

The Courier

August 27, 2025 Volume 25 Number 44



Application process

The Worcester Prep Class of 2026 hit the ground running in preparation for their college application season this fall.

Rising seniors participated in a four-day College Application & Essay Writing Workshop held in the Guerrieri Library, organized by the WPS Office of College Counseling. During the workshop, students engaged in one-on-one sessions with Kelly Hawse, the WPS Director of College Counseling. They focused on writing and reviewing college applications and essays, as well as refining their college lists. In addition, college admissions representatives shared valuable insights and practical advice on the importance of effective communication with colleges and how to convey their unique stories through authentic and well-crafted personal statements.

Seniors **Emily Patrowicz**, **Catherine Cullen**, and **Anisha Batra** reunited with smiles at the annual College Application & Essay Writing Workshop at Worcester Prep.

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Annual Marine Debris Plunder returns

Join Captain Jack Sparrow, the Maryland Coastal Bays Program, and the Ocean Pines community for the Annual Marine Debris Plunder on Sunday, September 21, from 10 a.m. to 1 p.m. Participants will help clean up marine debris from local bays, beaches, and streets.

Both boaters and land-based volunteers are encouraged to join the cleanup effort. Gather collected debris and bring it to the Ocean Pines White Horse Park Boat Ramp for a weigh-in. Captain Jack Sparrow and his pirate crew will assist with the weigh-in and ensure proper disposal of the debris.

Preregistration is encouraged and can be completed online at the Maryland Coastal Bays Program website, www.mdcoastalbays.org, or by contacting Sandi Smith at mcbp@mdcoastalbays.org.

Thanks to a sponsorship from Ron Jon Surf Shop, supply packets can be picked up at the Yacht Club Marina or the MCBP office on a pre-arranged date, or at the boat ramp

the day of the event.

Participants who bring their collected debris to the weigh-in will receive an event T-shirt, while supplies last.

The goal of this event is to engage the community in cleaning up our waterways and streets and to collect data on the debris. Participants will be asked to fill out data sheets, which will be used for an outreach campaign next year to remind visitors of the importance of keeping local waterways clean.

Boaters will receive specific instructions on identifying marine debris and avoiding live traps, as crabbing season is in effect. It is illegal to tamper with live traps.

Boaters are encouraged to collect abandoned and derelict crab pots, which often become ghost pots that trap and kill marine life, including crabs, terrapins, otters, and fish.

For more information, visit www.mdcoastalbays.org or contact mcbp@mdcoastalbays.org.



Bravo - The sounds of music emanated from the large meeting room of the Ocean Pines library last Wednesday evening when the Friends of the Ocean Pines Library hosted "Classical Concert with a Twist." Ten musicians and vocalists performed classical selections interspersed with jazz arrangements. Emcee Jim Meckley brought the performers together for the evening much to the pleasure of the full house.
Above **Jennifer Hope Wells** (left) sings "I Wish it So" accompanied by **Jenny Anderson** on piano. Photo by Chip Bertino



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Bob Dylan program hosted at library

In the summer of 1965, Bob Dylan and his back-up band plugged in their instruments at the Newport Folk Festival, shocking acoustic purists and changing music forever. Sixty years later, Frank DeLucco and Harry Burkett examine the Newport controversy at the Ocean Pines Branch of the Worcester County Library on Thursday, August 28, at 2 p.m.



Bob Dylan

Dylan rose to prominence in New York City’s Greenwich Village, and, viewed as the heir-apparent to folk singer Woody Guthrie, gave voice to the civil rights and anti-war movements with songs such as “Blowin’ in the Wind,” performing at Carnegie Hall and at the 1963 March on Washington. He was the obvious headliner for the 1965 Newport Folk Festival on Rhode Island, appearing with Pete Seeger, Joan Baez, Peter, Paul, and Mary, and scores of folk performers from across the country.

He had already stretched folk norms with the release of the album *Bringing It All Back Home* earlier in the year, but acoustic tracks such as “Mr. Tambourine Man” kept him in the good graces of traditionalists. Yet Newport organizers should have heeded “Maggie’s Farm” and “It’s All Over Now, Baby Blue,” which foreshadowed his departure from folk music.

“We want to give the larger picture, which shows the 1960s generation was going to express itself through rock music instead of folk music, and that would have happened whether Dylan plugged in or not,” said DeLucco. “Dylan’s act of defiance at Newport symbolized the change, but the Beatles had as much to do with folk music’s fading relevance as anyone.”

Adds Burkett, “We’ll address a lot of myths about Newport, too. Was Dylan the first to go electric at Newport? Was he really booed out of the festival? Did Pete Seeger try to chop the power cables with an ax? The story is more complex than most people realize.”

For more information on all Worcester County Library programs, check out the Events page at worcesterylbrary.org.



Kiwanis meets weekly

The Kiwanis Club of Greater Ocean Pines/Ocean City met at the Ocean Pines library on August 13 for a regular meeting and took the annual club photo. The club meets every Wednesday at 8 a.m. in several locations depending on the season or circumstances. For more information, visit our website <https://kiwanisofopoc.org/> or email us at kiwanisofoc-oceanpines@gmail.com.

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No, no, not again

Not for the gold of Midas would I relive the teenage years. Awkward experiences. Growth spurts. Uncontrollable moodiness. Raging hormones. Scattered thoughts. Romantic awakenings. Puberty. It's a

acne and an overbite. I was worthy of a Jerry Lewis telethon. No wonder the girls stayed away from me.

As if puberty didn't come with enough challenges, there was the ultimate scourge for teenagers with crooked and uneven teeth — the orthodontist. That's right. Braces.

It happened to other kids in eighth grade before it happened to me. My friend Marc got them. So did Karen and Marianne. Frank (not Other Frank)

too. Then it was my turn to take a trip to Feasterville to visit Dr. Seiders' office. The first visit wasn't bad, just some conversation. Things got more real during the second visit when molds were taken. Plates filled with goop which had to stay in place until the it set. Yuck!

During the next visit hardware installation commenced. This was an era before invisible braces. These were the days before behind-the-teeth or colored braces. These were still early times when a steel sleeve encircled each tooth. Wires were installed which, during the course of treatment, were tightened to close the gaps. My opinion of the process then and now remains unchanged: it was barbaric.

Getting used to what felt like 20 pounds of sharp and abrasive mouth gear took time. I was given wax to apply at the back of my mouth so the wire ends would not lacerate my inner

cheek. The wax offered little protection. Brushing my teeth became even more of a chore because each brace-covered tooth had to be brushed carefully to ensure food particles did not embed in the hardware.

The inhumane treatment intensified with the dreaded night head gear, a Medieval looking apparatus with stainless steel prongs that slid into sleeves attached to the top molars on either side of my mouth. A rubber band stretched across my front teeth which was expected to apply more pressure to close the gaps. All this was held in place by a wide, adjustable elastic band that enveloped my head. I could only sleep on my back, learning soon enough that rolling on my side would release the head gear, ejecting the prongs into my jowls.

Each morning, with considerable difficulty, I stretched tiny rubber bands from a back molar brace fitting to an eye tooth fitting. I carried a bag of these bands with me so a broken one could be replaced during the day. These bands were also suitable for makeshift slingshots fashioned with two pencils that could hurl paper footballs a respectable distance during third period Algebra.

Like so many kids before and

since, I endured this treatment for several years, not able to eat corn on the cob or an apple from its core. Not once did I lock braces with a girl.

Liberty came on a bright afternoon in spring when the hardware was permanently removed. The gaps and overbite were gone. Bring on the corn! Bring on the apples! Bring on the girls! Bring on the retainer! Wait. What? Retainer? So, I wasn't really, completely, totally, one hundred percent free. I had to wear a retainer for a couple more years to ensure my teeth stayed in place. The fear of God and worse — the fear of my mother — was drilled into me not to lose the retainer.

Time blurs unpleasant memories, but I do have tattered recollections of a missing retainer or two or three. I also remember biting into my first ear of corn. And it was sweet. So, I had another.

The braces may have been gone but more time was needed for the acne to fade, for my face to catch up with my nose and for the unibrow to be plucked. As for the girls, well that took a little more time still.

No, I wouldn't want to relive my teenage years.



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

wonder the human species endures. Entering teen-hood is akin to learning to drive by speeding down a desolate road on a moonless night without a roadmap, headlights or compass. Life is both familiar and unfamiliar. Why is it the blonde hair girl sitting at the next desk in Sr. Mary Elizabeth's fifth grade math class looks the same yet I feel differently when I look at her? She's sat in the desk next to mine since first grade so why do I keep looking at her? Is she looking back at me? Is she?

It was a time when polyester suits and platform shoes moved to the rhythm of disco; when Farrah was *the* pin-up girl; and, Starsky and Hutch were cool. That's when I stumbled, pocket-protector first, into my teenage years as a nerd in appearance, esteem and outlook. I had a honking nose that hadn't yet complemented my face, a bushy unibrow, zits and



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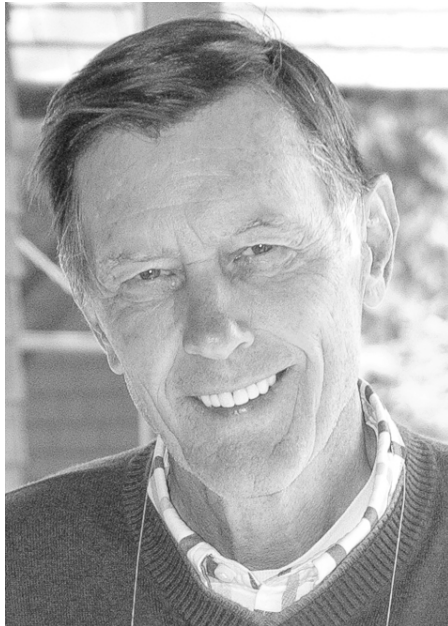
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By **Chip Bertino**

For more years than I can recall, this space has been occupied by the commentaries of Joe Reynolds, founder and moderator of *OceanPi-*



nesForum.com. Just short of a fortnight ago, Joe blasted a message to *Forum* followers that he would soon shutter the site many consider a community institution.

For just over two decades *OceanPinesForum.com* has been a go to source for information, news and community opinion within our Ocean Pines community. The *Forum* gave members space to comment, rant, question and debate topics of wide range. In the center of it all was the “Great Stirrer,” Joe Reynolds, a fixture around the community and at OPA board meetings. His *Forum* raised and illuminated issues of consequence and nonsense seven days a week, 365 days a year for twenty-plus years.

The *Forum* has reflected, dissected and magnified our community. It has evoked freewheeling discussion and made the goings-on of the community accessible to

those within and without the North and South gates. Combustible topics such as construction of a new Community Center and Yacht Club sparked considerable activity on the *Forum*. So did concerns over how to manage the burgeoning population of C a n a d a Geese. There have been many, many other topics that have engaged *Forum* members and the Moderator.

Through it all, the *Forum* has been a site that has welcomed divergent opinions especially those in opposition to the Moderator. Back and forth, point/counterpoint *Forum* messages between Joe and *Forum* members enlivened debate and has made the *Forum* a “must-read” source of information, entertainment and sometimes even frustration.

Thousands of members are attracted to the *Forum*, though not all post messages. The *Forum* has been a common community experience, akin to the days when television shows generated talk around the water cooler. The *Forum* delights. It angers. It educates. It generates conversations on the golf course, at dinner tables and wherever Ocean Pines people congregate.

The *Forum* has never toiled in

the long shadows of low-road rancor. No foul language. No personal attacks. Controversial discussion welcomed. Disrespectful discourse forbidden.

The *Forum* has shaped our com-

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News, Life and Politics in Ocean Pines, Maryland

munity through conversation and commentary. It has been a cheerleader for Ocean Pines and sometimes its conscience as expressed through hundreds of thousands of messages posted through the years.

It’s hard to remember a time when the *OceanPinesForum.com* wasn’t just a click away. But soon it will be time to say goodbye. And that’s sad.

Some may have a love/hate relationship with the *Forum* and with Joe as well for that matter, but most should be able to agree that our community has benefitted because of the *Forum*’s its existence.

Letters sent to The Courier for publication consideration must be signed and include a telephone number where the author can be reached to verify authenticity, if necessary. Letters are not corrected for spelling or grammar and priority will be given to letters of 300 words or less. Letters must be received by Friday at 5 p.m. They can be e-mailed to: thecourier@delmarvacourier.com

Courier Almanac

On August 27, 2007, Michael Vick, a star quarterback for the Atlanta Falcons, formally pleads guilty before a Richmond, Virginia, judge to a federal felony charge related to running a dogfighting ring. That December, the 27-year-old Vick, once the highest-paid player in the NFL, was sentenced to 23 months in federal prison.

Professionals might be returning to work in offices after years of pandemic-related remote work, but that doesn’t mean home buyers aren’t still prioritizing home office space when shopping for a new place to call their own. According to a recent survey of home buyers conducted by the National Association of Home Builders, 66 percent would prefer to buy a home with exactly one home office space and 13 percent want at least two offices. Just one in five buyers indicated they do not want any home office space. The majority of buyers who want home office space prefer a medium-sized space, which the NAHB defined as between 100 and 150 square feet. Just 22 percent of buyers prefer a home office space larger than 150 square feet, while only 19 percent want a small space (less than 100 square feet). The NAHB survey indicates the enduring popularity of home office spaces, recognition of which can be particularly useful for current homeowners preparing to put their homes on the market as well as those looking to add office space.



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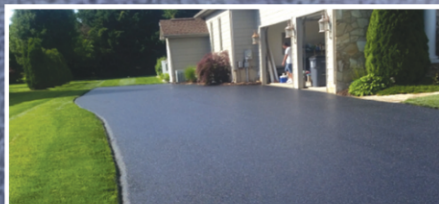
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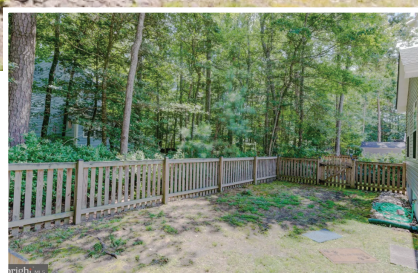
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Wor-Wic offers new STEM major concentrations

Wor-Wic Community College will offer new degrees in the STEM concentrations of data science and mechatronics engineering starting this fall.

The STEM transfer associate of science degree with a data science concentration includes the courses usually required during the first two years of a bachelor's degree for students pursuing careers such as data analyst, database administrator, business intelligence analyst or machine learning engineer. Graduates will be trained in the core concepts of data science, mathematics, statistics and computer science, and will use data science tools and appropriate technology to create models for solving real-world problems.

"We are excited to offer this new transfer program," said Dr. Stacey J. Hall, dean of STEM. "In the state of Maryland, data scientists are projected to be in the top 10 of growing occupations with educational value. Our associates degree provides a path for transfer students to Maryland institutions, including Salisbury University."

The STEM technology associate of applied science degree with a concentration in mechatronics engineering is designed to provide

students with engineering, electronic and computing skills needed for careers in advanced automation and manufacturing industries. Students will learn to apply engineering design processes to develop solutions for

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business needs, as well as designing, programming and troubleshooting automated machines and robots for industrial applications.

"Our new mechatronics engineering A.A.S. degree provides a pathway directly to the workforce for students interested in engineering applications," said Joe Roche, applied technologies department head and associate professor of trades. "We have worked with industry partners in the development of this program to ensure our graduates are prepared to work side-by-side with engineers and field technicians to build, test and install mechatronics systems in an increasingly automated workplace."

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First Bocce Ball Club tournament scheduled

The Ocean Pines Bocce Ball Club will host its first tournament on Friday, September 5 and Saturday, September 6 at the Bocce Ball courts located at the Ocean Pines Yacht Club.

The bracketed tournament kicks off Friday evening for two-member teams. Starting at 6 p.m., Seeds 2 and 5 will compete on Court #1, while Seeds 3 and 4 face off on Court #2. The winner of each will go on to face each other at 7 p.m., with that winner then playing Seed 1 at 8 p.m. for the two-member Champion title.

On Saturday, four-member teams will face off starting at 4.p.m., with Seeds 1 and 8 playing on Court #1 and Seeds 2 and 7 on Court #2. Seeds 3 and 6 will face each other on Court #1 at 5p.m., with Seeds 4 and 5 playing on Court #2 at the same time. Competitions will continue at 6

p.m. and 7 p.m., with the final two teams facing off on Court #1 at 8pm for the four-member Championship title.

Additionally, registration is now open for the Fall Bocce Ball League.



The Fall League will play on Mondays and Tuesdays, starting on September 29 and ending November 18. Registration closes on September 18.

For more on the OP Bocce Ball Club or the tournament, email mgalello@aol.com.

Plein air competition deadline is Sunday

The Worcester County Arts Council will welcome artists back for the annual Paint Worcester County Plein Air Competition, happening September 14 to 19. Artist registration is open, and the deadline to apply is August 31 so don't miss your chance to be part of this exciting celebration of art and place.

In partnership with the Worcester County Library Foundation, this event invites artists from near and far to capture the magic of Worcester County en plein air—painting outdoors, directly from the landscape, the streets, and the vibrant community around us, and compete for attractive cash prizes.

This year's competition juror will be William Buchanan, an accomplished painter and former art educator. William brings both deep artistic vision and a heartfelt connection to our region. We're honored that he will lend his eye to evaluate and celebrate the plein air creations of participating artists. Come experience his thoughtful judging and join in celebrating the creative spirit that makes the commu-

nity glow.

The week culminates in a festive Opening Exhibit Reception & Sale on Friday, September 19, from 4 p.m. to 6 p.m. at the Berlin library meeting room. The public is invited to meet the artists, enjoy the freshly painted works, hear the juror's remarks, and even take home an original plein air masterpiece. The exhibit will remain on view at the Berlin library gallery through October 22.

"Paint Worcester County celebrates the vibrant landscapes and artistic spirit of our community," said Anna Mullis, Executive Director of the Worcester County Arts Council. "We encourage artists to register, and we welcome everyone to join us on September 19 to share in the joy of art, creativity, and community."

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Top exercises for healthy hands and arms at any age

By **Billy Hamilton**

Our hands and arms are involved in nearly every activity we do—from typing on a computer and texting on a phone, to cooking, gardening, and playing sports or musical instruments. Yet, despite their constant use, many people neglect the importance of maintaining strength, flexibility, and



Billy Hamilton

mobility in the upper extremities. Over time, this can lead to stiffness, pain, and even conditions like tendonitis, carpal tunnel syndrome, or arthritis. The good news is that a few simple, consistent exercises can make a big difference in keeping your hands, wrists, and arms healthy at any age.

The hands and wrists are complex structures made up of bones, joints, ligaments, tendons, and muscles. Each joint has a specific range of motion, and each muscle plays a role in grip strength, dexterity, and functional movement. When these structures are not used properly or lack mobility, stiffness and weakness can develop. Similarly, overuse or repetitive movements—common in work, hobbies, or daily activities—can lead to pain or injury.

Maintaining healthy upper extremities is not just about avoiding pain; it's about preserving independence. Strong and flexible hands and arms allow you to cook, write, drive, play sports, or enjoy hobbies without limitation. For older adults, hand and wrist exercises can improve fine motor skills and prevent falls by enhancing grip strength for holding handrails or walking aids.

Key exercises for

hands and wrists

Finger stretch and spread. Sit comfortably with your hand flat on a table or surface. Slowly spread your fingers apart as wide as possible, hold for three to five seconds, then relax. Repeat 10 times on each hand. This exercise improves finger flexibility and helps prevent stiffness, especially in those with arthritis or after prolonged typing or device use.

Wrist flexion and extension. Extend your arm in front of you with your palm facing down. Gently bend your wrist upward (extension) and then downward (flexion), holding each position for a few seconds. Repeat 10-15 times per wrist. This simple stretch helps maintain wrist mobility, which is essential for lifting, typing, and many daily activities.

Thumb opposition. Touch the tip of your thumb to the tip of each finger sequentially, forming an “O” shape. Repeat 10-15 times per hand. This movement is crucial for fine motor control, grip strength, and functional tasks like buttoning, writing, or turning keys.

Grip strengthening with a soft ball or therapy putty. Squeeze a soft ball or putty in your hand, hold for three to five seconds, and slowly release. Repeat 10 to 15 times per hand. Strengthening the muscles of the hand and forearm improves grip for daily tasks, supports joint stability, and helps prevent overuse injuries.

Wrist rotations and forearm twists. With your elbow bent at 90 degrees, rotate your forearm so your palm faces up, then down. This can be done slowly and in a controlled manner, 10-15 times per arm. This exercise promotes forearm mobility and balances the muscles that control supination and pronation, movements necessary for activities such

as turning doorknobs, using utensils, or playing sports.

One of the most important aspects of maintaining upper extremity health is consistency. Many people benefit from performing these exercises daily or at least several times per week. Try pairing them with other daily routines: do finger stretches while on a conference call, wrist mobility exercises before starting work on the computer, or grip exercises while watching TV.

Tips for safety and effectiveness

-Move slowly and gently, especially if you are recovering from an injury or managing a condition like arthritis or tendonitis.

-Avoid forcing any movement beyond a comfortable range of motion.

-If you experience sharp pain, tingling, or swelling, stop the exercise and consult a healthcare professional, ideally a Certified Hand Therapist (CHT).

-Use tools like therapy putty, soft balls, or resistance bands to provide graded strengthening without over stressing joints.

While these exercises are safe for

most people, certain conditions may require individualized assessment. Persistent pain, numbness, weakness, or swelling in the hand, wrist, or forearm may indicate underlying issues such as nerve compression, tendon injuries, or arthritis. A CHT can evaluate your hand and arm function, create a tailored exercise program, and provide guidance on splints, ergonomics, or therapeutic modalities to optimize recovery and function.

Healthy hands and arms are essential for independence, work, hobbies, and overall quality of life. Incorporating simple stretching, mobility, and strengthening exercises into your routine can prevent stiffness, improve strength, and reduce the risk of injury. Whether you are typing at a desk, gardening, playing sports, or simply enjoying daily activities, taking a few minutes each day to care for your upper extremities can pay huge dividends in function and comfort for years to come.

William “Billy” Hamilton Jr., DPT, CHT is owner of Hamilton Hand to Shoulder located in Ocean Pines and Salisbury. He can be reached at Billy@hamiltonhand.com.

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The adoption of Labor Day took hard work

Come the first Monday of September, many children and their parents start to face the reality that school, if it hasn't yet started, is about to begin again. That's because Labor Day marks the unofficial end of summer. But there is much more

to this holiday than barbecues and the notion that fall is right around the corner. Labor Day was forged by the labor movement of the late nineteenth century. Many workers during this time felt they were

underpaid and overworked. Conditions at their places of employment also lacked adequate safety. These workers banded together to fight for higher wages, shorter workdays and improved working conditions.

Before it was adopted as an American federal holiday, Labor Day was first recognized by labor activists and individual states. Although New York was the first state to introduce a bill, Oregon actually was the first to pass a law recognizing Labor Day, which the state first celebrated on February 21, 1887. Four more states followed suit that year. By the end of the decade, three more states passed Labor Day holiday laws.

In recognition of the momentum of Labor Day at the state level, and with the adoption of the holiday by another 23 states by 1894, Congress passed an act on June 28, 1894, of-

ficially making the first Monday in September a legal holiday each year.

The United States is not alone in devoting a holiday to celebrate its labor history and honor the contributions of workers. Canada celebrates Labour Day to remember the rights of workers, which include paid holidays, medical care, fair hours, union wages, and safe workplaces. Labour Day was declared a legal holiday by the Parliament of Canada on July 23, 1894. The earliest Labour Day celebrations were held in the spring, but eventually were moved to September.

Labor Day remains a time to honor and affirm the dignity of working people across the nation. It also affords individuals an opportunity to enjoy a well-deserved day off and reflect on the contributions workers have made throughout the years.

Health Dept. hosts *Healthy Worcester Families* program

Bring your family closer while adopting a healthier, happier lifestyle with Healthy Worcester Families (Strengthening Families Program). The Worcester County Health Department's nine-week program combines fun activities, meaningful learning, and quality family time - all aimed at improving communication, building healthier habits, and strengthening your bond. The health department invites families with youth ages seven to 17

to attend together, engaging in hands-on activities and group discussions that promote better connections and healthier living.

Healthy Worcester Families offers a free family dinner at the start of each weekly session. Every week, families will explore topics such as communication skills, healthy behaviors, and financial literacy, to help strengthen their family connections. Families have the opportunity to receive prizes and other incentives throughout the program.

As a result of participating in this program, past participants said their families would continue to "Grow and improve communication and respect for each other", and "Not make food a subject of a power struggle. Offer healthy options and encourage good choices."

The fall program will begin on September 8 and meet on Mondays from 5:30 p.m. to 7:30 p.m. It will be held at the Worcester County Health Department, located at 6040 Public Landing Road, Snow Hill, Maryland. To register your family, please visit www.worcesterhealth.org or contact Lynn Suarez at 410-632-1100 ext. 1109.

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PinesCast spotlights Caroyn Dryzga

In the latest episode of the Ocean Pines Association's exclusive podcast, PinesCast, Carolyn Dryzga talks about how she is making a difference in the lives of local seniors.

As the driving force behind the Worcester County chapter of the Twilight Wish Foundation, she's dedicated to granting wishes and bringing joy to older adults in the community.

More on the Twilight Wish Foundation and the Worcester County chapter can be found here: <https://twilightwish.org/chapter-locations/worcester-county-maryland/>. You can also find them on Facebook at "Twilight Wish Foundation - Worcester County, Maryland".

A library of PinesCast episodes can be found at: <https://www.oceanpines.org/web/pages/pinescast>.



Ocean Pines ranks safest

According to FBI crime data analyzed by SafeHome.org, Ocean Pines and Pittsville rank as the safest cities in Maryland for 2025.

The annual analysis highlights that Ocean Pines has the Lowest Property Crime Rate (larceny, motor vehicle theft, and burglary) and Pittsville had the Lowest Violent Crime Rate (homicide, aggravated assault, rape, and robbery).

The same report indicates that Takoma Park posted the Highest Property Crime Rate and that Landover Hills had the Highest Violent Crime Rate.

Full Maryland crime report can be viewed at: <https://www.safehome.org/safest-cities/md/>

Pink Lady Golf Tournament scheduled

The Ocean Pines Ladies and Men's Golf Associations are once again teaming up for their annual Pink Lady Golf Tournament to support breast cancer care and research.

This year's event is scheduled for Wednesday, October 8, at the Ocean Pines Golf Club. Check-in begins at 8 a.m., with a 9 a.m. shotgun start. Registration is \$45 and includes range balls, prizes, a buffet lunch, and non-alcoholic beverages. Green fee is paid separated at the Ocean Pines Pro Shop on the day of the event.

Contests include Straightest Drive, Closest to the Pin, and a Putting Contest, with men's, ladies, and mixed teams. The event will also feature door prizes, a 50/50 drawing, and silent auction.

The tournament supports the AGH Foundation and the Eunice Q. Sorin Women's Diagnostic Center. Proceeds help provide mammograms and other lifesaving measures to help local women.

Over the past 13 years, OPLGA and OPMGA have donated over \$25,000 to the Atlantic General Women's Imaging Eunice Q. Sorin Women's Diagnostic Center.

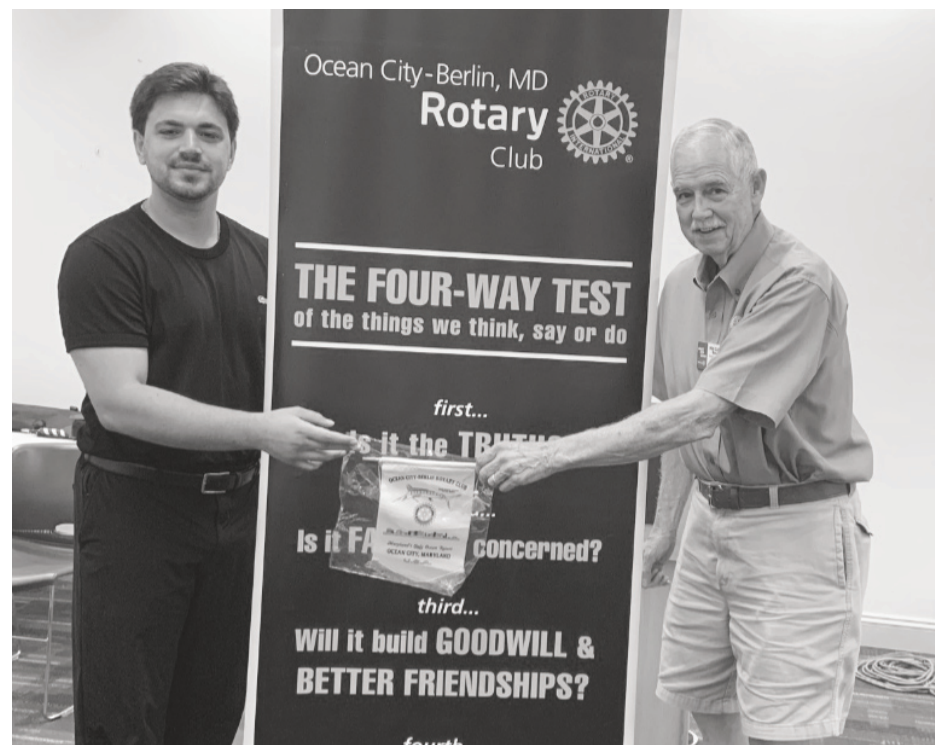
Sponsorship opportunities are also available, ranging from Tee Sponsor to Gold Level.

The deadline to register is September 15. Checks should be made out to OPLGA-9 and either dropped off with your registration form to the OPGCC Pro Shop or mailed to Donna M. Kelly, 28 Heron Isle Court, Ocean Pines MD 21811.

For additional information, contact Denise Stevens at 202-340-4656 or Denisestevens41@outlook.com, or Donna Kelly at 610-721-1634 or Dmk52759@hotmail.com.

Flea market scheduled

A flea market and bake sale will be held Saturday, August 30 at Bethany United Methodist Church located at 8648 Stephen Decatur Highway in Berlin. The outdoors event will take place from 8 a.m. to 11 a.m. Vendors, to reserve space, contact 443-641-2186 and/or bethany21811@gmail.com.



Visit - Cliff Berg (r), co-president of the Ocean City - Berlin Rotary Club presented the club's banner to **Bugra Kilic**, who was visiting from the Suadiye Rotaract Club in Istanbul, Turkey. The local club meets the first and third Wednesday of the month at Don's Seafood at the South Gate of Ocean Pines. For more info email ocberlinrotary@gmail.com.

Fishing license and stamp fee charges increase

The Maryland Department of Natural Resources implemented changes to nontidal fishing license and trout stamp fees effective June 1. This represents the first adjustment to nontidal— or freshwater fishing—fees in almost 20 years, addressing the rising costs of maintaining conservation efforts and angler programs in the face of inflation.

According to DNR, the price of a Maryland nontidal fishing license has not changed for 18 years, while the expenses associated with maintaining fish populations and resources have risen 56% for nontidal fishing. The cost of a trout stamp has remained the same for 33 years. In that time, the cost of providing trout-related programs has increased by 129%.

A workgroup consisting of members from the Sport Fisheries Advisory Commission, Black Bass Advisory Committee, and Coldwater Fisheries Advisory Committee recommended the new rates, which the Maryland legislature passed and Governor Wes Moore signed into law earlier this year. These advisory bodies represent the interests of Maryland's freshwater anglers.

The new rates are as follows:

Resident Consolidated Senior

Sportfishing License: \$12 (formerly \$5). This license is issued to residents beginning in the calendar year they turn age 65.

Resident Angler's License: \$32 (\$20.50). This license is required for fishing in nontidal waters and applies to residents age 16 and older.

Non-resident Angler's License: \$55 (\$30.50).

Short-term Angler's License – 7 days: \$16 (\$7.50). This resident and non-resident license is valid for seven consecutive days.

Trout Stamp: \$20 (\$5.50). This resident and non-resident license is required for fishing for trout in nontidal waters.

Fishing licenses can be purchased online, at DNR service centers, or at sport license agent retailers. Licenses and stamps are valid for 365 days from the date of purchase, unless otherwise specified. Current license holders may renew up to 90 days before their current expiration date for 365 more days of fishing added to their current license.

For more information on the Marine Activities Advisory Committee, click here <https://www.oceanpines.org/marine-activities-committee>.

Finance

Why rebalancing your portfolio matters and how to do it

By John Bennish

In life, balance is everything — whether it’s finding time between work and family or maintaining a healthy diet. The same goes for your investments. Keeping your financial portfolio balanced is a smart way to stay on track toward your long-term goals, even as the markets shift.



John Bennish

That’s where portfolio rebalancing comes in. Rebalancing is the process of adjusting your investments — like stocks, bonds and cash — so they stay in the right mix for your needs. This mix, known as your asset allocation, is designed to reflect your comfort with risk, your investment goals and how long you have until you’ll need to use the money for a major life event like retirement or the purchase of a new home.

For example, let’s say your target portfolio is made up of 60% stocks, 30% bonds and 10% cash. Over time, as the value of each investment changes, your portfolio may become unbalanced. If stocks have a great year and rise in value, they could end up making up 70% of your portfolio. That means you’re taking on more risk than you originally intended.

To get back to your 60/30/10 target, you would sell some stocks and possibly buy more bonds or cash investments. This helps bring your portfolio back in line with your goals.

Markets go up and down. That’s normal — but it also means your portfolio can shift without your even touching it. If you don’t rebalance regularly, you might be taking on too much (or too little) risk.

Rebalancing offers several benefits. It helps keep your investment plan on track and manages your exposure to risk. It also encourages disciplined decision-making, rather than chasing trends.

It might feel strange to sell investments that have been doing well and buy ones that haven’t. But this strategy can help you “buy low and sell high,” which is one of the key ideas behind successful investing.

You may be wondering how often you should rebalance your portfolio. There really is no one-size-fits-all an-

swer. Some people rebalance once a year. Others do it more frequently based on how far their investments drift from their target percentages.

What’s important is that you check your portfolio regularly — at least annually — and make adjustments when needed. After big market movements, whether up or down, it’s a good idea to take a closer look.

Keep in mind that if you rebalance by selling investments in a taxable account, you might owe capital gains taxes. Also, some brokers charge fees for trades. But if you own similar investments in a retirement account like an IRA or 401(k), you can often rebalance without triggering taxes. A financial advisor can help you choose the best approach — and may even be able to help you avoid or reduce costs.

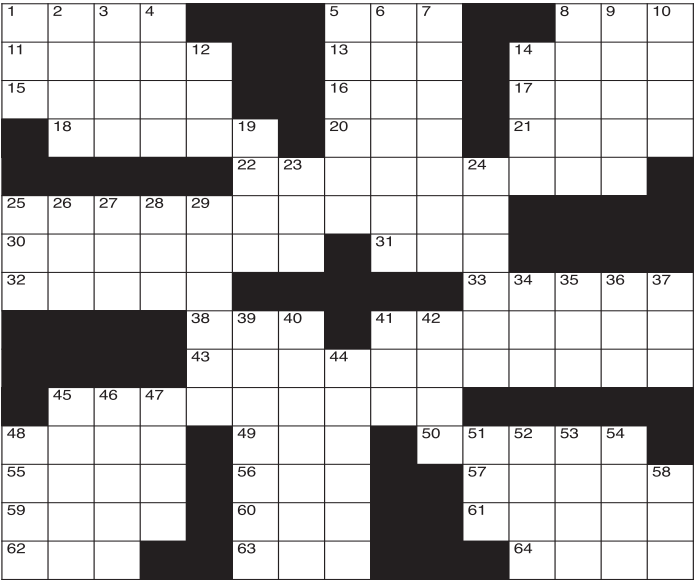
Your ideal investment mix will probably change as your life changes. Younger investors might favor stocks for growth. As you near retirement, you may want to focus more on income and stability. Rebalancing helps you adjust as your goals evolve.

Think of your portfolio like a car on a road trip — regular check-ins and small course corrections will help you stay on the right path. A financial advisor can help you design a strategy that keeps your investments aligned with your goals every step of the way.

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

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CLUES ACROSS

1. Taxis

5. Space Systems Command

8. Plant seed by scattering

11. Alliances

13. Fiddler crabs

14. Heroic tale

15. Yemen capital

16. Misleading gesture

17. Cain and ___

18. Simple shoe

20. Hundredweight

21. Children’s toy in the snow

22. Gets rid of

25. Free of deceit

30. Performed a dance

31. Chinese philosophical principle

32. Exaggerated

33. Refrain from inflicting
38. A doctrine

41. Can be subdued

43. A place to bathe

45. Land used for pasture

48. Curved piece of iron

49. Automobile

50. Fencing sword

55. Breezes through

56. Child

57. NBA legend Iverson

59. Horsley and Iacocca are two

60. Midway between northeast and east

61. Spiritual leader of a Jewish congregation

62. U.S. leader during much of WW2

63. Lair

64. Fibrous material

CLUES DOWN

1. Home of “60 Minutes”

2. Expression of sorrow or pity

3. ___ fide: legitimate

4. Immune response

5. Assistance and support

6. Glared

7. Spanish saloon

8. Pitch black

9. S-shaped lines

10. Statistical test

12. ___ Paulo, city

14. Graduation garb

19. A way to record

23. Not good

24. Weather events

25. A pituitary hormone

26. Jamie Foxx film

27. Rocker’s accessory

28. One point east (clockwise) of due north
29. One who obtains pleasure from another’s pain

34. Consume

35. Licensed for Wall Street

36. Sick

37. Israeli city ___ Aviv

39. Removed the husk

40. Mass of rocks and sediment

41. Two-year-old sheep

42. Area units

44. Prison overseer

45. Walked

46. Wartime escort aircraft carrier

47. Tax

48. 50 percent

51. Swiss river

52. Tattle

53. Actor Idris

54. Resist authority (slang)

58. Egg of a louse



Answers for August 20

Plein air competition deadline is Sunday

The Worcester County Arts Council will welcome artists back for the annual Paint Worcester County Plein Air Competition, happening September 14 to 19. Artist registration is open, and the deadline to apply is August 31 so don't miss your chance to be part of this exciting celebration of art and place.

In partnership with the Worcester County Library Foundation, this event invites artists from near and far to capture the magic of Worcester County en plein air—painting outdoors, directly from the landscape, the streets, and the vibrant community around us, and compete for attractive cash prizes.

This year's competition juror will be William Buchanan, an accomplished painter and former art educator. William brings both deep artistic vision and a heartfelt connection to our region. We're honored that he will lend his eye to evaluate and celebrate the plein air creations of participating artists. Come experience his thoughtful judging and join us in celebrating

the creative spirit that makes our community glow!

The week culminates in a festive Opening Exhibit Reception & Sale on Friday, September 19, from 4 p.m. to 6 p.m. at the Berlin Library Meeting Room. The public is invited to meet the artists, enjoy the freshly painted works, hear the juror's remarks, and even take home an original plein air masterpiece. The exhibit will remain on view at the Berlin Library Gallery through October 22.

"Paint Worcester County celebrates the vibrant landscapes and artistic spirit of our community," said Anna Mullis, Executive Director of the Worcester County Arts Council. "We encourage artists to register, and we welcome everyone to join us on September 19 to share in the joy of art, creativity, and community."

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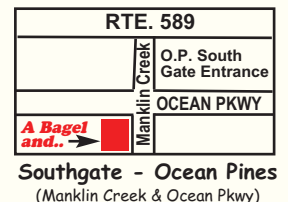
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The facts about hurricanes

Balmy temperatures and warm ocean waters make summer a very popular time of year. But the conditions that can make a day at the beach inviting also tend to fuel strong storms that peak during this time of year.

Hurricanes are not exclusive to summer, but their peak activity and formation tend to happen during late summer and early fall. This is due largely to rising ocean temperatures, which must reach 79.4 F (26.5 C) to a depth of at least 160 feet for a hurricane to develop. These temperatures are commonly reached during the summer and early fall in subtropical regions. Warm, moist air also is a hallmark of hurricane formation, which is a notable condition during the summer.

Although hurricanes occur each year, there is much about these powerful storms that the general public may not know.

Where did the word “hurricane” originate?

The word hurricane comes from the Taino Native American word “hurucane,” which means “evil spirit of the wind.” This name helped make sense of the storms, which feature extremely strong winds.

Where do hurricanes begin? Hurricanes begin as warm air over tropical areas of the ocean, building strength by drawing moisture from warm ocean waters.

What is the difference between a typhoon, hurricane or cyclone? These names refer to the same type of storm, but vary depending on the region of the world in which the storm occurs. “Hurricane” refers to storms that form over the Atlantic Ocean.

When is hurricane season? According to the National Oceanic and Atmospheric Administration, the Atlantic hurricane season begins June 1 and extends to November 30. In the East Pacific, the season runs from May 15 to November 30.

How are hurricanes classified? Hurricanes are classified by their strength using the Saffir-Simpson Scale. Major (intense) hurricanes fall into categories 3, 4 and 5. A category 3 hurricane begins at wind speeds of 130 miles per hour. Which state gets the most hurricanes?

Operation Blessing says Florida has had the most hurricanes since record keeping began. The majority of Florida stretches into warm water, with the Gulf of Mexico on its western side and the Atlantic Ocean on its eastern.

Do hurricanes affect Canada? Hurricanes occasionally affect Canada, namely on the Atlantic Ocean side of the country, says Get Prepared, an emergency preparedness site from the Government of Canada. On rare occasions, remnants of tropical cyclones in the Pacific can affect British Columbia.

What is the typical rainfall associated with a hurricane?

A typical hurricane can dump six inches to a foot of rain across a region.

When did hurricanes begin being named? In 1953, the U.S. Weather Bureau started the process of assigning women’s

names to tropical storms. In 1979, men’s names were added. The names used are in alphabetical order, but exclude the letters Q, U, X, Y, and Z. Six lists of names exist and are rotated every six years. A name is retired from a list when the storm causes so many deaths or so much destruction that it would be insensitive to use the name again. The World Meteorological Organization oversees retiring hurricane names and choosing new ones.

What was the most active hurricane season to date? The National Hurricane Center identified 28 storms in 2005. There were so many storms that all of the traditional storm names had been used, and the last six storms were given Greek letters. This is the storm season that spawned Hurricane Katrina, which decimated New Orleans.

How can I prepare for a hurricane? Individuals should prepare emergency kits that contain first aid kits, extra prescription medication, nonperishable food, water, batteries and battery-powered radio, cash, diapers, baby formula, and important documents. A household emergency plan, which may include where to evacuate, if necessary, also is a good idea.

Hurricane season can be so devastating that it benefits anyone to learn as much as possible about these strong storms.



Blues on the Bay returns

Join Coastal Hospice for an evening on the shores of the Assawoman Bay, complete with sunset views, an open bar, savory heavy hors d’oeuvres, and the soulful blues stylings of Margot & Co. Our annual Blues on the Bay will be held Wednesday, September 24, from 6 p.m. to 9 p.m. at Macky’s Bayside Bar and Grill on 54th Street in Ocean City.

Sponsored by Macky and Pam Stansell and hosted by Highwater Management, this Ocean City tradition marks the close of the season with friends, family, and community spirit. Proceeds benefit the Macky and Pam Stansell House at Coastal Hospice in Ocean Pines.

Event creators and benefactors Macky and Pam Stansell look forward to Blues on the Bay every year. Inspired by the exceptional care Pam’s mother received at Coastal Hospice at the Lake, the Ocean City couple quickly became devoted champions of the organization. Coastal Hospice Donor Relations Team Lead, Kerrie Bunting, shares, “We are eternally grateful to the Stansells, not only for their financial contributions toward our mission, but also for their advocacy of that mission. Blues on the Bay has become a celebration of their commitment to and gratitude for our work, and we are honored to call them friends.”

The Macky & Pam Stansell House is committed to providing a safe, comfortable, and compassionate place for hospice patients who cannot safely manage their care at home. Located on the Isle of Wight Bay in Ocean Pines, Maryland, our inpatient facility provides the dignity of hospice care with the comforts of home.

Tickets for the event are \$125 per person. For tickets and sponsorships, visit www.coastalhospice.org/blues-on-the-bay.

Founded in 1980, Coastal Hospice is a non-profit health care organization that cares for individuals facing life-limiting conditions who want to remain active and engaged during the final chapter of their lives. Coastal Hospice cares for patients in their own homes, as well as in nursing homes, assisted living facilities, and at Coastal Hospice at the Lake and Macky & Pam Stansell House. The organization also provides palliative care to treat symptoms and relieve the pain of a terminal illness or injury. Named a 2021 “Hospice Honors” recipient by HEALTHCAREfirst. Providing quality care to those in need in Dorchester, Somerset, Wicomico, and Worcester counties for 45 years.

Worcester Health requests health proposals

The Worcester County Health Department requests mini-grant proposals from adolescent-focused health clinics for teen pregnancy and sexually transmitted infection (STI) prevention education: True You Maryland Teen Health Education program. To be eligible for up to \$15,000 in grant funding, your program must be a health clinic that serves young people in Worcester County. Funded organizations will be expected to deliver the True You Maryland Teen Health education program to a minimum of 51 Worcester County youth ages 14-19.

“We’re encouraging health clinics that work with youth in Worcester County to apply for True You Maryland Teen Health education grant funding to help us spread awareness about teen pregnancy and STI prevention,” said Mimi Dean, Director of Prevention Services, Worcester County Health Department.

A virtual pre-proposal orientation meeting will be held through Google Meets on August 28 at 2p.m. If you plan to attend this orientation session, RSVP to Kelly Shockley at kelly.shockley1@maryland.gov.

Proposals should be submitted to the Worcester County Health Department, Prevention Services Department (6040 Public Landing Rd. Snow Hill, MD.) by 4:30 p.m. on September 19. Digital application packets can be found at worcesterhealth.org/mini-grant-applications. For more information or to request a paper application packet, please call the Worcester County Health Department Prevention Services at 410-632-1100 ext. 1103.

County offices closed Labor Day

Worcester County Government (WCG) offices, including the Worcester County Recreation Center and the five branch libraries, will be closed Monday, September 1, for the Labor Day holiday.

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

WCG offices will resume standard operating hours on Tuesday, September 2. WCG staff wish one and all a happy and safe holiday weekend.

Some things to think about

Gathered from the internet
by **Jack Barnes**

In case you feel old ...

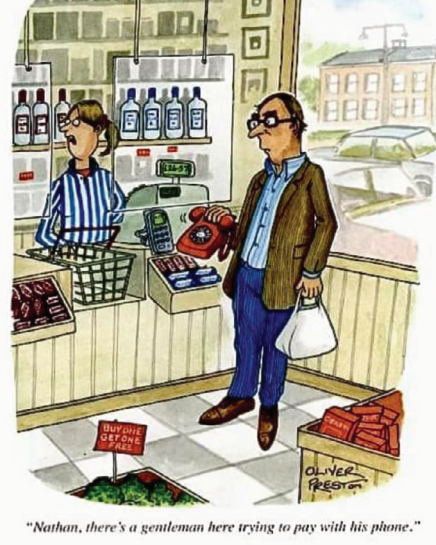
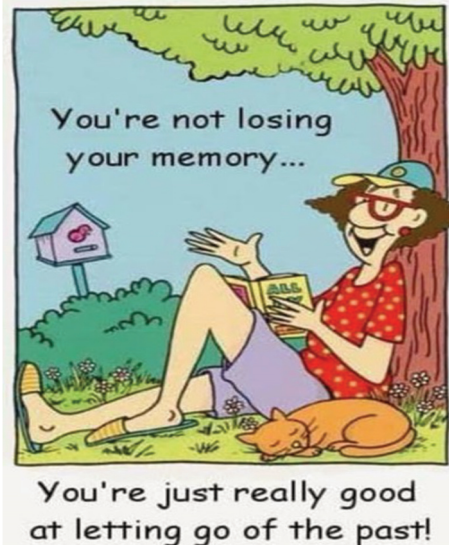
In case you feel bad about missing your exercise today, ponder this:

- The inventor of the treadmill died at the age of 54.
- The inventor of gymnastics died at the age of 57.
- The world bodybuilding champion died at the age of 41.

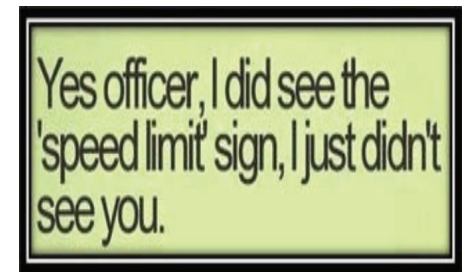
- The best footballer in the world, Maradona, died at the age of 60.
- James Fuller Fixx, credited with helping start America's fitness revolution by popularizing the sport of running, died of a heart attack while jogging at age 52.

BUT ...

- The KFC inventor died at 94.
- Cigarette maker Charles Winston died at the age of 102.
- The inventor of opium died at the age of 116, in an earthquake.
- And, the Hennessy Liquor inventor died at 98.



How did smart people come to the conclusion that exercise prolongs life? The rabbit is always jumping up and down, but it lives for only two years, and the turtle, that doesn't exercise at all, lives 400 years. Get some rest, chill, stay cool, eat, drink and enjoy your life!



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