

# The Courier

September 27, 2017 Volume 18 Number 3

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## Moroney fills vacancy

During a short special meeting of the Ocean Pines Association (OPA) Board of Directors last Thursday evening, Ted Moroney was elected to fill the vacancy on the board created when Brett Hill resigned two weeks ago.

Moroney was nominated by Cheryl Jacobs. "Mr. Moroney brings both the appropriate experience from his business career as well as his multiple prior endeavors assisting Ocean Pines through his service as a member of various task force groups and committees. He has no agenda other than to help Ocean Pines be the best community it can be.," Jacobs said in her comments.

The board voted unanimously to approve the nomination.

Moroney will serve until the next OPA election in August.

-Chip Bertino

## Viola resigns

John Viola, director of finance for the Ocean Pines Association, has decided to step down. His last day was Friday. Sharon Davis, who has worked for the Association since 1978 and most recently as an accounting manager, will serve as interim director of finance as the Association searches for a permanent replacement.

## Venues named best

The Venues at Ocean Pines was recently named "Best Wedding/Banquet Facility from Berlin to Ocean City" for the third year in a row by "The Metropolitan" magazine.

The Venues is featured in the magazine's September 2017 issue, which recognizes other "Best Of" award winners from across Delmarva in a variety of categories. Ocean Pines also won in the same category in 2015 and 2016.

"I congratulate the hard-working staff of the Venues at Ocean Pines on this well-deserved honor," said Brian Townsend, director of the Venues at Ocean Pines.

Ocean Pines and other winners will be honored at the magazine's 23<sup>rd</sup> annual "Best Of" party on Friday, Oct. 6 at The Standard in Salisbury.



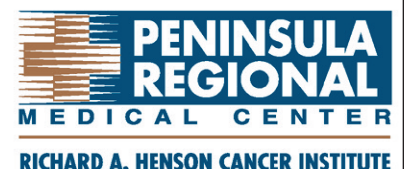
**Encouraging reading** - Berlin Intermediate School kicked off its "One School, One Book" program this week, introducing the book "Wonder" to all grade four, five and six students. Every student at BIS received a hardback copy of the book "Wonder" by R.J. Palacio. The goal of this program is to build a community of readers including parents, students and teachers. Families are asked to read aloud as a family unit each evening. Daily trivia questions will be presented daily to encourage students to read and listen carefully. Random drawings will take place every morning with the lucky winners receiving a free ticket to the movie premiere in November. Morning meeting will be held in each homeroom to discuss the previous night's reading. "Wonder" addresses the idea of differences in children and adults and promotes kindness, compassion and acceptance, topics that are hoped to carry on throughout the school year.

Above are **Lily Olsen** and **Angel Tejada**.



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Community Calendar

# September

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## Dinner, auction scheduled

An Italian Dinner and Auction will be held Saturday, October 14 at 5 p.m. in the Fellowship Hall of Bethany United Methodist Church located at 8648 Stephen Decatur Hwy in Berlin. Chicken parmesan or spaghetti and meatballs, Italian bread, tossed salad, cake and drink will be available. The cost for adults is \$10 in advance/\$12 at the door; ages five to 12 is \$6; and, children age 4 and under are free. An auction will follow dinner. For information call 410-641-2186.



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

## Free heart, vascular screenings offered

[T]he Guerrieri Heart & Vascular Institute at Peninsula Regional Medical Center will sponsor free heart and vascular screenings by appointment.

Heart Smart heart disease risk assessments are available for men and women of any age, and appointments are available every Tuesday and Thursday morning at Peninsula Regional Medical Center in Salisbury. The heart screenings include cholesterol, HDL, triglycerides and fasting blood glucose blood tests; a resting 12-lead EKG; body fat and body mass index; blood pressure and pulse oximetry testing, a follow-up care plan and more.

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

free Heart Smart screening.

Vascular screenings are for people ages 55 and up and include ultrasound testing for carotid artery blockage and abdominal aortic aneurysm, and ankle-brachial index tests for peripheral artery disease. The screenings are for individuals who exhibit at least three prominent risk factors or one symptom. Risk factors for vascular disease include smoking, high blood pressure, high cholesterol, diabetes, sedentary lifestyle, obesity, heart disease and a family history of vascular disease. Symptoms include leg pain when walking, numbness in the leg or foot, stroke-like symptoms (numbness, weakness, dizziness and difficulties with speech or vision), a family history of aneurysm and unexplained abdominal or back pain. Those currently under a physician's care for vascular or arterial health issues and those who have participated in this screening in the past are not eligible to participate.

If you are 55 or older, please call the Guerrieri Heart & Vascular Institute at 410-543-7123 to find out if you qualify for the free vascular screenings and to reserve a date and time.

## 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.

### 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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**Celebrating -** At the Star Charities 10<sup>th</sup> Birthday Party on September 15 in the Ocean Pines Community Center, singing and having a good time are (L-R) **Susan Krut-sick, Cindy Stamp, Lee Tilghman** and seated **Irmgarde Heinecke**. Photo by Anna Foultz.

## Bertino to hold town meeting

Worcester County Commissioner Chip Bertino will host a town meeting on Saturday, September 30 at 10 a.m. at the Ocean Pines library. He will discuss issues and developments impacting the Ocean Pines district. Commissioner Bertino's guests include Superintendent of Schools Lou Taylor and Board of Education member Elena McComas.



**Chip Bertino**



**Elena McComas**



**Lou Taylor**

Since assuming office, Commissioner Bertino has worked hard to help improve relations between the Commissioners and the Board of Education. "Lou has been an excellent partner to work with. He cares deeply about our students and our school system," said Commissioner Bertino.

Mrs. McComas represents District 5 and was elected to the school board in November 2016. "As an educator herself, Elena brings a knowledgeable perspective to the

board. I look forward to hearing her comments," said Commissioner Bertino.

Commissioner President Jim Bunting will join the meeting as well.

## Police offer Copperhead snake safety tips

There are close to 30 different species of snakes in Maryland, many of which are non-venomous but some are. In an effort to keep residents and guests out of harm's way, the Ocean Pines Police Department is providing the public with tips on how to stay safe during snake season.

Copperheads, the most common venomous snake that inhabits Maryland, are usually seen on warm humid nights.



shape, vertical pupil and an hourglass scale pattern that runs the length of their bodies.

"Copperhead venom is not usually deadly, but, it is painful," said Sawyer. Ocean Pines Police urge residents to call 911 if you think you have been bitten by or have seen a Copperhead snake.

### Safety Tips to Reduce Chances of a Snake Bite

-If you see a snake, stop and keep a safe dis-

tance.

-Do not try to handle any snake. Any snake will bite if provoked.

-When walking or hiking, stay on trails, sidewalks and cleared pathways.

-Wear boots or closed shoes and long pants when working outdoors or walking in wooded areas.

-Wear leather gloves when handling brush and debris.

-Use a flashlight if walking at night in areas where snakes might be present.

"They are typically found in swamps, forest areas and fields," said Ocean Pines Marketing and Public Relations Director Denise Sawyer. "We encourage homeowners to be aware of their surroundings when walking near piles of firewood, fallen leaves, flowerbeds, and around landscaping rocks."

The Copperhead is well-camouflaged, which allows it to blend in with a natural background. They can be identified by their triangular head

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# The Courier

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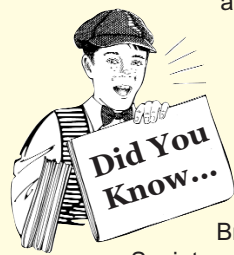
Ron Fisher, Douglas Hemmick, Jean Marx,  
Kelly Marx, Dolores Pike  
and Bev Wisch

Robert B. Adair 1938-2007

## 2012 Business of the Year

**The Courier** is published Wednesday morning by CMN Communications, Inc. Contents copyright 2017. News release items and calendar entries should reach us *Friday noon* prior to publication date. The advertising deadline is *Friday at 5 p.m.* Read **The Courier** online at delmarvacourier.com

Being a woman is the leading risk factor for breast cancer. Only skin cancers exceed breast cancer as the most commonly diagnosed cancer among women in the United States. Although roughly one in 1,000 men



are diagnosed with breast cancer each year, the disease most often affects women. The American Breast Cancer

Society says that breast cancer is 100 times more common in women than men. A woman now has a one in eight chance of being diagnosed in her lifetime, according to the National Cancer Institute. Although some breast cancers are traced to inherited gene mutations, 85 percent of women diagnosed with breast cancer have no prior family history. Non-Hispanic white women have higher rates of breast cancer incidence, but all women are susceptible. This underscores the importance of being aware of the disease, following recommended screening guidelines and taking notice of any changes that occur in the breasts.

# AGH provides flu clinics

Frequent handwashing and avoiding close contact with those who are sick certainly helps but, according to the Centers for Disease Control and Prevention (CDC), the best way to prevent the flu is getting a flu vaccine each year.

As a service to our community's health, Atlantic General Hospital/Health System is again providing community flu shot clinics. Individuals must be at least 13 years old to receive the vaccine at one of the clinics.

To avoid long lines, however, community members are encouraged to contact their doctor's office to receive their vaccine. Flu vaccine is considered preventative care and is covered at 100 percent by most insurances.

Atlantic General Health System (AGHS) has their supply of flu vaccine; patients of AGHS physicians can call today to schedule their flu shots or inquire about available walk-in times.

Community members can also receive flu shots at Townsend Medical Center on 10<sup>th</sup> Street in Ocean City, no appointment necessary.

Donations made during the Atlantic General Hospital flu clinics help offset the cost of future flu clinics. This year the hospital and health system has scheduled clinics as follows:



Wednesday

October 4 10 a.m. – 2 p.m.

Taylor Bank (Snow Hill Branch)  
108 West Market St. Snow Hill

Saturday

October 7, 8 a.m. to 12 p.m.

Health Fair

Ocean Pines Community Center

Monday

October 9, 10 a.m. to 2 p.m.

Pocomoke Fire Department  
1410 Market Street Pocomoke

Wednesday

October 11, 2 p.m. to 6 p.m.

Atlantic General Hospital

(Please use Emergency  
Room Entrance)

Wednesday

October 18, 2 p.m. to 6 p.m.

Atlantic General Hospital

(Please use Emergency  
Room Entrance)

Saturday

October 21, 10 a.m. – 1 p.m.

Atlantic General Primary Care

96 Atlantic Avenue, Unit 101,  
Ocean View, DE

Wednesday

October 25, 1p.m. to 4 p.m.

Atlantic General Women's Health  
38394 Dupont Blvd. Unit H,  
Selbyville, DE

Friday, November 10

10 a.m. to 1 p.m.

Holy Savior Catholic Church  
1705 Philadelphia Avenue  
Ocean City

Influenza and complications resulting from the virus kill an estimated 20,000 people each year, according to the CDC. Although rates of influenza vaccinations have increased in recent years, health surveys indicate that less than half of the high-risk population receives a yearly vaccine.

Influenza, or flu, is a highly contagious virus spread by inhaling droplets from an infected individual's cough or sneeze. Most symptoms emerge within 24 to 48 hours and are characterized by fever, chills, sore throat, cough and headache. Just one infected person can unknowingly pass on the flu to family members and loved ones because the virus can be transmitted 24 hours before symptoms appear. CDC recommends that everyone 6 months of age and older get a seasonal flu vaccine.

Those at an increased risk for influenza related complications:

- persons 65 years and older
- nursing home residents and other chronic care facilities
- adults and children with chronic disorders of the pulmonary or cardiovascular systems, including children with asthma
- people with metabolic diseases such as diabetes
- those with blood diseases like sickle cell anemia, or impaired immunity

The vaccine is usually given before the flu season. Since flu viruses mutate often, vaccines should be repeated each year.

For more information on the Atlantic General Hospital Community Flu Clinics, contact Atlantic General Hospital at 410-641-9FLU (9358).



## Kiwanis learns about Pines anniversary plans

Jennifer Cropper-Rines, chair of the Ocean Pines 50<sup>th</sup> Anniversary Committee, was the guest speaker at the weekly Kiwanis Club of Greater Ocean Pines-Ocean City September 20 meeting. Jennifer talked about events that are planned like a New Year's Eve Celebration that kicks off the 2018 Anniversary. There will be a parade and a time capsule event on June 2 which marks the sale of the first lot in Ocean Pines. There will be a golf tournament on June 30 and a 5K run on July 4. In November there will be a Winter Ball.

At left are **Jennifer Cropper-Rines** and Kiwanis Club President **Barbara Peletier**.

# The Big Boat

Followers of this column know that I enjoy boating, a passion ignited by my grandfather from a time before I could walk.

Boats have personalities. They have souls. Okay, you can call me silly but that's just what I believe.



## It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

Every boat I've had has in some way left its mark on me. The *Marylou*, the first boat I owned was an eight-foot row boat built by my grandfather. I cared for that boat as if she was a yacht. Many an hour I spent rowing her, fishing on her and just sitting in her listening to the waves lap her sides.

The last boat my grandfather had was a 1973 19-foot Chaparral bowrider with a 120 horsepower Mercruiser inboard/outboard. It had a clinker built white hull. The upholstery was blue. I was with him when he purchased it new at the Philadelphia Boat Show. He had recently retired and he and my grandmother had sold their house in Philly so I guess he felt the timing was right for him to give himself a present. Up to that point he had built each of his boats, including the 17' *Jo-Lyn* he was trading in.

That first ride in the new boat was memorable. Onboard were my grandfather, mother, brother and me. As my grandfather drove, we sat up in the bow, a new sensation because the old boat had a covered deck.

The bow rose as the throttle was pushed down. At a time when the boats around us were powered with outboards of no more than 55 horsepower, the thrill of being pushed by 120 horses was exhilarating. We flew across the bay leaving a long wake. Life was good.

Our boat was the biggest and fastest of all the boats on the bay at that time. As a result, the boat became known as *The*

*Big Boat*. My brother and I were eight and five at the time and we took a lot of pride in the fact that our boat was bigger than everyone else's.

The hull of that boat was recognizable to us even from afar. When our grandfather was fishing, my brother and I could pick *The Big Boat* out among the group of boats anchored a couple miles behind our house. We spent a lot of quality time on that boat fishing and cruising.

Unfortunately, by the dawn of the 1980s *The Big Boat* required repairs that seemed to be beyond my grandfather. There were a couple summers when we used her maybe once or twice. Often, she just stayed at her mooring floating like a sleeping giant.

Sadly by 1983 she never reached the water, remaining on her trailer beside the garage. The following spring my grandfather passed away leaving me the boat. I was a college freshman and didn't have the money to fix her up. So, much to my



My grandfather and sister look on as my brother and I clean the hull of *The Big Boat*.

chagrin, I sold her for a thousand dollars.

I always felt sad that the boat had been sold. About 10 years ago I began looking in earnest to find the boat or at least one like her. My wife was well aware that if I ever found one, I would be hard pressed to pass on it. She understood. A couple years later during a conversation with my brother, I learned he too had undertaken the same search. My search didn't produce much results. Manatee Boats manufactured a similar hull design as the Chaparral and I occasionally located one in gold or blue but never white. And I never came across a Chaparral.

Then one Sunday afternoon this past summer my brother texted me pictures of a boat for sale not far from my grand-

father's house. With the exception that it was an outboard configuration, it was the same color and hull design. "Look what

shore with my grandfather at the helm. It needed work to bring her back; it was questionable whether the engine ran –



Standing beside my new project.

I found," was his message. I immediately called him.

Long story short, on a rainy morning four days later my son and I drove to Jersey to look at this boat, a 1982 19-foot Angler. Certainly there were differences between this boat and *The Big Boat* but they were negligible, at least in my eyes. When I looked at the bow of the boat, it brought me back to standing on the beach watching *The Big Boat* return to

much like *The Big Boat*. Regardless, after some negotiation with the owner, I bought her. And I couldn't be happier.

There's a lot of work to be done to her before she again plies the water. I figure it will take me two years to bring her back. But I don't care. Because when she goes on the water the first time, I suspect, actually hope, it will be like that first ride so many years ago on *The Big Boat* with my grandfather at the helm.



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## Free skin cancer screening offered

Free skin cancer screenings will be held at the Richard A. Henson Cancer Institute at Peninsula Regional Medical Center on Thursday, October 19, 2017 from 4:30 p.m. to 6:30 p.m. Appointments are required. To schedule an appointment, call 410-543-7006.

Local dermatologists are donating their time to the event to encourage those who have never had a skin screening to have a skin exam. "The key to suc-

cessful treatment of most types of skin cancer is early detection and treatment," said Thomas M. DeMarco, MD, Medical Director of the Richard A. Henson Cancer Institute.

Current estimates are that one in five Americans will develop skin cancer in their lifetime; those rates are even higher on Maryland's Eastern Shore.

Skin self-examinations consist of periodically looking over your body for any changes in color, shape or texture of a mole, the development of a new mole or any other unusual changes in the skin. Any of these signs should be reported to a dermatologist right away. A survey commissioned by the Academy showed that less than one-third of Americans currently examine their skin for signs of melanoma and more than half don't know the signs of melanoma. Dermatologists want to change this because when treated in its earliest stages, melanoma can be cured. If not treated early, the disease can quickly spread to other parts of the body and be fatal.

The free screenings will be held on the second floor of the Richard A. Henson Cancer Institute at PRMC. To schedule an appointment, call 410-543-7006.

**SKIN CANCER DETECTION**



### 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

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Lemon Martini Roast Beer Float Martini  
Margarita of the Month \$6.50  
Blue Hawaiian

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## Governor's Cup winners honored

The Ocean Pines Ladies' Golf Association held its Governors' Cup championship on Tuesday, September 12 at Ocean Pines Golf Club.

The winner of this year's net-score tournament was Deb Schwertner. Other flight winners included Diana Earhart, Light Henderson, Susan Morris, Frankie Gomsak and Joan Sarisky.

Ocean Pines Golf Club PGA Director of Golf John Malinowski presented awards to the winners at a luncheon immediately following the event.

The Governors' Cup trophy was originally presented by and named for the Ocean Pines Board of Golf Governors, an elected group of golf members now known as the Golf Members' Council. The annual tournament is a longstanding Ocean Pines women's golf event.

The Ocean Pines Ladies' Golf Association is a nine-hole league open to all women golfers in Ocean Pines. The group meets for weekly play, tournaments and more.

Above: Ocean Pines Golf Club Director of Golf **John Malinowski** (second from left) presented awards to Governors' Cup champion **Deb Schwertner** (far left) and flight winners (from left to right) **Diana Earhart, Light Henderson, Susan Morris, Frankie Gomsak and Joan Sarisky**.

## MBS annual fall festival scheduled

Get ready to fall into fun when the Annual Family Fall Festival returns to Most Blessed Sacrament Catholic School in Berlin on Friday, October 20 from 3:30 p.m. to 6:30 p.m. Hosted by the Home and School Association, this

admission-free, family friendly event features something for everyone. Festival goers can meet and mingle. There will be hot food and baked sale items. There will be games as well as face painting, cake walk, inflatable bounce

house, pony rides, children's auction and other family fun. Games, rides, and other activities require tickets. The cost is \$1 per ticket. The festival offers plenty of free parking. To learn more about the festival or become a corporate sponsor for this kid friendly event, please contact Saron Hand at hsa@mbscs.org.

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# What hospice care is and what it isn't

By **Elaine Bean**  
Coastal Hospice  
Community Relations Manager

When a person faces a life-limiting condition, hospice is ready to help. Hospice care is "patient-centered care," guided by the patient's own goals. Every hospice patient is cared for by a health care team – physicians, nurses, social workers, hospice aides, chaplains, and volunteers – that puts the patient and their family at the center of care. The team treats not only the patient's physical pain, but also their emotional and spiritual needs.

Coastal Hospice & Palliative Care has been treating patients and their families in the four counties of Maryland's Lower Eastern Shore for more than 35 years. Alane Capen has been president of Coastal Hospice since 2008 and has more than 30 years experience in hospice nursing and administration. She says it's the myths about hospice that often keep people from getting the help they need.

"It's alarming to hear that you or someone you love is seriously ill," she says. "Too often, that fear gets in the

way of finding out about all of your options."

Here are a few facts about hospice.  
**Hospice can be for longer than the last few days of life.**

Many patients and families tell Coastal Hospice their biggest regret is not calling hospice sooner. Hospice can help for months longer than the last few days of life, even when a patient is still active.

**Most hospice patients are cared for in their own homes.**

Home is where most patients want to be, surrounded by the people, pets, and things they love. Home is defined by wherever the patient is: a private home, a nursing home, or assisted living. The hospice care team comes to where the patient is living.

**Hospice cares for any patient with a life-limiting illness, not just cancer patients.** At Coastal Hospice, fewer than half of patients have cancer. The hospice team is pre-

pared to manage symptoms and pain arising from virtually any illness, including heart disease, dementia, respiratory issues, HIV/AIDs, and strokes.



**Medicare, Medicaid, and private insurance cover hospice care.** Hospice care is most often covered completely. If the patient doesn't have insurance, arrangements can be made. Coastal Hospice never turns anyone away based on their ability to

pay.

**Hospice care can improve a patient's medical condition.** Studies have shown that patients who receive hospice care often live longer and have a better quality of life than those who do not use hospice care. They are more comfortable, less stressed, and in control of their lives.

**Coastal Hospice can help determine if a patient is ready for hospice.** If a family is uncertain about whether a patient is ready for hospice, a Coastal Hospice registered nurse can come to the patient, meet with their family and caregivers, evaluate their physical condition, and make a recommendation about the next steps of care. An appointment can be arranged by calling 410-742-8732.

More information about Coastal Hospice, including videos of neighbors telling their experiences with hospice care, is available at CoastalHospice.org.

## WCHS awarded outreach grant

Worcester County Humane Society (WCHS) was recently awarded a \$500 grant from Constellation, an Exelon company, through the Community Champions Program to help fund community outreach and school education programs.

One of the education programs the shelter provides is called "Helping Paws" which is an after-school academy offered at Berlin Intermediate School. Shelter volunteers, Tina Walas and Jen Backof, teach the academy every Wednesday which is open to fifth and sixth graders. The students learn about the no-kill shelter and the animals who call it home until they find their forever families. They also take a field trip to the shelter where they get to meet some of the animals and then make adoption posters of an animal of their choice to help that animal find a home. While at the shelter the students also learn about dog safety. One of the favorite activities from last school year was making peanut butter dog biscuits which were then sold at fundraisers. Walas and Backof are excited to be adding some exciting new projects for the students during this year's "Helping Paws" academy such as animal themed rock painting, and kitty yoga.

"A community is not just made of humans, it is also comprised of animals as well," says Backof. "Without human help, the quality of care for our homeless animals would go down. By doing an after-school academy, the shelter can teach the children on topics such as the importance of spaying/neutering, responsible animal care, and giving back to your community. The children can communicate these lessons at home and put them into practice when they reach adulthood in order to make a better world for our animals."

The shelter also offers community outreach programs where WCHS Board Member, Heather Bahrami, travels to schools, businesses, and other organizations usually with some shelter animals in tow to do education about the shelter and the work it does in the community as well as advising on volunteer opportunities. One specific topic Bahrami has been concentrating on for the past six months is the need for an additional low cost spay/neuter clinic in Worcester County and the plan the shelter has in place to make this happen.

"I truly enjoy educating the public about the shelter and what we do."

*please see award on page 11*

## This is hospice



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## Youth golf tournament, fundraiser set

Worcester County Recreation & Parks is partnering once again with the American Legion Riders to host the Tee Off for Youth Golf Tournament and fundraiser Friday, October 6, at the Ocean City Golf Club.

This tournament benefits the Youth of Worcester County with proceeds going towards Worcester County Department of Recreation & Parks Youth Scholarship Fund and American Legion Riders Post 166 Charities.

The costs to participate is \$65 per golfer for all Worcester County em-

ployees, and OC Golf Club and American Legion members, and \$75 per golfer for all other participants. The registration deadline is Friday, September 29.

Hole sponsors, auction baskets, and donations of any kind are welcome from the community and needed to run a successful fundraiser. For any questions regarding registration or donations, please email tee-off-for-youth@hotmail.com or contact Legion Rider member Matt Rados at 717-903-8436.



## WPS Celebrates 'Dot Day'

Teachers and students celebrated International Dot Day on September 15 with a variety of activities and art projects throughout the Lower School. From reading "The Dot" book, to painting on canvas and making hats, Pre-Kindergarten through Grade 5 students enjoyed the lesson of "making their mark." September 15 is International Dot Day, a global celebration of creativity, courage and collaboration which began when teacher Terry Shay introduced his classroom to Peter H. Reynolds' book "The Dot" in 2009. "The Dot" is the story of a caring teacher who dares a doubting student to trust in her own abilities by being brave enough to "make her mark." What begins with a small dot on a piece of paper becomes a breakthrough in confidence and courage.

Above - front: **John Parker, Brax Giardina, Oscar Hershey, Ted Timmons, Vivian Spraul and Kristie Carr.** Back: **Dagny Hobbs, Brock Hidell, Ella Tull, Reed Knowlton, Soren Poulsen, Sam Metz and Samuel Poffenberger.**

## Nicastro joins AGH

Atlantic General Hospital and Health System announced recently that Oswaldo Nicastro, M.D., has joined Dr. Lei Gong at the Atlantic General Primary Care office in Ocean Pines to provide for the growing healthcare needs of this community.

Nicastro joins Atlantic General Health System from St. Francis Healthcare in Wilmington, Del., where he was medical director of outpatient family medicine and charity services for nine years. Nicastro completed his residency and an internship in family medicine at St. Francis Family Practice after earning his medical degree from Universidad Autonoma de Guadalajara in Guadalajara, Mexico. He is a member of the American Academy of Family Physicians and is board certified in family medicine. Nicastro is bilingual in English and Spanish.



Oswaldo Nicastro

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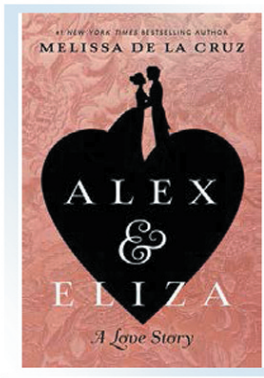
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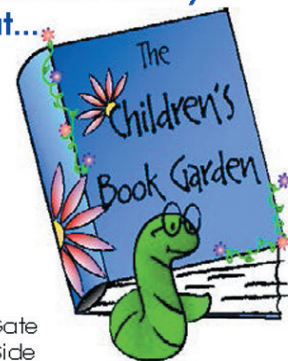
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# The basics of shopping for wedding rings

Engagement ring purchases are usually a solo endeavor, with the groom having an idea of the ring style and color his bride-to-be prefers. But couples usually shop for their wedding

As couples prepare to shop for rings, it can help for each person to list the attributes he or she would like in a ring. This should include the type of metal, color, width, and even cost.

Couples may find they have different preferences, and this is perfectly fine, as wedding rings do not have to match.

A wedding band should complement the engagement ring but not be a perfect match. An ornate engagement ring might look better with a simple band, and vice-versa. Similarly cut gemstones also can complement an engagement ring. If the bride chooses to wear both her engagement ring

ring sets together, and such excursions can be special and meaningful.

Like many decisions couples make when planning their weddings, choosing rings comes down to personal preference. There are no steadfast rules when it comes to purchasing wedding rings, but some guidelines can make shopping far easier.

and wedding band together on the same finger, she should choose a band that will accommodate the curves of uniquely shaped engagement rings.

Couples can make some early choices even before they visit jewelry stores. Narrow down your options so the experience will not be overwhelming. When the time comes to shop,

give yourselves at least two months to browse and then choose the rings you like best.

Lifestyle and daily routine should be considered at all times. These rings will be worn daily, and no one wants to fret about a ring being too delicate to stand up to everyday wear and tear. Also, think long-term. Trendy rings can be fun, but will they still seem like such a good idea when you are celebrating your twentieth wedding anniversary?

When getting rings sized, both the bride and groom should go when their fingers are not swollen from exercise or early in the morning after they may have retained fluid. Shopping should

take place when hands are not too hot or cold. This will allow the best size so the bands fit comfortably and will have enough wiggle room should fingers swell or shrink a little bit.

People can protect their investments by keeping the ring on as much as possible and only removing it when engaging in demanding physical activity or when working with chemicals. Store the ring in a safe spot when you are not wearing it so you are less likely to lose it.

Wedding rings can be purchased from any number of retailers. Just be sure the rings are of good quality and sellers stands by the craftsmanship.

## Factoid

Diamond engagement rings are presented as tokens of love and affection during wedding proposals. The majority of first-time brides will receive a diamond ring, with surveys indicating only 13 percent opt for another gemstone. Diamonds have symbolized eternal love for centuries, perhaps since they were first discovered in India more than 2,000 years ago. The ancient Greeks actually thought diamonds were tears of the gods, while ancient Romans believed diamonds were splinters from heavenly stars.

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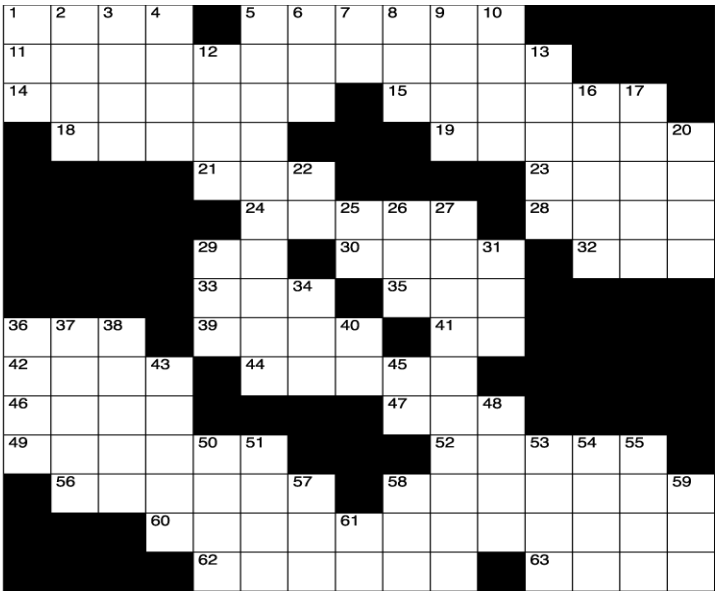
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CLUES ACROSS

1. Defunct social networking service

5. Facial expressions

11. Forebears

14. A portable gun

15. Decrees

18. Resin obtained from tropical trees

19. One who divines the future

21. River in Oregon

23. Norse god of thunder

24. It's on the lawn

28. Speaks

29. Polish beer

30. Ethnic group in Laos

32. Insecticide
33. Surface of the ground

35. Third-party access

36. Senior officer

39. Makes a living with difficulty

41. Expression of sympathy

42. Former U.S. president

44. Passover feast and ceremony

46. Wild sheep of northern Africa

47. Pouch

49. Public buildings

52. Type of cuisine

56. "Hotel California" rockers

58. Universal

60. Eloquently

62. Scantly

63. Japanese alcoholic drink

CLUES DOWN

1. Kilogram force (abbr.)

2. Lake \_\_, one of the Great

3. Seahawks safety Thomas

4. Take a \_\_

5. Gazelles

6. One's mother

7. Iridium

8. Comics writer Stan

9. Within

10. Excite

12. Long-legged gazelle

13. Leaves

16. African nation

17. System of handcraft-based education

20. Formerly (archaic)

22. Argon

25. Equally

26. Standardized test

27. Not part of
29. Midway between east and southeast

31. Native American tribe

34. Marlins infielder Gordon

36. Places to relax

37. Phonology units

38. Bastard wing

40. South Dakota

43. Lake in Uganda

45. Spanish be

48. Town in Galilee

50. Mediation counsel

51. Hair-like structure

53. Domesticated animals

54. Region

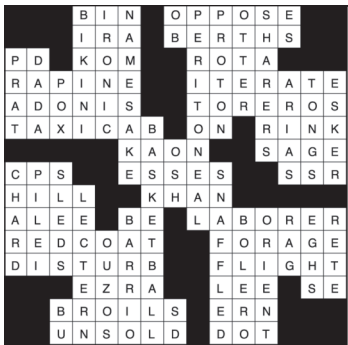
55. He cured polio

57. Title of respect

58. Carpet design

59. Strongly alkaline solution

61. Cerium



Answers for Sept. 20

For the Love of Travel  
*Five Norwegian Nights*

By **Kelly Marx**

There are certain things that one invariably finds when traveling around Scandinavia including omnipresent fish dishes, bone-chilling cold, and prices that give you a reflexive wince. While living in Sweden, I understood that Scandinavia and high prices were practically synonymous, but Norway is even more expensive than its Swedish sister. I thought this would put Norway out of my reach. I'm so relieved to say I was wrong. Granted, Norway is no backpacker's paradise, but if you can afford a budget at the equivalent of \$100 USD per day, you can afford feasting your eyes on fjords.

Stockholm was my starting point and we bussed from the Swedish capital to the Norwegian capital of Oslo. (Ferries, flights, and trains are also options). We took a guided tour of Oslo, which included checking out the Royal Palace and the Vigelandsparken Sculpture Park. The Oslo Opera House is stunning and its climbing-friendly design allows visitors to scale the building, abandoning the "please don't touch" mentality that clings to many tourist sites. This is a great, free way to get city views of one of the fastest-growing European capital cities. One of the most refreshing things I found about Oslo was that a green area, be it a park or a forest, is no more than a 15-minute walk away from any point in the city. Walking along the Oslo Harbor is a picturesque and relaxing way to spend an evening—if you are dressed properly that is. I went in May and I still was bundled in a winter coat. We also visited the Holmenkollen Ski Jump, one of the biggest steel ski jumps in the world which includes a museum and an observation deck. In the interest of time, I would skip the stop if I were to do the trip again.

From Oslo, we traveled by bus to Bergen on the southwestern coast. Fjords and mountains surround the seaside city. Bryggen was my favorite part of Bergen. It is found in the harbor district, a region teeming with history and colorful wooden houses. Climb up or take the Fløibanen Funicular (similar to a cable car) up to the

top of Mount Fløyen for panoramic views of the quaint city below. Even if you aren't planning on cooking on your vacation, a visit to the Fisketorget (fish market) is worth it to see the variety of seafood for sale, located only 150 meters from the bottom of Mount Fløyen.

From Bergen, we took a bus along the Sognefjellet mountain route, the highest mountain pass in Northern Europe. We made various stops includ-



ing a visit to the Steindalsfossen Waterfall, where you can actually walk behind the waterfall, making for a different kind of waterfall experience. Also on the way, we took a boat cruise along the Nærøfjord, sailing past hauntingly beautiful villages, waterfalls, and snow-covered peaks. It is no wonder the area is featured on the UNESCO World Heritage List. Be sure to hike to (and even on) the Nigardsbreen Glacier. After a tough hike, cool down by drinking water flowing straight from the glacier out of your own cupped hands. We stayed at the Luster Fjordhytter in inner Sognefjord. I was in a large group so the 12 cabins worked great for us, but these can also be ideal for smaller groups as each cabin has two floors with five beds and a balcony looking out at the fjord. For accommodation information, check out fjordnorway.com. This location also puts you in a good location for hiking to Molde, a viewpoint from where the highest peaks of Norway can be seen at 1,116 meters above sea level. You will likely have to trek through snow, so be prepared and wear waterproof shoes. The beat-up Nike tennis shoes that I got at the thrift store were surprisingly not sufficient footwear, but I made it to the top and signed my name in the book regardless. When you go, send me a picture of both our names!

# Fall Paddling Weekends set

Registration is now open for the Autumn Delmarva Paddling Weekends, which will begin with paddling excursions starting September 28 through October 1, 2017. This year paddlers will be able to choose additional October and November weekends to meander through the changing fall foliage. Participants can choose their trips at [www.DelmarvaPaddling.com](http://www.DelmarvaPaddling.com). The website is updated regularly with new trips.

The kick off weekend features guided excursions by kayak and canoe on Smith Island, Broad Creek in Laurel, DE, the Broadkill River in Milton, DE, the Pocomoke River in Snow Hill, MD, and the coastal bays east of Berlin, MD. Subsequent October and November weekends will feature trips celebrating these Delmarva Trail Towns.

The event concept was developed in 2015, when both Laurel and Snow Hill began meeting with citizens, businesses, government agencies and non-profit organizations to search for new strategies for building low-impact tourism programs around authentic nature and heritage experiences. A natural partnership was born during workshops where Snow Hill provided advice to Laurel, and Laurel provided advice to Snow Hill.

This year Smith Island, Milton, and Berlin wanted a piece of the action. All three communities are similar in their position on beautiful waterways, easy access to amazing outdoor recreation

opportunities, and the need for economic development through nature and heritage tourism.

Modeled after the successful Delmarva Birding Weekends, now in their 22nd year, participants can choose from an à la carte menu of paddling trips. All tours are guided by local naturalists and historians who focus on the birds and wildlife of local waterways, and the connections our local

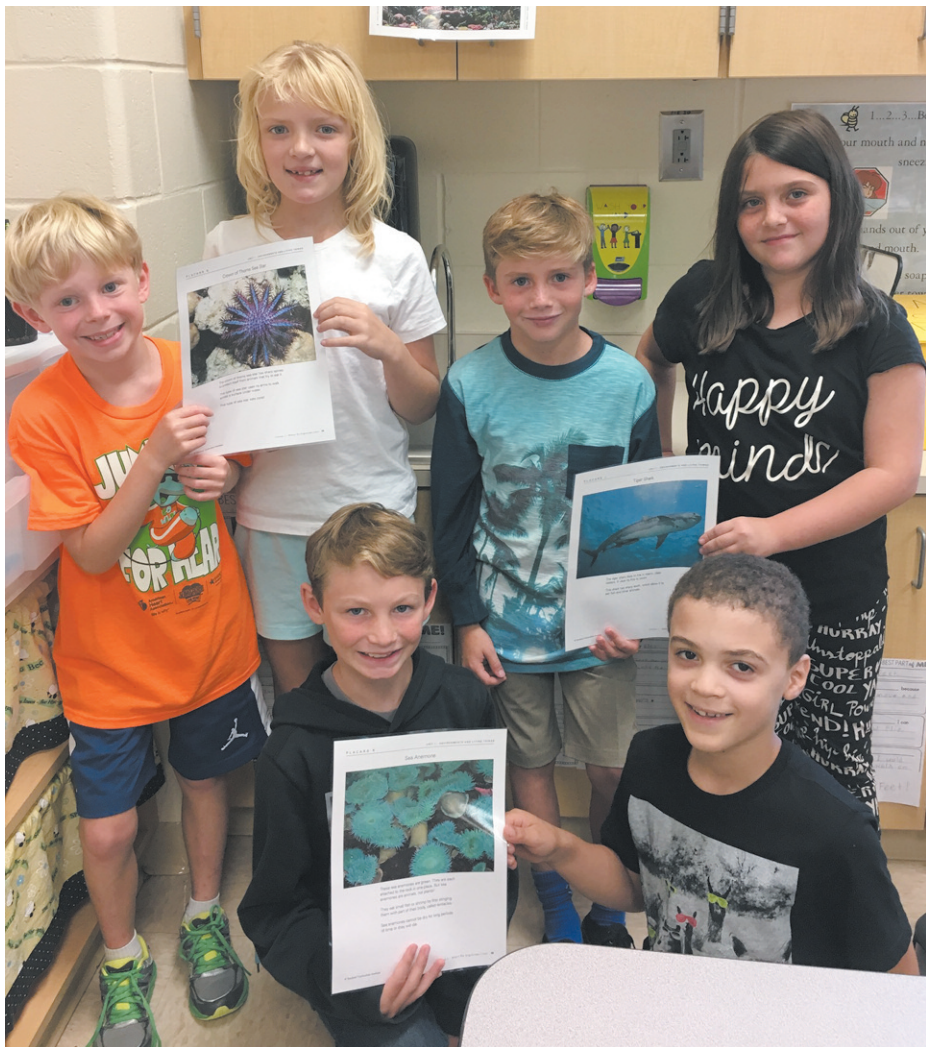
rivers have to historical luminaries as Harriet Tubman and Captain John Smith. The weekends feature some rarely paddled waterways.

You can bring your own human-powered boat, and our local outfitters will provide

kayaks and canoes for those in need. Locals and visitors alike are invited to participate.

The goal with the paddling weekends is to showcase Delmarva's world-class paddling opportunities to participants, so that they will go home, tell their friends, and come back again for future outings. The Delmarva Paddling Weekends are also designed to showcase Laurel, Milton, Smith Island, Berlin and Snow Hill as paddling "Trail Towns" — central locations to stay, play, dine and drink before and after your paddling experiences.

The Delmarva Paddling Weekends are organized by Conservation Community Consulting, LLC along with a host of other partners. To register and learn more, please visit [www.DelmarvaPaddling.com](http://www.DelmarvaPaddling.com).



**Organizing** - Students in Kara Dzimiera's third grade class sorted organisms into their appropriate environments. These students found that sea stars, tiger sharks and sea anemones all live in the coral reef environment. Pictured from left to right: **Aiden Collins, Arieanna Stedding, Jaxon Archer, Sarella Cohen, Logan Jester and Jordan Frantz.**

## DAR honors Constitution

Retired Major General James Adkins gave a presentation about the Maryland 400 at a recent meeting of the General Levin Winder Chapter of the Daughters of the American Revolution (DAR). The Maryland 400 were members of the 1<sup>st</sup> Maryland Regiment

who fought valiantly in the Battle of Brooklyn during the American Revolutionary War.

The chapter also commemorated America's most important document, the Constitution, which is a testament to the tenacity of Americans throughout history to maintain their liberties and freedom, and to ensure those inalienable rights to every American. Members stood as Regent Patricia Ayers read a proclamation from the Worcester County Commissioners recognizing September 17-23 as Constitution Week.

The DAR is a women's service organization dedicated to promoting patriotism, preserving American history, and securing America's future through better education. The General Levin Winder Chapter meets on the third Wednesday of the month at noon. For more information, visit [www.dar.org](http://www.dar.org) or <http://GeneralLevinWinder.marylanddar.org>.

award  
from page 7

says Bahrami. "I especially enjoy getting kids involved."

Those interested in having a WCHS outreach representative come to their school, business, or organization can email [savinganimals@worcestercountyhumanesociety.org](mailto:savinganimals@worcestercountyhumanesociety.org)

The Worcester County Humane Society is private, nonprofit, no-kill animal shelter that currently houses approximately 200 cats and 25 dogs. The shelter is open every day except Mondays from 11-5. Follow the shelter on Facebook and Instagram for available pets and events.

## 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. 28	1:44 a.m. 2:19 p.m.	7:53 a.m. 8:49 p.m.	6:54 a.m.	6:48 p.m.
Fri., Sept. 29	2:44 a.m. 3:18 p.m.	8:48 a.m. 9:44 p.m.	6:55 a.m.	6:46 p.m.
Sat., Sept. 30	3:43 a.m. 4:15 p.m.	9:45 a.m. 10:36 p.m.	6:56 a.m.	6:45 p.m.
Sun., Oct. 1	4:37 a.m. 5:05 p.m.	10:40 a.m. 11:24 p.m.	6:57 a.m.	6:43 p.m.
Mon., Oct. 2	5:26 a.m. 5:51 p.m.	11:32 a.m.	6:57 a.m.	6:41 p.m.
Tues., Oct. 3	6:12 a.m. 6:35 p.m.	12:09 a.m. 12:22 p.m.	6:58 a.m.	6:40 p.m.
Wed., Oct. 4	6:56 a.m. 7:19 p.m.	12:52 a.m. 1:09 p.m.	6:59 a.m.	6:38 p.m.

# Safety first when traveling with pets

Pets' love is unconditional, so it is no wonder that pet parents want to keep their beloved animals by their side as much as possible. Pet owners whose pets spend ample time in the car should brush up on



airbags.

Watch those windows. Although riding with their heads out of the car window is a quintessential image of dogs in car, such situations put dogs in danger. Fast-blowing debris or litter can injure the dog, and heavy airflow can damage the animal's respiratory system, warn veterinarians. Dogs also may attempt to jump out.

Invest in a restraint system. Vehicle restraint systems keep pets safe. Small dogs may benefit from being inside crates that are secured to the vehicle.

some safety precautions to ensure the roadways are safe for all travelers, including those covered in fur.

Driving while distracted is a significant safety concern. The AAA Foundation for Traffic Safety notes that simply taking one's eyes off the road for two seconds doubles the chances of being involved in a crash. Recent data from Kurgo, a leading supplier of dog travel supplies and accessories for active dogs, found that 60 percent of respondents had driven with pets in the last month, and more than half admitted to being distracted by their pets. Although the National Highway Traffic Safety Administration does not track how many accidents are attributed to pets, it is easy to see how pets can be a distraction on the road.

Drivers should never allow their pets to sit on their laps or ride in vehicles unless they are restrained. Doing so puts all passengers, pets and humans alike, in danger. AAA says a 10-pound dog that is not restrained can generate 500 pounds of force in a 50 mile per hour crash.

Pet owners can heed these safety guidelines to make trips with their pets less dangerous.

Recognize that airbags can cause injury. Airbags are designed to protect people, not pets. It is always recommended that pets ride in the back seat or the storage area of an SUV in vehicles equipped with

Harnessing a pooch is another option, and many harnesses connect directly to seat belts. Dog gates and guards can be installed between the back seat and the storage bay area, which is great when traveling with multiple dogs.

Avoid truck beds. The American Humane Society says pets should never be transported in the bed of pickup trucks. Dogs should only ride in pickup trucks with extended cabs that allow their owners to secure them in the backseat.

Keeping passengers, including both people and pets, safe in vehicles is the responsibility of drivers.

## WCED seminar to tout business tax advantages

Worcester County Economic Development (WCED), in partnership with the Maryland Department of Commerce, will host a seminar October 5, at noon at the Riverside Grill in Pocomoke City to deliver details about tax advantages associated with the newly-established More Jobs for Marylanders Act.

This seminar is open to manufacturers currently located in and those who wish to locate in Worces-



Merry Mears



**Retirement** - The Worcester County Commissioners extended their thanks and best wishes for a long, happy and healthy retirement to Circuit Court Judge Richard R. Bloxom. Judge Bloxom was the first Family Court Judge for Worcester County, and he was specially assigned to serve as an Appellate Judge on the Maryland Court of Special Appeals.



## Pinwheels for Peace

In honor of International Day of Peace on September 21, lower school art teacher Rebecca Tittermary and her students decorated more than 200 pinwheels to display around campus to commemorate the occasion. Pinwheels for Peace is a global project to help students make a public visual statement about their feelings of war, peace, tolerance, cooperation, harmony, and unity.

Above: **Conan Geiger** and **Stella Martin**.

ter County. Attendees will learn how their companies can take advantage of income tax benefits, workforce development programs, and increased benefits for locating in Worcester County, a Tier 1 county.

"The purpose is to gather our manufacturing industry and introduce them to new legislation that will allow them to receive impactful tax credits established July 1, 2017," WCED Director Merry Mears said. "Because Worcester is a Tier 1 county for the More Jobs for Marylanders Act, we are able to offer our manufacturers the highest level of tax incentives allowed under the program.

Participants will also learn about the Partnership for Workforce Quality (PWQ) program, which is a customized training program and how businesses can apply for the PWQ, which pays 50% of training costs.

"This is an important benefit to our manufacturers, as it allows them to provide the custom-training their workforce needs at affordable costs," Mears said. "Connecting to each other as an industry will allow our manufacturers to strengthen their base here in the County and beyond."

Contact **WCED** at [kshubert@co.worcester.md.us](mailto:kshubert@co.worcester.md.us) to register for the seminar.

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# Choose the right cancer care specialist for you

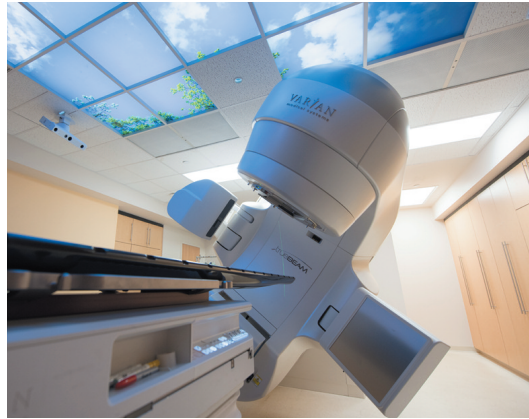
Peninsula Regional Medical Center's Richard A. Henson Cancer Institute — the region's leading cancer treatment facility, which diagnoses more than 1,400 patients per year — provides a level of care and support found only at the nation's best cancer hospitals.

And with the opening of its brand-new Ocean Pines facility off Route 589 on Cathage Road, it's even more convenient for beach-area residents to receive care.

A leader in the field with more than 50 years of experience, the Richard A. Henson Cancer Institute boasts a nationally ranked robotics program yielding shorter hospital stays and smaller incisions; state-of-the-art technology allowing for faster, more targeted treatment; experienced, board-certified surgeons trained at top academic medical centers; a comprehensive program that follows patients through screening, diagnosis and treatment; and a team approach to care that ensures the best possible outcomes.

Its robotic lung surgery program is ranked No. 6 on the East Coast and has one of the highest success rates in the

country. Instead of a typical hospital stay of seven days with "open" surgery, patients are discharged in two or three days and high-risk patients experience fewer complications when the robot is used. While the incision with an open procedure



**True Beam**

may be three to four inches long, a robotic procedure uses pencil-sized instruments to minimize scars.

The Institute is also home to the only TrueBeam linear accelerators on Maryland's Eastern Shore. With the TrueBeam image-guided radiotherapy and radiosurgery system, more than 100,000

data points are monitored continuously to treat moving targets with advanced speed and accuracy. Precision is measured in increments of less than a millimeter. TrueBeam can treat cancer anywhere in the body, including lung, breast, prostate, abdomen, head and neck, and brain.

In addition to advanced technology, patients benefit from individualized treatment plans that may include surgery, chemotherapy and radiation therapy — all of which are offered at both locations of the Richard A. Henson Cancer Institute. The care plan is based on recommendations from the healthcare team, which includes surgeons, pathologists, radiation oncologists and medical oncologists. A registered nurse navigator assists patients and their families through the cancer journey, answering questions about diagnosis and treatments and scheduling appointments. Other members of the multidisciplinary team assist patients in dealing with serious illness, obtaining financial assistance, improving physical status and quality of life and finding community resources.

Regardless of which office location you visit, patients have access to revolu-

tionary clinical trials. PRMC is one of three hospitals in Maryland — and the only Eastern Shore hospital — accepted into the elite Johns Hopkins Clinical Research Network. PRMC also participates in National Cancer Institute and pharmaceutical-sponsored studies. Patients who are eligible for a clinical trial can be part of a program that investigates not only newer chemotherapy drugs, but also various combinations of the latest therapies including immunotherapy, radiation therapy and possibly surgery.

"It's important to bring the robust, research-driven services from the Richard A. Henson Cancer Institute in Salisbury closer to people with cancer in Worcester County and lower Sussex," said Joan Mischtschuk, the Institute's Executive Director. "Services include access to clinical trials and immunotherapy treatments, some of the most cutting-edge techniques being used to treat cancer today."

The Richard A. Henson Cancer Institute has been continuously accredited by the American College of Surgeons since 1970 for high-quality, patient-centered care. To learn more, visit [peninsula.org/cancer](http://peninsula.org/cancer).

## RICHARD A. HENSON CANCER INSTITUTE OCEAN PINES Now Open!

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

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



**RICHARD A. HENSON CANCER INSTITUTE**

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### **The Connolly Family:**

*A journey of faith, hope, and love*



*As Told by Anne Marie Connolly  
(and to the best of my knowledge is true)*