

The Courier

October 4, 2017 Volume 18 Number 5

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BJ's promotion to support memorial

BJ's Wholesale Club is once again partnering with the Ocean Pines Association to bring a special membership offer, effective October 13-27, to benefit the Worcester County Veterans Memorial at Ocean Pines Foundation.

In addition to offering special membership benefits, BJ's will donate \$5 of each membership fee to the foundation. The offer, which is available to new and renewing members, is not available for purchase online or at any BJ's location.

Other benefits include receiving \$15 off the BJ's \$50 Inner Circle membership fee or \$25 off the \$100 BJ's Perks Rewards membership fee, one additional free month of membership and a free second membership card for a household member.

With this offer, 13 months will be added to the expiration date of a current BJ's membership, regardless of when the membership was last renewed. Current members who are enrolled in BJ's auto-renewal program are not eligible for the Ocean Pines offer.

This special promotion is only offered through Ocean Pines two times a year. The next promotion will be in April of 2018. Current BJ's members whose memberships will expire before then are encouraged to renew during the fall offer.

BJ's operates over 200 clubs in 15 states from Maine to Florida, including a location in Millsboro, Delaware. The wholesale club offers a large assortment of products for home and business, savings of more than 30 percent off supermarket prices and acceptance of all manufacturers' coupons and BJ's store coupons.

BJ's membership applications are available at the Ocean Pines Association administration building at 239 Ocean Parkway and online at OceanPines.org.

Applications must be returned with payment by October 27. They may be dropped off at the administration building or mailed to Ocean Pines Association, Attn: Denise Sawyer, 239 Ocean Parkway, Ocean Pines, MD 21811.



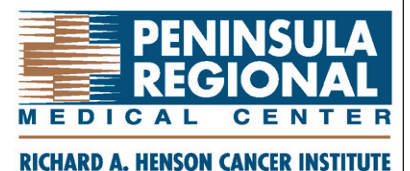
VIPs of the Game

Stephen Decatur High School seniors **Jack Reimer** and **Diamond Rounds** were recognized as VIPs of the Game between quarters of the varsity football game on September 22. They are pictured with Principal **Tom Zimmer**. The VIP program recognizes outstanding students who demonstrate the principles of The Decatur Way: pride, achievement, respect, and responsibility. Both Reimer and Rounds are members of the National Honor Society and active members of the Decatur community.



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Community Calendar October



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Indoor yard sale scheduled

The Bishopville Volunteer Fire Department Auxiliary will be hold an indoor yard sale at the main station on Saturday, October 7 from 7 a.m. to noon. The cost is \$15 for one table, \$25 for two tables. Breakfast sandwiches and beverages available for purchase. Call 443-880-6966 to reserve a table.

Choptank Electric celebrates national Co-op Month

Choptank Electric Cooperative is joining 30,000 cooperatives nationwide in October to celebrate National Co-op Month, which recognizes the many ways cooperatives are committed to strengthening the local communities they serve. "Co-ops Commit" is the theme for this year's celebration, spotlighting the countless ways cooperatives meet the needs of their members and communities.

"Our Cooperative delivers electricity to 53,000 member-owners of the nine counties of Maryland's Eastern Shore," says Mike Wheatley, CEO of Choptank Electric. "Delivering safe, reliable, and affordable power is our top priority, but we are also invested in our communities because we are locally owned and operated. Revenue generated by Choptank Electric goes back to Main Street, not Wall Street."

Rural America is served by a network of

about 900 electric cooperatives, most of which were formed in the 1930s and '40s to bring electricity to farms and rural communities that large, investor-owned power companies had no interest in serving because of the higher costs involved in serving low-population and low-density areas. Choptank Electric serves mostly rural and suburban areas with a relatively low density of 8.54 meters per mile of power line.

In addition to providing the vital power co-op members depend on, Choptank Electric commits to the local communities through programs such as Youth Tour, Operation Round Up, Choptank Electric Trust Scholarships, and electrical safety demonstrations and education.

Visit our website at www.choptankelectric.coop for more information about Choptank Electric and follow Choptank Electric on Facebook and Twitter to also see how they are celebrating National Co-op Month.

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 Pinestepers 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.

Korean-American artist to open new show

The public is invited to a free First Friday opening reception at the Ocean City Center for the Arts on October 6 from 5 - 7 p.m. to meet the artists and enjoy complimentary hors d'oeuvres.

The Thaler Gallery will feature a group show by members of the Han-Mee Korean-American Artists Association, established in Washington, DC in 1975. The society hopes to increase

public awareness of the vitality, quality, and wide diversity of media and styles of Korean-American artists. Members who will be showing include Jinchul Kim, professor of art at Salisbury University, and Yumi Hogan, First Lady of Maryland.

A group show in all media featuring artwork with a night theme by members of the Art League of Ocean City will line the walls of the Galleria in October. Three new studio shows also open on First Friday.

Oil painter Laura Jenkins occupies Studio E in October. Jenkins

grew up in Salisbury in a family of artists, attended James M. Bennett High School, and studied laboratory science at BPI in Miami, Fla. She currently lives in the Berlin area with her husband, Buddy Jenkins, and began painting in oils about ten years ago.

Peggy Warfield displays her work in the Spotlight Gallery for the month. Originally from Baltimore, Warfield moved to Ocean City 41 years ago. Formerly a teacher of high school English, she considers herself a lay-artist, using watercolor and collage.

Marge Bradach of Onancock, VA,

is the artisan in residence for October. Bradach's new line of expressive jewelry combines earth, wind, and fire to form a visual adornment meant to inspire the wearer.

Charity to meet

The next monthly meeting of Star Charities will be held Friday, October 6 at 10 a.m. in the Ocean Pines library.



Platform tennis begins new season

By **June Freeman**

Ocean Pines platform tennis players celebrated the arrival of their fall and winter season with a Saturday Fun Day. Over forty-five people attended this September event. Each member played three thirty-minute games in this friendly competition. Adding to the excitement was the cheering, laughing and line calling from the players and spectators. Every member who played was entered in a drawing for a chance to win one of the six prizes. After all the matches were fin-

ished, everyone feasted on chicken and steak tacos.

Playing and spending time together is always a special time for the platform tennis community. Free trial lessons are given every Saturday at noon at the Manklin Meadows Racquet Center. Your instructor will sign you up for your free month trial and supply you with a racquet and balls. If you would like more information email Jim at jimisfreeman@verizon.net or call 215-704-4592.

Worcester Youth & Family recognized

On Wednesday, September 27, staff from Worcester Youth & Family joined members of Congress, Congressional staff and fellow nominees for the Angels in Adoption Gala, held at the Ronald Reagan Building and International Trade Center, in Washington, D.C. Worcester Youth & Family was recognized as a 2017 Angels in Adoption award recipient.

Senator Chris Van Hollen selected Worcester Youth & Family to represent Maryland as a 2017 Angels in Adoption awardee for the organization's dedication to positive child welfare practices. The Congressional Coalition Adoption Institute (CCAI), which orchestrates the Angels in Adoption Program, honored Worcester Youth & Family at an awards ceremony on September 26 and gala on September 27 in Washington, D.C.



L to R: **Angie Manos**, WYFCS CASA Supervisor, **Steve Taylor**, WYFCS Executive Director, and **Brigitte Southworth**, WYFCS CASA Director

Worcester Youth & Family (WYF) first came to Senator Van Hollen's attention through the advocacy work of WYF's CASA program. WYF CASA trains volunteers to advocate for

please see recognition on page 4

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Nov. 4th 7:00pm OC Performing Arts Center

Worcester County's most talented singers, dancers, musicians and creative performers take the stage at the Ocean City Performing Arts Center on Nov. 4th.

Guest Artist: Local composer Daniel Bowen, graduate of Stephen Decatur High School, will blend original, provocative symphonic compositions with stunning choreographed imagery.

Purchase Tickets at the OC Convention Center Box Office or at TICKETMASTER.COM \$25 Adult/\$10 Student

The Courier

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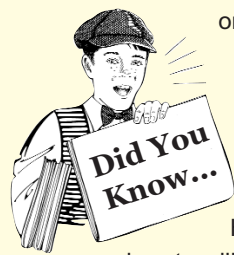
Ron Fisher, Douglas Hemmick, Jean Marx,
 Kelly Marx, Dolores Pike
 and Bev Wisch

Robert B. Adair 1938-2007

2012 Business of the Year

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While the image of a witch riding her broomstick across a full moon is one of the more indelible images associated with Halloween, the likelihood of witnessing a full moon on Halloween is pretty slim. According to Moon-



giant.com, a full moon on Halloween happens an average of just once every 18 or 19 years. That means Halloween celebrants will likely only witness a full moon on Halloween five times every century. In fact, the last time trick-or-treaters went on the prowl for Halloween candy beneath a full moon was October 31, 2001. And Halloween lovers will have to wait just a little bit longer to dodge evil spirits in the light of a full moon, as Moongiant notes the next time a full moon is slated to appear on October 31 is not until 2020.

The next full moon is October 19.

PRMC partners with CareSync

Peninsula Regional Medical Group (PRMG) of the Peninsula Regional Health System, has announced today it has partnered with CareSync™, the industry leader in Chronic Care Management (CCM), to provide expanded care coordination services to eligible Medicare patients.

Through this partnership, CareSync is able to instantly extend the value and services PRMG and its network of physician and specialty care offices can offer, including providing patients with 24/7 telephone and online access to clinical health assistants 365 days a year. The CareSync team will answer healthcare questions day or night, schedule medical appointments or transportation to doctor's visits, and help patients stay on track with medications, treatments, and doctor instructions through regular check-ins and reminders.

"Peninsula Regional Medical Group seeks to support patients in any way possible," said Travis Bond, CEO of CareSync. "By choosing CareSync to act as an extension of their practice and implement care coordination services on their behalf, PRMG is providing patients with optimum care and support even when they can't be in the doctor's office."

PRMG will be piloting CareSync at its Salisbury and Laurel Family Medicine offices starting October 10 and 11 respectively, and will roll the service out to its remaining practices throughout the end of the year and into 2018. Anyone with questions about CareSync or eligibility requirements may call 1-800-331-6017, Monday through Friday from 8:30 a.m. – 5:30 p.m. ET and speak with a CareSync patient representative.

recognition

from page 3

abused and neglected youth in the child welfare system. Court Appointed Special Advocates (CASA's) are sworn in by Worcester County judges and advocate for children to be placed in safe and permanent homes. On an annual basis WYF's CASA typically manages approximately 50 volunteers, representing the voices of more than 50 Worcester County children.

The Angels in Adoption Program is CCAI's signature public awareness program and provides an op-



Outgoing President **Barbara Peletier** is shown passing the gavel to incoming President **Ralph Chinn**.

Kiwanis begins its new year

By **David Landis, Sr.**

October 1 marks the beginning of the fiscal year for Kiwanis members when new leadership takes over.

At a luncheon on September 27 at Lighthouse Sound, new officers were installed. Awards were presented to Tom and Barbara Southwell, Ted and Char Vanvick, Wilma Chinn, Pat Winkelmayer, Carolyn Dryzga, Ralph Chinn, Dave Landis, Stella Hartington, Al Kastner, Roy Foreman and Jackie Todd. Recognition was awarded to those who worked at the Diakonia Pantry and the 4STEP clean-up, walked to raise money for the abused children, manned the blood bank snack table and worked as advisors to the six student leadership clubs sponsored by this club.

The Kiwanian Of the Year recognition went to Joe Beall, a new member who immediately got involved in fundraisers and events.

The new officers were installed: President-Elect Dick Clagett, Vice President Roy, Secretary Pat Winkelmayer, Assistant Secretary Barbara Peletier, Treasurer Tom Southwell, Assistant Treasurer Mark Page who served as treasurer for many years, and the Board of Directors members, Mark Joseph, Charlie Warner, Carolyn Dryzga, Dave Landis, Ted Vanvick, Joe Beall and Skip McComas.

The Lt. Governor for Division 5 of the Capital District, Carolyn Dryzga, installed the new president Ralph Chinn.

portunity for all members of the U.S. Congress to honor the good work of their constituents who have enriched the lives of foster children and orphans in the United States and abroad. This year, more than 120 "Angels" are being honored through the Angels in Adoption Program. "The Angels in Adoption® Program is a unique annual opportunity in the nation's Capital to shine a well-deserved spotlight on the power of adoption and the unspoken heroes who have made the dream of a family a reality for children. Since the program's inception, over 2,600 Angels have

come to Washington to share their firsthand adoption experiences with Members of Congress, highlighting its joys, as well as the barriers encountered in the process," said Becky Weichhand, Executive Director at CCAI. "Members of Congress are then able to use their new experiential understanding of these issues to create policy improvements that better support these children and the families that open their hearts and homes to them."

For more information on this award or on Worcester Youth & Family programs, please call the office at 410-641-4598, gowoyo.org.

A little of this, a little of that

Sometimes in preparing this column I have an idea or theme that can be hammered out in fewer words than are needed to fill this space. Although not long, there is still enough to be interesting, I hope. What follows are, for lack of a better term, column vignettes.



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

During a trip not long ago to the supermarket my wife and I realized that we had with us not as much cash as we thought. Added to the \$16 my wife had, what I was able to retrieve from my pocket brought our total to exactly \$16. Rarely do I carry cash, as those who know me know well.

By the time we realized our financial predicament, the contents of our cart included a package of chipped beef (\$6.79), a bag of six rolls (\$2.49), a watermelon (\$4.99), a bottle of Cheese Wiz (\$3.49), a bag of Ore-Ida steak fries (\$3.79) and a quart of ice cream (\$3.09). And we hadn't reached the midpoint of our shopping list. Hmmm. What did we really need? Well, we needed something for dinner because neither of us had pulled anything out to defrost. Thus, the chipped beef remained. But what about the rolls? Following a brief exchange, the decision was made to put the rolls back and replace it with a long French bread loaf (\$1.99) that could be cut to size. I was pleased with this decision because the rolls were not as fresh as the French bread.

A cheese steak really isn't a cheese steak without Cheese Wiz so it remained in the cart. I grew up in Philadelphia and there's only one way to enjoy a cheese steak and that's "wit." For those of you unfamiliar with the term "wit," it's how a steak is ordered in Philly if you want cheese.

Also, the steak fries stayed. A quick tally revealed that we were just below our limit assuming our calculations for membership discounts were correct. I lugged the watermelon back to the bin while my wife returned the ice cream. The other items on the shopping list had to wait for a subsequent trip.

As our items were rung up we watched intently, hoping our calculations were correct or at least within a margin of error. "That will be \$15.86," said the cashier. Made it by fourteen cents! It's funny how just fourteen cents can trigger a great sigh of relief and a little excitement as if we had correctly priced the showcase on "The Price is Right."

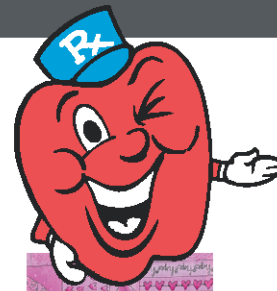
On a recent picture-perfect, comfortable Sunday afternoon while I was sitting on the deck reading a book, I was targeted by delinquent squirrels resting high above in a tree eating nuts. At first I was unaware of their presence. I could hear things falling around me but paid no mind thinking the breeze had dislodged berries from the trees. The situation grabbed my full and undivided attention when a discarded shell hit me square on the head. And not to be a wimp about it, it rather hurt. I looked up and there were the two malcontents sitting on separate branches munching on nuts, seemingly talking to one another and casting aside what they didn't eat. Sitting as they were, they reminded of the photo taken during the 1930s of workers sitting on a beam eating their lunches high above Manhattan.

Not just a little incensed, I yelled up at the perpetrators who ignored me. Not that I speak squirrel but I think one of them made a snide remark at my expense. Otherwise they seemed unfazed by my yelling and gestures. In fact more shells rained down on me. They were taunting me!

What to do? From the yard I retrieved a large pink ball that I had given my granddaughter and haven't had the heart to put away since she left. In my best granny stance I threw the ball in the air toward the tree branches where the malcontents were perched. Like me, they watched the ball veer sharply to the left, not even coming close to their location. Undeterred, I tried again, this time getting close enough to hit the outer branches. This was enough to spook them and they darted off, jumping to an adjacent tree.

Fast forward to the next morning. I came out the back door and saw that the chair I had been sitting in the day before was covered in discarded shells. Obviously, the dynamic squirrel duo had a point to prove.

October is **BREAST CANCER AWARENESS** Month



Walker
Seat
Cover

Shop Apple's selection of Breast Cancer Awareness merchandise.



Apple's Certified Fitters can assist with post-mastectomy needs.

Trained Apple fitters are here to assist in fitting Mastectomy Breast Forms and Bras after breast surgery. Being properly fit by a certified fitter can help to restore confidence, improve self image, create a feeling of balance, and even prevent shoulder drop. Apple's certified fitters are available, by appointment, Monday through Friday from 9 am to 4 pm.

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Seacrets 49th St. Ocean City

Lifesaving station readies for run/walk

The Ocean City Life-Saving Station Museum Society will hold its fourth Storm Warriors 5K run/walk on Sat., November 11 on the Boardwalk starting at the Museum. Sign-in/registration is 8 a.m.; the race begins at 9. A 5K is 3.1 miles.

“This has proven to be a very popular event. Participation has grown every year,” said Nancy Howard, event coordinator. “We hope that folks will come out to support the Museum. Get your day started with a brisk run or walk and then have the rest of the day to enjoy all that Ocean City and the area have to offer.”

The Museum has been a staple in

Ocean City since 1978. The mission of the Society is to inspire and support the interpretation and appreciation of the cultural and natural history of Ocean City, Maryland, the Worcester County coastal region, and equally, the historical role performed by the United States Life-Saving Service, and to preserve with subsequent mandate the 1891 structure that once served as the Ocean City Station.

Permanent exhibits represent both the heroic deeds of the surfmen who staffed the station and the history of the area — including the storm of 1933 that cut the inlet, the Boardwalk of Yesterday, Sands of the World and a recently installed exhibit on Native Americans of the area. Currently the Museum has on display an exhibit oriented toward children with interactive activities. There is a small aquarium room that houses local sea creatures. Children particularly like this display.

The Society is responsible for designing and producing the exhibits as well as collecting artifacts that help visitors experience the mission of our Society. The proceeds from the 5k will go a long way toward enhancing the Museum.

Participants, runners and walkers will receive a t-shirt. There is a \$25 registration fee. OC Tri-Running, an organization that has done many of these events, is managing the race. During the race water will be provided to the runners/walkers. At the conclusion of the race there will be ‘refreshments.’ It is possible to register the day of the event but t-shirts may not be available. To register visit www.oc-trirunning.com Questions, call 443-235-4405.



Above: Paint Berlin 2017 winners pictured from left to right: Alison Leigh Menke, Mateus Costa, Kirk McBride, Diane Joy Laird, Mary Beth Carozza, and Christopher Best.

‘Paint Berlin’ winners announced

Thirty-eight talented artists from five states and the District of Columbia painted in downtown historic Berlin and surrounding areas between September 20 and 23, competing for cash prizes in the Worcester County Arts Council’s (WCAC) annual plein air event.

Completed artwork in this competition was judged by accomplished local artist, Kirk McBride.

First place and a \$1,000 prize was awarded to Mateus Costa from Cheltenham, PA for his oil painting titled “St. Paul’s Church.”

Second place and \$500 award went to Alison Leigh Menke of Silver Spring, MD for “Fiddler’s Jam,” oil painting. The third prize of \$250 went to Christopher Best of Crownsville, MD for his oil painting, “Morning

Bloom.”

The honorable mention award of \$100 was given to Middletown, DE resident, Diane Joy Laird for her pen, ink and watercolor painting, “Hotel Atlantic.”

Maryland Legislators Choice, Artists Choice, and the WCAC Board of Directors Choice awards, each in the amount of \$100, were presented to Mateus Costa for “St. Paul’s Church.”

Large selection of paintings created during “Paint Berlin” remain on public display at the Worcester County Arts Council’s Gallery until the end of October. All artwork on the exhibit is available for sale.

The Worcester County Arts Council is grateful for the support of their sponsors including the Town of Berlin, Joan W. Jenkins Foundation, the Salt Water Media, and the many volunteers who contributed to the success of this event.



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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Build a cancer support team

Approximately 39.6 percent of men and women in the United States will be diagnosed with cancer at some point during their lifetimes, says the National Cancer Institute.

A cancer support team can help men and women who have been diagnosed with cancer fight their disease and handle its side effects. Supportive family, friends and medical professionals can help many people cope with the emotional and physical effects of cancer.

Counselors/therapists. The support of a mental health professional can help cancer patients cope with the psychological impact that their disease can have. Some therapists are specially trained to treat those diagnosed with cancer. Doctors may recommend that their patients seek help with managing the emotions that can arise after a cancer diagnosis,

such as depression, anxiety and confusion.

Oncology social workers. Certain counselors help individuals better understand their health care



system and options concerning treatment. Questions regarding how to pay for care and if insurance can cover it can be a major source of stress for those with long-term illnesses like cancer. These specialty

social workers can help patients navigate the system and learn what to expect.

Support groups. Groups offer support in various ways. Simply knowing there are others out there in similar situations can help individuals feel as though they are not alone in their fight against cancer.

Support groups can be as formal or informal as patients prefer. Such groups may simply be a group of friends who gather regularly to chat. However, there are some organizations designed specifically to provide support for cancer patients. Peer-led groups are facilitated by group members. Professionally-led groups are typically overseen by a trained medical professional.

Groups may meet in person or be available through online social networks.

Some support groups may be designed for specific people, including the relatives of people with cancer, spouses, people of certain age groups, and any combination thereof.

Medical staff. Qualified and compassionate oncologists, nutritionists, physical therapists, nurses, and others can make cancer treatment a little easier to swallow. Find staff who are professional and knowledgeable, but also empathetic.

Friends and family. Of course no cancer support team would be complete without close friends and family members. These are the people who cancer patients must rely on to accompany them to appointments, run errands and offer comfort when needed.

The fight against cancer is never easy, but the right support team can alleviate some of the stressors and burdens and help patients cope with their disease.

Regional Cancer Care Center

“AGH was a godsend.”

Tracy Brittingham, Berlin, MD

When correctional officer Tracy Brittingham discovered she had multiple myeloma, she relied on the expertise of Dr. Rabindra Paul and the **Regional Cancer Care Center** for her treatment.

As a resident of Berlin, Tracy was able to remain independent and have all of her cancer treatments locally. “I love Dr. Paul and his team. They were by my side from diagnosis through my entire treatment. What was supposed to take me out, only made me what I am today!”

Tracy also recognizes the importance of family, friends and faith when battling cancer. “You absolutely need a team of caregivers who will provide support and treat you like family – which is exactly what AGH did.”

The Regional Cancer Care Center provides treatment to many more patients just like Tracy – right here in our community. Same day / next day appointments are available. Call **410-629-6888** to learn more.

● See Tracy’s story at atlanticgeneral.org/tracy

Centers of Care ... that Care



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Free 'Stop the Bleed' training offered

Accidents can happen at any time, and no matter how rapid the arrival of professional emergency responders, bystanders will always be first on the scene. A person who is bleeding can die from blood loss within five minutes; it is important to step in quickly.

"Stop the Bleed" is a nationwide campaign to empower individuals to act quickly and save lives. Peninsula Regional Medical Center will hold a

free "Stop the Bleed" class on October 26 from 6 p.m. to 8 p.m. It will cover pressure points, applying dressing and proper use of tourniquets. It is open to the public; no medical knowledge is required. Hunters, campers, parents, Scout leaders, coaches and people who live in rural areas or work in an industry where people can get injured can especially benefit. Please register online at peninsula.org/stopbleedoct.

Historical Society to hold dinner

The Worcester County Historical Society is planning its annual fall dinner for Sunday, October 22, at 1 p.m. at the Dunes Manor Hotel, 28th Street, Ocean City.

The guest speaker at the dinner will be Mindie Burgoyne, an author and leader of ghost tours. Burgoyne will share some of the experiences she has had searching for ghosts in Worcester County. Among the numerous books Burgoyne has written on the subject are: "Haunted Ocean City and Berlin" and "Haunted Lower Eastern Shore."

The menu for the Historical Soci-

ety's dinner will include: chicken Marsala, Mediterranean vegetable blend, rosemary-roasted red skin potatoes, rolls and butter, chocolate mousse, coffee, hot tea, and iced tea.

Tickets are \$25 per person and can be purchased by sending a check to Robert Fisher, WCHS Treasurer, 230 South Washington St., Snow Hill, MD 21863. To guarantee seating, those who plan to attend are encouraged to make their reservations by Friday, October 13. The dinner is open to the public.



Happy Birthday - Mary Brennen celebrated her birthday on Thursday September 21 at the Marlin Club in West Ocean City. (L-R) Lisa Thomburg, Anna Foultz, Marge Brennen and Suzanne Beckner.



Enjoying lunch

Barbara and Jim Shanholtz of Bishopville enjoy lunch at the DeNovo's Trattoria located at the South Gate in the Manklin Station Shopping Center. After lunch, they went next door to the new DeNovo's Ice Cream Parlor for a tasty treat. Photo by Anna Foultz.

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Chilly weather is just around the corner and football season is here. I've been waiting for oyster season and some delicious Chincoteague oysters. The restaurants and seafood stores now have them and they are even better than I remember from last year. Tradition says to eat oysters only in the "R" months.

A tasty appetizer for football season is Oyster Bacon Treats. Wrap well drained oysters in bacon and fasten with toothpicks. Place on broiler pan and broil until the bacon curls. Serve immediately with cocktail sauce.

Cocktail Sauce

- 1 cup catsup
- 2 t. horseradish
- Juice of 1/2 lemon

They disappear before you can put another tray in the broiler.

Another appetizer we love is **Sautéed Oysters.**

- 1 pint select oysters
- 4 T. melted butter
- 2 T. fresh lemon juice

- 1/2 t. salt
- Dash pepper
- 1/4 t. Worcestershire sauce
- Toast triangles

Simmer oysters in their liquor over direct heat for 5 minutes until the edges curl. Drain, add melted butter and seasonings. Serve on toast triangles. A small Corning Ware pot can be put right on the table with the toast points surrounding it. That way they remain warm.

A very favorite of ours is **Fried Oysters.**

- 1 quart select oysters.
- 2 eggs beaten
- Cracker Meal
- Salt and pepper

Dip oysters in egg and then cracker meal. Fry in hot skillet with about 3 T. oil until brown on each side. Serve with cocktail sauce. (serves 4)

Happy Fall,
bevwisch@aol.com

Public invited to AGH open house

Atlantic General Hospital and Health System invites the community to an open house and ribbon cutting for the office of Atlantic General Primary Care and Endocrinology on Wednesday, October 11. The office is located at 11107 Racetrack Road.

The office includes the practices of two providers new to Atlantic General Health System, endocrinologist Faustino Macuha, M.D., and family physician Oswaldo Nicastro, M.D.,

who is practicing alongside Lei Gong, M.D.

During the open house, community members can meet the providers, learn about the services offered at Atlantic General Primary Care and Endocrinology, take a tour of the renovated facilities and enjoy light refreshments.

For more information, please contact Ashley Godwin at 410-641-9644 or agodwin@atlanticgeneral.org.

SES to host fall festival

Showell Elementary will host its annual PTA sponsored Fall Festival on Saturday, October 14, on school grounds from 11 a.m. to 2 p.m. The event is open to the public. Tickets will be sold on site for activities, hay and fire truck rides, games, and raffles, basket raffles and 50/50.

The fun-filled festival will include a variety of activities such as a dunk tank, cake walk, fortune teller, and fire truck rides. There will be many carnival games, hay rides, moon bounces and face painting. There will also be food, baked goods and snow cones for sale. There will be large gift baskets to raffle

off and a 50/50 raffle; tickets will be available for sale up until the drawing at 2 p.m. Must be present to win 50/50 raffle only; raffle basket winners will be contacted via phone.

Proceeds from the festival will be used by Showell Elementary School's PTA to help fund school-sponsored activities or needs.

Come casual or dressed in your favorite costume and enjoy the festivities.

Showell Elementary is located at 11318 Showell School Road and Route 589 in Berlin.

For more information please email showellpta@yahoo.com.

Sabas to speak of experiences

Chris Sabas, a naturalized citizen from Iran and a licensed attorney with nearly 10 years of litigation experience, will speak about her service with Christian Peacemaker Teams (CPT) on Tuesday, October 10, at 7 p.m., in Guerrieri Hall at Wor-Wic Community College in Salisbury.

While serving with CPT, she was on the frontlines of many international conflicts, including Palestine and Columbia. This event is sponsored by Wor-Wic's honors program. For more information, call 410-334-2859.



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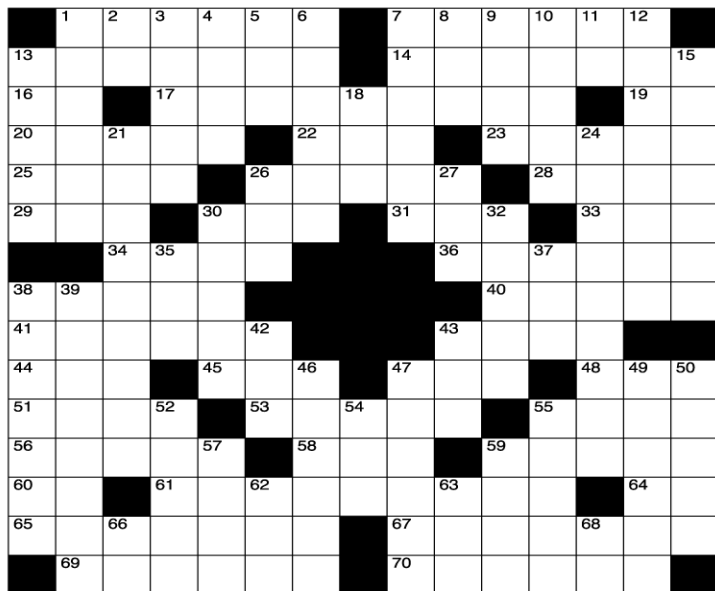
Manklin Creek

O.P. South Gate Entrance

OCEAN PKWY

A Bagel and... →

Southgate - Ocean Pines
(Manklin Creek & Ocean Pkwy)

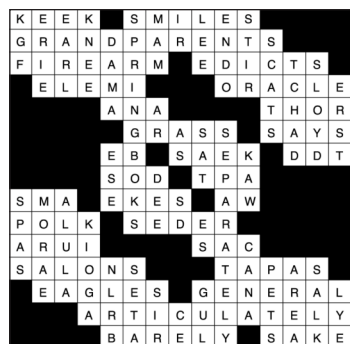


CLUES ACROSS

- 1. Spanish city
- 7. Middle ear bone
- 13. Satisfy to the fullest
- 14. Able to be consumed
- 16. US island territory (abbr.)
- 17. Predatory reptile
- 19. Beachwear manufacturer
- 20. European space program
- 22. Alias
- 23. Metrical feet
- 25. Large integers
- 26. Matrilineality
- 28. Snouts
- 29. Giants' signal caller Manning
- 30. Pacific Time
- 31. Electronic countermeasures
- 33. "Anna Karenina" author
- 34. Snare
- 36. Sleeveless garment
- 38. More arctic
- 40. Clean off
- 41. Signs
- 43. Common Japanese surname
- 44. Allow
- 45. A way to mark
- 47. Ballplayers need one
- 48. ___ and cheese
- 51. KGB mole
- 53. Indicating silence
- 55. Capital of Yemen
- 56. A woman of refinement
- 58. Extinct flightless bird of New Zealand
- 59. Belonging to a bottom layer
- 60. Stephen King novel
- 61. Fire obstacle
- 64. Lumen
- 65. Loud insects
- 67. Energetic persons
- 69. Confession (archaic)
- 70. Witnessing

CLUES DOWN

- 1. Whiskey receptacle
- 2. Western State
- 3. Cereal grasses
- 4. Needlefishes
- 5. Relating to the ears
- 6. Mathematical ratio
- 7. Dignified
- 8. Pacific sea bream
- 9. One of Thor's names
- 10. Song of praise
- 11. Equal to one quintillion (abbr.)
- 12. Drools
- 13. Cluster
- 15. One in a series
- 18. Egyptian unit of weight
- 21. Broached
- 24. Skin cancers
- 26. Second sight
- 27. Shock treatment
- 30. Whittled
- 32. Murdered in his bathtub
- 35. A way to soak
- 37. Small piece
- 38. Relating to Islam
- 39. Climbing plant
- 42. Drunkard
- 43. Test for high schoolers
- 46. Least exciting
- 47. Amanda and James are two
- 49. Something comparable to another
- 50. Soothes
- 52. Month in the Islamic calendar
- 54. White gull having a black back and wings
- 55. Japanese seaport
- 57. The south of France
- 59. Batman villain
- 62. British air aces
- 63. Body part
- 66. Clearinghouse
- 68. Manganese



Answers for Sept. 27

Eyes on the Skies

Galactic halo and stellar populations

By Douglas Hemmick, Ph.D.



Autumn months will bring darker skies as the ocean resort moves into the "off season," and summertime glare is now reduced. The Great Square of Pegasus can be seen high overhead and the planet Saturn appears on the southern horizon.

October's discussion focuses on two regions of the Milky Way, the galactic "disk" and the surrounding galactic "halo."

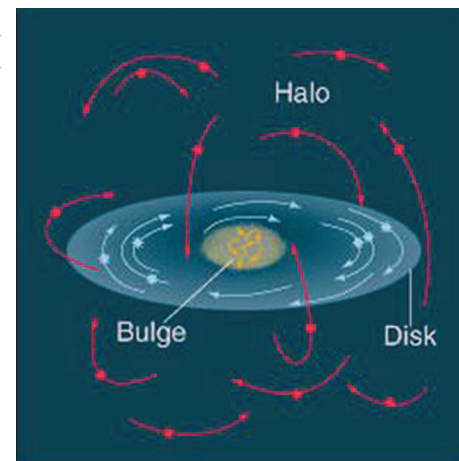
Astronomy fans may know that the Milky Way's disk is often described as a flat, pancake shaped region containing the vast majority of its stars. The disk is also known as the galactic plane, and is about 100,000 light-years wide. During the decade of the 1920s a series of discoveries have identified the spherical shaped "halo" completely surrounding the disk. Although the galactic halo has a relatively sparse star population, it contains some beautiful collections of stars, known as the globular clusters.

Last month, the column mentioned the "sibling star" of the sun - born in the same solar family. Astronomers know that the chemical elements present in the sun as well as its sibling star show that they were born in the same star cluster. Readers may recall how a key part of the sibling's discovery involved searching for stars containing barium and yttrium, elements much heavier than hydrogen and helium.

What might be even more fascinating is how the fundamental elements of the stars can reveal their relative ages. Astronomy fans may know that the sun's age is estimated at 4.5 billion years, but the Milky Way galaxy is about 13.4 billion years old. In the early 1950s German astronomer Walter Baade established two broad classes of stars: Populations I and II. The Population I stars, including the Sun, are younger ages, as evidenced by the presence of heavier chemical elements, such as iron, carbon, etc. By

contrast, Population II stars have origins dating back about as far as that of the Milky Way itself.

In the earliest eons, after the Big Bang, only the lightest elements hydrogen and helium were present to coalesce into newly born stars. This is why the Population II stars contain just these lighter elements. Within the halo, all stars are Population II, while



the disk predominantly contains Population I stars.

In the very large, heavy stars, atomic reactions create the heavier chemical elements. In spite of their greater supply of hydrogen and helium, such large stars burn much hotter, thus depleting those elements in relatively short times. At this point, they begin to forge the heavier elements— iron, carbon, etc — in an attempt to fend off gravitational collapse. Ultimately, gravity prevails, causing the core to collapse, followed by an enormous "supernova" explosion. Thus the heavier elements are strewn into space, seeding the cosmos with raw materials for new generations of stars, those of the Population I class.

In the night skies, there are some interesting examples of halo stars, in various seasons. Currently, Barnard's star appears to the south of Hercules, and 61 Cygni appears within Cygnus the Swan (the northern cross). The majority of stars seen in the night sky are nearby neighbors of the sun and tend to share a similar motion, as they revolve about the galactic center. However, professional astronomers know that the halo stars are moving in paths which stray from this pattern. Another example, "Kapteyn's star." will appear in the winter skies. These stars are rather dim and are out of reach for

please see **eyes** on page 11

Recovery Run scheduled

Atlantic Club "Recovery at the Beach" provides three \$1,000 scholarships to Worcester County High School recipients who start classes this fall at the university of their choice.

This spring, three scholarships were awarded to high school students from Stephen Decatur, Snow Hill and Worcester Prep from the funds raised from the Atlantic Club's Annual Walk/Run for Recovery. Applicants submitted essays and a panel selected the top three. The individuals were notified and checks were sent to the school they would be attending on their behalf. The Atlantic Club's recovery fellowship goal is to give back to a student who has been affected by addiction and help him/her fulfill their dreams. Additionally, each year a portion of the proceeds from the Walk for Recovery go to the The Atlantic Club to continue its mission in the community.

The Atlantic Club is a 501 (3) (c) non-profit organization dedicated to helping individuals and their families recover from the disease of addiction. Its mission is to help individuals/families overcome addiction and give them the resources they need to stay clean and sober. We provide support to those suffering from addiction; by giving them the help necessary to live a healthy life in recovery and become an active member in our community. The Atlantic Club offers 12-step programs, life style balance classes, sober events for individuals and their families, an exercise room and internet access for

those looking for jobs and/or housing. It is open 24/7 with a manager on duty at all times to assist any individual seeking refuge from addiction.

The Atlantic Club will host its 6th Annual Walk/Run for Recovery on Saturday, November 4, from 10 a.m. to noon at the Ocean City Inlet. Due to the current substance abuse and addiction epidemic in our community,



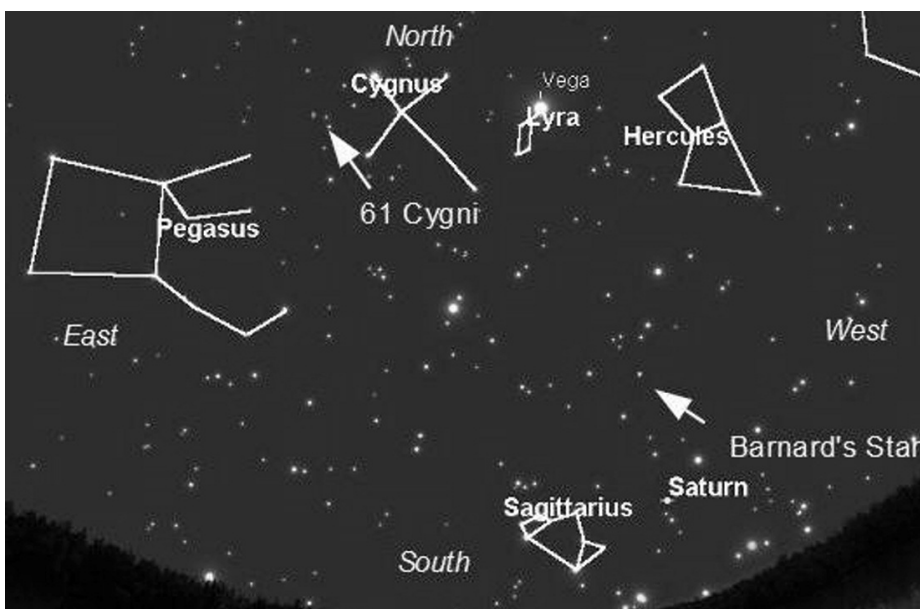
the organization needs financial support for 24-hour recovery services, in addition to non-judgemental caring of those experiencing addiction.

You can support this cause by making a simple donation as a sponsor ranging from \$50 to \$1000. Show off your business logo on the participant teeshirts, free to the first 50 walkers.

Please send all donations to: The Atlantic Club, Attn: Colleen Wareing, PO Box 563, Ocean City, MD 21843. Make checks payable to The Atlantic Club. Donations may be made on the website for the Atlantic Club, www.atlanticclubcmd.org. For more information, call Colleen Wareing at 410-430-6896 or Laura Puckett at 443-397-5618. Any questions may also be directed to The Atlantic Club General Manager, Sue Rodden, 410-213-1007.



Understanding traits - Students from Tina Adams' first grade class at Ocean City Elementary are showing their understanding of character traits by describing a character from the story, "A Birthday Basket for Tia." Pictured are Artemiy Klimins, Gary Johnson, Isaiah Demissie, Zachary Schink, Izabella Willoughby, Ella Conev, Roberto Valenzuela-Ibarra, Skylar Fluckey and Carly Watts.



eyes
from page 10

most amateur viewers.

For stargazers venturing outdoors this October, Sagittarius the Archer with its teapot-shaped pattern floats over the southern horizon as the sky becomes dark at about 7:30 p.m. Once again, Saturn will appear to the west of Sagittarius. On October 24th, Saturn comes into conjunction with the moon, appearing just 3 degrees to its south.

One of the most prominent constellations of the month is the Great Square of Pegasus. In early evening, the square shape can be seen high up in the eastern part of the sky.

For "night owls" stargazing during the wee hours, October offers another exciting possibility. On the night of October 21 (technically the morning of October 22) the Orionid meteor shower may be seen. Anytime after about 2:30 a.m. one should expect to see the evening punctuated by an occasional shooting star – a streak moving quickly across the sky. About 15 meteors per hour should be visible under ideal sky conditions. There should also be some meteors visible for those who prefer either the 20th or 22nd of the month.

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., Oct. 5	7:40 a.m. 8:03 p.m.	1:33 a.m. 1:56 p.m.	7 a.m.	6:37 p.m.
Fri., Oct. 6	8:26 a.m. 8:48 p.m.	2:15 a.m. 2:43 p.m.	7:01 a.m.	6:35 p.m.
Sat., Oct. 7	9:12 a.m. 9:34 p.m.	2:58 a.m. 3:31 p.m.	7:02 a.m.	6:34 p.m.
Sun., Oct. 8	10 a.m. 10:22 p.m.	3:42 a.m. 4:22 p.m.	7:03 a.m.	6:32 p.m.
Mon., Oct. 9	10:50 a.m. 11:12 p.m.	4:30 a.m. 5:17 p.m.	7:04 a.m.	6:31 p.m.
Tues., Oct. 10	11:43 a.m.	5:22 a.m. 6:15 p.m.	7:05 a.m.	6:29 p.m.
Wed., Oct. 11	12:07 a.m. 12:41 p.m.	6:19 a.m. 7:18 p.m.	7:06 a.m.	6:28 p.m.

Research, insights shared at poultry conference

Delmarva Poultry Industry, Inc.'s (DPI) 52nd National Meeting on Poultry Health, Processing, and Live Production concluded last week after hundreds of participants shared opportunities to learn the latest insights into providing chicken products to consumers. DPI hosted the meeting at the Clarion Resort Fontainebleau Hotel in Ocean City, Maryland.

More than 30 veterinarians, chicken company leaders, government officials, researchers, extension educators, and animal health officials delivered talks at the meeting on topics ranging from animal antibiotic use to food safety to litter management to biosecurity. Attendees included chicken company veterinarians and poultry health experts from around the country; chicken company flock supervisors and other employees; and people whose companies supply products and services to the chicken industry. In conjunction with the National Meeting, DPI worked with University of Maryland Extension and University of Delaware Cooperative Extension to

host a Denton, Maryland meeting for chicken growers on Sept. 26, addressing on-farm water quality and best practices for managing chicken litter. Additionally, DPI presented awards to eight chicken company flock supervisors for outstanding work.

"Our National Meeting is an important part of DPI's work on behalf of the entire Delmarva chicken community," said Bill Satterfield, DPI's executive director. "Bringing speakers who can provide insight into the most efficient, humane, and responsible ways to raise and process chickens for meat helps strengthen Delmarva's poultry economy, which last year produced \$243 million in income for farm families raising chicken; provided \$663 million in income for the 14,500 employees of our region's poultry companies; and paid nearly \$1 billion to crop farmers for chicken feed ingredients."

Delmarva Poultry Industry, Inc. is the 1,800-member nonprofit trade association for the Delmarva Peninsula's meat chicken industry.

Walk for pregnancy and infant loss set

Peninsula Regional Medical Center's STAR (Special Treasures Are Remembered) Pregnancy and Infant Loss Bereavement Program will host a remembrance walk on October 15, from 5 p.m. to 7 p.m.

The event begins at the Avery W. Hall Educational Center Auditorium at Peninsula Regional Medical Center. Families will have the opportunity to design a sign to carry along the route if they wish. The walk will take place along the perimeter of the Medical Center. It is traditional on

Pregnancy & Infancy Loss Awareness Day to light candles at 7 p.m. Participants are invited to light candles outside the Avery W. Hall Educational Center at his time; in addition, the Medical Center entrances will be lit in pink and blue.

National Pregnancy and Infant Loss Remembrance Day is observed annually in the United States on October 15. It is a day of remembrance observed with ceremonies and candle lighting vigils throughout the nation.

Conference to discuss end of life issues

Joan Carpenter, MN, CRNP, ACHPN and Stacy Cottingham, Ph.D, RN of Coastal Hospice and Palliative Care will give a presentation on "Effective Communication at the End of Life: Education for the Interdisciplinary Team" on Thursday, October 19 at 5 p.m. The conference will be held at Peninsula Regional Medical Center's Hallowell Conference Center. The \$10 registration fee includes all materials and a buffet dinner. Visit www.peninsula.org to register or call 410-912-6916.

Healthcare providers, chaplains and social workers will find valuable information at the seminar, which has been submitted for continuing education credits for nurses and social workers. The event is provided by the Community Foundation of the Eastern Shore, in collaboration with Coastal Hospice and the Richard A. Henson Cancer Institute at Peninsula Regional Medical Center.



Get together - The Widow & Widowers Club held its picnic in Whitehorse Park on Sunday September 19. The rain did not stop members from having a great time. Third in from the right is **John Willmuth** who chaired the event. Next to him is club President **Ann Elkenberg**, surrounded by members. Photo by Anna Fultz.



Celebration - Celebrating the 10th Anniversary of Star Charities are founder and President Anna Fultz surrounded by some of her volunteers after County Commissioner Chip Bertino presented Anna with a Commendation from the Worcester County Commissioners commemorating the service to the community. (L-R) **Sandy McAbee, Lee Tilghman, Anna Fultz, Chip Bertino, Irmgarde Heinecke, Mary Evans and Faith Stanley.**

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.

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-inclu-

sive 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 per 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 cancellations unless vacant seats can be filled.

To register, call the Ocean Pines Recreation and Parks Department at 410-641-7052.

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, re-enactment groups, genealogy, Rainborosa - the fairy artist, cultural presentations, Celtic church service (Sunday), pub comedy, Irish wolfhounds, sheep, wildfowl demonstrations, storytelling, costumed artisans, whiskey and wine tastings, historic ales and specialty beers, Celtic and Chesapeake food and more.

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



Help senior drivers maintain their independence

As men and women age, various factors may affect their ability to drive. In addition to issues with memory, seniors may have failing eyesight and physical limitations, and their reaction time may slow down. In such instances, seniors' ability to safely operate a motor vehicle may be questioned.

Age alone is not a reliable measure of driving ability, but many of the issues that affect one's ability to safely drive a vehicle tend to appear as men and women near their golden years.

Losing the ability to safely operate an automobile can greatly reduce a person's independence. That is why periodic driver evaluations may be met with some reluctance. Aging men and women who do not want to avoid potential conflicts with concerned family members can take their own steps to ensure they maintain their ability to safely operate a motor vehicle.

Schedule a driving safety evaluation. When drivers' abilities to operate a motor vehicle become suspect, a thorough evaluation should be scheduled. The evaluation should not be handled by a family physician or family member, but by an unbiased third party like a Certified Driving Rehabilitation Specialist. This is a therapist who has special certification to assist people with disabilities, including older adults, with driving. They can help individuals with adaptive equipment or

techniques if driving issues stem from something that can be addressed.

Figure out if the car fits the individual. A program called CarFit can help drivers assess if their car is suited to their abilities. A team of trained technicians and/or health professionals



work with participants to ensure their vehicles are equipped for maximum safety and comfort. A properly adjusted vehicle is as important as one's cognitive and physical abilities. Adjustments can include mirror placement, good foot positioning and sitting at the proper distance from the steering wheel. People can learn about an upcoming event at www.car-fit.org.

Take a driver improvement course. Driver improvement courses are provided by various organizations, including some insurance companies. AARP also has a Driver Safety Course to lower the risk of traffic violations, collisions and injuries. Completion of these courses can help drivers enhance their abilities behind the wheel and may result in lower premiums for mature drivers.

Keep the mind and body fit. Regular exercise and a healthy diet can be assets for mature drivers. Mental fitness techniques and brain exercises can improve reaction time, while aerobic and strength-training workouts can keep the body in shape.

Driving is one of the key avenues to personal independence. Strengthening seniors' driving abilities is a goal of many organizations.

Museum, gardens bus trip offered

The Worcester County Arts Council is taking registrations for the bus trip to the Brandywine Museum of Art and Longwood Gardens. The bus will depart on Monday, December 4 at 8 a.m. from the Walmart parking lot on Route 50 and return approximately around 8 p.m. in the evening.

Registration fee is \$80 for Arts Council's members and \$85 for non-members and includes deluxe motor coach transportation, admission and guided docent tour of the Brandywine Museum of Art (Chadds Ford, PA), admis-

sion to a self-guided tour of the Longwood Gardens (Kenneth Square, PA), snacks and beverages on the bus.

Bus Registration form and a full trip schedule are available on the Arts Council's website: www.worcester-countyartsCouncil.org Deadline to register is November 20.

Seats are limited and early reservations are highly recommended.

For additional information: Please call the Worcester County Arts Council: 410-641-0809 or email: curator@worcestercountyartsCouncil.org.

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The life of Christopher Columbus

Columbus Day is celebrated on Monday. But who is the man being honored?

Christopher Columbus is credited with opening the passageways between Europe and the Americas for colonization. Though his famed voyage in 1492 is widely known, many people know little about the man whose explorations forever changed the course of world history.

Cristoforo Columbo was born on October 31, 1451 in the Republic of Genoa, Italy. His father, Domenico, was a middle-class wool weaver and also dabbled in cheese making. Columbus had three brothers, Bartolomeo, Giovanni, and Giacomo, and a sister, Bianchinetta.

Much of Columbus' life was spent in the world of sea and travel. He apprenticed as a business agent for important Italian families, allegedly making trips to England, Ireland and possibly Iceland and may even have made several Mediterranean and Aegean sea voyages. When he traveled to modern-day Greece, it was the closest Columbus would come to reaching

Asia.

Columbus' first voyage into the Atlantic Ocean took place in 1476, not in 1492. His commercial fleet was attacked by French privateers off the coast of Portugal, and his ship was burned.

Columbus survived by swimming to Lisbon, eventually settling there and meeting his future wife, Filipa. The couple had a son, Diego, but soon after giving birth, Filipa died and Columbus relocated to Spain. Columbus sired another son, Fernando, during a relationship with Beatriz Enriquez de Arana.

Columbus participated in many different expeditions, including some to Africa to gain knowledge of Atlantic Ocean currents. He believed it would

be easier to sail westward to reach India and China and avoid Muslim domination of trade routes in the Middle East. Columbus set out to find financial backing for a discovery voyage to determine what was west of Europe and to find uninterrupted water routes.

The voyager was rejected by the Portuguese king. Columbus' initial plan was also rejected by Spain. But in 1492, after Spain ended a war with Muslims, the Spaniards agreed to finance Columbus' expedition, and in August of 1492, he set sail in the *Santa Maria*, with the *Pinta* and the *Nina* as companion ships.

After a five-week voyage across the ocean and a few stops in the Canary Islands for provisions, Columbus and his shipmates spotted land at roughly 2 a.m. on the morning of October 12, 1492. The crew reached land that they named San Salvador (the island now known as the Commonwealth of the

Bahamas). Upon his arrival, Columbus encountered indigenous people who were friendly, but he used them to find gold and other valuables. The voyagers soon traveled to Cuba and other islands of the what became known as "The New World," before ultimately returning to Spain.

Columbus made subsequent trips westward, but conditions at the Hispaniola settlement established by the explorer during his second voyage were deteriorating and the Spanish arrested Columbus, stripping him of his titles and authority. He eventually recovered some riches and respect, but Columbus' legacy continues to inspire debate even now. While he may have opened trade routes and furthered colonization around the world while paving the way for future explorers, he also helped destroy the customs of many native people.

Christopher Columbus died in Spain on May 20, 1506. Though his reputation remains a hot topic of debate, each year Americans celebrate Columbus Day to commemorate Columbus' life and accomplishments.

Official Celebration

Officially celebrated in the United States since 1937, Columbus Day commemorates Christopher Columbus' arrival in the New World on October 12, 1492. Though Columbus mistakenly believed he had arrived in Asia, famously mistaking Cuba for mainland China, after subsequent visits the now controversial explorer realized he had not reached Asia but instead found a continent the Europeans had previously been unaware of. A celebration to commemorate Columbus' landing in the Americas was first held in the United States in 1792. Though this celebration was secular, Catholics soon organized annual religious ceremonies and parades in honor of Columbus, a professed Catholic.

Many Native Americans, for example, bristle at the thought of celebrating a man whose discovery of the Americas eventually led to the colonization of the region and the enslavement and death of so many Native Americans. Despite such divisiveness as to Columbus' true legacy, Columbus Day was proclaimed a national holiday in 1937 by President Franklin D. Roosevelt and has been celebrated on the second Monday in October since 1971.



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SDHS Homecoming

Stephen Decatur High School has announced its 2017 Homecoming Court after a school-wide vote. The homecoming queen will be crowned during halftime of the Decatur versus Easton Warriors football game on October 13, while the king will be crowned earlier in the day during the annual afternoon pep rally. The homecoming



football game will begin at 6 p.m.

At left, Homecoming queen nominees: Back row: **Khari Coates, Hattie Brous, Montajha Bowen**. Front row: **Piper Connors, Jennifer Smith**

At right, Homecoming king nominees: Top to bottom (left to right): **Hayden Zaiser, Montrel Moore, Tony Mills, Kyle Jarmon and Ryan Duncan**.

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