

The Courier

October 8, 2025 Volume 26 Number 6

Sister love shines at OC Organics

By Elaine Bean

Sisters Heather Layton and Kristie “Kiki” Williams were born merchants. “I feel like it’s in our blood because our great-grandparents ran a grocery store for pretty much their entire adult lives,” Layton said. “And we work together really well.”

Their great-grandparents owned the well-known Shockley’s Beach Market on Rte. 611, a former staple of the beach crowd. Layton owned Bungalow Love on William St. in Berlin for nine years and showcased the work of local artists, including her sister, planting the seeds for their future organic store. “Everything was ethically sourced there,” Layton said. “It was local, vintage, or fair trade.”

Layton and Williams had both been long-time employees of Ocean City Organics, tucked away in a small shopping center along the south side of Rte. 50. When the original owners decided to move on, they offered the business to the sisters, who purchased it June 2021.

The motto of OC Organics is: Supporting Local Cows, Bees, Farms, and Friends. “Everything is ethically sourced,” Layton said. “All the food and fabrics we have in here are certified organic,”

Williams said. “Nothing is green-washed,” which refers to products that are marketed as organic or green but may not actually be good for you.

“Organic” refers to food produced without synthetic pesticides, genetically engineered ingredients, or irradiation, under strict USDA regulations that promote ecological balance and biodiversity. “Ethically-sourced” means a product’s materials are obtained through responsible practices that consider the social, environmental, and economic impact on people and the planet. This involves ensuring fair labor practices, preventing forced labor and discrimination, promoting environmental sustainability, supporting community well-being, and maintaining transparency throughout the supply chain.

That doesn’t mean that their prices are higher than the big box stores. “We really try to work hand-in-hand with the reps to try to keep the prices as low as possible,” Layton said. “People are always shocked. Our produce, even though we are independently owned, hands down, is superior. Even the price point. We’re right there with the big superstores as far as produce, especially.”

The sister’s goal was to keep the quaint mom-and-pop grocery atmosphere everyone loves, while growing certain areas. The selection of goods is surprisingly large and diverse, everything from organic grocery staples and green living products to

please see **cover story** on page 6



Literacy - September was National Literacy Month so the Republican Women of Worcester County (RWWC) presented checks to each of the five libraries in Worcester County in appreciation of their County Literacy Programs. Pictured are **Susan Ostrowski**, RWWC Literacy Chair, **Harry Burkett**, Ocean Pines branch manager, **Yvonne Babcock**, RWWC member and **Liz Mumford**, RWWC member.

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Anglers to meet

The Ocean Pines Anglers Club will meet on Saturday, October 11 at 9:30 a.m. in the Ocean Pines library. Guests will be Fred Stiehl, commander Ocean City Power Squadron and speaker Lino Cresotti, executive officer who will cover the power squadron's mission, boater safety, vessel inspection and community service. There will also be updates on fishing tournaments, regulations and all things fishing. All are welcome.

Tax aide program seeks volunteers

Each spring, the AARP Foundation Tax Aide Program offers free tax preparation at five local sites, including the largest site at the Ocean Pines Library.

Roughly two dozen volunteers make this program work every year. Volunteers train in the late fall and prepare several hundred returns during the winter.

The program is currently seeking volunteers for this tax season. Training classes are held November through January, and involve about four hours of class work per week on a flexible schedule. Several hours of additional home study and test preparation from November through January should also be expected.

Volunteers will also be expected to participate in at least one full day of tax preparation with other volunteers from February through mid-April.

If this volunteer opportunity is of interest to you, you can get more information by contacting Maria at 443- 373-2667/ liebig83@gmail.com, or you can go online to [AARP.org/taxaide](https://www.aarp.org/taxaide).

Virtual poetry reading to be held

Wor-Wic Community College is inviting the public to a free virtual reading by David Viergutz on Tuesday, October 21, at 6:30 p.m., via Zoom.

Viergutz is a disabled Army and law enforcement veteran who draws on his experience to write crime thrillers and horror novels. He hosts the podcast "The Nightmare Engine" and is the creator of Scaremail, a mailed story subscription.

Visit the events section of worwic.edu for more information and to access the Zoom link.



Newest Kiwanis member

On September 10 Susie Yovanno was inducted as the newest member of the Kiwanis Club of Greater Ocean Pines - Ocean City.

Pictured (L-R) are John Hulit, Susie Yovannon and Kiwanis Club President Tom Southwell.

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Sight for sore eyes

Reading glasses? I don't need reading glasses. Those are something old people wear. Time caught up to me as age and an inability to decipher blurry words on a newspaper page forced me to confront the answer to



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

that question. Who needs reading glasses - me, I need spectacles to read. How did this happen? Well, as a character in Ernest Hemingway's "The Sun Also Rises" explains how he became broke: "Gradually and then suddenly." That sums up the trajectory of how "overnight" I was afflicted with "trombone arm" - the malady of adjusting one's arm length near and far to find the sweet spot necessary to read words on a page.

Growing up I didn't need glasses, one of the few graces afforded me during my pubescent years when braces ("brace face"), bad skin ("zit face") and a bulbous nose ("Mr. Proboscis") were my crosses to bear. Interestingly the bulbous nose didn't attract as much attention as you might think, overshadowed as it was by a unibrow bushier than a woollybear caterpillar. So, I had that going for me.

Beginning in my early 20s, I needed glasses to drive, watch television and do a host of other things. I was nearsighted. Whether glasses were a natural progression of age or necessitated by working regularly in front of a computer I know not. It's interesting, and not just a little embarrassing, to flip through old pictures during that time remembering the styles of glasses I wore. Wire frames, wireless frames, tortoise shell frames, rounded frames, rectangular frames, transitional lenses, tinted lenses, big lenses, little lenses - at one time or another I had them all. Looking back, I question my decisions. Some of my selections made me look very nerdy.

Liberation occurred, briefly, during my mid-40s when I was able to break free of the shackles of eyewear. Freedom was short-lived. As I neared the big Five- O, I was afflicted with the onset of trombone arm. It wasn't a big deal at first until one day when I had

to drop a magazine on the floor and stand on a step stool to read it. Carrying around a folding step stool wasn't convenient so off to the ophthalmologist I went. That first pair of reading glasses cost more than I thought they should which angered me when they were lost in short order, an ordeal that triggered harrowing memories of the lost retainers of my youth. Desperate not to pay for another pair of prescription glasses, I bought, for under \$10, a three-pack of reading glasses at the dollar store. They did the trick. No step stool required.

The challenge became having them handy when needed. Inevitably my glasses would be in the family room when I was in the garage attempting to read assembly instructions for the new grill or looking in the bathroom mirror attempting to pluck a wayward eyebrow hair. Remedy? Additional pairs of glasses strategically positioned in key locations: coffee table, end table, nightstand, garage work bench, kitchen counter, boat, truck, wife's car, tackle box, desk and sports coat breast pockets. And that's what I did.

As good a plan as this has been through the years, problems have arisen. I have a tendency to slip whatever glasses I'm wearing at the time into my pocket, hang them from my shirt or sweater collar or flip them up on my head. Result? At the end of the day, I wind up with a collection of five or six pairs of glasses on my bedroom bureau.

One constant in life is transition. My awkward teenage experiences of smiling through braces and enduring blotchy skin are over. Gone are the days when the cute young waitress verified my age when I ordered an adult beverage. And lost to time are the days when I enjoyed perfect vision. That's the circle of life we all experience.

If only the bulbous nose could have been left in the past as well.

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Local nonprofit seeks help to brighten holiday spirits

Worcester County GOLD (Giving Other Lives Dignity), a local nonprofit organization, seeks support for its long-running Helping Hands for the Holidays Program.

GOLD's holiday program provides gifts for 500 children and 50 vulnerable adults. "This program provides a chance for neighbors to help neighbors during the holiday season," said Executive Director Billie Kochara. "Our partnering agencies submit requests on behalf of their clients to ensure a verified need and prevent duplication of services. With so many struggling to make ends this program remains a valuable asset in Worcester County.

To bring joy to a neighbor in need this holiday season, supporters can sign up to shop for a child, donate new toys, or make a monetary donation that will be used to purchase gifts. The organization especially needs gifts for teens and clothing for all ages including coats, hoodies, hats, and gloves.

Toy donations can be dropped off

by December 12 to GOLD's office at 201 River Street in Snow Hill on weekdays from 9 a.m. to 4 p.m. To sign up to shop or learn more about this program,

visit www.WorcesterGOLD.org.

Community garage sale scheduled

The Parke at Ocean Pines will hold its community sale on Saturday, October 18 (rain date is Sunday, October 19) from 7:30 a.m. to noon in the driveways of residents. The Parke is an active 55+ Adult community of 503 homes. Parke residents are selling their treasures for others to enjoy. There are clothes, lamps, artwork, household items, electronics, furniture and more.

On October 18, maps will be available at the main entrance of the Parke community at Central Parke West and south Ocean Parkway.

For additional information, contact the Parke Clubhouse Staff at 410-208-4994.

cover story

from page 1

laundry products, from shampoos to meats and dairy, from local honey to wild caught salmon, from hand-crafted gifts to clothing. Products cater to different dietary needs including dairy free and gluten free, and the herbal apothecary offers an extensive selection of organic herbs, spices, and teas.

The bulk herbal apothecary is one of the most popular areas of the store. "You can get as little as you want," Williams said. "People love that. You can bring in your spice jars and fill them. Or we have little compostable bags. If you need just a tablespoon of something, you can get a tablespoon."

Williams is a certified nutrition specialist and licensed dietician nutritionist and has an office next door to OC Organics where she provides nutritional counseling. She can translate labels for customers and help them make smart purchases, a talent that sets them apart from the competition.

Another goal of the sisters is to keep it local as much as possible. Suppliers include Elysium Farms in Berlin, Nice Farms Creamery in American Corners, Chesapeake Bay Farms in Pocomoke City, Skilligalee Seafood in Ocean City, Splendid Earth in Berlin, Herbs Spice Everything Nice Organic Farm in Selbyville, Terrapin Farms in South Point, Mill Farms in Denton, Brightman Farms in Princess Anne, AlaskaWild Seafood, Stillbrooke Apiary in Parsonsburg, and beekeeper Wes Townsend in Whaleyville.

Skyler Crowley, a popular local baker, keeps the bakery case at OC Organics stocked with freshly baked

goods she makes from scratch.

Customers at OC Organics run the gamut. "We get young, we get old, we get all different demographics," Williams said. "We have a huge local following, but we do get summer and weekend people. New customers come from people with dietary needs ... They come from all walks of life."

In spring 2022, Layton and Williams launched Low Tide Lunchbox, featuring a selection of grab-and-go healthy eats and sweets, made fresh daily using organic and local ingredients and stocked every morning. They adapt their menu according to the seasons and have just announced their fall selections. "Instead of a raw veggie rainbow bowl, we're roasting the veggies for fall," Williams said. "We have made-to-order smoothies, juices, toast, and hot drinks like matcha lattes, chai, and pour-over coffees."

In the off-season, the store hosts events and lectures on topics like nutrition or herbal information, classes, and pop-ups with local vendors. Coming up is their annual artisan fair on Friday, November 7 from 3 p.m. to 7 p.m. that will feature local crafts including flowers and herbs, wild flower-pressed jewelry, Tarot card readings, and other goods and service.

The sisters stress that the thing they love most about OC Organics is the strong sense of community. "It's the vibe," Williams said. "The people who walk through the door."

"We know everybody by name, because they're locals and super loyal," Layton added.

OC Organics is open seven days a week. Information is available at OceanCityOrganics.net.

Courier Almanac

On Oct. 8, 1956, Don Larsen of the New York Yankees throws the only perfect game in World Series history. "I was so happy. I felt like crying," he tells reporters after New York's 2-0 win in Game 5 over the Brooklyn Dodgers. The Yankees go on to win the World Series in seven games.



Avid readers may feel there's nothing better than diving into a good book, but that book might be even more beneficial than they realize, particularly for older book lovers. A 2016 study published in the journal Social Science & Medicine noted that reading books can promote empathy, social perception and emotional intelligence, notable benefits that researchers found contributed to a survival advantage. Researchers behind the study noted book readers experienced a 20 percent reduction in risk of mortality over a 12-year follow-up period than non-book readers. Equally notable among the researchers' findings was older individuals who read books enjoyed this survival advantage regardless of their gender, overall health, socioeconomic status, or education levels.



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Donation - Don's Seafood & Chophouse sponsored a Dine & Donate with the proceeds going to the Ocean City Berlin Rotary Club.

Pictured (l to r) are **Gina Shaffer**, past president, **Tom Sweeney**, president-Elect, **Margaret Mudron**, co-president and treasurer, **Brandi Castaneda**, Don's General Manager, and **Cliff Berg**, co-president. The Club meets the first and third Wednesdays of the month at 6pm at Don's.



Heritage - The Art League of Ocean City, supported by a grant from the Beach to Bay Heritage Area, held Heritage Day at the Ocean City Center for the Arts on September 14. The event celebrated local crafts and delicacies including a decoy carving display that featured Ward Brothers decoys, traditional Boardwalk treats from the OC Foodies Tour, a display of vintage crochet items as well as a class on the artform, raffles, and more.

Above are (l to r): **Mary Anne Cooper**, **Sally Whitevishton** and **Jessica Bauer**.

Maryland's Organized Retail Crime Law in effect

Maryland's new organized retail theft law took effect October 1, setting the strictest standards in the region and defining organized retail theft in state statute, authorizing statewide data collection, and expanding the applicability of felony penalties by allowing related thefts to be aggregated across county lines.

The bill, championed by the Maryland Retailers Alliance, was introduced in Annapolis for almost a decade before it finally passed earlier this year. The proposal gained traction in recent years as retail theft cases have increased exponentially since the COVID-19 pandemic, destabilizing retail stores in many communities and resulting in closures of stores due to high losses. Maryland's high felony theft threshold, commercial port in Baltimore, and proximity to multiple interstate highways has historically provided an ideal environment for perpetrators of organized theft.

"This law is a game-changer for retailers in Maryland," said Cailey

Locklair, President of the Maryland Retailers Alliance. "It finally gives law enforcement and prosecutors the ability to treat organized retail theft as a serious crime that impacts safety, public health, and access to goods in our communities."

Federal data shows that organized theft is a funding mechanism for other illicit activities including the drug trade, money laundering, and even human trafficking and transnational crime. Organized rings often take advantage of vulnerable individuals to commit retail theft of specific high-value items like laundry detergent, personal care items, baby formula, and copper wire. By allowing charges for related crimes committed across jurisdictions to be joined, the new law puts a stop to criminals' ability to strategically travel between multiple counties to avoid the state's \$1,500 felony theft threshold and provides the tools needed for law enforcement and prosecutors to target high-level theft rings.

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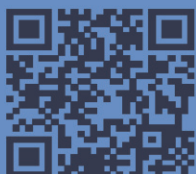
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Educational birding event scheduled

Lower Shore Land Trust and the Natural Lands Project have partnered on a grassland restoration project funded by Maryland Coastal Bays Program. Please join us on Friday morning, October 17 at 9 a.m. Arrive by 8:30 a.m. for coffee and pastries.

Birdwatchers and nature enthusiasts are welcome to attend this first-year meadow showcase located near Newport Bay. Grassland habitats are incredibly valuable for supporting pollinators, birds, and water quality improvement through natural filtration.

Preregistration required with a \$20 fee. Exact location will be given upon registration.

Jared Parks and Beth Sheppard of Lower Shore Land Trust and staff from Maryland Coastal Bays Program will discuss meadow installation practices, management practices and the benefits this has for water quality as well as highlighting increased insect and bird species which are thriving around the Newport Farms meadow in Worcester County.

Participants will have the opportunity to observe first-hand the ecological connections between meadow habitats, water quality, and wildlife populations.

What to bring/wear: Waterproof boots (grassy paths may be wet/muddy), binoculars/cell phone for e-bird identification, insect repellent, sunscreen, sunglasses, and hat, and, tick protection/awareness.

Etiquette reminders: Arrive early for on-time departure and speak quietly during the trip

Light coffee and pastries will be provided.

Registration is currently open. The scheduled rain date for this walk is Friday, October 24 at 9 a.m. For more information go to lower-shore-land-trust.networkforgood.com.

Wor-Wic Hero Run is Saturday

The Wor-Wic Community College Foundation is sponsoring a 5K Hero Run or 2-mile walk, along with the 2025 First Responder Team Cup Challenge, on Saturday, October 4, at 9 a.m., at the college campus on the corner of Route 50 and Walston Switch Road in Salisbury. Check-in and registration begin at 8 a.m.

The 5K run and 2-mile walk are open to the public. The First Responder Team Cup Challenge is open to employees of any law enforcement, fire or emergency medical services agency. They will compete in teams of two to three runners for the coveted cup currently held by the Wicomico County Sheriff's Office.

The run is an inclusive event welcoming both non-disabled and para-athletes. All participants compete equally. All 5K runners and first responder team members will be eligible for first-place overall male and female trophies, as well as medals for the top three male and female finishers in multiple age categories, from age 9 and under to 60-plus. For children ages 9 and under, a Kids' Hero Run and obstacle course will be held at 9:15 a.m.

The first 100 registrants are guaranteed to receive an event shirt. All participants are invited to stay afterward for the awards ceremony and refreshments. This will be the final lap for the event after hosting 15 years of runners.

The entry fee is \$25 per person, or \$35 per person after Oct. 1, and \$5 for the kids' event. Third-party processing fees will be applied to online registrations. Proceeds will benefit the students of Wor-Wic. To register online, visit the events section of worwic.edu or call 410-334-2965.

Take control of your health

Ready to feel better, move more, and take control of your health? Join the Worcester County Health Department this fall for the Healthy Lifestyle Balance Program, a no-cost, year-long journey toward better health.

Starting October 16 at St. Paul's Church, located at 405 Flower St. in Berlin, from 9:30 a.m. to 10:30 a.m., this evidence-based program will guide you through the steps to eat better, lose weight, reduce stress, and create lasting healthy habits that fit your life.

You will participate in 16-weekly sessions followed by monthly support sessions to help you stay on track for the rest of the year. Throughout the program,

*please see **health** on page 12*



Change

Passing eras linger in nostalgia and then fade into history, eventually becoming archeological digs. Viking long ships, square-riggers, ships-of-the-line and even more recent technologies such as the WWII liberty ships have lost their practical relevance. The US Coast Guard still maintains the three mast barque, *Eagle*, for cadet training and there's still a couple seaworthy liberty ships that have been repurposed into schmaltzy tour boats and floating museums.

Times change and we have moved on. Steam ships are now, for the most part, diesel driven while bow and stern thrusters have made tug boats less critical for docking. Electronic beacons have rendered light-houses quaint memories of the past

and the inexhaustible subject matter of seascape artists. Likewise, Morse code and semaphore signaling flags have given way to radios and sextants have lost their importance to GPS.

Lookouts no longer man the crow's nest. Today, radar and AIS (Automated Identification System) identify and plot potential collision courses with other vessels long before they appear from over the horizon.

Wooden boats are an anomaly. Boatwrights have moved onto aluminum and fiberglass. Likewise, natural fibers like papyrus and manila hemp have been replaced by nylon, Kevlar, and a host of polymers that make stronger and more durable lines.

There was a time when longsho-

remen unloaded merchant ships by climbing down into their holds and manually stacked the cargo in nets that a crane hoisted to the pier. Others then loaded the valuables by hand into nearby boxcars. Today, massive, fully automated bulk container ships make port calls in a fraction of the time and require only a handful of dockside personnel.

There is another era that is ratcheting down. It's home delivery of newspapers. *The Washington Post* was the last major paper willing to throw a copy on our driveways here in Ocean Pines. However, as of September 14, the delivery person who came all the way from Bridgeville, DE, ceased operations.

Do Nancy and I miss it? Yes, but not for its news content. The Delmarva Peninsula edition was always old - yesterday's news. The edition went to press around 8 p.m. without late night's sport scores but it would remarkably show up by 6 a.m. in Ocean Pines. This was a gallant effort to overcome the logistics but it was no longer good enough.

The Post could no longer hang onto the glory days, reminiscent of the bygone times when extras hit the street

with breaking news headlines: "All Drown but 868" (Titanic), "Lindbergh Does It," "Hindenburg Blast Kills 35," "Black Tuesday," "Nazis Quit War," "Dewey Defeats Truman." However, by the time of the Kennedy assignation and Neil Armstrong and Desert Storm and 911 the primary source of news coverage was shifting to TV and now onto the internet.

A quick scan of one's laptop or tablet or cell phone - even before getting out of bed - has become the de facto source of up-to-the-minute news and that's what is demanded by today's supersonic pace. The Wi-Fi phenomenon is ubiquitous and real time. The pulp media can't keep up. It will soon be as rare as a longshoreman's union button.

The charm of the newspaper is really all that remains. It smacks of a slower, more thoughtful time when reporting 24-hour old news was good enough and the store coupons were worth more than the price of the paper.

Before we slide into a good old days funk and conjure up echoes of, "Hurry, hurry, read all about it!" let's make an honest evaluation of the media itself.

please see change on page 11

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Meet the Ocean Pines Team

Katie Goetzinger

Katie Goetzinger's journey in Ocean Pines started during her college years, when she served as a summer camp counselor for the Recreation and Parks Department. She moved away after college, but several years later made her way back to Ocean Pines with her husband, Jeremy.

"When my husband and I were deciding where we wanted to live, we



Katie Goetzinger

discussed Ocean Pines, and I called the Rec & Parks Director at the time to see if she had any job openings. She had a part-time position, which I accepted, and moved into a full-time role a year later."

For the past 12 years, Goetzinger has served as the Recreation Program Supervisor, overseeing numerous programs and events for Ocean Pines. The annual Fall Festival, Spring Easter Egg Hunt and Celebration, and Hometown Christmas Tree Lighting are just a few of the community favorites she manages.

One of her most cherished programs is the new P.E.P. Club, a monthly social event for participants of the Worcester County Developmental Center.

"I studied special education in college, so that's why I enjoy working

with that group so much. We plan Bingo Nights for them and host dancing and music nights."

Goetzinger loves the Ocean Pines community, especially raising her family here. Her husband Jeremy has been working in the Ocean Pines Aquatics Department for the past eight years, and spent two summers working at the Racquet Center before that. They have two daughters – 13-year-old Paisley and two-and-half-year-old Poppy.

She says she loves being able to take her daughters to all of the programs. Her oldest daughter volunteers at the events, even receiving the Presidential Service Award for completing 51 volunteer hours last year.

Additionally, her dad plays Santa for all of the Recreation & Parks

Christmas events.

Goetzinger also expresses appreciation for the many volunteers whose contributions continue to strengthen the Ocean Pines community.

"I really love our volunteers! Barbara Peletier volunteers at all of my events, including a bake sale at Concerts in the Park, where we raised money for P.E.P. Club. She has become like family to me and my girls, and she was the Rec & Parks 2024 Volunteer of the Year!"

In her spare time, Goetzinger enjoys watching her daughter Paisley play soccer, creating beaded bracelets, making ice cream, and keeping her many house plants alive.

-reprinted from the Ocean Pines Quarterly Newsletter

TidalHealth attains national accreditation

TidalHealth recently announced that it has received accreditation under the American College of Sur-

geons (ACS) Commission on Cancer (CoC) Accreditation Program as an (INCP) Integrated network cancer program.

The ACS CoC accreditation is awarded to the Richard A. Henson Cancer Institute locations at TidalHealth Peninsula Regional in Salisbury, Maryland, TidalHealth Ocean Pines Campus in Berlin Maryland, and the Allen Cancer Center at TidalHealth Nanticoke in Seaford, Delaware.

The ACS CoC is a consortium of professional organizations dedicated to improving survival and quality of life for patients with cancer by setting the standard for outstanding clinical results for all aspects of oncology care.

CoC accreditation is granted to institutions committed to providing high-quality cancer care by demonstrating compliance with the CoC standards. Each cancer program must undergo a rigorous evaluation and review of its performance and compliance with the CoC standards.

To maintain accreditation, cancer programs must undergo a site visit every three years. The CoC accreditation standards supply the structure for providing all patients with a full range of diagnostic, treatment, and supportive services either on-site or by referral, including community-based resources.

As a CoC-accredited institution, TidalHealth also becomes an ACS Sur-

gical Quality Partner. Being a Surgical Quality Partner signifies an institution's dedication to consistently improving procedures and approaches, while maintaining a critical eye on process at every step.

"ACS Quality programs are grounded in more than a century of experience and participation is an important measure of a hospital's surgical quality. As an ACS Surgical Quality Partner, TidalHealth has shown a commitment providing the best possible patient care, evaluating that care in a rigorous fashion, and dedicating themselves to continuous self-improvement," said ACS Executive Director & Chief Executive Officer Patricia L. Turner, MD, MBA, FACS.

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change
from page 9

It wasn't perfect. The broadsheet newspaper pages were awkward and yellowed with sunlight and created a stack of unused fish wrappers for trash day.

I remember the skill, if not art, of morning commuters folding the *Philadelphia Inquirer* vertically so that the paper was only 3 columns wide. This allowed them to read it while sitting on the crowded trolley car or subway or regional train without intruding on their fellow passengers' space. That was the best they could do. That was the state-of-the-art. And on the evening return trip, they did the same with the *Philadelphia Bulletin*.

Today, nimble thumbs call up panaceas of real time data to satisfy the curious while ear buds and LED screens entertain those who can't read.

Nancy and I will miss the full size W.P. – even the occasionally rain-soaked version - but not for its front page sensationalism or missing ball scores or negative reporting. Home delivery evoked a 'kinder and gentler' time even though colorful photos of disasters were centered on the front page and 'Peanuts' was in re-run.

I'll mostly miss it for its leisurely pace and my personal control. I'll miss spreading the paper out on the porch table and picking and choosing which articles to read and how much of each I was willing to spend time on while sipping my morning cup of joe. It was easy to glance at an advertisement and move on rather than being held hostage by a battery powered thumb-screen-ear bud device that

steals precious time with invasive, repetitious ads for insurance, beer, pizza, cars, wonder drugs and coming attractions.

By contrast, we will never lose our love of local, niche newspapers. Worcester County is blessed with several outstanding neighborhood fish wrappers such as *OC Today-Dispatch*, *Bayside Gazette* and our own,

Courier.

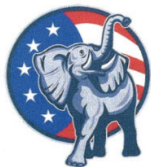
They are focused on local issues and positive reporting and they still provide the advertising platform needed for local business to thrive and for readers to be enthused about our local achievements. Worcester County has the highest school academic performance in Maryland, a low crime rate, the world-famous

White Marlin tournament, and arguably the best seashore resort destination north of Miami Beach.

So, tell me again why am I going to miss home delivery of the Washington Post? I'll get over it.

Stay safe. Stay dry.

Dan Collins can be reached for comment at dancollins.oceanpines@gmail.com



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‘Visionary Voyage’ featured at arts center

Coastal Walk, 5K Run scheduled

The Art League of Ocean City announces a new art show at the Ocean City Center for the Arts with the theme “Visionary Voyage.” Curated by Deborah Rolig of Berlin, the exhibit is also the artist’s first solo show of her own work.

The public is invited to attend this free event on First Friday, October 3, between 5 p.m. and 7 p.m. at 502 94th St. bayside with refreshments sponsored by PKS Investments and complimentary hors d’oeuvres.

Rolig’s show in the Thaler Gallery is a solo retrospective of art, soul, and evolution, spanning decades of creative exploration. Her work defies categorization, moving fluidly from painting to assemblage to illustration, while revealing the inner pulse of a life devoted to art. Each piece in the exhibit is both a milestone and a mirror: evidence of technical discipline, emotional insight, and unflinching authenticity.

A focus of the show is a wall of small portraits Rolig created of 36 personas where she painted styl-

ized faces of imagined people and gave them names and backstories. Rolig is asking guests to “Adopt a Friend” for \$150. The artist is donating a portion of the sale towards funding the monthly “heART & Soul” classes at the Arts Center, geared towards those dealing with stress, trauma, or grief using projects designed to focus on centering and healing.

In tandem with this retrospective, the Art League’s Sisson Galleria upstairs will host a companion exhibit featuring member artists responding to the theme of “Visionary Voyage.” These works in all media explore personal or creative departures, moments when artists stretched beyond expectation, comfort, or technique to reach something more instinctual. Rolig will judge the show, and the Art League will award cash prizes to the winners.

Rolig continues her presence in the Artisan Showcase for the month, teaming with her sister, Dee Grey, in a show and sale of their hand-crafted jewelry, in-

spired by vintage colors and themes.

In Studio E, Debbi Dean’s show is entitled “Nature’s Organic Palette: Interplay of Land, Sea & Sky,” and invites viewers to explore the intricate relationships among terrestrial, marine, and atmospheric elements through the lens of organic materials. Dean’s artwork is crafted from wood, beachcombing finds, metal, and other found objects. “Through the thoughtful use of these materials, the exhibit emphasizes sustainability and the beauty found in nature’s remnants,” she said.

The Schwab Spotlight Gallery will host artwork by pastel painter Donna Finley. “The immediacy, vibrancy, and luminosity of soft pastels fulfill my instinctive need to permanently capture moments in time to emphasize their beauty,” she said. Finley creates representational still life and landscape paintings with the recurring themes of water and sunsets.

Aria Islam continues her exhibit in the Burbage Staircase Galley. Art League class instructors will be on hand with demonstrations and previews of upcoming learning events.

In the satellite galleries, Anabela Ferguson presents her artwork at the Princess Royale, 9110 Coastal Hwy. Born and raised in Santiago, Chile, where her grandfather and grandmother were nationally-renowned artists, Ferguson is a third-generation impressionist artist. In 1979, she immigrated to the United States to Northern Virginia, where her creativity gave rise to acrylic and oil painting.

Gail Stern exhibits her artwork at the Coffee Beanery on 94th St. Stern began painting in retirement and loves the color and tactile use of pastels. “I work in a spontaneous and expressive way to show the beauty and color of a scene,” she said. “I am a lifelong birder and naturalist and hope to support our environment through my art.”

Exhibits at the Arts Center run through November 1; satellite galleries through December 27. More information is available at OCart.org or by calling 410-524-9433.

Lace up your sneakers and get ready for a morning of fun, fitness, and community spirit! On Saturday, October 18 Beachwood, Inc. Custom Builders will present the annual Coastal Walk & 5K Run at the breathtaking Assateague State Park.

Sponsored by Assateague State Park & Maryland Park Services, this event combines the beauty of Maryland’s shoreline with the power of local support. Whether you’re a seasoned runner chasing your next personal best or a family looking to stroll the scenic course together, the Coastal Walk & 5K Run offers something for everyone.

Every step taken benefits the Macky & Pam Stansell House of Coastal Hospice, a state-of-the-art inpatient hospice that has provided comfort and dignity to patients and families on the Lower Eastern Shore.

Participants can choose to compete (or not) in a two-mile Walk or 5K Run at this year’s event at Assateague State Park. The 5k course run will start on the paved bike path for approximately one mile and then move on to the beach for the remainder of the run. The 2-mile walk will be completely on the paved bike path and will be an out-and-back course. All ages welcome - bring the whole family. Participants should arrive at 8 a.m. for registration, refreshments, and music with a 9 a.m. start. Each participant will receive a dri-fit long-sleeved shirt. Medals will be awarded to the placing participants in each of the age categories following the race. Registration for this event is \$30 per participant, with sponsorship opportunities available.

Registration and sponsorship are available at <https://www.coastalhospice.org/coastal-walk-run>.

health
from page 8

you’ll receive tools and encouragement to help make manageable lifestyle changes that can significantly lower your risk of high blood pressure, diabetes, and other chronic diseases.

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

To register, visit surveymonkey.com/r/3FNK2YZ or call 410-632-1100 ext.1108.

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Treat - The Republican Women of Worcester County help their 16th Annual Fashion Show and Luncheon at the Ashore Hotel in Ocean City. Two hundred and sixty women were treated to and fashions. For the finale of the show, they heard the voices of the Salisbury Children's Choir singing patriotic songs, including "God Bless America."



Installation - Members of Knights of Columbus Assembly # 2454, Council # 9053, Ocean City installed a paver at the Worcester County Veterans Memorial at Ocean Pines. The paver is placed to honor all who have served the country. A joint color guard from K of C Assembly #2454 and members of American Legion Post 166, Ocean City, participated in the ceremony as members of the community and Assembly #2454 honored veterans.

Chronic kidney disease class offered

TidalHealth will hold a free chronic kidney disease (CKD) class from 10 a.m. to noon, Wednesday, October 8 at the TidalHealth Ocean Pines Campus, located at 11101 Cathage Road, Suite 102.

The Centers for Disease Control and Prevention (CDC) reports that around 14% of adults in the US have CKD, and up to 90% of adults with CKD are unaware of their condition.

TidalHealth's chronic disease nurses will present on how to slow down disease progression, monitoring your kidney disease, diet, dialysis and transplant options, and financial considerations. This event is open to people with CKD as well as their family members and/or caregivers.

Space is limited and preregistration is required. To register, contact Valencia Harper at 410-912-5824 or valencia.harper@tidalhealth.org.

Take control of your health

Ready to feel better, move more, and take control of your health? Join the Worcester County Health Department this fall for the Healthy Lifestyle Balance Program, a no-cost, year-long journey toward better health.

Starting October 16 at St. Paul's Church, located at 405 Flower St. in Berlin, from 9:30 a.m. to 10:30 a.m., this evidence-based program will guide you through the steps to eat better, lose weight, reduce stress, and create lasting healthy habits that fit your life.

You will participate in 16-weekly sessions followed by monthly support sessions to help you stay on track for the rest of the year. Throughout the program, you'll receive tools and encouragement to help make manageable lifestyle changes that can significantly lower your risk of high blood pressure, diabetes, and other chronic diseases.

To register, visit surveymonkey.com/r/3FNK2YZ or call 410-632-1100 ext.1108.



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Travel

Book your dream getaway now

Escape the winter chill

By **Cindy McCabe**

As the days get shorter and the air turns colder, it's natural to start dreaming about warm breezes, sandy beaches, and turquoise waters. Winter is coming, and while others may be bundling up in heavy coats and shoveling snow, you could be lounging under a palm tree with the sun on your face and a cool drink in your hand. The key to making that dream a reality is to plan ahead and book your trip early so you don't miss out on the perfect escape.

Travelers today are booking their adventures farther in advance than ever before. More and more people are securing their vacations a year or more ahead of time to make sure they get the cabin on a cruise ship or the room at a resort that they've always dreamed about. This is especially true for bucket-list destinations like Alaska. If Alaska has been on your mind, the time to plan is now. The state's breathtaking landscapes, glacier-filled fjords, and incredible wildlife encounters make it one of the most in-demand destinations in the world, and cabins on cruises often sell out nearly a year before departure. Waiting too long can mean limited choices or missing out altogether, so there's no better time than today to start planning that once-in-a-lifetime journey.

Of course, for many, winter is less about snowy adventures and more about escaping the cold altogether. That's why the Caribbean remains one of the most popular places to travel when the temperatures drop. Islands like Jamaica, Curaçao, St. Lucia, and Turks and Caicos are some of the most beloved winter destinations, offering a blend of culture, beauty, and relaxation. Jamaica is famous for its laid-back rhythm and stunning beaches, while Curaçao charms visitors with its colorful downtown architecture, friendly people, and clear waters perfect for snorkeling. St. Lucia has been called the Hawaii of the Caribbean for its dramatic mountain peaks and lush tropical scenery, making every moment there breathtaking. Turks and

Caicos, with its white sand and crystal-clear waters, is the definition of paradise. These islands fill quickly during the winter months as travelers flock south to escape the chill, so booking early is the only way to guarantee the dream spot you've been imagining.

The good news is that planning ahead doesn't have to feel overwhelming or financially stressful. Most local travel agencies can help you set up flexible payment plans, allowing you to spread the cost of your trip out over several months. That means you can secure your dream vacation now and pay it off gradually, making it far more affordable than waiting until the last minute. Having a countdown on the calendar and watching each payment bring you closer to your goal makes the anticipation even sweeter.

There is no better time than now to take control of your travel dreams. Whether it's the icy majesty of Alaska or the sun-soaked beauty of the Caribbean, planning ahead ensures that you'll be exactly where you want to be when the season changes. Instead of bracing against the cold winds this winter, you could be exploring coral reefs, sipping tropical cocktails, or standing in awe of glaciers. Think travel, think ahead, and most of all—think of booking with your trusted Family Fun Travel Agency. We're here to make your dream trip a reality, and it all starts with taking that first step today.

Cindy McCabe is owner of Bethany Travel and can be reached at 302-933-0955. Bethany Travel is one of the top 10 travel agencies in the world selling Sandals & Beaches.

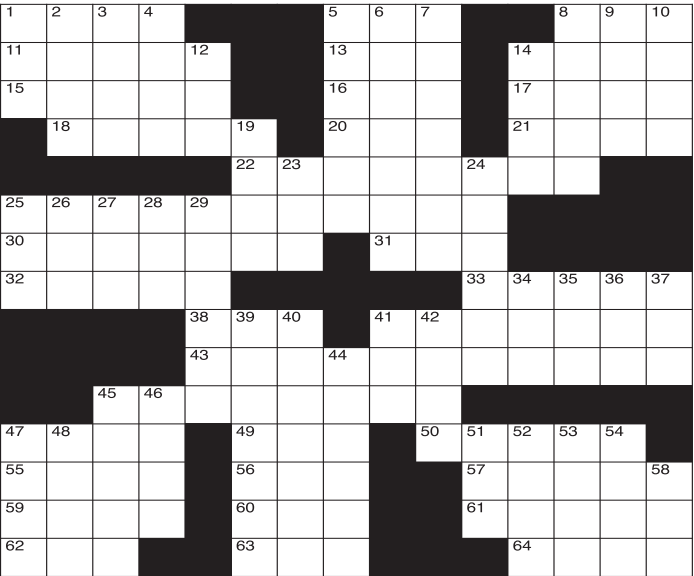


Cindy McCabe



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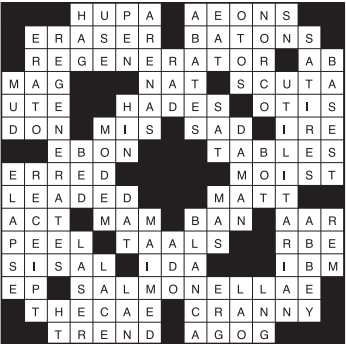


CLUES ACROSS

1. Comedic actor Rogen
5. Bits per inch
8. Tire pressure measurement
11. Angels great Mike
13. Own (Scottish)
14. Notable FI racing team
15. Upper bract of grass
16. Tax collector
17. Electronic counter-countermeasures
18. Informal loan clubs
20. Skeletal muscle
21. Popular fish type
22. Salts of acetic acid
25. Arriving early
30. Worded
31. Single Lens Reflex
32. Amphibians
33. Warm greeting
38. Belonging to a thing
41. Segmented worm
43. Concerns
45. Audacious
47. Wings
49. Type of drug
50. Wind chill formula scientist Charles
55. Island close to the U.S.
56. "To the ___ degree"
57. Daniel ___, French composer
59. A way to march
60. Where golfers begin
61. Spiritual leader
62. Of she
63. Mental disorder concerning body odor (abbr.)
64. Tall, slender-leaved plant

CLUES DOWN

1. Engine additive
2. Amounts of time
3. Fragrant brown balsam used in perfume
4. Color properties
5. One who hands over
6. Thieves of the sea
7. Put in
8. Nocturnal rodents
9. Pouches
10. Systems, doctrines, theories
12. Greek alphabet letter
14. Greek goddess of youth
19. Satisfy
23. Partly digested food
24. Dictator
25. Parts per thousand (abbr.)
26. The 17th letter of the Greek alphabet
27. A major division of geological time
28. Angry
29. St. Francis of ___
34. Romanian monetary unit
35. Stale
36. Go quickly
37. Commercials
39. Canadian city
40. One who slices
41. Perform perfectly
42. Nest of pheasants
44. Tactile sensations
45. Sword
46. Climactic
47. Adrenocorticotrophin
48. Fisherman's tool
51. Swiss river
52. Plant that makes gum
53. A French abbot
54. One point east of northeast
58. Get free of




Answers for October 1

Some things to think about

Gathered from the internet
by **Jack Barnes**

The hardest part about losing a dog you love is not when you say goodbye...



it's the way your whole world changes without them and the emptiness that's left in your heart


I'M NO BIRD EXPERT



BUT I'M GUESSING 4 FEMALES AND 1 MALE

PHIL, YOU STILL WORKING AT THAT LAB, DELIVERING URINE SAMPLES?

NO, I GOT PROMOTED - NOW, I'M THE STOOL PIGEON!



DID YOU KNOW



THERE IS A SPECIES OF ANTELOPE CAPABLE OF JUMPING HIGHER THAN THE AVERAGE HOUSE? THIS IS DUE TO ITS POWERFUL HIND LEGS AND THE FACT THAT THE AVERAGE HOUSE CANNOT JUMP.

IT CAN TAKE DAYS, WEEKS, EVEN YEARS TO DECIDE YOU LOVE SOMEONE



BUT IT TAKES 2 MINUTES TO DECIDE YOU LOVE A DOG.

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It will be fun they said...



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