

# The Courier

May 21, 2025 Volume 25 Number 31

## Memorial Day ceremony returns

The largest Memorial Day ceremony in the region returns to the Worcester County Veterans Memorial in Ocean Pines, on Monday, May 26, starting at 11 a.m.

The event each year draws thousands of people to the memorial grounds and features music, demonstrations, and public speakers honoring U.S. military men and women who gave their lives in service.

"Memorial Day honors all who made the ultimate sacrifice in service to our county," Veterans Memorial Foundation President Marie Gilmore said. "This year's ceremony, as those before it, will honor the brave men and women who served our country and lost their lives in doing so."

Gilmore said the keynote speaker this year will be retired U.S. Navy Lieutenant Commander Robert J. Rosales, a Naval Academy graduate who grew up in Seaford, Delaware.

The ceremony will also honor local Gold Star families. During World War I, families would fly flags or banners with a blue star for every immediate family member serving in combat. If one of them died, a gold star replaced the blue star.

Walter Webster, a member of the Maryland East Chapter of Ex-POWs, will place a wreath in honor of all current and former prisoners of war.

The program will also include patriotic music performed by Randy Lee Ashcraft, The Delmarva Chorus, local performer Patrick Lehnerd and Seaside Christian Academy chorus.

The program is scheduled to run for one hour.

Public parking will be available at Veterans Memorial Park on Route 589 and Cathell Road in Ocean Pines. Limited seating will be available during the Memorial Day ceremony and guests are encouraged to bring chairs.

In case of inclement weather, the Memorial Day ceremony will move to the Ocean Pines Community Center and be announced on the [www.oceanpines.org](http://www.oceanpines.org) and [www.wocovets.org](http://www.wocovets.org) websites and on social media.

For more information on the Worcester County Veterans Memorial Foundation, visit [www.wocovets.org](http://www.wocovets.org) or [www.facebook.com/WorcesterCountyVeteransMemorial](https://www.facebook.com/WorcesterCountyVeteransMemorial).



**Chicks** - Mrs. Huyett and Ms. Carter's PreK-4 class at Ocean City Elementary has been learning about farm animals as part of their Animal Theme. Thanks to Four L's Farm, they were able to borrow baby chicks to observe, enjoy and watch grow. The children learned about the life cycle of a chicken and how to properly care for an animal. Pictured is preK-4 student **Austin Aperance**.

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Melanie Walker

# Walker is May Crafter of the Month

Lifelong crafter Melanie Walker is adding a touch of fun and fragrance to the Ocean Pines Artisan Gift Shop with her handmade soap creations that delight both children and adults alike.

Melanie, who moved to Ocean Pines five years ago from Northern Virginia, grew up surrounded by creativity. "I grew up with a crafting family," she said. "As a very young child, I learned crocheting, knitting and ceramics."

Her passion for handmade goods led her to frequent craft fairs over the years, where she found herself especially intrigued by soap makers. She began researching the process, asking questions, and watching online tutorials.

"I noticed there was not many creations that children would be drawn to," Melanie said. That realization sparked a new creative journey: crafting whimsical soaps using the "melt and pour" method, which allows her to experiment with a variety of molds, colors, and scents.

Now, her top sellers include playful designs like popsicles, dinosaurs, gemstones, seashells, bunnies, baby booties, and seasonal favorites.

Encouraged by a neighbor, Melanie joined the Pine'er Craft Club a year ago. "I've met some of the most talented and creative ladies at the monthly meetings," she said. She also sings with the Delmarva Sweet Adelines Chorus and enjoys flower gardening in her free time.

Melanie's soap creations are available for purchase at the Artisan Gift Shop, located in White Horse Park in Ocean Pines. The shop is open Saturdays from 8 a.m. to 3 p.m. and Sundays from 10 a.m. to 3 p.m.

The Pine'er Craft Club welcomes new crafters, and its meetings are open to the public. Meetings are held on the third Thursday of each month. Artisans interested in selling their creations at the shop can contact shop managers Debbie Jiwa or Barbara Herzog, or email [opcrafterclub@aol.com](mailto:opcrafterclub@aol.com) for more information.

Since its founding 50 years ago, the Pine'er Craft Club has donated more than \$201,000 to the Ocean Pines community.

For more information, visit [www.oceanpines.org/web/pages/artisan-gift-shop](http://www.oceanpines.org/web/pages/artisan-gift-shop).



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# Call of duty

From the time the ink dried on the final signature affixed to the Declaration of Independence in 1776, our nation has expected much of those who have worn a military uniform in service of this country.

We have demanded valor in the



## It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

heat of battle. We expect that success be wrestled from the grip of defeat. And as if that were not enough, we have demanded self-sacrifice in pursuit or defense of a fundamental right we often take for granted, liberty.



From declared wars such as the American Revolution, the War of 1812, the Mexican War, the Civil War, the Spanish American War, World War I and World War II to undeclared conflicts such as the naval war with France, the First and Second Barbary Wars, the Korean War, the Vietnam War, the Gulf War, the most recent conflicts in Afghanistan and Iraq and other periods of conflict throughout our history, our nation has been blessed to have defenders step forward from the ranks of the citizenry.

Whether wearing the uniform of the Army, Marines, Air Force, Navy or Coast Guard, the sons and daughters of this nation have put themselves between the enemy and our country.

Although the motives of political leaders who deploy our military are sometimes questioned, there is no questioning the resolve and dedication

of the individuals who have comprised our military. Americans of all nationalities, races, creeds and colors have worn the nation's uniform. Two of my boys serve their country, my son and son-in-law. We should be thankful for their service and the service of millions of others who responded to the call of duty. I am.

Some of these Americans were drafted, others volunteered. Regardless, they took up the banner of the United States and served our country. They did a job that was at times thankless, at times heroic and at all times dangerous.

Understood by everyone who has worn a military uniform is the reality that they may not return or may not make it home whole in body.

This sentiment is not just for those service men and women going off to war. It is also a reality for those stationed around the world. Sometimes just wearing a U.S. military uniform can make one a target for vengeance and terrorism. For that matter just being an American can make one a target.

It is easy to forget that the liberty we take for granted was secured by fellow citizens who took up arms and laid down their lives to defend this country.

During the fall of Saigon in 1975 people were so desperate to not fall under communism that they ran alongside taxiing jets attempting to jump aboard or latch onto landing gear so when it retracted they would be pulled into the underbelly of the plane. Many of them never made it.

During the Cold War no one tried to escape over the Berlin Wall from West Germany to East Germany. People were shot dead trying to come the other way though. When was the last time you heard or saw someone attempt to escape the freedom of the United States?

Monday is Memorial Day. It is more than a three-day weekend, more

than a series of holiday sales and more than the beginning of the summer season. It is a day set aside to honor the common people who, in extraordinary, frightening situations, died on beaches, in foxholes, in rice patties, in jungles, on the open sea and in P.O.W. camps while in service to this nation under God. It is a day to remember those men and women who never returned to their families because they gave their lives protecting our way of life.

They never had another opportunity to take for granted the pleasantness of playing catch in the backyard with a child, dancing spontaneously with a spouse when a favorite song

comes on the radio or deciding which fishing hole would yield the most results. Instead their images are frozen in time within the pages of school yearbooks and family albums. Their memories are animated in the faraway glances of a saddened parent, spouse, sibling or child.

Memorial Day is a reminder that sacrifice is the ballast of liberty. We should keep that in mind as we enjoy a holiday barbecue in the company of friends and family, deciding whether to have another hamburger or hot dog.

May the brave men and women we honor Monday rest in peace and their memory be as vibrant as they once were. God bless!

## Interesting facts related to Memorial Day

Memorial Day is celebrated annually on the last Monday of May across the United States. The proximity of Memorial Day to the summer solstice has led many to view the weekend preceding the holiday as the unofficial kickoff to summer. However, Memorial Day is about more than backyard barbecues and weekend getaways.

Memorial Day honors service members who died while serving in the United States military. Though Memorial Day traces its origins to the years following the American Civil War in the mid-nineteenth century, it did not become an official federal holiday until 1971. That's one of just many interesting facts about Memorial Day that are worth noting as the United States prepares to commemorate the sacrifices of military personnel who died in service of the country.

Memorial Day began as something of a grass roots movement. According to History.com, by the late 1860s individuals in towns across the war-ravaged United States began holding springtime tributes to soldiers who lost their lives during the American Civil War.

Among the more notable postwar commemorations was one organized by former slaves in Charleston, South Carolina. That commemoration occurred less than a month after the Confederate forces surrendered in 1865. Despite that, History.com notes that in 1966 the federal government declared Waterloo, New York, the birthplace of Memorial Day.

Postwar commemorations also

were organized by northern veterans of the Civil War. General John A. Logan, who led an organization of Union veterans, called for a nationwide day of remembrance in May 1868. General Logan referred to the holiday as Declaration Day and chose May 30 because it was not the anniversary of any specific battle and therefore unlikely to be viewed by some as controversial.

Early commemorations of Decoration Day, which gradually came to be known as Memorial Day, initially honored only those soldiers who died during the American Civil War. However, that changed over time as American servicemen fought in various wars, including both World Wars, the Vietnam War, the Korean War, and other conflicts.

The red poppy has become a symbol of Memorial Day. That red poppy can be traced to a poem by Canadian John McCrae, who served as a Lieutenant Colonel in World War I. "In Flanders Field" notes the red poppies that grew in fields where countless soldiers had been buried in modern-day Belgium. The poem was published in 1915, three years before the war ended. Sadly, McCrae himself was a casualty of the war, succumbing to pneumonia in France in 1918 while still in the service.

Memorial Day honors service personnel who lost their lives while serving in the U.S. military. The holiday's inspiration and lengthy history merits its consideration as the nation prepares to commemorate countless soldiers' sacrifices once more.






**The Ocean Pines Association hosts Season Kick-Off Saturday at Veterans Park**

Photos by Nancy MacCubbin

**Courier Almanac**

On May 21, 1901, Connecticut becomes the first state to pass a law regulating motor vehicles, limiting their speed to 12 mph in cities and 15 mph on country roads.



Arthritis is a common condition that affects millions of people. According to the Centers for Disease Control and Prevention, roughly one in five adults in the United States is affected by arthritis, with an estimated 54.5 million adults reporting they have the condition. The Arthritis Society Canada has similar findings for Canadians suffering from arthritis. Again, one in five adults has the illness and about six million people in the country already have received an arthritis diagnosis. Arthritis causes joint pain, stiffness and inflammation. The Cleveland Clinic reports osteoarthritis, a type of arthritis that is caused by wear and tear on the joints, is the most common type of the condition. Osteoarthritis can occur naturally as a person ages due to a lifetime of using the joints and wearing down their cartilage cushioning. Other types of arthritis occur from illness (gout) or the immune system can cause arthritis when it damages the joints by mistake (rheumatoid arthritis).



**Appreciation** - At the April 24 luncheon meeting of the Republican Women of Worcester County (RWWC), they saluted "Welcome Home" to our state legislators. The legislators spoke of the results of the 2025 Maryland General Assembly and the impacts that its actions will have on the state and county. Receiving certificates of appreciation for the work they do, are State Delegate **Wayne Hartman**, RWWC President **Jean Delcher**, State Senator **Mary Beth Carozza**, State Delegate **Charles Otto** and RWWC First Vice President **Carol Frazier**.





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Tips for staying active this spring

# Managing arthritis pain with physical therapy

By **Billy Hamilton, DPT, CHT**

As the days grow longer and the weather warms up, many people are eager to get outside and move more. But for the millions of Americans living with arthritis, springtime

activity can be met with hesitation. Stiff joints, chronic pain, and fatigue often make movement difficult. Fortunately, physical therapy offers a safe and effective path to reduce arthritis symptoms and help

individuals stay active throughout the season.

## Understanding arthritis

Arthritis is not a single disease, but a broad term that includes more than 100 types of joint-related conditions. The most common forms are osteoarthritis (caused by wear and tear on joints) and rheumatoid arthritis (an autoimmune condition that causes inflammation). Regardless of the type, arthritis can lead to pain, swelling, decreased range of motion, and reduced mobility.

Physical therapists see firsthand how arthritis can affect daily life. Patients often ask how to stay active without worsening their symptoms. The answer: a guided, safe approach to movement with the help of physical therapy.

## The role of physical therapy

Physical therapy is one of the most effective non-surgical treatments for arthritis. Physical therapists can create customized treatment plans to:

- Improve joint flexibility and range of motion
- Build strength to support affected joints
- Reduce pain and inflammation
- Improve balance and prevent falls
- Increase independence in daily activities

Physical therapists treat hands, upper extremities, shoulders, knees, hips, backs, and more. Whether you've just been diagnosed or lived with arthritis for years, PT can help

you regain confidence in movement. **Spring into motion: tips for arthritis relief**

Spring is the perfect time to renew your commitment to joint health. Here are simple ways to ease arthritis symptoms and enjoy the season:

### 1. Warm up first

Start with five to 10 minutes of gentle movements like shoulder rolls, leg swings, or ankle circles to warm up the joints before any activity, whether it's gardening or walking.

### 2. Choose low-impact exercise

Walking, swimming, and biking are all gentle on the joints. Avoid high-impact sports or repetitive movements that may increase pain or swelling.

### 3. Use adaptive tools

Tools with padded grips or ergonomic designs are recommended to reduce hand strain. This is especially helpful in the kitchen, garden, or during hobbies.

### 4. Stretch regularly

Stretching helps reduce stiffness and maintain mobility. Try gentle daily stretches for the hips, shoulders, and spine—especially after being still for long periods.

### 5. Know your limits

Pain is your body's signal to rest. Don't push through intense discomfort. Instead, work with a physical therapist to find the right pace and intensity for you.

*Direct access = faster relief.* Did you know you don't need a referral to start physical therapy in Maryland. Thanks to Direct Access, you can contact a physical therapist directly and begin treatment without a doctor's prescription. This means less waiting and faster relief for your symptoms.

Physical therapists offer expert care with certified specialists. Whether your pain is in your hands, shoulders, knees, or elsewhere—they can help you move better and live stronger.

Take the first step toward relief. Physical therapy helps you manage arthritis, reduce pain, and get back to the activities you love this spring.

*Billy Hamilton, DPT, CHT is owner of Hamilton Hand to Shoulder and can be reached at 410-208-3300 or via email at Billy@HamiltonHand.com.*



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# Spring practice

Once again, it's time to pull spring maintenance and get your dreamboat ready for another season. Once again, the annual check list has to be knocked out - reinstall the battery, check the gas, oil, lube, bottom paint, lights, instruments, mildew and winter's surprises. Things with expiration dates such as flares, fire extinguishers and registrations need to be checked and updated if necessary. Things that deteriorate over time such as life jackets, lines - especially the anchor rode - and canvass need a careful examination.

A free boat safety inspection from either the US Power Squadron or the USCG Auxiliary should be on every boat owner's spring check list. The free inspection can give you confidence that you are good to go from a safety point of view and National Safe Boating Week, May 17 -23 this year, is

no better time.

Volunteer inspectors are available at the public launching ramp in the West Ocean City Commercial Harbor every Saturday or Sunday morning. If the West Ocean City ramp is not convenient, you can arrange a personal inspection by emailing the USCG Auxiliary at CGAUXOC@gmail.com or calling the US Power Squadron at 410-641-5622 to schedule an inspection at your convenience.

Once back in the water, skippers need to refresh those boating expertise that they had honed by late August but had faded with every snowflake. The lateral buoys are still Red-Right-Returning. Marine radio channel 16 is still the emergency and hailing channel. The crossing protocol is still that the boat on the right has the right of way. Our magnetic compass deviation

around Ocean City is still about 12° to the west of true north and the tides still go up and down and up again about every 12 hours and 25 minutes.

Sand bars, however, may not have stood still. While we were preoccupied watching football and paying income tax, the sand bars were mutating and gathering friends. Some got smaller, others got bigger, still others moved and an occasional new kid on the block showed up. You need to familiarize yourself with where the bottom is this year as well as getting practice dodging the ever migrating strings of crab traps. That's why it's important to go slow in the beginning of the season.

Speaking of practice, your spring shakedown cruise is a good time to exercise some seldom used boat maneuvers. For example, how do you handle a man overboard or fire or grounding mishap? Hopefully, such events aren't in your future but it's prudent to be prepared.

A man overboard event, for example, is unlikely if everyone is sitting inside the boat and below the gunwales. However, someone can still be unexpectedly ejected by a rogue wave or a collision and get very wet. Since 75% of the boating deaths are caused by

drowning and 87% of those drowning victims were not wearing life jackets (2023 USCG statistics), it's a no-brainer that everyone should be wearing a life jacket while underway - same rationale as wearing a seat belt in a car.

If a passenger does go in the water, it's best to have some muscle memory from spring practice to fall back on. When the helmsperson hears, "Man overboard!" he/she needs to immediately turn the boat in the direction of the person in the water (PIW) in order to swing the stern away from the PIW and minimize the possibility of a propeller strike.

Just as quickly, the helmsperson needs to turn off the motor but leave the engine in gear. Leaving the engine in gear freezes the propeller. Otherwise a slowly spinning prop of an engine in neutral could cause lacerations if the PIW bumps into it.

Meanwhile, the gender insensitive observer who yelled "Man overboard!" should maintain visual contact and throw a personal floatation device, usually a USCG approved seat cushion or a safety ring, to the PIW or the very wet person (VWP).

*please see **practice** page 12*



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# The fascinating pileated woodpecker

By **Robert Pellenbarg**

The forests of Worcester County and Ocean Pines support populations of one of the most magnificent



birds in North America. The lucky observer may catch sight of the Pileated Woodpecker. This raven-sized but slimmer bird sports black and white feathers, a long neck, a

chisel-like beak, and a vibrant red topknot on its head. In a word, the Pileated woodpecker is a sight to behold, a sight to seek. The woodpeckers can appear suddenly into view, and as quickly vanish.

However, if one has the chance to watch a pileated woodpecker, that is, if the bird cooperates, one quickly learns that the bird is not only ‘a looker,’ but rewards with unique behavior. The woodpecker often lands on a tree trunk, and with a wing span of over two feet, and briefly looks like a kite stuck to the tree. The bird will scamper about on the tree trunk, chipping here and there, looking for an insect grub meal hidden under the tree bark. If a target is detected, the woodpecker transforms, with its long, chisel-like beak, into a chainsaw. Wood chips fly hither and yon and hopefully the woodpecker bags a morsel.

There are other feeding options

for the pileated. As with many varieties of birds over the winter, the pileated woodpecker is fond of suet, a high energy meal for the cold months. The woodpecker can alight, upside down on a suet block holder and grind away at the suet. However, the woodpecker is very cautious before grabbing the suet holder. The bird will scamper about on a nearby tree, looking carefully that there are no predators about. Once, quite unexpectedly, a pileated woodpecker alighted on the ground and tore apart some half rotten

wood in a wood pile and feasted on the insects lurking in the soft wood.

The woodpecker will excavate a nest hollow high above the ground in a dead tree. There was once two such nesting cavities near the top of an 80 foot tall dead pine tree. However, after a storm, the top of the tree had broken off. The nesting birds failed to return to the tree the next nesting season, presumably as at least one of the cavities lost its roof.

With diligence, patience, and luck, it is entirely likely that the unusual but magnificent pileated woodpecker will come into view.

## County offices to close Memorial Day

Worcester County Government (WCG) offices, including all five branch libraries, will be closed Monday, May 26, for the Memorial Day holiday.

The Central Landfill and Homeowner Convenience Centers will also be closed May 26.

WCG offices will resume standard operating hours on Tuesday, May 27. WCG staff wish one and all a happy and safe holiday weekend.

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# Annual Memorial Day Ceremony

Monday, May 26, 2025 11 a.m.



*Honoring Those  
Who Made the  
Ultimate Sacrifice  
and their Families*



***In the event of inclement weather the ceremony  
will move to the Ocean Pines Community Center.***

*Check [Oceanpines.org](http://Oceanpines.org), [WoCoVets.org](http://WoCoVets.org), or Facebook  
for weather related changes.*

***All are welcome - please bring your lawn chairs.***

**practice**  
from page 10

If the VWP is close enough, a crew member should then reach out to the VWP with the boat hook or throw him/her one end of a line. That may sound silly but there have been instances when the skipper has ordered a novice hand to toss a line to a VWP and the inexperienced crewperson threw the whole line still coiled up. This is just another example of the importance of spring practice.

Once the VWP has a firm hold, he/she should be pulled to the stern and helped back aboard with the engine still OFF.

If the VWP has drifted too far away from the boat, it will be necessary to circle back. This requires the spotter to keep the helmsperson informed as to where the VWP is floating while the helmsperson evaluates the wind and drift and maneuvers the boat to approach from the downwind side of the VWP's location at a 30° angle. This minimizes the chance of accidentally running over the VWP.

Once onboard, first aid should be offered with a special focus on shock and hyperthermia.

This recovery procedure assumes the

PIWP is cognizant and floating on the surface. If not visible, still throw the seat cushion to mark the last location of the 'victim.' Search and Rescue patterns will be based on this marker.

If the PIWP is unconscious and floating face down as is the case many times when not wearing a life jacket that is designed to roll the wearer face up, you have less than two minutes to get to the victim before he/she drowns. Literally, time is of the essence.

Finally, the decision to terminate the day's outing and head for home should be made because the recovered VWP may experience delayed medical issues and the folks on board will be rattled by the mishap. Their preoccupation with mentally processing the event will make them unsteady and unnecessarily nervous. They will lose situational awareness and be susceptible to further miscues.

Recreational boating is fun but as the late Pope Francis said, "Life is good when you are happy; but much better when others are happy because of you." Get everybody home and turn the VWP's experience into a good dockside laugh.

Stay safe. Stay dry.

Dan Collins can be reached for comment at [dancollins.oceanpines@gmail.com](mailto:dancollins.oceanpines@gmail.com)



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# Educator believes everyone is an artist

By **Elaine Bean**

“Creative expression is what grounds my being,” Mary Anne Cooper, said. “My love of all forms of art and artistic expression runs deep.”

Cooper is currently Education Director for the nonprofit Art League of

continued. “So, I went to school to learn how to teach ... Very naturally, my artistic expression came out in my teaching and leadership.”

Cooper, who was born and raised on a small farm in Carroll County, MD, began her education at Villa Julie College in Baltimore, now Stevenson University. She then received a scholarship to and earned a Bachelor’s Degree in Elementary Education from Notre Dame of Maryland University. She earned her Master’s Degree in Public School Administration from Salisbury University and a Doctor of Education Degree from Wilmington University with a focus in Innovation and Leadership.

“When I retired from the school system as a principal, I knew that I wasn’t really retiring, but was really looking for a different outlet,” Cooper said. “I wanted to still be a part of the community; I wanted to still be involved with education, and I wanted to do something that I love. When the opportunity opened for Education Director at the Art League, it seemed like a very natural fit for all of my passions.”

“Having worked in the city and lived in a busy and bustling area, the Eastern Shore is the calm that grounds my life. I live about five minutes from the beach, so on any given day, especially in the warm weather, you will find me on the beach with my husband.”

Before joining the staff at the Art League, Cooper spent time working under a grant-funded program with individuals who were incarcerated or recently released from incarceration, helping them to acquire their high school equivalency diplomas. “It was

an amazing experience, and the individuals whom I worked with definitely taught me more than I taught them,” she said.

While Cooper doesn’t regard herself as an accomplished artist “like the amazing painters, photographers, and ceramic artists whom I work with every day ... there are so many ways in which I express my creative spirit ... Art matters, because it is what centers the soul. When a person is stressed, anxious, upset, give them a pencil or marker and just let them draw or doodle. It’s a process that allows your mind to relax. Everyone is able to express themselves through different forms of art. People don’t realize that art lives in so many ways, and the expression of art is unique to each person. Art matters, because it provides the outlet of expression unique to each individual being.”

Cooper’s own art includes crochet, which she learned as a young girl and is now teaching at the Art League. She has recently started in pressed flower art that she taught at the Art League’s Springfest booth with great response from the students.

Flowers and gardening are important parts of Cooper’s life and “what brings me peace ... I think my roots go back to growing up on a small farm and being outside in nature. I feel like I always revert back to flowers, especially daisies, in what I do, whether it is crochet or cupcake designs or flower art ... In the summer, I am on my back porch in the midst of my gardens ... Once my gardens are in bloom this summer, I am looking forward to trying some new skills that I have learned

from artists whom I have met and worked with this year at the Art League.”

She also loves to draw and keeps a drawing journal. “It is for my eyes only, but it also brings me peace.”

Cooper hopes that in her position as Education Director at the Art League, she can get people excited about artistic expression. “I want people to see that art isn’t for just a few people that are able to paint incredible



Mary Anne Cooper

Ocean City, organizing art classes and teaching some herself. She came to the Art League after years as an educator in Worcester County, notably as principal of Snow Hill Elementary and Middle Schools from 2013 to 2023, when she retired.

“For as long as I can remember, I have always loved being creative,” Cooper said. “Now I get to help people grow, aspire, and learn in the field of art. I love being a part of the community. This role as Educational Director has really allowed me to get out in the community at events and get people excited about art.”

Teaching is one of the professions where creativity in methods can be a form of artistic expression in itself.

“As a very young person, I didn’t see in myself that I could have a career specifically in the field of art, but I knew that I loved working with people, especially children,” Cooper con-



paintings or draw amazing images or create beautiful sculptures,” she said. “I want to encourage and celebrate the appreciation of art in all forms.

“I also want people to see that while the incredibly gifted artists are gifted, it should not stop everyone else from artistic expression in their own format. Whether it is through crochet, gardening, baking, musical expression, ceramic art, performing art, flower pounding, zentangle, poetry, watercolor, acrylic, pastel, or sand – whatever the medium is – everyone can be and is an artist.”

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**Recognized** - The Worcester County Garden Club recently recognized member Jan King as its 2025 Mary Ann Royal Award recipient. Established by the club's first president in honor of her friend, Mary Ann Royal, the award is given to a member who has made outstanding contributions to the club. The past three awardees, Martha Bennett, Pat Arata, and Joan LaHayne, chose the recipient and presented her with a certificate and trophy bowl filled with a floral.

Pictured are (l-r) **Pat Arata, Bennett, Jan King and Joan LaHayne.**

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**Hailey to be honored**

What began as a “temporary gig” one Memorial Day weekend in 1975 has become a treasured, decades-long legacy of music, ministry, and community. This year, *St. Paul’s by-the-Sea Episcopal Church* will honor Shirley Hailey on her 50th anniversary as organist and music director.

A household name in Ocean City, Shirley has been delighting audiences with her piano playing since the spring of 1973. From beachside sing-alongs to the soaring hymns heard in the sanctuary each Sunday, her music has become the heartbeat of both the church and the broader community.

To celebrate this incredible milestone, St. Paul’s by-the-Sea invites friends, former choir members, parishioners, and music lovers to a special celebration in Shirley’s honor. The event will be held on Sunday, June 1 with a special 10 a.m. mass at the church, followed by a reception at the Atlantic Hotel in Berlin at 1 pm.

For more information about ticket price and reservations, please call the church office at 410-289-3453. Space is limited, so early reservations are encouraged.

If you are unable to attend but would like to share in the celebration, the church welcomes letters and emails (office@stpaulsbythesea.org) recounting your favorite memory of Shirley, whether it’s from a piano sing-along at a local venue, singing under her direction in the choir or simply being moved by her music during mass.

Monetary gifts are requested that will be given to Shirley at the reception. You can send checks to the church or on through the church website by clicking the GIVE button at the top right corner of the homepage.

**Arts Council announces winners**

The Worcester County Arts Council announced the winners of its latest juried exhibition, “My Favorite Things,” now on display through June 29. This vibrant and heartfelt exhibit invited artists to submit works inspired by the people, places, and moments they hold most dear.

A total of 26 diverse pieces were submitted by 19 emerging and established artists, offering viewers a unique glimpse into the personal joys and cherished experiences that shape their creative journeys.

The following award recipients were recognized during the opening reception held on May 9 at the Worcester County Arts Council Gallery:

- First Place: Suzy Quader, *The Conversation* – pastel
- Second Place: Kathy Gibson, *Play* – cold wax/oil
- Third Place: Jeanne Locklair, *Generations* – watercolor/mixed media

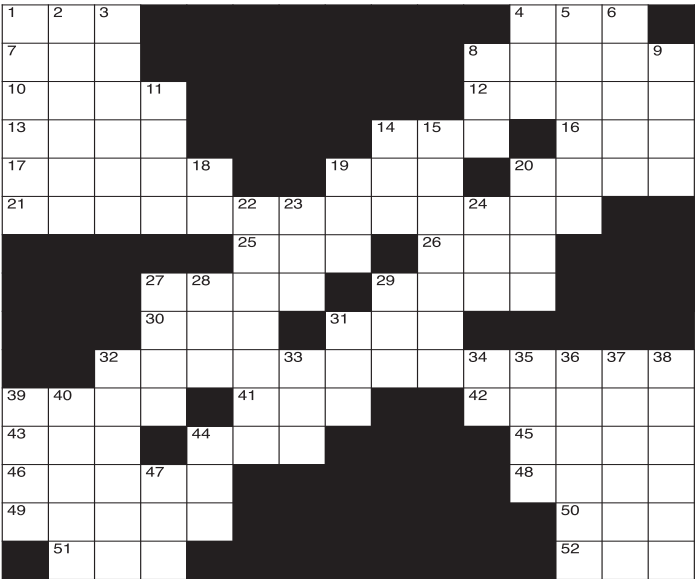
**Honorable Mentions:**

- Judy Benton, *A Jam Session* – acrylic
- Fred Johnson, *Sunset under the Tree* – acrylic
- Kathryn Redden, *Janet’s Whimsical, Peacefully Tranquil Koi Pond* – pastels

The guest juror was Brooke Rogers, a local artist and Salisbury University professor.

“We are incredibly grateful to all the artists who participated and shared their talent and creativity with our community,” said Anna Mullis, Executive Director of the Worcester County Arts Council. “This exhibit is a true celebration of artistic expression and the deeply personal inspirations behind it.”

“My Favorite Things” is open to the public through June 29. All artwork is available for purchase.



**CLUES ACROSS**

1. Yearly tonnage (abbr.)

4. British thermal unit

7. Afflict

8. Refrain from harming

10. Galls

12. Leg bone

13. Rhine distributary

14. Recipe measurement

16. Chap

17. Useful book

19. Mountain Time

20. Snakelike fishes

21. Places where people live

25. US, Latin America, Canada belong to

26. Periodical

27. A type of sense
29. A way to get possession of

30. Everyone has one

31. Body art

32. Mr. October

39. Abba \_\_, Israeli politician

41. Head movement

42. Jeweled headdress

43. VCR button

44. A way to change color

45. Basketball move

46. Upright stone slab

48. Forest-dwelling monkey

49. Pulsate steadily

50. Negative

51. Sino-Soviet bloc (abbr.)

52. Unit of work

**CLUES DOWN**

1. Island

2. Pittsburgh ballplayer

3. Chemical compound

4. Indicates density of data (abbr.)

5. Mesas

6. Wild, long-legged sheep

8. Engine additive

9. “CSI” actor George

11. Stony waste matter

14. Thyroid-stimulating hormone

15. Pores in a leaf’s epidermis

18. Digraph

19. Married woman

20. Peripheral

22. Northern Italy city

23. Klutz
24. Type of tree

27. Witnessed

28. Popular breakfast food

29. \_\_ Mahal

31. BoSox legend Williams

32. Professional drivers

33. Atom or molecule type

34. The Constitution State

35. Chest to store clothes (Scottish)

36. Type of solution

37. Speaker

38. Specifying

39. Formerly (archaic)

40. Wiseman and Krom are two

44. The bill in a restaurant

47. Tennis shot

Answers for May 14



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**Health Watch**

# Seasonal allergies: understanding triggers and finding relief

By **Mary D. Mason***DNP, CRNP, FNP-BC**Family Medicine Provider, Atlantic General Internal Medicine*

Spring has arrived on Delmarva, which means warmer weather and outdoor fun. The beautiful blooms of the spring season may push us out of the winter blues; however, the repercussions of pollen in the air can be aggravating for those who suffer from seasonal allergies. By educating ourselves, we can stay prepared and hopefully minimize our symptoms.

## AGH receives broadband reimbursement

Atlantic General Hospital (AGH) has received \$157,794 in reimbursement from a special fund administered through the Federal Communications Commission (FCC) that allows not-for-profit healthcare organizations serving rural areas to apply for a discount on eligible broadband internet services.

This rebate helps offset the costs AGH incurs to secure high-speed internet services through the Maryland Broadband Cooperative (MdBC). These services are essential for the fast and secure exchange of patient records—crucial for making timely, informed healthcare decisions. Additionally, the rebate enables AGH to expand high-speed access to underserved areas, ensuring residents receive the quality care they deserve. To date, AGH has received nearly \$500,000 from the Rural Healthcare Fund, supporting continued reinvestment in vital IT infrastructure.

Telecommunications service providers across the U.S., like those who are members of MdBC, pay into the fund to support rural healthcare facilities in bringing world-class healthcare to their patients and families through increased connectivity.

“Connecting communities to world-class healthcare is a core part of our mission. This reimbursement reflects the essential role that broadband plays in ensuring healthcare providers like Atlantic General Hospital have the robust, reliable connections needed to deliver critical care and innovative telehealth services to their patients,” said Drew Van Dopp, president & CEO of

*What are allergies?*

Allergic symptoms, or allergies, are when the body’s immune system reacts to a foreign substance, or an allergen. The human body sees the allergens as harmful, thus, attacking the allergen whenever they come into contact. This interaction causes a release of histamine, causing the symptoms we experience. Some people have year-round allergies, which can be caused by insects (dust mites or cockroaches), pet dandruff (cats, dogs, etc.), or mold. However, at this time of year, we often suffer from

MdBC.

“The cost of providing safe, high quality care in the current environment only continues to increase. We cannot overstate the importance of the Rural Healthcare Fund, which helps make broadband internet service more affordable, ultimately reducing the cost of patient care,” said Jonathan Bauer, AGH vice president of information services.

Atlantic General Hospital worked with Network Better, a network and telecommunications professional management company, to identify and successfully apply for the Rural Healthcare Fund dollars.

MdBC began the process to construct fiber-optic backbones in strategic locations across the Eastern Shore in 2007 through the support of the Tri-Council of the Lower Eastern Shore in conjunction with the Mid-Shore Regional Council. The first to be completed was on Rt. 113, from Pocomoke to Berlin, and continuing to the Delaware border.

Installing broadband fiber in Worcester County allowed AGH to implement its first electronic medical records system in the provider practices in 2008 and execute subsequent upgrades connecting all of its facilities, which requires the secure exchange of large amounts of data at high speeds to function properly.

MdBC has provided both lit services and dark fiber (fiber-optic infrastructure not yet in use) to AGH, which allows for the expansion of existing services and telehealth opportunities.

pesky seasonal allergies. Seasonal allergies, also known as “hay fever,” occur at certain times of the year when there’s an abundance of environmental triggers, such as mold spores in the humid air after it rains or pollen from the trees, grass or weeds.

*What are the symptoms of seasonal allergies?*

Symptoms from seasonal allergies are related to our body’s histamine response, which results in excessive mucous production to trap and expel the allergen. Some of the symptoms a person might experience with seasonal allergies include:

- Sneezing, stuffy or runny nose, facial pressure
- Post-nasal drip, hoarse voice, itching of the throat
- Ear irritation and feeling of “popping” in the ears
- Itchy eyes, puffy eyelids, dark under-eye circles
- Tiredness, or fatigue

Severe allergic reactions can cause life-threatening symptoms such as anaphylaxis. If you experience symptoms such as shortness of breath, wheezing, throat closing, hives, or any other concerning symptoms, please call 911 immediately.

*How to treat symptoms of seasonal allergies?*

The first step in fighting allergies is limiting exposure to the problematic allergen.

Here are a few examples:

- Monitoring daily pollen counts and staying indoors when counts are high
- Keep windows and/or doors closed to avoid pollen entering the house
- Clean air conditioner and filters regularly
- Take a shower to wash the pollen off of your hair and skin before bed
- Wear a dust mask if outdoors
- Use a dehumidifier in your home to limit mold
- Vacuum at least once a week, preferably with a high-efficient HEPA filter

-Wash your dog(s) weekly to limit dander in your homes

-Limit and/or wash clean curtains, sheets, bed skirts, etc. to avoid dust collection

*Over-the-counter medications:*

There are over-the-counter medications available to treat seasonal allergies, based on the plan of care determined by you and a healthcare professional.

Antihistamines, such as Loratadine (Claritin), are the gold standard of treating allergy symptoms.

Additional medications that can be used include over-the-counter nasal sprays, such as Azelastine (Astepro) and Fluticasone (Flonase). Proper administration is key for sprays to be effective, so be sure to follow the instructions on the box for priming and preparation. When using the spray, gently insert the nozzle in the nostril, aiming slightly outwards away from the center of the nose (aim towards the eye). Then, spray gently. Repeat in the other nostril, aiming towards the other side of the face.

Use a saline rinse to clear mucous from your nasal passages. There are many over-the-counter options, however, it is important to use saline or filtered water. Using untreated or unfiltered water, such as from a well, can introduce harmful bacteria to your body that can cause life-threatening infections.

Decongestants can be used for a runny nose. If you have high blood pressure or are taking medications for high blood pressure, you should avoid these medications. Decongestant nasal sprays, such as Afrin, should not be used for more than 2-3 days due to the risk of symptoms worsening.

*Final tips:*

It is important to speak with your healthcare provider first before starting any medications. Once making a plan with your provider, it is recommended to start using your preferred medication recommendation at least 7 days prior to the pollen season starting for your symptoms to be controlled effectively. Remaining compliant with your seasonal allergy plan can help minimize your discomfort over the spring and summer months.

*Mary D. Mason, DNP, CRNP, FNP-BC, is a family medicine provider with Atlantic General Internal Medicine in Berlin, MD. Mary is currently accepting new patients, and appointments can be scheduled by calling 410-629-0041.*



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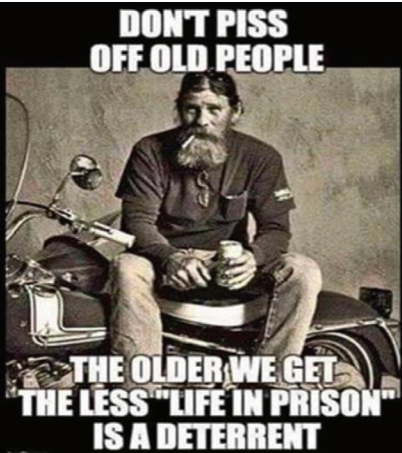
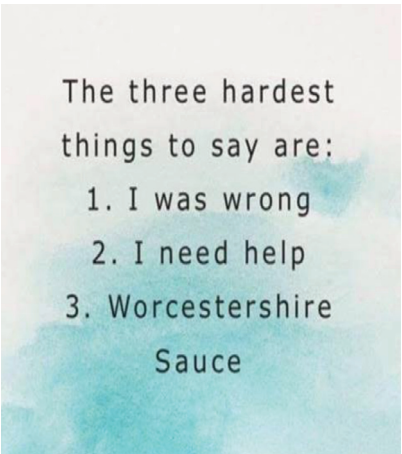
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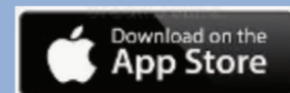
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