1968 arrived, the "Chevy II" name was losing favor at

Chevrolet headquarters. While the new-for-68 body was longer, lower and showed strong styling influence



1963 Chevy II Nova convertible

from both Chevelle and Camaro, the number of Nova-named trim levels was increasing and the division decided they would drop the name that started out strong, only to fade in the face of increasing market choices. When the '69s arrived, the "Chevy II" moniker was gone, permanently replaced by, simply, Nova.

In the end, that same model proliferation which gave rise to the Chevy II also spelled out its demise. But with well over two million built in the brief seven year run, that little "chip off the old block" still brings back great memories to so many who look back on it "in the rear-view mirror."

**The LORD will surely save me
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stringed instruments Isaiah 38:20**



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Thur., November 17	9:45 a.m. 10:08 p.m.	3:07 a.m. 4 p.m.	6:45 a.m.	4:46 p.m.
Fri., November 18	10:38 a.m. 11:03 p.m.	4 a.m. 4:57 p.m.	6:46 a.m.	4:46 p.m.
Sat., November 19	11:32 a.m.	4:58 a.m. 5:56 p.m.	6:47 a.m.	4:45 p.m.
Sun., November 20	12 a.m. 12:29 p.m.	5:58 a.m. 6:55 p.m.	6:48 a.m.	4:44 p.m.
Mon., November 21	1:02 a.m. 1:30 p.m.	7:01 a.m. 7:52 p.m.	6:49 a.m.	4:44 p.m.
Tues., November 22	2:09 a.m. 2:32 p.m.	8:04 a.m. 8:47 p.m.	6:50 a.m.	4:43 p.m.
Wed., November 23	3:14 a.m. 3:30 p.m.	9:07 a.m. 9:37 p.m.	6:51 a.m.	4:43p.m.

Planning can ensure gifts arrive on time

The end of December is prime shopping and shipping time for holiday gifts. Shipping giant UPS calls this time of the year its peak season, and FedEx and the United States Postal Service also cite the weeks between Thanksgiving and New Year's Day as some of their busiest weeks. Jingling bells and Christmas carols once were the foremost sounds of the season, but now those noises have been replaced by the sounds of conveyor belts, trucks and airplanes rushing to get packages to their destinations.

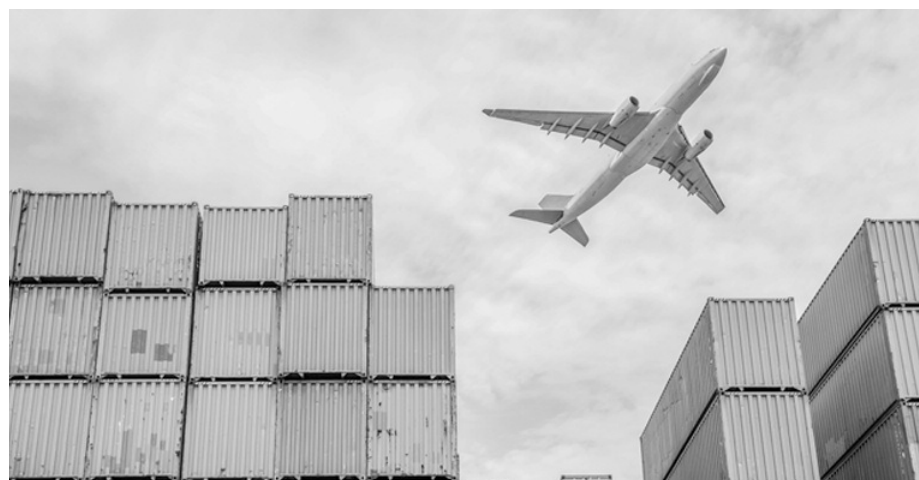
According to research firm Forrester, online sales now account for 10 percent of all shopping and 15 percent of holiday shopping. USPS expects to deliver roughly 15 billion letters, cards and packages during the holiday season. While the postal service and the major pack-and-ship companies are incredibly reliable, shoppers can take

the following steps to further ensure their gifts arrive on time.

Shop in-store. Choose off-peak hours, such as early morning and late evening, to visit brick-and-mortar stores. The crowds will not be too large, and you will have the added peace of mind knowing that you do not need to wait for gifts to arrive via the mail. If you like the convenience of online shopping, shop online but take advantage of in-store pick-up when available. If items are in stock, this can save you the hassle of making your way through crowded stores.

Follow cut-off dates. Many online retailers will post "purchase by" dates to ensure specific delivery times. Be sure to familiarize yourself with these dates so your items will arrive on time. If time is ticking away, you may have to pay more for expedited shipping.

Avoid backordered items. Popular



gifts may sell out quickly, and retailers could put you on backorder lists. Research similar products as potential backups should your primary choice be on backorder.

Shop well in advance. Shopping early is the best way to ensure gifts arrive on time. Shopping early also gives

shoppers time to make exchanges in the event an item is not up to par or is damaged.

Thanks to the popularity and prevalence of online shopping, it has become very important for shoppers to take shipping concerns into consideration before making purchases.

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Additionally, *The Courier* seeks advertising sales assistance, someone who can focus on developing, managing and servicing new advertising accounts and identifying growth opportunities in the northern Worcester County area.

Although previous sales experience is helpful, it is not required for consideration. Send a cover letter telling about yourself and a resume.

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 Attention Chip Bertino, Publisher

Images of the Veterans Day Program

The Worcester County Veterans Memorial at Ocean Pines held its annual tribute to veterans last Friday. The theme of the event was "Honoring Those Who Served."

Master of Ceremonies **Fred Wise** (First Detachment Marine Corps League) guided the more than one thousand attendees through the program that included guest speaker **Nathan Pearson**, Past Commander and Chaplain of American Legion Post 166.

Again this year, the **Delmarva Chorus** under the direction of **Carol Ludwig** performed the national and service anthems.

The invocation was spoken by **Reverend Mr. Wil Pinder** of Holy Savior Catholic Church. **Reverend Matthew Trask** of Buckingham Presbyterian Church said the Benediction.

Taps was performed by **Richard Tanner**, LtCol, USMC (Ret).

Photos are courtesy of Joe Reynolds.



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Learning - Ocean City Elementary School students, faculty and staff participated in a firemen's relay to celebrate Fire Prevention Week.

Teacher Champions recognized

The Worcester County Education Foundation (WCEF) recently held a reception at the Atlantic Hotel in Berlin to recognize the 2016-17 Teacher Champions. A select group of teachers (one or two from each of the 14 schools in Worcester County) have been asked to act as liaisons between the WCEF and the students and staff of their schools.



L to R front row: **Pam Lauer, Edna Wright, Kate Coates, Sheri Conner.** L to R back row: **Mark Shipley, Melissa Reid, Christy Powell, Heather Shockley, Lauren McGinnis, Staci Stonnell, Angie Rankin andm Barbara Kohut**

Worcester County Schools Superintendent, Lou Taylor, thanked the teachers for their participation and explained that the WCEF mission is to establish a proactive partnership, linking the resources of the community with the educational needs of students and teachers. Taylor went on to explain that the initial goals of the foundation include raising funds to help accelerate the purchase and distribution of digital devices for students and teachers so that every child has equal access and an equal opportunity to succeed. In addition, the WCEF has established an annual teacher grant program that provides funding for innovative classroom programs and teaching techniques that a teacher would otherwise, have to pay for, out of pocket. And a final goal is to raise a \$1 million endowment, establishing a perpetual funding source to off-

set future needs in Worcester County schools. Taylor added, "Our first focus is to provide every child, from K-12 with the appropriate digital tools, which will instill confidence and provide the experience necessary to assure that every child has the same chance to succeed in today's digital world. But this is only our first focus. The needs of our students and teachers will change with time and with your help, we can identify those changing needs and respond quickly."

Todd Ferrante, WCEF Chair, noted that "our community is fortunate to have such dedicated teachers and staff in every school in our county and that the business leaders and parents who established the WCEF look forward to working with you, to provide every student equal access to a World Class education".



All-conference teams announced

Twenty-five Worcester Preparatory School (WPS) student athletes were named in the 2016 ESIAC (Eastern Shore Independent Athletic Conference) All-Conference Team selections, as well as two Player of the Year awards. Six teams, Girls' Field Hockey and Girls' and Boys' Soccer, Girls' and Boys' Cross Country and Golf made it to the ESIAC finals, with five of them including Field Hockey, Girls' and Boys' Soccer and Girls' and Boys' Cross Country, winning their respective championship titles. The Golf Team came in a close second in their ESIAC tournament.

(Front Row L-R) **Cooper Richins** (soccer), **Austin Taylor** (golf), **Seth Lewis** (soccer), **Brendan Miller** (soccer), **Patrick Petrera** (soccer), **Owen Nally** (soccer), **Carter Hill** (cross country). (Back Row L-R) **Delaney Abercrombie** (soccer), **Caroline Pasquariello** (volleyball), **Sara Young** (volleyball), **Colby Hook** (golf), **Karlie Southcomb** (soccer), **Tate Shockley** (soccer), **Julie Talbert** (soccer), **Olivia Bescak** (soccer), **Aria ZiaShakeri**, **Madison Bescak** (soccer), **Leigh Lingo** (field hockey), **Regan Lingo** (field hockey), **Ava Schwartz** (field hockey), **Emily Copeland** (soccer).



Celebration

Ocean Pines residents **Rita** and **David Landis** traveled to Hawaii to celebrate their 25th anniversary and Rita's birthday. They stayed for two weeks and enjoyed a 7-day cruise around the islands on the ship Pride of America. Photo by Anna Foulz.

NOW HIRING!

Now hiring for compassionate Chaplains to serve as Spiritual and Bereavement Counselors. Provide support and counseling to hospice patients and their families. Must possess M.Div. and CPE, Master's of Pastoral Counseling or MTh, as well as current ecclesiastic endorsement. Ask about our sign on bonus for our full time position!

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WREATHS ACROSS AMERICA

Please join the Worcester County Veterans Memorial Foundation in its initiative to cover the graves of all veterans at the Eastern Shore Veterans Cemetery at Hurlock Maryland.

Members of the Foundation will be taking part in the placing of wreaths at the cemetery on **Saturday, December 17, at 10 a.m.** There are more than 8,500 gravesites at the cemetery in Hurlock.

Last year only 2,500 graves were covered. Our initiative sponsored over 470 wreaths last year. We are hoping to cover over 500 this year. With your help we can! **Just \$15 sponsors a wreath.**

Fill out the form and mail to:
Worcester County Veterans Memorial,
P.O. Box 1576, Ocean Pines, MD 21811.
Make checks payable to Wreaths Across America.

**ALL ORDERS MUST
BE RECEIVED BY
NOVEMBER 28**

Volunteers are welcomed to join us at Hurlock

Wreaths will be placed following a brief ceremony in the chapel at 10 a.m.

SPONSOR A WREATH - \$15 for each wreath sponsored.

I would like to sponsor a wreath to be placed at Eastern Shore Veterans Cemetery at Hurlock, MD on December 17, 2016. Please enter my order for:

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