

## Cricket Center continues to serve despite underfunding

By Victor Fernandes

Wendy Myers and her devoted four-legged fur baby Josiah kicked off The Cricket Center's virtual fundraising event, Hands Across Worcester, on October 21. The goal is to raise \$25,000 by Thanksgiving for Worcester County's child advocacy center - a proverbial drop in a bucket compared to the nearly \$100,000 of projected revenue lost since the COVID-19 pandemic struck last spring.



Yet reaching that five-figure mark - or better yet, surpassing it - is more important than ever for Myers, the nonprofit organization's executive director, and her dedicated staff tasked with providing young victims of abuse and their families with the support services they need. With its four perennially successful fundraisers canceled, Myers and Josiah, a four-year-old Labrador golden retriever cross and the center's specially trained facility dog, turned to the Lower Shore community for help.

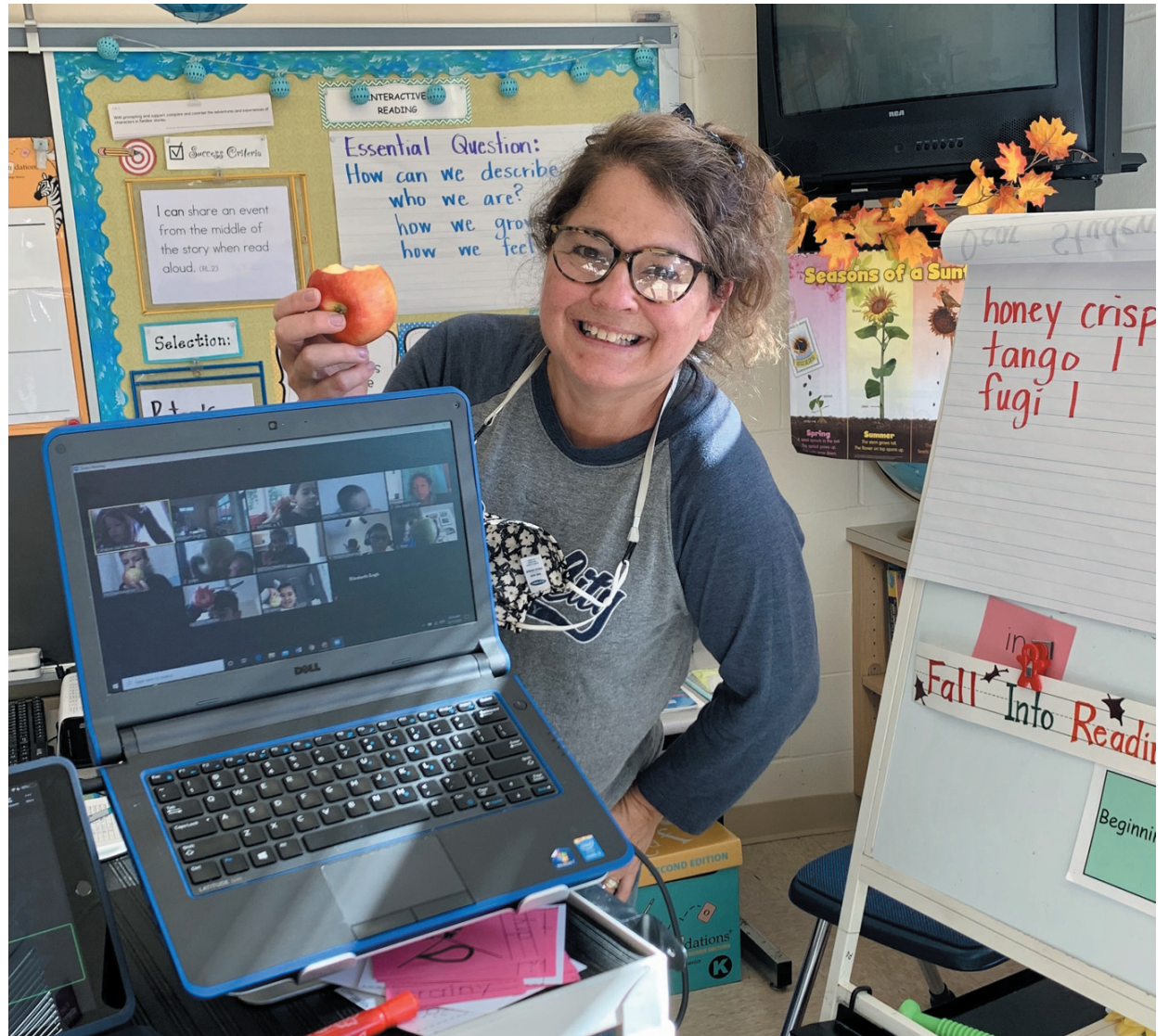
"It's just overwhelming the response that we've received," said Myers, who launched the fundraiser last week on Ocean 98.1 radio station's airwaves after local businesses experiencing their own coronavirus-related challenges showed tremendous support.

Contributions quickly poured in from everywhere - rounds of golf at Lighthouse Sound in Bishopville; stays at Grand Hotel & Spa, Holiday Inn, Quality Inn and Marriott hotels in Ocean City; gift cards to restaurants such as Longboard Cafe and Barn 34 in Ocean City and Rehoboth Beach, Delaware-based SoDel Concepts group, and candy for a year from Wockenfuss Candies in Ocean City.

For donations of \$25 or more, residents have enjoyed opportunities last week and this week to win daily prize packages valued at \$200 or more, as well as a grand prize package valued at more than \$1,000. Josiah picked the first prize winner October 21 and every subsequent winner with the same thought and care he provides children in need of help at The Cricket Center.

"It's not about the prize. That does give folks incentive [to donate]. But really, the win is for our kids," said Myers, who pointed to even the smallest donations being critical to their efforts to continue

please see **center** page 4



**An apple this day** - Liz Engh's Kindergarten students at Ocean City Elementary School celebrated fall with an Apple Day over zoom. After reading storybooks and informational text about apples, students brought their favorite kind of apples to show and tell all about them. Then, they enjoyed a crispy juicy snack together!

## BFC presents budget guidance to OPA Board

The budget process for the next fiscal year unofficially got underway on October 17, as Budget and Finance Committee Chairman Dick Keiling presented the annual budget guidance document to the Ocean Pines Board.

Budget guidance from the committee is one of the requirements of Resolution F-02, which governs the annual budget development process.

"The preparation of the budget is a significant work process. It not only involves the Finance staff, but it involves all of the departments," Keiling said. "They do a really good job of developing a zero-based budget ... and BNF truly appreciates all their hard work, which facilitates a pretty smooth

process."

Keiling said each year the General Manager sets a budget review timeline, and this year the committee asked that to start with a committee review during early January.

"The GM agreed to that, so he's preparing a document [that] describes all the activity leading up to the budget approval in February," Keiling said.

"We strongly encourage and welcome any Board members who would like to attend those three days. It's a very, very good time, and a very thorough look at the budget process," he contin-

please see **budget** on page 15

# ATTENTION WORCESTER COUNTY RESIDENTS ONLY!!!

## FREE Household Hazardous Waste Collection

**Saturday, October 31, 2020  
10 AM-2 PM**

Collections to be held at  
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**Pickin' pumpkins** - In lieu of their annual fall field trip to a local farm, Pre-Kindergarten through Grade 2 students were treated to an inhouse field trip this year when Oakley's Farm Market brought their outdoor Mobile Pumpkin Patch to Worcester Prep. Oakley's owner/presenter Connie Oakley and presenter Marcy Disbennett, treated the children to a fun, interactive, agricultural lesson followed by hands-on educational activities including a wheat and corn station, a tractor photo booth and a pumpkin patch to select their own pumpkin.

Above: Kindergarteners (L-R) **Carter Merryman** and **Isla Pippin** search for the perfect pumpkin to take home.

## Leaf collection scheduled

The Ocean Pines Association has announced leaf collection procedures for its residents this fall.

Public Works will collect leaves and other yard debris from November 23 through December 18, on opposite days from Republic Services collection days.

The department will only pick up leaves placed in paper bags that residents place curbside. Thirty-gallon paper bags are available at Public Works in bundles of five for \$10.

Republic Services will pick up paper and plastic bags on scheduled pick-up days, limit four bags of leaves per scheduled pick up. Republic Services will also accept branches tied in bundles no longer than four feet.

Additionally, Ocean Pines residents may bring leaves and yard debris in bulk or paper bags to the Public Works yard at 1 Firehouse Lane, near

the south Fire Department. The yard will be open November 28 through December 31, Monday through Friday

from 7:30 a.m. until 3 p.m., and Saturdays from 8 a.m. to 3 p.m.

There will be no collection or drop off on Thursday, November 26 or Friday, November 27 because of the Thanksgiving holiday. The yard also will be closed for drop off on Thursday, December 24, Friday, December 25 and Saturday, December 26 because of the Christmas holiday.

Public Works will also vacuum leaves. Residents should refrain from blowing leaves directly into the ditches, as this can lead to clogging of pipes as well as difficulty in water flow.

For more information, contact Public Works at 410-641-7425.



# Meet Frank Brown: newly appointed Ocean Pines Board member

By **Josh Davis**

Ocean Pines this week welcomed Frank Brown to the Board of Directors, the governing body of the Association.



Frank Brown

Board members by a unanimous 6-0 vote on Wednesday, appointed Brown to succeed retiring director Steve Tuttle and to fill out the rest of his term, which

expires in August.

Originally from the west side of Baltimore, Brown and his family lived in Arnold, Maryland for 20 years before moving to Ocean Pines full time in 2015. He had owned property in the community since 2005.

“My dad and I owned a place in Delaware, and from there we were always driving around and looking at other places in the area. My wife and I found Ocean Pines a long, long time ago,” Brown said. “When it got to the

point that we were going to buy a place ourselves and retire, we decided to buy a place down here.

“The golf course was the number-one attraction for me, because I’m an avid golfer,” he added.

After 10 years of owning a summer home in Ocean Pines, Brown bought a lot in Terns Landing and hired a contractor to build a “shell.” He and his wife finished the interior.

“We moved in here on Christmas Eve of 2015, and we have enjoyed it immensely,” Brown said.

Before retiring, Brown was a chemistry and physics teacher at the Baltimore Polytechnic Institute until 2004. He also owned and operated a contracting business from 1974 until 2014.

He said he’s had many offers to continue working in the Ocean Pines area, but always politely declined.

“I’ve tried real hard not to do it,” he said with a laugh. “I enjoy playing golf and going out on my boat too much.”

Brown has, however, volunteered

often. He joined the Ocean Pines Budget and Finance Advisory Committee three years ago, and he serves on the Ocean Pines Golf Members’ Council, as the treasurer.

In 2018, Brown and a few other golfers became interested in the planned remodeling of the old golf clubhouse.

“I was tremendously interested in the new clubhouse, because of my building background,” he said. “That old clubhouse was an absolute disaster. The entire second floor was gone and the rest of it wasn’t much better.”

Brown said he met former Board member Ted Moroney at a party and got to talking about the old building. At the time, there were plans for a costly renovation.

“I told him that was a waste of money!” Brown said. “We later walked through the old building to see what was really up there, and it was a total disaster.”

About a month later, Brown, Bob Long and Don McMullen made a pitch

to the Board during a public meeting.

“I laid out what I thought about that building,” he said. “They were getting ready to spend \$800,000 in the upstairs of the building and I just told them flat out, you’re just flushing \$800,000 down the drain. There was no way to save that building.”

A few Board members held an informal meeting at the clubhouse the next day, and things started to steamroll from there.

“It was Steve Tuttle who really made the difference, because Steve and I laid out how much it would cost to rebuild the old building and he came up with the final number of \$2.4 million – and we’d still have a 50-year-old building,” Brown said. “We talked to other contractors in the area and they said they could build a new building for \$1.4 million or \$1.5 million. To me, it was a no-brainer.”

Brown’s involvement didn’t end there. He drew up the original archi-

*please see **brown** on page 6*

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## Track or Treat event offered

Worcester County Recreation & Parks (WCRP) staff invite families with children ages 12 and under to join them for Track or Treat, a safe trick or treat event.

Track or Treat will take place at the Worcester County Recreation Center on Friday, October 30, from 6 p.m. to 8 p.m. Children should come dressed in their Halloween costumes and bring bags to collect their goodies.



This family fun event is open to youth ages 12 and under. Local vendors will hand out treats to the children.

There is no admission fee for this event, but children must be accompanied by an adult. Protective masks required for the duration of the event. Upon entry, all guests must sign in at the main entrance.

For more information or to become a vendor, contact Allen Swiger at 410-632-2144, ext. 2520 or [aswiger@co.worcester.md.us](mailto:aswiger@co.worcester.md.us).

Learn more about this and other WCRP programs at [www.worcester-recandparks.org](http://www.worcester-recandparks.org).

center  
from page 1

helping children, especially at a time when she and her staff have seen what Myers called a “sharp increase in referrals as kids go to their well-checks, as kids are returning to the classroom.”

“Every person at The Cricket Center wants to help kids,” Myers said. “We have to be able to pay for these professionals to do their jobs, to have our lights on, to provide training and support to our staff. All those things [occur] in a normal year, but we had all those added expenses this year” to ensure the safety of staff, children and families during the pandemic.

As essential workers providing invaluable services during the ongoing health crisis, The Cricket Center paid for additional cleaning and disinfecting of its Berlin headquarters, personal protective equipment for its staff, equipment for some staff members to work remotely and social conferencing services for in-house therapists, among other expenses.

However, Myers and her staff have pressed forward without much-needed revenue from fundraisers such as their signature event, the annual Walk for Kids on the Ocean City Boardwalk. Still, residents and business owners requested that The Cricket Center keep donations provided before the now canceled event instead of issuing refunds or applying contributions to the 2021

event.

“We didn’t skip a beat. We didn’t miss one day of providing services. We couldn’t,” she said. “We were deemed mission critical and essential by [Maryland] Governor [Larry] Hogan. It is a really unique situation. We are a nonprofit, but again we are mission critical workers. To provide services, obviously you have to have that financial part.”

Before the coronavirus reached the Lower Shore, Myers and The Cricket Center’s board of directors focused last spring on launching a capital fundraising campaign to purchase a new expanded facility as part of a five-year strategic plan.

A new facility would allow for the hiring of additional support and prevention staff, and a second office for The Cricket Center’s two in-house therapists. “We have maximized every inch of space. We have just outgrown that space,” she said. “It’s been a great space for 11 years, but we want to expand our services and provide what we think the kids of Worcester County deserve.”

The plan is on hold for the foreseeable future, Myers said, because what’s happening now is the priority.

“These are the things that are really important in our long-term strategic plan,” she said. “But without providing what we need today, none of that matters. We have to ensure that we’re

able to continue where we are right now before we start planning long term.”

Myers said The Cricket Center will continue helping kids no matter what happens financially moving forward. The organization secured a loan from the Small Business Association’s Paycheck Protection Program as well as a nonprofit relief grant from the state. Myers said she should learn soon about a grant application through Governor Hogan’s office. “Is it dire? Yes. Are we going to close our doors? No,” she said. “But we definitely need help. That’s why we’re asking our community for help.”

Community support will go a long way toward making the work The Cricket Center does much easier to complete. Still, Myers and her staff won’t allow any obstacles to stand in their way.

“It has been very challenging,” she said. “But I have to say our team is just extraordinary. They have put themselves at risk and their families at risk through all of this going out and helping these kids who need help. It’s an extraordinary thing to see how selfless our staff is, and how they are just willing to do literally whatever it takes to make kids safe in Worcester County.”

**Editor’s Note:** If you would like to make a donation, make checks payable to the Cricket Center, PO Box 97, Berlin, MD 21811.

## Courier Almanac

On October 28, 1965, construction is completed on the Gateway Arch, a spectacular 630-foot-high parabola of stainless steel marking the Jefferson National Expansion Memorial on the waterfront of St. Louis.

The Gateway Arch, designed by Finnish-born, American-educated architect Eero Saarinen, was erected to commemorate President Thomas Jefferson’s Louisiana Purchase of 1803 and to celebrate St. Louis’ central role in the rapid westward expansion that followed. As the market and supply point for fur traders and explorers, including the famous Meriwether Lewis and William Clark, the town of St. Louis grew exponentially after the War of 1812, when great numbers of people began to travel by wagon train to seek their fortunes west of the Mississippi River. In 1947-48, Saarinen won a nationwide competition to design a monument honoring the spirit of the western pioneers. In a sad twist of fate, the architect died of a brain tumor in 1961 and did not live to see the construction of his now-famous arch, which began in February 1963.

Many sports fans are well acquainted with Movember, a grassroots effort that aims to raise awareness about men’s health. Movember participants, the most famous of which may be Green Bay Packers quarterback Aaron Rodgers, grow mustaches each November to raise awareness about mental health and suicide prevention, prostate cancer and testicular cancer. Since the campaign’s inception in 2003, Movember has funded more than 1,250 men’s health projects around the world. While the Movember movement is a fun way to raise awareness about men’s health, prospective participants should know that there’s rules they must follow to be true men of Movember. The first rule is that, once they register at [Movember.com](http://Movember.com), participants must begin the month of November with a clean-shaven face. Over the next 30 days, each participant, or “Mo Bro,” must grow and groom his mustache.



Beards and goatees are forbidden, as are fake mustaches. As Movember progresses, Mo Bros must use their budding lip brushes to create conversation and raise funds for men’s health. Finally, each Mo Bro must conduct himself like a true gentleman. More information about Movember can be found at [www.us.movember.com](http://www.us.movember.com).

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# My little girl's birthday

*Author's Note: Later this week, for the first time in a long time, our family will come together to celebrate my little girl's birthday. About a month*

*ing a bright-eyed baby in my arms to watching a young woman climb into the driver's seat of my car learning to drive?*



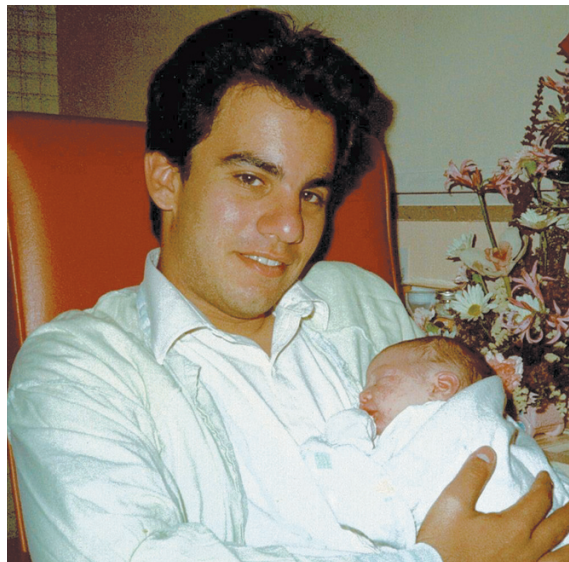
## It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

*ago my daughter called informing her mother and me that she would be throwing a party in her honor on our Piazza. The invitations she told us were already printed and ready to be mailed. We didn't have problems with this did we? No of course not. It was a few days later when she emailed her list of instructions, the roster of who would be responsible for what and the costume requirements (it is after all Halloween). On her list I am responsible for "Ambiance."*

*In 2004 I wrote the following column about my little girl celebrating her 16<sup>th</sup> birthday. How time has flown by!*



*Holding my little girl for the first time.*

Absent my being able to conjure up magical powers that would allow me to roll back time, my daughter, my little girl, will turn 16 this week. Just like every other father I am helpless to do anything about it, relegated to watch from the sidelines.

It's easy to wonder how time went by so quickly. How did I go from hold-

Sixteen years ago, I was excited and, honestly, scared about becoming a father for the first time. Would I be a good father? Would she come to hate me if I made her eat all her vegetables?

I think fathers worry more about this than mothers do. Mothers start being mothers from the time of conception. They have nine months of "mothering" experience before the baby is born. Fathers don't really become fathers until the moment the nurse gently places our babies in our arms. That's when fatherhood becomes very real.

I was in the delivery room when my little girl was born. I wasn't sure what to expect. Everyone in the room had a function to perform. Aside from giving support to my wife, my role was limited to waiting. Truthfully I couldn't help think that I was pretty much in the way. It wasn't until I saw my little girl and more importantly when she looked at me for the first time that I felt something deep inside me click into place. Fathers before me, and those after me, know what I'm talking about.

My little girl, my only little girl, isn't little anymore. Her crooked tooth smile is no more thanks to braces. She talks about going to and graduating from college. She talks about moving away from home, living far from where she has grown up. She talks about her future with a gleam in her eye that makes her father proud and wistful at the same time.

Long gone are the rainy Saturday afternoons when she would climb up on my lap and "force" me to watch "The Rescuers" over and over again. Gone are the days when she would wrap her little hand around my finger when we'd take a walk.

Where was I when all this change transpired? Despite the reality that she's gone from pigtails to style cuts, I still harbor some of the same concerns

I did before she was born, except in past tense. Did I go to enough of her softball games? Probably not. Did I go to all her school performances? I tried. Was I there for her when she needed someone to tell her to keep trying? Did I teach her how to think for herself? I think I succeeded on this last one.

Turning 16 is a milestone in a person's life. It's just one of many that all of us reach during our lifetimes. However, as my little girl reaches this milestone, I too am reaching a milestone in my life: the realization that I am no longer the father of a little girl.

Well, just for the record, regardless of how many milestones my daughter reaches, no matter how far away she moves when she leaves home, she will always be my little girl.

*Update: My daughter graduated college with a degree in English. She is now the mother of two children and the wife of an Army commander. She works full*

*time. She has moved around the country has been recognized and honored by the Army command for her leadership in volunteer support organizations. And, she's still her father's little girl.*



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## Governor announces new recovery initiative

Governor Larry Hogan last week announced the \$250 million ‘Maryland Strong: Economic Recovery Initiative,’ which will provide funding from the Rainy Day Fund to directly assist restaurants, small businesses, local entertainment venues, arts organizations, and Main Streets across the state. The initiative doubles the state’s total commitment to COVID-19 emergency economic relief for Marylanders to \$500 million.

“This new \$250 million ‘Maryland Strong: Economic Recovery Initiative’ will be critical to the thousands of struggling restaurants, small businesses, and Main Streets across the state that are attempting to weather this crisis,” said Governor Hogan. “I have directed our entire team in each agency to ensure that this much-needed funding gets out the door to our struggling citizens and small businesses as quickly as possible. We also intend to work closely with our local partners so that they can assist in expeditiously getting this money into the hands of those who need it most.”

The governor’s initiative will provide a third installment of funding to the Maryland Small Business COVID-19 Relief Grant Fund, which awards

grants of up to \$10,000 to businesses of 50 or fewer employees. To date, the program has distributed more than 9,600 grants to small businesses across the state. This additional relief will clear the backlog of eligible applications and bring the program’s total funding to \$145 million.

The governor’s initiative will provide direct grant relief to qualifying restaurants across the state. Eligible uses of funds include:

- Working capital, such as rent and purchase of equipment and services to expand outdoor dining through physical improvements including tents, heaters, warmers, and carts;
- Sanitization service;
- Purchase of PPE;
- Technology to support carryout and delivery; and,
- Infrastructure improvements, including HVAC system upgrades

The funding will be allocated through local jurisdictions and must be distributed no later than December 31, 2020.

Also, the initiative will provide \$20 million through the Department of Housing and Community Development to assist hard-hit businesses and

*please see initiative on page 15*

*brown from page 3*

tectural concept for the new clubhouse and continued to serve as a volunteer consultant throughout construction. The new building opened in June.

“I think it turned out absolutely perfect,” Brown said. “It couldn’t be any better if I asked for it.”

He also consulted on the police and administration building renovations, which finished this year. Each of the projects finished ahead of schedule and on or below budget.

Recently, Brown said Association President Larry Perrone and Vice President Colette Horn approached him about filling the vacancy created by Tuttle’s retirement.

“They’re people that I respect, and they suggested I might try it,” Brown said. “I sort of like to stay behind the scenes and I’m not a guy that likes to jump out [front] all the time and has a lot of opinions about things, but they said, ‘It won’t be too bad. You’ll be fine.’

“When the opportunity came up I said, ‘If you guys want to support me on it, I’ll do it for the nine months and see how it goes.’ If it goes well, then I might consider it further. But I haven’t made any commitments to anybody about that,” he added.

During the next nine months, Brown said he would focus on improving amenity performance.

“I want to make sure that they’re the best that they can be, and right now I think they are,” he said. “There are a few things that need some more help and I’d be someone who would support any amenity. I support them all, because I think that’s what’s important about Ocean Pines: a great a list of varying amenities that go to a wide list of people, not just golfers or tennis players or swimmers.”

“That’s what makes this community one of the best around, and certainly the best around here because I’ve checked them all out,” Brown continued. “To me, Ocean Pines, by far, was the best choice.”

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## Viola touts golf rebound, financial performance

In his monthly report to the Ocean Pines Board on Saturday, October 17, General Manager John Viola highlighted the strong performance of the Golf amenity, and continued good economic news based on the latest financial reports.

Viola said Golf lost about \$150,000 in May and the beginning of June because of the COVID-19 pandemic, but has since rebounded and is close to breaking even, as of September.

The Golf operation, he said, has turned a corner.

"We have a plan that is showing results," Viola said. "What I'm asking everybody is, let's stay the course and not continue to shift gears."

He said staff worked to address issues with mold just below the surface of the golf greens. Included in a new action plan, staff used "ninja tines" to help improve aeration and stopped using certain chemicals and fertilizers.

"We had a situation ... we've certainly addressed this and we're getting the [positive] results," Viola

said.

Additionally, Viola noted that the Association recently announced the promotion of Golf Superintendent Justin Hartshorne and the promotion of Assistant Superintendent Kurt Joseph.

On the finance side, Viola presented a "flash" look at September financials and said the Association appeared to be ahead for the month by about \$100,000. The September monthly financial report, released two days later, showed a positive operating variance of \$147,876.

Year to date, Ocean Pines has a positive variance to budget of just over \$1.1 million.

Viola also said requests for proposals (RFPs) for waste services and

accounting services were released and are due back in November.

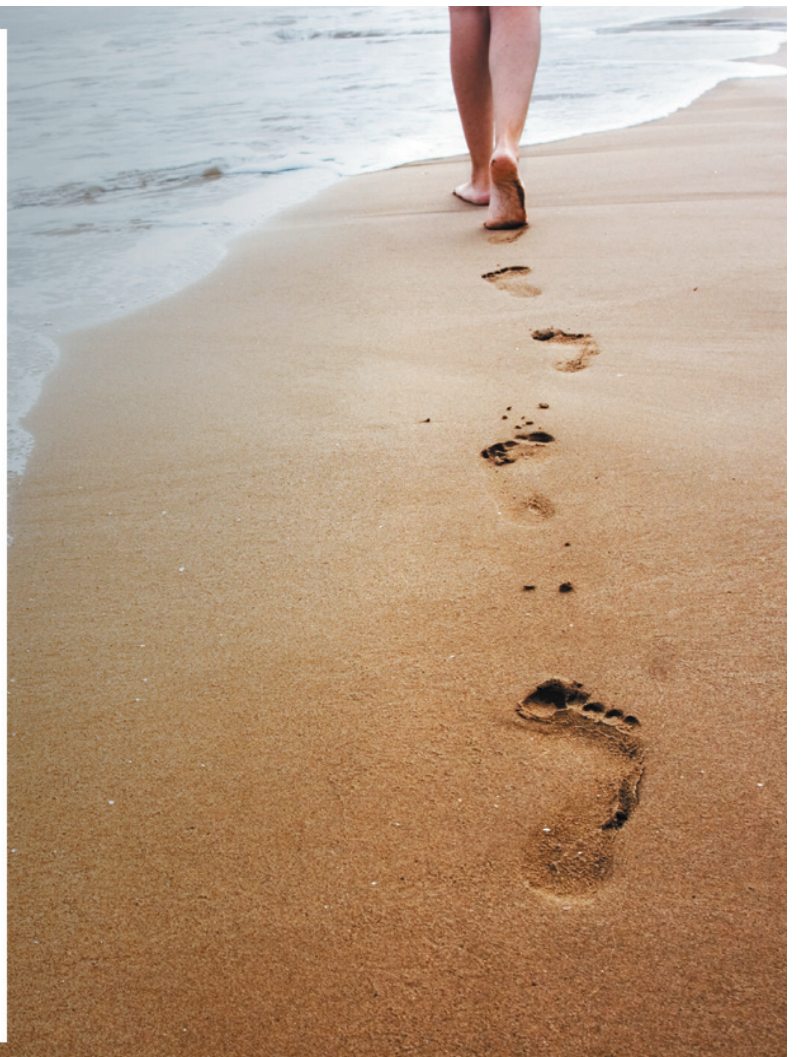
Director Doug Parks, during the monthly treasurer's report, said the Association had roughly \$13.8 million in cash as of August, including \$7.1 million invested in FDIC insured CDARs and \$6.7 million in fully insured Money Market accounts.

He said assessment collections, as of September, totaled roughly \$8.6 million or between 94-95%. Current reserves total \$7.1 million, including \$4.3 million in replacement reserves, \$2 million in bulkheads, \$700,000 in roads and drainage, and \$100,000 in new capital.

## Toy drive returns

The 2020 Kiwanis Toy Drive will take place every Wednesday in November with the collection of unwrapped donations in the parking lot of the Ocean Pines Community Center from 9 a.m. until noon. Toys will be taken to Worcester G.O.L.D. for distribution. Recipients are screened by Social Services, along with G.O.L.D., to be sure the gifts get to as many children of Worcester County as possible.

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MD #2294

# Aqua Cross Training returns to the Sports Core Pool

Continuing its tradition of bringing innovative, fun and effective water workouts to the community, Ocean Pines Aquatics has announced the return of Aqua Cross Training to its lineup of fall classes at the indoor Sports Core Pool.

The class makes use of the pool's popular Hydrorider water bikes and aqua trampolines to offer a high-intensity, total-body workout that combines cardio fitness with strength toning.

Tuesdays and Thursdays, November 3 through December 15 from 7 a.m. to 7:40 a.m. A second session will begin January 5.

The cost per six-week session is \$80 for Ocean Pines swim members, \$95 for Ocean Pines residents and \$100 for the public. Drop-ins may be permitted if space allows.

Due to the limited amount of equipment used in the class, registration is limited to 12 people. The use of aqua shoes is required by all participants.

Although COVID-19 temporarily interrupted many of Ocean Pines Aquatics' classes during the spring and summer, most have returned to a regular schedule for the fall, with many new sessions starting at the end of October.

Winterling stressed that the fitness offerings at the Sports Core Pool are a good way to practice self-care during what has been a very trying time.



"I'm excited for the 'green light' to continue Aqua Cross Training," said Julie Winterling, a certified Hydrorider, aqua trampoline and aqua cross training instructor who will lead the Ocean Pines class.

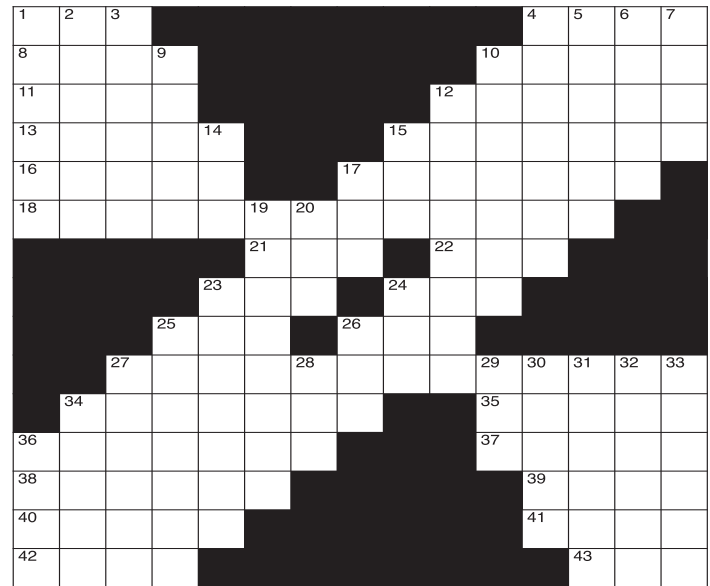
"The class offers a natural social distancing experience with camaraderie - which we really need - unique equipment, throwback music and is an excellent way to combat those pandemic pounds," Winterling said.

Aqua Cross Training will be held on

"Now, more than ever, it is important to take purposeful steps to reduce stress and be aware of our mental health. Taking your workout to the water is fun, safe and super-effective," she said.

Registration for classes, which are open to the public, may be completed by calling 410-641-5255 or visiting the Sports Core Pool at 11144 Cathell Road in Ocean Pines.

Information about additional Ocean Pines aquatic programs is available at OceanPines.org.



## CLUES ACROSS

- 1. Engine additive
- 4. Undemanding
- 8. "\_\_\_ your enthusiasm"
- 10. Well-known island
- 11. Not saintly
- 12. Habitual
- 13. Central parts of church buildings
- 15. Trust
- 16. Intestinal
- 17. Deep-bodied fish
- 18. Live up to expectations
- 21. Snag
- 22. Partner to haw
- 23. General's assistant (abbr.)
- 24. Sheep disease
- 25. Male term of endearment
- 26. United
- 27. Popular TV host
- 34. Overnighters
- 35. Beloved British princess
- 36. Obtains from
- 37. Third Mughal Emperor
- 38. Shares the opinion of
- 39. Central European river
- 40. Feudal estates
- 41. KU hoops coach Bill
- 42. Spreads out for drying
- 43. "The Partridge Family" actress Susan

## CLUES DOWN

- 1. Picturesque
- 2. South Pacific island country
- 3. Shrub of the olive family
- 4. Establish the truth of
- 5. Unfettered
- 6. Originations
- 7. Famed English park
- 9. Sheep's cry
- 10. Danced
- 12. More upstanding
- 14. Upstate NY airport (abbr.)
- 15. Type of lettuce
- 17. Place to call a pint
- 19. Backs
- 20. Partner to cheese
- 23. Makes it there
- 24. Value
- 25. One's convictions
- 26. Former CIA
- 27. Clashed
- 28. Affirmative
- 29. Journalist Tarbell
- 30. Athletic shoes
- 31. Roof style
- 32. Make possible
- 33. Make less dense
- 34. Healthy food
- 36. Silly



Answers for October 21

# A BAGEL

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# Telehealth physical therapy...did you know?

By **William Hamilton**

Did you know that telehealth physical therapy is now, in many cases, covered by insurance permanently? The pandemic, while it has caused major disruptions in all of our lives, has forced advancements in all industries and physical therapy is no exception. Telehealth physical therapy can help you treat yourself for even minor pains that have been nagging you.

Telehealth physical therapy allows anyone to have access to an expert for evaluation via their smart phone or computer (with camera) at a convenient time and place for them. It's especially helpful for someone that works full time and/or has a family and cannot find the time to physically make it to a clinic. Telehealth is also helpful during the current pandemic if you have underlying conditions or just don't feel comfortable venturing out in public places. You now have access to a physical therapist from the comfort of your own home.

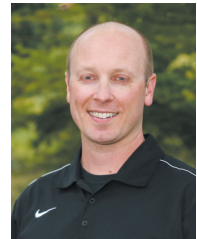
I know you're wondering how can a PT help me if they aren't able to see me in person? In fact, a majority of our time with a patient is spent on education. We take the time to educate the patient on what their problem is and what treatments will be performed to address those impairments. A critical factor for success from PT treatment is knowing what to do and how to do it. Physical therapists can effectively do this via Telehealth.

Recent research studies have produced positive results for the use of telehealth physical therapy. A recent study published in August found, "Overall, more than 90% of participants gave "excellent" or "good" rat-

ings to having their concerns addressed, therapist communication, treatment plan development, treatment plan execution, convenience, and overall satisfaction." The authors stated that, "many participants wrote that they would prefer to have the option of telerehabilitation visits in the future."

This current pandemic has forced upon us many life changes that we have had difficulty adjusting to. However, the opportunity to now have one on one time with a PT on your terms is something we should embrace and take advantage of. Not only is it now easier and quicker for you to receive expert advice, it's covered by your insurance (which was not the case prior to COVID-19)! If you have been dealing with an ache or pain, no matter how minor or severe, call your physical therapist to schedule your telehealth evaluation.

*William "Billy" Hamilton is owner of Hamilton Physical Therapy in Ocean Pines.*



**Billy Hamilton**


*If you live in Ocean Pines, be sure to contact The Courier if you want the paper each week in your driveway.*

**Call 410-629-5906**

## Tides for Ocean City Inlet

Day	High / Low	Tide Time
Th 29	Low	12:54 AM
29	High	7:11 AM
29	Low	1:16 PM
29	High	7:28 PM
F 30	Low	1:26 AM
30	High	7:48 AM
30	Low	1:55 PM
30	High	8:05 PM
Sa 31	Low	1:59 AM
31	High	8:25 AM
31	Low	2:32 PM
31	High	8:43 PM
Su 1	Low	2:33 AM
1	High	8:03 AM
1	Low	2:10 PM
1	High	8:21 PM
M 2	Low	2:07 AM
2	High	8:42 AM
2	Low	2:49 PM
2	High	9:00 PM
Tu 3	Low	2:43 AM
3	High	9:21 AM
3	Low	3:30 PM
3	High	9:39 PM
W 4	Low	3:21 AM
4	High	10:01 AM
4	Low	4:14 PM
4	High	10:20 PM

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## Republic Services recycling guidelines restated

Ocean Pines and Republic Services, as part of a continuing educational campaign, are asking residents to be aware of recycling guidelines for local trash collection.

Food, trash and other waste contaminates recycling and will cause containers to not be collected. Any contaminated material will have to be removed from the recycle container and placed into the curbside trash.

“This will be the responsibility of the resident,” Republic Services General Manager Anthony Spirito said. “Republic Services designated trash collection trucks are not permitted to pick up any container marked recycling – only designated recycling trucks are permitted to do so. Any recycling remaining would be collected on the next scheduled recycle pick up day.”

All recyclables should be kept empty, clean and dry, and free of any food or liquid. Items should also be kept loose, rather than in separate containers or bags.

Republic Services will only accept the following items in marked recycling bins:

-Plastic (#1 and #2 only): Plastic jugs, such as detergents, milk and juice, etc. do not need to be rinsed and the caps may be left on. Water bottles and soda bottles must be empty, and caps may be left on.

-All paper, as long as it is free of food debris. That includes newspapers, envelopes, junk mail, phone books, brochures, magazines, and cardboard (such as ream wrappers, file folders, poster board and clean cardboard boxes).

-Aluminum/metal (such as clean beverage cans and food cans). All metal must be rinsed and dried, and clean of all food. All metal must be clean of any plastics or

fabrics. All metal must be 100% metal only

-Clear and colored glass (such as beverage containers and glass food jars).

Items that CANNOT be recycled include:

-Plastic (#3-#7): Plastic bags; flowerpots; motor oil bottles; and, plastic fruit boxes

-Paper with any food debris.

-Metal with anything nonmetal attached. Also, cat food cans are not recyclable

Recycling containers that are contaminated are marked will be marked with a sticker as part of an educational campaign. Republic Services collects about 120 tons of recyclable items per month from Ocean Pines, which makes up roughly 40 percent of collections in this division. The company also serves areas including Cambridge, Maryland and Lewes, Delaware.

Increased costs to recycle items, decreased demand for certain recycled materials, and an increase in the number of contaminated items has led to difficulties with recycling programs worldwide. Locally, about 35-40 percent of recycling containers include contaminated items that cannot be recycled.

According to Republic, “When it comes to recycling, everyone has a part to play. Working together, we can make sure recyclable materials don’t end up in our lakes and landfills. At Republic Services, we believe in the preservation of our Blue Planet™, a cleaner, safer and healthier world where people thrive—not just for today, but for generations to come.”

To learn more, visit [www.RecyclingSimplified.com](http://www.RecyclingSimplified.com).



## Hometown Christmas returns

The Ocean Pines Recreation and Parks Department will light up White Horse Park on November 28 during the 10th annual Hometown Christmas Tree Lighting, starting at 6:30 p.m.

This year, in addition to lighting 40 sponsored trees, the event will once again feature the lighting of the official Ocean Pines Association tree, along with a socially distanced meet-and-greet with Santa for children, and an array of beautiful light displays throughout White Horse Park.

“The Recreation Department staff is happy to be able to continue with this special event that everyone has come to enjoy and looks forward to, as the start of the holiday season,” Recreation and Parks Director Debbie Don-

ahue said.

Ocean Pines businesses, community groups, social clubs and families are encouraged to sponsor and decorate a tree for the event. Trees are eight to nine feet tall and cost \$60 each.

Program Supervisor Katie Goetzinger said those hoping to take part should reserve a tree soon.

“About 90% of participants are returning tree sponsors, so we urge residents and businesses to contact us if they would like to participate in this festive event,” she said.

To reserve a tree, contact Goetzinger at [kgoetzinger@oceanpines.org](mailto:kgoetzinger@oceanpines.org) or call the Recreation and Parks Department at 410-641-7052.

## Household Hazardous Waste Collection Day returns

The Worcester County Public Works Recycling Division will host Household Hazardous Waste (HHW) Collection Day on Saturday, October 31, from 10 a.m. to 2 p.m. at the West Ocean City Park and Ride.

HHW, along with computers, servers, and laptops, may be dropped off during this event. No other electronics will be accepted.

HHW includes pesticides, pool chemicals, gas and other fuels, oil-base paints, thinners and everyday hazardous wastes accumulating in and around the home for safe disposal. Computers and laptops will be collected and later recycled.

Water-based paints are not hazardous materials and should be prop-

erly disposed of in the trash after solidifying by drying or adding absorbent materials, such as sand, kitty litter, or mulch, rather than brought to a hazardous waste event.

Collecting HHW for safe disposal saves valuable landfill space and helps protect the environment, as many of these items do not degrade and contain poisonous materials that could seep out of the landfill and contaminate surrounding soil and groundwater.

HHW Collection Day is open at no charge to Worcester County residents only. This event is hosted in conjunction with Maryland Environmental

## In-person voting to take place at four locations

The Maryland State Board of Elections announced it has approved Worcester County’s request to use the following four locations for those voters wishing to vote in person for the November 3 Presidential General Election:

- Pocomoke Community Center, 1410 Market Street, Pocomoke City, MD 21851

- Snow Hill Middle School, 522 Coulbourne Lane, Snow Hill, MD 21863

- Stephen Decatur Middle School, 9815 Seahawk Road, Berlin, MD 21811

- Roland E. Powell Convention Center, 4001 Coastal Highway, Ocean City, MD 21842

Worcester County voters can vote at any Vote Center on November 3. Specimen ballots were mailed in October to voters along with a listing of the early voting center and vote center locations.

# Worcester Health to offer flu vaccine clinics

The Worcester County Health Department encourages everyone to get your flu vaccine this year and are offering flu clinics for county residents this fall starting at the end of October. Appointments for the drive thru flu vaccine clinics are required.

Dates, times, and locations are as follows:

-October 30, 9 a.m. to noon, High Dose Clinic (for those 65 years and older), Snow Hill Health Department, 6040 Public Landing Road

-November 5, 10 a.m. to 4:30 p.m., Public and Student Drive Thru, Snow Hill Health Department, 6040 Public Landing Road

-November 6, 10 a.m. to 4:30 p.m., Public and Student Drive Thru, Berlin Health Center, 9730 Healthway Drive

-November 12, 10 a.m. to 4:30

## Online interior design course offered

Wor-Wic Community College is offering an online course called "Introduction to Interior Design." This six-week course begins November 11, with additional start dates of December 9 and January 13.

In addition to information about career possibilities in the field, this course covers color theory, industry trends, special arrangements, floor plans, design ideas and interior design basics. Before the end of the course, students will complete a fully-developed room design project with spatial layout, lighting and finish selections.

For more information, visit [ed2go.com/worwic](http://ed2go.com/worwic) or call 410-334-2815. Online interior design course begins November 11.

For more information, visit [ed2go.com/worwic](http://ed2go.com/worwic) or call 410-

*collection*  
from page 12

Services and the Maryland Department of the Environment (MDE). A representative from MDE will be on-site checking vehicle registration. Clean Ventures of Baltimore will be responsible for the safe disposal of all hazardous waste collected.

For more information, contact Worcester County Recycling Manager Mike McClung at (410) 632-3177.

p.m., Public and Student Drive Thru, Pocomoke Health Center, 400 A-Walnut Street

The October 30 clinic has a limited amount of high dose flu vaccine for those 65 years and older. Regular dose vaccine will be provided for the remaining clinics offered in November.

To schedule an appointment visit <https://www.marylandvax.org/>. If you need assistance, call 410-632-1100, selecting option 8 then selecting option 1.

Students pre-k through 12th grade can receive vaccines at no charge. Worcester County Health Department will bill in-network insurance providers including Medicare and Medicaid for the flu vaccine for adults. Other insurances may be billed, so please check with your carrier regarding coverage. For uninsured adults, the suggested donation for the flu vaccine is \$15. No one will be denied service due to inability to pay.

For more information visit [WorcesterHealth.org](http://WorcesterHealth.org) or follow us on social media @WorcesterHealth.

## Tomography certificate program offered

Wor-Wic Community College is now offering a certificate in computed tomography for licensed radiologic technologists who already hold an associate or bachelor's degree in radiologic technology. This limited admission program starts in January.

Courses in the new program include patient care and safety, advanced sectional anatomy, image production and evaluation, and imaging procedures, as well as three clinical experience courses. The program provides licensed radiologic technologists with an opportunity to obtain advanced modality training to become computed tomography (CT) technologists.

Anyone interested in this program should begin the application process as soon as possible to meet the first admission deadline of November 6. Visit [www.worwic.edu](http://www.worwic.edu) or call 410-572-8740 for more information.



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## Free health insurance enrollment assistance offered

A week of kickoff events to help people get free assistance enrolling assistance by phone for Maryland Health Connection will be held November 6-15.

Open enrollment begins November 1 for Marylanders to enroll in health and dental coverage through Maryland Health Connection, the state's health insurance marketplace. Open enrollment ends December 15.

Certified health insurance navigators will be ready to help Marylanders via phone to sign up for a health plan and understand their coverage options and financial help. Assistance also is available in Spanish.

Besides these phone events, consumers may enroll online at MarylandHealthConnection.gov,

through the free "Enroll MHC" mobile app, or by calling 1-855-642-8572 toll-free from 8 a.m. to 6 p.m. weekdays. Help is available in more than 200 languages. Also, more than 700 trained brokers and navigators are available to help throughout Maryland for the entire six-week open enrollment. The open enrollment period is for private health and dental plans only. People who have coverage through Medicaid will receive a notice when it's time to renew. Those who qualify for Medicaid may enroll in it any time of year.

To learn more about 2021 health insurance plans and prices, Marylanders can visit [marylandhealthconnection.gov/find-help/](http://marylandhealthconnection.gov/find-help/) to find free help.

## Virtual diabetes education event offered

During the month of November, Atlantic General Hospital will observe National Diabetes Awareness Month with a series of engaging and educational posts on the Atlantic General Hospital Facebook page. Our providers will be presenting on a number of diabetes-related topics including prevention, nutrition, weight management, insulin, self-management, skin care, wound care, and much more.

According to the Centers for Prevention and Disease Control (CDC), more than 34 million people in the U.S. have diabetes. Over the last twenty years, diabetes among adults has doubled due to increased obesity rates as Americans have aged. More than 88 million adults (1 in 3 persons) have prediabetes and more than eighty-four percent of adults are un-

aware they even have it. Prediabetes can put you at increased risk for developing type 2 diabetes, heart disease, and even stroke.

"The good news is a healthy lifestyle can help to prevent or delay type 2 diabetes," says Donna Nordstrom, community health director at Atlantic General Hospital. "Our virtual diabetes education event is intended to empower and engage all community members through a series of health and wellness activities, while reducing risk for diabetes, and/or complications related to diabetes". Visit [www.facebook.com/atlanticgeneralhospital](http://www.facebook.com/atlanticgeneralhospital) to view these videos.

This event is free and does not require registration. For more information, contact 410-641-9268 or [gblake@atlanticgeneral.org](mailto:gblake@atlanticgeneral.org).

## SHEro Award winners announced

The Art League of Ocean City announced the honorees of the 2020 SHEro Awards, honoring Delmarva women who have shown courage in facing adversity and turned that around into something positive.

The SHEro Awards are part of the October-long all-women art exhibition entitled "VISION" at the Ocean City Center for the Arts on 94<sup>th</sup> St. Curated by Deborah Rolig and Diane Gray of Berlin, the exhibition seeks to empower women through art, emphasizing women overcoming adversity. A portion of the proceeds from this exhibit benefits Women Supporting Women.

"The SHEro Award winners are filled with courage and tenacity," Rolig said, "the kind of women who have overcome a major challenge in their lives, be it health, family, job, or something similar, yet have dug-in to thrive and persevere. These are the women honored as SHERos."

Marian Bickerstaff of Ocean Pines, who was nominated by Gail Philippi, is manager of Sarah's Pantry at the Community Church of Ocean Pines and Past President of the Art League's board of directors. Bickerstaff coordinates the collection of large amounts of food to distribute to families in need and kept the supply going throughout the pandemic. She is also an officer of the P.E.O., a philanthropic educational organization, and past president of the Ocean Pines Garden Club.

Debbi Dean-Colley of Berlin, who was nominated by Angela Manos, is a single mother of two who spreads love and positivity through little acts of kindness, donating her art, her time, a meal, or some other necessity. Seeing art as a vehicle for healing, she has developed healing arts

programs focusing on giving back to the community.

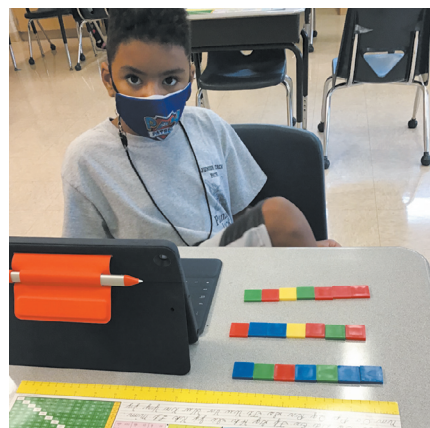
Ilyana Kadushin of Salisbury, who was nominated by Mary Ellen Clark, is an art educator and singer whose mission in life is to motivate others to build confidence and self-awareness. She created a non-profit organization called "Stories Love Music" that offers free workshops for local caregivers who work with seniors with dementia.

Jean "Bean" Keagle of Ocean City, who was nominated by her mother-in-law, Claire Jefferson, is a nurse at Atlantic General Hospital and an avid advocate for women with breast cancer, a disease she herself battled. She devotes her time to serving others through charitable events and is known for her annual cookie baking events, an expression of thanks to loved ones and the community.

Nicole Morris of Berlin, who was nominated by her colleague, Matthew Morris, Chief Nursing Officer at Atlantic General Hospital, is the hospital's Infection Prevention and Employee Health Manager. She faced the challenges of COVID-19 head on and has been the mastermind of new ideas and processes, which will undoubtedly become best practices.

Kim Royster of Millville, who was nominated by Pamela Switzer, is personal trainer and certified life/wellness coach. A devoted wife, mother, and professional woman, she has overcome the loss of a child, business, and home, but has not let adversity keep her down. Her passion is fitness and helping her clients be the best they can be, connecting their soul, heart, and mind so they can make their goals a reality.

**Patterns** - Ocean City Elementary third grade students used manipulatives to build array models representing multiplication equations. Pictured are **Bryce Wilgis** and **Brayden Dempsey** from Kara Dzimiera's math class discussing how the arrays for  $7 \times 3$  and  $3 \times 7$  are alike and different.



**budget**  
from page 1

ued. "We encourage participation [and] asking questions."

Following Keiling's presentation, Director Frank Daly cautioned the community that the COVID-19 pandemic would certainly play a significant role in the next budget.

He also credited General Manager John Viola and his team with delivering favorable financial results during what has been an extremely trying time.

"I think it's important for all of us to understand ... what an incredibly difficult year this has been from a management perspective," Daly said. "This year's budget was developed pre-COVID. We're operating in a COVID environment. We're dealing with reduced capacity by government mandates. We're dealing with reduced demands because people are scared. We're dealing with reduced assessments which we, collectively as a Board, made a decision on, because the community was so negatively impacted by COVID.

"Yet through this we have maintained – and John has maintained and the Board and the whole team – outstanding operating results by using tools that have come available

to him from the sky, like the PPP program, [and] by managing revenues [and] by managing expenses," Daly added.

A few years ago, Daly said, the Association was facing around \$2 million in losses during what then was a good economy. Some of those losses are still on the books.

"Now, we're looking at performance to budget that's great in an economy that is absolutely unimaginable for people alive today," he said. "I just want to caution everybody that ... it's going to be a difficult proposition, because we still have to deal with a half-million-dollar shortfall in assessments.

"Who knows what's going to happen between now and the end of the fiscal year. We can't even make a projection – we can't even honestly ask for one," Daly added.

"We have to go forward with the understanding that we have, in effect, chartered John to fly through fog in a high-performance jet with no instruments. And there are bumps out there. It's been a damned smooth ride – a lot smoother than really anybody expected. But we're going to have to deal with those bumps in the budget. And I think they're going to be there," Daly said.

**initiative**  
from page 6

local entertainment venues within Main Street Maryland organizations as well as the Baltimore Main Streets program.

The initiative will expand total funding to \$30 million for the state's COVID-19 Layoff Aversion Fund, which has helped small businesses with an average of 20 employees stay open and saved nearly 9,000 Maryland jobs. Grantees have used the average award size of \$22,738 per business for such things as purchasing remote access equipment and software to promote teleworking, assisting with employee training and education, purchasing cleaning supplies and services to maintain an onsite workforce, and taking advantage of the Maryland Department of Labor's Work Sharing Unemployment Insurance Program by supplementing employee income.

The initiative doubles funding to \$10 million for low-interest loans to small and minority businesses. Administered through the Maryland Small Business Development Financing Authority (MSBDFA), the program provides financing to businesses owned by economically and socially disadvantaged entrepreneurs. MSBDFA uses include working capital,

supplies and materials, machinery and equipment acquisition, land acquisition, or real estate improvements.

The governor's initiative increases funding to \$7 million for the Maryland State Arts Council's (MSAC) Emergency Grant Program. In response to the COVID-19 State of Emergency, MSAC has created special grant opportunities that provide emergency funding to arts organizations and artists for losses sustained because of programming, operations, and events that have been modified or canceled.

It will also provide \$2 million for local Destination Marketing Organizations to support hometown tourism efforts that promote local restaurants, attractions, and shops.

And finally, the initiative sets aside \$100 million that can be immediately deployed to areas where there is the greatest need as the pandemic continues to affect various sectors and as state and local governments wait for the federal government to take action on additional stimulus relief.

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