



The Courier

September 23, 2015 Volume 16 Number 4

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Choptank to hold smart meter meeting

Choptank Electric, a Touchstone Energy Cooperative, will host an informational meeting on Thursday, October 1, beginning at 6:30 p.m., in the Assateague Room of the Ocean Pines Community Center. The meeting will give an overview of the Cop's AMI meter deployment currently taking place throughout their distribution system territory, and provide an opportunity for questions and answers.

Mike Wheatley, president and CEO of Choptank Electric stated, "As a trusted energy partner to our members, we want to be sure they receive factual and accurate information concerning Advanced Metering Infrastructure and the equipment used in this project. We hope this meeting will help address some of the misconceptions about AMI and reassures our members of our commitment to providing them with safe, reliable and affordable electricity."

Choptank Electric encourages all members to familiarize themselves with information concerning their AMI meter deployment, fact sheets, videos, and opt out materials which may be found on the website at www.choptankelectric.coop, Advanced Meter Information. If internet access is unavailable, members should contact the Member Service Center at 1.877.892.0001 and these materials will be mailed to them.

Shop For A Cause helps animals

Join the Worcester County Humane Society Thursday, October 1 from 5 p.m. to 9 p.m. at BomShell Boutique and The Green Doors for a fun evening of shopping. Both stores, located at 12216 Ocean Gateway, West Ocean City, will donate a percentage of sales from the evening to the no-kill animal shelter. There will be refreshments and adoptable animals on site. In addition, The Green Doors will conduct demonstrations on how to reinvent furniture with chalk paint. Shoppers will be able to use the paint also.

"This is the perfect opportunity for a ladies' night out," said Tina Walas, event organizer and WCHS volunteer. "It will be a nice evening of shopping, food, and socializing all while supporting a good cause and local businesses."

The Worcester County Humane Society is a private, nonprofit, no kill animal shelter located on Eagles Nest Road in Berlin. For more information follow the shelter on Facebook and Instagram or visit www.worcestercountyhumesociety.org



Students thank police — September 19 was "Thank a Police Officer Day on Delmarva." Most Blessed Sacrament Catholic School students made cards and put together a basket of goodies to take to the Rehoboth Beach Police Barracks. Pictured are Student Council Members receiving the cards from some of our lower grade students. Top Row: **Marisa Alvarez, Emily Selba, Tristyn Piperno, Ashten Snelsire.** Middle Row: **Kiley Hamby, Owen West, Hayden Esworthy, Abigail Neely.** Bottom Row: **Caroline Gardner, Christian Hill, Von Jarmon, Tyler Jenkins and Taylor Barrett.**

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OP Chamber announces honorees

The Ocean Pines Chamber of Commerce Board of Directors recently announced the 2015 award recipients that will be recognized at the 16th annual awards and installation banquet being held on October 15 at the Ocean Pines Yacht Club.

The award recipients are: 2015 Ocean Pines Business of the Year is Ayers Creek Adventures, 2015 Ocean Pines Citizens of the Year are Bob & Kelli Beck of DeNovo's Trattoria and 2015 Ocean Pines Non-Profit Organization of the Year, sponsored by the Community Foundation of the Eastern Shore, is Diakonia, Inc.

Please join in the celebration as these local award winners are honored for their accomplishments and contributions to the local community during the Harvest Ball annual banquet.

The awards ceremony will be held in conjunction with the installation of the 2015/2016 board members and officers. The officers are: incoming President Amy Unger of Atlantic General Hospital, outgoing President

Anna Giles of Merrill Lynch, Vice President Will Cathell of Williams, Moore, Shockley & Harrison, LLP, Treasurer Celeste Miller of Farmer's Bank of Willards and Secretary Lee Ann Gunning of Wor-Wic Community College. The board members are incumbents Heather Shaner of M&T Bank, Ocean Pines, Michael Mathers of Law Firm of Michael B. Mathers, P.A. and two new board members, Teresa Travatello of the Ocean Pines Association and Patty Dundore of American Granite and Tile, Inc. The chamber will pay tribute to outgoing board members Gwen Cordner of Acquest Title Services, Inc., who has served on the board for six years and Larry Leese of Larry Leese & Associates, PA, who has served for four years.

The banquet is open to the public. Tickets are just \$55 per person and can be purchased on-line: www.OceanPinesChamber.org or by calling the Ocean Pines Office at 410-641-5306.

Fight the Flu

With a Shot of Prevention

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Follow Apple's Wellness Plan and get a flu shot to help protect you and your family all season long. Stop in today and ask your Apple pharmacist about flu shots and other recommended vaccines.

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NAMI Maryland Lower Shore

Presents the:

NAMI Family-to-Family Education Program

National Alliance on Mental Illness

Free for family members and friends of individuals with:

- Major Depression
- Bipolar Disorder (Manic Depression)
- Schizophrenia and Schizoaffective Disorder
- Borderline Personality Disorder
- Panic Disorder and Obsessive Compulsive Disorder
- Co-occurring Brain Disorders and Addictive Disorders

These 12 classes, held MONDAYS and THURSDAYS (twice a week) for 6 weeks, are structured to help caregivers understand and support individuals with serious mental illness while maintaining their own well being. The course is taught by a team of trained NAMI family member volunteers affected by a loved one with mental illness. Over 80,000 people in the U.S., Canada and Mexico have completed this course. Visit: www.NAMI.org.

CLASS STARTS:

Thurs., October 15 at 6:15 p.m. at Worcester Youth & Family Services, Berlin, MD

Registration required.

Classes fill quickly. Sign up now!
Contact Carole Spurrier 410-208-4003 or
Jean Marie Sterner 410-213-1096
Email: namimdls@gmail.com

The good news about mental illness: recovery is possible

By **Dolores E. Pike**

The name Carole Spurrier has long been well recognized in the business community of Worcester as well as nearby counties. But for this interview she donned another hat...a special hat that she wears quite proudly. She is NAMI Maryland's representative on the lower shore. The National Alliance on Mental Illness, better known as NAMI, is the largest grass root organization in the nation to help with mental illness. As such she strives to realistically present the overall picture of working with the consumers of mental health services through a free, six week education program for the caregivers of those with brain disorders.

Therefore in light of this, she wants to get the word out that the NAMI Family-to-Family Education Program will start Thursday, October 15 at 6:15 p.m. The Family-to-Family program consists of 12 classes held Mondays and Thursdays (twice a week) for a total of six weeks. Anyone wishing to attend must first register. For Family-to-Family registration call either Carole Spurrier (410) 208-4003 or Jean Marie Sterner (410) 213-1096.

Carole is also proud to announce the NAMI Maryland Lower Shore will be offering for the first time NAMI Basics. NAMI Basics is a six week class held once a week on

Thursdays, also starting October 15 at 6:15 p.m. The Basics program is designed to help the parents and caregivers of children and teens who are experiencing symptoms of a mental illness or have already been so diagnosed. Both classes will meet at the Worcester Youth and Family Services Building in Berlin. For NAMI Basics registration call either Julie Knepp (443) 798-0628 or Dawn O'Hara (302) 448-0409 or visit e-mail namimdls@gmail.com.

"Mental health and wellness is very dear to my heart. I have two children with brain disorders. My daughter was diagnosed as bipolar and my son is on the autism spectrum. It was hard to get help for my children but harder for myself as a parent to get help. It wasn't until after I retired in 2003 that I found NAMI. I enrolled in the Family to Family class and was blown away by what they had to offer those of us who care for someone with mental illness and shortly thereafter I became an instructor and have been teaching since 2003," said Carole. To teach family classes in NAMI they stress peer education, "people who have already been where you are" so in order to be an instructor you must have a family member with mental health issues. NAMI tries to reach out to the families because so much of the burden is in turn placed on the families.

She went on to say that in these classes you learn that all of the mental disorders are biological in nature and are not your loved ones fault and no more your fault than cancer or diabetes might be. You learn

about the various illnesses, the medications, the communication strategy and self-care for the caregiver. All of this takes a serious toll on the caregiver. Information for those attending classes is often life changing. At the Family-to-Family classes a crisis file is provided for attendees to record in. There is also much pertinent information in the file along with all the phone numbers important for caregivers to have handy so they can get help fast when they need it.

"Both of my children are in recovery which is defined as 'accepting your mental illness, getting proper treatment and living a full

and productive life in spite of your illness.' My children are so strong and they fight every day so that I see them in the role of heroes and heroines. I want to help other family members share the same pride in the recovery process. Treatment works and recovery is possible," said Carole whose daughter is now 38 and her son 32. And Carole believes that NAMI is the only place she has found help for her family.

For more information please visit NAMI.org or [Mental Health Resources at www.worcesterhealth.org](http://MentalHealthResourcesatwww.worcesterhealth.org) Lower Shore Early Intervention Program (410) 677-6590.

Special Olympics open house set

There will be a Special Olympics Lower Shore open house on Wednesday, September 30. The program will highlight the need for volunteer leadership on the Lower Shore and will mark the launch of intensified investment into the program and the athletes on the shore. Currently, Special Olympics Lower Shore serves 231 individuals with intellectual disabilities residing in Wicomico, Somerset, and Worcester

Counties. If you are interested in getting more involved or just learning more about our program, please join for the Lower Shore Informational Meeting. The meeting will take place between 6:30 p.m. and 8 p.m. in the Ocean Pines Community Center.

For more information contact Steve Cohen at 301-667-3099 or Brina Jolles at 1-443-735-2627.

Suddenly single social set

The Worcester County Commission for Women invites you to attend an Author Talk & Luncheon on Saturday, October 24 from 11a.m. until 2 p.m. at The Restaurant at Lighthouse Sound. Catherine Helwig will discuss her book "360 Turning My Life Around," a memoir about loss and recovery. Choose one of three luncheon entrees: (1) Lighthouse mixed greens salad topped with a scoop of tuna salad and chicken salad, (2) Tenderloin and brie on ciabatta bread served with fresh cut fries, and (3) Jumbo lump crab cake sandwich served with fresh cut fries and coleslaw. Freshly baked chocolate chip cookies, coffee, tea, soda and gratuity are included in the price of \$15 per person.

The "Suddenly Single" initiative is open to all coping with the loss of a partner's support through illness, death, separation or divorce. To request a reservation flier, contact Diane McGraw at mcgrawdb@mchsi.com or 410-208-2569. Checks should be made payable to FWCCW and mailed to 7 Central Parke West, Berlin MD 21811 by October 19.



Back to school — Each year Worcester Prep hosts a Back-to-School Luncheon for Seniors where they enjoy getting together to learn more about college admissions procedures, college visits, their senior trip to England, senior privileges, senior lunches, and seniors as school leaders. During the luncheon a few of the 47 members of the Class of 2016 were captured in this photo with WPS Headmaster Dr. Barry Tull: (Back Row L-R) **Laura Issel**, Headmaster **Dr. Barry Tull**; **Hayley Larsen**, (Front Row L-R) **Charlie Pritchard**, **Rachel Berry** and **Allie Barrish**.

The Courier

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2012 Business of the Year

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Standing eggs?



There are only two days of the year when you can stand an egg on its end, the autumn and spring equinox. To do this you will need an egg. (It does not have to be hard-boiled.) Place the egg on a hard, flat surface on its largest end. Carefully pull your hands away and it should remain upright.

North or South?

Not everyone has seasons at the same time! The equinox happens twice a year, and depending on which side of the planet you live, autumn will start in March (for south) or September (for north). **No autumn ever!**

If you live in a place too close to the Equator, or central area of the planet, then you'll never have autumn... or any season!

Atlantic General offers flu clinics

Frequent handwashing and avoiding close contact with those who are sick certainly helps but, according to the Centers for Disease Control and Prevention (CDC), the best way to prevent the flu is getting a flu vaccine each year.

As a service to our community's health, Atlantic General Hospital/Health System is again providing community flu shot clinics. Individuals must be at least 13 years old to receive the vaccine at one of the clinics.

To avoid long lines, however, community members are encouraged to contact their doctor's office to receive their vaccine. Flu vaccine is considered preventative care and is covered at 100 percent by most insurances.

Atlantic General Health System (AGHS) has their supply of flu vaccine; patients of AGHS physicians can call today to schedule their flu shots or inquire about available walk-in times.

Community members can also receive flu shots at Townsend Medical Center on 10th Street in Ocean City, no appointment necessary.

This year the hospital and health system has scheduled clinics as follows:

Saturday, October 3
8 a.m. – noon

Community Health Fair – Ocean Pines Community Center
 235 Ocean Parkway, Ocean Pines.

Tuesday, October 6
10 a.m. to 2 p.m.

Taylor Bank (Snow Hill Branch)
 108 West Market St. Snow Hill.

Thursday, October 8
10 a.m. to 2 p.m.
 Pocomoke Fire Department

1410 Market Street Pocomoke.

Wednesday, October 14
2 p.m. to 6 p.m.

Atlantic General Hospital
 9733 Healthway Dr. Berlin, Md.
 (Please use Emergency Room Entrance)

Thursday, October 15
10 a.m. – 1 p.m.

Holy Savior Catholic Church
 1705 Philadelphia Ave., Ocean City.

Wednesday, October 21
2 p.m. to 6 p.m.

Atlantic General Hospital
 9733 Healthway Dr. Berlin, Md.
 (Please use Emergency Room Entrance)

Tuesday, October 27
10 a.m. to 1 p.m.

Brandywine Senior Living at Fenwick Island
 21111 Arrington Dr. Selbyville, DE.

Influenza and complications resulting from the virus kill an estimated 20,000 people each year, according to the CDC. Although rates of influenza vaccinations have increased in recent years, health surveys indicate that less than half of the high-risk population receives a yearly vaccine.

Influenza, or flu, is a highly contagious virus spread by inhaling droplets from an infected individual's cough or sneeze. Most symptoms emerge within 24 to 48 hours and are characterized by fever, chills, sore throat, cough and headache. Just one infected person can unknowingly pass on the flu to family members and loved ones because the virus can be transmitted 24 hours before symptoms appear. CDC recommends that everyone 6 months of age and older get a seasonal flu vaccine.

Those at an increased risk for influenza related complications:

- persons 65 years and older
- nursing home residents and other chronic care facilities
- adults and children with chronic disorders of the pulmonary or cardiovascular systems, including children with asthma
- people with metabolic diseases such as diabetes
- those with blood diseases like sickle cell anemia, or impaired immunity

The vaccine is usually given before the flu season. Since flu viruses mutate often, vaccines should be repeated each year. The vaccine is made from eggs. If you are allergic to eggs, consult with your health care provider

For more information on the Atlantic General Hospital Community Flu Clinics, contact Atlantic General Hospital at 410-641-9FLU (9358).

Program at 855-445-5540.

Residents of Somerset, Wicomico and Worcester counties may get help with the Medicaid application at the following sites:

- Walk-ins accepted at Worcester Department of Social Services.
- By appointment with navigator (855-445-5540) at 424 W. Market Square in Snow Hill (M-F).
- *Snow Hill Health Department at 6040 Public Landing Rd. in Snow Hill (M-F).
- *Pocomoke Health Center at 400-A Walnut Street in Pocomoke (M&W by appointment).
- *Berlin Health Center at 9730 Health Way Drive in Berlin, (M-F).

Medicaid recipients must renew by September 30

If you are covered by Maryland Medicaid including Managed Care Organizations – Priority Partners, Maryland Physicians Care, Amerigroup, Riverside, or UnitedHealthCare, your coverage may be ending. Medicaid recipients of the managed care program including children, adults under age 65, parents and caregivers and pregnant women are strongly urged to renew their coverage by September 30 to ensure no lapse in benefits.

If you have questions or need help with the new application process on MarylandHealthConnection.gov, please contact the Lower Shore Health Insurance Assistance

Letters sent to The Courier for publication consideration must be signed and include a telephone number where the author can be reached to verify authenticity, if necessary. Letters are not corrected for spelling or grammar and priority will be given to letters of 300 words or less. Letters must be received by Friday at 5 p.m. They can be e-mailed to:



thecourier@delmarvacourier.com

A little of this, a little of that

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

During a trip not long ago to the su-

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



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

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

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

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

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

As our items were rung up we watched intently hoping that our calcu-

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

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

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

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

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

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Residential Counselors Full and Part Time Positions

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Administer daily medications
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Develop strategies to help clients achieve highest level of independence
Serve as program liason with clients, families and state
Provide support to clients in work and home settings
Provide training to staff as needed
Requirements: Bachelor's in Psychology or related field and 1+ years of experience

Mentor Part Time

Direct support worker who assists clients in accessing community events and social/recreational outings.
Requirements: High School Diploma or GED, Valid Driver's License

Apply online at www.wcdcservices.org

Submit resume to:WCDC Attn: Human Resources,
P.O. Box 70, Newark, MD 21841

Stop by:8545 Newark Road, Newark, MD 21841

EOE



AGH hosts bestselling author

On September 12, Atlantic General Hospital had the pleasure of bringing the Berlin community a special program on post-traumatic stress disorder (PTSD). U.S. Army veteran Captain Luis Montalván and his service dog, Tuesday, shared their inspirational story and discussed the struggles of PTSD.

The stormy weather did not keep community members away from meeting Montalván and Tuesday, learning more about what it means to battle PTSD and how important it is to support those dealing with this and other physical and mental disabilities.

Attendees had the opportunity to purchase signed copies of Montalván's book, "Until Tuesday: A Wounded Warrior and the Golden Retriever Who Saved Him," which hit the New York Times Bestseller List three years in a row.

Above are U.S. Army veteran Captain **Luis Montalván** and his service dog, **Tuesday**.

Taylor House Museum joins annual Museum Day Live!

The Calvin B. Taylor House Museum will open its doors free of charge on Saturday, September 26, as part of "Smithsonian" magazine's 11th annual Museum Day Live! On this day only, participating museums across the United States emulate the spirit of the Smithsonian Institution's Washington, DC-based facilities, which offer free admission everyday and open their doors for free to those who download a Museum Day Live! ticket.

Inclusive by design, the event represents Smithsonian's commitment to make learning and the spread of knowledge accessible to everyone. Last year's event drew over 400,000 participants, and this year's event is expected to attract more museum goers than ever before.

According to Curator Susan Taylor, "It is important for Berlin's Taylor House to participate in Museum Day Live! because our mission mirrors that of the Smithsonian. Our aim is to educate about life in the Town of Berlin and its surrounding area with an emphasis on cultural history and historic preservation."

The Calvin B. Taylor House was built by Isaac Covington in 1832. The main areas of the house are portrayed as it was shortly after its construction with fur-

nishings that as are historically accurate as possible. The museum also contains gallery space featuring items from prominent local businessman Calvin B. Taylor who lived in the home from 1890 until 1932, exhibits featuring life in Northern Worcester County in the first half of the 20th century, and a room dedicated to the Harrison Family and its past nationally renowned nursery business. It is open from 1 p.m. to 4 p.m. every Monday, Wednesday, Friday and Saturday from Memorial Day through the end of October. Special group tours are always available upon request. Requested donation for entry is \$5 per person.

The Museum Day Live! ticket will be available at Smithsonian.com/museumday. Visitors who present the Museum Day Live! ticket will gain free entrance for two at participating venues for one day only. One ticket, per household, per email address is permitted. For more information about Museum Day Live! 2015 and a full list of participating museums and cultural institutions, please visit Smithsonian.com/museumday.

For additional information about the Calvin B. Taylor House Museum, go to taylorhousemuseum@verizon.net or call Susan Taylor at 410.641.1019.

Ocean Pines

Chamber of Commerce

16th Annual Awards & Installation Banquet

2015 Theme:

Harvest Ball

Thursday, October 15th, 2015
6-9pm at the Ocean Pines Yacht Club



Please join us in honoring our 2015

Business of the Year: Ayers Creek Adventures

Citizen of the Year: Bob & Kelli Beck
DeNovo's Trattoria

Non-Profit of the Year: Diakonia, Inc.
Sponsored by the Community Foundation of the Eastern Shore

as well as the installation of our 2015/2016
Ocean Pines Chamber of Commerce
Board of Directors.

Tickets \$55 each includes: a delicious sit down dinner of either Roast Beef, Chicken Marsala or Swai Fish, fruit & cheese platter, vegetable medley, steamed rice & gourmet cupcakes, courtesy of Miss Patti Cake!

Sponsorships available!

To Purchase Tickets and Sponsorships, please visit our office at
11031 Cathell Rd, Berlin, MD,
online at www.oceanpineschamber.org or call 410-641-5306.
R.S.V.P by October 12th!

Winning design - *The Worcester County Art Council announced that Anna Hulslander, who attended this year's Summer Arts Camp for children, has been named a winner of the T-shirt logo design contest.*

Anna's creative design was selected out of more than 20 entries submitted for the contest. Her design will be printed on t-shirts and worn by all campers who participate in 2016 Summer Arts Camp for children.

Anna attended the opening reception at the Arts Council Gallery held on September 11 where she was presented with an award certificate.



Conservation Day is Saturday

The 5th Annual Community Conservation Day is set for Saturday, September 26 from 2 p.m. to 5:30 p.m. at Ayers Creek Adventures in Berlin. The community event hosted by the Lower Shore Land Trust offers kayaking, stand up paddle boarding, a scavenger hunt and outdoor activities on the creek. Tickets include steamed crabs, fried chicken and Chesapeake Bay Farms ice cream.

The event serves to honor the volunteers who contribute to the conservation work of the Lower Shore Land Trust. Recently nominated for the Volunteer Spirit of Worcester County

Awards, the volunteer program engages community members interested in learning about land conservation and natural heritage of the area.

The Lower Shore Land Trust conserves agricultural lands, wildlife habitat and important resource for lower shore communities. For more information about tickets, sponsorship or becoming a volunteer, visit www.lowershorelandtrust.org or call 410-641-4467.

Dance to be held Saturday

An Ocean City Dance is being held at the Ocean City Recreation and Parks Community Center, 200 125th Street in Ocean City. Open to singles as well as couples. Swing, ballroom, Latin, salsa, disco and country dancing to the music of DJ Aggie Beletsky of Dancing on the Shore who will provide the West Coast Swing dance lesson from 6:30 to 7:15 .pm. Open dancing from 7:15 to 10 p.m. Admission is \$12.50 per person includes lesson. For more information call 443-474-0015 or www.DancingAtTheBeach.com

Pet blessing is set

A Pet Blessing and Ice Cream Social will be held Sunday, September 27 at 4 p.m. at Bethany United Methodist Church located at 8648 Stephen Decatur Highway in Berlin. For more information, call 410-641-2186.

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Some humor

Editor's Note: This was sent to me by Dr. Joe Palmisano. I hope you enjoy as much as I did.

An old man was leaving a convenience store with his espresso when he noticed a most unusual Italian funeral procession approaching the nearby cemetery.

A black hearse was followed by a second black hearse about 50 feet behind the first one. Behind the second hearse was a solitary Italian man walking a dog on a leash. Behind him, a short distance back, were about 200 men walking in single file.

The old man couldn't stand the curiosity. He respectfully approached the Italian man walking the dog and

said: "I am so sorry for your loss, and this may be a bad time to disturb you, but I've never seen an Italian funeral like this. Whose funeral is it?"

"My wife's."

"What happened to her?"

"She yelled at me and my dog attacked and killed her."

He inquired further, "But who is in the second hearse?" My mother-in-law. She came to help my wife and the dog turned on her and killed her also.

A very poignant and touching moment of brotherhood and silence passed between the two men.

The old man then asked "Can I borrow the dog?"

The Italian man replied, "Get in line."

The health benefits of snacking on popcorn

When many people think of popcorn, they envision large, butter-soaked buckets sold at movie theaters. But popcorn can be a healthy addition to anyone's diet.

Recent studies have indicated that popcorn can be quite healthy so long as it is not smothered in salt,

sugar or other flavorings. Popcorn is a whole grain that contains plenty of fiber and antioxidants. Joe Vinson, a professor of chemistry at the University of Scranton, reported in 2012 that popcorn may contain just as many, if not more, healthful antioxidants as fruits and vegetables.

After grinding up the popped kernels and hulls, then simulating the digestion process, Vinson discovered roughly 1.5 percent by weight of air-popped popcorn is made up of polyphenols. Polyphenols can help prevent damage to human cells and can help fight disease, including cancer. Polyphenols are considered by some to be more potent than vitamins C or E.

Polyphenols are concentrated in the hull of the popcorn, so it is important to eat them, and not just the fluffy popped center, for maximum health benefits.

Popcorn is full of dietary fiber, which helps a person feel full and also has other benefits. Men and women are advised to consume 38 and 25 grams, respectively, of dietary fiber each day. Popcorn contains roughly one gram of dietary fiber per cup,

helping to keep the digestive system regular. Popcorn also can reduce cholesterol levels and help regulate blood sugar. Feeling full will also prevent a person from overeating.

According to Organic Information Services, a cup of popped popcorn contains only 30 calories, which is ap-



proximately five times less than the number of calories in a similar serving of potato chips. Popcorn also is very low in saturated fat, which can help men and women realize their weight loss goals.

In addition to being an abundant source of fiber and antioxidants, popcorn contains thiamin, folate, vitamin B6, and niacin. Popcorn also contains minerals such as manganese, magnesium, iron, zinc, and phosphorous.

The best way to enjoy popcorn is to air-pop it, which will not add any calories from oil. If seasonings are desired, look to low-calorie, salt-free flavors, like chili powder, garlic or fresh herbs.

While many people may only know the often unhealthy popcorn they find at movie theaters, air-popped popcorn makes for a healthy, low-calorie snack.

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Power Squadron to have dinner

Ocean City Power Squadron, a unit of the United States Power Squadron, will host a Spaghetti Dinner fund-raiser to support Safe Boating.

The dinner will be held on Sunday October 4 at DeNovo's Trattoria, located at the Southgate of Ocean Pines, in Manklin Station. The dinner includes spaghetti and meatballs, salad, rolls, butter and dessert.

There will be three seatings: 5, 6 and 7 p.m. Price for the dinner is \$10 for adults and \$5 for children under 12. Dinners will be dine in or carry out.

For more information on tickets or reservations call 410-208-1108.

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Using technology – Students in Miss Andrese Foreman’s third grade class at Ocean City Elementary School are using iPads to solve mathematical problems during their first week back at school. Pictured are: **Maggie Marohl** and **Liam Harlow**.

Kelley joins Wor-Wic

Wor-Wic Community College recently welcomed Michael Kelley of Berlin as instructor of computer studies.

Prior to taking this full-time position, Kelley worked as a part-time computer instructor at Wor-Wic for the past nine years. He also has four years of experience as a com-



Michael Kelly

puter science and gym teacher at Pocomoke High School. Kelly has been working full time as an e-commerce project manager for D3Corp in Ocean City for the past five years, and he has eight additional years of experience in various positions in the computer field.

Kelley received his associate degree from Wor-Wic and his bachelor’s degree from the University of Phoenix.

He and his wife, Sarah, have a son, Nolan, 11, and a daughter, Olivia, 9.

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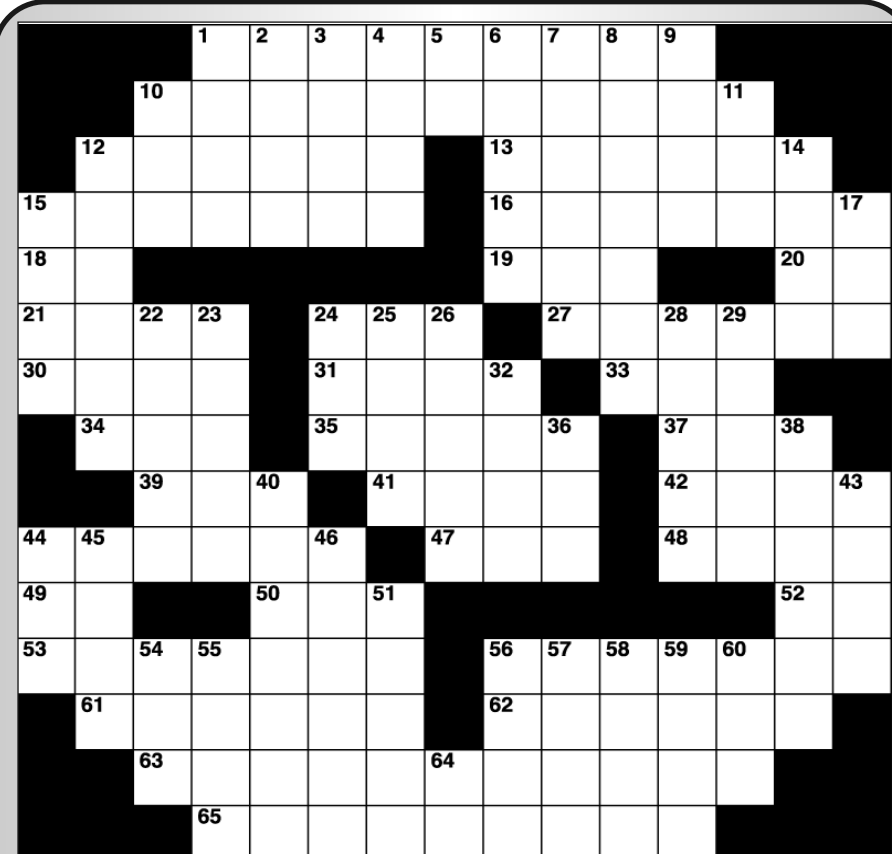
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- ACROSS**
- 1. Punished
 - 10. Cartoon feline
 - 12. Productive land
 - 13. Playfully mischievous one
 - 15. Liquorice-flavored seeds
 - 16. Changed or modified
 - 18. Used to strengthen and harden steel
 - 19. Extinct flightless bird of New Zealand
 - 20. Atomic #63
 - 21. Missing soldiers
 - 24. Payment (abbr.)
 - 27. Blood-sucking African fly
 - 30. Erstwhile
 - 31. Used to have (Scottish)
 - 33. ___ Ming: Houston Rocket player
 - 34. CNN's founder
 - 35. Volcanic craters
 - 37. 2-wheeled carriage
 - 39. Team cheer
 - 41. Lingering sign of injury
 - 42. Brews delight
 - 44. Mix with society
 - 47. Type of healthcare plan
 - 48. Spanish baby
 - 49. Expression of sympathy
 - 50. Openwork fishing fabric
 - 52. Farm state
 - 53. Weak-willed (Yiddish)
 - 56. Madwort
 - 61. Cause to expand
 - 62. S. Am. procyonids
 - 63. Former German tennis champion
 - 65. Professional intent on career
 - DOWN**
 - 1. Black-eyed & sugar snap
 - 2. Czech River
 - 3. World's longest river
 - 4. Canned
 - 5. Giant's Hall of Fame Line-backer
 - 6. Worn to Mecca
 - 7. Fanatical partisan
 - 8. Rapturous
 - 9. Southern Redbelly _____ (minnows)
 - 10. Weekday
 - 11. Seaman
 - 12. A way to bless
 - 14. Harper, Bruce and Robert E.
 - 15. Ammunition
 - 17. Scheduled to arrive
 - 22. Sour or bitter in taste
 - 23. Closed automobile
 - 24. Philemon (abbr., Biblical)
 - 25. Throne of Glass author Sarah
 - 26. A way to give information
 - 28. 55122 MN
 - 29. Scenic French fabric
 - 32. Apothecaries' unit
 - 36. No seats available
 - 38. Extraordinary intellect
 - 40. Solomon Islands capital
 - 43. Furrow
 - 44. Principal ethnic group of China
 - 45. Collectable
 - 46. Rouse
 - 51. Not those
 - 54. Serviette
 - 55. Coalition with a common purpose
 - 56. Maple genus
 - 57. Localities
 - 58. Asian ox
 - 59. Let it stand
 - 60. Title of respect
 - 64. Exist



Answers for Sept 16

For Art's Sake...

Artist Jeri Lipov

By **Stasia Heubeck**

Jeri Lipov is an accomplished artist of many styles and media. Her colorful images, from realism to abstract, are produced with pencil, watercolor, pastel and acrylic. Her artistic pursuits include jewelry-making as well as her own watercolor-and-pen-and-ink style.

After growing up in Texas, Jeri moved to Maryland. She had a career working for local non-profit organizations as an administrator and grant-writer. When her children were older she went on to work for the FDA, SAMHSA and finally NIH. After retirement, she and her husband, Richard, moved to the Eastern Shore. Although she has been a photographer since the age of 10, when she used her Dad's Argus C-3, it was not until she joined the Parke Painters in Ocean Pines in 2003 that she developed her drawing skills and began to paint. With the encouragement of Don Griswold, who led a weekly art group at The Parke, she began exhibiting in local venues. Jeri was encouraged when she had her first solo exhibit at the Worcester County Arts Council in Berlin. In 2010, she helped establish Barefoot Arts Studio in Ocean Pines with a friend.

Now, Barefoot Arts is located on the 2nd floor of the Worcester County Arts Council building on Jefferson Street and is open by appointment.

Jeri enjoys reading when she



Jeri Lipov

isn't painting. She loves being with her two daughters and son and her four granddaughters. The Lipovs travel to Florida every winter where Jeri keeps up with her art, taking workshops and painting. Recently, Jeri has been making beautiful paintings of tangles, a form of doodling for creativity, relaxation and fun. They are often ink drawings of various designs and patterns that can represent a particular subject or idea.

In addition to painting, Jeri volunteers at Temple Bat Yam where she co-chairs the Arts and Furnishings Committee. She is a member of the Art League of Ocean City, the Worcester County Arts Council and AI&G (Art Institute and Gallery) in Salisbury. When asked what she is most proud of, she said it was when her painting, *Koi Party*, was accepted into the prestigious Annual National Juried Exhibition at AI&G. Jeri invites you to see her at her Web page www.jerilipov.com and her Facebook Fan page ArtbyJeri.

Church to hold bazaar

Atlantic United Methodist Church (AUMC) will hold its 37th Annual Christmas Bazaar & Luncheon on Saturday, November 14 between 10 a.m. and 2 p.m. Visit the Christmas Shop, bake shop, Silent Auction and White Elephant and Boutique. Enjoy lunch as well. The church is located at 4th Street and Baltimore Avenue in Ocean City. Proceeds benefit AUMC missions.

The roles within the Catholic Church

Pope Francis, who is visiting the United States, came to the pontificate during an extraordinary transition within the Catholic church. Catholics across the globe were shocked in early 2013 when Pope Benedict XVI announced his resignation, citing a lack of both physical and mental strength as the reason he could no longer handle his duties as the Bishop of Rome. Once elected, a pope is expected to maintain his post until his death, so Benedict's resignation, which marked the first time since 1415 that a pope resigned and the first time since 1294 that a pope resigned on his own initiative, proved to be quite a shock to Catholics and non-Catholics alike.

Another byproduct of Benedict's resignation was an increased interest in the roles of those within the hierarchy of the Catholic Church. While many know the pope is the leader of Catholic Church and considered the successor of Saint Peter, few may know his other responsibilities and powers or the responsibilities of others within the hierarchy. The following is a rundown of the roles and responsibilities of some of the officials within the Catholic hierarchy.

Pope: In addition to his aforementioned titles and responsibilities, the pope is referred to as the Vicar of Christ and leads the College of Bishops. Catholics believe the pope stands in Christ's place on Christ's behalf

and is trusted to shepherd Christ's flock. Though the pope has the right to issue a formal definition of faith and morals without consulting the College of Bishops, such independent decrees are rare and the pope typically consults all Catholic bishops before making any proclamations.

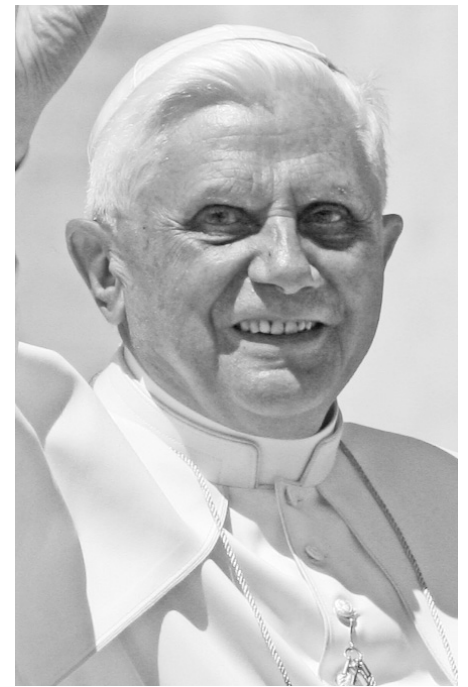
Bishop: The pope is a Bishop, but only one bishop can be pope at a given time. To Catholics, bishops are the successors of the Apostles. Bishops across the globe are members of the College of Bishops, and each is in charge of a particular diocese. Those who control an especially large territory or a diocese in a city of political importance are known as archbishops. However, despite their titles, archbishops have no power over other bishops.

Priest: "Father," "pastor" and "reverend" are terms commonly used to refer to priests, who are in charge of a single parish. Each parish has its own well-defined geographic territory and boundary lines. Priests answer only to two men, the pope and the bishop of their diocese. Some may be surprised to learn that a bishop from one diocese has no power over a priest from a diocese not under his control.

Cardinal: Cardinals are not official members of the hierarchy of the Catholic Church. A cardinal is a bishop who has been granted special status and position within the



Pope Francis



Pope Benedict XVI

church. This College of Cardinals is similar to a presidential cabinet, acting as special advisors to the pope. The College of Cardinals drew considerable attention upon Benedict's resignation, as it is the College of Cardinals whom are entrusted to elect the pope's successor during a meeting known as a papal conclave.

Monsignor: Monsignor is an honorary title given to a diocesan priest in recognition of his contributions to the church.

Deacon: Contrary to popular be-

lief, deacons are ordained members of the clergy. Two types of deacons exist within the hierarchy of the church: transitional and permanent. A transitional deacon is one who is studying for the priesthood. Such deacons cannot be married. A permanent deacon is ordained only for the diaconate. A permanent deacon can be married but only if he was married at the time of his ordination. In addition, if a permanent deacon's wife passes away, he may not remarry.



DAR welcomes new member

The General Levin Winder Chapter of the Daughters of the American Revolution (DAR) recently welcomed new member Virginia Seward Stannard during a luncheon meeting at the Atlantic Hotel. Chapter Regent Barbara Greene May and Chaplain Ann Frey Fowler administered the oath of membership. Her Revolutionary War ancestor is John Sands of Maryland.

The DAR is a women's service organization dedicated to promoting patriotism, preserving American history, and securing America's future through better education. For more information, visit www.dar.org.

Above Chapter Regent **Barbara May**, new member **Virginia Stannard** and Chaplain **Ann Fowler**.

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., September 24	4:27 a.m. 4:59 p.m.	10:36 a.m. 11:22 p.m.	6:50 a.m.	6:55 p.m.
Fri., September 25	5:24 a.m. 5:53 p.m.	11:36 a.m.	6:51 a.m.	6:53 p.m.
Sat., September 26	6:17 a.m. 6:45 p.m.	12:15 a.m. 12:33 p.m.	6:52 a.m.	6:52 p.m.
Sun., September 27	7:10 a.m. 7:36 p.m.	1:05 a.m. 1:28 p.m.	6:52 a.m.	6:50 p.m.
Mon., September 28	8:01 a.m. 8:27 p.m.	1:53 a.m. 2:21 p.m.	6:53 a.m.	6:48 p.m.
Tues., September 29	8:53 a.m. 9:17 p.m.	2:40 a.m. 3:13 p.m.	6:54 a.m.	6:47 p.m.
Wed., September 30	9:44 a.m. 10:08 p.m.	3:28 a.m. 4:07 p.m.	6:55 a.m.	6:45 p.m.

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Earth-friendly tips for autumn

Autumn is upon us, and with the change of seasons comes the fall to-do list that must be completed before the arrival of winter weather. Many outdoor jobs are best completed before temperatures drop, while others can be tackled indoors to help save energy and prepare for increased time spent inside the home.

Outdoor cleanup

Autumn means leaves are falling from trees and littering landscapes. Cleaning up leaves can be a time-consuming task, but it is necessary to promote the health of lawns and other plants. Grass that is completely matted down with leaves can become starved for light and moisture, and lawns may even rot when forced to spend winter beneath fallen leaves.

One eco-friendly timesaver is to shred leaves with a mower (a manual mower is preferable) and leave them as topdressing for the lawn. As long as the grass blades can be seen within the leaves, the lawn should be fine. Shredded leaves will decompose and add necessary nutrients and organic matter to the soil naturally.

Leaves also can be used in annual flower and vegetable gardens to improve the soil. Mulch made from shredded leaves can be placed on the soil around trees and shrubs. This helps to reduce weed problems and protects root systems from harsh temperature fluctuations.

Clothing donations

It is time to pack away summer clothing and once again fill closets and drawers with sweaters and jeans. Before packing away your summer wardrobe, conduct an inventory to determine if there are any items you no longer use. Donate these items or use them as rags when cleaning.



Keep some short-sleeved shirts accessible so you can layer them under sweatshirts and sweaters. The heat from layering will be trapped against your body and keep you cozier, reducing your reliance on HVAC systems to stay warm.

Home repairs

Check the roof for any missing shingles. In addition, look for spots where animals or insects may be able to gain entry into your home. Seal these areas and repair any leaks. This will make your home more efficient later on when winter hits its stride.

Remove window air conditioners for the winter. If they cannot be removed, seal them with caulking or tape and cover them with an airtight, insulated jacket. If you have forced-air systems, move furniture away from the vents so that air can flow better around the home and keep it comfortable.

Check weather stripping around windows and doors and make the necessary adjustments. Installing additional insulation also can help reduce energy consumption.

A few tips can help homeowners prepare for autumn in eco-friendly ways.

If you live in Ocean Pines, be sure to contact The Courier if you want the paper each week in your driveway. Call 410-641-6695

Community Calendar

When submitting items for the calendar please include the event name, date, where held, time and a little about the event. Items being considered for the calendar need to be in by noon on Friday. E-mail to thecourier@delmarvacourier.com

Mondays

Ocean Pines Poker Club

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

Open every Monday through October: **Historic St. Martin's Church Museum.** 1-4 pm. 11413 Worcester Highway, Showell, MD. For more information, call 410-251-2849

Sweet Adelines

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

Mon. & Tues.

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

Mon., Wed. & Sat.

Church Thrift Shop

OC Baptist Church's Thrift Shop by Seaside Christian Academy behind White Marlin Mall open 10 a.m.-2 p.m. Mon. & Wed., 9 a.m. to 3 p.m. Sat. Call 410-251-6971.

Tuesdays

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.

Take off Pounds Sensibly Meeting.

Berlin group No. 331, Worcester County Health Center 9730 Healthway Dr., Berlin, 5:30-7:00 p.m. TOPS is a support and educational group promoting weight loss and healthy lifestyle. It meets weekly on Tuesdays. Info: jean-duck47@gmail.com

Tuesdays and Thursdays

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.

Wednesdays

Kiwanis Club Meeting

Weekly meetings at 8 a.m. on Wednesdays in the Ocean Pines Community Center. Doors open 7 a.m. October through April.

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.

Delmarva Hand Dancing

Dancing at The Fenwick Inn in Ocean City from 5:30 to 9 p.m. Contact 302-934-7951 or info@delmarvahanddancing.com

Rotary Club

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

Square Dancing

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

AL-Anon/OP-West OC-Berlin

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

Wed., Thurs. & Fri.

Church Thrift Shop

Stevenson United Methodist Church in Berlin is open Wed. - Fri. 10 a.m. - 2 p.m. Sale Fridays. Call 410-641-1137.

Wed., Thurs., Fri. & Sat.

Church Thrift Shop

The Shepherd's Nook at Community Church at Ocean Pines is

open 9 a.m. to 1 p.m. Call 410-641-5433.

Diakonia Thrift Shop

'Used to be Mine' offers clothing, furniture, household items and more. Proceeds benefit Diakonia shelter and pantry. Located at Rte. 611 and Sunset Ave. Open 10 - 4. Call 410-213-0243.

Thursdays

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, Kate at 410-524-0649 or Dianne at 302-541-4642.

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.

Fridays

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.

Sundays

Sunday Night Serenity **Al-Anon Family Group** 7:30 p.m. at The Woodlands/Independent Living Apt. Bldg. 1135 Ocean Parkway-Ocean Pines, Md. 21811

Third Sunday

Sharing Sunday

Bring non-perishable groceries and paper goods to the Ocean Pines southside fire hall 1 -3 p.m. to benefit local food banks.

Third Monday

Democratic Women

The Democratic Women meet 9:30 a.m. for coffee followed by a meeting at 10 a.m. at the Ocean Pines Community Center. Guests and new members are welcome.

Third Tuesday

Widows & Widowers Social Club.

Group meets in Ocean Pines at 1 p.m. for luncheon meeting. Call 410-208-1398.

Third Wednesday

Survivors of Suicide Meeting

Starts at 6 p.m. at the Worcester County Health Department. 9730 Healthway Drive, Berlin. Open to anyone who has lost a friend or loved one to suicide. Quiet listening, caring people, no judgment. For more information, call 410-629-0164 or visit www.choosetoliveinmaryland.org.

Fourth Wednesday

Marine Corps League

First State Detachment Marine Corps League raises funds for a variety of charities and meets at 7 p.m. in VFW Post 8296, 66th St. Ocean City. Open to all fellow Marines and FMF Corpsmen. Visit www.firststatemarines.org.



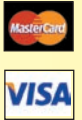


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Just Good Business...

Creative Compliments: Many ways to be beautiful

By **Jean Marx**

Establishing lasting relationships while making people feel beautiful is a theme that Michelle Webster is passionate about. Twenty years ago, Michelle started her business called Creative Compliments by Michelle, Inc. out of her home with a love for what she does that has never wavered. Twelve years later, Michelle expanded into her salon space located at Suite 2, 11310 Manklin Creek Road in Ocean Pines. She is delighted that her client base continues to grow, giving her the good challenge of how to accommodate her clients now at 5,000-strong.

There are a variety of ways Michelle and her talented staff pamper their clients. They offer hair-cutting for men, women and children that includes shampooing, blowdrying, bang trimming, and styling. And while women are the primary group who choose the variety of color treatments such as highlighting, lowlighting, dimensional color, and color correction, men have also enjoyed coloring services that include gray blending, high-and lowlighting, and mustache and beard coloring. Dimensional color adds color tones throughout the hair. Techniques include Balayage which applies a series of color tones via painting the hair or using foils, and Ombré which blends hair colors into each other, such as going from light to dark hues.

Hair straightening services such as the Brazilian Blow-out are also offered that can straighten curly hair for up to 12 weeks. Additionally, special hairstyles can be arranged such as for weddings, dances, or a girls' night out. Another lovely product offering is trimming and styling wigs. Michelle says this can be an especially touching gesture for her clients battling cancer. Nail services are also offered with services ranging from mini-manicures for children, up to French manicures and pedicures for adults. Another way women are made to feel beautiful is through make-up sessions, including teaching women how to apply it themselves. One technique Michelle likes to use in her make-up applications is air-brushing. This tech-

nique involves spraying the make-up on the face, including foundation, blush, eyeshadow, and even eyeliner, by gently applying the make-up through the use of air pressure.

Michelle and her talented team consisting of Fran, Rhonda, Kelly, and Sarah, are always available to help their clients feel comfortable, look beautiful, and lend a listening ear. Michelle is pleased that over the years, her team has developed a warm, down-to-earth atmosphere where everyone feels part of a large extended family. Michelle boasts, "Some of my clients have been coming to me for 28 years, and they're family. They've become my sisters, brothers, mothers, grandmothers, fathers, and grandfathers."

Michelle started her business in her home to be able to work while also raising her young children. Kelly Henderson-Mumford has been on Michelle's team the longest, having started with Michelle as her assistant at age 17. Now at 30, Kelly and Michelle share a bond that continues to strengthen over time. As her client base grew, Michelle laughingly recalls outgrowing her water heater. "The hot water heater couldn't handle our client volume, so I would have to tell my kids when it was safe to take a shower."

Michelle attributes her success to her wonderful team, her husband Jeff, and her father. Michelle says about her husband, "I am so thankful for my husband, Jeff. He was the one who worked day and night to build and help me design the inside of my Ocean Pines salon." Regarding her father, Michelle says he



Fran, Rhonda, Michelle, Kelly, and Sarah

gave her three pieces of advice stemming from his career in real estate: "1. Be loyal, 2. Be honest, and 3. Never get greedy." Michelle takes his sage advice to heart every day.

As far as advice for people wanting to start a business, Michelle says it all starts with finding a passion and love for what you do. She says that anyone can set out a shingle to open a business but the love for what you do is what you need to sustain your business over the long run. Michelle was born and raised in West Ocean City and loves to host her business in the community where she grew up. Her other passion is having the beach nearby. As Michelle describes the beach, "It's my Zen and it helps me stay bal-

anced." If you're looking for a little pampering and a beautiful new look, I know just the place.

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