

The Courier

October 11, 2017 Volume 18 Number 6

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RWWC to meet

The Republican Women of Worcester County will have its October luncheon meeting on Thursday, October 26 at the Captains Table Restaurant located at 15th Street and Baltimore Ave., in Ocean City. The speaker will be Andrew Illuminati, States Attorney from Wicomico County. Mr. Illuminati will speak about current issues that are before the Supreme Court. The cost of the luncheon is \$20 per person. Doors open at 10:30 a.m. and the meeting begins at 11 a.m. To make your reservation or for more information, please contact Pat Addy at 410-208-0171 or gorpataddy@aol.

Kiwanis pancake breakfast is Saturday

Kiwanis Club of Greater Ocean Pines-Ocean City will hold its Annual Fall Pancake Breakfast on October 14 from 8 a.m. until 11 a.m. in the Assateague Room of the Ocean Pines Community Center. Enjoy hot pancakes, sausages, fresh scrambled eggs (made on the serving line) and coffee or tea, all for only \$6 for adults, \$3 for children under 12, and children under 5 are free. You will enjoy good food and pleasant company while benefitting the youth of the community. Contact Ralph Chinn at 410-208-6719 for information and tickets or just purchase at the door.

Anglers to meet

The Ocean Pines Anglers Club will meet on Saturday, October 14 at 9:30 a.m. in the Ocean Pines library. The speaker will be Bryan Mullins a Diagnostic Medical Sonographer at Atlantic General Hospital in Berlin. He began fishing as a boy with his father in the creeks, ponds and rivers around northern Virginia and dreamed of becoming a marine biologist.

Bryan, a self-confessed technology nerd, uses various technologies available today to learn and improve the quantity and quality of saltwater species around the bay and ocean. He believes combining modern technologies along with local knowledge from fellow fishermen allows persons interested in fishing this area better success at a faster rate. Bryan has started a YouTube channel, Salt Life Adventures, to document their adventures around the area. All are welcome.



Gone fishin' - Addison Conley, a fifth grader from Mrs. Miller's class at Berlin Intermediate School, tries her luck fishing at Shad Landing State Park in Pocomoke. Addison and other fifth grade classes enjoyed fishing, hiking, canoeing, and hearing a presentation about animals and wildlife. Berlin Intermediate School students visit Shad Landing once a year for outdoor education, where students apply scientific knowledge in real world situations.

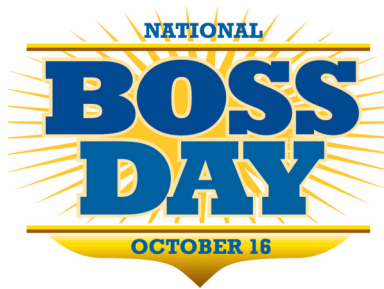


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Community Calendar October



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

Auxiliary offers NY trip

The Junior Auxiliary Group of Atlantic General Hospital will take a fall bus trip Saturday, November 4 to New York City, and the community is invited. Tickets are \$50 per person. The bus departs Berlin at 5:30 a.m. and will return around midnight. RSVP to Ashley at aafurbay@aol.com or 410-213-0823.

Free Sneakers & Creepers 5k Run/Walk scheduled

The Guerrieri Heart & Vascular Institute at Peninsula Regional Medical Center invites runners and walkers of all skill levels to participate in the free "Sneakers & Creepers" 5K Walk/Run on Sunday, October 29.

The event, which will start and finish at the Avery W. Hall Educational Center on the Peninsula Regional campus, begins promptly at 9 a.m. Baby joggers and pets are welcome but please no rollerblades, skateboards or bicycles. There will be no official timing. Register on-site starting at 7:30 a.m. or register online at www.peninsula.org/sneakerscreepers.

Registration is free and the 100 first registrants will receive a long sleeve dry-fit shirt. Participants are encouraged to

come in costume – a contest will be held in child, adult, group and pet divisions. A post-race party will be held outside the Avery W. Hall Educational Center at approximately 10:00 a.m. with food and door prize drawings.

Purnell to speak

County Commissioner Diana Purnell will be the guest speaker at the Democratic Women's Club meeting on Monday, October 16 in the Assateague Room of the Ocean Pines Community Center. Coffee will be served at 9:30 a.m. The meeting will be held between 10 a.m. and noon. Commissioner Purnell will discuss local issues.



Diana Purnell

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.

Pines to offer fall, Halloween events

After you take the little ones to the pumpkin patch to pick out the most bewitching gourd, celebrate the hallowed spooky season with an evening of family pumpkin painting at the Ocean Pines Community Center, on Friday, October 13 from 6 p.m. to 8 p.m.

"Whether you're going for hair-raising spooky or not-so-scary, you are bound to have the most spellbinding front porch on the block," said Ocean Pines Marketing and Public

Relations Director Denise Sawyer. "With imagination and creativity, you can transform your pumpkin into a ghoulish masterpiece."

Ocean Pines residents and guests can conjure up an unforgettable Halloween spectacular at the family fun night. The cost is \$5 for Ocean Pines residents and \$6 for nonresidents. Attendees may bring their own pumpkins or purchase one at the event for \$6 (limited quantity available). All decorations and paint will be provided.

The Recreation and Parks Department is also hosting its annual Hal-

loween Fall Festival on Saturday, October 28 from 1 p.m. to 4 p.m. at White Horse Park. The festival is open to the public.

Human and dog costume contests, carnival games, face painting, pony rides, candy, a haunted hay ride, crafts and more will be part of the fun. Admission and games are free; there will be a fee for some attractions.

For more information about Ocean Pines' Halloween events, call the Ocean Pines Recreation and Parks Department at 410-641-7052.

Minority student meeting set

On Thursday, October 19 at 6:45 p.m., Shirleen M. Church, coordinator of New Teacher Induction, Professional Learning and Minority Student Achievement for Worcester County Schools, will be the guest speaker at the Ocean Pines library. The topic is Worcester County minority student achievement and the impact of parent engagement. Call 443-944-6701 for more information.

Popen brings something new to Pines tennis

By **June Freeman**

Timeless tennis offers a new and exciting opportunity to the Ocean Pines Racquet Community. Whether one is a tennis player, a platform tennis player, or someone who wants to try a new activity, timeless tennis offers a unique experience along with exercise, fresh air, and almost year-round play.

It all began with tennis and platform tennis player Araceli Popen. Araceli introduced the game in Ocean Pines when she discovered the dimensions of the platform tennis courts were the same as those recommended for timeless tennis. Araceli explained that the hardcourt surface in Ocean Pines is perfect and the twelve-foot high screens surrounding each court is an added bonus because the balls stay within the court so the players do not have to go far to retrieve them.

Playing timeless tennis on a shorter and narrower court has many benefits. When timeless tennis is played on regular tennis courts, lines need to be drawn so that the court measurements conform to United States Tennis Association (USTA) recommendations. Playing on platform courts is great for tennis players who want to work on their technique, for new players, and for those who need a smaller court.

When Araceli was asked why she decided to start timeless tennis on the Ocean Pines platform tennis courts, she responded, "When my husband Mike and I first discovered the platform tennis courts in the 1990s, I thought it would be a great way to get back in shape for tennis but because we were so busy driving our children to tennis tournaments and swim meets, we didn't have time to join then. We joined platform tennis in 2012 and got hooked on the sport. Timeless tennis is fun because we get to play both tennis and platform tennis and enjoy the many different events that the platform tennis community offers."

Araceli has a lot to offer. She has

played tennis for many years and has run free summer clinics in Dover and Georgetown, DE for more than fourteen years. Her father started a USTA-sanctioned junior tennis tournament in 1973 and when he retired sixteen years later, she carried on his legacy by running this tournament for twenty years. In 2011 Araceli was inducted into the Delaware Tennis Hall of Fame.

For the last two years, Araceli has volunteered her time and energy to introducing timeless tennis on the Ocean Pines platform tennis courts. She is known for her enthusiasm, patience and a ready smile. Drop-ins are held every Wednesday from 4 p.m. until 6 p.m. at the Manklin Meadows Racquet Center. For anyone who wants to try out or wants more information, contact Araceli at aspopen@yahoo.com or call 302-270-8118. After a thirty-day free trial period and free lessons, the purchase of a platform tennis membership or a drop-in fee will be required.



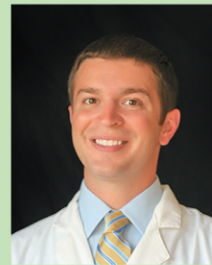
Araceli Popen

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The Courier

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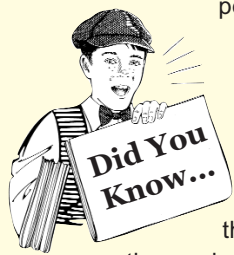
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 and Bev Wisch

Robert B. Adair 1938-2007

2012 Business of the Year

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Pizza continues to remain a popular comfort food and go-to staple for quick, family-friendly meals. Statistics Brain reports that 93 percent of Americans eat at least one piece of pizza



per month. Five billion pizzas are sold worldwide each year, and the United States accounts for three billion of those pizzas. The average person will eat 46 slices of pizza each year. The world can thank Raffaele Esposito for creating the first pizza that resembled the pizza the world knows today. Esposito created the pizza for Italy's Queen Margherita when she visited Naples in 1889. The crust was garnished with tomatoes, mozzarella and basil to represent the national colors of Italy: red, white and green.

Gun control must follow Vegas events

Editor:

The Las Vegas atrocity is the final straw. This was not an act of terror, nor the craziness of gangsters - it is pure evil.

I strongly support the second amendment; but it was created at a time when its enactors could not have imagined the atrocities it help engender



by today's inconceivable weaponry. Yes, every adult should be able to legally buy a gun to protect their home and family. Hunters should be allowed to purchase rifles for their "sport." But the availability of gun silencers and all manner of automatic weapons capable of firing hundreds of high-power bullets must stop. Now.

Congress must stop worrying about loss of NRA sales, they will do just fine. The purchases of weapons for self protection are probably soaring right now - and will continue. Congress must make Americans safer.

Any congress persons who do not immediately support a new second amendment should receive a plentitude of phone calls and letters from their electorates. I will strongly urge everybody I know to do so, and to write tons of letters to *The Courier*.

Tom Sandusky
 Ocean Pines



Students raise funds for AGH

Last June, WPS students Hugh Thomas and Myra Cropper, acted as headmasters of the school for a day as part of a fundraiser purchased at the WPS Gala. As headmaster, Hugh Thomas and Myra allowed all students to wear casual clothing instead of their uniforms if they donated \$1 to the Atlantic General Hospital Emergency Room. In one day, the Cropper twins successfully raised \$435 for their favorite charity.

Eighth grade twins, **Myra and Hugh Thomas Cropper** of Ocean City, sign the check for \$435 they are donating to Atlantic General Hospital.

Health Dept. awarded grant

Worcester County Health Department announced that the agency received a three-year, federal grant from the U.S. Health Resources and Services Administration (HRSA) to fund a Rural Health Opioid program in Worcester.

The grant is \$250,000 annually and will support Worcester County's ongoing coordination and response to the local opioid epidemic. The funding will be used to support efforts to reduce heroin/opioid use and overdose deaths; utilize outreach and motivational strategies to encourage and engage individuals into treatment,

provide care coordination for individuals with opioid use disorder (OUD), implement a public awareness campaign to reduce stigma associated with addiction treatment, and support individuals in recovery.

"This was a nationally competitive grant funding opportunity that will help the Worcester County Health Department create a mobile addictions response team," said Rebecca Jones, Health Officer for Worcester County. "It will also help us better link individuals with opioid addiction to treatment, to raise community awareness

please see **grant** on page 15

Risky teen meeting set

In an effort to empower concerned parents during the opioid epidemic currently affecting the nation and our region, Atlantic General Hospital is providing an educational opportunity that will help participants identify clues to teens' potential illicit drug or alcohol use and other risky behaviors.

Atlantic General is hosting this event, titled Power to the Parents: Hidden in Plain Sight, in partnership with the Worcester County

Health Department, the Worcester County Sheriff's Office, Worcester Tech, and Furnish Again furniture store on Thursday, October 12. The meeting will take place at the Worcester Technical High School in Newark between 6 p.m. and 8 p.m.

Parents will tour a set that has been staged to look like a typical teenager's bedroom and have the opportunity to look for clues that the fictional child may be experimenting with drugs or alcohol or participating in other unsafe behaviors.

Afterward, parents can ask

questions and share findings with representatives from law enforcement and an affected parent. Community and advocacy groups will be on hand to provide additional information and support and share prevention and intervention tips. Worcester County Health Department will be on hand providing Narcan training.

Interested individuals need to register for one of four sessions held at 6 p.m., 6:30 p.m., 7 p.m. and 7:30 p.m. To register visit www.atlanticgeneral.org/events or call 410-629-6820.

Ten years later

Publisher's Note: *This week I cede my column space to my son who shares his thoughts about his late grandfather Bob Adair on the tenth anniversary of his passing.*

By **Matthew R. Bertino**

This is a busy time of year when it comes to televised sports, at least for me. I find myself flipping the channels between several football and baseball games, especially on Sundays with so much going on.

As I was flipping between channels trying to keep up with as much as I could I was reminded of the times when I was young, the after-dinner routines at Mom-mom and Pop-pop's. Pop-pop wouldn't be flipping channels between ball games though, he would be watching two, sometimes three, John Wayne movies. Now, after dinner, the kids were to go upstairs and play, get out of the adults' way. So how did we know he was flipping between movies? The volume was such that the entire street could follow along with the plot, or should I say plots.

Of course, not long after we started listening to Pop-pop's movies from the third floor of the house, we would start smelling the sweet smell of smoke coming from his pipe. He had his own blend of tobacco that was unmistakable. I can still smell it sometimes, though that might be because I occasionally make the same blend and enjoy it in his old pipe. It was certainly a fragrance that everyone enjoyed. Eventually he quit smoking, which is certainly good for one's health, but we always missed the aroma of his pipe.

Every once in a while, we would run downstairs for one reason or another. Sometimes it was to get yelled at for making too much noise, which we always found to be impossible with the television volume so loud. Other times it might be to steal a snack for dessert. It always came with a risk though. Pop-pop would lure you in, asking to show you something, or with a joke, and before you realized what

was happening you were running away with your sleeves tied behind your back.

It was always a good time to go over and see Pop-pop. We would take trips down to "Minnow Creek" to set a minnow trap for bait to use fishing. Other times we would do some wood-working project in the garage, listening to his radio that could only get one channel on it. We would build toys to play with in the play room, like the time we built a replica of the Cape May-Lewes Ferry. One time we were over when all the extended family was



Matthew with his grandfather c. 1992

down. I ended up getting in trouble with my parents and was sent to their form of solitary confinement, sitting on the bottom step of the stairs. Pop-pop negotiated a work release though and let me help him in the kitchen. That was when I learned how to peel potatoes, both with a knife and a peeler.

As I am sure with anyone, I could probably fill an entire book of memories about my grandfather. A day doesn't pass that I don't remember several of those good memories and reflect on the times we had. Pop-pop passed away ten years ago, on October 13, 2007, surrounded by his wife, children, and grandchildren, after fighting Lou Gehrig's disease for as long as he could hold out. The pain, shock, and feeling of helplessness has dulled with time, though the emptiness will always be there, but I am thankful to be left with those memories and so many more.

We all still miss you Pop-pop.



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Harbor economic impact study in development

Shallower navigation channels in the Ocean City inlet area are threatening the future viability of Worcester County's commercial fishing industry. For this reason, in early September, following a meeting with local, state, and federal partners in August, the county commissioners directed county staff to develop a request for proposals (RFP) to identify the inlet's economic impact on this area.

The RFP, currently in the final stages of development, is a first step toward developing a long-term solution and needed federal funding to maintain safe, navigable travel through the inlet. The RFP will be de-

signed to identify economic data that confirms the viability of the commercial fishing industry and the need for the U.S. Army Corps of Engineers (USACE) to increase the depth of the inlet channel to accommodate larger vessels and to secure continued federal funding to maintain channel depths.

"Securing federal funding, which is now awarded on a tier basis, is paramount to the success of our efforts to assure that commercial fishing vessels can safely navigate the channel to bring their catches to market," Commission President Jim Bunting said. "Our commercial fishing fleets are an integral part of our heritage and our economy, and we want them to continue to call Worcester County home for generations to come. The County's tier ranking may be improved if our study can identify the dollar value of the commercial fishing industry. So we plan to have USACE staff review the RFP before we release it to bid to ensure that the successful bidder will provide the information needed to improve the ranking of the Ocean City inlet to keep it at the forefront of federal dredging projects."

The County Commissioners' directive, specifically, tasks Worcester County Economic Development (WCED) with developing an RFP to capture and develop data to make the economic case for increasing the depth of the inlet. This will include an economic analysis of the past, present and projected economic impact of the commercial fishing vessels at the West Ocean City Harbor to confirm the viability of the commercial fishing industry and the need for increased channel

please see harbor on page 15



Writing tips

The Maryland Coast Dispatch Publisher and Editor, Steve Green, took time to share writing and journalism advice with Worcester Prep Middle and Upper School students. In the past week, Green met with Middle School students in Allison Bescak's English class and with Upper School students in Megan Leslie's newspaper class. Green is a graduate of the WPS Class of '93, and a WPS parent and active volunteer who also serves on the WPS Board of Trustees

Above: WPS sixth graders with Steve Green.

WYFCS to host celebration

On Friday, October 27, Worcester Youth and Family Counseling Services (WCYFS) will hold its Annual Celebration to celebrate 42 years of serving the community. The celebration will be held in the Ray Community Room in the Worcester Youth and Family Office located at 124 North Main Street in Berlin, from 5 p.m. to 7 p.m. The event is offered free of charge with complimentary hors d'oeuvres provided by Phillip Cropper and Worcester Technical High School. Live entertainment will be provided by local jazz musician, Everett Spells.

Each year, WYFCS recognizes individuals for their support and dedication to the agency. The honorees will be presented with wall décor in their name in the shape of a "Sun" to represent the "Rays of Hope" these individuals have given to the community. The following honorees will join their "Suns" with the many others who have also demonstrated generosity and compassion in our community. Reese Cropper of Insurance Management Group, Outstanding Contributor; Joe and Alyson Kendall of Kendall Furniture, Volunteers of the Year; Rudy Magnone, Outstanding Volunteer; and Janet Balbo, Carole Spurrier, and Ellen Dyer for 10 Years of Distin-

please see celebration on page 12



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
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Naming rights - Ocean City Elementary School (OCES) Cafeteria Manager, Laurie Phillips recently held a school-wide naming contest for the cafeteria. Each class came up with an idea for a name. The top names were then compiled and the students, faculty and staff cast ballots for which was their favorite. Julie Moeller's 4th grade class won the naming contest with their "Sharkbite Cafe." OCES students will now get to enjoy a new shark theme in their cafeteria while enjoying a delicious lunch.

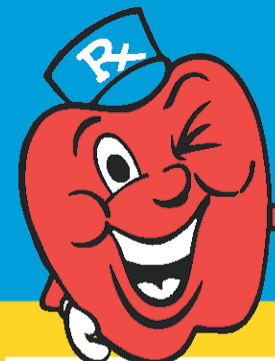
Drive-thru clinic offered

Peninsula Regional Medical Center's Drive-Thru Flu Clinic is returning for a 23rd season on Thursday, October 12 at Arthur W. Perdue (Shorebirds) Stadium at the intersection of Route 50 and Hobbs Road in Salisbury, Maryland from 7 a.m. to 7 p.m. Vaccinations will be administered to individuals 13 years of age or older (13-17 please bring a parent or legal guardian to sign consent). A physician's order is not necessary. A donation of \$10 per vaccination is requested (cash only; exact amount is appreciated).

Flu vaccinations are encouraged

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

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



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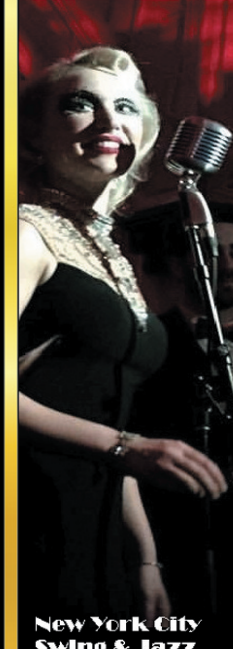
O.P. South Gate Entrance

OCEAN PKWY

A Bagel and... →

Southgate - Ocean Pines
(Manklin Creek & Ocean Pkwy)

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Reasons to quit smoking now

Quitting smoking can greatly improve smokers' long-term health and can even begin paying dividends almost immediately.

Smoking is a leading contributor to many diseases and harms nearly every organ of the body, advises the U.S. Department of Health and Human Services. The Centers for Disease Control and Prevention

says smoking causes more deaths each year than HIV, alcohol use, illegal drug use, motor vehicle injuries, and firearm-related incidents each individually. Smoking not only accounts for 90 percent of all lung cancer-related deaths, but also it increases

the risk for coronary heart disease, stroke, and cancers almost anywhere in the body.



Nicotine is a toxic, colorless or yellow liquid that is the chief active constituent of tobacco. Because nicotine is addictive, people who want to quit smoking must recognize they will need to overcome their addictions en route to getting healthier. The good news is that, for people who smoke infrequently, most remnants of nicotine are gone within three to four days of quitting, says the Quit Smoking Community. It may take longer for nicotine to leave the bodies of heavy smokers or those who have been smoking for a long time. As nicotine levels decrease, the body will eventually recover from withdrawal symptoms and begin to feel better.

The following are 10 reasons to quit smoking today.

1. Financial savings: The cost of a

please see stop on page 15



Fitness anniversary - The Worcester County Health Department celebrated the twentieth anniversary of its Just Walk program last Wednesday. Guest speaker Bill Freeman is an 18-year member who has logged in more than 12,000 miles.

For more information on Just Walk, a free, incentive-based community activity program where participants earn rewards for steps taken, call 410-632-0056

Above: **Bill Freeman**, **Kathy Wool**, registered dietitian with Worcester County Health Department, **Chip Bertino**, Worcester County Commissioner, **Kat Gunby**, director of Prevention Services, Worcester County Health Department

Conference to discuss end of life issues

Coastal Hospice and Palliative Care will host 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.

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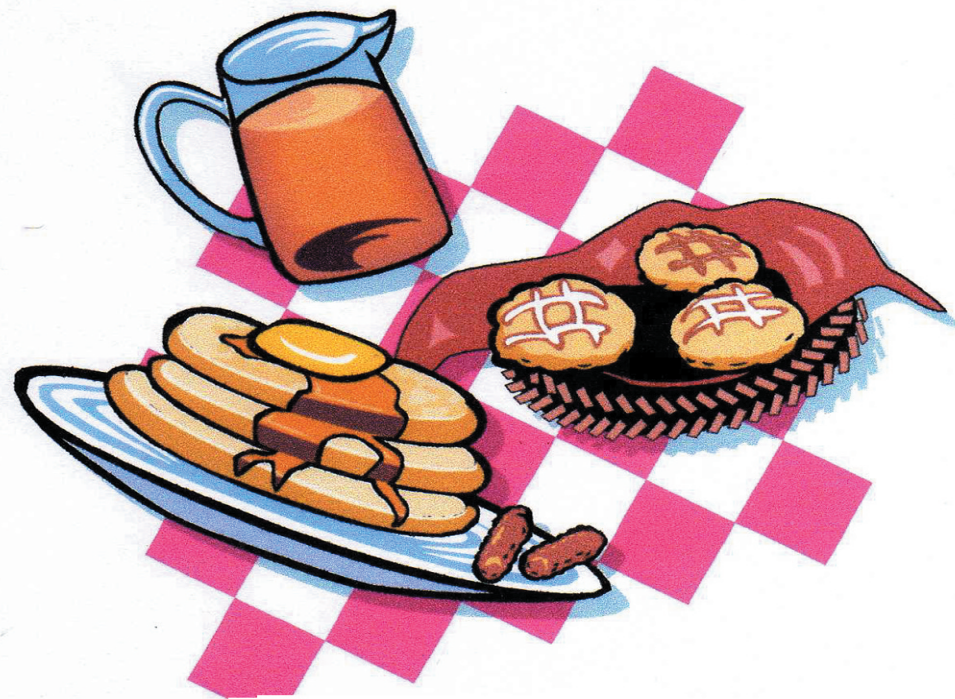
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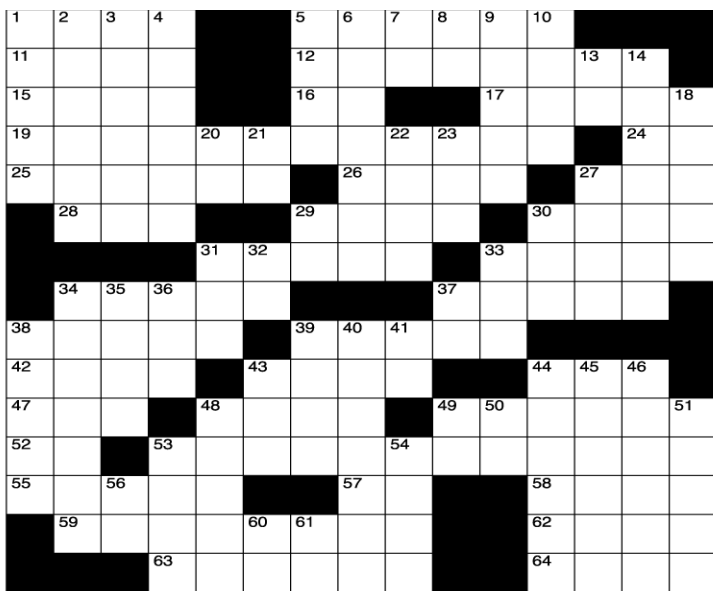
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Contributions or gifts to Greater Ocean Pines–Ocean City Kiwanis Club are not deductible as charitable contributions for federal income tax purposes.



CLUES ACROSS

- 1. Plural of ascus
- 5. Repents
- 11. British School
- 12. Adhesive to catch birds
- 15. Male children
- 16. Oil company
- 17. Intestinal
- 19. Money slogan
- 24. 2nd tone
- 25. In actual truth
- 26. Belgian-French River
- 27. Rural Free Delivery
- 28. Midway between S and SE
- 29. Texas armadillo
- 30. 2nd largest Hawaiian island
- 31. Pile up
- 33. Changes liquid to vapor
- 34. Yemen capital
- 37. Byways
- 38. V-shaped cut
- 39. Painting on dry plaster
- 42. Daminozide
- 43. Papa's partner
- 44. ___-fi: fiction/movie genre
- 47. 1st Soviet space station
- 48. Latvian capital
- 49. Come into view
- 52. Blue Hen school
- 53. Maine water company
- 55. Picture & word puzzle
- 57. Atomic #18
- 58. Xiamen dialect
- 59. Being overzealous
- 62. One who did it (slang)
- 63. Night breathing noises
- 64. A minute amount (Scott)

CLUES DOWN

- 1. Race of Norse gods
- 2. Large pebbles
- 3. Latin line dances
- 4. The inner sole of a shoe
- 5. A French abbot
- 6. Moves stealthily
- 7. An alternative
- 8. 39th state
- 9. Lotus sports car model
- 10. River fill
- 13. Of I
- 14. Many noises
- 18. Ghana monetary units
- 20. Actor Hughley
- 21. The Cowboy State
- 22. Jests at
- 23. America
- 27. Surprise attack
- 29. Daddy
- 30. Extinct flightless bird of N. Zealand
- 31. Express pleasure
- 32. Cellist Yo-Yo
- 33. Bronx cheer
- 34. A more firm substance
- 35. Essential oil obtained from flowers
- 36. Company that rings receipts
- 37. Largest church in Christianity
- 38. Capital of Wallonia
- 39. Heroic tale
- 40. Send forth
- 41. The Golden State
- 43. 1/1000 of an inch
- 44. Angel of the 1st order
- 45. Ukrainian peninsula
- 46. Disregard
- 48. Colophony
- 49. Spanish be
- 50. Military policeman
- 51. Cleopatra's country
- 53. Br. drinking establishments
- 54. Removes moisture
- 56. Liberal Arts degree
- 60. Execute or perform
- 61. Atomic #77



Answers for Oct. 4



Ocean City's Wine on the Beach

By **Jean Marx**

September in Ocean City is one of my favorite months of the year. The crowds have thinned out, making it easier to take a leisurely stroll on the Boardwalk, and the weather is still sunny and pleasant – barring a hurricane, of course. For nice events at the Inlet in September, there's Sunfest and there is also the Wine on the Beach festival. I was happy to partake in the latter on September 30, and the weather thankfully held up its end of the bargain.

For the \$35 ticket price, we got free tastings at most of the winery booths, we listened to great local and regional music, and if we were so inclined, we could have stopped at other booths for light shopping, snacking, or sampling micro brews. The wineries brought an ample stock of their wines, and lots of specials were offered when buying several bottles or cases at a time. This was the 24th annual Wine on the Beach festival, and the featured wineries were all located in Maryland. I did short interviews with the staff of several of the wine booths I visited, and I discovered an interesting theme I hadn't yet run across. That is, many of the wineries have adopted the urban winery concept where they source the grapes from other places, but they press, ferment, and make their wines locally. This month I will highlight two of the DC area wineries whose booths I particularly enjoyed. Next month, I will highlight a couple more that are closer to home.

The first winery is Olney Winery located at 18127 Town Center Drive in Olney, Maryland. The winery has recently celebrated its fifth anniversary and is owned by three siblings in the McCall family: Joe, Joyce, and Dan and their spouses, as well as Joe McCall's next door neighbor, Johanna Ecker. Joe explains that they source most of their grapes from California, but they also buy them from all over the world, such as Chile, Spain, Italy, South Africa, Germany, Australia, and New Zealand. Their chief winemaker is Chris Lanny who has traveled the world honing his skills and developing his own recipes. As Joe says, "We feel that sourcing our

grapes from multiple areas is a distinct advantage for us because we can always get the supply we need."

Of the wines we sampled from the Olney Winery, our favorites were the Acai Raspberry Cabernet Sauvignon (was a great mixture of dry and light sweetness) and the Blackberry Merlot (very smooth and had a great nose). The Peach Chardonnay also had a wonderful fragrance as we were sipping it; it was sweeter than the Acai Raspberry but also very refreshing. Joe is proud that his winery is one of the fastest growing wineries in the state, and the wines are available for sale at over 500 locations. We are fortunate that two of these Maryland locations are at the Wine Rack in West Ocean City and at Gold Coast Mall in Ocean City.

The second winery is the Cove Point Winery located at 755 Cove Point Road in Lusby, Maryland. Lusby is located in Calvert County along Route 4 South about 6 miles north of Solomons Island. A beautiful milestone that could also become part of a future visit to this winery is stopping off at the Cove Point Lighthouse. Cove Point Winery is a privately-owned company headed up by Tim Lewis. The winery touts that "it is a small boutique winery near Maryland's oldest operational lighthouse." It is also part of the Patuxent Wine Trail.

Cove Point Winery also sources their grapes, but they buy theirs mostly from other wineries in Maryland and Virginia. For Wine on the Beach, they brought several wines we found delicious. These were Verdicchio – a fruity, yet smoky dry white with a crisp after-taste, Pinot Grigio – an unoaked off-dry white also with a crisp finish, the Petite Verdot – a medium-bodied red, and Symphony. Symphony is actually made from a French varietal by that name; the wine had floral notes with a lemon finish. I happily added a bottle of it to my list of purchases that day.

Stay tuned next month when I'll highlight the St. Michael's Winery and the Far Eastern Shore Winery in Easton. All of these wineries are demonstrating their creativity and placing their unique Maryland stamp on their wines, and it's fun to be able to call them our neighbors.



Outdoor experience - Melissa Vit's fifth grade class at Berlin Intermediate School studied natural resources found in Shad Landing State Park and discussed how they could be used as capital resources as they walked "The Trail of Change." Fifth graders spent two days at Shad Landing having outdoor education classes.

FOPL to hold membership meeting

The Friends of the Ocean Pines Library (FOPL) will hold its semi-annual membership meeting on Monday, October 16 at 10 a.m. in the large conference room at the library.

The meeting will begin with a short program to introduce the slate of FOPL Board for 2017-2019.

The FOPL 2017 Book Sale was the most successful one to date. Have you wondered what is done with the money raised? Jim Meckley, co-chair of the book sale, will fill you in on what was bought for the library thus far and what the library can expect from FOPL

in the future.

Our guest speakers will be Mike and Victoria Healy. They will offer travel tips for the seasoned traveler as well as the first-time traveler. Topics Mike and Victoria will cover include ideal time of year for your destination; how much money should the you take: cash v. credit cards. They will also pass along packing tips to lighten your luggage, and there will be a question and answer session at the end of their talk.

Please plan to join us at 9:45 a.m. for coffee and pastries. The meeting and talk will follow at 10 a.m.

Women's listening tour scheduled

The Worcester County Commission for Women (WCCW) and the Maryland Commission for Women Listening Tour will hold the Voices for Maryland Women Forum on Tuesday, October 17 from 5 p.m. to 7 p.m. at the Worcester County Board of Education located at 6270 Worcester Highway in Newark. The forum is free and open to the public. A light dinner will be served.

Women from Worcester, Somerset, Wicomico and Dorchester Counties are invited to speak with the state Commission for Women and WCCW about the challenges they face as women and ways to make their lives better. Please come share with us your needs and concerns. The Maryland Commission for Women will develop a report with recommendations for improvements in programs, legislation and policies that impact the lives of women from the entire state of Maryland.

WCCW was established in 1995 "to promote a positive image for women by assisting them in achieving social, educational and economic equality." There are 15 commissioners who are all Worcester County residents. They are appointed by the Worcester County commissioners, four commissioners are from the Dept. of Social Services, Dept. of Health, Worcester County Board of Education and Worcester County Dept. of Public Safety. The Friends of Worcester County Commission for Women (FWCCW) is the fundraising arm of the WCCW and a co-sponsor for this forum.

*please see **tour** on page 15*

Wor-Wic graduates listed

The following Worcester County students completed their program requirements to graduate with a certificate of proficiency (CT), associate of applied science (AAS), associate of arts in teaching (AAT), associate of science (AS) or associate of arts (AA) degree from Wor-Wic Community College this past summer.

Berlin: Glen Michael Ansted, AA, General Studies; Ashley Blizzard, CT, Criminal Justice; Jeremy A. Bradford, CT, Hotel-Motel-Restaurant Management; Nicole J. Cookingham, CT, Nursing; Joseph Charles Flounlacker, AA, General Studies; Nidia G. Hall, AS, Nursing; Kevin Herbert, AAS, Criminal Justice; Osmaan Ishfaq, AA, General Studies; John M. Johnson, AAS, Emergency Medical Services; Ciara J. Kelley, AAS, Emergency Medical Services; Mackenzie Challenger Lane, AS, Nursing; Yvonne Louise Mills, AAS, Education; Amanda Lee Parsons, CT, Nursing; Arlee S. Ryan, AS, Nursing; Lindsay E. Titerence, AS, Nursing and Victoria Lee Williams, AA, General Studies.

Bishopville: Allison Paige Willey, CT, Nursing.

Girdletree: Christopher Michael McLain, CT, Nursing.

Newark: Brian L. Banks, AAS, Hotel-Motel-Restaurant Management; and Lindsey Marie Powell, AA, General Studies.

Ocean City: Jennifer Chrzanowski, CT, Nursing; Kirsten N. Dembrowski, CT, Nursing; Connor Jacob Finch, CT, Criminal Justice; Jamie Nicole Fuhrer, CT, Nursing; Brianna Gravenor, AA, General Studies; Michael Lott, AA, General Studies; Robert W. Pippin Jr., AAS, Hotel-Motel-Restaurant Management; Ishra Thapa, CT, Nursing; and Mollie McDonnell Wyatt, AA,

General Studies.

Pocomoke City: Jason C. Bashor, AA, General Studies; Justin Lee Benton, AS, Nursing; Melanie Crystal Bradshaw, CT, Nursing; Vanisha Hall, AS, Nursing; Phoebe Shay Rantz, CT, Nursing; Malena Smith, AS, Nursing; Christopher A. Vieira, CT, Criminal Justice; and Tiffany Wright, AS, Nursing.

Snow Hill: John R. Adkins, CT, Criminal Justice; Brittney Calandra, CT, Nursing; and Mariyland Loienl Counts, AAS, Hotel-Motel-Restaurant Management.

Whaleyville: Myah Michelle Meekins, CT, Nursing; and Tyler L. Sheffy, CT, Criminal Justice.

Dems to meet

The 14th Annual Spirit of the Party Breakfast will be hosted by Worcester County Democrats on Saturday, October 21 at 8 a.m. Held at the Ocean City Lions Club located on Airport Road in West Ocean City, this event combines pancakes with politics and helps those in attendance learn more about potential elected officials.

Come meet Senator Jim Mathias, District 38, and Michael Pullen and Allison Galbraith, both candidates for the 1st Congressional District currently represented by Andy Harris. House of Delegates 38A candidate Dr. Kirkland Hall will attend. Local Worcester County commissioner candidates Joshua Nordstrom (District 1) and Virgil Shockley (District 4) will also be in attendance.

The cost is \$25. Members of Worcester County Democrat clubs pay \$20. Please call 410-629-9107 to reserve your ticket. Anyone interested is welcome.

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. 12	1:07 a.m. 1:44 p.m.	7:21 a.m. 8:22 p.m.	7:07 a.m.	6:26 p.m.
Fri., Oct. 13	2:14 a.m. 2:53 p.m.	8:26 a.m. 9:27 p.m.	7:08 a.m.	6:25 p.m.
Sat., Oct. 14	3:25 a.m. 4 p.m.	9:33 a.m. 10:28 p.m.	7:09 a.m.	6:24 p.m.
Sun., Oct. 15	4:32 a.m. 5 p.m.	10:38 a.m. 11:24 p.m.	7:10 a.m.	6:22 p.m.
Mon., Oct. 16	5:28 a.m. 5:52 p.m.	11:39 a.m.	7:11 a.m.	6:21 p.m.
Tues., Oct. 17	6:17 a.m. 6:39 p.m.	12:14 a.m. 12:33 p.m.	7:11 a.m.	6:21 p.m.
Wed., Oct. 18	7:02 a.m. 7:22 p.m.	12:57 a.m. 1:21 p.m.	7:13 a.m.	6:18 p.m.

Bertino to seek another term

Commissioner Chip Bertino has filed to seek reelection for another term as Worcester County Commissioner representing District 5, the Ocean Pines District.



Chip Bertino

“Three years ago, the Ocean Pines community gave me the privilege to represent them at the county level. I hope I have demonstrated to them my appreciation by working

hard to be an effective Commissioner on their behalf,” Bertino said.

Constituent services have been a paramount priority for Commissioner Bertino. “I work hard for the people of my district and Worcester County. They deserve and expect to have a representative who is engaged, accessible and responsive.”

In addition to regularly attending events around the Ocean Pines community and the county, to date Commissioner Bertino has hosted 11 town meetings focused on informing constituents of events around the county and happenings in county government. Additionally, he has invited guest speakers to illuminate the responsibilities and functions of various government entities. “These meetings are an opportunity to have open dialogue with people in the community and to provide insight into the government they’re paying for,” Bertino said.

When asked to share his accomplishments in office, he underscored the importance of working with other commissioners and county staff to get things done. “No commissioner is an island. You can’t work alone and expect to be effective. It’s about collaboration,” he said. He pointed to the construction of a new Showell Elementary School as an example.

“The cost estimates to build the new school were increasing regularly, exceeding \$60 million. County taxpayers couldn’t afford that. Several commissioners believed as strongly as I did that it was unfair and something had to be done to bring these spiraling estimates under control. Communication between the Commissioners and the Board of Education members who were also interested in working together proved essential and productive. As a result, we settled on a projected cost of around \$42 million.”

Bertino said. “We balanced the needs of the Board of Education, students and teachers with being financially responsible. It was a win-win solution.”

He continued, “Listening and communicating honestly on this and other issues has cultivated a relationship between the Board and the county that is better than it’s ever been. We have great teachers, administrators and support staff working in the best interests of our students. They deserve and should expect their elected officials to work together.”

When the Ocean Pines Association was renovating the bridge on Ocean Parkway, Commissioner Bertino worked with Commissioner Jim Bunting to allocate funds in the county budget to help the community pay for moving utility lines under the bridge, saving the community over \$40,000.

Commissioner Bertino advocates strongly that county government should not compete in the private sector. “It was the right thing to do to get out of the liquor business. That’s why I consistently voted for such action,” Bertino said referring to the Commissioners’ decision in 2016 to close and sell off the county’s wholesale and retail liquor operations which was running in the red and required tax dollars to keep it operating. To date, wholesale operations have ceased and three of the four county-owned retail locations have been sold. The sale of the fourth location in Pocomoke is pending.

While in office, Commissioner Bertino has voted during the past three budget cycles for changes to the county health care plan to keep ever-increasing premium costs manageable, saving millions of taxpayer dollars. He was in the majority that voted to streamline and reduce the cost of shoreline permits by eliminating the Shoreline Commission. “This saved individual homeowners thousands of dollars,” Bertino said.

Beginning in his first year in office, the Commissioners started meeting regularly with county fire services to ensure their needs are adequately addressed by the county. “Our volunteer fire companies and EMTs provide a vital service to our communities,” Bertino said. He has voted during the past two budget cycles to increase funding grants to the ten volunteer fire companies across the county. Addi-

please see bertino on page 15



Next level - Berlin Intermediate School’s (BIS) “Artist in Residence” has arrived. Chris August is a veteran special educator who became involved in the Slam Poetry community. Slam poetry challenges students to take their poetic works to the stage, combining writing and performance. Chris August was named the 2011 International Slam Poet Champion and has come to teach BIS 6th graders how to write and perform Slam Poetry.

Above: Katie Gordan, MaKenzie Jones, Abby Miller and Slam poet Chris August.

OPA releases Update on new platform tennis courts

Ocean Pines Association has released an update on the platform tennis court project that is underway at the Manklin Meadows Racquet Sports Complex.

The site work to the platform tennis court project has been completed, according to Ocean Pines Facilities Manager Kevin Layfield. The Ocean

celebration from page 6

guished Volunteer Service with CASA.

This year, WYFCS served more than one thousand of our friends and neighbors by: helping struggling families find needed financial support and resources to prevent homelessness; supporting at risk adolescent girls and boys who are experiencing difficulty or conflict in their lives; offering cultural, educational, and wellness experiences to children during out of school time; providing comprehensive counseling and therapy services to those coping with life’s stressors; and advocating for neglected and abused children so they may have a brighter future.

For more information on the event, please call the office at 410-641-4598.

Pines Public Works Department has laid the base. Paving was set to begin on Monday.

During the next few weeks, crews with Total Platform Tennis, an Ohio-based platform tennis court construction company, will install two new cutting-edge platform tennis courts, scheduled for completion this fall.

“Now that the construction is moving right along, the Association’s marketing team is working closely with the Ocean Pines Platform Tennis Association to plan a ribbon cutting event,” said Denise Sawyer, director of marketing and public relations for the Ocean Pines Association. “Folks across the region will soon see why our sports complex is dubbed ‘Maryland’s Ultimate Racquet Destination’.”

Work on the two new platform tennis courts started in August 2017 with a site survey.

At a July 28 regular Board meeting, Board Director Doug Parks moved to accept the recommendation of Total Platform Tennis. Each Board member was in favor after Board Director Dave Stevens seconded the motion.

please see courts on page 13



Weaving

Kathi Stevens sixth grade art students at Berlin Intermediate School are working on a unit on weaving. Weaving has tremendous benefits for children. Some of the more obvious benefits are improving eye hand coordination and fine motor skills, helping to develop focus and attention spans, reinforcing left right coordination, and enjoying a relaxing, pleasant tactile experience. In addition to the obvious benefits, weaving is a wonderful medium through which a teacher can integrate core curriculum, such as math, writing and social studies.

Above are **Aubrie Wyatt** and **Parker Intrieri**.

Knitting, crocheting, sewing group organizing to benefit Hospice

Coastal Hospice invites women and men who have skills in knitting, crocheting, and sewing and are interested in making blankets for hospice patients to an organizational meeting on Monday, October 16 at 3 p.m. in the upstairs room at A Little Bit Sheepish, 2 S. Main St. in Berlin. Those attending the meeting will discuss forming weekly or monthly blanket-making groups and decide on times and locations throughout the Lower Shore counties.



joining our new blanket-making groups will share a love of yarn works and of bringing joy to someone who is nearing the end of life. Our groups will also be an enjoyable way for people to get together and socialize while they work."

Everyone is welcome to the meeting. More information is available by calling Sally Rankin at 410-742-8732.

Many hospice patients become chilled in the cold of winter and under air conditioning, and Coastal Hospice has traditionally provided blankets to give them comfort and warmth and to let them know someone is caring about them.

Sally Rankin, volunteer coordinator for Coastal Hospice and a knitter herself, will lead the discussion and expand on the need Coastal Hospice has for blankets. She hopes the groups will also make "twiddle muffs," an embellished muff that gives comfort and tactile stimulation to dementia patients.

"This is an opportunity for people to get together and work together for a wonderful common cause," Rankin said. "We hope those

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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.

courts
from page 12

Platform tennis is an American racquet sport enjoyed by thousands of people of all ages. It is the only racquet sport that players can enjoy outdoors in cold weather. The game, which combines elements of tennis and racquetball, is played on a court about one-third the size of a tennis court surrounded by 12-foot fencing that allows play off the screens.

Drop-in play, which is open to the public, is scheduled every Tuesday, Wednesday, Saturday and Sunday. Times vary. Free introductory lessons are available by appointment by contacting Araceli Popen at aspopen@yahoo.com or 302-270-8118.

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

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bertino

from page 12

tionally, he worked on passing revisions to the County Code that required volunteer fire companies to purchase new secondary apparatus even when their current apparatus was in excellent working condition. "It seemed unfair to me that the county required our volunteer companies to purchase as secondary units new fire trucks, costing hundreds of thousands of dollars when they already had equipment that was well maintained and in good working order," Bertino said.

Commissioner Bertino was an active member of the committee that included county, state and local representatives, who assessed the needs and requirements for the new emergency radio system that will go online by the end of this year. "This new system will dramatically improve radio coverage for first responders and law enforcement, and that will increase safety for all of us," Bertino said.

He was actively engaged in revising the county's Emergency Operations Plan which was approved by the Commissioners this summer.

Commissioner Bertino recently graduated from the Academy for Excellence in Local Governance, a multi-year voluntary training program in partnership with the Maryland Association of Counties (MACo) and the University of Maryland School of Public Policy. He has also completed courses on "Emergency Operations Center Management and Operations" through the Maryland Emergency Management Agency, "Until Help Arrives: You Are the Help" a program sponsored by Homeland Security and FEMA, and has earned over 30 professional development hours for participating in the 2017 National Hurricane Conference. "I believe continuing my education is essential for me to be an effective representative for my constituents," Bertino said.

"It's my hope that I have demonstrated to the residents of the Ocean Pines District that their concerns are my concerns and that I advocate for their interests effectively."

Commissioner Bertino and his wife Susan have three children and two grandchildren.

He was first elected in 2014, succeeding Judy Boggs who retired after three terms in office.



Fashion Show - Pictured are ladies enjoying the 9th Annual Fashion Show and Luncheon sponsored by the Republican Women of Worcester County. The theme was "Proud to be an American." Fashions were provided by Dress Barn. Photo by Anna Fultz.

harbor

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depth to accommodate the current fleet and to attract more and larger vessels in the future.

The need for an RFP was identified thanks to an ongoing partnership between the County, Ocean City, field experts from the USACE and the Maryland Department of Natural Resources (DNR), as well as our local state and federal delegation in Annapolis and Washington, D.C. The RFP is on track to be released in fall 2017.

grant

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and to support individuals in recovery."

To learn more about opioid abuse prevention and treatment, visit worcesterhealth.org.

To learn more about opioid misuse and addiction, visit decisionsmatter.org.

To view Worcester County's Heroin/Opioid Community Response Plan, visit http://worcesterhealth.info/files/WC%20HOCR%20203_29_17.pdf.

tour

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A few of the activities throughout the year that are sponsored by the WCCW are: 1. Women's History Luncheon that recognizes a Worcester Co. woman in history, a woman of the year and six women of tomorrow (middle and high school students); McGuffey Bookworm project – in June we provide a backpack with books for all Worcester Co. students in grades Kindergarten to Grade 3 for summer reading and the Empowering Women's scholarships (three).

You can register at <https://voicesofmarylandwomenworcestercountyfw.eventbrite.com>. For more information, please call 301-610-4523. Registration is encouraged.

Craft club to meet

The Pine'eer Craft Club will meet at the Ocean Pines Community Center on Thursday, October 19. Refreshments will be served at 9:45 a.m. The meeting begins at 10 a.m. The meeting will be followed by a craft session. For information contact Sharon at 410-208-3032.

stop

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pack of cigarettes varies depending on where you live, but the cost savings of quitting can add up quickly. New York City and London have some of the most expensive cigarette prices in the world. In America, the average price of cigarettes is \$5.51, according to Fair Reporters, based on cigarette prices across the United States. Many states fall between \$6 and \$8 per pack.

2. Cleaner teeth: Smoking can stain teeth, so quitting smoking can prevent future smoking-related stains.

3. Greater lung capacity: Many people find their lung capacity improves by as much as 10 percent within nine months of quitting, according to the World Health Organization. Within one to nine months of quitting, coughing and shortness of breath decreases.

4. Better circulation: Blood flow improves when smokers quit smoking, which can mean fewer feelings of "pins and needles" in extremities and warmer hands and feet.

5. Improved fertility: Nonsmokers often find it easier to get pregnant because the lining of the womb is stronger and sperm is more potent, says NHS Choices, the United Kingdom's largest health resource. Quitting also can reduce the chances of birth defects or miscarriage.

6. Blood oxygen improvement: Within 12 hours of quitting, blood oxygen levels return to normal and carbon monoxide levels will drop to normal, offers the quitting helper QuitSmokingSupport.com.

7. Coughing decreases: Chronic cough due to tobacco smoke irritation, and damaged cilia in the lungs can abate over time, says the Mayo Clinic. The cilia can recover, regaining mobility, and mucus production begins to return to a normal level as well.

8. Better sense of smell and taste: The Cleveland Clinic says that smoking can damage the nerve endings in the body, including those involved in taste and smell. People who quit may begin to taste flavors and experience aromas better than they did when they were still smoking.

9. Improved aroma: By quitting smoking, smokers will no longer have the odor of cigarette or cigar smoke clinging to their hair and clothing. That can make them smell more pleasant to themselves and others.

10. Longer life: Quitting significantly improves smokers' chances of living a long, healthy life.

The Worcester County Health Department offers smoking cessation classes during the year. For more information call Worcester County Health Department Prevention Services at 410-632-0056.

FAST SERVICES QUALITY MEALS

Thursdays are a lot tastier



HALF-PRICED BURGERS

BIG FLAVORS **BIGGER SAVINGS**

Thursdays are now special for those eating in Ocean Pines, Maryland. Stop into The Cove at Mumford's restaurant for 1/2 priced burgers.

Be sure to ask staff for the drink specials!

*20% resident discount is not accepted for special offerings

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