

The Courier

October 26, 2022 Volume 23 Number 7



Mix 'n match - Ocean City Elementary School (OCES) students recently celebrated Mix and Match Spirit Day. Students wore mixed-matched clothes, shoes, socks, crazy hairstyles and even wore clothes backwards and inside out. Each month students, faculty and staff have the opportunity to show their school spirit by dressing in a certain theme or wearing OCES apparel. Pictured left to right, first graders in Tina Adams' class, **Addison Lindsey** and **Lucy Fiori**.



VOTE

NATE PASSWATERS

BOARD OF EDUCATION

— DISTRICT 6 —



As a member of the Worcester County Board of Education, I will:

- ◆ Connect, Communicate and Collaborate.
- ◆ Highlight the importance of literacy.
- ◆ Provide teacher and staff support.
- ◆ Continue to enhance school safety.
- ◆ Value the importance of parental involvement.
- ◆ Keep politics out of the classroom.
- ◆ Support special education and after school programs.
- ◆ Highlight the importance of transparency.
- ◆ Promote academic excellence among students.

✉ CitizensforNatePasswaters@gmail.com
f Citizens For Nate Passwaters
☎ 443-783-0445

- ✓ **CURRENT LAW ENFORCEMENT OFFICER**
- ✓ **COMMUNITY LEADER**
- ✓ **A CHAMPION FOR OUR CHILDREN**

It has been my pleasure to work with the members of the community, teachers, and parents to provide the best school system for our students.

Nate



VOTE NATE PASSWATERS

BOARD of EDUCATION DISTRICT 6

GM reports on North Gate, drainage, football specials

General Manager John Viola discussed the North Gate Bridge, drainage, lifeguard shortages, and recent success at the Clubhouse Grille during his monthly report to the Board of Directors on Saturday.

Viola said he's received positive feedback on improvements to the North Gate Bridge, which included new lighting. He said other plans include a fountain in the north pond, and a raised flower box in place of the old guard shack. He said the Association would work with the Garden Club to plant seasonal flowers in the box, along with a holiday tree this December.

Viola said he's also worked with former Board member Frank Brown on plans to streamline the bridge with a new railing or enclosure.

"I think it'll give it a nice finishing touch," Viola said. The total cost for the planters, fountain and enclosure was estimated at roughly \$22,000.

Viola asked homeowners to send additional ideas and feedback to info@oceanpines.org.

On other infrastructure, Viola said roughly three miles of roads have been paved on Barnacle Court, Beach Court, Birdnest Drive, Fosse Grange, Garrett Drive, Ivanhoe Court, Liberty Bell Court, Little John Court, Moonshell Drive, Rabbit Run Lane, Surfers Way, Watergreen Lane, and Willow Way.

Striping with reflective paint was finished on September 26. Next, the Association will work with a contractor to repaint crosswalks and directional arrows along Ocean Parkway.

"That will be the same reflective paint, and that probably will happen over the next several weeks," Viola said.

On drainage, Viola said about 20 major pipes had been replaced using the new "cured in place" procedure said to be more cost effective, longer lasting, and less invasive.

That includes a problem area near the Yacht Club and Mumford's Landing, with more phases of work still to come.

"The second part on the drainage is there are certain pipes that lead out to main roads that go into the canals or the bay. We've been replacing them [because] they're 30, 40, 50 years old," Viola said.

He said pipe replacement at Wa-

ters Edge Court finished on September 30. Work on Clubhouse Drive is scheduled to start on October 17, with a pipe replacement on Birdnest Drive likely to start later this fall.

On food and beverage operations, Viola said Sunday football specials have helped boost business at the Clubhouse Grille.

"Each week, more and more patrons have come to watch football," Viola said. "We could not be any happier. It's just showing that the investment we made in this building" is paying off.

He said with the addition of two more jumbo TVs, "we're able to cover just about every out-of-market ticket football game."

"The beer prices are great, and the place is packed," Viola said, adding there is also outdoor seating with additional TVs. "There's been weekends where we had over 50 people just sitting on that patio. So, come out and join us!"

Viola said staff is addressing concerns that some pools were not open every day last summer.

"The Yacht Club as well as the Beach Club was open 100% of the time. The other ones, maybe 60%," Viola said. "We did have a lifeguard shortage [and] we are working on it."

He said plans for the next season include paying for lifeguard certifications and creating a summer differential to pay guards more during the peak season. The Aquatics Department is also working with Human Resources to find guards through job fairs and other avenues.

"I will be presenting that to Budget and Finance as well as talking to the Aquatics Committee," Viola said. "We did have ... record-breaking attendance, so we definitely filled some of the needs this summer."

Viola said new pickleball courts have opened, and renovation of existing courts finished in September and in time for several tournaments scheduled this month. The cost was about \$75,000.

"That went well [and] I got a lot of good feedback on that," he said. "We've done a lot down at Racquet Sports, and it's showing."

The Board approved requests for

please see report on page 18



MARY BETH CAROZZA

FIGHTING FOR OUR SHORE WAY OF LIFE.

- ✓ **Supporting Public Safety & Funding**
- ✓ **Fighting for Retiree and Small Business Tax Relief**
- ✓ **Advocating For Career Ready Education**
- ✓ **Protecting Farming, Fishing and Forestry**





EARLY VOTING

OCT. 27 - NOV. 3, 2022

GENERAL ELECTION

NOVEMBER 8, 2022

By Authority: Friends of Mary Beth Carozza, James R. Bergey, Jr., Treasurer

Spook-tacular Event

at

My Backyard!

Friday, Oct. 28th & Saturday, Oct. 29th

Refreshments

Savings



Stop by My Backyard

and "KEEP an EYE OUT"

for your Mystery Discount

SPOOKY SEASON!

HAPPY HALLOWEEN

Discount not applied to seed & cannot be combined with any other discount.



Get In-Person Help Finding Health Coverage for 2023

Do you have health insurance enrollment questions?
We can help you enroll in a health insurance plan before the **Jan. 15th** deadline.

The 2023 Open Enrollment Period runs from Nov. 1, 2022, to Jan. 15, 2023. **Get free, in-person insurance enrollment assistance** from our Certified Application Counselors. They'll make sure that you find the most savings.

Be sure to bring these items to the event:

- Birthdates for each household member applying for coverage.
- Social Security Numbers or document numbers for each household member applying for coverage.
- Employer & income information for everyone in your household (including pay stubs, W-2 forms or tax forms).
- Citizenship or immigration information for anyone applying for coverage.
- A Photo ID.
- Information about any job-related health insurance available to your household.



Saturday, November 5, 2022
9 AM – 4 PM

Chesapeake Health Care
OB/GYN Conference Center
1647 Woodbrooke Drive
Salisbury, MD 21804



For more information, please contact F. Jones at 443-397-3980, email: fjones@chesapeakehc.org or D. Givens at 443-397-3906, email: dgivens@chesapeakehc.org.



Pumpkin learning - On October 18, Lisa Kristick's Pre-K4 class from Ocean City Elementary School visited Parsons Farm where they learned about the life cycle of a pumpkin and explored pumpkins using their five senses.

Avoid violations by following ARC guidelines

Many violations are sent to the Architectural Review Committee (ARC) each year by inspectors at the Compliance, Permitting and Inspections Office (CPI) in Ocean Pines.

Most violations occur because homeowners are not aware of the Ocean Pines Association Deed Restrictions and Architectural Guidelines.

To help maintain property values throughout Ocean Pines and help homeowners avoid unexpected violation notices, below is a list of some of the most common violations:

- Unauthorized signs in yard
- Missing house numbers
- Trash cans (cannot be left at the roadside and should be screened from view)
- Debris in yards
- Unregistered vehicles
- Unauthorized removal of trees
- Fences without permits
- Roof debris (moss, mold & vegetation in gutters)
- Poorly maintained buildings or grounds
- Recreational vehicles on a property
- Box trailers, cargo trailers & oversized vehicles on a property

-Failure to obtain permits for exterior work

Unauthorized yard signs have become a particular area of concern. Sign regulations are found in Section 600 of the Architectural Review Guidelines.

During election season, residents are allowed one sign per candidate, and signs cannot be displayed in the easement or any common areas in Ocean Pines.

Construction signs may only be displayed on a property if the CPI Department has issued a construction permit. Open house signs are only allowed with the words "open house" and directional arrows, and yard-sale signs are only allowed to be displayed on Saturday and Sunday between 6 a.m. and 4 p.m.

All other signs must have ARC approval before being placed or displayed.

Full ARC guidelines can be found on the Public Works page of the Ocean Pines website, under "Applications and Documents." Visit www.oceanpines.org/web/pages/public-works.

For further assistance or questions, contact the CPI office at 410-641-7425.

Halloween candy and an old French song

Halloween was fun when I was a kid. Dressing up in a costume and walking the neighborhood, knocking on doors and getting candy was exciting.

Sometimes deciding what to dress up as could take days or longer. My

ial visit my mother would take me around our neighborhood to go trick or treating. When the plastic pumpkin was filled, we were done.

Once we got home my mother would separate and then inspect all the candy and other items collected before I was allowed to partake. Anything that was homemade or wasn't wrapped and sealed was immediately tossed out. Pieces of fruit were thrown out with nary a second thought.

After Mom finished her

vigorous inspection I got to have one, just one, piece of candy and then had to immediately brush my teeth. It was years before I could enjoy a piece of chocolate without an imagined minty aftertaste. She was heartless. All that work walking from house to house

not to mention having to sing to an old man who most likely didn't know who I was, and all I was allowed to have was one piece of candy!

The days following Halloween were not much better. Some candy I was not allowed to have because it was being

saved for my grandfather. He liked Three Musketeers bars so I would have to save them for him. He also liked Reese's Cups. In those days they didn't make bite size bars, only the full sized bars. And I had to give them up! Gramps was never ashamed of taking candy from his grandchild. In fact if I held out, he'd tickle me to get me to give it up. Looking back on it I did an awful lot of work to satisfy Gramps' sweet tooth. Looking back on it I'd do it all over again.

As the years went on the fun of Halloween diminished. By high school trick or treating was a thing of the past for me. Pity!

There's something special about dressing up in a costume, being someone or something else just for a little bit. And to be sure it's fun to shake down the neighbors for some sweets and then going home to enjoy the booty, even if it is just one piece of it.



It's All About...

By **Chip Bertino**

chipbertino@delmarvacourier.com

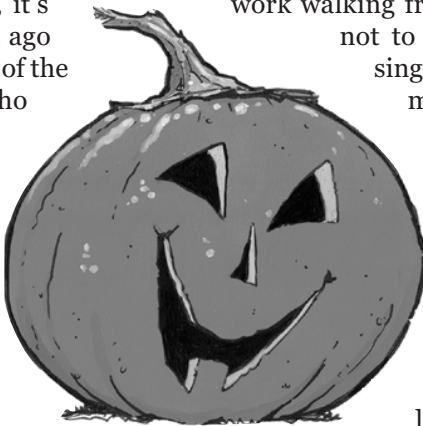
mother would let me pick out my costume at Woolworth's. The costumes were fairly simple, a plastic mask and light weight gown-like combination that tied behind the neck.

I think one year I went as Fred Flintstone. However, it's been such a long time ago it could have been one of the neighborhood kids who went as Fred and I was jealous. I do remember one year going as Speed Racer, at least I think I did. I'll have to look at old family albums to be sure.

One Halloween memory of which I'm most certainly sure was when I was about three or four and being dressed in a tiger suit. I was taken to visit my octogenarian great-grandfather in West Philadelphia. He was a French immigrant who looked frail and had a lot of whiskers.

My mother habitually made me sing "Frere Jacques" when I saw him. He was hard of hearing so I had to sing loudly. When I was finished singing he would reach over to the glass tray on the table next to his green leatherette recliner, snatch several lemon drop candies and drop them into my plastic jack-o-lantern. I'm not sure if he enjoyed my performance or was glad it was over so he could return to his nap.

Looking back I can only imagine what this old man with poor eyesight who spoke little English thought about some little kid singing his heart out over some old French song dressed as a "zebra." After this obligatory famil-



ATTENTION **WORCESTER COUNTY** **RESIDENTS ONLY!!!** **FREE Household** **Hazardous Waste** **Collection**

Saturday, October 29, 2022
10 AM-2 PM

Collections to be held at
OCEAN CITY PARK & RIDE,
RT. 50, WEST OCEAN CITY

Household Hazardous Waste Collection

WHAT WILL BE ACCEPTED:

Computers & Laptops (No Other Electronics)
Gasoline • Gas/Oil Mixtures • Fuels • Acids
Cleaners • Solvents • Automotive Fluids • Bleach
Ammonia • Pool Chemicals • Pesticides
Dark Room Supplies • CFL Light Bulbs • Batteries
Insecticides • Herbicides • Oil-Based Paints
Thinners • Turpentine • Wood Preservatives
Wood Strippers • Etc.

All of these materials will go to a
HAZ MAT disposal site.

Dispose of **solidified** water based paint in trash.
(to solidify – add dirt, sand, kitty litter, mulch, etc.)

THESE ITEMS WILL BE ACCEPTED AT
OCEAN CITY PARK & RIDE,
RT. 50, WEST OCEAN CITY
OCTOBER 29, 2022, 10 AM - 2 PM

WHAT WILL NOT BE ACCEPTED:

Explosives • Ammunition • Medical Waste
Radioactive Materials • Picric Acid • Asbestos
Televisions • TV Remotes • Keyboards
Mouse • Printers • Modems • Scanners • Cables
Misc. Computer Parts • VCR's • CD Player's
Calculators • Cell Phones • Radios • Stereos
CB Radios • Fax Machines • Misc. items

ELECTRONICS WILL NOT BE ACCEPTED

For more information on this event, Please
call Mike McClung, Recycling Manager
410-632-3177 Ext. 2405 or email at
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No Materials will be accepted from
Business, Industrial or Commercial Sources.



Commentary

By Joe Reynolds
OceanPinesForum.com

Election fiasco continues

When OPA president Doug Parks reached for a can opener and pried open the can of worms surrounding the controversial August Board of Directors election results, the worms quickly escaped and multiplied.

First, there was the secret count of how many valid paper ballots were received. Parks said it was not secret because the door to the board room in the Administration Building was open. He conveniently neglected to say association members were not notified of the time and location of the count.

Then there was the announced and subsequent public manual recount of the candidate votes selected on the paper ballots. The worms were on full parade. The manual count indicated the certified and validated vote count announced at the annual meeting was off by 1000 or so votes and revealed a new razor-thin 15 votes difference between who won the third open seat on the Board of Directors and who lost it. A position that subsequently determined the board majority controlling OPA.

Either the scanner and related software used to initially count the election results is totally unreliable junk, or the Election Committee did not use it properly. The second election report, while supposedly confirming the newly seated three new board members, fails to mention that due to how the committee handled the paper ballots and return envelopes, it is impossible to know how association members voted. The problem? Ballots representing votes of multiple lots were counted only once. There is a possibility that the votes of 100 or more eligible lots were not counted - and keep in mind, only 15 votes determined the third-place winner.

At the 10/15/2022 regular board

meeting, a former member of the all-resigned Elections Committee made vague charges that OPA did not provide certain needed support services.

During that same meeting, Director Steve Jacobs made some serious allegations about how Esther Diller's Get Involved Facebook page group tried to rig who was appointed to the new Election Committee. Diller is the wife of newly elected Director Stuart Lakernick.

The controversy involved having more applicants than the five allowed on the Election Committee. Parks decided to vote on each candidate in the order the applications were received, and then end approvals when five were approved. A fair approach. Jacobs and Colette Horn suggested Diller-supported candidates somehow ended up first on the list.

Jacobs later wrote on *OceanPinesForum.com*, "My comments at the meeting are to make it clear that the fix was in on this. You have four Board members who have enjoyed the support and backing of the 'Get Involved' Facebook page. They won, they have the votes and as I quoted Dizzy Dean 'It ain't bragging if you can do it.' They did it. I believe and expect Chair Piatti will lead the committee in a proper and effective way and those who are on the committee will do a fine job. But there was no need to stack the deck nor for that matter to move as rapidly as we did."

It is off-the-wall, basement-conspiracy-theory-unreasonable to state that the "fix was in on this" based on the applicant application dates alone.

George Alston, at the top of the list and appointed to the committee was outraged, responding to Jacobs with, "You sir do not know what you are

please see election on page 19

Votes against Question A

Editor:

Imagine just for a moment that We the People of the United States had the ability to reign in out-of-control spending by our federal government. I suspect that we would quickly jump at that opportunity. Likewise, it would be great to be able to curb exorbitant spending in the State government as well. Unfortunately, our only option is to elect fiscally responsible candidates who will do it for us. Historically however, that does not happen with much success.

While we cannot change some things in Washington and Annapolis, we can make a difference at the local level. Thanks to the power of the Petition to Referendum, we can stop overspending by County elected officials.

During this election season, the voters of Worcester County will have the opportunity to send a strong message to our County Commissioners.

Question A on the ballot pertains to the Bond Bill to construct the proposed Sports Complex next to Stephen Decatur High School. The Bill obligates our Commissioners by providing "...an irrevocable pledge of the full faith and credit and unlimited taxing power of the County to the payment of the maturing principal of and interest and premium (if any) on the Bonds as and when they become due and payable."

A vote Against Question A is a vote against an ill-conceived and poorly planned multi-million dollar sports complex which never appeared on a County Capital Improvement Plan until less than a year ago. It is a project with no business plan in place. The cost of the land alone, which we later learned is not part of the bond bill, should provide enough cause for con-

please see letter on page 18

Courier Almanac

On October 26, 1942, the last U.S. carrier manufactured before America's entry into World War II, the *Hornet*, is damaged so extensively by Japanese war planes in the Battle of Santa Cruz that it must be abandoned.

It is impossible to identify the first Halloween costume and which masks the earliest celebrants donned in efforts to keep away the evil spirits during Samhain, which historians believe is the Celtic precursor to Halloween. According to Lesley Bannatyne, an author who has written extensively about the history of Halloween, masks and coverups were designed to symbolize ghosts and the souls of the dead, first for Sam-



hain and later for the custom of "souling," which was intended to cut back on pagan influences. Costumes of saints and evil spirits also were popular during this time. When immigrants brought Halloween customs to North America, early 20th century costumes featured much of the same - ghosts and ghouls. It wasn't until the 1920s and 1930s that pop culture began to infiltrate costumes. In fact, one of the first costume companies, J. Halpern Company, began licensing pop culture images like Mickey Mouse and Popeye around this time. By the 1960s, costumes were largely store-bought, spurring entire industries. Many 1980s kids recall buying boxed costumes that consisted of rigid plastic masks with eye holes (and very small holes by the mouth and nose) that stayed in place with thin elastic straps, and a plastic sheeting costume that went over clothes. Modern costumes have evolved into outfits that are far more complex.

The
Courier

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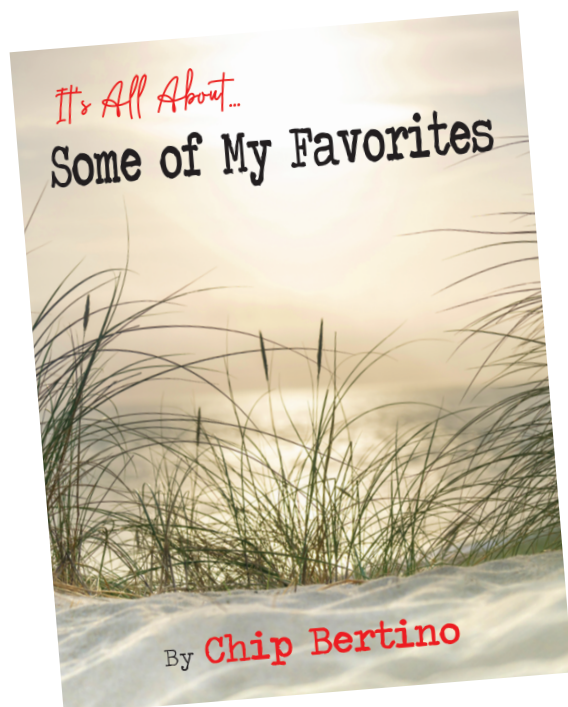
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Each week for more than two decades, Chip Bertino has written his column, *It's All About...* which is published weekly in *The Courier*. *Some of My Favorites* is a collection of Chip's favorite columns in book form.

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Great holiday gift idea

Celebration

The Community Church at Ocean Pines recently celebrated its 40th Anniversary with a compilation of church history shown prior to each Sunday service. The celebration culminated with all three services coming together for worship followed by a party in the Family Life Center where Reverend Dale Brown, District Superintendent Rev. Christina Blake, former church pastors and parishioners enjoyed dinner and festivities.



Above: **Diane Holmes** presents Celebration co-chair **Andrea Barnes** with thank you bouquet. **Diane McGraw** and **Pastor Dale Brown** look on.



Below: Former pastors **Boyd Etters** [L] and **Tom McKelvy** with current Pastor **Dale Brown**.

Ocean Pines Golf groups join forces to raise money for mammograms

For 10 years, the Ocean Pines Ladies' Golf Association's Pink Lady event has raised money for the Atlantic General Hospital Foundation to provide mammograms for those unable to afford them. This year, however, marks the first time the OPLGA has played with the Ocean Pines Men's Golf Association in this special outing.

Thirty-four men and women golfers put on their pink and gathered at the Ocean Pines Golf Club on Oct. 12 to play for the foundation, contributing a total of \$2,550 for the life-saving screenings.

Steven Tyson, donor relations officer at the Atlantic General Hospital Foundation, welcomed the golfers and thanked them for their financial gift.

"I do not think at this point in time that there is anyone who has not had breast cancer touch the lives of their family, friends and other loved ones," Tyson said. "Having events such as this which raise much-needed funding for mammograms and other directly related services at our local Women's Health and Diagnostic facilities truly makes a huge difference and directly impacts and saves people's lives."

OPLGA members and event organizers Ann Shockley and Susan Morris

said that in previous years, the men's golf group had supported the Pink Lady by dedicating one of their regularly scheduled golf outings to the event, wearing pink and donating money to the cause.

Morris said that when she and Shockley approached OPMGA President John Ferinde about the two groups playing together, however, he embraced the idea.

"I am so appreciative of all who made this event happen and am excited about the new golfers we attracted to play and support this worthy cause," Shockley said.

In addition to playing a nine-hole scramble, participants enjoyed pink ribbon baked goodies, a 50/50 raffle and prizes.

"We are pretty proud of this effort and look forward to broadening this event to include all golfers of Ocean Pines," Shockley said.

The men's and women's golf leagues welcome new players. For more information about the OPLGA, contact Shockley at rexerann@gmail.com. For more information about the OPMGA, contact Ferinde at johnferinde@aol.com.



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Visiting

Des Moines, Iowa

By **Kurt and Jean Marx**

Des Moines is the capital of Iowa and is its biggest city with over 200,000 people. Two rivers run through the city, the Des Moines and Raccoon. It is in the Central Time Zone and has an international airport with direct flights from Washington, Newark and New York City. If you would prefer traveling out of the Salisbury airport, there are also direct flights from Charlotte. We found Des Moines to be a very walkable city complete with numerous skyways to protect you from inclement weather.

As you walk around downtown, you will find numerous bars, breweries, and a variety of restaurants to choose from. Our favorite restaurant was Malo, a Latin American-themed restaurant. The food was delicious and the staff were friendly and patient, including allowing us to practice our Spanish a bit. Our server suggested we walk over to Zombie Burger and Drink Lab for milkshakes after our dinner, and that turned out to be a fantastic recommendation; the walk also allowed us to traverse a bridge over the Des Moines River.

Also in downtown Des Moines, there are several parks, a skating plaza, and numerous walking trails. We really enjoyed the Meredith Trail and the Des Moines River Trail. Additionally, there is a skatepark and several gardens. The Robert D. Ray Asian Garden is beautiful; it is very relaxing to look at the various pagodas and ponds. Des Moines has two sculpture gardens, the small South Des Moines Sculpture Park and the larger Pappajohn Sculpture Park. The Pappajohn Sculpture Park is located on 4.4 acres and has 24 sculptures to view. The Des Moines Art Center is located next to the park. The Art Center has numerous exhibits to view and a wide variety of classes you can take.

We also visited the beautiful state capitol building. On the grounds you will find numerous memorials and sculptures as well as a beautiful view. The capitol building itself is gorgeous! The building has 5 domes, one on each corner and a large one in the middle. The one in the middle rises 275 feet above the capitol grounds and is covered in 23-karat

gold. You can tour the capitol building and look up at the underside of the dome. As you walk around the building you will have the opportunity to see the old Iowa Supreme Court, the legislature assembly and various historical artifacts.

If sports are more your style, you have a lot to choose from. The Chicago Cubs Triple A team, the Iowa Cubs, play at Principal Park which is located at the confluence of the two rivers. It's a great place to see a game. Additionally, the club offers numerous promotions throughout the season, such as free fireworks, \$1 hot dogs, and happy hours. Des Moines also has a G League basketball team, the Iowa Wolves. The Wolves, which are owned by the NBA's Minnesota Timberwolves, play at the Wells Fargo Arena just across the river from The Robert D. Ray Asian Garden. The Wolves also offer various promotions. The Iowa Barnstormers professional indoor football team also plays at "The Well." Des Moines has two Hockey teams, the AHL's Iowa Wild which is an affiliate of the NHL's Minnesota Wild, and the USHL's Buccaneers. There is even a minor league soccer team, the Des Moines Menace. There is car and horse racing in the region as well.

Des Moines has everything you would want in a great little city and you can visit anytime of the year. We had driven to it from Omaha, Nebraska. It was a very doable drive and was a fun city to visit as we continued our trek north.

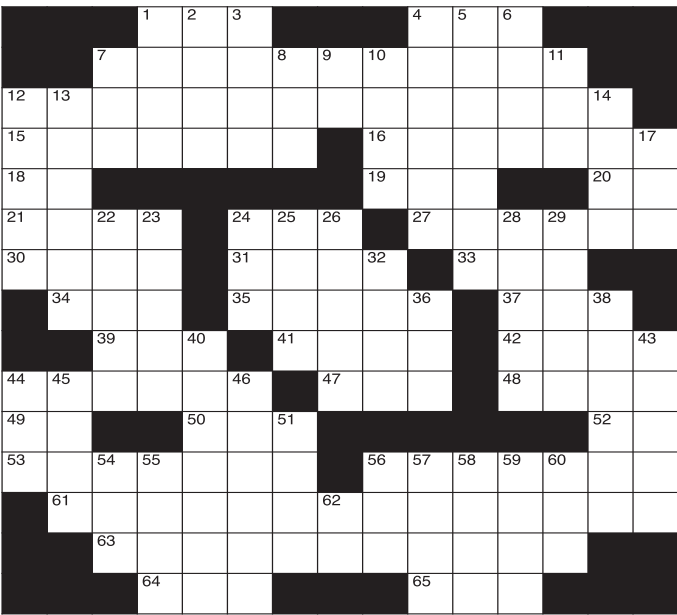
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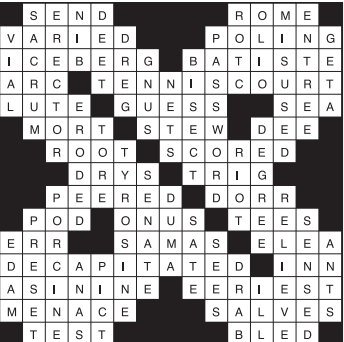


CLUES ACROSS

1. Unhappy
4. Clairvoyance
7. One who works under you
12. What happens there stays there
15. Not ingested
16. Got the picture
18. One thousandth of a gram
19. Breakfast item
20. About
21. Tall deciduous trees
24. Safe keeping receipt
27. Cowardly
30. Pueblo people of New Mexico
31. Herring-like fish
33. A very large body of water
34. Angle (abbr.)
35. Spiritual leader of a Jewish congregation
37. White clerical vestment
39. Cool!
41. Matchstick games
42. Thick piece of something
44. A state that precedes vomiting
47. Burned item residue
48. Jaguarundi
49. Anno Domini (in the year of Our Lord)
50. The home of "60 Minutes"
52. Dorm official
53. Give cards incorrectly
56. One who is learning the job
61. Popular R.L. Stevenson novel
63. Attentively
64. CNN's founder
65. Criticize

CLUES DOWN

1. Fijian capital
2. Assist
3. Elected lord in Venice
4. The capacity of a physical system to do work
5. People of the wild
6. Parent-teacher groups
7. Midway between south and southeast
8. Moved quickly on foot
9. Handheld Nintendo console
10. "Top of the Stairs" playwright
11. Electronic data processing
12. "Dog Day Afternoon" director
13. Leaned
14. About aviation
17. Mountain is a popular type
22. Lake along Zambia and Congo border
23. Heroic tales
24. Soviet Socialist Republic
25. "Star Trek" villain
26. Hand gesture popular on social media
28. Renters have one
29. Tubular steel column
32. Database management system
36. Similar
38. Providing no shelter/sustenance
40. Death
43. What a sheep did
44. Midcentury Asian battleground
45. Horizontal passage into a mine
46. Mortified
51. Improper word
54. No seats available
55. Financial obligation
56. It can be hot or iced
57. Tough outer skin of a fruit
58. ___ Spumante (Italian wine)
59. Misfortunes
60. Negative
62. Camper



Answers for October 19

WORCESTER COUNTY

SPORTS COMPLEX



vote

FOR

QUESTION A

In addition to the recreational benefit the project brings to Worcester County families, this project would put Worcester County “on the map” for youth and adult competitions, providing growing economic development opportunities. The complex will be an investment with a far-reaching local impact on numerous school and recreation activities, making Maryland’s Coast the amateur sports capital of the Mid-Atlantic.

The Benefits of a Worcester Sports Complex

- Youth sports is a \$20 Billion industry & growing.
- This market brings respectful family visitors to our area.
- These visitors spend up to \$30,000 per child annually. This money supports our businesses and generates significant revenue that can keep our taxes low.



QUESTION 'A' IS A VOTE FOR:



LOWER TAXES



QUALITY OF LIFE



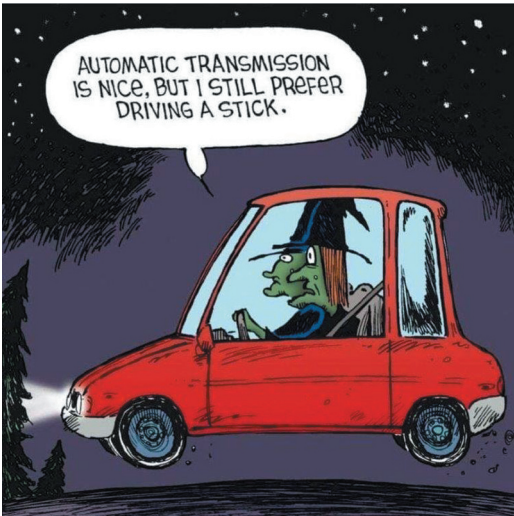
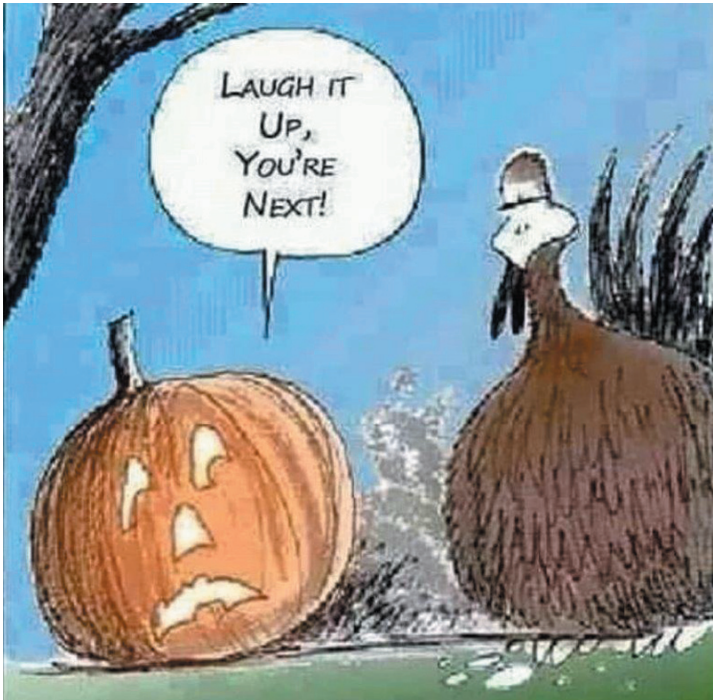
OUR CHILDREN

Question A is NOT about the location, those details will be finalized at a later date. Question A is about using County BOND Money to fund a portion of the design & construction.

Authority: Worcester Families For Sports; Ron Strickler, Treasurer

Some things to think about

Gathered from the internet by **Jack Barnes**



IT'S TIME TO GET BACK TO LIVING LIFE ON YOUR OWN TERMS



Female pelvic health issues such as overactive bladder, stress incontinence, and pelvic organ prolapse are not a normal part of aging.

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Physical Therapy Month celebrates evolving patient care

By **Jennifer Hamilton**

October is Physical Therapy Month, so we take this time to celebrate how our profession started, and how it has evolved to what we know it to be today.



Jennifer Hamilton

In the early 1900s, Physical therapists started as “Reconstruction Aides” to provide treatments during the Polio outbreak in 1916. During the First World War, women were recruited to help restore physical function to injured soldiers, and this was when the field of Physical Therapy was institutionalized. This also gave rise to the first school of physical therapy that was established at Walter Reed Army Hospital in Washington, D.C.

In 1921, Mary McMillian helped to organize, and was the first President of the American Women’s Physical Therapeutic Association and

had 274 members nationwide. Its’ name changed to the American Physiotherapy Association (APA) in 1922, allowing men to join with membership increasing to 3,000 nationally. In the mid-1940’s, the name changed again to the American Physical Therapy Association (APTA). Currently there are more than 95,000 members in the APTA with 213 schools for physical therapy instruction and 309 schools for physical therapy assistant instruction. The APTA has ten recognized specialties varying from orthopedics, pediatrics, women’s health, wound management, etc.

Just as the physical therapy profession has changed over the years, physical therapy education has also changed. When the profession began, physical therapists earned a bachelor’s degree in another closely related field, and a certificate in physical therapy. This was later transitioned into an entry-level PT bachelor’s degree. Sometime later, the post baccalaureate degree,

primarily the master’s degree, was adopted. In 1996, Creighton University graduated the first professional Doctor of Physical Therapy class in the nation. By adopting the Doctor of Physical Therapy (DPT) degree, the profession has recognized that the complexity of patient care requires a greater understanding of how to treat an individual and their neuromusculoskeletal conditions. Therefore, in January 2016, it was made a requirement for all Physical Therapy programs to transition to this degree level. The state of Maryland is home to two Doctor of Physical Therapy programs. One is in Baltimore at the University of Maryland at Baltimore and the second is at University of Maryland Eastern Shore in Princess Anne.

The Physical therapy profession remains dynamic. New research in a variety of topics is helping to improve how we treat as we provide treatment based on evidence found in research. We are constantly learning and

evolving to provide the best treatment to our patients. While human anatomy stays relatively the same, how we approach treating the body never does. This makes each day exciting and new. Another huge advancement in the field is Direct Access. This means, the public can have access to physical therapy without a referral from a physician, and in most cases, it is covered by their insurance, even Medicare! This open access to physical therapy services will allow the community to receive treatment sooner, which will prevent their condition from becoming chronic, and will get them back to their normal function without delay. Not sure if you could benefit from Physical Therapy? All it takes is a phone call to discuss your concerns and set up an evaluation.

Jennifer Hamilton is a Doctor of Physical Therapy (DPT), a Certified Hand Therapist (CHT) and is co-owner of Hamilton Physical Therapy PA in Ocean Pines & Salisbury, MD.

Tides for Ocean City Inlet

Day	High /Low	Tide Time
Th 27	Low	3:16 AM
27	High	9:53 AM
27	Low	4:05 PM
27	High	10:13 PM
F 28	Low	4:01 AM
28	High	10:41 AM
28	Low	4:57 PM
28	High	11:02 PM
Sa 29	Low	4:50 AM
29	High	11:32 AM
29	Low	5:54 PM
29	High	11:54 PM
Su 30	Low	5:45 AM
30	High	12:28 PM
30	Low	6:55 PM
M 31	High	12:52 AM
31	Low	6:47 AM
31	High	1:30 PM
31	Low	7:59 PM
Tu 1	High	1:58 AM
1	Low	7:54 AM
1	High	2:37 PM
1	Low	9:03 PM
W 2	High	3:10 AM
2	Low	9:03 AM
2	High	3:46 PM
2	Low	10:05 PM



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Grant provides child care funding for Wor-Wic

Wor-Wic Community College has earned a four-year grant to support campus-based child care services to help low-income parents further their education.

The Child Care Access Means Parents in School (CCAMPIS) grant is funded by the U.S. Department of Education. Wor-Wic was granted \$119,414 to help eligible students pay for child care.

"We're excited, because this will be a benefit for many students who are parents. Having reliable, affordable child care can help them focus on their schoolwork," said Melanie S. Windsor, CCAMPIS advisor. "We have had the grant in the past, and now it has expanded to allow students to get assistance with care for all ages of children, starting at infancy and going up to school-aged children who need before- or after-care."

Windsor explained that any credit student whose children are being cared for at a licensed child care center is eligible to apply. The amount subsidized by the grant depends on several factors such as income and number of classes in which the student is enrolled. Filling out the Free Application for Federal Student Aid (FAFSA) by the deadline, March 1, is a good place to start, according to Windsor.

"I encourage all credit students who are parents to apply," Windsor said. "We have many resources in place to help students succeed."

Students who get funding from the grant can enroll children in any licensed child care center in the community, including Wor-Wic's child development center, which accepts children aged 2-5 and is located on campus. The Wor-Wic child development center is accredited by the Maryland Department of Education and holds a level five quality rating, the highest possible, from Maryland EXCELS, the state's rating system for licensed child care and early education.

For information about the CCAMPIS program and how to apply, email mwindor@worwic.edu.

Church bazaar to be held

The Community Church at Ocean Pines will hold its annual Christmas Bazaar on Saturday, November 5, from 9 a.m. to 1 p.m. in the Family Life Center of the church at 11227 Racetrack Road in 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.

Parke garage sale to return

The Parke at Ocean Pines is holding its community sale on Saturday, October 29 (rain date is Sunday, October 30) from 7:30 a.m. to noon in the driveways of our residents. The Parke is an active 55+ Adult community of 503 homes. Parke residents are selling their treasures for others to enjoy. There are clothes, lamps, artwork, household items, electronics, furniture and more.

On October 29, maps will be available at the main entrance of the Parke located at Central Parke West, located off Ocean Parkway at the south entrance of Ocean Pines.

For additional information, contact the Parke Clubhouse Staff at 410-208-4994.



Commissioners name appointees to Police Accountability Board

The Worcester County Commissioners appointed representatives from across the county to serve on the newly-established civilian Police Accountability Board (PAB) and Administrative Charging Committee (ACC), which were implemented under the Maryland Police Accountability Act, a state law that became effective in July 2022.

The seven-member PAB appointed by the commissioners includes Chair Gregory Tate, Vice Chair Joe Theobald, Jerred Johnson, Mary Burgess, Quincy Shockley, Carol Frazier, and John Simms, III.

The five-member ACC includes Dr. Mark Bowen, John Trumpower, and James Beard, along with Simms and Tate. The ACC is composed of the PAB chair, two civilian members selected by the PAB, and two civilian members selected by the commissioners.

"The PAB has received no complaints as of yet, which is a testament to the fine work of all the departments,"

said Tate, a retired Secret Service Internal Affairs Inspector.

The PAB serves as the overall governing body of the system of police discipline in Worcester County. The ACC will review complaints and investigations of police misconduct, determine whether an officer should be charged with misconduct, and if charged recommend discipline from the State-created matrix.

A three-member Trial Board tasked with conducting hearings if an officer does not accept the disciplinary measures recommended by the ACC will be chaired by a retired or administrative law judge appointed by the commissioners, a civilian appointed by the PAB, and a police officer, who is of equal rank to the officer accused of misconduct, will be appointed by the head of the law enforcement agency.

More information about the PAB is available at www.co.worcester.md.us/PAB.

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New member - When retired Marine Al Soto, a U.S. Navy Academy graduate who saw service in the Gulf War and the Far East, moved from Orlando, FL to Milton, DE, he had no idea there was a Marine Corps League detachment near his new home. That changed when Al and his wife, Rhonda, who is retired from the U.S. Air Force, attended the Bethany Beach Arts Festival. It was there he ran into members of the First State Detachment of the Marine Corps League, who, as usual, were volunteering to help out at a community event.

A few weeks later, Al attended a monthly meeting of the First State Detachment at the Ocean City American Legion Post, and was sworn in as a new member.

Soto began his career as a Navy enlisted man in 1976, and attended the Naval Academy Preparatory School, graduating in 1977, the same year he reported to the Naval Academy. On graduation he chose to join the Marines, was trained as a helicopter pilot and served more than 24 years before retiring in 2000 as a Major. Rhonda, his wife, retired as a Colonel from the Air Force in 2014.

Above: First State Detachment Commandant **Bob Broderick** (L) swears new member **Al Soto** into the First State Detachment of the Marine Corps League.



Demonstration

Guest speaker Patricia "Trish" Reynolds, gave the Worcester County Garden Club a demonstration on layering bulbs in a container for beautiful, continuous blooms throughout the spring. She also provided hints on how to force bulbs indoors to brighten homes during the winter months. Reynolds chairs the Federated Garden Clubs of Maryland, District 1, Gardenews and Publications committee in addition to publishing the Garden Basket newsletter. Member Karene Fisher won the fully-planted container by having a birthday nearest to that of Reynolds.

The Worcester County Garden Club provides support, leadership and education for garden clubs and the public about best practices for horticulture, conservation, and landscape design. Individuals interested in learning more about Worcester County Garden Club can contact the membership chair at WorCityGardenClub@gmail.com.

Above: Worcester County Garden Club President **Deb Young**, **Trish Reynolds**, and **Karene Fisher**.

Help for those caring for loved ones with Alzheimer's, dementia

For several years, Billie Chambers struggled to cope with each new symptom of her husband's dementia.

"In the beginning, his symptoms were intermittent: sometimes surprising, annoying, quirky, but manageable," she said. "Near the end, his symptoms were increasingly debilitating, sadly predictable, frightening, and nearly impossible for one person to manage."

For those struggling to care for a loved one with Alzheimer's or dementia, Chambers' message is simple: you are not alone.

The MAC Alzheimer's/Related Dementia Caregivers Support Group meets twice each month at the Ocean Pines Library, offering caregivers professional support, access to resources, and encouragement from others in similar situations. Meetings are held on the second and fourth Thursday of each month, from 3-4 p.m.

"Dementia is an ugly disease, and increasingly common. It can suck the life out of those who have it as well as the people who care for them at home," Chambers said. "Throughout the years of Paul's dementia, we were blessed with the support of family and friends, for which I'm forever grateful. And yet, as with most life changing events, until you are actually living it, you can't truly understand it."

"And that is the value of being part of our local dementia/Alzheimer's support group," she continued. "Everyone is being affected by some stage of the disease. Each person can offer help and insights that only experience brings. For me, taking part in the group educated me, calmed me, sometimes made me laugh, and gave me hope that I could handle both our present life and what the future might hold."

"If you have questions, need help, or just need to vent a little, this is a great place to start," Chambers added.

Margaret White has run the meetings in Ocean Pines for about a year and a half. She is the director of the Life Bridges program for MAC Inc., a Salisbury-based group created to help older adults live with dignity and thrive in their homes and community. MAC is one of the oldest agencies on aging in the United States.

"In the Ocean Pines community and surrounding area, we know that there is a need out there and we need to make sure people are aware this is available to

them," she said. "We really have an interest in how we can reach the community and let them know we are holding these meetings, and that we are there for them," she said.

Mark Bender, an Ocean Pines resident, has cared for his wife, who has Alzheimer's, for eight years. He's been going to support meetings for six years.

"It's basically a group of people that has the same issues, and you can talk about your problems and try to help each other," he said. "It helps just to hear other people tell their stories and hear their suggestions."

He said those, like himself, who have been caring for someone for an extended period are able to share their knowledge.

"You let people know what the journey is going to be like, especially for those in the first year or the second year," he said. "It can certainly help to hear other stories. And you don't even have to share – you can just listen."

For many, White said caring for a partner with Alzheimer's or dementia can be one of the biggest challenges of their lives. That's why the help, support and experiences of others is so important.

"Some people are a little tentative at first, but most realize the support, the friendships, the information that they receive is so helpful," she said. "Having the opportunity as a caregiver to step away for a few moments each month and be able to be with others who are going through similar situations – they can be understood and they can get that support they so greatly need."

"They also build a bond," she continued. "Most of the time, the facilitators stay quiet. We're there to support and we will answer questions."

Bender said there are many in Ocean Pines who could benefit from the support group.

"It's definitely helpful, especially for new people going through this," Bender said. "It can be so overwhelming in the first couple years."

For more information on the MAC Alzheimer's/Related Dementia Caregivers Support Group, contact White at 410-742-0505, ext. 128 or mwhite@macinc.org.

No reservations are needed to attend support group meetings, and all are welcome.

HEALTH WATCH

How to reduce the risk of opioids

Jeff Kukel, Pharm D.
Pharmacy Manager
AGHRx Rediscripts

If you've recently had surgery or an injury, your doctor may have prescribed an opioid—such as hydrocodone, oxycodone or codeine—to help ease your pain.

Opioids are powerful drugs that work well. But like many medicines, there are risks associated with taking them. Here are seven tips that can help minimize those risks:

1. Tell your doctor and pharmacist about any other medicines that you take. Some drugs, including sleeping pills and medicines for anxiety, can interact with opioids, according to the U.S. Food and Drug Administration (FDA). Even if you only take a drug every now and then, your doctor needs to know.

2. Ask your doctor or pharmacist about serious side effects. Learn which potential opioid side effects might warrant a call to your health care team or a visit to the emergency department. The directions or other information that came with your prescription may include this information too.

3. Never take more of your medication than you should. One accidental overdose of an opioid could be fatal. If you're still having a lot of pain despite taking the recommended dose, tell your health care team. Also, for safety's sake, take your opioid *exactly* as prescribed. Otherwise, it may do more harm than good.

4. Speak up about addictions. If you haven't done so yet, tell your health care providers about any personal or family history of substance abuse or addiction to drugs or alcohol, or if you have a history of smoking cig-

arettes.

5. Lock up your medicines. Prevent curious kids—and anyone else—from abusing or accidentally overdosing on your pain medications. Many teens who use heroin (an illegal opioid) became addicted first to prescription opioids that they got from family or friends, according to the American Academy of Pediatrics.

6. Don't keep any extra medicine or share it with family or friends. What helps you could harm someone else. Nearly 6 in 10 patients who receive prescriptions for opioid medications had leftover doses. Take any leftover medication to a drug take-back program like the one offered by AGHRx Rediscripts Pharmacy on the first floor of Atlantic General Hospital. Alternatively, ask a member of the AGHRx Rediscripts Pharmacy about our free Detera Drug Deactivation and disposal pouches. These are dispensed with all opioids prescriptions from our pharmacy free of charge and made available to our patients at any time upon request. When medications are placed into the pouch and warm water is added, activated carbon is released, permanently deactivating the unwanted medications making them unavailable for misuse and rendering them safe for landfills.

7. Ask your doctor or pharmacist about naloxone. This medicine can reverse an opioid overdose. It may never be needed, but it often makes sense to have it on hand just in case, advises the FDA. Narcan, a nasal spray version of naloxone, is available at no charge at AGHRx Rediscripts Pharmacy without the need for a prescription through a grant in conjunction with the Worcester County Health Department.

For more information about safe drug disposal options, naloxone, or to inquire about how Atlantic General Hospital and AGH Rediscripts Pharmacy can help you and your family more effectively access and manage the medications you need to stay healthy, please contact a member of your AGHRx Rediscripts Pharmacy staff on the main campus of Atlantic General Hospital at 410-641-9240 or by email at Rediscripts@atlanticgeneral.org.

Knowledge is good medicine



The link between dirty contact lenses and infection

Contact lenses are a solution for people with impaired vision who don't like the look or feel of eyeglasses. But unlike eyeglasses, contact lenses require daily maintenance. Without such TLC, contact lenses can become dirty, which can lead to serious infection.

Physicians typically emphasize the importance of proper contact lens care upon prescribing lenses. That's because of the link between dirty lenses and infections. But the Cleveland Clinic notes that such infections are often avoidable.

Infections and bacteria. According to the Cleveland Clinic, roughly 80 to 90 percent of contact lens-related eye infections are bacterial. The bacteria staphylococcus aureus, also known as staph, is linked to many cases of contact lens-related eye infections. Staphylococcus aureus bacteria are resistant to common antibiotics, which underscores the importance of cleaning contacts to reduce the risk of infection.

Pseudomonas aeruginosa is another type of bacterial infection that can affect individuals who wear contact lenses. The Cleveland Clinic indicates that this fast-growing infection is possibly the most severe. It can lead to a hole in the cornea and there's a significant chance of permanent scarring and vision loss.

Fungal infections. Poor contact lens hygiene also can lead to fungal infections. Fungi such as aspergillus or fusarium pose a threat to vision

and infection can occur if lenses are not properly and routinely cleaned.

What causes contact lens-related infections? The American Academy of Ophthalmology reports that, in addition to bacteria and fungi, various things can cause contact lens-related infections. Those factors include:

- Using extended-wear lenses
- Sleeping in contact lenses
- The buildup of microbes under the lens
- Herpes virus
- Parasites
- Reusing or topping off contact lens solution
- Failure to keep lenses clean

What are the signs of contact lens-related eye infection? Serious vision loss or blindness can result from contact lens-related infections. However, less severe symptoms may present themselves before the infection progresses to the point of vision loss.

- Blurry vision
- Unusual redness of the eye
- Pain in the eye
- Tearing or discharge from the eye
- Extra sensitivity to light
- The feeling that something is in the affected eye

Contact lenses require daily maintenance to prevent infection. More information is available at www.aao.org.

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Fall Turkey Bowl Pickleball Tournament set

Join Worcester County Recreation and Parks for the fall 2022 Turkey Bowl Pickleball Tournament.

This two-day tournament will take place Saturday and Sunday, November 19-20, at the Worcester County Recreation Center in Snow Hill. Saturday will be men's and women's doubles, and Sunday will be mixed doubles. Doors will open and check-in will begin at 7:30 a.m. Gameplay will start at 8:00 a.m.

The tournament is open to ages

Lottery tickets on sale

Kiwanis lottery tickets are on sale weekly at the Ocean Pines Farmers Market on Saturdays between 8 a.m. and 1 p.m. The cost is \$20. Proceeds benefit, local youth. You can win up to \$250 on one ticket. Winning numbers are based on 2023 MD "Pick 3" evening drawings. One ticket is good for all 365 drawings and you can win more than once. For more information go to www.kiwanisofopoc.org.

18 and older. The cost per person is \$45, which includes a t-shirt. To play, register online at www.pickleballtournaments.com.

For more information contact Tyler Keiser at 410-632-2144 x2505 or tkeiser@marylandscoast.org. To view a full list of upcoming special events, visit www.playmaryland-scoast.org.

letter

from page 6

cern. A slim majority of Commissioners voted to pay nearly \$75,000 per acre, while land is available throughout the county from \$10,000 to \$19,000 per acre. We the People have the opportunity to curb the Commissioners' overspending by voting Against this Question A.

I urge all Worcester County voters to vote against Questions A. Thank you.

Vincent dePaul Gisriel, Jr.
Ocean City

report

from page 3

two capital projects related to the Marina: \$350,720.38 for a new Marina fuel "C Dock" and \$16,581.93 for power pedestals for the dock.

Viola said the Marina was able to meet the gas demands of customers this year, but new systems were needed.

Board members also approved a \$53,568 expense for a new mower for the Golf Club, and \$38,495.74 for a new utility vehicle.

Viola said the Golf course continues to be busy, especially on weekends because of outside package play. Upcoming events include the Men's Golf Ryder Cup Tournament (Oct. 21-22), OPMGA End of Year Fall Banquet and Dance (Nov. 3), and Santa's Open Golf Tournament hosted by Big Brothers and Sisters of the Eastern Shore (Dec. 10).

"The numbers speak for themselves," he said. "[We're] operating on all cylinders."

Senior Executive Office Manager Linda Martin said the fiscal year 2023-

2024 budget process was underway, as department heads received budget sheets last week.

Key items in the next budget will include pricing and income, open positions for Aquatics and Public Works, mandatory minimum wage increases, and efficiencies on expenditures.

Martin said staff would deliver budget binders to the Budget and Finance Committee by Dec. 23, with the first public budget talks scheduled Jan. 4-6.

On recent financials, Viola said preliminary numbers for September show an \$82,000 favorability to budget, led by strong showings from Golf, the Marina, and the Clubhouse Grille and Beach Club.

Year to date, the Association is positive to budget by \$776,000.

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election
from page 16

talking about. You don't know anything about me and for you to say the 'fix' was in was a stupid remark."

Elaine Brady, former owner of the *Bayside Gazette* and also appointed to the Election Committee replied to Jacobs, "I resent your comments. I make my own decisions and chose to apply when I saw a post (OPA news release) that members of the committee had resigned on the Forum. To make this into a conspiracy theory is not becoming ...sorry now I also chose to vote for you."

Esther Diller responded to Jacobs with, "I am very surprised and disappointed in you, especially based on your

background.... I am used to this crap and these types of accusations. However, your comments, Sir, were disrespectful to all of the new Election Committee members."

Up next? On Thursday 10/20/2022 at 7 p.m. in the Board Room, the Board of Directors held a special meeting to consider a motion by Frank Daly to "authorize a forensic auditor to audit the 2022 Board of Directors Election." The motion was postponed to a future meeting.

Why spend a pile of money on a forensic audit of the election when we know what happened, and why we can never know the actual vote count results?

What would such an audit accom-

plish? There will be no new election. The three newly seated board members will remain seated.

Short of a court order, nothing is going to change.... other than throwing more association member dollars down a sewer.

Here is some advice for the new Elections Committee under the capable leadership of Tom Piatti:

Forget internet voting. It required one ballot for owners of multiple lots, the root cause of making it impossible to know who should have been elected. Mail one paper ballot for each lot to each lot owner. Anyone owning more than one lot receives an individual paper ballot and a full voting package for each lot owned. Worked for

decades. Count the votes manually. Takes about three hours.

There is one final thing the board or the new Election Committee should do, and it does not require a forensic auditor. The return envelopes should be reviewed. Check the code number on each envelope and mark it as to whether the ballot returned in the envelope represented more than one lot. This can produce an accurate total of how many lots were not counted, but not how those lots voted. That we can never know.

If the number of uncounted lots is minimal, we can at least feel fairly certain the three elected board members are the three candidates association members voted to elect. That is the best this controversial election can produce.

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