

The Courier

May 28, 2025 Volume 25 Number 32



Yee-Haw! - Students in Ms. Burbage's second grade class at Ocean City Elementary School wowed their friends and families with their incredible show-manship during their western-themed music performance on May 15.

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Commissioners schedule additional budget session

The Worcester County Commissioners will conduct a budget work session on the Requested FY26 County Operating Budget on Wednesday, May 28 at 12 p.m. The meeting will take place in the Commissioners' Meeting Room in the Worcester County Government Center in Snow Hill. The meeting is open to the public.

Flea market scheduled

A flea market and bake sale will take place Saturday, June 7 at Bethany United Methodist Church located at 8648 Stephen Decatur Highway in Berlin between 8 a.m. and 11 a.m. Vendors, to reserve space, contact 443-641-2186 and/or bethany21811@gmail.com.

Worcester Health hosts Just Walk for Men's Health event

To kick off Men's Health Month, the Worcester County Health Department in collaboration with the City of Pocomoke, is hosting its third Just Walk for Men's Health event on June 7, at Cypress Park in Pocomoke City. This event will include a walk, no-cost health screenings, community resources, and more. Pre-registration is encouraged through Eventbrite and same-day registration is also available. The first 50 individuals to pre-register will receive a free commemorative T-shirt. This family and pet-friendly event is open to all county residents.



Registration and check-in will start at 8:30 a.m., followed by a pre-walk warm-up at 9 a.m. with Gary Press, owner of G-Fit Boot Camp. The walk will begin at 9:15 a.m. Afterwards participants are encouraged to visit health vendors and participate in free health screenings, including blood pressure and a diabetes risk assessment. Nutritionist Kelly Williams will provide a taste-testing of a healthy recipe. Other community partners will also be in attendance, providing health resources.

"Participating in regular physical activity can help improve health and quality of life for individuals of all ages. Recent community health data found that about 1 in 3 men in Worcester County do not participate in physical activity and nearly 29 percent of Worcester County adults are not active. This event is a great opportunity to engage in activity with friends, family, and the community in the beautiful Cypress Park," said Rebecca Jones, Health Officer for Worcester County.

To pre-register, visit worcesterhealth.eventbrite.com For more information about the event, please call 410-632-1100 extension 1108.

Thank you to the City of Pocomoke for their support of this event.

Paint & Sip night scheduled

The Bishopville Volunteer Fire Department Auxiliary will hold a Paint & Sip night on Friday, June 6 from 6 p.m. to 9:30 p.m. at the main station in Bishopville. Instruction, supplies and one glass of wine is included. The cost is \$45 per person. Extra wine available for purchase. Reservations and payment required by Friday, May 30. Call 443-880-4944 for to make reservation and information.

If your organization has an event to promote, send your press release to *The Courier* at thecourier@delmarvacourier.com



Guest speaker - On May 14 the Kiwanis Club of Greater Ocean Pines-Ocean City heard from Russell Lederman of Dankmeir Optical. Russell had spoken to the club before about being the local "Snake Whisperer." This time he shared information about the 3D night vision telescope he invented. Dankmeir also makes the 3D Astronomy "Space Walker" binoculars invented by Lederman.

Above: (L-R) **Russell Lederman** and Kiwanis Club President **Tom Southwell**.



Information - At the luncheon meeting of the Republican Women of Worcester County on May 22, **Sheriff Matt Crisafulli** spoke to the attendees about the increasing incidence of fraud and scams. He spoke on how to be aware of scams, how to recognize them and report any suspicions to the Sheriff's Office.



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5th Annual

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SAT. JUNE 7TH, 2025

IN THE

TOWN OF BERLIN

8AM - 4PM

~ FEATURED EVENTS ~

FRI. JUNE 6th:

Pre-Tour Party

@ Sisters Wine Bar, 6-9pm

SAT. JUNE 7th:

Children's Plein Air

Art Activity

@ Taylor House Museum,

All Day

FRI. JUNE 27th:

Post-Tour Plein Air Art

Exhibit & Sale

@ Bishop's Stock, 5-7pm

Artist: Jill Glassman

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TICKETS

New fellowship honors Cheryl Taustin

The Art League of Ocean City announces a new annual fellowship in honor of the late Cheryl Miller Taustin, a prominent figure in Ocean City and Berlin who passed suddenly in 2024.

The Cheryl M. Taustin Fellowship for Creative Leadership will recognize artists, educators, and mentors of any arts medium who

Taustin, said. “She advocated for the arts, the environment, equal rights, animal protection, and love for everyone. She made her opinions known and served as an inspiration and fierce advocate for causes that celebrate living. Cheryl advocated for graciously and peacefully living life and was an active player in life who made resounding entrances and profound exits.”

In her early life, Taustin toured as a cabaret singer, singing the standards, Broadway classics, and popular hits of the era at nightclubs and restaurants. It was on her stop at the Embers Restaurant in Ocean City where she met her husband, Jay Taustin, stayed and grew roots, and raised three children. She built community as a founding member of Temple Bat Yam, where she served as a cantorial soloist for more than 30 years.

“It is in the spirit of my mother’s leadership in the arts that we celebrate, uplift, and invigorate creatives making bold impact in the community,” said her son, Kyler Taustin DePasquale. “There is no better way to honor my mother than to enliven the world with more art.”

Daughter Khari Taustin added, “My mom demonstrated, to me as well as her students of all ages and all classrooms, that a combination of purpose and passion are key ingredients to a life fully lived. It is my hope that this sentiment is pivotal to her legacy and that this award and its recipients can play a part in continuing to share in that message.”

A committee of local artists and leaders including descendants of Taustin’s will select the fellow who will receive a one-year appointment and a \$1,500 stipend. The fellow will also create a piece of artwork to be presented to their successor. Any artist working in any medium will be considered eligible as long as that work directly impacts the Delmarva region and demonstrates a commitment to the values and priorities Taustin championed: art, arts education, leadership and community mindedness, environmental consciousness, and social justice.

Applicants may apply at OCart.org with a rolling deadline.



demonstrate a synchronicity with Taustin’s commitment to causes of social justice, uplifting the unheard voice, and valuing community and thought-provoking artistry. Exemplified through daring leadership, innovative viewpoints, and generative progress, fellows will carry forward Taustin’s legacy of cultivating a more beautiful and more empathetic community through the arts.

“Cheryl knew that we are not the sum of our productivity or our job but the strength of our integrity, creativity, and our voice, and she graced so many with hers,” Rina Thaler, executive director of the Art League and personal friend of

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Doin' the math

Although I did okay in the subject, math has never been a passion of mine. I knew enough about calculus, trigonometry, and the like to pass the tests I needed to pass to pass the class. I'm one of those people who thought often during high

For sure, it is applied in much more mundane, yet critical situations than launching a rocket. For instance, what is the correct amount of sugar to spoon into a cup of tea? The ratio is one teaspoon per one cup of tea. How do I know this? I just do.



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

school, "why do I need to learn this? I'll never use it." The probability of my needing to know the calculations necessary to split an atom or launch a rocket are zero. I saw a tee shirt once that captured succinctly my sentiments: I'm an English major...you do the math.

There's no getting away from math, it's all around us. From calculating a gratuity to determining how many potatoes to put in a pot of water when making mashed potatoes, math is always in front of us.

Another important equation is the pepper to egg ratio in a sandwich. If there is too much pepper the entire balance of the sandwich is thrown off and I get indigestion. That's what they call in the math world an erroneous solution. That's what they call in the Bertino household, "strike a match." One medium size pepper to two eggs scrambled is the right balance. How do I know this? I just do.

While we're on the subject of eggs, there is a preferred toast to fried egg ratio. It's three slices of toast per two fried eggs: one slice to dip in each egg yolk and one slice to clean up the plate. If you're eating a bagel, it's one bagel sliced in half to

two fried eggs. Trust me, I know.

Most people don't know this but unless you have the right amount of sauce on spaghetti, the meal just isn't right. To be sure there is a different sauce to pasta ratio depending on whether you're cooking thin or angel hair spaghetti, rotelli or ravioli. How do I know this? I just do.

Speaking of pasta another important factor is the cheese ratio. It's very important that the ideal balance be struck. That's why on the rare occasions when I order pasta at a restaurant, I always ask that the parmesan be left at the table so I can apply properly the correct amount of cheese. You can never have too much cheese. How do I know this? I just do.

My wife is a fabulous cook. When she's in the kitchen magic is most likely the meal of the day. Nonetheless it has become a tradition, just as much as the turkey itself, that every Thanksgiving we debate spiritedly the correct proportion of sausage necessary to make the stuffing. She's been making sausage stuffing for years and it's always been good, no, great. Yet

we have the same conversation each year. I believe her success has been accomplished because I confirm that she has done it right. (That last sentence just earned me a week of eating cold Spaghettios. How do I know this? I just do).

Ratios are extremely important in just about every aspect of our lives. For instance, how many teenage kids being out of the house does it take for you to have a pleasant afternoon? Answer: as many as live with you. I think that's math that every parent has learned.

What is the ratio of telling your 13-year-old son to take out the trash to his actually doing it? On average it's six to one. Odds of his doing it without being asked? A million to one. How do I know this? I just do. I earned a degree in teenage apathy.

What are the odds that at some point while raising your children you'll hear yourself say something your parents said to you that you swore you'd never say to one of your own kids: one to one. How do I know this? I just do because my mother reminded me – and now I remind my children who now have children.

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Commentary

By Joe Reynolds
OceanPinesForum.com

Roads, Parking, Bicycles

Parking on OPA Roads

The Ocean Pines Declarations of Restrictions (DRs) prohibit parking on roads in Ocean Pines. That particular DR is never enforced. While enforcement of a no-parking restriction by an HOA is problematic for many reasons, HOA DRs are not enforced by police but ultimately by the OPA Board of Directors.

The OPA board cannot write “laws” enforceable by police. How would OPA even try to enforce DR no-parking rules? Virtually impossible as OPA can only go after lot owners, not random individuals who might park on the roads.

All roads within the Ocean Pines subdivision are owned by OPA, with the exception of Manklin Creek Road, and a portion of Cathell Road - and perhaps one or two small areas with

private roads in a section - like the gated community near the Yacht Club.

However, it seems police agencies can now enforce any Worcester County and/or State parking laws on OPA-owned roadways. While the roads are still owned by OPA, OPA entered into an agreement years ago with Worcester County to make all OPA roads open to the general public in return for a share of State highway funds distributed to Worcester County. That agreement should enable police to write parking tickets for vehicles in violation of any parking laws.

As an aside, as I recall, the agreement says either party may cancel it at any time for any reason.

Recently, OPA said, “As for street parking, this is allowed per Maryland Transportation Code that allows ve-

hicles to be parked parallel to the right-hand curb or edge of roadway – we confirmed with the Police that two wheels need to touch the easement area.”

The above OPA statement may be incorrect with regard to mention of “easement” since the actual easement is outside the OPA road right-of-way, perhaps 10 feet or more from the edge of the pavement and includes a ditch in many cases.

Parking laws currently applicable on Ocean Pines roads indeed looks to be established in Maryland Code, Transportation § 21-1004: “(a) Except as otherwise provided in this section, a vehicle that is stopped or parked on a two-way roadway shall be stopped or parked parallel to the right-hand curb or edge of the roadway, with its right-hand wheels within 12 inches of that

curb or edge of the roadway.”

The above indicates a vehicle can be parked 100% on the paved macadam so long as there is at least 12 inches from the passenger wheels (right side of vehicle) to the edge of the macadam or curb.

Short of some explicit, written legal finding from OPA police or Worcester County legal offices, it would appear vehicles may be legally parked on the paved area of any road in OPA so long as it conforms to Maryland Code § 21-1004, and is not restricted by “no parking” signs authorized by Worcester County or blocking traffic in some manner.

Clear, concise clarification, based in references to actual laws, is needed with regard to parking regulations on Ocean Pines roads.

Pollinator Garden Tour returns in Berlin

The Lower Shore Land Trust announced the return of the Pollinator Garden Tour (PGT) on Saturday, June 7. The event will take place this year in historic Town of Berlin, with the theme of “Small Spaces, Big Impact.” This annual event brings together gardeners, artists, nature lovers, and families for a one-of-a-kind experience celebrating pollinator-friendly landscapes, plein air painting, and community spirit.

Visitors will enjoy exclusive access to private gardens, each thoughtfully designed to support bees, butterflies, and other pollinators. The tour features artists painting live (en plein air), and children’s nature activities. Pre-tour and post-tour events will feature live music, wine and refreshments, and an art exhibit and sale.

Here’s how to make the most of the Pollinator Garden Tour weekend:

Friday, June 6 – Kick things off at the pre-tour party.

Head to Sister’s Wine Bar & Gift Shop from 6 p.m. to 9 p.m. to enjoy the special PGT-themed drink, live music from Berlin local Rob Bailey, a 50/50

raffle, and guest bartenders. (No ticket required.)

Saturday, June 7 – Check in for the tour at the Welcome Center at 8 a.m.

On Pollinator Garden Tour day, begin your morning at the Calvin B. Taylor House Museum, the official PGT Welcome Center. Pick up your garden tour booklet (with a tour map and garden details), your PGT pin that allows admission to each garden.

New this year are children’s tickets for \$10 for ages 12 and under. This includes admission into the tour, as well as participation in a Children’s Plein Air Art Site activity at the Taylor House. Materials supplied. Tour not required.

Visit the gardens at your own pace.

The self-guided tour features nine stunning gardens, most within walking distance of the museum. Each site offers a unique view into pollinator-friendly landscaping.

Meet the gardeners and plein air artists.

Throughout the day, chat with the garden hosts and see artists painting their unique perspective of a garden’s

*please see **tour** on page 12*

Courier Almanac

On May 28, 1957, National League owners vote unanimously to allow the New York Giants and Brooklyn Dodgers to move to San Francisco and Los Angeles, respectively, at the mid-season owner’s meeting in Chicago, Illinois.

Parents recognize the important role fun plays in a happy childhood, but finding time to laugh and have a good time is important for adults as well. Unfortunately, that lesson seems to have been lost on modern adults. A recent survey from the American Psychological Association found that 76 percent of adults felt stress from politics, race relations, violence, and inflation. Such stress has had an adverse effect on respondents’ health, contributing to episodes of headache, fatigue and depression, among other things.

According to the nonprofit HelpGuide.org, adult play can help to alleviate stress, improve brain function, boost creativity, and strengthen relationships. Sharing laughter and fun with others can encourage empathy, build trust and foster intimacy with others.



**The
Courier**

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No need to delay treatment for pain or aches

By **William Hamilton Jr., DPT, CHT**
In recent years, a significant shift has taken place in the healthcare landscape that is making it easier than ever for patients to get timely care for musculoskeletal pain and injuries. The expansion of direct access to physical therapy, allowing patients to see a

licensed physical therapist without a physician's referral, has transformed how people seek treatment for aches, pains, and functional limitations. This change is not just a convenience; it has the potential to drastically improve health outcomes, reduce healthcare costs, and empower patients to take

charge of their own recovery.
What is direct access? Direct access means that individuals can schedule an appointment with a physical therapist (PT) on their own, without first visiting a doctor for a referral. Historically, patients often had to endure delays, paperwork, and additional visits to a primary care physician or specialist before starting physical therapy. Now, with direct access laws in place in nearly all U.S. states, this barrier is removed.

Physical therapists are extensively trained in musculoskeletal health and are experts in evaluating and treating a wide range of conditions such as back pain, neck pain, joint injuries, post-surgical rehabilitation, and chronic conditions like arthritis or tendinitis. They can quickly assess a patient's issue, develop an appropriate treatment plan, and initiate therapy immediately.

Why does direct access matter?
1. *Faster treatment means faster recovery*

Time is a critical factor in managing pain and injury. Delays in receiving physical therapy can allow conditions to worsen or become chronic. By granting patients direct access, individuals can get evaluated and treated at the earliest sign of trouble—whether it's a new ache after gardening or persistent shoulder pain after a minor fall. Early intervention often prevents the need for more invasive treatments like surgery or prolonged medication use.

For example, a patient

experiencing low back pain can schedule a PT visit within days, receive tailored exercises, manual therapy, and education on posture and ergonomics, and begin the healing process right away. Early physical therapy is proven to reduce pain, improve mobility, and lower the risk of developing chronic pain syndromes.

2. *Empowering patients and reducing costs*

Allowing patients to self-refer promotes autonomy over their healthcare decisions. Many people feel empowered to address their health proactively without the extra step of securing a referral. This shift aligns with broader healthcare goals that emphasize patient-centered care.

From a financial standpoint, direct access can reduce unnecessary medical costs. Studies show that patients who access physical therapy directly have lower overall healthcare expenses. They often require fewer diagnostic tests, fewer medications—especially opioids—and fewer doctor visits. This efficiency benefits not only the patient but also the healthcare system as a whole.

3. *Improved access in underserved areas*

In many rural or underserved communities, primary care physicians are scarce, resulting in long wait times for appointments. Direct access to physical therapy bridges this gap by allowing patients to seek timely musculoskeletal care directly. Physical therapists can also help triage patients and identify when referral to a physician is necessary, ensuring that serious conditions are promptly addressed.

Common myths debunked

Despite the clear advantages, some patients and providers remain hesitant about direct access, often due to misconceptions:

Myth: Physical therapists can't diagnose serious conditions.

Fact: Physical therapists are trained to screen for red flags and refer patients to appropriate medical providers if necessary.

Myth: Direct access increases healthcare risks.

Fact: Studies demonstrate that direct access is safe and effective, with no increase in adverse events compared to physician referrals.

Myth: Insurance won't cover
please see **aches** on page 12

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Record named chief safety and academic officer

The Worcester County Board of Education has named Dr. Matthew Record as the school system's next chief safety and academic (secondary education) officer, effective July 1.

Following the announced appointment of Dr. Annette Wallace as the next Superintendent of Schools, the school system conducted a successful search for her replacement, leading to today's appointment of Record to the executive level role.

Record is a dedicated and accomplished educational leader with over two decades of experience spanning early childhood through high school education. Currently serving as the principal of Snow Hill Middle School, he has successfully led transformative initiatives that have significantly enhanced student achievement, campus safety, and school climate.

Record has held multiple princi-

palships within Worcester County Public Schools, including at Snow Hill Elementary and Pocomoke Middle Schools, where he implemented innovative strategies to support high-poverty populations and improve academic performance. His leadership has been recognized at the state level, including being honored as the Maryland Middle School Principal of the Year in 2020.

Holding a Doctorate in Educational Leadership from the University of Maryland Eastern Shore, a Master's in School Leadership and a Bachelor's in Elementary Education, Record pairs academic rigor with practical experience. Throughout his career, he has contributed to large-scale grant projects, led accreditation evaluations, and championed the arts, earning the Maryland School Administrator Music Educator of the Year award in 2019.

Additional administrative announcements, including Record's successor, are anticipated to occur next month.



Matthew Record

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Reduce the risk of lost pets

Pets bring a lot of joy to people's lives. Is it any wonder that, as of 2024, 66 percent of households in the United States, or 86.9 million homes, owned a pet, according to the American Pet Products Association? In fact, 97 percent of pet owners consider their pets to be family members. And according to Made in CA, 77 percent of households in Canada own at least one type of pet.

Introducing a pet into a home is not a decision to take lightly. In addition to the considerable financial investment associated with pet ownership, owners must devote time and energy into safeguarding the well-being of their pets. That includes re-



ducing the chances the animal becomes lost. The Animal Humane Society says it's estimated one in three pets will go missing in their lifetime. Many of those pets will not be reunited with their owners.

But people can do their part to protect pets from escaping or getting lost. Here are some proactive steps to take.

Get pet identification. Take a multi-layered approach to identifying the pet, such as name and contact information printed on a collar tag. In addition, have the pet microchipped. A microchip is a small device about the size of a grain of rice that is implanted just under the skin. The microchip can be programmed to emit identification information about the animal when scanned. Pet parents should routinely check and update the chip's data if they move or if there is a change in phone number or pet ownership.

Consider a GPS-enabled collar. An-

other great tool is attaching a GPS-enabled device to a pet collar. In the event the pet cannot be found, pet owners can track the animal's location using a mobile phone.

Secure the home and yard. Check for any apparent points of weakness around the home or yard. Is there a large gap between the bottom of the fence and the lawn that needs remedying? Is the gate latching securely or does it pop open? Are all window screens secure, or could they be pushed out from the inside? Curious animals can quickly turn into escape artists, especially if there is a wild animal to chase or a scent they want to investigate. Securing the home can cut down on potential problems.

Utilize obedience training. Working with a certified dog trainer or cat behaviorist can teach the pet to curb an instinct to bolt. If they start to run off, training can help pets develop adequate recall skills to come back when called. Trainers also can teach techniques to quell pets' desires to dart when a house or fence door is open.

Choose well-fitting collars and harnesses. A collar can be rendered useless if the pet is able to slip its head out, especially when a little pressure is applied. A martingale collar is a special collar that will safely tighten when the dog tries to pull away. When the dog loosens up the pull, the collar goes back to its comfortable position. Harnesses may be even more secure for escape artists because they attach around the midsection rather than the neck.

Use leashes on pets. The animal should be on a leash whenever it is taken outdoors where there is no fence or secured area. Even the most well-trained pets may run off from time to time. Not to mention, leash laws exist in many areas for both the dog's and people's protection.

It's important that pet owners take steps to prevent their furry friends from running away and getting lost.



Kick-off - Optimist Club members participated in Ocean Pines Season Kickoff at the Veterans Park in Ocean Pines. Past President **Bill Hickey** and member **Mitch Francis** hold display signs showing clu scholarships and other programs.

WCDC to host annual golf tournament

On Tuesday, June 10 at 12:30 p.m. the Worcester County Developmental Center will host its annual Bill Gibbs Memorial Golf Tournament sponsored by Pam and Macky Stansell. It will be held at the Ocean City Golf Club. Registration opens at 12:30 p.m. and lunch will be served. Shot gun start will be at 1:30 p.m. followed by dinner, awards, and post play.

The Gibbs family and the Dough Roller organization are a major financial supporter as they continue the legacy of Dough Roller founder Bill Gibbs.

All proceeds from the golf tournament go towards client services. Your donation helps WCDC provide employment opportunities, residential services, day habilitation programs and community-based supports to adults who live with a developmental disability. Your partnership helps WCDC in its mission to enable its clients to achieve their highest level of economic and social independence. All contributions are tax deductible. WCDC is a 501(c)(3) corporation.

A registration form to golf or sponsor can be obtained by contacting Cecil Tull at ABC Printers at 410-213-2022, Stephanie James at 410-632-2382, or visiting WCDC at 8545 Newark Road, Newark, MD 21841.

If you are unable to participate but would like to support WCDC, tax deductible contributions can be mailed to WCDC, P.O. Box 70, Newark, MD 21841.

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Maryland oyster stock assessment records long-term increase

The population of Maryland's oysters has grown significantly in the past 20 years, according to the results of the latest benchmark stock assessment for the species.

The Maryland Department of Natural Resources and the University of Maryland Center for Environmental Science released the summary results of the stock assessment on Monday.

"Good news for oysters is good news for the Chesapeake Bay," DNR Secretary Josh Kurtz said. "This stock assessment shows that oysters have made important progress during the past two decades. That's a testament both to our continued investment in oyster restoration and our careful management of the oyster fishery. These findings will help guide management decisions during the next several years."

The stock assessment analyzed the status of the population of eastern oysters, the keystone species that also holds important economic and cultural value for the Chesapeake Bay region, from 2005 to 2024. After a low point in

2005, shortly after oysters had been decimated by disease, the mollusks have increased in the following two decades.

The stock assessment's summary results give insight into multiple aspects of the oyster population and oyster fishery, with the full report scheduled to be released by DNR in June. As overall oyster abundance increased in Maryland's portion of the Chesapeake Bay, researchers found positive population growth at many oyster restoration sanctuaries as well as decreased fishing pressure in harvest areas compared to the previous stock assessment completed in 2018.

Overall oyster abundance has increased

The stock assessment estimated that more than 12 billion oysters live in Maryland's waters of the Chesapeake Bay in 2024, including about 7.6 billion adult oysters and over 5 billion spat, or juvenile oysters. The assessment estimates there were only 2.4 billion adult oysters in 2005.

Mike Wilberg, a professor at the University of Maryland Center for Environmental Science who led the as-

essment, said the increase is likely driven by three main factors.

"The first one is that we have had some good spatsets," he said. "The second one is that natural mortality rates, or particularly disease, hasn't been as bad as it was in the 1980s and 1990s. And then the last one is that the department has maintained restrictions on harvesting that have allowed the oysters that are in some of these areas to continue to survive and reproduce and provide habitat and do all the things that we want them to do."

The 2025 stock assessment is the second major stock assessment conducted on the eastern oyster in Maryland. The state's Sustainable Oyster Population and Fishery Act of 2016 requires DNR and UMCES to conduct a benchmark stock assessment every six years, as well as update assessments in intervening years. Benchmark stock assessments take account of available data from multiple sources to arrive at mathematical models for the status of fishery.

A major source of data is




Oysters sit in a bucket after being measured by Department of Natural Resources staff as part of the annual fall survey, a major data source for the stock assessment that found an increase in Maryland oysters. Photo by Joe Zimmermann, Maryland DNR


*please see **oysters** page 13*

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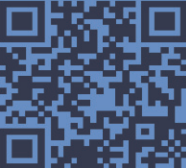


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tour
from page 6

beauty, outdoors, live (‘en plein air). Artists will pop in at different times, offering fresh inspiration in every garden.

Friday, June 27 – Wrap it up at the plein air exhibit and sale.

Visit Bishop’s Stock Fine Art, Craft & Wine Gallery from 5 p.m. and 7 p.m. to view and purchase the artwork created during the tour, mingle with the artists, and enjoy live music by jazz and classical guitarist, Quinn Parsley. (No ticket required.)

“This event is all about celebrating the beautiful gardens

aches
from page 8

physical therapy without a doctor’s referral.

Fact: Many insurance plans now cover direct access physical therapy visits, and coverage is increasing as this model becomes more standard.

When to see a physical therapist

If you are experiencing aches or pains that interfere with your daily life, limit your mobility, or persist for more than a few days, don’t wait. Thanks to direct access, you can schedule a visit with a physical therapist right away. Early signs that PT could help include:

- Back, neck, or joint pain after an injury or overuse
- Persistent stiffness or weakness
- Pain that worsens with activity or limits your ability to perform everyday tasks
- Post-surgical rehabilitation needs
- Balance problems or difficulty walking

Physical therapists provide a comprehensive approach that includes manual therapy, exercise prescription,

that come to life each year with native plants and how they attract not only pollinators but community too,” said Margot Resto, Executive Administrator and planner of the Pollinator Garden Tour at Lower Shore Land Trust. “The theme this year is ‘Small Spaces, Big Impact,’ highlighting that whether you have a tiny container space or a full-sized garden, you can make a significant impact on the health and survival of our essential pollinators. All of these gardens are really a part of a much larger patchwork of gardens.”

Tickets are \$30 in advance, \$35 at the door, and \$10 for Children 12 years and under.

pain management strategies, and patient education. Their goal is to restore function, reduce pain, and prevent future injuries.

The bottom line:

don’t delay, get moving

The ability to access physical therapy directly is a game changer in healthcare. It eliminates unnecessary hurdles, reduces wait times, lowers costs, and empowers individuals to take immediate action when pain or injury strikes. Whether it’s a nagging shoulder pain, a sudden back spasm, or ongoing joint stiffness, there is no reason to wait and suffer.

If you have pain, discomfort, or mobility challenges, reach out to a licensed physical therapist today. Direct access means you don’t need to ask permission—your health and wellbeing are in your hands. Start your path to recovery now, because the sooner you move, the sooner you heal.

William Hamilton Jr., DPT, CHT owns Hamilton Hand to Shoulder (Physical Therapy). He can be reached at 410-208-3300 or via email at Billy@HamiltonHand.com



ACSA Kid’s Fishing Derby 2025



Who: Group1- Ages 6 -10
Group2 - Ages 11 - 16

NOTE: All Children must be accompanied by a parent or guardian.

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Where: Oceanic Fishing Pier
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Cost: Free to child participants, membership not required, no license required. Parents \$5.00 fee

Questions: Contact Jerry Leuters at 240-427-8929, or via email at dorado1045@yahoo.com

Note: Need to Bring a fishing rod and tackle. Tackle is also available to rent/purchase at the pier.



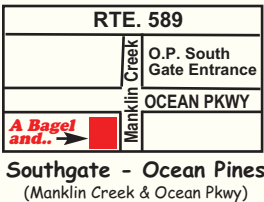
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oysters

from page 11

DNR's fall oyster survey, which monitors the oyster population at sites across Maryland's waters of the Chesapeake Bay every year. In 2005, the survey began collecting additional data in order to acquire a measure of oyster density that can be expanded to estimate the number of oysters in larger areas of known oyster habitat throughout Maryland's portion of the Bay. That change in methodology is why the 2025 stock assessment focused on the years after 2005, Wilberg said.

The 2025 stock assessment also considered data from Maryland's Bay bottom survey, sonar surveys, plantings, patent tong surveys, harvest re-

ports: oyster abundance and fishery pressure. In terms of abundance, there are three important benchmarks: 1) a long-term abundance target that represents the goal for oyster populations in the years ahead; 2) a cautionary level that indicates the need for vigilance in these areas; and 3) a lower limit below which oyster populations are depleted.

Results of the assessment indicate that one area was above the long-term abundance target, 24 areas were between the long-term target and cautionary levels, three were between cautionary levels and the lower limit, and seven were below the lower limit.

"The oyster population has been increasing across most of the Bay," Wilberg said. "There are only a few areas where we have had decreases

projects underway and more to come," Judy said. "Most recently we developed and initiated the Eastern Bay project to restore oysters in that region for the three key oysters sectors together: sanctuaries, fishery, and aquaculture. With such commitments now and in the future, we look forward to more progress."

Decreased fishing pressure

Stock assessments help to determine fishing mortality reference points that help guide future management of a fishery. These reference points show the fraction of the population that can be harvested in an area while still achieving sustainability goals for the abundance of a species.

Looking at the 2023-2024 harvest data, the assessment found that 29 areas were below the target fishing mortality, meaning these areas were considered to have low fishing pressure. Two areas were between the target and threshold mortality reference points, and four were above the limit, meaning that oyster populations in those areas may not grow over time and could begin to decline.

While some areas are still seeing high fishing pressure, the results are an improvement over the 2018 stock assessment, which found that 19 areas were above the fishing mortality limit.

"This indicates that the fishery is in a better condition than it was when we did our last benchmark in 2018," Wilberg said. "Overall things are looking better, and a lot of the credit for that goes to DNR for changing aspects of management in response to the last stock assessment. I think those changes have been beneficial in helping to better achieve the targets."

The previous stock assessment quantified the abundance measure and harvest rate measure for oyster management, for each major harvest region, Judy said. With those figures as a framework and guide, the department has adjusted harvest rules in response.

Continued growth at restoration sanctuaries

The stock assessment does not directly analyze the large-scale oyster restoration sanctuaries, as these are monitored in a separate initiative, but it does provide insight into the status of these areas that have been a major focus for efforts to restore the oyster population in the Chesapeake Bay.

Large-scale restoration sanctuaries make up substantial portions of several harvest reporting regions, so the growth of oyster populations in those areas can largely be attributed to growth in the sanctuaries, Wilberg said.

At two sanctuaries, the stock assessment found a fivefold increase in oyster population since oyster restoration efforts began after 2010. In the Little Choptank sanctuary, an estimated 100 million adult oysters pre-restoration increased to 500 million, while a population of 40 million in the Harris Creek sanctuary in 2010 grew to 200 million after restoration was completed. In the Tred Avon River sanctuary, the population increased by about four times, from 40 million to 175 million.

"The three major restoration sanctuaries that are pretty much finished have all been really strong successes," Wilberg said. DNR and partner organizations have heavily planted oyster spat at these sanctuaries to boost their populations.

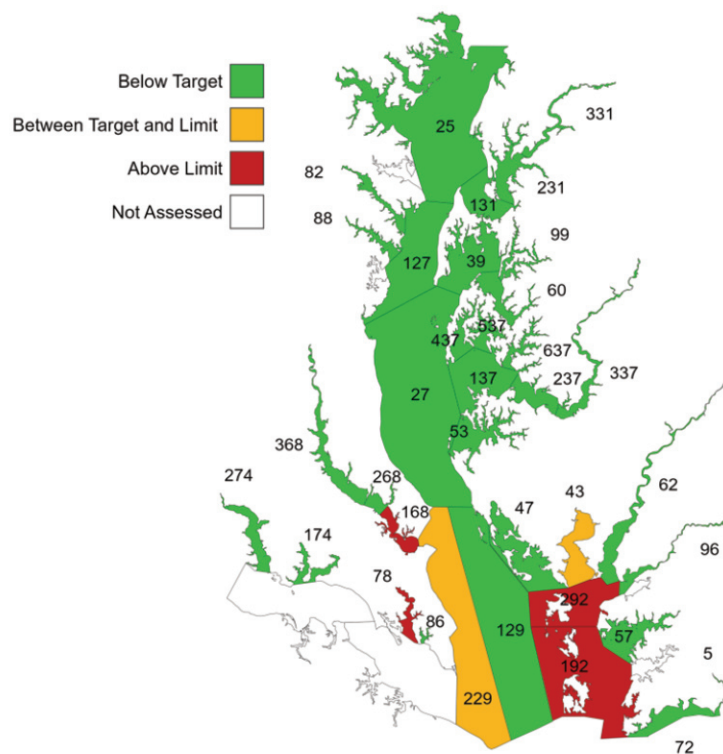
The effects of the two more recently completed large-scale sanctuaries, St. Marys River and Manokin River, on oyster abundance will likely take more time to become apparent.

These results come with caveats—the data does not define how much of the increase is due to direct restoration efforts (intensive spat plantings) compared to favorable environmental conditions, and the stock assessment can't determine how much population growth in sanctuaries is contributing to a Bay-wide increase in spatsets. But Wilberg said it does indicate that "overall they've been very successful in bringing oyster abundance back up" in the large-scale sanctuaries.

Eastern oysters declined to a fraction of their population in the Chesapeake Bay since the 1800s, due to historical overharvesting, disease-related mortality, habitat loss, and water degradation. About 75% of the oysters in the Bay died of disease mortality between 1999 and 2002.

"From such low points as this, oysters have made significant progress," Judy said.

DNR will propose its recommended harvest rules for the upcoming oyster season based on the results of the stock assessment, the fall survey data, and other considerations at the Oyster Advisory Commission meeting June 9.



ports, peer-reviewed studies, and even the state's "Yates survey" that mapped oyster bars starting in 1906.

The latest stock assessment found a considerable increase in oyster abundance from the 2018 stock assessment, because of both continued growth of the population and improved methods to analyze the population, such as the additional dredge data, Wilberg said.

An independent peer review panel evaluated the 2025 stock assessment and approved of the methodology and findings.

The stock assessment analyzed oyster populations by specific oyster harvest reporting regions. In each region, it analyzed two important meas-

ures over the last five years. That's a good sign from my perspective."

Wilberg also noted that, while most areas are not above long-term abundance targets, those goals "really are long-term."

"It may take decades or longer for the population to get back up to those levels," he said. "This is where we want the population to get to, but we're not there yet."

Chris Judy, director of DNR's Shellfish Division, said the progress on oyster abundance is encouraging, while ongoing and planned restoration work should help long-term efforts.

"Maryland has many large-scale

Is your retirement at risk?

By **John Bennish**
Financial Advisor, Edward Jones



John Bennish

It's important to save for retirement, but only half of Americans have calculated how much money they'll need, according to the 2024 Retirement Confidence Survey by the Employee Benefit Research Institute. Yet without knowing how much you'll need, it's hard to know if you're on track to reach your goals for retirement.

Here are a few considerations to help shape your retirement savings strategy.

Calculate how much you'll need. You may dream of retiring "comfortably," but how do you define "comfortable" in terms of actual money? Take the time to outline how much you spend now, and how much you think you'll spend in retirement. That will help you understand how much you need to save now to afford the retirement lifestyle you want later. A financial advisor can help with resources and knowledge for building and managing your retirement strategy.

Start saving now. It's easy to procrastinate, especially if you are younger and further away from retirement. But the earlier you start, the less you may need to save from each paycheck to build your funds over time. If you're closer to retirement, you can take advantage of catch-up contributions to most 401(k), 403(b), governmental 457 plans and the federal government's Thrift Savings Plan. If you're 50 or older, you can save pretax an extra \$7,500 to your retirement account beyond the standard total limit of \$23,500 allowed in 2025. Those 60-63 years old can contribute to these plans an extra \$11,250 above the standard total limit. That's an annual total of \$31,000 for people ages 50 and older; or \$34,750 for those 60-63 years old in pretax retirement plan contributions.

Take the right amount of risk. You may think it's risky to put money away for retirement instead of keeping it handy for discretionary spending. But the biggest risk of all is not reaching your retirement goal. For

example, a portfolio that's all in cash will have little increasing value over time and won't provide any growth potential even to keep up with inflation. It's as if you're losing money every year. Then again, if your investments are only keeping up with inflation, your money is not growing. Consider growth investments to help build the funds you'll need in retirement. The key is ensuring you have the appropriate amount of risk — not too much, but not too little — to achieve your growth goals.

Save separately for emergencies. To protect your hard-earned retirement savings, build an emergency fund separate from your long-term investments. It can help ensure you have what you need to cover surprises like a large auto repair, unexpected medical bills, temporary loss of income from changing jobs or early retirement caused by health issues. For most people, three to six months' worth of total expenses is an appropriate amount for an emergency fund. And you'll want to keep it in an accessible, low-risk account that holds cash and equivalents. Above all, try to avoid taking money from your long-term retirement investments. Doing so could result in taxes, penalties and reductions to your overall principal investment, all of which could affect your retirement savings.

Retirement should be an exciting time to enjoy what you've worked so hard to earn. Planning for what you'll need and protecting those savings can help ensure a comfortable future.

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

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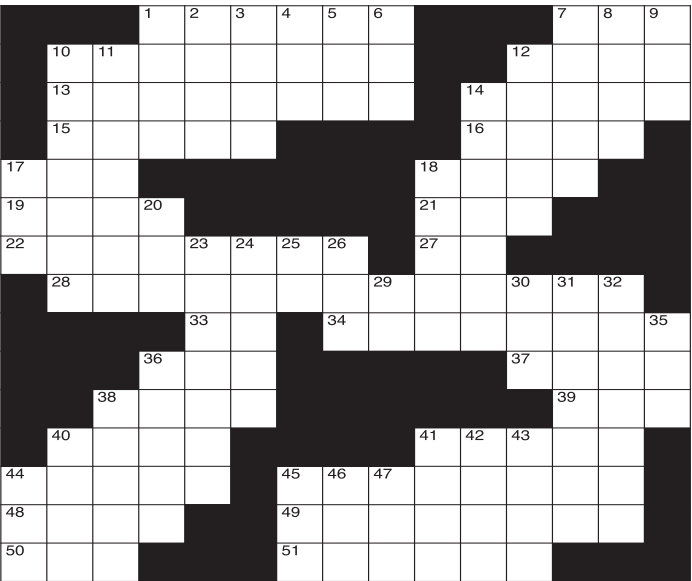
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CLUES ACROSS

1. Bring up

7. Child

10. Formal written defense

12. Bangladeshi currency

13. Burial site

14. In the lead

15. Large recesses in a church

16. Count on

17. Defunct phone company

18. Golf scores

19. Afflicts

21. Defensive nuclear weapon

22. Prominence

27. "The Great Lakes State"

28. SoCal ballplayer
33. Location of White House

34. Magnificence

36. Hip hop songstress

37. Capital of Yemen

38. ___ Blyton, children's author

39. Bomb

40. Pancake made of buckwheat flour

41. Pinkish-violet color

44. A way to make right

45. Monument to one buried elsewhere

48. Region south of Dead Sea

49. Acts out against

50. Harsh cry of a crow

51. Formal title for a woman

CLUES DOWN

1. Kitchen devices

2. Wings

3. Mythological birds

4. Everyone has one

5. Matchstick game

6. Bar bill

7. Weights

8. Satisfactorily

9. Small amount

10. Tree types

11. Small protuberances

12. Equivalent of 100K BTU

14. Type of horse

17. More (Spanish)

18. Argentinian province

20. A bad act

23. Moving in a circular way

24. Battery type
25. Atomic #58

26. Popular breakfast food

29. An alternative

30. Tooth caregiver

31. A way to conform

32. Disfigured men

35. Cool!

36. Genus of mosses

38. Body part

40. Kashmiri people

41. Round water pot

42. Something to purchase

43. Emit coherent radiation

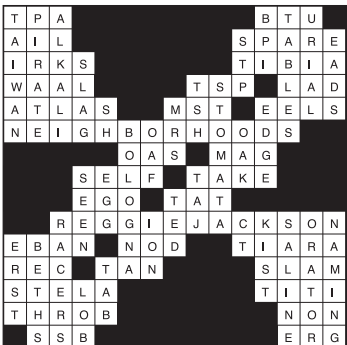
44. Indicates 10

45. Advertising metric

46. Pitching stat

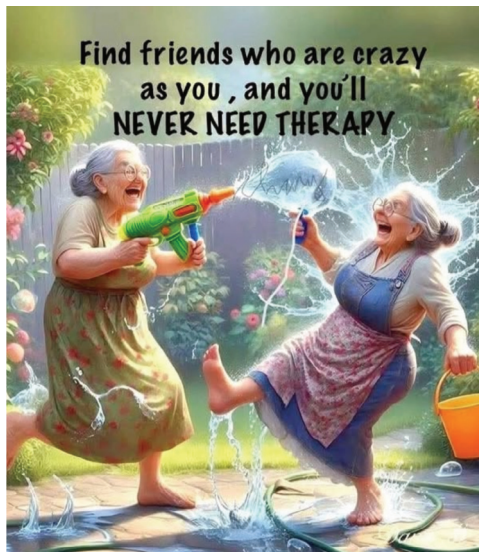
47. Head movement

Answers for May 21



Some things to think about

Gathered from the internet
by **Jack Barnes**



Being a woman is hard, you always want to buy something, kill someone, lose weight, and eat something sweet!



These phones may have been limited by today's standards. But you never had to recharge the battery, they worked during power outages, and you never lost them.



I really don't mind getting older, but my body is taking it badly.

I FEEL LIKE I SHOULD CLEAN THE HOUSE, SO I'M GOING TO



MY GARDEN TO PLAY UNTIL THE FEELING PASSES

I ASKED MY GRANDPA, "AFTER 65 YEARS, YOU STILL CALL GRANDMA DARLING, BEAUTIFUL, AND HONEY. WHAT'S THE SECRET?" HE SAID, "I FORGOT HER NAME 5 YEARS AGO AND I'M SCARED TO ASK HER."



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— C.S. Lewis

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