

The Courier

October 11, 2023 Volume 24 Number 6



WPS kicks off school year

On Wednesday, September 27, the energetic atmosphere at Worcester Preparatory School (WPS) was profound as students, faculty, and staff eagerly gathered for a pep rally to commence this school year's chosen theme of IMPACT, Impact Our World, Impact Our Community, and Impact Our School.

*Fourth grader **Lila Holland** had a great time participating in the games during the rally.*

GM report updates board, community

General Manager John Viola's monthly report to the Board on September 30 included updates on the South Fire Station, the new Aquatics manager, a new crab pier and kayak launch, and several maintenance initiatives.

South Fire Station update

Viola said next month a workgroup will formally recommend to the Board the replacement of the South Fire Station.

He said the presentation will be led by former Board member Ted Moroney, with support from Ocean Pines Volunteer Fire Department leadership.

"I will come forward to the Board with three options on funding for the building, with a recommendation ... on which one I believe we should take," he said.

Viola said the workgroup has also developed options and recommendations on a referendum and a new MOU with the fire department. The workgroup includes OPVFD representation, participation and review.

New Aquatics manager

Viola said Michelle Hitchens was recently promoted to Aquatics Manager

and will report directly to Senior Executive Office Manager Linda Martin. Hitchens has 11 years of experience with Ocean Pines, has coordinated programs and classes, and supervised instructors and Aquatics workers.

"This is a classic [situation] ... of where we're cross training the staff [and] we've got succession planning," Viola said "This is a great opportunity for Michelle and for Linda and the rest of the team. I'm already seeing some good results from that, and they are clearly hitting the ground running."

Kayak launch launched

Viola said Recreation and Parks welcomed the installation of a new recreation crab pier and kayak launch last month, both at Pintail Park. Like the recent marina improvements, he said aluminum docks were used because they are longer lasting and easier to maintain.

"It's pretty neat. I've got to be honest with you - I'm going to go out and buy a kayak myself!" Viola said. "It really is a nice setup there."

Golf Club safety signage

Viola said Golf continues to be one of the biggest drivers toward budget favorability, and investments continue to be

made to keep the amenity running smoothly. Recently, that has included efforts by Public Works to refurbish the buoys for the Golf Club ponds.

The buoys include signage that advises residents and guests that no fishing is permitted in those ponds, and Viola said the messaging was requested by Golf Director Bob Beckelman.

"The Golf Course is for golf," Viola said. "It's not safe. A golf ball is like a bullet going by, and that is the major concern."

The annual Pink Lady Tournament returns to the Golf Club on October 18 at 1 p.m. The deadline to enter is October 11 and signup sheets are available at the pro shop. For more information, email Janet Stoer at jpstoer@yahoo.com or Lynn Schneider at lindaws43@yahoo.com.

Maintenance updates

Viola said maintenance crews are constantly working on upkeep of the community. On the current list are new coats of paint for several public bathrooms, including the Yacht Club Marina, White Horse Park, and at several pools.

"We're doing whatever we can to get the restrooms all up to speed," he said.

The team continues to work on drainage, and a new piece of equipment will help with trimming and cutting the ditch banks and trimming branches and bushes.

Viola said there are also maintenance efforts at the Racquet Center, recently including a new shade structure and sidewalk for pickleball, a patio for platform tennis, and sealed and lined spaces in the parking lot.

"There's a lot being done," he said.

Additionally, Public Works added two new picnic tables to Veterans Memorial Park, near the South Gate Pond. Viola said this was done at the request of the Recreation and Parks Advisory Committee.

Viola said Beach Parking spaces are still available through the end of October. Portable toilets and sprinklers for rinsing off will remain open until the end of the month, when the facility is winterized.

Northstar upgrades

On Northstar software systems, Viola said the Finance Department and IT are realizing some efficiencies, notably including integration of the EZ Links software used by the Golf Club. He said the Association is on schedule for training next month and a projected go-live date

in December.

"This is a big win for Ocean Pines and certainly for Northstar," he said.

Viola added the Association continues to work with Northstar toward eventually allowing the purchase of amenity memberships online.

Mailbox and CPI updates

Martin, during her portion of the update, said 17 mailbox clusters and 92 pedestals were ordered and, to date, all the boxes and 81 of the pedestals have been replaced. She said more boxes were ordered to help finish the first phase of replacement.

"I would like to thank the Public Works staff that includes Eddie Wells, Nobie Violante, Ed Miller and John Brown. They're the ones who have been key on this," she said.

She said Public Works continues to work with the U.S. Postmaster to schedule additional replacements.

Martin said 91 new Complaint, Permit and Inspections (CPI) violations were opened in August, and 96 were closed. Including prior open legal violations, 153 still remain open.

"Most of them are maintenance," she said, including 55 for maintenance, trash or grass cutting. "We're averaging around five new violations per day."

During the same period, Martin said 136 new work orders were opened and 124 were closed, leaving 115 still open.

"The majority (66) are still open in drainage," she said.

On customer service, the Association fielded 154 questions and comments in August, including 73 general questions, 38 on amenities, 21 related to CPI, 20 for Public Works, and two for drainage.

"We just encourage everyone to keep using info@oceanpines.org or dial 410-641-7717," Martin said.

Financial updates

On financials, Martin said the Association was favorable to budget by roughly \$137,000 in August, with many departments posting positive numbers. The Beach Club led the way with \$44,000 in favorability, followed by Public Works at \$27,000, Golf and Administration both at \$19,000, Police at \$17,000, and the Clubhouse Grille at \$12,000.

Year to date, the Association is favorable by about \$439,000.

Viola said staff are already engaged in the budget development process for the next fiscal year.

Historical Society to host annual dinner

The Worcester County Historical Society will hold its annual dinner meeting on Sunday, October 29, at the Ocean City Golf and Yacht Club near South Point. Following the program WCHS will give out grants to a number of Worcester County museums.

This year's speaker will be Hunter "Bunk" Mann, a native of the lower Eastern Shore and author of two books, "Vanishing Ocean City," published in 2014, and, "Ghosts in the Surf," published in 2019. His talk will center on the 1933 storm, which cut the inlet at the south end of the resort. He called the storm one of the most important events that ever happened to Ocean City, as it opened the possibility for commercial fishing and deep-sea fishing. The deep-sea fishing includes the famous white marlin competition held every year.

However, it also ended the pound fishing industry with the destruction of the railroad bridge coming into the resort. But another benefit was the extension of the beach because of the jetty at the inlet. This allowed the town to install a parking lot on the beach. When Mann wrote his book he interviewed 24 people who had been alive at the time of the 1933 storm. During his talk he will discuss some of their comments.

The menu for the Historical Society's dinner will include one three-ounce crab cake, baked chicken, salad, vegetable medley/baked pineapple, Eastern Shore cornbread, pound cake, and rolls, tea and coffee.

A silent auction of several historical items that include an original signed copy of "Worcester County: Maryland's Arcadia" complete with dust jacket will be held during the afternoon.

Tickets are \$45.00 per person and can be purchased by sending a check to Judi Menavich, 9 Drawbridge Road, Berlin MD 21811. The deadline for reservations to the dinner, which is open to the public, is Friday, October 20. Doors will open at 1:45 p.m. with the dinner starting at 2 p.m. The dinner is open to the public.

Meet the Team: Ocean Pines Police Chief Tim Robinson

By **Josh Davis**

New Ocean Pines Police Chief Tim Robinson didn't waste any time tackling the tough issues after being hired in late July.

He met with community members during the annual National Night Out event on his first day, formally adopted a body camera policy later that week, and then began an unprecedented hiring campaign to help restaff the Ocean Pines Police Department.

Robinson inherited a department that had been without a chief for six months, after the retirement of former chief Leo Ehrisman.

He brings more than three decades of experience in law enforcement, most recently serving in a leadership position with the Wicomico County Sheriff's Office.

A brief history of a history professor

Robinson said he was inspired to become a cop by his father, a retired major from the Prince George's County Police Department.

"It just seemed like it was a way of

life," he said. "I've been exposed to police work and been around police officers my entire life, and they're all great people trying to do a great job for their community. To me, it just seemed natural to follow in my dad's footsteps."

Originally from Bowie, Robinson moved to Salisbury in 1989 to attend then Salisbury State University. He studied history and Spanish, and said he fell in love with the area instantly. He still lives in Salisbury today, some three decades later.

His first police job was with the City of Rehoboth Beach as a seasonal police officer in the summer of 1992.

"I was with uniform patrol along the boardwalk and the downtown area," he said. "I did make some arrests, but I also had a lot of fun. And I met a young lady at the end of the summer named Angie who became my wife, and we are getting ready to celebrate 29 years of marriage."

Robinson spent the next summer in Rehoboth Beach before being hired by the Delmar Police Department on the following year.

"They sent me to the police academy for a full-time officer position,

and I stayed there for three-and-a-half years before I was hired by Sheriff Hunter Nelms at the Wicomico County Sheriff's Office."

That, he said, was a big leap.



"It was a much bigger department and there were much more opportunities," Robinson said. "I really enjoyed my time at Delmar, and I worked with some great people. But, career-wise, it opened many more opportunities by going to the Sheriff's Office."

In Wicomico County, Robinson said, crime also operated on a bigger scale.

"It was everything from quality-of-life issues to thefts and domestic assaults, to some pretty serious felonies and drug cases," he said.

During that time, Robinson became one of the faces of the department, which included a regular guest spot on the Delmarva Life TV program to help raise awareness for police issues.

"I gravitated towards being the public information officer for the sheriff's office, and I started doing a lot of interviews with local media – and they kept asking me for more and more interviews," he said. "Delmarva Life started periodically, but I think with the response they got with the 'most wanted' segments, they decided to make it a regular feature. I used to joke around that I was their number one repeat guest!"

Robinson said those appearances paid off, helping to catch many on the local most-wanted list – sometimes within hours of the broadcast.

"There were many times when that show would air and, shortly after, the

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team
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crime solvers tip line would start getting calls," he said.

Robinson also continued his studies at Salisbury University, earning a master's degree in history with a specialization in Colonial and Revolutionary America that led to a second career.

"I stayed in contact with the folks there and they eventually invited me to do some part-time teaching work," he said. "I started that in 2009 and I'm now starting my 15th year there, teaching evening history classes."

Moonlighting as a teacher, Robinson said, was "kind of an accident."

"I have a passion for history and a love of history," he said. "When I got my master's degree, it was basically to help support my career to get that on my resume, and next thing I know I was invited to teach part time and I just fell in love with it."

"I describe myself as a fiend about history. I love reading it. I love studying it. I love talking about it. And, apparently, I love teaching it too," he added.

Getting to know Ocean Pines

Robinson's parents, Fred and Jackie Robinson, have owned a home in Ocean

Pines for the last two decades. They became full-time residents in 2020.

"I always thought it was a beautiful community," Robinson said. "They talk about it all the time, and I spent many a Saturday at the Ocean Pines Beach Club with my parents. I also attended many of the events at Veterans Memorial Park. So, I was very familiar with the community."

Robinson said he was probably three or four years from retirement with Wicomico County, when the opportunity came up to become chief of police in Ocean Pines.

"I thought about it a lot, and this is a very attractive community. It's a wonderful place to be not only a police officer, but a police chief," he said. "And so, I decided to throw my hat into the ring, and I was selected."

"I'm very, very humbled that I was selected, but at the same time I'm very excited about the opportunity," he continued. "And I'm very appreciative of the faith that the leadership of Ocean Pines has in me."

At the end of his first day as police chief, Robinson was joined by hundreds of Ocean Pines residents for the annual National Night Out at White Horse Park. The event is billed as is "an annual community-building campaign that

promotes police-community partnerships." Along with meeting the public, he was also congratulated by many law enforcement friends from Worcester County and the State of Maryland.

"Everywhere I go everybody's been very warm. When they realize that I am the new police chief, everybody wants to introduce themselves and to talk to me and welcome me. I cannot express enough how much it has meant to me that I have been so warmly welcomed into the community of Ocean Pines."

During his first week, police body cameras went into use on Aug. 9, after Robinson was able to approve a "body camera worn policy" for the department.

"These body cameras are an incredible tool," he said. "In my professional experience, they have been invaluable at getting a correct accounting of what happened on any scene involving a police officer."

Next on the list, Robinson brought in a company called Lexipol to help update policies and procedures for the Ocean Pines Police Department.

"They will help us create and maintain our policies and procedures from here on forward," he said. "It's a great program and a great organization that a lot of police departments use, including Worcester and Wicomico counties and

Ocean City.

"What they do is they look at best practices from other police departments around the country, in addition to making sure we're in compliance with federal and state law," he continued. "And if there are any changes in best practices, or any changes in federal or state law, they will automatically update our policies for us and provide training to our officers on the new policies."

Robinson said he's also working on technology improvements, and the recruitment of new officers.

"I want to maintain a competitive starting salary, along with a viable pay scale for the officers that are already here," he said. "We're also looking at the pensions and working on the retirement program. And having things like take-home cars is a huge benefit to our officers."

"All those things are geared towards not only attracting and recruiting new officers, but also keeping the officers that we have," he added.

Asked about his quick pitch for new hires, Robinson simply said, "it's Ocean Pines."

"I knew firsthand what a great community this is before I even applied here," he said. "If you do the research, Ocean Pines always comes up and ranks among the safest and best communities in the state of Maryland. It's just beautiful here. Driving along the treelined streets and seeing the canals, there's just nothing like it."

Robinson said he's hoping to hire both new and veteran officers.

"I'm looking to get people that are new that we would send to the academy so they can learn how to be officers. But I'm also looking to hire a couple of experienced folks to help guide some of these younger officers," he said.

Looking ahead

In the future, Robinson hopes the Ocean Pines Police Department will continue to supply the best possible service to the community, and to be as self-sufficient as possible.

"We do get a lot of help from the sheriff's office, in addition to other allied agencies and state police, but we want to be in a position where we can supply most of the basic services that this community needs," he said.

"Overall, I'm just thrilled to be here – and I plan to be here for a while," he continued. "If you see me out and about, please stop by and say hello. I plan to be very present here in the community."

For information on hiring for the Ocean Pines Police Department, visit www.oceanpines.org/web/pages/work-here.



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Where the time goes

My youngest grandson recently celebrated his first birthday. It's hard to believe a year has gone by since he arrived. He's now walking, having very quickly advanced past the Frankenstein-like steps of when he started. He ambles all over the place

My wife watches him once a week, time she very much anticipates and enjoys. Prior to his arrival she's a burst of enthusiasm getting the house ready for the little one's arrival. His ever-growing number of toys are placed on the living room floor, his favorite stuffed bear prominent. The television is primed, ready to show his favorite song cartoons especially, "Five Little Ducks" which he absolutely loves. As soon as he hears the introduction, he's all smiles, sitting and



It's All About. . .
By **Chip Bertino**

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now. So much so that my wife had to quickly baby-proof our home so the little explorer didn't investigate cabinets ill-suited for his wandering lust for learning.

excitedly moving his arms up and down.

There's one toy that without fail captivates his attention. It's a Playskool barn that has a hinged roof and barn doors that open and close. He enjoys opening the roof and placing inside whatever he can get his hands on. Then he spills the contents out to start over again.

There comes a point when he goes to my wife, who's usually sitting with him on the floor, and sits and leans into her. This indicates he's getting tired. My wife will scoop him into her lap and turn on Disney piano music that mesmerizes him lulling him to sleep. To write that my wife is in her glory would be an understatement.

No different than any other grandparent, admittedly I am biased when it comes to my grandson. But I have to write, my grandson is an absolute delight. He's very well behaved, a trait attributable to his parents who are so wonderful with him. He's also adorable.

Experience informs me that our grandson will grow up quickly. We'll be attending his school concerts before we know it and watching him graduate not long after that. I can almost hear my wife and I asking each other, "Where has the time gone?"

That's why, listening to "Five Little Ducks" over and over and over again, is okay with me.



Enjoying his birthday cake



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Response to the horrors

Editor:

A partial response to Carol Frazier's letter titled "Americans need to understand the horrors going on." Frazier is all over the board on "horrible things occurring here in America." Her horror today is our southern border. It is impossible to reply to every fear.

My sources are primarily *The Daily Times*, Associated Press, *USA Today*, *The Hill*, *NPR*, and *CBS News*. This may be the media that she believes "deliberately refuses to report the truth."

It may be that many Americans are somewhat, as she says, "unaware of these matters." Perhaps because they are wisely watching football, attending music concerts, or driving their classic cars around OC and not because of something nefarious.

She blames one political party more than the other without knowing history or solid references.

Efforts to restrict immigration to the U.S. started in the late 1800s not 2 1/2 years ago. In 1924 the U.S. Border Patrol was formed because of smuggling during Prohibition. During the Great Depression the first mass deportations took place—Mexicans. Today over one hundred years later our migrant concern is primarily Venezuelans. "Over seven million people" have NOT "flooded across [our] border in the last 2 1/2 years." Seven million Venezuelans have fled Venezuela in recent times with many going to Colombia and other South American nations. There are now more coming north; that is a problem. Data for fiscal year 2023 which ended this past weekend shows annual migrant apprehensions of over 2 million. For this past month of September there were two hundred and ten thousand.

Most migrants are not packing drugs. Over 90 percent of fentanyl, and over 80 percent of total illegal narcotics, arrive at legal points of entry—not between them—and are

smuggled largely by Americans—not undocumented migrants.

Studies show that crimes are more likely to be committed by U.S. citizens than undocumented migrants. Here are some male U.S. citizens of White European descent who recently committed or were found liable of acts against females: Craig Nelson Ross, Jr., James Robert Allen, a past U.S. president, and many more. You can look them up. People who declare unlimited treacherous migrants are being released into our country are trading in xenophobic, anti-immigrant sentiment and false fabrications.

We should not be concerned about catching COVID from migrants if we are up to date on our vaccinations. Many friends got COVID this summer after taking trips to Europe or cruises to Alaska. I don't know of one that got it from a migrant.

The Biden administration is working on this never-ending problem like administrations before them. As I was writing this, laws were waived to fast-

track construction of new fence. Fence is not the best answer. We all know the short comings of fence. It was also announced direct deportation flights to Venezuela will resume.

A certain number of the people we deport at the border turn around and come back, sometimes more than once. It is like that cat that comes in our bedroom, we deport it back out the door, and at first opportunity that cat is back. Trying to enter our country will never end.

I recommend people google and read, "No, America is not seeing an unprecedented surge in immigration. New Census data prove it." by David J. Bier associate director of immigration studies at the Cato Institute. If nothing else, it gives us a different perspective.

We have spent taxpayer money on border problems for over one hundred years. Future Americans will spend money the same way in 2123.

George Timothy Mason
Salisbury



Harbor Day at The Docks Festival returns

Celebrate maritime history during the 2023 Harbor Day at the Docks on Saturday, October 14 from 10 a.m. to 3 p.m. The event will take place along Sunset Avenue in the West Ocean City commercial harbor.

Entrance to this family-friendly festival is free, and complimentary bus service will be available to shuttle patrons to and from the OC Park N' Ride to the event parking lot.

Festivities kick off at 10 a.m. with the Blessing of the Fleet, followed by live musical performances by Trinidad and Tobago, and then Randy Lee Ashcraft and the Saltwater Cowboys from 1 p.m. to 3 p.m. At noon, Hooper's Crab House will sponsor a crab eating contest, and participation is available on a first-come, first-served basis.

Other activities will include local fisherman displays, vendor demonstrations, nautical artisans, educational exhibits, and activities galore

for children.

There will be plenty of vendors selling foods and beverages. The Coast Guard will provide on-site water safety information and Coast Guard boat tours.

Those seeking a unique water experience will have opportunities to tour the harbor on the Salty Siren.

"Come out and join us for this annual festival celebrating the rich history, culture, and heritage of both the sport and commercial fishing industries right here in Worcester County," Recreation Superintendent Ben Kirk said.

Harbor Day at the Docks is sponsored by Worcester County Recreation and Parks and other area partners. More information is available at www.harbordayoc.com, on social media at @harbordayoc, or by contacting Ben Kirk at 410-632-2144, ext. 2520 or bkirk@co.worcester.md.us.

Courier Almanac

On October 11, 1975, *Saturday Night Live (SNL)*, a topical comedy sketch show featuring Chevy Chase, John Belushi, Dan Aykroyd, Gilda Radner, Garrett Morris, Jane Curtin and Laraine Newman, makes its debut on NBC. The 90-minute program, which from its inception has been broadcast live from Studio 8H at Rockefeller Center, includes a different guest host and musical act each week. The opening sketch of each show ends with one actor saying, "Live from New York, it's Saturday Night!"

Family history is considered a risk factor for various diseases, and breast cancer is no exception. According to Cancer Research UK, having a first degree relative, which includes a mother, sister or daughter, diagnosed with breast cancer approximately doubles a woman's risk for breast cancer. However, the American Cancer Society notes that only about 5 to 10 percent of breast cancer cases are thought to be hereditary. Hereditary cases of breast cancer are those that result directly from gene mutations passed on from a parent. The relatively small percentage of hereditary cases is important to note, as it means that the vast majority of women who are diagnosed with the disease have no family history of breast cancer.



The Courier

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Too little water

Last month there was a flurry of news articles about the perennial navigation issues in the Ocean City Inlet. I reached out to Mr. Bob Mitchell, Worcester County's Director of Department of Environmental Programs, to get a better understanding of the underlying problem. He was most helpful and insightful.

The primary issue is shoaling. That's the natural phenomena that sand and other loose bottom stuff is pushed around by the force of water currents and piles up where it exits the current. These deposits are called 'shoals' if the pile doesn't reach all the way to the surface and 'sand bars' if they grow above the surface. Sand bars can be fun places to beach your boat and explore or pretend that you own your own private island.

Shoals are another story. Unseen,

they reduce the depth of the available water causing boats to run aground. The greater the draft of the vessel and the greater the height of the shoal, the more likelihood of hitting bottom and sustaining damage.

For years, the shoaling in and around Ocean City Inlet has been addressed by annual dredging by the Corp of Engineers. This has kept the West Ocean City Harbor open for the commercial fishing boat fleet. Without this effort, the fishing fleet would be forced to move to deeper harbors such as Indian River or Chincoteague and Maryland would lose the commensurate jobs and revenues.

However, the status quo has changed. Since the storms of 2015 sand deposits have increased because a new channel for the migration of sand opened up on Assateague that

has accelerated the movement of sand into the inlet on every ebb and flood tide while the rate of annual dredging has dramatically decreased. In past years, as much as 180 thousand cubic yards of material have been removed from our waterways. Last year, only about 30 thousand cubic yards was removed.

Meanwhile, over \$3 million have been spent on various marine engineering studies to determine the path forward. So where do we stand? Our local congressman, Rep. Andy Harris



(R), who is on the Congressional Appropriation Committee, has assured the local folks that we will get our fair share of funding (whatever that means) but the first hurdle is to decide

what to do. Do we simply increase the annual dredging effort and fight each year for funding? I think it was Einstein who said the definition of insanity is doing the same thing over and over and expecting different results. Or do we look for a more permanent solution?

Currently, the problem can be broken down into two priorities according to Mr. Mitchell.

Priority #2 is the inlet itself – from the big red #4 and green #5 buoys just outside the break way (These are the two buoys that you see when standing in the inlet parking lot.) to the "OC" mid channel buoy that is located off Oceanic Fishing Pier. Currently, the red #8 and #10 buoys identify a channel that keeps the deep draft boats out of harm's way. The Issue is that the channel is not in the center of the inlet. In fact, it is precariously close to the south jetty that extends seaward from the northeast tip of Assateague Island. However, with proper attention to the aids-to-navigation (the buoys) one can navigate the outer portion of the inlet.

The biggest problem, Priority #1, is the shoaling between the "OC" mid channel buoy and the West Ocean City

please see water on page 8



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The benefits of aquatic therapy

By **Cara Konlian**

MSPT, CEO,

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Cara Konlian

Aquatic therapy has been used for centuries as a vital part of medical treatment. Its benefits have been recognized since the days of the Greeks and Romans and continue to be praised today.

Aquatic therapy provides benefits for a multitude of populations such as injured athletes, spine,

arthritis, and fibromyalgia sufferers as well as those recovering from knee/hip surgery.

The use of water improves mobility and flexibility, promoting muscular relaxation and relieving discomfort due to its soothing and unweighing principles! Additionally, the natural buoyancy of water counteracts the effects of gravity, reducing compressive impact and making exercises much easier to perform compared to those on land. By harnessing these unique benefits, Aquatic Therapy offers a valuable approach to rehabilitation and healing.

Fact: A person immersed to the neck in water experiences an apparent loss of 90% of their body weight.

You have a smaller risk of re-injury from water therapy. In the aquatic environment, patients can eliminate joint stresses and experience pain-free movement due to the buoyancy of the water.

The aquatic environment is an excellent medium for those individuals suffering from arthritis, fibromyalgia, or low back pain.

What are the benefits of aquatic therapy?

Aquatic therapy can provide several

benefits for both pre-and post-surgery patients. These include:

1. **Reduced pain:** The buoyancy of water reduces the amount of weight-bearing on the joints, relieving pain associated with surgical incisions and movement. The water's warmth can also help relax muscles and soothe post-operative pain.

2. **Improved mobility and range of motion:** Water offers a low-impact environment that supports joint movement and makes it easier to perform exercises without aggravating surgical sites. This allows patients to regain strength and flexibility gradually.

3. **Enhanced healing and recovery:** Aquatic therapy stimulates circulation and boosts blood flow to the surgical site, improving the delivery of oxygen and nutrients to aid in healing. It can also reduce inflammation and swelling, leading to faster recovery.

4. **Increased muscle strength and endurance:** Water provides resistance to movements, making it an excellent medium for muscle conditioning. Post-surgery

patients can safely regain muscle strength and endurance by performing exercises in the water.

5. **Improved balance and coordination:** The natural resistance of water requires patients to engage core muscles to maintain stability and balance. Aquatic therapy can help refine balance control and enhance coordination, which is beneficial for patients recovering from surgery.

6. **Reduced stress on joints and bones:** The buoyancy of water significantly reduces the impact on joints and bones, making it an ideal therapy for patients with weight-bearing restrictions after surgery. It allows them to exercise with less stress and strain on the body.

7. **Increased confidence and psychological well-being:** Immersion in water can have a calming effect on the mind and body. It can help reduce anxiety, stress, and depression often experienced by post-surgery patients, thereby boosting overall psychological well-being and confidence.

It is important to note that the bene-

fits of aquatic therapy can vary depending on the specific surgical procedure and the individual patient's needs. Talk to your healthcare provider or your surgeon about the benefits of aquatic physical therapy both before and after surgery.

To learn more or schedule your appointment online, go to www.aquacarephysicaltherapy.com. Aquacare has 11 locations in Delaware and Maryland, so chances are there is an Aquacare location near you! Free 30-minute Consultations are available. Schedule online: <https://aquacarephysicaltherapy.com/free-consultation>.

Cara Konlian, MSPT, is CEO of Aquacare Physical Therapy. She started the business 25 years ago with her parents and her husband, Steve Konlian, MD. Cara is passionate about aquatic physical therapy and pelvic floor therapy. She attended Elizabethtown College for two years and then entered the physical therapy program at Jefferson in 1991. She has been a physical therapist since graduating and loves to collaborate with peers, forming lifelong friendships.

water

from page 7

commercial channel. The source of the sediment is, for the most part, the erosion of the northwest tip of Assateague Island. The channel in this area can be less than 10 feet deep and returning fishing boats, heavily laden with their catch, have been known to get into trouble. Case in point, the 75-foot fishing vessel, *Instigator*, went aground last March.

It is fascinating to observe the forces of nature and our human reactions. Global warming, for example, has been going on at least 10,000 years when the ice cap began to recede from St. Louis and created the Great Lakes and now we are trying – ever so feebly - to abate it.

Likewise, the natural migration of

sand down North America's eastern seaboard has been underway for almost as long. In oceanographic terms, it's called literal drift. The beautiful Ocean City, New Jersey, beaches of the 1930s have vanished while the modest 1950 Wildwood beaches to the south became so large that the city added another beach front block of houses.

Here on the Delmarva Peninsula, we are seeing a similar movement. The sand goes where King Neptune wants it to go. Remember he had a heavy hand in the creation of the O.C. inlet back in 1933. He may be reconsidering which baits the question: Are our jetties and dredging an expensive holding action? But I digress.

The immediate issue is maintaining navigable water into and out of the West Ocean City Commercial Harbor. One attractive solution is to put the nefarious sand back where it came from on the northwest tip Assateague Island by extending the two existing rock barriers to create an enclosed area and hydro pumping the eroded sand from the nearby clogged channels back onto Assateague Island. We would simply be putting the sand back and stopping future erosion by using a pile of existing and new rocks to make sure that the sand stays there over the objections of the ACLU, the SPCA, the save the spotted mosquito society, and Toys-were-Us.

One group that will not object is the wind farm crowd. They are currently

looking into obtaining dockage in the West OC Harbor for their maintenance vessels that will service their off shore turbines. This represents more business for the local economy and more reason to get a sustainable solution to the hydrodynamics of shoaling. Otherwise, they too, like the commercial fishing fleet, could find a friendlier home port.

Even if the money is available and one proposal is more attractive than the others, there are still tradeoffs. Re-contouring the bottom in one place causes King Neptune to push back elsewhere. For example, the Corp of Engineers has run lots of what-if simulations on our local waters. They have modeled the water between the Route 50 Bridge and the inlet. Their calculations indicate that if we remove the sand bar that runs perpendicular to the Route 50 bridge, shoaling will begin along the Angler's and USCG station's docks on the east side and also along Stinky Beach on the west side.

There is no easy nor perfect engineering solution when combating nature's momentum whether it's global warming or fighting to keep our waterways navigable. Let's push on but let's appreciate our limitations and keep Einstein's sentiments in mind.

Stay safe. Stay dry.

Dan Collins can be reached for comment at dancollins.oceanpines@gmail.com

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Starting strong - Students in Amy Burbage's second grade class at Ocean City Elementary started the school year off strong learning how to develop their growth mindset. The students learned to treat their brain as if it is a muscle which requires training in order to grow stronger. They learned that mistakes always provide opportunities to grow and that there is enormous power in the things they haven't accomplished yet.

Farm-to-library event scheduled

The Friends of the Ocean Pines Library announced they will present a Farm-To-Library event as part of the organization's semi-annual membership meeting on Monday, October 23.

Local farmers will share their stories: how they got started farming, what products they sell, and the challenges and benefits of operating their own farm.

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

The guest speakers include Matthew Harhai, Goat Plum Tree Farm, Berlin; Nancie Corbett, Bluebird Farms, Berlin; and, Carol Cross, Cross Farms, Berlin.

There will be an informative question-and-answer session, and maybe even a few samples.

Pet blessing scheduled

In honor of St. Francis of Assisi, who loved all animals and whose feast day was October 4, the Church of the Holy Spirit in Ocean City will hold a Blessing of the Pets ceremony on October 15 from 11:30 a.m. until 12:30 p.m. in the church parking lot.

The church is located at Coastal Highway and 100th St. Pets should be on leashes or otherwise under their owners' control. Any size, shape or type of pet is welcome. You may also bring a photo of a departed pet, or a stuffed animal that means a lot to you.

Call the church at 410-723-1973 for further information.

Holiday Craft Fair returns

The Pine'er Craft Club of Ocean Pines will host the 12th annual Holiday Craft Fair on Saturday, November 4 from 9 a.m. to 3 p.m. at the Ocean Pines Community Center.

The event is free and open to the public.

"We are excited to host the event this year, and we have added additional booths to accommodate the overwhelming response from applicants," Debbie Jiwa, event chairperson, said.

Local artisans, crafters, and many Craft Club members will display and sell their hand-crafted items. The Holiday Craft Fair is a juried event, meaning organizers will limit the number of similar products.

"There will be a wide variety of items, many with a holiday theme, including jewelry, pottery, paintings, soap and bath items, pet products, American Girl doll clothes, stained glass, pillows, and cross-stitched items," Jiwa said.

"All items are hand-crafted and make wonderful gifts for the holidays, and you can get something for everyone on your gift list.

"We'll also have some unusual, one-of-a-kind things," she continued. "We'll have fabric decorated plates, quilted items, gourd houses, and so much more."

Jiwa recommends shoppers come

early, as many items sell out quickly.

"This is a popular event, so the earlier the better," she said. "We'll also have a bake sale of all homemade goodies. The bake sale is very popular and is usually sold out by noon."

Additionally, breakfast and lunch items will be available for sale by the Kiwanis Club in the Marlin Room, with tables and chairs also set up in that space.

The Pine'er Craft Club will donate proceeds from the Holiday Craft Fair back to the Ocean Pines community. Active since 1974, the Craft Club has donated more than \$175,000 to groups like Ocean Pines Recreation and Parks, Police and Fire departments, and the Worcester County Veterans Memorial at Oceans Pines.

Looking ahead, Jiwa said there are big plans for the club and the Holiday Craft Fair next year, with a major milestone approaching.

"We are gearing up our 50th anniversary of the club in 2024," she said. "We will be doing recognitions and celebrations throughout that year, leading up to our 13th annual Holiday Craft Fair next November."

For more information on the Pine'er Craft Club, visit www.ocean-pines.org/web/pages/artisan-gift-shop



Tides for Ocean City Inlet

Day	High / Low	Tide Time
Th 12	Low	12:49 AM
	High	7:02 AM
	Low	1:01 PM
	High	7:23 PM
F 13	Low	1:22 AM
	High	7:40 AM
	Low	1:41 PM
	High	8:00 PM
Sa 14	Low	1:55 AM
	High	8:18 AM
	Low	2:21 PM
	High	8:37 PM
Su 15	Low	2:28 AM
	High	8:57 AM
	Low	3:01 PM
	High	9:15 PM
M 16	Low	3:03 AM
	High	9:35 AM
	Low	3:42 PM
	High	9:54 PM
Tu 17	Low	3:39 AM
	High	10:16 AM
	Low	4:25 PM
	High	10:34 PM
W 18	Low	4:18 AM
	High	10:59 AM
	Low	5:13 PM
	High	11:17 PM



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EOE

Chamber announces award recipients

The Ocean Pines Chamber of Commerce announced their 2023 “The Best of Us” Award recipients. They will celebrate at the Carousel on November 9, from 5:30 p.m. to 9 p.m. with a banquet themed, “Our Future is So Bright We Gotta Wear Shades.” Bright colors and sunglasses are the suggested attire.

Business of the Year – My Backyard. My Backyard opened in 2018 in Manklin Station. Owner Maureen Kennedy’s love of everything birds shines through in her store jam packed with feeders, artwork, and healthy food for all local species. A one woman show, Maureen offered educational presentations, book signings, and in store events, until COVID hit. But COVID or no COVID, birds needed care, and her business made it through unscathed. Taking from a story her father told her as a young girl, Maureen published a book named, “A Wonderful Day with Gilly Gilay” in 2021.

Business Person of the Year – Tasha Haight. Mermaid Tasha has been an internationally performing mermaid since 2017. She has performed at renaissance fairs, pirate and faerie festivals, and aquariums and casinos across the country. She is also a PADI Mermaid Instructor and enjoys teaching new mermaids how to safely swim in their tail while caring for the environment. Tasha is lifeguard, Divemaster, free dive, CPR/AED/First Aid, and mermaid, certified. She is also insured by Specialty Performer Insurance and Divers Alert Network. Passionate about the health of the oceans and aquatic life, Tasha has published many children’s books encouraging environmental awareness and compassion.

Entrepreneur of the Year – Liz Decker. Liz Decker, owner of Caprichos Books, is a true marketer, bibliophile, and advocate at heart. Caprichos Books is a local independent bookstore known for its diverse book selection and commitment to fostering a passionate reading community. Liz hosts engaging author events, book signings, and discussions, providing a platform for both established and emerging literary voices. In addition to literary events, Caprichos Books organizes board game nights and creative craft evenings, creating a

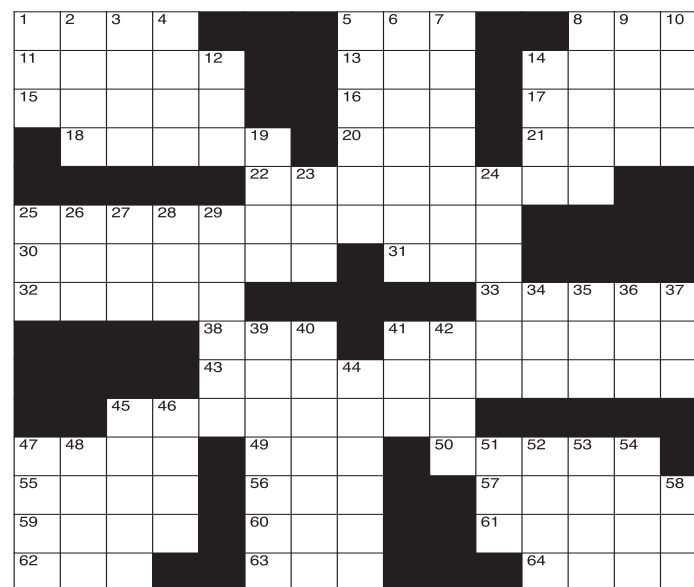
warm and inviting space for individuals to connect over their shared love for books, games, and creativity. Liz actively collaborates with neighboring businesses, strengthening community bonds, and contributing to local economic growth, enriching the cultural fabric of the neighborhood.

Nonprofit of the Year – Delmarva Discovery Center. Located on Market Street in scenic Pocomoke City, the museum was conceived as a place where visitors could explore the rich history and natural world of the Delmarva peninsula consisting of the Eastern Shores of Delaware, Maryland, and Virginia. Today the museum offers an everchanging variety of exhibits, public events, and educational programs for visitors of all ages. They welcome visitors of all ages to explore 16,000 square feet of universally accessible exhibits featuring the natural and cultural histories of Delmarva. They offer a variety of educational programs for school groups, Scouts, summer camps, and other youth organizations. For adult groups, they offer guided tours of our extensive exhibits. In addition, they host a variety of public programs and special events.

Citizen of the Year – Kate Patton. Born the daughter of Tom and Jean Patton, Kate had a pretty big local legacy to live up to. Her father was instrumental in many historical and environmental preservation efforts in the Berlin area for decades. He passed that passion down to Kate and she never looked back. Last month, she announced her retirement from the Lower Shore Land Trust after 17 years. This was just one of Kate’s careers but probably the one closest to her heart.

2023 Friend of the Chamber – Gary Murray. In 2022, the chamber created the Friend of the Chamber program where residents can join the chamber for a small annual fee and enjoy the networking, educational, and volunteer opportunities afforded to all chamber partners. Gary Murray jumped in as an invaluable volunteer this past year at our Classic Car & Jeep Show and annual Flounder Tournament.

Banquet tickets are \$75 per person and sponsorships are available. Learn more at OceanPinesChamber.org.

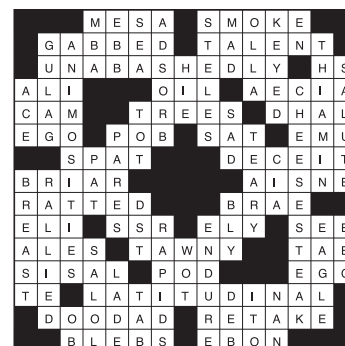


CLUES ACROSS

- 1. Information
- 5. Seaport (abbr.)
- 8. Agricultural disease (abbr.)
- 11. Riding horses
- 13. Boxing’s GOAT
- 14. Hurt or discomfort
- 15. A small sharp knife to trim vegetables
- 16. A beaver builds one
- 17. Horizontal passage into a mine
- 18. Self-immolation by fire rituals
- 20. Chain bar with lots of games (abbr.)
- 21. Goo Goo Dolls’ hit
- 22. Agreeable
- 25. In an early way
- 30. In a way, struck
- 31. It’s there in the morning
- 32. County in the S. Pacific
- 33. Central Florida city
- 38. Numbers cruncher
- 41. Mexican beers
- 43. Lawyers say you can indict one
- 45. Capital of South Australia
- 47. Wings
- 49. Drug used to treat HIV/AIDS
- 50. Fencing sword
- 55. Capital of Qatar
- 56. Portable bed
- 57. Afflicted
- 59. Lying down
- 60. Midway between northeast and east
- 61. Spiritual leader of a Jewish congregation
- 62. Inflamed
- 63. Soviet Socialist Republic
- 64. Impudence

CLUES DOWN

- 1. A way to fish
- 2. Greek mythological figure
- 3. Scarlett’s home
- 4. Assist
- 5. More doleful
- 6. Premeditated
- 7. Dish featuring minced food
- 8. San Diego ballplayer
- 9. Eight
- 10. Unwelcome picnic guests
- 12. Human gene
- 14. Bucket
- 19. Make full
- 23. Dirt
- 24. Person cited as ideal example
- 25. A part of (abbr.)
- 26. The 17th letter of the Greek alphabet
- 27. Very long period of time
- 28. Gas usage measurement
- 29. North American native people
- 34. It says “moo”
- 35. Folk singer Di Franco
- 36. Resinlike substance of certain insects
- 37. Residue
- 39. Grand homes
- 40. Popinjays
- 41. Man who behaves dishonorably
- 42. Figures
- 44. One who watches over children
- 45. Expressed pleasure
- 46. No longer living
- 47. Hebrew calendar month
- 48. Part of the ear
- 51. Swiss river
- 52. Prejudice
- 53. Italian Island
- 54. Resist authority (slang)
- 58. Criticize



Answers for October 4

Some things to think about

Gathered from the internet
by **Jack Barnes**

Will men never learn?

A woman ran a red traffic light and crashed into a man's car. Both of their cars are demolished, but amazingly neither of them was hurt. After they crawled out of their

cars, the woman said; "Wow, just look at our cars! There's nothing left, but fortunately we are unhurt. This must be a sign from God that we should meet and be friends and live together in peace for the rest of our days."

The man replied, "I agree with you completely. This must be a sign from God!"

The woman continued, "And look at this, here's another miracle. My car is completely demolished, but my bottle of 75-year-old scotch didn't break. Surely God meant for us to drink this vintage delicacy and celebrate our good fortune."

Then she handed the bottle to

the man. The man nods his head in agreement, opened it, drank half the bottle and then handed it back to the woman. The woman took the bottle, immediately put the cap back on, and handed it back to the man.

The man asks, "Aren't you having any?"

She replies, "Nah. I think I'll just wait for the police."

Some years ago, Adam ate the apple. Men will never learn!

There's a fine line between a numerator and a denominator.

Only a fraction of people will find this funny.

A man and a woman were traveling in a train.

Woman : Every time you smile, I feel like inviting you to my place.

Man : Awww! Are you single ?

Woman : No, I am a Dentist....

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