

# The Courier

July 26, 2023 Volume 23 Number 40

*Inside: Active Living Feature*



*Evan Fitzgerald*  
Inspired By Noble Beasts  
*story on page 3*



# LIVE MUSIC



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OCEAN PINES, MARYLAND

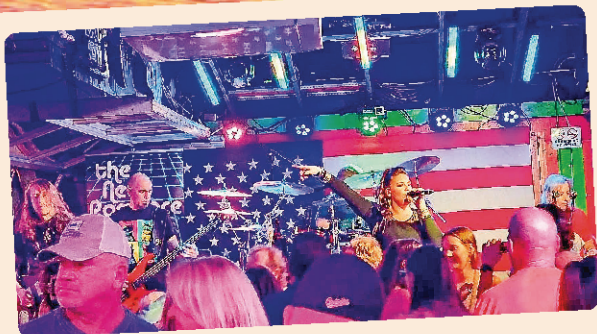
*on the patio*



**PARK AVENUE BAND**  
**THU, JULY 27 | 6-10PM**



**BOOMBOX**  
**FRI, JULY 28 | 6-10PM**



**THE NEW ROMANCE**  
**SAT, JULY 29 | 6-10PM**



**HOMETOWN STRANGERS**  
**SUN, JULY 30 | 6-10PM**



art matters art matters art matters art matters art matters art matters art matters art matters art matters art matters

# Artist is inspired by 'noble beasts'

By **Elaine Bean**

Chances are if you've dined out recently, you may have enjoyed your meal under a mural painted by local artist Evan Fitzgerald. His fresh and appealing artwork graces the walls of Seacrets, 410 Social, Tony's Pizza, Sushi Cafe, Frontier Town, and Ocean City Telescope Pictures. Fitzgerald's company, Noble Beast Studios, has been painting murals and signs for local businesses in the area since 2003.

There's another side to Fitzgerald's art, and that is the fine art he

creates in his studios in Berlin and Newark, now on exhibit during the month of July at the Ocean City Center for the Arts. In a one-man show entitled "Persona," his paintings on wood show people wearing elaborate headdresses made from various animals and flowers.

ations that we are in. How much is theatrical and how much is authentic?" His work is also heavily influenced by the "noble beasts" that inhabit the Eastern Shore of Maryland. "The majority of my paintings depict animals that are found locally. For me, it is important for art to communicate something about the time and place that it was made. I will always have elements of the Shore in my work partly for that reason."

His decision to work on wood panels was deliberate. "The wood grain is naturally beautiful by itself," Fitzgerald said. "I allow the surface of the wood to remain visible with transparent paint. Allowing the viewer to see through the figure into the natural beauty works to contradict the addition of paint and adornments that obscure our view."

Fitzgerald was born in Washington, D.C. and moved to Berlin when he was two years old. A graduate of Stephen Decatur High School, he received his Bachelor of Fine Arts from Towson University and the Maryland Institute College of Art and his Master of Fine

Arts from James Madison University. After receiving his MFA, he taught painting, drawing, and graphic design at Salisbury University for seven years until 2021 when he left to grow and focus on Noble Beast Studios.

As a draftsman, Fitzgerald is unexcelled. "I make paintings, but I really see myself as a draftsman," he said. "I have always enjoyed drawing, so naturally it was easy to stick with and to develop."

"Often inspiration for a new painting or a solution to a current one will come to me at night. I always have a sketchbook close by in order to record my thoughts so that I can execute the idea the following day ... Inspiration comes at random. Going into my studio feels like going into a

laboratory. I enjoy experimenting with new materials and seeing what works and what doesn't. Growing my craft by learning new ways to make marks keeps things interesting. I recently started using an airbrush on portions of my paintings. The resulting soft blend of the airbrush juxtaposed with a hard-edged brush stroke have been exciting for me," he said.

Fitzgerald grew up in an artistic family where art mattered. "I don't remember where I read this, but it is one of my favorite quotes," he said. "Artists and poets can do little to save the world, but, without them, there would be little worth saving." I enjoy this quote because it feels like most people only see art as some form of decoration. But art is something more than that, it carries a certain weight. Art should be thought provoking. In a fast-paced world where people typically digest imagery through television or by thumbing through pictures on social media, I think it's important to slow things

down and wrestle with something more complex than just pure entertainment."

Fitzgerald's show of original paintings will be on exhibit in the Thaler Gallery of the Ocean City Center for the Arts, 502 94<sup>th</sup> St bayside in Ocean City, through July 29. Admission is free. Examples of his artwork are available at [www.noblebeaststudios.com](http://www.noblebeaststudios.com).

## Square dance lessons offered

Grab your dance partner and head to the Assateague Room at the Ocean Pines Community Center. Free square dance lessons will be offered for singles and couples on September 13, 20 and 27 and October 7. Also available is a 12-week course for \$5 per person per workshop. The lessons are from 7 p.m. to 8:30 p.m. For more information contact Barbara Roos at 908-229-8799 or [barbcroos@gmail.com](mailto:barbcroos@gmail.com).



creates in his studios in Berlin and Newark, now on exhibit during the month of July at the Ocean City Center for the Arts. In a one-man show entitled "Persona," his paintings on wood show people wearing elaborate headdresses made from various animals and flowers.

"I have been making imagery in this vein for over ten years now," Fitzgerald said. "Persona was originally the Latin word for a theatrical mask. The people I am depicting have adorned themselves with so many things that much of their face and even their vision has been obscured by the persona they are aiming to embody. We all create and encounter a variety of personas depending on the environment or situ-

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incoming Police Chief **Tim Robinson** with Ocean Pines General Manager **John Viola**.

## Ocean Pines names new police chief

The Ocean Pines Association last week announced the hiring of Tim Robinson as the new Chief of Police.

As the Chief of Police, Robinson will be responsible for overseeing and managing the Police Department's operations, ensuring the safety and security of Ocean Pines homeowners and residents, and fostering positive relationships within the community.

Ocean Pines General Manager John Viola expressed his enthusiasm for Robinson's appointment.

"We are excited to welcome Tim as our new chief of police. His extensive background in law enforcement, leadership skills, and dedication to public safety makes him the ideal candidate for this important role," he said. "We have full confidence in his ability to lead our police department with pro-

fessionalism, integrity, and a strong focus on community involvement."

Robinson brings more than 30 years of experience in law enforcement, having served in various leadership positions throughout his career, including most recently with the Wicomico County Sheriff's Office.

Robinson expressed his excitement for the opportunity to serve Ocean Pines.

"I have been able to serve my community for over 30 years and I cannot imagine a better place to continue that service than Ocean Pines. The Association of Ocean Pines is a vibrant and exciting community to work with, and I am both incredibly honored and excited to have been selected to lead the Ocean Pines Police Department," Robinson said.

## Quarter auction scheduled

Are you looking for something different and fun to do this summer? Consider this.

The Church of the Holy Spirit is having a Quarter Auction at the church on August 7. For those of you who have never been to a quarter auction, you are missing a lot of fun. You buy a paddle (or two, or more) and then bid on items offered at one, two, three or four quarters, based on the value of the item.

The committee is collecting a lot of great prizes, including gift certificates, home décor items, wine baskets, and some just for fun.

The doors will open at 6 p.m., and the games start at 7 p.m.

Food will be available for purchase.

Tickets are \$10 and include a paddle. Additional paddles are \$2 each, or three for \$5. They are limited, so get yours now.

Bring some friends and make an evening of it!

The church is located at 100<sup>th</sup> St. and Coastal Highway in Ocean City. Call Jackie at 443-735-4275 for further information and for tickets.



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## Put a lid on it

Three plastic bowls filled with leftovers sit on the counter after dinner. One is square, one is round and one is sort of oblong. The problem? Finding the correct lid for each. It sounds like a simple enough task doesn't it? All that is required is to put a square, round and oblong lid on the respective

of saving food for leftovers has often been a struggle for me. It's not just finding the proper lid to go with the correct receptacle bottom but it's also judging the appropriate size to use based on the volume of food to be saved. Saving a half pint of string beans in a quart container has not been an uncommon occurrence for me. Also not uncommon has been my wife's reaction to my poor judgment. "Really? That's just like you to think in far grander sizes than reality."

There are ways to get around the whole finding-the-right-lid-for-the-appropriate-bottom debacle. Aluminum foil is very forgiving when it comes to storing leftovers. There is no need to match a top with a bottom. If you tear off too large

a sheet, all you have to do is fold it over a couple times. If the sheet is too small, tear off another one. Either way is quicker than finding the right lid. However, saving soup and other liquid leftovers in foil is messy.

Zippered plastic bags offer a solution of sorts. They're fast and easy to use (think yellow and blue make green) but from experience I know the difficulty in pouring spaghetti sauce into them.

Of course the ultimate solution is to not have any leftovers at all at the conclusion of a meal. But that's really not practical as it would no doubt lead to waste. Which brings me to another point. For all the hair pulling time spent attempting to find a lid that is proper in size and shape, let's face it, often once a container is placed in the refrigerator it is forgotten and lost, pushed farther to the back with each successive leftover container that is stored. Is it any wonder why I can't find the exact lids I need? I'm looking in the wrong place. Instead of scavenging through the kitchen drawer I should be rummaging through the back of the refrigerator. Not only will I find sought after lids but I'm sure I'll be able to find a science project or two



### It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

bottom. Yeah, well things aren't always as easy as they look.

Part of a deep drawer in our kitchen is dedicated to storage lids and covers. Without exaggeration we must have seventy-five to a hundred lids of varying shapes and sizes. We have dark red ones and light red ones. Some are pink ones and some are multiple shades of blue. Some are white, some are clear. All are lined up on their sides jammed into a cardboard box. In a nod toward hoped-for organization and simplification, small ones are in the front and large ones are in the back. Sort of like the recess line at St. Albert the Great elementary school back in the old days when nuns who wore full habits used measuring sticks to ensure conformity.

Over the years my wife has purchased various sets of storage "systems," ultimately discarding the collection of Cool Whip containers that once served as our leftover holders. We have several Tupperware containers as well as an array of Glad, Rubbermaid and Ziploc. Each bottom requires a specific lid; there is no uniformity among the different brands so using a Ziploc lid on a Rubbermaid bottom is out of the question even if they're both round. I miss the good old Cool Whip bowl days: one size container and one universal size lid. Bada bing, bada boom!

Thinking back, the whole endeavor



## Marlene Ott

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### 12295 Dixie Drive Bishopville \$714,900

Water is at your back door! ANOTHER NEW PRICE ADJUSTMENT for this Coastal contemporary directly on the St. Martins River. 3 bedroom-2 Primary ones, 1 down and 1 up- and 3 full baths. New 30 x 10 Sunroom with it's own mini-split HVAC and great views of the St. Martins River. A new Primary bedroom and Bath on 2nd level. Separate office room off the laundry room. 1 car detached garage with a large freezer included. 30 x 6 dock recently resurfaced, and the owner's 20 ft. pontoon boat is docked there. Large Living room with vaulted beamed ceiling and 2 new solar tubes and LVP flooring. Vogelzang pellet stove inserted in fireplace. Spacious kitchen with bar seating for 4 guests plus desk and pantry cabinets built in. Newer upper Primary bedroom has 14 x 5 walk-in closet with 2 doors, bathroom with double sinks and a slider to wonderful balcony so you can enjoy the sunsets or your morning coffee. It has it's own mini-split HVAC. 3-sided fenced rear yard with 8 x 10 shed. Septic upgraded 1 1/2 years ago. Metal roof on original part of home replaced 12 years ago and new addition done 6 years ago. House has vinyl siding. Multi-zoned HVAC with H/P in 1st level and newer Mini split for upper-level Primary suite. The well is 165' deep and was installed in 2006. The septic was retrofitted with the reduced nitrogen system about 9-10 years ago and the drain field was replaced in 2020. There is a Worcester County public boat ramp just a few miles away. A must see if you always dreamed of enjoying this view. Newer LVP flooring in living, dining rooms, kitchen and Primary bedroom on 1st floor. Some furniture is negotiable. Sellers are willing to entertain all offers. MLS ID: MDWO2008188



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### 1106 Points Reach \$409,000

Beautiful luxury 3 bedroom 2 full bath first floor unit in Points Reach complex of Ocean Pines with a beautiful view. Gracious entry hall leads to gourmet cook's delight kitchen with bar seating, granite counter tops and pantry closet. Dining and living areas have views to balcony that stretch across the entire unit. Hardwood floors in living areas and carpet in bedrooms. Corner gas fireplace in living room. Primary suite has 2 walk-in closets and bath with whirlpool tub/shower. Built-in Viking Grill on balcony. Brand new Geo-thermal heat pump and Hot Water Heater. Included is a personal storage room in the Bike Barn. Kayak storage is also available for rent. A great tranquil view of the wetlands and open water. Ready for immediate occupancy. Owners have just touched up the paint in the hallway, laundry room, kitchen, dining and living rooms and plan on changing the color of the Primary bedroom. They would consider a contingent offer and might negotiate some owner financing if needed for a short period of time. MLS ID: MDWO2011518



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# Commentary

By Joe Reynolds  
*OceanPinesForum.com*

## Deck party or board meeting?

Most likely it was a first - an outdoor meeting of the OPA Board of Directors.

Some saw the occasion as a “retirement party” for outgoing president Doug Parks. Others as a new informal, fun approach to holding board meetings. Others as a publicity or political stunt suggested by a private committee said to be advising Matt Ortt Companies.

Association members will never know the “why” reality. We do, however, know what transpired during the 7/15/2023 regular meeting of the Board of Directors.

Rick Farr, OPA vice-president, and likely president after the upcoming board election, is enthusiastic about holding board meetings on the outside deck at the Yacht Club. He wrote on *OceanPinesForum.com*, “ALL directors participated in their summer attire and thought the change in venue was refreshing. The new board will do all they can to ensure more members are engaged and participate. As far as holding the meeting at the Yacht Club, those that attended enjoyed the meeting at that venue.”

If the goal was increased attendance, it did not succeed. Farr reported that 31 association members attended the outside meeting in what many might say was brutal heat, poor audio for attendees, and a complete failure of streaming video.

Association member Vivian Koroknay attended the meeting and took issue with attendees enjoying the venue.

Koroknay wrote to Farr, “I’ll have to disagree with you regarding those in attendance enjoying the venue. The directors were sitting in the shade under an awning getting the bay breeze at

their backs. For some of us in the audience, it was beastly hot. One of the people who made public comment even said that she couldn’t stay for the rest of the meeting due to the heat. Another person went and sat in the shade by the dining tables after she spoke. I left early due to the heat. The audio was pretty bad also. I’m not sure what the purpose was in moving the meeting outdoors.”

Where is this sudden push to hold meetings outside at the Yacht Club coming from? And why? Association members are not clamoring for it. Is it a suggestion of the Matt Ortt advisory committee? Is an outside deck at a pool, bar, restaurant, marina, and entertainment venue a proper place to conduct the business of the association?

There was even some hype about the participation of board members in Hawaiian shirts. Board meetings should not be a deck party. Perhaps all Board members should attend meetings of the Worcester County Commissioners on some regular basis to appreciate the role of formality and dress in governing. Nor does County staff check IDs at the Commissioners meetings. Hopefully, the board dumps that recent foolishness after Farr, the best choice among the returning board members, becomes OPA president.

To top things off, there is no video of the board’s deck party meeting due to a poor wifi connection at the Yacht Club. That brings up an ongoing issue with board meeting video - the move to live streaming of board meetings via Microsoft Teams is a disaster. Use a proper video camera, run by a human and upload to YouTube the next day, or implement an automated system

*please see party on page 14*

## There are plenty of wind studies already

**Editor:**

I was surprised when I learned that the Ocean City Council had voted to spend \$175,000.00 on a study by SLR Consulting for review of the US Wind Construction and Operations Plan for the offshore wind farm to be located off the coast of Ocean City. My surprise comes from the fact that there are already studies (by the OSW Industry itself - including US Wind) regarding the impacts to the environment, sea life, commercial fishing, tourism, etc., of these wind farms. The studies clearly show a range of negative impacts (from minor to major) in all of these areas.

The studies are entitled:

(1) Visual Impact Assessment May, 2022 Maryland Offshore Wind Project Prepared for US Wind, and

(2) Ocean Wind I Offshore Wind Farm Draft Environmental Impact Statement June, 2022 authored by Bureau of Ocean Energy Management Office of Renewable Energy Programs

If I have access to these, then surely the Town of Ocean City does, too.

In addition, another foreign wind company, Orsted, has included in its literature reference to another study, The Effect of Offshore Wind Projects on Recreational Beach Use on the East Coast of the United States: Evidence from Contingent- Behavior Data, Elsevier, September, 2020, that reaches conclusions that would indicate that Cape May, New Jersey may see a 15% decrease in tourism as a result of Orsted’s Ocean Wind projects.

Of course, as anyone can tell from my previous letters, in my opinion most of the negative impacts of OSW farms are just common sense - it hardly needs another study by another OSW connected entity.

**Carol Frazier**  
*Ocean Pines*

### Find the true answer for whale deaths

**Editor:**

I’ve just read Anna Henderson’s letter, once again making the carefully worded claim “no scientific evidence” the survey work currently happening

*please see letters on page 14*

## Courier Almanac

On July 26, 1931, a swarm of grasshoppers descended on crops throughout the American heartland, devastating millions of acres. Iowa, Nebraska and South Dakota, already in the midst of a bad drought, suffered tremendously from this disaster.



The Centers for Disease Control and Prevention reports that approximately one out of every 10,000 people are affected by spinal muscular atrophy (SMA). SMA is a potentially severe condition that can affect a baby’s ability to swallow, breathe, sit, and walk. The CDC notes that, without early treatment, SMA can result in premature death. Routine newborn screening using dried blood spots collected from a baby’s heel within the first 24 to 48 hours of birth is used to detect if a child has SMA. There are various types of SMA, and which type a child has will affect but not determine prognosis. And though the majority of SMA cases affect children at birth, the condition also can come on in adolescence or adulthood.



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# How to make bathrooms safer for seniors

Danger might not be the first word to come to mind when individuals consider their bathrooms, but perhaps it should

less likely to happen.

Install grab bars in the shower and bath and elsewhere, as necessary. Grab bars make it easier for aging men and women to get into and out of the shower or the tub by giving them something to hold onto. This can be especially helpful for seniors who must step up and over their tubs to bathe. Though they're primarily used in showers and tubs, grab bars also can be installed alongside toilets for seniors who could use a little help sitting down and getting up from their toilets. AARP notes that sheltering arm grab bars provide the best support around toilets. Such grab bars come around both sides of the toilet and look similar to armrests.



be? After all, the Centers for Disease Control and Prevention reports that each year more than 1.5 million aging adults visit emergency rooms for fall-related injuries, many of which occur in the bathroom.

Many falls and spills that occur in the bathroom can be prevented. Seniors or their loved ones can make some minor adjustments to bathrooms so falls are

less likely to happen.

Install LED lighting. Poor lighting in a bathroom can make it hard for seniors to see, which can make them more vulnerable to slips and falls. That's especially so for seniors who find themselves making frequent bathroom visits overnight. Even bathrooms with seemingly

adequate lighting may be dangerous if they feature dated light fixtures that rely on incandescent bulbs to light the room. Incandescent bulbs burn out with greater frequency than LED alternatives, which can last for years. The longer bulbs last, the less often seniors need to change them, which also reduces their risk for injury. In addition to replacing traditional fixtures with LED alternatives, individuals can plug in LED night lights that make it easy to see when making nighttime visits to the bathroom.

Utilize non-slip bath mats. Non-slip bath mats often utilize rubber-backed liners to ensure the mats stay put even when floors get wet or damp from condensation after a hot bath or shower.

Non-slip mats can be placed where individuals will enter and exit the shower and even by the toilet and sink so individuals always feel steady on their feet.

Clean bathrooms regularly. Bathroom surfaces can grow slippery from soap scum, condensation and previous spills. Prompt and routine cleaning can reduce the likelihood that seniors will fall in their bathrooms. Seniors who have difficulty keeping up with household cleaning can hire a cleaning service or ask a younger relative to help them keep their bathrooms clean and safe.

Seniors can fall anywhere in a home, but may be more likely to do so in a bathroom. Various measures can help make bathrooms safer for aging individuals.

## How women can get a better night's sleep

A good night's sleep is vital to a person's overall health. According to the United States Department of Health and Human Services, people who get enough sleep get sick less often, are more able to maintain a healthy weight and are at lower risk for serious health problems, including heart disease and diabetes. But many adults are not getting enough quality sleep, and one group in particular may be especially likely to have sleep problems.

A 2006 study published in the journal Current Opinion in Pulmonary Medicine

*please see **sleep** on page 10*

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# Fibromyalgia Solutions

Fibromyalgia, also known as FMS, is a common disorder that has no exact cause, but a variety of factors could be working together that may cause the body's pain signals to go awry. These various factors include:

**Genetics:** There may be certain genetic mutations that may make you more susceptible to developing the disorder.

**Infections:** Some illnesses appear to trigger or aggravate Fibromyalgia.

**Physical or emotional trauma:** Fibromyalgia can sometimes be triggered by a physical trauma, such as a car accident. Psychological stress may also trigger the condition.

This condition is often characterized by widespread pain, soreness, fatigue, and difficulty sleeping.

## Common Experiences

- Pain that is difficult to identify or pinpoint.
- The feeling that others expect so much from you because they can't see that you're sick.
- The feeling that everything hurts.
- Feeling of brain fog.
- Overwhelming pain and fatigue that causes you to avoid social or family activities.

Maybe you've tried physical therapy, pain pills, injections, burning off the nerve, back cracking, or massage, which provided some relief at first but is no longer working.

Are you afraid your pain is getting worse?

Are you tired of not getting any answers?

Does your doctor tell you the pain is "all in your head" and to "just live with it"?

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Dr. Ashley Adams with DelMarVa Acupuncture & Wellness Center customizes treatment plans to each patient specifically around their symptoms to help them reach their goals as best as we can!

"Our specialized acupuncture treatments combined with the vitamin therapies we offer is what we recommend for optimal results with fibromyalgia!" says Dr. Adams. "With fibromyalgia not being completely understood as a diagnosis, traditional treatments normally leave patients with no hope. They start to seek alternative therapies, which is where we come in."

## Vitamin Therapy is very helpful when treating fibromyalgia!

With fibromyalgia patients typically suffering from muscle or nerve pain, our Myers Cocktail IV is perfect for addressing those concerns when combined with a specialized treatment plan from Dr. Adams. Nutrients like magnesium, vitamin C, and vitamin B are included in our Myers Cocktail and provide a helpful hand when treating fibromyalgia. They directly affect the proper functioning of the muscle and nerve cells while reducing inflammatory processes.

## Why an IV when you can just take these nutrients with over the counter capsules?

When taking capsules of vitamins and nutrients, your body only absorbs at the most 20-25% of what you are

ingesting. When receiving an IV at DelMarVa Acupuncture's IV Therapy Suite, we administer these nutrients directly into the bloodstream, providing 100% of bioavailability to the body!

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## The importance of being active

Getting out and about is a vital component of many seniors' daily lives, but it's important that aging men and women recognize how much exercise is healthy for them. The Department of Health & Human Services notes that adults need a mix of physical activity to stay healthy. That mix should be a combination of moderate-intensity aerobic activities, which can



include golfing, swimming and even gardening, and muscle strengthening activities like weightlifting that make the muscles work harder than usual. The DHHS recommends adults combine 150 minutes of moderate-intensity aerobic activity per week with at least two days of muscle-strengthening activities. The Centers for Disease Control and Prevention notes that these guidelines are safe for individuals who are 65 and older, generally fit and have no limiting health conditions. Individuals who do not fit that criteria should consult with their physicians before beginning a new exercise regimen, as it's possible that they could be putting their health at considerable risk if they attempt to follow guidelines designed for people who are generally fit. It's also important that healthy seniors avoid overdoing it in regard to exercise. Though the DHHS suggestions are the minimum recommendations, going too far beyond those guidelines without first consulting a physician could increase seniors' risk for injury, illness or even death.

*sleep*  
from page 8

found that women have more sleep-related complaints than men. The study suggested gender differences, including menstrual cycles, pregnancy and menopause, may underlie the observed differences in risk of sleep disorders.

Women cannot control the biological factors that may make them more vulnerable to sleep issues. However, they are not helpless when it comes to their efforts to get adequate rest.

**Create a better sleep environment.** The National Sleep Foundation notes that the optimal bedroom temperature is between 60 and 67 degrees Fahrenheit. Maintaining a cool sleeping environment is even more important for women than men due to the increases in core body temperature during menstruation. A cool environment is more conducive to better sleep and can help women stay cool even when their body temperatures rise due to menstruation.

**Bathe before bedtime.** A warm bath or shower prior to bedtime can lead to a decrease in body temperature, which the NSF notes can spark feelings of sleepiness. This can help with sleep onset when coupled with a cool bed-

room temperature.

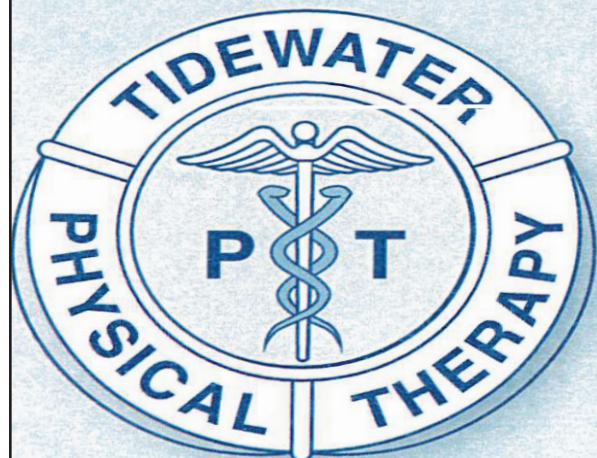
**Establish a bedtime routine.** The DHHS notes that establishing and sticking to a bedtime routine, including going to bed at the same time each night, can help women overcome their sleep issues. Over time, the body will readjust and grow accustomed to going to bed at this time, increasing the likelihood of falling asleep. Stick to this routine throughout the week, including on weekends.

**Avoid certain substances close to bedtime.** The NSF advises against consuming caffeine, alcohol and nicotine close to bedtime. Each of these substances can compromise a woman's ability to fall asleep or stay asleep. For example, the Cleveland Clinic notes that while alcohol before bed may help people feel sleepy, that sedative effect wears off as the alcohol begins to metabolize. That process prevents the body from entering the stages of deep sleep, leading to more frequent sleep interruptions throughout the night.

Women who are having trouble sleeping can try various strategies to overcome their issues. Women with chronic sleeping problems can consult their physicians about additional ways to get better, more consistent sleep.

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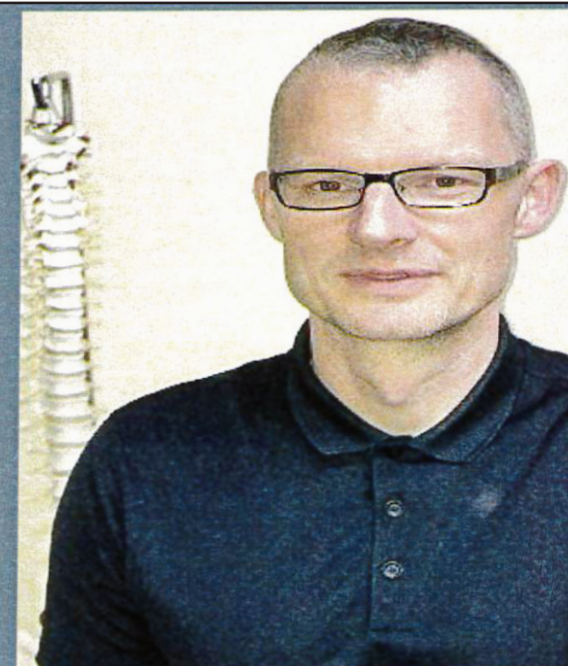
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# From tee ball to the big leagues

By **Josh Davis**

The dreams of a local family came true on Tuesday night, when the Tampa Bay Rays drafted Hayden Snelsire in the 17th round of the annual Major League Baseball Draft.

The Snelsires lived in Ocean Pines for 17 years, before recently moving. But the entire family has left a lasting legacy on the area.

Hayden was a star on Berlin Little League All-Star teams for almost a decade. His dad, Eric, was a league coach and past vice president, and his mom, Jocelyn, was heavily involved in the league as a fundraiser and booster.

“It was a little surreal,” Hayden said of being drafted. “It still hasn’t really clicked yet. But it was just crazy to see my name on that board. It was an awesome moment.”

Jocelyn posted a video of the draft announcement on Facebook on Tuesday night and the post went viral, as well-wishers from all over the community congratulated Hayden and the family. Many had watched Hayden play Little League and high school baseball in person, or during all-star games that were nationally televised on ESPN.

“It is hard to put into words how rewarding it is to see your kids achieving goals they set for themselves at such a young age,” Jocelyn said. “Hayden has always been focused on developing his skills and competing at the highest level, even when he was starting out in tee ball.”

Hayden started playing tee ball in Ocean Pines when he was just 3 years old.

“I also remember a lot of times going to the rec center there, and playing basketball over there behind the police station,” he said. “That was always fun.”

Ocean Pines Recreation and Parks Director Debbie Donahue also remembers watching Hayden play Pop Warner football.

“We were so excited to see Hayden get drafted!” she said. “I remember seeing him play Little League, and he was involved very early on with some of our rec programs, so it’s amazing to see a home-grown talent achieve his goals.”

Hayden threw a no-hitter in 2011 as the youngest player in Berlin Little League.

Three years later, in 2014, he was one of the standouts of the Berlin Intermediate All-Star team that reached the Little League World Series championship game in Livermore, California. It was a

moment that captivated the community and was also the start of several years of deep post season runs by Berlin Little League teams.

“His journey through Berlin Little League for almost 10 years was a highlight for all of us,” Jocelyn said. “Watching that group of boys play together for all those years was so much fun. They helped establish BLL at the state and regional levels.

“But the best part is that when Hayden was drafted, each of those amazing young men reached out to congratulate him,” she added. “They really are brothers for life!”

Hayden said it was a special moment when his old teammates reached out on draft night.

“We’ve always stayed in each other’s lives through social media, kind of following each other, but it’s been a while since I’ve talked to some of them,” he



**The Snelsire family**

said. “So, it was really nice to hear from them.”

Hayden went on to play for the Stephen Decatur Seahawks and was named Pitcher of the Year in the Bayside Conference South during his last season, in 2019. During his senior year, he threw 41 1/3 innings in nine games, striking out 65 and walking 12. He allowed just three

*please see **big leagues** on page 15*

## Tides for Ocean City Inlet

Day	High /Low	Tide Time
Th 27	High	3:14 AM
27	Low	9:09 AM
27	High	3:58 PM
27	Low	10:11 PM
F 28	High	4:15 AM
28	Low	10:05 AM
28	High	4:57 PM
28	Low	11:14 PM
Sa 29	High	5:14 AM
29	Low	11:03 AM
29	High	5:54 PM
Su 30	Low	12:14 AM
30	High	6:12 AM
30	Low	12:03 PM
30	High	6:50 PM
M 31	Low	1:11 AM
31	High	7:08 AM
31	Low	1:00 PM
31	High	7:45 PM
Tu 1	Low	2:03 AM
1	High	8:03 AM
1	Low	1:56 PM
1	High	8:38 PM
W 2	Low	2:53 AM
2	High	8:57 AM
2	Low	2:50 PM
2	High	9:30 PM



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## Trails & Waterways

# Public beaches and piers

By **Laura Scharle**

In Worcester County, the vast majority of shorelines, aside from the ocean beach, are privately owned. If you don't own a boat and you don't live on the water, your options of finding access points to our coastal bays can be challenging. In order to swim, fish, crab, or just enjoy a waterfront view, you are limited to beaches and piers that are open to public visitation.

While some public piers are well known, like the Ocean City Fishing Pier off Wicomico Street, there are some that both visitors and locals may not know - some of the best, albeit limited, beaches and piers around the county.

In Ocean City, there are just four places to access the bayside. First, there are public fishing areas on 3rd and 9th streets. The 3rd street location is a free fishing area, designated by Maryland DNR. Moving up the coast, many people don't know that this is a public fishing pier located behind the convention center. Park on 41st Street and walk on over. The water is exceptionally shallow, but it's still a great spot to bring the kids and maybe snag a crab or two.

The only other public pier on the bayside of Ocean City is located at Northside Park. The water there is shallow, but it's still a quiet, scenic location to enjoy the waterfront.

Just outside Ocean City is the Isle of Wight Nature Park, located at the traffic light of St. Martins Neck Road and Route 90. This county park has a great pier on the Isle of Wight Bay and a tiny little beach on the west side facing Ocean Pines.

Speaking of Ocean Pines, all the amenities in the community are open to the public, so it's worth mentioning the few spots to access the water there. The Swim & Racquet Club boasts the only beach in the community, although it is quite small. Nearby in the neighborhood, there

are two small piers located at the boat ramp behind White Horse Park, as well as Pintail Park (currently, the bulkheads and dock are under construction at Pintail).

Assateague State Park features a nice crabbing pier just before you cross the bridge onto the island. Entry fees apply at this location. On the island itself, the National Seashore has a few bayside access points at the end of Bayside Drive and at Old Ferry Landing.

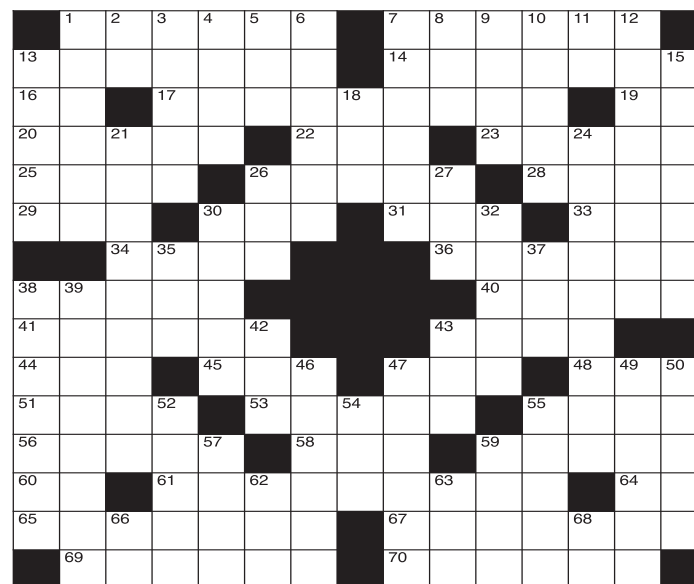
Further on down the county there are some hidden gems that everyone deserves to know about. Heading down Route 113, you can take a slight detour down Marshall Creek Road which will dead end at a boat ramp. You don't need a boat to use this spot though. There is a small crabbing pier and a few benches to relax on and take in the view.

Public Landing, located on Chincoteague Bay just east of Snow Hill is incredible. This spot was an up-and-coming tourist town around the turn of the last century, complete with a boardwalk, rides, and hotels. Unfortunately, the area never fully recovered to its former glory after being hit by a hurricane of 1933. Today it has a fishing pier and beach that are managed by the county.

If you head even further south to the tiny town of Stockton, you'll find Taylor's Landing which has a small pier for crabbing and fishing, along with a boat ramp.

To see a full map of all of the beaches and piers on the Delmarva Peninsula, visit [delmarvatrailsandwaterways.com/new-beach-pier-locator-map](http://delmarvatrailsandwaterways.com/new-beach-pier-locator-map)

*Laura Scharle enjoys all things outdoors and is an avid kayaker. She resides in Ocean Pines with her husband and son. During the pandemic, Laura developed [www.DelmarvaTrailsandWaterways.com](http://www.DelmarvaTrailsandWaterways.com) to connect people with trails, beaches, piers, and public lands across the peninsula.*

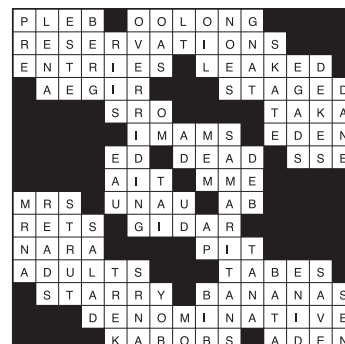


### CLUES ACROSS

- 1. Bonus materials
- 7. Formal names
- 13. Free from restraints
- 14. One who scrapes away
- 16. Type of device
- 17. Skin cancers
- 19. The Show Me State
- 20. Plate glasses
- 22. Red-brown sea bream
- 23. Small (Fr.)
- 25. Flightless Australian birds
- 26. High IQ group
- 28. Stiff structures
- 29. Revolutions per minute
- 30. Where a bachelor lives
- 31. Licensed for Wall Street
- 33. A place to park
- 34. Energy, style and enthusiasm
- 36. An important creed in Catholic Church
- 38. 18-year astronomical period
- 40. Furies
- 41. Removes from the record
- 43. Noted child psychiatrist
- 44. Feline
- 45. High schoolers' test
- 47. Not happy
- 48. They \_\_\_
- 51. On top
- 53. Precious stones unit of weight
- 55. Moved quickly
- 56. Seagulls
- 58. A seed with hooks or teeth
- 59. Partner to "ooohd"
- 60. Exclamation of surprise
- 61. Most unpleasant
- 64. Organization help service members
- 65. Type of cockatoo
- 67. Humorous criticisms
- 69. Went through and organized
- 70. Wakes up

### CLUES DOWN

- 1. Settle in tents
- 2. Big
- 3. Books
- 4. Masses of eggs in fish
- 5. Language
- 6. Not standing
- 7. Chinese philosophy
- 8. Computer giant
- 9. A device to catch
- 10. Emits coherent radiation
- 11. Actor O'Neill
- 12. Smallest interval in western music
- 13. Not lower
- 15. Revolves
- 18. Leavened bread
- 21. Number above the line in a fraction
- 24. Cable
- 26. Adult male
- 27. Airborne (abbr.)
- 30. Bullfighting maneuvers
- 32. Broadcast
- 35. \_\_\_ Angeles
- 37. Vehicle
- 38. Not religious
- 39. North American peoples
- 42. A baglike structure
- 43. Body art (slang)
- 46. Picked for a role
- 47. Actress Tomei
- 49. Former hoopster "Big Country"
- 50. Icelandic poems
- 52. More pleasant
- 54. It can add flavor to meat
- 55. Self-immolation by fire rituals
- 57. Expression of annoyance
- 59. \_\_\_ Spumante (Italian wine)
- 62. Consumed
- 63. Body part
- 66. Thus
- 68. In reply (abbr.)



Answers for July 19

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# Positive vibrations

By **Lynn Martin** PTA, CKTP

Although positive thinking can't heal an injury or disease, research suggests that it can provide benefits. Statistics show that happy people have better outcomes and heal more quickly. This may have something to do with the body's stress hormone Cortisol. When we are stressed, the body reacts by increasing inflammation. By remaining optimistic during a stressful situation, you can lower inflammation, thus allowing the body to heal in a more efficient manner. Elevated cortisol levels are derived from negative emotions and thoughts. Chronic elevations of this hormone may lead to more inflammation, as well as a resistant immune system.

There are many tips and strategies you can use to shift your frame of mind for a more positive outlook. For starters, begin with a smile. The simple act of smiling, even faking a smile, can reduce your stress level and may even lower your blood pressure. Set small goals such as doing light exercises or taking a short walk. By creating a healthy "daily to-do" list for yourself, you will feel a sense of accomplishment as you check off those boxes.

Remember that there will be ups and downs, and that some days are going to be better than others. Try not to get too discouraged. By connecting with other people that have gone through or are going through a similar situation may be a good idea. Whether it is a neighborhood support group or a group of teammates on the pickleball court, there will usually be someone that can tell you "things will get easier," that you will get back on the proverbial course or court.

It is important to slowly challenge yourself and to increase resistance in order to gain strength. Physical activity may reduce symptoms of depression and anxiety. The old saying "If you don't move it, you lose it," is true. A stagnate life style of sitting and wallowing in your sorrow will not get you back on the road to optimal health and healing. It is up to you to rise to the challenge. Start your rehab journey from recommended activities from your doctor or physical therapist. Performing exercises and activities releases Dopamine, the neurotransmitter responsible for

motivation and happiness. Take a minute to take a deep breath and accept that you are injured or ill, and that you need to recover. Managing your approach to battling these new limitations and challenges will not be easy. Try to refocus your energy on the present, one day at a time, but continue to think "What can I do for my future self?" Listen to your body and what it needs.

There are a variety of ways to help stay positive during this difficult time. Try to find one thing every day to be grateful for. Have some things to look forward to. Maybe try a new hobby. If your health permits, try performing gentle stretches or a chair yoga class. Many classes can be found on YouTube. Light exercise can help increase circulation and lymphatic drainage. Exercise, even low impact, may help release endorphins that can improve your mood. Staying in touch with others is also very important. Whether it's a family member or friend, a visit or a phone call, maintaining these connections can provide crucial social support. Journaling can also prove to be very beneficial. Keeping a log of your thoughts and emotions, as well as your diet and exercise habits, can provide useful information to not only you, but your doctor or therapist. Pouring your emotions on paper can be a great release of negativity and anxiety. This is also a friendlier option than taking things out on a loved one or caretaker. Turning on some of your favorite music can bring you to a certain place or time of your life that brought you happiness. Singing

aloud can help relieve stress, decrease your blood pressure, and has been said to improve lung function and memory. So let it go. Belt out a tune and release some stored-up tension and trapped energy.

It is normal to feel sad or down when you are sick, injured, or recovering from a surgery. Try to be gentle with yourself.

Don't be afraid to reach out for help or for a helping hand when needed. Try to keep your chin up. Smile and breathe.

Lynn Martin is a Physical Therapist Assistant and Certified Kinesio Taping Practitioner at Hamilton Physical Therapy in Ocean Pines. She may be reached at [lynn@HamiltonPTcares.com](mailto:lynn@HamiltonPTcares.com) or 410-208-3300 with any questions regarding this article.



Lynn Martin



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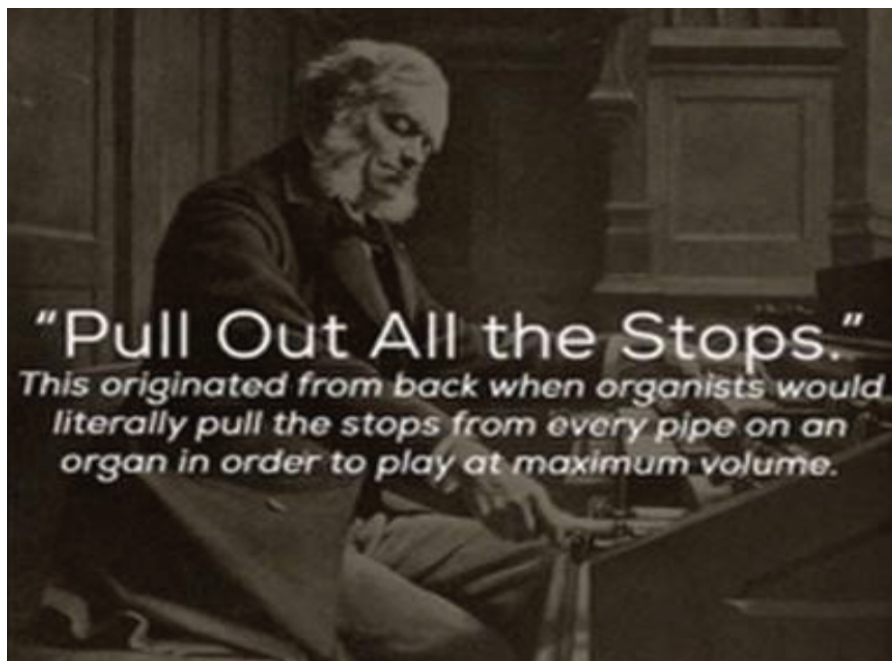
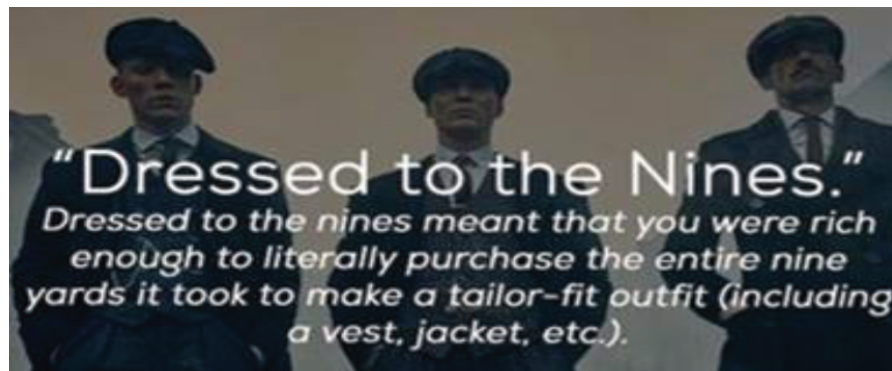
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# Some things to think about

Gathered from the internet by **Jack Barnes**



letters  
from page 6

along the east coast has a known link to the 164% increase of large whale deaths we have seen in the past year.

Why not take a pause and do the research to ascertain a true answer regarding the massive increase in whale deaths?

FYI.

Two people primarily responsible for overseeing the development of the U.S. coastline are former employees of a major law firm that is council to the offshore wind industry. The firm is Latham and Watkins. The U.S. Deputy Secretary of the interior, Mr. Tommy Beaudreau. The Principal Deputy Assistant Secretary for Land and Minerals Management, Ms. Laura Daniel-Davis, who signs BOEMs Record of Decisions, was a Senior Manager. Many other decision making officials currently employed by BOEM and NOAA have similar connections to the industry.

Environmental departments of several states have acknowledged that the wind turbines "will destroy marine habitats, compress the seafloor, severely damage marine communities, compromise migration corridors for the endangered marine mammals, cause commercial fishing stocks to decline and injure the beach economy."

Orsted, in its environmental impact statements admits there will be a 15% decrease in tourism...AKA...MONEY.

The Bureau of Ocean Energy Management ("BOEM") in 2021, states in its Final Environmental Impact Statement on the Vineyard Wind 1 project "the construction of multiple offshore wind projects along the East Coast

party  
from page 6

such as that used by Worcester County. Hold all regular meetings of the Board of Directors in the As-sateague Room.

On a positive note, infighting among board members declined dramatically since last year's election. Elections have consequences. Association members can expect virtually no infighting after the upcoming election. The terrible civil war among board members over the last few years is essentially over. Board members did not decide the winning side, rather the war's end was decided by those who voted in the election last year.

would have negligible impacts on climate change during these activities and an overall minor beneficial impact on Green House Gas Emissions.

Wind turbines Ingredients: Aggregates and crushed Stone, Bauxite (aluminum), Clay and Shale, Coal, Cobalt, Copper, Gypsum, Iron Ore, Limestone, Molybdenum, Rare Earth Minerals, Zinc, Sand & Gravel.

Fossil fuels required for operation, per turbine (per Orsted): Grease 187 Gallons, Hydraulic Oil 40 gallons, Gear Oil 106 gallons, Dielectric Fluid 1,585 gallons, Diesel Fuel 793 gallons, Sulfur Hexaflouride (SF6) 243 lbs — (FYI massively more toxic than Co2 and lives in the atmosphere for 1000s of years), Propylene glycol 357 gallons, Ethylene Glycols 48 Gallons.

Fossil fuels are required to operate each Substation (per Orsted): Transformer Oil 79,252 gallons, Diesel Fuel 52,834 gallons, Sulfur Hexaflouride (SF-6) 4,950 lbs, Hydraulic Oil 317 gallons.

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**Dianna Harris**  
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*big leagues* from page 11

earned runs for an ERA of 0.65.

He went on to pitch for Randolph-Macon College and tied a program record this year with 17 strikeouts in a single game. He also holds the career strikeout record for the college (237).

In 2023, Hayden went 8-2 with a 2.99 ERA and 107 strikeouts in 69 1/3 in-

nings. He earned All-America Second Team honors and was named to the All-Region First Team and All-State (Virginia) First Team.

“He was laser focused on playing at the collegiate level and going somewhere where he felt he could make an impact — RMC was that place for sure,” Joceyln said. “Coach Ray Hedrick has been so supportive of Hayden and has helped

him reach so many of his goals. His teammates there are awesome too, and we couldn’t be happier with the choice he made.”

As for what’s next?

“I’m going to get a chance to talk to some of the people at the Rays and they’re going to kind of give me the low-down of what’s next,” Hayden said. “But it’s been so cool to see everything come

full circle, and to get to continue playing at a professional level.”

“We are so excited for this next chapter for Hayden and know that he will work hard to represent himself, Berlin, SDHS and Randolph Macon well,” Joceyln said. “We are so thankful for the support of this community, and our friends and family!”

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