

SPECIAL FEATURE INSIDE - LIVING 50 plus

# The Courier

March 19, 2025 Volume 25 Number 25



**In the green** — The Democratic Women's Club Worcester County participated in the annual Ocean City St. Patrick's Day Parade on March 15.

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## **Boating course offered**

The US Coast Guard Auxiliary is offering the Safe Boating Course at the Ocean Pines library on April 1 and 2 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.

## **Free chronic kidney disease classes**

TidalHealth is offering free Chronic Kidney Disease (CKD) classes to help individuals manage and slow the progression of kidney disease. These classes are held from 2 p.m. to 4 p.m. on the last Wednesday of every other month at 800 S. Salisbury Boulevard, Salisbury, MD 21801.

The upcoming sessions are scheduled for: March 26, May 28, July 23, September 24, November 19.

During these sessions, TidalHealth's chronic disease professionals will provide valuable information on: slowing disease progression, monitoring kidney health, dietary considerations, dialysis and transplant options and financial aspects of kidney care

These classes are open to individuals with CKD, as well as their family members and caregivers. Space is limited. RSVP by contacting Valencia Harper at 410-912-5824 or via email at valencia.harper@tidalhealth.org.

## **Healthy lifestyle program offered**

Take control of your health this spring with Worcester Health's Healthy Lifestyle Balance Program. This program is proven to prevent or delay the onset of Diabetes, High Blood Pressure, Heart Disease, High Cholesterol, and other chronic diseases. Healthy Lifestyle Balance is a no-cost class that will help you eat healthy, lose weight, set goals, manage stress, and learn techniques to live a healthier and happier life.

The Healthy Lifestyle Balance Program is a 26-session, year-long group program, beginning next month. A full class schedule will be provided at the first class session, classes will be held at the following locations and times:

-Mondays, 5:00 p.m. - 6:00 p.m., (April 14, 2025 - April 13, 2026) at Newtown Apartments, 1210 Market St. Pocomoke, MD 21851.

-Wednesdays, 9:00 a.m. - 10:00 a.m., (April 16, 2025 - April 15, 2026) at Ocean Pines Library, 11107 Cathell Rd. Berlin, MD 21811.

-Wednesdays, 5:00 p.m. - 6:00 p.m., (April 16, 2025 - April 15, 2026) at Snow Hill Health Department, 6040 Public Landing Rd. Snow Hill, MD 21863.

You will participate in 16-weekly sessions followed by monthly support sessions for the remainder of one year. Throughout the first phase of the program, you will be educated on ways to adopt healthy lifestyle practices. During the second phase of the program, you will be taught how to sustain the newly-learned lifestyle practices to balance your life.

"The Healthy Lifestyle Program is a great program in which professionally trained coaches provide participants with great information that helps them stay on track and stay positive during their lifestyle change journey," said Crystal Bell, Chronic Disease and Tobacco Supervisor at Worcester County Health Department.

To register, visit <https://www.surveymonkey.com/r/6P33BSF> or call 410-632-1100 ext.1108.

## **Lenten service offered**

A lunchtime Lenten service and a soup lunch will be offered March 27 at St. Paul's United Methodist Church located at 405 Flower St. in Berlin. Worship begins at noon followed by a light lunch. Pastor Jacob Jackson will preach on Sharing. For more information, email [bethany21811@gmail.com](mailto:bethany21811@gmail.com) or call 410-641-2186.

If your organization has an event to promote, send your press release to *The Courier* at [thecourier@delmarvacourier.com](mailto:thecourier@delmarvacourier.com)



### **Worcester County Garden Club attends district event**

Eight members of the Worcester County Garden Club recently attended the Federated Garden Clubs of Maryland District I Annual Meeting at The Fountains in Salisbury. The club received an award for its yearbook and certificates of appreciation were presented to members Glenda Clarke and Jackie Davies for chairing the District I Fundraising Committee. Individuals interested in learning more about the Worcester County Garden Club can contact the membership chair at [WorCtyGardenClub@gmail.com](mailto:WorCtyGardenClub@gmail.com).

Front row l-r: Jackie Davies, Glenda Clarke, Mary Ellen Jefferson and Suzy Young  
Back row l-r: Pat Arata, Sandy Buchanan, Rebecca Galyon and Martha Bennett

## **Health Dept. receives diabetes grant**

The Worcester County Health Department announced it has received a grant funding to address healthy food access and nutrition education in Worcester County. This is part of a \$7.1 million community investment by CareFirst BlueCross BlueShield (CareFirst), one of the country's largest not-for-profit healthcare organizations, to combat diabetes.

The Worcester County Health Department and project partners including Chesapeake Health Care, University of Maryland Extension, Worcester County Library, Worcester County Public Schools, and community garden partners will use this funding to implement Cooking up Health in Worcester: A Nourishing Neighbors Program. The two main goals of the project are to improve local food access and to increase nutrition education and literacy. The program is designed to improve access to healthy food; increase knowledge, skills and abilities related to financial literacy, maximizing food sources, and budget; empower residents to grow, cook, and preserve healthy food; enable community residents to benefit from food share boxes; expand access to fresh produce from community gardens and pop-up farmers markets; and ultimately reduce food insecurity and barriers to good nutrition.

riers to good nutrition.

"Worcester Health is grateful for this opportunity to work with our community and partners to improve nutrition education and access to healthy food for our county residents," said Rebecca Jones, Health Officer. "This program will teach residents how to plant, grow, cook, eat, and preserve nutritious food all with the goal of improving the health of our county."

The grant is part of CareFirst's Place-Based Grants Initiative, aimed at empowering local nonprofits and public health agencies across Washington, D.C., Maryland, and Northern Virginia to address diabetes and food-related chronic conditions. The grantees will focus on reducing health disparities by tackling food insecurity, a key factor in both prevention and management.

Worcester County Health Department is one of 30 organizations in the region to receive the grant. CareFirst projects the grants will impact 1.5 million residents across the region. The funded programs focus on three key areas:

-Expanding local food systems to increase access to fresh, locally grown produce;

-Implementing food-is-medicine

please see **diabetes** on page 4





**Gathering** - The Republican Women of Worcester County (RWWC) gathered on February 27 for their monthly general meeting and luncheon at Sophia's Italian Restaurant in Ocean City. The guest speaker was Michelle Talkington, who is a small business owner. Michelle also serves on several non-profit boards and has run and will again to run for Congress in Maryland's fifth district. The attendees were treated to a lively and dynamic presentation.

Pictured are RWWC 1st VP, **Carol Frazier**, RWWC President **Jean Delcher** and guest speaker, **Michelle Talkington**.

## Fire, EMS open house for students scheduled

Worcester Technical High School will hold a Fire & EMS Open House for students (ages 13 - 18) and their families to explore career opportunities in the emergency services.

The inaugural open house will be held on Wednesday, March 26 at 6 p.m. to engage the next generation of first responders, strengthen ties between educational institutions and public safety organizations, and reinforce the critical role of training and preparedness in fire and emergency medical services.

The open house will provide students, parents, educators, and community members with an in-depth look at the opportunities available through the school's Fire and Emergency Medical Services (EMS) Program. Attendees will experience first-hand exposure to the program's offerings, live demonstrations, and opportunities to engage with experienced professionals in the field. Representatives from local fire and EMS organizations will discuss opportunities for volunteer service, professional training, and career development.

While the school's Fire & EMS Program is available to students age 16 and above, the Open House will highlight local fire department cadet programs, which offer younger students (ages 13-15) early exposure to the fire and emergency services professions. These cadet programs serve as an entry point for students interested in developing leadership skills, engaging in hands-on training, gaining valuable experience, and exploring future career pathways.

Event highlights include

- Live Fire & EMS Demonstrations - Interactive sessions showcasing key skills and emergency response techniques.

- Program Overview - Comprehensive information on Worcester Tech's Fire & EMS curriculum, training facilities, and certification opportunities.

- Career Pathways Discussion - Guidance on career advancement within the fire service, EMS, and public safety sectors.

- Cadet Program Information - De-

please see **fire** on page 4





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## Activities to commemorate the spring equinox

The beginning of spring, which is tomorrow, March 20 is cause for celebration. In many areas of the world, the start of spring marks the end of cold temperatures and hours spent indoors, a shift in conditions that is welcomed by millions each year.

Spring is a time of rebirth when flowers and trees bloom anew and animals bear new young. Spring is an exciting and busy time, and one that people can commemorate in many unique ways. Here are seven ideas to usher in the new season.

1. Fill a home or business with flowers. Collect some early tulip or daffodil blooms and place them around the house. Offer bouquets of dandelions to children or weave them into flower crowns.

2. Spend time in nature. It's time to get outside, and there is no better time to do so than the beginning of spring. Soak up the sun and temperate climate, which can be good for your physical and mental well-being.

3. Visit a loved one. Bring some sunshine to an elderly relative by visiting with him or her. Take a stroll outside or sit on a bench and enjoy a picnic.

4. Prepare the garden by clean-

ing out weeds and tilling the soil. Some early spring preparation ensures everything will be ready when planting time arrives.

5. Prepare an outdoor feast. Whether It's a picnic or a barbecue,

serve up a warm-weather feast with salads, sandwiches and other dishes that are normally served outdoors.

6. Sow some seeds. Encourage each member of your household to pick a favorite plant or flower and sow it in celebration of the first day of spring. It's possible to make a special spring garden with perennials that will bloom each year.

7. Make spring-related crafts. Colorful wreaths, centerpieces and garlands can bring some of the natural wonders of spring indoors.

The first day of spring is an opportunity to enjoy what makes the season so special. Celebrate the new season with plenty of creative ideas.



**New members** - New members along with their sponsors were recognized at the Ocean City Berlin Optimist Club March Dinner Meeting at the American Legion Post 166 in Ocean City

Pictured above (l-r) Optimist President **Chris Dolomount-Brown**, **Dan and Liz Mumford**, **Mitzi Patelski**, **Melva Middleton**, **Carol Dural**, **Linda Roskovich**, **Alexis Mumford** and Membership Chairman **Roger Pacella**.

## Restaurant job fair set for March 20

The Ocean Pines Yacht Club and Clubhouse Grille are gearing up for the busy season and seeking energetic, customer-focused team members to join their staff.

A job fair will be held on Thursday, March 20, from 10 a.m. to 5 p.m. at the Yacht Club, at 1 Mumfords Landing Road in Ocean Pines. Applicants are encouraged to bring a resume and be prepared for on-the-spot interviews.

A variety of full-time and seasonal positions are available, including:

- Servers and bartenders
- Hosts and food runners
- Line cooks and prep cooks

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tails on how younger students can begin training for future careers.

-Networking with Local Fire & EMS Professionals – Engage with first responders, program instructors, and industry experts.

-Light Refreshments Provided – Complimentary refreshments will be available for attendees.

The Fire & EMS Program at Worcester Technical High School is designed for students ages 16 and older, offering industry-recognized certifications, hands-on training, and a structured curriculum that prepares graduates for careers in fire and emergency services. Worcester County Technical High School is committed to delivering high-quality, career-focused education that directly supports workforce development in these essential fields.

- Dishwashers
- Barbacks
- and more

With opportunities at both the waterfront Yacht Club and the scenic Clubhouse Grille at Ocean Pines Golf Club, this is an excellent chance to launch or grow a career in the hospitality industry.

For more information or to apply in advance, email [info@touchofitaly.com](mailto:info@touchofitaly.com).

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programs, including medically tailored meal distribution to support chronic disease management; and

-Providing food literacy, nutrition education, and healthy meal preparation training.

“The grantees CareFirst is investing in are already doing incredible work in their communities, and this funding helps them expand their reach and deepen their impact,” said Kimberly Harris, Director of Community Health and Social Impact at CareFirst. “Our commitment to place-based solutions is about working alongside these organizations to advance our shared mission of improving health through access to nutritious food and education. Meaningful change happens when communities come together.”

Food insecurity is a significant public health issue that affects overall wellness. One in nine Marylanders, including one in seven children, faces food insecurity. To learn more about the Worcester County Health Department visit [www.worcesterhealth.org](http://www.worcesterhealth.org).

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# Age and attitude

This week's issue is focused on those who are over the age of 50. As one who is a data point in this demographic, I must admit there was a time when I thought someone age 50

them when I was 20 so, really, nothing has changed.

When I was a kid looking through old family albums, the pictures were all in black and white, giving more of a sense that the families members blowing out the birthday candles were from a bygone time. Seeing a picture or a movie in black and white defines it as being old, at least for me. But with the emergence in the 1960s of readily available Kodak Kodachrome film and Polaroid cameras, old pictures don't have the appearance of being snapped so long ago because they're preserved in living color. So, when I see vivid pictures of me, thin, with black hair, holding my first child, I really haven't aged much at all. If only that were true.

When we get to a certain age and begin thinking about people or events we realize, sometimes shockingly, that twenty or thirty years have passed since we celebrated a retirement or took a memorable vacation or talked with a friend. I find

that sometimes I confuse dates, especially years. Recently I was asked when my wife and I moved to Ocean Pines. Without thinking I responded about twenty years ago. Then I caught myself. No, that's not right. It's more like 35 years ago. Wow!

Life prompts remind us that time passes even when we are not aware or even better, don't care that it is. For instance, my granddaughter celebrates her birthday next week, turning 13. How did that happen and who told her she could get to that age so quickly? Of course, I think that sometimes about my three children. It seems like just the other evening when the five of us were around the dinner table talking about our experiences of the day; my oldest son doing hilarious impressions of classmates and teachers. Then reality pricks my reverie to remind me that it wasn't just the other evening. It was many, many evenings ago.

Standing at the gas pump fueling up my truck I realized it was nine years ago when I bought it. Not that it being nine years old matters to me. It's just that until that moment, I hadn't given any thought that it had been that long ago. I still consider it

a new truck even though it has clocked close to 140,000 miles on the odometer. Conversely, I consider myself still young even though in dog years I'm way past the age of 400.

A medical article I read recently reported that researchers theorize that the pace of aging of various organs of the body differs from chronological age. For instance, depending on life and nutritional choices, a heart or liver or brain can age at a different rate than the age indicated on our driver's license. That can be good or bad depending on the choices made. I'd like to think my brain is aging slowly because there's so much more I'd like to learn. I suspect there are some who believe I learn things too slowly as it is.

I don't believe chronology is indicative of being old, the definition of which has evolved for me as I've aged. To me being old means being too set in one's ways, too inflexible to learn something new. It means no longer seeking new challenges, no longer doing things, expressing only the negative instead of accentuating the positive. Life is too short as it is for such an attitude.



## It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

was ancient. When I was in my twenties, I considered someone the age I am now to be described in hieroglyphics. But within what seems like a blink of an eye, here I am approaching a milestone birthday with silver hair, an AARP card and not being able to sleep through the night without making a trip or two or three to the bathroom.

On the outside, I look older than the framed photographic images of me around the house. But on the inside, I really don't feel all that different. True, I can't do 100 push-ups each morning. But I couldn't do



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## Reader Letter

# The dog park is the place to be

### Editor:

Do you realize you have one of the nicest dog parks on the Eastern Shore here in Ocean Pines. Your little fury friend would love to visit the dog park daily and be totally free to run and play with the other fun dogs at the park. Yes, you take your dog for a walk, but it is not the same as doing zoomies around the park with your buddies. There are two sections to the dog park, a section for large dogs and one for small dogs and older dogs.

You will meet some really fine folks at the dog park and have some great conversations about just about everything. Many good friendships have happened at the dog park and stayed that way over the years. We have been known to do Happy Hours and dinners

together along with boat rides etc. Why not give the dog park a try and let your dog or dogs enjoy some great fun times.

Stop by the Parks and Recreation office and pay your fee for a year for your pup to enjoy the fun for 15 cents a day at the dog park. So, get off the couch and gather your vet papers that show your shots are in order and sign up for a whole year of fun for you and your best friends. We would love to see you there and get to meet some of our Ocean Pines friends and dogs. Where else can you go for the 15 cents a day and solve the problems of the day and make your dog happy! See you at the dog park!

**Jack Levering**  
*Ocean Pines*

## Summer Scholars registration open

Parents of gifted and talented children entering the third through tenth grades in the fall of 2025 can now register their children for Summer Scholars at Wor-Wic Community College.

Returning favorites include "Power, Pause, Play," where students explore movement and music while learning how to create and explore, and "Rockets and Robots," in which participants put technology to work in exciting ways. Other courses open to a variety of ages focus on 3D printing, acting, animals, art, cooking, crime scene investigation, photography and "Star Wars."

One-week courses are offered Monday through Friday, beginning

July 7 and ending August 1. Students can take full- or half-day courses. Full-day courses are from 9 a.m. to 4 p.m. with a one-hour lunch. Half-day courses, which are offered from 9 a.m. to noon or 1 p.m. to 4 p.m., can be taken back-to-back to create a full day. Before and after care will be offered.

The courses are designed for public, private and home-schooled gifted and talented students. A student's gifted and talented status is determined by the school they attend, based on the student's abilities in the areas of general intellectual capabilities, specific academic aptitudes, or the creative, visual or performing arts.

Visit [www.worwic.edu](http://www.worwic.edu) or call 410-334-2815 for more information.

## Courier Almanac

With a \$1,000 cash deposit against a sale price of \$102,500, Elvis Presley agrees to purchase the home called Graceland on March 19, 1957.

# The Courier

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**The Courier** is published Wednesday morning by CMN Communications, Inc. Contents copyright 2025. News release items and calendar entries should reach us Friday noon prior to publication date. The advertising deadline is Friday at 5 p.m. Read **The Courier** online at [delmarvacourier.com](http://delmarvacourier.com),

## Health Watch

# Detecting colorectal cancer early

By **Terry Moore**, RN, BSN, CNOR  
*Director, Atlantic General Endoscopy Center*

Did you know about 150,000 Americans are expected to be diagnosed with colorectal cancer in the year 2025, and of the 150,000 diagnosed, more than 50,000 will die from this disease? Colorectal cancer is the fourth most common cancer diagnosis and the 2nd leading cause of cancer deaths in men and women combined.

These statistics are alarming but can be decreased by lifestyle changes and regular screening.

### Find it early

Most colorectal cancers start as abnormal growths, called polyps, on the lining of the intestines. With regular screening, these polyps can be detected and removed before they develop into cancer. Even colorectal cancers can be treated successfully if detected in the early stage. According to the American Cancer Society, survival rates drop dramatically after cancer spreads to other parts of the body.

Screening is the best tool for finding polyps or colorectal cancer early. The ACS recommends that people at average risk for colorectal cancer start screening at age 45, which was recently lowered from 50 years old due to rising colorectal cancer rates in younger individuals. Some effective screening options include:

- Colonoscopy every 10 years.
- Fecal occult blood test every year.

-Stool DNA test every three years.

Your doctor can help you decide which screening program is right for you. If you have risk factors, such as a family history of colorectal cancer, polyps or inflammatory bowel disease, your doctor may recommend that you start screening earlier or be screened more often.

Your doctor can also help you decide when to stop screening. For people ages 76 to 85, the decision to screen for colorectal cancer should be done on an individual basis. People over the age of 85 don't require routine colorectal screening.

### Prevention is best

You can take steps to lower your risk by making healthy lifestyle choices. The American Institute for Cancer Research recommends the following:

- Limit intake of red meat, such as beef and lamb, to no more than 18 ounces (cooked weight) a week.
- Avoid processed meat, such as hot dogs, ham, bacon and sausage.
- Know the risks of alcohol. Colorectal cancer has been linked to drinking alcohol.
- Maintain a healthy weight.
- Be physically active for at least a half hour a day.
- Don't ignore symptoms

### What are the symptoms?

The symptoms of colorectal cancer may vary from person to person. It's also possible to have colorectal cancer and no symptoms at all. But if you

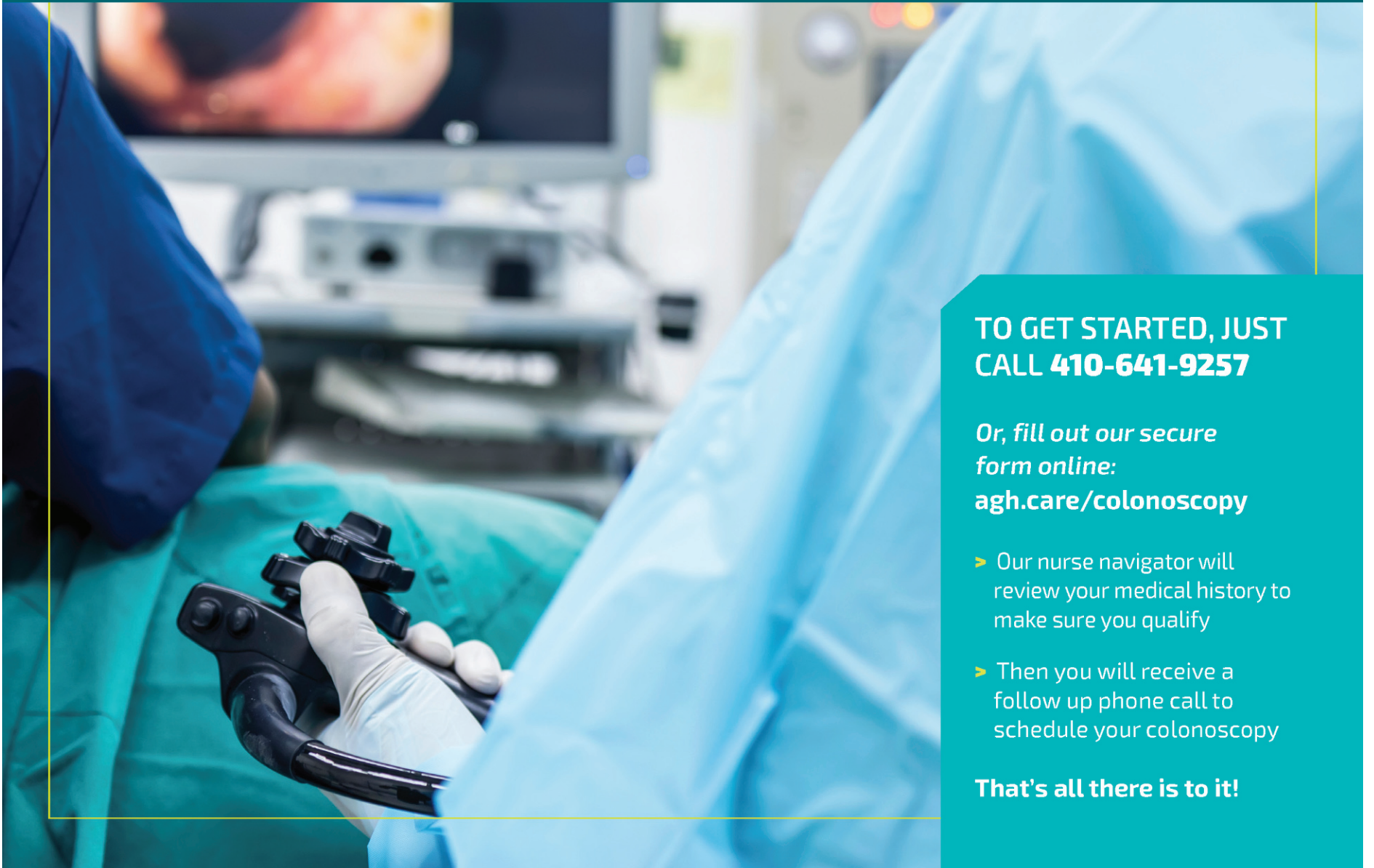
*please see health watch on page 8*

Oral cancer is a common form of the disease. The National Institutes of Health says oral cancer accounts for approximately three percent of all cancers worldwide. Men are twice as likely to develop oral cancer as women, and most cases occur in people over the age of 40. The American Cancer Society anticipates 54,000 new cases of oral cavity and oropharyngeal cancer will be diagnosed in the United States this year. The World Cancer Research Fund says that India has the highest number of oral cancer cases in the world.





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have any of the following conditions, the National Cancer Institute says you should check with your doctor:

- A change in bowel habits, such as diarrhea, constipation or narrowing of the stool.
  - A feeling that your bowel doesn't empty completely.
  - Rectal bleeding or blood in the stool.
  - Frequent cramping pain in your lower abdomen.
  - Weight loss with no known reason.
  - Weakness and fatigue.
- Having symptoms doesn't necessarily mean you have cancer, but

they should always be investigated. Getting them checked could ease your mind, or it could save your life.

*If you have any concerns regarding gastrointestinal symptoms, you can schedule an appointment with one of the experts at Atlantic General Gastroenterology by calling 410-629-1450. And, if you are due for a colonoscopy, the Atlantic General Endoscopy Center has made the scheduling process easier than ever. Now, individuals at average risk for colorectal cancer can skip the office visit with their gastroenterologist before undergoing their screening colonoscopy by calling 410-641-9257 or [www.agh.care/colonoscopy](http://www.agh.care/colonoscopy).*

### Lenten service offered

A lunchtime Lenten service and a soup lunch will be offered March 27 at St. Paul's United Methodist Church located at 405 Flower St. in Berlin. Worship begins at noon followed by a light lunch. Pastor Jacob Jackson will preach on Sharing. For more information, email [bethany21811@gmail.com](mailto:bethany21811@gmail.com) or call 410-641-2186.

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# Activities for modern empty nesters

The rewards of parenting are bitter-sweet. Raising children successfully means they will one day leave home and embark on lives of their own. Once the proverbial chicks leave the nest, individuals may be left with a lot of empty home and a lot of time to fill.

According to the U.S. Census Bureau, there were 22.5 million empty nesters in the country in 2020, with most having become empty nesters between the ages of 40 and 60. Statistics Canada says roughly one-third of adults between the ages of 20 and 34 lived with their parents in 2023. Although some parents whose children have reached adulthood still provide financial assistance to their grown children due to high costs of liv-

ing, many empty nesters in their fifties have greater financial resources and much more time to fill their days with activities unrelated to parenting. But how does one spend those hours when they had been filled with parenting-related obligations and activities for so long?

The following are five unique ways empty nesters can stay busy and socially engaged as they seek to avoid empty nest syndrome.

**Take care of yourself.** After all those years of putting children first, now is the time to make yourself the priority. Explore all of the ways to engage in self-care. Maybe you were thinking about signing up for a monthly massage package at a nearby wellness clinic but pro-

crastinated because of the added expense? Or you may have wanted to splurge on a facial or new hair treatment? Now is the time to make those appointments.

**Prioritize hobbies.** Identify rewarding hobbies that might have been pushed to the back burner for years. If you always wanted to learn a new language, why not immerse yourself in it and the associated culture by spending a month or more in a country where that language is spoken? Now can be a great time to pick up new hobbies as well. Aim for activities that are social in nature, like the ever-popular pickleball.

**Travel far and wide.** Travel is a popular pastime among empty nesters and retirees. When you no longer have to coordinate travel around school schedules and holidays, you can take advantage of great deals on off-peak travel and really see the country or even the world.

**Indulge your social life.** If parenting



made it hard to attend certain social functions, now you'll have the time to engage with friends more regularly. You can reach out to old friends and start a weekly walking group, join a book club, sign up for a fitness class together, or even do a monthly wine and dine meet-up at new restaurants in the area.

**Adopt a pet.** When children were still at home you likely lavished attention on them each day. You can redirect some of that affection to a pet who needs a good home. Visit a nearby animal shelter and pick out a pup or kitten looking for a good home.

Empty nesters have more free time to redirect to their own passion projects and interests.

## Socialization benefits seniors

One of the primary lessons learned during the COVID-19 pandemic was how challenging social isolation can be. Social isolation often goes overlooked, but it's a key contributor to poor mental health.

Experts state that it is increasingly important for adults to maintain an active social life as they age. There are



many benefits that come from staying engaged and socializing with others. The following is a look at seven ways socialization benefits seniors.

Regular social interactions can help older adults avoid depression, anxiety and feelings of isolation, according to Integrecare, a senior living company.

Social engagement can help reduce the risk of cognitive decline and dementia because socializing helps to keep the mind sharp through new experiences.

Socialization often revolves around an activity that gets seniors up and moving. While being sedentary is alright on occasion, consistently sitting or lying around can lead to high cholesterol,

weight gain and high blood pressure. A 2019 study published in *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences* determined that older adults who interacted with people beyond their usual social circle of family and close friends were more likely to have higher levels of physical activity, greater positive moods and fewer negative feelings.

Regular social interaction may compel seniors to embrace healthier eating habits. Social events expose seniors to different types of food, which can help them get the nutrients they need to live healthy.

Regular socialization can help seniors feel they are needed and have a sense of purpose, which can boost self-esteem. Engaging with others

often means contributing to a community, and that can be satisfying.

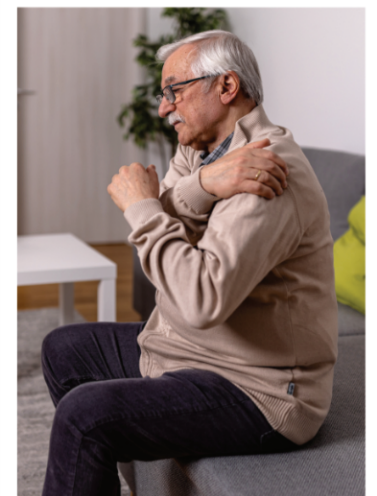
Getting out and interacting with others can serve as an informal wellness check, potentially alerting family and friends to issues that may need attention.

Getting outside and interacting with others can open seniors up to new hobbies. Whether that is participating in a new sport or joining a club, there are mental and physical advantages to engaging socially.

Socialization is an important factor in seniors' overall wellness, and one that should be discussed along with diet, exercise and illness management.

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# Considerations for your second act

Many people see their careers as one of their defining characteristics. Children are often asked what they want to be when they grow up, and as adults they will likely be asked “What do you do for a living?” more times than they can remember. Work is undoubtedly a major component of life for most people from the time they leave school to the day when they retire. And a growing number of adults value work so much that they pivot to second careers.

A phenomenon known as “unretirement” occurs when people who have previously retired return to the workforce. A 2010 paper published in the *Journal of Human Resources* found nearly 50 percent of retirees followed a nontraditional retirement path that in-

## How seniors can enjoy safe travels

Travel is often cited as something to look forward to when retirement rolls around. With work no longer demanding retirees’ time, they have an opportunity to dust off their passports, take their suitcases out of the attic and book whirlwind trips.

It’s important for senior travelers to keep their personal safety in mind when away from home. That’s because seniors are considered a high-risk group for travel-related dangers, including vulnerability to crimes like pickpocketing, says the National Institutes of Health. Seniors also may be more vulnerable to accidents or health-related incidents. Seniors can follow these guidelines for safe travel the next time they head off for parts unknown.

Check travel documents. Some countries will not allow travelers to enter if their passports expire within six months of their arrival. Ensure that your travel documents will be valid at least six months after you will return home, says the U.S. Department of State. You don’t want to risk any hiccups that will put you in a precarious situation or prevent or delay your trip.

Research your destination. It’s important to have an idea of the atmosphere of any locale you plan to visit. The U.S. Department of State issues travel advisories that can inform travelers about potential destinations.

In addition to travel advisories, use resources like Trip Advisor to read reviews of hotels, tours and other travel components to find out if your safety

involved partial retirement or unretirement. According to a recent Retirement Saving & Spending Study from T. Rowe Price, around 20 percent of retirees are working either full- or part-time, while 7 percent of study respondents are looking for employment. Some people return to work for financial reasons while others seek the social and emotional benefits employment can bring. But individuals mulling a return to work or those currently working but trying to determine a second act should not feel beholden to previous career paths. A second trip around the employment block can involve an entirely different line of work. The following are some things to look for in a second act.

**Flexibility:** Choose a career path

may be in jeopardy.

Don’t publicize your trip. It’s natural to want to share news of an upcoming trip with others, but reconsider posting about it on social media, both before leaving and while you are away. There are cases of thieves using social media to target the homes of those who have advertised they are going on long trips.

Pack prescriptions correctly. The Centers for Disease Control and Prevention says nearly nine in 10 older adults take at least one medication. Always store medication in a carry-on bag where you can access it easily and it can’t be lost. The Transportation Security Administration (TSA) will allow you to carry liquid medication, syringes, pumps, freezer packs, or IV bags on the plane. Just check the TSA’s rules so you know how to pack them properly.

Streamline airport procedures. Americans can apply for TSA Precheck or Global Entry programs to cut down on time spent in security lines. These travel certifications can help you avoid removing your shoes or separating a laptop or liquids from your carry-on. Each program has a non-refundable application fee, but if approved, precheck certification lasts for five years.

Consider a tour or group travel. There is safety in numbers. Booking a tour or group travel package may cut down on the risk of being taken advantage of while away from home.

These are just a few safety precautions seniors can take to travel safely.

that enables you to set your own schedule or possibly work part-time if that is your preference. This way you can still reap some of the benefits of retirement, including the flexibility to travel.

**Social interaction:** Adults may lose daily opportunities to be social when they retire, which can compound feelings of isolation common among retirees. Consider a second career that lets you interact with a number of people and continue to build relationships and a good network.

**Personal passions:** Reflect on what you might do for work if money were no object. This may help you narrow down new opportunities that are in line with your interests and passions. Find a job that utilizes your skills and experience and meshes with your interests. A former graphic artist, for example, may decide to teach design to young people.

**Nonprofit opportunities:** Many retirees spent years in high-stress corpo-

rate environments where bottom lines may be more important than the bigger picture. Shifting to a career in the non-profit sector can be a personally fulfilling job that utilizes skills learned in the



corporate world.

**Consulting or contract work:** If you’re a retiree who loved your job, you might want to have a second career as a consultant or contractor in the same field.

A number of retirees ultimately explore second careers. Finding a match may be easier than one could have imagined

## How to navigate medication and exercise

Exercise is widely acknowledged as a pathway to improved physical and mental health. Reduced vulnerability to disease, lower risk for broken bones thanks to improved bone density and strength, and improved mood are just some of the many benefits attributed to regular exercise. Indeed, exercise is vital to people of all ages, including seniors.

Seniors can benefit from routine exercise, but they may need to navigate working out differently than their younger counterparts. That’s because prescription drug use is much higher among older adults compared to younger demographics. According to the Centers for Disease Control and Prevention, 89 percent of adults age 65 and older take prescription medication. That’s notable because prescription medication can produce side effects that must be taken into consideration when designing and performing an exercise regimen. Seniors taking prescription medication who want to exercise can consider these strategies to ensure their

workouts are safe.

Open a dialogue with your physician(s). The first step seniors must take is to open a dialogue with any physician who is currently prescribing them medicine. Physicians will be familiar with the potential side effects of medications they prescribe and are great resources who can share information about what seniors can expect while taking a given medicine. Physicians can discuss patients’ intended workout schedules and may recommend taking medications at certain times of day so workout routines go as smoothly as possible.

Consider low-exertion exercises. The Mayo Clinic notes that opioids slow breathing and heart rate. Breathing less means the body takes in less oxygen, and that in turn means less oxygen is available for muscles. This can adversely affect endurance, and seniors taking opioids may find they tire quickly or cannot exercise with the intensity they’re accustomed to. In such instances, seniors

*please see **exercise** on page 12*



# Over 60? How to maintain a healthy weight as you age

Age often brings wisdom, experience, and for many people, some body weight changes that might affect their health over time.

Maintaining a healthy weight is important throughout life, but as a person gets older, it can be harder to keep extra pounds off. The Centers for Disease Control and Prevention says obesity prevalence was 44.3 percent among adults between the ages of 40 and 59 in May 2024. Obesity prevalence was 51.5 percent for people age 60 and older. According to a report from the

Government of Canada, 40.1 percent of seniors are overweight, and 28.1 percent are obese. Yet some older adults also are underweight and struggle to keep weight on.

It's important to note that a healthy weight for one age group may not be the same for another. Verywell Health says a healthy weight and BMI range for adults over age 65 could translate into carrying

extra pounds. The National Institutes of Health says a BMI of 25 to 27, which



normally is considered overweight, may offer benefits to adults over the age of 65 by way of bone health side effects that protect against osteoporosis. Some studies also indicate that being underweight can increase risk of disability, dementia and even cancer or heart failure.

Before one binges at the all-you-can-eat buffet, it is important to discuss weight with a doctor and develop a customized plan that takes individual variables, including age, into consideration.

*please see **weight** on page 12*



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# What to know about hospice at home

The philosophy behind hospice is that people should be able to live as fully and as comfortably as possible through the last days of their lives, surrounded by loved ones and friends. Hospice treats the symptoms of illness rather than trying to be curative. Hospice also does not try to postpone nor accelerate death.

bers, including access to counselors and bereavement experts. Hospice workers help family members make decisions and plan care.

Hospice is a form of care, rather than a place. Saying a person is going into hospice means he or she will begin to receive this type of palliative care. While hospice can take place in a center that

only offers this type of service, a hospice team can work in a variety of settings, including one's home.

Many people receive hospice care at home. VNS Health provides care in spaces patients call home and says that hospice care can include administration of medications, arrangement of equipment (like beds and oxygen) and visits from a hospice care

team. A hospice team may include nurses, social workers, physicians, therapists, and even clergy who come to the home to offer support and care.

Home hospice care begins with a

team member visiting with a terminally ill person and his or her family. During a visit, needs will be addressed and the hospice team can arrange for desired services. Things may move quickly afterwards, and families may find relief in knowing there is another person on their side to help in what can be extraordinarily stressful situations.

The ACS says home hospice care often requires that someone be home with the patient 24 hours a day, seven days a week. This primary caregiver will be trained to give much of the hands-on care. Members of the hospice staff will visit regularly to check up and make sure

that any symptoms are under control.

Should home care prove too much, respite care gives families time off to recover, and the patient can spend some time in a nursing facility. There is also the possibility for continuous home care, which offers short-term, around-the-clock care at home. Moving an individual to a private facility for inpatient care may be another option if a primary caregiver is overwhelmed.

Home care is an option for those researching hospice services. Families are urged to do their homework to find the best program for their needs.



The American Cancer Society says hospice care is offered by a team of professionals who work together to manage distress, symptoms and spiritual issues. Services also are offered to family mem-

## weight from page 11

In addition, these tips can help people maintain a healthy weight.

Spread out smaller meals. Eat five to six small meals per day to help with digestion and circumvent slower metabolism. Eating smaller meals also may help seniors who find they don't have appetites and push away food.

Vary the foods you eat. Eat more vegetables, whole grains, fish, beans, and low-fat or fat-free dairy. Try to keep meat and poultry lean, only splurging on fattier cuts once in a while.

Watch empty calories. Empty calories come from sugars, sugary beverages and processed foods with little or no nutritional value, indicates WebMD. Instead, when choosing calories, look for whole, nutritional foods.

Eat more protein. Older adults are at risk of losing muscle mass, so protein is

essential. Protein also helps a person feel fuller longer, which can help with avoiding eating empty calories or overeating in general.

Consume extra fiber. As a person gets older, fiber can help prevent constipation, colorectal cancer and hemorrhoids. Whole-grain fiber also reduces the risk of heart disease. In addition, whole grain fiber is filling, which can help with weight control.

Exercise daily. Weight loss involves a formula in which more calories are burned than consumed. For those who need to shed some pounds, increasing physical activity through low-impact exercise can help. Bike riding, swimming, pickleball, yoga, and other activities can be beneficial.

A registered dietician can help people develop eating and exercise plans that will help them achieve and maintain a healthy weight.

## exercise from page 10

can consider low-exertion exercises such as walking so they can still get the benefits of physical activity while taking the medications their doctors prescribe.

Work out with a friend. The buddy system has long been touted as a great

way to maintain exercise motivation, but working out with a friend also is beneficial for seniors taking medication who don't necessarily need a companion to keep them on track. Exercising with a workout buddy can ensure someone is there to point out any side effects that individuals may not feel themselves or may feel but write off as harmless consequences of breaking a sweat. A workout buddy can report when a pal looks flushed or seems off in some other way. Of course, working out with a friend also ensures someone is there to call for help in the case of an emergency.

Seniors have much to gain from exercising regularly. However, older adults taking prescription medications must be mindful of the potential side effects of their medicines and keep an eye out for any warning signs that they could be in danger.

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# The benefits of anti-inflammatory diets for arthritis

By **Lynn Martin**, PTA, CKTP



Lynn Martin

Arthritis is a common condition that affects millions of people worldwide, causing pain, stiffness, and reduced mobility. While there is no cure for arthritis, managing symptoms effectively can improve quality of life. One of the most powerful ways to combat arthritis symptoms is through an anti-inflammatory diet. This approach focuses on consuming foods that help reduce inflammation in the body, which is a key factor in arthritis-related pain and stiffness.

## Understanding arthritis and inflammation

Arthritis is an umbrella term for more than 100 different joint diseases, the most common being osteoarthritis (OA) and rheumatoid arthritis (RA). OA is a degenerative condition caused by wear and tear on the joints, while RA is an autoimmune disease in which the body's immune system attacks the joints, leading to chronic inflammation.

Inflammation plays a central role in arthritis, especially in autoimmune forms like RA. When inflammation persists over time, it leads to joint damage, pain, and decreased mobility. While medications like NSAIDs (nonsteroidal anti-inflammatory drugs) and corticosteroids help reduce inflammation, they may come with side effects such as stomach irritation and increased risk of infections. This is where an anti-inflammatory diet can serve as a natural and effective way to complement medical treatments.

## Joint inflammation and pain reduction

Certain foods, like fatty fish, berries and olive oil, contain antioxidants, polyphenols, and omega-3 fatty acids that actively combat inflammation. By consuming these foods regularly, individuals with arthritis may experience less joint swelling, stiffness, and pain.

## Disease progression

Studies suggest that an anti-inflammatory diet may help slow down joint degeneration by reducing oxidative stress and protecting cartilage.

For instance, green leafy vegetables such as spinach and kale are packed with antioxidants like vitamin C and beta-carotene, which support joint health. Similarly, nuts and seeds (almonds, walnuts, and flaxseeds) provide essential nutrients that may help preserve joint integrity over time.

## Weight management support

Excess body weight puts additional stress on weight-bearing joints such as the knees, hips, and lower back. Research indicates that even a 5-10% reduction in body weight can significantly decrease arthritis symptoms.

An anti-inflammatory diet is naturally rich in fiber, healthy fats, and lean proteins, which can help with weight management by promoting satiety and reducing calorie intake. Whole grains, legumes, and plant-based proteins, such as beans and lentils, are excellent choices for maintaining a healthy weight without causing inflammation.

## Gut health enhancement

There is growing evidence linking gut health to inflammation and autoimmune diseases like RA. A diet high in processed foods, sugar, and unhealthy fats can lead to gut dysbiosis (an imbalance of gut bacteria), which may trigger systemic inflammation.

By eating anti-inflammatory foods such as fermented foods (yogurt, kefir, sauerkraut) and fiber-rich vegetables, individuals can support a healthier gut microbiome. A balanced gut microbiome can help regulate the immune system and reduce inflammatory responses in the body.

## Reliance on medications

By incorporating an anti-inflammatory diet, some individuals may find that they need lower doses of medication to control their symptoms. While diet alone may not replace medical treatments, it can serve as a natural complement to conventional therapies.

## Foods to Include in an anti-inflammatory diet

**Fruits and vegetables:** Berries, oranges, leafy greens and bell peppers

**Healthy fats:** Olive oil, avocado, nuts and seeds

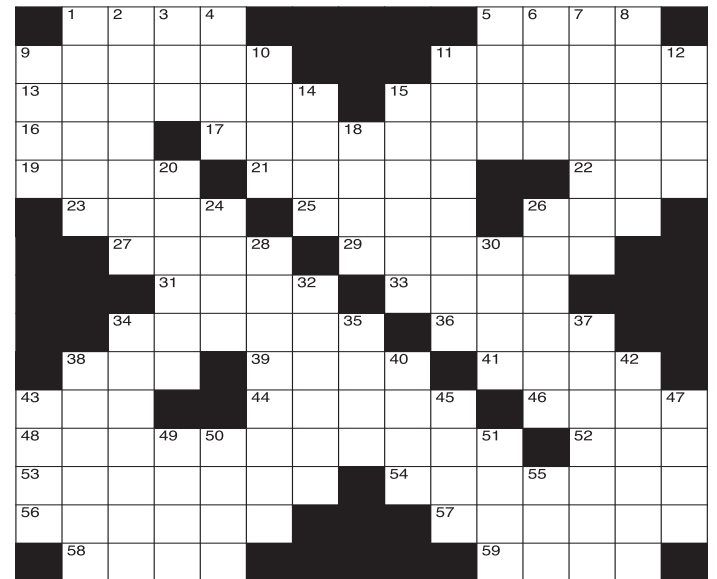
**Lean proteins:** Fatty fish (salmon, tuna, mackerel), legumes, and tofu

**Whole grains:** Brown rice, quinoa, oats and whole wheat

**Herbs and spices:** Turmeric, ginger, garlic and cinnamon

At the same time, it is essential to avoid pro-inflammatory foods, such as processed snacks, sugary beverages, red meat and refined carbohydrates.

While an anti-inflammatory diet should not replace medical treatment, it can be a powerful tool in managing arthritis naturally. Combined with regular exercise, stress management, and proper medical care, dietary changes can make a significant difference in how individuals feel and function every day.

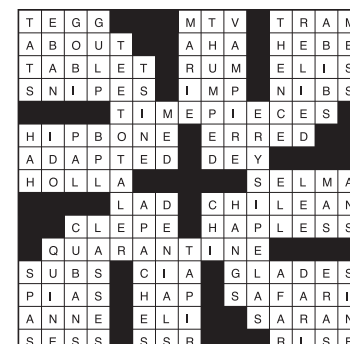


## CLUES ACROSS

- 1. Take heed
- 5. One's superior
- 9. Prepped meat
- 11. Tighten anew
- 13. Type of textile fiber
- 15. Animalistic
- 16. When you hope to get somewhere
- 17. Offender
- 19. Former NYC mayor Ed
- 21. Type of cryptocurrency
- 22. Mauna \_\_, Hawaiian volcano
- 23. Herring-like fish
- 25. Popular PBS program
- 26. Congressman (abbr.)
- 27. Flightless Australian birds
- 29. Defrosted
- 31. Prior Yankee sensation Kevin
- 33. Nasal mucus
- 34. Some are southern
- 36. A place to construct
- 38. Popular beer brand
- 39. Shouts of farewell
- 41. Network of nerves
- 43. Make a mistake
- 44. Showed old movie
- 46. Body parts
- 48. A divisor
- 52. Congressional investigatory body
- 53. Papers
- 54. Most unnatural
- 56. Judge the worth of something
- 57. Makes sounds while sleeping
- 58. Which
- 59. Hungarian Violinist

## CLUES DOWN

- 1. Pages
- 2. Head pain
- 3. A loud utterance
- 4. Large brown seaweed
- 5. Hulu's chef Carmine
- 6. Greek mountain
- 7. Made final
- 8. Bar
- 9. Tai subgroup
- 10. What you eat
- 11. Teaches again
- 12. Small constellation
- 14. Type of berry
- 15. Cows fattened for meat
- 18. A way to hoof it
- 20. Exaggerated a role
- 24. About two
- 26. Long upholstered seat
- 28. What employees earn
- 30. Fiber from a coconut husk
- 32. Digits
- 34. Polish by rubbing
- 35. Liquid body substances
- 37. Furniture with open shelves
- 38. Edible part of a chicken
- 40. Satisfy
- 42. Tool used to remove
- 43. Icelandic poems
- 45. Swiss village
- 47. Drunks
- 49. Evergreen plant genus
- 50. Light precipitation
- 51. Ribosomal ribonucleic acid
- 55. An informal debt instrument



Answers for March 12



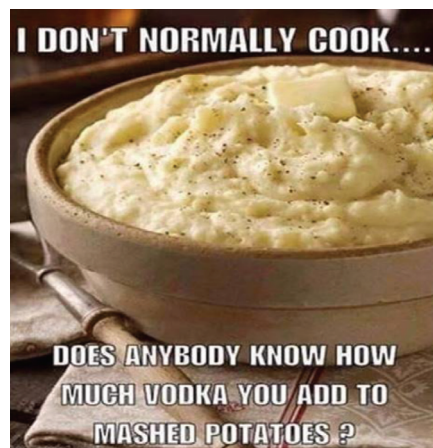
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Gathered from the internet by **Jack Barnes**

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