

The Courier

January 18, 2017 Volume 17 Number 19

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BJs donates to Memorial

BJ's Wholesale Club, in partnership with the Ocean Pines Association, donated \$500 to the Worcester County Veterans Memorial at Ocean Pines as a part of its fall 2016 membership offer.

BJ's donated \$5 of each membership fee paid as a part of the promotion to the foundation in addition to offering special benefits for new and renewing members.

Marie Gilmore, president of the Worcester County Veterans Memorial Foundation, was presented a check by Ocean Pines Association Director of Marketing and Public Relations Denise Sawyer on January 11.

Area residents who missed the fall BJ's promotion will have the opportunity to participate in the spring offer, which will run April 13 through 27.

Craft club to meet

Pine'er Craft Club will meet Thursday, January 19 at the Ocean Pines Community Center at 9:45 a.m. for refreshments. The meeting will start at 10 a.m. Following the meeting there will be a discussion regarding 2017 activities. Guests are welcome. For more information contact Sharon at 410.208.3032.

Bird club to meet

The Tri-County Bird Club will hold its monthly meeting on Monday, January 23 at 7 p.m. at the MAC Center located at 909 Progress Circle in Salisbury. This location is off Snow Hill Road. The program will be "India" and will be presented by Mike Walsh and Chris Dominick. All are welcome. For information, please call Mike at 410-422-0428.

Sportsfishing Assn. to meet

The Maryland Saltwater Sportfishing Association's, Atlantic Coast Chapter will have its scheduled monthly meeting on January 24. The meeting will be held at the Lion's Club, which is located on Airport Rd. in West Ocean City. The meeting officially starts at 7:30 p.m., doors will open at 7 p.m. Public guest are welcomed and encouraged to attend. This month's guest speaker will be Wes Pollett, who works on the vessel "Morning Star" with Capt. Monty Hawkins. Wes will speak on a variety of fishing techniques and tackle.



Donation - Ocean Pines Association Director of Marketing and Public Relations **Denise Sawyer** (left) presents a check to **Marie Gilmore** (right), president of the Worcester County Veterans Memorial Foundation.



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Community Calendar January

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <small>New Year's Day</small>	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16 <small>Martin Luther King, Jr. Day</small>	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Pancake breakfast scheduled

The Downtown Association will host the Granville Trimper Pancake Breakfast on February 5 at the Ocean View Grill located in the Quality Inn Boardwalk on 16th Street in Ocean City. The event runs from 8 a.m. to noon and is \$8 per person for an all-you-can-eat meal. Kids ages 5 through 10 are \$5 and under age 5 are free. Tickets can be purchased at the door or by calling 410-289-1413.

County offers fitness opportunities

Worcester County Department of Recreation & Parks will offer three fitness classes for active adults ages 45 & older. Early Bird Fitness, Tai Chi Review & Zumba Gold Classes will be held at the Worcester County Recreation Center (WCRC) in Snow Hill this Winter.

Early Bird Morning Fitness classes will be held on Mondays, Wednesdays, and Fridays, January 4 through March 24, from 9 to 9:40 a.m. This class includes a walking, strength training, and exercise focusing on flexibility and coordination.

Tai Chi Review will be held on Tuesdays and Thursdays, January 3 through February 9 from 9 to 10 a.m. This course is a review course for individuals who have previously taken on our Tai Chi classes and wish to continue to reach their goals, improving both static and dynamic postural stability, mindful control of body positioning in space, functional walking activities, movement symmetry and coordination.

Zumba Gold, an easy-to-follow program lets you move to the beat at your own speed. This class will be held on Tuesdays and Thursdays, February 14 through March 23 from 9 to 10 a.m.

It is an invigorating, community-oriented dance fitness class that feels fresh, and most of all, exhilarating. Zumba Gold classes provide modified, low-impact moves for the active, older adult.

For more information on either of these classes, contact Lea Cataggio at 410-632-2144 ext. 2509 or lcattaggio@co.worcester.md.us.

Soup cook-off scheduled

American Legion Auxiliary Unit #166 will sponsor a Support the Troops Program fundraiser with a soup cook-off on Saturday, February 25 at Post 166, located at 2308 Philadelphia Avenue in Ocean City from 1 p.m. to 4 p.m. The event is open to the public with draft beer, soda and a cash bar. There will be snacks, light food and soup for all. Tickets are \$10 prior to February 25 and \$15 at the door.

The Contestants' fee is \$5. Prizes will be awarded to the top three winners that are decided by the judging system. There will be 50/50s, and music entertainment by DJ Andy. For further details and applications call the event chair Lisa Anderson at 443-944-1607 or email LisaandersonO214@gmail.com.

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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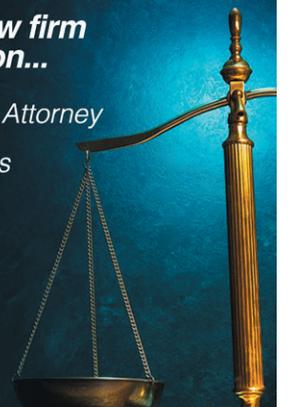
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Coastal Hospice seeks volunteers for patient care

As part of the services they provide, Coastal Hospice & Palliative Care offers volunteer support to patients and their families while the patient is in hospice care and following their passing. The hospice is seeking volunteers to provide patient care and family grief support in the four Lower Shore counties the hospice serves: Dorchester, Somerset, Wicomico and Worcester.

An informational session for anyone wanting to learn about volunteer opportunities at Coastal Hospice will be held on Wednesday, January 18 from noon to 1 p.m. in Salisbury. No commitment to volunteer is required to attend, and the public is invited to the free session.

For those who have decided to volunteer for Coastal Hospice, a training session will be held on Saturday, January 28 from 10 a.m. to 11:30 a.m. for all volunteers. The session will continue from 11:30 a.m. to 4 p.m. for patient care and grief support volunteers.

Advanced training for grief support volunteers will be held on Saturday, February 18 from 10 a.m. to 3 p.m.

The informational and training sessions will be held at the Coastal Hospice offices located in Philmore Commons, 224 Phillip Morris Dr., Suite 202 in Salisbury, on the northwest corner of U.S. Rte. 50 and Phillip Morris Dr.

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

Patient care volunteers at Coastal Hospice support the patient and family while the patient is under hospice care. They visit with patients and their families in their homes or at a facility, offer a listening ear, run errands, read or hold a patient's hand.

Grief support volunteers make calls to families who have lost a loved one, help with support and social groups, write notes, prepare mailings, enter data and help with other administrative tasks. They also support children's bereavement events including Camp Safe Harbor in the summer and Hope and Healing with Horses in the fall.

Other volunteer opportunities are also available with Coastal Hospice, including office and Thrift Shop work and the hospice's "We Honor Veterans" program.

To register for training or to receive more information, call Volunteer Services at 410-742-8732 or email volunteers@coastalhospice.org.



From left: **Toni Keiser**, vice president of Atlantic General Hospital Public Relations; **Todd Ferrante**, chair of the Atlantic General Hospital Foundation; **Jack Burbage**, co-chair of the Atlantic General Campaign for the Future; **Michael Franklin**, president and CEO, Atlantic General Hospital; and **Reese Cropper III**, president IMG Insurance Management Group, Inc.

Cropper donates to AGH

The Atlantic General Hospital Foundation received a \$25,000 donation from Reese Cropper III, president of IMG Insurance Management Group, Inc. toward its Campaign for the Future and the development of the new Regional Cancer Care Center.

The Campaign for the Future is co-chaired by long-time Atlantic General Hospital supporters and community champions, Michelle Fager and Jack Burbage. The new cancer center will be named the John H. "Jack" Burbage, Jr. Regional Cancer Care Center in honor of Burbage's personal and financial contributions to the hospital and the community.

"We're extremely grateful for the unwavering support of Reese Cropper, III and the community. The new Regional Cancer Care Center is a much needed resource in our community and will provide convenient, quality access to care that Berlin and the region so deserves," commented Burbage.

The new 18,000-square-foot Regional Cancer Care Center, which is to be built on hospital-owned property at the corner of Rte. 113 and Old Ocean City Boulevard (Rte. 346) in Berlin, Md., will provide one centrally-located, convenient facility for the care and treatment of individuals with cancer and blood disorders.

In addition to existing medical oncology and chemotherapy infusion services and integrative therapies, the new center will include radiation oncology; PET imaging; laboratory services; community education and support facilities; and telemedicine

technology that will allow patients and their physicians to consult with other cancer care experts, preventing unnecessary travel for consultation and follow up care for patients who may require more intensive cancer care services.

Construction is due to begin in July 2017, with completion in early 2018.

The funds raised during the \$10 million Atlantic General Campaign for the Future will allow Atlantic General Hospital to complete \$35 million in capital projects. Among them is construction of a new 18,000-square-foot full service cancer care center, completion of a women's health center in West Ocean City, renovation of existing surgical facilities and expansion of emergency services within Atlantic General Hospital as well as improvements to inpatient care areas. To date, the Foundation has already secured almost \$3,000,000 of the \$10 million goal in pledges, commitments and grants.



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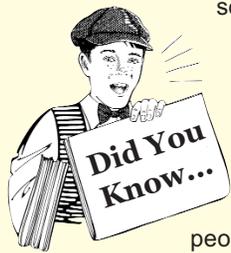
2012 Business of the Year

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Monday, March 4, 1793

Fellow Citizens:

I AM again called upon by the voice of my country to execute the functions of its Chief Magistrate. When the occasion proper for it shall arrive, I shall endeavor to express the high sense I entertain of this distinguished honor, and of the confidence which has been reposed in me by the people of united America.



Previous to the execution of any official act of the President the Constitution requires an oath of office. This oath I am now about to take, and in your presence: That if it shall be found during my administration of the Government I have in any instance violated willingly or knowingly the injunctions thereof, I may (besides incurring constitutional punishment) be subject to the upbraidings of all who are now witnesses of the present solemn ceremony.

-President George Washington

At 135 words, President Washington's second inaugural address in the shortest to date.

A Brief history of the U.S. inauguration

The first president, George Washington, was inaugurated at Federal Hall in New York on April 30, 1789. Washington repeated the oath, read by Chancellor Robert Livingston of New York, with one hand on the Bible: "I do solemnly swear that I will faithfully execute the office of the President of the United States and will, to the best of my ability, preserve, protect, and defend the Constitution of the United States." Establishing a custom that has been followed by all succeeding presidents, Washington added, "So help me God" at the end. In eloquent Enlightenment form, Washington's inaugural address spoke of "the Great Author of every public and private good," "the Invisible Hand which conducts the affairs of men," and civic virtue required for successful government.

Washington needed only 135 words to complete the address at his second inauguration in 1793 (see Did You Know). Some 48 years later, President William Henry Harrison needed 8495 words to complete his address. During that address, which lasted some two hours in the cold weather, Harrison failed to wear a winter coat and developed pneumonia. He died a month later.

The tradition of presidential procession of both the president-elect and soon-to-be-ex-president has its roots in the 1837 inauguration. On inauguration day that year, Andrew Jackson and Martin Van Buren met and traveled to the Capitol together in a wooden carriage built from the remains of the USS *Constitution*. This processional tradition has been followed by all presidents with the exception of outgoing-president Andrew Johnson, who in 1869 remained in the Capitol signing legislation until the noon expiration of his term.

Thought to be the greatest of all addresses, Abraham Lincoln gave his second inaugural address in March, 1865. With the Union embroiled in civil war, Lincoln invoked God to bring a speedy end to the fighting. However, he went on to state his acceptance if God were to allow bloodshed to continue after hundreds of years of slavery, because "the judgments of the Lord are true and righteous altogether."

Under the Twentieth Amendment, the date of the Presidential Inauguration was moved from March to January 20, which falls a couple of weeks

after the certification of votes of the Electoral College. The last president to be inaugurated in March after an election year was Franklin D. Roosevelt in 1933. After re-election in 1936, Roosevelt was the first president to be inaugurated under the new amendment on January 20, 1937.

Roosevelt's 1933 inauguration is also noteworthy because of what he did before his swearing-in. FDR went with his wife to St. John's Episcopal Church for a church service on the morning of March 4, setting a presidential precedent of attending an inaugural-day worship event.

In 1961, John F. Kennedy became the United States' youngest and first

Catholic president. During his inaugural address on January 20, he delivered his now-famous words, "Ask not what your country can do for you, ask what you can do for your country."

Ronald Reagan broke with tradition in 1981 by having his presidential inauguration at the U.S. Capitol's west front, which could hold more visitors than the normally used east front.

Today, the presidential inauguration carries on the traditions of inaugurations past. To learn much more about presidential inauguration history, please visit the inauguration website of the Joint Congressional Committee on Inaugural Ceremonies.

-Presidential Inauguration.com

A New Administration



I do solemnly swear (or affirm) that I will faithfully execute the office of President of the United States, and will to the best of my ability, preserve, protect and defend the Constitution of the United States.

With those words, President-elect Donald Trump will take the oath of office on Friday, January 20, to formally become the 45th President of the United States.

When he is sworn in on Friday, Mike Pence will be the 48th vice president of the United States. Fourteen vice presidents have become president, eight because of the death of the sitting president. John Tyler was the first vice president to become president when President William Henry Harrison died in office in 1841, just a month after being sworn in.

John C. Calhoun and Spiro Agnew are the only two vice presidents who resigned from office. Gerald Ford and Nelson Rockefeller are the only vice presidents to have assumed the office without being elected. Aaron Burr is the only vice president to have been accused of murder following a duel with Alexander Hamilton. Three vice presidents have won the Nobel Peace Prize. They are Charles Dawes, Theodore Roosevelt and Al Gore.



Attaining a certain role in life

How it is that things have come to pass in such a way that I have not a clue how this new reality happened. I've become that husband who follows a couple feet behind his wife as she

when it was needed like electricity when a switch was flicked on.

Although I'm with my wife in the supermarket, my position is labor, not management. I have no rights or voice in purchasing decisions. In short I'm expected to tag along but say nothing and ask no questions; sort of like that old philosophy that children are to be seen and not heard.

I consider myself fairly intelligent and believe I can



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

pushes a shopping cart down the aisles of the supermarket seeking the best price on items on her shopping list.

What purpose I serve in these excursions is tenuous at best unless you count the times I'm asked to reach for something on a high shelf. I don't mind necessarily but I'd like to know how things wound up this way because it's not as if I saw it coming. How'd I become the step and fetch it husband? It seems to have happened quietly like when my cat stalks a vole in the garden.

I do find comfort though in the fact that I'm not alone experiencing such circumstances. I've witnessed other husbands in the same fix. I can tell because like me they have that sort of distant stare in their eyes. There was a time when I never accompanied my wife to the supermarket. This was kind of her thing; like mine was to mow the lawn. Truth be told I never really gave much thought to how food came into the house. It was just there

ably process and articulate complex thoughts. Yet I'll be the first to admit that knowing what is a good price per pound for hamburger is not information I have at my fingertips. Are



Bounty paper towels better than Viva paper towels, I know not. And when it comes to knowing whether to wait for a sale to get a better price on broccoli I'm as much in the dark as a blind man sitting alone at night. So, I just follow along several paces behind my wife doing my best to answer her questions she from time to time asks. However, even that isn't as simple as it sounds because often her questions are rhetorical, spoken aloud unconsciously. On those occasions when I've dutifully responded she looks at me as if I'm an interloper.

When we get to the checkout register I've learned to stay at the back of the cart as my wife moves in front of the cart to unload it. There is a method to the way she places the items on the conveyor belt. Like items have

to stay with like items. For instance all the cold stuff is grouped together. Then comes cleaning products and then meats or vice versa. My services are required to retrieve the items that are located in the deeper part of the cart that is difficult for my wife to reach. Once I inadvertently jumped in front of the cart at the checkout line. To say I felt like a fish out of water is an understatement. I stood there momentarily frozen not knowing what to do. What gets put up first? My anguish was short-lived when my wife instructed me to step aside.

I guess I shouldn't be too concerned about reaching that stage of married life when just going along for the ride to the supermarket is the high point of a Saturday afternoon. I just hope that should I graduate to the next level and don the uniform of "a certain stage of life": black nylon knee socks, sandals and an athletic undershirt, please, please perform an intervention. Of course, if I get to that stage my wife may not want to be seen with me and she'll encourage me to stay home.

Hmmm!

NOW HIRING!

Great Part-Time Opportunity!

Seeking a skilled assistant to work in our busy volunteer department. The Assistant Volunteer Coordinator matches volunteers to patient needs, provides phone coverage, does data entry and must possess excellent customer service skills to work in a positive team environment.

Part time with medical benefits; 20 hours a week. At least two years office experience required. Previous experience working with volunteers is a plus.

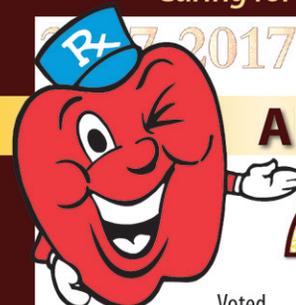
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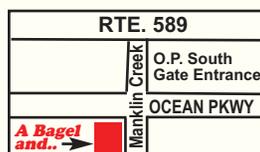
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Southgate - Ocean Pines
(Manklin Creek & Ocean Pkwy)

PRMC refines visitation policy

Peninsula Regional Medical Center (PRMC) is happy to offer a patient-centered, family-friendly visiting policy that is dedicated to promoting a positive healing environment and experience while protecting the safety and privacy of its patients.

Understanding the important emotional support that family and friends bring to the recovery process, PRMC recently announced a revision to its visitation policy. Beginning Monday, January 23, at 8 p.m., regular visiting hours will occur from 8 a.m. to 8 p.m. seven days a week. A few specialized care areas, like the Intensive Care Unit that welcomes visitors from 10 a.m. to 7 p.m., still maintain their own visiting hours for patient comfort and safety. As well, areas like our Labor and Delivery and Mother/Baby units that

have customized visiting plans to accommodate moms and their support person will maintain their visitation processes. Peninsula Regional reminds visitors to see the nurse caring for their friends and loved ones, upon arrival, for additional and specific information on those specialized units.

As always, the number of visitors and the length of the visit may be determined by the PRMC care team in collaboration with the patient and the family based on the patient's condition, preference and need.

Child visitation will be at the discretion of the family/designee and patient in collaboration with the patient care staff. Visits by children and siblings must be supervised, and they are never to be left unattended in a waiting area. During high viral activity, like the flu season, visits by children may not be permitted.

While Peninsula Regional encourages everyone to comply with the established visitation hours, the Medical Center absolutely understands that there are times families may be required to visit outside of the established visiting hours or wish to spend a longer time with their loved ones.

In those occasions, PRMC has implemented the following guidelines to protect the safety of visitors, patients and staff.

If arriving prior to 8 a.m., after 8 p.m. or if staying beyond 8 p.m., all visitors are now asked to report to the PRMC Security station located at the Emergency Walk-In entrance across from the Visitor Parking Garage on the first floor. You will be required to provide identification and be provided a badge that must be worn at all times. The badge will identify you and will detail for our staff and security team the area you will be visiting.

If wishing to spend an overnight with your loved one, the request must

please see prmc on page 8



Snow Time - Boys from Stephen Decatur High School shovel the recent snow in Ocean Pines. (l-r) **Brock Roderick, Alexander Lasley and Taylor Stevens.** Photo by Anna Foulz.

The many benefits of family meals

Families who resolve to spend more time together may reap a host of benefits. One of the easiest ways to enjoy family company is to dine together, with researchers saying it is one of the most important things parents and other caregivers can do for children.

Hectic schedules have made it commonplace for many families to grab meals on the go, whether on the ride to school or during the commute home from work. Family meals may also play second fiddle to sports practices, extra hours at the office and trips to the gym. However, according to family therapist and Harvard Medical School professor Anne Fishel, sitting down for a nightly meal is great for the brain, the body and the spirit.

According to a study from researchers Sandra L. Hofferth and John F. Sandberg titled "How American Children Spend Their Time," which appeared in the Journal of Marriage and Family, family meals are linked to fewer behavior problems, as measured by a child's score on the Behavior Problems Index. And that is not the only advantage to family meals.

A 2000 survey from the Obesity Prevention Program at Harvard Medical School found that the nine- to 14-year-old children who ate dinner with their families most frequently ate more fruits and vegetables and consumed less soda and fried foods.

Conversations around the dinner table provide an opportunity for children

to expand their vocabulary and knowledge about key issues. A 2006 article in New Directions for Child and Adolescent Development found dinnertime conversation boosts vocabulary even more than being read to. Young kids learned 1,000 rare words at the dinner table, compared to only 143 from parents reading storybooks aloud. At the family dinner table, parents can teach their kids how to speak well when among other adults and children without the distractions of television, phones and other electronic devices drawing kids' attention away.

Family dinners can help expand



palates and get children to try new things.

Experts in the Department of Child Development and Family Science at North Dakota State University say family meals help provide a regular, consistent opportunity to create an environment of inclusion for everyone in the family. Family meals also become a way to carry on family traditions and instill a sense of family unity.

please see meals on page 8

DeNovo's
trattoria

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**

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Donating the gift of life through the years

By **Gloria Dietz**

Have you ever thought about becoming a blood donor? You don't need a special reason to give



Betty Leidner

blood; the need is constant and your contribution is important. Whatever your reason, you'll feel good knowing you've helped change a life.

Meet Betty Leidner, blood donor extraordinaire, who has donated blood since the late 1960s. She started after her father-in-law became very ill. Once she realized she could do this for someone else, she hasn't stopped donating since.

Betty is 76 years young and a cashier at the Walmart. This May will mark her 18-year anniversary working there and she loves every minute of it.

When I first met Betty, I was coming through her line and noticed her stamina of standing on her feet and pulling merchandise over the conveyor belt; it looked exhausting. Being next in line, I asked if her feet and back hurt after doing this type of work. She enthusiastically replied that it does affect her sometimes, but that's what the stool is for beside her. Not once did she say anything in a complaining way. Her positive energy resonated with me and I needed to know more.

Currently, Betty has a certificate that indicates she has given seven gallons of blood over the years. She donates a pint of blood at the Delmarva

Red Cross every 56 days and her goal is to reach 8 gallons (64 pints). To put things in better perspective, you would need eight donations to reach one gallon (which is eight pints). To reach eight gallons would take about 3,584 days or close to 10 years to accomplish.

When giving blood there are some important questions donors are asked such as have you been out of the country; if you have any diseases; and how you are feeling since you cannot have a cold or a fever while donating blood. It usually takes about 15 minutes and Betty says a positive attitude is also required. She has so many pints in reserve and has helped family members

in the past. "If somebody needs it, I would gladly give them my blood and it does not have to be the same blood type," says Betty. "It's easy; I happen to have a great phlebotomist that knows me well enough to hit the right vein so it doesn't take very long. While I'm there I can get my sugar tested for free," she added. Upon completion of her donation she schedules her next appointment in exactly 56 days.

Originally from Western Maryland, Betty relocated to Worcester County in 1967. Married for 53 years, she has two children and nine grandchildren. Before working for Walmart, Betty was a cosmetologist and loved doing hair.

Why not retire I asked. "A lot of customers ask me the same thing, but I'm having too much fun here and enjoying life," she answered.

What gives Betty that pep in her step is genetics; she comes from longevity but also takes good care of herself. "I know what to eat and have watched my weight since I've been married," she said.

If you are thinking about donating blood but want to know more details, look for Betty the next time you are in Walmart. You can also find out more eligibility requirements by contacting the American Red Cross at 800-733-2767.

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Steps to hosting a successful fundraiser

Fundraisers help schools, political groups and charitable organizations stay afloat. Groups that do not offer products or services for sale must find other means to fund their operations, and fundraisers often fill that role.

Charities Aid Foundation says that the number of people worldwide donating money to nongovernmental organizations, or NGOs, increased from 1.2 billion in 2011 to 1.4 billion in 2014.

Fundraising involves more than putting a hand out and asking for money. Successful fundraisers have various things in common, regardless of the cause they are promoting.

Decide on a clearly expressed purpose. Individuals do not typically donate money without first being given a good reason to do so. Therefore, when beginning a fundraiser, organizers have to decide on the purpose of the event and spell out that purpose clearly. When sharing information about the fundraiser, include how the money will be allocated. Some charitable events have more than one objective, with a primary goal of raising money and additional desires to raise awareness and connect with new donors. When establishing a financial goal, or-

ganizers must come up with a final donations figure they hope to reach.

Know your audience. Understanding your goal is one factor, and knowing who you are reaching out to is another. If it is school fundraising, understand that these may be cash-strapped families without much money to donate. In such instances, consider incentivizing donations by entering donors into raffles for family-friendly outings or coupons to area businesses. Identifying your target audience can help you plan effective strategies that reach that audience.

Advertise extensively and early. Donors may not take immediate action upon learning about a fundraiser, so plan to advertise extensively. Make sure the message gets heard and that potential donors have time to fit their donations into their budgets. Reach prospective donors through all the avenues at your disposal, including social media platforms like Twitter and Facebook. Do not overlook more traditional methods of advertising, including flyers and newspaper advertisements that may resonate with older donors. A combination of various types of advertising can cover all the bases, offers the charitable giving organ-

ization GiveForward.

Consider getting a sponsor. Individual donations can fuel fundraisers, but a widely recognizable sponsor can help propel prospective donors to action. Many corporations include charitable donations into their quarterly budgets, and such organizations often offer donate incentives such as event tickets and goodie bags that can compel private donors to make donations. Restaurants can offer gift cards and other stores may be able to donate products to hand out. A local celebrity can bring in the foot traffic needed to make the fundraiser successful.

Give out prizes. People may look forward to giving to a good cause, but walking away with something tangible in return also can elicit some good feelings. Budget for prizes and other takeaways. Make the fundraiser a fun atmosphere and give participants a chance to win items through contests or other small feats that will generate good will and enjoyment.

Enlist volunteers. A fundraiser is not a one-person job. Volunteers are the backbone of successful fundraising efforts, so make sure you have enough vol-

unteers to plan and execute the fundraiser. Try to find volunteers from various walks of life so each person can bring their own unique and valuable experience to the table.

prmc

from page 6

first be approved by the unit's charge nurse. Once approved, you will be asked to report to the PRMC Security station located at the Emergency Walk-In entrance across from the Visitor Parking Garage on the first floor. You will be required to provide identification and be provided a badge that must be worn at all times. The badge will identify you and will detail for our staff and security team the area you will be staying.

PRMC reminds its visitors to please take into consideration the needs of your loved one for rest, recovery and privacy.

Additionally, the Medical Center asks visitors to always sanitize their hands before entering and upon leaving a patient's room; to be considerate of others by keeping noise to a minimum; refrain from visiting if they have a cold, sore throat, flu-like symptoms or any contagious disease; observe and respect all precautionary room signage before entering; not smoke as the use of tobacco or vaping products is prohibited on all PRMC campuses and to voluntarily exit a room during tests or treatments if asked to do so by a member of the Peninsula Regional clinical team.

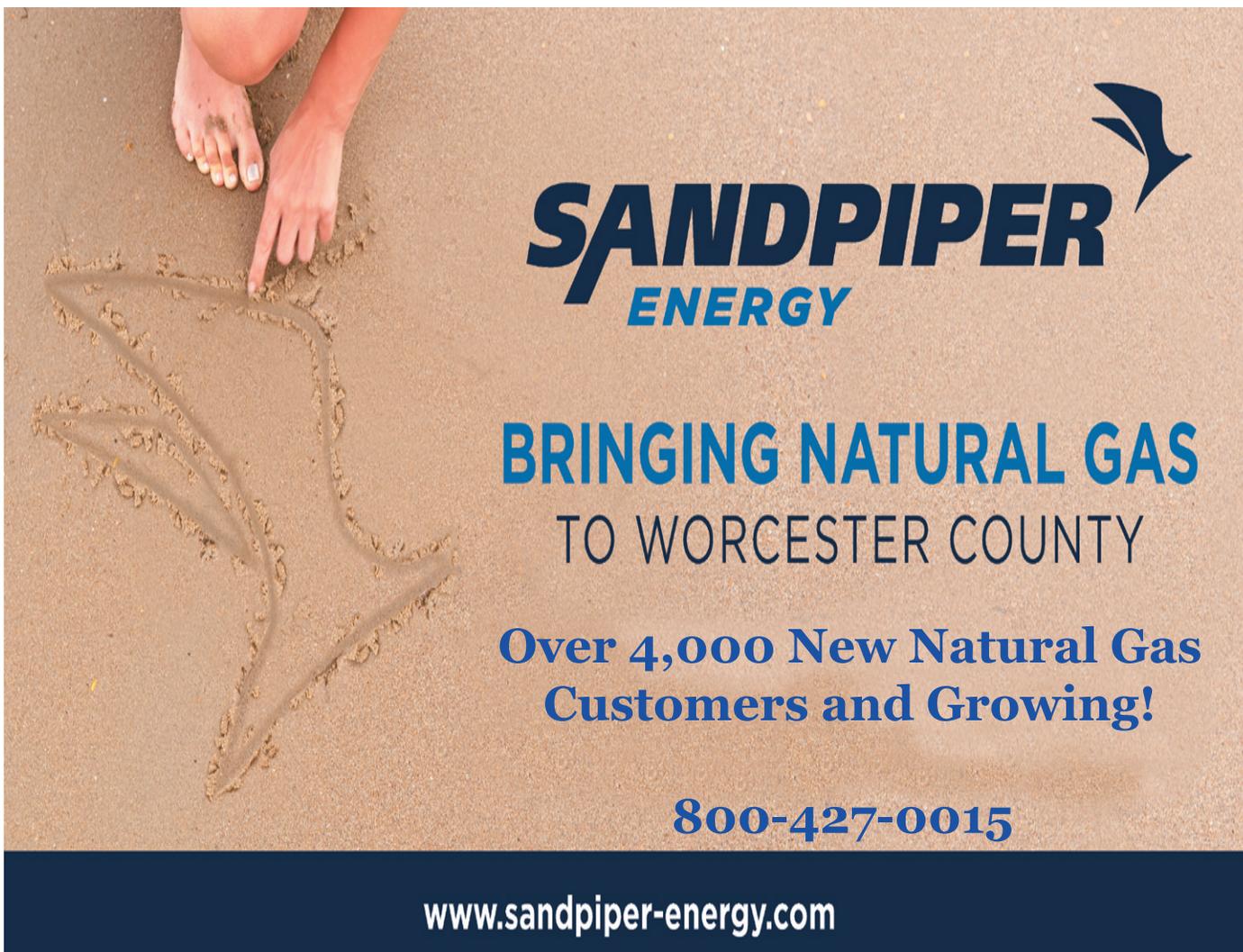
If you have any questions about PRMC's revised visitation policy or how it affects children and siblings, please be sure to inquire with a nurse on the unit to learn any specific details or restrictions.

meals

from page 6

Eating together may help prevent certain poor adolescent behaviors. Teens who have fewer than three family dinners a week are 3.5 times more likely to abuse prescription drugs and to use illegal drugs other than marijuana; three times more likely to use marijuana; more than 2.5 times more likely to smoke cigarettes; and 1.5 times more likely to try alcohol, according to Court Appointed Special Advocate reports.

Family meals are more than just a chance to enjoy good food together. Such meals may benefit children for years to come.



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In the Rear View Mirror

GTO: The Original Muscle Car

By **Bruce Palmer**

Among the most-blurred definitions in the glossary of classic cars is the muscle car. It's hard to get everyone on the same page. In fact, the mere title of this story sparked some to counteract with their belief that another car aspired to the term before that Pontiac of legend. Let's address this conflict first.

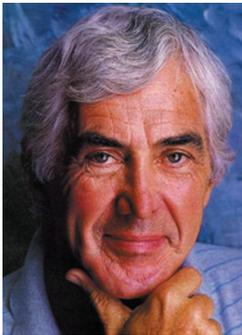
Some would argue that the fuel-injected 1957 Chevrolet equipped with one-horsepower-per-cubic inch or the high-performance '57 Rambler Rebel came first. Others might defend the Shelby Cobra, early Corvette or big block Chrysler 300s (advertised as the "beautiful brutes") as having originated the species.

Each was a powerful car of its generation...but many muscle car enthusiasts agree the accepted definition for the genre is that of a "mid-size production model in 2-door form offering seats for at least four...and stuffed with performance-minded power by a high horsepower-to-weight ratio."

Before the 60s, none of the Big 3

automakers had anything one could confuse with a midsize car. Each brand offered one main body, separated into several levels of hierarchy based on trim and features. That changed when the 60s introduced us to small and middle sized cars including the Pontiac Tempest. Initially, Tempest was only a bit bigger than the smallest of American cars, offered with 4, 6 or 8 cylinders. But the largest V8 available was a puny 215-cubic inch... barely half the size of the V8s in the full-size Pontiacs. One Pontiac engineer wanted to change that.

His name was John Z. DeLorean (future creator of the DeLorean Motor Company) and he was an automotive visionary. When Pontiac pulled out of factory-authorized racing at the end of 1962, De-



John DeLorean



1962 Tempest convertible

Lorean looked for another way of maintaining Pontiac's powerful and competitive image. Never had a major auto manufacturer put a huge engine in a small car...but DeLorean was smitten with the thought of one of his full-size car V8-389s stuffed into a little Tempest to create the ultimate, affordable street machine.

By 1964, necessary approvals were in place and the Tempest had grown large enough to handle the task. Tempest came in three levels by 1964; base Tempest, Tempest Custom and the top-of-the-line Tempest LeMans. DeLorean got the green light to offer an

ultimate high-end Tempest with that big engine as the "LeMans-GTO." The name was borrowed from one of his favorite Italian sports cars; the Ferrari 250GTO.

GTO was an abbreviation for the Italian term "Gran Turismo Omologato" Roughly translating to the "homologated grand touring car." To DeLorean, it sounded sexy...and to the car-buying public, it was an appealing new idea with an ignition key. For less than \$300 a LeMans could become a GTO, available as a two-door

please see cars on page 13



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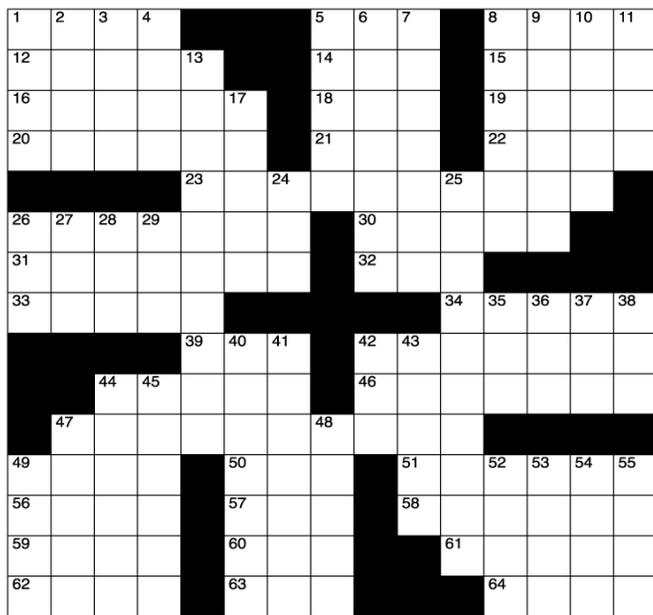
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CLUES ACROSS

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- 5. Where you sleep
- 8. Crinkle
- 12. Regions
- 14. United States
- 15. Icelandic poetry books
- 16. Transferred property
- 18. Electrocardiography
- 19. From here
- 20. Hunting or observation expedition
- 21. Used to make cabins
- 22. Containers
- 23. Famed patriot
- 26. Makes less intense
- 30. Forced to take refuge
- 31. Campaigner
- 32. Special security team
- 33. Egyptian city
- 34. The Muse of lyric and hymns
- 39. What newlyweds just said
- 42. Pain
- 44. Norwegian village
- 46. Produced on paper
- 47. Acceptance
- 49. Semite
- 50. Detective Ventura
- 51. Martens
- 56. Small mammal related to rabbits
- 57. Airsick
- 58. Itinerant
- 59. Has spotted
- 60. Garland
- 61. Search engine
- 62. Former Knick and Bull Curry
- 63. Student selected components
- 64. Norwegian island

CLUES DOWN

- 1. Fathers
- 2. Region
- 3. The Great Barrier ____
- 4. Father
- 5. Civil War general Don Carlos
- 6. Bodyguards
- 7. Knives
- 8. Member of U.S. Navy
- 9. English prince
- 10. Expression
- 11. Giants great Willie
- 13. Curving
- 17. Actress Keaton
- 24. Deploy
- 25. Medicine that treats animals
- 26. We all have it
- 27. Greek goddess of the dawn
- 28. Kevin Smith film "Chasing ____"
- 29. City in India
- 35. Went jogging
- 36. What thespians do
- 37. One and only
- 38. Largest English dictionary (abbr.)
- 40. Obstructs from a course
- 41. Prophets
- 42. Prefix meaning on or above
- 43. Got up
- 44. Drenched
- 45. N.Y. State capital
- 47. Sampled
- 48. Tending to an end
- 49. Architectural recess
- 52. Undergarments
- 53. Ethnic group in China
- 54. Reactive structure
- 55. Greek portico



Answers for January 11



How to find a qualified, compassionate pet sitter

More and more pet owners are taking their four-legged friends with them when they travel. But some vacations or business trips are not pet-friendly, and such excursions may require pet owners to enlist the services of professional pet sitters.

Friends and family members may be able to look after pets when their owners are away for a few days. But when no one is close by to check in on or



foster a pet, pet sitters and animal boarding facilities may be the only option available to pet owners. Pet sitters also may be able to step in when owners' last-minute plans interfere with their ability to care for their pets.

Finding the right facility or individual pet sitter requires a little work. Here are some ways to weed out the qualified and professional pet sitters from those who might not be the best fit.

Ask for recommendations. Seek advice from friends or family members who have used pet sitters in the past. If that does not prove fruitful, speak with your veterinarian. He or she may have a relationship with an animal boarder or a pet-sitting service. Some veterinarians also have employees on staff who provide this kind of service, and such situations can be especially beneficial for owners of older or special-needs pets. An alternative to personal and professional recommendations is to employ a certified pet sitter from either The National Association of Professional Pet Sitters or Pet Sitters International.

Get a feel for the sitter's personality. It can be beneficial to find a sitter whose energy levels and temperament are a good match with your pet. A

young, boisterous puppy may not be a good match for an older sitter. Sitters who understand an animal's specific needs and how to cater to those needs may perform their duties more effectively than less experienced sitters.

Compile a questionnaire. The Humane Society of the United States has a comprehensive list of qualifications you can use to screen potential pet sitters. These should include questions about liability insurance coverage and if companies that employ pet sitters are bonded to protect against theft. Pet sitters also should provide references.

Maintain the pet's normal routine. According to pet expert Cesar Millan, it is best to have the pet watched in his or her natural surroundings so they have a level of familiarity with their surroundings and schedules. When this is not possible, boarders should try to keep the same walking, play and feeding schedules.

Spell out all the details. Before hiring a sitter, make a list of requirements and make sure they are discussed and included in signed contracts.

Employ trial and error. Sometimes you have to take a chance and give a pet sitter an opportunity to prove his or her merit. Afford the pet sitter some time to meet your pet in your presence and watch for how your pet reacts to the sitter. After the sitter's first day on the job, look for indicators that may suggest the experience was not the right fit for your pet. Fearfulness in the pet, signs or smells that accidents occurred, property damage, or injuries to an animal may be evidence of a poor pet sitter.

Pet owners sometimes require the service of pet sitters who can help them feel at ease when they need to leave home for business or pleasure



Captain Ron's Fish Tales

By Ron Fisher



Fishing Report:

Not much going on with the winter weather and wind. However, party boats are going for tog as the sea bass season is presently closed.

Buying your first boat.

If you remember last month I indicated that first you will need to consider a few very important questions. Buying a boat without considering these could result in many unpleasant surprises. They are as follows:

Will you be using the boat for pleasure boating, fishing or both?

Will you be taking children on the boat?

Are you interested in speed or simply a boat that will

get you around at a comfortable pace?

How big a boat are you interested in?

Are you interested in a new or used boat?

Will you have a slip in a marina to keep your boat during the boating season?

Will you trailer the boat or will you have it stored and launched by someone else?

Where will you winter store the boat?

Do you have a vehicle equipped and is it capable of towing the boat?

Don't forget to first take a safe boaters course either offered by the Maryland Department of Natural Resources (DNR), Power Squadron or U.S. Coast Guard Auxiliary. Here you will learn boating talk, safety, rules of the road, navigation, knot tying and proper identification of various locations on your boat. It may also help you decide what type boat you are interested in pur-



chasing. Also, become familiar with Maryland boating regulations available through the DNR.

Now you are ready to consider a purchase. Remember we are discussing a boat to be used on the Coastal Bays. I would not consider anything smaller than 17' or larger than 24' for ease of handling. *Don't be afraid to negotiate for price and include accessories.* Although there are many types of boats, the center console, walk-around cuddy

and pontoon boats are most commonly used on the bay. If you decide to purchase a new or used boat from a dealer, they will help you select a boat for your particular needs and will give you a demonstration ride and instructions on operation. They will also suggest an engine to meet your needs. Today most new boats will have four stroke engines that do not require mixing oil with your gas which is an added convenience. If you are purchasing a used boat I will address what you should be considering later in this column. The dealer can also advise you on purchasing a trailer although most new boats today come with a trailer as a package.

Possibly you have decided to purchase a used boat. There are many great deals on used boats today. However, you do need to evaluate your prospective purchase thoroughly before the actual sale. Here are some of my recommendations:

Take a friend along who knows boats and who can help you evaluate your potential purchase.

Determine the age of the boat and look over the general condition including the hull for blistering which is a sign of real trouble. Check the steering to determine if it is working properly.

Ask how long the boat has been setting? This can be a problem with the new 10% added ethanol if it has not been treated properly. The tank could have water or phase separation which are two big problems.

How old is the motor and how many hours does it have on it? Is it two stroke or four stroke? In what condition is the propeller? Who performed regular maintenance on the boat and motor?

What accessories are included such as VHF radio, depth finder, fish finder, GPS, life jackets, fire extinguisher, etc. and what is the working condition of each?

In what condition is the trailer and tires? Will it pass inspection?

Finally, be certain to insist on an on the water demonstration while at the same time checking out all the accessories. Also, ask if you can have your mechanic check out the boat before purchase.

Failure to properly review all of these can result in considerable expense later on. I hope these guidelines help as you consider your purchase. Boating is fun but consider all your expenses before you jump into purchasing your first boat.

Did you know?

Many rockfish can live hundreds of years. Rougheye Rockfish are the longest known living fish on earth and can live over 200 years! That means that a rockfish on your dinner plate tonight could have been alive when Lewis and Clark set out on their famous expedition in 1804. Ref. Voicesofthebay@noaa.gov.

Captain Ron

NAACP officials to be sworn in

On Thursday, January 26 at 6 p.m., the Worcester County NAACP Officers and Executive Board members will be sworn in at St. Paul United Methodist Church, 405 Flower St. located in Berlin. The Honorable Gee Williams, Berlin Mayor, will officiate.

Light refreshments will be served.

Worcester County NAACP meets on the fourth Thursday of each month with an executive meeting at 6 p.m. and a general meeting at 6:30 p.m. Meetings alternate between Berlin, Pocomoke and Snow Hill locations. Visit Worcester County NAACP Facebook page for more information and events.

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Fri., January 20	1:12 a.m. 1:28 p.m.	7:32 a.m. 7:47 p.m.	7:14 a.m.	5:10 p.m.
Sat., January 21	2:10 a.m. 2:24 p.m.	8:30 a.m. 8:36 p.m.	7:13 a.m.	5:11 p.m.
Sun., January 22	3:07 a.m. 3:18 p.m.	9:27 a.m. 9:26 p.m.	7:12 a.m.	5:12 p.m.
Mon., January 23	3:58 a.m. 4:09 p.m.	10:22 a.m. 10:16 p.m.	7:12 a.m.	5:13 p.m.
Tues., January 24	4:46 a.m. 4:57 p.m.	11:12 a.m. 11:03 p.m.	7:11 a.m.	5:14 p.m.
Wed., January 25	5:31 a.m. 5:42 p.m.	11:56 a.m. 11:58 p.m.	7:11 a.m.	5:15 p.m.

Stephen Decatur has local roots

By **Joseph Palmisano, MD**

A recent trip to the US Naval Academy in Annapolis exposed me to the exploits of Stephen Decatur. Since he had ties to Worcester County, I decided to find out more about this naval hero, and I wasn't disappointed.



Joe Palmisano

He was born in 1779 at Sinepuxent in Worcester County, the son of a naval officer who served in the Revolutionary War. After a brief stint at college, he joined the United States Navy at 19. In the tumultuous early years of our country, he played a major role in the development of the American navy.

He served under three presidents and was involved in almost every theater of operation during that era, showing exceptional heroism and leadership. He rose rapidly through the ranks and became the youngest person in the history of the US Navy to achieve the rank of captain.

His initial trial by fire was in the Barbary Wars

where he helped defeat the nest of pirates at Tripoli. Then he acted with honor in the quasi-war with France and especially in the War of 1812 with Britain. He was renowned for his leadership and his genuine concern for the seamen under his command. His numerous victories over the French, British, and Barbary states helped establish the United States as a rising power, able to take its place alongside the established great nations.

Subsequently he commanded many vessels and ultimately became a member of the Board of Naval Commissioners. He built a large home, Decatur House, in Washington, DC and situated it in Lafayette Square. He and his pretty wife, Susan, became the center of Washington society and counted President James Monroe and numerous other Washington dignitaries as their personal friends.

Decatur's life and distinguished career in the US



Stephen Decatur High School



Navy came to an early end in 1820 at the hands of disgraced Commodore James Barron. Because of past disagreements, Barron became embittered towards Decatur and challenged him to a duel. This occurred at

a time when duels between officers were so common that it created a shortage of experienced officers, forcing the War Department to discharge those who attempted to pursue the practice but too late to save Decatur. Both men were wounded in the duel but Decatur's wound was mortal. He died later that evening.

Washington and the nation were shocked upon learning that Decatur was killed at the age of 41 in a duel with a rival naval officer at the pinnacle of his career and usefulness to our country. His funeral was huge and attended by President Monroe, the justices of the US Supreme Court and over 10,000 citizens of Washington. His body was temporarily buried in Washington but was later moved to Philadelphia next to his parents at St. Peter's Church.

At least 40 communities in America were named after him including those in the states of Alabama, Georgia, Illinois and Texas. Stamps, ships, streets and other places of interest were named in honor of Stephen Decatur. Here in Worcester County a street, monument, park and middle and high schools are named for him.

It is ironic that even though he is revered as a local hero, he left this area at a very early age and never returned.

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."

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Klump Scholarship increases

The Jesse Klump Memorial Fund has announced the terms of its 2017 scholarship, and the nomination process has begun. The ninth annual scholarship has a potential value of \$15,000, \$3,750 per year renewable for up to four years.

“We grant a scholarship each year to a member of the graduating class at Snow Hill High School,” said Fund president Kim Klump. “Our selection is based not on academic achievement, but rather on the student’s demonstrated willingness to put others ahead of himself or herself. It is compassion and altruism we recognize. Our scholars want to continue their educations with a goal to making the world a better place.”

Critical to the selection process are character references, ideally letters that relate stories about how this young person has helped those in need without having to be prodded to do so, and without any expectation of recognition or reward. “These are students who do the right thing simply because it’s right, not to build their resumes and not to advance themselves personally,” Klump said.

Past nominees have befriended and mentored other students, helped elderly neighbors with daily tasks, taken it upon themselves to create programs

to help others, and created their own volunteer positions when they have seen a need. “We want to know what about these students set them apart from their peers. Tell us the stories of what you have observed, about what makes this student truly altruistic,” said Ron Pilling, the Fund’s secretary.

“It is the reports of a student’s quiet kindness and caring that put him or her over the top. Without them, the odds that we will select that student are nil,” Pilling said. “The amount, \$15,000, should be adequate for nominators to take the extra time and effort on the student’s behalf.”

Nominations are accepted from anyone in the community – teachers, clergy, neighbors, and friends. The nominee must not participate in the process, and to do so will render that student ineligible. Nominees can plan to attend any legitimate post-high school institution. “There is no requirement that a student must be seeking a degree,” Pilling said.

Nomination forms are available at www.choosetolivemaryland.org (click on Jesse Klump Memorial Scholarship) or by calling 443-982-2716. The deadline for nominations is April 1, and multiple nominations for the same student are acceptable, in fact, are encouraged.

Art League announces new board

The Art League of Ocean City recently announced their new board of directors for 2017 and welcomes new board member, Laura Jenkins.



Laura Jenkins

Marian Bickerstaff returns as president, and Emily Schwab as first vice-president. John Sisson assumes the position of second vice-president. Returning to their positions are Rafael Correa, treasurer; Nancy Fortney, recording secretary; and Jamie Albright, corresponding secretary.

Also returning to the board are members Emmy Challenger, Katy Durham, Velda Henry, Joseph Mitre-cic, Barbara Patrick, Jan Perdue, Judy Tremellen and Gayle Widdowson.

New board member Laura Jenkins grew up in Salisbury in a family of artists, attended James M. Bennett High School and studied laboratory

science at BPI in Miami, Fl. She currently lives in the Berlin area with husband, Buddy Jenkins, and began painting in oils about ten years ago.

“When the opportunity presented itself to join the Art League board, I was honored to be nominated,” Jenkins said. “I feel my interest in art, the process of making art as a practicing artist, as well as my knowledge of the local community will help in assisting the Art League in furthering their mission.”

The Ocean City Center for the Arts at 502 94th Street is the home of the Art League of Ocean City, a nonprofit organization dedicated to promoting the visual arts in the Ocean City area through education, exhibits, scholarships, programs and community art events. The arts center is supported by memberships, corporate and civic funding, donations and sales of art.

More information is available at 410-524-9433 or www.artleagueofoceancity.org.



Winners - The winners of the “Seasons” group show that opened on First Friday at the Ocean City Center for the Arts include (left to right) **Galina Kolosovskaya**, first place; **Victor Pozhidayev**, third place; Art League board member **Emily Schwab**; **Jess Cross**, exhibit judge; and **Barbara Siskind**, honorable mention.

cars

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sedan, hardtop or convertible. With a larger sway bar, wider wheels, GTO badges and a hood scoop...it cranked out 325 base horsepower: nearly 50% more than a full-size ‘64 Pontiac that typically weighed a thousand pounds more.

Buyers took home 32,000 GTOs that year...nearly 15% of total Tempest sales. Pontiac had a success upon which to build. And that they did. More GTO badging began to appear while they squeezed out about a dozen more horsepower from the base motor for 1965. The car grew several inches and sprouted sportier suspension along with better braking to control the strengthening beast. Actually, one of the top complaints about early muscle cars was their having too much “go” without equal stopping power. Base prices for ‘65 were just under \$2,800, making them cheaper than the previous year’s model. Sales more than doubled.



With the advent of 1966 came a whole new GTO as the model broke away from the Tempest to become its own series. Still using

the Tempest body shell, even the slightest glance told you this was a GTO. Unique grille, special interior trim, base horsepower that was still 335...but could be ordered all the way up to 360 with the new Ram Air package. Sales almost hit 100,000.

By this point, other makes had their own muscle, from Mustangs to Gran Sports, 4-4-2s and Cyclones but the originator of the species held its own. With new generations arriving every other year...there was a new GTO look for 1968 and again in 1970. Once sales hit their peak, they remained consistent through the end of the decade and began to fade in the early 1970s. The last “original” GTO came in 1972...eventually to be replaced (in name only) as Pontiac’s twin to the Chevy Nova in ‘74. This was a whole different car for a whole different discussion.

In the grand scheme, the term muscle car will probably always mean different things to different people...but whether or not you belong to the camp which calls it the first true muscle car, it’s safe to say that the original GTO will always have its place in automotive history.

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The importance of annual health exams

Annual health exams are a key component of maintaining a healthy lifestyle. A person may not see the need to visit the doctor if he or she is feeling well, but not every disease or condition manifests itself in a way that men and women can detect. According to the Unity Point Clinic, nearly one-third of the 133 million Americans living with a chronic disease are unaware of the presence of their conditions. Routine physical exams can detect serious illnesses before they do much damage.

No two physical exams will be exactly alike, but many will share some general features.

Health history. A crucial element of a physical exam will include a thorough health history if the physician does not already have one on file. The



doctor will take time to ask questions about family history of illness, health habits, any vices (smoking, drinking alcohol, etc.), exercise schedule, and diet. If there is a possible hereditary health condition running through your family, the doctor may suggest certain testing and make note of potential signs to look for in the future.

Current ailments. After discussing a patient's history, the doctor may ask if they are having any problems they cannot explain. These can include changes in eating or sleeping patterns; aches and pains; lumps or bumps and other abnormalities. Again, the presence of symptoms may be indicative of illness or physical changes, but not all diseases produce obvious symptoms.

Vital signs. A doctor will check a patient's vital signs during the physi-

cal. Areas the doctor will look at include but are not limited to:

Heart rate. This measures the speed at which the heart is pumping. Normal resting heart rate values range from 60 to 100 beats per minute.

Blood pressure. A blood pressure cuff (sphygmomanometer) will measure systolic and diastolic pressure. Systolic pressure measures the force with which the blood is pushing through the arteries. The diastolic blood pressure is the pressure in the arteries between beats, when the heart rests. The systolic (top number) should be below 120, while the bottom should be less than 80, according to the Mayo Clinic.

Respiration rate. The doctor will measure the number of breaths taken in a minute. WebMD says between 12 and 16 breaths per minute is normal for a healthy adult. Breathing more than 20 times per minute can suggest heart or lung problems.

Pulse oximetry. Johns Hopkins School of Medicine says pulse oximetry is a test used to measure the oxy-

gen level (oxygen saturation) of the blood. It is a measure of how well oxygen is being sent to the parts of your body furthest from your heart. Normal pulse oximeter readings usually range from 95 to 100 percent. Values under 90 percent are considered low.

Physical exam. The examination will also include physical components. The doctor will perform a visual inspection of the skin and body for any abnormalities, such as the presence of skin cancer. The physician may feel the abdomen to check that internal organs are not distended. Females' physical examinations may include breast and pelvic exams.

Comprehensive testing. In addition to the exam at the office, the physical may include an electrocardiogram, or EKG, to check electrical activity of the heart; blood count and cholesterol checks through bloodwork; body mass index testing; X-rays or MRIs and bone-density tests.

Physical exams remain an important part of staying healthy. Consult with a doctor for more preventative maintenance tips.

Positions Available

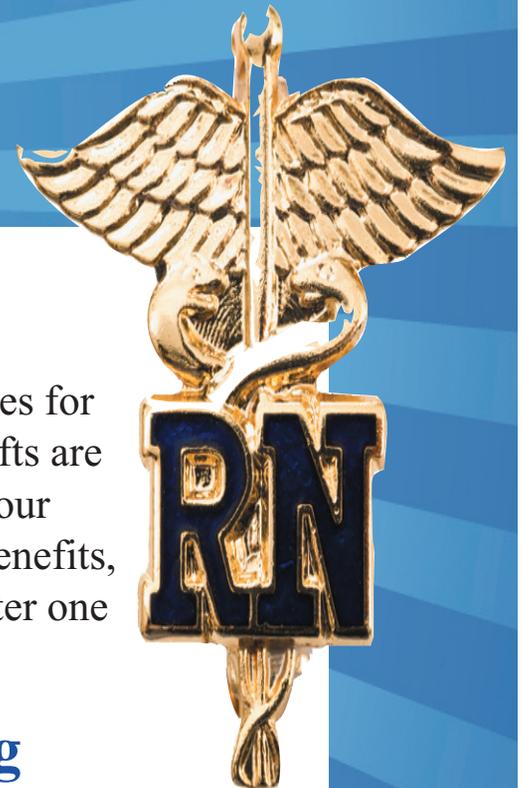
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