

# The Courier

September 6, 2017 Volume 18 Number 1

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## MBS accepting donations

Most Blessed Sacrament Catholic School will accept donations to aid in the relief effort for those victims affected by Hurricane Harvey. MBS will be working over the next week with Alan and Kristin Hudson, owners of Berlin Farm Supply, for Farmers and Friends of Maryland, and will be a drop-off location for needed items. The items will be collected and distributed to the Magnolia Cowboy Christian Church in Magnolia, Texas for families in need.

Please consider donating and dropping off any of the following new items: paper towels, toilet paper, toothbrushes/toothpaste, shaving cream, razors, soap, shampoo, deodorant, flashlights, batteries, bleach, paper plates, cups, plastic utensils, Band-aids, diapers, baby food/formula, trash bags, rubber gloves, pet food, pet leashes, collars, blankets, coloring books, and small toys.

Rubbermaid totes to transport items to Texas are also requested. Collection hours will be during school hours, Monday-Friday 7:30 a.m. to 3:45 p.m. through September 8. If you have any questions about the donation drop-off, please contact the school office at 410-208-1600.

## Clothing drive started

Shamrock Realty Group is sponsoring a children's clothing drive for the young victims of Hurricane Harvey. Donations can be dropped off through September 17 at the Shamrock offices located at 11049 Racetrack Road in Ocean Pines between 9 a.m. and 5 p.m.

The children in these areas have been traumatized by the total loss of all their possessions. Public officials are reporting that the children are arriving in shelters wet and in need of basic items of clothing.

If you do not have any children's clothing, consider donating a new item.

Please direct all inquiries to Traci Kerrigan at 410-713-2963.



**Start of school** - Ocean City Elementary School held its annual Back to School Open House on Thursday, August 31 to kick off the school year and welcome back students and their families.

Above: fourth grader, **Bo Gehrig** and first grader **Ava Gehrig** ready for the start of school.

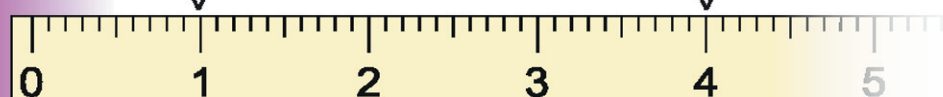
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Community Calendar

# September

*Brought to you by Law Offices of Patricia Cleary*



**PATRIOT DAY**  
SEPTEMBER 11

## The Parke garage sale scheduled

The Parke at Ocean Pines is holding its community sale on Saturday, October 28 (rain date is November 4) from 7:30 a.m. to noon in the driveways of its residents. The Parke is an active 55+ Adult community of 503 homes. Parke residents are selling their treasures for others to enjoy. There are clothes, lamps, artwork, household items, electronics, furniture and more.

On October 28, maps will be available at the main entrance of the Parke located at Central Parke West, located off Ocean Parkway at the south entrance of Ocean Pines.

For additional information, contact the Parke Clubhouse Staff at 410-208-4994.

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

## Tobacco cessation funding available

The Worcester County Health Department (WCHD) requests smoking cessation and education proposals from county entities. Community-based organizations, churches, private entities, non-profits, and workplaces are encouraged to apply. The Cigarette Restitution Fund, by way of WCHD and Maryland Department of Health, will provide grant funding for approved projects.

“These mini-grants are an opportunity to support community driven initiatives to prevent and reduce tobacco and nicotine use in our county,” said Kat Gunby, Director of Prevention Services at Worcester County Health Department. “We especially want to encourage projects that prevent use among youth, promote cessation among minorities, and support tobacco compliance at area retailers.”



Projects can include public awareness, community outreach, education, recruitment and referral to tobacco cessation, advocacy, promotion of tobacco cessation among pregnant women, and other health related activities. Tobacco control may address the reduction of smoking, prevention of smoking, or environmental change strategies.

A mini-grant orientation session will be held at 2 p.m. on Tuesday, September 12 at the Worcester County Health Department, 6040 Public Landing Road, Snow Hill.

Applications must be returned to the health department by September 26 no later than 4:30 p.m. A review team of local citizens will evaluate the applications and awards will be made after October 3, 2017 ranging from \$500-\$2,000. For more information or to request an application packet, please call Worcester County Health Department Prevention Services at 410-632-0056.

## 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@delmarvahandancing.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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# Preparing for a hurricane takes planning and thought

Hurricane Harvey has once again brought to the fore the importance of severe weather preparedness. And, now with Hurricane Irma possibly threatening the Atlantic coast, residents should give thought to the best way to prepare in the event a storm landfall in the region.

Hurricanes are massive storm systems that form over the water and move toward land. Threats from hurricanes include high winds, heavy rainfall, storm surge, coastal and inland flooding, rip currents, and tornadoes. These large storms are called typhoons in the North Pacific Ocean and cyclones in other parts of the world.

Each year, many parts of the United States experience heavy rains, strong winds, floods, and coastal storm surges from tropical storms and hurricanes. Affected areas include all Atlantic and Gulf of Mexico coastal areas and areas over 100 miles inland, Puerto Rico, the U.S. Virgin Islands, Hawaii, parts of the Southwest, the Pacific Coast, and the U.S. territories in the Pacific. A significant per cent of fatalities occur outside of landfall counties with causes due to inland flooding.

The Atlantic hurricane season runs from June 1 to November 30, with the peak occurring between mid-August and late October. The Eastern Pacific hurricane season begins May 15 and ends November 30.

## Basic Preparedness Tips

Know where to go. If you are ordered to evacuate, know the local hurricane evacuation route(s) to take and have a plan for where you can stay. Contact your local emergency management agency for more information.

Put together a go-bag: disaster supply kit, including a flashlight, batteries, cash, first aid supplies, medications, and copies of your critical information if you need to evacuate

If you are not in an area that is advised to evacuate and you decide to stay in your home, plan for adequate supplies in case you lose power and water for several days and you are not able to leave due to flooding or blocked roads.

Make a family emergency communication plan.

Many communities have text or email alerting systems for emergency notifications. To find out what alerts are available in your area, search the

Internet with your town, city, or county name and the word "alerts."

## Preparing Your Home

Hurricane winds can cause trees and branches to fall, so before hurricane season trim or remove damaged trees and limbs to keep you and your property safe.

Secure loose rain gutters and downspouts and clear any clogged areas or debris to prevent water damage to your property.

Reduce property damage by retrofitting to secure and reinforce the roof, windows and doors, including the garage doors.

Purchase a portable generator or install a generator for use during power outages. Remember to keep generators and other alternate power/heat sources outside, at least 20 feet away from windows and doors and protected from moisture; and NEVER try to power the house wiring by plugging a generator into a wall outlet.

Consider building a FEMA safe

room or ICC 500 storm shelter designed for protection from high-winds and in locations above flooding levels.

**Hurricane Watch:** Hurricane watch = conditions possible within the next 48 hrs.

Steps to take:

-Review your evacuation route(s) & listen to local officials.

-Review the items in your disaster supply kit; and add items to meet the household needs for children, parents, individuals with disabilities or other access and functional needs or pets.

**Hurricane warning:** conditions are expected within 36 hrs.

Steps to take:

-Follow evacuation orders from local officials, if given.

-Check-in with family and friends by texting or using social media.

Follow the hurricane timeline preparedness checklist, depending on when the storm is anticipated to hit and the impact that is projected for your location.

**What to do when a hurricane is 6 hours from arriving.**

If you are not in an area that is recommended for evacuation, plan to stay at home or where you are and let friends and family know where you are.

Close storm shutters, and stay away from windows. Flying glass from broken windows could injure you.

Turn your refrigerator or freezer to the coldest setting and open only when necessary. If you lose power, food will last longer. Keep a thermometer in the refrigerator to be able to check the food temperature when the power is restored.

Turn on your TV/radio, or check your city/county website every 30 minutes in order to get the latest weather updates and emergency instructions.

**What to do when a hurricane is 6-18 hours from arriving**

Turn on your TV/radio, or check your city/county website every 30 minutes in order to get the latest weather updates and emergency instructions.

Charge your cell phone now so you will have a full battery in case you lose power.

**What to do when a hurricane is 18-36 hours from arriving**

Bookmark your city or county website for quick access to storm updates and emergency instructions.

Bring loose, lightweight objects inside that could become projectiles in high winds (e.g., patio furniture, garbage cans); anchor objects that would be unsafe to bring inside (e.g., propane tanks); and trim or remove trees close enough to fall on the building.

Cover all of your home's windows. Permanent storm shutters offer the best protection for windows. A second option is to board up windows with 5/8" exterior grade or marine plywood, cut to fit and ready to install.

**What to do when a hurricane is 36 hours from arriving**

Turn on your TV or radio in order to get the latest weather updates and emergency instructions.

Build or restock your emergency preparedness kit. Include food and water sufficient for at least three days, medications, a flashlight, batteries, cash, and first aid supplies.

## September is Preparedness Month

In the wake of Hurricane Harvey and the possibility of Hurricane Irma making landfall along the Atlantic Coast, Governor Larry Hogan and the Maryland Emergency Management Agency (MEMA) are reminding Marylanders that September is both National and Maryland Preparedness Month. Throughout the month, state officials are urging all residents to review preparedness information for severe weather and other emergencies. In an effort to promote preparedness, Maryland's government agencies, businesses, community groups, schools, and families will participate in events around the state.

"Preparing for an emergency before it happens can make a huge difference both in our homes and our communities," said Governor Hogan. "This month is a reminder that the time to prepare is now and that all Marylanders must work together and help each other during weather-related emergencies and other hazardous situations."

Common hazards in Maryland include flooding, high wind, severe thunderstorms, and winter storms. Several online sources provide good emergency preparedness information for these and additional threats including:

- MEMA: <http://mema.maryland.gov/Pages/emergencies.aspx>
- Federal Emergency Management Agency: [www.ready.gov](http://www.ready.gov)
- National Weather Service: [www.weather.gov/safety](http://www.weather.gov/safety)

During Preparedness Month, MEMA will be announcing events and information throughout September on our Twitter feed @MDMEMA, Facebook page and Instagram.

"The devastating effects of Hurricane Harvey should remind us that we all need to be prepared for emergencies," said Russ Strickland, Executive Director of MEMA. "Right now we are in the height of the hurricane season in the mid-Atlantic, but we also need to be ready for a variety of other threats. Now is the time to make sure you are prepared."



# The Courier

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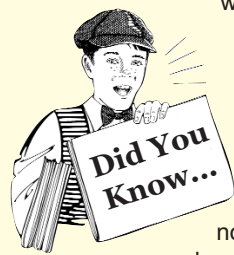
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## 2012 Business of the Year

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Vehicle identification number etching, or "VIN etching," is a theft deterrent in which an automobile's VIN, a 17-character code consisting of letters and numbers unique to each vehicle, is etched onto the vehicle's



windows. Some manufacturers may etch the VIN onto the windows of all their vehicles, while others may not. Dealerships

may charge VIN etching fees to buyers of new vehicles, but buyers should always consult their insurance companies before agreeing to pay such fees. Some insurance providers do not discount premiums for vehicles with VIN etching, while others might. Drivers may not want to pay VIN etching fees if their insurance providers will not discount their premiums, so it pays to consult with providers before purchasing a new vehicle. In addition, drivers who want to save money on etching fees but still do all they can to deter prospective car thieves may want to purchase their own VIN etching kits, which typically cost around \$20.

## Vendors sought for Pines' flea market

It is time to clean out those closets and make way for treasures that could be found at the Ocean Pines semi-annual Indoor/Outdoor Flea Market on Saturday, September 30 from 8 a.m. to noon.

Bargain shoppers are encouraged to hunt for deals at the flea market at the Ocean Pines Community Center.

Gently used clothing, children's items, household items, collectibles, delectable food and more will be for sale.

To add to the excitement and fun of the day, the flea market will take place in conjunction with the Ocean Pines Farmers Market at the White Horse Park, located next to the community center.

The Ocean Pines Recreation and Parks Department is seeking residents and non-residents who are looking to sell gently used or new merchandise at the community-wide flea market. An indoor space is \$15 for Ocean Pines residents and \$20 for non-residents and includes an 8-ft. table and a chair. Outdoor spaces, which will be located in the parking lot in front of the Ocean Pines Administration Building, are \$10 for all vendors. Outdoor vendors will need to provide their own tables and chairs.

This year promises to be just as well-attended as last.

Admission is free and open to the public. Free parking is also available at the Ocean Pines Community Center.



## Church restoration is progressing

St. Paul's by-the-Sea Episcopal Church recently announced that the rebuild and addition to the church is progressing as expected. Concrete has been poured and ground floor masonry work started last week. Next week Gillis Gilkerson crews will start wood framing.

"We can literally see the project coming out of the ground," said Father Matthew D'Amario, Rector of St. Paul's-by-the-Sea. "The congregation is pleased with the progress and looking forward to the completion that will coincide with the holidays at the end of the year."

Work started in April on the construction of The Fellowship Commons, a two-story addition of approximately 2,300 square feet of usable space that replaces space lost from the destruction of the rectory, and the addition of an accessible restroom in Dewees Hall, the parish's community hall. The addition to the north side of the church required the demolition of the temporary enclosure of the church built after the rectory was razed. The project is scheduled for completion by the end of December 2017.

The addition to the church will replace the rectory that was destroyed in a fire on November 26, 2013 that claimed two lives including that of Reverend David Dingwall, the Rector of the church. Donations for the building project may be made to the church's Building Recovery Fund at 302 North Baltimore Avenue, Ocean City, MD 21842.

### prepare from page 3

Plan how to communicate with family members if you lose power. For example, you can call, text, email or use social media. Remember that during disasters, sending text messages is usually reliable and faster than making phone calls because phone lines are often overloaded.

Review your evacuation plan with your family. You may have to leave quickly so plan ahead.

Keep your car in good working condition, and keep the gas tank full; stock your vehicle with emergency supplies and a change of clothes.

#### After a Hurricane

Listen to local officials for updates and instructions.

Check-in with family and friends by texting or using social media.

Return home only when authori-

ties indicate it is safe.

Watch out for debris and downed power lines.

Avoid walking or driving through flood waters. Just 6 inches of moving water can knock you down, and one foot of fast-moving water can sweep your vehicle away.

Avoid flood water as it may be electrically charged from underground or downed power lines and may hide dangerous debris or places where the ground is washed away.

Photograph the damage to your property in order to assist in filing an insurance claim.

Do what you can to prevent further damage to your property, (e.g., putting a tarp on a damaged roof), as insurance may not cover additional damage that occurs after the storm.

#### When there is no hurricane: Make a hurricane plan

Know your hurricane risk. Talk to

your local emergency management agency.

Make an emergency plan.

Sign up for alerts and warnings

Make a Family Communication plan

Plan shelter options

Know your evacuation route

Build or restock your basic disaster supplies kit, including food and water, a flashlight, batteries, chargers, cash, and first aid supplies.

Consider buying flood insurance.

Familiarize yourself with local emergency plans. Know where to go and how to get there should you need to get to higher ground or to evacuate.

Stay tuned to local wireless emergency alerts, TV, or radio for weather updates, emergency instructions, or evacuation orders.

Source: Federal Emergency Management Administration.

# What's cool for school

It's the start of yet another school year, a time parents and children either dread or anticipate depending on the point of view. There's so much effort that goes into preparing for a new school year. And when I write effort, I

mother was concerned that my posture would be harmed if I carried over my shoulder a bag laden with heavy books. Secretly I think she hoped I'd become a lawyer.

Then there was the pencil case.

Having the right pencil case made the difference between being cool and being laughed at. I developed a sense of humor at an early age. Why I remember this I cannot tell you. But the only pencil case that stands out for me after all these

years was a red and black zippered plastic case that had two pockets on the side that buttoned shut. Inside I carried four number 2 pencils, a six-inch ruler, a pencil sharpener and a dime for a pretzel at snack time.

Lunch boxes were a huge deal back in the day when Fonzie was king and Speed Racer still dominated the raceway. I remember going to the store and there would literally be aisles filled with lunch boxes emblazoned with television stars, movie characters

and even from time to time historical figures (those were big in 1976). Among the lunch boxes I had: "Happy Days," "Star Wars," and if memory serves me correctly, "Batman." One year I had a metal lunchbox that was a sideways mailbox.

Go figure!

The Thermoses that came with those now classic metal lunch boxes had a glass interior. They were basically a drinking water glass inside a metal tube. There were countless times when kids at the lunch table found that the glass in their Thermos smashed and their drink was filled with shards of glass. I guess that's why the design was discontinued. But boy those were the days!

Like it was in my day, I really have no sense of what's in and what's not for the coming school year. But let me say that if some kid this week shows up to school with a lawyer-type school bag and a Fonzie metal lunch box, he should not be made fun of. He possesses an inner cool that will only be realized many, many years from now – hopefully.



## ***It's All About...***

By **Chip Bertino**

chipbertino@delmarvacourier.com

really mean shopping: for clothes and supplies. In some ways shopping for the start of the new school year can be worse than shopping for Christmas gifts. At least at Christmas you know there's someone out there shopping for a gift to give to you.

Back in my day, which was during the Nixon and Ford administrations, getting ready for school meant having to leave the shore where my brother and I spent the entire summer starting with the day after school

ended. Once we were home in Philadelphia the days leading up to the first day of school were hectic; spent shopping for shoes, uniform pants, getting a haircut and doing a host of other things that were an anathema. The

only shopping excursions I remember enjoying were when we went to buy a new school bag, a new pencil case (I don't remember now why a new pencil case was so important) and getting a new lunch box. Lunch boxes in my day were constructed of metal, the better to protect your food with and the better to hit someone over the head with if they were bothering you. Are lunch boxes still made?

I was rather particular about my school bag. For quite a few years I carried one that looked more like a lawyer's brief case. Each year I would alternate between the colors of black and brown. While the other kids had book bags that looked more like sacks that they swung over their shoulders, I looked like a four-foot Perry Mason wannabe. I wasn't allowed to have a bag like the other kids because my



## **Ninth Annual Patriot Day Fashion Show Luncheon**

Clarion Resort Fontainebleau Hotel

Thursday, September 28

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

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*Republican Women of Worcester County*

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# Enjoying the wonders of Asia

*This is second installment of a two part series.*

By **Jean Marx**

To lead off Part 2 of our Asia trip, we arrived in Hong Kong one afternoon in late July after a short flight from Xiamen, China. After proceeding through customs and checking into our hotel, we headed to the subway. Our destination was the "Big Buddha" statue on Lantau Island that is over 100 feet tall. Fortunately, there are many people in Hong Kong who speak English, so after getting help in understanding how the subway system is laid out and the currency conversion, we found it very easy to navigate thereafter.

To get to Big Buddha, we took the 25-minute Ngong Ping cable car that

wound up and down a mountain range that offered stunning views of the city. The heat and humidity felt stifling, but we did climb the 268 stone steps to the base of the statue. We were awed at its splendor. Afterward, we walked the grounds of the nearby Po Lin Buddhist Monastery. It, too, was awe-inspiring with its many buildings with intricate dragon and animal designs along the roofs and Buddha statues inside. There were also feral cows and water buffalo roaming freely. This excursion became our second favorite in the entire trip.

Day 2 in Hong Kong started with a tram ride up to Victoria Peak that reminded us of a cable car ride in San Francisco. We then took a sampan boat ride in the harbor where the female boat driver maneuvered the controls with her feet. We also took a tour through a jewelry factory where I purchased a lovely jade and gold pendant. It's virtually impossible not to fall in love with jade, a revered gemstone throughout the continent. The next day we took the high-speed ferry to Macau which used to be administered by the Portuguese from 1546-1999. We were charmed by the architecture and museums we visited. We also rode the elevator to the observation deck of the Macau Tower that people pay over \$400 to bungee jump off of. We were thrilled to watch three jumpers take the plunge. The observation deck offered a terrific view of Macau with China and Hong Kong in the distance. We finished the tour with a stop at one of their casinos. Remarkably, there are 38 on Macau. We learned that it is the only legal place in all of China's territories where people can gamble, and the earnings the casinos rake in far surpass Las Vegas.

We finished our trip in Beijing, where we discovered our favorite part of the trip. The two full days we spent in

Beijing were all-day tours, and I highly recommend that. There is so much to see and do, it is tremendously crowded, and the language barrier is omnipresent. Without the help of an English-speaking guide, you wouldn't be able to understand what to do and how to get around. We spent our first day seeing Tiananmen Square, the Forbidden City, the Summer Palace, and the Temple of Heaven. Tiananmen Square can fit one million people inside it, and it is also marked by the enormous framed portrait of Mao Zedong who is still honored as the leader of the common man. He led the Communist Party in China from 1935 until his death in 1976. We then visited the Forbidden City that is four times larger than Tiananmen Square. It was built in the early 15th Century in the Ming Dynasty to house the emperor and his family and entourage. It was only in 1925 that it was opened to the public. Among its many buildings are the South Gate, the Outer Courtyard, the Inner Courtyard, and the North Gate and sur-

rounding moat. The Summer Palace was a retreat for the royal family and the site of beautiful gardens. The royal family went to the Temple of Heaven to worship the God of Heaven and pray for a good harvest. The buildings were beautiful and adorned with Chinese symbols such as the dragon to signify the power the emperor held.

Our second full day was spent at Mu Tian Yu, a section of the Great Wall that fortunately isn't as crowded as other sections. Mu Tian Yu stands for "Beautiful Farmland," and the surrounding mountain range carries the same name. It was our favorite day because the Great Wall is truly a wonder of the world. It extends nearly 6,000 miles and was built 2,000 years ago by thousands of laborers who had to hand-carry the stones to the top of the enormous mountain ranges. It was originally built to keep the Mongolians from overtaking China, but now it fittingly stands as a remarkable achievement that brings people of all nations and races together to view it.

## Golf tournament attracts record numbers

Record participation at the 33<sup>rd</sup> Annual Taylor Bank/Ocean Pines Junior Golf Scholarship Tournament, held on August 16 at Ocean Pines Golf Club, will mean more money for junior golf programs and scholarships.

The event, hosted by the Ocean Pines Golf Members' Council, raises funds for scholarships and for junior golf programs at the course.

"With the help and support of all who contributed and played, the success of the tournament exceeded our expectations," said Ocean Pines golf member and tournament chair Scotty Wheatley.

More players in this year's tourna-

ment, as well as increased participation from sponsors, will allow the Ocean Pines Golf Members' Council to distribute more money to junior golf.

"The money raised will enable us to continue and give more back in scholarships to those high school students who are golfers or interested in golf course maintenance programs, and to continue our support of our junior golf program at Ocean Pines," Wheatley said.

This past year the Ocean Pines Golf Members' Council awarded \$4,000 in scholarships to area high school seniors. The group also donated sets of junior golf clubs as well as money to purchase additional junior golf equipment for use with junior golf camps and clinics in Ocean Pines.



### Monday

Chicken Parmesan over Pasta \$9.95

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

### Tuesday

Burger and French Fries \$6

LARGE CHEESE PIZZA  
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# Football is America's sport

According to Nielsen, 111.3 million people tuned in to watch the Super Bowl in early 2017. Almost two-thirds of adults in the United States say they currently watch National Football League games. And they are likely to tune in to the official start of the 2017 football season which is tomorrow, September 7.

Football is no longer relegated to the boundaries of the United States, as it is becoming a global sport. According to the International Federation of American Football, there are 80 countries with organized federations governing the game. Plus, thousands of youth and adult leagues exist all over the world. Even though soccer has long been a global sport, it seems the other kind of "football" is quickly catching up.

The sport known as football was borne out of the English sports of as-

sociation football (soccer) and rugby. During the late 19th century, elite Northeastern colleges took up the sport, playing a soccer-type game with rules adopted from the London Football Association. Inter-collegiate matches began to spring up at schools such as Rutgers, Princeton, Harvard, and McGill University. Rugby-type rules became preferential among players and spectators.

Walter Camp, known affectionately as the "Father of American Football," transformed the rugby-style game into the one that resembles American football today. Camp brought two key innovations to the game. The opening "scrummage" was eliminated, and a rule was introduced that required a team to give up the ball after failing to advance down the field a specific yardage. Camp also developed the quarterback position, lines of scrimmage and the scoring scale used in football today.

Early games were controversial because of the high rate of injury. President Theodore Roosevelt stepped in to ask collegiate teams to revise regulations to make the game less brutal. The committee overseeing the rules would later become

known as the National Collegiate Athletic Association.

Thanks largely in part to the popularity of college football, professional football began to gain traction with the public. The American Professional Football Association was formed in 1920. That league would later become the National Football League. The first televised NFL game occurred in 1939. Eventually, football's popularity would explode.

Cheerleaders were introduced to the game in the 1960s. Currently, the Dallas Cowboy Cheerleaders are the most famous squad. Six teams in the NFL do not have cheerleaders: the Chicago Bears, the Cleveland Browns, the Detroit Lions, the New York Giants, the Pittsburgh Steelers, and the Green Bay Packers.

Football games typically last around 3 hours. Average attendance for an NFL game is 66,957 spectators.

Football has become a multibillion-dollar industry. What developed on college campuses has grown into a worldwide phenomenon.

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Submit resume by visiting our website:  
[www.coastalhospice.org](http://www.coastalhospice.org)

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### Baltimore Ravens Schedule

- Sept. 10: 1 p.m. at Bengals
- Sept. 17: 1 p.m. Browns
- Sept. 24: 9:30 a.m. At Jaguars
- Oct. 1: 1 p.m. Steelers
- Oct. 8: 4:05 p.m. At Raiders
- Oct. 15: 1 p.m. Bears
- Oct. 22: 1 p.m. at Vikings
- Oct. 26: 8:25 p.m. Dolphins
- Nov. 5: 1 p.m. at Titans
- Nov. 19: 1 p.m. at Packers
- Nov. 27: 8:30 p.m. Texans
- Dec. 3: 1 p.m. Lions
- Dec. 10: 8:30 p.m. at Steelers
- Dec. 17: 1 p.m. at Browns
- Dec. 23: 4:30 p.m., Colts
- Dec. 31: 1 p.m. Bengals

### Philadelphia Eagles Schedule

- Sept. 10: 1 p.m. at Redskins
- Sept. 17: 1 p.m. at Chiefs
- Sept. 24: 1 p.m. Giants
- Oct. 1: 4:05 pm at Chargers
- Oct. 8: 1 p.m. Cardinals
- Oct. 12: 8:25 pm at Panthers
- Oct. 23: 8:30 p.m. Redskins
- Oct. 29: 1 p.m. 49ers
- Nov. 5: 1 p.m. Broncos
- Nov. 19: 8:30 p.m. at Cowboys
- Nov. 26: 1 p.m. Bears
- Dec. 3: 8:30 pm at Seahawks
- Dec. 10: 4:25 p.m. at Rams
- Dec. 17: 1 p.m. at Giants
- Dec. 25: 8:30 p.m. Raiders
- Dec. 31: 1 p.m. Cowboys

### Washington Redskins Schedule

- Sept. 10: 1 p.m. Eagles
- Sept. 17: 4:25 p.m. at Rams
- Sept. 24: 8:30 p.m. Raiders
- Oct. 2: 8:30 p.m. at Chiefs
- Oct. 15: 1 p.m. 49ers
- Oct. 23: 8:30 p.m. at Eagles
- Oct. 29: 4:25 p.m. Cowboys
- Nov. 5: 4:05 pm at Seahawks
- Nov. 12: 1 p.m. Vikings
- Nov. 19: 1 p.m. at Saints
- Nov. 23: 1 p.m. Giants
- Nov. 30: 1 p.m. at Cowboys
- Dec. 10: 4:05 pm at Chargers
- Dec. 17: 1 p.m. Cardinals
- Dec. 24: 1 p.m. Broncos
- Dec. 31: 1 p.m. at Giants

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MD #2294

# Chincoteague readies for oyster festival

The Chincoteague Chamber of Commerce is preparing for its annual party to honor Chincoteague Oysters.

This event will be held on October 7 at Tom's Cove Park located at 8128 Beebe Road in Chincoteague. Oysters will be served raw, steamed, fried and frittered beginning at noon along with clam fritters. Clam chowder, hushpuppies, hot dogs, shrimp cocktail, salad bar, and boardwalk fries will be served at 11 a.m. Non-alcoholic beverages are included in the ticket price and beer may be purchased separately.

Gates open at 10 a.m. giving attendees the opportunity to decorate their spaces for the Best Decorated Space Contest, and purchase festival souvenirs and raffle chances for the extravaganza of prizes to be given away at 4 p.m. There will be no admittance into the festival grounds prior to 10 a.m. Live music by local

## St. Luke's to host events

On September 24, someone will drive away a brand new 2017 Chevy Cruze or Kia Soul which have been donated by Jim's Berlin Chevy, Berlin Jeep and Ram and Holly Kia. The tickets are \$5 each or five for \$20. Tickets can be bought at St. Luke and St. Andrew after weekend mass, at the parish office (14401 Sinepuxent Ave., Ocean City), or by calling 410-250-0300 to have them mailed to you.

The 9th Annual Parish at the Beach Golf Open will again be held at Bayside Resort Golf Club on Wednesday, October 11 with a noon registration and 1 p.m. shotgun start. Prizes are awarded for Closest to the Pin and Longest Drive for both men and women. The cost for golfers is \$125 which includes a goodie bag, range balls, 18 holes of golf with cart and a dinner banquet. The proceeds from this event benefit our Religious Education Program and several students who are attending the National Catholic Youth Conference in Indianapolis this November.

On November 11, the 17th annual Christmas bazaar will be held at St. Andrew Catholic between 9 a.m. and 3 p.m. on November 11.

favorite "Island Boy" can be enjoyed from noon to 4 p.m. The Pony Express Trolley Green Route will operate free of charge from 9 a.m. to 5 p.m. for your convenience courtesy of the Chincoteague Chamber of Commerce and the Town of Chincoteague.

Attendees may also park at Chincoteague Combined School and ride the "Pony Express" from there. Limited tickets remain to this sell-out party so order soon. Tickets are \$45 each and proceeds benefit programming and activities of the Chincoteague Chamber of Commerce. Call the chamber today at 757-336-6161 or order online at [www.chincoteaguechamber.com](http://www.chincoteaguechamber.com).

## 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 Tuesday 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.



**Donation** - Pam and Macky Stansell, owners of Macky's Bar and Grill, 54<sup>th</sup> street in Ocean City, have donated \$10,000 to the Ocean City Lions' Wounded Troops Fund and the 12th Annual "Wounded Troops" Golf Tournament, which is happening on Wednesday, October 11, at the Ocean City Golf Club. The Stansells have financially supported the fundraiser and tournament from its inception.

The tournament benefits wounded troops from current military conflicts. To date, the Ocean City Lions have donated over \$339,000 to the US Army Medical Center/Pastoral Services in Landstuhl, Germany, where wounded troops are sent for treatment before heading home.

If you would like to make a donation or participate in the "Wounded Troops" Golf Tournament contact Lion Ben Dawson at 410-603-2205 or e-mail [bendawson@beachin.net](mailto:bendawson@beachin.net).

Above: (left to right) **Ben Dawson, Macky Stansell, John Topfer.**

## Free concert on the lawn offered

The Rehoboth Concert Band will perform at the Berlin Heritage Foundation's final concert on the lawn this season on Sunday, September 10 at 6 p.m.

Rehoboth Concert Band performs music that spans the musical genres, classical, film scores/show tunes, jazz, contemporary pop, something for everyone of all ages. It is Rehoboth Beach's "hometown" concert band and consists of area adult and student musicians who are committed to making beautiful music. Through its sweeping melodies and crisp articulations, the Band strives to entertain and move its audiences, to enrich our community's culture through music. Rehoboth Concert Band welcomes you to participate in the summer fun or to simply sit back and listen as they play their hearts out. Founded in 2012, the Band performs for audiences at area schools, benefits for area nonprofit organizations, churches, and at Delaware beaches' concert and festival events. [www.rehobothconcertband.org](http://www.rehobothconcertband.org)

Just bring a chair and a picnic to enjoy this free concert on the lawn of the Taylor House in Berlin.

The Taylor House Museum is open

through the end of October on Mondays, Wednesdays, Fridays and Saturdays from 11 a.m. to 3 p.m. Group tours are available anytime by appointment.

For more information contact the Taylor Museum at 410-641-1019 or visit our website at [www.taylorhouse-museum.org](http://www.taylorhouse-museum.org).

## Pines to host health fair

The Ocean Pines Association and its Communications Advisory Committee are teaming up with Atlantic General Hospital (AGH) and Peninsula Regional Medical Center (PRMC) to offer a free health fair for the community.

The 7th annual Ocean Pines Community Health Fair, which is open to the public, will be held from 8 a.m. to noon Saturday, October 7, at the Ocean Pines Community Center.

"We're excited to host the popular health fair once again," said Ocean Pines Marketing and Public Relations Director Denise Sawyer. "Healthcare can sometimes be overwhelming and

please see **fair** on page 9



# MSO opens twentieth anniversary season

The Mid-Atlantic Symphony Orchestra (MSO), the only professional symphony orchestra on Maryland's Eastern Shore, kicks off its 20<sup>th</sup> anniversary season, "Reaching Ever Higher," with performances at the Todd Performing Arts Center at Chesapeake College in Wye Mills, MD on Thursday, September 28 at 7:30 p.m.; the French Embassy in Washington, DC, on Friday, September 29 at 8 p.m.; and at the Ocean City Performing Arts Center within the Roland E. Powell Convention Center in Ocean City, MD on Saturday, October 1 at 3 p.m. The fall concert program, "East and West of the Rhine," will feature the music of Ernest Chausson, Camille Saint-Saëns, Maurice Ravel, and Johannes Brahms.

Maestro Julien Benichou comments, "We are thrilled to be performing such symphonies as Brahms' moving Symphony No. 4 in our first concert and to be welcoming violinist Virgil Boutellis-Taft who will perform in Chausson's "Poème" and Saint Saëns' "Danse Macabre."

"Symphony No. 4 Op. 98" was Brahms last symphony. Richard Strauss, a Futurist, wrote that the "Andante of the Symphony No. 4" reminded him of "... a funeral procession moving in silence across moonlit heights...". The music soars with passion and feeling of great intensity, but not of grief or mourning.

Ernest Chausson's "Poeme for Violin and Orchestra" was written in 1896.

The work was probably inspired by a short story by the Russian novelist Ivan Turgenev, "The Song of Triumphant Love," in which two young men, one a violinist, fall in love with the same woman. It was written for a virtuoso violinist at the height of French Romanticism, and remains a favorite of skilled performers.

Maurice Ravel's "Ma Mere l'Oye (Mother Goose)" was initially written in 1910 as a work for piano for four hands, based on various children's stories. It was a gift to Mimie and Jean Godebski, whose parents were friends of Ravel. The work was orchestrated in 1911 and was always popular because of its flowing melodies, fine harmonies and superb orchestration. Now over a century old, it is still considered "modern music," yet easy to digest.

Camille Saint Saens was a child prodigy who entered the Paris Conservatoire at the age of 13. "Danse Macabre" was originally written in 1872 as an art song for voice and piano, and orchestrated in 1874. The work is based on an old superstition about how death plays its fiddle on Halloween

and skeletons emerge from their graves to dance from midnight until dawn.

The opening night concert at Chesapeake College on September 28 will feature a special catered reception at intermission, sponsored by Piazza in Easton, MD. Hors d'oeuvres and prosciutto will be served. The 20<sup>th</sup> Anniversary Season Opening Dinner will be held on October 1, 2017 following the concert at the Ocean City Performing Arts Center Ocean City Convention Center. The cost for the plated dinner and cash bar is \$65 a person.

The Mid-Atlantic Symphony Orchestra is supported in part by the Maryland State Arts Council, the Talbot County Arts Council, the Worcester County Arts Council, Sussex County, Delaware and the Community Foundation of the Eastern Shore, Inc.

Season subscriptions for the 2017-2018 season of the MSO are available online at [midatlanticsymphony.org](http://midatlanticsymphony.org), or by telephone (888) 846-8600. Individual tickets will be sold in advance online and at the door. For further information, visit [midatlanticsymphony.org](http://midatlanticsymphony.org).

## fair

from page 8

confusing. The Ocean Pines Community Health Fair will provide opportunities for residents and guests to learn how to live the healthiest lives possible. Medical practitioners will engage health fair-goers in conversation about common health concerns and distribute helpful information."

Free screenings. Atlantic General Hospital will be providing various health-related screenings including glucose testing and cholesterol testing for total and HDL (a 12-hour fast is required), hearing, carotid, blood pressure and bone density screenings. Other information specialists will be there from the Sleep Lab, Endoscopy Center, Wound Care Center, Diabetes Education, Nutrition, Women's Diagnostic Services, and Regional Cancer Care Center.

Peninsula Regional Health System, with locations throughout Delmarva, will offer a full complement of screenings. Skin cancer screenings will be performed on Peninsula Regional's Wagner Wellness Van outside of the community center. Inside, Peninsula Regional will offer blood pressure checks, stroke risk assessment, pulse oximetry, bone density, falls assessment and body mass index screening.

Peninsula Regional will also have information on its comprehensive cardiac and pulmonary rehabilitation program, community support groups, Family Lab services, Lifeline medical emergency alert system, the Delmarva Health Pavilion Ocean Pines and the new Richard A. Henson Cancer Institute Ocean Pines.

New this year. This year's health fair will feature a door prize, a new attraction for all who attend. Guests will register as they arrive and enter the door prize drawing. Merchandise from AGH, PRMC and the Ocean Pines Association will be used as a door prize.

"In addition to the door prize, we will have all kinds of giveaways and refreshments," said Sawyer. "Folks are sure to walk away with tons of goodies and good information to use when improving their health."

Given increased concerns over addiction and overdose deaths, the Worcester County Health Department and some of its community partners will be on hand to discuss addiction in the local community.

Family Favorites. This year AGH will be offering free flu shots for participants over the age of 13 from 8 a.m. to noon during the event.

For Berlin and Ocean Pines residents, this is an opportunity to take advantage of free health services right in your back yard. For those a little further afield, it's still a great opportunity to get a snapshot of your health and pick up some valuable tips along the way. All are welcome to attend, even those who are visiting the area. It promises to be a fun, informative morning.



NAMI Maryland Lower Shore

Presents the:

## NAMI Family-to-Family Education Program

Free for family and friends of individuals with:

- Major Depression
- Bipolar Disorder (Manic Depression)
- Schizophrenia and Schizoaffective Disorder
- Borderline Personality Disorder
- Panic Disorder and Obsessive Compulsive Disorder
- Co-occurring Brain Disorders and Addictive Disorders

The 12 classes will be held on the following MONDAYS and WEDNESDAYS, from 6:15-9:00 p.m.:

Mon 9/18	Wed 9/20	Mon 9/25
Wed 9/27	Wed 10/4	Wed 10/11
Mon 10/16	Wed 10/18	Mon 10/23
Wed 10/25	Mon 10/30	Wed 11/1

These classes are structured to help caregivers understand & support individuals with serious mental illness while maintaining their own well being. The course is taught by a team of trained NAMI family member volunteers affected by a loved one with mental illness. Over 80,000 people in the U.S., Canada and Mexico have completed this course. Visit: [www.NAMI.org](http://www.NAMI.org).

**CLASS STARTS:**

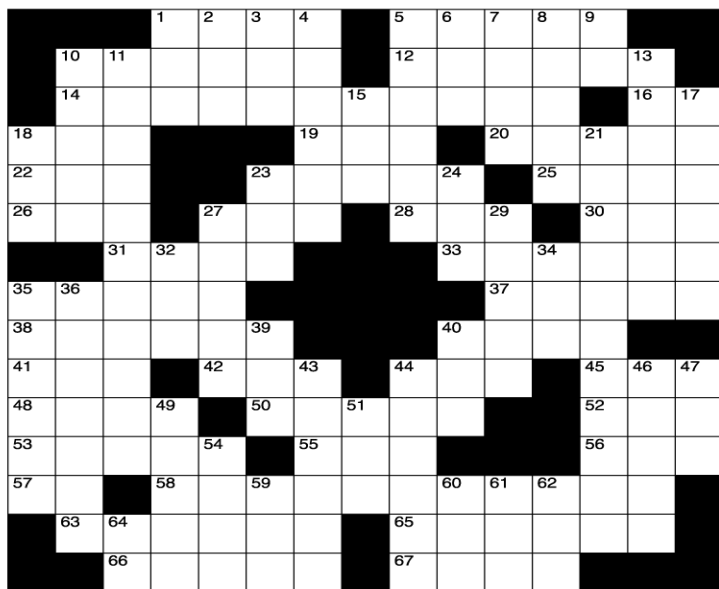
**Mon, Sept. 18<sup>th</sup> at 6:15 p.m. at  
Worcester Youth & Family Services, Berlin, MD**

**Registration is required.**

**Classes fill quickly. Sign up now! By contacting Paul or Noreen Scalice at  
302-242-0324, Carole Spurrier at 443 614 6739,**

**Or by Email: [namimds@gmail.com](mailto:namimds@gmail.com)**

We are so very thankful to community individuals & agencies that have supported our programs.



**CLUES ACROSS**

- 1. Sexual cells of fungi
- 5. Communication device
- 10. Consumers
- 12. Kindness
- 14. Argentina's capital
- 16. Spanish be
- 18. Ad \_\_\_: done for a specific purpose
- 19. Fiddler crabs
- 20. Type of wrap
- 22. Picnic invader
- 23. Hammer ends
- 25. One-time Roman emperor
- 26. Pounds per square inch
- 27. Not pleased
- 28. Father's Day gift
- 30. Wildebeests
- 31. Algerian coastal city
- 33. Thoroughfare
- 35. More lucid
- 37. "All \_\_\_ on deck"
- 38. Singel-celled animals
- 40. Iron-containing compound
- 41. Where golfers begin
- 42. One who is gullible
- 44. Type of tree
- 45. Popular form of music
- 48. Makes a mistake
- 50. Recorded
- 52. Basics
- 53. Facilitates
- 55. Where a bachelor lives
- 56. Ink
- 57. Bibliographical abbreviation
- 58. Furnishes anew
- 63. Popular James Cameron film
- 65. With many branches
- 66. Flat pieces of stone
- 67. Sixth month of the Hebrew calendar

**CLUES DOWN**

- 1. Had a meal
- 2. Monetary unit
- 3. Civil restraint order
- 4. Distributed
- 5. Pliable
- 6. Not him
- 7. Singles
- 8. First month of the Assyrian calendar
- 9. And (Latin)
- 10. Ingersoll and Moss-Bacharach are two
- 11. Ones who accept bids
- 13. Pined for
- 15. A team's best pitcher
- 17. Noses
- 18. Lansdale characters \_\_\_ and Leonard
- 21. Replaces lost tissue
- 23. Peter's last name
- 24. Female sibling
- 27. Kate and Rooney are two
- 29. Flammable, colorless liquid
- 32. Confederate soldier
- 34. Popular Dodge truck
- 35. A cotton fabric with a satiny finish
- 36. \_\_\_ Hess, oil company
- 39. Stopped standing
- 40. Concealed
- 43. Documents
- 44. Man's hat
- 46. Degrade
- 47. Amount in each hundred (abbr.)
- 49. Stage in ecological succession
- 51. Political action committee
- 54. Invertebrate structure
- 59. Touch lightly
- 60. Excellent!
- 61. Doctors' group
- 62. Hill
- 64. Against




Answers for August 30

# Eyes on the Skies

## A long lost member of the Solar Family

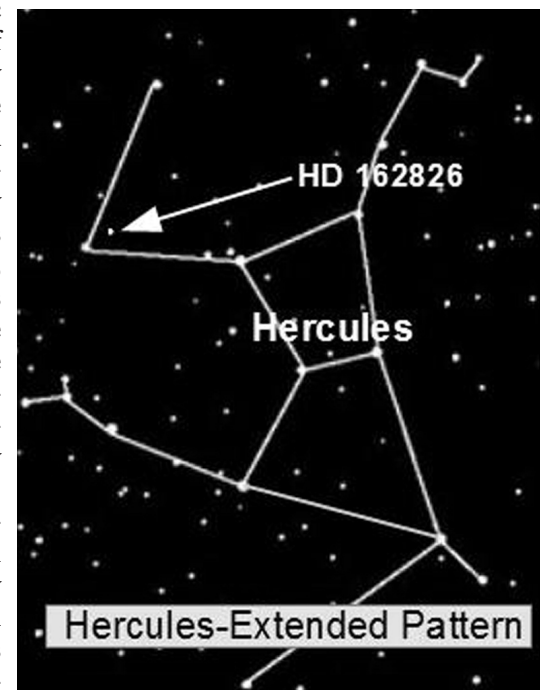
By Douglas Hemmick, Ph.D.



With the arrival of September, the hot and humid “dog days” should at last be drawing to a close. As the summer is departing, sky watchers may notice how shorter days are bringing earlier evening times for stargazing. Cygnus the Swan can be seen high overhead, and Sagittarius the Archer will also appear.

star is named “HD 162826.” Such a designation might be thought of as a kind of “telephone number” of the star and astronomers around the world understand this stellar catalogue. The sibling lies about 110 light years from the sun and the solar system. The sun and HD 162826 have gone their separate ways, but on the scale of the Milky

The Milky Way galaxy topic this month is the “sibling star” of the sun. This star was recently discovered by astronomers at the University of Texas at Austin led by Ivan Ramirez. Announcements of the discovery in May 2014 called this sibling the Sun’s “long-lost brother.” About 4.5 billion years ago, the sun and its family were born in a large grouping or star cluster. As the ages passed they slowly separated and made their way to different parts of the Milky Way galaxy.



The Texas group used high-resolution spectroscopy to search among 30 candidates to identify any having very similar chemical composition to the sun. Readers may recall that every chemical element has its own characteristic fingerprint in the subtle patterns of colors it emits. Particular emphasis was given to two rare earth elements barium and yttrium in identifying the sibling star.

Way they still live in the same “neighborhood.” In fact, some stargazers’ favorites, such as “Betelgeuse” and “Aldebaran,” are far more remote than HD 162826. While invisible to the unaided eye with its dim magnitude of 6.7, hobbyists with long experience may locate the star using using binoculars. Look in the northeast “leg” of the constellation Hercules, not far westward from the bright star Vega.

In addition, potential siblings are analyzed in terms of their path of motion about the Milky Way. This can be used to trace the past location of a star, which may then be compared with that of the sun. An actual sibling’s trajectory will indicate that it shared common location with the sun in the remote past, thus suggesting a shared origin. Astronomers from the Pulkovo Astronomical Observatory in St. Petersburg, Russia, provided the trajectory analysis, in collaboration with the spectroscopic analysis from the McDonald Observatory at the University of Texas.

Astronomers are hopeful that their success in locating this first long-lost sibling of the sun will open the door to many similar discoveries. Estimates range as high as 50 to 100 additional sibling stars could be waiting to be discovered. Spacecraft collecting astronomical data may play a key role in these efforts. And some have speculated that sibling stars could be more likely to have exoplanets capable of supporting life.

Only one star was found to meet both tests, chemical composition and shared birthplace. The new sibling

# Hospice to hold volunteer information session

As part of the services it provides, Coastal Hospice offers volunteer support to patients and their families in hospice care and following the patients' passing in all four Lower Shore counties the nonprofit serves. The hospice also seeks volunteers for other areas of need, including the We Honor Veterans program, the Berlin Thrift Shop, and bereavement support.

An informational and training session for anyone wanting to learn about volunteer opportunities at Coastal Hospice will be held on Wednesday, September 20 from 10 a.m. to 4 p.m. at the Coastal Hospice Volunteer Services Office, Philmore Commons, corner of Route 50 and Phillip Morris Dr. in Salisbury. No commitment to volunteer is required to attend, and the public is invited to the free session.

There are many ways to volunteer

for Coastal Hospice throughout the areas the nonprofit serves: Dorchester, Somerset, Wicomico and Worcester counties. Patient care volunteers provide basic comfort and companionship to patients and their families at home; in nursing and assisted living facilities; and at the inpatient facility, Coastal Hospice at the Lake. Bereavement volunteers provide emotional support and assistance during the 13-month period following the hospice patient's death. Administrative support volunteers assist staff at Coastal Hospice at the Lake and the Berlin and Salisbury offices. Thrift shop volunteers provide support for the store in Berlin. Volunteers who are veterans themselves have opportunities to interact with veteran patients as part of the We Honor Veterans program.

Coastal Hospice depends on their

volunteers to provide the quality care every patient needs and deserves. The volunteer coordinator will work with individuals to match their interests to opportunities.

"We are always looking for volunteers who want to make a difference, and there are many ways you can help," Sally Rankin, volunteer coordinator for Coastal Hospice, said. "We have a particular need for volunteers

to make follow-up grief support calls in coordination with a bereavement counselor. We can work within your schedule and where you live, and give you the skills you'll need to be a hospice volunteer."

Early registration is strongly encouraged. To register for training or to receive more information, call Volunteer Services at 410-742-8732 or email [volservices@coastalhospice.org](mailto:volservices@coastalhospice.org).

## Motorcycle safety course offered

A motorcycle safety basic rider course is being offered by the continuing education division at Wor-Wic Community College in cooperation with the Maryland Motor Vehicle Administration (MVA) at the college campus on the corner of Route 50 and Walston Switch Road in Salisbury.

The class will meet on Friday, September 8, from 6 p.m. to 9 p.m., on Saturday, September 9, from 8 a.m. to 5 p.m. and on Sunday, September 10, from 8 a.m. to 3 p.m.

This 17-hour course is designed for beginning riders who have little or no riding experience. It includes seven hours of classroom and 10 hours of

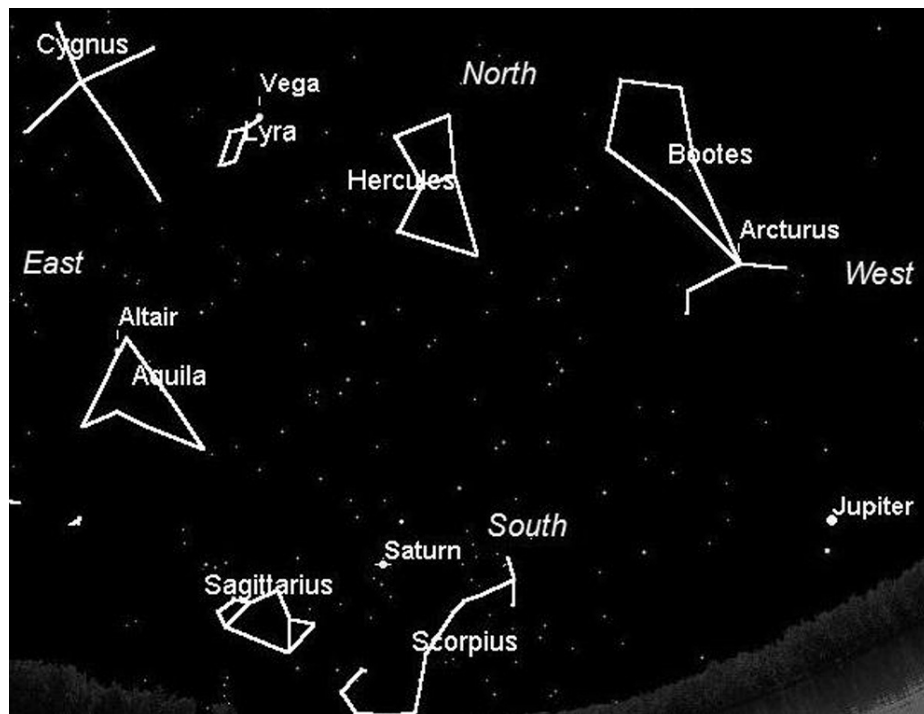
riding instruction. It covers traffic law, risk awareness, acceptance and management, and riding skills and strategies.

The instructors are certified by the MVA.

Anyone who is 16 years and six months old can take the course. Anyone under 18 must have a parent or guardian sign a consent form.

Other sections of this course begin September 22, September 29, October 6, October 20, October 27 and November 3.

Visit [www.worwic.edu/instantenrollment](http://www.worwic.edu/instantenrollment) to register online. For more information, call 410-334-2815.



eyes  
from page 10

For those going outdoors in September, stargazing begins early as the planet Jupiter appears over the south-western horizon at about 7:45 PM, just after sunset. The full celestial vista appears after about 8:30 PM, as the constellation Cygnus the Swan (the Northern Cross), appears almost directly overhead. To the west of Cygnus, one can see the bright star Vega.

Hercules is a "high flying" constellation, and one might see it as a smaller and fainter "cousin" of Orion the Hunter. Hercules can be seen in the northern part of the sky, to the west of Vega. The sibling star "HD 162826" is located in the northeast "leg" as shown in the diagram.

Near the southern horizon, Sagittarius, the Archer (teapot shape) appears. To the west of Sagittarius, one can see the planet Saturn.

On the first day of autumn, September 22nd, the planet Jupiter will come into conjunction with the thin crescent moon. The moon will appear to be hanging about 7 degrees to Jupiter's upper left. In October, Jupiter will be too close to the setting sun, making September the final opportunity of the year to see it.

## Doggie Swim to raise funds for animal shelter

The Mumford's Landing Pool in Ocean Pines will be filled with dog-paddling pooches on Saturday, September 9 from 10 a.m. to 2 p.m. for its annual Doggie Swim.

"It's a cool event during the dog days of summer," said Ocean Pines Marketing and Public Relations Director Denise Sawyer. "The annual swim will give canines a chance to cool off and doggie paddle under the watchful eyes of their pet owners."

The event is a fundraiser for the Worcester County Humane Society, a nonprofit, no-kill shelter that relies primarily on donations.

The annual fundraiser allows both small and large dogs to drool in the pool, as their human companions enjoy the pool party at Mumford's Landing Pool, lo-

*please see swim on page 12*

Tide and Sun Chart				
* tide is for Ocean City Fishing Pier. Add two hours for Isle of Wight tide				
DATE	HIGH TIDE	LOW TIDE	SUNRISE	SUNSET
Thur., Sept. 7	8:52 a.m. 9:15 p.m.	2:47 a.m. 3:02 p.m.	6:35 a.m.	7:21 p.m.
Fri., Sept. 8	9:36 a.m. 9:58 p.m.	3:27 a.m. 3:48 p.m.	6:36 a.m.	7:19 p.m.
Sat., Sept. 9	10:21 a.m. 10:42 p.m.	4:10 a.m. 4:38 p.m.	6:37 a.m.	7:18 p.m.
Sun., Sept. 10	11:09 a.m. 11:30 p.m.	4:55 a.m. 5:31 p.m.	6:38 a.m.	7:16 p.m.
Mon., Sept. 11	12:01 p.m.	5:44 a.m. 6:29 p.m.	6:39 a.m.	7:13 p.m.
Tues., Sept. 12	12:22 a.m. 12:57 p.m.	6:38 a.m. 7:30 p.m.	6:40 a.m.	7:13 p.m.
Wed., Sept. 13	1:20 a.m. 2:01 p.m.	7:37 a.m. 8:35 p.m.	6:41 a.m.	7:11 p.m.

# Henson Cancer Institute Ocean Pines brings care closer to home

Many compare cancer to a journey. The metaphor conveys how arduous it can be, but making the literal trek is an additional hardship. At the grand opening of the Richard A. Henson Cancer Institute Ocean Pines, one breast cancer survivor did the math.

She lived in Worcester and traveled to Salisbury 50 times for her cancer treatments. At 30 miles each way, that came out to 3,000 miles. Add in her trip to Baltimore for a consultation, and that put her well over the mileage on the famous "Sacramento 3,073" mileage sign at the start of Route 50 in Ocean City.

"I calculated what it would have been if I could have been treated here," she said. "It was 250 miles – what a difference."

Multiply that times the hundreds of beach-area residents who are diagnosed and treated for cancer every year, and the reasons behind the Peninsula Regional's new cancer institute in Worcester County are clear.

"When you have to have oncology and cancer-related treatment that can last for many hours in an infusion center, or a high degree of frequency with radiation treatments, having it close to home is crucial," said Peninsula Regional President/CEO Designate Steven Leonard.

He was one of several cutting the ribbon on the Richard A. Henson Cancer Institute Ocean Pines Wednesday night. Physicians at the new location start seeing patients there on Tuesday.

"Having cancer is hard enough," said Dr. John Mansueti, medical director of Radiation Oncology for the Richard A. Henson Cancer Institute

Ocean Pines. "We needed to make it easier for our patients."

Dr. Mansueti is looking forward to treating patients on the new Varian TrueBeam image guided radiotherapy and radiosurgery system in Ocean Pines, identical to one in Salisbury and the very latest in radiation medicine. "It's accurate to within millimeters," Dr. Mansueti said.

The center also offers medical oncology, where patients can receive chemotherapy infusions in one of 12 comfortable, private and beautiful treatment areas with ample room for family and friends to join them, as well as their own television to make chemotherapy time pass quicker. The medical oncology office also offers immunotherapy, the very latest in cancer treatment that mobilizes the patient's own immune system to fight their cancer.

On-site laboratory services mean that any necessary bloodwork can be easily and quickly completed before treatment. A pharmacy specializing in oncology medications is located within the facility as well, attached to the medical oncology area so that infusions are readily available.

Clinical trials access through the Johns Hopkins Clinical Research Network and other collaborations allow patients of the Richard A. Henson Cancer Institute Ocean Pines to take part in studies that help them be a part of developing the next generation of cancer treatment, and often benefiting in the process.

Also on-site at the new location are complementary services such as nutrition, support groups and Fittings By



Michele, which offers special services and products many women need after mastectomy or other cancer treatments.

A state-of-the-art teleconferencing room makes it simple for doctors in Ocean Pines to participate in the weekly multidisciplinary conferences. These are essential to the Richard A. Henson Cancer Institute's team approach, in which everyone involved in cancer care – from surgeons to clinical trial specialists – gather to review every patient's case from every angle to ensure that each patient has the best plan of care and that all the specialists are on the same page.

At the ribbon cutting, Dr. Thomas DeMarco, Peninsula Regional's Medical Director of Cancer Services, said the team approach that has made care

in Salisbury stand out will be just as important in Ocean Pines. "We don't want it to be two separate cancer centers," he said. "It's one cancer institute with two locations."

It's already making treatment easier for patients. A Worcester County cancer patient scheduled for radiation in Salisbury next week came to tour the facility and found out it would be opening the same day as her appointment. Amid the balloons and tours of the grand opening, a staff member was able to log into the scheduling system and change it to an appointment in Ocean Pines.

Cancer may be a journey, but for patients taking that voyage with the Richard A. Henson Cancer Institute, the destination is closer than ever, no matter where they live.

## POW, MIA national recognition day is September 15

American Legion Synepuxent Post #166 and the Vietnam Veterans of America Chapter #1091 will hold a service at Post #166 located at 2308 Philadelphia Ave in Ocean City. The POW/MIA National Recognition Service will begin at 2 p.m. The public is invited.

This annual event has been taking place on the third Friday in September since 1986. It is the day when America is to take a moment to pause and remember those who are still unaccountable for in all wars and conflicts of the United States. During World War II there were 809 MIAs in Maryland.

The national total exceeded 73,000. During the Korean War are 137 Marylanders still missing with the national total over 7,700. During the Vietnam War there were 23 Marylanders missing and over 1,600 missing nationwide.

On this day, the pause will take place and a moment given for those missing along with their families. The American Legion and the VVA considers everyday a POW/MIA recognition day. The POW/MIAs and their families will never be forgotten.

If there are any questions please contact Sarge Garlitz 443-735-1942 or email [firstsgt166@msn.com](mailto:firstsgt166@msn.com).



### swim

from page 11

cated at 7351 Yacht Club Drive in Ocean Pines, before it closes for the season.

The cost of the Doggie Swim, which is open to the public, is \$6 per dog and free for dog handlers. All dog handlers must be at least 18 years of age and youth under the age of 17 must be accompanied by a registered adult. Dogs should have current vaccinations, including rabies.

Only dogs less than 20 pounds are allowed in the pool at the annual swim from 10 to 10:30 a.m. All dogs are then allowed in the pool from 10:30 a.m. to 2 p.m.

The Ocean Pines Aquatics Department hosts a variety of special events, aquatic fitness classes and swim lessons year-round. Upcoming events to be held at the indoor Sports Core Pool include Pirate Pool Party on September 30 at 5 p.m., Dive-In Movie Night on November 4 at 6 p.m. and the 10th Annual Swim with Santa on December 9 at 11 a.m. More information about Ocean Pines aquatics programs is available at [www.OceanPines.org](http://www.OceanPines.org) or by calling the Ocean Pines Aquatics Department at 410-641-5255.



## Coastal Day Cleanup is Saturday

Come out and join the Maryland Coastal Bays Program, Town of Ocean City, Ocean City Surf Club, Chesapeake Utilities and Sandpiper Energy to celebrate the Ocean Conservancy's Annual International Coastal Cleanup on Saturday, September 9 at the Ocean City Town Hall, beginning at 10 a.m. and take the pledge to 'Take on the Trash.'

Throughout the world people will be taking the time to celebrate this annual cleanup by picking up trash. More than a half million volunteers from 112 countries participated in last year's clean up. The clean-up covered enough miles of coastline to walk around the moon twice. The most collected item was cigarette butts, tiny plastic pieces which pose a huge threat to ocean animals came in a close second.

Everyone is welcomed and encouraged to join us in paying it forward by picking up trash in our community at this global event. Amazingly, once you participate in a trash cleanup, you will find that you will always be picking up trash, which could just be that small piece that saves a bird or a marine animal from harm.

The event starts at the Ocean City

Town Hall on 3<sup>rd</sup> Street. There you will receive trash bags, latex gloves, a tally sheet and a commemorative tee shirt courtesy of Chesapeake Utilities and Sandpiper Energy. We will pick up trash from 10 a.m. until Noon. Tally sheets can be dropped off at Town Hall or can be mailed to the Ocean Conservancy. The Ocean Conservancy tallies results from all over the world and posts them on its website - <http://www.oceanconservancy.org/our-work/international-coastal-cleanup/2016-ocean-trash-index.html>.

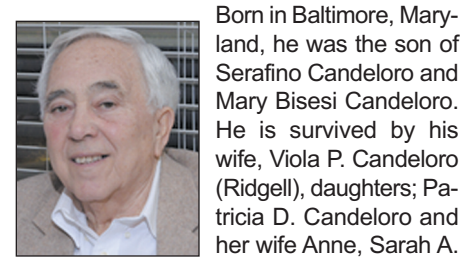
If you have any questions or would like to participate in the Ocean City Coastal Day Cleanup contact Sandi Smith at [sandis@mdcoastalbays.org](mailto:sandis@mdcoastalbays.org) or by calling 410-213-2297 ext. 106. You can register through her in advance or simply show up.

For those in need of community service hours, this is the perfect event to serve your community and your environment. This event is also a Maryland Day to serve event and those who serve at this event will receive credit.

Results from this cleanup will be included on the Ocean Conservancy website so you can actually see what a difference you made.

## Obituaries

**Frank Candeloro**, age 84, passed away on Thursday, August 31, 2017 at his home.



Born in Baltimore, Maryland, he was the son of Serafino Candeloro and Mary Bisesi Candeloro. He is survived by his wife, Viola P. Candeloro (Ridgell), daughters; Patricia D. Candeloro and her wife Anne, Sarah A. Candeloro and her partner Christopher, son; Frank S. Candeloro Sr and his wife Sherri, grandchildren; Frank S. Candeloro Jr and wife Mary, Adam W. Candeloro and fiancé Destinee, Lindsay V. Candeloro, Sarah G. Wassem and husband Kyle, Andrew C. Duley, and great grandchildren; Isabella Candeloro, Emma Candeloro, Sophia Candeloro, Chloe Candeloro, Austin Candeloro, Brody Candeloro, Elisabeth Candeloro, Camden Meredith, Nikolai Wassem and Dominik Wassem.

Frank was devoted to his wife and family. He was a revered patriarch, a loving husband, father, grandfather, great-grandfather and uncle, setting a high example to all who loved and knew him. He was the most loving husband and best friend. He was a gentle, honest, funny, hardworking man. He did what was right even when no one was

watching. Ocean City, Maryland was his town, the beach his solace, and the people were his friends and neighbors. He not only devoted his life to his wife and family but his family operated business, Ocean Terrace Family Apartments. For over 40 years he had the pleasure to serve many multi-generational families and guests. He offered his warm smile, welcoming handshake, and a great sense of humor to all. Family, friends and guests will remember Hon/Pop/Poppy/Uncle Frank/Mr. Frank as the humble man with a warm smile, paint can and brush in his hands and an old hat on his head. Frank was a respected 33 degree Mastor Mason, Pythagoras Lodge #123 AF & AM. He retired from C.G.R. Medical Corp. He is LOVED by all.

A Funeral Service will be held on Thursday, September 7, 2017 at 12 PM at St. Pauls Episcopal Church in Berlin. Visitation will be on Wednesday, September 6, 2017 from 2-4 PM and 6-8 PM at the Burbage Funeral Home in Berlin. In lieu of flowers, family is requesting donations to Atlantic General Hospital's Regional Cancer Care Center. Donations can be sent to Atlantic General Hospital Foundation 9733 Healthway Drive, Berlin Md 21811. Letters of condolence may be sent to the family at [burbage@burbage-funeralhome.com](mailto:burbage@burbage-funeralhome.com).

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# Reduce kids' risk of getting colds at school

School-aged kids who catch colds or the flu from their classmates can quickly spread those colds to their family members, who then might spread the colds further when they go to work. Preventing the spread of colds and flu at school is a team effort that requires the assistance of not just parents, but also teachers and students. Still, parents might be the first line of defense when it comes to preventing the spread of cold and flu at school.

According to the U.S. Centers for Disease Control and Prevention, more than 38 million school days are lost to the flu each year. Those lost days can affect students who miss lesson plans, but also affect parents, who often must take days off from work to tend to their sick children.

While there is no way for parents to guarantee their children will not catch a cold or the flu this school year, they can take various preventive measures to increase kids' chances of staying healthy and achieving perfect attendance.

Make sure kids are immunized and that their immunizations are current. Vaccinations bolster kids' immune systems. That's important, as kids' immune systems are naturally less mature than adults', making them more vulnerable to germs and viruses. The CDC recommends that adults and children receive their flu vaccinations in October while noting that such vaccinations can be administered as late as January and still prove effective. The CDC also recommends that adults and children receive flu vaccinations each year. Additional vaccinations may not need to be administered as often, but parents should still ensure kids' are up-to-date with their shots.

Make sure kids regularly wash their hands. Kids often catch colds by rubbing their hands that have been exposed to cold virus germs on their noses or eyes. To prevent that, parents can teach kids to wash their hands thoroughly, including scrubbing the backs of their hands, between their fingers and around their fingernails.

Kids should know to wash their hands regularly, but especially after they use the bathroom and before they eat, drink or touch their mouths, noses or eyes.

Keep kids home when they are sick. Parents do not want their children to miss school, but kids who are suffering from colds or flu should be kept home. This prevents the spread of colds and flu to classmates and teachers, and time to rest at home may help youngsters recover more quickly.

Teach kids to avoid common germ spots. Germs can be lurking anywhere, but some spots seem to make more welcome homes for germs than others. Studies have shown that kids were most likely to encounter germs in schools on water fountain spigots and on plastic cafeteria trays. Teach kids to never put their mouths on fountains and to avoid eating any food that might fall onto their trays in the cafeteria.

School-aged children are susceptible to colds and flu when spending time in the classroom. But parents can reduce their youngsters' cold and flu risk in various ways.



All of you gardeners must by now probably have a lot of cucumbers on hand. The growing season has been perfect for lots of vegetables. I have a suggestion for all of your cukes. A few years ago I found this recipe for refrigerator dill pickles and have been making them ever since. You will need some mason jars and the best place I found them was Walmart. Wash them in the dishwasher and allow to dry while preparing the pickles.

## Refrigerator Dill Pickles

8 cucumbers  
10 sprigs fresh dill  
1 large onion, sliced  
4 garlic cloves, sliced  
2 cups water  
2 cups white vinegar  
1/3 cup sugar  
1/8 cup salt

Cut cucumbers into spears. In a

large bowl, combine the cucumbers, dill, onions and garlic. Set aside. Combine the water, vinegar, sugar and salt and bring to a boil. Cook just until salt

dissolves. Pour over cucumber mixture and allow to cool. When cool, ladle into jars. Tighten lids and refrigerate up to 2 months. (They won't last that long because they are so delicious.)

Another tasty recipe for your cucumbers is gazpacho. It is a light cold soup to be an appetizer or first course to any summer meal.

## Gazpacho

4 cups tomato juice  
1/2 cup French dressing  
1/2 cup onion, finely chopped  
1/2 cup green pepper, finely chopped  
1/2 cup tomato, peeled and finely chopped  
1/2 cup cucumber, peeled and finely chopped  
Combine all ingredients, chill. Serve in pretty glass goblet or small bowl.

Enjoy,

bevwisch@aol.com

## Chicken soup is good for more than the soul

Cold season never seems to take a year off. Experts estimate that colds are so widespread that very few humans escape infection. Some people come down with colds more than once per year. That should not come as too great a surprise, as there are now thought to be more than 200 different strains of cold.

For the past 50 years, researchers studied two classes of viruses responsible for a total of roughly 100 different incarnations of the common cold. Two years ago, after development of molecular techniques to look at the viral genome, researchers found a third class of rhinoviruses, according to James Gern, MD, an asthma specialist at the University of Wisconsin School of Medicine and Public Health. This discovery doubled the number of potential cold viruses.

While there is no cure for the common cold, cold remedies have been around for centuries. Chicken soup remains one of the more popular cold remedies. Grandmothers have long espoused the virtues of chicken soup with regard to treating colds, but now research is backing up those claims.

Researchers have long examined the potential health benefits of chicken soup in an attempt to understand why it seems to be such an effective tonic at treating colds. A 1998 report found that broth may help improve the function of the tiny hairs in noses called cilia. The cilia help prevent contagions from getting into the body. Hot fluids also can help increase the movement of nasal mucus, helping to relieve stuffiness and congestion.

Chicken soup also can help reduce inflammation, which often results as the immune system works to fight the cold virus. A study in the journal "Chest" found that chicken soup appears to inhibit neutrophil chemotaxis, which is the movement of certain immune cells to mucus membrane surfaces. As a result, mucus production is inhibited and cold symptoms are reduced.

Chicken soup is loaded with immune-boosting vegetables and other ingredients that provide phytonutrients. The

please see **soup** n page 16



**Providing information** - Cub Scouts from Troop 261, **Gabe Dalfonso**, **Aiden Backof** and **Ben Busko** shared information about the Cub Scouts in the lobby of Ocean City Elementary School during the school's Back to School Open House last Thursday.

**soup**  
from page 15

American Cancer Society defines phytonutrients, or phytochemicals, as plant compounds like carotenoids, lycopene, resveratrol, and phytosterols that are thought to have health-protecting qualities. Chicken soup may also contain onions and garlic, which are believed to have natural antibacterial or antiseptic properties.

An easily digestible comfort food, chicken soup also helps a person feel better because it effectively delivers vitamins and minerals.

While some profess that home-

made chicken soup is the key to fighting a cold, many commercially-made soups fit the bill as well. The salt, steam, vegetables, chicken protein, and soothing broth combine to form a worthy adversary to the common cold.

### **Parkinson's support group to meet**

The Worcester County Parkinson's Education and Support Group now meets in the Sunroom at Gull Creek on the second Tuesday of each month from 3:15 p.m. to 4:30 p.m.

Subjects have included but are not limited to medication, movement disorder specialists, finding local Parkinson's resources, Tai Chi, Zumba, sexuality, falls prevention, improving balance, physical therapy, creative activities, and more.

This month the presentation will be about assist devices for those with movement disorders. Don't miss this opportunity to exchange accurate information, fellowship, and support. All are welcome.

For more information call Kay at 410-641-4765.



**Leaving** - The El Galeon as it leaves Ocean City last Friday. Photo by Cathy Halligan.

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