1e Courier ugust 23, 2023 Volume 23 Number 43 Ayers/Ayres/Ayer Creek By Ralph and Kathryn Ferrusi Ayers/Ayer - your choice - Creek is a great place to paddle, whether sitting in a canoe or kayak, or standing on your Stand-Up Paddle board (SUP). And, the place to put-in is Steve and Suzy Taylor's Ayers Creek Adventures, on Grey Fox Lane just off Assateague Highway, Route 376. You can launch your own human-powered water craft there, for a nominal fee, or, rent a canoe, kayak or SUP. The creek and Creek Adventures are pretty much joined at the hip; Adventures and a Maryland Coastal Bays put-in off Lewis Road, strictly bring your own, being the only two public put-ins on the creek. Ayers extends about seven miles from its source somewhere in the marshlands below Route 50 to where it enters Newport Bay please see **creek** on page 4

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Book club - On August 8, the Republican Women of Worcester County held their "Red Shoe Book Club" meeting at the Ocean Pines library. Their book selection was "Hidden Power, Presidential Marriages That Shaped Our History." This selection was made from a list of books through the Mamie Eisenhower Library Project. Republican women have donated thousands of books each year to schools, libraries and other public institutions through this project.

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 12week 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.



Third annual Oktoberfest pickleball tournament scheduled

One of the biggest racquet sports events of the year returns next month with the third annual Oktoberfest pickleball tournament, September 29-30 and October 1 at the Ocean Pines Racquet Center.

The event each year draws several hundred players and hundreds more spectators, and is the only pickleball tournament with cash prizes held on the Delmarva Peninsula.

"The Oktoberfest tournament is a chance for members and visitors to engage in friendly competition at what we think is the premier racquet sports center on the shore," Ocean Pines Recreation and Parks Director Debbie Donahue said. "The tournament showcases our facility, and it helps connect players from diverse skill levels and backgrounds across several states."

Tournament Co-Directors Cathy and Darryl Noble said the event is also a wonderful demonstration of the sport, which continues to be the fastest growing in the U.S.

"Pickleball combines the best of tennis, badminton, and ping-pong, and is an absolute gem in the world of recreation," Cathy Noble said. "Its versatility, fast-paced nature, and easy accessibility make it a game loved by people of all ages and skill levels. The Oktoberfest tournament is a great way for spectators to see what all the fuss is about."

The Oktoberfest pickleball tournament will include onsite food vendors serving breakfast and lunch, as well as a beer truck and other beverage options for sale.

For players, registration is \$45, and the registration deadline is Sept. 15.

Tournament organizers will post the full tournament schedule, including match start times, two weeks prior to the tournament. Organizers will break out age/skill brackets accordingly about three weeks prior to the tournament.

For more information, contact Cathy Noble at cmznoble@gmail.com.

Organizers are also seeking sponsors for the event at three different levels: gold (\$1,000), silver (\$500), and bronze (\$250). For information on sponsorships, contact Donahue at ddonahue@oceanpines.org.

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Since 1982

OPA Police receive two major grant awards

The Ocean Pines Police Department recently received two grant awards, for police retention and for community engagement.

Police received \$20,000 from the Maryland Governor's Office of Crime Control and Prevention for police retention.

Chief Tim Robinson said the funds would be used for providing both retention incentives for current officers and recruitment incentives for future new hires.

The department also received \$2,750 from the Maryland Governor's Office of Crime Control and Prevention for the police department's community engagement programs, specifically to help pay for police overtime for events like the recent National Night Out celebration and staffing for July 4 fireworks and other large events.

Both grants were secured by grant specialist Valerie Mann, with help from Ocean Pines Police Lt. Shakhan Toppin.

Robinson said Ocean Pines Police would continue to seek and utilize grants to help fund police

activities, and to help recruit and retain officers.

"We are grateful to the Governor's Office of Crime Control and prevention for awarding these two grants to Ocean Pines," he said. "With this help we will be able to help maintain our current staff of officers while attracting new ones with one of the grants, and it will make it easier to provide police assistance with major events in our community."

Spaghetti fundraiser scheduled

On Saturday, September 9 the Bishopville Volunteer Fire Dept Auxiliary will hold a spaghetti carry out/dine in dinner at the main station in Bishopville from 4 p.m. to 6 p.m. Meat or meatless sauce, regular or gluten free noodles, salad, garlic bread and dessert will be available for \$12 per platter and \$6 for children under 8 (half portion). Call 619-922-9950 to preorder by September 6.

section. But honestly, the wind left a lasting impression on me.

The Lower Shore Land Trust sponsored a kayak paddle in July 2023. About 15 of us put in at Ayers Creek Adventures that provided the boats, paddles, and PFDs (Personal Flotation Devices). I was the last boat on the water; everyone else had headed downstream towards the distant bay. I went upstream, and eventually reached Sinepuxent Road, where I realized I was, unusually, all alone on the water. At first, I was, I admit, scared. Then, the breeze rustling the phragmites, and the birds a'singing, became pure magic. A bonus: the low-in-the-water kayak had handled the wind much better than our canoe.

Safety Tip: we never launch a boat without wearing a PFD: As a Coast Guard Auxiliary presentation once pointed out, "The time to put on your PFD is not when you're being hurled out of your boat."

Maryland Coastal Bays sponsored a group paddle/hike, led by very knowledgeable and quite earnest, Liz



Helping critically ill children

Above (L-R) are Kiwanis Club of Greater Ocean Pines - Ocean City, MD President **Bob Wolfing** presenting a \$1,000 check to Children's House by the Sea Programs Director **Mary Decker Brown** after she was the guest speaker at the club's weekly meeting on August 9.

Bertino to host town meeting

Worcester County Commissioner President Chip Bertino will host a town meeting on Thursday, September 14, 2023 at 6 p.m. at the Ocean Pines library. Commissioner Bertino will give an update on what is going on around the county.

Commissioner Bertino's guests include Worcester County Sheriff Matthew Crisafulli, Lauren Cooper, executive director of the Cricket Center and Jennifer Keener, director of Development Review and Permitting.

Sheriff Crisafulli will discuss new discipline programs to be implemented within county schools. Ms. Cooper will talk about the Cricket Center's main objective to reduce trauma to child victims by bringing all necessary local agencies together. Ms. Keener will provide information on the redistricting efforts within the county.

"This will be an informative meeting," said Commissioner Bertino. "There's a lot going on in the county and I believe my guests will have a lot to share."

and Billy. A while later we attended a 5 p.m. kayaking event sponsored by two Land Trust board members and lead by Suzy Taylor. About 20 of us headed downstream, under the bridge, where the creek, and its twists and turns are significantly wider. It was an informative, satisfying paddle for all.

Back at the idyllic, tranquil Adventures property, there were snacks, drinks, and a campfire. The conversation and camaraderie of the like-minded outdoors people flowed. Then somebody speared a marshmallow, held it over the fire and then made s'mores. I couldn't remember the last time we had a s'more. Priceless. Things don't get much better than this.

See you on the Creek!

Kathy and Ralph Ferrusi are avid hikers, bicyclists, canoeists, world travelers, and, readers. They live in Ocean Pines' Bay Colony where they enjoy fine and some not-so-fine wines. Comments, suggestions: rjferrusi@frontiernet.net.

The Courier will be on hiatus and will return September 6.

creek from page 1

above the vast Chincoteague Bay. Largely undeveloped, the creek and its adjacent marshlands make up the biggest expanse of marshlands in Worcester County. Upstream from the Adventures put-in it's about a mile and a half to Sinepuxent Road. Southbound, under the bridge, it's a long three-plus miles or so to Newport Bay.

My introduction to Ayers Creek a few years ago was a bit rocky, make that windy. We had launched our 17foot Royalex canoe at Ayers Creek Adventures. The wind was whipping from the south, but we had handled strong winds before. Heading across the creek, then left (north), the wind battered us, making the boat a challenge to handle. Eventually the creek narrowed, twisting and turning up to Sinepuxent Road, where it wouldn't be worth the effort to attempt to portage across the road, so we headed back. We really enjoyed the narrower twisting turning

No, no, not again

Not for the gold of Midas would I relive the teenage years. Awkward experiences. Growth spurts. Uncontrollable moodiness. Raging hormones. Scattered thoughts. Romantic awakenings. Puberty. It's a wonder the human species endures. Entering teen-hood is akin to learning to drive by speeding

Getting used to what felt like 20 pounds of sharp and abrasive mouth gear took time. I was given wax to apply at the back of my mouth so the wire ends would not lacerate my inner cheek. The wax offered little protection. Brushing my teeth became more of a chore because each brace-covered tooth had to be

brushed carefully to ensure food particles did not embed in the hardware.

The barbaric treatment intensified with the dreaded night head gear, a Medieval looking apparatus with stainless steel prongs that slid into sleeves attached to the top molars on either side of my

mouth. A rubber band stretched across my front teeth which was expected to apply more pressure to close the gaps. All this was held in place by a wide, adjustable elastic band that enveloped my head. I could only sleep on my back, learning soon enough that rolling on my side would release the head gear, ejecting the prongs into my jowls.

Each morning, with considerable difficulty, I stretched tiny rubber bands from a back molar brace fitting to an eye tooth fitting. I carried a bag of these bands with me so a broken one could be replaced during the day. These bands were also suitable for makeshift slingshots fashioned with two pencils that could hurl paper footballs a respectable distance during third period Algebra.

Like so many kids before and since, I endured this treatment for several years, not able to eat corn on the cob or an apple from its core. Not once did I lock braces with a girl.

Liberty came on a bright afternoon in spring when the hardware was permanently removed. The gaps and overbite were gone. Bring on the corn! Bring on the apples! Bring on the girls! Bring on the retainer! Wait. What? Retainer? So, I wasn't really, completely, totally, one hundred percent free. I had to wear a retainer for a couple more years to ensure my teeth stayed in place. The fear of God and worse – the fear of Mom – was put into me not to lose the retainer.

Time blurs unpleasant memories, but I do have tattered recollections of a missing retainer or two or three. I also remember biting into my first ear of corn. And it was sweet. So, I had another.

The braces may have been gone but more time was needed for the acne to fade, for my face to catch up with my nose and for the unibrow to be plucked. As for the girls, well that took a little more time still.

No, I wouldn't want to relive my teenage years.



It's All About. . . By Chip Bertino

chipbertino@delmarvacourier.com

down a desolate road on a moonless night without a roadmap, headlights or compass. Life is both familiar and unfamiliar. Why is it the blonde hair girl sitting at the next desk in Sr. Mary Elizabeth's math class looks the same yet I feel differently when I look at her? She's sat in the desk next to mine since first grade so why do I keep looking at her? Is she looking back at me? Is she?

It was a time when polyester suits and platform shoes moved to the rhythm of disco; when Farrah was *the* pin-up girl; and, Starsky and Hutch were cool. That's when I stumbled, pocket-protector first, into my teenage years as a nerd in appearance, esteem and outlook. I had a honking nose that hadn't yet complemented my face, a bushy unibrow, zits and acne and an overbite. I was worthy of a Jerry Lewis telethon. No wonder the girls stayed away from me.

As if puberty didn't come with enough challenges, there was an ultimate scourge for teenagers with crooked and uneven teeth — the orthodontist. That's right. Braces.

It happened to other kids in eighth grade before it happened to me. My friend Marc got them. So did Karen and Marianne. Frank (not Other Frank) too. Then it was my turn to take a trip to Feasterville to visit Dr. Seiders' office. The first visit wasn't bad, just some conversation. Things got more real during the second visit when molds were taken by biting down on plates filled with goop which had to stay in place until it set. Yuck!

During the next visit hardware installation commenced. This was an era before invisible braces. These were the days before behind-the-teeth or colored braces. These were still early times when each tooth was encircled with a metal sleeve. Wires were installed which, during the course of treatment, were tightened to close the gaps. Looking back, my opinion is unchanged. The process was barbaria.





Common sense should prevail with offshore wind

Editor:

Do you remember the line from "The Wizard of Oz" when Dorothy and her companions are on their way to Oz and



are afraid of being attacked? The line was "Lions and tigers and bears - oh my! Lions and tigers and

bears - oh my!" Well, I have revised that to "Murphy and Carney and Moore - oh my!" referring to the three Democrat governors of NJ, DE and MD who are absolutely determined to go full steam ahead on offshore wind, no matter what evidence of harm to wildlife and commercial fishing and the economy is presented.

I read Doug Miller's letter to the editor of August 11 with interest, also. I'm not entirely sure from whence his information comes, but I would like to dispute a couple of his points. First, I don't understand equating people who oppose industrial size wind turbines a few miles offshore with "culture wars" in Florida.

Regarding Mr. Miller's statement that concern about whale deaths is nonsense, I beg to differ. The concern is well-founded and what we are asking for is a moratorium on construction until the issue can be studied completely including necropsies on the dead creatures that includes what damage

there may be to their ears due to the impact of the loud sonar necessary to the building process. Over 60 whales have washed ashore along New England, New York and New Jersey since December, 2022, where surveying for the turbines has been underway for a while. Has that ever happened before? I don't recall anywhere near this number of whale deaths at any time in the 45 years I have lived near the Atlantic coast.

Mr. Miller also contends that the Europeans are not having any "notable bird and whale die-offs" after years of offshore turbines. This is simply not true; many European countries are having significant difficulties, inclusive of marine traffic incidents, marine life deaths and population decimation.

Finally, don't forget that just recently the IPCC warned that the green lobby needs to cool down on the alarmist global warming claims.

A good person to listen to on the whole global warming agenda is Bjorn Lomborg - an environmentalist who believes whole-heartedly in man-made climate change but has common sense ideas for how (and even whether) to deal with it that won't destroy lives (both human and animal).

So, do I sound like a culture warrior?

Carol Frazier

Ocean Pines



Kiwanis learns about local historic schools

The President of the Germantown school, Barbara Purnell recently spoke to the Kiwanis Club about the history of two Maryland schools that were built for African American children as part of the Rosenwald School Building Program. She also discussed when the Germantown School was turned over to Worcester County in 1962, was used as a county garage and was restored in 2002 as a Community Historic Center.

Above (L-R) Kiwanis Club President **Bob Wolfing**, **Barbara Purnell**, **Dr**, **Clara L**. **Small** and Speakers Chair **Lynne McAllorum**.

Kiwanis meetings resume

As of August 30 the Kiwanis Club resumes meetings event Wednesday in the Assateague room of the Ocean Pines Community Center Doors open 7:30 a.m. for meeting at 8 am. Third Wednesday meetings are offsite and will be updated monthly. Guests are encouraged to visit and learn about what the club is and does. See www.kiwanisofopoc.org and Facebook for more information. Kiwanis is a volunteer organization dedicated to helping children and families in Worcester County.

According to WorldPopulationReview, the average funeral cost as of May 2023 was \$7,630. Funeral costs are affected by a host of variables, including location, so the services may come in below, at or above that median depending on

where the ceremony is being held. And while that cost may raise an eyebrow, the National Funeral Directors Association notes that the median cost of a funeral rose 6.6 percent between 2016 and 2021, while the overall rate of inflation was roughly twice that amount (13.98 percent). Individuals who do not want their families to foot the bill for their funerals should know that it's possible to pre-pay for a funeral. States have their own laws regarding pre-paying for a funeral, so individuals are urged to learn the details of the state where they live prior to handing

over any money. Some states protect families that are pre-paying for funerals. For example, the New York State Department of Health notes that individuals who pre-pay for funerals in the Empire State have the right to request a Pre-Need Agreement, which is a document that addresses various details related to the funeral, including how final expenses will be determined; if additional funds will be needed when death occurs; what happens if merchandise selected for the funeral, such as a casket, is no longer available; and what will happen if any money remains after the funeral bill has been paid.



The death of silent-screen idol Rudolph Valentino on August 23, 1926 at the age of 31 sends his fans into a hysterical state of mass mourning. In his brief film career, the Italian-born actor established a reputation as the archetypal screen lover. After his death from a ruptured ulcer was announced, dozens of suicide attempts were reported, and the actress Pola Negri, Valentino's most recent lover, was said to be inconsolable. Tens of thousands of people paid tribute at his open coffin in New York City, and 100,000 mourners lined the streets outside the church where funeral services were held. Valentino's body then traveled by train to Hollywood, where he was laid to rest after another funeral.

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pid You



Obituaries

John Joseph McCurry, 75

John Joseph McCurry, age 75, passed away on Tuesday, August 8, 2023, at his home in Ocean Pines, MD.



Born in Philadelphia, PA, he was the son of the late William McCurry and Ann Adams.

J o h n worked at L3 Communica-

tion for 50 years as a diligent machinist supervisor. He loved golfing, fishing and Philadelphia sports, especially the Red Hats. John loved nothing more than spending time with his beautiful grand-children and his adult children, John and Michael. John married the love of his love, Linda, and were married for 55 years. Soon after they were married he was drafted into Vietnam which changed his life forever. He loved his country and adored his flag. In his later years, John was diagnosed with Alzheimer's and peacefully died at home with his wife by his side.

John holds National Defense Service Medal, Vietnam Service Medal, two Overseas Bars, Combat Infantry Badge, Army Accommodation Medal, Purple Heart, Air Medal, Vietnam Campaign Medal, Bronze Star Medal and Marksman. John was kind, lovable, sweet, honest, humble and good man. He was

so loved, and will be truly missed. Our support and love from this beautiful community in Ocean Pines is truly a gift. Thank you to all of our beautiful friends who helped take care of John and his family.

He is survived by his wife, Linda McCurry, two sons, Johnny McCurry (Donna), and Michael McCurry (Andrea), one brother, William McCurry (Gerri), and four grandchildren, Shane McCurry, Skye McCurry, Patrick McCurry, and Connor McCurry.

In addition to his parents, he was preceded in death by a brother, Mac McCurry.

In lieu of flowers, the family asks that donations in John's name be made to The Community Church at Ocean Pines, 11227 Racetrack Rd., Berlin, MD 21811, or Veterans Memorial Ocean Pines, PO Box 1576, Ocean Pines, MD 21811.

A memorial service was held on Friday, August 18, 2023 at The Community Church of Ocean Pines. Letters of condolence can be sent to the family via www.burbagefuneralhome.com. Arrangements are in the care of The Burbage Funeral Home.

James J. Wieboldt, 69

James John Wieboldt, of Ocean Pines, Maryland, age 69, born June 28, 1954, passed away on August 12, 2023. Born in Jamaica, NY, he was the son of the late William Wieboldt and Libbie Tabor.

He leaves behind his wife, Dr. Cynthia H. Roman, a brother Alfred (Maritza Guzman), son William (AJ Neaher), daughters Pamela (Daniel Botkin) and Janice (Harry Purdham IV), stepdaughter Katrina Roman (Scott Boyer), and a grandchild Harry Purdham V.

In addition to his parents, his wife, Christine A. Freely, had predeceased him in 2007 at age 50.

He has a degree in Computer Science from the New York Institute of



and spent his entire working life as a computer systems engineer. He was an Amateur Radio Operator, obtaining his license

Technology,

at 16, and served in Amateur Radio Civil Defense. He was proud to have programmed the first computerized fire department dispatch system for Hicksville Fire Department on Long Island. He also enjoyed working as a Systems Engineer for Wang Laboratories.

In lieu of flowers, the family asks that donations be made in Jim's name to The Maryland Coastal Bays Program, 8219 Stephen Decatur Highway, Berlin, MD 21811.

Cremation followed his death. The gathering to remember him will be private and there will be no formal service or funeral. Letters of condolence can be sent to the family via www.burbagefuneralhome.com. Arrangements are in the care of The Burbage Funeral Home.

Wor-Wic child center adds preK class

Wor-Wic Community College will offer two prekindergarten classes for three- and four-year-olds this fall thanks to a grant from the Maryland State Department of Education (MDSE).

The grant of \$520,000 will fund prekindergarten at Wor-Wic's child development center for up to 40 students who meet income guidelines in Wicomico County, or who speak a language other than English at home or have an individualized educational plan (IEP) or individualized family service plan (IFSP). The grant is a result of the Blueprint for Maryland's Future, which aims to broaden prekindergarten in the state for all of Maryland's 3- and 4-year-old children

"We had a very successful start last year with our first prekindergarten class, and now we are expanding to a second classroom to meet our community's needs," said Sandra L. March, child development center director. "We are excited to be able to help families in this way. Developmentally appropriate early childhood education and care are not only good for children but for parents as well. The partnerships and collaborations in the community have been phenomenal to make sure children in these classes have a positive and productive educational experience."

The prekindergarten program provides students with a full school day of instruction, along with breakfast and an afternoon snack. Transportation is not provided.

The Wor-Wic child development center is accredited by the MDSE 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.

"We take pride in our center, and consider ourselves in a class of our own," March said. "Our campusbased, high-quality program serves not only students but the community as a whole."

For information about the prekindergarten program, call 410-334-2962. Application is through the Wicomico County Schools website; visit www.wcboe.org and click on "Enrollment and Registration."



Eastern Equine Encephalitis identified in Worcester County

The Worcester County Health Department received notification from the State of Maryland that a mosquito pool in the Whaleyville area of Worcester County recently tested positive for Eastern Equine Encephalitis (EEE). The mosquito species that tested positive feeds primarily on birds. This is the first positive test for EEE in Worcester in 2023.

Arboviruses, such as the EEE virus, are most common during the summer and fall months. The viruses are transmitted by infected mosquitoes and spread to humans, birds, horses and other animals. Since mosquitoes can breed in as little as a quarter inch of water, eliminating standing water is critical for the control of mosquito populations. Many factors impact when and where outbreaks occur, such as weather, numbers of mosquitoes that spread the virus, and human behavior.

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

Remove standing water around your home; as little as one-half inch of water will support dozens of mosquitoes. Remove or turn over buckets, bottles, and other containers; discard old tires or drill drainage holes in tires used for playground equipment; clean rain gutters; store canoes, wheelbarrows, and plastic wading pools upside down; flush birdbaths and the bottom of plant holders twice a week; remove pet food and water dishes that are not being used; adjust tarps (over pools, boats, etc.) to eliminate standing water; fix dripping faucets.

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

Use an Environmental Protection Agency (EPA) approved mosquito repellent sparingly on exposed skin. Consult a physician before applying EPA approved mosquito repellent to young children. Avoid applying repellents to the hands of children and do not use repellents on children under three years of age.

Follow package instructions carefully.

Spray clothing with EPA approved mosquito repellent as mosquitoes may bite through thin clothing.

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

Inspect window and door screens and repair any holes found.

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

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

Mosquito spraying is expected to be conducted in the Whaleyville area

in response to this report. Details regarding date, amount of area and method of distribution will be provided as they become available and will be weather dependent.

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

Free online artist business courses offered

The Art League of Ocean City is offering a series of free pre-recorded online "Business of Art" classes with the support of a grant from the Worcester County Arts Council.

Designed for artists who want to learn more about the business side of art, these pre-recorded classes cover a variety of topics, including marketing and promotion, pricing strategies, legal issues, and financial manage-

please see courses on page 14



Catholic schools are popular options for education

Education is a personal decision for every family. Families have many education options to choose from, and that includes private institutions.

When considering private education, families may consider Catholic schools. The family and parenting resource Verywell Family indicates that Catholic schools have the highest enrollments and the greatest number of schools in operation of all private schools in America.

The first Catholic parochial school opened in Philadelphia in 1783 and was called St. Mary's School. Interest in Catholic education soon started to grow, especially during the mid-19th century, when

the United States welcomed an influx of Catholic immigrants. By 1920, there were around 1,500 Catholic schools in the United States, reaching peak enrollment and total number of schools in the 1960s.

Catholic schools still present a viable education option for students in the 21st century. Each year during National Catholic Schools Week, which is the last week of January, the country celebrates Catholic education. It's also a time when many Catholic institutions host open houses and sponsor recruitment campaigns for the upcoming school year. CSW is now entering its 48th year, and 2022 events will include special masses, assemblies and other

activities for students, families and parishioners, according to the National Catholic Educational Association.

With CSW on the horizon, consider these points of interest about Catholic education.

The NCEA says academic excellence is a hallmark of Catholic education, but it is directed in a way to foster the growth of the whole person - mind, body and spirit.

Service is fundamental to Catholic education and is a core teaching of the Catholic faith. Students enrolled in a Catholic school can expect to participate in service projects.

Many people are drawn to Catholic schools because of the smaller,

more intimate campuses and class sizes. NCEA indicates the average student/teacher ratio in Catholic schools is 13:1.

Statistics for the 2018-2019 school year indicated there were 6,289 Catholic schools operating across the country.

Catholic schools enjoy diverse populations and have a history of welcoming and supporting lower-income students. The NCEA says the Hispanic/Latino population accounted for 20.7 percent of Catholic





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school populations in 2017.

While many of the students enrolled in Catholic parochial schools are practicing Catholics, it is not necessary to be Catholic, or even Christian, to attend.

Catholic schools require a significant financial commitment. Niche, the school comparison and rating company, and the NCEA indicate the average cost of Catholic elementary schools in the U.S. is \$4,400 per year, while Catholic high schools cost around \$9,840 annually. However, many families feel the cost is well worth it because of the education students receive at Catholic schools.

Butt Tales

By Joe Reynolds

OceanPinesForum.com

Dateline 1981: Dry Tortugas

Fellow writer Earl Shelsby and I were at the dock adjacent to Sugarloaf Lodge, just north of Key West, awaiting a float plane to carry us and our gear to Fort Jefferson, a part of Dry Tortugas National Park. It was the start of a one-week fishing adventure 70 miles west of Key West. No stores. No phones. No restaurants. No motels. Nothing but what one brings along.

Ponce DeLeon discovered this remote group of islands in 1513 and named them Tortugas after the many turtles he found nesting there. Later explorers added the word Dry to the name as a warning that fresh water was not available. James Fennimore Cooper used the area as the locale for

his novel Jack Tier and Audubon studied the birdlife there in 1832.

Awaiting the float plane, we somehow began discussing the trip as a wonderful opportunity to leave behind our cigarettes and experience a week of cold-turkey abstinence. We also decided the goal was to go cigarette-free on return, so we threw all our cigarettes in our possession in a trash can. On second thought, it probably took a mid-size dumpster. What fools we mortals be.

The plane arrived. We packed our clothes, fishing and camping gear, food and drink for the week, and took flight to Garden Key, the site of Fort Jefferson. A short while later we unloaded everything at a dock on the south side of Fort Jefferson and then hauled it to a camping area along a

beach on the west side. The small Key is dominated almost entirely by the old brick fort, built around 1850. During the Civil War, the fort was also used as a prison, mainly for Union deserters. Its most famous prisoner was Doctor Samuel Mudd, the physician who set the broken leg of John Wilkes Booth.

The scenery was fantastic. Few campers were on the

island. We set up a small tent in the shade of a palm tree. Our front door overlooked a white coral beach and the sea beyond with its delicate shades of green, blue, and purple. Each evening the sun went down in a brilliant display of golds. We sipped beer from our ample supply, longing for a few butts.

The only permanent residents were the Dry Tortugas National Park manager and his wife. They had quarters inside the old fort. Earl and I had a small skiff waiting for us at the dock, towed there by a friend of Earl's who chartered week-long trips for anglers aboard his vessel at the time. I was on assignment to write about our adventure for *Salt Water Sportsman* magazine

Our goal was to find bonefish or tarpon on the shallow flats surrounding the fort. None were to be found, but the flats were covered with large barracuda, lined up like cars on a giant white parking lot. The cuda grabbed flies with abandon, nearby parkers scattering like frightened rabbits during the ensuing fight, then quickly resumed their assigned parking places. Wading amongst them, they would move slowly aside, then fall back in place. A sight to behold.

Enough of that. Back to the Butt

Author with a fly-caught barracuda in the waters of Dry Tortugas National Park. Circa 1981. Note the "rope fly," simply a long, combed piece of nylon rope tied on a hook.



Fort Jefferson on Garden Key in the Dry Tortugas National Park. 70 miles west of Key West. Our campsite was on the lower right beach area near the moat.

Tale. The fort superintendent's wife took us on a tour inside the fort, including a look at their living quarters. She was a smoker. Several open packs of Marlboro were visible in various locations. Ashtrays abounded.

At one point, while she was explaining something to Earl, I was tempted to grab a pack and stick it in my pocket. I resisted. Later I considered asking her to sell us a carton. I resisted.

The week went by. A float plane arrived on time for our return to Sugarloaf Lodge. The flight was uneventful. As though choreographed, Earl and I quietly disembarked, each going in different directions. As it turned out, our goal was the same. Find cigarettes. When we again saw each other, we were both puffing away in a state of ecstasy only an addict could understand.

A "Paul Harvey" aspect of this expedition was a stupid error I made in the Saltwater Sportsman article where I noted incorrectly that John Wilkes Booth was imprisoned at Fort Jefferson. It was actually Doctor Samuel Mudd, perhaps wrongfully implicated in the assassination of Abraham Lincoln after doing surgery on Booth's fractured leg in Southern Maryland after the assassination of Lincoln. Mudd was pardoned by President Andrew Johnson and released from prison in 1869.

My editor at Saltwater Sportsman said the error produced the most letters and phone calls the magazine had ever received about an article.



Pickleballers, stop the static

By Billy Hamilton

Recently I've noticed an increase in pickleball injuries. This is



Billy Hamilton

obviously partly due to the increase in popularity, so more people are playing the sport. Other possible causes of injury are shoe improper wear, dehydration, improper and stretching. I've

written articles in the past on the first two, so this time I will focus on static vs dynamic stretching. I will explain how and when to do each type of stretch. Understanding the difference and when to perform each type is critical in preventing injury while playing pickleball, or any sport for that matter.

What is static stretching? This type of stretch is the one we all think of when it comes to stretching. Static stretching involves isolating a muscle group and elongating it for a stationary hold time, usually 20-45 seconds. Typically, you would perform this type of stretch two to three times on the same muscle group. This is an effective way to improve flexibility in the long term. However, contrary to what most people think, this type of stretch should not be performed within two hours prior to playing a sport. Our muscles are temporarily weakened and more prone to injury for up to two hours after static stretching. We should however focus on a proper warm up that includes dynamic stretches.

Dynamic stretching is controlled movement of the joints through

Some of My Favorites

their range of motion. Typically you would want to choose motions that you will be doing in the sport that is about to be played. For example, if you want to stretch your hamstrings and hip flexors dynamically, you would perform a controlled "leg swing" forward and backwards 10 to 12 times each leg. You can easily find many different dynamic stretches for each muscle group online or by setting up a consultation with your physical therapist.

Now let's put it all together. Prior to playing a sport like pickleball, you will want to first perform a warm up jog for five to 10 minutes. This jog should be low to moderate intensity. You will want to follow this with some dynamic stretching. Then have fun playing some pickleball! Once you are done playing, your muscles will be warm and ready for static stretching. So, a good rule of thumb is to never perform static stretching before playing pickleball (or any other sport). This information, along with adequate hydration and proper shoe wear, on when to do the right type of stretching will greatly reduce the probability of suffering an injury while playing America's new favorite sport!

If you have more questions on this topic, feel free to reach out to me via email or call our office to set up a time to talk.

William "Billy" Hamilton Jr. is a Doctor of Physical Therapy and owner of Hamilton Physical Therapy. He can be reached at 410-208-3300 Billy@hamiltonptcares.com.

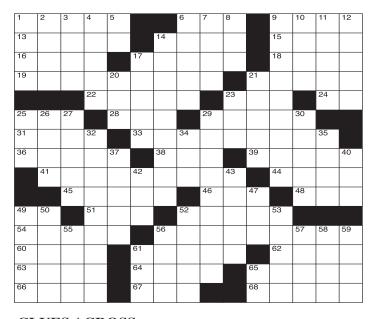
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CLUES ACROSS

- 1. Russian painter
- 6. Very fast jet
- 9. Phillipine municipality
- 13. Intestinal
- 14. Small freshwater fish
- 15. Algerian coastal city
- 16. Vomit
- 17. Famed astronomer
- 18. Ghanaian currency
- 19. Improved the condition of
- 21. Int'l association of interpreters
- 22. Infections
- 23. Dish made with lentils
- 24. Thou
- 25. Former CIA
- 28. Unit used to compare power levels
- 29. Members of Pueblo people 31. Myanmar monetary units
- 33. Polished
- 36. Signed a contract
- 38. Nothing

- 39. Once-ubiquitous department store
- 41. Neural structures
- 44. Thick piece of something
- 45. Slang for trucks with trailers
- 46. Longing
- 48. Senior officer
- 49. Levels of frequency
- 51. Bird's beak
- 52. Move rapidly downwards
- 54. Koran chapters
- 56. Streteches out
- 60. Top of the human body
- 61. A Chinese temple and Indian town are two
- 62. Fertility god
- 63. Sea eagle
- 64. Dry
- 65. Zodiac sign
- 66. "Horizon Call of the Mountain" character
- 67. Have the ability to
- 68. Take somewhere

CLUES DOWN

- 1. "Iron Man" actress Leslie
- 2. Wings
- 3. Adjust the spacing
- 4. They're usually locked
- 5. Atomic #43 6. Wise individuals
- 7. Horse mackerel
- 8. Pearl Jam's debut album
- 9. Confines 10. Colorless crystalline compound
- 11. Unsatisfactorily
- 12. Plant of the parsley family
- 14. Determines time 17. Causes the birth of
- Small ornament on a watch chain 21. Richly decorated cloth tapestry
- 23. Vito Corleone was one
- 25. Igbo musical instrument
- 26. Put in harmony
- 27. Japanese alcoholic drinks

- 30. Closes tightly
- 32. Songs sung to one's lover
- 34. One thousandth of an inch
- 35. Small drink of whiskey
- 37. Political divisions in ancient
- 40. Helps little firms
- 42. Baby's eating accessory
- 43. Very long periods of time 47. Small block of wood
- 49. Town in Surrey, England
- 50. Enquiry
- 52. Murdered
- 53. Bura-__: Chadic language
- 55. Crater on Mars
- 56. Mammal genus
- 57. Sock
- 58. Make
- 59. Stony waste matter
- 61. Partner to cheese
- 65. Pound

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Answers for August 16

How parents can pick the right backpack

Students need many different supplies to help them move to the head of the class. Teachers frequently post lists online before school begins or advise students in the early days of the new year. Therefore, parents may want to wait to go back-to-school shopping until they learn what's needed. There is one piece of gear, however, that students will definitely need: a backpack.

Backpacks have been helping students transport books and other materials to and from school for decades. Backpacks are not a new invention, and they actually predate school. Tzi, a man whose mummified remains have been traced to the Copper Age, carried an animal fur rucksack during his travels. American Civil War soldiers carried bindles, and Henry Miriam developed one of the first knapsacks for the U.S military in 1877. It wasn't until the late 1940s that kids started using backpacks for school, as more materials were available to make these bags after World War II. Backpacks are now ubiquitous on school campuses around the world.

Backpacks are available in many different sizes and styles. Not all of them are created equal, and some may be better and safer for students than others. Here are some considerations.

Look for even, secure stitching that will not come undone easily. Inexpensive backpacks may last a few weeks, but a more durable backpack can last the school year and beyond.

Pass up backpacks with frayed fabric edges that could unravel, says Consumer Reports.

Opt for backpacks with zippers that have fabric flaps over them to keep water and other elements out of the backpack, helping prolong its life span.

Consider a synthetic material, which will be lighter to carry and more resistant to water.

The Courier will be on hiatus next week, returning September 6.

Choose a backpack with lots of compartments that can spread the weight of gear out across the bag.

Look for bags that have padded backs and straps. The padding should be ventilated, so the backpack will not get very hot when the child is using it.

Karena Wu, a physical therapist and owner of ActiveCare Physical Therapy in New York, encourages parents to choose backpacks with tapered straps that will conform better to their children's bodies. A waist strap can help keep the backpack centered on the child's torso to help disperse the load

If the school allows it, a rolling bag is a great way to prevent strain on the back. Verywell Family says children should carry no more than 15 percent of their bodyweight in the backpack. That means a 60-pound child shouldn't carry more than nine pounds.

Select a backpack that is sized accordingly to the child. It may be tempting to buy the largest one around, but that can be cumbersome and the student may overload it.

Many students now use laptops or tablets for school. It is a good idea to buy a backpack that has a padded pocket for tech devices to protect them during transport.

Although it may not seem trendy to do so, backpacks should always be worn with all straps in place to distribute weight evenly; otherwise, strain may be placed on one shoulder or side of the body. This, in addition to choosing the right backpack, can keep students comfortable and safe.



Tides for Ocean City Inlet

Day	High /Low	Tide Time
Th 24 24 24 24	High 1: Low 7: High 2: Low 8:	:40 AM 40 AM 22 PM 42 PM
F 25 25 25 25 25	High 2: Low 8: High 3: Low 9:	27 PM
Sa 26 26 26 26	High 3 Low 9: High 4: Low 10:	33 PM
Su 27 27 27 27	Low 10:	43 AM 35 PM
M 28 28 28	0	46 AM
Tu 29 29 29 29	Low 12 High 6: Low 12: High 7:	51 AM 46 PM
W 30 30 30 30	Low 1 High 7: Low 1: High 8:	46 AM 43 PM



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Some things to think about

Gathered from the internet by Jack Barnes



When you forget to drink your morning coffee



Yesterday, I was cooking dinner, and my son came up to me and said, "One day I will work and help you with the bills, the groceries, and the house expenses." My eyes started to tear up. My baby will be 32 next month.

A grandmother's love

A doctor that had been seeing an 80-year-old woman for most of her life finally retired. At her next checkup, the new doctor told her to bring a list of all the medicines that had been prescribed for her. As the doctor was looking through these his eyes grew wide as he realized Grandma had a prescription for birth control pills.

"Mrs. Smith, do you realize these are birth control pills?"

"Yes, they help me sleep at night."

"Mrs. Smith, I assure you there is absolutely nothing in these that could possibly help you sleep!"

She reached out and patted the young doctor's knee and said, "Yes, dear, I know that. But every morning, I grind one up and mix it in the glass of orange juice that my 16-year-old Granddaughter drinks. And believe me it definitely helps me sleep at night."

You gotta love Grandmas!



Donation - Wor-Wic Community
College recently received a \$6,240 donation in memory of Deputy 1st Class Brian
K. Heller for the endowed scholarship in
his name. From left, Worcester County **Sheriff Matt Crisafulli**, along with Heller's
mother **Connie Widmann** and her husband **Dave Widmann**, of Parsonsburg,
presented the donation to **Stefanie K. Rider**, executive director of the Wor-Wic
Foundation and director of development, **Heather Trader**, development specialist,
and **Dr. Ray Hoy**, president of Wor-Wic.

Jazz and Blue night scheduled

Join Germantown School Community Heritage Center for "An Evening of Jazz and Blues" with Everett Spells on Saturday, August 28 from 6 p.m. to 9 p.m. Tickets are \$10 each. Bring your own chair and cooler. Meals will also be available for \$10 each.

The Center is located at 10223 Trappe Road in Berlin. The rain date is Saturday, September 9, 6 p.m. to 9 p.m. Call 410-641-0638 for more information.

Sneaker drive ends soon

The new or used athletic shoe fundraiser drive to support the programs offered at the Grace Center for Maternal and Women's Health located in Berlin will draw to a close at the end of August. Any gently worn, used, or new sneakers donated by the end of the month will be turned in to become material for road construction while the Grace Center will receive money to support their programs.

Your sneaker donations may be dropped off at the Grace Center for Maternal and Women's Health located at 10226 Old Ocean City Blvd., Unit 2, Berlin, MD 21811 - across from AGH. Please call 443-513-4124 if you have questions or need directions.

courses

from page 9

ment. Each class is taught by a professional artist or business expert who has experience in the art world and can offer valuable insights and advice.

The three classes were pre-recorded by the instructors, so viewers can access them with an internet connection from anywhere at any time. They are open to artists of all ages and skill levels, from beginners to professionals, and are free to view.

David Baxter leads an "Intro to Etsy" course, geared toward anyone considering opening an online store to market and

sell their work and who doesn't know where to start.

Abbi Custis teaches "Branding and Marketing for Artists." Lack of marketing is a common reason why talented artists don't generate income, and Custis reviews what's needed in promotional toolkits.

Liz Kauffman discusses "Best Practices for Creative Professionals," covering how to connect with an audience and where to find opportunities for making money from art.

The free pre-recorded online classes are available to access at OCart.org. Additional information is available by calling 410-524-9433.





Artist winners - The Art League of Ocean City presented a total of \$5.400 to the winners of the Artists Paint OC Plein Air Festival. Left to right: Judge Laura Era, chairperson Laura Jenkins, Art League president John Sisson, and plein air artists (front row) Barbara Kern-Bush, Maggii Sarfaty, Nancy Thomas, Jose Ramirez and (back row) David Simpson. Ed Lewandowski. Fred Jackson. and Dennis Young.

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