

The Courier

September 20, 2017 Volume 18 Number 2

*First Day
Of Fall*
September 22

Annual car show and parade scheduled

The Ocean Pines Chamber of Commerce will host the fifth Annual Car Show & Parade on Sunday, October 8. The parade will start at White Horse Park at 10 a.m. and proceed down Ocean Parkway to the car show at Veterans Memorial Park located on the corner of Cathell and Racetrack Roads. There will be several food and business vendor as well as music.

For more information on registering for the car show or becoming a vendor please call the chamber at 410-641-5306 or stop in the office at 11031 Cathell Road Berlin.

The show will begin at approximately 11 a.m.; trophies will be awarded at 1 p.m.

There will be trophies awarded for the following categories: Classic, Antique, Hot Rod, Modern, Customs and People's Choice.

Pre-registration is available on line for \$12 or \$15 the day of the show. Registration will be at White Horse Park an hour before the parade (9 a.m.) and at Veterans Memorial Park after the parade. All cars must be registered by noon to participate in the car show.

Register on line at: www.OceanPinesChamber.org.

If you have any questions, please feel free to contact the Ocean Pines Chamber office or E-Mail info@OceanPinesChamber.org.

Booklet, signs highlight scenic byways

Take a self-guided tour through the coastal corridor, with the new "Cape to Cape Scenic Byway: A Guide to Delmarva's Coastal Corridor" booklet and byway signs. Worcester County Tourism (WCT) recently released the guidebook, which highlights the tristate byway through Delaware, Maryland, and Virginia. The coastal corridor spans 120 miles from Cape Henlopen, DE, through the Isle of Wight Wildlife Area, Assateague National



please see **signs** page 15



Reminiscing - The Red Hats meet every second Friday of the month. On September 13 they met at Abi's Diner on Rte. 589. They had a great time looking at the two albums showing the history of the club. (L-R) **Bernie Salembene**, Queen Mother of the Red Hats Club **Teddy Rozzano** and event organizer **Susan Henry**. Photo by Anna Foulz.



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

Retired nurse organization to meet

The Retired Nurses of Ocean Pines will host their September program, "What Can We Do To Help The Fire Department Help Us," on September 20 at 3 p.m. The Ocean Pines Volunteer Fire Department will give a presentation which will include the Knox-Box system. This is a system that will allow for the fire department to enter a dwelling when occupants are unable to let them in. Also to be discussed will be other ways to improve health. The events will occur at the Clubhouse at the Parke. The program is open to all.

County offers free CERT training

Worcester County Emergency Services (WCES) invites the public to participate in a free, 8-session Community Emergency Response Team (CERT) course in Newark.

The training will take place at the Fire Training Center, located at 6743 Central Site Lane just off U.S. Rte. 113 adjacent to Worcester Technical High School, on Tuesdays from 6:30 p.m. to 9:30 p.m. from October 3 through November 31.

CERT is an informative, hands-on, educational program packed with information to equip residents, who have no prior emergency medical training, to support their families and communities during a disaster. Participants will gain the decision-making and practical skills necessary to offer immediate assistance to those in need following an emergency until further help can arrive.

Participants will learn to recognize both natural and manmade hazards. In addition to Cardio Pulmonary Resuscitation (CPR) and Automatic External Defibrillator (AED) training, sessions will include Disaster Prepared-

ness, Disaster Fire Safety and Suppression, Disaster Medical Operations I and II, Light Search and Rescue and Hazardous Materials; Organization, Disaster Psychology, and Incident Command System; Practical Work Stations, and Special Topics. Upon completion of this program, students will be able to create disaster plans and supply kits.

Those who successfully complete the training will receive CPR and First Aid certification through the American Heart Association. During the course, instructors will provide information on hazards typical to Worcester County, hazardous materials in the home and the National Incident Management System. Instruction is geared to help residents better prepare and survive during the first 36 to 72 hours after a catastrophic event, when local first responder resources are stretched to their limits.

CERT is available at no cost to all interested residents thanks to the generous support of the Worcester County Commissioners. Space is limited to 20 individuals and is available on a first come, first served basis. For more info or to register, contact Tom Kane at 410-632-3080 or tkane@co.worcester.md.us.

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 or Kate at 410-524-0649 for more activities. BeachSingles.org.

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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Association welcomes new GM

The Ocean Pines Association has rolled out the welcome mat for John Bailey as the community's new General Manager.

Bailey, who began his employment with the Association on September 11, was greeted by more than 130 people, including the board of directors, at a 'meet and greet' event that evening. Worcester County Commissioner Chip Bertino was also in attendance.

Bailey, who dubbed himself as the "preacher's kid," addressed the crowded banquet room, offering words of encouragement and optimism.

He now serves as the chief administrative officer of the association and is responsible for the management of the day-to-day operations of the Association.

With more than ten years of homeowners' association management experience, Bailey has worked for Lake of the Woods, a private, planned residential community of single-family homes located in the northeastern tip of Orange County, Virginia, as the General Manager. Bailey's responsibilities extended throughout all areas of Lake of the Woods, including strategic planning and execution, budget management, amenity development, technology deployment and resident operations. Bailey led major financial transformation efforts while heading up operations at Lake of the Woods, resulting in a substantial increase of Lake of the Woods' assets.

In addition, he has worked for Brandermill Community Association, an award-winning waterfront community near Richmond, VA, in a similar management role. During his time with Brandermill, Bailey successfully redesigned the budget and its development process to provide more accountability and transparency.

Bailey also has experience in municipal management, having served as a County Administrator for Cumberland County and as a Town Manager for Orange and Urbanna, all in Virginia.

As OPA general manager, Bailey is tasked with overseeing all aspects of

operations, including the preparation of a proposed annual budget that is submitted to the board of directors.

Bailey received his Master of Public Administration from George Mason University and Bachelor of Arts in history from Averett College in Virginia. He currently participates in the Community Association Institute, an inter-



John and Meredith Bailey greeting OPA members.
Photo by Joe Reynolds



Back row (l-r): **Chrissy Troup, Amy Morgan, Anthony Chiffolo.** Front row (l-r): **Annabelle Brady, Leslie Rogers.**

Fundraiser to celebrate 40s music

Nearly everyone has at least one favorite song from the 1940s. "Stormy Weather," "All of Me," "Blue Moon," and so many more. Come take a sentimental journey with the Ocean Pines Players at St. Peter's Lutheran Church in Ocean City and hear 30 hits from what many critics call the best decade of music in modern times. All proceeds from these shows will be split between the Ocean Pines Players Youth Performing Arts Scholarship and the essential community service programs of St. Peter's Lutheran Church, including the Cold Weather Shelter, Open Kettle lunches, and clothing and food drives, all of which are so much more critical now that winter is coming.

A cast of seven will perform some of your favorites as well as a few songs that may not be so familiar, and the show will include the exuberant spirit, wit, and humor that have come to

characterize recent performances by the Ocean Pines Players. As a bonus, enjoy a pre-show serenade by Charlie ("Uke Ellington") Flagiello, playing even more songs from the 40s. The Players will provide complementary wine, snacks, coffee, and desserts and there may be other goodies as well.

Reserve a spot today, there will only be three performances September 29 through October 1. Evening shows on Friday and Saturday begin at 7 p.m., with doors opening at 6 p.m. for pre-show entertainment and snacks. The Sunday matinee begins at 4 p.m.; doors open at 3 p.m. Admission is \$15. Save money by booking a large group in advance. All pre-registered groups of 12 or more will receive \$3 off each seat. Call Judy at 410-208-6787 for reservations and questions. Seating is limited, but parking at St. Peter's, located at 10301 Coastal Highway, is not.

national membership organization dedicated to building better communities.

Bailey, his wife, Meredith, and two children, Chase, 21, and Augusta, 15, are familiar with Ocean Pines, having spent years as vacationers in the community.

Echoes and Visions reading to be held

The public is invited to attend a free Echoes and Visions reading and reception on Friday, September 22, at 7 p.m., in Guerrieri Hall at Wor-Wic Community College in Salisbury.

Martha Rhodes, the author of five poetry collections, most recently "The Thin Wall," will be the featured guest. She teaches at Sarah Lawrence College in Bronxville, N.Y., and at Warren Wilson College in Asheville, NC. Rhodes is the director of the annual summer Conference on Poetry at the Frost Place in Franconia, NH, and is a founding editor and the director of Four Way Books in New York, N.Y.

Current and former Wor-Wic students whose work has been featured in the college's creative arts journal, "Echoes and Visions," will read selections of their work.

A book signing and refreshments will follow the event. Contact Adam Tavel, professor of English, at atavel@wor-wic.edu<mailto:mreddish@worwic.edu

The Courier

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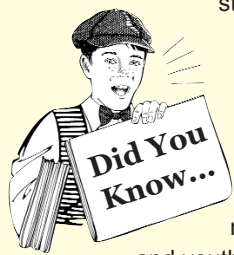
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2012 Business of the Year

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Autumn generally kickstarts deer hunting season in many areas of the United States. Depending on the region, elk, caribou, moose, and other deer species also may be in open season in fall as well. Each



state/province has specific regulations concerning weaponry and hunting locations. Archery, muzzle-loader

and youth hunting seasons often precede general firearms seasons. Licensing is widely necessary, and licenses can typically be acquired through Department of Wildlife and Game centers and websites. Counties may implement bag limits. Hunters are advised to check regulatory information prior to any hunting excursion. While frequently hunted for sport and trophy, game meat can be butchered and enjoyed throughout the winter months.

Blues on the Bay tickets available

Reservations are still available for “Blues on the Bay” at Macky’s Bayside 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 Macky and Pam Stansell House at Coastal Hospice at the Ocean, a new hospice residence and outreach center coming to Ocean Pines.

Macky’s Bayside 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.

PRMC offers drive-thru clinic

Peninsula Regional Medical Center’s Drive-Thru Flu Clinic is returning for a 23rd season on Thursday, October 12, at Arthur W. Perdue (Shorebirds) Stadium at the intersection of Route 50 and Hobbs Road in Salisbury from 7 a.m. to 7 p.m. Vaccinations will be administered to individuals 13 years of age or older (13-17 please bring a parent or legal guardian to sign consent).

A physician’s order is not necessary. A donation of \$10 per vaccination is requested (cash only; exact amount is appreciated).

Flu vaccinations are encouraged for persons over the age of 65, people with heart or lung disorders, immunosuppressant diseases or diabetes. Participants are encouraged to wear a short-sleeved shirt that will provide easy access to the upper arm.

For additional information, please visit the PRMC Drive-Thru Flu clinic page on the website at www.peninsula.org/dtfc. English and Spanish flu shot consents forms for PRMC’s Drive-Thru Flu Clinic are available on the site and may be filled out in advance and brought with you to the event.

Mark your calendars and plan to attend PRMC’s Drive-Thru Flu Clinic on Thursday, October 12 from 7:00 a.m. to 7:00 p.m. at Arthur W. Perdue Stadium.



Crafters to learn bow making

Members of the Pine’er Craft Club in Ocean Pines will learn how to make four bows at their next meeting on Thursday, September 21. Candy Foreman and Cathie Rodefer will lead the group with instructions for making various bows from different types of ribbon. The cost is \$3 per person. Guests are welcome, however reservations for supplies must be made with Cathie at crodefefer@aol.com.

The Craft Club meeting begins with refreshments at 9:45 a.m., followed by a business meeting at 10 a.m. Following the business meeting the group will gather for the bow making instructions. All events take place at the Ocean Pines Community Center.

For additional information about the craft club contact President Sharon Puser at 410-208-3032.

Rec & Parks sponsors Washington bus trips

How do you enjoy Washington D.C. without dealing with traffic? Leave the driving to the Ocean Pines Recreation and Parks Department, which will head to the nation’s capital on two upcoming bus trips.

Spend the day exploring the city on your own on Friday, October 20. Walk the National Mall, enjoy a museum or visit a monument. The bus will depart Ocean Pines at 7 a.m. and will drop off at a central location in D.C. at approximately 10:30 a.m. It will depart from the same location at 3 p.m. and will arrive back in Ocean Pines around 6 p.m.

The cost for the trip is \$45 per person, which includes transportation only.

Hockey fans will want to take advantage of a trip to watch the Washington Capitals take on the St. Louis Blues on Sunday, January 7 at the Capital One Arena. This all-inclusive package includes a game ticket; a pre-game all-you-can-eat buffet; unlimited beer, wine and soda and a Capitals t-shirt.

The bus will depart Ocean Pines at 9:30 a.m. The buffet will begin at 2 p.m. in advance of the 3 p.m. game time.

Tickets for this trip are limited and must be purchased no later than December 24. The cost is \$130 person, which includes transportation and the all-inclusive package.

The buses for these trips, which are open to the public, will depart from the Ocean Pines Community Center. Reservations are required. Refunds will not be issued for cancelations unless vacant seats can be filled.

To register, call the Ocean Pines Recreation and Parks Department at 410-641-7052. Information regarding additional recreational programs, including an online version of the Ocean Pines Activity Guide, is available at OceanPines.org.

Proud lefty

Throw me a ball and I'll catch it with my left hand. Yet, take me golfing and I use right-handed clubs. I write left-handed, always have. The world in which I live discriminates against me and those like me because

George W. Bush, Bill Clinton and Barack Obama. And if that's not enough to impress you so were Albert Einstein and Ben Franklin.

When I was learning scales on the piano, it took time for me to coordinate my right hand. On those occasions when I was picked to play ball in the school yard, there was never anyone's glove I could borrow because they were all righties. When I got my own glove, I was never asked to borrow it because, well, there were no other lefties on the team.

As a kid, I had an old Evinrude five horsepower outboard on the back of my rowboat. Because of the way the steering arm was positioned (for a right-handed person), I had to adapt, sitting in an uncomfortable position so as not to capsize the boat. In time, it became second nature and I thought no more about it.

Like most if not all lefties, I've learned to get along in a world that discriminates against me. So accustomed have I become in this right-handed universe of ours that doing some things lefthanded is now uncomfortable. Many years after learning to golf with righthanded clubs, I attempted to play lefthanded using a friend's clubs. I couldn't get the hang of it. I'd like to say my game was impaired, but in that regard, I'm ambidextrous.

When I go down a list to check off completed tasks, my check marks look to some to be backwards. They are not. When sitting at a dining table among all righties, I've learned to bring my left elbow in when eating so as not to bump the rightie eating next to me. Many times I try to sit at the end of the table so there's plenty of elbow room.

Years ago when I learned to drive stick shift my learning curve was two-fold. There was coordinating the depression of the clutch with the movement of the gear shift. And, there was learning to "think" with my right arm. The sensation was uncomfortable and unnatural but I eventually got the hang of it.

As a representative of South Paws hither and yon, I am reminded of a quote I once read: "God created a few perfect people, and the rest will just have to live being right handed."



It's All About...

By **Chip Bertino**

chipbertino@delmarvacourier.com

I'm left handed.

Right-handed people don't appreciate that the world we share is by default right hand biased. We lefties have to adapt to among other things right-handed scissors, right-handed copybooks, right handed lawn mower pull starts and laptop touch pads comfortably situated for right-handers.

That I recall, I was one of the few left-handed children in grade school. Despite hearing horror stories of nuns forcing lefties to write with their right hands, that fortunately was not something I experienced. However, I still struggled because I had no place to rest my elbow when writing. I had to learn to keep it level with the desk without the support afforded my right-handed classmates who sat in desks made for righthanders.

At the turn of the century, the last century, the nuns manipulated my naturally born left-handed paternal grandfather, forcing him to learn penmanship with his right hand. Other than him, I was the only lefty in my family, until my granddaughter came along. She's a lefty as well, taking after both her grandfathers. That's why she's my favorite granddaughter.

Interestingly, each of my wife's married siblings married a lefty, exemplifying the adage that opposites attract.

I recently read research indicating that lefthanded people possess more developed right brain hemispheres thus making us more creative and better able to grasp abstract thoughts. It's also believed we're independent thinkers, and don't as easily subscribe to "group think." I rather like that conclusion.

Several presidents have been left-handed including Gerald Ford,

Meet Endocrinology Specialist Dr. Faustino Macuha

Atlantic General Health System welcomes **Faustino Macuha, Jr., M.D.** to Atlantic General Endocrinology.

As a noted endocrinologist, Dr. Macuha joins our community from the University of Maryland Medical System. He specializes in treating conditions caused by hormonal imbalances including Type 1 and Type 2 diabetes, thyroid, adrenal, and pituitary gland disorders.

Dr. Macuha is accepting new patients at Atlantic General Endocrinology. For more information or to schedule a consultation, call **410-208-9761**.



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New CIO joins AGH

Atlantic General Hospital and Health System announced recently that Jonathan Bauer has joined the organization as the new vice president of information systems, taking over for Andrew Fowler, who retired in June.



Jonathan Bauer

Bauer was born and raised in southwest Pennsylvania just outside of Pittsburgh. He spent four years at Slippery Rock University where he earned a bachelor of science in physics. His first position in healthcare was with McKesson, working with pharmaceutical-distributing robots. It was there his love for technology and healthcare grew, and he went on to ob-

tain his MBA from Waynesburg University.

After nine successful years with McKesson, Bauer accepted a position at Somerset Hospital, in Pennsylvania, as director of information services. Soon after joining Somerset Hospital, he was promoted to chief information officer where he successfully led the hospital through all stages of Meaningful Use and achieved Most Wired, the premier award program for healthcare IT, three consecutive years. Bauer has continued his passion for learning by earning his CHCIO and CPHIMS certification from both the College of Healthcare Information Management Executives (CHIME) and Healthcare Information and Management Systems Society (HIMSS).

"Atlantic General Hospital has a history of being ahead of the pack when it comes to healthcare IT and technological innovation," said Bauer. "I'm thrilled to be here."

Just Walk celebrates 20 years

Worcester County invites the public to celebrate 20 years and 20 million steps taken with the Just Walk Worcester Program on Walk Maryland Day October 4.

The celebration is free and open to the public beginning begin at 4:30 p.m. at the Worcester County Recreation Facility, 6030 Public Landing Rd., Snow Hill. The event will feature refreshments, guest speakers, and a fun walk.

"I think the success of Just Walk has a lot to do with the fact that it's a free, incentive-based program with a

please see walk on page 8

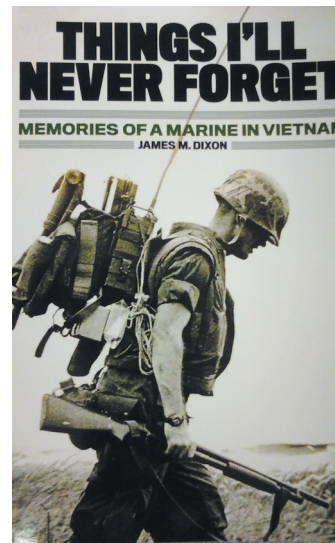


New Members - At the September 5 meeting of the Sons of Italy, Membership Chair Rita Tindall welcomed five new members. (Seated L-R) **Mary Ray** and **Rita Tindall**. (Standing L-R) club President **Vincent Mollicone**, **Marie Mazzotta**, **Francis Bianconiello** and **John and Janet Shellenberger**. Photo by Anna Foutlz.

Vietnam author to speak library

James M. Dixon, author of 500,000 Americans were serving "Things I'll Never Forget: Memories of a Marine in Vietnam," will share his first-hand accounts of the Vietnam War on Tuesday, September 26, at the Ocean Pines library. The presentation starts at 2 p.m. in the library's main meeting room.

Dixon will explain his dilemma as a young high school graduate in 1965: whether to be drafted into the U.S. Army or volunteer for the Marine Corps. He will describe what it was like to be in the Corps in the late 1960s, when the U.S. utilized the draft and



one-year tours in battle-torn Southeast Asia.

Audiences have appreciated Dixon's approach to this still-sensitive subject, in both his presentations and his autobiography. Reluctant to tell the Vietnam story from a political standpoint, Dixon is more interested in detailing the dangers and depravations that he and his military brethren faced every day—and sharing the human side of the story with com-

passion and wry humor.

For more information, please call the Ocean Pines library at 410-208-4014.



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 \$17

Drink Special

Martinis of the Month \$7.50

Lemon Martini Roast Beer Float Martini

Margarita of the Month \$6.50

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Potential indicators of roof trouble

With regard to home repairs, homeowners may be able to delay some projects until the weather permits or they find room in their budgets. But other areas, including the roof, may demand immediate action.

Few homeowners give the roofs of their homes much thought until a problem arises. But learning to recognize potential indicators of roof trouble can help homeowners prevent potentially drastic situations down the road.

Light: Homeowners with attics in their homes can inspect the ceilings inside the attic for signs of holes or leaks. Light peering through the top of the house indicates a hole or leak, as does stains or streaks on the ceiling.

Worn shingles: Shingles should lie flat against the roof, so any that appear to be buckling or turning up are damaged and in need of repair. A single damaged shingle does not require a full roof replacement, but inspect all the shingles nonetheless. Another indicator of shingle problems can be found when cleaning downspouts or gutters. If the gutters and downspouts contain lots of shingle granules, the roof may soon need to be replaced.

Moss: Moss on a rooftop may give a home character, but that added character is costly. Shady areas of a roof can be susceptible to the growth of moss and fungi because moisture can be trapped in such areas. If possible, remove moss or fungi from a roof with a stiff brush or hire a professional to do the job instead. Moss may come back even after brushing it off, so homeowners should keep an eye on areas of their roofs that get little sunlight. In addition, trapped moisture can be very harmful to a roof, so it may be wise to exercise caution and have roofs with mold or fungi growths inspected.

Age: Another indicator of roof trouble may be the age of the roof. Even if there are no visible signs of damage, homeowners whose roofs have some years under their belt may want to consider replacing them. Asphalt shingle roofs typically have life expectancies of 20 to 25 years, while roofs installed over existing layers of shingles may need to be replaced after 20 years.

Cold weather can be tough on a roof. Fallen snow can equate to several pounds of pressure placed on a residential roof. Roofs do not often collapse under heavy snowfall. But adverse win-



ter weather conditions can compromise roofs in other ways. Water leakage and damage to the roof's interior are just two of the potentially problematic issues that can arise when roofs are battered by cold, blustery weather. That is why many home improvement specialists advise homeowners to conduct roof inspections prior to the start of winter.

Many homeowners can conduct their

own cursory roof inspections, but they may not know exactly what to look for. The National Roofing Contractors Association says that there are certain key areas to inspect that may reveal some telltale signs of roof damage.

Curled, cracked or missing shingles may prove troublesome. Inclement weather can test the strength of even the most durable roofs. Even though many roofs are designed to last up to 30 years, some may need to be replaced early, particularly when they have been exposed to harsh weather over a period of years. Individual shingles can be replaced as spot treatments, but if the damage is widespread, a new roof may be necessary.

Attic leaks or water elsewhere might signal issues with the roof. Figure out if water inside the home is coming from the roof. Water stains do not always indicate problems with the roofing, but it is better to be safe than sorry.

Look for protective granules wearing off. If gutters are filled with the sandy granular material that coats roofing shingles, that may be a sign of an aging or damaged roof.

Inspect flashing. Professional roofers can recognize properly installed flashing, the material that connects the roof to other parts of the house that adjoin the roof, like skylights or a chimney. Poorly installed flashing can cause leaks. Stains that appear below chimneys or near attic windows may indicate new flashing, and not new shingles, is needed.

Gutters and downspouts should be in good condition. A roof is the sum of its parts, and that includes downspouts and gutters. If the gutters are clogged or damaged, they cannot direct water away from the house properly. Snow, leaves and other debris needs to be cleared from gutters to help them function at optimal capacity.

Animals and insects can cause damage, too. It is not just poor weather that homeowners need to consider with regard to roof damage. Boring insects and animals may cause problems with roofs as well. A roof inspection may shed light on potential pest problems. Holes or nesting materials may indicate that an animal or animals are using the attic as a shelter from the elements.

Get to the root of issues with your home's roof before they become bigger problems once winter arrives. A thorough inspection can reveal problems that may prove costly if ignored.

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University offers courses to Pines residents

The Ocean Pines Association (OPA) announced a new collaboration with Salisbury University (SU). SU expert faculty will bring Ocean Pines residents and guests the most engaging learning experiences, right in their backyard.

“Forget the pressure of pre-requisites or tests. The lectures and seminars, which are open to the public, are high-energy learning opportunities,” said Ocean Pines Marketing and Public Relations Director Denise Sawyer. “Intended for adult learners of all ages, the classes aim to engage participants with intellectual enrichment through a variety of thought-provoking discussions in an expert-led workshop setting.”

Delmarva’s Window to the World. From the first radio broadcasts in the 1920s to weather and news information provided by residents in 2017, Delmarva has played an important role in the electronic media’s 90-year history in the United States.

Dr. David Burns of Salisbury University’s Communication Arts Department will host a five-week course entitled “Delmarva’s Window to the World: Global Journalism and the Local Media Landscape,” held 4 p.m. to 5:30 p.m. on Wednesdays October 4 through November 1 at the Ocean Pines Community Center.

Topics include “The Birth: Radio and War (the Great Depression to World War II),” “The Freeze: the Elec-

tronic Media and War Correspondence (World War II to the 1960s),” “The Expansion: Post-World War II Media (1960-1990s),” “The Consolidation: Deregulation and Its Impact on News and Information (1990-2010)” and “the Personalization: Citizen Journalism and Augmented Reality (2010-present).”

The course fee is \$35. To register, visit the SU CELL website at www.salisbury.edu/cell.

Writing Your Memoir: From Draft to Craft. Having a great story is just the first step to writing a compelling piece of memoir. In this class, explore what takes a piece of personal writing “from draft to craft,” looking at elements such as character development, incorporating sensory detail and writing in scenes.

Delmarva Review editor Emily Rich teaches the course “Writing Your Memoir: From Draft to Craft,” held 9 a.m. to 10:30 a.m. on Thursdays, October 12 through November 16 at the Ocean Pines Community Center.

Participants will explore personal writing, examine writing elements such as character development, incorporating sensory detail and writing scenes. In addition to workshoping each other’s writing, those taking the class also read essays on the craft and sample works of successful memoirists.

Presented through CELL’s Light-house Literary Guild series, the course

fee is \$60. To register, visit the SU CELL website at www.salisbury.edu/cell.

Environmental Studies in Ocean Pines. The program begins with a five-session SU Environmental Studies Faculty Lecture Series, held 2:30 p.m. to 4 p.m. on Fridays from September 29 through November 3 at the Tern Grille at the Ocean Pines Golf Club. Presentations include:

-September 29 – “Talking Trash: the Politics of Garbage”: Dr. Sarah Surak discusses the social, political, economic and ethical implications of how and why people create and manage waste in their daily lives.

-October 6 – “Valuing Bird Biodiversity Using Citizen Science Data from eBird”: Dr. Sonja Kolstoe speaks about how economists measure the non-market benefits of environmental goods and services, offering her research using citizen science data as an example.

-October 13 – “When Living Kinds Disappear: Grief, Love and Wisdom in a Time of Mass Species Extinction”: Dr. James Hatley reflects on case studies, including those of the Honshu Wolf, Australian Quoll and American Bison, to question the significance of anthropogenic species extinction and the scope of humankind’s responsibilities regarding it.

-October 20 – “Before It’s Too Late: Conservation of Spotted Turtles on the Delmarva Peninsula”: Dr. Tami Ransom discusses steps to conserve regional spotted turtles, recently named one of the 10 U.S. species most threatened by habitat fragmentation.

-November 3 – “Of Polar Bears and Climate Migrants: Visualizing the ‘New Face’ of Climate Change”: Dr. Shane Hall examines recent media discussions portraying climate change as a crisis both for and of migrants, who face some of climate change’s harshest impacts while often being portrayed as a threat to national borders and security.

The course fee is \$35 for the series. To register visit, the SU CELL website at www.salisbury.edu/cell.

These classes and seminars are part of the Salisbury University at the Beach series, presented by SU’s Center for Extended and Lifelong Learning and the Ocean Pines Association, Inc.

Registration is now open for the lecture series and writing seminars.

For more information, contact Denise Sawyer, director of marketing and public relations for the Ocean Pines Association, at (410) 641-7717 ext. 3006 or dsawyer@oceanpines.org.

Doggie Swim raises money for WCHS

More than 100 dogs and their human companions splashed and played while raising money for the Worcester County Humane Society at the Ocean Pines Doggie Swim, held Saturday, September 9 at the Mumford’s Landing Pool in Ocean Pines.

The annual swim, which has been hosted by the Ocean Pines Aquatics Department for the past eight years, gives dogs the chance to play in the Mumford’s Landing Pool before it closes for the season. The cost to participate was \$6 per dog. Ocean Pines Aquatics Director Colby Phillips said, “We want to thank

everyone who came out to our eighth annual doggie swim. We love being able to host this fun event for the



Dogs and their owners enjoy the Mumford’s Landing Pool before it closes for the season. Photo by Don LaFond

Worcester County Humane Society, a no kill-shelter here on the Eastern Shore. What a blessing it is to have this amazing organization. Thank you to all of the volunteers who take care of our four-legged friends who have yet to find their forever home.”

walk

from page 6

lot of history, that is simple, and can be done by almost anyone,” said Kat Gunby, Director of Prevention Services for Worcester County Health Department. “We hope to continue to grow this program so that it keeps helping our residents live healthier, active lifestyles for 20 more years.”

Just Walk helps residents lose weight and increase their physical activity. The program features several events every year, including fun walks throughout the county, and incentives to encourage participants to lace up their sneakers and hit local trails, paths, and parks to log their miles. This year, Just Walk members led the charge to Worcester’s third-place finish in the American Public Health Association’s One Billion Steps Challenge.

Walking has many health benefits. According to the American Heart Association, research shows walking for as little as 30 minutes a day can help people: reduce the risk of heart disease; improve blood pressure and blood sugar levels; improve blood lipid (cholesterol) profile; maintain body weight and lower the risk of obesity; enhance mental well-being; reduce the risk of osteoporosis; reduce the risks of breast and colon cancer; and, reduce the risk of type 2 diabetes

For more information on Just Walk Worcester’s 20th Anniversary, or to find out how to join this free program, call 410-632-1100 or visit worcester-health.org.



Recognition - Kiwanians Mike and Mary Evans are also important members of Star Charities. They were not able to attend the awards dinner at the Atlantic Hotel on August 24th, therefore County Commissioners Jim Bunting and Chip Bertino, along with presenter Kelly Brinkley, the Volunteer Services Manager of Worcester County, attended the weekly Kiwanis Club meeting recently to present the Volunteer Team Spirit Award 2017 for all Evans' dedicated work. Pictured (L-R) are **Kelly Brinkley, Chip Bertino, Jim Bunting, Mike and Mary Evans** and Kiwanis Club of Greater Ocean Pines – Ocean City President **Barbara Peletier**. Photo by David Landis, Sr.

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Tai Chi class to begin

Tai chi, the ancient Chinese exercise, will return to Ocean Pines this fall with a new class offered by the Recreation and Parks Department.

Radiant Motion for Health's Kim Reed will lead the session, held Thursdays September 28 through November 16 from 3 p.m. to 4 p.m. at the Ocean Pines Community Center.

Tai chi is appropriate for all ages and athletic abilities. Its benefits include reducing stress, anxiety and depression; boosting immunity and reducing chronic pain and arthritis.

The cost for the eight-week session is \$65 for Ocean Pines residents and \$81.25 for non-residents. Pre-registration is required.

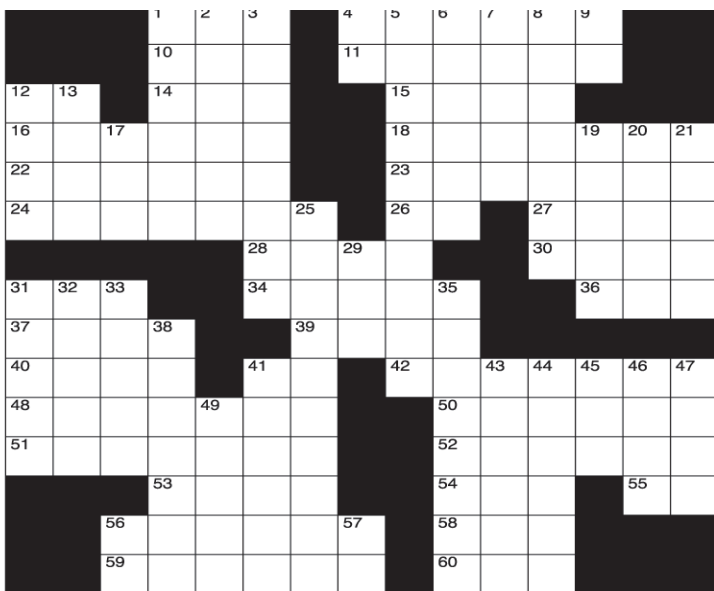
For more information, contact Denise Sawyer, director of marketing and public relations for the Ocean Pines Association, at 410-641-7717 or dsawyer@ocean-pines.org.

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CLUES ACROSS

- 1. Storage device
- 4. Disagree with
- 10. Political organization
- 11. Playoff appearances
- 12. Collection of cops
- 14. Balkan mountain peak
- 15. Island north of Guam
- 16. Seizure of someone's property
- 18. Repeat
- 22. Beautiful youth
- 23. Bullfighters
- 24. Charges a fare
- 26. Not off
- 27. Where skaters ply their trade
- 28. Meson
- 30. Guru
- 31. Cycles/second
- 34. Alternating turns
- 36. Soviet Socialist Republic
- 37. Mound
- 39. Boxer Amir
- 40. Away from wind
- 41. Exist
- 42. Working man
- 48. British soldier
- 50. Scrounge
- 51. Upset
- 52. The act of escaping
- 53. Poet Pound
- 54. Confederate general
- 55. Midway between south and east
- 56. Becomes hot from the sun
- 58. Fictitious poet Mailey
- 59. Not yet purchased
- 60. Intersperse

CLUES DOWN

- 1. Bathing suit
- 2. Poignantly different from what was expected
- 3. A person with the same name as another
- 4. West Siberian river
- 5. Of the membrane lining the abdominal cavity
- 6. Has a positive electric charge
- 7. Fish-eating mammal of the weasel family
- 8. Offerers
- 9. Spanish be
- 12. Chilean province Capitan ___
- 13. Father
- 17. Pestilence
- 19. Songs
- 20. Grilling tools
- 21. Long, winding ridge of sand and gravel
- 25. Court game
- 29. ___kosh, near Lake Winnebago
- 31. Variety of beet
- 32. Caps
- 33. Rides in the snow
- 35. Took without permission
- 38. Tall stand to hold books
- 41. Spanish neighborhood
- 43. Spanish dance
- 44. Countries of Asia
- 45. Make fun of
- 46. Elk Grove High School
- 47. Network of nerves
- 49. Greek apertifs
- 56. Unit of volume
- 57. South Dakota



Answers for Sept. 13



Fall Flounder Fishing

Fishing report: Flounder fishing had been hit or miss because of cloudy water as a result of all the recent rain. However, recently I have seen some nice catches of flounder with quite a few limits being caught. A number of the flounder have been in the 22-23" range. The key to the recent success has been water clarity, location, type of bait and finally presentation. Triggerfish, tog and sheepshead are being caught in the south jetty with a few red drum being reported. Offshore the head boats are doing well with flounder.

Fall Flounder fishing. What is important?

Water clarity: If at all possible find clean water as flounder are ambush fish and need to see the bait. It has been difficult the past few weeks as we have had considerable rain and boat activity causing the bay to cloud. Move around and you can usually find some clear water depending on the tide and weather conditions.

Location: This time of year I prefer the deeper water of the East Channel, Thorofare and finally the inlet. However, I don't overlook the shallows if the weather has been warm and will at least try Harbor Island or Bird Island.

Bait: From mid August on I prefer live Spot in the 3"-4" size, live finger mullet, but also don't overlook frozen shiners if you don't want the hassle of caring for live bait and Berkley Gulp 4 or 5" Swimming Mullet in white, pink and chartreuse. I usually catch spot with hook and line and use a cast net for finger mullet. To catch Spot on hook and line I prefer using an ultra light spinning rod with 4lb. test line to which I attach a SABIKI RIG Model # MSB-3G-8 IRIDESCENT/GREEN GLO size #8. I prefer the three hook model as you have fewer tangles. To each hook I attach either a piece of cut night crawler, bloodworm, or bloodworm fishbite and a small split shot just enough to

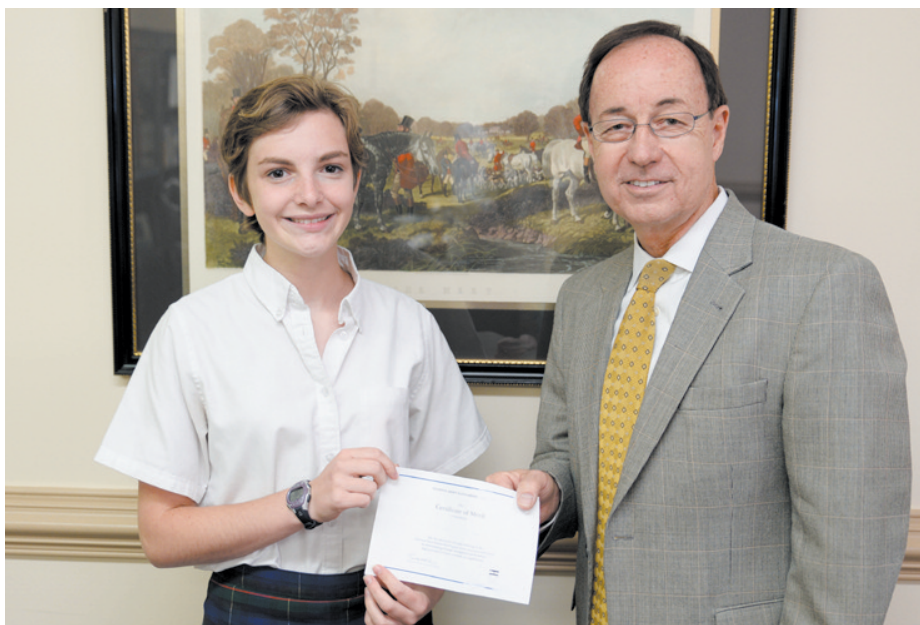
get you to the bottom and wait for the bite. Jig it occasionally and you should be able to pick up 10 spot in less than an hour but again this depends on water clarity and if we have had recent heavy rain that could change the salinity of the water in the canals and impact the bite. If you live in the Pines some good locations for Spot and Finger Mullet are Pin Tail Park along the bulkhead and the crabbing pier at the south end. Both are easy to keep alive. Spot or Mullet I'll catch the night before and keep them alive in a bait bucket secured to the dock, live bait well on a boat or a Styrofoam bucket with a bubbler overnight. Other good bait is strip bait. If you happen to catch one a fillet strip cut off a sea robin or lizard fish is prime food for flounder.

Presentation: When fishing live bait I prefer to use a long leader of 30lb. test mono material approximately 48 inches in length. This is a double rig that I make with a straight shank #2 hook on top, sinker clip down 22 inches and a kale #1 hook at the bottom. I will hook the live Spot or Mullet on the bottom hook through the upper lip and out the hard cartilage in the nasal area. They live longer and I feel are more effective hooked in this fashion. On the top hook a Gulp dressed with a strip of squid with a split tail which gives the squid strip more action. For weight use either a 2 or 3 oz sinker depending on how fast the tide is moving.

The pink Gulp is usually best in the spring when the grass shrimp are very active, white anytime and the chartreuse is usually best in the fall or when there is slightly cloudy water.

Now let's go fishing and good luck. Also, remember to take a kid fishing,

Capt. Ron



WPS senior **Olivia Parker** with Headmaster **Dr. Barry Tull** receives news she is a 2018 National Merit Scholar Semifinalist.

Parker named scholar semifinalist

Dr. Barry Tull, Headmaster of Worcester Preparatory School, announced that Olivia Parker, of Ocean City, Maryland, has been named a Semifinalist in the 63rd annual National Merit Scholarship Program. As a Semifinalist, she will continue in the competition for National Merit Scholarships that will be offered next spring. To be considered for a Merit Scholarship award, Semifinalists must fulfill several requirements to advance to the Finalist level of the competition and become eligible to become a National Merit Scholar.

About 1.6 million juniors in more than 22,000 high schools entered the 2018 National Merit Scholarship Program by taking the 2016 Preliminary SAT/National Merit Scholarship Qualifying Test, which served as an initial screen of program entrants. The nationwide pool of Semifinalists, representing less than one percent of U.S. high school seniors,

includes the highest-scoring entrants in each state. The number of Semifinalists in a state is proportional to the state's percentage of the national total of graduating seniors. National Merit Scholarship winners of 2018 will be announced in nationwide news releases beginning in April.

"The young men and women being named Semifinalists have demonstrated outstanding potential for academic success," commented a spokesperson for NMSC. "These students represent a valuable national resource. Recognizing their accomplishments, as well as the key role their schools play in their academic development, is vital to the advancement of educational excellence in our nation. We hope that this recognition will help broaden their educational opportunities and encourage them as they continue their pursuit of academic success."

Donors warned of charity scams

Appeals for charitable donations will surge as the East Coast reels from the effects of Category 4 Hurricane Irma. To add insult to injury, Hurricanes Jose and Maria are on the heels of Irma. Generous Marylanders will donate to provide relief for those impacted by these horrific disasters. "Donors need to be vigilant and donate wisely, scam artists are out there and prey on the generosity of well-intended donors," advises John C. Wobensmith, Maryland Secretary of State.

"The devastating effects of Hurricane Irma upended the lives of tens of thousands, maybe more, who are caught in the cross hairs of this disaster. Scam artists may prey on your generosity by trying to con you into giving to fraudulent charities and scams to line their own pockets," warns Secretary Wobensmith. "Those who suffered the ravages of Irma and similar disasters need and are grateful for your generosity. Make sure that if you choose to give, that your donations are given to reputable, well-established charities."

The Office of the Secretary of State

registers and regulates charitable organizations that solicit contributions in Maryland. Together with the assistance of the Maryland Attorney General, the Secretary of State enforces Maryland's charitable giving laws to ensure that donations are used for their intended purpose.

Visit <http://sos.maryland.gov/Charity/Pages/Giving-Wisely.aspx> on the Secretary of State's website for tips on how to give wisely to charities.

The Office of the Secretary of State keeps a public registry of charitable organizations authorized to solicit in Maryland. Please check the Secretary of State website <http://sos.maryland.gov/Charity/Pages/SearchCharity.aspx> for information and to search the registry to determine if a specific charity is authorized to solicit in Maryland.

You may report a complaint if you think you have been a victim of a deceptive or illegal charitable solicitation. Report a complaint to the Charities and Legal Services Division at 410-974-5521 or 1-800-825-4510.

Galician dancers to perform at festival

The Celtic Festival that will be staged at Furnace Town October 7 and 8 will have as a special feature the Galician Dancers and Musicians. To the surprise of many people, these performers are of Spanish origin.

Jeanne du Nord, producer of the festival explains, "One of the missions of the Celtic Festival is to show the broad base of Celtic culture. It's not just about Irish pubs although we love them! We parade the flags of the Seven Celtic Nations which are Ireland, Scotland, Wales, Isle of Man, Cornwall, Normandy and Brittany in France, and Asturias and Galicia in Spain. It is with pride and pleasure that we present The Galician Dancers"

The Galician dancers will perform throughout the day on Saturday on the Furnace Stage.

Throughout the Festival grounds will be continuous activities to please all age groups. These activities include bagpipes and drums, a special children's show, musical groups, Highland athletics, martial arts and re-enactment groups.

Visit celticfest.net to learn more and to see schedule updates.

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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. 21	8:50 a.m. 9:12 p.m.	2:45 a.m. 3:07 p.m.	6:48 a.m.	6:59 p.m.
Fri., Sept. 22	9:33 a.m. 9:54 p.m.	3:24 a.m. 3:51 p.m.	6:48 a.m.	6:57 p.m.
Sat., Sept. 23	10:15 a.m. 10:35 p.m.	4:03 a.m. 4:35 p.m.	6:49 a.m.	6:56 p.m.
Sun., Sept. 24	10:58 a.m. 11:17 p.m.	4:43 a.m. 5:21 p.m.	6:50 a.m.	6:54 p.m.
Mon., Sept. 25	11:42 a.m.	5:25 a.m. 6:09 p.m.	6:51 a.m.	6:52 p.m.
Tues., Sept. 26	12:01 a.m. 12:29 p.m.	6:11 a.m. 7:00 p.m.	6:52 a.m.	6:51 p.m.
Wed., Sept. 27	12:50 a.m. 1:21 p.m.	7:00 a.m. 7:54 p.m.	6:53 a.m.	6:49 p.m.

Fall lawn care tips

Spring and summer may be the seasons most often associated with landscaping and lawn care, but tending to lawns and gardens is a year-round job. If lawn and garden responsibilities dip considerably in winter, then fall is the last significant chance before the new year that homeowners will have to address the landscaping around their homes.

Fall lawn care differs from spring and summer lawn care, even if the warm temperatures of summer linger into autumn. Homeowners who want their lawns to thrive year-round can take advantage of the welcoming weather of fall to address any existing or potential issues.

Keep mowing, but adjust how you mow. It is important that homeowners continue to mow their lawns so long as grass is growing. But as fall transitions into winter, lower the blades so the grass is cut shorter while remaining mindful that no blade of grass should ever be trimmed by more than one-third. Lowering the blades will allow more sunlight to reach the grass in the months ahead.

Remove leaves as they fall. Much like apple-picking and foliage, raking leaves is synonymous with fall. Some homeowners may wait to pick up a rake until all the trees on their properties are bare. However, allowing fallen leaves to sit on the ground for extended periods of time can have an adverse effect on grass. Leaves left to sit on the lawn may ultimately suffocate the grass by forming an impenetrable wall that deprives the lawn of sunlight

and oxygen. The result is dead grass and possibly even fungal disease. Leaves may not need to be raked every day, but homeowners should periodically rake and remove leaves from their grass, even if there are plenty left to fall still hanging on the trees.

Repair bald spots. Summer exacts a toll on lawns in various ways, and even homeowners with green thumbs may end up with a lawn filled with bald spots come September. Autumn is a great time to repair these bald spots. Lawn repair mixes like Scotts' PatchMaster contain mulch, seed and fertilizer to repair bald spots, which can begin to recover in as little as seven days. Before applying such products, remove dead grass and loosen the top few inches of soil. Follow any additional manufacturer instructions as well.

Aerate the turf. Aerating reduces soil compacting, facilitating the delivery of fertilizer and water to a lawn's roots. While many homeowners, and particularly those who take pride in tending to their own lawns, can successfully aerate their own turf, it is best to first have soil tested so you know which amendments to add after the ground has been aerated. Gardening centers and home improvement stores sell soil testing kits that measure the pH of soil, but homeowners who want to test for nutrients or heavy metals in their soil may need to send their samples to a lab for further testing.

Fall lawn care provides a great reason to spend some time in the yard before the arrival of winter.



Donation

The Mark Fritschle Group/Condominium Realty, has donated \$1,500 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 Fritschle Group/Condominium Realty has financially supported the fundraiser and tournament for many years.

The tournament benefits our 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 our wounded troops are sent for treatment before heading home.

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

Above: **Ben Dawson** with **Lora** and **Grant Fritschle**.



Join the Ranks of the "Beach Troop"

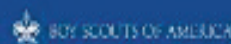
2017/2018 Calendar:

- Wilderness Survival Nights
- Snow Skiing Weekend
- Frostburg Bike Trip
- Western Maryland Canoe & Kayaking Trip
- Surf Camp
- Survival Shooting Days
- Museum Trips

For More Information
Call Troop Advancement
Committee Leader

JOERG LEINEMANN
joerg@bytheocean.net

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Did You Know ...

The Boy Scouts of America (BSA) is the largest Scouting organization in the United States of America and one of the largest youth organizations in the United States, with more than 2.4 million youth participants and nearly one million adult volunteers.[3] The BSA was founded in 1910 and, since then, more than 110 million Americans have been participants in BSA programs at some time.[4]. The BSA is part of the international Scout Movement and became a founding member organization of the World Organization of the Scout Movement in 1922.

-Wikipedia

Nurses are unsung heroes

No one wants to see the inside of an emergency room or medical center, but few people avoid occasional visits to the ER. When such situations arise, a top-notch trauma team can make all the difference.

One of the first people patients encounter inside an ER are the nurses who quickly assess life-threatening problems and begin to solve them on the spot. Although nurses can work in hospital emergency rooms, emergency nurses also may work in ambulances, urgent care centers, sports arenas, and other high-stress situations. ER nurses are registered nurses who work closely with doctors to help diagnose, stabilize and manage conditions. They also liaise between family members and other medical staff and educate patients about their conditions once an emergency situation is addressed.

Because ER nurses specialize in treating severely ill or injured patients or those in life-threatening situations, those considering a career in this field must be ready to adapt to many different situations. In a single day, ER nurses may encounter children with broken bones, patients with acute

stomach pains and people injured in motor vehicle accidents, among many other potential situations. Patients of all ages come through trauma centers, and prioritizing emergencies can be part of the job description.

An ER nurse's day is frequently stressful and fast-paced. Some of the tasks to be expected, according to the nursing career resource Nurse Frontier, include: First aid, Suturing, Intubation, Bag valve mask ventilation, Administering medicine, Basic life support, Advance cardiac life support, Transfusing blood

Prospective ER nurses must complete a nursing degree or diploma program. The United States and requires prospective ER nurses to pass the NCLEX-RN exam, which is administered by the National Council of State Boards. RNs receive state licensing in the United States.

According to Johnson & Johnson's Discover Nursing, ER nurses are increasingly learning about tech, thanks

to electronic medical records and point-of-care barcoding.

ER nurses have more responsibility than ever because of nursing shortages. That means there are plenty of



opportunities to become leaders in the field.

ER nurses and other nurses fill a much-needed responsibility in the medical field. A career as an ER nurse can be challenging but very rewarding.

Nursing is one of the fastest-growing and longest-running occupations in the United States. The New England Hospital for Women and Children, es-

tablished in 1862, was the first nursing school in the United States. The American Nurses Association, started in 1898 is a national professional association representing the hundreds of thousands of nurses across the country and is instrumental in legislative policy and the influences of health care on nursing professionals today.

Each fall, Wor-Wic Community College admits 48 students seeking a certificate in practical nursing (CPN), which leads to becoming a licensed practical nurse (LPN), and 48 students seeking an associate degree in nursing (ADN), which leads to becoming a registered nurse (RN). Each spring, the college admits 32 CPN and 32 ADN students.

In response to the need for more RNs, beginning in January the college will add 16 students to the ADN cohort, bringing the number of students to 48.

Due to the limited number of spaces available in these programs, selection is on a competitive basis. For more information, visit www.worwic.edu or contact the admissions office at 410-334-2895.

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Gluten-free diets increasing

The availability of gluten-free offerings has increased considerably at grocery stores and restaurants in recent years. While gluten-free diets may have become a trendy way for people to deal with everything from mild indigestion to gastrointestinal problems, those with celiac disease have no choice but to avoid gluten.

According to the most recent data published by U.S. National Health and Nutrition Examination Surveys, the number of Americans who now adhere to gluten-free diets tripled between 2009 and 2014. Even though 2.7 million people surveyed reported being on a gluten-free diet, only 1.76 million people tested for celiac disease.

The Celiac Disease Foundation says that celiac disease is an autoimmune disorder that occurs when gluten is ingested. Essentially, the body mounts an immune system response when gluten is consumed. These attacks affect the small intestine and can damage the villi, which are small, finger-like objects that line the small intestine. Over time, the villi can diminish, impacting how well nutrients can be absorbed. Malnutrition may occur over time. Es-

timates suggest that celiac disease affects one in 100 people worldwide.

Left untreated, celiac disease can contribute to other health complications, such as osteoporosis, thyroid disease, autoimmune complications, and even certain cancers, offers the group Beyond Celiac. In addition, celiac disease may be linked to other conditions, including infertility and type 1 diabetes.

Classic symptoms of celiac disease include bloating, gas, fatigue, diarrhea, anemia, and osteoporosis. Some people may have no symptoms, and the Mayo Clinic says that more than half of adults with celiac disease have signs and symptoms that are not related to the digestive system. Such symptoms may include mouth ulcers, itchy skin, damage to dental enamel, and joint pain. Reactions may occur even after consuming small amounts of gluten.

The cause of celiac disease is unknown, but gastrointestinal infections, gut bacteria and environmental factors may contribute. Unfortunately, there is no cure for celiac disease, but adherence to a strict gluten-free diet is one way to keep symptoms at bay and promote intestinal healing.



Dawg Team at Big Trucks Day

The Kiwanis "Dawg Team" was at work serving up hot dogs and refreshments at the Ocean Pines "Big Trucks Day" held Saturday near the Veterans Memorial Park. Pictured (seated L-R) **Pat Winkelmayer** and **Robin Beall** (standing) **Kitty Wrench**, **Sue Wineke**, **Stella Hartington**, **Ralph Chinn**, **Joe Beall** and **Ed Ahlquist** in their new blue "Dawg Team" shirts. Photo by David Landis, Sr.

signs
from page 1

Seashore, Pocomoke River State Park Forest, and EA Vaughn Wildlife Area in Maryland, to Cape Charles, VA.

"Our intention with this guide is to get visitors travelling the byway and taking the time to experience our heritage, our foods and our beautiful natural resources," WCT Director Lisa Challenger said. "It's really about digging a little deeper into an area you visit, and that's what we want people to do."

The guide includes a brief history, wildlife observation and fishing opportunities, cultural heritage sites, outdoor recreation, roads best taken, and seafood eateries throughout the coastal region. Copies of the guide can be downloaded at www.visitworchester.org, under Visitor's Guides. Hard-copies are available at Ocean City and Maryland visitor centers and the WCT office in Snow Hill.

The Cape to Cape booklet and byway signs project was produced by WCT in partnership with the Maryland State Highway Administration (SHA). Funding for the maps was provided in part by the Federal Highway Administration (FHWA) National Scenic Byways Program.

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Pines delivers its disaster relief

The Ocean Pines Public Works Department delivered items collected throughout the community for Hurricane Harvey victims to Hurlock, MD last Friday.

“People all over Ocean Pines and Worcester County have answered our call to donate,” said Ocean Pines Marketing and Public Relations Director Denise Sawyer. “We were able to collect enough items to fill a 16-foot enclosed trailer.”

Initially, the Ocean Pines Association had hoped to raise enough items to provide a tractor trailer load of organized relief for Irving Cares, an emergency assistance non-profit organization and shelter for displaced families in Texas. But the load of items collected from residents and guests did not warrant the expense of cross-country travel. For this reason, the Association decided to join area communities and businesses with chipping in so that the Town of Hurlock can ship out truckloads of dona-



tions from Delmarva to Texas. The association, with the help of its residents, neighbors, local businesses and organizations, employees and Board of Directors, was able to provide some relief to Texas, where tens of thousands of people remain in shelters or hotels three weeks after the deadly

hurricane rolled in from the Gulf of Mexico.

“It’s heartbreaking to watch families struggle to piece their lives back together but it’s comforting knowing the people of Ocean Pines are willing to help those in need more than 1,600 miles away,” said Sawyer.



Holding the check are **Nancy Dofflemyer** and **Heather Trembl** (Pink Ball event chair). Seated are members and breast cancer survivors **Linda Bauer**, **Sharon Hoffman**, **Carol Van Reenan** and **Judy Knight**.

EWGA donates to American Cancer Society

The Eastern Shore Chapter of the Executive Women’s Golf Association kicked off their Breast Cancer Fundraising effort last month with their annual PINK Ball event. The chapter launched the event with participation of about 260 members spanning 11 leagues. The weather did not cooperate but that did not stop the ladies from playing the game and contributing substantial donations. The Chapter collected \$4,100 this year. All proceeds from the event go directly to the American Cancer Society’s Making Strides against Breast Cancer Programs.

The organization’s next big breast cancer fundraising event is the 20th Annual Pink Ribbon Classic at the Beach set for October 20. This golf tournament will be held at the Ocean City Golf Club. Golf registration and Sponsor forms can be found on their website: www.ewgaeasternshore.com.

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