

# **NEED HEALTH INSURANCE?**

# Get Connected Virtually



We're **STILL HERE** to help you get a health plan that works for your life and your budget. **Local experts** are standing by.

## **Need Health Insurance!?**

Somerset, Wicomico & Worcester county residents can receive free over-the-phone assistance with enrollment into Health Insurance by contacting The Lower Shore Health Insurance Assistance Program!!!

Phone: 1(855)445-5540

Email: info@lowershorehealth.org

Website: lowershorehealth.org









- Photo ID
- Social security number
- Immigration/citizenship documents (for some residents)
- Pay stubs or W-2 wage and tax statement (if employed)
- Policy numbers for any other insurance







### Legion swears in new officer slate

American Legion Post 166 has sworn in its new slate of Officers and Executive Committee for 2021-2022.

Returning as Commander of the Post was Tom Wengert. Other officers sworn in were Pat Sharkey, First Vice Commander; Bob Paul, Second Vice Commander; John Bussard. Adjutant; George Barstis, Finance Officer; Jack Hyle, Judge Advocate; Ben Dawson, Chaplain; Bob Gilmore, Sgt-at-Arms; Scott LaCoss, Service Officer; and Ed Pinto, Historian.

The new Executive Board consists of Bo Spicer, John Granite, Phil Ludlam, Harry Rey, and Charles Spaziani.

## Pickleball tournament to raise funds for cancer research

CANCER

are being sought for the annual Road to Recovery Program, which Pickleball Round Robin tourna- connects caregivers with patients to ment, scheduled Friday,

October 1 at the Ocean Pines Racquet Center.

Hosted by the Ocean Pines Pickleball Club, the tournament is part of

a quartet of local "Pink Ribbon Classic" events raising money for cancer research.

"For the fourth consecutive year, the Ocean Pines Pickleball Club Round Robin will join several other events taking place for the Pink Ribbon Classic at the Beach, to benefit the American Cancer Society and help fight breast cancer," organizer Chris Shook said.

Shook said the Pink Ribbon Classic series was started by a local group of volunteers. Since its inception, the series has raised roughly \$3.6 million for breast cancer research, awareness programs, and services.

"One of the most important serv-

Players, and especially sponsors, ices available in this area is the

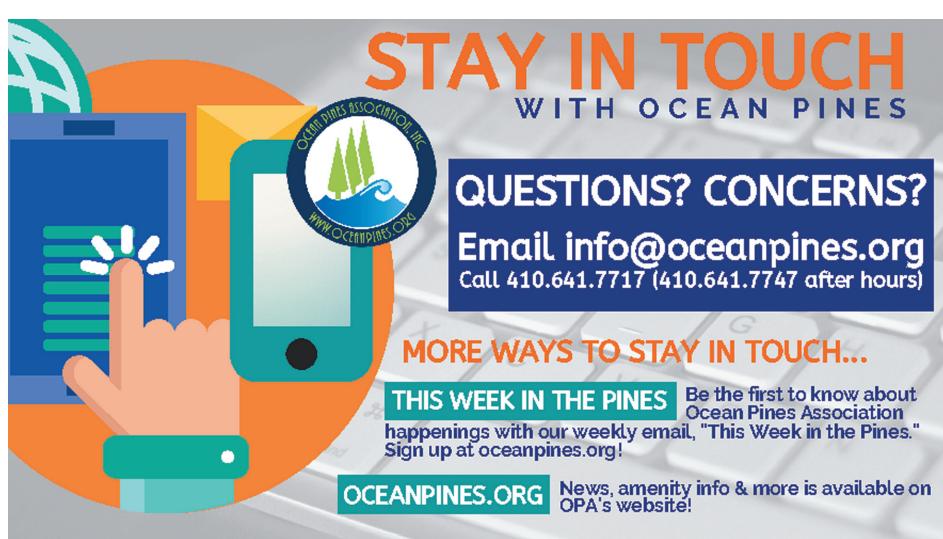
transport them to and from treatment," she said. "There is also the Hope Lodge that provides lodging during treatment, the Cancer

Survivors Network available at www.cancer.org, and a 24-hour-aday information center at 1-800-227-2345 for patients to access ACS services."

The American Cancer Society is currently funding 168 grants totaling more than \$68.9 million related to breast cancer research. Since 1989, breast cancer deaths in the U.S. are down 40%, meaning 375,900 lives have been saved.

For players, the tournament entry fee is \$35 per person and the registration deadline is Monday, September 27.

To learn more about the American Cancer Society, visit www.cancer.org or call 1-800-227-2345.



# County COVID vaccination rate at high level

By Mark Thomas

The Worcester County COVID-19 vaccination rate is among the best in Maryland. The rate currently stands at 57.4% of the total County population and 64% of the population that is eligible to be vaccinated. These figures exceed national averages and place Worcester in the upper tier of counties in Maryland. From the outset of the vaccination effort Worcester has ranked in the top ten of Maryland counties.

The high rate of Worcester County COVID vaccination seems to contradict a widely held assumption about the connection between partisan politics and the coronavirus pandemic. Some national news sources have linked low vaccination rates to high levels of support for former President Trump. There are some data that support this contention.

In Maryland, seven of the ten counties with the highest percentage vote for Mr. Trump in last November's election have the lowest levels of vaccinations in the state. This includes Garrett County, which gave 79% of its vote to Mr. Trump and has a vaccination rate of 39%, and Caroline County which tallied 67% for Mr. Trump and has a vaccination rate of 45%.

Worcester County, by contrast, recorded the eighth highest percentage vote for Mr. Trump at 60% but also has the eighth highest rate of vac-

cinations in Maryland. There are other apparent outliers. Two counties, Queen Anne's and Carroll, also rate among the top 10 in Trump vote percentage but show relatively high rates of vaccination at 54% and 58.5% respectively. On the other hand, Wicomico County had a very tight presidential vote, 51% for Mr. Trump

and 49% for Mr. Biden but has the fifth lowest vaccination rate among Maryland counties, 43.6%.

Assessing the reasons for Worcester County's high level of vaccination success, Travis Brown, Public Affairs Officer for the Worcester County Health Department, credits a proactive approach by the Health Department and a high level

of cooperation among local entities. "The County Commissioners, the Board of Education, local government agencies, health care providers, and the private sector have all been on board and cooperative," Brown reported. He also cited ongoing communication about the availability, effectiveness, and safety of the vaccine. The Health Department has made scheduling and getting shots convenient by setting up multiple vaccination sites throughout the County.

The Department operates a Facebook page that helps the communication process. Health Department staff, whether in-person, over the phone, or online, address questions about the vaccines' safety and efficacy and provide reliable, science-based responses to all inquiries.

County facilities, 82.1% of residents and 62.6% of staff are fully vaccinated. Both fall short of the statewide figures, 85.6% for residents and 78.3% for staff but are far better than the lowest rates in the state, which are less than 50% for staff. The Governor announced a new vaccine protocol for

The success of the vaccination ef-

fort translates to better health outcomes. Worcester County's population represents .86% of the state total. The number of confirmed COVID infections in the county is .82% of the state number. From May 27 to August 18, only one COVID death was recorded in Worcester County, a minuscule .9% increase.

During that same period, the Maryland death count rose from 9,368 to 9,686 – an increase of 3.3%. Nationally, the death toll increased by 27,691, or 4.6%. Health Department spokesman Brown attributes the low mortality rate in the county to the availability and quality of local hospitals, health care facilities, and medical professionals.

Governor Larry Hogan, in a news conference on August 18, emphasized the critical need for vaccinations in skilled nursing facilities. In Worcester and 62.6% of staff are fully vaccinated. Both fall short of the statewide figures, 85.6% for residents and 78.3% for staff but are far better than the lowest rates in the state, which are less than 50% for staff. The Governor announced a new vaccine protocol for all such facilities, as well as for hospitals: "Every nursing home employee will be required to show proof of vaccination. If they are unable to, they will be required to submit to regular ongoing COVID screening and testing." Nursing home and hospital employees who are not yet vaccinated will be required to get their first shot no later than September 1.

Governor Hogan also noted that the Food and Drug Administration and Centers for Disease Control and Prevention have authorized booster shots for immune-compromised people and have indicated that booster shots for all vaccine recipients could be offered beginning in the fall for those who received the Pfizer and Moderna vaccines. Worcester County Health Department's Travis Brown said the department has anticipated this next phase of vaccinations and is geared up and ready to go.

For more information, consult the county's and state's web sites: worcesterhealth.org and coronavirus.maryland.gov or call the Worcester County Health Department at 410-632-1100.



Hunters and non-hunters alike are familiar with bright orange coats, hats, vests, and other gear that is worn during hunting season. Even though it seems counterintuitive

to wear "blaze orange" in the fields or woods for fear that animals may spot you, hunters need not worry so much. Deer typically cannot recognize blaze orange attire designed to make hunters visible to other people. According to researchers at the University of Georgia, a combination of factors make deer less likely to be startled by blaze orange. Deer have less binocular overlap than humans. Binocular overlap (the area that both eyes view at the same time) allows focus on a single point and enables depth perception. Deer must shift their heads much

more than humans to gain a good three-dimensional perspective of an object. Deer also have fewer cones in their retinas compared to humans. Cones are photoreceptors that enable color vision and distinguish fine details. Furthermore, deer cannot readily perceive longer wavelengths of color, so oranges and reds appear more like brown or gray to them. However, deer can see blue colors more easily, so hunters may want to avoid blue jeans paired with their orange gear.



On August 25, 2009, Edward "Ted" Kennedy, the youngest brother of President John F. Kennedy and a U.S. senator from Massachusetts from 1962 to 2009, died of brain cancer at age 77 at his home in Hyannis Port, Massachusetts. Kennedy, one of the longest-serving senators in American history, was a leader of the Democratic Party and a spokesman for liberal causes who also was known for his ability to work with those on both sides of the political aisle.

Courier

Chip Bertino Publisher/Editor

Mary Adair Comptroller Linda Knight Advertising Representative

**Contributing Writers** 

Dan Collins, Victor Fernandez, Ron Fisher, Douglas Hemmick, Jean Marx Robert B. Adair 1938-2007 P.O. Box 1326 Ocean Pines, MD 21811 410-629-5906

thecourier@delmarvacourier.com www.delmarvacourier.com facebook@TheCourierofOceanPines

The Courier is published Wednesday morning by CMN Communications, Inc. Contents copyright 2021. News release items and calendar entries should reach us *Friday noon* prior to publication date. The advertising deadline is *Friday at 5 p.m.* Read **The Courier** online at delmaryacourier.com.

# Do It Yourself

tackled my fair share of around the house, do it yourself projects. Some have been small undertakings requiring

From time to time over the years I've and thought about for months before starting. I watched videos and read books on removing linoleum and how best to create a level surface for tile. I

laid awake nights going over

in my mind how to rip out the vanity. There are people who could have just gone in and bing, bang, bam would have had the project done. Me? I had notes and many, many trips to the home improvement store investigat-

ing various products under my belt.

When the day came to start the project I was just a little bit nervous when I started scraping up the old floor. A little case of nerves on the first day was nothing compared to the out and out fear I felt the second day when I inadvertently

It's All About. . . By Chip Bertino chipbertino@delmarvacourier.com

no more than a Phillip's screwdriver and a pair of pliers. Others have been a little more elaborate and extensive. And then there have been projects that started out small and quickly morphed into something unexpected and much more expensive.

There's a considerable amount of satisfaction gained when, after finishing a project, you can look at what you've done and say with pride, "I did that." There's an opposite feeling when your wife looks at what you've done and asks in a tone of either bewilderment or anger, "What have you done?"

There are some types of projects from which I shy away. For instance I won't undertake electrical work beyond changing a light bulb or installing a new dimmer switch. Although I am somewhat adventurous in home projects, messing around with electricity scares me more than a little bit.

With increased confidence gained from completing a job, the horizons of what I think I can do next

grow more majestic. For instance several years I ago I remodeled a bathroom. I removed the floor and the fixtures. It was for me a large project that I studied

cracked a PVC pipe while pulling the vanity from its resting place. First there was a popping sound and then there was a gush of water, a lot of water, that hit me directly in the chest nearly knocking me over in force and surprise. Within the few microseconds that it took me to realize what was happening, the bathroom was quickly becoming an indoor pool. With the help of my son who responded to my screams of despair, I was able to get outside to turn off the water main. The scene of devastation in the bathroom required a recalculation on how to proceed. Many hours were lost to vacuuming up water and doing everything possible to avoid having water spread to adjacent rooms.

When my wife arrived home from work she took one look at what I had done, smiled and said, "How's it going?"

The gushing water debacle aside, I think the finished result of my work in the bathroom looks pretty darn good. I learned a lot from the project including how to install ceramic tile, how to remove and reinstall a toilet and most importantly the importance of turning off the water when working around pipes.

Part of the thought process involved in contemplating a new project includes what new tools or gadgets will be needed to complete the task. To my wife's dismay, I plug into the budget the cost of new, what I call "tools," what she calls "toys." Sometimes though, as in the case of the bathroom, I wind up purchasing several unexpected, unbudgeted items.

That's called the "Aw shucks" factor. Well, it's really not called that but this is a family publication and writing what it's really called would be offensive.

There are some projects that are supposed to be small and inexpensive yet when they're completed turn out far grander than expected. This happens when my wife gets involved. Such was the case several years back when fixing a leak in the hose that connects to the refrigerator to make ice required me cutting out about a six inch by six inch square of drywall behind the refrigerator. I fixed the leak and pushed the refrigerator back in place. In a way that to this day I still don't understand, my wife used that hole in the wall behind the refrigerator that no one would ever see, as the basis to having the entire kitchen remodeled: new countertops, new cabinets, new floor and new entry way. I didn't take on that project. It was left to the experts and my wife. My contribution to that project was trying to comprehend how my wife turned a small leak (which I fixed) into a major renovation. The only explanation I could come up with was I have my way of undertaking do-it-yourself projects and my wife has another. Either way I can expect to pay for it.









### **Direct Access for Physical Therapy**

Did you know that we offer DIRECT ACCESS so you can receive physical therapy services with no referral needed. You can get the physical therapy care to help you start feeling better immediately. Hamilton Physical Therapy is here to help you with your physical therapy and hand therapy needs. Contact us today and ask us

To schedule an appointment, call (410) 208-3300.

¡ Se Habla Español!

about DIRECT ACCESS.

410.208.3300 HamiltonPTcares.com 11007 Manklin Creek Road, Berlin



# Auditions to be held for musical

The Ocean Pines Players has received the rights for "The Big Bad Musical."

Rumor has it, that the notorious Big Bad Wolf is going to be slapped with a class-action lawsuit by storybooks' quirky characters who want to get even.

A cast of eighteen is necessary to commence the legal wrangling during the upcoming holiday season as the two greatest legal minds in the Enchanted Forest, the Evil Stepmother and the Fairy Godmother clash in a trial that appears as wickedly funny yet judicially significant forever after.

The auditions are set for September 13 and 14 from 5 p.m. to 7 p.m. in the Marlin Room of the Ocean Pines Community Center. With no experience necessary, these auditions are open to those ages eight through 17 and designed to be safe, casual, and fun.

For the most updated information and the audition form, go to: http://sites.google.com/view/ocean pinesplayers or email Frank Pasqualino at BigBadMusicalOPP@google.com.

"The Big Bad Musical" by Al Strum, with music and lyrics by Bill Francoeur is possible through Pioneer Drama Services, Inc of Englewood, CO.

The OP Players values diversity and inclusion in casting and all other areas of the organization. For more general information on the Ocean Pines Players, follow us on our Facebook page or visit www.oceanpinesplayers.com.

### Historical landmark signs to be unveiled

The public is invited to join the Worcester County Commissioners and members of the Briddell family, as they unveil the Briddletown Road historical landmark signs on Friday, September 3 at 3 p.m. at 10752 Flower Street.

Flower Street, from Seahawk Road to MD Rte. 376, runs straight through the heart of Briddletown, which was named after the Briddell family. Land records indicate that the history of Briddletown dates back to 1866, following the close of the Civil War. Thirteen individual property titles — with parcels ranging in size from one to four acres lining the main road along Flower Street in and around the Kitts Branch tributary of Trappe Creek east of the Town of Berlin — make it possible to track the community's development.

"This is where my ancestors first

please see **signs** on page 14



From left, **Norma Schultz**, non-credit allied health instructor at Wor-Wic Community College, and **Ruth Gaudreau**, part-time instructor, show some of the equipment that was recently purchased with a gift from the L. Franklin and Gertrude H. Purnell Foundation, **to Jason Parker**, secretary/treasurer of the Purnell Foundation's board of directors.

# Purnell foundation continues to support health care

In addition to continuing an annual scholarship supporting nursing students, the L. Franklin and Gertrude H. Purnell Foundation has made a new commitment of \$50,000 over five years to enhance the health care technology needs of Wor-Wic Community College.

The first installment of \$10,000 was used to purchase items that will be used by the non-credit allied health division. The \$10,000 funded a new adult manikin for the certified nursing assistant laboratory, as well as an automated external defibrillator, a centrifuge, a vital signs monitor and a low vision simulation kit.

According to Jason Parker, secretary/treasurer of the board of directors of the Purnell Foundation, the

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

foundation was created to establish and maintain medical care in the local community. "Funds are to be used for education and scientific use, with a focus on the medical field," he said.

The Purnell Foundation has been providing financial support to Wor-Wic students with a named scholar-ship since 1983. The scholarship has grown over the years and is currently \$4,000 per year for tuition and expenses for nursing program applicants from Worcester County who have plans to practice nursing on the Lower Eastern Shore of Maryland.

### Anglers' flea market scheduled

The Anglers Club of Ocean Pines will host its first Fishing Flea Market. It will be held at the Ocean Pines Community Center in the Assateague room on Saturday, September 18 from 10 a.m. to 4 p.m. Admission is free. Tables are available for \$10. To reserve please contact Jerry Leuters at 240-427-8929.



The Courier, a weekly community newspaper seeks experienced advertising sales individuals with strong interpersonal skills to build advertising relationships and assist in publication growth.

You must be professional, well-spoken, deadline and customer oriented, and highly motivated with strong communication and organizational skills. Work from home.

This is a commission-based position with considerable income growth potential. Enjoy flexible working schedule.

> Send cover letter and resume to Chip Bertino at

chipbertino@delmarvacourier.com

EOE

# Yumi Hogan joins call to protect Assateague's wild horses

Maryland First Lady Yumi Hogan joined the Maryland Department of Natural Resources (DNR), Assateague Island National Seashore staff, and other guests at Assateague State Park, urging island visitors to drive carefully and "Give Wild Horses a Brake," part of a new outreach campaign design to reduce horse injuries and #ProtectOurPonies.

A freely roaming herd of wild ponies is one of the major attractions at Assateague, a barrier island that is divided into Maryland's Assateague State Park and the federal Assateague Island National Seashore. Unfortunately, humans feeding the horses or otherwise encouraging them to come near campgrounds and vehicles has left the horses unafraid of people and cars, making them more susceptible to dangerous situations on the Assateague roads.

The First Lady, Maryland DNR Secretary Jeannie Haddaway-Riccio, Maryland State Senator Mary Beth Carozza, and members of the non-profit friends group Assateague Island Alliance visited the State Park on Friday. The Alliance also presented the First Lady with a conservation award for her continued support and work protecting wildlife.

"The ponies of Assateague are a treasure to Maryland and the nation, but it can be easy to forget that they are wild animals," First Lady Yumi Hogan said. "I am pleased to see the efforts our Park Service is taking to help reduce harm. We urge drivers to be alert and observe the rules of the road and other park regulations to protect the ponies."

A vehicle strike even at low speed can cause serious and even fatal injuries for the Assateague horses. Drivers traveling at night or in low light along park roads can have difficulty seeing the horses. Unlike deer, which may dart across the road, horses regularly stand completely still in the road, giving drivers little opportunity to

"Our park staff and volunteers work hard every year to make Assateague Island a great experience for hundreds of thousands of visitors, as well as protect the wildlife that makes it so unique," Maryland DNR Secretary Jeannie Haddaway-Riccio said. "We ask our guests to help us keep our

wild horses safe for the continued enjoyment of this wonderful natural resource."

The First Lady and Secretary Riccio reviewed new and ongoing efforts to help protect the ponies. Both the Maryland Park Service and National Park Service have invested in strategies to reduce the risk for the horses. Assateague State Park has installed four speed bumps and expanded crosswalks in the park campground, and installed highway messaging signs along the Route 611 causeway/park entrance road.

The State Highway Administration lowered the speed limit along the park entrance road across Verrazano Bridge to 25 miles per hour.

The National Park Service will add speed feedback signs, displaying driver speed, on the causeway and along Bayberry Drive and reduce speed limits to 15 miles per hour at several areas within the national park.

"The National Park Service, and Assateague Island National Seashore, would like to thank First Lady Yumi Hogan for her work promoting safety and safe horse/human interactions on Assateague Island. Visitors to the island are reminded to drive slowly, follow posted safety signs, stay at least 40 feet from horses, store all food properly, and constantly be on the lookout for pedestrians, bicycles, horses, and other wildlife while driving through the park," Assateague Island National Seashore Superintendent Hugh Hawthorne said. "Together we can make this a safe environment for both visitors and wildlife. The National Park Service will continue to work with the Maryland Department of Natural Resources to ensure a continued safe and enjoyable experience for all coming to the island."

Visitors should also remember that close contact with the horses is also a danger to humans, as the Assateague ponies can bite and kick, and like most wild mammals, can carry rabies.

Park officials urge visitors to Assateague to follow these rules:

please see **horses** on page 14

# Need personalized financial guidance? Talk to Mark.



Own your tomorrow.



Mark Engberg, CFP®
Branch Leader
19266 Coastal Highway, Unit 5
Rehoboth Beach, DE 19971
302-260-8731

#### With him, it's personal.

Mark is qualified, supported by Schwab, and dedicated to seeing things through your eyes to craft a plan based on your unique goals. When you work with him, there's no time limit and no script. He'll do everything he can to help meet your financial needs.

Get started at schwab.com/rehobothbeach

© 2021 Charles Schwab & Co., Inc. ("Schwab") Member SIPC. All rights reserved. (1120-0JP6) SCH3329-31a (3/21)

# We Help Families:





Settle their loved ones' estates



PROCINO-WELLS & WOODLAND, llc

Serving families in Maryland & Delaware

Tel. 443.513.2100

www.pwwlaw.com

Presidential history

# Lyndon Baines Johnson

In the 1960 campaign, Lyndon B. Johnson was elected Vice President as John F. Kennedy's running mate. On November 22, 1963, when Kennedy was assassinated, Johnson was sworn in as the 36th United States President, with a vision to build "A Great Society" for the American people.

"A Great Society" for the American people and their fellow men elsewhere was the vision of Lyndon B. Johnson. In his first years of office he obtained passage of one of the most extensive legislative programs in the Nation's history. Maintaining collective security, he carried on the rapidly growing struggle to restrain Communist encroachment in Vietnam.

Johnson was born on August 27, 1908, in central Texas, not far from Johnson City, which his family had helped settle. He felt the pinch of rural poverty as he grew up, working his way through Southwest Texas State Teachers College (now known

as Texas State University-San Marcos); he learned compassion for the poverty of others when he taught students of Mexican descent.

In 1937 he campaigned successfully for the House of Representatives on a New Deal platform, effectively aided by his wife, the former Claudia "Lady Bird" Taylor, whom he had married in 1934.

During World War II he served briefly in the Navy as a lieutenant commander, winning a Silver Star in the South Pacific. After six terms in the House, Johnson was elected to the Senate in 1948. In 1953, he became the youngest Minority Leader in Senate history, and the following year, when the Democrats won control, Majority Leader. With rare skill he obtained passage of a number of key Eisenhower measures.

In the 1960 campaign, Johnson, as John F. Kennedy's running mate, was elected Vice President. On November 22, 1963, when Kennedy was assassinated, Johnson was

sworn in as President.

First he obtained enactment of the measures President Kennedy had been urging at the time of his death-a new civil rights bill and a tax cut. Next he urged the Nation "to build a great society, a place where meaning of the man's life matches the marvels of man's labor." 1964, Johnson won the Presidency with 61 percent of the vote and had the widest popular margin in American history-more than 15,000,000 votes.

The Great Society program became Johnson's agenda for Congress in January 1965: aid to education, attack on disease, Medicare, urban renewal, beautification, conservation, development of depressed regions, a wide-scale fight against poverty, control and prevention of crime and delinquency, removal of obstacles to the right to vote. Congress, at times augmenting or amending, rapidly enacted Johnson's recommendations. Millions of elderly people found succor through the 1965 Medicare amendment to the Social Security Act.

Under Johnson, the country made spectacular explorations of

Courier

Subscribe FREE to

The Courier and get it

delivered to your

computer each week!

delmarvacourier.com

space in a program he had championed since its start. When three astronauts successfully orbited the moon in December 1968, Johnson congratulated them: "You've taken ... all of us, all over the world, into a new era...."

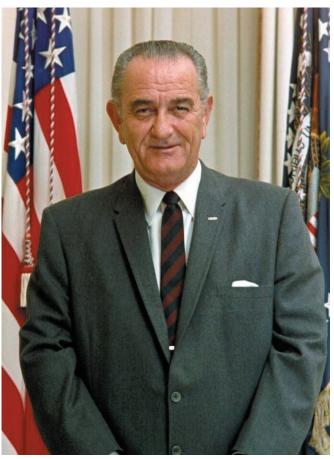
Nevertheless, two overriding crises had been gaining momentum since 1965. Despite the beginning of new antipoverty and anti-discrimination programs, unrest and rioting in black ghettos troubled the Nation. President Johnson steadily exerted his influence against segregation and on behalf of law and order, but there was no early solution.

The other crisis arose from Viet Nam. Despite Johnson's efforts to end Communist aggression and achieve a settlement, fighting continued. Controversy over the war had become acute by the end of March 1968, when he limited the bombing of North Vietnam in order to initiate negotiations. At the same time, he startled the world by withdrawing as a candidate for re-election so that he might devote his full efforts, unimpeded by politics, to the quest for peace.

When he left office, peace talks were under way; he did not live to see them successful, but died suddenly of a heart attack at his Texas ranch on January 22, 1973.

-whitehouse.org







### DAR welcomes new members

The General Levin Winder Chapter of the Daughters of the American Revolution (DAR) recently welcomed three new members during a luncheon the chapter recently hosted for the seven DAR chapters located on the Eastern Shore. Past Chaplain Theresa Bruner administered the oath of membership to Talley Hann, Pamela Mann and Kathryn Trench. Chapter Regent Gail Weldin presented each with a DAR pin as a token of welcome.

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.

(L-R) Theresa Bruner, Pamela Mann, Kathryn Trench, Talley Hann and Gail Weldin.



# National Wellness Month: water, the best medicine

By William "Billy" Hamilton Jr.\_

In recognition of National Wellness Month, I'd like to focus on the benefits of hydrations. I get asked



William Hamilton, Jr.

several times a day by patients, "what can I do at home to help get rid of my pain?" And up to very recently my response would almost always be, "make sure you're doing the home exercises I showed

you" or "ice and rest" depending on the issue with the patient. However, over the past year I began to have moderate to severe hip pain. Long story short, I believe it to be damage to the cartilage on the socket of my hip joint. I want to discuss the process I went through along with a few other interesting facts about hydration.

With respect to my hip pain, it began last spring and was mild at first. Over a few months the pain progressed to severe at times and was always worse after activities like prolonged standing or running. I first tried resting for four weeks with no success. I then tried traditional physical therapy in my clinic. I was able to make some progress, but definitely not pain-free. I continued to have episodes of sharp pains in the groin area with simple movements such as rolling in bed or pivoting when walking. I was almost at the point where I thought that surgery may be my only option. At that point I performed a little self-reflection on my dietary habits. I realized that I was drinking mostly drinks that are considered diuretics such as coffee and tea. Over the next two weeks I would have my morning coffee and then only water the rest of the day. I made a concerted effort to have a water bottle at my desk and drink frequently whether I was thirsty or not. When I tell you that towards the end of that two weeks I was feeling dramatically better, it would be an understatement. My pain went from a 6-7/10 to a 1-2/10 and sometimes no pain at all. I won't tell you that I have completely cured myself with water because the damage is still

there, and I feel it when I am not as vigilant about drinking water. However, this small experiment I performed on myself has emphasized the role water plays in healthy joints and muscles. The other example I give my patients about the importance of hydration, think about the difference in how soft and pliable raw meat is compared to dehydrated jerky! Now this is an extreme analogy, but still a good mental aid for how important water is in our body. Moving on from my personal experience I'd like to share a few facts about hydration that may be surprising to everyone.

The importance of hydration cannot be understated. The general rule of thumb is to attempt to drink half your body weight, but in ounces. For example, if you weigh 200 lbs. you must try to drink 100 ounces of water. Research has shown that the average woman should drink around 11 cups of water per day and men 15 cups per day. Of course, these numbers vary up or down according to body size and the amount of water in your meals (for example oatmeal equates to 3/4 cup of water). Another fun fact is that all food and drinks count towards hydration. On average you can get three to five cups of water from meals. Even coffee, tea, and alcohol add to your overall hydration, when consumed in moderation. Another great source of hydration is whole or skim milk and orange juice. In fact, the hydration index study found that these drinks provided better hydration than actual

You may be surprised by some of these facts that I've shared. My goal is to highlight how important water is to our overall health and wellness. You may even be able to prevent a trip to your doctor or physical therapist by simply increasing your water intake. If you'd like to know more, feel free to stop in some time and have a chat with me.

William "Billy" Hamilton Jr., DPT, CHT is owner of Hamilton Physical Therapy (Ocean Pines). He can be reached at 410-208-3300 or by email at Billy@HamiltonPT-cares.com.

### Review of

# Raft of Stars

#### By **Jean Marx**

Andrew Graff's book entitled *Raft of Stars* is about two ten-year-old boys who go on an adventure of a lifetime. The circumstances that initiate this adventure, however, are dire in that the boys think they have committed a terrible crime and need to escape from the police who are sure to be following them.

The book takes place in Claypot, Wisconsin, a small rural town set along

a river in the Upper Midwest. The boys are Fischer "Fish" Branson and his best friend Dale "Bread" Breadwin. Fish lives with his mother, and he often visits his grandfather named Teddy who lives nearby. Bread lives with his father, a mean drunk who often takes his frustrations out on his young son. Bread tries to keep a lot of the hurt inside but his frequent bruises are noticed by Fish and his grandpa, and so

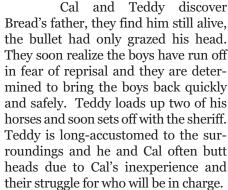
they do their best to look out for him. Bread's father is a strict disciplinarian, and coming home late is a violation that usually sends him into a rage.

This was the situation one summer evening after an enjoyable day Fish and Bread spent together rescuing a large cluster of turtles that had gotten stranded on dry land. Fish can sense Bread's fear to return home, so Fish follows him home without Bread's awareness and soon hears a nasty argument erupt from the house. Fish bursts into the house seeing Bread's father towering over his friend with his shirtfront in his fist. In a rush, Fish grabs the gun off the kitchen counter and orders Bread's father to let him go. He does not, so Fish fires off a shot intending to scare the father off. Fish and Bread watch as Bread's father collapses on the kitchen floor with blood oozing from a head wound. His body is unmoving and the boys are convinced that Fish has killed This sends shockwaves the man. through the boys and they scramble for a solution.

First, both boys fear they will get arrested and charged with murder. Bread has the added fear of wondering what will become of him without any parent, having lost his mother years before. He tells Fish he wants to run away, and Fish decides immediately to go with him because he knows he was the one who pulled the trigger. The boys stop off at Teddy's house to pack up some supplies and a small stash of food. They set off for their favorite spot along the river and try to forge a new outdoor life for themselves. The book chronicles their journey together through their fears of being alone in the forest at night, to trials they have to endure in their friendship, and to their own personal struggles. One day

they find some abandoned wood and other bushcraft supplies and they decide they will build themselves a raft with it.

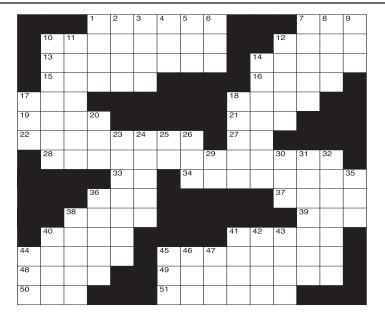
Meanwhile, the disappearance of the boys has set their families and the local sheriff into a panic to find the boys quickly. Sheriff Cal had relocated to Claypot after getting burned out from his law enforcement days in Houston. When Sheriff and Teddy discover



ANDREW J. GRAFF

Cal asks his deputy to look after Fish's mother, Miranda. Miranda is beside herself with worry as she can't lose Fish after losing her husband. She befriends a young woman named Tiffany who works in a convenience store and had met Cal on a few of his visits to the store. Tiffany lives alone and is happy at the prospect of possibly finding a friend in Miranda. When the deputy lets it slip to Miranda that Bread's father is still alive, she springs into action and talks Tiffany into going on their own excursion to find the boys.

The book follows the journeys of all six individuals in a rush to save the boys and show them how much they are loved. This is the first book by Andrew Graff who grew up in the outdoor surroundings of Wisconsin's Northwoods. He also served a tour of duty in Afghanistan.



### **CLUES ACROSS**

- 1. Nature expedition
- 7. Take the energy from
- 10. Bungled
- 12. Young salmon
- 13. Botanical gardens
- 14. Source of chocolate
- 15. Country singer LeAnn16. Yokel
- 17. Unit of energy
- 18. Plant of the lily family
- 19. Tusked wild pig
- 21. Form of "to be
- 22. Formerly
- 27. Letter of the Greek alphabet
- 28. Former First Lady

- 33. News organization
- 34. Shining brightly and intermittently
- 36. Brev
- 37. Teams' best pitchers
- 38. Edible fruit
- 39. Pitching stat
- 40. \_\_ or bust
- 41. Baby product manufacturer
- 44. Monetary unit of Finland
- 45. Small spherical structures in cells
- 48. Pouches
- 49. Reached
- 50. Investment account
- 51. Oft-repeated slogan

### **CLUES DOWN**

- 1. Nuclear undersea weapon
- 2. Helps the skin
- 3. Evergreen coniferous trees
- 4. Relieve of employment
- 5. A way to drench
- 6. Journalist Tarbell7. and Venzetti
- 8. Alcoholic liquor
- 9. An athlete who plays for pay
- 10. Where to get drinks
- 11. Japanese art form
- 12. Baseball great Satchel
- 14. Winged angelic beings17. One point south of due east
- 18. Group of islands in Polynesia
- 20. A place to play: \_\_\_ center
- 23. Masses of gray matter in the brain
- 24. Belgian city (alt. sp.)

- 25. Millilitre
- 26. Beloved Will Ferrell film
- 29. Railway above ground
- 30. Satisfaction
- 31. Aggregate of molecules
- 32. Type of barometer
- 35. Type of college teacher (abbr.)
- 36. Long periods of time
- 38. Native people of Nebraska and S. Dakota
- 40. Deliver
- 41. Thin, narrow piece of wood
- 42. Modern Israel founder
- 43. Small NY college
- 44. Pounds per square inch
- 45. Veterans battleground
- 46. Hollywood talent agency (abbr.)
- 47. Popular kids' channel



Answers for August 25

# Mosquito pool tests positive for EEE

The Worcester County Health Department received notification from the State of Maryland that a mosquito pool in the Whaleyville area of Worcester County recently tested positive for Eastern Equine Encephalitis (EEE). The mosquito species that tested positive feeds primarily on birds. This is the first positive test for EEE in Worcester in 2021.

Arboviruses, such as the EEE virus, are most common during the summer and fall months. The viruses are transmitted by infected mosquitoes and spread to humans, birds, horses and other animals. Since mosquitoes can

breed in as little as a quarter inch of water, eliminating standing water is critical for the control of mosquito populations. Many factors impact when and where outbreaks occur, such as weather, numbers of mosquitoes that spread the virus, and human behavior.

The Worcester Health Department is providing the following tips to help prevent contact with mosquitoes and reduce risk of infection with EEE or other mosquito borne illnesses:

-Remove standing water around your home; as little as one-half inch of water will support dozens of mosquitoes. Remove or turn over buckets, bottles, and

"MD 90 is a top priority not only for

safety, access, and the local economy, but

also for its vital role in emergency re-

sponse. We are very pleased to be taking

this important step forward and we also

look forward to working with each of you

and your jurisdictions on all of the critical

projects in your counties."

other containers; discard old tires or drill drainage holes in tires used for playground equipment; clean rain gutters; store canoes, wheelbarrows, and plastic wading pools upside down; flush birdbaths and the bottom of plant holders twice a week; remove pet food and water dishes that are not being used; adjust tarps (over pools, boats, etc.) to eliminate standing water; fix dripping faucets.

-Wear clothing that covers the arms, legs, and feet whenever you are outdoors.

-Use mosquito repellents containing DEET sparingly on exposed skin. Consult a physician before applying DEET to young children. Avoid applying repellents to the hands of children and do not use repellents on children under three years of age.

 -Follow package instructions carefully.

-Spray clothing with repellents containing permethrin or DEET as mosquitoes may bite through thin clothing.

-Minimize outdoor activities at dawn, dusk, and in the early evening when mosquitoes are most active.

-Inspect window and door screens

and repair any holes found.

### Signs and Symptoms

Signs and symptoms of Eastern Equine Encephalitis include fever, headache, irritability, restlessness, drowsiness, vomiting, diarrhea, cyanosis, convulsions, and coma. People with milder illnesses typically recover on their own, although symptoms may last for several weeks. In more severe cases, patients need to be hospitalized to receive supportive treatment. Anyone with possible symptoms of EEE should contact a health care provider immediately.

Horse owners can protect their horses from EEE with a vaccine, contact your veterinarian for information.

Mosquito spraying is expected to be conducted in the Whaleyville area in response to this report. Details regarding date, amount of area and method of distribution will be provided as they become available and will be weather dependent.

For more prevention tips and information about Eastern Equine Encephalitis (EEE) visit www.cdc.gov/easternequineencephalitis.

# Route 90 project to move forward

During his keynote address Saturday at the Maryland Association of Counties summer conference held in Ocean City, Governor Larry Hogan announced that the State of Maryland's new Consolidated Transportation Program (CTP), to be released in early September, will include funding for the project planning phase for Route 90 improvements, advancing a long-held priority for Ocean City and Worcester County.

"In the coming weeks, state transportation officials will be rolling out a bold new consolidated transportation plan, which will include even more unprecedented infrastructure investments.

"In fact, while we are here in Ocean City, I am pleased to announce for the first time here today that our new CTP will include funding for the planning of the long-awaited and desperately needed MD Route 90, the gateway to Ocean City, project.







### **10 FUN FACTS**

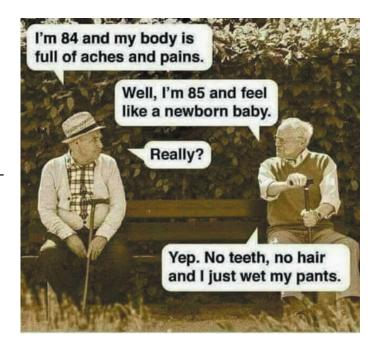
- 1. You can't see your ears without mirror.
- 2. You can't count your hair.
- 3. You can't breathe through nose, with your tongue out.
- 4. You just tried No.3
- 6. When you did No.3 you realised that it is possible, only you look like dog.
- 7. You are smiling right now, because you were fooled.
- 8. You skipped No.5.
- 9. You just checked to see if there is No.5.
- 10. Share this with your friends so they can have some fun too 😂

Have a Nice Day!

# Some things to think about

Gathered from the internet by Jack Barnes

My wife is blaming me for ruining her Birthday
That's ridiculous, I didn't even know it was her
Birthday









Police came round last night and told me my dogs were chasing people on bikes

My dogs don't even have bikes.



A guy wants a divorce.
He tells the judge,"I just can't take it anymore.
Every night she's out until way after midnight, just going from bar to bar."

Judge asks, "What's she doing?"

The guy answers, "Looking for me."

I wish my siblings would stop calling me "spoiled" just because I'm the baby of the family. The fact is, my parents kept having children until they found one they liked. It is so not my issue.

## **Rick Pollitt named Snow** Hill town manager

The Snow Hill Mayor and Town Council announced that Rick Pollitt. Jr. of Allen, MD has been hired as the town's new town manager. Pollitt brings to the position decades of experience as a municipal manager, long-term professional connections to business leaders and local, state, regional and federal officials, and a reputation of integrity. During the past two decades, Pollitt has served as a city manager for the cities of Fruitland and Crisfield. Additionally, he was elected and served two. four-year terms as the first county executive in Wicomico County.

He holds a Bachelor of Arts Degree in Political Science from Washington College, and has served on numerous boards and commissions, including as past president of the Marvland Association of Counties (MACo). Pollitt also has an extensive track record in supporting initiatives of diversification and environmental protection.

Pollitt was selected as the next town manager as the result of a highly competitive national search. Mayor Jennifer Jewell has been performing town manager and mayoral duties concurrently since taking office in June. A Town Manager Search Committee was formed by the mayor, consisting of five residents representing varying inter-Included were a business ests. owner, town employee, and Councilwoman Melisa Weidner. Search Committee worked independently of the mayor to narrow down the pool of over 27 candidates.

The final candidates were invited to spend a day in the Town of Snow Hill, visiting businesses and touring the town. Each met with town staff, interviewing with both the Search Committee and the mayor, and finally made a public presentation in which all attendees were invited to ask questions of the candidate. Input was gathered from the public, staff and Search Committee. The information was presented to Mayor Jewell, who then reviewed the candidates with the council. After discussing the gathered input and qualifications, the council voted unanimously to offer the position to Pollitt.

The town is in position to see ex-

ponential progress in strengthening their infrastructure and boosting economic development, given the recent announcement of two significant financial awards and the launch of the new paddleboat, the Black-Eyed Susan, managed by Washington's, Inc. Town leaders believe Pollitt's selection signifies a stable and catalytic foundation for building upon the current momentum that is propelling the town forward. Mayor Jewell commented. "Mr. Pollitt has deep roots and connections on the Lower Eastern Shore and his commitment to strengthen communities, high level of integrity and professionalism make him a strong fit for Snow

Mr. Pollitt will begin his new role as Snow Hill Town Manager on September 8.

### *MD* vaccinations reach milestone

Governor Larry Hogan announced Sunday that, according to official CDC data, the State of Maryland has achieved the milestone of vaccinating 80% of adults with at least one dose of a COVID-19 vaccine.

"After vaccinating 70 percent of Maryland adults by Memorial Day, months ahead of the goal set by President Biden, we have achieved another major milestone by vaccinating 80 percent of all adults by Labor Day," Governor Hogan said. "As one of the most vaccinated states, our health metrics are among the lowest in America, and we are much better prepared to withstand the significant summer surge of the Delta variant, which many other states with lower vaccination rates are now experiencing. The vaccines are very safe, they are very effective, they are completely free, and they are widely available nearly everywhere."

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



410-208-0707

Open 6 a.m. - 2 p.m. Wednesday - Sunday

### Serving Breakfast and Lunch

Pastries and Cookie Trays

**Boar's Head Meats** 



Southgate - Ocean Pines (Manklin Creek & Ocean Pkwy)

# There for you...



# Home Delivery Ocean Pines Only. Call 410-629-5906

Local Newsstands

www.delmarvacourier.com





### **Good Bye Junk! Hello Space!**

Mention this ad for 10% off your junk removal, demolition or dumpster!



**Free Estimates** Residential Junk Removal **Commercial Junk Removal Dumpster Rentals Shed Removal** 

Call or Text for FREE Estimate 410-881-5364

VETERAN OWNED VETERAN OPERATED
RESPECT • INTEGRITY • TRUST



# Teen health education proposals sought

The Worcester County Health Department is requesting mini-grant proposals from community-based organizations, work places, churches, or other interested organizations for youth teen pregnancy and sexually transmitted infection (STI) prevention education: Promoting Health Among Teens-Comprehensive education (PHAT-C). To be eligible for up to \$7,500 in grant funding, your program must be an organization that serves young people in Worcester County. Funded organizations will be expected to deliver the PHAT-C education program to a minimum of 12-15 Worcester County youth ages 12-19.

"We're encouraging groups that work with youth in Worcester County to apply for PHAT-C grant funding to help us spread awareness about comprehensive sexual health education and teen pregnancy and STI prevention," said Mimi Dean, Director of Prevention Services, Worcester County Health Department. "Grant-funded education could include learning activities like small-group discussions, videos, games, role-plays and homework assignments."

#### **Tides for Ocean City Inlet** High **Tide** Time /Low Th 26 Low 5:03 AM 26 High 11:23 AM Low 5:25 PM High 11:42 PM Low 5:42 AM F 27 27 High 12:06 PM 27 Low 6:13 PM Sa 28 High 12:24 AM Low 6:24 AM 28 28 High 12:51 PM Low 7:04 PM Su 29 High 1:09 AM Low 7:07 AM 29 29 High 1:41 PM 7:58 PM High 1:58 AM 30 Low 7:55 AM 30 30 High 2:36 PM Low 8:54 PM High 2:55 AM Tu 31 Low 8:46 AM 31 31 High 3:36 PM 9:53 PM High 3:55 AM Low 9:41 AM High 4:35 PM Low 10:50 PM

The date for proposals is due to the Worcester County Health Department by 4:30 pm on September 13, 2021. Interested parties may call the Worcester County Health Department, Prevention Services Unit at 410-632-1100 to receive an application packet.

A pre-proposal orientation meeting will be held through Google Meets on August 26 at 2 p.m. For more information, contact Worcester County Health Department at 410-632-1100 or visit worcesterhealth.org.

# Local theater group to hold auditions

The Ocean Pines Children's Theater will cast for its January 2022 production of Disney's "Frozen Jr." Auditions for children and teens between the ages of 12 and 18 will be held at the Ocean Pines library on September 13, from 5 p.m. to 6:30 p.m. Those auditioning for singing roles will need to be prepared to perform 16 measures of a song from the show. Girls may choose either "Let it Go" or "Do You Want to Build a Snowman." Boys may choose either "Love is an Open Door" or "Reindeer Are Better Than People." In addition, participants may be asked to do a cold reading from the script.

The Ocean Pines Children's Theater requires that all who attend the audition, or those who participate in any subsequent activity related to the production, present proof of full vaccination against COVID-19.

For more information, contact opchildrenstheater@yahoo.co m

### **signs** from page 6

bought land," said Sharon Briddell-Fowlis, a fifth-generation descendent of George and Martha Briddell, the first African Americans to purchase property post slavery on lands that for more than a century have been recognized as Briddletown.

"We felt like Briddletown was getting away from us, and there was nothing here to mark what my ancestors and my great grandfather the contributions that they made to the county," Briddle-Fowlis said of her ancestors. "They helped establish St. Paul United Methodist Church. They

# Duvall joins BOC

Reid Tingle, president and CEO viding an outstanding customer exof Bank of Ocean City and the Board perience. Ms. Duvall has relocated



Kimberly Duvall

of Directors, last week welcomed Kimberly Duvall as branch manager of the Berlin office.

Duvall joins Bank of Ocean City with over 13 years of banking management experience.

Kimberly brings with her a vast array of knowledge in banking and leadership. She is committed to pro-

**horses** from page 7

-Always stay at least 40 feet away from the horses, and if they approach, move away

-Never touch, feed, or harass the

-Keep all food and pet food securely stored in a closed cooler with a strap or in a zippered bag- no open top bags. Horses can open coolers and will get into bags with food, drinks, pet food, or trash — creating a potential health risk that could be fatal to the horses.

-Dispose of all trash properly — horses will eat plastic, wrappings, or even glass if it still contains food.

-Drive slowly and always be alert for wildlife. Follow all posted speed limits and especially at night, go slow.

-Use only designated parking areas to view wildlife.

DNR created new handouts this year providing information for safely viewing horses and directing visitors who pull over along the causeway to perience. Ms. Duvall has relocated from New Jersey, were she worked for PNC and Unity Bank. She is looking forward to becoming active within her new local community, as she previously served Habitat for Humanity and the Rotary Club, in several volunteer rolls, while residing in New Jersey.

Bank of Ocean City is a locallyowned, independent community bank. Established in 1916 and headquartered in West Ocean City, the bank has five offices.

use approved parking areas.

Assateague State Park also hired additional seasonal rangers and real-located staff and equipment — plus a team of two volunteer rovers — to conduct pony patrol activities, including: daily monitoring of where bands are located; documentation and updates on any incidents or items of concern; use of techniques as approved by NPS biologists to move horses away from busy day use beach area, roadways, campsites, and other areas where potential for horse/human interactions are dangerous; and other activities.

The Maryland Park Service is also piloting the installation of campsite cooler storage boxes to keep food where horses are less likely to be attracted to them. These boxes are modeled after those in the national park campground, and staff are monitoring their effectiveness.

These are just a few of the ongoing efforts to keep Assateague Island safe for both the wild horses and the people who come to enjoy seeing them.

emetery tive panels that identify sites of histt on As- toric significance to Worcester t to the County that serve to educate the pubproposal lic and preserve local history.

"We're taking Briddletown back," Tourism and Economic Development Director Melanie Pursel said. "And, we hope to see you here celebrating the rich African American heritage of this historic family and their lasting contributions to Worcester County."

The sign unveiling will take place in conjunction with the 40<sup>th</sup> annual Briddell family reunion. For more information, contact Kim Moses, public information officer, at (410) 632-1194.

also started the first black cemetery here, Ebenezer Cemetery, out on Assateague Road. So, we went to the county (in 2017) and got a proposal together to advocate for some sort of marker."

That marker became a reality on August 28, 2018. Under a sunny sky, with temperatures soring well into the 90s, county officials and Briddell family members unveiled the Briddletown interpretive sign. That panel, which is located on Flower Street beside Stephen Decatur Middle School, is accessible to the public. It maps the development of the Briddletown community and is part of a larger collection of African American interpre-

# Support Local Businesses

### To place your business card call 410-629-5906

### ANTIQUES

# Classic Collections at

Mon & Tues by appt.

For a Truly Unique Shopping Experience Specializing in Gold, Platinum and Silver Estate Jewelry, Art Glass, Sterling Flatware, Antique Furniture, Oil Paintings, Bronzes, Global Collectibles & Gifts

We Buy Your Unwanted Jewelry

105 Market Street, Pocomoke, Md 410-957-4653

#### **FITNESS**



**Functional Fitness Classes for all Ages** Schedule your Free Intro Session Today

301-221-7356

11307 Manklin Creek

#### SENIOR LIVING



John Dresher

11021 Nicholas Lane, Unit 10 Berlin, Maryland 21811 410-497-8997

idresher@katherineskeepers.com www.katherineskeepers.com

#### Autos

### **CASH FOR CARS!**

We Will Buy You Car Even if You Don't Buy One of Ours!

### BANKING

# Sonia Baker

AVP, New Business Development, Relationship Manager

26th Street Ocean City

**w**: 443-664-3191 | f: 443-664-7925 SBaker@bankofdelmarva.com

Ocean City Boat Lifts & Marine Construction, Inc.

The Bank Of

BOAT LIFTS



### HVAC

### MAINTENANCE

HVAC/R - PLUMBING - MECHANICAL

(443) 824-3741 **n** 

PELLET STOVES AND FIREPLACES **ENGINEERING** 

### LAWN MAINTENANCE



commercial and residential weed and brush control around fences, storage yards, parking lots, driveways & shrub beds

FREE ESTIMATES!

JIM SAMIS VICE PRESIDENT

(410) 742-2973

EMAIL: jjsamis@aol.com 31510 Zion Road Parsonsburg, MD 21849

#### FLOORING

**Andrew Hitaffer** 410-208-3879

(c) 443-944-5362

ahtiffer@seafloorcarpets.com www.seafloorcarpets.com

11308 Manklin Creek Road, Ocean Pines



SIDING

Michael Moesle, President nmoesle@shoresidingmd.com

9240 Peerless Rd Bishopville, MD 21813

410-629-1573 Fax: 410-629-1946

### TITLE SERVICES

**Gwen Cordner** 

9748 Stephen Decatur Highway, Unit 113 Ocean City, Maryland 21842 410-213-7741 / 410-213-7742 fax email AcquestTitle@comcast.net / Acquest-Title.com

# Courier

Place your business card here! Call Linda Knight



443-366-4184



### DENTISTRY



Kirby Short

Bishopville, MD 21813 MHIC 133392 E-mail

E-mail: oceancitylifts@aol.com (410) 352-5095 Office

Gerard Ott, D.M.D., PA Jeremy Masenior, D.D.S. **Family Dentistry** 

> 1 Pitts Street Berlin, Maryland 21811

(410) 641-3490 ott.masenior@gmail.com

## NATURAL FOODS

## andy · Food · Pet · Wellness **NATURAL FOOD & VITAMIN RETAILER** SPECIALTY FOODS: GLUTEN-FREE · ORGANIC · VEGAN

PHYSICAL THERAPY

LARGEST SELECTION OF CANDY IN THE AREA **Outlets Ocean City** 

410-781-1797 • BulkMore.com

## VACATION REAL ESTATE



Sherry Jenkins Local Expert for Ocean City, Maryland

443.905.2823 sherry.jenkins@vacasa.com Vacasa



Vacation rental management, elevated.

### FINANCIAL SERVICES



MITCHELL AND HASTINGS FINANCIAL SERVICES

STEVEN E. SWEIGERT, CRPC\*

CHARTERED RETIREMENT PLANNING COUNSELOR®
INVESTMENT ADVISOR

27 STEPHENDECATUR HIGHWAY, SUITE 18, OCEAN CITY, MD 21842

410-213-2150 800-647-8727 Fax 410-213-2151

# FYZICAL Therapy & P.

Scott Gardner, PT, DPT, OCS Owner/Clinical Operations Director

11204 Racetrack Rd, Suite 101 Berlin, MD 21811

P: 410-208-1525 F: 410-208-1527 E: oceanpines@fyzical.com

www.FYZICAL.com/Delmarva



### **W**riting **S**ervices

### Publishing, Memoirs & More!



Jean Marx 443 - 880 - 0045

imarx, timeflys@gmail, com www. timeflysbooks. com



# D.A. Kozma Jewelers

Prompt, Friendly & Affordable Service

Watch Battery Replacements
• Custom Designs •
Bridal Design & Consultation
Repairs • Custom Work Welcome





Gold & Silver Coins
Gold Jewelry Silver Jewelry
Silverware

Immediate Evaluation & Payment
Highest Prices Paid

### **LADIES**

Don't lose another earring! Stop by and pick up your <u>FREE</u> earring stoppers.

Your **FREE** earring

stoppers work on your studs and wire back earrings.

Large Selection of Fine Jewelry at <u>Irresistible Prices</u>





Open Regular Hours Monday through Saturday 10 a.m. to 6 p.m. Closed Sunday Appointments Welcome But Not Necessary

410-213-7505 410-524-GOLD

www.kozmajewelers.com