

The Courier

September 28, 2022 Volume 23 Number 4



Donation - **Jeremy Goetzinger** of Ocean Pines Aquatics presents a \$1,550 check to representatives of the Worcester County Humane Society. Proceeds were raised during the annual Doggie Swim event, held September 10 at the Sports Core Pool in Ocean Pines. Also pictured are Worcester County Humane Society Manager **Jessica Summers**, left, dog care giver **Gabrielle Belka**, and **Moo** the dog.

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Chicken wing demo is Saturday

It's football season, and Chef Bill Cutis will return to the marketplace kitchen at the Ocean Pines Farmers & Artisans Market on Saturday, October 1 at 9 a.m.

A huge football fan, Curtis will share a variety of ways to make the classic tailgating favorite, chicken wings.

Curtis graduated from the Culinary Institute of America in Hyde Park, New York. His restaurant experience spans more than two decades, including several of the top eateries in Ocean City.

Elsewhere at the market, the bounty of late-summer produce is still abundant and mingling with the first fruits and vegetables of fall.

"By early fall, ripe bell peppers, okra and eggplant will be abundant. As mid-October approaches, greens like arugula, lettuce, mizuna and Bok choy will start to appear," Market Manager David Bean said.

Bean said butternut squash, kabocha squash and other hard winter squashes should take center

stage with the arrival of pumpkins and gourds.

"For those in search of The Great Pumpkin, the market is a great place to find the best variety of jack-o'-lanterns," he said. "From petite boo pumpkins to colorful gourds, the colors are just wonderful."

Fall flavors can also be found at marketplace's many bake shops. Belinda White of Pies Etcetera features delights made with local apples and pears, including apple crumble, pears with oats and sweet potato bars.

An expanding selection of mums, asters, pansies and other plants for the porch and garden can also be found at the market during the fall months.

The Ocean Pines Farmers & Artisans Market is open Saturdays from 8 a.m. to 1 p.m. in White Horse Park. Offseason hours, 9 a.m. to noon, start on Nov. 5.

For more information, visit www.oceanpines.org/web/pages/farmers-artisans-market.



Getting ready - The cast is singing out at the first rehearsal for "A Grand Night For Singing" presented by the Ocean Pines Players on November 18 at the Ocean Pines Yacht Club. Tickets are available online at: <https://oceanpinesplayers.org>

Pictured are the cast warming up for the show. From L to R: **Donna Pasqualino** (Alto), **Jim Ulman** (Tenor), **Deborah Blanchard** (Soprano), **Chrissy Troup** (Mezzo) and **Frank Pasqualino** (Director).



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Commentary

By Joe Reynolds
OceanPinesForum.com

Parks further clouds election results Daly calls for election audit

If OPA President Doug Parks thought his comments at the recent board meeting would add clarity to the questions raised by association members and an election candidate about the accuracy of the board election results, he was sadly mistaken. As a practical matter, he threw gasoline on glowing embers.

During the public comments period of the meeting, former Director and a candidate in the last election Amy Peck raised questions about the reported results and suggested steps to prevent issues in future elections. Her suggestions were reasonable.

Parks then decided to address Peck's comments, saying, "Let me state for the record because it looks like there is some misinformation out there. Number one, on advice from counsel when the issue was brought to our attention, it was suggested the first step was to have the Elections Committee count the paper ballots, and that was done with the full knowledge of the entire board. It was not a secret meeting.

"It needed to be done right away, based on the availability of the Election Committee folks. And on the availability of our attorney who also attended that meeting. It was open, the door was open all the time. It wasn't secret. And what was found is that the paper ballots are accurate with regard to what was reported at the annual meeting. The count of the paper ballots matched the count of the ballots that were announced at the annual meeting. Under further advice from counsel, we are looking to see if there are any other discrepancies and that's where we stand on the matter right now."

Peck asked Parks, "Do I understand you to say the numbers we received were confirmed?"

Parks replied, "Let me say again. I don't want to turn this into a conversation. The ballot count, which is very distinctly different from the vote count. Counsel suggested that the ballots be counted. The ballots were counted and they matched the number of ballots that were reported. (Some words then are not understandable due to a barking dog)."

Parks himself first references results announced at the meeting and then lectures Peck on ballot count versus vote count. However, the video of the annual meeting indicates no ballot count was announced; no count of total lots voting was announced. It is not even clear if the total votes cast for each candidate were announced, just the names of the three winners.

First, despite anything Parks said, let's address the major unanswered question raised by Peck and others. The Elections Committee report some weeks after the annual meeting mentioned the number of ballots counted. The problem is that if every voter selected the maximum number of candidates (3), the total possible individual candidate votes would be over 500 votes less than the committee later reported for all candidates. As Peck properly pointed out, that contradiction could be as high as 1,700 candidate votes based on historical records of owners selecting less than the total board seats to fill.

The primary question raised is quite simple: How many LOTS cast valid votes in the election?

Parks, without a vote of the board, gathered a group of people in the Ad-

ministration building last Friday morning, the day prior to the board meeting. Director Frank Daly said he believes those present were Carol Ludwig, Joe Peloso, and Jean Pennington from the Elections Committee; OPA counsel Jeremy Tucker; Senior Executive Office Manager Linda Martin; and OPA President Doug Parks. That list is not yet verified.

Association members were provided no notification about such an important gathering to recount board election ballots. Ridiculously, Parks says it was not secret because, as quoted above, "It was open, the door

Does Parks believe association members are so stupid as to buy such nonsense?

Beyond that, questions abound as to whether Parks even had the authority to call for such a gathering related to ballot counting, or the authority to then open a locked container holding election ballots, and then do anything with them in a secret gathering.

Director Frank Daly wrote just after news leaked on *OceanPinesForum.com* of the Friday gathering, "I do know it should be open to the public and recorded. Don't know if that hap-

please see commentary on page 22

Courier Almanac

On September 28, 1960, at Boston's Fenway Park, Red Sox star Ted Williams hit a home run in the last at-bat of his 21-year career.

Ted Williams once said it was his goal in life to "walk down the street [and have] folks say 'there goes the greatest hitter who ever lived.'" He succeeded. Williams led the American League in batting average six times, home runs four times and runs batted in four times. He was one of only two men ever to win baseball's Triple Crown twice, leading the league in home runs, runs batted in and batting average in 1942 and again in 1947. Perhaps most impressively, however, he hit .406 in 1941 (also on September 28) - he was the last man ever to hit .400. He accomplished more than that, missing three seasons to fly combat missions in the Navy during World War II and parts of two more as a Marine during the Korean War, again to fly, this time with John Glenn as his wingman. Williams would later mold himself into a world-class fly fisherman, widely respected and accomplished with the reel.

Pet ownership is rewarding in various ways, and those rewards could be one reason why pet owners are welcoming additional pets into their homes, even if only temporarily. According to the 2021-2022 biennial APPA National Pet Owners Survey by the American Pet Products Association, 11 percent of pet owners also foster pets. The selfless act of fostering saves the lives of an untold number of animals each year, as shelters confronting overcrowding may not have the resources necessary to keep pets healthy until they find an adoptive parent. For example, the ASPCA notes that neonatal (zero to four weeks) and pee-wee (four to eight weeks) kittens are extremely vulnerable and do not often survive without



round-the-clock care. Overburdened shelters with limited resources are not always capable of providing such care. In such instances, shelter-sponsored fostering programs teach foster caregivers how to care for kittens so they can survive the first eight weeks and stay healthy enough to be spayed or neutered and ultimately adopted.

The
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Aunt Ruby's peanuts

Going on a road trip by car is a favorite experience of mine. Wait a minute. A road trip by its very definition means taking a trip in a car. But I digress.

Willie Nelson sings it best, "On the Road Again." And so we were not long ago, my wife and me. We loaded up our car and headed south toward Port St.

this and peanut that all around. I was attracted to the samples table upon which were little bowls containing flavored peanuts of many varieties: salt and pepper, country style, Cajun, honey roasted, raw and roasted red skin. There were almonds and cashews and peanut brittle as well as chocolate covered samples. I attempted not to embarrass myself, being as discreet as possible sampling each variety.

We spoke with the woman behind the counter who had a honey-flavored drawl accentuated with a quick smile. When asked,

she pointed to a picture on a far wall explaining that Aunt Ruby was a real person. And in fact, her great-grandson was working in the office just behind her. She shared some peanut recipes with my wife as she rung up our order: a two-pound tin of naturally flavored chocolate peanut clusters, a five-pound bag of shelled raw

peanuts and a five-pound bag of salted in the shell peanuts. We left Enfield, not the way we arrived so it took us much longer to get back on I-95. While traveling along some of the rural back roads, I swore I heard faint banjo strumming. Eventually we found an on-ramp and resumed our trek southward.

We had passed yet another "South of the Border" sign when I reached around to the back seat to bring forward the tin of peanut clusters. Without exception, they were the finest tasting peanut clusters ever. That tin was repeatedly opened and I must confess I experienced twinges of guilt, knowing that my efforts to lose weight were being challenged with each cluster I consumed. I assuaged my guilt: they were *sooooo* good and I was on vacation. Calorie counting wasn't along for the ride.

It took me several weeks to consume Aunt Ruby's bag of salted peanuts which were as advertised: large, meaty and with excellent flavor and texture.

Our trip south continued. It wasn't long before Pedro told us we had arrived at South of the Border.

To be continued.



It's All About...

By **Chip Bertino**

chipbertino@delmarvacourier.com

Lucie Florida. It was not long after dawn when we backed out of the driveway. We were in no hurry. The only scheduled event was attending our son's graduation. Other than that, time was incidental.

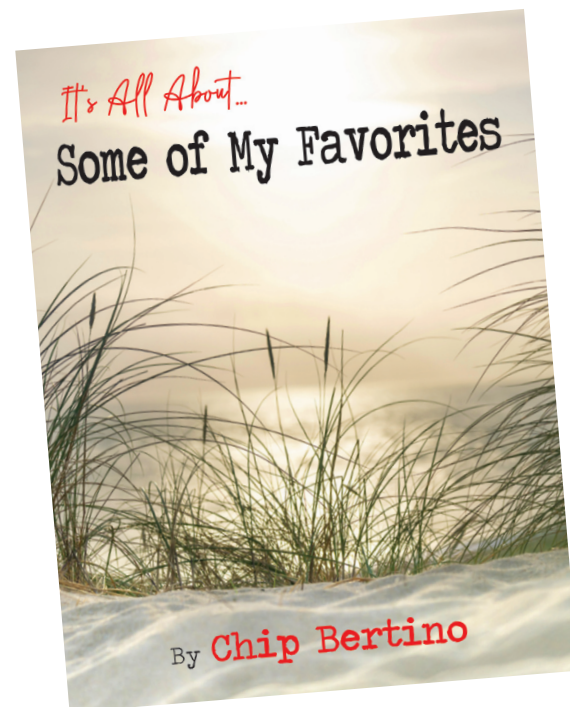
It had been some time since we enjoyed a road trip. Like so many other things, it was pre-covid. It took only until the end of our street to find our road trip rhythm with accompanying Pandora soundtrack. Per usual, we stopped at the rest area just before traversing the Bay Bridge Tunnel. The sweet tea purchased at the McDonald's in Onley, Virginia had been timed perfectly. We then made our way to Emporia which is sort of a milestone of sorts, yet I cannot explain you why.

We were cruising along I-95 in North Carolina when a billboard caught our attention: "Aunt Ruby's Peanuts." About 10 miles farther south another billboard let us know we were getting closer to Aunt Ruby's. And finally, there was a sign telling us to get off at exit 154 for Aunt Ruby's. So, we did. We got off at the exit and headed toward Enfield along a very country road. A very large sign with Aunt Ruby's picture and a very large arrow pointed us down another country road. Before long we came upon railroad tracks beyond which was a well-kept building marked "Aunt Ruby's." Noticeably, the heyday of the surrounding town had long passed, a relic of another era when the whistlestop tour of Harry Truman might have rolled through.

Inside Aunt Ruby's was a peanut lover's best day with all sorts of peanut



Available Soon



By **Chip Bertino**

Each week for more than two decades, Chip Bertino has written his column, *It's All About...* which is published weekly in *The Courier*. *Some of My Favorites* is a collection of Chip's favorite columns in book form.



This humorous and often poignant chronicle contains many of his favorite columns over the years. He regales readers about raising children, getting older, being (and staying) married and just living life.

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Great holiday gift idea

Annual Marine Debris Plunder returns

The Maryland Coastal Bays Program is hosting its annual Marine Debris Plunder clean up, Sunday October 2 to encourage the community to get out and pick up debris throughout our coastal bays.

Boaters and Land Lubbers alike are encouraged to join the plunder to pick up debris that has been carelessly discarded in our bays, beaches, and streets, and bring their loot to the West Ocean City Boat Ramp for a weigh-in. Captain Jack Sparrow along with his pirate crew will be on hand to assist with the weigh-in and will properly dispose the debris.



Those that bring their loot by boat can pull right up to the finger pier of the public boat ramp and the crew will unload and trade your trash for commemorative t-shirts as supplies last. Land pirates can pull up to the tent by the public rest rooms and volunteers will be on hand to assist with the loot and provide t-shirts as well.

You must preregister for this event either online at the Maryland Coastal Bays Program website www.mdcoastalbays.org, or call Sandi at 410-213-2297, ext. 106 and register by phone.

Registration is now open. There will be no registration at the event.

Thanks to a grant from the Environmental Protection Agency (EPA) and the support of Worcester County, Ron Jon Surf Shop, and Sandpiper Energy, supplies will be provided for those who preregister. Supply packets can be picked up at Pure Lure in the West Ocean City Harbor at a pre-arranged date.

The intent of this event is to engage the community in picking up debris in our waterways and streets and bringing it to one location where it will be weighed and disposed of properly.

All participants will be asked to fill out data sheets on the debris. This data will be used for an outreach campaign next year reminding our visitors the importance of keeping our waterways clean.

Boaters pursuing debris in the water, will receive specific instructions as to what is marine debris and what is a live trap as crabbing season is in effect. It is illegal to tamper with any live traps. Low tide for this

day is at 6:45 a.m.

The Natural Resource Police will attend the event in case participants have any questions as to what is marine debris, and what is not, in case something is unclear to a participant.

Boaters will be encouraged to pursue abandoned crab pots, derelict crab pots that have been clearly abandoned and are sitting in shallow water and marshes. Every year crabbers lose their pots to careless boaters who do not pay attention and run over crab pot floats, floats identifying pot location. Once these floats are cut, the pot becomes untraceable until it washes into shallow water or on top of a marsh. Unfortunately, ghost pots continually re-bait as crabs crawl inside, eventually die, and new crabs arrive to eat those. These ghost pots also trap and kill pretty much anything that fits, including terrapin, otter, and fish.

For event specifics, go to www.mdcoastalbays.org or contact mcbp@mdcoastalbays.org.



Blessing - The Community Church at Ocean Pines located at 11227 Racetrack Rd. will host a Blessing of the Animals on Sunday, October 2 at 2 p.m. Pastor Dale Brown will provide the blessing and all are welcome to bring their animals.

County to host series of job fairs

Worcester County Human Resources will host a series of job fairs this fall in the Worcester County Government Center's third floor training room in Snow Hill from noon to 3 p.m. Job Fairs to promote new career opportunities will take place October 20, November 17, and December 15.

Meet with professionals from human resources and other departments to discuss career options. Computers will be available for job seekers to complete and submit applications onsite.

Those seeking rewarding work in a welcoming, team-centered environment are invited to attend. Worcester County Government offers full benefits for full-time employees, career advancement opportunities, and membership in the Maryland State Retirement System.

For a complete list of job opportunities, visit <https://worcesterhr.co.worcester.md.us/>. For more information, contact Human Resources Specialist Ann Hankins at 410-632-0090.

Farm to library event scheduled

The Friends of the Ocean Pines Library announced they will present a Farm-To-Library event as part of the organization's semi-annual membership meeting on Thursday, October 20. Local farmers will share their stories: how they got started farming, what products they sell, and the challenges and benefits of operating their own farm.

This event is open to the public and refreshments will be served. The membership meeting begins at 10 a.m., followed by the Farm-To-Library event at 11 a.m. The general public is welcome and there is no charge.

Guest speakers include: Matthew Harhai of Goat Plum Tree Farm, Nancie Corbett of Bluebird Farms and Carol Cross of Cross Farms.

Worcester County Library is hosting several programs related to nutrition and wellness as part of its Farm-To-Library series. More details are available at worcesterlibrary.org. The initiative is in partnership with the Worcester County Health Department, a recipient of a grant from CareFirst Blue Cross Blue Shield to launch a diabetes prevention program for the community.

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Physical Therapy for pickleball players

By **Dan Braun** PT, DPT, CPT

Pickleball is a dynamic, rapidly growing sport that combines elements of tennis and badminton. Many enjoy the low startup cost, short learning curve, and ability to play the sport throughout the lifespan. Pickleball now has significant national tournaments including the U.S. Open Tournament.

Sports in general create the potential for musculoskeletal injury or pain to occur, and pickleball is no exception. Pickleball requires forehand and backhand shots, prolonged periods of time holding a racket, in addition to rapid directional changes, cuts, acceleration/deceleration, and other sport elements. If you're not prepared for these sporting demands, you can potentially run a risk of potential injury, pain, or falling. These injuries can potentially take months to a year to rehab. I use a few simple tests with my patients to assess their current functional state and overall sport readiness - and you can actually try some at home today.

To assess your balance, stand in front of a sturdy countertop. I also recommend placing a solid chair with no wheels behind you. Should you feel like you are losing balance, you can grab the countertop or sit in the chair behind you to prevent a fall. After all, safety comes first!



Dan Braun

While in front of the countertop, try standing on one leg - hold your balance for ~20-30 seconds. Then, repeat on the other side. Note if one side is more difficult than the other or if you have difficulty standing on one leg. If you have a hard time with this, you can seek evaluation from a Physical Therapist, or turn the test into the treatment - try doing this single leg stance daily & note how your balance improves overtime. As always - prioritize safety!

For strong athletes who want more of a challenge, I assess their ability to do a single-leg squat to a chair. If doing this at home, ensure you have a sturdy chair behind you. Begin by standing on one leg, then slowly controlling a descent to sit in the chair. Pause, then stand back up - all on one leg. Once again - **PRIORITIZE SAFETY!** If you have difficulty standing on one leg, you're likely not ready for a single leg squat. Once again - the test can become the treatment. Practice doing squats from a chair with either both legs or one leg to help strengthen your legs!

If you are concerned about injury, have a history of falling, battle aches, pain and soreness, or want to increase performance in pickleball, consider pursuing a physical therapy evaluation and an individualized treatment approach using exercises and manual therapy techniques to address your body's specific deficits.

Dan Braun can be reached at Hamilton Physical Therapy at 410-208-3300.



Support - The Republican Women of Worcester County (RWWC) invited the president of the Salisbury University College Republicans, **Patrick Kerr** to their recent board meeting. Patrick reported on how he and others are forming the group, and the activities they plan to pursue.

Above: President **Sandy Zitzer**, right, and 1st Vice President **Liz Mumford**, show support with a \$500 donation to the Salisbury University College Republicans.

Sand Castle home tour returns

Tickets are now on sale for the 18th Annual Sand Castle Home Tour, an annual fundraiser for the Art League of Ocean City. The tour raised the seed money to construct the Ocean City Center for the Arts on 94th St., and now supports keeping the nonprofit Center free and open to all.

The tour returns in-person in 2022 with seven exceptional homes open for tours on Thursday and Friday, September 29-30 from 9:30 a.m.-4 p.m. Guests tour at their own pace. The tour features three homes in north Ocean City, plus homes in West Ocean City, Berlin, Glen Riddle and Ocean Pines.

A companion 10-home virtual tour presents the seven homes on the in-person tour plus three additional online-only homes. The virtual tour is available from Sept. 29 through Oct. 31, 2022 on the tour's website and includes a variety of homes from oceanfront to bayside to family residences and condos.

Combo tickets for both the in-person and virtual tours are \$50 per person. Tickets to the virtual-only tour are \$35. Both are available at SandCastleHomeTour.com or by calling 410-524-

9433.

"We're excited to be back in person in 2022 after going all-virtual during the pandemic. We invite everyone to join us as we celebrate the 18th year of the Sand Castle Home Tour, the event that provided much of the funding to enable us to open the beautiful Ocean City Center for the Arts," Rina Thaler, Executive Director of the Art League, said. "Now, the annual Home Tour helps us keep our doors open and our educational programs going."

Volunteer docents staff each home, guide visitors through the rooms and outdoor spaces, and answer questions about the house and its unique features. Those taking the tour will be inspired with unique decorating ideas, color schemes, and different styles of living. Local businesses — architects, builders, home decorators, artists, florists, remodelers, landscapers — have the opportunity to show off their talents and showcase their products, and tour takers have the opportunity to hear directly from the homeowners and contractors who were involved in each home.



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Public Works crew cleans up North Gate Bridge

Ocean Pines Public Works worked through the night last week, Thursday into Friday morning, on a series of improvements at the North Gate Bridge. Public Works Director Eddie Wells



said his crew installed additional lights and removed the old lights and light poles.

“And we were finally able to do the repairs from that car accident that happened about a year ago, because those materials finally arrived,” Wells said.

The bridge was also power washed. “It just looks cleaner overall,” he

said.

Wells said next steps in bridge rehabilitation would include metal guardrails installed at the approaches, which are mandated by Maryland State Highway Administration. That will likely be part of the next budget, with construction potentially starting next spring.

General Manager John Viola said the bridge looked “clean, neat, crisp and streamlined” after the work.

Viola said he’s working on additional bridge rehabilitation ideas with different workgroups, including one with former Ocean Pines Board of Directors

member Frank Brown, who owned and operated a contracting business for four decades.

“We will discuss those ideas with the Board, to see what they think,” Viola said. “But what Public Works has done so far is just awesome. I’m excited. It looks great!”

Bounds set to join AGH staff

Atlantic General Hospital and Health System officials have announced that Mandy Bounds, DNP, MSN, RN, CPQH, CCRN, will join the organization October 31 to serve as the new chief nursing officer and vice president of patient care services.



Mandy Bounds

Bounds has more than 16 years of experience in healthcare, with a background in nursing administration; hospital quality, safety and patient experience; and nursing education. Most recently, she has overseen acute and critical care services, infection prevention, patient safety and patient experience initiatives in various roles at University of Maryland Shore Regional Health.

Bounds started her nursing career

*please see **bounds** on page 11*



OPEN HOUSE

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Visiting...

Omaha, Nebraska

By **Kurt and Jean Marx**

Omaha, which is located in eastern Nebraska across the Missouri River from Iowa, is the largest city in Nebraska with a population of almost half a million people. Omaha is in the Central Time Zone and you can fly there direct from Washington, Newark and New York City. There are direct flights from Charlotte so you can fly from Salisbury with only one connection. We found Omaha to be a fun and welcoming city with a great deal to offer.

If you like sports, there are lots to choose from. Omaha has minor league hockey and baseball teams as well as collegiate sports from Creighton University and the University of Nebraska - Omaha. Additionally, the College World Series is held in Omaha every year.

We started our trip by walking across the Bob Kerrey Pedestrian Bridge. This 3,000-foot bridge spans the Missouri River and starts in Nebraska but ends in Iowa. It's fun to have a foot in both states in the middle of the bridge. The bridge offers stunning views of Omaha's skyline and leads to over 150 miles of nature trails. On our walk back from the Iowa side, a rainstorm popped up and we were drenched, but that made for a good laugh. When you are on the Nebraska side, you can visit the Omaha Plaza complete with an interactive water jet fountain, the National Park Service Visitors' Center, or listen to live music on Fridays at the amphitheater.

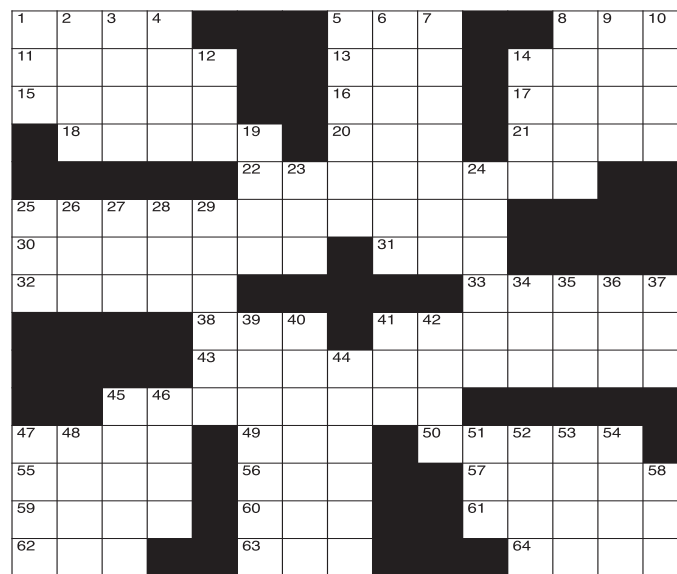
Omaha is a fairly walkable city and we recommend walking through the sculpture garden at Pioneer Courage Park and seeing the Spirit of Nebraska sculpture and fountain. There are a number of large and unique sculptures to view. Depending on where you're staying in the city, you can probably walk to the Durham

Museum, located in the Union Pacific Railroad Building. It is recommended that you get a time-stamped entry ticket. Tickets are \$13 for adults and \$10 for seniors.

If you are looking for a weird but fun place for a drink and enjoy a hot dog, go to the Laka Lona Rum Club. It's a basement bar with a South Pacific vibe. The hot dogs were really good and relatively inexpensive especially if you go during happy hour from 5 p.m. to 7 p.m. We also enjoyed going to the Dubliner Pub which has a free comedy show on Monday nights from 8 p.m. to 10 p.m. Our favorite restaurant for dinner was Plank Seafood. The friendly staff recommended that we go to the Emporium to look for gifts. The Emporium is a collector's dream with an amazing array of memorabilia and artifacts from various genres including Star Wars. The owner told us it had taken him over eleven years to fill the store with all of the vintage and current merchandise we saw. He also told us that we couldn't leave Omaha without eating at Ted & Wally's Ultra-Premium Ice Cream. On our way we asked a couple of police officers for directions and they said it was well worth the walk and they were right! The ice cream was fabulous and the staff of teenagers was very friendly.

The Henry Doorly Zoo and Aquarium is one of the top-ranked zoos in the USA. If you are in Omaha you should definitely go there, but go early. The zoo is one of Omaha's biggest attractions and fills up fast. There are many cool bronze sculptures in the park. Our favorite was the mammoth. There are numerous exhibits and lots of animals to see, including rhinos and giraffes. We recommend taking the ski lift across the zoo. Looking down at so many animals was a great way to see the zoo, and the views of the zebras were fantastic. The aquarium was wonderful with a jellyfish exhibit with five different species of jellyfish and a tunnel that you walk through with water all around. It's like you are walking through the ocean and the fish are swimming all around you. It was also a welcome relief from the steamy temperatures outside.

Omaha is a great place to visit regardless of what you are interested in.

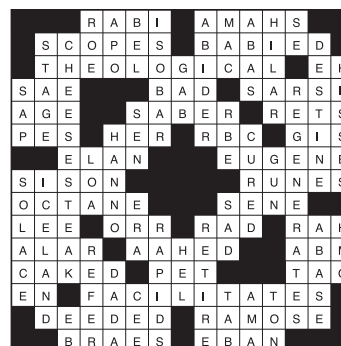


CLUES ACROSS

- 1. Fall down
- 5. Gas usage measurement
- 8. Golf score
- 11. A superior grade of black tea
- 13. Wrath
- 14. Eating house
- 15. Delay leaving a place
- 16. People now inhabiting Myanmar
- 17. Canadian flyers
- 18. Walks back and forth
- 20. Frequently
- 21. Humans have two
- 22. Surrounds with armed forces
- 25. Made proper
- 30. Medical buildings
- 31. Patty Hearst's captors
- 32. Hits with a drop shot
- 33. Italy's PM 1919-20
- 38. Promotions
- 41. En ___; incidentally
- 43. Queens baseball team
- 45. Commoner
- 47. Expenses in insurance world (abbr.)
- 49. Payroll firm
- 50. Broadway actress Daisy
- 55. Skipper butterflies
- 56. Hint
- 57. Daniel ___, French composer
- 59. English children's author Blyton
- 60. Midway between east and southeast
- 61. Spiritual leader of a Jewish congregation
- 62. Patriotic women's group
- 63. The woman
- 64. Tall, slender-leaved plant

CLUES DOWN

- 1. Parts per thousand (abbr.)
- 2. Jump
- 3. Eaten as a vegetable
- 4. Residual paresis after anesthesia
- 5. Brunchtime staple
- 6. Makes money off of
- 7. Refined
- 8. Nocturnal S. American rodents
- 9. From a distance
- 10. Officials
- 12. It helps you see
- 14. Central Canadian indigenous person
- 19. Invests in little enterprises
- 23. They help in tough situations
- 24. Industrial port in Poland
- 25. Type of screen
- 26. Peyton's little brother
- 27. Alcoholic beverage
- 28. Newspapers need it
- 29. Herbal tea
- 34. Distinctive practice
- 35. Exercise system ___-bo
- 36. Explosive
- 37. Belonging to a thing
- 39. Presidential candidates engage in them
- 40. Of the Swedes
- 41. Meadow-grass
- 42. "Rule, Britannia" composer
- 44. Hooray!
- 45. Greek city
- 46. One way to do it by example
- 47. Imitated
- 48. "Game of Thrones" actress Headey
- 51. Swiss river
- 52. Drought-resistant plant
- 53. A French abbot
- 54. One point east of northeast
- 58. Get free of



Answers for September 21

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



Fashion — The 13th Annual Patriot Day Fashion Show sponsored by the Republican Women of Worcester County was held last week at the Ocean Pines Yacht Club. The event attracted a record crowd. Photo by Linda Knight.

bounds
from page 9

as a licensed practical nurse in long term care after completing the certificate program at Wor-Wic Community College. Nine months later, she joined UM Shore Regional Health as a bedside critical care registered nurse after earning an associate degree in nursing at Wor-Wic. In 2010, she earned her BSN from Wilmington University and transitioned to the clinical coordinator role for their Critical Care Unit. She continued her education as she gained progressive management experience, earning her Master of Science in Nursing and then a terminal degree in nursing practice from Wilmington University.

Bounds served as director of patient safety, experience and high reliability at UM Shore Regional Health for nearly two years before becoming their director of acute and critical care services in March.

Bounds strives for excellence in patient care, with a focus on quality, safety and patient experience, and is committed to building a strong workforce. She is well-versed in Magnet recognition programs, Leapfrog Safety Grades, Joint Commission accreditation, and shared governance pro-

grams.

Bounds is a visiting professor for Chamberlain University's doctoral nursing practice (DNP) program and is an adjunct faculty member for the nursing programs at Wilmington University, where she strives to inspire and empower nurse leaders to have a strong impact on healthcare delivery.

She has lived on the Eastern Shore, where she met her husband and started her family, since 2004.

Line painting scheduled on several Ocean Pines streets

Residents are asked not to park along several roadsides in Ocean Pines this week and next, because of anticipated line painting.

Public Works Director Eddie Wells said a contractor hired to do the work could start by the end of this week, weather permitting.

The list of streets scheduled for new line painting includes:

- Ocean Parkway
- Cathell Road (the east side of 589, from the Bank of Ocean City to Ocean Parkway)
- St. Martins Lane
- Mumford's Landing Road
- Yacht Club Drive
- Carrollton Lane
- Central Parke East and West
- Hatteras Street
- Federal Hill
- Fort Sumter South

- Columbia Avenue
- Potomac Avenue

For questions, contact Ocean Pines Public Works at 410-641-7425.

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Some things to think about

Gathered from the internet by **Jack Barnes**



Posted a photo of my clean house and it was flagged and removed as "Fake News"

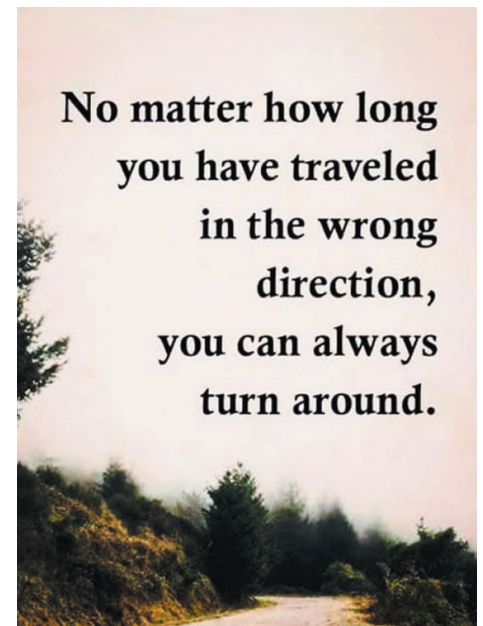
Cable repairman was on my street and asked me what time it was. I told him it is between 8 am and 1 pm

Always be proud of your children.



I never thought I'd be the kind of person who'd wake up early in the morning to exercise ...

And I was right.



I will be posting telepathically today. So if you think of something funny, that was me.

The irony for mankind is that a computer program asks a human to prove that they're not a robot.

Dining Around

Help your server with good behavior

Dining out opens doors to new cuisines and gives people some time off from preparing meals at home.

The National Restaurant Association says that the restaurant industry brings in around \$800 billion in sales each year, providing jobs for 14.7 million people. In fact, restaurant workers make up 10 percent of the American workforce.

Line cooks, bussers and servers work hard, and many do so for low pay. According to the employment salary comparison source Glassdoor, restaurant servers typically earn an average of \$21,000 per year. The job-search site Indeed says some servers earn \$10.70 per hour, and most rely on tips to make ends meet. When dining out, diners should prioritize etiquette and friendliness, which can make restaurant staff feel respected and appreciated.

Make reservations. If possible, or if it's a requirement on busy nights, take the time to make a reservation. Reservations help establishments ensure they will have enough staff on hand to meet customers' needs, which can lead to better service. Show up on time or even a few minutes early.

Put your phone on silent. Just because someone can reach you at all hours of the day doesn't mean you should always answer a call or text. Staring at the screen or talking on a call is not only rude, it also can delay table service, which may cause a trickle-down effect that affects others' dining experiences.

Don't make a scene. If you find a foreign object in your food or need your steak cooked to a different temperature, signal the server and handle the situation discreetly. He or she has no control over the quality of the food or how long it takes to prepare it.

Know when to leave the kids home. Children should be taught proper restaurant etiquette, but not at the expense of other diners or the restaurant staff. Inquire if a restaurant is family-friendly before booking a table. Start the kids in family-friendly places and gradually move up to fine dining as they prove themselves capable. If a child has a meltdown, go outside or get the food to go.

Tip accordingly. It is customary in many North American restaurants for diners to offer a gratuity to their servers and other staff. It is in poor taste to withhold a tip, even if service was not up to par. If service is subpar, it's still proper etiquette to leave a tip and then voice any concerns with the manager before leaving the restaurant or the next day. Even if a waiter or waitress is not up to snuff, tips may be pooled and are typically shared with bussers or even kitchen staff.

Proper etiquette while dining out can make for a more enjoyable night for all involved.





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\$1.99 Miller Lite Draft or Bottle



Large group dining etiquette

Dining out presents an opportunity to socialize with friends and family and enjoy a break from cooking. It also offers a chance to try new cuisines and support local restaurants.

It likely comes as no surprise how popular dining out has become. According to a 2020 study by ICSC, nearly 163 million people (64 percent of adults) dine out at least once a week. Around 50 percent of respondents indicated dining out is an essential part of their lifestyles, and convenience is a prime reason for eating out.

When dining out, individuals may want to share the experience with others. While large groups can have successful outings, making these experiences better for all involved comes down to focusing on etiquette. Here are some dos and don'ts of dining out with large groups.

DO make a reservation with the restaurant as far in advance as possible. At the very least, call ahead to see if the establishment takes reservations (some do not) and find out their policies regarding large groups.

DON'T stagger the group's arrival. Everyone should arrive at the established time for prompt service and to make it easier on the restaurant staff. Wait until your entire party has arrived before asking to be seated.

DO bring cash along, as that makes it easier to divide the bill and

the tip among diners.

DON'T ignore the gratuity policies of the restaurant. Certain establishments automatically apply a gratuity to the bill, typically around 18 percent, for large parties. Check the bill for such a gratuity to avoid tipping twice.

DO enlist a person in charge at the table to facilitate ordering and keep the momentum of the meal. This helps keep everyone on track.

DON'T assume that the restaurant can simply add a few more seats for last-minute invitations. Keep the restaurant apprised if someone needs to be added or removed from the reservation. Consider giving a final head count and confirm the reservation the day before.

DO find out if the restaurant offers a "party pricing" deal. If your crowd is large, it may make things easier to limit offerings to a set price-fixed party menu. This way everyone knows ahead of time they can expect to pay \$30 per head, or whatever the cost is before added beverages.

DON'T forget to discuss how the bill will be divided. Some people may be amenable to splitting costs evenly. However, if someone orders filet mignon and another orders a small salad, the cost disparity is significant. Be up front with the server regarding whether you'll need separate checks.

Dining out with a crowd can be an enjoyable experience. Keep courtesy in mind at all times.

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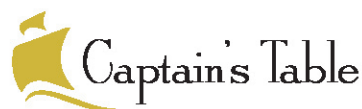
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Sticking to a diet while eating out

What to do when dining out is a challenge dieters know well. It's easy to control ingredients and portion sizes at home, but not nearly as easy when dining out.

Harvard Health Publishing says the average American eats out about five times a week, and that means figuring out how to stick to diets. Rest assured there are plenty of ways to socialize and enjoy meals away from home without compromising a diet.

Do your research. Many establishments post their menus online and dieters can use that to their advantage. Prior to booking a reservation, review a restaurant's menu online to ensure there's something on there that won't compromise your diet. If you need further clarification, call the restaurant and see if substitutions can be made.

Have a go-to dish. Many restaurants offer at least one diet-friendly item like a Cobb salad. Dieters can choose a go-to healthy dish that won't compromise their meals and then look for it when dining out.

Drink water. Don't drink your calories. Alcoholic beverages or sweetened soft drinks can be heavy in calories. Instead of using your calorie allotment on liquids, save these indulgences for food.

Look for healthy cooking methods. Scan the menu for foods that are steamed, grilled, baked, and stir-fried. These cooking methods generally use very little oil or butter. Steer clear of

Did you know?

Social media has had a profound impact on various industries, and the restaurant business is no exception. According to the 2018 Dining Trends Survey from Zagat, 53 percent of the nearly 13,000 diners surveyed indicated they browse food photos on social media. Perhaps more interesting to restaurant owners is that 75 percent of those who admitted to browsing food photos on social media indicated they have chosen restaurants based on such photos. Customers who take photos of the foods they order and then share those photos via social media are essentially providing restaurants with free advertising. In fact, Zagat notes that many new restaurants feature interior designs that include photo-friendly lighting, reflecting that restaurant owners recognize the benefits of their customers stopping to snap a photo before diving into their meals.

heavy gravies or cream-based sauces as well. If there is a sauce, ask for it on the side.

Choose the right food order. According to BodyBuilding.com, eat protein first, followed by vegetables, and leave carbohydrates for last. The protein and vegetables should slow down digestion, leaving you feeling fuller, faster. That means you'll be less likely to overindulge on bread, potatoes or a sugary dessert.

Be forthright with dietary needs. Share with your server or party host what you can and cannot eat. Most establishments or individuals are happy to help customers stick to a particular diet. You're not being "a pain" or "picky" by being frank about what you need to eat to be healthy.

Check out favorite dishes. You may not know what you're eating unless you investigate. U.S. federal law now requires all restaurants with more than 20 locations to provide nutritional information for menu items. Search CalorieKing



for data on foods from hundreds of popular nationwide chains.

Snack before you leave home. Don't arrive at a restaurant feeling famished. Eat a small snack before leaving home or bring a few safe items you can use as

backups so you'll have something to eat if the menu does not have much healthy fare.

Dieters can employ various strategies to stick to their diets while dining out.

Throw a successful restaurant party

People who love to entertain but don't have the space to do so at home often take their love of hosting to nearby restaurants. While much of the work on the day of the party is likely to be performed by restaurant staff, hosting a gathering at a local establishment has its challenges, particularly in regard to planning.

It's easy to focus solely on the cost of hosting a restaurant party, as that's likely to be the foremost consideration for hosts. And it's wise for hosts to develop a budget for their parties while also considering other ways to make their get-togethers successful.

On-site expenses. When shopping restaurants and other venues, ask the establishment managers to give a thorough rundown of proposed expenses. Get all estimates in writing so they can be easily compared. The financial management resource The Balance says that common venue expenses can include room rental, food and beverages, security deposit, insurance needs, valet parking, taxes/gratuities, and other add-ons. These add-ons can include plating fees for cakes made off-premises or corkage fees for host-supplied wine.

Explore entertainment. Mingling and conversation are part of restaurant parties, but hosts can facilitate even more guest interaction by planning entertainment for the party. Discuss with the

venue whether hired musicians or other entertainers are permissible. Something as low-key as a table-side sleight-of-hand magician or a tarot card reader who can offer psychic intrigue may be fun.

Personalize the menu and space. Decorate the venue within reason, and abide by the rules of the house. Decorations may include festive balloons, ribbons or chair covers or colorful flowers or centerpieces, and take-aways for guests.

Discover if you can work with the chef to curate a special menu. This helps the kitchen staff immensely because they'll only have a set number of dishes to prepare rather than having to make foods off the larger menu all at once, says the food, home and wellness site MyDomaine. Family-style appetizers also are effective. Print out custom menus with the event title on top, or ask if the restaurant can make them.

Decide on bar service. Alcoholic refreshments can quickly consume a budget, so frugal hosts might need to reign in expenses in this department. Wine and spirits can be expensive if

they're not included in the restaurant's price-fixed party package. It's perfectly acceptable to offer some carafes of wine or pitchers of beer on the table and ask guests to pay for their own specialized



drinks.

If you do not opt for a full open bars, ask the wait staff explain to guests what is and isn't included before they order.

Make parking accessible. Selecting a venue with on-site parking or valet service can make things more convenient for guests.

A few simple strategies can help hosts navigate the process of hosting parties at restaurants.



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Volcano spicy tuna tartare. Spicy tuna rolled in tempura crunch, avocado, cucumber topped with fish roe and quail egg.



A Thailand favorite soup of sweet, sour and spicy. It is made with lime kaffir, greater Galangal, shrimp, lemongrass, garlic, ginger, Thai chili, cilantro, coconut milk and lime.



My Fuji roll brings American seafood dish into a traditional California roll for a melt in your mouth sensation. This California roll is topped with baked scampi of jumbo lump crabmeat, scallop and shrimp, lastly topped with sweeten soy sauce and smoked bonito fish flakes.



Japanese Matcha cheesecake made with a Japanese ceremonial matcha powder. It is completed with a chiffon cake technique and baked in a bubbling hot water bath.



Ginger crème brûlée made with fresh pressed organic ginger juice and toasted Turbinado brown sugar.

Health Watch

Low dose CT scans: lowering lung cancer deaths

Mary Mullins, RN, MSN
Clinical Coordinator, Surgical and Bariatric Services

Lung cancer is the leading cause of cancer deaths in the United States and the only way to detect it early enough to impact outcomes is through a low dose CT scan. From 2002 through 2009, a huge study took place called the National Lung Screening Trial. The result of that study showed we can reduce lung cancer

deaths by 20% if high risk populations got screened with a low dose CT scan.

So, what is a low dose CT scan? Patients lie on a table while an x-ray machine uses a low dose amount of radiation to see inside the lungs. The test takes only a few minutes and is not painful or invasive.

Most lung cancers are diagnosed after the cancer has spread or metastasized to other areas of the body. If lung cancer is diagnosed while

it's confined to the lung, the five-year survival rate is 54%. If the cancer has spread to just one lymph node the survival rate goes down to 26% and if it has spread to other body parts, the five-year survival rate is 4%.

Most signs and symptoms of lung cancer don't develop until the disease is in an advanced state. Some of the symptoms include a new cough that will not go away, coughing up blood, shortness of breath, unexplained weight loss, chest pain and hoarseness. About nine out of every 10 people with lung cancer die from the disease because it was discovered after it had spread.

There are two main types of lung cancer and they are treated very differently. The first type is called non-small cell lung cancer (NSCLC). This type represents about 80% to 85% of all lung cancers. According to the American Cancer Society, the main subtypes of NSCLC are adenocarcinoma, squamous cell carcinoma, and large cell carcinoma. These subtypes, which start from different types of lung cells are grouped together as NSCLC because their treatment and prognoses are often similar.

The other main type of lung cancer is small cell lung cancer (SCLC). About 10% to 15% of all lung cancers are SCLC. This type of lung cancer tends to grow and spread faster than NSCLC. About 70% of people with

SCLC will have cancer that has already spread at the time they are diagnosed. Since this cancer grows quickly, it tends to respond well to chemotherapy and radiation. Unfortunately, for most people, the cancer will return at some point.

It's vital to diagnose lung cancer early and our only tool is low dose lung CT scans. So, who should get scanned? The requirements just changed to include a wider range of people. Now anyone who is 50 to 80 years of age and who is a current smoker or quit less than 15 years ago. Anyone within that age range who is or was a heavy smoker with a 20-year pack history. Pack history is determined by multiplying the packs per day smoked by the number of years smoked. So, a person who smoked one pack a day for 20 years or someone who smoked two packs a day for 10 years would meet that qualification.

Remember the best way to lower your risk of lung cancer is to stop smoking. More than eight out of 10 lung cancer cases are the result of smoking. There are other risk factors such as environmental exposures like asbestos and a family history of lung cancer. Your primary care provider can order a low dose lung CT scan if you fit the criteria. About 8.6 million Americans fit the criteria for screening. Most insurances also cover the test if the patient fits the criteria.

Potential warning signs for breast cancer

Breast cancer is the most commonly occurring cancer in women across the globe. According to the World Cancer Research Fund International, there more than 2.26 million new cases of breast cancer in women in 2020. Such figures are sobering, but it's important to recognize that breast cancer survival rates have improved dramatically in recent decades, providing hope to the millions of women who may be diagnosed with the disease in the years to come.

Various factors have helped to improve breast cancer survival rates, and education about the disease is certainly among them. Women are their own greatest allies against breast cancer, and learning to spot its signs and symptoms is a great first step in the fight against this potentially deadly, yet treatable disease.

Knowing your body. The American Cancer Society urges women to take note of how their breasts normally look and feel. That knowledge is vital because it helps women recognize when something does not look or feel good to the touch with their breasts. Screening alone may not be sufficient, as the ACS notes that mammograms do not find every breast cancer.

Signs and symptoms. When women are well acquainted with how their breasts look and feel, they're in better position to recognize any abnormalities, which may or may not be indicative of breast cancer. The ACS reports that the following are some potential warning signs of breast cancer.

A new lump or mass: The ACS indicates that this is the most common symptom of breast cancer. A lump or mass that is cancerous is often pain-

less, but hard and has irregular edges. However, lumps caused by breast cancer also can be soft, round and tender. Some even cause pain.

Swelling: Some women experience swelling of all or part of a breast even if they don't detect a lump.

Dimpling: The skin on the breast may dimple. When this occurs, the skin on the breast sometimes mimics the look of an orange peel.

Pain: Pain on the breast or nipple could indicate breast cancer.

Retraction: Some women with breast cancer experience retraction, which occurs when the nipple turns inward.

Skin abnormalities: Breast cancer may cause the skin on the breast to redden, dry out, flake, or thicken.

Swollen lymph nodes: Some women with breast cancer experience swelling of the lymph nodes under the arm or near the collarbone.

The presence of any of these symptoms merits a trip to the doctor. Women with these symptoms should not immediately assume they have breast cancer, as the ACS notes that various symptoms of breast cancer also are indicative of non-cancerous conditions that affect the breasts. Only a physician can diagnose breast cancer, which underscores the importance of reporting symptoms to a doctor immediately.



Does breast cancer run in families?

No woman is immune to breast cancer. However, some women with extensive family histories of the disease may wonder if they're more vulnerable to breast cancer than those without such a link. According to the Centers for Disease Control and Prevention, roughly 3 percent of breast cancers result from inherited mutations in the BRCA1 and BRCA2 genes that are passed on in families. Inherited mutations in other genes also can cause breast cancer (as well as ovarian cancer), but BRCA1 and BRCA2 are the most commonly affected genes. And it's not just women who can inherit these mutations. Though men account for only a small percentage of breast cancer patients, they can get the disease, and those who inherit mutations in BRCA1 and BRCA2 are more likely to develop breast cancer than other men. The CDC notes that not everyone who inherits a BRCA1, BRCA2 or other mutation will develop breast cancer, and women with such mutations can take steps to help lower their risk for the disease. Doctors can discuss those steps with women, but they may include genetic counseling and testing. The CDC also notes that, even in instances when counseling and testing is not ultimately recommended by a physician, women should consider talking to their doctors about starting mammography screening in their 40s. That's earlier than some organizations recommend, though physicians may feel it's worth it depending on the individual.



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commentary
from page 4

and under the impression the counting would be open.”

After hearing what Parks said at the Saturday board meeting, Daly later wrote, “The election needs to be audited without Board involvement and the results need to be released to the public without redactions and any Board involvement. A firm with experience in auditing or forensic auditing and yes, available to all without redactions or any Board mandated changes.”

This issue is the purview of the Election Committee, not Doug Parks, and not OPA’s attorney. Full knowledge of the board does not represent a vote of the board. Instead of just allowing Parks to do what he pleased, every other board member should be outraged at what Parks did last Friday morning. Election Committee chair Carol Ludwig seems reluctant to take the leading role the committee is charged with in our governing documents.

Unfortunately, common sense fails

in the face of political alliances. That was even evident during public comments. While Peck was speaking at the board meeting, an association member who supported the election of the new board majority said, “Sore loser.”

Peck was not raised to take any wooden nickels. She turned and forcefully said, “Excuse me, sir. That is rude.”

Remember the lead-up to the election? The refrain from many was “Throw the bums out. Stop wasting our money on attorneys.” Ask yourself — has anything really changed?

Finally, at this point, neither board members nor association members know how many valid lots cast votes in the board election. That is a disgrace.

Electronic signs debate

Back in early 2021, the Ocean Pines Association obtained something called a “text amendment” from Worcester County. This text amendment allowed the placement of up to eight digital,

electronic signs in the Ocean Pines subdivision. The initial purpose of obtaining the text amendment was to replace the existing Ocean Parkway median strip event notification signs with electronic versions.

However, the approved text amendment came with a rather serious restriction. According to Jennifer Keener, Director of Development Review & Permitting for Worcester County, no electronic signs can be placed within the road right-of-ways, thus precluding digital replacement of nearly all the current signs.

Now, the OPA Communications Committee is proposing to replace one sign at the North Gate entrance with an electronic one. Committee liaison Steve Jacobs has a discussion item on the board agenda for this Saturday. It could evolve into a motion to approve the purchase of a 36” x 60” sign for around \$21,000.

The information on the sign could be changed remotely via computer. This would be seen only by drivers entering Ocean Pines by the North Gate. The location appears to be outside the road right-of-way. This lit sign would

not be visible from homes in the area.

However, this does not provide for the elimination of all the current median-placed signage and the costs and dangers associated with manually changing text messages on those signs.

The Jacobs-proposed board discussion, as requested by the Communications Committee, states: “The Committee notes that if this is an effective means of communication, placement of additional signs should be considered.”

The question, of course, is where could those signs be placed to comply with Worcester County regulations? With the elimination of any possibility of digital signs within the road right-of-ways, effective options are extremely limited.

As is too often the case, the board is being asked to look into this with no specific planning suggestions from the Communications Committee. Frankly, the committee has been somewhat obsessed with the issue of electronic signs for years.

Without a complete plan for re-

please see commentary on page 23

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commentary
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view, the Board of Directors should do nothing — other than ask the Communications Committee for a reasonable plan to transition to electronic signs. Or perhaps even tell the committee to stop pushing the issue.

One possible plan would be to eliminate all the existing wood announcement signs in the community. Then find a way to provide an electronic sign at several strategic locations so that any vehicle entering and/or leaving Ocean Pines would see the signs, but not be visible from homes. The proposed north gate digital sign would cover that entrance. Two more signs, one at the Manklin

Creek Road entrance and another at the Cathell Road entrance would provide such coverage. However, it is possible the county would need to become involved again with the latter two locations due to the commercial zoning of the park between Manklin Creek Road and Cathell Road.

The other two options are to do nothing and leave all the Ocean Parkway signs as is, or simply remove all the old sign structures and rely on that new and innovative communication system called Email.

Perhaps the Communications Committee or other association mem-

bers can come up with better options. Importantly, however, OPA needs a plan before the board votes to do anything, especially approving an expenditure of over \$20,000 with a single bid and no plan in place — as the Communications Committee apparently desires.

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