

The Courier

August 23, 2017 Volume 17 Number 50

SPECIAL SECTION INSIDE
*The Richard A. Henson Cancer Institute
opens in Ocean Pines*
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Ludwig honored with volunteer award

Carol Ludwig has been honored with the Sam Wilkinson Volunteer Award, an award that was established by the Ocean Pines Association to recognize outstanding individuals who dedicate their time and talents to help others. It also celebrates the inspiring efforts of volunteers who make important contributions to Ocean Pines.

"This year's volunteer of the year moved to Ocean Pines in 2000, and has become quite the helpful hand, not only to the Ocean Pines Recreation and Parks Department but to our entire community," said Recreation and Parks Manager Debbie Donahue.

As this year's recipient, Ludwig was recognized and presented with her award during the Ocean Pines Association's Annual Meeting of the membership on Saturday, August 12 in Ocean Pines.

She has donated countless hours of her time to the Association as the Bonnet Parade Commandress at many Easter celebrations and as the Haunted Hayride Fortune Teller at several Halloween celebrations. She now serves as the assistant chair and secretary for the Ocean Pines 50th Anniversary Committee.

In the community, she volunteers as the director of the Delmarva Chorus and as team captain for Nancy's Angels in the Maryland/DC Chapter of ALS Walk. She received the ALS Walk Champion Award and Team Leadership Award for 2016.

In addition, she edits and submits a weekly article to local newspaper Ocean Pines Independent on behalf of volunteers in the area.

"This lady is a true asset to our Recreation and Parks Department," said Donahue. "I know I can call on her for many things and she will be right there to help. She is always willing to help me in any way possible and is one of the funniest most pleasant people I have had the pleasure to work with."



Recreation and Parks Manager **Debbie Donahue**, (R) with Volunteer of the Year **Carol Ludwig**. See story at left.



Richard A. Henson Cancer Institute
Ocean Pines Grand Opening
7-9 p.m. Wednesday, Aug. 30
11101 Cathage Road, Berlin

PENINSULA REGIONAL
MEDICAL CENTER
RICHARD A. HENSON CANCER INSTITUTE

Community Calendar August

Brought to you by **Law Offices of Patricia Cleary**



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	31		

Star Charities to celebrate anniversary

Star Charities will be celebrating its tenth anniversary with a VIP social and dinner on Friday, September 15 at 5 p.m. at the Ocean Pines Community Center. Tickets are \$10. "Backbay Strummers" will provide entertainment. For tickets contact Anna Foulz at 410-641-7667 or Irmei Heinelke 410-208-3754.

Womens, junior golf clinics scheduled

Take to the links this fall and try your hand at golf. Ocean Pines Golf Club will hold four-week golf clinics for women and juniors beginning this September. PGA Director of Golf John Malinowski and golf course professional staff will provide instruction.

Children can benefit from a clinic for juniors that will be held on Saturdays from 10 a.m. to 10:45 a.m. starting September 9. Designed for boys and girls ages five to 4, the clinic will provide instruction in swinging, chipping, putting, driving and bunker shots. All skill levels are welcome, and equipment will be provided. Ocean Pines Golf Club's junior golf clinics are a fun, affordable way to enjoy the sport. The cost is \$40 per person.

Two golf clinics for women will also be offered this fall. A clinic for intermediate golfers and those wanting to brush up on their skills will be held on Thursdays from 10 a.m. to 10:45 a.m. beginning September 7.

The clinic, which is designed for women ages 18 and up, will cover all aspects of the game including woods, irons, chipping and putting. The cost is \$50 per person.

A clinic for women who are beginners or have minimal golf experience will be held on Saturdays from 11 a.m. to 1:45 a.m. beginning Sept. 9. Golf basics including proper grip, swing, club usage and more will be covered. Those new to the sport who want to learn in a fun, supportive atmosphere are encouraged to attend. The cost is \$50 per person; equipment will be provided.

Registration for these four-week clinics, which are open to the public, may be completed online at OceanPinesGolf.org or in the Golf Shop, located at 100 Clubhouse Drive. A minimum of five participants is required for each clinic. For more information, call 410-641-6057.

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.

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.

First Saturday

Creative Writing Forum

Every first Saturday of the month at 10 a.m. at the Berlin Library. Novice and established writers gather to share their fiction, non-fiction, and creative writing projects. Program includes critiques and appreciation, market leads, and writing exercises.



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Hammerheads complete undefeated season

The Ocean Pines Hammerheads Swim Team, under the direction of Head Coach Brooks Ensor, and assistant coach Kelly Adelhardt, completed this summer its first undefeated season in over 10 years. The team competes both regionally and across the state of Maryland. This summer over 120 swimmers were a part of the team that went on to compete in the Delmarva Championship meet in July where they placed seventh out of twenty-three teams that competed. Several long time standing team records were broken by both individuals and relay teams. Standouts were Gracie Coker, who broke the 1999 11-12 Girls 50 Yard Butterfly record with a time of 30.32 seconds. The team has consistently been represented at the Maryland State Championship Meets for both the Long Course and Short Course seasons since joining the USA arena two years ago. The Hammerheads will hold evaluations for the upcoming season for any interested new swimmers on Wednesday, August 30 or Thursday, August 31 from 5:30 p.m. to 6:30 p.m. at the Ocean Pines Sports Core pool. Practices will begin on September 11.

County offers free 'Until Help Arrives' workshop

Traumatic incidents can occur anytime, anywhere, and those who can help until emergency responders arrive could save lives. Worcester County Emergency Services (WCES) and Worcester County Volunteer Connection invite residents and visitors to attend "Until Help Arrives." This free, three-hour Federal Emergency Management Agency (FEMA) workshop will be offered twice, September 7 and 18, from 1 p.m. to 4 p.m. at the Ocean Pines library. Participants will acquire the basic skills needed to provide help after an emergency until help arrives.

"Recent tornadoes in Queen Anne's County and Wicomico County point out that events like this can happen anytime" WCES Director Fred Webster said. "Being able to help victims prior to the arrival of emergency personnel can help save lives."

Experts from the American Red Cross, WCES, Maryland Emergency Management Agency, and other emergency organizations will cover topics that include communicating with 911 operators, positioning the injured, stopping life threatening bleeding, protecting the injured from further harm, and providing emo-

tional support to a victim and his or her family.

"Until Help Arrives" takes place in conjunction with National Preparedness Month in September and is being offered at no cost to the public.

"Our lives can change in seconds," Worcester County Volunteer Services Manager Kelly Brinkley said. "The person who's trained and prepared can make all the difference in the life of someone with a life-threatening injury. This workshop is designed for you to walk away with the training and confidence to assist if posed with a life-threatening situation."

"Area residents are vital resources immediately after an emergency when they can provide life-saving aid until trained emergency personnel arrive," WCES Emergency Planner Tom Kane said. "So, it's important to include them in the emergency planning and training process."

Each participant will receive a certificate of completion. Space in both workshops is limited and available on a first-come, first-served basis. Preregistration is recommended. To register, call WCES at 410-632-3080.

Brown Box to tour 'Hamlet' throughout Worcester County

Brown Box Theatre Project returns for a seventh year of Free Outdoor Shakespeare with their largest and most ambitious production yet. The troupe's much-anticipated presentation of "Hamlet" will enjoy a four-week tour to 17 outdoor venues throughout Delmarva August 31 through September 23.

Brown Box's annual tradition will continue the company's mission of delivering professional, impactful theatre directly to communities in an ongoing effort to reinvent the way theatre is created and consumed. In keeping with this model, "Hamlet" will transform public spaces throughout Worcester County into vibrant cultural and tourist destinations, marking a significant victory for accessible arts programming and creative spaces in the area.

A Delmarva native himself, Artistic Director Kyler Taustin was troubled by a lack of cultural opportunities while growing up on the Eastern Shore of Maryland, and has since committed his career to building up the artistic landscape of his hometown and beyond. "Theatre shouldn't exist in a bubble," says Taustin. "Geography and cost should not exclude people from the arts." The company seeks to use performance as a way to reach new communities, share diverse stories, and spark conversation.

"Hamlet," Shakespeare's pivotal work, delves deep into the recesses of human consciousness in a raw and unforgiving examination of a treacherous political landscape and one prince's struggle with the weighty consequences of action, inaction, pain, numbness, and the ever-terrifying unknown. Murder, treason, intrigue, and betrayal culminate to form this harrowing and timeless theatrical masterpiece.

All "Hamlet" performances are free, outdoors, and open to all audiences. Funding for this event is provided in part by the Worcester County Arts Council, Maryland State Arts Council, and the National Endowment for the Arts - organizations dedicated to cultivating a vibrant cultural community where the arts thrive.

Performance locations and times in Worcester County.

Friday, September 1 - Sturgis Park, 100 River Street, Snow Hill.

Saturday, September 2 - Main Street, Corner of Main Street and Pitts Street, Berlin.

Wednesday, September 6 - Cypress Park, Pocomoke City.

Friday, September 8 - Northside Park, 200 125th Street, Ocean City

Sunday, September 10 - Sunset Park, S Philadelphia Avenue, Ocean City.

Wednesday, September 13 - White Horse Park, 239 Ocean Parkway, Ocean Pines.

Please visit www.brownboxtheatre.org for full performance schedule.

All performances begin at 7:30pm.

All performances are free and open to all audiences. No reservations required.

"Hamlet" will be performed outdoors and seating is on the lawn. For your comfort, feel free to bring a blanket or lawn chair. For rain locations and more information, please visit www.brownboxtheatre.org.

Summer events continue in Pines

Summer is still in full swing in Ocean Pines as several popular events continue through the season, courtesy of the Recreation and Parks Department.

The Oasis Pool, located in Mumford's Landing in Ocean Pines, will be open for the final Family Fun Night of the summer on Wednesday, August 23 from 6 p.m. to 8 p.m. Games, contests and music will be part of the fun, and food and beverages will be for sale poolside. The cost is \$3 for swim members, \$5 for Ocean Pines residents and \$7 for non-residents. Only those swimming pay a fee.

"On The Edge" will perform on Thursday, August 24 from 7-9 p.m. for the season's last Concert in the Park. This free family-friendly musical performance will be held at White Horse Park. Concessions will be for sale.

Finally, Big Truck Day will return to Ocean Pines on Saturday, September 16 from 10 a.m. to 2 p.m. at Veterans Memorial Park. This free event gives children and adults the opportunity to safely explore a variety of trucks and other vehicles. Concessions will be for sale.

All the events are open to the public.

The Courier

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2012 Business of the Year

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Numerous studies have found that vacationing produces a host of health benefits. The ongoing Framingham Heart Study, which began in 1948 and is currently studying its third generation of participants, found that men who did not take a vacation for several years were 30 percent more



likely to have heart attacks than men who took time off. In addition, the FHS found women

who take a vacation only once every six years or less were nearly eight times as likely to develop coronary heart disease or have a heart attack as women who vacation at least twice per year. Vacations also have been linked to lower stress levels, as a study from the American Psychological Association concluded that vacations reduce stress by removing people from activities and environments that are the sources of their stress. Vacations can even benefit employers, as an internal study from the professional services firm Ernst & Young found that employees' year-end performance ratings improved by 8 percent for each additional 10 hours of vacation time they took.

Kiwanis continues to serve community

Editor:

The Kiwanis Club of Ocean Pines – Ocean City is fast approaching the end of the program year 2016-2017. All members played a role in our accomplishments for another successful year. The new year begins October 1 and runs through September 30, 2018. The



Kiwanis mission is “Serving the Children of the World. We are doing that and need to continue helping them in this next year.

I have been sending scholarship checks to the colleges for the 13 young people who we are assisting this year. The total awards will be \$13,000. You should read some of the letters of thanks from the kids or their parents. Your Club is making a difference with these kids. We make a difference with

Huntington Park project moves into next stage

The field improvements at Huntington Park are moving into the next stage. The park, located on Birdnest Drive, was recently sprigged with Bermuda grass several weeks ago. It is essential that sprigs receive adequate water for best results during the establishment period. For this reason, neighbors will notice an increase of irrigation at Huntington Park.

“Sprigs must be watered generously during establishment because limited roots are unable to reach water in the soil profile which makes the plants susceptible to heat and drought,” said Superintendent Andre Jordan, of Ocean Pines Public Works. “We currently start watering the grass at 5 a.m., but no watering happens at night for at least three to four weeks.”

The park now features a new playground. The old softball field and playground have been removed.

The Ocean Pines Association invited qualified bidders to submit proposals to convert the then-softball field at Huntington Park to a multi-purpose field. The area included is about 62,500 square feet. A contract was granted to the Maryland-based company Growing Solutions.

younger kids as well. This current year the Club has provided \$10,600 to youth activities in our area. This includes six clubs that we sponsor in local elementary, intermediate, and high schools plus, our new Aktion Club for kids at the Worcester County Development Center. We provide support to the 4Steps Therapeutic Program, Cedar Chapel School, Worcester GOLD Infants Pantry, Back to School supplies and their Christmas program for kids. We sponsor a young girls basket ball team through Ocean City Parks and Recreation. We also contribute to OPA camp scholarships, the Cricket Center, United Way Imagination for Kids, a food drive, a coat drive, a toy drive, Life Crisis and Ocean City “Play It Safe”.

Perhaps more important than money, the Club donated hundreds of volunteer hours to school Art Fairs, Science Fairs, and direct assistance to our sponsored school Kiwanis youth service clubs. Your Club has also played a supporting role in your community, contributing \$2,050 to community support organizations: the OPVFD, the OPA Concerts in the Park, OP Veterans Memorial, a coat drive, Achilles Maryland for the Disabled, and Diakonia, plus hundreds of volunteer hours towards Nursing Home Bingo, companion dolls for patients, the Blood Drives, our house address signs and others.

So, how does all of this get done? Through your volunteer hours and your hard work on our fund raisers. All of this is paid for by your work on pancake breakfasts, the Italian dinner,

hot dog sales, the wine tasting event, the Duck Race and weekly donations through collection cans on the tables for Kiwanis Priority One. Of course, it's not all hard work; there is the satisfaction of working together to get these results, the weekly meeting, and occasional social events.

So here comes 2017-2018. The Club and your community need you again. Not only you, but your friends and neighbors, to participate as members of your Kiwanis Club of Greater Ocean Pines-Ocean City. We need our more recent members for their ideas and participation in our mission. We need our older members for what they are able to do, but more importantly their knowledge of our ongoing programs. Join with your Kiwanis Team to continue these services for the 2017-2018 program year.”

Marcus Page
Treasurer

*Kiwanis Club of Greater Ocean Pines
– Ocean City*

Flea market scheduled

There will be an outdoor flea market in Saturday, September 2, between 8 a.m. and 1 p.m. at Bethany United Methodist Church located at 8648 Stephen Decatur Hwy. in Berlin. Breakfast sandwiches; lunch: BBQ chicken leg quarters, pulled pork sandwiches, hamburgers, hot dogs, plus two sides. There will be 40 plus vendors and baked goods. For information and table rental contact Sue Hart at skhart66@comcast.net or 410-207-7039.

Diabetes education classes offered

The Diabetes Outpatient Education Program at Atlantic General Hospital will be offering diabetes self-management education classes in September.

The series of four, two-hour sessions will address blood glucose monitoring, foot care, nutrition, exercise, and other self-management skills to help individuals better manage their diabetes. A family member is invited to attend. The program is recognized by the American Diabetes Association (ADA) for quality education, and program staff includes a Registered Nurse (who has diabetes) and a Registered Dietitian, both of whom are Certified Diabetes Educators.

Advance registration and a referral from your primary care provider (which the program can obtain) are required.

Diabetes Self-Management is a Medicare benefit and the cost of the classes is covered by most insurances.

Classes will be held on the following Tuesdays from 12:30 p.m. to 2:30 p.m. on September 5, 12, 19 and 26.

The classes will take place at the Atlantic Health Center located at 9714 Healthway Drive in Berlin. Please call 410-208-9761 for more information and to register.

Going to the mattress

Without exaggeration, it can be stated that I've moved all the pieces of furniture in my house about five times, either from one room to another or just slightly to the left to

There have been times as well when, as the mattress was being moved, it began to curve in the middle like the letter "S." To say that when this happens the articulation of frustration becomes animated would be an understatement. Much to my dismay there was a situation when I lost my grip on the mattress as it was being walked through a doorway. Within a fraction of a second it leaned



It's All About. . .
By **Chip Bertino**

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make room for the Christmas tree. Some pieces are easier to move than others.

The one piece of furniture, if it could be referred to as such, that gives me the most fits and starts is the mattress, especially the queen size mattress that's in our room. It is a huge pain in the, just let me write, the lower back. There is no easy way to move this beast of slumber. There are no handles and no easy grips to grab as there is with a bureau. The best I've been able to come with is to, with the flats of my hands on either side of the sideways mattress, squeeze hard and lift. The process is somewhat effective but not at all efficient because two events occur with regularity: my grip loosens and the mattress slides again to the floor.

Frustrations mount when attempting to move this behemoth to another room or into the hallway because the room requires painting. It's very important to properly align the mattress to fit through the door. This requires ascertaining just the correct angle so it doesn't become lodged between the door jamb and the hallway wall. This has happened to me more times than I care to admit. When this occurs either me or my wife is pinned between the mattress and the wall as the other one of us tries to quickly pull the mattress back a little.

to one side and became wedged. From years of experiences I know that two people are required to move a mattress, especially a queen size. But there have been occasions in my haste to get things done I've attempted to handle things myself. The situation that remains a vivid memory so many years later is the time when I removed the bed clothes and then gripped the mattress just above the side rails. I gave it the old heave ho and then in one motion the mattress left my grip, went up on its end and continued to roll over, stopping only when it crashed down on my bureau. Fortunately nothing was broken but I had to seek help to finish



the operation of moving it. So much for saving time.

I don't understand why manufacturers don't place handles on the mattress ends to facilitate moving them. It seems like a simple, logical, common sensical solution. Surely I'm not the only person who has had to wrestle with a large mattress. Am I?

One-woman show scheduled

"I Am the Gentry," a one-woman show shedding light on gentrification, will take center stage at the Ocean City Center for the Arts on 94th St. on Saturday, August 26 at 7 p.m. The show is directed by Ocean City native Chelsea Thaler and written and performed by Cara Gabriel.

"I Am the Gentry" is comprised of humorous and poignant vignettes that chronicle one woman's adventures and foibles as she makes a home for herself in a Washington, D.C. neighborhood. Her beagle takes on a pair of pit bulls; she dances at a neighborhood shrine to Michael Jackson; she strolls her baby through an arrest-in-progress; and she celebrates her first real Mother's Day by covertly house hunting in the 'burbs.

Author and actor Cara Gabriel is currently a theater professor at American University and has been performing an abridged, solo version of "I Am the Gentry" to sold-out crowds since 2013, where it appeared at The Atlas Intersections Festival in Washington, D.C.

Director Chelsea Thaler is an Ocean City local who graduated from Worcester Prep in 2010 and received her B.A. in performance from American University. Currently working in New York City and

Washington, DC., she directed the New York and D.C. productions of "I Am the Gentry," which played to sold-out audiences off-Broadway and at the Capital Fringe Festival. This is the first chance for her hometown to see a performance Thaler has directed.

The Washington Post praised the "humor and humility" of "I Am the Gentry," and called the text "tough and immediate." *The Washington City Paper* called the work "poignant, episodic, and often very funny," while "succeed[ing] admirably at talking comfortably about uncomfortable topics — race, class, money, education, (and the ways they all play into the story of Washington, D.C. gentrification)."

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



Monday

Chicken Parmesan over Pasta \$9.95

LARGE CHEESE PIZZA
\$8.50 (carry-out only)

Tuesday

Burger and French Fries \$6
LARGE CHEESE PIZZA
\$8.50 (carry-out only)

Wednesday

Pasta Night

Thursday

Steak Night!

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

Drink Special

Martinis of the Month \$7.50
Lemon Martini Roast Beer Float Martini
Margarita of the Month \$6.50
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Blues on the Bay fundraiser scheduled

Reservations are now being taken for Blues on the Bay at Macky's Bay-side Bar & Grill in Ocean City, the annual September party that celebrates the fall season in the resort and also raises money for an important cause, The Macky and Pam Stansell House at Coastal Hospice at the Ocean.

Blues on the Bay will be held at Macky's on 54th St. bayside in Ocean City on Wednesday, September 27 from 6 p.m. to 9 p.m. Singer and saxophonist Everett Spells will provide the musical entertainment, and reservations include an open bar, heavy hors d'oeuvres, and a front-row view of the sunset over the bay.

Last year, Blues on the Bay raised more than \$39,000 for the capital campaign to build The Stansell House at Coastal Hospice at the Ocean, a new hospice residence and outreach center coming to Ocean Pines.

Macky's owner, Walter "Macky" Stansell, is a long-time supporter of Coastal Hospice and co-chair of the

capital campaign committee to build the hospice home. The residence was recently named The Macky and Pam Stansell House in honor of the generous contributions the couple has made towards the project.

"We urge everyone to come out, have some fun, and support a great cause," Stansell said. "We're close to breaking ground on the new home, and funds raised from Blues on the Bay will be a tremendous help to the project."

The new residence will provide rooms for 12 hospice patients who lack an able caregiver at home and can no longer manage independently. Each room will be outfitted to support medical care, yet furnished to feel like home. The home will also offer palliative care, counseling, grief support, and community wellness programs.

Reservations for Blues on the Bay are \$75 per person and may be made at CoastalHospice.org/Blues or by calling 410-742-8732.

AGH offers pet assisted therapy

Atlantic General Hospital in partnership with Pets on Wheels of Delmarva is now providing animal assisted therapy to patients who request it as part of an integrative therapies initiative within the hospital and health system.

Animal Assisted Therapy (AAT) is a type of therapy that involves animals as a form of treatment. It is a growing field that uses dogs or other animals to help people recover from or better cope with health problems, such as heart disease, cancer and mental health disorders.

AAT uses trained animals to enhance an individual's physical, emotional and social wellbeing, thus improving self-esteem, reducing anxiety and facilitating healing.

Research has shown that animals have a calming effect, reducing blood pressure and anxiety. Animals tend to make people less lonely and bring out positive social characteristics. Many hospitals and nursing homes use AAT programs to help reduce feelings of de-

pression and isolation in their patients as well as stimulate mental activity through interaction with the animal.

Animals provide an opportunity for owners to cultivate their capacity to love, which is a basic human need essential for mental health and emotional well-being. One of the most fundamental advantages of animal assisted therapy over other therapeutic modalities is that it provides the patient a much needed opportunity to give affection as well as receive it. It is this reciprocity – rare among medical therapies - that make animal assisted therapy a unique and valuable route to healing.

The Atlantic General Hospital/Health System Animal Assisted Therapy program will be limited to canines only. For more information on this or any of the other integrative therapies being offered through hospital and health system partners, please visit www.atlanticgeneral.org/integrativetherapy.

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Land trust seeks accreditation

The Lower Shore Land Trust has announced it is applying for accreditation with the Land Trust Commission. A public comment period is now open.

The Land Trust Accreditation Commission, an independent program of the Land Trust Alliance, conducts an extensive review of each applicant's policies and programs. The Lower Shore Land Trust Board of Directors recognizes that our success is dependent on building trust within the community, among the landowners with whom we partner and

donors to our organization and strives to be the best in our field.

The Commission invites public input and accepts signed, written comments on pending applications. Comments must relate to how the Lower Shore Land Trust complies with national quality standards. These standards address the ethical and technical operation of a land trust. For the full list of standards see <http://www.landtrustaccreditation.org/help-and-resources/indicator-practices>.

To learn more about the accreditation program and to submit a comment, visit www.landtrustaccreditation.org, or email your comment to info@landtrustaccreditation.org. Comments may also be faxed or mailed to the Land Trust Accreditation Commission, Attn: Public Comments: (fax) 518-587-3183; (mail) 36 Phila. Street, Suite 2, Saratoga Springs, NY 12866. Comments on the Lower Shore Land Trust's application will be most useful by November 5.

To learn more about the Lower Shore Land Trust, land conservation programs, volunteer opportunities and how to get involved, visit www.lowershorelandtrust.org or call 443-234-5587.

The Courier welcomes letters for publication. Preference is given to letters addressing community and county topics and have not appeared in another publication.

Letters must be signed and include a phone number where the author can be reached to verify authenticity. Letters are not corrected for spelling or grammar and can be no more than 300 words.

E-mail letters to:

thecourier@delmarvacourier.com



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WYFCS to be honored

Worcester Youth and Family Counseling Services, Inc. will be honored as a 2017 Angels in Adoption awardee for their outstanding advocacy of adoption and/or foster care issues. The Congressional Coalition on Adoption Institute (CCAI), which orchestrates the Angels in Adoption Program, will honor Worcester Youth and Family Counseling Services, Inc. at an awards ceremony on September 26 and gala on September 27 in Washington, D.C.

Worcester Youth and Family Counseling Services, Inc. is being honored for helping people of all ages through a broad spectrum of services that include mental health counseling, youth and adolescent enrichment programs, advocacy for abused and neglected children, and empowerment programs for those less fortunate.

The Angels in Adoption Program is CCAI's signature public awareness event and provides an opportunity for all members of the U.S. Congress to honor the good work of their constituents who have enriched the lives of foster children and orphans in the United States and abroad. This year, more than 120 "Angels" are being hon-

ored through the Angels in Adoption Program.

"The Angels in Adoption Program is a unique annual opportunity in the nation's Capital to shine a well-deserved spotlight on the power of adoption and the unspoken heroes who have made the dream of a family a reality for children. Since the program's inception, over 2,600 Angels have come to Washington to share their firsthand adoption experiences with Members of Congress, highlighting its joys, as well as the barriers encountered in the process," said Becky Weichhand, Executive Director at CCAI. "Members of Congress are then able to use their new experiential understanding of these issues to create policy improvements that better support these children and the families that open their hearts and homes to them."

In addition to the more than 120 Angels from around the country, National Angels in Adoption honorees will be recognized at the gala for their dedication and commitment nationally and internationally to child welfare on a grand scale. This year's

please see **honor** on page 16



Fearin awarded the Lions 'Pride'

Darrell Fearin, owner of Delmarva Printing and Design, has received the Ocean City Lions highest and most prestigious community service award, "The Pride" for designing and printing the original brochure promoting the OC Lions annual golf tournament that benefits our Wounded Warriors at no cost.

For information on the 12th Annual "Wounded Warriors" Golf Tournament, which will be held at the Ocean City Golf Course on October 11 contact Lion Ben Dawson at bdawson@beachin.net.

Above: Lion John Topfer, Darrell Fearin and Lion Norm Cathell.

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As the region's leading cancer treatment facility diagnosing more than 1,400 patients per year, the Richard A. Henson Cancer Institute provides a level of care and support found only at the nation's best cancer hospitals. Face-to-face consultations are scheduled in a timely manner and patients have access to the most modern cancer treatments and top-notch surgeons trained in a variety of specialties.

Richard A. Henson Cancer Institute Opens in Ocean Pines

New facility makes it more convenient for beach-area residents to receive care

Peninsula Regional Medical Center is committed to bringing a seamless experience to Worcester County for cancer patients who live near the beach.

With the grand opening of the Richard A. Henson Cancer Institute Ocean Pines, beach-area residents gain closer access to a team of doctors dedicated to helping them cope with cancer through diagnosis, treatment and into survivorship.

Cancer is a unique disease affecting the body in many different ways, and the best treatment can vary from person to person. That's why it's important to have personalized, specialized care for each patient.

The Richard A. Henson Cancer Institute's team approach is the backbone that gives the program its unique strength. Teams of physicians from various specialties such as radiation oncology, medical oncology, surgery, clinical research,

radiology, and pathology come together to review each case and collaborate on the best treatment plan for each patient.

"It's so important for doctors to be able to have conversations with each other about the patient's care, to make sure they are getting the best treatment recommendations and that nothing is overlooked," said John Mansueti, M.D., Medical Director of Radiation Oncology at the Richard A.

Henson Cancer Institute.

Thanks to its high standards, the Richard A. Henson Cancer Institute has earned accreditation with commendation from The Commission on Cancer (CoC) of the American College of Surgeons. To earn voluntary CoC accreditation, a cancer program must meet or exceed 34 quality care standards, be evaluated every three years through a survey process, and maintain levels

If You Go

WHAT: Grand opening of the Richard A. Henson Cancer Institute Ocean Pines

WHERE: Delmarva Health Pavilion, 11105 Cathage Road, Berlin

WHEN: Wednesday, Aug. 30, 7-9 p.m.

COST: Free

WEB: peninsula.org/wecanbeatthis

The Richard A. Henson Cancer Institute has been gaining experience in cancer care for more than 50 years. A leader in the field, it boasts:

- A nationally-ranked robotics program yielding shorter hospital stays and smaller incisions
- State-of-the-art technology allowing for faster, more targeted treatment
- Experienced, board-certified surgeons trained at top academic medical centers
- A comprehensive program that follows patients through screening, diagnosis and treatment
- A team approach to care that ensures the best possible outcomes

of excellence in the delivery of comprehensive patient-centered care. Peninsula Regional has received accreditation continuously since 1970.

“Only one in four hospitals across the United States receive accreditation with commendation,” said Thomas DeMarco, M.D., Richard A Henson Cancer Institute’s Medical Director. “This shows the quality of our comprehensive patient care and our commitment to providing the best in diagnosing and treating cancer with a team approach.”

As the Eastern Shore’s only accredited comprehensive community cancer program, the Richard A. Henson Cancer Institute is the one place in the region to access clinical trials through the

Johns Hopkins Clinical Research Network. Peninsula Regional’s clinical research team also assists in enrolling and following patients in National Cancer Institute (NCI) and pharmaceutical-sponsored studies.

The Richard A. Henson Cancer Institute Ocean Pines is also home to a Varian TrueBeam® linear accelerator, which offers high-precision radiation therapy in targeting tumors while protecting healthy tissue. PRMC was the first in the nation to offer high-dose rate brachytherapy using the SagiNova® High Dose Rate afterloader system. Dr. Mansueti says the system offers greater radiation dosage control and safety when using brachytherapy, a cancer treatment in which radioactive implants are inserted in

the affected area. This technology helps doctors ensure healthy organs and functions are protected while the radiation combats the cancer.

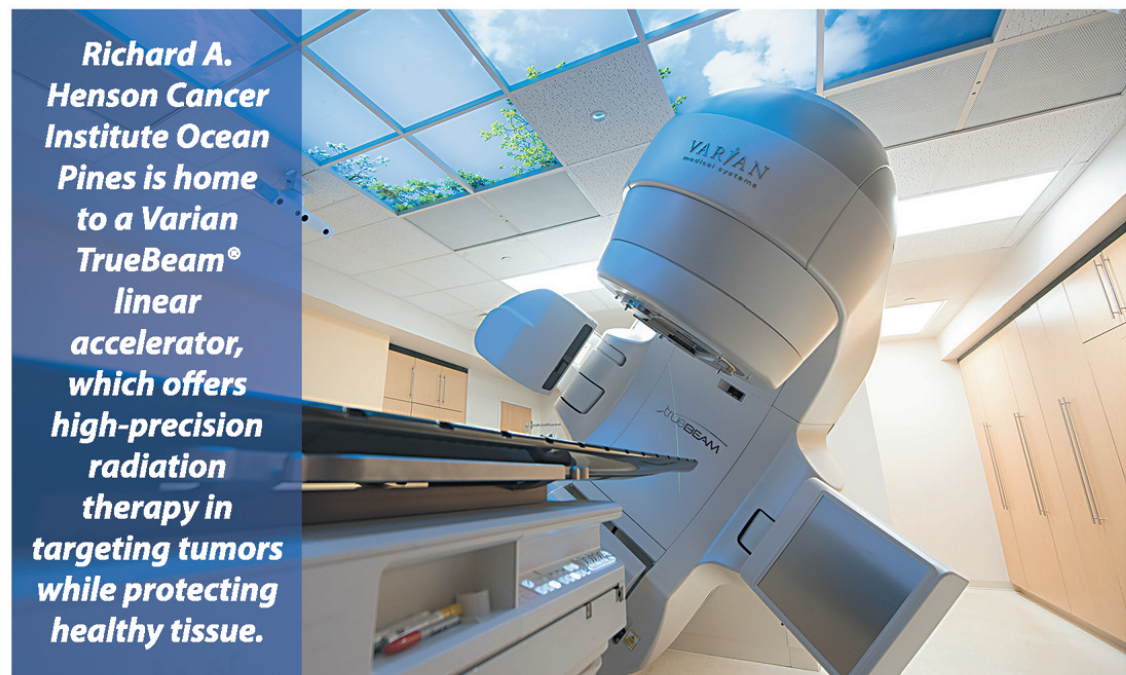
The new Ocean Pines facility also accommodates patients undergoing immunotherapy.

Experts say immunotherapy — a treatment designed to boost the body’s natural defenses to fight cancer by improving or restoring immune system function — is one of the most promising new cancer treatments of the 21st century. “It’s not for everyone, but for those who it does help, the results can be incredible,” Dr. Mansueti said.

As the region’s leading cancer treatment facility. Face-to-face consultations are scheduled in a timely manner and patients have access to the most modern cancer treatments available.



John Mansueti, M.D., is Medical Director of Radiation Oncology at the Richard A. Henson Cancer Institute



Richard A. Henson Cancer Institute Ocean Pines is home to a Varian TrueBeam® linear accelerator, which offers high-precision radiation therapy in targeting tumors while protecting healthy tissue.

The Richard A. Henson Cancer Institute, based at Peninsula Regional Medical Center in Salisbury, welcomes the community to celebrate the grand opening of its brand-new Ocean Pines facility from 7-9 p.m. Wednesday, Aug. 30. There will be tours of the new cancer center, free food, music and more.

PRMC Builds Robust Research Program

Better outcomes for clinical trial patients, experts say

Clinical trials were once the domain of only big-city academic hospitals, and people on Delmarva who wanted to participate in clinical trials had to head across the Bay Bridge. But Peninsula Regional Medical Center has always made it a mission to deliver cutting-edge care to people on Delmarva.

That's why PRMC has spent the past 18 years building a robust clinical research department and forging relationships with the Johns Hopkins Clinical Research Network and national cooperative groups for participation in clinical trials.

"It's important because we're giving access to patients on the Eastern Shore to innovative treatments which otherwise would have required them to leave the Shore," said Stephanie Cason, MS, RN, Coordinator of the Richard A. Henson Research Institute.

The Institute offers clinical trials for cancer and heart disease -- as well as multiple other disciplines -- and is now working to expand its scope even more with a newly renovated suite of offices at PRMC. Research nurses, physicians, pharmacists and support staff are all part of the team.

"People who participate in clinical trials often feel their care is much more personalized," Cason said. That's because each patient enrolled

in a clinical trial has a coordinator/nurse who helps facilitate their care, helps them understand the clinical trial and follows up with them throughout the process."

Clinical trials are strictly regulated by the federal government to insure they meet the highest scientific and ethical standards. "On average, patients on clinical trials have better outcomes than those who receive community standard therapy," said David Cowall, M.D., Director of the Richard A. Henson Research Institute.

So, how do you know if a clinical trial is right for you? Talking it over with your physician is a good first step; PRMC's clinical research team works hand in hand with many doctors' offices to help get their patients into appropriate trials.

In addition, "not every trial is based on medications," Cason noted. "Some are about how we follow up on people's care, and how their conditions affect them after they complete treatment."

People who participate in clinical trials often say they like the idea of getting the latest treatments, or at the very least, helping to further knowledge. Charlie White of Mappsville, Va., who participated in a clinical trial for lung cancer, said,

"If it helps me, it might help others, too."

And although PRMC isn't a typical "academic medical center," students from Salisbury University, University of Maryland Eastern Shore and others have worked with the Henson Research Institute staff on projects to improve care. Last year, a team of students joined physicians and researchers of the Henson Research Institute to put their skills to use in a real-world project that taught a computer to analyze blood samples and give potential diagnoses to assist physicians in decision-making.

"It's important to give our next generation of researchers an opportunity to learn," Cason said.

The Institute is also helping to birth the next generation of medical breakthroughs. Several studies that have taken place at PRMC have gone on to become national protocol. In 2013, PRMC was one of the first institutions in Maryland to fix a patient's blocked artery using the Abbott Absorb heart stent. In 2016, the FDA approved the stent for national use. The patients who were willing to be part of the trial not only got cutting-edge care, but helped improve care for the rest of the nation.



"Look Good, Feel Better" is one of many support groups available to patients at the Richard A. Henson Cancer Institute.

The support you need is right in your own backyard

At the Richard A. Henson Cancer Institute, complementary programs such as nutrition services are offered along with support from clinical social workers and nurse navigators. The team helps ensure cancer patients and their families have access to the resources and support they need.

The Institute's care continues into survivorship, with survivors welcomed into support groups as well as exercise and cooking classes offered through PRMC's Cancer Support Services. There's also "Look Good Feel Better," an American Cancer Society program that teaches patients about beauty techniques and how to feel better about

themselves during treatment. The program shows simple techniques to address skin changes, hair loss, nail changes, and even make-up information specifically related to the needs of cancer patients.

In addition to free counseling sessions and social activities, additional support groups are offered for:

- Survivors/patients
- Caregivers
- Those with blood, head and neck and prostate cancer

To learn more, or to participate, call 410-543-7209.



The friendly staff at the Richard A. Henson Cancer Institute offers support along your journey.

Boating course offered

Ocean City Power Squadron, a unit of the United States Power Squadrons, will present America's Boating Course. The boating course will be given at the Ocean Pines Community Center, in the Marlin Room. The first class will begin on September 26.

This is an eight-hour course and will be given on three consecutive days starting on Wednesday September 26 and continuing on September 27 and 28. An exam will also be given on the last day. On the first day registration will be at 5:30 p.m., followed by the class starting at 6:00 p.m. the same evening. The course will be from 6 p.m. to 9 p.m. each evening. There is a minimal \$15 fee for the course and material. Middle School and High School students are free.

Anyone born after July 1, 1972 must satisfactorily complete a safe boating class to operate a recreational vessel or personal watercraft in the State of Maryland.

This course covers basic boat handling, navigation, Federal and State regulations, rules of the road, aids to navigation, required equipment and much more.

For more information and a recommended early registration call 410-641-6535 or 410-641-8040.

Free heart screenings in Ocean Pines offered

Heart disease is the no. 1 killer of Americans, but screening and understanding of lifestyle and risk factors can help to reduce that number. That's why Peninsula Regional Medical Center's Guerrieri Heart & Vascular Institute offers a free Heart Smart heart disease risk assessment for both men and women. The screenings will be held the mornings of Aug. 29 and 31 onboard the Wagner Wellness Van at the Delmarva Health Pavilion Ocean Pines, located outside the North Gate at 11101 Cathage Road. Appointments are required.

The comprehensive screenings include: Cholesterol, HDL, triglycerides, fasting blood glucose; Resting 12-lead EKG; Body fat and body mass index; Waist to hip ratio; Blood pressure testing; Pulse oximetry testing; 10-year risk analysis; Review of current med-

*please see **screening** on page 16*



Ocean Pines Ladies' Golf Association members who attended the Women's Delmarva Golf Association Championship at Maple Dale Country Club are (L-R) **Meg Herrick, Deb Schwertner, Lynn Schneider, Olga Novy, Dot Waters, Norma Kessler and Betty Holloway.**

Women golfers take top honors

Several members of the Ocean Pines Ladies' Golf Association recently took top honors at the Women's Delmarva Golf Association Championship held on Thursday, Aug. 10 at Maple Dale Country Club in Dover, Delaware.

Meg Herrick earned the title of 2017 Women's Delmarva Golf Association Champion. Other winners included Deb Schwertner, who won first place for Flight A; Lynn Schneider, who won first place for Flight B and Olga Novy, who won first place for Flight D.

The Women's Delmarva Golf Association is an organization comprised of nine-hole women's leagues from around the area, including Ocean Pines Golf Club; Ocean City Golf Club; Maple Dale Country Club; Chester River Yacht & Country Club in Chestertown, Maryland; Talbot Country Club in Easton, Maryland; Prospect Bay Country Club in Grasonville, Maryland and The Rookery North at Shawnee in Milford, Delaware.

The leagues play a series of monthly invitational tournaments at the different courses. Ocean Pines Golf Club will host the organization's championship tournament in 2018.

The Ocean Pines Ladies' Golf Association is a nine-hole league open

to all women golfers in Ocean Pines. The group meets for weekly play, tournaments and more.

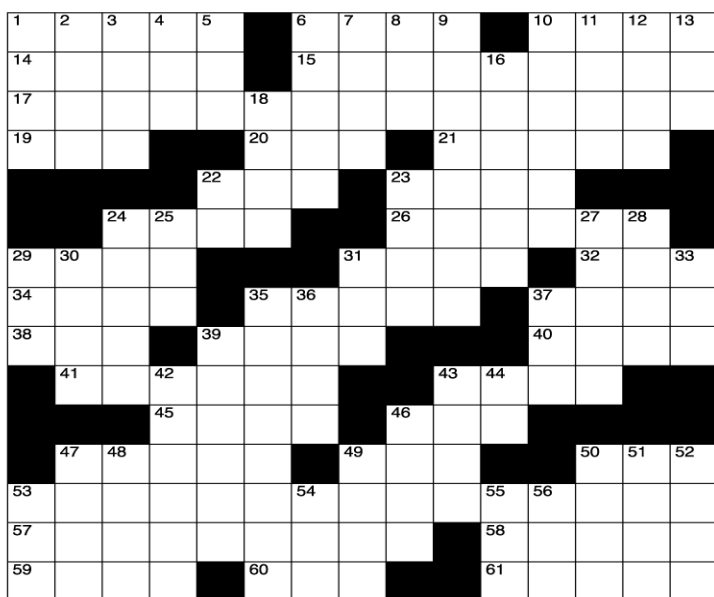
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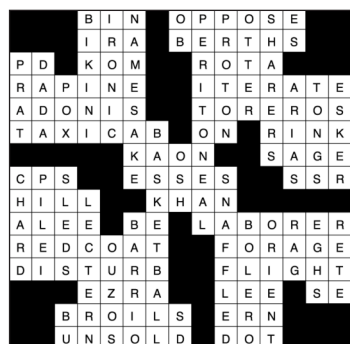


CLUES ACROSS

- 1. Nocturnal rodents
- 6. "Sin City" actress Jessica
- 10. Strong dark beer
- 14. Nebraska city
- 15. Inclined to avoid conflict
- 17. Mistaken belief
- 19. Expresses disgust
- 20. Greek goddess of the dawn
- 21. Cranky
- 22. Boy who wouldn't grow up
- 23. Scots for "home"
- 24. Turfs
- 26. Countries
- 29. The duration of something
- 31. Pastries
- 32. Golf score
- 34. Reasonable
- 35. Female parents
- 37. Art __, around 1920
- 38. Beloved sandwich
- 39. Damaged
- 40. Long time
- 41. One who rears
- 43. Without
- 45. Occupational safety and health act
- 46. Political action committee
- 47. Geological period
- 49. Swiss river
- 50. Type of mathematical graph
- 53. Doctors are sworn to it
- 57. One's concerns
- 58. Type of wrap
- 59. Foray
- 60. Born of
- 61. A temporary police force

CLUES DOWN

- 1. __ and circumstance
- 2. Bowfin fish
- 3. Ready money
- 4. Expression of satisfaction
- 5. A person who lacks good judgment
- 6. Cooks where one
- 7. Majors and Oswald
- 8. __ humbug
- 9. Salts
- 10. Type of hound
- 11. A notice of someone's death
- 12. Disgust with sweetness
- 13. Barbie's friend
- 16. Rectal procedures
- 18. Partner to carrots
- 22. Group of cops (abbr.)
- 23. First Chinese dynasty
- 24. A favorite of children
- 25. Being a single unit or thing
- 27. Fencing swords
- 28. New England river
- 29. Sino-Soviet block (abbr.)
- 30. Insect feeler
- 31. Payment (abbr.)
- 33. Director Howard
- 35. Large deep-bodied fish
- 36. Architectural term describing pillars
- 37. Chargers legend Fouts
- 39. Awaken
- 42. Covered
- 43. Frock
- 44. Cools a home
- 46. Congratulatory gestures
- 47. __ fide
- 48. Ancient Incan sun god
- 49. Card players' move: __ up
- 50. Gentlemen
- 51. Educational organizations
- 52. Actress Daly
- 53. Southern sky constellation (abbr.)
- 54. Midway between east and southeast
- 55. Small European viper
- 56. Language close to Thai.



Answers for August 16



Searching for Wines in Taipei, Taiwan

On my recent trip to Asia, our main destination was China to visit our daughter Kelly. However, our first stop was in Taipei, Taiwan, and I was on the search for wines in that country as well. I'd done some research on Taiwan wines before the trip, so I knew the quest to actually find them would be pretty challenging.

To explain, Taiwan's entry into larger-scale wine production is only quite recent. The first year wine production was granted to estates was in 2002. Prior to then, enterprising individuals wanting to become a vintner needed permission from the Taiwan Tobacco & Liquor Corporation (TTL). This is a government-run monopoly, which harkened me back to researching Swedish wines, as Sweden also has a government-run liquor monopoly.

Winemaking on the main island of Taiwan and its surrounding islands is made more difficult because of the country's tropical climate. There is also typhoon season to contend with, which goes from July through September. Suffice it to say, there is nearly constant moisture due to the heat, humidity, and plentiful rainfall. As a result, many of the winemakers harvest their grapes by hand. Most of Taiwan's wineries are located in the center of the country in the Changhua region. The most common grape varieties are the Jufong and Kyoho. The Kyoho grape was brought over to Taiwan from Japan, which is where its name originated. In Taiwan, the Kyoho grape is also known as the Chufeng grape, because the Japanese name in Chinese characters is pronounced "Chufeng."

There is a lot of Japanese influence in Taiwan that I'll provide a brief history about. Taiwan is officially known as the "Republic of China," but this is not to be confused with China whose official title is the "People's Republic of China." In the years 1884-1885, China's Qing dynasty clashed with France in the Sino-French War in northeastern Taiwan. The Qing dynasty prevailed until ten years later, when the Sino-Japanese War took place between 1894-1895. This time, China lost the war to Japan, and Japan went on to occupy Taiwan until the end of World War II in 1945.

The Kyoho grape was first discovered in 1937 but was given its name in 1946. The grapes are dark purple to almost black and are large with large seeds. The skins are typically not eaten, but the interior of the grape has a high sugar content and mild acidity.

For a few Taiwan wines recommendations, the website, <http://blog.wine-explorers.net/?tag=taiwan-en>, recommends the Black Queen 2013 from the Domaine Croissance Profonde Estate and the Jen Shiang No. 1 White 2011 and the Nature & Dainties Red 2012 from the Peng Chiun Ding Estate. When we were visiting Taipei, we were alas unsuccessful in our search for Taiwanese wines. There were plenty of wines we could have purchased, but they were mainly European wines. We had to settle for beer, and we enjoyed three in particular. These were "Bear Lager" with unsurprisingly, a bear on the label, "Leo" with a lion on the label, and "Gold Medal," a good Pilsner beer. Kelly's friend Amy was a wonderful tour guide for us on our two-day jaunt in Taipei. Amy agreed that Taiwanese beers are a lot easier to find than wines. It is also funny to note that the black bear is the symbol or mascot of Taiwan, and you see the black bear everywhere—on posters, billboards, or even as a cute statue in Taiwan's airport. It then was no wonder to see the Bear Lager, and it certainly seemed fitting to give it a try.

From other research I'd done on Taiwan wines before the trip, I understand that millet wine is considered the oldest in the country. Millet is a grain grown by multiple aboriginal groups throughout the Taiwan islands, and each aboriginal group makes its own version in honor of the god or goddess they worship. The millet is soaked in cold water and is left to rest overnight where it is then washed and mixed with yeast along with previously-boiled water that has been cooled. The fermentation period lasts approximately one month. The wine sounded fascinating, but we didn't come close to locating any of these wines, or any Taiwanese wines for that matter. Can I mention that the beers we tried all tasted good?



Gathering - Surrounded by friends, **Art Schmidt** and **Sis LeGates** (seated center) of Easton, MD and formerly of Ocean Pines, celebrated Art's 93rd birthday with a dinner at the Atlantic Hotel.



Support - Worcester County Humane Society(WCHS) showed its support for Believe in Tomorrow at the Believe in Tomorrow Block Party in Berlin recently. Pictured are WCHS board members (left to right) **Mary Martinez**, **Anne O'Connell** and **Tina Walas**.

Plans underway for Celtic Festival

The 28th Chesapeake Celtic Festival will be October 7 and 8 at Furnace Town Living Heritage Village.

Named a beloved Eastern Shore tradition by the *Salisbury Daily Times*, the Chesapeake Celtic Festival has become a favorite with local residents and also a draw for tourists.

Festival founder and producer, Jeanne du Nord, says, "There is entertainment for all ages. There will be at least 3-5 activities going on at any one time. Over the years we have learned to keep the favorites that people expect and add new and different acts."

Tucked away in the ancient and vast Pocomoke Forest, Furnace Town is sealed away from time. When the

Chesapeake Celtic Festival transforms it each fall, the Living Heritage Village emerges from the mist like the legendary Brigadoon.

In addition to the Ocean City Pipe and Drum Band, three other bands will keep the toes tapping to the rhythms of Ireland, Scotland, Wales, Cornwall, the Isle of Man, Asturias, Galicia and Brittany. These bands are "Moch Preyderi", "Iona," and "Pickin' and Grinnin'." A special feature this year will be the children's show that "Pickin' and Grinnin'" will stage in addition to their regular set.

There will be parades, bagpipes, musical groups, dancing, comedy, sto-

please see **festival** on page 16

For the Love of Travel

The wonders of Oahu

By **Kelly Marx**

If you are looking for beautiful weather in an exotic locale with the familiarity of home, I totally recommend the island of Oahu. Of the seven major Hawaiian islands, Oahu is the most populous with close to 1 million residents. The state capital of Honolulu with a population of almost 400,000 is on Oahu. There is so much history and things to see and do on Oahu that it is impossible to cover all of them in this article, but here are a few of my favorites.

Many people vacation on Oahu and spend their whole trip in Waikiki or Honolulu. I would encourage you to rent a car and see the rest of the island using your hotel room in Waikiki as a base. Before you start on your daily adventures, I suggest you go to Don Quixote's. Think of it as a Hawaiian Walmart. There is one close to Waikiki and the prices are much lower than at stores in Waikiki.

Head out early and go to Pearl Harbor. The USS *Arizona* memorial is a haunting tribute to the men who died on December 7, 1941. Make sure you leave everything in the car as you cannot enter with a purse or backpack. Then continue to the leeward side of the island and hike to Kaena Point. Do not leave anything visible in the car, as tourists routinely have their cars broken into and purses and backpacks stolen. The hike is stunning and is usually not very crowded. It is a great way to get some exercise while also relaxing. When you finish the hike, you can change into your swimsuit to enjoy the crystal blue waters of the Pacific. Drive back to Waikiki, shower and head to the Halekulani hotel for happy hour. The Halekulani offers free snacks, excellent Hawaiian music and a hula performance by a former Miss Hawaii, but best of all, it has a tremendous view of the sun setting over the ocean.

For Day 2, head to the North Shore and if you're there during winter, watch the surfers conquer enormous waves at Sunset Beach or the Bonzai Pipeline. For lunch, order a burger at Kua Aina and then get shave ice at Matsumoto's. While on the North Shore, go snorkeling at Shark's Cove. This is a great place to snorkel because

it is enclosed by volcanic rock so you can snorkel without being bothered by waves. Additionally, you will see a myriad of brightly colored fish. I recommend going to Turtle Beach, a favorite of mine. The sea turtles beach themselves on the sand and swim in the shallows. It is an ideal place to get close to sea turtles. When you are back in Waikiki, head to Duke's, Moose McGillicuddy's, or Kelley O'Neils for the evening.

For Day 3, head to the windward side of the island via the Pali Highway,



and take the exit for Nuuanu Pali Drive. This is an incredible three to four miles. It seems as if you are driving through a rainforest and at times the canopy covers the roadway in an arch of trees and vegetation. Then go to Pali Lookout where King Kamehameha solidified his hold on the islands. Some of the most beautiful views you will ever see are from Pali Lookout. And, if you enjoy horseback riding, head to Lanikai Beach and/or go to the Turtle Bay Resort.

For Day 4, you can drive along the southeastern coast and see the famous Blowhole and swim at Boiling Pots. Then, I recommend hiking to the Makapuu Lighthouse. The hike is fairly arduous but is well worth it as the views are incomparable. And when it comes time to eat, you'll want to consider Buzz's at Kailua Beach.

There is so much more to see and do on Oahu. I didn't even get to mention Diamond Head, The Punchbowl Cemetery, the Hauula Loop Hike, Iolani Palace, Chinatown, The Royal Hawaiian Band, the Macadamia Nut Farm, Hanauma Bay or the Manoa Falls hike. Suffice it to say, Oahu is a beautiful destination where you will have plenty to do without having left the United States.

The best ways to cheer on favorite sports teams

As Autumn weather nears there are thoughts of sipping warm cider and raking leaves. But for sports fans, fall is all about sports.

American football, field hockey, ice hockey, and basketball are just a few of the sports that make autumn an exciting time for sports fans.

Even the most ardent fan may have room for improvement when it comes to supporting his or her team. Here are a few ideas to make cheering for a favorite team even more enjoyable.

Attend a game. Fans who never get to see their team play in person may miss out on a unique experience. The atmosphere and energy of sitting in a stadium or arena cannot compete with a television simulcast. Ardent fans can resolve to attend a game in person this season. Enroll in employee entertainment clubs to receive discounts on sports tickets among



other types of entertainment.

Host a game watch. Build camaraderie with fellow fans by hosting a game watch. A routine sports night is a great way to get together with friends and family members. Gather a group at your house each week to watch a favorite team battle it out on the big screen. Or get together with fellow fans in the community at a sports bar or restaurant, combining a night out on the town with your passion for sports.

Get the kids involved. Spread the love of fandom to a new generation. Schools and youth organizations can encourage children to support local scholastic teams. Organize field trips to sporting events to involve as many students as possible.

Fall sports are heating up, and fans can do their part to support their favorite teams in various ways.

screening
from page 13

ications; Follow-up care plan; and, Exercise/nutrition recommendations

People choosing to participate must not currently be under the care of a cardiologist or have a known history of heart disease. A 12-hour fast is required prior to the appointment. Call 410-543-7026 to schedule your free Heart Smart screening appointment.



Visit - U.S. Senator Ben Cardin visited Burley Oak in Berlin last Thursday. From left: **Bryan Brushmiller**, Burley Oak owner; **Ivy Wells**, Director of Economic Development for the Town of Berlin; Senator **Ben Cardin**; Berlin Mayor **Gee Williams**, and **Zackery Tyndall**, District 2 Berlin council member.

WCRP asks for community feedback

Worcester County Recreation and Parks (WCRP), in collaboration with Environmental Programs, is in the process of updating the county's Land Preservation, Parks and Recreation Plan and is asking the community to help by completing two brief surveys, one for parks and one for programming.

The results of the surveys will be used to help county staff evaluate current programs and facilities, and to develop program and funding priorities for the next six years.

Surveys are available online at www.worcesterrecandparks.org/special-events/wcrp-survey. Hardcopies of the surveys are available at

any of the five library branches, and in Snow Hill at either the Worcester County Recreation Center or the Worcester County Government Center.

WCRP oversees the maintenance of all 13 county parks, thanks to funding provided by both the Maryland Department of Natural Resources Program Open Space and the Worcester County Commissioners. The State of Maryland requires each of the 23 counties and Baltimore City to complete a new plan every six years.

For more information about the plan or the surveys please contact WCRP at 410-632-2144.

honor
from page 8

National Angels in Adoption honoree is the Minnesota Vikings. Former National Angels include Korie and Willie Robertson, Shonda Rhimes, Deborra-Lee Furness Jackman, First Lady Laura Bush, Patti LaBelle, Jane Seymour, Muhammad Ali, the late Dave Thomas, Steven Curtis Chapman, Bruce Willis, Alonzo Mourning, Rhea Perlman and Kristin Chenoweth.

CCAI is a 501(c)3 nonpartisan organization dedicated to raising awareness about the tens of thousands of orphans and foster children in the United States and the millions of orphans around the world in need of permanent, safe and loving homes through adoption.

CCAI was created in 2001 by the active co-chairs of the bicameral, bipartisan Congressional Coalition on Adoption, one of Congress' premiere caucuses. The goal of the caucus is to eliminate policy barriers that hinder children from realizing their basic right of a family and more effectively raise Congressional and public awareness about adoption.

festival
from page 15

rytelling, animals, genealogy, clans, athletics, re-enactment groups, martial arts, craft demonstrations, cultural presentations, Flowers of the Forest Remembrance, a Celtic church service on Sunday, Celtic wares, imported beers and historic ales, wine tasting, whiskey tasting, and Celtic and Chesapeake Culinary Delights PLUS new surprises that are still being added. Visit celticfest.net for details and updates. Come feel the magic!

Furnace Town is handicap accessible and there is plenty of free parking.

Hours are 11 a.m. to 5 p.m. each day. Daily admission is \$15 ages 19 and over; ages four to 18 \$5; ages three and under are free; military (retired and current) \$5.



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Quinto named crafter of the month

The Pine'er Craft Club of Ocean Pines selects one of its members each month to be highlighted for their special crafting talents. Carol Quinto has recently been selected to represent the club in this capacity.

Carol acknowledges she has always had an interest in arts and crafts but was unable to passionately follow her crafting skills until she retired to Ocean Pines in 2004. She is a self-taught sewer, who began making hand sewn items to sell at the club's Artisan & Gift Shop located across from the OP Community Center. She discovered machine embroidery several years ago and enjoys creating custom embroidery pieces.

She has also developed a process for making glass and fabric decoupage plates. Although time consuming she is thrilled with how they turn out.

Carol is also a very busy member of the Pine'er Craft Club. She currently holds the position of Shop Manager and is responsible for the management of the Artisan & Craft Shop. Over the

past years she has held many responsible positions within the club and is co-chair of the Holiday Craft Fair which the club will sponsor in November.



Carol Quinto

ber. To see the items Carol has created and those of other crafters in the group visit the Artisan & Gift Shop opposite the Ocean Pines Community Center in White Horse Park. The shop is open every Saturday from 9 a.m. to 3 p.m. and Sunday 10 a.m. to 3 p.m. for browsing.

Kiwanis continues house signs service project

Many years ago the Kiwanis Club of Greater Ocean Pines – Ocean City was given permission by Ocean Pines to make the official House Signs as a community safety service project. Ocean Pines does not have street lights, therefore, when dark, house address numbers posted only on the house are difficult to see. Over the years, many brown signs with orange numbers, produced, sold and even re-painted by the local Kiwanis Club, can be seen in front of houses at the street where emergency services, like fire, ambulance and police, can more easily see the address for which they are searching, improving response times. To order signs or have existing signs re-painted, go to the Ocean Pines Administration office lobby and you will see a display with order forms to purchase the signs for \$15, which will be installed by the club curbside at your home. To have your sign re-painted the cost is \$10.

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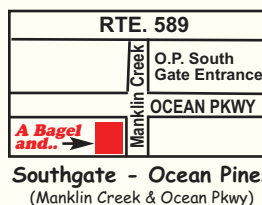
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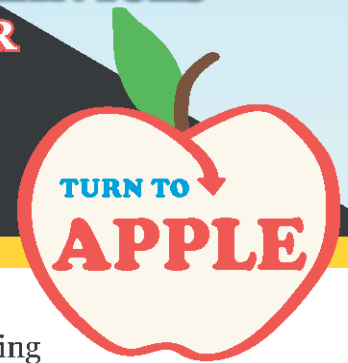
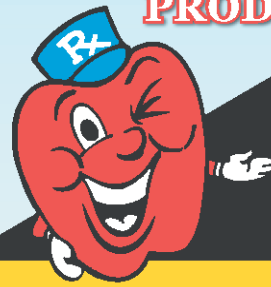
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