

The Courier

February 19, 2025 Volume 25 Number 21



Tradition - The annual Junior Ring Ceremony took place at Worcester Preparatory School (WPS) on February 6. It is tradition that seniors present the juniors with their class rings along with a few insightful comments as to why the recipient is special to them. Senior **Sydney Tingle** presented junior **Marina Farlow** with her class ring.

Please see boats on page 12

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Ocean Pines Public Works: unsung heroes of winter storms

By **Josh Davis**

When the first snowflakes fall in Ocean Pines, most residents cozy up indoors, watching the world turn white from the comfort of their homes.

But for the Ocean Pines Public Works team, snowfall marks the start of long, grueling shifts battling the elements to keep roads safe and passable.

“It all depends on the storm,” Tony Howard, a veteran member of the Public Works crew, said. “This last one was about 12 hours, but sometimes we’re out for 24 hours straight or longer.”

Howard, alongside fellow crew member CJ Rounds, is no stranger to these intense shifts. Their work begins long before the first flake touches the ground.

Preparing for the worst

“The day before a storm, we start loading up equipment, checking everything to make sure it’s running,” Rounds said. “We fill the spreaders and pretreat the roads as much as we can.”

This winter alone, Public Works

crews have tackled four snowstorms, often working overnight shifts.

Two of those required plowing 80 miles of road, plus clearing parking lots for essential facilities, including the police department, administration offices, community center, fire stations, the Sports Core Pool, and the Yacht and Golf Club. Two others requiring only salting.

To improve road treatment, Ocean Pines is exploring the use of a brine mix – a liquid solution that prevents snow and ice from bonding to pavement.

“You’ve probably seen the white stripes on the road,” Howard said. “That’s the brine. It stays put better than salt and helps keep roads from icing over – unless it rains first and washes it away.”

Before a big storm, Public Works preps its fleet, which includes six plows, three salt spreaders, and four additional heavy equipment vehicles. Crews also stock their offices with enough food and strong coffee to last up to 40 hours – the time it sometimes takes to fully clear the roads.

The equipment lineup features

three one-ton dump trucks equipped with salt spreaders and plows, another dump truck with a plow, two pickup trucks with plows, a backhoe, a track loader, and another loader known as “Manitou.”

The long haul

Once the snow starts falling, the team settles in for a long night. Howard drinks coffee, while Rounds prefers tea.

“Either way, you just keep going,” Howard said.

Both said their bosses, Senior Director Eddie Wells and Deputy Director Nobie Violante, are right there with them.

“Eddie’s out there with us, him and Nobie,” Howard said. “Whatever hours we put in, they’re right there until the end.”

Plowing is a strategic operation requiring coordination.

“We start with the entrances – Ocean Parkway, Manklin, and Cathell Road – and then work our way out,” Howard said. “Two trucks handle the main roads, while smaller trucks tackle side streets.”

But the job isn’t without challenges.

“The hardest part isn’t the snow – it’s the parked cars,” Rounds said. “People leave them at the end of their driveways, and we can’t get through. We have to swerve around them, leaving piles of snow behind. That’s usu-



ally when people call and complain.”

Cul-de-sacs also present difficulties.

“Ideally, we’d clear them completely,” Howard said. “But when cars are in the way, we have no choice but to leave some snow behind.”

please see winter on page 14



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Getting ready - The Ocean City Berlin Optimist Club volunteers hard at work getting the "Annual Seaside Boat Show" ready. Pictured are (l-r) **Larry Campbell, Cindy Malament, Gary Thumser, Bill Smith, Mitch Francis, and Kevin O'Rourke.**

Ocean Pines season kickoff returns

The Ocean Pines Season Kickoff is set for Saturday, May 17, from 11 a.m. to 3 p.m. at Veterans Memorial Park, offering residents and visitors a chance to explore local amenities, clubs, and businesses.

The free-admission event features musical performances, demonstrations, and interactive exhibits. Attendees can ask questions about Ocean Pines amenity memberships and lessons, connect with local businesses, and discover volunteer opportunities and social events. The event also includes giveaways and raffle prizes.

Local restaurants will participate with food trucks, selling a variety of food and beverage options. A designated dining area will be set up in the new Veterans Memorial Park pavilion.

After the inaugural Season Kickoff at White Horse Park in 2024 sold out of exhibitor spaces and drew nearly 1,000 attendees, organizers have moved this year's event to Veterans Memorial Park. The new location allows for additional vendor space, more convenient parking, and increased visibility. The park is located between the South Gate Pond and Racetrack Road.

Nonprofit groups are invited to showcase their clubs and organizations to residents, with free exhibit spaces available to those providing their own table or booth. Organiza-

tions requesting a table from Ocean Pines can reserve a space for \$20, or \$25 with electric service.

Businesses also have an opportunity to participate as exhibitors or sponsors. Vendor spaces start at \$75, while premium sponsorship packages range from \$500 to \$2,500. Sponsorship benefits include signage, giveaway underwriting, social media promotion, and advertising.

For event updates, visit OceanPinesSeasonKickoff.com or follow the event's Facebook group.

To sign up a business or organization, volunteer, or obtain more information, email OPseasonkickoff@gmail.com or contact volunteer event co-chairs Gary Miller at garywm1952@gmail.com or Linda Yurche at lindayurche@gmail.com.

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Finding the key

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It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

While attending St. Albert the Great grade school, Walt the janitor was a quiet presence who engaged his tasks efficiently and almost without notice save for the jingle jangle of the gaggle of keys clipped to his belt that echoed in the hallway, aided acoustically by well-polished speckled floors and gloss-painted cinder block walls. How many keys? No idea. Though there were enough of them that Walt leaned right when walking.

I was reminded of this childhood memory on a recent Saturday morning

while searching for the key to the side door of our garage. In a dedicated kitchen drawer – best described as a junk drawer - we keep all sorts of items - several screwdrivers, magic markers, random binder and paper clips, an eye glass repair kit, assorted pencils (all with broken points), a pair of pliers and a nest of key rings containing many keys of different colors and sizes. Some are car keys. But clinging to a good many of the rings are keys for locks forgotten long

ago.

Some keys appear to be old house keys for our house or belong to the locks of family member houses. But which keys for which houses? Who knows? A couple rings had copies of the same key which led me to believe that at some point multiple keys were cut for the front, back or shed doors and not distributed. Becoming more interested in solving this key puzzle, I spread each of the rings and several loose keys on the dining room table segregating to one side the familiar keys. Remaining were

many yet-to-be identified orphans. I felt a little like Captain Queeg hunting for the freezer key to solve the pilfered quart of strawberry ice cream caper in “The Caine Mutiny.”

First separating the keys by type - Schlage, Kwikset, Master and little keys with no identification - I then started deducing what each key could unlock. I got lucky on a few Kwikset keys. They worked the studio door lock. I was able to identify two Schlage keys for the front door. But that was about it. The other keys were a mystery. It's possible one or more of them is for a relative's front door lock. I can't wait to roll up to meet a relative locked out of her house on a dark and rainy night with a quart-size Zip-Loc bag filled with random keys, dumping them on the front step and testing each one by one.

Not all locks require keys. My first bicycle anti-theft device was a combination lock chain which I wrapped around the sissy bar. When I first got it, I used it regularly. When I went to the playground or a friend's house, I locked my bike believing I was being responsible. After a while though locking and unlocking the bike slowed me down especially when my friends jumped on their bikes and were halfway down the block

while I was still turning the dial to RIGHT 29. Eventually I stopped using the lock. About a year later I needed to replace a punctured back tire that required removing the chain from the sissy bar. And not unlike the situation on that recent Saturday of not knowing which key I needed for the garage door, I found myself staring blankly at the lock unable to remember the number combination. I know you're thinking I should have kept safe the combination number on a piece of paper. I didn't. The solution was to use my grandfather's hack saw to cut through the chain. I never replaced the chain or used a bike lock again. I don't believe I ever used another combination lock, preferring keyed locks. The irony is not lost on me that I now stare blankly at dozens of unidentified keys like I once stared at that bike lock.

Like so many other once ubiquitous items, I predict that traditional keys will eventually be quaint as time passes, becoming part of museum displays that include rotary telephones, television rabbit ears and S&H Green Stamps. But until then, there are locks in the universe whose keys reside in my kitchen drawer. What to do?

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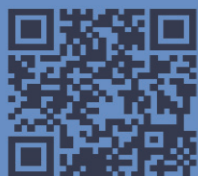
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Commentary

By Joe Reynolds
OceanPinesForum.com

Lest We Forget

George Kerchner retired to Ocean Pines in the early days of the Ocean Pines Association. He was one of the founding members of the Ocean Pines Volunteer Fire Department and an active member of the Ocean City American Legion, Post 166. Today, few in



George Kerchner (right) in Europe just after receiving the Distinguished Service Cross not long after D-Day

Ocean Pines remember the man. Former OPA Director Marty Clarke is among those who do, not so much for his retirement activities but for his

heroism and bravery on June 6, 1944.

It isn't often that the death of an individual is covered in the *New York Times*, the *Washington Post*, the *Boston Globe*, the *Arizona Daily Star*, the *Baltimore Sun*, the *Richmond Times Dispatch*, and numerous other publications across America. George Kerchner's death in 2012 saw that extensive coverage.

The following is from Kerchner's obituary:

KERCHNER, George Francis, passed quietly at home on February 17, 2012. Born February 22, 1918 to John and Caroline Kerchner, of Baltimore. He joined the Elite 2nd Ranger Battalion as Lieutenant, for what General Bradley called, "the toughest of any task assigned on D-Day." He was awarded the Distinguished Service Cross. "By his determined leadership and outstanding heroism, he led his company in the successful assault upon and captured the 155 mm enemy gun positions. He tenaciously and courageously held his position until relieved and was a constant inspiration and source of encouragement to his troops." Several oral histories are available, including one at the National D-Day Memorial in Bedford, Virginia, where a plaque will commemorate his service and a tree will be dedicated in his name."

As reported in the *Washington Post*: *Then-Lt. Kerchner, a former Baltimore soda jerk, joined the Army in 1942 and volunteered the next year for duty in the elite Army Rangers. He trained for six months in England, climbing seaside cliffs in anticipation of raiding Pointe du Hoc, a well-fortified promontory jutting into the English Channel.*

The mission, under the command of Lt. Col. James E. Rudder, was viewed as near-suicide. In an oft-quoted line, attributed to an intelligence officer, Rudder was warned of the 100-foot ascent up Pointe du Hoc that 'it can't be done. Three old women with brooms could keep the Rangers from climbing that cliff.'

On the dawn of the June 6, 1944, invasion, Lt. Kerchner entered his British-manned landing craft with other members of Company D of the 2nd Ranger Battalion.

He recalled to historian Douglas Brinkley the advice of a chaplain conducting an impromptu Mass: 'When you land on that beach and get in there, I don't want to see anybody kneeling down and praying. If I do, I'm gonna come up and boot you in the tail. You leave the praying to me, and you do the fighting!'

By the time he got to the rocky beach, he found himself in charge of D Company; every senior officer had been killed or severely wounded. From several hundred yards away, German machine-gun fire continued to rake the beach.

Kerchner and his men reached the top of Pointe du Hoc but found the 155mm guns they were to destroy had been moved. They were able to locate the guns and destroy them. Even so, Kerchner and the 15 men under his command were surrounded and fought off German attacks for nearly three days until reinforcements arrived.

Around 100 of those 225 Rangers at Normandy on June 6 were killed or wounded. Kerchner was later shot in the left shoulder during combat near the city of Saint-Lo. The Allied exploits at Pointe du Hoc were featured in the 1962 Hollywood epic "The Longest Day." At the age of 92 Kerchner told a TV interviewer, "I didn't think I did anything that heroic."

Clarke believes heroes like Kerchner must be remembered. To that end, Clark is urging folks to make a donation in Kerchner's name to the Worcester County Veterans Memorial at Ocean Pines. Later this year, on June 6th, Clarke says there will be a brick paver placed at the Memorial in Kerchner's name and encourages everyone to attend the ceremony.

Those wishing to donate may send a check to:

Worcester County Veterans Memorial at Ocean Pines PO Box 1576, Berlin, MD 21811. Attention: Kerchner paver and also write "George Kerchner" on the check.

Your donations will enhance the Memorial's teaching program for school children across Worcester County.

Computers are vital for work or school. Computers can cost anywhere from a few hundred dollars for a basic model to upwards of \$3,000 for a top-of-the-line machine. Either way, purchasing a computer involves a considerable sum of money and buyers may wonder just how far that money will go in terms of the computer's longevity. According to the technology resource



Nerds on Site", the average life of a computer falls between three to eight years, and varies depending on the type of the computer and how it is being used. A desktop computer tends to last around five years, while laptops have shorter lifespans because of the batteries needed to keep them running, damage that can occur when transporting the devices and heat buildup from inefficient cooling. Despite the relatively short lifespan of modern computers, users who emphasize proper care and maintenance can likely add years to the life expectancies of their devices.

Courier Almanac

On February 19, 1878, Thomas Edison is awarded U.S. Patent No. 200,521 for his invention—the phonograph. The technology that made the modern music business possible came into existence in the New Jersey laboratory where Edison created the first device to both record sound and play it back.

The
Courier

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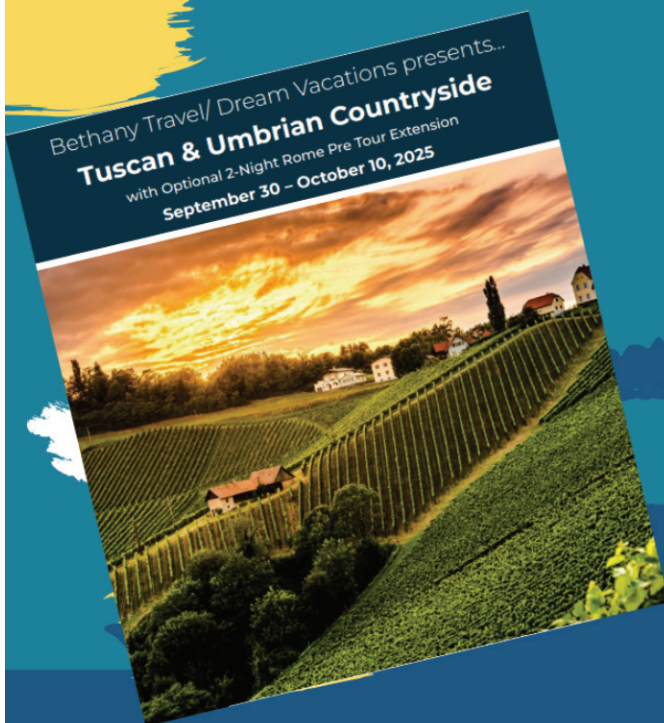
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Boating course offered

The US Coast Guard Auxiliary is offering the Safe Boating Course at the Ocean Pines library located at 11107 Cathell Road on March 4 and 5 between 6 p.m. and 9 p.m.

The cost is \$20 for the two evenings. Register or get more information by calling Barry Cohen at 410-935-4807, or Email: CGAUXOC@Gmail.com.

Birckhead to speak

Continuing their celebration of Honoring American Veterans, the Germantown School will host Snow Hill native Adjutant General Janeen Birckhead, a Worcester County public school graduate on Saturday, February 22 at 11 a.m. Registration is recommended. Email germantownschool@gmail.com or phone 410-641-0638.

Kiwanis meets on Wednesdays

The Kiwanis Club will meet on Wednesdays at the Ocean Pines Community Center Assateague Room at 8 a.m. Doors open 7:30 a.m. Third Wednesday meetings are offsite and will be updated monthly on the website and Facebook. www.kiwanisofopoc.org.

TidalHealth FamilyLab moves

TidalHealth FamilyLab in Ocean Pines has relocated to 11107 Cathage Rd., Suite 103. The lab is remaining on the grounds of the TidalHealth Ocean Pines campus but changing within the complex to Building 3, the office building at the south end of the property.

The lab's phone and fax numbers will remain the same. To reach TidalHealth FamilyLab in Ocean Pines, please call 410-912-6106. You may fax the office at 410-912-6107.

Recreation programs registration is open

Get set for the launch of a whole host of spring programs with Worcester County Recreation & Parks (WCRP). Registration opened February 12, and there are two ways to register. Sign up online at worcesterrecandparks.org or in-person at the Worcester County Recreation Center located at 6030 Public Landing Road in Snow Hill.

"The spring lineup includes a wide variety of longstanding favorites and new features, hosted by our outstanding program manager team," Special Events and Marketing Manager Ryan Nellans said. "They aren't just 'one of the coach guys.' They are personable, recognizable specialists who bring their A games to all of our programs."

The WCRP spring lineup of program managers includes Kelly Buchanan, who will head up Active Start Pickleball at Showell Park.

"It's easy to learn and fun to play!" Buchanan said. "So, come on out."

Other youth programs include Active Start Field Hockey, Sand Volleyball and Track, as well as Toddler and Home School Gym programs, Little All Stars, and Paddle the Pocomoke.

Kyle Jarmon is currently wrapping up the Junior NBA program, and he has his eye on the adult basketball season ahead.

"It's always basketball season at the recreation center," Jarmon said. "I'm ready to roll into our 3v3 Adult Basketball league in May."

Jarmon will also head up Youth Flag Football in April. Other WCRP league programs starting this spring include Men's Softball, Outdoor Soccer, and 4v4 Coed Sand Volleyball.

Chance Congleton is bringing brand-new energy to WCRP outdoor spring programs, including Paddle the Pocomoke, which is set to launch youth from the Pocomoke River Canoe Company on Wednesdays in May. Other favorite outdoor programs include Hooked on Fishing and Dog Obedience.

Joe Tolbert will lead a special addition to WCRP fitness programs this spring with the Berlin Run Club, which will meet at the Berlin Beer Company on Mondays. Other group fitness programs include Xtreme Hip Hop, Yoga, and Tolbert's unofficial fan club favorite, Early Bird Fitness.

To better meet the needs of area residents, WCRP provides opportunities for financial aid for youth programs. For more information or to register, contact WCRP at 410-632-2144 or email Ben Kirk at bkirk@co.worcester.md.us.

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Coastal Bays children's book released

The children's book "Return of the Terns – How Scientists Are Saving Island Birds" has been released highlighting the artificial-habitat program partnership between Maryland Coastal Bays Program (MCBP), Maryland's Department of Natural Resources (DNR) Wildlife and Heritage Service, and Audubon Mid-Atlantic.

Authored by Jennifer Keats Curtis with MCBP Bird Habitat Coordinator Kim Abplanalp, and illustrated by Phyllis Saroff, the story follows the journey of Common Terns and the innovative efforts of scientists to save their nesting habitat in the Coastal Bays.

After the terns' island eroded away, a 48-square foot raft island was designed to give the birds a safe place away from disturbances, flooding, and predation. It is made of floating sections that are assembled, locked together, and anchored near the old island for the terns' summer nesting

season.

The project was launched four years ago after the decline of Common Terns had reached only 30 pairs. Twenty years ago, that number was over 650 pairs. The island is a stop gap measure until we can rebuild islands in the Coastal Bays. The last two years we've had over 300 pairs nesting on the raft and have fledged over 750 chicks since the project began.

The book includes learning activities and is also available in Spanish. Proceeds from the sale of the book when purchased through the Maryland Coastal Bays Program, will go directly to the program. You can stop by the office or make arrangements to purchase online at this link <https://www.paypal.com/ncp/payment/WLDDMJWB5SC78>.

For more information contact Kim Abplanalp at kabplanalp@mdcoastalbays.org.

Art submissions sought

The Worcester County Arts Council (WCAC) invites artists to submit their entries for a juried art competition exploring the subject of "Peace." This competition challenges creatives to delve into the multifaceted concept of peace and bring it to life through their unique artistic vision.

All entries will be juried in and judged for the competition by local artist, art educator, and WCAC's Board Member, Kate Cashman.

Entries will be accepted: February 27-29, from 11 a.m. to 2 p.m. at the Worcester County Arts Council located at 6 Jefferson Street in

Berlin.

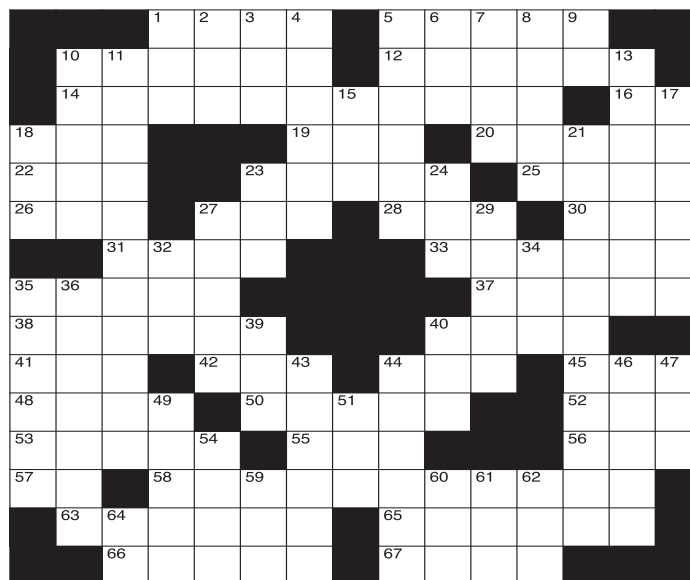
The exhibit will be displayed from March 1 through April 28.

Peace is a universal ideal, yet its meaning varies deeply from person to person. Through this competition, artists are encouraged to interpret peace in ways that resonate with them - whether it's the quiet stillness of nature, the resilience of communities coming together, or the personal pursuit of balance and healing.

"Artists are invited to create pieces that speak to the emotional, spiritual, and societal dimensions of peace, said Anna Mullis, the Arts Council Executive Director. Whether your work expresses a longing for harmony, a reflection on struggles overcome, or a hopeful vision for the future, we want to see how you interpret this profound theme."

This competition is open to all artists in all mediums, including painting, sculpture, photography, digital art, mixed media, and beyond. Emerging and established artists alike are encouraged to participate.

Detailed guidelines for the competition are available on the Worcester County Arts Council website: www.worcestercountycouncil.org.

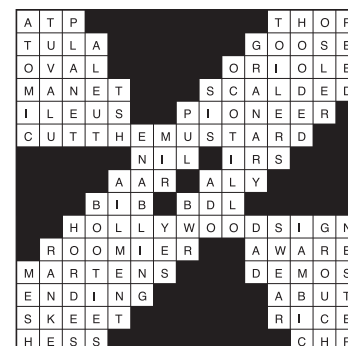


CLUES ACROSS

- 1. Tropical Asian plant
- 5. Yankees' slugger Judge
- 10. Helps to preserve food
- 12. Plant disease
- 14. One who predicts
- 16. Equally
- 18. Burundian franc
- 19. Pouch
- 20. Arizona city
- 22. Surround
- 23. Hard, heavy timber
- 25. Witnessed
- 26. They ___
- 27. French river
- 28. A way to drink
- 30. Small constellation
- 31. Peruse a written work
- 33. Type of hound
- 35. Plant of the goosefoot family
- 37. Evade or escape
- 38. A way to confine
- 40. Volcanic crater
- 41. Weekday
- 42. Women's service organization (abbr.)
- 44. Local area network
- 45. Sensory receptor
- 48. Posted
- 50. Tibetan pastry
- 52. Licensed for Wall Street
- 53. Very willing
- 55. Golf score
- 56. Consume
- 57. Touchdown
- 58. Tends to remind
- 63. In a way, smoothed
- 65. Poke holes in the ground
- 66. Herbaceous plants
- 67. Taiwanese river

CLUES DOWN

- 1. Body art
- 2. Boxing's GOAT
- 3. Film for posterity (abbr.)
- 4. Prayer
- 5. Calculating machine
- 6. Keyboard key
- 7. Outburst
- 8. Man-eating giants
- 9. New Hampshire
- 10. Type of sword
- 11. Counting
- 13. Pants style
- 15. Political action committee
- 17. U.S. government legislative branch
- 18. Civil Rights Act component
- 21. Contractors take one
- 23. Spanish soldier
- 24. A person's brother or sister
- 27. Expressed pleasurer
- 29. Song of praise
- 32. Shock treatment
- 34. Patti Hearst's captors
- 35. Counteract
- 36. Goes over again
- 39. Popular Dodge truck
- 40. Male adult
- 43. A part of a river where the current is very fast
- 44. Rope used to lasso
- 46. Become less intense
- 47. Subway rodent
- 49. Lead alloy
- 51. Japanese honorific title
- 54. Advise someone
- 59. Famous NYC museum
- 60. Ocean
- 61. Cathode-ray tube
- 62. Cologne
- 64. It starts with these two



Answers for February 12



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Recycling - Worcester Preparatory School junior, **Catherin Cullen**, stands in Worcester Prep's Athletic and Performing Arts Center where tennis balls will be collected throughout the tennis season this spring, and sent to RecycleBalls, an organization dedicated to repurposing them and preventing waste from entering landfills.

Ocean Downs revenue drops in January

Maryland's six casinos combined to generate \$151,795,660 in revenue from slot machines and table games during January 2025, a decrease of \$1,447,656 (-0.9%) compared to January 2024.

Casino gaming contributions to the state during January 2025 totaled \$63,651,034, an increase of \$496,642 (0.8%) compared to January 2024. The January 2025 contributions included \$45,992,850 to the Education Trust Fund, an increase of \$343,541 (0.7%) compared to January 2024.

Casino gaming revenues also support the communities and jurisdictions where the casinos are located, Maryland's horse racing industry, and small, minority- and women-owned businesses.

Ocean Downs Casino which has 880 slot machines and 19 table games generated \$5,711,548 in January 2025, a decrease of \$393,787 (-6.4%) from January 2024.

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Health Watch

Beauty sleep for your heart

By **Robin Rohlfling**

*Lead Polysomnographer
Atlantic General Hospital*

February is National American Heart month. This month we focus on heart health and prevention of heart diseases. Many people may not realize that sleep actually plays a very important role in keeping your heart healthy. Lack of sleep in general can increase one's probability of developing heart issues. When an individual does not sleep properly, many internal systems do not work as they should. Insulin levels and cortisol (the stress hormone) increase, thereby increasing the risk of heart disease.

However, the biggest sleep factor that may lead to heart issues is sleep apnea. Sleep apnea is characterized by cessation of breathing or shallow breathing for a period of 10 seconds or longer. The most common form of sleep apnea, obstructive sleep apnea, is the cessation or depression in breathing caused by an obstruction in the airway. It is usually caused by excess tissue in the passageway, enlarged tonsils or a large tongue. During this, an individual is actively trying to breathe, but is unable to. This is typically accompanied by a drop in oxygen levels. The brain is then signaled to wake up so that the individual is able to breathe again. Once this occurs the oxygen levels return to normal.

Just as oxygen levels are fluctuating during the night, so is the blood pressure, putting a great deal of strain on the heart. These nightly fluctuations can lead to hypertension, coronary artery disease and abnormal heart rhythms, such as Atrial fibrillation or A-fib, and also increase the risk of sudden death in people who already have heart issues. In fact, studies have shown that treating sleep apnea cuts the risk of recurrent episodes of A-fib nearly in half, regardless of other treatments. Additional studies have shown that both systolic and diastolic blood pressure levels drop signifi-

cantly within three months when sleep apnea is controlled. Risk factors for obstructive sleep apnea include being male or a postmenopausal woman, obesity, large neck size and family history of sleep apnea.

On the other hand, individuals who have been diagnosed with certain heart diseases need to worry about a different type of sleep apnea. Central sleep apnea and Cheyne-Stokes breathing are often present in individuals with congestive heart failure. Central sleep apnea is a pause in breathing without an obstruction. As opposed to obstructive sleep apnea, individuals with central apnea make no effort to breathe during the pauses. There is a disconnection between the brain and the body causing the breathing to cease. Cheyne-Stokes breathing is a type of central sleep apnea common in patients with congestive heart failure. It is estimated that between 30% and 50% of people with congestive heart failure have Cheyne-Stokes breathing. Risk factors for Cheyne-Stokes breathing are being male, having a-fib, advanced age and systolic heart failure.

Loud snoring is the most common and most recognizable symptom of obstructive sleep apnea. Snoring may or may not be present in an individual with central sleep apnea, as obstructive sleep apnea and central sleep apnea may occur at the same time. Other symptoms of sleep apnea tend to be the same whether the apnea is central or obstructive. These symptoms include, daytime sleepiness, fatigue, morning headaches and night time awakenings, choking or gasping for air. Insomnia is also a symptom of sleep apnea, but it seems to occur most specifically in women.

An in-hospital or at-home sleep study is required to diagnose either form of sleep apnea. There are a variety of treatments available for sleep apnea, but CPAP, or continuous positive airway pressure, tends to be the most effective treatment. If you feel that you may be at risk for any type of sleep apnea, please discuss this with a physician. He or she can see to it that you get proper testing and treatment. For more information on Atlantic General Hospital's Sleep Disorder Diagnostic Center please call 410-641-9726.



New officers - The Worcester County Garden Club's 2025-2027 officers were recently installed during a meeting and luncheon in the Clubhouse at the Ocean City Golf Club. Special guest Ann Street, assistant director, Federated Garden Clubs of Maryland District 1, did the installation.

Above (l-r): Membership **Rebecca Galyon**, Corresponding Secretary **Jackie Davies**, Recording Secretary **Ellen Howse**, Treasurer **Martha Bennett**, Second Vice President **Jan King**, First Vice President **Pat Arata**, and President **Susan Fletcher**.

Nominations sought

The Worcester County Drug and Alcohol Abuse Council is seeking nominations of individual adults, youth, and groups who have made outstanding contributions to drug and alcohol prevention and treatment. Nominations are being requested for those who have provided exceptional service in the areas of prevention, treatment, law enforcement, and fire/emergency services. The awardees will be honored by Worcester County residents, elected officials, and Council members at the 34th Annual Drug and Alcohol Awards Reception. This event will be held on April 8 at the Worcester Technical High School beginning at 6 p.m.

Nominations of individuals or groups who have performed commendably, and beyond the call of duty are currently being accepted by the Worcester County Health Department. Criteria for selection of honorees include: program impact on community, appropriateness of approach, and personal contribution to the program. Anyone who received an award in the past three years is not eligible.

Nominations should be submitted to the Worcester County Health Department by March 11, 2025. To receive a physical copy of the nomination form, please call 410-632-1100 ext. 1119 or email Regina.Mason@maryland.gov. The nomination form can also be completed online at <https://forms.office.com/r/76uZgVJJoyT> or downloaded from worcester-health.org.

Power Squadron offers boating course

The Ocean City Power Squadron, a unit of the United States Power Squadrons, will present a comprehensive safe boating course beginning March 11.

This is an eight-hour course and will be given on three consecutive nights at the Ocean Pines library starting on March 11 and continuing to March 13. This includes a review and exam on the last night. Registration can be made online at ocpsabc@gmail.com. The course will run from 6 p.m. to 9 p.m. each night. Come at 5:30 p.m. the first night to register.

There is a \$25.00 fee for the course material. Middle and high school students aged 18 and under can take the course, including material, for free.

For information and early registration, call 302-218-9474.

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Pines native is founder, creative director of Ocean City Film Festival

By **Elaine Bean**

It all began on a fateful night in January 2017. B.L. Strang-Moya, a film student at Towson University at the time, was in Ocean City helping a friend shoot a film for his thesis. One location was the Ocean City Center for the Arts on 94th St. Strang-Moya happened to run into Rina Thaler, executive director of the Art League of Ocean City, and the rest is history, as the Ocean City Film Festival enters its 9th season.

“Rina mentioned the Art League was interested in putting on a film festival at some point,” Strang-Moya said. “With the bare minimum amount of experience and a heart brimming with piss and vinegar, I offered on the spot to serve as the Creative Director for the Ocean City Film Festival. Six months later, we would host season one.”

Over the years, the Film Festival’s growth has been steady. “Startling, too,” Strang-Moya said. “I don’t think any of us really expected Ocean City to get behind something like its own film

fest. Unlike many festivals, we began from the ground up with minimal industry prospects outside of personal networks and a workflow that has evolved drastically. As the Creative Director, I have also worked as an archivist, projectionist, moderator, usher, and videographer ... My understanding of every layer of this event has made me quite competitive in this role.”

The 9th Annual Ocean City Film Festival returns to Ocean City and West Ocean City March 6 through 9, presenting 100 films from all over the world and opportunities to mingle with the filmmakers. “Season nine has a larger focus than usual on commemorating local culture and history, given Ocean City’s 150th birthday. Season nine also has a lot of unique film screenings, highlighting a variety of topics and interests.

“The OC Film Festival ties me to the community in so many ways. I am really humbled by all the wonderful people that we work with to organize

perature. Above 20°F, it melts ice efficiently, but at 15°F and below, it slows down. By 10°F, road salt becomes nearly useless, often requiring additional chemicals. At 0°F, it stops working entirely.

“We pretreat when we know it’ll be an all-snow event,” Wells said. “But most storms here start as rain, which washes away pre-treatment. We salt all main roads after plowing if temperatures are expected to dip below freezing.”

The Aftermath

Once the snow stops, the team’s work isn’t over.

“After plowing, we still have to clean the equipment, fix any damage, and start picking up fallen branches,” Howard said. “And then, hopefully, we don’t get hit with another storm right away.”

Despite the long hours and brutal conditions, neither Howard nor Rounds complains.

“It’s got to be done,” Rounds said. “Somebody’s got to do it. We just wait for the call, and then we go.”

For Ocean Pines residents, that dedication is why their roads stay clear when winter hits.

So, the next time you see a plow rolling down the street, remember the team inside – running on coffee, tea, and an unwavering commitment to keeping the community safe.

the event from volunteers to sponsors. As for my own filmmaking, I am very fortunate to say that many of my close collaborators are also my close friends who continue to live and thrive on the Shore.”

Aside from organizing the Ocean City Film Festival every year, Strang-Moya also personally documents the Eastern

Shore region through film.

“I am currently working on a couple of documentaries highlighting pre-colonial Delmarva history,” Strang-Moya continued. “There’s too much to be said about the strange and ancient land that is the Delmarva Peninsula. Growing up, I was mystified by the ever-present crumbling architecture of sporadic centuries-old farm houses along major roads. The scent of ocean air awakens something in me every time I experience it. I adore the people more than anything. Regardless of your voting record, if you’re on the shore, you have no choice but to amicably interface with others. There is a sense of community in the geographic isolation – specifically for those who live there year-round.”

Strang-Moya moved to South Ocean Pines when he was four years old, graduated from Stephen Decatur High School in 2013, and received a Bachelor of Science in Electronic Media and Film degree from Towson University in 2018. He made his first movie in the 9th grade.

“The *Chiller* network on *DirectTV* was advertising a horror film contest, and it was like a call to action for me,” he said. “I called all my friends, and we filmed a slasher horror in broad daylight at a public park without a script.

I went home that night and knew I had to keep doing this.

Strang-Moya has relocated “across



Rina Thayer, Joan Chak, William Strang-Moya and Kristen Hef

the bridge” for his work as a filmmaker, producing videos for marketing, instruction, and documentary-style productions at TU and teaching at the Baltimore School for the Arts, instructing students on practical effects and advanced video editing.

“My art and passion are centered in a desire to learn and teach,” he said. “I refuse to make a film about what I don’t know, so if I am going to make a documentary, I am going to learn everything about my subject until I am confident that I can teach others about the subject.”

“Without art, I would undoubtedly pursue a life of crime and die under mysterious circumstances,” Strang-Moya joked. “Art matters because I believe it is a human necessity to express oneself – even if that expression is just a mundane representation of your own life. I often think

back to the Lascaux Cave Paintings in France. These images depicted the daily life of ancient people. The paintings have lasted tens of thousands of years. Jokes aside, can *you* name a single politician from the Upper Paleolithic Era?”

Strang-Moya often returns to Ocean Pines with his wife and one-year-old son to visit his grandparents. “Their love for me has taken me farther than any film or festival ... Any time I’m on the shore, my days start and end in Ocean Pines.”

winter

from page 3

A cut above the rest

Many residents notice the difference in road conditions compared to surrounding areas.

“Ocean Pines takes care of all the roads – not just the main ones,” Rounds said. “Other places might plow the big streets and leave secondary roads alone. We make sure people can get out no matter where they live.”

Still, patience is key.

“People look outside and wonder why their road isn’t plowed yet,” Howard said. “There are over 80 miles of roads here. We get to them all, but it does take time.”

The science behind the salt

Wells said no two storms are alike, and each requires a different strategy.

“This last event was a wet, heavy snow followed by rain, so we didn’t need to salt because temperatures stayed above freezing,” he said. “But we did have more tree branches down due to the snow’s weight, and that required additional cleanup and man hours.”

“The storm on Jan. 6-7 was drier and colder, so we had to plow and salt. That took longer to get the roads fully clear,” Wells added.

Salt effectiveness depends on tem-

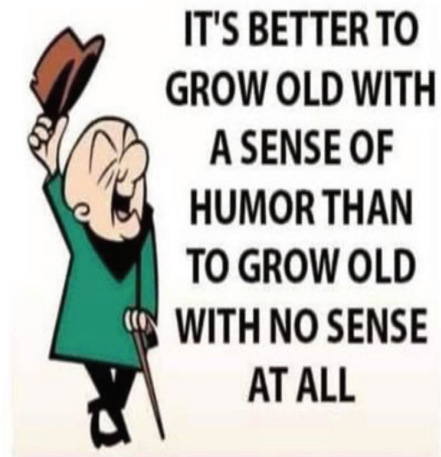


Strang-Moya on movie set

Choosing a new doctor

Some things to think about

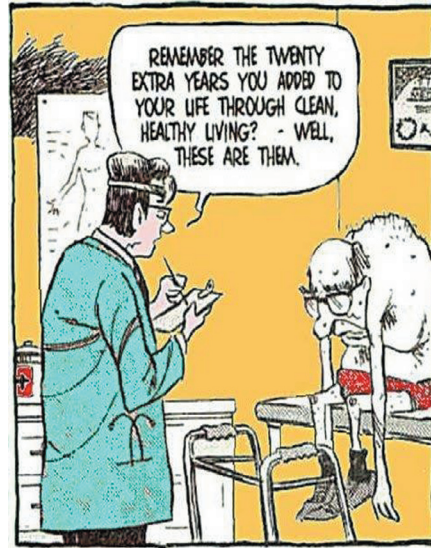
Gathered from the internet by **Jack Barnes**



After having to choose a new primary care doctor, I was curious.

After two visits and exhaustive lab tests, she said I was doing fairly well for my age. (I am north of 75).

A little concerned about that comment, I couldn't resist asking her, 'Do you think I'll live to be 85?'



She asked, 'Do you smoke tobacco, or drink beer, wine or hard liquor?'

'Oh no,' I replied. 'I'm not doing drugs, either!'

Then she asked, 'Do you eat rib-eye steaks and barbecued ribs?'

'I said, 'Not much... My former doctor said that all red meat is very

unhealthy!'

'Do you spend a lot of time in the sun, like playing golf, boating, sailing, hiking, or bicycling?'

'No, I don't,' I said.

She asked, 'Do you gamble, drive fast cars, or have a lot of sex?'

'No,' I said...

She looked at me and said, 'Then, why do you even give a darn?'



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