

The Courier

November 3, 2021 Volume 22 Number 9



Dawg Team at work

The Kiwanis "Dawg Team" was hard at work again on Saturday for the Ocean Pines Halloween Festival in White Horse Park in Ocean Pines. It was the second of three Saturdays in a row for grilling hot dogs and hamburgers and selling lottery raffle tickets to raise money for the club's programs.

***Dick Clagett** (left) grilling hotdogs and **Mike Castoro** grilling burgers.*

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MD #2294

Crab pots permitted in Ocean Pines canals

Crab pots, both commercial and private, are permitted in Ocean Pines canals, according to a spokesperson for the Maryland Department of Natural Resources (DNR).

The only restrictions for crab pots, generally recognizable in the water because of their bright orange floats, are in the Yacht Club Marina area.

The DNR's regulation unit said, "Commercial watermen are allowed to fish in tidal waters. So, aside from those channels, water less than four feet at mean low tide, and upstream of these non-tidal lines, they can use crab pots" in Worcester and Wicomico counties, the Pocomoke River bridge on Whiton Crossing three miles south of Powellville, the Wicomico River from Isabella Street in Salisbury, the Beaverdam Creek dam just upstream of U.S. Route 13, Nassawango Creek from Furnace Road, and Barren Creek from the U.S. Route 50 Bridge.

"Anyone who owns waterfront property (or their tenant/guest) can set their two pots (maximum of two pots xaper property) in the Ocean Pines canals, as well as the commercial guys, because there is nothing preventing anyone from doing that now,"

Christmas bazaar scheduled

The Community Church at Ocean Pines will hold its annual Christmas Bazaar on Saturday, November 6 from 9 a.m. to 1 p.m. in the Family Life Center of the church at 11227 Racetrack Road, Berlin. The Bazaar will feature Christmas decorations and trees, linens and things, new and gently used clothing, gifts and potpourri, children's books and toys, and a bake sale. Proceeds from the event will support the Shepherd's Nook outreach ministry.

the spokesperson said.

According to DNR, one caveat for placing a crab pot is that the person placing the pot(s) must own the waterfront. "If the waterfront is owned by the HOA, the adjacent property owner/tenant/guest cannot set pots," the spokesperson said.

Additionally, the water must be at least four feet deep at mean low tide.

"As far as nonresidents – if they're property owners/tenants/guests on a waterfront property, they'd be able to



set pots just the same as residents," the spokesperson said.

Additionally, the Department of Natural Resources said the closest "crab pot free areas" that do not allow crab pots are:

(28) Isle Of Wight Bay—Eastern Channel, 50 yards channelward of a line southward from day marker "13", C "11", R N "10", G C "9", R N "8", G C "7", R N "6", C "5", C "3", R N "2", C "1", Fl. R 4 § 14 ft. 3M "2", G "1A" to U.S. Route 50 Bridge;

(29) Isle Of Wight Bay—Western Channel, 50 yards channelward of a line southward from Fl. R 2.5 § "14", R N "12", R N "10", R N "8", R N "6", C "1";

(30) Isle Of Wight Bay—100 feet channelward of a line from Ocean Pines Yacht Club easterly to Fl. R 2 § 6 ft. "4", Fl. G 2 § 6 ft. "3", Fl. 2 § 6 ft. "2";

For further questions, contact info@oceanpines.org.

ANNUAL VETERANS DAY CEREMONY Worcester County Veterans Memorial at Ocean Pines



NOVEMBER 11, 2021 at 11:00 a.m.

In the event of inclement weather the ceremony will be held at Ocean Pines Community Center.

**We will honor all who have served
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Courier

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Haunted House, Pickleball Tourney deemed successful

Ocean Pines' Recreation and Parks and Racquet Sports each held debut events last weekend, and organizers said both events were successful.

The Recreation and Parks Department, with help from Public Works and a team of volunteers, hosted the first Haunted House on October 22-24.

Recreation and Parks Director Debbie Donahue indicated feedback from the public said the event "was just the right mix of scary and fun, and they could tell that we had worked hard to put it together."

"A lot of people complimented the fact that we had done something for Halloween. And for our first time, it went pretty well," she said.

Donahue said she's wanted to do a haunted house for five years. An issue with an outdoor location canceled the event one prior year, and the pandemic prevented the haunted house from occurring last Halloween season.

This year, a team of staff and volunteers came together to transform the community center into several rooms of fun and scary scenes for guests to walk through. There were actors in costumes, and each space was transformed into a unique, festive, and occasionally creepy scene, filled with clowns, scarecrows, witches, werewolves and mad scientists.

Donahue said Josh Vickers from Ocean Pines Public Works brought his experience hosting similar happen-

ings, most recently at the Selbyville Library.

"They remodeled the library and decided not to do it again, so then we went and purchased all the things they had, for us to do it ourselves," Donahue said.

Vickers said another obstacle was following guidance from the local fire marshal.

"It took a team effort between Recreation and Parks and members of Public Works," he said. "It took a lot of patience and the ability to listen to different ideas and design changes. And, finally, it took a lot of heart and commitment from the actors and volunteers."

"We had quite a few volunteers and staff members that took part in it," Donahue said, including Clubhouse Bar and Grille Manager Judie Scotti, a member of the Ocean Pines Players, and many friends and family members.

Donahue said about 200 people attended the haunted house, which took roughly 10-15 minutes to walk through.

"Not bad for our first time," she said. "I'd say that's a pretty good start, and we plan on returning again next year."

"It was quite an endeavor and it took a lot of help, and I really do appreciate all the help from Public Works, because I know they have other things to do. It was nice of them to come and help put all that together," she said.

Vickers said he was also pleased with how the haunted house turned out.

"I believe if we can make it an annual thing, that next year will be even more spectacular and even spookier than the year before it," he said. "I think we had a great turn out. I wish there were a few more people, but it was a lot of fun and there were many exciting moments."

"I definitely need to make a big shout out to a few members who made the paper plan a reality, including Paul Jahn, Tony Howard, Public Works and Recreation and Parks employees for the long nights and days, and also to Debbie for taking a chance on the idea," Vickers added.

Meanwhile, the Ocean Pines Racquet Center held its own debut event from Oct. 22-24, the Oktoberfest Pickleball Tournament

Donahue, who also oversees Rac-

please see **SUCCESS** on page 14

Courier Almanac

On November 3, 1948, the *Chicago Tribune* jumped the gun and mistakenly declared New York Governor Thomas Dewey the winner of his presidential race with incumbent Harry S. Truman in a front-page headline: "Dewey Defeats Truman."



In a now famous photograph snapped in the early morning hours after the election, a beaming and bemused Truman is shown holding aloft the *Chicago Tribune* issue that had wrongly predicted his political downfall. Truman defeated Dewey by 114 electoral votes.

OP golf members raise funds for AGH

Working together for a worthy cause, members of the Ocean Pines Men's Golf Association and Ocean Pines Ladies' Golf Association recently raised \$2,343 for the Atlantic General Hospital Foundation during the annual Pink Lady Fundraiser.

The Men's Golf Association held their event on Oct. 7 and the Ladies' Golf Association held their event on October 12, both at the Ocean Pines Golf Club.

Organizer Ann Shockley said the funds raised would help pay for mammograms for those who cannot afford them. Susan Morris also helped or-

ganize the event.

Both clubs collected donations and offered incentives to donors. The AGH Foundation contributed some gift items to the cause.

"The men enjoyed their morning event, along with closest to the hole contests, birdie and par prizes, and special incentives for those who wore pink," Shockley said. "The women were unfortunately rained out for golf, but rallied together, all in pink, to enjoy breakfast together."

A check presentation with the AGH Foundation will be scheduled at a later date.

They might not garner as much attention as apples, oranges or bananas, but pears pack a nutritional punch that puts them on par with other popular fruits. A medium-sized pear provides roughly 21 percent of the daily recommended value of fiber, an essential component of a healthy diet that helps keep hunger and blood sugar levels in check. According to the Academy of Nutrition and Dietetics, pears are loaded with antioxidants that can help people reduce their risk for cardiovascular disease and cancer. In addition, one study from researchers at Harvard University found that individuals who consume fruits like pears that are rich in anthocyanin, which is a flavonoid with antioxidant-like effects, have a lower risk of developing type 2 diabetes.

Making a list

It's not yet Thanksgiving and already my grandchildren are slipping into their conversations what they'd like their grandparents to get for



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

them for Christmas. In the interest of full disclosure many of the items they mention I have no idea what they're talking about. I just nod as if I do, knowing my wife will save the day.

Back in the Dark Ages of my youth when Jiffy Pop reigned supreme, Mod Squad was a hit and Pat Paulsen was running for president, the lists painstakingly researched and jotted down by my brother and me included recognizable, low-tech toys such as an Erector Set, Matchbox or Hot Wheels cars, toy boats, Tinker Toys, Lincoln Logs and Legos (or the closest facsimile). This was long before Cabbage Patch Kids or Furbies. We would page through the Sears catalog writing down what we wanted, sometimes even referencing page numbers.

One year I asked for and received a record player. Jackpot! For quite a while I played the only record I owned, "Josie and the Pussycats." It was a 45 which I got by sending in a certain number of Kellogg's Raisin Bran box tops to the company and eight to twelve weeks later the record arrived.

Another year I got a new red bicycle with a banana seat. Life was good! Many a mile I rode on that bike. I learned maintenance with that bike. And I learned that clothes-pinning to the fender a playing card instead of a baseball card made a much sharper noise against the spokes. I also learned a little something about the Big Bang Theory when my brother and I once raced up the driveway attempting to be the first one to reach the garage. We collided midway; each thrown from our bikes. My handle bars twisted and I think his pedal broke. Or maybe it was the other way

around. We were a little scraped up but really none the worse for wear.

One year I saw the wonders of Old Faithful through the lens of a GAF Viewmaster that I received in my stocking. If memory serves, there were several Viewmaster disks in the box including "The Flintstone's" and "The Three Stooges," and a disk on American treasures such as the Statue of Liberty, Mt. Rushmore and the Golden Gate Bridge. I don't know that such a primitive toy would be at all interesting to my grandchildren's generation so accustomed to high definition cell phone videos. But at that time, for me, a Viewmaster was mesmerizing.

One year my brother and I shared a gift, an AMX slot race car track. We had a blast racing our cars around the figure eight track, especially when we paced them to reach the intersection simultaneously and cause a crash. Yeah!

Along the same lines, we asked for and got, SSP race cars. From opposite sides of the room, we would pull the whip cords and head our cars toward one another hoping for a spectacular smash up. We'd also build a ramp with our blocks and launch the racers into the air toward a stack of letter blocks or some Lincoln Log walls. What fun it was to witness the blocks or logs explode upon impact.

On my brother's list one year was a Hippity Hoppity Horse which he received. He would sit and bounce that horse as high as possible. I don't remember the horse surviving beyond New Year's.

We didn't get everything on our lists. We probably only got one, maybe two items we wrote down. Interestingly, although never on our lists, we always seemed to get underwear, socks and a handknitted sweater from our grandmother.

Times have certainly changed since Rock-em Sock em Robots last stood in the ring. Our toy requests didn't require operating systems or internet access, downloads or gigabytes. All we needed was just a little imagination. Those were the days!

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War patriots to be remembered

Starting at 10 a.m. on Saturday, November 6, the General Levin Winder Chapter, National Society Daughters of the American Revolution (DAR) and the Captain John Smoot Chapter, National Society Sons of the American Revolution (SAR) will honor two Revolutionary War Patriots by dedicating memorial markers installed at the graves of Levin Handy, Captain, 5th Maryland Regiment, and Colonel Samuel Handy, Patriotic Service.

The dedication ceremonies will feature the Maryland State SAR Color Guard dressed in Revolutionary War period uniforms and will begin with the unveiling of markers at Captain Handy's grave in Makemie Memorial Presbyterian Church Cemetery before proceeding to All Hallows Episcopal Church Cemetery for marker unveilings at Colonel Samuel Handy's grave. The cemeteries are located at 103 West

Market Street and 109 West Market Street, respectively, in Snow Hill. These are the first Patriots in Worcester County to be so honored and the public is invited to see this colorful and dignified tribute.

The Daughters of the American Revolution and Sons of the American Revolution are national patriotic, historical and educational societies whose members can trace their lineage to an individual who contributed to securing American independence during the Revolutionary War. As the United States approaches its 250th anniversary, these two organizations invite and encourage you to join them in raising the visibility of Patriots who were willing to die to bring liberty to the shores of America.

For more information about DAR and SAR, visit www.dar.org and www.sar.org.

Diabetes prevention classes offered

Small changes often lead to major results, and the Worcester County Health Department's Lifestyle Balance: Diabetes Prevention Program is within your reach. The program aims to help residents eat healthy, be active and lower their risk for type 2 diabetes with easy-to-follow tips and tools. If you have been diagnosed with prediabetes or have a history of gestational diabetes, this program is proven to help you improve your eating habits, increase your daily activity, lose weight and reduce your chance of developing type 2 diabetes. On average, participants lose between 5 -7% of their body weight.

The Lifestyle Balance - Diabetes Prevention Program will allow you to learn about healthy eating, exercise, and weight loss. It is a year-long, group program that will run November 29 through November 28 at the Ocean Pines library located at 11107 Cathell Rd. Online classes will

be offered on Mondays from 4 p.m. 5 p.m. through a distance-learning format. You will participate in 16 weekly sessions followed by once-a-month support sessions for the remainder of one full year.

When you enroll in this great program, you will receive one-on-one support from a certified wellness coach, learn about healthy eating and active living, lose weight, earn weekly prizes, improve health, and participate in weekly chats with others to help encourage them during their healthy lifestyle journey!

"Residents in our county have the power to prevent diabetes. We are excited to continue to provide the Diabetes Prevention Program in our county in efforts to prevent the onset of type 2 diabetes. Programs are offered in-person and through a distance learning online format which offers some flexibility for those wishing to enroll in free services," said Crystal Bell, Chronic Disease and Tobacco Supervisor at the Worcester County Health Department.

Please call 410-632-1100 ext.1108 or email crystal.bell1@maryland.gov to discuss program enrollment, eligibility, and to request a registration packet. Space is limited; pre-registration is encouraged.



Recognition - To recognize the men and women of the Worcester County Health Department (WCHD) for their extraordinary measures to combat COVID-19, the Worcester County Commissioners recently presented Health Officer Becky Jones and her staff with four custom works of art to be displayed at the four WCHD offices in Ocean City, Berlin, Pocomoke, and Snow Hill. Each piece includes the caduceus, the official insignia of the public health services and a universal symbol of healing.

Art Leagues launches Trees for the Arts

Art League of Ocean City invites individuals, families, businesses, and nonprofits to decorate "Trees for the Arts" that will be displayed along the walking trail during the Winterfest of Lights. The annual event takes place at Northside Park in Ocean City from November 18 through January 1. Trees for the Arts is co-sponsored by the Ocean City Special Events Dept.

Decorators will embellish their trees November 12 through 17 with outdoor-safe decorations and lights. During Winterfest, the public will vote for their favorite trees at \$1 per vote, with proceeds benefiting the Art League. The tree receiving the most votes will win a special prize.

"This is such a fun way for people to gather safely outdoors and create something festive together for the holidays," Aubrey Sizemore, volunteer coordinator for the Art League, said. "The Trees for the Arts will give joy and send your message to visitors for six weeks during the wonderful Winterfest of Lights. Plus, proceeds from the votes will help fund the many community outreach programs of the Art League."

There is no upfront cost to apply to create a tree. The trees are provided; space is limited. Those interested in

creating one of the Trees for the Arts should contact Sizemore at aubrey@artleagueofoceancity.org or by calling 410-524-9433.

Additional information and tickets for Winterfest of Lights are available at OceanCityMD.gov.

Raffle tickets available online

Lottery Raffle tickets for the Kiwanis Club of Greater Ocean Pines - Ocean City 2022 fundraiser can now be purchased online. Just go to <https://kiwanisofopoc.org/kiwanis-calendar-lottery-1> to safely purchase tickets. Proceeds benefit the club's scholarships awarded every year to deserving graduating senior students.

How it works: One ticket costs \$20. There are 1,000 tickets to be sold for the 2022 year from #000 to #999. One ticket has a chance to win for 365 drawings in 2022 based on the daily Maryland Evening "Pick 3" drawings. Prizes are \$20 for regular days and from \$50 to \$250 for special days. Winners will receive checks from Kiwanis within two weeks of the date of the win.

Tickets will also be available at Kiwanis events and the Ocean Pines Farmers Market on Saturdays.

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



Donation - The Junior Auxiliary Group (JAG) recently presented a check to Atlantic General Hospital at their Membership Social hosted by Dry Dock 28. The Junior Auxiliary Group's contribution completed their \$25,000 pledge to the Atlantic General Hospital Foundation's Campaign for the Future.

Members of the Junior Auxiliary Group, along with family and friends, joined together at Dry Dock 28 to recognize the group's significant contribution. The JAG, a group of local volunteers, raises money for the hospital through community events, fundraisers and the Atlantic General Thrift Shop.

The Campaign for the Future will allow Atlantic General Hospital to complete \$35 million in capital projects planned under the organization's five-year strategic plan. Among them is the construction of the new 53,000-square-foot Gudelsky Family Medical Center, an addition to the Atlantic General Health System that will provide a variety of much-needed outpatient services.

Above: JAG President **Jill Ferrante**, right, along with members of the JAG Executive Committee, presented a check to AGH Co-Interim President/CEOs **Sally Dowling** and **Kim Justice**, Chair of the Atlantic General Hospital Foundation **Steve Green**; and AGH Vice President of Public Relations **Toni Keiser**.

Flannel Formal scheduled

The Flannel Formal, hosted by the Lower Shore Land Trust, raises funds for conservation programming on the Lower Eastern Shore. This year's event will take place on Saturday, November 13, from 3 p.m. to 6 p.m. at The Manor at Brooklyn Meadows in Berlin.

The event raises funds through tickets sales, sponsorships, and a silent auction. This year's Flannel Formal event provides live music with Margot & Co., featuring vocalist Margot Resto and guitarist Gabe Resto and bass player Todd Smith, offering "A Little Blues, A Little Motown and a Little Get Down!" The infamous event includes a pig roast, shucked oysters, desserts by Baked Dessert Café, hors d'oeuvres, bloody Mary bar, craft beer and wine for \$75 per person. The event will be held at Brooklyn Meadows - a 40 acre working horse farm and venue that boasts state of the art amenities.

New to the event this year is an earlier time frame. According to Committee Chair, Suzy Taylor, the earlier time allows for most of the event to take place in daylight hours and include outdoor yard games along with the great entertain-

ment. Last year the event went virtual, and organizers produced videos of the Trust's programs, recorded music from Margot Resto and a virtual toast. The event will be in-person with CDC guidelines in place throughout the event.

This annual award is to be given in honor of renowned conservationist, Stephen N. Parker, to recognize a landowner or conservation practitioner for their contributions to private land conservation on the Lower Eastern Shore. Steve Parker is remembered for his work as Director of the Virginia Coast Reserve with The Nature Conservancy and as a long-time board member of Citizens for a Better Eastern Shore. Steve's background in business and nonprofit leadership served to bring together economic development and conservation - preserving the health and productivity of large ecosystems and the needs of human communities.

To purchase tickets or to inquire about sponsoring the Flannel Formal to support land conservation and the Lower Shore Land Trust visit the website at www.lowershorelandtrust.org or call 443-234-5587 for more information.

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Art openings scheduled for Friday

First Friday art openings by the Art League of Ocean City take place in three locations on November 5 from 5 p.m. to 7 p.m. The main opening is at the Ocean City Center for the Arts, 94th St. bayside, with satellite openings also taking place at the Princess Royale Oceanfront and Coffee Beanery.

The Thaler Gallery at the Arts Center features a signature members' exhibit by the Delaware Watercolor Society, a group of more than 100 artists from Maryland, Delaware, Virginia, Pennsylvania, and New Jersey. Signature level denotes the highest level of artistic achievement within the Society, designating those artists who consistently demonstrate a high degree of creativity, knowledge, and skill in watercolor.

The artwork of Gwen Lehman of Ocean Pines is on exhibit in Studio E in November at the Arts Center. Lehman is best known locally as an inspirational teacher for 46 years at Stephen Decatur High School where she won a variety of local and national awards. Originally from Washington Co., Md., Lehman earned a Master's Degree in English from Washington College in Chestertown, Md. Untrained formally as a visual artist, she has begun to explore the visual arts through painting, drawing, and photography.

Bobby Malzone and Reeves Dark, both of Worcester County, share the Spotlight Gallery at the Arts Center in November. Malzone will exhibit photographs of the intricate mandalas he makes in the sand "to not only tolerate impermanence but celebrate it," he said. Dark is a representational artist who works mostly in oils, gaining inspiration from experiences he has while surfing in Ocean City. He holds a BFA in graphic design from Salisbury University.

Svetlana McCoy-Rusanova of Linden, NJ is the Art Center's artisan for November. In creating jewelry, she

draws inspiration from the beauty and energy of natural stones and other natural materials as well as from her experience as a gardener and flower arranger.

The First Friday receptions continue at two points in North Ocean City. The main lobby gallery at the Princess Royale Oceanfront, 9100 Coastal Hwy. continues an exhibit of



Gwen Lehman

art by Jim Adcock of Bishopville. Originally from Baltimore, Adcock graduated from the Maryland Institute of Art and has taught art in Baltimore Co. schools and at Michaels stores locally.

A second satellite gallery on 94th St., located a block from the Arts Center at the Coffee Beanery, opens a show of new artwork by Kathy Huegel of South Bethany Beach, De. Huegel worked in the commercial art field in Washington, D.C., then returned to the Eastern Shore working as an art teacher in Wicomico County. The artist works mainly with oils, sometimes adding fabric to her creations.

Refreshments at the Arts Center are sponsored by PKS Investments. All shows will be on display until November 27. More information is available at www.ArtLeagueofOceanCity.org or by calling 410-524-9433.



Fall fun - Last Wednesday Worcester Preparatory School's (WPS) 10th Grade held the annual Fall Fun Festival for first to fifth grade students to enjoy. Sophomores created their own game stations for the lower school grades to play, including the equipment, rules of play and the number of tickets per game. They also brought in candy, treats and prizes! Multiple games were provided, such as bowling, musical spots, lacrosse, basketball, scooter racing, candy corn obstacle course, frisbee and fortune telling. It is safe to say fun was had by all!

Above: Evelyn Westman, Ava Conaway and Maggie McCabe told fortunes at the festival.

Free parent education classes offered

The Worcester County Health Department is excited to announce free online parenting education classes designed to provide parents and guardians with resources and tools to enhance communication with their children. The classes will help kids make healthy life choices for a bright future. All classes are taught by a master trainer, are evidence-based, and are effective in helping parents handle their own stress and emotions while also understanding their children's growth and development.

Guiding Good Choices is designed for parents and guardians of middle school students. Through participation in the course, parents and guardians will increase their knowledge about drugs and alcohol, signs of use, and will be able to arm their children with drug resistance skills. It is an interactive class with great discussions on current events and the effects on kids.

The Nurturing Family program is designed for parents and guardians interested in improving their parenting

skills. The program focuses on teaching parents and guardians ways to support and nurture their children.

"Our parenting programs continue to provide parents and guardians with the tools and education needed to help raise healthy and successful children," said Mimi Dean, Director of Prevention Services for the Worcester County Health Department.

Please call 410-632-1100 ext. 1106 to learn more and to register.

Anglers to meet

The Ocean Pines Anglers Club will meet on Saturday, November 13 at 9:30 a.m. in the Ocean Pines library. The speaker is rod maker and owner of JPR Rods, Paul Reyburn who has been featured on the "Hooked On OC" program. Paul will give a hands-on demo of rod building for tog and fluke fishing as well as guide options, grip and blank choices. Get tips from Paul on blank actions, tapers and powers. All are welcome.

How you can benefit from having a pet

Pets have been kept for centuries. Statistics from various sources indicate North Americans own millions of dogs, cats, birds, small mammals, and reptiles.

Pets' affable nature and loving looks are enough for many people to welcome them into their homes, but the benefits of having a pet extends beyond their appearances and temperaments.

Pets can help prevent loneliness. Loneliness affects people of all ages, but it is particularly problematic among seniors. Older adults who may be isolated can benefit from having a pet around. According to a study published in *Aging & Mental Health*, older adults who owned pets were 36 percent less likely to say they were lonely compared to those who didn't have an animal companion.

Pets can save lives. Pets can be trained to perform various tasks around the house and in the community. Rescue animals assist in finding people after natural disasters. Medical alert pets can help people with debilitating illnesses and assist physically impaired people with everyday tasks.

Pets help lower allergy risks. Keeping pets around can reduce a child's likelihood of developing allergies by as much as 33 percent, according to a study by pediatrician James E. Gern that was published in the *Journal of Allergy and Clinical Immunology*. People exposed early on to animals tend to develop stronger immune systems overall.

Pets provide socialization opportunities. A pet can be the common denominator to strike up new friendships and connect with others. Whether walking around the neighborhood or being part of a pet obedience class or interest group, pets can help their owners expand their social circles.

Pets can help combat stress. Talking to or stroking a pet can make stress easier to handle. A study from researchers at the State University of New York at Buffalo found that, when conducting a stressful task, people experienced less stress when their pets were with them. Various other studies and data from the Centers for Disease Control and Prevention have found having a pet around can lower blood pressure, ease anxiety and may even help to lessen aches and pains. Pets provide unconditional love, which can be beneficial to someone facing depression or post traumatic stress disorder.

Pets help teach responsibility. Taking care of a pet can help children and adults become more re-



sponsible. According to the American Pet Product Association's 2011-2012 National Pet Owners Survey, 58 percent of pet owners say their pets help teach their kids to be responsible through routine care, exercise and feeding of the animal.

Pets are more than mere companions. In fact, pets can offer numerous health and well-being benefits to people of all ages.



Happy Thanksgiving

We thank you for the opportunity to work together and for making us feel at home in our community.



John Bennish
Financial Advisor

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My Backyard... sponsored by Maureen Kennedy

How to care for winter birds that visit your yard

The pristine, white backdrop of a snowy winter day can be a wonder to behold. While fresh snow on the ground can make for awe-inspiring landscapes, the absence of greenery amid the starkness of winter poses challenges for animals that do not ride out winter in a state of hibernation.

Several bird species stay in colder climates over the winter. Red-winged crossbills, snow buntings, bohemian waxwings, evening grosbeaks, and cardinals are just some of the birds one may find while gazing outside on a chilly winter's day. Birding in the winter can be a rewarding hobby because, despite the chilly conditions, birds tend to be easy to find in bare trees. Furthermore, the colder temperatures may keep many people inside, meaning neighborhoods, trails and parks can be very quiet, making it easier for those who brave the cold to see birds.

The Royal Society for the Protection of Birds indicates that winter is a difficult time of year for birds due to the weather and the scarcity of food. Furthermore, birds must consume a lot of food in a short amount of time to have the energy and body warmth to survive each day. Even birds that store food in caches or have developed special scavenging strategies to find as much food as possible can benefit from a little wintertime help. Penn State Extension suggests providing a variety of foods to attract the greatest number of species. Small, black-oil sunflower seeds are preferred by many smaller species of bird and have a high oil content that is nutritionally important for birds. Other

sunflower seeds will be appropriate for blue jays and cardinals. Some other popular foods include white proso millet, thistle seed, nyjer seed, and peanuts.

Consult a wild bird store, which likely sells a birdseed mix that enables you to place a variety of seed into one



feeder. In addition to seed, suet, which is made from high-quality animal fat, is crucial for birds in the winter. Families can get crafty by spreading peanut butter onto pine cones and sprinkling seed on top. Hang the pine cones tied to pieces of string from tree branches for homemade feeders.

Birds likely need a little help surviving the winter, when conditions can be bleak. Offering food and observing backyard visitors can be a great way to unwind on winter afternoons.

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60				61			62		63			
64				65					66			
67				68					69			

CLUES ACROSS

1. Nuclear undersea weapon

5. President of Syria al-__

10. Partner to flows

14. "Snow" in Welsh

15. Famed Mexican painter

16. Song

17. ticks outward from the crown

18. Doddering

19. Resist authority (slang)

20. Antsy

22. Wrath

23. Spills the beans

24. Past

27. The woman

30. One has 24 hours

31. Talk

32. It can sting

35. Astronomy unit

37. Halfway

38. Chinese dynasty

39. Australian river

40. Software to transfer audio (abbr.)
41. Fabric

42. Crucifix

43. Defunct European economic group

44. "Hotel California" rockers

45. Michael Knight's car

46. Actress Ryan

47. A digital tape recording of sound

48. Insecticide

49. Scientific instrument

52. Golden-__ corn

55. Israeli city __ Aviv

56. Sword

60. Ottoman military title

61. Aromatic plants

63. Cold wind

64. Large, semiaquatic reptile (slang)

65. Political unit

66. Indiscreetly reveal secrets

67. Comfort food dish

68. Actress Zellweger

69. Romanian city

CLUES DOWN

1. One point east of southeast

2. Italian monetary unit

3. Warship prison

4. Tropical American tree

5. Alias

6. Normal or sound powers of mind

7. English county

8. Not compatible with

9. Female deer

10. Not late

11. La __ Tar Pits, Hollywood

12. "Jupiter's Legacy" actress Leslie

13. Impudence

21. Advises

23. Founder of Babism

25. A baglike structure in a plant or animal

26. Male parent

27. A type of plug

28. Capital of Vietnam

29. Fungal disease

32. Shelter
33. Finished

34. Excrete

36. Unhappy

37. Partner to cheese

38. Coffee receptacle

40. Spend time dully

41. Makes full

43. Snakelike fish

44. Take in solid food

46. __ student, learns healing

47. A way to take away

49. Impart a lesson to

50. "Transformers" actress Fox

51. Spiritual leader

52. Every one of two or more things

53. Indian city

54. 17th stars

57. Weapon

58. Amounts of time

59. Isodor __, American Nobel physicist

61. Soviet Socialist Republic

62. Witness

S	A	C	F	A	N	C	R	O				
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Answers for October 27



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Astronomy & Spaceflight

By Douglas Hemmick, Ph.D.

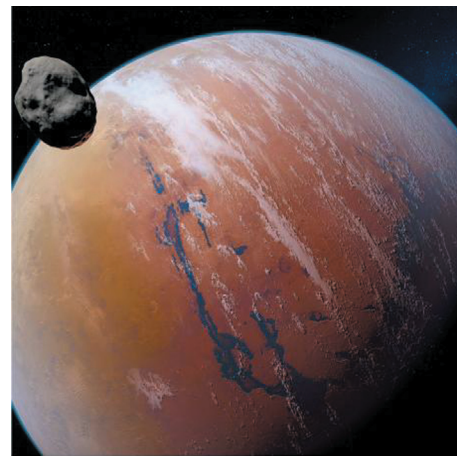


Martian moon could show signs of ancient life

The quest to discover life on other planets has long been popular, and often features the planet Mars. For more than four decades probes have achieved successful landings on Mars, the second nearest planet to Earth. Now a new mission is being designed and built by the Japanese Aerospace

Agency, “JAXA”, targeting not Mars itself, but the Martian moons. Scientists plan to examine rock samples for signs of ancient life.

The JAXA flight plan includes fly-by observations of the Martian moons, Phobos and Deimos, before a landing on Phobos. The mission is scheduled to launch in 2024, and after collecting rock samples from Phobos, to return to Earth in 2029. These rock samples are regarded as having the best possibility for containing evidence of ancient Martian life and a recent report by two Japanese scientists helps explain why.



Mars and its moon Phobos.
Artist's depiction not to scale

The report in the August issue of Science by Ryuki Hyodo and Tomohiro Usui explains how Phobos and Deimos have accumulated rocky materials from Mars. A transfer process has been occurring for billions of years with geological materials breaking off from the planet, and accumulating on the two moons. Quoting from the report, the two should contain: “all pos-

sible Martian materials, from sedimentary to igneous rocks that cover all of... [the planet's] ...geological areas.”

Here's how the transfer process has occurred. When a violent meteor strike occurs on Mars, debris is thrown outwards and ejected high above the Martian surface. The moons Phobos and Deimos then act like vacuum cleaners as their gravity collects and holds the collision ejecta on their surfaces. The low altitude of Phobos facilitates this transfer. Phobos is located 3,700 miles above the planet, about 65 times closer than Earth's moon. Remnants including microbial evidence from ancient living things, may thus be

*please see **martian** on page 14*

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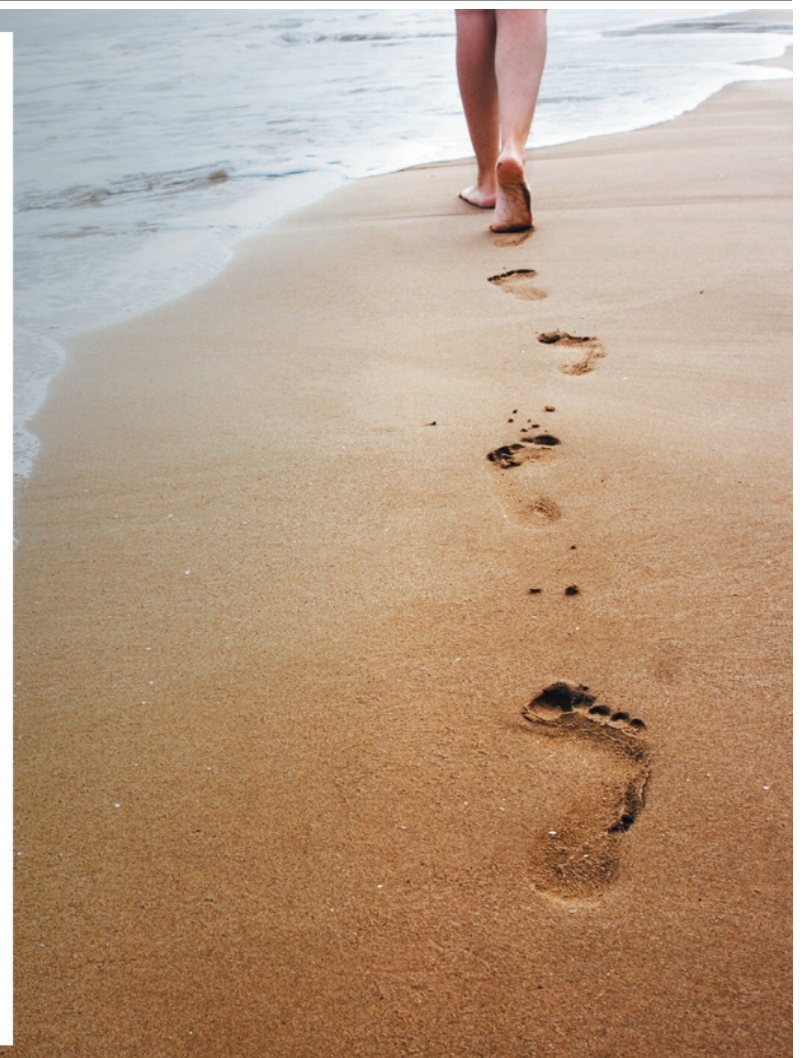
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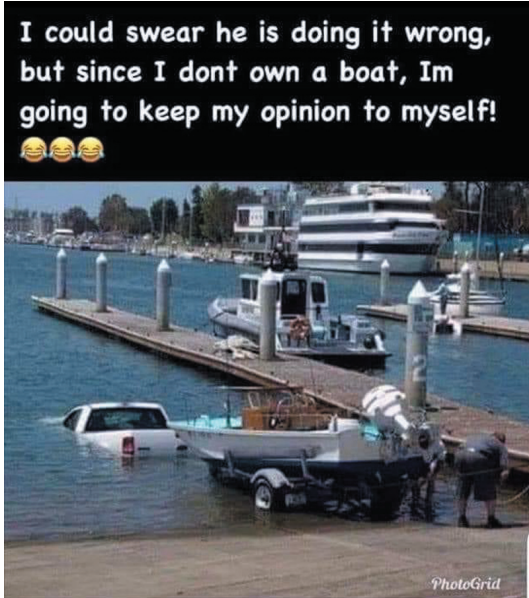


Some things to think about

Gathered from the internet by **Jack Barnes**

WIFE: DID I GET FAT DURING QUARANTINE?
HUSBAND: YOU WEREN'T REALLY SKINNY TO BEGIN WITH!
TIME OF DEATH: 11:00PM
CAUSE: COVID

Guy lives next to airport. Painted this on roof to confuse passengers as they fly overhead. He lives in Milwaukee.



Helping Hands program returns

Worcester County G.O.L.D. (Giving Other Lives Dignity), a 501(c)(3) non-profit organization, is holding their Helping Hands for the Holidays program once again this year. In 2020, with the generosity of their supporters, GOLD provided holiday gifts for 649 children and 74 vulnerable adults.

This program provides Worcester County families and individuals in need with holiday gifts to help reduce financial burden and stress during the holidays. All recipients are screened by GOLD's community partners to assess need and to prevent the duplication of services.

"The pressure to provide holiday gifts can weigh on families struggling with low to no income", said Nicholas Cranford,

Executive Director. "With cost of living increasing and temporary benefits expiring, holiday assistance will come as a tremendous relief to those we serve."

If you would like to participate in the Helping Hands for the Holidays program you can sign up to sponsor a family, donate toys (new and unwrapped), or mail a check to be used by GOLD to purchase gifts. The deadline for sponsor sign-up is November 22 and all gifts must be dropped off by December 10. GOLD will accept monetary donations throughout the holiday season.

For more information about GOLD's programs and services visit www.WorcesterGOLD.org.

Flu vaccination clinics scheduled

The Worcester County Health Department is holding community flu clinics in November for Worcester County residents. Flu vaccine is available for Worcester County residents as a drive through clinic in Snow Hill, at the John Walter Smith Park on Public Landing Road, directly next to the Snow Hill Health Department. Community flu vaccine clinics will be held on the following dates, by appointment only.

Friday, November 12, from 10 a.m. to 1 p.m.

Friday, November 19, 1 from 10 a.m. to 1 p.m.

The seasonal flu vaccine is recommended for all people aged 6 months and older, including pregnant women and those with medical conditions. People aged 65 years and older have a choice of two flu vaccines available to them at the Worcester County Health Department. They can choose to receive a regular flu vaccine or a high dose flu vaccine, which may result in a stronger immune response against the flu.

Worcester County Health Department will bill in-network insurance providers including Medicare and Medicaid for flu vaccine. Other insurances may be billed, so please check with your carrier regarding coverage. To be billed, current insurance cards must be presented at the time of service.

For those individuals with Medicare, please bring your new Medicare card. For uninsured persons, the suggested donation for the

flu vaccine is \$15. No one will be denied service due to inability to pay.

Appointments for a flu vaccine can be made by visiting the Worcester County Health Department's website at worcesterhealth.org or call us at 410-632-1100 option 4. Clinics are made available through a partnership with Worcester County Recreation and Parks.

Tides for Ocean City Inlet

Day		High / Low	Tide Time
Th	4	Low	1:27 AM
	4	High	7:56 AM
	4	Low	2:06 PM
	4	High	8:18 PM
F	5	Low	2:12 AM
	5	High	8:45 AM
	5	Low	2:58 PM
	5	High	9:07 PM
Sa	6	Low	2:58 AM
	6	High	9:36 AM
	6	Low	3:50 PM
	6	High	9:58 PM
Su	7	Low	2:47 AM
	7	High	9:28 AM
	7	Low	3:44 PM
	7	High	9:50 PM
M	8	Low	3:39 AM
	8	High	10:21 AM
	8	Low	4:42 PM
	8	High	10:44 PM
Tu	9	Low	4:35 AM
	9	High	11:18 AM
	9	Low	5:44 PM
	9	High	11:42 PM
W	10	Low	5:37 AM
	10	High	12:18 PM
	10	Low	6:48 PM

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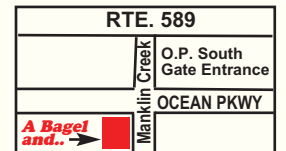
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martian

from page 11

carried from Mars onto the surface of Phobos.

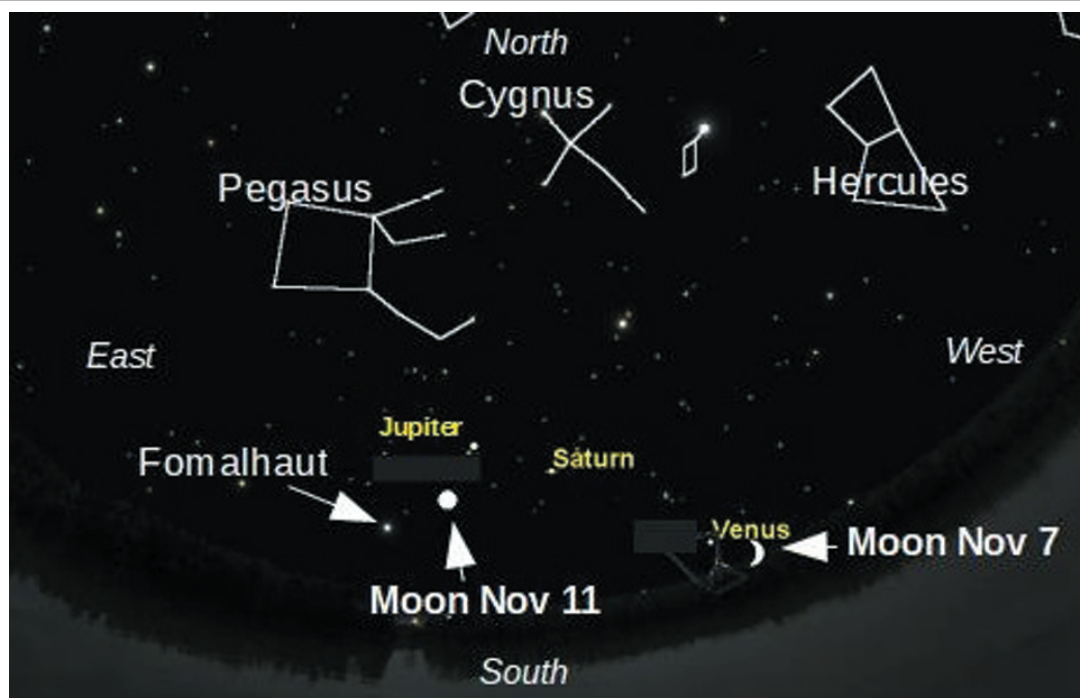
According to their calculations, Hyodo and Usui estimate that Phobos contains deposits from the Martian regolith of about 1,000 parts per million.

Searching on the Mars moons offers better odds than on the planet itself. With billions of years of meteor collisions, the moons must have collected regolith from all over the planet. In contrast, a rover on the Martian surface, even one which moves over a large range, is still sampling only a very small fraction of the full array of different regions. Since we cannot know which areas may have hosted ancient Martian life, the odds of a rover happening upon just the right spot are relatively low.

When the JAXA mission returns rocks from Phobos back to Earth in 2029, it could be carrying a thrilling surprise: the first evidence of ancient

Martian life.

Martian rovers already on the planetary surface are continuing with their work, as well. Space fans are likely aware that NASA's planetary rover, Perseverance, landed on Mars in February of this year. And in September, NASA reported this rover successfully collected two rock samples, and sealed them into airtight titanium tubes. Scientists suggest the salts embedded in both samples may have trapped tiny bubbles of liquid and may contain remnants of ancient microbes. The rocks were collected from Jezero Crater, a Martian basin where scientists suggest water flowed billions of years ago. All of the US rock samples are scheduled to return to Earth in 2031.



Due to the change to Standard Time on Sunday November 7, the nighttime vista will appear a little earlier. The bright planet Venus begins the show at about 5 p.m., above the western horizon. But don't wait

too long- Venus will approach too close to the horizon after about 6:30 p.m.

When the sky grows fully dark at about 5:45 p.m., Cygnus the Swan (Northern Cross) is flying high overhead. To the east of Cygnus lies the diamond-shaped pattern of the Great Square of Pegasus.

In the southeastern sky, the prominent star Fomalhaut (FOH-muh-loh) appears. About 15 degrees higher than Fomalhaut, Jupiter and Saturn can be seen. This month the Moon again visits the planets – appearing close to Venus on November 7, and to Jupiter on November 11.

For the “night-owls” among us, a partial lunar eclipse takes place on the night of November 18-19. While the moon will not go completely black during the event, it will still become noticeably darker. Darkening begins at 2:18 a.m., the dimmest point occurring at 4:03 a.m., then the disk will slowly brighten until 5:47 a.m.

Wishing good luck and clear skies to all stargazers.

successful

from page 3

quet Sports, said 245 players took part.

“We’re very happy with the turnout, and this will become an annual pickleball tournament for our Racquet Center,” she said. “Our first one went very well, and there were lots of compliments on how it was run. Everything went very well.

“Everything ran on time, the food vendors were great, the beer cart was a success, and everybody seemed to have a good time,” she added.

Co-organizer Darryl Noble, who oversaw the tournament with his wife, Cathy, said the event was a huge success.

“We received countless verbal compliments from participants, as they were participating and leaving the tournament site. It is very gratifying to hear players are happy,” he said.

“For initiating and running the tournament, we used cutting-edge technology, where almost everything is done on participants’ mobile devices. I’ve been playing pickleball for 12 years and served on the national governing board of pickleball. It’s amazing to see how pickleball is growing and evolved from the days when everything was kept on paper

and done on charts, to where we are today where everything is digital,” Noble added.

Darryl and Cathy also forwarded some of the many positive texts and emails they received following the event:

“Cathy, just wanted to send a short note to say thanks for the great tourney. Enjoyed a Friday and Saturday trip from Martinsburg, West Virginia with good weather, nice people, and a few wins. The best part was getting my dad, who also plays rec pickleball, to come along and enjoy some getaway time together. Thanks much!” participant Steve Emmons said

“Thanks so much for an awesome tournament. It was the first one I’ve ever participated in and will remember it always. Kudos to you both for overseeing such a great event. Good luck tomorrow and I look forward to playing with you in Florida!” participant Barb Kirschner said.

“I want to congratulate you both on the success of the Octoberfest tournament. I have spoken with a number of the players and all comments were positive. From being a past tournament director, I know how much time and effort goes into running a tournament the size of yours. Both of you are an incredible

asset to OP and our Pickleball Club. Job well done!” Ocean Pines Pickleball Club President Frank Creamer Frank Creamer said.

“I competed this past weekend in the OP tournament. This was my first tournament – and I felt compelled to write to you on how incredibly well the tournament was run. The registration, scheduling, and overall experience was just amazing. I have to say I was a bit nervous about competing in a tournament like this, but it was simply awesome. I can only imagine the work it took to put this on – so thank you for an amazing job! I look forward to playing in it again,” participant Edward Longo said.

Ocean Pines General Manager John Viola said both events are proof that the Association continues to explore new and exciting ways to expand the offerings for homeowners, residents and guests.

“We have been successful in showing organic growth across the board, and this past weekend was another example of our team coming together and putting on some great, new events,” he said. “Thank you to our staff for coming through and making this happen, and thank you to the hundreds of local people who came out and enjoyed these events in Ocean Pines.”

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