

Get *The Courier* delivered free to your electonic reading device each week. Go to <u>www.delmarvacourier.com</u> to sign-up. All the news and all the ads at your fingertips.

### Boat club to meet

Native Berliner Carol Rose will be the guest speaker at the Ocean Pines Boat Club general meeting to be held Wednesday, October 18 at 6:30 p.m. in the Assateague Room of the Ocean Pines Community Center. Rose will talk about the history of Berlin which is celebrating its 150<sup>th</sup> anniversary as well as the three major fires that devastated parts of the town. The event is open to the public.

# Holiday craft festival coming to Pines

On Saturday, November 4 the Ocean Pines Community Center will be turned into a Winter Wonderland by the Pine'eer Craft Club. The group is sponsoring a Holiday Craft Festival with vendors filling the rooms at the Center with various handcrafted items.

The show hours are 9 a.m. to 3 p.m. so come early for the best selection. Specialty items such as jewelry, stitchery creations, beach décor, holiday decorations and more will be featured. In addition, the Craft Club bakers will fill the Bake Sale Table with homemade cookies, cakes, pies, and candy, all at reasonable prices. The Kiwanis Club will sell breakfast and lunch items as well as coffee and other beverages.

For additional information please contact Carol Quinto at 410-208-4317.

### **MBS festival scheduled** Get ready to fall into fun when the Annual Fam-

Get ready to fall into fun when the Annual Family Fall Festival returns to Most Blessed Sacrament Catholic School in Berlin on Friday, October 20 from 3:30 p.m. to 6:30 p.m. Hosted by the Home and School Association, this admission-free, family friendly event features something for everyone. Festival goers can meet and mingle. There will be hot food and baked sale items. There will be games as well as face painting, cake walk, inflatable bounce house, pony rides, children's auction and other family fun. Games, rides, and other activities require tickets. The cost is \$1 per ticket. The festival offers plenty of free parking. To learn more about the festival or become a corporate sponsor for this kid friendly event, please contact Saron Hand at hsa@mbscs.org.



### **Dawg Team**

All year long the Kiwanis Club of Greater Ocean Pines-Ocean City "Dawg Team" can be found under their white tent selling hotdogs, drinks and refreshments at many of the Ocean Pines events such as the Cruiser Parade held October 8. Above are **Joe Beall**, in his Hotdog Crown, and **Ed Ahlquist**.





### Church to host breakfast

The Grace Parker All You Can Eat breakfast will be held Wednesday, November 1, from 7 a.m. to noon at First Presbyterian Church of Ocean City located at 13th St. and Philadelphia Ave. The menu will include eggs any style, pancakes, buckwheat pancakes, sausage, ham, biscuits, hash brown potatoes, grits, coffee and tea. The cost is \$8 and carry out is available for \$6. For more information call 410-289-9340.

### Pet blessing to be held

In honor of St. Francis of Assisi, who loved all animals and whose feast day is October 4, the Church of the Holy Spirit in

Ocean City will hold a Blessing of the Animals ceremony on October 29 at 11:30 a.m. in the church parking lot.

The church is located at Coastal Highway and 100<sup>th</sup> St. Pets should be on leashes or otherwise under their own-

ers' control. Any size, shape or type of pet is welcome. You may also bring a photo of a departed pet, or a stuffed animal that means a lot to you.

Call the church at 410-723-1973 for further information.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
•	-	-	-	-	•	
8	<b>9</b> Columbus Day	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

### **Chicken dinner offered**

The Bishopville Volunteer Fire Department Auxiliary will be hold a Dine-In buffet fried chicken dinner this Sunday at the Main Station between noon and 5 p.m. The cost is \$12 for adults and \$8 for children ages 10 and under. Carry out is also available. Large selection of baked goods available. Call 443-880-6966 to have your carryout waiting for you.

### **Retired nurses to meet**

Attorney Michael Mathers will be the guest speakers at the Retired Nurses of Ocean Pines meeting on Wednesday, October 18. The meeting begins at 3 p.m. and will be held at the Parke at Ocean Pines Club House. Mathers will discuss elder issues. The meeting is open to the public.



Mike Mathers

#### Monday

Ocean Pines Poker Club Poker players wanted in Ocean Pines area for Monday evenings. Call 410-208-1928. Square Dancing

410-208-6777.

Center at 7:30 p.m.

Thursday

**Beach Singles** 

BeachSingles.org.

Legion Bingo

help.

Fridav

Story Time

The Pinesteppers have introduction to

square dancing at the OP Community

Center at 7 p.m. Call Bruce Barrett at

Wednesday Night Bayside Begin-

nings Al-Anon family meetings are

held at the Ocean Pines Community

Stories, music and crafts at 10:30 a.m.

for children ages 3-5 at Ocean Pines

Beach Singles 45 for Happy Hour at

Harpoon Hanna's at 4 p.m. Call Ar-

lene at 302-436-9577 or Kate at 410-

American Legion in Ocean City opens

doors at 5:30 p.m., games begin at 7.

Group meets at 8 p.m. at the Atlantic

Club, 11827 Ocean Gateway, West

Ocean City. Call 888-424-3577 for

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

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 cri-

tiques and appreciation, market leads,

**Knights of Columbus Bingo** 

available. Call 410-524-7994.

**First Saturday** 

**Creative Writing Forum** 

For information call 410-289-3166.

activities.

library. Call 410-208-4014.

524-0649 for more

**Gamblers Anonymous** 

AL-Anon/OP-West OC-Berlin

#### 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 Gentalmen'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.

> one will be denied service due to inability to pay.

and writing exercises.

In addition, we will also hold a free flu vaccination clinic for students of any school in Worcester County, grades Pre-k through 12. This one day, free clinic will be held on Friday, October 20 from 8:30 am to 4:00 pm at our Berlin and Snow Hill Health Center locations. Appointments are strongly encouraged to avoid delays, but walk-ins will be accepted.

For more information visit the Worcester County Health Department's website at www.worcesterhealth.org or call us at 410-632-1100.

### County schedules flu clinics

The Worcester County Health Department urges all residents age six



months and older, including pregnant women and those with medical conditions, to get v a c c i n a t e d against the flu

for the 2017-2018 season.

People age 65 years and older have a choice of two flu vaccines available to them at the Worcester County Health Department. They can choose to receive a regular flu vaccine or a high dose flu vaccine which may result in a stronger immune response against the flu.

Flu vaccine is available for Worcester County residents, ages 6 months and older, at health department locations in Pocomoke, Snow Hill and Berlin. Community clinics will be held from 8:30 a.m. to 4 p.m. on the following dates. Appointments are strongly encouraged to avoid delays, but walk-ins will be accepted.

-Pocomoke Health Center: Mondays, October 16, October 23, and October 30. For an appointment call 410-957-2005. -Berlin Health Center: Fridays, October 20, October 27, and November 3. For an appointment call 410-629-0164.

-Snow Hill Health Center: Thursdays, October 19, October 26, November 2 and Friday, October 20. For an appointment call 410-632-1100.

Worcester County Health Department will bill in-network insurance providers including Medicare, Medicaid, and United Healthcare for flu vaccine. Other insurances may be billed, check with your carrier regarding coverage. To be billed, insurance cards must be presented at the time of service. For all others, the suggested donation for the flu vaccine is \$15. No



Narrative writing - Patrick Hadaway and Cristina Esch, in Sarah Lovell's fourth grade reading class at Berlin Intermediate School shared book marks they made for each other as part of their Narrative Writing celebration.

# Pines PT seminar geared toward golfers

Parks Department will offer two sessions of a new seminar on physical therapy for golfers this fall. The seminar is free and open to the public.

"Can Physical Therapy Help my Golf Game?" will be presented by Back in Action Physical Therapy on Wednesday, Oct. 18 and again on Thursday, Nov. 30 from 10-11 a.m. at the Ocean Pines Community Center, located at 235 Ocean Parkway.

The seminar will explore golf swing difficulties as well as back pain or stiff-

The Ocean Pines Recreation and ness that may occur when bending over to pick up a ball, lifting a golf bag or simply walking on the course.

Participants will learn how impaired range of motion and muscle weakness can affect one's golf game and strategies to improve them.

Although there is no cost to attend the seminar, spaces are limited and pre-registration is required. Seating may be reserved by calling the Recreation and Parks Department at 410-641-7052.

### **Open enrollment dates** set for insurance program

The Lower Shore Health Insurance Assistance Program would like to announce this year's open enrollment period which begins on November 1 and goes through December 15, for Qualified Health and/or Dental plans. During this time, certified Navigators are available to assist individuals and families with the application and enrollment process into a private plan through the state marketplace, Maryland Health Connection.

The Lower Shore Health Insurance Assistance Program provides free oneon-one help for residents of Somerset, Wicomico and Worcester counties applying for health and dental insurance through the state's marketplace, Maryland Health Connection. Maryland Health Connection is the one-stop shop for comparing and enrolling in health coverage and the only place to get help and lower plan cost. Our local call center number is 855-445-5540.

The open enrollment period for Qualified Health Plans through Maryland Health Connection will be held from November 1 through December 15 for coverage effective January 1.

The Lower Shore Health Insurance Assistance Program is administered through the Worcester County Health Department and funded by a grant through the Maryland Health Benefit Exchange. The program helps to edu-

please see enrollment on page 4

### Farmers market breaks record, expands

with a 65-vendor lineup, the Ocean Pines Farmers Market announced the change of its official name to better reflect the expansion of the popular year-round market.

The open-to-the-public market now has a fresh new name: The Ocean Pines Farmers and Artisans Market.

"Our name now truly speaks to who we are," said David Bean, **Ocean Pines Farmers** and Artisans Market manager. "Alongside our green market stand holders, we've been welcoming talented artisans, crafters and direct sales merchants to the marketplace for years. The new name now recognizes all of our marketplace's merchant family."

The Ocean Pines Farmers Market, founded in 2012, was one of just a few farmers markets in all of Worcester County when it opened for business.

"The market has become a Saturday cultural centerpiece on the Maryland Eastern Shore community by embracing artisan market vendors," said Ocean Pines Marketing and Public Relations Director Denise Sawyer.

Alongside the traditional green market vendors, shoppers now look for artisans selling jewelry, beading, metalwork, photography, paintings, leather goods, carved wood pieces, textiles and other products from crafters and artists.

"Many of the merchants are homeowners in the Ocean Pines community," said Bean. "This makes the market even more unique then the typical seasonal farmers markets found elsewhere."

Almost seven years later it has grown into a vibrant marketplace under the direction of Bean.

"David does a phenomenal job championing for continued growth of the market," said Sawyer. "With the recent boost at the market, the Association has decided to house the market in the Ocean Pines Community Center during the more frigid months. The warmer venue during winter months would make for a more attractive mar-

On the heels of breaking a record ketplace for both the vendors and customers."

> As the area's trusted source for local foods and artisan products, the Ocean Pines Farmers and Artisans Market will move across the White Horse Park campus to the Ocean Pines Community Center on December 9. Merchants will set up in the As-



sateague Room on Saturday mornings from 8 a.m. to 1 p.m. The market will operate indoors through February 17 returning to White Horse Park on February 24, just in time for the arrival of the spring market season on March 3.

"The only year-round farmers market in Worcester County is now the only indoor winter marketplace among the coastal counties on Delmarva," said Bean. Also featured each Saturday at the indoor winter market will be family-friendly activities and live performances by a series of local musicians.

Whether you sign up as a vendor or choose to shop local as a customer, there's something for everyone.

### **Kiwanis taking** fruit orders

Considering a healthy holiday gift or maybe something healthy just for you? Kiwanis Club of Greater Ocean Pines-Ocean City has the answer and is taking orders through December 1 for navel oranges (20 Lb. Box) \$24, red grapefruit (20 Lb. Box) \$24, 50/50 oranges and grapefruit combination (20 Lb. Box) \$30 and Mandarin oranges (5 lb. bag) \$9. Call 410-208-6719 or 410-973-1233 to place an order. Delivery and pick up will be between December 14 and 17.



P.O. Box 1326 Ocean Pines, MD 21811 410-641-6695 • fax: 410-641-6688 thecourier@delmarvacourier.com www.delmarvacourier.com

> **Chip Bertino** Publisher/Editor

chipbertino@delmarvacourier.com

**Susan Bertino** General Manager

Mary Adair / Comptroller

**Contributing Writers** 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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According to Zagat's 2016 National Dining Trends Survey, diners love sriracha, a spicy type of sauce that is made from a paste of chili peppers, distilled vinegar, garlic, sugar, and salt. When asked how they feel about



popular food trends, including sriracha, quinoa and bone broth, 31 percent of res p o n d e n t s

said they love sriracha, making it the

most popular item listed among the trends. Quinoa was the second most popular, with 27 percent of respondents saying they loved the proteinpacked grain that also is high in fiber. iron and potassium. Ramen, a dish of wheat noodles that is traditionally served in a broth, was the third most popular trendy dish, with 26 percent of respondents admitting they loved the dish. Respondents seemed to be losing their love for green juice, which was long touted, accurately or not, for its restorative properties and ability to boost consumers' energy levels. Just 11 percent of survey participants said they loved green juice, while 35 percent admitted they were "over it."

### Fundraiser was a success Editor:

Coastal Hospice wishes to thank everyone who made this year's Blues on the Bay a big success. More than 220 supporters attended the event on September 27 at Macky's Bayside Bar & Grill and raised more than \$33,000 for the capital campaign to build The Macky & Pam Stansell House at Coastal Hospice at the Ocean.

Blues on the Bay 2017 put us one step closer towards our goal of building a state-of-the-art hospice residence and community outreach center in Ocean Pines. This vital new facility will be home for terminally ill patients, as well as a base for palliative care, counseling, grief support and community wellness programs.

We would also like to express our gratitude to Macky and Pam Stansell who open the doors of their restaurant every year as hosts of this annual event. The Stansells continue to show their commitment to Coastal Hospice and the vision of the new hospice home, now named after them to honor their generosity.

Everyone at Coastal Hospice truly appreciates our community's support. Alane K. Capen

President, Coastal Hospice

#### enrollment from page 3

cate, determine eligibility and enroll uninsured and underinsured residents of Somerset, Wicomico and Worcester counties into private health plans or Medicaid. For more information and a continuously updated list of events, please visit us at lowershorehealth.org, or follow us on Twitter, @LSConnector or Facebook, Lower Shore Health Insurance Assistance Program.

# Film entries sought for festival

After a successful inaugural year, the Ocean City Film Festival is returning to the resort March 9-11, and festival organizers are now accepting entries to be shown.

The three-day event will move to the off-season this year to better accommodate traveling filmmakers and locals who wish to attend. The tradition of screening films across town, now in three venues over three days, will continue.

The inaugural OC Film Festival



### **DAR Honors Vietnam War Veteran**

James M. Dixon, a former Marine and author of Things I'll Never Forget: Memories of a Marine in Vietnam, recently shared his first-hand accounts of the war at the Ocean Pines library. At the conclusion of his program, Patricia Ayers, Regent of the General Levin Winder Chapter of the Daughters of the American Revolution (DAR), presented Dixon with a DAR certificate recognizing his service during the Vietnam War along with a Vietnam Veteran lapel pin and copy of the Presidential proclamation for the Commemoration of the 50<sup>th</sup> Anniversary of the Vietnam War.

Above are General Levin Winder Chapter Regent **Patricia Ayers** and Vietnam veteran **James M. Dixon**.

### **Diabetes management courses offered**

The Diabetes Outpatient Education Program at Atlantic General Hospital will be offering diabetes self-management education classes in September.

The series of four, two-hour sessions will address blood glucose monitoring, foot care, nutrition, exercise, and other self-management skills to help individuals better manage their diabetes. A family member is invited to attend. The program is recognized by the American Diabetes Association (ADA) for quality education, and program staff includes a Registered Nurse (who has diabetes) and

was held in June 2017 and was the first of its kind in Ocean City, presenting over 100 films across four venues in four days. More than 700 films were submitted from around the world, representing a diversity of origins, genre, and filmmaking styles.

This diversity will continue in 2018, with film screenings in 11 categories: feature films, youth short films, animation, short horror, short documentary, music videos, notshort-but-not-feature-length films (about 40 minutes), funny shorts, dramatic shorts, social commentary shorts, and experimental shorts. a Registered Dietitian, both of whom are Certified Diabetes Educators.

Advance registration and a referral from your primary care provider (which the program can obtain) are required.

Diabetes Self-Management is a Medicare benefit and the cost of the classes is covered by most insurances.

Classes will be held on the following Tuesdays from 12:30 p.m. to 2:30 p.m., November 7, 14, 21 and 28 at the Atlantic Health Center located in Berlin.

Please call 410-208-9761 for more information and to register.

Interested filmmakers can now submit their films online at filmfreeway.com/festival/oceancityfilmfestival. The entry fee for submissions by December 1 is \$10 for general submissions, \$5 for students. After December 1, the entry fee is \$20 for general submissions, \$10 for students. All films must be submitted by January 1 to be considered.

More information about the Film Festival is available at ocmdfilmfestival.com and also at artleagueofoceancity.org.

The OC Film Festival is the brainplease see **festival** on page 11

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# Silly pastime, silly shows

This week, a little nostalgia. A trip down memory lane. An excursion to yesteryear. Quite a build up, huh?

From time to time when I need a distraction, when I need something through which I can escape and for lack of a better word, "vegg," I turn to



### **It's All About.** . By Chip Bertino

chipbertino@delmarvacourier.com

YouTube and search snippets, clips and videos of times past, specifically television-times past. Reruns you might say. Sort of like eating a favorite comfort food on a cold and rainy day, which by the way for me is my wife's pot roast, I like to watch opening credits to old, sometimes very old television shows. Don't ask me why. I don't know. It's just something I do from time to time. The experience is simultaneously sophomoric as I watch primitive animated opening graphics popular in the 1950s and early 1960s and fascinating because it was a lifetime ago when Marcus Welby made house calls and there were only three television networks vying for attention.

Now before you pass judgment or sneer in my general direction, it's clear my interest in such long ago television memories is shared by others given the wealth of material available online with just a couple key strokes. Although the video quality is marginal at best sometimes, looking through a time portal when black and white was the norm and the NBC peacock was still a chick not yet having spread its vibrant tail feathers, the experience is an engrossing pleasure.

For instance, watching a sequence of theme introductions for shows on the air in 1966 is akin to coming across a jelly glass in an antique store, tickling a sense of nostalgia. Admittedly I don't remember that year's network television schedule firsthand. My mommy was, that year, putting me to bed by six. Yet, I still enjoy watching in reruns what viewers were expected watch by executives of ABC, NBC and CBS. "Bewitched." "That Girl." Remember those? How about "Love on a Rooftop" or "The Tammy Grimes Show" or something called the "Pruitts of Southampton" starring Phyllis Diller? Regardless, watching the credits of these shows, whether hits or flops, fascinates me the way an archeologist is enthralled by finding part of a broken urn from some ancient culture.

> When you watch these clips sequentially starting from the dawn of television in the late 1940s and early 1950s, you see the medium maturing. Television westerns were a mainstay in the 1950s and early 1960s and their openings

always included a sweeping view of the open terrain and a sweeping soundtrack to match. Think "Bonanza" or "The High Chaparral." Things changed in the 1970s when programming took on a more cultural relevance due in large part to Norman Lear.

Also fun to do during these journeys down Television Memory Lane is to spot the recurrent appearances of actors in different shows. John Astin is remembered as Gomez in the "Addams Family" but he also starred in the aforementioned "The Pruitts of Southampton" as well as the shortlived series, "Operation Petticoat" and an even shorter-run series, "I'm Dickens, He's Fenster." In case you're wondering, he played Dickens. Fenster was played by? Quick, do you know? Okay, I'll tell you. Marty Ingels. By the way Ingels is married to Shirley Jones, who between 1970 and 1974 portrayed Mrs. Partridge, the singing Mom who traveled with her children in a multi-colored school bus.

It's common television history knowledge that Dick Sargent was the second Darrin in "Bewitched" replacing Dick York. Yet he was also a main actor in a show called "One Happy Family," with Jody Warner that ran for just 15 episodes in 1961. He was also a regular in the "Tammy Grimes Show," which had an even shorter run of four episodes in 1966. It's probably good he eventually got the "Bewitched" gig.

Jerry Van Dyke, Dick's younger brother, pops up in a new show seemingly every season during the 1960s.

Okay, go ahead you can chuckle now at my trivial pastime. But the next time you're switching channels and come across Nick at Nite or Antenna TV, you're going to think of me. <text>

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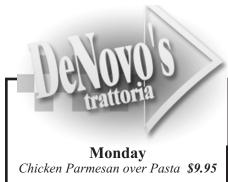
# Alpaca farm to offer free tours

open house on Saturday, October 28, from 11 a.m. until 5 p.m. The farm, lo-

cated at 10304 Caleb Road in Berlin will open free to the public for tours, demonstrations, and activities.

Co-owners Nancy and Susan Taylor invite all to come meet their alpacas and visit their "Breezy Barn" farm store with local alpaca yarn, roving and raw fibers. Alpaca goods and one-of-a-kind hand knits are also avail-

able for sale in the shop, just in time for the holiday gift-giving season. Susan



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 Blue Hawaiian

**\$1 Off During Happy Hour** 

**OPEN Mon-Sat at 7:30 am Breakfast Lunch Dinner** Sunday Brunch 8 am - 1 pm 410-208-2782

Ocean Breeze Alpacas will have an notes, "We hope everyone can join us on Saturday when we have invited various fiber artists demonstrating tatting, knit-

> ting, spinning, rughooking, and Barren Creek Leatherworks will be returning with quality, custom belts and other handmade leather products. There will be games, activities, and our popular hayride for the kids and the young at heart." Lite fare will

be available. "It promises to be a fun day on the family farm, and just in case, we will have a rain date of October 29 from 11 a.m. to 5 p.m.

Although Saturday is the bigger day of festivities, the Breezy Barn farm store will also open on Sunday, as usual, the last Sunday of the month from 11 a.m. until 5 p.m. Extended holiday hours will be each weekend 11 a.m. to 5 p.m. from November 25 to December 23.

"Check out our many new items from Classic Alpaca, the New England Alpaca Fiber Pool, and our local consigners. We're stocked with unique children's items, sweaters, shawls, hats, and our usual soft, warm socks and boot liners. Don't forget the plush toy alpacas and Teddy bears make a special gift for all ages. Also available for the DIY's are knit and crochet kits. For your special pets, we have hypoallergenic, felted mats perfect for saddle blankets or pet beds and these can be custom fit. Browse the Breezy Barn Shop. You won't be disappointed," said Nancy.

For more information, please contact Susan Taylor, 443-880-7808, or Nancy Taylor at 410-215-0931.



No bullying zone - Research shows that the key to eliminating bullying is in empowering people to stand up and speak up for themselves and others when confronted with bullying. The goal at Ocean City Elementary is to directly teach the students the strategies they need to demonstrate positive leadership as bystanders - to stand up and speak up to bullies. At their annual Stand Up, Speak Up assembly on September 21, fourth grade students presented a skit that taught strategies for dealing with bullying situations. Pictured are fourth grade students (Front, left to right) Dylan Ward, Owen Phillips, Micaela-Perez-Ricardo, Ivy Chen and Ja'von Satchell. Back: Mason Farr, Yilian Chamorro-Lopez, Ashton Beard, Brooke Cathell and Aaliyah Oliver.

### **Ocean Pines, Salisbury events** shine a light on lung cancer

Lung cancer is the second most common cancer among both men and women, and the Eastern Shore is no exception. The Richard A. Henson Cancer Institute at Peninsula Regional Medical Center diagnosed and treated more than 200 cases last vear alone in our area. Early detection and awareness of the risk factors can make a tremendous difference in those numbers.

That's why PRMC is sponsoring the Lung Cancer Alliance's Shine a Light on Lung Cancer Awareness

events on Wednesday, November 2 at the Ward Museum of Wildfowl Art in Salisbury, and on Wednesday, November 8 at the Richard A. Henson Cancer Institute Ocean Pines, 11105 Cathage Road in Berlin. Both events are free of charge, and will run from 6 p.m. to 7:30 p.m. They will feature speakers including survivors, researchers and experts in the early detection and treatment of lung cancer. It is also a celebration for lung cancer survivors; there will be door prizes, giveaways and information. Tours of the Ward galleries and the Ocean Pines cancer institute will also be offered. All are wel-



So we will play my songs on stringed instruments Isaiah 38:20 We do that! www.FellowshipAlliance.com Church Come join us this Sunday 9:00AM Showell Elementary School- Route 589

410-641-6000



# Explore the reasons to purchase pet insurance

pet owners will go to great lengths to ensure the comfort, happiness and



health of their animal companions. Advances in veterinary care have

lives than ever before.

Advances in pet health care can prolong pets' lives, but that can sometimes come at a steep price. Pet owners continually face the difficult challenge of whether medical intervention is necessary and financially feasible. A pet insurance policy can make such dilemmas easier to navigate.

An Associated Press survey found that 41 percent of pet owners are extremely or somewhat worried they could not afford the medical bills if their pets became ill. According to the American Pet Products Association, pet owners spend between \$220 and \$250 per year on average on routine well vet visits for their cats and dogs. But unforeseen surgeries and emergencies can set pet owners back several thousand dollars.

Some emergencies are far more costly than others. Veterinary Pet Insurance says the average cost for

When it comes to their pets, many helped pets live longer and healthier a vet to extract a dog's tooth is \$829. But repairing torn cartilage can cost nearly \$2,700.

> Individuals with elderly pets or breeds prone to genetic disorders may be wise to look into pet insurance to defray some of their vet costs. Keep in mind that pet insurers are allowed to refuse coverage for preexisting conditions and can set annual limits and lifetime payout limits.

> Here are some reasons why pet insurance can be a worthwhile investment.

> Pet insurance typically allows policy holders to choose their own veterinarians. Such policies do not typically mandate that pets be taken to particular doctors to have their costs covered.

> Pet insurance allows pet owners to make decisions based on the best interest of the pet and not on their financial situations.

> Insurance offers peace of mind because many plans reimburse up to 80 percent after deductibles are met. Some plans even offer multiple discounts.

Pet insurance is a relatively new,

but growing industry. Veterinary Pet Insurance issued their first policy in 1982. Consumers can now shop around and find the best options for their needs.

Pet insurance is an option for pet owners who want to provide for their companion animals. Such insurance can be a sound financial decision that gives pet owners peace of mind.

For purposes of illustration this writer went to aspcapetinsurance.com to get a quick insurance quote for the family dog, an eight-year old collie mix. The monthly cost was just under \$52 per month for \$5,000 worth of coverage at 90% reimbursement and an annual deductible of \$250. The coverage covered among other items, accidents, dental disease, behavior issues, illnesses, hereditary conditions.

Not covered were pre-existing conditions, breeding costs and cosmetic procedures.

In addition to ASPCA other insurance companies include Embrace. Paws, Petfirst, Petplan and Trupanion.

Chip Bertino contributed to this story.



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# Commission to study outdoor recreation opportunities

Governor Larry Hogan announced Executive Order 01.01.2017.24 establishing the Maryland Outdoor Recreational Economic Commission (MORE). This commission will be responsible for developing strategies and making recommendations to the governor to strengthen the state's outdoor recreation industry and help ensure increased investment in our state's outdoor recreation resources.

"Maryland is abundant with natural, cultural, historical, and recreational resources that contribute significantly to our economy and quality of life," said Governor Hogan. "This commission will help ensure that our state's natural heritage is strengthened, bringing new businesses, increased tourism, and ultimately preserving our resources for future generations."

The outdoor recreation economy in Maryland already generates 109,000 direct jobs, \$14 billion in consumer spending, \$4.4 billion in wages and salaries, and \$951 million in state and local tax revenue. Investment in outdoor recreation and nature and heritage tourism economies support many outdoor activities in Maryland, including hiking, biking, horse-back riding, paddling, boating, fishing, hunting, camping, swimming, wildlifeviewing, and visiting historic sites.

As part of their work, the commission will develop innovative strategies to market Maryland's unique outdoor and heritage recreation brand, as well as recommend initiatives to grow and attract new companies. Additionally, the commission will explore ways to retain and support Maryland's existing outdoor recreation businesses.

The commission will be co-chaired by the Secretary of the Department of Natural Resources Mark Belton and the Secretary of the Department of Commerce Mike Gill and comprised of seventeen members appointed by the co-chairs with the approval of the governor. Members will include representatives of companies within Maryoutdoor land's recreation manufacturing and retail industry; representatives of companies representing small business outdoor or heritage recreation service providers; nonprofit organizations; representatives of gateway cities, towns, or communities; and legislative members.

The commission will provide a final report to the governor by December 1, 2019.

### 'Dracula' to be screened Friday night

Grab onto someone you love and hold on to the edge of your seat because just when you thought it was safe to watch a "spooktacular" movie, Ocean Pines Recreation and Parks Department announces its scary Halloween Classic Movie Night.

Guests will be able to watch "Dracula" on a blow-up screen at the Ocean Pines Community Center on Friday, October 20 at 7 p.m.

"Spooky times call for spooky movies," said Ocean Pines Marketing and Public Relations Director Denise Sawyer. "The ultimate cure of the Halloween Fever is a movie night with family and friends."

"Dracula" is a 1931 American vampire-horror classic film directed by Tod Browning and starring Bela Lugosi as Count Dracula.

"Elegant eeriness is how I best describe the Halloween classic movie," said Sawyer. "There is no better vampire movie than the 1931 'Dracula.' Star actor Bela Lugosi is the creepiest of Casanovas."

This free event, which is open to the public, will feature spirited fun for all ages. Folks would be able to also enjoy popcorn, snacks and drinks, which will be available for purchase. Attendees may bring their own food and non-alcoholic drinks.

Additional Halloween fun has been scheduled for Saturday, October 28. Residents and guests are invited to have a ghoulish good time at this year's Halloween/Fall Festival. The festival will take from 1 p.m. to 4 p.m. at White Horse Park.

Come dressed in your favorite Halloween costume and enjoy trick-ortreating, carnival games, face painting, pony rides, moon bounces, a haunted hayride, dog and human costume contests and much more at the free festival. The event is open to all ages.



**Fire safety -** Savanna Akins' kindergarten class enjoyed learning about fire safety from the Ocean City Fire Department during Fire Safety Week at Ocean City Elementary School.



**Taste of learning** - Fifth grade students in Val Vigorito and Brittany Thompson's classes at Berlin Intermediate School took part in a book tasting. During the book tasting students rotated through different tables learning about different genres of literature. This activity got students ready to visit the media center and choose a new book to read. Pictured above are **Madelyn Pendleton, Chloe Paddock** and **Chloe Resnick**.

**Scholarship donation -** *Dr. Ray Hoy*, far left, president of Wor-Wic Community College, accepts a \$5,000 donation in memory of Deputy 1st Class Brian K. Heller for the endowed scholarship in his name. Making the presentation are, from left, Heller's mother, **Connie Wid-**

mann, and her husband, Dave Widmann, both of Parsonsburg. The gift represents proceeds from a recent trap shooting contest. The scholarship fund was created in 2004 for criminal justice students from Worcester, Wicomico or Somerset County in memory of Heller, who died in the line of duty in 2000.





### Worcester Prep goes green

The Worcester Prep Upper School Environmental, Volunteer, and Recycling clubs sponsored a school wide fundraiser "Worcester Goes Green" on October 6. Students donated \$1 to dress in green to show kindness and empathy towards others. The money collected was donated to Clean the World, a not-for-profit organization that recycles hotel soap and hygiene products to donate to impoverished people.

Lower School teacher Cheryl Marshall gathers some of her first graders wearing green (Front L-R): Elliott Mason, John Galles, Zane Freih, Cruz Rinnier Malone, Collin Hastings, Jaden Washington, Lily Barker, Caroline Burbage and Kylee Hutton.

# Hospice fundraiser scheduled

Reservations are now being taken for "Brews & Bites," the second annual fundraiser and craft beer festival in Ocean City. Proceeds from Brews & Bites will help build The Macky & Pam Stansell House at Coastal Hospice at the Ocean. Reservations can be made at CoastalHospice.org/Brews or by calling 410-742-8732.

The Embers restaurant at 2305 Philadelphia Ave. is hosting the party on Thursday, November 9 from 5:30 p.m. to 8:30 p.m. Admission is \$50 and includes beer tastings by local craft breweries, small plates from local restaurants, live music by Blake Haley, and a raffle auction.

For a second year, the event is spearheaded by local leaders Cole Taustin, owner of The Embers/Blu, and Kellie Meehan, assistant at Mann Properties. Their goal is to encourage entrepreneurship among their peers.

"We wanted to create an event that would be interesting to the area's young leaders. This is a great chance to get involved in supporting our community and encourage younger people to start early," Taustin said.

Meehan agreed. "The Macky &

please see hospice page 15



# New technology enhances patient experience

Peninsula Regional Medical Center is the first hospital in Maryland to adopt real-time digital rounding technology, Orchid, to assist to enhance patients' experiences and improve staff workflows. The hospital first implemented the solution to improve staff's hand hygiene adherence and reduce infection rates. After initial success with the hand hygiene program, the hospital's leadership team decided to roll out Orchid for quality and nurse leader rounds on patients.

"We are constantly seeking opportunities to improve safety and care for our patients," said Sheri Matter, chief nursing officer and vice president of Patient Care Services at Peninsula Regional. "By improving the feedback loop with patients, we hope that we can help them recover better and be discharged sooner."

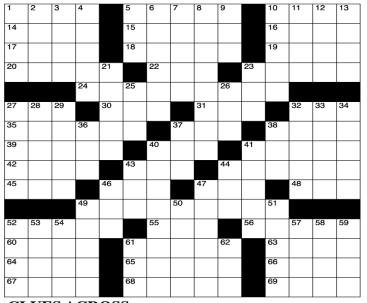
Nurse managers on select in-patient floors are using the iPad-enabled technology to check on patients and assess all parts of the hospital stay, including their medical care, how well their pain is managed, and their satisfaction with nutrition/food services, environment/housekeeping and facilities.

PRMC's adoption of this digital rounding technology comes as part of the hospital's growing focus on delivery of a safe and positive patient experience. For example, during a recent round, a nurse manager discovered that a patient with gluten intolerances was concerned about her food tray. The nurse manager promptly verified that her diet order in the system was indeed gluten restricted, reassured the patient, and showed the patient how to check the information on her tray before eating.

Real-time feedback is integral for nurses to provide the best care to patients. The hospital plans to deploy automatic alerts on the Orchid platform in the near future to further improve issue resolution, for example, if a patient reports an issue, the appropriate department at the hospital, such as Environmental or Food Services, will be promptly alerted.

"We aim to support long-term improvements with technology that aggregate patient data over time and provides detailed and actionable insights into hospital trends," said Alex Hejnosz, co-founder of CipherHealth. "Since the launch of Orchid, Peninsula Regional has seen patient improvements in patient satisfaction, complementing the outstanding clinical care they already receive."





### **CLUES ACROSS**

1. Syrian city 5. Secret collection

10. Mother

- 14. Type of radar (abbr.)
- 15. Trio
- 16. Jelly-like algae substance
- 17. Malaysian coastal city Christmas!
- 18.
- 19. Bleak
- 20. Late Republic Roman poet
- 22. Supervises flying
- 23. Long, low sounds
- 24. Seven children born at once
- 27. Tyrion Lannister's nickname
- 30. Moon crater
- 31. Concealed
- 32. Woman (French)
- 35. Shipped
- 37. Babies need one
- 38. Two
- 39. Book of maps
- 40. A partner to cheese

#### **CLUES DOWN**

- 1. "Mad Men" actor Jon
- 2. Samoan capital 3. Singer Anthony
- 4. Sign of the Zodiac
- 5. Short-term memory
- 6. Larcenies
- 7. Side-neck turtle
- 8. Blissful
- \_, you!
- 10. Species of macaque
- 11. North-central Indian city
- 12. Common street name
- 13. Weaponry
- 21. Counsels
- student: doctor-to-be 23
- 25. A bachelor has one
- 26. Women's movement
- 27. Leaders
- 28. Chinese sea goddess
- 29. Caps of mushrooms
- 32. Papier-, art material
- 33. Hmong



- 41. Coastal region of China
- 42. Town in Czech Republic
- 43. Peter Griffin's daughter
- 44. Men proud of their masculinity
- 45. One-time Chinese dynasty
- 46. Not pleased
- 47. Mary \_\_, cosmetics
- 48. Midway between east and
- southeast 49. Reflected
- 52. Derived from
- 55. US Treasury title (abbr.) 56. Spiritual leader
- 60. Dismounted
- 61. Isaac's mother (Bib.)
- 63. Southern constellation
- 64. Not often found
- 65. Extremely angry
- 66. Individual article
- 67. They congregate at hives
- 68. Regenerate 69. Plaster
- 34. Uneven
- 36. Resinous secretion
- 37. Pocketbook
- 38. Political action committee
- 40. Health care for the aged
- 41. Metro Goldwyn \_\_: film company
- 43. A gossip 44. Where wrestlers work
- 46. Squad
- 47. Self-defense
- 49. Muslim brigands
- 50. Saudi Arabian island
- 51. Goliath's foe
- 52. Hurtful remark
- 53. Wings 54. Beget
- 57. Second Greek letter
- 58. Blue mold cheese
- 59. Unstressed-stressed
  - 61. Title of respect
  - 62. Chop or cut

Answers for Oct. 11



Fishing Report: Flounder fishing has been hot when the weather permits most fish are being caught in the East Channel but one 27-1/4 inch fish was caught from the route 50 bridge. Most flounder are being caught on Gulp bait. The Sheepshead bite has been good along the South Jetty on sand fleas and a few nice size tog are also being caught along the Jetty and the rocks

along the East channel at slack tide. Offshore there have been good catches of mahi and tile Fish.

Let's talk rock or striper fishing. This

is the time of year as the water cools that Rock fishing improves with the fall migration. They are not a difficult fish to catch but you need to know what equipment is used, when and where to fish, baits and how to fish for Rock. Rock can be caught from a boat, bridge, surf or bulkhead. For the purpose of this column I am going to focus on fishing from a boat. I'll discuss bridge, bulkhead and surf in a later column.

Equipment: A medium action spinning or conventional rod & reel are required but one that has enough backbone to set the hook. I personally prefer a conventional rod and reel because I find it easier to use particularly when bottom fishing. For rock I will use 15 or 20 lb. monofilament line with a three way swivel tied to the end to which I attach approximately 30 inches of 40lb. test Fluorocarbon or Monofilament leader material and a 2.5 or 3 oz weight depending on the tidal flow. At the business end of the leader attach either a circle hook or octopus hook in the range of #4/0 to #6/0. If fishing plugs or other artificial baits simply attach a swivel at the business end of the line to attach the lures.

Where and when to fish: Rock fishing by boat is best in deeper water

such as the East Channel, Harbor Island, the inlet along the North and South Jetty. Off shore in locations such as Gull Shoal or just off the Coast Guard Station but remember to stay within the 3-mile limit. I prefer to fish the incoming tide when fishing the bay or inlet and the first two hours of the outgoing tide early in the morning or at night are the best times if the tide

Baits and how to fish: When

fishing from a boat and fish are in the

area two deadly baits are live spot and

live eels fished close to the bottom on

the rig I described earlier. Spot should

be hooked through the upper lip and

out the hard tissue next to the nostril.

Eels should be hooked through the

eyes or lips then simply drop your rig

to the bottom and drift with the tide.

Be certain you have enough weight to

hold bottom. Other options are to cast

plugs, lures, or bucktail jigs with a

worm attached along the bulkhead in

the East Channel or along the Jetty's

in the Inlet. Some popular lures are

soft body worms & shad, Got-cha

plugs, Rattletrap and Mirror lures are

are excellent bait for rock fishing they

are difficult to handle and will fre-

quently twist up you line if not han-

dled properly. I keep my eels on ice

which reduces their activity and will

retrieve them from the bucket with a paper towel or glove. A helpful hint

once hooked, keep their tail in the

water and they will not twist your line.

Until next time remember

to take a kid fishing,

Capt. Ron

Fishing with eels: Although eels



cooperates.

also popular.



**Happy Birthday** - Lenny Price celebrated his 90th birthday in September and was honored by the Pinesteppers Square Dance Club of Ocean Pines. He has been square dancing for many years and is a valued member of the group. He was presented with a proclamation by Dennis O'Neal, club caller, and received a special T-shirt displaying a square dance emblem and the words "Friendship Set to Music."

#### festival

from page 4

child of Stephen Decatur High School graduate and 2017 Towson University graduate William Strang-Moya, fellow TU graduate Kristin Helf, and Rina Thaler, executive director of the Art League of Ocean City. The trio intends for the Film Festival to become an annual and long-running tradition.

"The theme of the 2018 festival is 'Film Forever,' encapsulating the notion that film is timeless and unfailing and will forever hold a place in the hearts of those who cherish it," Strang-Moya said. "The festival's goal is to continue bringing creative visual media to the resort, exposing attendees to the diversity of visions among filmmakers, and encouraging the artistic endeavors of Shore residents."

"There's a lot of interest in Ocean City for this project from a tourism point of view, from an artistic point of view, and from a community point of view," Thaler said. "This is going to jell into an event that we grow over the years."

The films that will be shown are not rated, and viewer discretion is advised.

The Ocean City Center for the Arts at 502 94<sup>th</sup> Street is the home of the Art League of Ocean City, a non-profit organization dedicated to bringing the visual arts to the community through education, exhibits, scholarship, programs and community art projects. Financial support comes primarily through membership dues from individuals and corporate sponsors. Funding for exhibits is also provided by the Community Foundation of the Eastern Shore, the Worcester County Arts Council, Maryland State Arts Council and the National Endowment for the Arts, organizations dedicated to cultivating a vibrant cultural community where the arts thrive.

More information is available at 410-524-9433 or www.artleagueofoceancity.org.

# Local talent to perform

The curtain is about to be rise on an exciting community event: "The Launch, Faces of the Moon," an evening celebrating some of the most talented performers in Worcester County. The Worcester County Education Foundations Launch committee scoured the county from Bishopville to Pocomoke to audition performing artists of every kind. As Launch committee member Bryan Russo explains, "We were pleased with the turn out for auditions, especially considering this is the first year for the event. We've put together a wonderful cast of performers who vary in age and genre of performance." "We have an excellent team putting the show together, including Gwen Lehman, former Theater Instructor for Stephen Decatur High School. Between the new sound system in the Ocean City Performing Arts Center, an excellent view from every seat and the creative surprises that Mrs. Lehman has in store for the audience, I think the Launch is going to leave the audience wanting more opportunities to see live local performances."

Act I performances include solo vocalist, vocal duet, vocal ensemble, individual instrumentalist, a children's violin ensemble, creative dance and more. The evening's final performance features special guest, local composer Daniel Bowen (Stephen Decatur High School graduate) who blends original, provocative symphonic compositions with stunning choreographed imagery.

Tickets for the Launch are \$25 for adults and \$10 for students and may be purchased at the Ocean City Convention Center box office or online at www.ticketmaster.com.

The Worcester County Education Foundation (WCEF) has introduced a Bronze Tickets for Teachers Sponsorship for local businesses and organizations who would like the opportunity to "Thank a Teacher" or any school staff member. A \$500 Bronze Sponsorship includes 2 tickets for the organization/business and sends 18 lucky educators to the November 4 evening performance.

For more information contact Patti Miller at 443-880-7795 or patti@peckmiller.com .

Proceeds from The Launch benefit the Worcester County Education Foundation.

### **Discovery Center to host Halloween party**

The Delmarva Discovery Center & Museum invites everyone to come join Mac and Tuck for a fun evening of food, games, candy, and of course an Otter program. Children can wear family friendly costumes and join in on the costume parade. Mac and Tuck are the two male North American River Otters who live in the fabulous huge Wally Gordon River Otter Exhibit, and they are our fun ambassadors.

The event occurs Friday, October 20, between 6 p.m. and 9 p.m. The cost for members is \$10 for the first child and \$5 for each additional child. For non-members, the cost is \$15 for the first child and \$8 for each additional child. Reservations are requested by Thursday, October 19. Email Alyssa@DelmarvaDiscoveryCenter.org or call 410-957-9933.

The Discovery Center is full of hands-on and interactive exhibits, and native animals to the Shore. The center is located at 2 Market Street in Pocomoke City. The Discovery Center is open 361 days a year; Monday through Saturday from 10 a.m. to 4 p.m. and Sunday noon to 4 p.m.

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. 19	7:44a.m. 8:03 p.m.	1:37 a.m. 2:05 p.m.	7:14 a.m.	6:17 p.m.				
Fri., Oct. 20	8:24 a.m. 8:43 p.m.	2:!4 a.m. 2:46 p.m.	7:15 a.m.	6:15 p.m.				
Sat., Oct. 21	9:05 a.m. 9:24 p.m.	2:51 a.m. 3:27 p.m.	7:16 a.m.	6:15 p.m.				
Sun., Oct. 22	9:45 a.m. 10:05 p.m.	3:28 a.m. 4:08 p.m.	7:17 a.m.	6:13 p.m.				
Mon., Oct. 23	10:27 a.m. 10:46 p.m.	4:07 a.m. 4:51 p.m.	7:19 a.m.	6:11 p.m.				
Tues., Oct. 24	11:09 a.m. 11:29 p.m.	4:47 a.m. 5:36 p.m.	7:19 a.m.	6:10 p.m.				
Wed., Oct. 25	11:54 a.m.	5:31 a.m. 6:25 p.m.	7:20 a.m.	6:09 p.m.				

# Regain hope, strength while caregiving

typically a spouse, child, neighbor, or friend, who assist with activities of daily living and medical tasks. These informal caregivers often fill in gaps between medical professionals or paid aides to meet the needs of incapacitated individuals.

The National Alliance for Caregiving and AARP indicate that approxi-

mately 43.5 million caregivers have provided unpaid care to an adult or child in the last 12 months. Roughly 15.7 million adult family caregivers in the United States care for somewho has one Alzheimer's disease or another form of dementia, states the Alzheimer's Association. Though both men and women serve as caregivers, females are the largest segment of unpaid care-

givers, handling some of the most difficult tasks, such as bathing and dressing.

Many caregivers selflessly give back by providing assistance to a friend or family member, and view this type of service as a form of charitable giving. Others see it as simply being a good friend or family member. Although it can be rewarding to care for another person, caregiving also can be a stressful job that takes both a physical and emotional toll on caregivers. Caregiver stress is a very real side effect.

It is important for caregivers to recognize that offering medical care and support can leave them vulnerable to a wide range of consequences. These can include anxiety, depression, fatigue, and even increased exposure to illness. It can be particularly sad to witness a loved one's health gradually deteriorate.

The Office on Women's Health says that anyone is susceptible to caregiver stress, but more women caregivers say they have stress and other health problems than male caregivers. Women who are caregivers of spouses are more likely to experience high cholesterol, high blood pressure and diabetes

Caregivers are unpaid individuals, than men. Depression is quite common among caregivers who spend a lot of time assisting those with various dementias because of the constant care such people require.

> To remain as healthy as possible, caregivers should take steps to recognize symptoms of caregiver stress and avoid burnout. Here are some signs to keep in mind:



-Feelings of being overwhelmed -Feeling alone or deserted by others

-Social withdrawal from friends or activities that used to make you feel good

-Exhaustion that makes it challenging to complete necessary tasks

-Sleeplessness or sleeping more than normal

-Lack of concentration that impacts daily tasks

-Overreaction to minor nuisances -Cutting back on leisure activities

-Neglecting things at home or other people who are well

-An immune system that is run down, leading to constant illness

The Alzheimer's Association says it is important for caregivers to find time for themselves apart from caregiving tasks. Respite care or relying on others to fill in can free up time for a caregiver to relax and recharge. It is also important to prevent caregiving from becoming a person's whole existence. Investing time in other things that provide meaning and purpose can help caregivers find balance. Also, focusing on the things that can be controlled and small victories can make a difference.



School fundraiser - On September 29, Berlin Intermediate School (BIS) hosted its first Color Run. BIS hosted this event as a general fundraiser for the school. This BIS event was only open to BIS students, family members of students, and staff, but still more than 230 people participated in the fun run/walk. The goal of the color run was to raise money for the school, and to have fun while doing it. The participants and their family members had so much fun they wanted to know when the next Color Run will take place which will most likely be in the spring 2019.

### Auction set to benefit WCHS

Bring your guarters and your friends at the November 4 event. and join Worcester County Humane Society on Saturday, November 4 for their Fall Quarter Auction benefiting the many homeless animals at the no kill shelter. The event will be held at the American Legion Post #166 (2308 Philadelphia Avenue/24<sup>th</sup> St., Ocean City). Doors open at 12:30 p.m. to preview items that will be bid on and the auction will run from 1:30 p.m. to 4:30 p.m.

Many donated items from local businesses will be auctioned along with some well known vendor items. Enjoy home made desserts, 50/50 raffle, golden paddle, money board, and raffle baskets. American Legion kitchen will also be open for lite fare and cash bar. Advance tickets for the event are \$7 and include one paddle and a door prize ticket. Tickets at the door, if available, will be \$10. Parking is available and the side entrance should be used to enter the building.

For those who cannot attend the quarter auction but would like to make a donation, please consider donating to the shelter's Giving Wall. Select a donation dollar amount from \$1 to \$200 and donate that amount. Your donation card will be displayed on the Giving Wal and entered to win a \$200 cash prize. Cash, check or credit cards will be accepted. Businesses that sponsor the "Giving Wall" and donate \$100 to \$200 are eligible to win a catered lunch for 10 employees. The winning number will be drawn

There will also be numbers sold for four different raffle boards. The raffle boards have prizes such as a two-night stay at Dunes Manor, a Women's Coaster Bike, a two-night stay at La Quinta Inn and a Grizzly 40-quart Cooler among others.

Call Mary Martinez 410-382-2661 to make a donation for the Giving Wall or to purchase raffle board numbers. You do not need to be present to win.

The shelter is still looking for donations from businesses for the Quarter Auction. Popular items are \$25-\$50 gift cards to restaurants or shops, and gift baskets with various items totaling \$25-\$100.

What exactly is a Quarter Auction, one might ask?

Each item up for bid is displayed for all to see. The auctioneer gives a brief description of the item, noting how many quarters will be required for bidding (one quarter for a \$25 item, two quarters for \$50 item etc.). Guests then give their bids, raise their paddles, and when all quarters are collected, the auctioneer draws one, numbered ball from a container. The number on the bidding paddle that matches the ball drawn will determine the winner of each item.

For tickets, questions or to donate please call Mary Martinez at 410-382-2661. This event is for participants 18 and older.

# An American Treasure



*Pre-order your copy. Book is released October 25.* 

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You will fall in love with Anna's ability to overcome heartache, frustration, addiction and crime to create a life of love, humor, giving, song, and joy.

"I am 91 years old, as of this writing, the last of my siblings of the first generation of Italian immigrants and it's time I told my story. I don't concentrate on my shortcomings; I am unique in my imperfections."

Anna is also the oldest active, and most decorated Girl Scout.

She credits their leadership training program for her smart choices and bringing many good things into her life.

This compelling book tells the tale of an indefatigable woman who overcame obstacles that others would use as excuses. She followed her instincts, found the love of her life, and raised a family. Along the way, Anna managed to become a Pin-up girl, philanthropist, Girl Scout leader, activist, educator, award winner, and an inspiration to all she meets.







**Installation** - On September 27 at Lighthouse Sound, the Kiwanis Club held its annual Installation of Officers and Recognition luncheon. Some of the Kiwanians attending included (seated L-R) Treasurer **Tom Southwell**, **Barbara Southwell**, Board member **Dave Landis**, (Standing L-R), Vice President **Roy Foreman**, **Candy Foreman**, **Steve Cohen** and **Rita Landis**. Photo by Anna Foultz.

### Humane Society to host open house

In conjunction with Adopt-A-Shelter Dog month, the Worcester County Humane Society will hold its Annual Open House on Saturday, October 28 from noon to 3 p.m. Everyone is invited to come see all the dogs and cats that available for adoption. There will be activities for children, a bake sale and local artists and vendors. At 2 p.m. there will be a Worcester County K-9 Unit demonstration. In addition, lunch will be available with a \$5 donation.

Bring your furry family members for a Blessing of the Animals by Father Matthew D'Amario from St. Paul's By the Sea. Father Matthew will be at the open house from noon to 3 p.m. Dogs must be leashed and cats in a carrier or leashed.

There will also be pet portraits with a fall themed background taken from noon to 2 p.m. for a \$10 donation.

The shelter is also offering \$25 cat adoptions and \$100 dog adoptions on the day of the open house. Applications must be turned in on October 28 to receive the discounted adoption fee.

The Worcester County Humane Society is a private, nonprofit, nokill shelter. It is located on 12330 Eagles Nest Road in Berlin. Hours are 11 a.m. to 5 p.m. every day except Mondays. Some of the shelter cats can also be seen by visiting Petco in West Ocean City. For more information call 410-213-0146 or visit the website www.worcestercountyhumanesociety.org Follow the shelter on Facebook and Instagram for more updates. **Respect** - The Stephen Decatur High School Color Guard performed at the Clarion Hotel for the Republican Women of Worcester County fashion show in September. (L-R) Cadet Custer, Commander Sisk, Cadet Liborio, Cadet Pieke, Cadet Stamnas and Cadet Takacs. Photo by Anna Foultz.



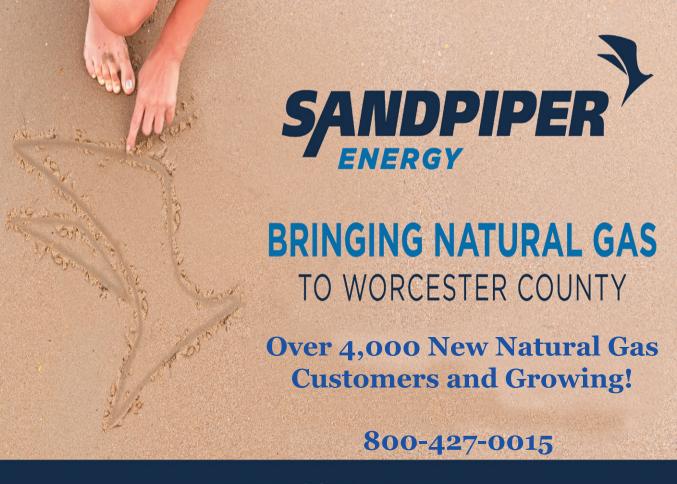
### hospice

from page 9

Pam Stansell House at Coastal Hospice at the Ocean will be an important asset to the health of our area and is a great cause for this event."

The Macky & Pam Stansell House at Coastal Hospice at the Ocean will be a hospice residence and community outreach center in Worcester County. It will be a home for hospice patients who lack an able caregiver. It will also be the site for community-based palliative care, counseling, grief support, and community wellness programs.

Founded in 1980, Coastal Hospice is a nonprofit health care organization that cares for individuals facing life-limiting conditions but who want to remain as active and engaged as possible. Coastal Hospice cares for patients in their home, nursing home, assisted living facility or at Coastal Hospice at the Lake. The organization serves Wicomico, Worcester, Dorchester and Somerset counties.



www.sandpiper-energy.com

# **Benefit for Education** & The Performing Arts

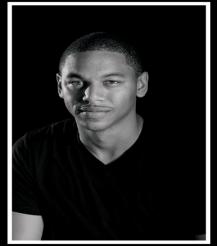
www.wced.foundation

AUNCH

Faces of the Moon

## 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