

The Courier

September 25, 2024 Volume 25 Number 4



Important message - Latrice Price of Infinite Legacy recently spoke about the importance of organ and tissue donations.
(L-R) Kiwanis Club President **Bob Wolfing**, **Latrice Price** and Kiwanis member **Jack McLaughlin**.

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OPPD receives grants to bolster public safety

The Ocean Pines Association Police Department has been awarded multiple grants that will help offset rising public safety costs and support the department's ongoing efforts to keep Ocean Pines as one of the safest communities in the United States.

The grants, awarded by the Governor's Office of Crime Control and Prevention and the Maryland Highway Safety Office, will benefit Ocean Pines homeowners and residents by enhancing officer safety, increasing law enforcement visibility at community events, and improving transparency within the department.

"These grants are critical in helping us meet the growing needs of our community," Police Chief Tim Robinson said. "They will ensure we can continue to provide high-level safety and security for Ocean Pines, while keeping costs manageable for our residents."

The following grants were awarded to the Ocean Pines Association Police Department by the Governor's Office of Crime Control and Prevention:

-Body Armor Grant: \$3,891 from the Governor's Office of Crime Control and Prevention will cover 50% of the cost of a new vest for an officer, ensuring the department's officers remain protected while on duty.

-Community Grant Program: \$4,456 will fund overtime expenses for Ocean Pines Police officers to provide a visible presence at large community events, increasing safety for attendees.

-Police Accountability, Community, and Transparency (PACT) Grant: A \$35,000 grant will be used to purchase new and advanced body cameras, enhancing both officer ac-

countability and transparency within the department.

-Police Recruitment and Retention Grant: \$15,125 will be used for recruitment and retention incentives, aiding the department in attracting and keeping qualified officers.

Additional grants from the Maryland Highway Safety Office:

-Speed Enforcement Grant: \$900 will support speed enforcement initiatives, promoting safer driving on community roads.

-Impaired Driving Grant: \$1,035 will fund efforts to reduce impaired driving incidents, ensuring the safety of all road users.

-Occupant Protection Grant: \$990 will promote occupant safety, such as seat belt and child safety seat enforcement.

Robinson said these grants, which total more than \$60,000, are part of a larger effort to sustain Ocean Pines' status as one of the nation's safest residential communities.

"We are proud to serve the people of Ocean Pines, and these funds will help us continue to deliver top-tier public safety services," he said.

For more information on the Ocean Pines Police Department, visit www.oceanpinespolice.com.

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Annual holiday craft fair returns

The Pine'eer Craft Club will host the 13th Annual Holiday Craft Fair on Saturday, November 2 from 9 a.m. to 3 p.m. at the Ocean Pines Community Center.

The event is free and open to the public and will feature local artisans, crafters, and many members of the Pine'eer Craft Club displaying and selling their handmade creations.

As a juried craft show, the event limits the number of like items to ensure a variety of one-of-a-kind pieces. Shoppers can expect to find a range of holiday-themed items, including jewelry, pottery, paintings, wreaths, pet products, American Girl doll clothes, stained glass, cross-stitched goods, home decor, and much more.

"We encourage everyone to come early, as many of the most popular items sell out quickly," event co-chair Debbie Jiwa said. "Our bake sale, which is a favorite among attendees, is usually sold out by noon."

In addition to the craft offerings, shoppers will have the opportunity to purchase unusual, one-of-a-kind items such as fabric-decorated plates, quilted items, and gourd ornaments. The Kiwanis Club will also be in the Community Center's Marlin Room, offering breakfast and lunch items for purchase.

Proceeds from the Holiday Craft Fair will benefit the Ocean Pines community. The Pine'eer Craft Club, which is celebrating its 50th anniversary this year, has donated more than \$177,000 to various local organizations, including the Ocean Pines Police and Fire departments, Ocean Pines Recreation and Parks, and the Worcester County Veterans Memorial Foundation.

For more information about the Holiday Craft Fair, contact Jiwa at djjb7855@yahoo.com.

Church to have one service

Because Sunday, September 29 is the fifth Sunday in September, St. Paul's Episcopal in Berlin will have one service at 9:30 a.m.

There will be a pot luck brunch immediately after the service, so bring your favorite brunch item.

Healthy families program offered

Bring your family together while adopting a healthier lifestyle with the Worcester County Health Department's program, *Healthy Worcester Families*. This nine-week program uses an evidence-based curriculum to help strengthen the family bond and communication through group learning and activities. The program is designed for youth ages seven to 17 and their parents/guardians to attend together.

Sessions are two hours per week over the nine-week program, and a free family dinner is provided at the start of every session. Families have the opportunity to receive prizes and other incentives for participating in the program. Topics covered include communication skills, healthy behaviors, financial literacy, and other skills to strengthen the family connection.

As a result of participating in this program, past participants said their families would continue to "be better at communicating with each other and use 'I' statements when talking about emotions", "respect each other's feelings more" and "have weekly dinners with connecting check-ins."

The fall session begins Monday, October 7 from 5:30 p.m. to 7:30 p.m. at SonRise Church (10026 Main Street, Berlin, MD 21811).

To register your family, visit this registration form or call Lynn Suarez at (410) 632-1100 x1109.

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Thank you - What is the Kiwanis "Dawg Team?" It's the many dedicated Kiwanis members who do concessions at many of the Ocean Pines events to raise funds that are used to support the clubs' initiative like scholarships for graduating senior students, their school Kiwanis Clubs, and local organizations serving the community, like The Cricket Center, Worcester G.O.L.D., Worcester County Youth & Family Service and Diakonia, to name a few.

Above: (L-R) President **Bob Wolfing**, **Tom Flanagan**, **Mary Page**, **Ron Wildgust**, **John Hulit**, **Doug Ege** and **Sarah Walker**.

New 4-H club for teens forming

An interest meeting for a new 4-H Club in Worcester County will be held on Wednesday, September 25th at 6 p.m. at Wilson United Methodist Church, 10722 Bishopville Rd. in Bishopville. This club is open to all youth ages 12 to 18 years of age.

Worcester County 4-H is a positive youth development organization within University of Maryland Extension. 4-H is project driven and focuses on developing leadership, civil engagement and life skills.

The new club will be a fun, hands-on experiential learning opportunity for youth to gain skills in some basics as they grow into adulthood. Included are topics such as what's in your kitchen, how to read a food label, shopping on a budget, easy meal prep, sewing and mending, how to do laundry and use an iron, how to set a table, entertaining and party planning, gardening, knowledge and use of basic hand tools, basic auto care, first aid, credit and banking skills, wants vs needs, organizational skills, telephone etiquette, dress for success, and career exploration and readiness. Field trips will be included in

the educational activity plan for this club. The club will meet monthly at various locations in the northern part of Worcester County. Registration in 4-H is \$10 per calendar year. Club dues are \$5 per meeting to offset the cost of field trips.

To RSVP for this meeting or for more information, please contact Susan Childs at 443-235-2926 or Kathy Decker at 410-726-5232. For more information on 4-H, visit <https://4-h.org/>.

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Rainy day enchantment

As I sat at the drive thru waiting for my bank transaction to be completed not long ago, I was mesmerized by the rain falling indiscriminately around me. So fast and furiously was it coming down that puddles turned

mind, meaning I don't have anything I want to do outdoors, a rainy day can be quite satisfying and enjoyable. I'm a big believer in watching favorite movies during a rainy day. There's just something about getting comfortable on the sofa, preferably with a favorite someone, and watching a good drama or thriller or comedy or all of the above. Throw in a pepper and egg sandwich or a cheese steak and I don't care if rains for three days.



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

quickly into standing ponds. Just over the berm ahead of me drivers along the roadway were slowing to a crawl as they approached deepening water that could find no easy escape.

During the minutes that I sat under the overhang, untouched by the downpour, I was fascinated by the sight and sound of the driving rain. So hard were the drops hitting the macadam that they bounced giving the appearance of a little kick as if performing in a Radio City Music Hall Rockette finale. For a reason I cannot quite grasp I thought about Kermit the Frog sitting on a lily pad singing "It Isn't Easy Being Green." I don't why but I did.

It has been told to me that rain on your wedding day is a good luck omen. Whether I believe such a tale is questionable. What I do know is that it poured on my wedding day. As my bride and I drove home after the reception, we had to take a detour to avoid flooded roads. Has good luck been bestowed on our marriage? Hmm. It depends on what day you ask.

When my daughter got married, the skies opened up quite dramatically showering all sorts of good fortune upon the bride and groom, and the wedding party too. So much good fortune poured down that day that they should be good for the 75 years or so, if you believe such things.

When I'm in the right frame of

Another favorite activity on a rainy day is reading a good book. Why anyone would want to read a bad book I'll never know. Nonetheless, there have been rainy afternoons when I've sat in the sunroom, my feet propped on the ottoman, and gotten lost in the pages of a book. Hearing the rain hit the window is quite soothing. Sometimes though it has been so soothing it has lulled me to sleep after only a page or two of reading. I've awakened in a darkened room, the book having slid to the floor and my reading glasses perched on my chest. Comforted by the sound of rain still hitting the window, it's not uncommon that I go back to sleep.

With my bank transaction finished I drove out from under the awning into the full force of the rain, my windshield wipers hardly able to keep up. I was able to skirt a couple of deepwater areas on the road but others I had to take my chances by going through them. Finally arriving in my driveway, I reached for the umbrella in the backseat so as not to get too wet running into the house. I positioned my thumb on the umbrella trigger and opened the car door. I pushed the umbrella button and nothing happened. It would not open. In the blink of an eye I was drenched, soaked to the bone.

Rainy days are enchanting until someone, and when I write "someone" I really mean me, gets drenched. And then they're just miserable.



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Candidate explains sign placements

Editor:

I received a letter from Ocean Pines today that told me I had posted my signs earlier than allowed by the Ocean Pines association. I need to apologize to those people who I delivered signs,

starting on September 13th, who probably also got nasty letters. I thought that we started to deliver signs legally just as we removed our signs after the primary within the seven days required. I would never have intentionally done anything to get anyone in trouble with the association. I am new to all of this, but I called OP and they told me 30 days from the election.

I then called the election board to find the exact date the mail-in ballots are mailed and they told me that they do not send the ballots out, but the company that does it for them must have them out no later than September 30 to October 2. With this information, I started to return the signs that we had taken down after the primary, as that was less than 30 days from people receiving their mail-in ballots. I did this in

good faith. It never occurred to me they meant November Election Day because that would mean that as much as half the population would have voted before any signs were allowed to go out. That made no sense. I assumed they meant 30 days from when the mail-in ballots go out. That is the beginning of the election.

If anyone got a nasty note from OP, I apologize. I would never have intentionally put you in that position. We are not posting any additional signs until 30 days from Election Day. If you have one of my signs, please remove it until 30 Days from Election Day. I hope that you will put the signs back at that point. I am so sorry for any problems this might have caused you. I thought I was obeying the law. I appreciate the support that you have given me in this election for school board. Please know I feel very bad about what has occurred and hope you will still support my election. This was unfortunate and not intentional. Again, I am so sorry.

Dorothy Shelton Leslie
Candidate for Worcester County
School Board
District 5



Reading - Students in Mrs. Engh's kindergarten class at Ocean City Elementary School enjoy books during their Readers' Workshop time. Students shop for five books, find a spot, and read, read, read and love it.

Courier Almanac

Unwilling to rest as a one-hit wonder when its first big hit, *The Monkees*, went off the air in 1968, the television production company Screen Gems wasted no time in trying to repeat its success. On September 25, 1970, in the 8:30 p.m. time slot immediately following *The Brady Bunch*, ABC premiered a program that would give Screen Gems its second TV-to-pop-chart smash: *The Partridge Family*.

Treatment for head lice should not begin before a live nymph or adult louse is identified, advises the American Academy of Pediatrics. A health care provider will carefully comb wet, lubricated hair with a fine-toothed comb from the scalp to the end of the hair looking for a live louse. In addition, he or she may use a special light called a Wood's light, which causes lice eggs, also known as nits, to appear bluish. If live lice are found, a non-prescription medication likely will be recommended, says the



Mayo Clinic. Some studies suggest a first treatment, and then a second seven to nine days later to address nymphs that may have hatched after the first application, as these medicines do not kill nits, only live lice. Common medication used to treat lice include permethrin, a synthetic version of a compound extracted from the chrysanthemum flower, and ivermectin lotion. If a non-prescription treatment fails repeatedly, a doctor may recommend a prescription treatment. Some lice have developed a resistance to non-prescription products, and there's also a chance for user error. Spinosad, malathion and a tablet form of ivermectin may be prescribed.



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Symposium to empower caregivers

Two nonprofits are partnering to bring support and coping skills to those who are experiencing the stress and toll of caregiving.

The Art League of Ocean City and Stories Love Music are teaming up for the “Creative Engagement: Empowering Caregivers Symposium” on October 24-26 at the Ocean City Center for the Arts, 502 94th St. bayside.

Stories Love Music is an organization founded to guide those who care for individuals living with dementia and Alzheimer’s and to utilize creative engagement for self-care and stress management. The Art League’s mission is to use art to serve the community.

Caring for people affected by memory impairment is daily and around-the-clock work. Knowing how to manage stress and practice self-care is essential for the wellness of caregivers, as well as employee retention in health care, senior care, and memory care.

“If you are a caregiver now, in the past, or expect to be one in the future, we invite you to join us for this engaging symposium,” Rina Thaler, executive director of the Art League said.

“Through music, discussions, and workshops, you’ll creatively engage with others and come away refreshed.”

“This symposium will guide attendees through self-care practices as well as demonstrate new ideas for managing challenging behaviors in the caregiving process,” Ilyana Kadushin, founder and executive director of Stories Love Music, said.

The symposium includes a three-day calendar of events to make the weekend an experience. The opening night party on Thursday, October 24, will feature live music, hors d’oeuvres, refreshments, an auction and a special art exhibition created by individuals living with dementia and their caregivers.

Friday is the all-day symposium including a relaxation room, the Community Art Weaving project with Beth Deeley, shared drumming with Janice Schreiber, “The Sages of Oak Place” book reading with Dr. Carolyn Stegman, and a sound bath with Chrissy Ehrhart. Rose Kavanaugh O’Neil will moderate a panel discussion.

*please see **symposium** on page 14*



By the numbers - Mrs. Antlitz’s second grade class at Ocean City Elementary School practiced adding numbers within 20 by using the efficient strategy of making a ten. After solving the given problem using this strategy, they were able to write about their process of how to solve. Students pictured: **Morgan Connolly** and **Can Kucuk**.

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Heroes - On September 17, the Commissioners honored area firefighters, EMS, and police from multiple agencies for their spirit of cooperation and commitment to protecting the lives of residents and visitors. On August 4, the Berlin Fire Department, Ocean Pines Volunteer Fire Department, Showell Volunteer Fire Department, Ocean City Volunteer Fire Department, Maryland State Police, Worcester County Sheriff's Office, Worcester County HAZMAT team, and Worcester County Emergency Services D Shift, Berlin Police Department, and Ocean Pines Police Department responded to a collision on U.S. Rte. 50 near MD Rte. 589 involving a passenger car and a tanker truck, which resulted in hazardous materials spilling from the tanker and the car becoming engulfed in flames. Fire, EMS, and law enforcement personnel from multiple agencies worked collectively from the time that 911 received the emergency call until the vehicle fire had been extinguished, a life had been saved, and the liquid chlorine spill had been cleaned up and no longer posed any threat to public safety

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Symphony launches new season

The Mid-Atlantic Symphony Orchestra proudly opens its 27th season as the Delmarva Peninsula's only professional symphony orchestra with a concert series titled "Violin Virtuoso." This series will be held from September 26 to 29 across three venues: Easton, Lewes, and Ocean Pines.

Maestro Repper describes the upcoming season as one filled with "energy, passion, and excitement," highlighting the inclusion of world-class soloists, timeless favorites, and rare opportunities to experience works by under-performed composers. "There is something for everyone at the Mid-Atlantic Symphony, and we look forward to performing for you," Repper says.

The "Violin Virtuoso" concerts will kick off with three performances, showcasing a blend of dramatic and triumphant music. The concerts will feature Johannes Brahms' Tragic Overture, Alice Mary Smith's Symphony in A Minor, and Felix Mendelssohn's Violin Concerto, performed by Grace Park, the celebrated winner of the Naumburg

International Violin Competition. Repper envisions the season-opening concerts as a journey from tragedy to triumph, starting with Brahms' emotionally charged Tragic Overture and concluding with Mendelssohn's exuberant Violin Concerto. Park, acclaimed for her artistry, passion, and virtuosity, will perform on a rare 1717 Guarneri violin. The San Francisco Chronicle has praised her as "fresh, different, and exhilarating," making her performance of Mendelssohn's concerto, known for its triumphant ending, a highly anticipated highlight of the series.

The concert series will also feature the rarely heard Symphony in A Minor by Alice Mary Smith (1839-1884), the first British woman to compose a symphony. Smith's music, described by her contemporaries as "marked by elegance and grace ... power and energy," adds a distinctive and historically significant element to the program.

The "Violin Virtuoso" concert

*please see **season** on page 14*



Learning - Students in Ms. Spicer's third grade class at Ocean City Elementary participated in a hands-on problem-solving and team-building STEM activity in which they had to design, create, test and improve their solutions to the identified problem. Pictured are **Wesley Garmon, Harper Heiland, Eliana Milite and Auggie Bailey**.



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Are your heirs ready to receive an inheritance?

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



John Bennish

In the popular imagination, receiving an inheritance always sounds like a good thing — after all, who doesn't want a financial windfall? And inheritances can certainly be life-altering events. But they can cause challenges, so you'll want to help your heirs be prepared.

To assist in this preparation, try to address some key questions affecting your heirs.

Do they know what's in your estate plans? Your family and other heirs will be much better prepared to deal with an inheritance if they know what to expect. That's why it's so important that you share your estate plans with everyone involved. You need to let them know the wishes and decisions you've expressed in your will and other legal arrangements, such as a living trust. Of course, sharing this information doesn't necessarily mean that all your heirs will be completely satisfied with your choices — but at least they won't be surprised, and perhaps will be less likely to cause disputes when the time comes to settle your estate.

Will they know what to do with the money or other assets? You may be planning to leave your grown children a sizable amount of assets, possibly including cash, stocks, real estate, IRAs, 401Ks or other types of valuable personal property. But this inheritance brings with it several possible questions: Do your heirs already have an investment platform ready to accept inherited stocks? If you do leave behind rental property or a vacation home, can it be easily sold? These types of issues are generally not hard to resolve, but the more prepared your heirs are for their inheritance, the quicker they can take whatever actions are needed.

Are they prepared to handle any taxes that may result from the inheritance? Unless you have a very large estate, your heirs likely won't face federal estate taxes. (In 2024, the first \$13.61 million of an estate is exempt from federal estate taxes.)

However, other types of taxes may apply. A few states assess state inheritance taxes, and your heirs could incur federal and/or state income taxes when they withdraw money from inherited assets funded with pre-tax dollars, such as some retirement accounts. They could also face capital gains taxes when they sell inherited assets, such as stocks, for more than they were worth at the time of the inheritance. In any case, inheritance-related taxes can be complex, so you and your family and other heirs should discuss these issues with your tax advisor.

Will they be liable for any outstanding expenses? If you have developed a comprehensive estate plan, it's unlikely your heirs will be on the hook for any outstanding expenses, such as credit card balances or funeral costs. If you do still carry a mortgage, though, and you are planning on leaving your house to your heirs, they may want to be prepared to act quickly to sell it.

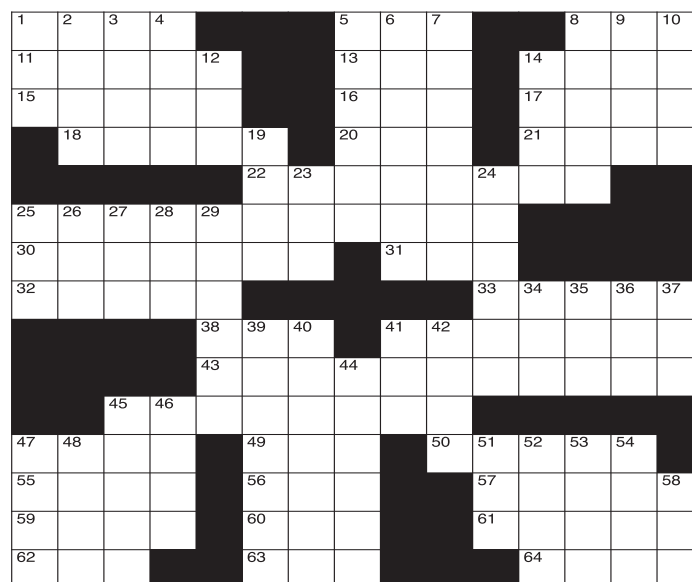
When leaving an inheritance, there's a lot involved — emotionally, financially and legally. So, do whatever you can to make the entire process as easy as possible for your loved ones. By communicating your wishes regarding the inheritance, and by considering all the issues that may arise, you can go a long way toward achieving the outcomes you desire.

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



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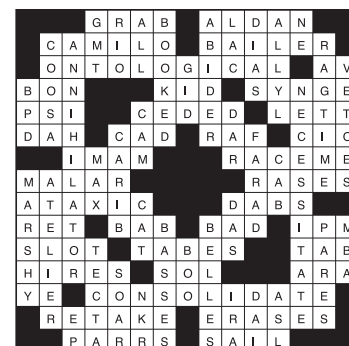


CLUES ACROSS

- 1. Unequaled
- 5. ___-fi (slang)
- 8. Synthetic resin
- 11. Chadic language Bura-___
- 13. Influential come Election Day
- 14. Bucket
- 15. European river
- 16. Earn a perfect score
- 17. Horizontal passage
- 18. Barely sufficient
- 20. Dekaliter
- 21. Goo Goo Dolls hit
- 22. Australian city
- 25. Female servants
- 30. Plumbing fixtures
- 31. Tooth caregiver
- 32. Book of Esther antagonist
- 33. Say aloud
- 38. Thyrotrophic hormone
- 41. Absolute
- 43. Untimely
- 45. Area or neighborhood
- 47. Juicy fruit
- 49. Expresses distaste, disapproval
- 50. S. American rodents
- 55. Swedish rock group
- 56. Influential American president
- 57. Volume
- 59. Begged
- 60. Resinlike substance secreted by certain lac insects
- 61. Spiritual leader of a Jewish congregation
- 62. Good friend
- 63. Body part
- 64. Tableland

CLUES DOWN

- 1. Barrels per day (abbr.)
- 2. Body parts
- 3. Invests in little enterprises
- 4. Rock legend Turner
- 5. Dug into
- 6. Laughed
- 7. Northern European nation
- 8. San Diego ballplayer
- 9. Eight
- 10. Substitutes (abbr.)
- 12. Moved swiftly on foot
- 14. Compensated
- 19. Volcano in the Philippines
- 23. Speak ill of
- 24. One who publishes
- 25. Expression of bafflement
- 26. Macaws
- 27. Matchstick game
- 28. We all have our own
- 29. Divinatory
- 34. Explosive
- 35. Follows sigma
- 36. Sea eagle
- 37. Type of bread
- 39. Bit used with a set of reins
- 40. Time away from work
- 41. Parts per thousand (abbr.)
- 42. Lots on your plate (abbr.)
- 44. Actor Brosnan
- 45. It's part of packaging
- 46. Towards the oral region
- 47. Public Theater creator Joseph
- 48. Ancient Syrian city
- 51. Swiss river
- 52. Mollusk
- 53. A French abbot
- 54. Hoagies
- 58. Not present (slang)



Answers for September 18



Feast – The Ocean City-Berlin Optimist Club held its annual crab feast at Hoopers on September 8.

Pictured are (L to R): **Bob Rothermel**; past president **Jerry Selig**; charter president **John Lynch**.

Art League of Ocean City issues call to artists

The Art League of Ocean City invites artists to submit their artwork for the upcoming art shows in 2025 at the Ocean City Center for the Arts, with several deadlines approaching.

For all shows, artists should check out the requirements, entry fees, and how to enter at OCart.org/call-for-entries or by calling the Ocean City Center for the Arts at 410-524-9433.

The deadlines for entering October's "The Red Thread" exhibit, curated by Deborah Rolig of Berlin are September 29-30. The Red Thread holds significance in many cultures as a symbol of connectivity. Submitted artwork must have a touch of red as a symbol of unity and solidarity within the arts community. Entries should be dropped off at the Arts Center at the appointment time made online. The Art League will award cash prizes to the winners.

The annual "Shared Visions" show, where artists and writers collaborate, has an entry deadline of October 14, and all entries are submitted online. The Art League will curate a selection of artwork, and then writers will choose a piece as inspiration for their poetry or short prose. All media is eligible. Due to limited space, artwork will be juried in. Visual and literary works will be on display together in January 2025.

The deadline for being part of the Art League's annual Holiday Artisan Fair is October 18. The fair will feature handcrafted jewelry, glass, ceramics, sculpture, fiber arts, and local au-

thors/illustrators. The fair takes place during December's First Friday Opening Reception on Dec. 6 and the following day, with book signings scheduled on Saturday. Interested artisans should submit their application online.

The entry window for the Art League's Annual Members Juried Art Show is open from October 7 to November 4, and entries are submitted online. This important and competitive exhibit highlights artwork by members of the Art League. Artists may enter up to two pieces of original artwork for jurying, and the show will hang during December. The Art League will award cash prizes to the winners.

A group show in November expressing "The Art of Gratitude" has entry dates of October 27-28 with in-person drop-off at the Arts Center by appointment made online. Artists should create work to express thanks, including abstract interpretations, or capturing a moment of beauty or a meaningful object. The Art League will award cash prizes to the winners.

The annual "Small Works" show in Studio E at the Arts Center during December has in-person drop-off dates of December 1-2 at the Arts Center by appointment made online. Art must be no larger than 12" in any direction and be priced for holiday giving.

Drop-off appointments and more information, including hanging requirements, are available at OCart.org/call-for-entries or by calling 410-524-9433.

Free Citizen Tire Disposal Event Saturday, October 5, 2024

8am-1pm

Drop-off at:

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*Will Todd
WPS Class of 2019*

Will received a President's Merit Scholarship to attend the University of Miami where he earned an undergraduate degree in Microbiology and Immunology, and minors in Spanish, Chemistry and Psychology. He was on the Dean's List all four years, and graduated Magna Cum Laude. Will is now a first-year medical student at the University of Miami Miller School of Medicine.



Wild Blue Yonder

A Tale of two *Nine O Nine's*

Friday, September 9, 2016 was a Big Day for me. I've flown in a lot of commercial airliners: Boeing 747s, 737s, 727s, Airbus A310s, A320s, Douglas DC-10s, and, Aeroflot Tupolevs in the Soviet Union. I've flown in small light planes and twin-engine "puddle jumpers."

But on September 9, I flew in a World War II B-17G: the Collings Foundation *Nine o Nine*. I've been a big fan of the Stow, Massachusetts-based Collings Foundation for quite a while. I admire, and respect, what they've done; keeping the *Nine o Nine* and their other World War II planes flying for years as a symbol of American patriotism and as a learning tool for our future generations to learn more about World War II and aviation history. Bravo...

I first became aware of the Collings Foundation when their Wings of Freedom Tour visited the Westchester County Airport, New York in September 2009, and I clambered through the *Nine o Nine* and their B-24H *Witchcraft*. In 2016, a light bulb went on in my head—my birthday was coming up, so why not treat myself to a flight in the *Nine o Nine*—I wasn't getting any younger, so why not fork over the 450 bucks and just do it. I did? I'm very glad that I did.

After the flight, I received the Collings Foundation 2016-2017 Newsletter. I devoured the glossy, 34-page magazine. In the back was membership information. We've been Participating Members of the foundation ever since.

As members we received a folder that included information sheets on each of their World War II aircraft. The *Nine o Nine's* information sheet first told the wartime story of the B-17G serial number 44-83575, then how the foundation acquired it and restored it as the *Nine o Nine*, then the "real" *Nine o Nine's* wartime history.

B-17G #44-83575 and both the actual *Nine o Nine* and the Collings' *Nine o Nine* had very interesting histories.

B-17G #44-83575 was built at Long Beach, California by the Douglas Aircraft Company and accepted by the Army Air Force on April 7, 1945. Too late for combat, it served in the Air/Sea 1st Rescue Squadron and then in the Military Air Transport Service. Then in 1952 #44-83575 "was instrumented and subjected to the effects of three different nuclear explosions!" After a thirteen-year cool down period it was sold as part of an

800-ton scrap pile.

The new owner, Aircraft Specialties Company began restoration, that included four thousand feet of new control cable, and the replacement of all electrical wiring and instrumentation. The restored *Yucca Lady* eventually took to the skies again, serving twenty years as a fire bomber fighting forest fires. It was sold to the Collings Foundation in January 1986, and "restored back to her original wartime configuration" as the *Nine o Nine* by Tom Reilly Vintage Aircraft.

In August 1987 things hit the fan. While landing, the now-*Nine o Nine* was caught by a severe crosswind and crashed into a 100-foot ravine, causing all kinds of serious damage. Blessedly, there were no fatalities. Thousands of volunteer hours, support and donations



finally got her back in the air for 2,800 tour stop visits. Remarkable.

The original 91st Bomb Group, 323rd Squadron *Nine o Nine* entered combat on February 25, 1945, eventually making eighteen trips to Berlin and overall, dropping 562,000 tons of bombs. Twenty-one engine changes later, and having "suffered from considerable flak damage," she completed 140 combat missions without an abort or the loss of a single crewman. Talk about remarkable. After the war, she was flown back to the United States and crapped.

Now, thanks to the Collings Foundation, and its supporters, the "new" *Nine o Nine* flew again, annually visiting over 110 cities nationwide. Bravo!

Ralph Ferrusi is a World War II aviation enthusiast. His all-time favorite aircraft is the North American P-51D Mustang. He has actually flown in a P-51D, and, a B-17G and B-25H. Born and raised in New York, he and his wife currently reside in Ocean Pines. Questions, comments; rjferrusi@frontiernet.net



Donation - The Republican Women of Worcester County (RWWC) donated \$250 to Next Level Healing Hair, a nonprofit organization that supports individuals suffering from hair loss due to cancer and other autoimmune diseases by providing donated services, such as wigs, haircuts, consultations and more.

Pictured are (l to r) **Vera Beck**, RWWC Caring for America chair and **Michele Harrington**, president.

Six former educators enter hall of fame

Six former educators were inducted to the WCPS Hall of Fame by the Worcester County Board of Education and Worcester County Retired School Personnel Association (WCRPSA) during the Board meeting last week.

Gladys C. Burbage, Ralph "Rick" Chapman, Roxie P. Connelly, Coralee Frascetti, Frederick D. Grant, Sr., and Elaine V. Spry were the first class of retirees to ever be inducted into the Worcester County Public Schools Hall of Fame. Collectively, the class dedicated 216 years County and spanned the entire county with their service to the young people of Worcester. More information about this year's class of inductees can be found on the Hall of Fame page of our website at <https://www.worcesterk12.org/o/wcps/page/wcpshof>.

The WCPS Hall of Fame interactive installation was also unveiled at the Board meeting. The installation allows visitors to utilize an iPad to navigate a large screen display through the different classes of inductees as they are added each year, and within each class are vignettes of each inductee along with information about their legacy with Worcester County Public Schools.

The Worcester County Public Schools Hall of Fame program was established in 2022 by the Worcester County Board of Education and Worcester County Retired School Personnel Association. Selection criteria, nomination materials and more for the Hall of Fame can be found online at <https://www.worcesterk12.org/o/wcps/page/wcpshof>.

Understanding rotator cuff problems

Signs, symptoms, and the role of physical therapy

By **William “Billy” Hamilton Jr.**,

The rotator cuff is a group of four muscles and tendons that stabilize the shoulder joint and allow for a wide range of movements, including lifting and rotating the arm. Given its essential role in daily activities, rotator cuff injuries or problems can be debilitating and significantly limit mobility. Common rotator cuff issues include tendonitis, strains, tears, and impingement, and they often develop from overuse, trauma, or age-related degeneration. Early recognition of symptoms and appropriate treatment, including physical therapy, can help in managing and rehabilitating these injuries.



Billy Hamilton

medical attention. Rotator cuff problems typically cause varying degrees of discomfort, and the symptoms may develop gradually or suddenly, depending on the nature of the injury.

1. Shoulder pain: Pain is the most common symptom of a rotator cuff issue. It can range from a mild, dull ache to sharp, intense pain. This pain often worsens when using the arm for overhead activities such as reaching for objects, lifting, or throwing. In many cases, pain is concentrated on the front and side of the shoulder, radiating down the arm.

2. Weakness in the shoulder or arm: A weakening of the shoulder or arm is another key indicator. You may find it difficult to perform everyday tasks like combing your hair, lifting objects, or reaching behind your back. This weakness often occurs due to a partial or complete tear in the tendons or muscles, making it hard to exert force with the shoulder.

3. Limited range of motion: As the condition worsens, you may notice a restricted range of motion. This

limitation can manifest as difficulty moving your arm in certain directions, particularly overhead or out to the side. Simple actions like putting on a jacket or lifting your arm to grab something from a shelf become painful and increasingly difficult.

4. Cracking or popping sensations: People with rotator cuff issues may hear or feel a cracking, popping, or clicking sensation in the shoulder during movement. This could be due to the inflammation or damage to the tendons and muscles, or because of structural changes in the joint.

5. Night time pain: One of the hallmarks of rotator cuff problems is the pain that worsens at night, especially when lying on the affected shoulder. The discomfort can disrupt sleep, as pressure on the injured area increases pain and stiffness.

6. Swelling or tenderness: In some cases, swelling or tenderness in the shoulder can be present. This is more likely to happen with acute injuries or severe inflammation. The affected area may feel warm to the

touch due to inflammation.

How physical therapy can help

For most rotator cuff problems, physical therapy (PT) is one of the most effective non-surgical treatments. It focuses on restoring function, improving strength, and reducing pain. The earlier treatment begins, the better the outcomes tend to be.

1. Pain management: Physical therapists utilize a range of techniques to help manage pain, including manual therapy, massage, and ice or heat therapy. Manual therapy, which includes gentle movements and mobilizations, helps reduce muscle tension and inflammation. This not only eases pain but also helps restore movement without causing further damage.

2. Restoring range of motion: Stretching exercises form a critical component of physical therapy for rotator cuff injuries. These stretches target tight muscles and stiff joints

please see therapy on page 14

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LSLT hold annual fundraiser flannel formal

Tickets and sponsorships are now available for the Flannel Formal, the annual celebration of land conservation held each year to benefit the Lower Shore Land Trust.

The event will be held on Saturday, November 9 from 3 p.m. to 6 p.m. This year the event will be held at Coulbourn Farm, in Snow Hill.

Flannel Formal attendees are invited to wear their favorite flannel, dressy or casual, to celebrate the season. This year's entertainment is live music by Margot Resto and Fil Rhythm Band, playing Blues, Motown, funk and many other styles to dance to. Delicacies offered will be an array of artisan charcuterie from Modern Graze, oysters on the half shell, Pit & Pub BBQ with all the fixings, and sweets by Baked Dessert Café. Beverages available are fine wines, craft beers, and a Bloody

Mary Bar, courtesy of donation by George's Mixes. Attendees will enjoy yard games, a bonfire, and bidding on silent auction items.

At the event, the Land Trust will announce the winner of The Stephen Parker Conservation Legacy Award, given in honor of renowned conservationist, Stephen N. Parker. This award is given annually to recognize a landowner or conservation practitioner for their contributions to private land conservation on the Lower Eastern Shore. Past recipients include Charles "Buddy" Jenkins, Larry Leese, and John B. Long.

Tickets are \$85 per person until November 3, and \$95 per person after that and at the door. Purchase tickets and/or sponsorships online at www.LowerShoreLandTrust.org, or call 443-234-5587 or email mresto@lslt.org.

therapy

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around the shoulder, helping to gradually improve flexibility and the overall range of motion. Your therapist will introduce passive stretching techniques in the early stages to minimize stress on the shoulder.

3. Strengthening exercises: Strengthening the muscles around the shoulder joint is crucial for recovery. Specific exercises target the rotator cuff muscles, as well as the surrounding muscles like the deltoid and scapular stabilizers. These exercises help support the shoulder and prevent further injury. Resistance bands, light weights, and bodyweight exercises are commonly used in this phase of rehabilitation.

4. Posture correction: Many rotator cuff problems are exacerbated by poor posture, especially for those who spend long hours sitting or performing repetitive tasks. Physical therapists teach patients how to maintain proper posture during daily activities and suggest adjustments to workspaces or habits to reduce strain on the shoulder.

5. Education and prevention: In addition to treatment, physical therapists educate patients on proper body mechanics and strategies to avoid future injury. This may include

guidance on proper lifting techniques, ergonomic adjustments, and exercises to maintain shoulder health.

6. Gradual return to activity: One of the goals of physical therapy is to safely transition patients back to their normal activities or sports. Therapists will guide you through a progressive program that reintroduces daily tasks without overstressing the shoulder. This step-by-step approach ensures that the shoulder heals fully before resuming activities that could cause re-injury.

Rotator cuff problems can range from mild inflammation to complete tears, and recognizing the symptoms early is crucial for effective treatment. Pain, weakness, reduced range of motion, and nighttime discomfort are all signs that should prompt evaluation by a healthcare provider. Physical therapy is a cornerstone in treating rotator cuff injuries, offering pain relief, restored function, and the ability to return to daily life without surgery in many cases. Whether recovering from a strain or post-surgical intervention, a well-structured physical therapy program can accelerate recovery and prevent future complications.

William "Billy" Hamilton Jr., DPT, CHT is owner of Hamilton Hand to Shoulder in Ocean Pines. He can be reached at 410.208.3300 or Billy@Hamiltonhand.com.

Cathy Zirkle appointed DRP customer service manager

The Worcester County Commissioners appointed Cathy Zirkle to serve as the customer service manager within Development Review and Permitting (DRP). Zirkle, who stepped into her new role September 3, will replace longtime Customer Service Manager Janet Davis



Cathy Zirkle

who will be retiring later this year.

"Cathy has always been willing to go above and beyond to assist the pub-

lic and her team, taking the initiative to learn new tasks and help wherever she is needed," DRP Director Jennifer Keener said. "While she has big shoes to fill following Janet's dedicated years of service, she has the knowledge and experience needed to lead customer service."

Zirkle, who joined DRP as a license permit clerk I in 2015 and worked her way up to DRP specialist III, brings 20 years of leadership experience and nine years of government experience to this position. Prior to joining DRP, Zirkle spent 20 years in the hospitality industry in Florida.

Step it up with step challenge

The Worcester County Health Department (WCHD) is hosting the Just Walktober Step Challenge throughout October. This walking challenge is inspired by the state of Maryland's Walktober, which was declared officially in 2020. The month intends to celebrate Maryland's official exercise - walking - as an important part of well-being for people throughout the state.

To participate in the Just Walktober Step Challenge, follow the directions below:

- Register for the challenge using the form link/QR code provided. Once

synposium

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sion on creative engagement with panelists Ilyana Kadushin, Sivan Perdue, Loretta Veney, and Niki Runge. A Lego-Music Workshop with Kadushin, Veney, and James Harrell will be by invitation only as space is limited.

Saturday, October 26, offers a private tour of the Art Center's galleries with artists and their caregivers.

Tickets are \$65 for all events; \$50 for opening night party only; and \$20 for the Friday Symposium only, and are available at OCart.org or by calling 410-524-9433. The event is also a benefit for the two nonprofit organizations.

Financial support for this symposium is provided by Salisbury University College of Health and Human Services, Salisbury University Fulton School of Liberal Arts, Pohanka Community, Community Foundation of the Eastern Shore, Adrienne and Lewis Kadushin, TidalHealth, Spain Wine Bar, and First Shore Federal Bank.

registered, you will receive a link to the Walktober Step Tracking Form and a Motivational Walktober Reminder Magnet! Paper copies of the tracking form are available upon request.

- Lace up and start walking! Follow the instructions on the Walktober Step Tracking Form to record your steps throughout October.

- Submit your Walktober Step Tracking Form at the end of the month. Paper forms can be sent to the Snow Hill Health Department (6040 Public Landing Rd. Snow Hill, MD 21863.)

Worcester Health will calculate all steps reported by participants. Whoever gets in the most steps will win a fall wellness prize!

Register for the Just Walktober Step Challenge at google.forms. For more information, please call 410-632-1100 ext. 1108.

seasons

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series will take place on:

Thursday, September 26, 2024, at 7:30 p.m. at Easton Church of God, 1009 N. Washington St, Easton, MD 21601;

Saturday, September 28, 2024, at 3 p.m. at Cape Henlopen High School, 1250 Kings Hwy, Lewes, DE 19958;

Sunday, September 29, 2024, at 3 p.m. at Community Church in Ocean Pines.

Tickets are available at www.midatlanticsymphony.org, by calling 1-888-846-8600, or at the door. For more information, please visit www.midatlanticsymphony.org.

Some things to think about

Gathered from the internet by **Jack Barnes**

Things To Ponder

Why do peanuts float in a regular coke and sink in a diet coke? Try it.

I used to eat a lot of natural foods until I learned that most people die of natural causes.

How important does a person have to be before they are considered assassinated instead of just murdered?

Why do you have to “put your two cents in”... but it’s only a “penny for your thoughts”? Where’s that extra penny going? (taxes)

Once you’re in heaven, do you get stuck wearing the clothes you were buried in for eternity?

What disease did cured ham actually have?

How is it that we put man on the moon before we figured out it would be a good idea to put wheels on luggage?

Why is it that people say they “slept like a baby” when babies wake up like every two hours?

If a deaf person has to go to court, is it still called a hearing?

Why do people pay to go up tall buildings and then put money in binoculars to look at things on the ground?

Why do doctors leave the room while you change? They’re going to see you naked anyway.

Why is “bra” singular and “panties” plural?

Why do toasters always have a setting that burns the toast to a horrible crisp, which no decent human being would eat?

Can a hearse carrying a corpse drive in the carpool lane?

If corn oil is made from corn, and vegetable oil is made from vegetables, what is baby oil made from?

If electricity comes from electrons, does morality come from morons?

Why do the Alphabet song and Twinkle, Twinkle Little Star have the same tune?

Why did you just try singing the two songs above?

Did you ever notice that when you blow in a dog’s face, he gets mad at you, but when you take him for a car

ride, he sticks his head out the window?

How did the man who made the first clock know what time it was?



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Change in Price YoY (Nov '21 - Nov '22); US Bureau of Labor Statistics



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