

The Courier

September 20, 2023 Volume 24 Number 3



Service - Randy Lee Ashcraft singing "Proud to be an American" last week at the 14th Annual Patriot Day Fashion Show and Luncheon honoring Local Women in Blue sponsored by the Republican Women of Worcester County. Photo by Linda Knight.



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Jersey girl finds life in Ocean Pines inspiring and creative

By **Elaine Bean**

“Honestly, I did not know anything about this area at all before we moved here, but we just fell in love with the combination of access to the ocean, waterways, mature trees, and community activities.” Mary Ellen Clark and her husband moved to The Parke in Ocean Pines in 2017 from just outside of New York City and never looked back. “I had never lived in a rural area before, so that part is new for me, and I love the cleaner air, less congested

computer Programming and switched into the corporate world where she worked for more than 25 years. Her third career was in workforce development, putting people into jobs, including for her alma mater at Rutgers and then for a nonprofit workforce coalition in New York City.

Clark’s management skills and community dedication have carried over to her time on the Shore, and she is currently chair of the board of directors of Stories Love Music, a local non-

profit that provides free training to caregivers who work with those with dementia, to use music as self-care and to reduce stress. The organization recently held their annual fundraising event at the Ocean City Center for the Arts in conjunction with the “Memories” art exhibit on display there in September.

Clark made her first quilt when she went away to college. “My first quilt was just squares of the fabrics of all the clothing I had made for myself to use on my dorm room bed. I did everything wrong, but it was a labor of love and I still have that crazy thing to this day.”

Clark’s quilts are much more than patchwork, depicting scenes, people, abstract designs, and things she loves. She uses a special sewing machine designed especially for quilting, along with a special iron, a large collection of scissors and rotary cutters, and excellent lighting.

“It’s quite a sophisticated sewing machine, and I enjoy what you might call fabric collage, free motion applique, and thread painting – using fabrics and threads as my paintbox to create landscapes, portraits, and abstract work,” she said.

Clark works out of a dedicated sewing and craft room in her home in the Parke, once a spare bedroom turned into a creation space. “I love going in there and creating, and I try to set aside time every day for some form of creation,” she said. “I was very disciplined about that during the pandemic especially, and I try to keep it forefront even as other activities call me away.”

Clark’s sewing room is filled with art work by friends, family, and artists from her travels around the world to keep her inspired. “Interestingly, during the pandemic I learned that there



is a whole world out there of YouTube videos and virtual communities and classes that connect people who have niche interests like mine together. I’ve learned so much from others this way and have found ‘my tribe’ of people who enjoy making similar kinds of fiber arts and teachers who have pushed me into new directions.”

Art matters to Mary Ellen Clark. “Personally, the joy of creating things from colors and textures is such a wonderful creative and emotional outlet ... Art makes you think. Art makes you feel in ways that help you process difficult emotions and our complex world. Art can connect you to a wider universe of people in ways you might not ever expect.”

“I am such a huge fan of the Ocean City Center for the Arts and the Art League,” Clark said. “Rina Thaler and her board, staff, and volunteers have created such a warm and welcoming community here for artists and art-lovers of all skill levels. I felt it immediately the first time I entered the building six years ago ... I love that the Art League continues to evolve and continues to encourage and nurture the artistic community in our area.”



roads, and friendly people.”

The Clark’s realtor who sold them their home encouraged Mary Ellen, an accomplished fiber artist, to get involved with the Art League of Ocean City. “She knew I’d love it,” Clark said. “When we moved here, I was not as focused on my own artwork because I had been working in my career. But with the monthly calls to artists and inspiring exhibits and classes, I’ve become a member and a big fan of the Art League. In fact, our first local activity beyond going to Home Depot and unpacking our lives was to go to a First Friday event, and we’ve been hooked ever since.”

Clark, who holds degrees from Douglass College at Rutgers University and Kean University, experienced three careers before the couple’s big move to the Pines. The first was as a music teacher. After teaching for four years, she took a certificate in Com-

Clark stays busy, as a member of the Quilters by the Sea quilting group, the Women’s Club of Ocean Pines, several knitting groups, a monthly art-inspiration group in The Parke, several book clubs, and a writers group.

And, in her spare time, Clark quilts. “I identify myself as a quilter, but it actually goes beyond that into what would more correctly be called fiber arts. I’ve always enjoyed making and creating things. My father worked for a school supply company, and, instead of fancy toys, my sister and I got construction paper, paste, scissors, chalk,

and paints to play with, and we developed a life-long love of using our imaginations for creating things. I’ve loved sewing since I was a little girl and made most of my own clothes in high school and college.”

WCDC to celebrate golden anniversary

On September 4, 1973, the Worcester County Developmental center (WCDC) opened its doors and began operations providing services to six individuals with an intellectual disability.

On Saturday, September 23, WCDC will hold an open house to celebrate 50 years of providing outstanding service and support to its clients.

As with many other agencies like WCDC, the agency was started by parents, educators and concerned citizens who saw there were few opportunities for employment or socialization for their adult children when they left the school system.

Many people, as well as the Worcester County Commissioners and the Worcester County School district were involved in forming the agency. In January 1973, Jeanette Congdon, Mabel Pruitt and Rose Canny filed the articles of incorporation, which were approved by the state and recorded on August 1, 1973.

On January 5, 1973, the organizational meeting of the board of directors was held in the extension building in Snow Hill to elect officers, adopt by-laws and conduct other items of business.

The original board was comprised of Jeanette Congdon, Mabel Pruitt, Rose Canny, Leroy Hall, William Fritz, M.D., Thomas Jones, M.D. and the Rev. Ivon Downing.

The original building was destroyed by fire. The agency spent a number of

years in temporary housing, thanks to Royal Plus, in Snow Hill while the new facility, built on the same location Newark Road as the original building.

Those who were there in the first years, or have knowledge of those years, will be encouraged to share their memories. WCDC has gone through many changes over the years, and it will be enlightening for attendees to compare where the center is now to where it has been.

A highlight of the day will be the dedication of the WCDC campus in memory of Betty Wilde, and the Center for the Arts in memory of Ethel and Phyllis Cherrix.

Ms. Wilde was a long-time benefactress to WCDC. Ethel Cherrix was a major force in starting WCDC so that her daughter Phyllis, who had Down Syndrome, would have a place to interact with others and be engaged in the community.

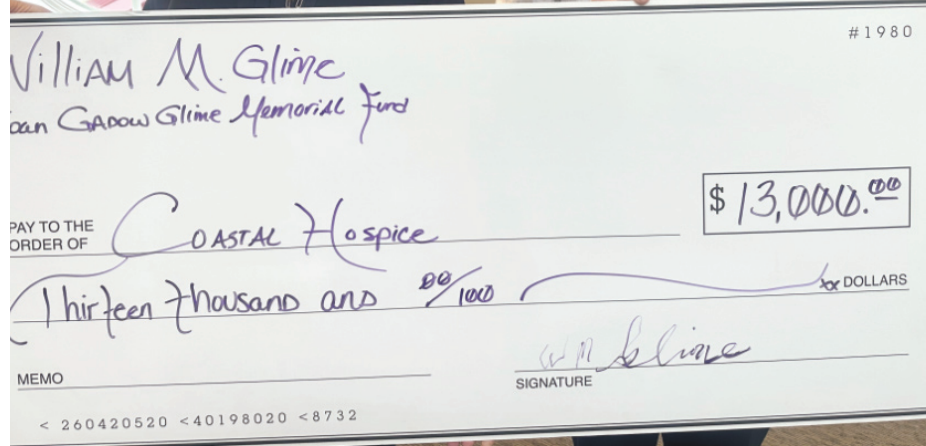
During the event on Saturday, attendees will learn more about the history of WCDC, some of it from the people who made that history, tour the WCDC building and interact with the clients.

A buffet will be served and music to dine and dance to will be provided by a DJ.

For more information, contact Stephanie James, WCDC's Executive D at 41-632-2382, ext. 117 or email to james@wcdcservices.org.



Second week - Students in Ms. Thompson's Kindergarten class at Ocean City Elementary School celebrated the second week of school by writing about their school supplies that they love. Some items included their pencils, crayons, water bottles, erasers and more. Pictured from left to right: Moriah Saby, Nate Berke, Matheo Colmenarez Zapata, Caspian Twilley, and Naisa Kc.



Donation - Coastal Hospice is the recipient of a \$13,000 gift in memory of Joan Gadow Glime who was cared for by our team at Coastal Hospice at the Lake in Salisbury, MD. Her husband, William M. Glime made this gracious donation from the Joan Gadow Glime Memorial Fund.

During an uplifting conversation with Director of Advancement Tammy Patrick, Mr. Glime shared, "Joan has been donating to Coastal Hospice since the mid-1980s when her mother, Miriam Taylor Gadow was cared for by the Coastal Hospice team."

Pictured Left to Right: **Tammy Patrick**, Coastal Hospice Director of Advancement and **William M. Glime**.

To learn more about Coastal Hospice, its services and the many ways people can donate, please visit www.coastalhospice.org.



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EOE

Doodles, square knots and a moving foot

Have you ever found yourself doing something aimlessly, giving absolutely no concentrated thought to what it is you're doing? No, I don't mean simply stumbling through life. I mean for instance, doodling is something a lot of

ger. I once worked with a woman who would chew on her long locks. Maybe she had a protein deficiency.

Strumming fingers on a desktop can go unnoticed by the person doing the strumming, unaware that people nearby are shooting unkind looks in their direction. Sometimes these finger strummers will begin tapping a foot and may even start to hum. Their only hint that they're doing anything bothersome is when they wake up hogtied in the



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

people do when they are talking on the phone, sitting in a meeting or doing nothing at all. It requires very little concentration and can be a release of nervous energy. It's just something that happens like a bee being attracted to honey. Some folks unconsciously fill in the white spaces in letters on a printed notepad. The letters "B" and "D" are easy targets for such distracting blackening efforts.

I have found myself aimlessly doodling on pieces of scratch paper from time to time. Some of my creations are real masterpieces worthy of framing but instead find their way into the trash can. Such a shame too because I'm sure with the right type of management my artistic stick figure renderings could be sold at auction as "primitive impressionism" for big bucks. The ones wearing cowboy hats would certainly find their way into the private collection of a European recluse. Oh well, I guess there's still time.

I also find when having a conversation during lunch at a restaurant that I twist tightly the paper sheaf of a drinking straw, fashioning it into a crude piece of rope and then making square knots. I can only make about two or three before the paper rips. It's not something I think about, it just happens. Sometimes I'll even steal the discarded straw wrapper of the person I'm with to continue this mindless exercise.

I guess all of us have some sort of unconscious habit or idiosyncrasy that is a part of who we are. For instance, some women nervously brush aside the hair over their foreheads with the backs of their forefingers while others absently twist their hair around a fin-

dumpster out back.

Some people have a tendency to snap their gum between their teeth while others like to blow bubbles over and over and over again. This becomes a problem when you unfortunately find yourself sitting in front of one of these people in a movie theater. How nice it would be to just turn around and give them a random punch in the dark. Now there's a mindless pursuit.

For the most part these affectations, if you can call them that, occur mindlessly; they're just a subconscious action. For instance, I know someone who when sitting down constantly moves her foot in a circular motion. It seems like an innocuous habit but it can be most distracting. And believe me I have been distracted by this for nearly 40 years. I'm not going to name names because I believe the guilty individual should remain anonymous; not so much for her sake but for mine. If I were to reveal the name of this person, this woman who lives with me, this woman who shares my last name, it would not be good, especially for me. I could wake up hogtied in the dumpster out back. Let me instead refer her habit as an "endearing quality" and move on.

Are you finished with that straw wrapper?

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The disagreement over climate change

Editor:

I wonder how many of your readers are aware of the disagreement within the scientific community regarding “climate change?” I would be willing to bet relatively few are, since it appears to be the goal of the media to sweep any such information under the rug. Therefore, I will be happy to inform your readers in the hopes that the truth will be known.

Over 1,600 scientists (including two Nobel Laureates) have signed a “No Climate Emergency Declaration” which dismisses the existence of a climate crisis and insists that carbon dioxide is beneficial to Earth. The

Declaration states “There is no climate emergency. Climate science should be more scientific. Scientists should openly address uncertainties and exaggerations in their predictions of global warming, while POLITICIANS SHOULD DISPASSIONATELY COUNT THE REAL COSTS AS WELL AS THE IMAGINED BENEFITS OF THEIR POLICY MEASURES” (Emphasis intentional). A good article on this subject can be found at “Just the News.com.” The actual Declaration can be found at www.clintel.org.

Just this week, Patrick T. Brown, Climate Team Co-Director at the nonprofit Breakthrough Institute in Berkeley, CA and a visiting research professor at San Jose State

University, who authored an August 30th paper in the prestigious British Journal “Nature” regarding the effect of climate change on wildfires said he “left out the full truth to get my climate change paper published”. Brown wrote that the study didn’t look at poor forest management and other factors that are just as, if not more, important to fire behavior because “I knew that it would detract from the clean narrative centered on the negative impact of climate change . . .” A good article on this subject can be found at www.phys.org.

Another excellent resource is “Unsettled - What Climate Science Tells Us, What it Doesn’t, and Why it Matters” by Steven E. Koonin, who served as a science advisor in the Obama Administration and is currently a professor at New York

University and was for 30 years a professor of theoretical physics at Caltech and where he also served as Vice President and Provost. A fascinating interview with Dr. Koonin can be found at Uncommon Knowledge on the Hoover Institution website.

I would hope that those reading this letter would start to question the government statements and rules and laws and regulations under which we are forced to live, as well as the wisdom of spending trillions of dollars and endangering our very way of life here on the Shore and in Ocean City (and indeed along the entire Atlantic Coast) when there is so much disagreement about “climate change”, its effects, and whether or not it is even a thing.

Carol Frazier
Ocean Pines



Courier Almanac

On September 20, 1973, in a highly publicized "Battle of the Sexes" tennis match, top women's player Billie Jean King, 29, beat Bobby Riggs, 55, a former No. 1 ranked men's player. Riggs (1918-1995), a self-proclaimed male chauvinist, had boasted that women were inferior, that they couldn't handle the pressure of the game and that even at his age he could beat any female player. The match was a huge media event, witnessed in person by over 30,000 spectators at the Houston Astrodome and by another 50 million TV viewers worldwide. King made a Cleopatra-style entrance on a gold litter carried by men dressed as ancient slaves, while Riggs arrived in a rickshaw pulled by female models. Legendary sportscaster Howard Cosell called the match, in which King beat Riggs 6-4, 6-3, 6-3. King's achievement not only helped legitimize women's professional tennis and female athletes, but it was seen as a victory for women's rights in general.

OPVFD launches fundraiser to commemorate 50th anniversary

The Ocean Pines Volunteer Fire Department this week announced the first of several special fundraising campaigns to help celebrate its 50th anniversary.

As part of this milestone celebration, the department is actively raising funds to construct a new and improved South Station. The centerpiece of this initiative is the personalized brick fundraiser, offering community members an opportunity to leave their mark on this historic project.

The personalized brick campaign invites supporters to contribute to the construction of the South Station by purchasing engraved bricks. Two options are available: a 4x8-inch Brick for \$100, or an 8x8-inch Brick for \$200.

These bricks will play an integral role in constructing a unique feature at the new South Station, showcasing the lasting contributions and support of the community.

Additionally, donations of \$1,000, \$5,000, and \$10,000 and up will be recognized in a series of plaques highlighting the generosity of the community and

their contributions to public safety.

Individuals interested in participating in these fundraisers can make their contributions online by visiting www.opvfd.com or by visiting the station in person.

The Ocean Pines Volunteer Fire Department encourages everyone, whether a resident or a supporter from afar, to be a part of this historic endeavor.

Fire Chief Steve Grunewald and Fire Department President Dave VanGasbeck expressed their gratitude for the continued support of the community.

“This anniversary represents a significant milestone for our department and community. Along with celebrating 50 years, we are also thrilled to invite everyone to participate and be part of the legacy that will be the new South Station”, VanGasbeck said.

“Your support ensures that we can continue to serve and protect our community effectively,” Grunewald said.

For more information, visit www.opvfd.com or call 410-641-8272.

Obesity affects children across North America. The Government of Canada estimates that 30 percent of Canadian children and adolescents between the ages of five and 17 are overweight or obese, while the Centers for Disease Control and Prevention reports the prevalence of obesity was 19.7 percent among children ages two to 19 in the United States between the years of 2017 and 2020. Overall, millions of children are diagnosed as overweight or obese and may need assistance in getting their weight on track. Parents and doctors can work together to help children maintain a healthy weight or lose weight if they are currently overweight or obese.



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The Courier

Trails & Waterways

Celebrate National Public Lands Day

By **Laura Scharle**

I am lucky to live on one of the larger lots in Ocean Pines. It's close to third of an acre. The yard is one of the main reasons we decided to buy the house. We have space for a small vegetable garden, room for my son to run around, and frequent wildlife sightings of box turtles, hawks, bees, butterflies, snakes, and rabbits. And one time we even had a turkey run through the yard!

Even though our yard is one of the larger ones in our community, it's not enough. I can't hike through my backyard for exercise. I can't walk across the yard to get to the grocery store or library. I can't host a large family reunion. I can't watch waterfowl. I can't easily stargaze. And I certainly can't kayak, fish, or crab in my backyard. My family and I depend on public lands for all of our outdoor adventures.

After working for Delaware State Parks for 17 years, developing DelmarvaTrailsandWaterways.com during the height of the pandemic, endeavor-

ing to kayak around the entire Delmarva peninsula (a story for another time!), and enrolling my son in the "1000 Hours Outside" program, public lands have become very near and dear to my heart. I get giddy when I



discover a new park or a new trail.

Public lands provide trails and connections within our communities, like the Route 90 trail in Ocean Pines that leads to the library. Public lands pro-

vide a tranquil escape from our busy, stress-filled lives and allow us to be immersed in nature, like the many trails within the Pocomoke State Forest. Public lands give us open space to exercise and build healthy communities, like Northside Park in Ocean City. Public lands attract visitors to our area which builds tourism and economic development, like Assateague and the Pocomoke River. When people visit our public lands, they develop deeper connections to the natural world, and ultimately become environmental stewards.

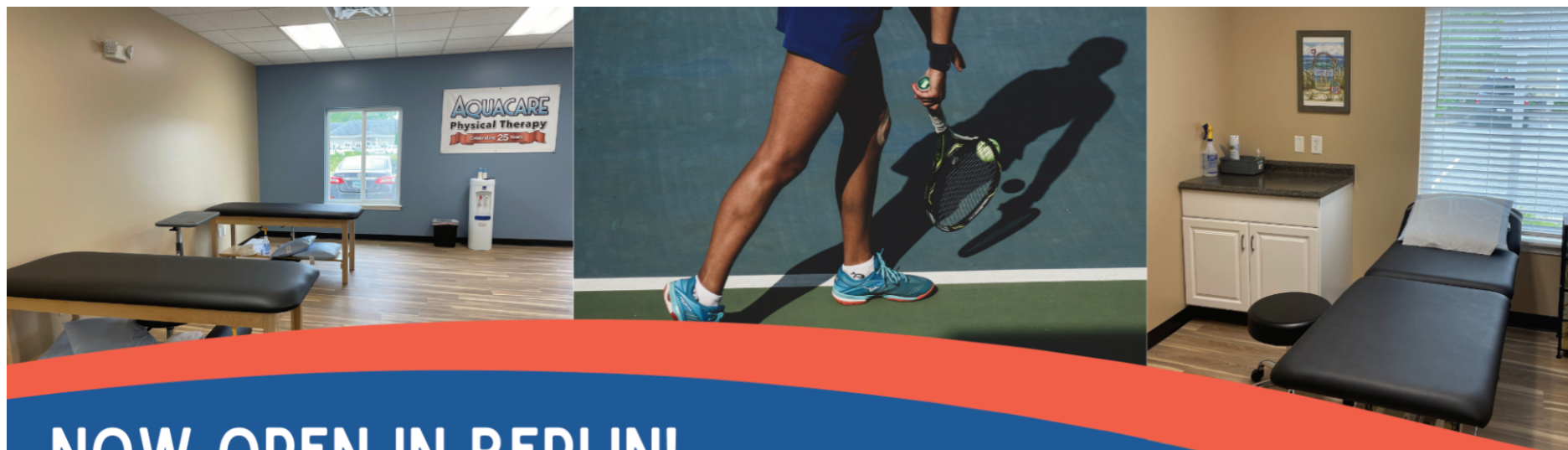
Each September, public lands are celebrated all across the country on National Public Lands Day on the fourth Saturday of the month. Thousands of people take on a stewardship role to work on volunteer projects in parks, on trails, and at historic sites. The National Park Service even waives entry fees.

On Saturday, September 23, celebrate National Public Lands Day by visiting a trail nearby, fishing from a public dock, or picking up trash in a

local park. Or if you're like me, celebrate National Public Lands Day throughout the entire year. Set goals to hike more trails. Take that first step and inquire about volunteer opportunities in our area. Attend public meetings and be an advocate for the creation of new trails, parks, and water access points.

The area we live in is a gem on Delmarva, but we must all pitch in to protect and maintain the public lands that we do have. Public lands are called public lands because they're just that - they belong to *everyone*, and everyone is responsible for taking care of them. Being stewards of the lands that we have, and supporting the creation of more public lands in our area, is a win-win for everyone.

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 to connect people with trails, beaches, piers, and public lands across the peninsula.



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Onsite septic system care should be maintained

September 18-22, 2023 is SepticSmart Week, and Worcester County Environmental Programs (WCEP) staff urge those served by private septic systems to go online to www.epa.gov/septic/septicsmart-week to remain informed and vigilant in maintaining their septic systems.

WCEP utilizes the Environmental Protection Agency's SepticSmart program to educate homeowners about the need for proper septic system use and routine maintenance. Though 88 percent of county households utilize public sewer, there are also approximately 7,200 septic systems in Worcester County that treat wastewater from homes and businesses.

"Residents and our environment benefit from properly designed, installed, operated, and maintained septic systems, and in order to maximize these benefits, it takes teamwork between septic system owners, septic professionals, and local regulators," Environmental Programs Director Robert Mitchell said. "Proper septic system use and care are vital to pro-

tecting public health, preserving our groundwater, wetlands, and waterways, and avoiding costly repairs that can result from neglect."

WCEP staff recommend these dos and don'ts to be a responsible and successful septic system owner:

-Have your septic system inspected and pumped every three years by a Maryland-licensed onsite professional.

-Contact a Maryland-licensed onsite professional if you have a problem with your disposal system or suspect it may be failing.

-Repair leaks and use water-efficient fixtures to avoid overloading your septic system.

-Discard non-biodegradable products, such as dental floss, disposable wipes and cat litter, in the trash instead of flushing them.

-Avoid pouring harsh products, such as oils, grease, chemicals, paint, and medications, down the drain. These products may disrupt the essential decomposition processes in your septic tank.

-Maintain plants and vegetation near your septic system to ensure roots do not block drains.

-Keep cars and heavy vehicles parked away from the septic tank and drain field to avoid damaging or crushing its components.

-It is recommended that home purchasers have a septic system inspection done by a Maryland-licensed onsite professional in accordance with Maryland Department of the Environment regulations.

Chorus hosts guest night

The Delmarva Chorus, a chapter of Sweet Adelines International, is planning a Wine & Cheese Open House / Guest Night to celebrate its 20th anniversary on Monday, September 25, from 6 p.m. to 8 p.m. at the Ocean Pines Community Center. All ladies who love to sing are invited to attend to find out all about the chorus. Former members are also invited to join. Fun, smiles and laughter are guaranteed. For more information, call Mary at 410-208-4009, go to www.delmarvachorus.org or search "Delmarva Chorus" on Facebook or Instagram.



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Power Squadron to offer safe boat course

The Ocean City Power Squadron, a unit of the United States Power Squadrons, will present a comprehensive safe boating course beginning September 25.

This is an eight-hour course and will be given on four consecutive nights at the Ocean Pines Community Center starting on September 25 and continuing September 26, 27 and 28. This includes a review and exam on the last night. Registration can be made on-line at ocpsabc@gmail.com. The course will run from 5:30 p.m. to 8 p.m. each night.

There is a \$25 fee for the course material. Middle and high school students age 18 and under can take the course, including material, for free.

Anyone born after July 1, 1972, is required to satisfactorily complete a safe boating class to operate a recreational vessel or personal watercraft in Maryland. (January 1, 1978 in Delaware). Successfully completing this class also satisfies the requirements nationwide.

This course covers basic boat handling, rules of the road, navigation, federal and state regulations, aids to navigation, and required equipment, among other topics.

Statistics show that in 82 percent of boating fatalities, the captain had no formal boating education. The Ocean City Power Squadron encourages all boaters to complete a boating safety class.

For information and early registration, call 443-604-5851.

Hero Run to be held

The Wor-Wic Community College Foundation is sponsoring a 5K Hero Run or two-mile walk, along with the 2023 First Responder Team Cup Challenge, on Saturday, October 7, at 9 a.m., at the college campus on the corner of Route 50 and Walston Switch Road in Salisbury. Check-in and registration begin at 8 a.m.

The 5K run and two-mile walk are open to the public. The First Responder Team Cup Challenge is open to employees of any law enforcement, fire or emergency medical services agency. They will compete in teams of two to three runners for the coveted cup currently held by the Salisbury Police Department.

All 5K runners and first responder team members will be eligi-

ble for first-place overall male and female trophies, as well as medals for the top three male and female finishers in multiple age categories.

For children ages nine and under, a Kids' Hero Run and obstacle course will be held at 9:45 a.m.

The first 100 registrants will receive an event shirt. All participants are invited to stay afterward for the awards ceremony, refreshments, music and fun activities for the whole family.

The entry fee is \$25 per person, or \$35 per person after Oct. 4, and \$5 for the kids' event. Proceeds will benefit the students of Wor-Wic. For more information or a registration form, visit www.worwic.edu/5K or call 410-334-2807.



Arts &

Craft Fair

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Southgate - Ocean Pines
(Manklin Creek & Ocean Pkwy)

Health Watch

Staying up to date on the recommended immunizations

By **Sherri Candeloro, RN**
Atlantic General Hospital

Being up to date on recommended immunizations is the most effective way to protect yourself and your family against serious or deadly vaccine-preventable diseases. Moving into the fall back-to-school season just ahead of peak flu activity, be sure to verify that your immunizations are up to date.

Immunizations currently prevent 3.5 million to 5 million deaths every year from diseases like diphtheria, tetanus, pertussis, influenza, measles, shingles, rubella, chicken pox, and even certain cancers.

There are two types of immunizations:

Natural immunity is acquired from exposure to the disease organism through infection with the actual disease.

Vaccine-induced immunity is acquired through the introduction of a killed or weakened form of the disease organism through vaccination.

Difference between vaccination and immunization:

Vaccination: The act of introducing a vaccine into the body to produce protection from a specific disease. Vaccines stimulate the body's own immune system to protect the person against subsequent infection or disease.

Immunization: A process by which a person becomes protected against a disease through vaccination.

How vaccines work: A vaccine is made from very small amounts of weak or dead germs that can cause diseases. It prepares your body to fight the disease faster and more effectively so you won't get sick. They keep children and adults healthy and have saved millions of lives for decades. Most childhood vaccines are 90% to 99% effective in preventing disease. If a vaccinated person does get the disease, the symptoms are usually less serious than a person who did not get the vaccine. The vaccine trains your body to prevent sickness before it even starts.

Are vaccines safe: Before a vaccine is given to people in the United States, it must be reviewed by health experts. A vaccine must go through detailed trials before it is approved

by the Food and Drug Administration (FDA). The trials look for the vaccine's safety, side effects and efficacy. The FDA only licenses a vaccine if it is safe and effective, and if benefits are greater than any risk.

Side effects after vaccine: Any medicine, including vaccines, can cause side effects. Most of the time, these side effects are minor. Some examples include swelling or soreness where the shot was given, low-grade fever, headache or fussiness. It is rare for side effects to be serious.

Things to do:

Call your doctor and request your

immunization record to determine whether or not you are up to date.

Encourage friends to do the same.

Know your family history. Family medical history can reveal the history of disease in your family and help the doctor identify patterns that might be relevant to your health. This will allow your doctor to be best informed about recommending vaccines for immunization.

If you go to the Emergency Room, know your immunization status.

Although Immunization Awareness Month is behind us, it's still important to raise awareness and I

encourage everyone to make sure they are current on the necessary vaccinations. Many diseases can be prevented by administering vaccines, and thus, protecting you and your loved ones from unseen viruses and bacteria. Take the necessary precautions with a simple call to your doctor, and avoid potential harm while leading a healthy, happy life.

This month, Atlantic General kicks off our series of free community flu clinics with locations throughout Worcester County. For more information or updates, visit www.agh.care/flu.

Diabetes Prevention Program classes offered

There are many reasons to stay healthy, including your family, job, and favorite hobbies. If you have prediabetes, you can make healthy changes and prevent type 2 diabetes from developing in the future. In the Worcester County Health Department's Lifestyle Balance Diabetes Prevention Program, a trained coach will help you and a group of people like you learn how to lose weight, become more physically active, and reduce stress.

If you have been diagnosed with prediabetes or have a history of gesta-

tional diabetes, this program is proven to help you improve your eating habits, increase your daily activity, lose weight, and reduce your chance of developing type 2 diabetes. On average, participants lose 5-7 percent of their body weight.

The Lifestyle Balance: Diabetes Prevention Program is a year-long group program that will be offered throughout the county in-person, beginning this month. Classes will be held at the following locations:

-Snow Hill Health Department:

5:00pm-6:00pm., Wednesdays (October 18, 2023 - October 16, 2024) at 6040 Public Landing Rd. Snow Hill, MD 21863.

-Berlin Health Center: 9:00am-10:00am., Thursdays (October 19, 2023 - October 17, 2024) at 9730 Healthway Dr. Berlin, MD 21811.

-Pocomoke Health Center: 5:00pm-6:00pm., Thursdays (October 19, 2023 - October 17, 2024) at 400-A Walnut St. Pocomoke, MD 21851.

You will participate in 16-weekly sessions followed by once-a-month support sessions for the remainder of one year. In addition, you will receive one-on-one coaching and support, learn about healthy eating and active living, lose weight, earn weekly prizes, improve health, and participate in group discussions with others to help encourage them during their healthy lifestyle journey.

"People with prediabetes have an increased risk of developing type 2 diabetes. The good news is that it can be prevented. These programs are being offered throughout the county so that residents can reduce their risk of developing type 2 diabetes which also contributes to the onset of other chronic conditions such as high blood pressure, heart disease, and stroke." said Crystal Bell, Chronic Disease and Tobacco Supervisor at Worcester County Health Department.

Please call 410-632-1100 ext.1108 to discuss program enrollment and eligibility. To find out if you're at risk for prediabetes, take the prediabetes risk test today at www.DoIHavePrediabetes.org.

Hospice announces new cardiac care program

Coastal Hospice, in collaboration with the American Heart Association (AHA) and the National Partnership for Healthcare and Hospice Innovation (NPHI) announced the Advanced Cardiac Care (ACC) Program to address one of the nation's largest killers of Americans – heart disease.

Each year, more Americans die from heart disease than any other condition, including cancer. Heart disease is also a leading cause for hospitalization: patients with congestive heart failure alone account for more than one million inpatient admissions annually.

The program will improve quality and access to hospice and palliative/advanced illness care for heart patients and keep them from dying alone in hospitals. The patient and caregiver handbook helps avert multiple hospital and emergency room

visits that are a huge source of stress for the patient, their family, and the medical facility.

Dr. Stacy Cottingham, Special Programs Access Liaison RN and head of the Coastal Hospice Cardiac Care Program commented, "Every family including yours is affected by heart disease and heart failure. Tragically, many heart failure patients spend days, weeks, or sometime months in hospital ICUs and eventually die alone. Our in-home care is the answer and is our mission—allowing a far better quality of life for our patients and families."

The Cardiac Care Program will launch on Monday, September 18. To learn more about our program and for copies of the Patient and Caregiver Handbook call 410-742-7878 or ask your provider about contacting Coastal Hospice.



Amy Sood Barshinger, CRNP
Primary Care, Ocean City



Melissa Braniff, CRNP
Women's Health, W. Ocean City



Wendy Corkran, CRNP
Primary Care, West Fenwick City



Carrie Dawes, CPNP
Pediatrics, W. Ocean City



Alison Diesel, PA-C
Internal Medicine, Berlin



Kerri Ellinger, PA-C
Women's Health, W. Ocean City



Michelle Farlow, CRNP
Women's Health, Selbyville



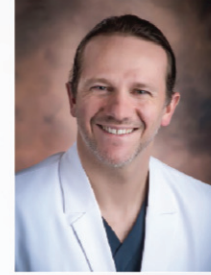
Craig Johnson, PA-C
Primary Care, Ocean Pines



Kathleen Morris, DNP
Primary Care, Selbyville



Allison Pusey, CRNP
Primary Care, Ocean Pines



Gregory W. Smith, PA-C
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Community Flu Clinics

**-FREE-
Open to
Community
Ages 13+**

- **Sept 23 & Oct 7, 2023*** | 8 - 11 am
Barrett Medical Office Building (drive-thru)
Atlantic General Hospital campus
- **Oct 2, 2023** | 10 am - 1 pm
Mary Star of the Sea Holy Savior Parish
Ocean City, MD
- **Oct 9, 2023*** | 10 am - 2 pm
Pocomoke Fire Dept
- **Oct 14, 2023** | 8 - 11 am
Bethany UMC
Pocomoke, MD
- **Oct 17, 2023*** | 12 - 4 pm
Ocean Pines Community Center
- **Oct. 18, 2023*** | 11 am - 12:30 pm
Stevenson UMC's Spirit Kitchen
Berlin, MD
- **Oct 20, 2023*** | 8 - 11 am
White Horse Park Parking Lot (drive-thru)
Ocean Pines, MD
- **Oct 21, 2023*** | 9:30 am - 1:30 pm
Snow Hill Fall Festival - Snow Hill Fire Dept

**High dose flu vaccine available at this clinic. Any high dose flu vaccines given, intended only for those 65 and older, will be billed to Medicare or private insurance.*



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Let's go freshwater crappie fishing

Fishing Report: Good fishing in the bays when the water conditions are right. Nice size flounder, striper's and blues around the Rte. 50 Bridge and East Channel. Off-shore the mahi fishing has been hot on the party boats. Let's hope the weather holds out because the rest of September should be great.

Fall Crappie Fishing: It's this time of year I like to start crappie fishing. In our area we have white and black crappie. Many times they are the same colors and most can't tell them apart. Black crappie have seven or eight dorsal spines and white only six. They also have many different names such as calico bass, white perch, croppie, and papermouth to name a few. They grow three to five inches their first year and to seven to eight inches their second year. Most crappie caught are in the range of one half to one pound.

Where to go? One area I found to be a hot spot is the Pocomoke River at Shad Landing Just off MD Route 113. You will need a Maryland Freshwater Fishing License to fish this area. Check the current regulations but usually there is no closed season and no size requirement. Also, you are allowed 15 fish per day or 30 possession in aggregate

What equipment do I need? An ultra-light spinning outfit spooled with 4lb test monofilament line is best. The rod can be 5.5' or 6' you will also need a good assortment of fine quality bobbers and size 6 and 8 short shank hooks.

What bait should I use? Crappie feed primarily on small minnows and insects. The bait of choice in my opinion is small live minnows of one-to two-inch maximum. These can be hooked through the lips on a size 8 hook with a bobber a couple feet above the minnow. Some fishermen prefer to jig for them and an assortment of crappie jigs can be found at local tackle shops.

Where should I fish? They prefer structure. Drop your minnow

or jig next to boat docks, trees or cypress roots and wait for the bite with minnows are move you jig in a jiggling motion slowly so it looks like a minnow. Don't hesitate to move around until you find them. They are a schooling fish so when you catch one there are likely to more in the area.

What about eating? How can I prepare them? Crappie are one of the best eating fish around. Here are a few recipes.

Pope's Texas Crappie provided by Russell Pope

This recipe uses the whole fish cleaned and scaled

Coat crappie in sour cream (don't thin the sour cream)

Roll in mixture of salt pepper and corn meal

Deep fry or skillet fry till light brown

Get out of the way or your own loving kin and friends will run over you to get to it.

Sharp's Crappie Recipe provided by Douglas Sharp

Uses fillets
Fillet your catch the way you like them

Take equal parts of yellow corn meal and parmesan cheese

Add a tablespoon of dill weed (freeze-dried or fresh)

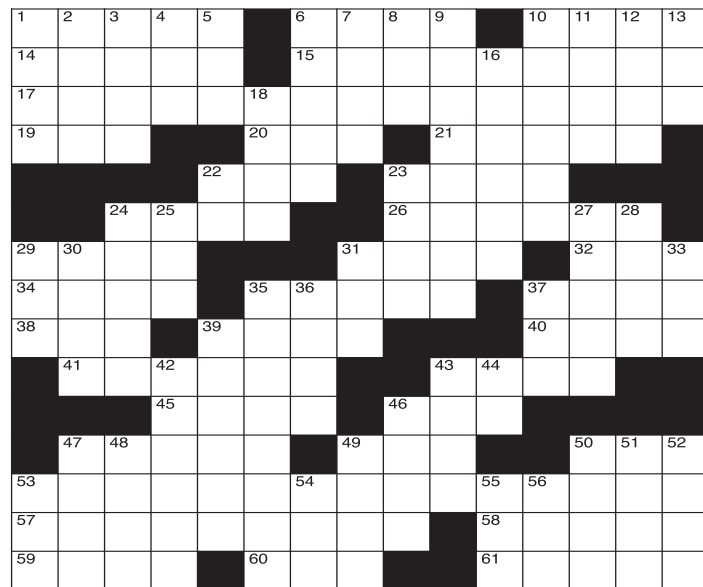
Salt and pepper to taste
Mix the above according to how much you'll need to cover your fillets.

Heat your frying oil to at least 375 degrees, drop those fillets in, and let'em fry till brown. Take'em out and squeeze some fresh lemon on them! Your tongue will slap your face!! Hope you enjoy.

Did you know? Crappies are less active during the day, they feed mostly at dawn and dusk.

Until next time remember to take a kid fishing.

Capt. Ron

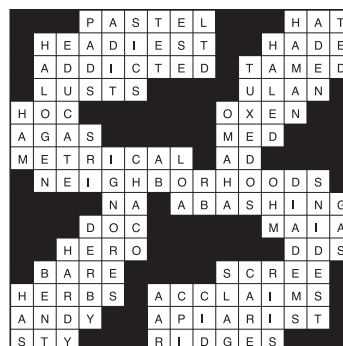


CLUES ACROSS

- 1. Type of cat
- 6. Weaponry
- 10. Western Christian Church service
- 14. Significant eruption of pustules
- 15. Baltic nation
- 17. Start of American holiday season
- 19. Unhappy
- 20. Maintains possession of
- 21. Metrical foot of one long and three short syllables
- 22. Mountain pass
- 23. Vestments
- 24. Type of dish
- 26. Escaped quickly
- 29. Zoroastrian concept of holy fire
- 31. Wings
- 32. Political action committee
- 34. Touches lightly
- 35. Stood back from
- 37. Philippine Island
- 38. Popular winter activity
- 39. Type of amine
- 40. Small freshwater duck
- 41. Filled with love
- 43. Without (French)
- 45. Vetch
- 46. Swiss river
- 47. Describes a sound
- 49. Sign language
- 50. Hair product
- 53. Have surgery
- 57. Quality of being imaginary
- 58. Far-right German party
- 59. Drove
- 60. Former French coin of low value
- 61. Hard, durable timbers

CLUES DOWN

- 1. Body art
- 2. Middle East military title
- 3. Actor Pitt
- 4. Container
- 5. Speak incessantly
- 6. Relating to algae
- 7. Jacob __, journalist
- 8. Rock TV channel
- 9. Boat's cargo
- 10. Most wise
- 11. Within
- 12. Chinese industrial city
- 13. Scotland's longest river
- 16. Not capable
- 18. Footwear
- 22. Savings account
- 23. Capable
- 24. Vaccine developer
- 25. Tax collector
- 27. Fencing swords
- 28. Native religion in China
- 29. Promotional materials
- 30. A shot in a film production
- 31. Afflict in mind or body
- 33. A passage with access only at one end
- 35. Breathing devices
- 36. Employ for wages
- 37. Kids' TV channel (abbr.)
- 39. Popular Boston song
- 42. Made amends
- 43. Selling at specially reduced prices
- 44. Atomic #18
- 46. With fireplace residue
- 47. Unleavened combread
- 48. Draw out
- 49. Southwestern Alaska island
- 50. Where the Pyramids are
- 51. People of Nigeria
- 52. Smaller quantity
- 53. Destroy the inside of
- 54. City
- 55. Chivalrous figure (abbr.)
- 56. No (Scottish)



Answers for September 13

Don't leave your IRA to the IRS

Submitted by **John Bennish**
Financial Advisor, Edward Jones

If you've invested in an IRA for many decades, it may well turn into a key source of income for your retirement. Still, you might not deplete your IRA in your lifetime, especially if you also have a pension or a 401(k) and other investment income. So, if your IRA still has sizable assets after your passing, it would likely end up in your estate plan. If you leave your IRA to grown children or other family members, could they be hit with a big tax bill?

Here's a little background: Up until the Secure Act of 2019, those who inherited traditional IRAs could extend their required withdrawals over their lifetimes, which stretched out the annual taxes due on these withdrawals. But the Secure Act changed the provisions for non-spouse beneficiaries who inherited an IRA after 2019, meaning that beneficiaries of inherited IRAs had only 10 years (beginning the year after death) to withdraw the entire balance. For some beneficiaries, this could potentially create a tax burden. (Inheritors of Roth IRAs are also required to follow the 10-year distribution rule but are not subject to income taxes on account earnings if the Roth IRA's five-year holding period has been met).

However, not all beneficiaries were affected by the new rules. Spouses can stretch their inherited IRA distributions over their lifetimes and exceptions exist for certain non-spouse beneficiaries. Minor children of the IRA owner (until the age of majority), chronically ill or disabled individuals, and beneficiaries who are no more than 10 years younger than the IRA owner may opt to stretch their distributions.

The new 10-year requirement applies to IRAs inherited on or after Jan. 1, 2020. But due to confusion over changes to required minimum distribution (RMD) rules for some beneficiaries of inherited IRAs, the IRS waived penalties for individuals who failed to take RMDs in 2021 and 2022 and extended the RMD penalty

waiver for 2023.

Although these rulings give beneficiaries — those not eligible for the exemptions listed above — more time to plan, they will eventually need to start taking RMDs, which could affect their tax situations. To help protect your heirs, consider these suggestions:

- *Using permanent life insurance.* A properly structured permanent life insurance policy could help you replace the assets your family might lose to the taxes resulting from an inherited IRA. You might even consider naming a charity as the beneficiary of an IRA, rather than your family members. The charity would receive the IRA proceeds tax free, and the life insurance could then provide tax-free benefits to your heirs.

- *Leaving taxable investment accounts to your heirs.* Apart from your tax-deferred IRA, you may own other, fully taxable accounts containing investments such as stocks or bonds. Typically, these investments receive what's known as a "step-up" in their cost basis once they are inherited. This means your heirs will essentially inherit all the gains your investments earned by the time of your passing — but they won't be taxed on these gains if they sell the assets immediately. This type of sale could help offset the taxes your heirs will incur from the inherited IRA.

The tax and investment issues surrounding inherited IRAs can be complex, so consult with your tax and financial advisors before making any moves. And, as with many areas relating to inheritances, the sooner you start planning, the better.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor John Bennish, Ocean Pines. He can be reached at 410-208-9083. Edward Jones, Member SIPC.

If you live in Ocean Pines, be sure to contact The Courier if you want the paper each week in your driveway.

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Phillips Cannery exhibit now at Germantown School

During the time when tomato canneries were a staple of towns across the Eastern Shore and beyond, the Phillips Tomato Cannery stood out. Summers provided lucrative employment and the off season saw the plant foremen working side by side with the Phillips family to improve plant processing, improvements that included line automation and air conditioning the work floor to alleviate the combination of summer heat combined with the temperature of boiling tomatoes. It was hard work, but it was more than work: it was community.

Local artist Patrick Henry recreates the sense of community bonding in collaborative work with his exhibit on display at the Germantown School. Using slides provided to him by Margaret "Peggy" Phillips in the 1990s, Henry brings the visitor onto the cannery grounds and onto the cannery floor from the time the tomatoes arrived until they left in their labelled cans. His exhibit ex-

plores the stories of the people who worked there through the memories of the original workers and family members. It includes original artifacts such as the peeling knives, baskets, and labels from the cannery. It is because of local employers such as the Phillips Tomato Cannery that the Germantown African American community could, in 1922, amass the funds required to meet the matching grant offered by the Rosenwald School fund to build their school and open it in the 1923-24 school year. T

The Germantown School Community Heritage Center is excited to kick off its centennial year with a show that recreates this important part of our local history. The exhibit is open to the public through September 30 on Wednesdays and Saturdays from 11 a.m. to 3 p.m. at the Germantown School located at 10223 Trappe Road, Berlin, Md. For more information or to arrange a visit outside of local museum hours, email: Germantownschool@gmail.com or call: (410) 641-0638.



John Bennish

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Thank you - Ocean City-Berlin Rotary Club President **Gina Shaffer** and Past President **Margaret Mudron** recently visited the Berlin Nursing Home and handed out new stuffed animals to the residents. The Club meets the first and third Wednesdays of the month at Don's Seafood in Ocean Pines. For more information email ocerlinrotary@gmail.com

Adventure travel photos sought

The Art League of Ocean City invites local photographers of all levels to submit their best travel photos into the new Adventure Travel Photo Contest. Winning entries will receive prizes and be featured at the OCRV

& Van Life Show, October 12-15, at the Roland E. Powell Convention Center in Ocean City. The deadline for entries is Monday, September 25.

The contest is easy to enter by simply uploading a digital photo and paying a small entry fee. All accepted artwork will be displayed on digital monitors, premiering at Ocean City's first OCRV & Van Lifestyle Show.

After the event, artwork will be displayed on digital monitors at the Art League's home, the Ocean City Center for the Arts, 502 94th St., and at OCart.org through Saturday, Nov. 25, 2023.

Photographers may enter up to three images total in three categories: landscape, wildlife, and culture. There is a \$5 non-refundable entry fee per photo for Art League members, \$10 for non-members. Entries are accepted online at OCart.org/artwork-online-entry/.

Jeanne Anderton of Salisbury University will judge the show and award cash prizes. The winners in each category will receive a \$250 prize. Honorable mentions will also be awarded. Award winners will be invited to show their photos in-person at the Convention Center and will receive free tickets to the OCRV event.

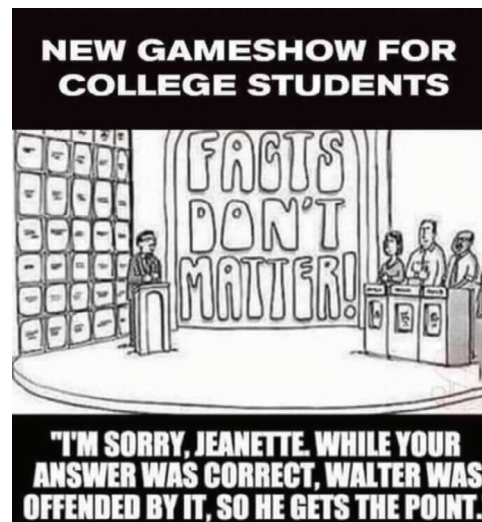
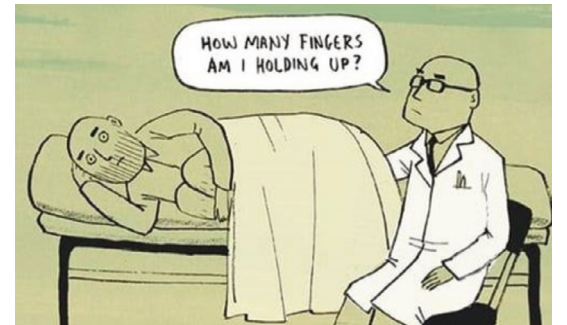
More information is also available by calling 410-524-9433. More information about the new OCRV & Van Life Show is available at OCRVshow.com.

Tides for Ocean City Inlet

Day	High /Low	Tide Time
Th 21	High	12:23 AM
21	Low	6:16 AM
21	High	12:57 PM
21	Low	7:20 PM
F 22	High	1:15 AM
22	Low	7:12 AM
22	High	1:56 PM
22	Low	8:23 PM
Sa 23	High	2:18 AM
23	Low	8:15 AM
23	High	3:04 PM
23	Low	9:28 PM
Su 24	High	3:29 AM
24	Low	9:21 AM
24	High	4:13 PM
24	Low	10:33 PM
M 25	High	4:38 AM
25	Low	10:29 AM
25	High	5:17 PM
25	Low	11:32 PM
Tu 26	High	5:40 AM
26	Low	11:34 AM
26	High	6:14 PM
W 27	Low	12:26 AM
27	High	6:36 AM
27	Low	12:34 PM
27	High	7:06 PM

Some things to think about

Gathered from the internet by **Jack Barnes**



I'm giving up eating chocolate for a month. Sorry, bad punctuation. I'm giving up. Eating chocolate for a month.



Common Sense is like deodorant. The people who need it most never use it.

What is Yom Kippur?

Yom Kippur is an annual holiday in the Jewish faith. Considered the holiest day in Judaism, Yom Kippur is also known as the Day of Atonement. According to History.com, Yom Kippur marks the culmination of the 10 Days of Awe. Those 10 days represent a period of introspection and repentance. On Yom Kippur, faithful Jews are asked to make amends and seek forgiveness for sins committed during the previous 12 months. Yom Kippur has many traditions, including a roughly 25-hour period of fasting and prayer.

Jews believe that God judges all people's fate for the coming year during the 10 Days of Awe, which begin with the Jewish New Year celebration of Rosh Hashanah.

Due to the significance of Yom Kippur, Jews refrain from work on the holiday. That includes high-profile professional athletes. In fact, Los Angeles Dodgers pitcher Sandy Koufax, a practicing Jew, famously refused to pitch in Game One of the 1965 World Series because the game was scheduled to take place on Yom Kippur. Religious services on Yom

Kippur bear such significance that some congregations seek additional space to accommodate all worshippers. While the 25-hour fast is a significant component of the holiday, some people are exempt from fasting. Women who have recently given birth, the sick and the elderly are allowed to eat during Yom Kippur. Those who observe the fast do so because it is believed to cleanse the body and spirit. As significant as the fast is, food still plays an essential role in Yom Kippur observations. For instance, feasts of the eve


of Yom Kippur tend to be plentiful so people who will fast can gather strength for the holiday. In addition, once the fast has ended, another festive meal takes place. In 2020, Yom Kippur will begin on the evening of Sunday, September 24 and end on the evening of Monday, September 25.

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