

# The Courier

October 25, 2017 Volume 18 Number 8

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## Veterans Day program set

The Worcester County Veterans Memorial Foundation invites all to attend the annual ceremony to honor those who have selflessly served their country. The ceremony will be held Saturday, November 11, at 11 a.m. at the Worcester County Veterans Memorial, located between Cathell Road and Manklin Creek Road off Route 589.

The keynote speaker will be MG James Adkins USA (ret). A native of Maryland's Eastern Shore with a military career spanning nearly 40 years of service in both the enlisted and officer ranks. Major General Adkins served as Maryland's Adjutant General and Secretary of Veterans Affairs.

Limited seating will be provided at a first come basis.

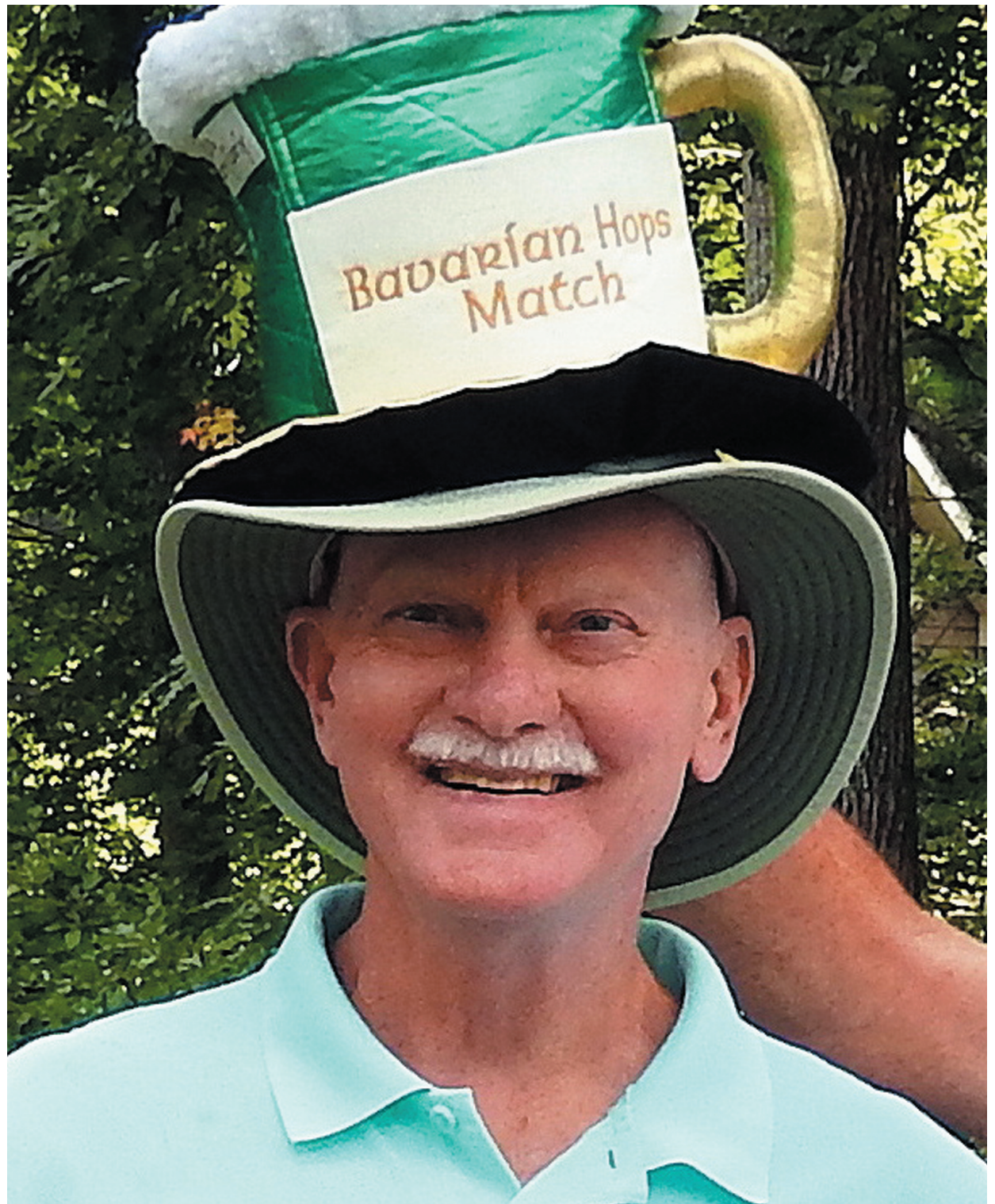
In the event of inclement weather, the ceremony will move to the Community Church of Ocean Pines with parking provided across the street at St. John Neumann Catholic Church.

## PRMC to offer free veteran flu shots

In honor of Veterans Day and in appreciation for the service to our nation by the veterans of Delmarva, Peninsula Regional Medical Center (PRMC) will offer free flu shots to all veterans and their spouses.

The free flu shots will be provided Saturday, November 11, from 10 a.m. to 12:30 p.m. aboard PRMC's Wagner Wellness Van at the Wicomico War Veterans Memorial located in front of the Wicomico Youth and Civic Center in Salisbury. PRMC is honored to join the Wicomico War Memorial Committee at their annual Veterans Day celebration, which begins on November 11 at 11 a.m.

Please call 410-543-7766 for additional information on PRMC's Veterans Day Flu Shot Clinic.



**Having fun** - Ocean Pines golfer **Ernie Stiles** poses with the coveted Bavarian Hops Match hat. *Photo by Margaret Long. See story on page 3.*



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# Community Calendar October



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

## AARP to meet

AARP will meet Monday, November 6 at 10 a.m. in the Assateague Room of the Community Center. The guest speaker will be Ray Patel of Coastal Drug Pharmacy. Reservations for the December 4 Christmas Party will be taken during the meeting. For more info contact me by email or phone 443-831-1791.

## First-time homebuyer seminar set

Purchasing your first home can be exciting and intimidating all at the same time. Area residents can learn how to take the stress out of the first-time home buying experience at a free informational seminar offered by the Ocean Pines Recreation and Parks Department on Thursday, Oct. 26 at 5:30-8:30 p.m.

"It's not uncommon for first-time home buyers to get enormously overwhelmed," said Ocean Pines Marketing and Public Relations Director Denise Sawyer. "Folks who are considering homeownership for the first time should take advantage of this amazing seminar in Ocean Pines."

Kim Collins of Condominium Realty and Sam Kotzur of First Home Mortgage will explain mortgage programs, down payments, closing costs and other important factors you would need to consider

when buying your first home.

"Navigating through the financial commitment of buying a home for the first time can be confusing," said Sawyer. "That's why having experts like Kim Collins or Sam Kotzur in your corner with experience can help to guide you through the process."

This seminar is open to the public, but registration is required and spaces are limited. For more information or to register, call the Ocean Pines Recreation and Parks Department at 410-641-7052.

## Rummage sale scheduled

Ocean City Presbyterian Church will hold a rummage sale on Saturday, October 28 between 8 a.m. and 2 p.m. The church is located at 1301 Philadelphia Ave. in Ocean City.

## 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

**Kiwans Club Meeting**  
Weekly meetings at 8 a.m. on Wednesdays in the Ocean Pines Community Center. Doors open 7 a.m.

## Elks Bingo

Ocean City Elks in Ocean City (behind Fenwick Inn) open at 5:30 p.m. Early birds at 6:30 and bingo at 7 p.m. Call 410-250-2645.

## Rotary Club

Ocean City/Berlin Rotary Club meetings are held at 5:45 p.m. at the Captains Table in Ocean City. Contact Stan.Kahn@carouselhotel.com.

## Square Dancing

The Pinestepers have introduction to square dancing at the OP Community Center at 7 p.m. Call Bruce Barrett at 410-208-6777.

## AL-Anon/OP-West OC-Berlin

Wednesday Night Bayside Beginnings Al-Anon family meetings are held at the Ocean Pines Community Center at 7:30 p.m.

## Thursday

**Story Time**  
Stories, music and crafts at 10:30 a.m. for children ages 3-5 at Ocean Pines library. Call 410-208-4014.

## Beach Singles

Beach Singles 45 for Happy Hour at Harpoon Hanna's at 4 p.m. Call Arlene at 302-436-9577 or Kate at 410-524-0649 for more activities. BeachSingles.org.

## Legion Bingo

American Legion in Ocean City opens doors at 5:30 p.m., games begin at 7. For information call 410-289-3166.

## Gamblers Anonymous

Group meets at 8 p.m. at the Atlantic Club, 11827 Ocean Gateway, West Ocean City. Call 888-424-3577 for help.

## Friday

**Knights of Columbus Bingo**  
Bingo will be held behind St. Luke's Church, 100th St. in Ocean City. Doors open at 5 p.m. and games begin at 6:30 p.m. Refreshments available. Call 410-524-7994.

## First Saturday

**Creative Writing Forum**  
Every first Saturday of the month at 10 a.m. at the Berlin Library. Novice and established writers gather to share their fiction, non-fiction, and creative writing projects. Program includes critiques and appreciation, market leads, and writing exercises.

## Health Dept., partners to tackle hypertension

High blood pressure, also known as hypertension, is a leading risk factor for heart disease and stroke but is controllable when identified and monitored. To increase the availability of blood pressure screenings in the community, the Worcester County Health Department teamed up with the University of Maryland Eastern Shore (UMES) School of Pharmacy and local oral health providers. The effort is part of a new statewide Hypertension and Oral Health initiative that encourages pharmacists and dentists to provide screening for un-

diagnosed prediabetes and hypertension.

UMES pharmacy students are working with local pharmacies to offer weekly blood pressure screenings from 9:30 a.m. to 2 p.m. each Tuesday this month until the second week of December at the City Discount Pharmacy 440 Linden Ave, Pocomoke City. Students will also make referrals to primary care providers.

Another component of the Hypertension and Health initiative is the Dental Offices: Front Line to Total Wellness Symposium in November. The event will educate and engage dental practices on how incorporating

hypertension screenings for adult patients as a standard point of practice can be key in identifying patients with hypertension/pre-hypertension within the community.

Heart disease is the leading cause of death in Maryland, killing over 11,000 Marylanders each year. More than a third of Maryland adults are affected by hypertension, though many Marylanders are unaware of their condition, its seriousness, or how to prevent and treat high blood pressure. For more information on the Hypertension and Oral Health initiative, call 410-632-0056.

## Track or Treat event scheduled

Worcester County Recreation & Parks staff invite you to join them for a safe Trick or Treating event at the Worcester County Recreation Center on Friday, October 27 from 6 - 8 p.m.

This family-fun event is open to youth ages 12 and under. Local vendors will hand out goodies to kids, and kid friendly games will be offered. Children should come dressed in their Halloween costumes. Don't forget to bring a bag to collect goodies.

There is no admission fee for this event, but children must be accompa-

*please see event on page 15*

## Annual Pines golf event combines fun with fundraising

What started out 12 years ago as a fun afternoon of golf for local players has evolved into an annual event that has raised over \$20,000 for charitable organizations.

A much-anticipated tournament at Ocean Pines Golf Club, the Bavarian Hops Match, or the “beer match” to its many enthusiastic supporters, was the brainchild of Ocean Pines golf member and resident Ernie Stiles, who wanted to introduce a fun event at the course similar to some he had experienced up north.

“The whole intention was just to have fun with it,” Stiles said. He said he wanted players to enjoy some beer, play some golf and “bust and heckle” each other.

The nine-hole tournament, which is held every fall, is played as a “skins” game with 36 two-person teams competing against each other. The lowest score on each hole wins a “skin,” or a small amount of prize money. If there’s a tie, then no skin is won on that hole and the money stays in the pot for subsequent skins.

The field the first year was 18 players, but word spread and demand quickly grew, so much so that by the event’s third year the number of participants was capped out at 72 players and a waiting list became necessary.

Stiles emphasized though that the purpose of the tournament is less about winning money and more about having a good time. He commented that over the years skins winners have even foregone their prize money and given it to the tournament’s designated charities instead.

Although the Bavarian Hops match wasn’t originally conceived as a fundraiser, in the event’s third year Stiles decided to donate the proceeds to his young neighbor, who was battling cancer at the time. The money raised helped the family with traveling and other expenses.

In subsequent years, money has been donated to local organizations Diakonia and the Worcester County Humane Society, chosen, Stiles said,

*please see fun on page 15*



**Recognition - Jack Ferry**, executive director of the Worcester County Developmental Center honored two individuals last week during a reception held at the facility in Newark. **Cecil Tull** (right) of ABC Printers and Bill Gibbs (above) of Dough Roller were acclaimed for their fundraising efforts. Each man was recognized with a room dedicated in their honor. Photos by Chip Bertino.



## Pines to host Halloween festival

Area residents will find a few tricks and a lot of treats at Halloween activities sponsored by the Ocean Pines Recreation and Parks Department.

The department will host several Halloween activities this week, including annual favorites and a new spooky offering.

A Howl-o-ween Dog Costume Contest, a new Halloween event in Ocean Pines, will be held on Saturday, October 28 at 3:30 p.m. in White Horse Park. Dog owners are encouraged to dress their furry friends in costumes for a shot at bragging rights and giveaways. There is no entry fee or pre-registration.

Area residents and guests can put their artistic and carving skills to use on Saturday, October 28 from 2 p.m. to 3 p.m. for a pumpkin carving contest in the

White Horse Park. There is no entry fee or pre-registration. Pumpkins will be provided.

The annual Halloween Fall Festival, which is set for Saturday, October 28 from 1 p.m. to 4 p.m., will also feature a human costume contest, carnival games, face painting, pony rides, candy, a haunted hay ride, moon bounce, crafts, refreshments for sale and more. Admission is free and open to the public. There will be a fee for some attractions.

Volunteers and candy donations are needed for the day of special activities. Contact the Ocean Pines Recreation and Parks Department at 410-641-7052 if you are interested in helping or for more information about any of these activities.



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# The Courier

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## 2012 Business of the Year

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



giant.com, a full moon on Halloween happens an average of just once every 18 or 19 years.

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



## Junior golf going strong in Pines

Junior golf continues to grow at Ocean Pines Golf Club, where record-breaking participation and support from local organizations this past year has meant that more young golfers are enjoying the sport than ever before.

The cornerstone of the junior golf program, summer golf camp, has continued to grow over the past five years. The camp's blend of instruction, food and fun has paid off. This past summer, 131 golfers participated in four sessions of the four-day camps, the most ever. In fact, all four sessions sold out.

Ocean Pines Golf Club also offers junior clinics in the fall and spring. The clinics have also proven popular, necessitating additional sessions to accommodate the demand.

Ocean Pines PGA Director of Golf John Malinowski said he's seen a change in the people participating in junior golf programs. "I've noticed that more parents are signing kids up for clinics and camps because they're excited about seeing them involved in golf itself, not just because they're looking for a summer activity," he said.

The rise in junior participation at the course has created a need for more equipment, something that local golf groups have been eager to support.

"This past year, Ocean Pines Golf Club received nine sets of junior golf clubs for use with our programs. The Ocean Pines Ladies' Golf Association, the Ocean Pines Golf Members' Council and individual golf members donated sets as well as money to purchase additional sets," Malinowski said. "Our golf members have seen the growing interest in junior golf at Ocean Pines and have truly been instrumental in helping our programs grow."

Malinowski also received a \$2,500 grant this year from the Professional Golfers' Association Middle Atlantic Joint Player Development and Junior Golf committees to enable Ocean Pines to continue to grow the game of golf and introduce it to new players.

The grant was awarded specifically to purchase SNAG ("Starting New at Golf") equipment, which features oversized clubs and balls and other teaching aids designed to simplify golf for those who haven't played before as well as introduce a fun element for those already familiar with the game.

"The SNAG equipment has been a



great addition to our camps and clinics. The kids have had a blast with it. We were even able to set up a short 'course' on the driving range," Malinowski said.

The course's junior golf offerings, however, go beyond clinics and camps. For the first time ever, Ocean Pines Golf Club has added two sets of "family" tees, which offer a shorter playing alternative for juniors and those just learning to play the sport.

According to Malinowski, regular tees can present too much of a challenge for developing players. "You wouldn't, for example, put a little kid in the batter's box against a major league pitcher. The reduced yardage of the family tees makes our championship course accessible to and fun for players of all abilities," he said.

The new tees, identified with orange and green golf ball tee markers,

range in distance from 65 yards to 250 yards per hole for the shorter set and 85 yards to 300 yards for the slightly longer set.

Ocean Pines Golf Club, which is open to the public, also offers junior golf memberships and private lessons to juniors at discounted rates. Additionally, junior golfers can play for free every day after 3 p.m. with a paying adult.

An 18-hole championship golf course and the only one on Maryland's Eastern Shore designed by Robert Trent Jones, Sr., Ocean Pines Golf Club is open to the public year-round and is available for outings and tournaments.

For more information about Ocean Pines junior golf, contact John Malinowski, PGA director of golf at Ocean Pines Golf Club, at 410-641-6057.

## Aquatics offers fitness options

If you are looking to revitalize your workout, ditch the gym shorts for bathing suits and add water to your workouts.

To achieve the best results, dive into water workouts with no fear of getting your feet wet with new aqua fitness equipment at the indoor year-round heated pool in Ocean Pines.

Experts at the Sports Core Pool have put together a list of four low-impact water workouts that are the most effective.

**Aquatic Elliptical Exercises.** Achieve a higher-intensity workout than you would on land and take your exercise routine to the next level by harnessing the natural resistance of water.

Here's the beauty of aquatic elliptical exercises:

- The water's buoyancy lowers the risk of stress-related injuries and allows muscles to work their full range of motion.

- Offers a total body workout when the machine is submerged for chest-deep usage.

If you are feeling fancy and up for the challenge, apply a slight increase in

*please see **aquatics** on page 15*

## Halloween candy and an old French song

Halloween was fun when I was a kid. Dressing up in a costume and walking the neighborhood, knocking on doors and getting candy was exciting.

over some old French song dressed as a “zebra.” After this obligatory familial visit my mother would take me around our neighborhood to go trick or treating. When the plastic pumpkin was filled, we were done.



### *It's All About. . .*

By **Chip Bertino**

chipbertino@delmarvacourier.com

Sometimes deciding what to dress up as could take days or longer. My mother would let me pick out my costume at Woolworth’s. The costumes were fairly simple, a plastic mask and light weight gown-like combination that tied behind the neck.

I think one year I went as Fred Flintstone. However, it’s been such a long time ago it could have been one of the neighborhood kids who went as Fred and I was jealous. I do remember one year going as Speed Racer, at least I think I did. I’ll have to look at old family albums to be sure.

One Halloween memory that I’m most certainly sure was when I was about three or four and being dressed

in a tiger suit. I was taken to visit my octogenarian great-grandfather in West Philadelphia. He was a French immigrant who to me always looked frail and had a lot of whiskers.

My mother habitually made me sing “Frere Jacques” when I saw him. He was hard of hearing so I had to sing loudly. When I was finished singing he would reach over to the glass tray on the table next to his green leatherette recliner, snatch several lemon drop candies and drop them into my plastic jack-o-lantern. I’m not sure if he enjoyed my performance or was glad it was over so he could return to his nap.

Looking back I can only imagine what this old man with poor eyesight who spoke little English thought about some little kid singing his heart out

immediately tossed out. Pieces of fruit were thrown out with nary a second thought.

After Mom finished her vigorous inspection I got to have one, just one, piece of candy and then had to immediately brush my teeth. It was years before I could enjoy a piece of chocolate without an imagined minty after-taste. She was heartless. All that work

walking from house to house not to mention having to sing to an old man who most likely didn’t know who I was, and all I was allowed to have was one piece of candy!

The days following Halloween were not much better. Some candy I was not allowed to have because it was being saved for my grandfather. He liked Reese’s Cups so I would have to save them for him. He also liked Three Musketeers bars. In those days

they didn’t make bite size bars, only the full sized bars. And I had to give them up! Gramps was never ashamed of taking candy from his grandchild. In fact if I held out, he’d tickle me to get me to give it up. Looking back on it I did an awful lot of work to satisfy Gramps’ sweet tooth. Looking back on it I’d do it all over again.

As the years went on the fun of Halloween diminished. By high school trick or treating was a thing of the past for me. Pity!

There’s something special about dressing up in a costume, being someone or something else just for a little bit. And to be sure it’s fun to shake down the neighbors for some sweets and then going home to enjoy the booty, even if it is just one piece of it.



## Winter Wonderland and Holiday Gifts Galore!

Saturday, November 4  
9 a.m. - 3 p.m.

Ocean Pines Community Center  
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# AGH secures bond funding

Atlantic General Hospital and Health System has secured bond funding totaling more than \$37.5 million from the Town of Berlin and from the Maryland Health and Higher Education Facilities Authority (MHHEFA).

Of the \$10 million bond issued by the Mayor and Council of Berlin, \$8.5 million will be used to help pay for projects outlined in the Atlantic General's master facilities plan, including construction of the John H. "Jack" Burbage, Jr. Regional Cancer Care Center, modernization of the hospital's inpatient care area, expansion of the emergency department and outpatient services and modernization of their surgical facilities.

MHHEFA issued two bonds totaling \$27,514,000 to the healthcare or-

ganization, with \$12,225,000 to be devoted to Atlantic General's master facilities plan, including the Atlantic General Women's Health Center in West Ocean City. The remainder of the bond funds will be used to refinance past debt.

"These bonds, along with the community's support through the Campaign for the Future, are essential to our efforts to provide the high-quality care our patients and their families need, right here, at home," said Michael Franklin, president and CEO of Atlantic General Hospital. "On behalf of our Board of Trustees, I want to give a special thanks to Mayor Gee Williams and the Berlin City Council. We are fortunate to have such a strong local partnership."

Wilmington Trust, a subsidiary of M&T Bank Corporation, will serve as trustee for all three bonds, totaling \$37.5 million. M&T also extended a loan totaling \$1,713,000 to Atlantic General Hospital.

Atlantic General Hospital's master facilities plan includes \$35 million in capital projects:

## John H. "Jack" Burbage, Jr. Regional Cancer Care Center

In addition to existing medical oncology and chemotherapy infusion services and integrative therapies, the new 18,000-square-foot center will include radiation oncology; PET, CT, MRI and other advanced diagnostic radiology services on one campus; laboratory and pathology services; community education and support facilities; and telemedicine technology that will allow patients and their physicians to consult with other cancer care experts, preventing unnecessary travel for consultation and follow

*please see **agh** on page 15*



**Safety** - Students in Catherine Herr's first grade class at Ocean City Elementary School spent the week learning about fire safety and fire prevention. On Friday, they had visits from the Ocean City Fire Department and had the opportunity to check out a fire truck up close.

## 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, no-kill 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.worcestercounty-humane-society.org](http://www.worcestercounty-humane-society.org).



### Monday

Chicken Parmesan over Pasta \$9.95  
Lg. Cheese Pizza \$8.50 (carry-out only)

### Tuesday

Burger and French Fries \$6  
Lg. 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 Specials

Drink of the Month \$7.50

Martinis of the Month \$7.50  
Vampire Martini

Margarita of the Month \$6.50  
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## Brown bag lunch talks offered

Looking to get out of your work cubicle over lunch or just interested in learning something new? Then the Brown Bag Lunch Talks are for you! Bring your own lunch to 100 River Street in Snow Hill and the Lower Shore Land Trust will provide the rest!

The first talk is on October 25 at 12:00 noon. Just in time for Halloween, Lisa Murphy, a 4-H STEM Agent Associate for the University of Maryland Extension will share her 6 years of experience in this introduction to year-round, indoor vermicomposting. You will discover why someone would have a bin o' worms in their laundry room, how easy it can be to compost with worms and the benefits to you and the environment.

The second program is on November 1 at noon and is a meet and greet with Ms. Pradnya Rahmani of Depok City, West Java Province in Indonesia and Ms. Xyla Gualberto, island of Mindanao, Philippines. The women are visiting through an exchange program with the Town of Berlin, in partnership with the International City/County Management Association (ICMA), and the U.S. State Department,

from October 14 through November 11.

Ms. Rahmani is an Environmental Engineer with 3 years' experience in dealing with municipal solid waste projects. She's also a dedicated environmentalist and has applied eco-lifestyle which includes zero waste, water efficiency, and energy efficiency. Ms. Gualberto is currently the program officer of the Southeast Asia Rural Social Leadership Institute run by Xavier University- Ateneo de Cagayan and coordinates training programs with various thematic areas including natural resources management and local governance and leadership. She was actively involved in the post-disaster relief operations for Tropical Storm Sendong (International name: WASHI, 2011) survivors in her hometown in Cagayan de Oro.

The final talk will be held on Wednesday, November 15 at 12:30 p.m. If turtles are your thing then you will not want to miss this informative program about turtles. Tami Ransome, Salisbury University faculty member has a passion for turtles. She

*please see talks on page 12*



### Successful event

The inaugural Michael J. Strawley, Sr. Memorial Golf Tournament, held on September 25<sup>th</sup> at the River Run Golf Club in Berlin, raised \$4,300 for the Macky & Pam Stansell House at Coastal Hospice at the Ocean.

More than 200 golfers played in the tournament organized by the Strawley Memorial Committee, in memory of Michael, former longtime owner of the Bearded Clam Bar in Ocean City.

Heather Duma, Director of Development at Coastal Hospice, accepts a check from the committee that organized the inaugural Michael J. Strawley, Sr. Golf Tournament. Left to right - front row: Richard Stone, Duma, George McKelvie, Cindi Strawley. Back row: Will Powell, Steve Silverman, Boomer Freeman, Buzzy Bayles, Rick Cole.

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## Pines leaf collection scheduled

The Ocean Pines Association has announced leaf collection procedures for its residents this fall. Ocean Pines Public Works and Republic Services will both aid in the collection.

Leaves and other yard debris bagged in paper bags will be collected



by Ocean Pines Public Works November 20 through December 21. Bags will be picked up on days opposite from Republic Services' collection days. Only paper bags will be accepted, and there is no limit to the number of bags that residents may place curbside. Thirty-gallon paper bags may be purchased at Public Works in bundles of five for \$5.

Additionally, Public Works will vacuum ditch leaves that have been

raked to the street beginning November 20 until completed. Yard leaves that have been raked to the street will not be picked up. These leaves must be placed in paper bags for collection.

Ocean Pines residents may also bring leaves and yard debris in bulk or paper bags to the Public Works yard, located at 1 Firehouse Lane near the south station fire department. The yard will be open Monday-Friday 7:30 a.m. to 3 p.m. and Saturday 8 a.m. to 3 p.m., November 20 through December 22. No contractor dumping or plastic bags will be permitted. There will be no collection or drop-off on Thursday, November 23 or Friday, November 24.

Current Republic Services customers may place up to four bags of leaves curbside for each scheduled pickup. This is in addition to regular trash pickup. Trash collection days for residents south of Route 90 are Tuesdays and Fridays. For residents north of Route 90, the collection days are Mondays and Thursdays. Republic Services will also pick up branches if they are tied in bundles no longer than 4 feet.

## Religious tithing is a charitable option

People all over the world donate to charity. The National Center for Charitable Statistics indicates that individual giving in the United States amounted to \$258.51 billion in 2014, an increase of 7.1 percent from the previous year. In fact, donations by individuals comprises the vast majority of donations received by nonprofit organizations, making up a whopping 72 percent.

Individuals give to many worthy causes, but religious groups and charities are among the organizations that benefit the most from donors' generosity. According to data from the Philanthropy Roundtable, an organization that aims to foster excellence in philanthropy, protect philanthropic freedom and assist donors in achieving their philanthropic intent, 39 percent of individual giving goes to religious needs.

Religious causes are, and long have been, favorite charitable targets. Reli-

gious giving, or tithing, was once a compulsory effort. The word "tithe" is derivative of an Olde English word meaning "tenth." Tithes are one-tenth of something made payable to a religious organization or a tax to a government.

Tithing has long been connected to religions such as Judaism and Christianity. Traditional Jewish law and practice has incorporated forms of tithing since ancient times. The tithing system was designed to meet the needs of the economic and political system of ancient Israel. Ten percent of a person's income was given to a religious organization.

The Old Testament states that each of the twelve tribes of Israel, excluding the tribe of Levi, initially received an allotment of land in the promised land of Canaan. The Levites were assistants to Israel's priests and were supported by tithing from the other eleven tribes.

*please see **tithe** on page 12*



**Knots** - Don Schaeffer who lives in the Wood Duck II section of Ocean Pines and is a Coast Guard Auxiliant just completed his 25<sup>th</sup> year of doing knot demonstrations on the Ocean City boardwalk. He is part of the volunteer Ocean City Life Saving Museum program that teaches marlinspike skills to vacationers every Wednesday morning during the summer. Above Don is holding up a bowline knot to his audience. The bowline is one of the most basic and widely used knots among mariners. Its primary use is to make a strong, fixed dimension loop that is easily disassembled when the task has been completed. Photo by Dan Collins.



**Achievement** - Minority achievement and parent engagement was the topic of the October NAACP meeting held at the Ocean Pines library. Left to right: Gabe Purnell, NAACP first vice president, speaker Judy Davis, NAACP membership chair, Eloise Henry-Gordy, Worcester Schools pupil service specialist and Chuck Hebert, NAACP legislative chair.



## Various ways you can put pumpkins to use

Few items signal the fall harvest season more than the bright, orange pumpkins that dot fields and liven up displays outside of homes and businesses. Come fall, many pumpkins are turned into grinning jack-o-lanterns just in time for Halloween. But there are many other uses for pumpkins as well.

Pumpkins are believed to have originated in North America. Early Native Americans relied on pumpkins as a source of food that helped them survive long winters. Pumpkins could be roasted, baked, boiled, and dried, and they were eaten and used as medicine. Pumpkin blossoms were added to stews. The shells of the pumpkins could be dried and used as eating and storage vessels.

While pumpkins may now be symbolic of Halloween, the following are a handful of additional ways this versatile fruit can be put to use.

**Beauty regimen.** Pumpkins contain a number of essential vitamins and minerals that can help replenish the skin. Pumpkin puree can be mixed with honey, aloe vera gel, olive oil, and a bit of cornmeal to create an exfoliating mask for the face or body. Pumpkin also can be used to rejuvenate dry or tired skin from cold weather.

**Honey, pumpkin and yogurt** can be mixed together and used to condition hair. Let the mixture sit for 15 to 20 minutes, and then wash it out and shampoo.

**Foods and beverages.** Pumpkin puree is the basis for many tasty, pumpkin-infused treats. Pumpkin can be used in pies, cakes, muffins, breads, and many additional foods. Pumpkin also may be found in certain beverages, such as smoothies and shakes. A bit of spiced pumpkin may appear as flavoring in teas and coffees. Roasted pumpkin seeds make a healthy treat. Foodies suggest using the seeds from "sugar pumpkins" or the ones best for making pies. Boil the seeds for a few minutes before draining. Spray a baking sheet with non-stick spray and put the seeds in a single layer. Bake at 400 F for 20 minutes. Allow to cool and serve.

Pumpkin wines and beers are popular as well. There are many recipes for developing sweet, fermented beverages, which tend to be especially popular in the fall.

The "guts" of the pumpkin can be simmered along with aromatics and other vegetables to create a vegetable stock perfect for soups and broths.

**Decorations.** Pumpkins can also add to one's home decor during the fall. Pumpkins can be carved for Halloween displays, hollowed-out to hold tealights or simply left on tables and used as centerpieces. Larger pumpkins may be used as natural flower pots for mums or other seasonal floral displays. As the Native Americans once did, pumpkins can be hollowed-out and used as bowls to serve favorite soups and dips.

Use a hollowed, small pumpkin as a natural aromatic candle holder. Cut holes in the sides to vent the exhaust. Rub aromatic spices, such as cloves, nutmeg, allspice, cinnamon, and vanilla bean, on the inside of the pumpkin. Insert a beeswax candle in the bottom of the pumpkin and let it send inviting aromas into the air.

Pumpkins are a versatile fruit that can serve many purposes beyond just jack-o-lanterns and pies.



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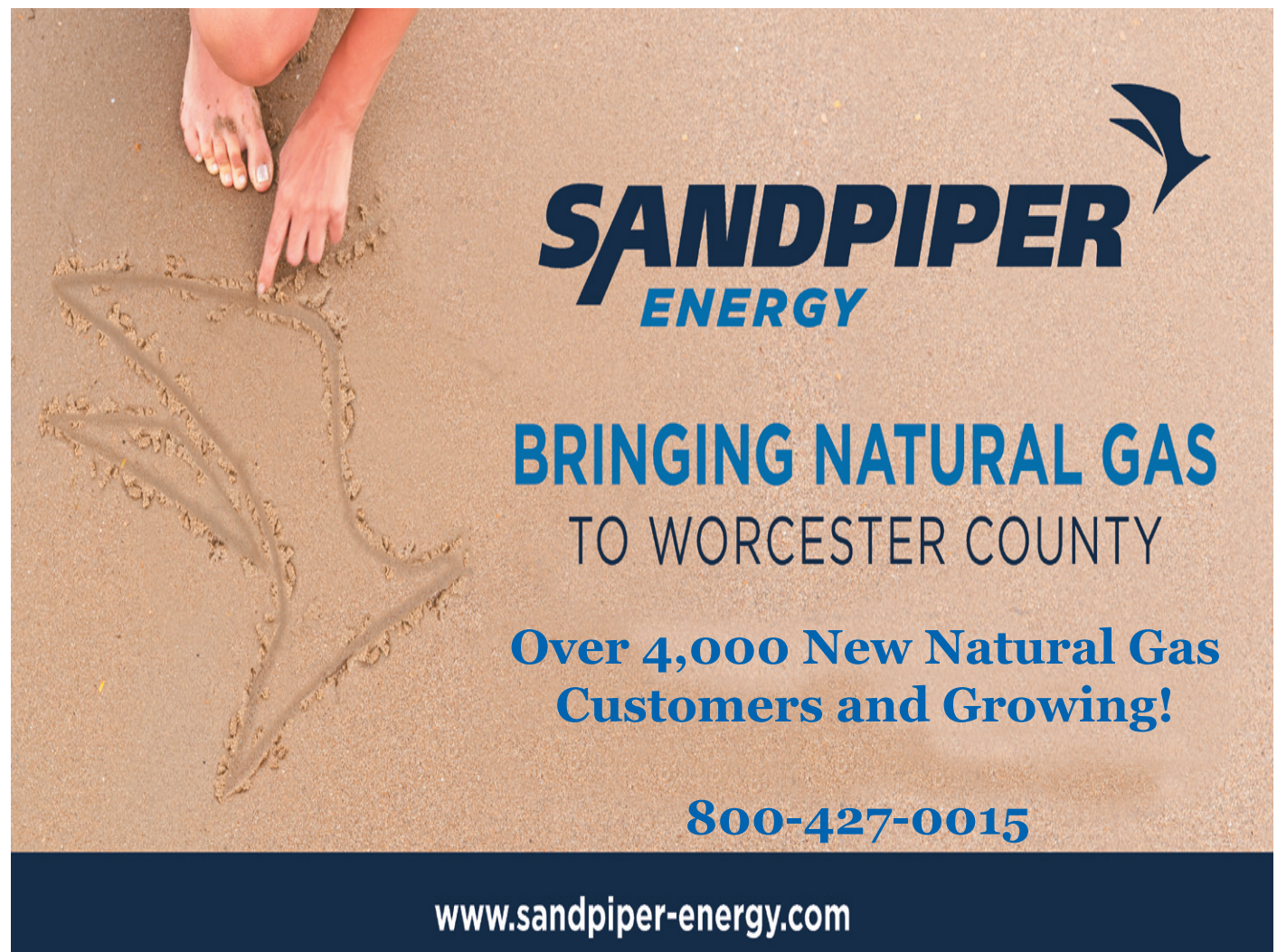
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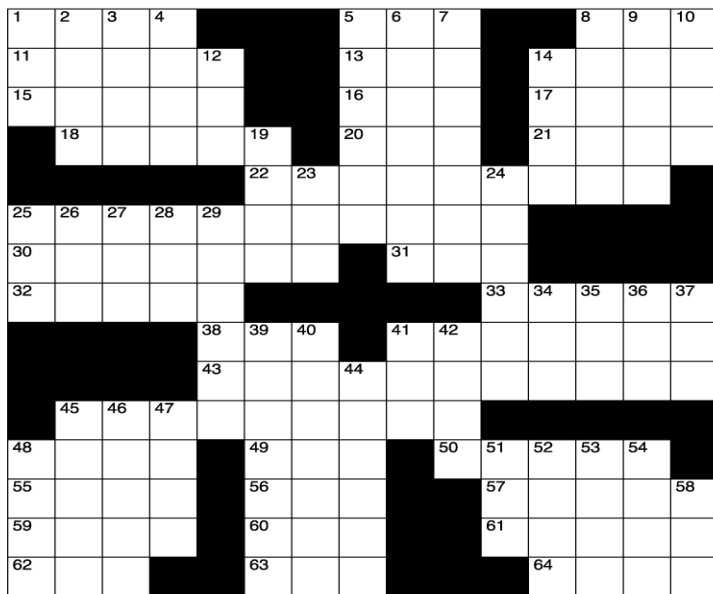
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**CLUES ACROSS**

- 1. Inventor of the apochromatic lens
- 5. Time units (abbr.)
- 8. Cool!
- 11. NY football family
- 13. A way to consume
- 14. Competition
- 15. Monetary units
- 16. Plant in the daisy family
- 17. Ottoman military title
- 18. Small Polish village
- 20. Relatively insignificant lie
- 21. Argument
- 22. Comforts
- 25. Early
- 30. Went on and on
- 31. Type of IRA
- 32. Short musical composition
- 33. Images
- 38. Major component of wood glue (abbr.)
- 41. Observing expeditions
- 43. Used as a lightweight foam
- 45. Recall knowledge
- 48. Afrikaans word for "language"
- 49. Fried chicken guru Sanders' title (abbr.)
- 50. Caucasian language
- 55. A Spanish river
- 56. Used to pierce holes
- 57. Song of praise
- 59. In bed
- 60. Originally called
- 61. Iron Age Brittonic tribe
- 62. Young goat
- 63. Not even
- 64. Make from wool or yarn

**CLUES DOWN**

- 1. Current unit
- 2. Bleats
- 3. Soft creamy white cheese
- 4. Opposite of west
- 5. Young female cow
- 6. Deep, narrow gorges
- 7. Freestanding sculpture
- 8. Finger millet
- 9. Hurts
- 10. Unable to hear
- 12. Vast body of water
- 14. Volcanic island in Fiji
- 19. Not early
- 23. Wet dirt
- 24. Be characteristic of
- 25. Before
- 26. Tell on
- 27. Resembles the ostrich
- 28. Million barrels per day (abbr.)
- 29. War-torn city in Syria
- 34. Mode of transportation
- 35. Metals and minerals are extracted from this
- 36. Trent Reznor's band
- 37. Midway between south and southeast
- 39. Vesuvius is one
- 40. Permitted
- 41. A type of corrosion (abbr.)
- 42. Tip of Aleutian Islands
- 44. Shouted
- 45. Jewish spiritual leader
- 46. Punched in the side of the head
- 47. Lout
- 48. Used to make furniture and ships
- 51. Spectrum disorder (abbr.)
- 52. A way to talk
- 53. American shoe company
- 54. Chinese ethnic group
- 58. Egg of a louse



Answers for Oct. 18

For the Love of Travel ...

# Xiamen (formerly known as Amoy)

By **Kelly Marx**

Xiamen is an island off the south-east coast of China and it is home to things like squid on a stick, the South China Sea, Buddhist temples, speakers of Hokkien and Min Bei dialects, and a growing number of ex-pats. I happen to be one of them. To put it simply, Xiamen is a city of contradictions. To illustrate my point, for a city that is rapidly growing in population, most residents speak little to no English, and some don't even speak Mandarin, the official language of China. On a walk around the city, you will find KFC restaurants selling fried chicken, French fries, and Pepsi alongside Chinese restaurants featuring a meal of tofu, rice (you will never eat a meal without rice or soup), lotus root, and twice-fried pork, (fried almost never is

synonymous with breaded here) for 20 RMB, which is around \$3 USD. On the stairs leading up to the BRT, the above-ground efficient bus system that helps thousands of people commute to work every day, sits a

little old lady selling both traditional beads, symbolic in meaning, and small plastic Peppa Pig toys. Outside of public markets, litter is openly thrown on the ground and you can buy fried or roasted porcupine, frog, or pigs, there are lots of Audi, BMW, and Mercedes cars parked out front.

Xiamen was closed off to trade until the Treaty of Nanking at the end of the First Opium War opened up the region to foreign trade, primarily British. Xiamen was under Japanese rule from 1938-1945. Once WWII ended, Xiamen was returned to China, and soon, it was under Communist rule. After Chiang Kai-Shek and his followers left the mainland for Taiwan, Xiamen became a key defense against attacks from its neighboring nation. Kinmen Island, an island claimed by Taiwan and which is located only four miles from Xiamen, became one of the world's most heavily fortified islands. On top of the mountain behind my apartment, look-out towers sit, now abandoned, that are relics to a tense

time between China and Taiwan when the islands of Xiamen and Kinmen were posed for war, ready to protect their countries. Interestingly, China and Taiwan are officially known as the People's Republic of China and the Republic of China, respectively.

Because of Xiamen's key defensive position, most of Xiamen was purposely undeveloped farmland until the 1980s. After Deng Xiaoping's Reform and Opening, the island experienced an influx of foreign investment and was given the designation of a Special Economic Zone. With an influx of people, money, and opportunity came a wave of out-with-the-old, in-with-the-new. Gentrification is no stranger to most places on the planet and Xiamen is no exception. The area where my apartment complex is built used to



be farmland. As a compensation prize for the government exercising a form of eminent domain (otherwise known as, "We're taking your land without your permission"), the farmers were given apartments in the complex. However, as practically no farmland exists on the island any longer and most of these former farmers are uneducated, many of the older Xiamen residents are extremely poor and are left with few options. Often, trash bins are unofficially manned by older people who spend their days digging through and sorting the refuse. The young people moving to the island who are often college-educated and looking for professional employment pass by and toss in their empty Starbucks cups without even a backward glance.

In the next article, I will discuss Xiamen as a tourist area. In an article published on September 29, 2017, *CNN Travel* calls Xiamen, "China's new capital of cool."

# Scary movies perfect for Halloween

Scary movies are as much a part of Halloween as candy and costumes. This Halloween, scare up some entertainment with any of the following films.

“Halloween” (1978): Thanks to its title, perhaps no film is more synonymous with Halloween than this John Carpenter classic. A decade and a half after murdering his sister on Halloween night in 1963, deranged Michael Myers is back to terrorize his hometown of Haddonfield.

“Night of the Living Dead” (1968): Recently deceased writer/director George Romero’s tale of the dead suddenly coming back to life is a horror genre classic. Curl up on the couch and watch in horror as a handful of frightened characters attempt to keep flesh eating monsters at bay as they hide in an abandoned farmhouse.

“Pumpkinhead” (1988): B-movie legend Lance Henriksen stars as Ed Harley in this cult classic about a vengeful father who hopes to get revenge on the people responsible for his son’s death. After conjuring a towering demon to do his dirty work, Harley experiences remorse as Pumpkinhead kills again

and again.

“Friday the 13<sup>th</sup>” (1980): Another horror classic, this film follows a group of teenagers who are attempting to reopen an abandoned campground. One by one each teen is murdered by a mysterious killer, who ultimately turns out to be Jason Voorhees, who drowned at the campground as a boy years earlier.

“Hellraiser” (1987): A simple puzzle box serves as the catalyst for this classic from horror master Clive Barker, making his directorial debut with this tale focusing on a zombie being pursued by demons.

“Frankenstein” (1931): Film buffs who want something scary and historic this Halloween can opt for this nearly century-old adaptation of Mary Shelley’s tale of an obsessed scientist who

creates a monster from the body parts of various exhumed corpses.

“Children of the Corn” (1984): Based on a short story from horror fiction legend Stephen King, this film focuses

on a couple’s relocation to a rural Nebraska town. Upon their arrival, they begin to suspect something is amiss, ultimately learning a religious cult of children is terrorizing the town.



## Royal wrap-up

Stephen Decatur High School Homecoming week culminated in the naming of the 2017 Homecoming Queen during halftime of the Decatur football versus Easton Warriors game on Friday, October 13 and the announcement of the Homecoming King during the annual Homecoming dance on Saturday, October 14. Donning the royal titles were seniors **Ryan Duncan and Piper Connors**.

## Why clean air filters are important

Vehicle owners likely know to check fluid levels and get their cars’ oil changed, but air filters may not be at the top of their maintenance checklists. Despite being a relatively inexpensive part, air filters often go overlooked.

Air filters have an important job in a vehicle, prolonging the life span of engines and helping cars run more smoothly and efficiently.

Purpose of vehicle air filters. Vehicle combustion engines operate with a mixture of fuel and air. Without oxygen, gasoline or diesel fuels cannot burn properly and power the engine. The air filter’s job is to prevent dirt, dust and other debris from being sucked into an engine. Otherwise, grime can build up and impede engine performance or cause erosion of parts under the hood.

It is much more cost-effective to routinely change air filters than replace expensive engine parts. Rather than ignoring air filters until the last minute, drivers can take steps to keep filters clean and functioning at peak performance.



please see **filter** on page 12

## 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. 26	12:16 a.m. 12:42 p.m.	6:20 a.m. 7:16 p.m.	7:21 a.m.	6:08 p.m.
Fri., Oct. 27	1:07 a.m. 1:36 p.m.	7:13 a.m. 8:08 p.m.	7:22 a.m.	6:08 p.m.
Sat., Oct. 28	2:04 a.m. 2:33 p.m.	8:09 a.m. 9 p.m.	7:23 a.m.	6:05 p.m.
Sun., Oct. 29	3:04 a.m. 3:30 p.m.	9:06 a.m. 9:51 p.m.	7:24 a.m.	6:04 p.m.
Mon., Oct. 30	4 a.m. 4:23 p.m.	10:04 a.m. 10:41 p.m.	7:25 a.m.	6:03 p.m.
Tues., Oct. 31	4:52 a.m. 5:13 p.m.	10:59 a.m. 11:28 p.m.	7:26 a.m.	6:02 p.m.
Wed., Nov. 1	5:40 a.m. 6 p.m.	11:53 a.m.	7:27 a.m.	6:01 p.m.

## Jarvis selected Crafter of the Month

Nancy Jarvis is a self-taught artisan whose love of crafting began as a small child making and decorating mud pies. Much later she enjoyed making decorative items of dried & silk flowers. Then 13 years ago, she and her husband moved to Ocean Pines. A new media presented itself—seashells. For the next 10 years she created wreaths, mirrors, jewelry, etc. out of shells. Several years ago she began making two/three-D collage pictures from jew-



Nancy Jarvis

talks

from page 7

will talk about turtles in our region and also share information about spotted turtles, the topic of her ongoing research. Spotted turtles are on the International Union for Conservation of Nature (IUCN) red list. They are not listed as endangered in MD and we have several populations on the Eastern Shore that she is studying.

The talks are free and open to the public, but in order to accommodate those who wish to attend, please make a reservation by calling the LSLT Office at 443-234-5587. The Office is located at 100 River Street in Snow Hill, MD. For more information, visit the website at [www.lowershorelandtrust.org](http://www.lowershorelandtrust.org).

tithe

from page 8

All families were expected to give one-tenth of all produce, flocks and cattle to the Levites. In turn, the Levites gave one-tenth of that to support the priests. According to Leviticus 27:30-33, a tithe of everything from the land, whether grain from the soil or fruit from the trees, belongs to the Lord; it is holy to the Lord. Whoever would redeem any of their tithe must add a fifth of the value to it. Every tithe of the herd and flock, every tenth animal that passes under the shepherd's rod, will be holy to the Lord. No one may pick out the good from the bad or make any substitution. If anyone does make a substitution, both the animal and its



elery and has been doing it ever since. "It is my new passion," she says.

Nancy's creative items can be viewed in the display case at the Ocean Pines Branch Library through October 31.

The Pine'er Craft Club also sponsors the Artisan & Gift Shop in White Horse Park across from the Ocean Pines Community Center. The shop is open on Saturdays from 9 a.m. to 3 p.m. and on

Sundays from 10 a.m. to 3 p.m. It is the small shop full of big surprises. If you are looking for gifts or just something special for yourself, stop in and take a look at the creative items on display at very reasonable prices.

Mark your calendar for Saturday, November 4, when the Ocean Pines Community Center will be turned into a Winter Wonderland by various artisans from around our area. The Holiday Fair, sponsored by the Pine'er Craft Club, will be open from 9 a.m. to 3 p.m. and will feature crafters in every nook and corner. Featured in the main lobby will be the Craft Club Homemade Bake Sale. The Kiwanis Club will be on hand selling breakfast and lunch foods, as well as coffee and beverages.

substitute become holy and cannot be redeemed.

The concept of tithing is largely an Old Testament system, though it is mentioned in the New Testament in Luke 18:22, when Jesus Christ says, "I fast twice a week; I give a tenth of all my income."

Members of the Church of Jesus Christ of Latter-day Saints also participate in tithing. Gordon B. Hinckley, a former president of the church, said, "Our major source of revenue is the ancient law of the tithe. Our people are expected to pay 10 percent of their income to move forward the work of the Church."

Tithing continues in modern times, but many religious followers do not offer 10 percent of their incomes to their respective religious organizations.



**Support** - The Gibbs family, owners of the Dough Roller restaurants in Ocean City have donated \$5,000 to the Ocean City Lions "Wounded Troops" Fund and the 12th Annual "Wounded Warriors" Golf Tournament, which happened on Wednesday, October 11, at the Ocean City Golf Club. The Gibbs family have financially supported the fundraiser and golf tournament since its inception.

The tournament benefits wounded troops from current military conflicts. To date, the Ocean City Lions have donated more than \$340,000 to the US Army Medical Center/Pastoral Services in Landstuhl, Germany, where our wounded troops are sent for treatment before heading home.

Above left to right: Norm Cathell, Bill Gibbs, John Topfer and Ben Dawson.



## Proclamation

Commissioner **Jim Bunting** presents a proclamation recognizing October 23-27, as Economic Development Week to Worcester County Economic Development Director **Merry Mears**.

filter

from page 11

Improve fuel efficiency. Clogged air filters reduce air flow to engines, resulting in an improper ratio of air to fuel. As a result, spark plugs can be negatively affected and the engine may idle roughly or misfire. These scenarios can greatly affect fuel efficiency as well as cause engine deposits from rich fuel. To save money and trips to the fuel pump, replace filters regularly. According to GearHeads, for older cars, studies have indicated that by replacing a dirty air filter, one can improve gas mileage by as much as 14 percent.

Reduce stress on the engine. Because of the air-to-fuel mix in engines, even a mixture that is slightly off balance can affect what is going on under the hood. That means the engine must work harder to get enough clean air into the chamber to complete the combustion cycle, says the Automotive Training Center.

Enjoy more power. A filter that is saturated with dirt will restrict air flow. In such instances, drivers may notice a lack of power during acceleration. Replacing the filter can easily restore that pep.

Reduce vehicle emissions. Environmental concerns are a priority for many people. By keeping the engine working properly, with the advantage of clean, unobstructed air entering the chamber, a vehicle may produce lower emissions.

Replacing air filters is an easy fix that many drivers can do themselves, or ask their mechanics to do during oil changes or other repair shop visits. performing at peak capacity.

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**agh**

from page 6

up care for patients who may require more intensive cancer care services. Groundbreaking was June 7, 2017, with completion in the spring of 2018.

### **Atlantic General Women's Health Center with 3D Mammography**

Inspired by the needs of today's busy women, the center will offer patients a seamless experience, with routine exams that can be scheduled together for added convenience. Full breast screening services, including 3D mammography and ultrasound; bone densitometry; gynecology consultations; and colposcopy, endometrial biopsy and other minor gynecological surgeries will be provided under one roof. The center opened in March 2017.

### **Modernization of Inpatient Care Area**

A newly-renovated inpatient care area located on the 2nd floor of Atlantic General Hospital will provide greater efficiency for nursing care and provide improved line of sight to beds from a new and more central nursing and physician work station. The new design will reduce noise in the corridors, improving sleep and comfort for patients. A private room for patient

**event**

from page 2

nied by an adult.

For more information or to become a vendor, contact Kelly Buchanan at 410-632-2144 ext.2503 or kbuchanan@co.worcester.md.us. Visit our website at [www.WorcesterRecandParks.org](http://www.WorcesterRecandParks.org) to sign up for email announcements.

medication instruction and additional, more pleasing family space will be created to allow for family involvement in the treatment and recovery process. Family involvement improves patient response to treatment and improves ongoing recovery after discharge from the hospital.

### **Expansion of Emergency Department & Outpatient Services**

As one of the fastest growing areas in Maryland and Delaware, the region served by Atlantic General Hospital has an increasing need for access to emergency services when unplanned medical emergencies arise. To maintain the ER's efficient care delivery, the number of treatment areas will be increased. A dedicated space for patient consultation, counseling and arrangement of follow-up appointments with community providers will also be created as well as a consolidated triage and protocol center. The design will allow for improved patient privacy and comfort and increased security capabilities.

### **Modernization of Surgical Facilities**

Redesign of the existing surgical services unit and adjacent areas will incorporate the latest technology to enhance best practices in pre-operative care, surgical care and post-operative care, providing larger operating rooms to accommodate advanced laparoscopic and orthopedic surgical procedures. The design will include a private consultation room for patients in the pre-admission and post-operative area to improve patient privacy in the ambulatory surgery area.

To learn more, visit [www.atlantic-general.org/campaign](http://www.atlantic-general.org/campaign).

**aquatics**

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your elliptical cycling motion and arm rowing speed to increase resistance levels due to the physical properties of water.

**Underwater Treadmill Exercises.** For revolutionary physical therapy and sports conditioning, look to underwater treadmill exercises at the Sports Core Pool.

The benefits of the underwater treadmills are impressive:

-Exercises such as shuffling, walking, sprinting, back-pedaling, retro-walking and plyometric activities are easily performed on the devices.

-A recent Utah State University study shows patients with osteoarthritis enjoy greater mobility and reduced joint pain with underwater treadmill therapy.

For athletes of all ages who are recovering from an injury, underwater treadmills can offer an effective tool for driving results.

**HydroRider Spin Classes.** There is a new form of biking known as aqua cycling.

In Ocean Pines, HydroRiders are already making a splash. The unconventional

workout equipment continues to sweep the nation, appearing recently on the hit talk show, "Steve Harvey Show."

Why such a buzz? Here are some buzzworthy benefits of HydroRiders:

-The water-resistance effect cranks up your cardio, relaxes joints, improves strength and boosts flexibility.

-Pedaling against the water inside the heated indoor pool will leave participants feeling the results but not exhausted or sore.

**Underwater Trampoline Exercises.** When you have not had enough, bounce into a European-influenced underwater workout with trampolines. We know it sounds silly, but the results are no laughing matter.

Here is a look at the advantages of the newest aqua fitness trend:

-Strengthens abdominal muscles, shapes and tones glutes and legs, and improves balance.

-It is an effective, low-impact workout that is perfect for rehabilitation or water enthusiasts looking to have some fun.

These fitness classes and equipment are available to the public, but registration is required and spaces are limited. For more information or to register, call the Sports Core Pool at 410-641-5255.

**fun**

from page 3

because he wanted to ensure that 100 percent of the money donated would be used for charitable purposes.

This year, two national charities – the ALS Association and the Cancer Research Institute – were chosen as recipients of the monies raised in honor of Ocean Pines Golf Club members Chuck Shelton, who is battling ALS, and Stiles himself, who is battling cancer.

Stiles' cancer fight left him with little energy to organize this year's match, so fellow golf club members

Don McMullen, Bob Long and Walt Lischak took over the reins, including selecting the charities.

Donations to the two organizations totaled \$3,793 this year, bringing the total amount of money donated to charity over the years to \$21,869. The money comes from tournament entry fees as well as from player and non-player donations.

For example, Berlin Interventional Pain Management physician Dr. Christopher Galuardi and his wife, Judi, donate \$1000 annually to the event. Although they don't play in the tournament, their love of animals and the Worcester County Humane

Society initially led them to support its fundraising efforts, which they learned about from Stiles' wife, Debbie, who worked in their office.

Other fun elements – which also help to raise money for charity – have been added to the Bavarian Hops Match, such as a chipping contest, a 50/50 raffle and a closest-to-the-pin contest on one of the holes, which is where tournament participants, spouses and friends also gather for snacks, drinks and socializing.

An after-party, this year held at Ocean Pines Golf Club's newly renovated Tern Grille with over 100 attendees, follows the tournament with

dinner and awards. For the first time ever, there was no skins winner this year on any of the nine holes. Ocean Pines golf member Connie Phipps won the closest-to-the pin contest and the right to wear the coveted hat that Stiles and his wife picked up at a store on the Ocean City boardwalk.

Although Stiles had to bow out of the planning of the 2017 match, he's already thinking ahead to next year and was a fixture at this year's 16<sup>th</sup> hole closest-to-the-pin party, where he got to greet all of the players and join in what the tournament does best – offer an afternoon of good-natured competition and fun among friends.



# THE LAUNCH

## Faces of the Moon

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[www.wced.foundation](http://www.wced.foundation)

**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.



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