

# The Courier

November 1, 2017 Volume 18 Number 9

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## Flag disposal event scheduled

Synepuxent Post #166 American Legion and Cub/BoyTroop #261 will hold their annual US Flag Disposal event at the Worcester County Veterans Memorial on November 18. The worn, torn and unusable United States flags that have been collected will be burned. If anyone wants to drop off any US flags the morning of the event, please deliver them to the Memorial prior to 8:45 a.m.

Also assisting in the program will be Boogs-Disaron Post #123 and Duncan- Showell Post #231 both of Berlin. Flags can be dropped off at these two American Legions prior to November 18.

## Insurance assistance program offered

The Lower Shore Health Insurance Assistance Program will be hosting Beat the Rush Health Connect event on Saturday, November 4 from 10 a.m. to 2 p.m. at two locations, Ocean City Youth Health Center in Ocean City and One Stop Job Market in Salisbury.

The free health insurance sign up event is open to the public and will feature health and/or dental insurance enrollment and information. Certified Navigators will be on site to answer questions and guide consumers through the Maryland Health Connection application process. Maryland Health Connection is the state-based health insurance marketplace for individuals, families, and small businesses.

Consumers can call 855-445-5540 for more information.

Maryland Health Connection Open Enrollment is 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 educate, 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](http://lowershorehealth.org), or follow us on Twitter, @LSConnector or Facebook, Lower Shore Health Insurance Assistance Program.



**Recognition** - Worcester Youth & Family Counseling Services recognized volunteers last Friday evening. Among those honored were Carole Spurrier, Rudy Magnone, Reese Cropper, Joe and Alyson Kendall, Janet Balbo and Ellen Dyer. Above are **Carole and Greg Spurrier**. Inset **Rudy and Bernice Magnone**. Photos by Chip Bertino



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# Community Calendar November



**Sunday, November 5**

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

## RWWC dinner scheduled

The Republican Women of Worcester County will hold their November Dinner and Installation of Officers meeting on Thursday, November 16 at the Dunes Manor Hotel in Ocean City. The speaker will be Congressman Andy Harris, who will provide an update on what is happening in Washington that will affect the country, as well as Maryland citizens. The cost of the dinner is \$40 per person. Doors open at 5:30 p.m. To make your reservation or for more information, please contact Pat Addy at 410-208-0171 or gorpataddy@aol.

## Lions to offer free student vision tests

The Ocean City Lions Club will offer free vision screening to Ocean City Elementary School students in pre-K and kindergarten from 9 a.m. to 3 p.m. on Tuesday, November 7 and Wednesday, November 8 at the Ocean City Elementary School, Center Drive, in West Ocean City.

The Lions vision screening process uses the PlusOptix Mobile Vision Scanner, which records an image of the eye and analyses the information for amblyogenic factors. Based on that data, follow-up with an eye care professional may be recommended. The process is non-invasive and no eye drops are necessary. Vision screening is not a substitute for a professional eye examination. The screenings are performed by OC Lions volunteers who are trained in the operation of the scanner and vision screening procedures.

## Church to host bazaar

St. Matthews By the Sea UMC will host its annual Christmas Bazaar on Friday, November 10 between 4:30 p.m. and 8 p.m., Saturday, November 11 between 8 a.m. and 1 p.m. The church is located on Ocean Hwy, Rte. 1 at Dagsboro St. in Fenwick Island.

Proceeds go to the church's missions. Santa and Mrs. Claus will visit on Saturday at 10 a.m. For more information, call Dee Granger at 410-422-9646 or Donna Umbel at 410-250-5778.

## Jazz event set

Wor-Wic Community College will host a free jazz event featuring Keith Marks on Thursday, November 9, at 7 p.m., in Guerrieri Hall at the college campus in Salisbury. This event is sponsored by Wor-Wic's Student Government Association. For more information, call Camesha Handy, director of student engagement, at 410-334-2892.

## Meet the artists at First Friday

The public is invited to a free First Friday opening reception at the Ocean City Center for the Arts on November 3 from 5 p.m. to 7 p.m. to meet the artists and enjoy complementary hors d'oeuvres.

The Thaler Gallery will feature a themed group show entitled "Reimagined," where artists take found or discarded objects and give them a new purpose through art. Among the art on display will be a wall-mounted horse made from trash found washed up on local beaches, created by a team

of local artists including Alex Ottenstein of "Get Trash(ed) on Assateague," Debbi Dean-Colley, Kathy Denk, Heather Layton, and Steve Shreve. In addition, a "Rainbow Waterfall" installation of plastic water bottles hand-colored by children who attended summer's Art Adventure Camp at the Arts Center will be the centerpiece of the gallery.

The Galleria will feature a special show by artist Kathy Gibson, titled "A Caregiving Journey Through the Eyes of Huntington's Disease." One by one, Gibson's father, brother, and sister succumbed to the ravages of Huntington's Disease, and Gibson was the sole caregiver for her sister from 1997

until her death in 2014. She has been channeling her journey into her paintings and as a tribute to her family.

Studio E is a family affair in November, with three generations of artists showing their work in an exhibit entitled "From Realism to Abstraction," reflecting the generational differences in approach. Eva Fox loves to paint people and tell a story; daughter Rina Fox Thaler, executive director of the Art League of Ocean City, creates contemporary paintings and collages; and granddaughter Chelsea Thaler works from an abstract perspective often incorporating pop art.

Barbara Siskind displays her nature-oriented photographs in the Spotlight Gallery for the month. A graduate of the University of Maryland College Park and the University of Maryland School of Medicine in Baltimore, she retired to Columbia and Ocean City after 50 years in pediatrics.

Debbi Dean-Colley of Berlin, staff member at the Arts Center, is the artisan in residence for November. A multi-talented mother, artist, art instructor and chef, she attended the Pittsburgh Center for Arts and currently works in mixed media, and

*please see **friday** on page 15*

## Monday

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

## Sweet Adelines

The Delmarva Sweet Adeline Chorus meets from 7 to 9 p.m. in the Ocean Pines Community Center. Call 410-641-6876.

## Monday/Tuesday

**Sanctioned Duplicate Bridge**  
Open bridge games Monday at 12 p.m., Tuesday at 10 a.m. at OP Community Center. Call Mary Stover 410-726-1795.

## Tuesday

**Families Anonymous**  
From 7 p.m. to 8:30 p.m. at room 37 in the the Community Church at Ocean Pines on Rte. 589. For more information call Carol at 410-208-4515.

## Tuesday/Thursday

**Poker Players** wanted for Gentlemen's Poker in North Gate area Ocean Pines. Game played every Tuesday & Thursday evening 5:45 p.m. to 10:45 p.m. on Pinehurst Rd. Ocean Pines. Call 410-208-0063 for more information.

## Wednesday

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

## Elks Bingo

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

## Rotary Club

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

## Square Dancing

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

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

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

## Thursday

### Story Time

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

### Beach Singles

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

### Legion Bingo

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

### Gamblers Anonymous

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

## Friday

### Knights of Columbus Bingo

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

## First Saturday

### Creative Writing Forum

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



## SDHS announces National Merit students

Stephen Decatur High School seniors Maya Knepp, Justin Hammond, and Kyla Taylor have been named Commended Students in the 2017 National Merit Scholarship Program. National Merit Commended Students placed among the top five percent of more than 1.6 million test-takers on the Preliminary SAT/National Merit Scholarship Qualifying Test.

Above: Principal Tom Zimmer stands behind Maya Knepp, Justin Hammond and Kyla Taylor.

## Recovery at the Beach walk is Saturday

The Atlantic Club, "Recovery at the Beach" is hosting its 6<sup>th</sup> Annual Walk/Run for Recovery on Saturday, November 4 from 10 a.m. to noon at the Ocean City Inlet. Registration begins at 9 a.m. The current substance abuse and addiction epidemic in the community needs financial support for 24-hour recovery services, in addition to non-judgmental caring of those experiencing addiction. A portion of the proceeds will go towards The Atlantic Club, so that they can continue their mission in the community, by helping individuals/families 24 hours per day overcome addiction and give them the resources they need to stay clean and sober. Last year, as a result of funds raised, three scholarships were awarded to Worcester County high school students who experienced the tragedy of addiction.

The Atlantic Club is a 501 (3) (c) non-profit organization dedicated to helping individuals and their families recover from the disease of addiction. Its mission is to provide support to those suffering from addiction; by giving them the help necessary to live a healthy life in recovery and become an active member in our community. The Atlantic Club offers 12-

step programs, life style balance classes, sober events for individuals and their families, an exercise room and internet access for those looking for jobs and/or housing. It is open 24/7 with a manager on duty at all times to assist any individual seeking refuge from addiction.

You can support this cause by making a simple donation as a sponsor ranging from \$50 to \$1000. Show off your business logo on the participant teeshirts, free to the first 50 walkers. Walking or running in the 5K event will demonstrate your community support for recovery and support access to the Atlantic Club's free 24-hr recovery services. A \$20 donation is requested.

Please send all donations to The Atlantic Club, Attn: Colleen Wareing, PO Box 563, Ocean City, MD 21843. Make checks payable to The Atlantic Club. Donations may be made on the Atlantic Club's website, [www.atlanticclubocmd.org](http://www.atlanticclubocmd.org).

For more information, we can be found on Facebook or call Colleen Wareing at 410-430-6896 or Laura Puckett at 443-397-5618. Any questions may also be directed to The Atlantic Club General Manager, Sue Rodden, 410-213-1007.

## Lifesaving station to hold run, walk

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

"We've been very happy with past events and look forward this one," said Nancy Howard, event coordinator. "We are grateful for the folks who will come out to support the Museum. Get your day started with a brisk run or walk and then have the rest of the day to enjoy all that Ocean City and the area have to offer."

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

Permanent exhibits represent both the heroic deeds of the surfmen who staffed the station and the history of the area, including the storm of 1933 that cut the inlet, the

Boardwalk of Yesterday, Davy Jones' Locker, Sands of the World. A new exhibit depicts the life of Native Americans on the Eastern Shore. Currently the museum has on display an exhibit oriented toward children with interactive activities. There is a small aquarium room that houses local sea creatures. Children particularly like this display. The museum offers free, daily Boardwalk talks during the summer and has recently added Wildlife Wednesday to its offerings.

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

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

## Ocean Pines to host free health care seminars

The Ocean Pines Recreation and Parks Department will offer free healthcare seminars this fall. The seminars, which are open to the public, will be held at the Ocean Pines Community Center.

Independent agent Lynne McAllorum, Baby Boomer Insurance, will discuss Medicare rules and what is available on the market on Monday, November 6 from 3 p.m. to 4:30 p.m. Then on Tuesday, November 7 from 11 a.m. to noon, Home Instead Senior Care will host a seminar on brain health.

Back in Action Physical Therapy will share information on posture and balance at two seminars held from 10 a.m. to 11 a.m. On Thursday, November 9, participants will learn ways to improve their balance and reduce falls. On Wednesday, November 15, information about how posture can affect health and strategies to improve it will be shared.

Although there is no cost to attend any of these seminars, spaces are limited and advance registration is required. To register, call the Ocean Pines Recreation and Parks Department at 410-641-7052.

Information regarding additional recreational programs, including an online version of the Ocean Pines Activity Guide, is available at [OceanPines.org](http://OceanPines.org).

# The Courier

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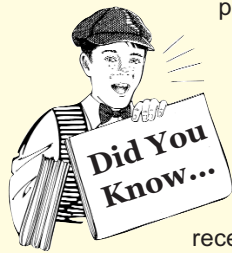
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Robert B. Adair 1938-2007

## 2012 Business of the Year

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

According to Food Allergy Research & Education (FARE), more than 170 foods have been reported to cause allergic reactions. However, many of the serious allergic reactions to food can be traced to eight allergens in particular. These allergens include crustacean shellfish, eggs, fish, milk, peanuts, soy, tree nuts, and wheat. If it seems as though food allergies in children have increased in recent years, they have. The U.S. Centers for Disease Control & Prevention report that, between 1997 and 2011, the prevalence of food allergies in children increased by 50 percent. Though some people may only experience an itchy mouth or a few hives after eating food they are allergic to, symptoms of allergic reactions to food can be severe and may include anaphylaxis, which occurs suddenly and can cause death. Anaphylaxis can produce a host of frightening symptoms, such as rapid heartbeat, dizziness, difficulty breathing, and weak pulse. Food allergies often resolve during childhood, though FARE notes that today's youngsters appear to be outgrowing their food allergies more slowly than kids did in the past.



# MCBP seeking seal steward volunteers

Maryland Coastal Bays Program (MCBP) is currently recruiting and hosting a volunteer training for seal stewards on Tuesday, November 7, at 5:30 p.m. at the West Ocean City Fire Department located at 10124 Keyser Point Road. National Aquarium's Marine Animal Stranding Coordinator,



Jen Dittmar, will conduct the training.

This volunteer opportunity is an 'on call' opportunity. When a seal hauls out, seal stewards will be contacted to see if they are available to man the haul out area to make sure beach and dog walkers keep a safe distance to protect both the walkers and the seal. Educational material and information will be provided at each haul out so that stewards can inform interested on-lookers. Please contact Sandi at [sandis@mdcoastalbays.org](mailto:sandis@mdcoastalbays.org) or by calling her at 410-213-2297 ext. 106

if you plan on attending the training.

MCBP and the National Aquarium Marine Animal Rescue Program (MARP) partnered three years ago to launch an outreach program on responsible seal viewing and sighting reporting. Out of this partnership developed the seal steward program as Ocean City has been experiencing a significant increase in seal sightings.

Their dog like faces and lumpy body make seals adorably appealing and seemingly approachable; however, an up close and personal encounter with a seal can cause serious stress and create a dangerous situation for people and/or the seal. Seals are protected by the Marine Mammal Protection Act (MMPA). It is against the law to touch, feed or otherwise harass seals and when viewing you are required to stay at least 50 yards from the resting seal (that's at least four car lengths).

When a seal lays on a beach, it is hauling out, a normal behavior associated with pinnipeds (seals, sea lions and walruses) of temporarily leaving the water between periods of foraging activity for sites on land or ice. Hauling-out is necessary in seals for mat-

ing, giving birth, predator avoidance, thermal regulation, social activity, parasite reduction and rest. As the seals that we experience in our area are temporary visitors, their hauling out here is primarily for rest or distress. Therefore, close encounters by humans and dogs put both at risk. Seals will bite and serious infections can be transmitted to you or your pet.

If you should encounter a seal on the beach this winter, please call MARP's direct line at 410-576-3880 or 1-800-628-9944 and register your sighting on the MCBP website - [mdcoastalbays.org](http://mdcoastalbays.org) - so a trained observer can evaluate the condition of the seal to determine if its doing it's normal thing or is in distress.

Maryland Coastal Bays Program is seeking \$5,000 from Giving Tuesday donors to support education and outreach activities associated with our wildlife protection and marine debris removal programs. If you are interested in donating starting November 20 you can donate through Giving Tuesday to this program online at [www.mdcoastalbays.org](http://www.mdcoastalbays.org).

## Post to host Veterans Day dinner

On Saturday November 11, Synepuxent Post #166 American Legion will have a "Back in the Day" Traditional Veterans Day dinner. This year's dinner will follow the annual Veterans Day program at the Post Home located at 2308 Philadelphia Ave. in Ocean City.

The agenda for the evening will be as follows: Greet and Meet at 4 p.m. and a Veterans Day Community Program at 5 p.m. followed by the traditional dinner. The complimentary dinner will be for The American Legion family and is open to the public who attend the program.

Reservations are mandatory. All who wish to attend the dinner must call First Vice Commander Robert Smith at 443-614-2503 or

Adjutant Paul Hawkins 443-523-2973 no later than November 7. Emailing the Post is also an option, give names and phone numbers to confirm your reservation. The E-mail address is [alpost166@com-cast.net](mailto:alpost166@com-cast.net).



**Maryland Day** - Fourth graders at Ocean City Elementary recently celebrated Maryland Day. They visited all fourth grade teachers to learn something special about the state in which they live. To commemorate the day, these students wore their Maryland finest.

# Ups and downs

Seasons have cycles and so do we.

Have you ever had a day that was beige, blah, ambivalent? You know the sort of day where you have absolutely no motivation to do any-



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

By **Chip Bertino**

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thing; there's just a lack of energy or motivation. It's on days such as these that you wonder how you even managed to get out of bed. If in fact you have at all.

These days of feeling lower than low, can be defined as "down days." I know I have them from time to time. I'd like to believe I'm not the only one. These days are spent in suspended animation. It's a day of listlessness; of going through the paces of life feeling like a deflated tire abandoned on the roadside. The day is gray even if it's sunny outside. It's on such occasions that I'm reminded of a line uttered by comedian George Goebel about being in a world of tuxedos feeling like a pair brown shoes. And those shoes are walking all over me.

Conversely there are days when it seems the deflated tire on the road to Blahsville has been inflated with supercharged air. On days like this I feel there's nothing I can't accomplish. I'm on fire! I get more done before lunch than I sometimes do in two or three regular days. It's as if motivation has breathed into my soul and I am a fury ball of productivity. The sense of accomplishment at the end of such days is unequalled and so far removed from the days of blah as to render them forgotten tattered remnants cast into the ash can.

It's my observation that I have roughly the same number of blah days as high energy days. In between these extremes are an extended number of regular, normal, routine days that blur together like white in a bowl of rice.

I've not been able to predict or determine why I have days at either extreme. They just happen without

warning or permission. I've learned that once enveloped by the bear hug of one of these days, I'm along for the ride, unable to shake the mood of lethargy and unable to apply the brakes on hyper-vigor. The only thing I can do is go with the flow.

On blah days, I try to make myself as comfortable as possible, doing things that require little exertion. Basically, I just try to, in the vernacular, "veg out." Watching old, favorite movies is a good way to pass the time. "The Godfather," "Mr. Blandings Builds His Dream House," "Patton," or "Waking Ned Devine" are usually my choice of movies to watch. If I'm able (meaning no one else is home), I like to prepare and eat a pepper and egg sandwich. Some people consider meatloaf a comfort food. For me, it's peppers and eggs. Maybe it's an Italian thing. Sluggishness may be an unwanted companion for the day, but a pepper and egg sandwich is my friend no matter who I'm with.

On high energy days I like to tackle those tasks that on a normal day I give just a passing glance. For instance, cleaning out the garage or reorganizing the attic may rise to the top of the list. Actually on days when the energy throttle is wide open, I can accomplish both tasks before lunch giving me time in the afternoon to mow the lawn, paint the kitchen (two coats) and learn a foreign language fluently. Or at least it seems that way.

Interestingly regardless of which end of the spectrum I may spend a day, a common characteristic is shared: weariness. Both wear me out. Do I have preference? Not really. Certainly I like crossing off my to-do list tasks that have gotten long in the tooth. But I also enjoy watching my favorite movies. If there was a way I could exert any control over these days it would be that I'd have my blah days on dreary, rainy days and my high energy days during nice weather. The other control I'd like to have is that my family would be out of the house on blah days so that I could prepare my comfort food without hearing their comments of woe.



## **Winter Wonderland and Holiday Gifts Galore!**

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

**Ocean Pines Community Center  
239 Ocean Parkway in Ocean Pines**

## **All Items are Handcrafted**

**Pine'eer Craft Club Bake Sale  
Luncheon Items for Sale by Kiwanis**

**Free Admission and Free Parking**

**Sponsored by the  
Ocean Pines Pine'eer Craft Club**

**For more information call  
Jacki at 410-641-6414 or Carol at 410-208-4317**



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# Donations sought for overseas troops

The Synepuxent Post #166 American Legion has started its annual Support the Troops Program for Christmas 2017. Needed items are being collected to send to the military at Christmas. Last year more than 300 boxes were sent around the globe.

This year the Connection Club of Stephen Decatur High School (SDHS) in Berlin has collected 25 cases of items. They also donated money to help with the shipping costs. Laurie Chetelat, the advisor of the Connections Group at SDHS, praised the clubs, the students and the staff of SDHS for their successful 2017 Support the Troops Program.

Items are still being collected and

can be dropped off at Synepuxent Post #166 located at 2308 Philadelphia Ave. in Ocean City and Boggs-Disharoon Post #123 in Berlin. Other locations in Ocean City are the Bank of Ocean City in West Ocean City, the 59<sup>th</sup> Street branch in Ocean City and Minuteman Press located at 120<sup>th</sup> Street in Ocean City.

If any items cannot be delivered to the above locations, please call Sarge Garlitz at 443-735-1942 or email him at firstsgt166@msn.com. The boxes will be packed on Sunday December 3 and shipped on Monday December 4.

Requested items include: powered drink mixes (cold or hot); candy and gum (no chocolate); packets of ketchup, relish, mustard, seasoned salt, hot sauce (small packets only); snacks (small hard containers of pretzels, chips, nuts, snack cakes, cheese crackers, cookies, energy bars, tuna fish, sardines, non-perishable beef jerky (USDA beef).

Small, travel size containers of personal care products and clothing items are requested including toiletries (toothbrushes, tooth paste, dental floss, cotton swabs, shaving lotion, disposable razors, shampoo, individually wrapped packaged tissues); individually packaged baby wipes, eye drops, lip balm, lotion, aspirin or other pain relievers, feminine hygiene products; medicated foot powder, athlete's foot ointment; disposable hand warmers, goggle size sunglasses, fingerless gloves and stocking caps. Also requested are 100% cotton socks and underwear (short and long).

Also requested: paperback books, current magazines, comic books,

*please see troops on page 15*



**Reading time** - Ocean City Elementary School second grader **JaNiya Carelock** reads a book to first grader **Olive Maynard** during their weekly Buddy Reading time.

## Hospice asks for blankets

Coastal Hospice & Palliative Care is in need of blankets to give to the patients in their care.

Many hospice patients become chilled in the cold of winter, and Coastal Hospice has traditionally provided blankets to give them comfort and warmth. The nonprofit also delivers blankets each year during the second week of December, when volunteers dress like Santa and elves and go to patients' homes to bring holiday cheer. This year, the demand is exceeding the supply on hand.

"Our patients, many of whom are bed ridden or in wheelchairs, truly ap-

preciate the extra comfort and warmth these blankets provide," Sally Rankin, volunteer coordinator for Coastal Hospice, said. "It also makes them feel a little bit better knowing someone out there cares about them."

Most appropriate are quilted, knitted, crocheted, or soft fleece blankets in throw, twin, or full sizes. The blankets must be new, and can be either handmade or purchased.

Donations are being accepted during regular business hours at the Coastal Hospice main office at 2604 Old Ocean City Road in Salisbury, or at Coastal Hospice at the Ocean at 10441 Racetrack Road, Taylorville Center, in Berlin.

More information is available at 410-742-8732.



### 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  
Devil's Margarita

\$1 Off During Happy Hour

One Tap: Blue Moon, Raging Bitch, Miller Lite, Mich Ultra, Burley Oak, Evo Lot #3

Check Out Our Expanded Wine Selection \$10 bottles

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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.



**Book cleaning** - *The Republican Women of Worcester County (RWWC) volunteer their time on Wednesday mornings to help Kate McCabe, the Showell Elementary Media Center Specialist. The group is "cleansing" books so they will be ready for new labels and re-shelving. New labels will help students locate books and make selections easier. The team often changes with other volunteers, but shown on this day are from left to right are: Sharon Byerly, Kathy Vornlocker, Kate McCabe, Rosemary McAleer and Joanna Krieger.*

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# Get kids excited about volunteering

Volunteering benefits people of all ages, but can be especially beneficial to children. Studies have indicated that teenagers who volunteer are less likely to become pregnant or use drugs. In

find ready and willing partners in their children. Parents can inform their children when they volunteer and why they do so before bringing kids along to join them.



Do not forget fun. Young children may be more likely to embrace volunteering if the activity is fun. Kids might not find it too fun to sit next to their parents while mom and dad balance a soup kitchen's books, but a beach cleanup excursion or a trip to refurbish an inner-city park may inspire kids to spend a lifetime giving back to their communities and helping the less

fortunate. addition, in a review of 60 studies on child engagement, Child Trends found that children who participate in civic engagement programs are likely to be more involved in school, to graduate from high school and to hold more positive civic attitudes than those who do not get involved in such programs.

fortunate.

Keep it simple. Kids may not enjoy volunteering activities that consume too much time or make them feel exhausted. As kids grow older, parents can encourage them to embrace more challenging activities and/or commit more time to volunteering. But keep things simple with especially young children or older children who have never before volunteered

Getting kids to volunteer as they progress through adolescence may not be so difficult. In its 2014 analysis of volunteering trends, Child Trends found that 39 percent of twelfth grade students volunteered at least once a month in 2014 compared to just 27 percent of eighth graders.

Try and try again. It might take some trial and error before parents find volunteering opportunities their children truly enjoy. When volunteering with children for the first time, be careful not to commit to more than one day. If children enjoy themselves, then parents can commit more time. If kids do not seem excited by an activity, parents will not feel guilty or let the charity down by not returning.

Older students might feel compelled to volunteer to improve their college admissions applications, but parents can take steps to get their younger children excited at the prospect of volunteering.

Children can benefit greatly by volunteering, and parents can get their youngsters involved at an early age.

Set a positive example. Young children want to emulate their parents, so moms and dads who volunteer may



## SDHS hosts application week

Stephen Decatur High School recently held its second annual Seahawk Application Week, which included college visits, career and military counseling, financial advice, writing center tutorials, and on-site acceptances. Over 200 seniors participated in the various services and 20 students received on-site college acceptances.

Above: Stephen Decatur High School senior **Michael Scott** receives his on-site Salisbury University acceptance from Sammy the Seagull.



**Making a difference** - On Saturday October 28, American Legion Auxiliary (ALA) Units throughout the State of Maryland participated in Make A Difference Day. They joined together in doing something to make a difference in their community.

ALA Synepuxent Unit #166 met at the Ocean City Coast Guard Station and passed out pumpkins filled with Halloween candy to the Coast Guard members to express appreciation for being on the front line of defense for our country. SN Fernandez gave the group a tour of the station and the Coast Guard Cutter.

Pictured above are left to right: (rear) **Emily Nock**, **SN Fernandez**, President **Marie Gilmore**, **SN Tarp**, **SN Combs**, **Rosie Garlitz**, (front) **Rafe Parson** (Sons of the American Legion 166), **FN Gochauer**, **SN Palmieri** and **Kendahl Parsons**. Photo by Jessie Parsons.

## Turkey shoot scheduled

The Synepuxent Rod & Gun Club will host a Turkey Shoot on Saturday, November 18 to benefit Ocean City/Berlin Boy Scout Troop 225. Event hours are 8 a.m. to 2 p.m. Registration begins at 7:30 a.m. Bring your own 12 or 20-gauge shotgun and ammo will be provided. Rounds start at \$2 per target. Win gift certificates from area restaurants, hotel accommodations, sporting goods, tools, hunting supplies, turkeys, jewelry, etc. Buy raffle tickets to win a 22 Marlin Rifle! Breakfast, lunch and bake sale will be available. Event will be held at Synepuxent Rod & Gun Club, 7909 Purnell Crossing Rd. in Berlin. For more information contact Matt Norman at 443-366-5882 or scoutmaster@octroop225.org.





Happy Thanksgiving and a time for sharing with loved ones. What better way to share than with good food. Remember to be thankful for the many special things this year brought you and bless those less fortunate. Now let us talk some turkey 101. When purchasing the bird for your dinner, there are several options: fresh, frozen or cooked. I prefer the frozen. My daughter lives in Lancaster, PA and she can get wonderful fresh turkeys. However, I have not found that the case in this area. I like the Butterball turkeys and have had good luck with them.

To defrost the turkey, transfer to the refrigerator and allow at least 24

hours for every 4 pounds. For a quicker thaw put turkey in cold water allowing 30 minutes per pound. Change water often. When defrosted remove the neck and giblets from the cavities and rinse the bird thoroughly. Drain and pat with paper towels. Place turkey on a rack in the roaster, breast side up, tuck wings under. Salt and pepper and rub with Crisco or melted butter and apply flour lightly.

If you stuff the turkey, do so just before baking. I bake my dressing in a casserole. I do place some onions, celery, salt, pepper, and parsley in the cavity. Besides flavoring the turkey, it smells so good while baking. Put a little water in the bottom of roaster.

Bake in preheated 325-degree oven.  
Baking Times: (for unstuffed turkey)

10 to 18 lbs. 3 to 3-1/2 hrs.

18 to 22 lbs. 3-1/2 to 4 hrs.

22 to 24 lbs. 4 to 4-1/2 hrs.

To prevent from overcooking, loosely cover breast with foil when about 2/3's done.

Note: If stuffing turkey, add another hour to these times. These guidelines are from a Butterball paper I saved from years ago and work very well.

Let the turkey rest for 15 minutes before carving.

Children love to peek at the turkey while baking. They love the process and learn a lot too. While the adults are having cocktails, make something special for the children to drink.

Hot Mulled Cider (in the crock pot)

1 qt. apple cider

1 qt. pineapple juice

2 sliced lemons

1 sliced orange

3 cinnamon sticks

Simmer for 1-1/2 hours on high. Remove fruit and cinnamon sticks. Serve with orange and lemon slices. Keep warm in crock pot while serving.

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**Meeting** - Some of the hardworking, dedicated members of the Kiwanis Club at their weekly Wednesday morning meeting discussing the club's Holiday Fruit Sale fundraiser to benefit local youth. (L-R) **Skip McComas**, **Jim Wheatly**, President **Ralph Chinn**, **Charlie Warner**, President-Elect **Dick Claggett** who chairs the Holiday Fruit Sale and **Joe Beall**. Photo by Anna Fultz.

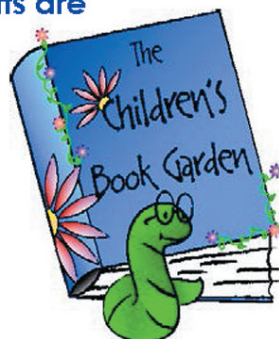
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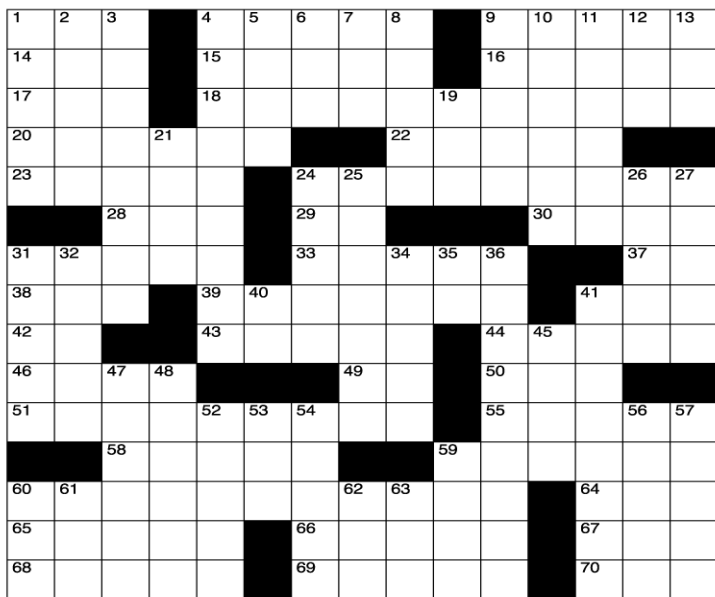


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**CLUES ACROSS**

- 1. Corpuscle count (abbr.)
- 4. Longtime sports columnist Cook
- 9. Tributary of the Rio Grande
- 14. Geological time
- 15. About ilium
- 16. Religion
- 17. Beverage holder
- 18. Its largest city is Fargo
- 20. Attaches muscle to a bone
- 22. Hindu queens
- 23. Sir \_\_ Newton
- 24. Developments
- 28. British thermal unit
- 29. The Ocean State
- 30. Smell
- 31. Line
- 33. Seizure
- 37. Where vets are tended to
- 38. Goddess of the dawn
- 39. Pear-shaped fruit
- 41. Taxi
- 42. Where injured ballplayers end up
- 43. Preceding period
- 44. Uncovers
- 46. Smudge
- 49. Dad
- 50. Peyton's little bro
- 51. Flawless
- 55. Judges
- 58. Expressed one's displeasure
- 59. Immature
- 60. PBS interviewer
- 64. Hat
- 65. Cover with wood
- 66. Acts dejectedly
- 67. Perform
- 68. Where people store their tools
- 69. Sulfuric and citric are two
- 70. Long-term memory

**CLUES DOWN**

- 1. Muscles that control eyeball movement
- 2. Hillsides
- 3. The dried leaves of the hemp plant
- 4. Used to see far away things
- 5. Inventor Musk
- 6. We all need it
- 7. \_\_ King Cole
- 8. Earthy pigment
- 9. Stringed instrument
- 10. A language of the Inuit
- 11. Shuttered
- 12. Cereal plant
- 13. Senior officer
- 19. Sportscaster Patrick
- 21. What day it is
- 24. Petrels with saw-toothed bills
- 25. Bumps in the road
- 26. Stars
- 27. Riding horses
- 31. Swamp plant
- 32. Type of bear
- 34. Style of cuisine
- 35. Home of the Flyers
- 36. Serious-mindedness
- 40. Velvet Underground album
- 41. Highly important
- 45. Winged
- 47. Cultured
- 48. Fastened
- 52. \_\_ Royce
- 53. Wreath
- 54. Excessive fluid accumulation in tissues
- 56. Synchronizes solar and lunar time
- 57. Ninth month
- 59. Deployed
- 60. Cycles per second
- 61. Expresses surprise
- 62. Mythological bird
- 63. Open payment initiative



Answers for Oct. 25

# Eyes on the Skies

## Globular clusters and age of the Milky Way

By Douglas Hemmick, Ph.D.



The arrival of November brings an abrupt change due to our time-keeping conventions. As Daylight Saving time ends this coming Sunday November 5, the dark evening skies will begin one hour earlier. Stargazers this month may still enjoy the planet Saturn as well as the Great Square of Pegasus.

November's discussion focuses on determining the age of the Milky Way by analysis of the globular clusters. Readers may recall that the Milky Way galaxy consists of a flat region called the "disk" containing the vast majority of its stars, as well as its more sparsely populated spherical "halo." Although the galactic halo has far fewer stars, it contains some beautiful groupings, known as the globular clusters.

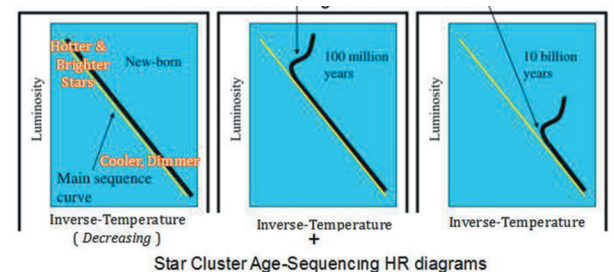
Astronomy fans generally know that all stars are born in groupings, or clusters. The globular clusters, with their strong gravitational forces, are able to retain their stars for many billions of years. By contrast, in the open clusters, the member stars slowly separate from the group, making their individual way throughout the galaxy. September's column discussed the discovery of a sibling star which had strayed from the Sun's cluster. The open clusters are located in the galactic disk and the globular clusters are features of the halo.

Astronomers theorize that in the early eras when the Milky Way was born, the galaxy had a spherical shape, while the disk formed in more recent ages. Because the globular clusters are located in the halo, it follows that their stars are members of the "golden age" club, dating back to the Milky Way's earliest days. Thus the globular clusters can be described as cosmic clocks.

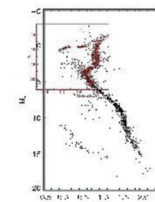
An important milestone came in the 1910's decade when two astronomers, Ejnar Hertzsprung and Henry Norris Russel, developed a graphical method of analyzing star

clusters, plotting the luminosities and temperatures ( 'inverse' or declining scale ) of the member stars. Thousands of data points are plotted from stellar surveys into the Hertzsprung-Russel (or H-R) diagrams for use by professional astronomers.

Using this method, astronomers estimate an age of about 13.4 billion



Star Cluster Age-Sequencing HR diagrams



Actual Star Cluster data

years for the oldest of the Milky Way's globular clusters. This age meshes with cosmologists calculations for age of the universe — about 13.7 billion years ago for moment of the big bang. In contrast, the popular Pleiades is much younger at just 100 million years old, for this open cluster.

Here are some details of how the H-R analysis helps determine stellar ages. Astronomers know that all stars will pass through life cycles, and that the largest, heaviest stars will "die" first, then the next heaviest, and so on. And their mass is generally related to their luminosity and temperature. Hobbyists may know that the class O stars are the brightest and hottest, B stars are a little less bright and cooler, all the way down to the dimmest and coolest, the class M stars. Dimmer and cooler stars burn more slowly and therefore enjoy longer lifetimes. The presence of many of those hotter, brighter O and B class stars at the top of the H-R curve indicates a younger star cluster — its hottest members have

please see **eyes** on page 11

# Benefits of enjoying breakfast for dinner

A sweet stack of pancakes, a plate of delectable French toast or a hearty omelet are just a few breakfast table favorites. These comfort foods enjoyed at home or at diners across the country are the very reasons why many people consider breakfast, long touted as the most important meal of the day, their favorite meal.

Breakfast foods need not be relegated to mornings and mornings alone. In fact, traditional breakfast foods can make for great lunches and dinners as well. They also may be the centerpiece when entertaining

guests.

According to a national poll conducted by ORC International and Krusteaz, makers of premium baking mixes, 90 percent of Americans say they eat breakfast for dinner, with more than half of respondents enjoying breakfast night dinners once a month or more. It is a family-friendly trend, as breakfast foods can often be whipped up in minutes, making them ideal dinners for busy families.

Explore these many benefits of digging into breakfast throughout

the day.

Affordability of ingredients: Bread, eggs and milk are mainstays at the breakfast table. Such foods are relatively inexpensive compared to seafood, meat and poultry. Anyone on a budget can save by enjoying breakfast for dinner once per week. Many egg-based dishes can be put together for around \$5 per meal, provided herbs and seasonings are already in the pantry.

Versatility of menu options: Baking mixes can provide the basis for waffles, pancakes, crepes, muffins, scones, biscuits, and much more. Options are even more numerous when such mixes are paired with eggs in different presentations, be it fried eggs, eggs Benedict or poached eggs.

Ideal for picky eaters: Children love breakfast for dinner in large part because the foods are familiar and friendly. When families cannot decide on what to make because kids are unlikely to eat what is available, consider breakfast.

Faster than delivery: "Marie Claire" says that breakfast dishes can be cooked in as little as 10 minutes, which is less time (and money) than it will take for pizza or Chinese food to be delivered. When a fast meal is needed, breakfast foods reign supreme.

Variety of flavors: Breakfast foods can be customized according to one's palette. A filled crepe can be savory or sweet. The same can be said for



pancakes. Add cooked ground sausage to the batter and serve with a side of grilled peppers for a savory twist.

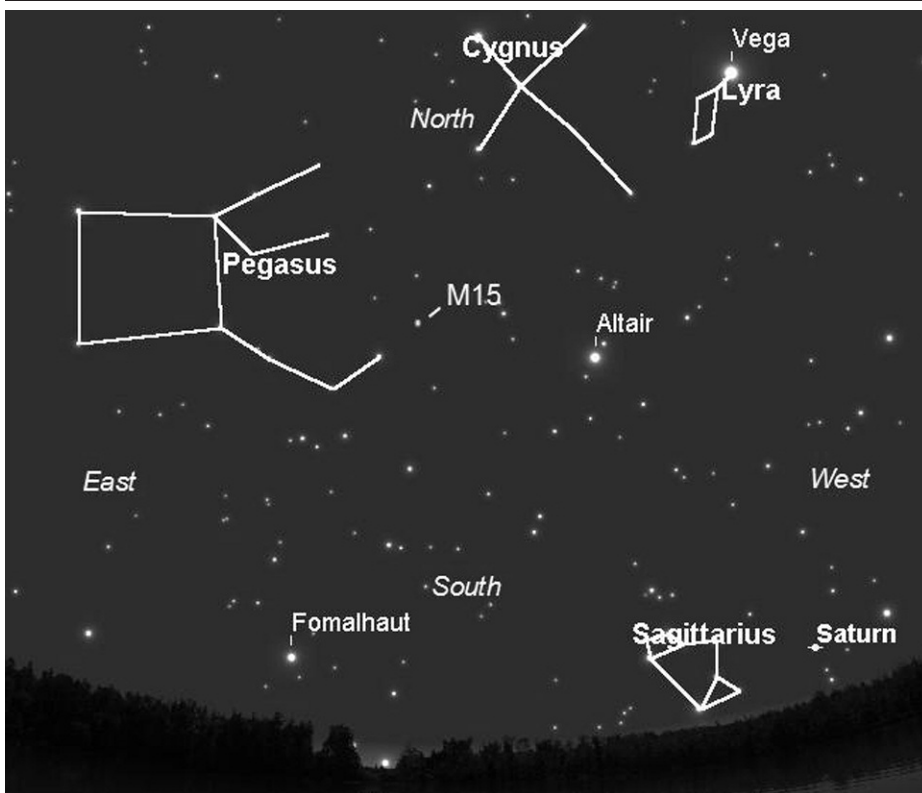
Introduce more fruits and vegetables: Reluctant produce eaters may be inspired to dig in when vegetables are mixed in with their breakfast table favorites. Experiment with fresh-fruit compotes, or cook eggs inside of hallowed out peppers or squash.

Health boost: Breakfast foods can be nutritious and lower in calories than other meals, helping those looking to shed a few pounds.

Breakfast for dinner is a fun trend that can save busy families money and time.

## Chili cook-off planned

The Democratic Women's Club will host a Chili Cook-Off on Saturday, November 11 between 5 p.m. and 8 p.m. at the Ocean Pines Community Center. For \$15 you can vote for your favorite chili. For more information contact Joy Braun at [jb Braunva@aol.com](mailto:jb Braunva@aol.com) or 410-973-1021.



eyes  
from page 10

not yet burned themselves out. In the older star clusters, the O and B stars are missing, having evolved into red giant stars in their "end of life" cycles. The H-R curve depicts those cooler red giant stars by branching to the right, away from the so called main sequence curve. Because the stars die off in a known order and each star-class is associated with a particular "age of death" there is a direct correlation between the hottest stars remaining and the age of the globular cluster.

Autumn's earlier stargazing begins on Sunday November 5, when daylight standard time begins. After this date, one's evening sessions begin about 5:15 p.m. with the planet Saturn appearing over the

western horizon. But don't wait too long — after about 6 p.m., the planet will grow too close to the horizon for convenient viewing.

November will feature Cygnus the Swan (Northern Cross) flying overhead just as the stars become visible around 5:45 p.m. To the east of Cygnus, one finds the Great Square of Pegasus. The bright star "Fomalhaut" can be seen hovering over the southern horizon, isolated from other conspicuous celestial sights. The globular cluster 'M15' is available in binoculars.

This month offers another Autumn meteor shower. The Leonid shower will be active from November 15 through 20 and reaches a peak on the night of November 17 (technically, the "wee" hours of the 18).

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., Nov. 2	6:27 a.m. 6:47 p.m.	12:14 a.m. 12:45 p.m.	7:28 a.m.	6:00 p.m.
Fri., Nov. 3	7:13 a.m. 7:35 p.m.	1:00 a.m. 1:35 p.m.	7:29 a.m.	5:58 p.m.
Sat., Nov. 4	8:01 a.m. 8:23 p.m.	1:45 a.m. 2:25 p.m.	7:30 a.m.	5:57 p.m.
Sun., Nov. 5	7:51 a.m. 8:13 p.m.	2:31 a.m. 2:15 p.m.	6:31 a.m.	4:56 p.m.
Mon., Nov. 6	8:41 a.m. 9:04 p.m.	2:19 a.m. 3:07 p.m.	6:32 a.m.	4:55 p.m.
Tues., Nov. 7	9:33 a.m. 9:57 p.m.	3:09 a.m. 4:03 p.m.	6:34 a.m.	4:54 p.m.
Wed., Nov. 8	10:27 a.m. 10:53 p.m.	4:04 a.m. 5:01 p.m.	6:35 a.m.	4:54 p.m.

## Symphony concerts to celebrate anniversary

The Mid-Atlantic Symphony Orchestra (MSO), the only professional symphony orchestra on Maryland's Eastern Shore, continues its twentieth anniversary season, "Reaching Ever Higher," with performances at



the Easton Church of God in Easton, MD on Thursday, November 2 at 7:30 p.m.; at Mariner's Bethel in Ocean View, DE on Saturday, November 4 at 3 p.m., with a Pre-Concert Lecture at 2:15 p.m.; and at the Community Church at Ocean Pines on Sunday, November 5 at 3 p.m. with a Pre-Concert Lecture at 2:15 p.m. The fall concert program, "Autumn Legends," will feature "Symphony No. 45" by Joseph Haydn, "Autumn Legend" by William Alwyn, and "The Four Seasons" by Antonio Vivaldi.

Franz Joseph Haydn (Austrian, 1732-1809) was born in poverty, but had the gift of music and a beautiful voice. These gifts won him a position in the boys' choir at St. Stephen's Cathedral in Vienna, with the additional benefits of room and board, music lessons and general education. He worked as a street musician and was asked to write a comic opera. He experimented endlessly with variations to the classical architecture of music, like the sonata form, and added new instruments to his orchestra as they were developed. Donald Francis Tovey, in his *Essays in Musical Analysis*, writes about Haydn's "...dramatic surprise... (where) almost everything is unexpected...". This commentary applies well to *Symphony No. 45*, the most popular of Haydn's early symphonies. Haydn gave young Beethoven music lessons, was very fond of Mozart and distraught by his early death. Haydn was recognized in his lifetime throughout Europe as a master and a legend.

William Alwyn (British, 1905-1985) entered the Royal Academy of

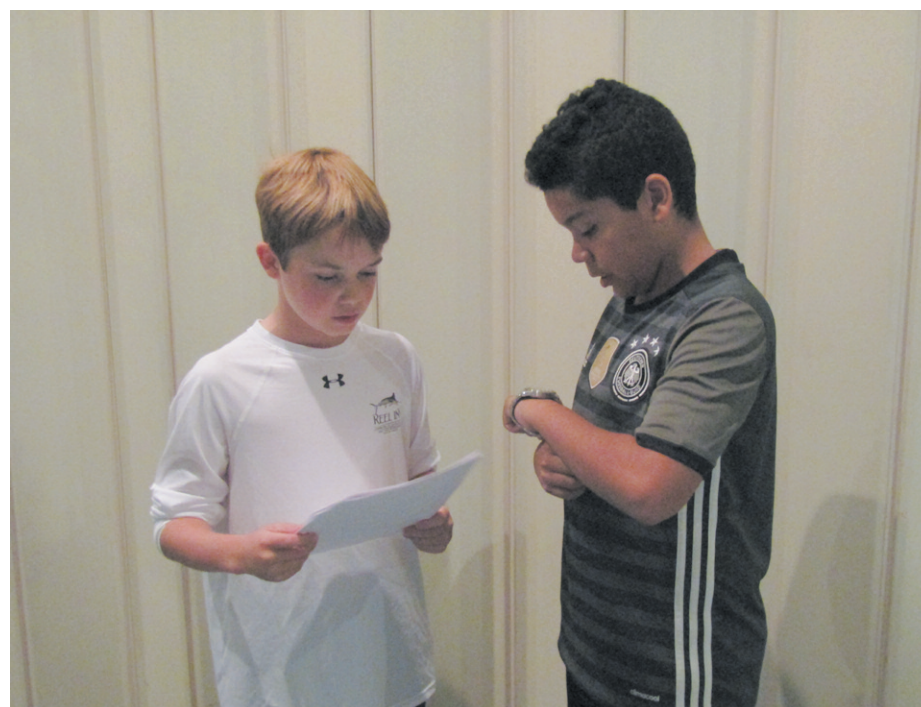
Music in 1920 and studied flute and composition. He played with the London Symphony Orchestra and was Professor of Composition at the Royal Academy. Alwyn, a poet, artist and leader of musicians' organizations, was knighted in 1978. He wrote several operas and symphonies, concertos, quartets, piano music and more than seventy film scores. His music is often played by the John Wilson orchestra. Although he experimented with new

tonalities, he never quite abandoned the classical harmonies. *Autumn Legend*, a short work for English horn and orchestra, was written in 1954. Alwyn said that he was inspired by his love of pre-Raphaelite paintings and the poetry of Dante Gabriel Rossetti.

Antonio Vivaldi (Venetian, 1678-1741) became a priest in 1703, but could not say mass because of asthma. The following year, he was appointed violinist at the *Ospedale della Pieta*, one of several organizations in the city that took in orphan girls and gave them a musical education. Vivaldi became Music Director of *La Pieta* in 1716. His contract specified writing two concerti a month for the girls' orchestra; over his lifetime, he wrote more than five hundred! Undoubtedly, his most famous work is the collection of violin concerti known as *The Four Seasons*, written in the early 1720s, and published in Amsterdam in 1725. This piece is the most overtly programmatic work written to date, in which the music tries to evoke definite items, situations and experiences. *The Four Seasons* is consistently one of the favorite works of the general public and regularly played in Venice's churches by professional groups.

Featured musicians in the concert include violinist Amos Fayette and Carl Oswald on English Horn. Fayette began his studies with his mother at the age of two. He continued lessons with various teachers and graduated from The Juilliard School of Music's Pre-College Division

please see **concerts** on page 15



**Poetry performance** - Berlin Intermediate School students on the sixth grade Mako Sharks team prepare to perform their own original slam poetry based on a fictional civilization that they created. Each student wrote their own poem from the point of view of someone who lives in their civilization.

Above **Dane Olsen** and **Angel Chavez-Durham** practice a time test for their slam poetry performance.

## Nurse honored for act of kindness

A hospital can be an intimidating place, especially for a child in pain. Jessica Hughes, RN, a nurse in Peninsula Regional Medical's Emergency Department, thought of a creative way to ease the fears of one of her young patients, and for that she earned the Daisy Award for Extraordinary Nursing.

Hughes was caring for a pediatric trauma patient come in - a little boy who had fallen out of a tree and broken his arm. She took the time to get this scared little boy a stuffed animal so he had something comforting to hold. But she took even that the extra mile - she splinted the stuffed animal's leg to match the cast that the boy was going to have. It was a thoughtful and compassionate way to help a child feel less frightened in a scary situation.

Hughes was honored with the Daisy Award in a ceremony before

their colleagues and received a certificate commending her for being an extraordinary nurse. The certificate reads: "In deep appreciation of all you do, who you are, and the incredibly meaningful difference you make in the lives of so many people." They were also presented with fresh flowers on behalf of the Peninsula Regional Medical staff, and a sculpture called A Healer's Touch, hand-carved by artists of the Shona Tribe in Zimbabwe. To nominate an exceptional nurse, visit [www.peninsula.org/DaisyAward](http://www.peninsula.org/DaisyAward) and share a story.



**Jessica Hughes**

The toy the boy received, and that Hughes splinted, was from Brooke's Toy Closet, founded in 2014 by Brooke Mulford, a Salisbury child who lost her battle with cancer in June. Children who come to Peninsula Regional's Pediatrics and Emergency Departments may receive a toy from the closet to play with while they are treated, and then may bring it home to keep. As this example makes clear, Brooke's idea to make sick children happier

please see **act** on page 15



**New committee** - The new committee of volunteers who inform and support the field of aviation for the Ocean City Aviation Association, a non-profit group. Center seated is President **Ray Unger** surrounded by members.

## Diabetes program offered

Peninsula Regional Nutrition & Diabetes Education invites anyone interested in learning more about diabetes to attend a free education event, "What's New in Diabetes," on Monday, November 13. Jack Snitzer, DO, an endocrinologist with Peninsula Regional Endocrinology and Diabetes in Salisbury, will keynote the session that will look at the evolution of diabetes care and treatment options.

The event begins at 5:30 p.m. with exhibits from companies involved in diabetes care and services until 6:45 p.m. Dr. Snitzer's presentation will begin at 7 p.m. and last approximately one hour. The program will be held in

the auditorium of the Avery W. Hall Educational Center on the Peninsula Regional Medical Center campus. Free parking will be provided at the Avery W. Hall Educational Center, located at the corner of Waverly Drive and Vine Street, in the parking lot directly across Vine Street or in the adjacent visitor parking garage. An RSVP is required; please call Peninsula Regional Nutrition & Diabetes Education at 410-543-7061. There is no cost to attend.

To learn more about the program or available diabetes and endocrinology services at PRMC, call 410-543-7061.

## 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.

## 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.

# THE ATLANTIC CLUB'S



## 6<sup>TH</sup> Annual Walk/Run for Recovery

Saturday, November 4, 2017

9AM Registration      10AM Walk/Run Begins

\$20 Pledge/Donation requested

First 50 participants will receive a free t-shirt!!!!

**PROCEEDS SUPPORT THE ATLANTIC CLUB AND SCHOLARSHIPS**

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The Atlantic Club is a non-profit service organization dedicated to helping individuals in Recovery.

For more information, please contact:

The Atlantic Club • PO Box 563 • Ocean City, MD 21843

11827 Ocean Gateway • Ocean City, MD 21842

410-213-1007 • [www.atlanticclubocmd.org](http://www.atlanticclubocmd.org)

## OC Ravens Roost #44

RAVENS ROOST  
**44**

## Penguin Swim RAFFLE



**1st Prize** Hand Made Quilt from Vintage RR44  
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**2nd Prize** 2 tickets to Ravens vs Bengals on  
Dec. 31st, Section 103, Row 32

**3rd Prize** 2 Nights @ OC La Quinta Hotel & \$50 Gift  
Certificate for Rare & Rye Restaurant

**4th Prize** Large Basket of Cheer; Includes various  
bottles of Liquor, Wine, Beer, Bar Tools,  
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Checks Made Payable to: Ravens Roost #44

Contact Gary Miller @ [garywm@mehsi.com](mailto:garywm@mehsi.com) or

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DRAWING TO BE HELD ON DECEMBER 9TH

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# Pros and cons to keeping pigs as pets

People are drawn to pets for various reasons. Self-sufficient cats entice those who prefer independent pets that do not take up much space. Dog lovers might enjoy the companionship and boisterous personalities of tail-wagging pooches. Exotic pet owners appreciate the uniqueness of their reptiles and amphibians and how they may serve as a conversation starter.

Pot-bellied pigs also can make for interesting pets that can make for beloved additions to households. Curious, trainable and very intelligent, pigs offer more as pets than many people may realize. Many people mistakenly perceive pigs as dirty, smelly, sweaty messes. Such misconceptions may make people wary of adopting pet pigs. While not ideal for everyone, pot-bellied pigs can make wonderful pets.

The Pig Placement Network, a service that facilitates pot-bellied pig adoptions and placement, says that while pigs are highly trainable and can learn at a faster rate than dogs, the behavior of pigs is quite different from canines. Prospective pig owners must learn the intricacies of pigs be-

fore considering taking one in as a pet.

Pigs are regarded as prey and therefore have developed a suspicious nature. It can take time to earn a pig's trust. Furthermore, pigs can become stubborn, depressed and easily bored if not given adequate attention. This may lead to destructive or aggressive behavior. Mini Pig Info, another pet pig resource, says pigs will constantly test limits. They quickly can learn that squealing will get them attention. Unlike other pets, pigs' emotions closely mirror those of humans.

Pot-bellied pigs, which originated in Vietnam, are one of the smallest breeds of pigs as compared to what one would find on a farm. Piglets may start out small and cute, but even a



smaller pot-bellied pig can reach 100 to 170 pounds in adulthood. Those who do not understand this ahead of time contribute to the growing number of pet pigs surrendered to shelters.

Other factors that can influence if a pig is the right pet for a person:

Pot-bellied pigs can live an average of 12 to 15 years with proper care.

Communities have their own specific rules regarding pet pigs. Check if pigs are legal before adopting one.

Pigs are not apartment dwellers. They will need exercise and access to a yard that allows for rooting and exploration.

Pigs have a pronounced sense of smell and will immediately know

when someone is eating or opening food.

Finding a veterinarian who is familiar with pot-bellied pigs is key to maintaining the animal's health and longevity.

Pot-bellied pigs can be a welcome addition to a home. With education, training and patience, pigs can make great pets.

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## friday

from page 2

teaches classes at the Arts Center and at Zenna Wellness and Urban Nectar in Berlin.

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](http://www.artleagueofoceancity.org).

## HSUS opposes cat declawing

The Humane Society of the United States (HSUS) opposes declawing cats except in rare cases when it is necessary for medical purposes, such as the removal of cancerous tumors from cats' nail beds. The HSUS advises that it is perfectly natural for cats to scratch, which they typically begin doing as eight-week-old kittens, and that declawing may contribute to problems that are more serious than shredded furniture. Rather than planning to declaw their cats, pet parents can begin training kittens to use scratching posts and trim their nails when cats begin scratching. The HSUS notes that declawing can produce some very negative side effects for cats, including pain in the paw, infection, lameness, and back pain. When cats' claws are removed, this can change the way their feet meet the ground, resulting in the same painful feelings that human beings may feel when wearing uncomfortable footwear. In addition, improperly removed claws may begin to grow back. Declawing also may contribute to nerve damage and result in the forma-

tion of potentially painful bone spurs. The HSUS also notes that some newly declawed cats begin to bite as a defense mechanism, putting themselves and anyone they encounter in danger.

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## act

from page 12

with the toy closet is working. To donate to the closet, the PRMC Foundation at 410-543-7140. Toys or books should be new and unopened, and should be of a size that can fit on a cabinet shelf.

The not-for-profit DAISY Foundation is based in Glen Ellen, CA, and was established by family members in memory of J. Patrick Barnes. Patrick died at the age of 33 in late 1999 from complications of Idiopathic Thrombocytopenic Purpura (ITP), a little-known but not uncommon auto-immune disease. The care Patrick and his family received from nurses while he was ill inspired this unique means of thanking nurses for making a profound difference in the lives of their patients and patient families.

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## troops

from page 15

crossword puzzles, word searches, jigsaw puzzles, foam footballs, basketballs, Frisbees, hacky sacks, playing cards, Yo-Yos, portable DVD, CD players, DVDs and CDs, disposable cameras, paper, envelopes, pens, pencils and reminders of home such as cards, children's art projects and homemade cookies in air tight containers.

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## concerts

from page 12

as well as the Peabody Institute in Baltimore, Maryland. He has been guest concertmaster of the Annapolis Symphony Orchestra, Mid-Atlantic Symphony Orchestra and the Tucson Symphony Orchestra, and has performed various leadership roles in the Baltimore Chamber Orchestra.

Oswald is a Baltimore native whose performances have spanned the globe. A graduate of the Yale School of Music, he has appeared as a soloist with the Baltimore Symphony Orchestra, the Yale Philharmonia and the University of Maryland Symphony Orchestra. He performs regularly in the Baltimore area with the Annapolis Symphony, Mid-Atlantic Symphony and the Concert Artists of Baltimore, and has appeared with Orchestra of St. Luke's, Princeton Symphony, Hartford Symphony and New Jersey Symphony Orchestra.

The Mid-Atlantic Symphony Orchestra is supported in part by the Maryland State Arts Council, the Talbot County Arts Council, the Worcester County Arts Council, Sussex County, Delaware and the Community Foundation of the Eastern Shore, Inc.

Tickets are available online at [midatlanticsymphony.org](http://midatlanticsymphony.org), or by telephone (888) 846-8600 or at the door. For further information, visit [midatlanticsymphony.org](http://midatlanticsymphony.org).



**Pajama donations** - Ocean City Elementary (OCES) is holding its first annual Pajama Drive October 23 through November 3. Students are encouraged to bring in a brand new pair of pajamas to donate to the Pajama Program, a 501(c)3 non-profit organization that provides new, warm pajamas and books to children in need. All pajamas collected at OCES will be donated to kids on the Eastern Shore. Front row: **Lylla Bergeman, Chloe Holland, Abigail Ferguson and Madison Hearne.** Back row: **Brantley McKenna, Harper Bergeman, Brody Kendall, Emily Ferguson and Tanner Intriери.**

## PRMC offers 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 10a.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 Veteran's 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.

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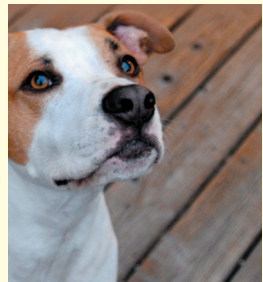
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## Scents...

A profound sense of smell is one of the many interesting characteristics about dogs. Dogs' noses secrete a thin layer of mucus to help keep them moist and enable them to absorb scents. Dogs also will frequently lick their noses to sample smells through another sensory organ, their mouths. Dogs' senses of smell are quite intense. Unlike humans, who have roughly five million scent glands, dogs have



no less than 125 million and as many as 300 million such glands, depending on the breed. Dogs' ability to

sniff things out is far stronger than humans'. A dog's nostrils, or nares, can move independently of one another, helping man's best friend pinpoint the location from which a smell is coming.

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