

The Courier

October 18, 2023 Volume 24 Number 7



Support - On October 11 Ocean City Elementary School participated in a Wear Pink Day in honor of Breast Cancer Awareness Month. The faculty and staff collected \$250 to donate to Women Supporting Women in Salisbury. Pictured are **Blake Riley** and **Berkay Cakir**.

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OPA revives iconic Yacht Club entrance 'sail' sign

Ocean Pines recently announced the successful rehabilitation of the iconic "sail" entranceway sign at the Ocean Pines Yacht Club.

The sign has been part of the entrance at the intersection of Ocean Parkway and Mumford's Landing Road for nearly 50 years.



General Manager John Viola said the project, a collaboration between Ocean Pines Public Works and an outside contractor, reinforces the Association's commitment to ongoing maintenance and preserving the rich heritage of the community.

Quick facts:

-The restoration involved power washing and a thorough cleaning of the sail sign, plus the two Mumford's Landing signs, by Public Works.

-An outside contractor repaired rotted wood and applied a fresh coat of paint.

-Ocean Pines Public Works restored the lettering on the signs.

Historical significance:

The origin of the sail sign is believed to trace back to a concept drawing featured in the original Ocean Pines informational booklet created by developer Boise Cascade. This symbol has stood as a point of reference for residents and visitors alike for

nearly five decades, guiding them to the Yacht Club.

A trip down memory lane:

-The Yacht Club and Marina were first envisioned in 1969.

-A groundbreaking ceremony oc-

curred in 1973, with the Yacht Club and Marina's completion in 1975.

-The sign was likely put up in 1975, to go with the opening of the new building.

John Talbot, an original Boise Cascade salesperson and longtime community resident, fondly recalls the installation of the iconic sign.

"It was a point of reference as an owner and you couldn't help but notice it. It was just another added feature to tell people where the Yacht Club was going to be," he said.

Talbot vividly remembers the excitement surrounding the Yacht Club's opening and said it was a hot topic of conversation throughout the community.

Marlene Ott, an Ocean Pines resident for more than 50 years, noted that the entranceway also graces the cover of the "History of Ocean Pines, Maryland" book written by Bud Rogner.

"I recall that it has always been there," she said, adding the sign has always symbolized the Yacht Club for residents.

Marvin Steen, one of the original

developers and a resident for more five decades, also acknowledged the enduring presence of the sign.

"It's been there a long time!" he said. "The maintenance on those signs over the last few years has been fantastic. They've been looking really good."

A positive transformation

The restoration of the sign not only preserves an iconic landmark, but has also visually improved its prominence.

"Visually, the improvements made them more pronounced," Talbot said. "I personally say that was a plus factor."

Viola said the Association will continue to focus on maintenance and upkeep of the community. Up next, he said Public Works will work to reproduce the original "Yacht Club" sign and sailboat that once stood at the entranceway.

"Ocean Pines takes pride in its rich history, and we have an ongoing commitment to preserving our heritage," Viola said. "The successful restoration of the signs at the Yacht Club is a testament to that dedication."

Coastal Bays report card to be unveiled

The Maryland Coastal Bays Program will unveil the 2022 Coastal Bays Report Card Tuesday, October 24, 1 p.m., at the Ocean City Marlin Club. The public is welcomed and encouraged to come learn about the current results and initiatives to protect the Coastal Bays.

The Report Card provides a transparent and detailed assessment of the current health of the five Coastal Bays and major tributary, the St. Martin River. The overall health of the Coastal Bays is determined by assessing four water quality indicators, and two biotic indicators scientifically derived ecological thresholds or goals. The six indicators are combined into one coastal bays health index, presented as a report card score.

The Report Card is a scientific collaborative effort among the Maryland Coastal Bays Program, University of Maryland Center for Environmental Science - Integration and Application

Network, the Maryland Department of Natural Resources, Virginia Institute of Marine Science and the National Park Service. Funding for the publication is provided by the Environmental Protection Agency (EPA).

This year's report card release program includes four Gold Star award presentations to recognize the contributions of partners and individuals, and their efforts to protect the coastal bays.

Hundreds of volunteers work with MCBP, including residents and visitors, to support environmental initiatives that protect, promote, and preserve our Coastal Bays. Some of the volunteer work includes assisting with population surveys of horseshoe crabs, terrapins, and birds; collecting water samples, working on restoration projects, participating in trash clean ups, and assisting in many other activities.

Part of the National Estuary Pro-

please see **bays** on page 8

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Art turns disabilities into abilities

By **Elaine Bean**

How do you teach someone who cannot see to make visual art? Is it even possible?

It is when you have a student who loves art and a teacher who is creative

in a special class at the Ocean City Center for the Arts.

"I taped off her different horizon lines on her paper to indicate when to change colors," Buford said. "Rachael painted with one hand, and, with the other, she could feel the lines. All I did was help her load her brush with paint. When we finished, she was so excited to show her mother what

Barbara Buford and Patrick Cook



she had painted. She put her hand over top of mine and said, 'I love painting with you'."

"I never met anyone who gets so much joy out of painting, and she can't see what she did," Buford continued. "She just has a love for creat-

ing. She creates with her heart and not her sight. Rachael is very eager to learn new techniques and does not allow her disability to hold her back. We worked together to turn her

enough to solve the problem. Barbara Buford teaches Rachael Cardwell, who is blind and a client of the Worcester County Developmental Center, how to paint by giving her hands-on attention

disability into an ability."

Every month, a group of adults from the Worcester County Developmental Center (WCDC) travels from Newark, MD. to the Arts Center for a class with Buford. WCDC is committed to empowering adults with disabilities to be inclusive members of society capable of independent thinking and advocating for themselves to create rich meaningful lives.

That mission merges well with the vision of the Art League of Ocean City, which is to be a cultural center and regional catalyst while inspiring creativity and providing accessibility to and promoting an understanding of the value of the arts.

Allison Barton, WCDC Director of Arts and Culture, believes everyone possesses unique talents. "The WCDC Art Program provides adults with disabilities in our community a creative outlet to express themselves and communicate at times when they may not have the words. Our program also works to give clients a means to show off their creative accomplishments to promote social interactions, build confidence, and help maintain strong cognition, memory, and psychological resilience."

"The members and instructors of the Art League have provided an environment that allows our artists to freely express themselves through various forms of art," she continued. "Working with the Art League has increased our clients' connections and comfort in the community. The Art League provides a forum for our clients to learn from others and to show the community, regardless of disability status, everyone possesses unique talents and abilities and can play an active role in society."

On a Tuesday at the Arts Center, the WCDC clients sit around a table with paper and paint in front of them, and Buford guides them step-by-step on what to do next. They work intently, asking for help when they need it. Their faces are full of smiles when

they proudly hold up a finished piece of artwork they created.

The main goal of the class is to have fun. A mantra Buford shares with her students is, "Don't let anyone steal your joy." And passing on the joy of art is always Buford's goal.

"I worked with a young woman who had a cognitive disability," Buford related. "She told me her one dream in life was to see her artwork hanging in a gallery. I decided at that moment I would make it my mission to help her dreams come true. On opening night of the show, she sold her first painting. I realized at that moment art brought her such overwhelming joy. She didn't have the words to tell her story but art filled that void. I believe art heals and gives a voice to those who may not be able to express



Barbara helps Rachel



themselves. It is my passion to help people with disabilities become an intricate part of our art community."

"A student of hers once proclaimed that Barbara was a living angel right here in front of us, and I believe her," Kacie Neeb, Gallery Assistant and Camp Director for the Art League, said.

Because of her dedication, Buford was given the Art League of Ocean City's SHERO Award in 2021 for her teaching gifts to the community. And she's still at it. Buford regularly teaches art classes for the Art League, including Free Family Art Days and heART & Soul, a class geared for those healing from stress or trauma.

Finding what to watch

Most evenings, after dinner, I routinely flop in the recliner to watch something on television. Frustrated with increasing costs, we severed our cable subscription more than a year ago, preferring to pay for the streaming services. Now, much of my viewing time is spent scanning Netflix and

“The Train,” an engrossing 1964 black and white film starring Burt Lancaster as French Resistance Fighter Paul Labiche who, with his comrades, attempts to stop a train filled with art looted from art museums and private collections by the Nazis. This is one of the best movies I’ve seen in a long time and I highly recommend it.



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

chipbertino@delmarvacourier.com

Prime to find a movie or series of interest.

Landing on such a program is akin to finding a buried treasure after exhaustive effort. Not too long ago, I found “Hustle,” a British series about a group of con artists who practice their deception on unsuspecting yet deserving marks in and around London. Starring Adrian Lester and Robert Vaughn, the 48-episode series ended in 2012 but for about three weeks, it kept my interest before I again had to journey along the path of discovery for something else to watch.

The something else I found was “Band of Brothers,” the 2001 World War II mini-series that follows Easy Company of the 101st Airborne Division from jump training school to major actions in war-torn Europe. The show was riveting and after watching the last episode, I started viewing “The Pacific,” a drama that follows three Marines’ involvement in major WWII campaigns in the Pacific.

Both programs illuminated the reasons why the Greatest Generation is referred to as the Greatest Generation. It got me thinking that in similar circumstances, I’d like to believe I could muster up the bravery and where-withal to overcome the fear and challenges those Americans did during a time of conflict and uncertainty.

Keeping with the WWII theme, I’ve watched several movies including “Monuments Men” about a group of soldiers who toward the end of the war focus on recovering stolen works of art grabbed by the Nazis. Then there was

Not every night in the recliner offers a grand slam viewing experience. On an evening not long ago, I watched the start of several shows and movies, quickly losing interest within the first ten minutes. It was an evening of false starts that lasted about an hour and a half before I gave up and went to bed.

On some nights I’ve watched old shows originally aired during what I consider television’s golden era. For instance, “Mannix” and the original



“Hawaii Five-O.” Joe Mannix and Steve McGarrett always pursued the bad guys with a swagger. On other evenings, I’ve rewatched the CBS Saturday night line-up of the 1970s: “All in the Family;” “Mary Tyler Moore;” and, “The Bob Newhart Show.” While enjoying “All in the Family,” I couldn’t help but think that as funny as it was, there’s no way such a show with such dialogue would be produced in this day and age.

I’m coming to the realization that there are only so many offerings available on the streaming services that will continue to interest me. At some point I may have to reconsider reconnecting to cable. I fear though that I would end up flipping from channel to channel lamenting that there’s nothing on worth watching.

What to do? What to do?



Ocean City Chronicles is the final book in Bunk Mann’s three volume historical series which began with “Vanishing Ocean City” in 2014 and continued with “Ghosts in the Surf” in 2019. His latest book features 285 of the most popular ones over the past eleven years. It includes hundreds of photos of long vanished hotels and restaurants, the great storms and fires, deep sea fishing, Boardwalk attractions and amusements, and stories of the people who turned a small 19th century fishing village into a modern year-round destination. “Ocean City Chronicles” is a comprehensive history of Maryland’s famous oceanfront resort in a hardbound coffee table book featuring cover art by noted artist Paul McGehee. Supplies are limited so order your copy today!

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Commentary

By Joe Reynolds
OceanPinesForum.com

OPA court trouble

OPA apparently has court trouble. For a change - on, not in.

Racquet Sports Manager Tim Johnson walked off the job last week. His self-described "abrupt departure," apparently without notice, came as a surprise to racquet sports members, many of whom praise Johnson's expertise, management, and people skills.

This week, Johnson met with General Manager John Viola. Johnson not only departed the meeting re-hired but also holding a newly created position of Director of Racquet Sports and a commitment from the General Manager to meet with him regularly, according to an OPA news release.

Johnson obviously knew how to put on a full-court press and rush the

net, to mix sports metaphors. Just as obvious, Johnson successfully courted the racquet sports membership. Association members, overall, knew little of what was going on but can judge for themselves based on what transpired.

Asked shortly after Johnson left about what was going on, one long-time racquet sports member replied, "I have no idea. It caught all of us by surprise. He had just completed a very successful Pickleball Oktoberfest tournament and was happy with how it all went. Then, two days later..... resigned."

Johnson is also reported to have said he was "tired of banging heads" with the Director of Public Works over a fence Johnson wanted at the complex.

Based on all currently available information, Johnson was well-liked and doing a great job, but how he chose to exit his position last week is somewhat troubling. Rather than communicate his concerns directly to the General Manager, Johnson chose instead to just walk off the job and subsequently write an email explaining his decision to several racquet sports members who then sent the missive out to many others.

Johnson wrote, "Why waste my time at a workplace that is satisfied with second-rate courts, shabby facilities and porous borders, because they won't even respond to my numerous pleas?" Interestingly, the OPA racquet sports complex is one of the finest on the Eastern Shore, and some \$600,000 or more of OPA capital expense dollars was spent there fairly recently.

Johnson went on to reference the "dysfunction that is a hallmark of this administration." He also expressed doubt anything would come from an "exit interview" he would have with the General Manager after racquet sports members more or less forced the meeting by inundating the Board

of Directors with over 200 emails, essentially blaming the General Manager, and saying "give Tim whatever he needs to get him back."

Johnson even belittled GM John Viola in his exit rant, suggesting Viola would hire a "schlub" - a derogatory word for a talentless, unattractive, or boorish person - to replace him.

Here is the full transcript of what Johnson wrote after walking off the job:

"Dear friends,

"I realize my abrupt departure may have been cause for concern, but if you recall, I have spoken ad nauseum about my frustration and disappointment with the OPA consistently saying no to my proposals that I know are in the best interest of the members. So first, know that I have not suffered a psychotic break, no family tragedy, and no health issues. I simply became fed up with the administration trying to convince me they know better than I what we need to make our place amazing. Apparently we are not a priority, and I realized they don't care about my qualifications, my expertise, or my

*please see **court** on page 8*

Courier Almanac

On October 18, 1977, in the sixth game of the World Series against the Los Angeles Dodgers, New York Yankees outfielder Reggie Jackson hit three home runs in a row off of three consecutive pitches from three different pitchers. Only the great Babe Ruth had ever hit three homers in a single World Series game (and he did it twice, once in 1926 and once in 1928) -but he didn't do it on consecutive pitches or even consecutive at-bats. Jackson's amazing home-run streak helped the Yankees win the game and the series, the team's first since 1962.

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.



That's Right!

By Carol Frazier

Horseshoe crab carnage

I saw my first horseshoe crab when I was about five or six years old while visiting my Mom's family in Sussex County. I recall thinking ewwww, the crabs were just about the ugliest things I had ever seen.

Needless to say, my opinion of horseshoe crabs has totally changed. As an adult I have learned how essential the crabs are to medicine. According to the NIH, American horseshoe crabs play an indispensable role in biomedical research. Not only does their blood contain special cells that scientists use to detect bacteriotoxins in our medicine and delivery systems, but their eyes also

contain a neural network that provides much insight into our own visual system. You can read all about it at www.pubmed.ncbi.nlm.nih.gov.

The blue blood of horseshoe crabs may be one of the most valuable liquids on earth - currently valued at \$15,000.00 per quart, it is used throughout the biomedical field to secure the safety of just about anything you can think of from vaccinations to surgery to cancer treatment research. If you have ever had a vaccine, chances are it was tested for safety using horseshoe crab blood. If you have ever had surgery, you should be very

*please see **carnage** on page 8*

The Courier

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Donation - Ocean City AdventureFest Outdoor Sports and Gun Show was able to raise \$3,600 for the Ocean City Helping Heroes Foundation. Hogs and Heroes Foundation also received \$10,700 to support Maryland C.O.P.S.

You can still purchase OC AdventureFest Custom Gun raffle tickets online \$5 or five for \$20 until 9 p.m. November 3. The drawing is November 9 at 9 p.m. Go to <https://www.ocadventurefest.com/> and click on Raffle to see the gun and click on Shop to purchase Raffle tickets.

Above (LtoR) Firefighter EMT **Elizabeth Cramer**, Battalion **Chief Kinhart**, OC AdventureFest Member **Cliff Sutherland**, Beach Patrol **Lieutenant Kovacs**, Parametric Firefighter **Christine Moyer**.

bays
from page 3

program, the Maryland Coastal Bays Program is a non-profit partnership among the towns of Ocean City and Berlin, the National Park Service, Worcester County, the U.S. Environmental Protection Agency, and the Maryland Departments of Natural Resources, Agriculture, Environment, & Planning. One of only 28 such programs nationwide, the goal of the

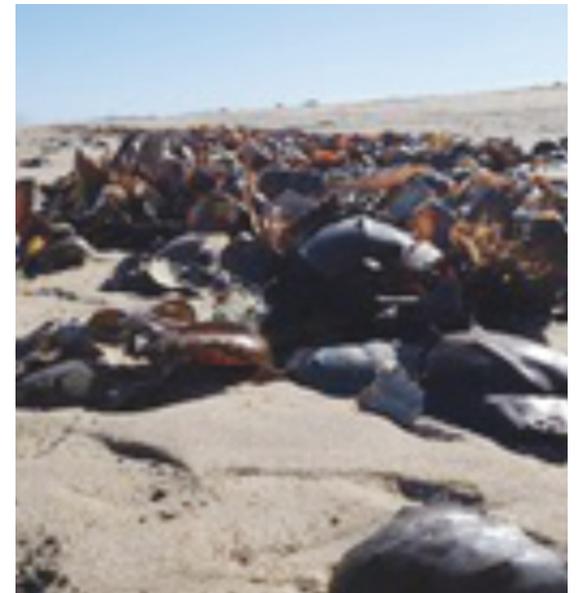
Maryland Coastal Bays Program is to protect and enhance the 175-square mile watershed, which includes Ocean City, Ocean Pines, Berlin, and Assateague Island National Seashore.

Report cards are available online at www.mdcoastalbays.org. If you would like to obtain copies for school projects and citizen groups, please contact Sandi Smith at sandis@mdcoastalbays.org or by calling 410-213-2297 ext. 106.

carnage
from page 6

grateful for its use in detecting endotoxins, which can contaminate antibiotics and surgical equipment. One-third of the blood of the crabs is extracted and then they are returned to the ocean.

Given these facts, and the fact that the crab is already on the “endangered species list,” it is more than disturbing that there was a “horseshoe crab stranding” on the beach at Delaware State Park the weekend of October 7 just west of where Offshore Wind Surveying is currently happening. The pictures of hundreds if not thousands of dead horseshoe crabs are horrifying. A “stranding” of this type has never occurred before according to locals who study the crabs and are involved in conservation efforts. There is evidence that someone tried to “clean up” the evidence, but the pictures both before and after tell the story.



Is it just a coincidence that this occurred after only five days of surveying of the ocean floor for high voltage offshore wind export cable positioning? The surveying by US Wind and Orsted from the vessels Shackelford and Atlantic Bounty is being done right in the 1,500-square-mile Horseshoe Crab Sanctuary. Let me repeat that - it is being done in the sanctuary.

By the way, I just recently found out that this sanctuary is the largest horseshoe crab breeding habitat on Earth.

This is only one of the problems that can, most likely, be laid at the feet of the Offshore Shore Wind (OSW) industry and those supporting it with our tax dollars. There is also the increased deaths of whales and dolphins where OSW activity is occurring, and the sudden scarcity of certain beloved seafood items. Additionally, we have been repeatedly misled about the size, number and location of the turbines, which is continuously changing without requiring additional approvals or environmental impact assessments. This must be challenged and we must demand clarity and accountability.

Isn't it time to tell our federal and state agencies that we need a complete moratorium on Offshore Wind exploration and development until all of this can be figured out?

Please plan to attend the Public Information Session by Bureau of Ocean Energy Management (BOEM) to be held at Ocean City Elementary School at 5 pm on Tuesday, October 24. You can submit comments to BOEM now and sign up to make comments at the meeting - go to www.boem.gov/renewable-energy/state-activities/maryland-offshore-wind for all information and instructions.

court
from page 6

contributions to the life of our club. Given that, I had no option but to resign.

“Why waste my time at a workplace that is satisfied with second-rate courts, shabby facilities and porous borders, because they won't even respond to my numerous pleas? Funny Dale that you mention the fence and John says it's in next years budget proposal - I have talked about this for months and he never mentioned this to me. This is just one example among many of the dysfunction that is a hallmark of this administration. Once I realized this is how things are, I had no choice but to resign. You may think this decision was precipitous, but I have been waiting since April for some of these issues to be addressed, so to me it has been a long time coming.

“I meet with John (Viola) for an exit interview on Tuesday (today). It may be superfluous, since I understand they are already preparing a job description for the next schlub, but if I can convince him to do the right thing by us, I would come back to finish this amazing voyage we have started. If you are so inclined, please let the GM and the Chair know that, if they want what is best for us, they will learn to trust that I know what I am doing and they should support us rather than dismissing our concerns.”

Here is the full text of the OPA 10/10/2023 news release announcing what is apparently not only a rehiring, but a promotion to a Director position for Johnson:

“The following is a communication from Ocean Pines Association General Manager John Viola:

“I had a meeting on Tuesday, Oct. 10 with Tim Johnson to discuss some misunderstandings and a lot of misinformation in the Ocean Pines Community regarding the Racquet Sports operation.

“We had a very positive discussion about some of the issues that had been encountered and, based upon this meeting, I'm pleased to announce that Tim will be promoted to Director of Racquet Sports effectively immediately, and he will report directly to the GM. I have committed to regular meetings with Tim to discuss any operational needs.

“We're happy to be moving forward and we expect great things from Tim, as he is focused and committed to the Racquet Sports operations.”

As for the court of public opinion, that ball is in your court.



Captain Ron's
Fish Tales
By Ron Fisher



Time to think about trout fishing

Fishing Report: Weather has been a problem lately but a few nice stripers are being caught in the Inlet and around the Rte. 50 Bridge. Some good tog reports at the jetties and along the rocks at Stinky Beach. Off-shore the head boats have had some really nice catches of sea bass and a few flounder.

Gear up for Trout Season: Now that October is here let's start getting ready for some trout fishing. This is the time to get out your ultra-light spinning gear or fly rod, clean it up and put new line on your spinning reel, straighten your fly line and check your tapered leaders. Also, check out your terminal tackle for rust, sharp hooks, etc. I guarantee this will make you feel better. Trout fishing is a great

sport for the entire family so get them involved as well.

Equipment: Trout fishing does not need to be complicated. If your spin fishing you will need a 5-1/2 to 6-foot spinning rod and a reel that is capable of handling 4 lb test line. Some assorted removable split shot, salmon egg hooks or #14 treble hooks is what I prefer and some assorted spinners such as Mepps, or Rooster tails, etc. in the 1/32 to 1/8 weights and assorted colors of Power Bait Trout Nuggets. Also include a few small bobbers. For live bait try mealy worms, red worms or small minnows. If fly fishing a 7-foot rod with a floating line and some assorted tapered leaders with some

please see trout on page 13

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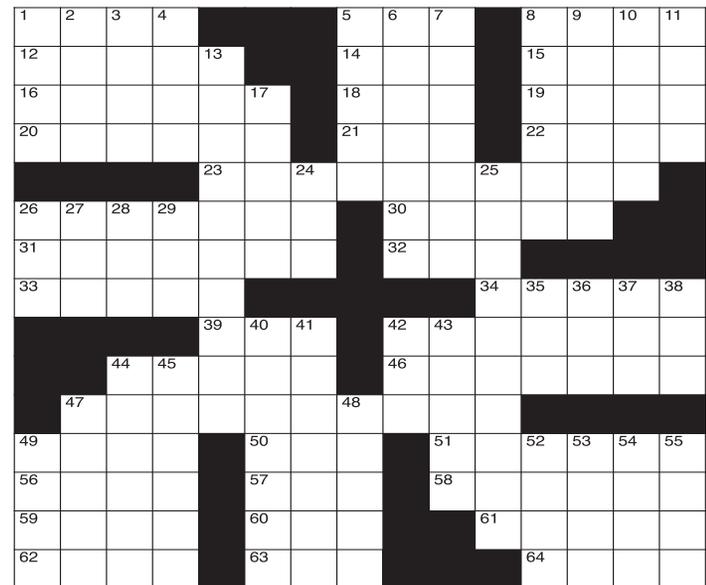
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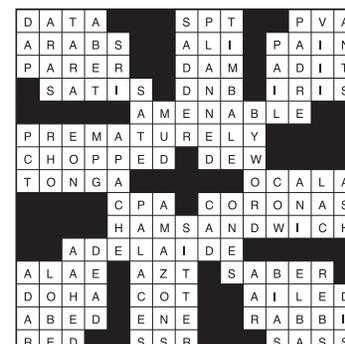


CLUES ACROSS

- 1. A device to disengage without a key
- 5. Subdivision
- 8. Network of nerves
- 12. Lounge chair
- 14. Ocean
- 15. C. European river
- 16. Bowl-shaped cavity
- 18. ___ Caesar, comedian
- 19. Lyric poems
- 20. Tia's sister
- 21. A way to develop
- 22. Cows collectively
- 23. Areas close by
- 26. Slightly disreputable
- 30. Made a mistake
- 31. One who cites
- 32. Food stall: ___ pai dong
- 33. Narrow valley between hills
- 34. Members of people living mainly in the Congo
- 39. More (Spanish)
- 42. Classroom implements
- 44. Cognizant of
- 46. One who tells on others
- 47. Free from slavery
- 49. Thick piece of something
- 50. Containing two nitrogen atoms between carbon atoms
- 51. Removed entirely
- 56. Late rocker Turner
- 57. Appreciated
- 58. Observation expedition
- 59. Opposite of subtracts
- 60. Unit of work
- 61. Wreckage on the sea bed
- 62. Affirmative! (slang)
- 63. Witness
- 64. River in England

CLUES DOWN

- 1. A dissenting clique
- 2. Japanese city
- 3. Spiritual leader
- 4. Second letter of Greek alphabet
- 5. Musical term
- 6. Ruled over
- 7. Fortified wine
- 8. First year player
- 9. Moved in a circular way
- 10. Adolescents
- 11. Scottish or Irish Gaelic language
- 13. Someone who serves in the armed forces
- 17. Bring up
- 24. Factual written account (abbr.)
- 25. Having three sides
- 26. Annoy
- 27. Hustle
- 28. American WW2 leader
- 29. Stale atmosphere
- 35. US Treasury
- 36. Sound unit
- 37. They ___
- 38. Soviet Socialist Republic
- 40. Places to play video games
- 41. Medical event
- 42. When you hope to arrive
- 43. Fixed prices
- 44. Popular Boston song
- 45. Valley in Indiana and Illinois
- 47. Omit when speaking
- 48. German explorer of the Congo Basin
- 49. Stick around
- 52. From a distance
- 53. Heroic tale
- 54. Amounts of time
- 55. Eat



Answers for October 11

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Dr. Michael DiClemente Board Certified Gynecologist

In addition to general women's health services, Dr. DiClemente specializes in minimally invasive surgical procedures such as hysteroscopy, endometrial ablation and laparoscopy – some of which can be performed in the office.

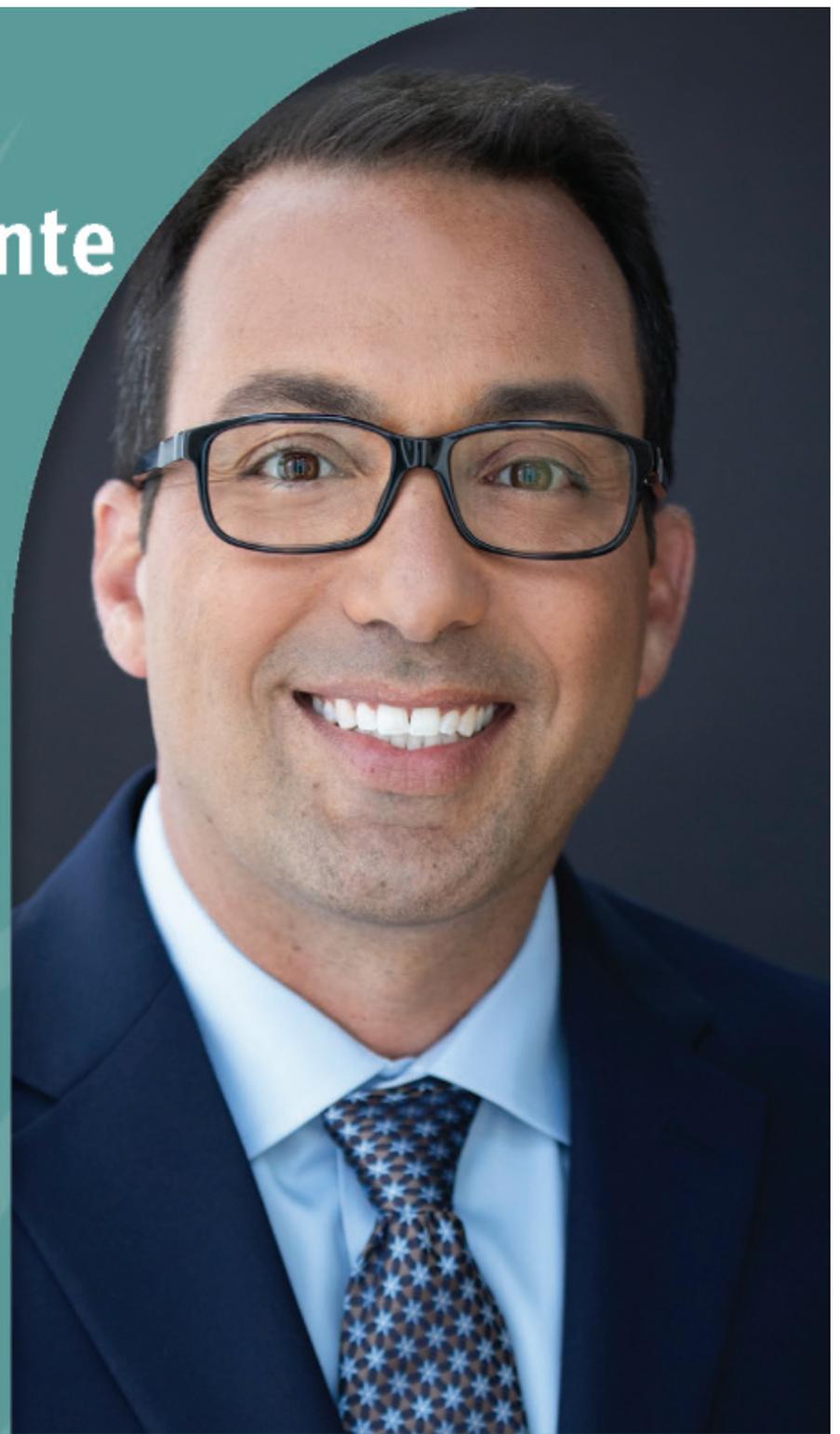
Dr. DiClemente has been providing comprehensive women's healthcare for nearly 21 years. After earning his medical degree at Georgetown University School of Medicine, he completed an internship in obstetrics and gynecology at Cook County Hospital, in Chicago, and his OB/GYN residency at University of Massachusetts, in Worcester.

To schedule an appointment, call
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HEALTH WATCH

The ins and outs of endometriosis

By **Dr. Michael DiClemente**
Board-Certified Gynecologist
Atlantic General Women's Health

While there is no consensus on the definition of chronic pelvic pain, it is generally defined as non-cyclic pain perceived to be in the pelvic area that lasts for three to six months, or longer, and is unrelated to pregnancy. One of the most common causes of chronic pelvic pain is endometriosis, an inflammatory condition that can cause infertility, poor pregnancy outcome and is a risk factor for developing epithelial ovarian cancer. About 10% of women have the disorder in which tissue that normally lines the uterine cavity grows outside of it and can spread to areas such as the fallopian tubes, ovaries and pelvis.

Common presenting symptoms of endometriosis include chronic abdom-

inal/pelvic pain and/or pressure, severe pain with menstruation, pain with sex, heavy menstrual bleeding, and infertility. The pelvic pain is typically chronic and described as dull, throbbing, sharp, and/or burning.

The pain is more severe than what is usually experienced during menstruation. It can be debilitating and is often not relieved through simple treatment like over-the-counter medications. Typically, the pain occurs before, during or just after periods. But, some women may only have pain during ovulation or intercourse, while others experience pain only during bowel movements.

Every woman has a level of pelvic pain that they consider to be normal. But, if this pain begins to interfere with day-to-day life and negatively affects things like work, relationships, social

interactions or family life, it is important they reach out for treatment.

The first step is to ask other women in the family if they have ever had endometriosis, as it is seven times more likely to develop if a woman has a relative with the condition. Next, schedule an appointment with a gynecologist for evaluation.

In mild cases, endometriosis may not cause a lot of damage, but more aggressive forms may cause severe pain along with damage to the pelvis, ovaries, vagina, bowel or bladder.

Your provider is likely to ask whether symptoms worsen during menstrual periods; what steps are taken to ease the pain and whether any of them have helped; and about personal history with certain medications.

It takes an average of seven to 10 years for a woman to get a confirmed diagnosis, mainly because there is no noninvasive test for endometriosis. MRI or ultrasound can be used, but

most of the time, the results do not show concrete signs of the condition. For now, patients can only receive a definitive diagnosis from laparoscopy, a minimally invasive surgery in which a thin camera is used to examine the pelvis.

However, treatment can begin before doctors confirm the disease. Among the treatments are anti-inflammatories; suppressing menstruation with a birth control or progesterone pill or intrauterine device; other hormonal treatments; nerve pain drugs or endometriosis-specific medications, and laparoscopic surgery to remove abnormal tissue.

Dr. Michael DiClemente is a board-certified gynecologist at Atlantic General Women's Health in Selbyville, Delaware, and West Ocean City, Maryland. Appointments can be made by calling 302-524-5007 (Selbyville) or 443-728-1050 (West Ocean City.)

Daily dental hygiene tips for optimal oral health

Dental health is an important component of daily life. Although clean teeth and gums make for a healthy mouth, oral health also is tied to general health throughout the body. Guardian Insurance indicates that, if left unaddressed, bacteria in the mouth can multiply and spread elsewhere through the bloodstream. Gum disease has been linked to diabetes, respiratory ailments, heart disease, and even Alzheimer's disease. As a result, it is essential to maintain proper dental hygiene.

Best practices for maintaining healthy teeth and gums involve various techniques. Here's how to brush up on maintaining a healthy mouth.

Brush at least twice per day. Utilizing toothpaste and a soft-bristled toothbrush, be sure to brush teeth each morning and night. Be sure to brush all tooth surfaces, including the backs and the sides. Brushing after every meal also can be done to keep teeth even cleaner.

Brush correctly. Position the toothbrush at a 45-degree angle toward the gums. This will help sweep away plaque and bacteria at the gum line, according to the Cleveland Clinic. Do not use a medium- or hard-bristled brush, which can damage the gums and tooth enamel. Move the toothbrush in gentle, circular motions to remove plaque.

Don't neglect your tongue. Bacteria also can build up on the tongue, leading

to bad mouth odor and additional oral health problems. Gently brush the tongue along with the teeth.

Use toothpaste with fluoride. Fluoride has come under scrutiny due to its potential effects on overall health. However, fluoride is a leading defender against tooth decay. It fights the germs that can lead to decay and provides a bar-



rier for the teeth.

Use an antibacterial mouthwash. Use an antibacterial mouthwash each day to help reduce oral bacteria. This helps wash away food and debris, and also can help reduce the buildup of plaque.

Avoid smoking and tobacco. Smoking is a leading cause of gum disease and oral cancer. Quit smoking and do not use other tobacco products to improve mouth health.

Oral health is vital to overall health. Daily attention can improve tooth and gum health.

Avoid infection with proper contact lens care

Contact lenses provide a convenient means to improving vision. Although contact lenses may seem like a recent invention, they've been in the works for centuries. Leonardo da Vinci produced the first known sketches in 1508 that suggested the optics of the human eye could be altered by placing the cornea directly in contact with water. The ideas of da Vinci led to the development of the first contact lenses nearly 350 years later.

The first contact lenses covered all of the eye (the white [sclera] and the iris) and were made of heavy glass. Contacts have evolved over the years and most worn today are soft lenses largely made from silicone hydrogel.

As contacts sit directly on the eyes, it is important to avoid the introduction of foreign matter to the eye with careful hygiene and other practices. WebMD reports that those who wear contacts have a higher risk for keratitis, an infection of the cornea caused by viruses, bacteria, fungi, and rare parasites. It's also easier to catch conjunctivitis. Smart contact lens usage can help people avoid infections and other eye irritation.

Contact wearers can follow these guidelines.

Wash hands before handling contacts. Always wash and dry your hands

before touching contact lenses to avoid transferring microorganisms from your hands and fingers to the lenses.

Rub the lenses while cleaning. The American Optometric Association says rubbing the lenses while cleaning them loosens the protein and bacteria that builds up. Even if the solution advertises "no rub," you should do it anyway.

Always use fresh solution. Wash and store contacts in fresh, store-bought solution. Do not reuse solution, and never make homemade saline solution, which may not be sterile.

Consider daily lenses. One way to cut down on the buildup of bacteria is to opt for daily lenses. These are individually packaged and are only worn for one day before being discarded, as opposed to weekly or monthly lenses.

Rest your eyes. Whenever possible, give your eyes a chance to "breathe," so to speak. Skip the contacts if you are at home and will not be encumbered by wearing eyeglasses. When utilizing contacts, do not wear them longer than is prescribed for that type of lens. Do not sleep in contacts unless they are designed for overnight wear.

Care must be given to contact lenses to avoid eye infections and other harmful conditions.

trout
from page 9

small #18 midges, a few #12 or #14 Royal Coachmen, Adams fly and Red Quills should do the job. Don't forget a stringer and tackle box or five-gallon bucket.

Where to Fish: Although we don't have the natural streams of Western Maryland, we do have two areas designated as Put & Take by DNR with a daily creel limit of 5 fish per person. Usually, these ponds are stocked with Rainbow, Brown, and Golden Trout. They are designated as Put & Take as the trout will not survive the summer as the water warms. They are very much a cold-water species. These areas are stocked usually in late February and again in late March. These areas are in Wicomico County the Beaverdam Creek and in Worcester County the Shad Landing Pond. Directions to these locations as well as the stocking schedule can be found on the DNR Web site at www.dnr.state.md.us/fisheries/stocking/springtroutstock.html. Also, remember you will require a fishing license and trout stamp if required which can be purchased at many local tackle shops or online at the DNR Web Site.

How to Fish: Everyone has their preference regarding how to fish for all species but I am going to share mine when it comes to trout. Trout can be a very finicky fish as I found out fishing the streams of Pennsylvania for 40 years. For the first few days after stocking, they will hit almost anything and then they get smart and very selective with their diet.

First and most important when you arrive observe the fish. Are they feeding on the surface of the water, swirling just under the surface or do you see no activity at all? If they are feeding on the surface, they are likely feeding on flies hatching off the water. Swirling just under the surface they are likely feeding on nymphs which are the larva of flies swimming to the surface to hatch. If there is no activity, they are likely bottom feed-

ing or not at all. In any case adjust your bait to the level of where they are feeding by rising or lowering your spilt shot, bobber etc. If spinner fishing let it hit bottom and start with a slow retrieve, then try jigging the spinner or a faster retrieve until you start catching fish. Power Bait Trout Nuggets will float and are not great fished on the surface so get them under water with a little split shot. Flies can also be cast with a spinning rod and a bobber placing the bobber about three feet above the fly. If using a fly rod I would suggest you fish early in the morning or evening to avoid the crowd and hooking someone in the ear.

Did you know?

1. Most brands of lipstick contain fish scales
2. Although the fangtooth fish is only a few inches long, it has teeth about the size of a human.

Fishing Quote of the Month:

All the romance of trout fishing exists in the mind of the angler and is in no way shared by the fish. – Harold F. Blaisdell, *The Philosophical Fisherman*, 1969.

Remember to take a kid fishing,
Capt. Ron

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Some things to think about

Gathered from the internet
by **Jack Barnes**

Be patient

Found this writing today from the Soul Sisters Memorial Foundation and it struck me that someday EVERYONE will go thru this discarding of "things" that are the memories of one's life. Sometimes it's our own and more often it's the life of someone we love.....

When my mom was cleaning out her house

over 23 years ago to sell it, I wasn't very sympathetic over her attachments to things. I would go over on weekends to help her and we would go through things, things for a yard sale, things to donate, things to throw away. I would usually get upset over how long it was taking her to decide. For instance, we were going through kitchen cabinets and she spent 20 minutes looking at an iron kettle with a lid.

Finally I said, "Mom, at this rate it is going to take us another two years."

She told me that her mother used to make meals in that kettle and leave them at doorsteps of neighbors during the depression, mom would deliver them, and then they would reappear back to her with an apron, or a wood carving, something in return for the meal. I realized that everything that my mom was going through was really a reliving of her life.

If you are reading this and are under the age of 60, you won't get it. You haven't lived long enough. Most of you have not had to move your parents into a nursing home, or emptied their home. You haven't lived long enough to realize that the hours you spend picking out the right cabinets, or the perfect tile will not be what matters in the later years. It will be the handmade toothbrush holder, or a picture that you got on vacation.

So, if your parents are downsizing, and moving to smaller places, or selling a home, give your mom and even your dad a break.

Those things that you don't understand why they can't just pitch, and why you think you know what needs to be tossed or saved, give them a little time to make their decisions. They are saying goodbye to their past, and realizing that they are getting ready for their end of life,

while you are beginning your life.

As I have been going through things, it's amazing just how hard it is to get rid of objects. But, life goes on, and you realize they are just things, but sometimes things comfort us. So, give your parents or grandparents a break. Listen to their stories, because in 40 years, when you are going through those boxes and the memories come back, it will be hard to get rid of those plastic champagne flutes that you and your late husband used at a New Years party 40 years ago. You will think nothing of the tile or the light fixtures that were so important then.

As happy as they are for you, and as much as they love you, you just don't have a clue until it happens to you and then you will remember how you rushed them, and it will make you sad, especially if they are already gone and you can't say I'm sorry, I didn't get it.

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The different ways to repair a driveway

Asphalt driveways do not last forever. Over time, weather and general usage can degrade the driveway surface, resulting in cracks, pitting and more. Ultraviolet rays, salt and automotive fluids also can affect the appearance and functionality of a driveway. An unsightly driveway can adversely affect curb appeal and resale potential.

Homeowners have to consider various factors when it comes to repairing driveways. They may have the option of getting the driveway resurfaced, resealed or repaved, and each



project is unique.

Resurfacing. According to the home improvement price comparison site Kompare It, resurfacing is simpler and faster than installing a new asphalt driveway. With resurfacing, any cracks are filled in to create an even base. Then a new layer of asphalt is applied over the existing one. That new layer can range in thickness from 1.5 to 3 inches. A heavy rolling machine will then smooth and flatten the layers together. If the driveway has minor pitting or cracking, then resurfacing can be a cost-effective strategy, as it may be a \$3,000 to \$6,000 job as opposed to \$5,000 to \$10,000 with repaving.

Resealing. Resealing a driveway, also called sealcoating, is another repair strategy. HGTV says resealing can be a do-it-yourself project. Resealing helps the driveway last longer.

The driveway needs to be clean and dry, with holes and cracks filled prior to sealcoating. Start at the far edge of the driveway and seal that area by “cutting-in” by hand for a neat edge. Afterward the rest of the driveway can be sealed using a squeegee or broom. This project can be completed within two or three days if no precipitation is forecast.



Repaving. A project best left to professionals, repaving typically involves the removal of an existing driveway and the installation of a new one. The sub-grade layer is essential in the process for a smooth look. Contractors also will assess soil and grading when doing work. The construction blog Main Infrastructure says the new asphalt driveway can vary in thickness between two and six inches, depending on budget and need. The contractor also can advise if full-depth asphalt application or an aggregate base is practical.

Assessing the condition of driveway can give homeowners a better idea about which type of repair project best suits their property.

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