

The Courier

November 19, 2025 Volume 26 Number 11

Hamiltons promote better living through therapy

By Elaine Bean

One in four people age 65 and older will fall this year, according to the Centers for Disease Control. Millions of older people fall each year, and falling once doubles the chances of falling again, the CDC reports. One out of ten falls results in an injury that causes an older adult to restrict their activities or seek medical attention.

One way to alleviate the risk of falling for seniors is balance therapy



Billy and Jennifer Hamilton

like that offered at Hamilton Head and Shoulder in Ocean Pines.

Jennifer and Billy Hamilton have owned and operated the practice since 2019. Both graduated from the University of Maryland Eastern Shore in 2006 with doctorates in Physical Therapy.

Balance therapy starts with an evaluation of the client's physical condition and a review of their day-to-day activities.

"We take normal activities that people do every day - things that include regular walking, doing stairs, negotiating curbs, different things like that - and try to figure out ways that we could create exercises in the clinic that simulate that," Jennifer Hamilton said.

She points out that one of the biggest risks to falling is the fear of falling itself.

"People are so afraid of falling that they don't even try things," she said. "There have been studies that have shown that having an increased fear of falling actually increases your risk of it."

A method the clinic uses to alleviate fear is to urge the client to try movements that may seem difficult,

*please see **hamilton** on page 3*



Recognized - Jacki Adkins won 3rd place and a cash prize for her artwork in the Art League of Ocean City's "Feast for the Eyes" group show. The exhibit was judged by local chef and educator Phil Cropper. Pictured are Art League President **Crystal Collins** and **Jacki Adkins**.

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Pictured (left to right) are **Stephen R. Farrow**, Coastal Hospice Board Member and former Board Chair; **Ann Lovely**, RN, BSN, CHPN, president and CEO; and **Morgan Fisher**, Coastal Hospice Executive Board Chair.

**Coastal Hospice honored as
Non-Profit Organization of the Year**

Coastal Hospice has been named Non-Profit Organization of the Year at the Salisbury Area Chamber of Commerce (SACC) Annual Awards Luncheon, held at the Wicomico Youth & Civic Center.

Coastal Hospice President & CEO, Ann Lovely, accepted the award on behalf of the organization's dedicated staff, volunteers, and board members, whose compassion and commitment make the mission of Coastal Hospice possible every day.

The SACC Annual Awards Luncheon celebrates the achievements and dedication of outstanding leaders and organizations across the Delmarva region. This inspiring event recognizes member businesses, community partners, and individuals who exemplify excellence, service, and leadership in their fields.

"This recognition is truly a reflection of our entire Coastal Hospice family," said Lovely. "Every member of our team plays a vital role in providing compassionate care and support to the patients and families we serve. We are deeply grateful to be part of such a strong and caring community."

Coastal Hospice extends its heartfelt

congratulations to all of this year's award recipients and nominees. The organization is proud to stand alongside so many remarkable community leaders and organizations that share a common goal of strengthening and uplifting the Lower Shore.

**Kiwanis Club gives
back to Diakonia**

Every week, the Kiwanis Club of Greater Ocean Pines-Ocean City partners with the Berlin Food Lion and Panera Bread to deliver food to those in need amidst the loss of SNAP benefits.

Food is picked up every Monday and Friday by volunteers and delivered to Diakonia. Occasional special food pickups are also added to the schedule when needed.

The Kiwanis Club says this type of work is even more vital right now, as SNAP benefits interrupted by the government shutdown.

For questions or more information, contact Seth Thatcher at seth.thatcher@verizon.net or 703-999-4057.



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Cartoon memories

Someone reminded me recently of Magilla Gorilla, the cartoon personality from those halcyon days when Hanna Barbera Productions churned out lovable characters that populated Saturday morning kids' shows during the 1960s and '70s. You may recall that Magilla was a gorilla for sale in a pet



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

shop whose owner marked down to two-cents the price to buy the humanized ape. Because of his antics, buyers always returned the intellectually limited, semi-erect Magilla to the display window where he remained unwanted wearing his silly shorts and too-small hat, episode after episode.

The thought of Magilla triggered memories of other cartoon that those of us of a certain age may remember.

As kids, my brother and I would lay on the shag carpeted living room floor, our heads resting on our folded hands watching Wee Willie Weber on television in the afternoons. Wee Willie introduced the popular cartoons of the day on his television show that broadcast from the local Philadelphia UHF Channel 17 studio. Early on we watched the shows in black and white. In 1973 when our parents purchased a 19" Magnavox color television, life changed for the better.

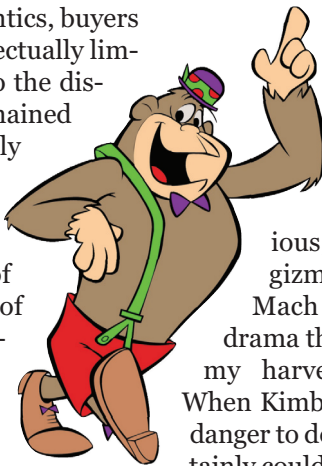
If we were lucky and our homework was done, we could watch cartoons for a couple hours during the afternoon, especially if it was raining or snowing outside. If the weather was nice, our mother forced us outside to play. But I digress.

The pillar of my cartoon kingdom was "The Flintstones." The prehistoric adventures of Fred and Barney held my attention especially when guest characters like Samantha Stevens (Elizabeth Montgomery of "Bewitched") appeared. The Great Gazoo was my favorite character.

My list of preferred cartoons was extensive including "Kimba the White

Lion," "Speed Racer" (even though the voices were never in-sync with character mouth movements), "Yogi Bear," "Josie and the Pussycats," "Quick Draw McGraw," "Secret Squirrel" and the most classic, lovable cartoon character of all, Bugs Bunny.

Just for a little fun and to tickle the memory, how many of these cartoon characters do you remember? Wally Gator. Touche Turtle. Huckleberry Hound. Top Cat. Lippy the Lion and Hardy Har Har. Aquaman. Scooby Doo. Marine Boy. Johnny Quest. Peter Potamus. Shazzan. Dastardly and Muttley.



For me at the time, these characters and shows epitomized quality television. Watching Speed Racer escape the sinister intentions of Mammoth Car by using the ingenious, yet highly improbable, gizmos and gadgets of the Mach 5 was captivating high drama that kept me at the edge of my harvest gold sofa cushion. When Kimba the lion turned toward danger to do what was right, that certainly could not have been the sort of quality programming that then FCC Chairman Newton Minow said was a "vast wasteland." Could it?

These days my grandchildren watch cartoons like "Paw Patrol." They are often mesmerized by the shows - I guess much like I was back in the day when Yogi Bear, who was smarter than the average bear, snatched a "picnic" basket or two or three. Admittedly I don't understand why my grandkids are so enamored by a dog named "Bluey." Come to think of it, I never understood the appeal of Sponge Bob Square Pants, a favorite of my kids when they were little.

But who am I to judge? I believe the cartoons of my youth traversed a higher, existential plane. They were layered, animated essays on life. Top Cat was an oracle of contemporary street smarts. Wiley Coyote and Roadrunner were allegorical characters of social injustice. Magilla Gorilla? He represented buffoonery mixed with ego and low esteem.

Bugs Bunny? Bugs Bunny was just Bugs Bunny and it didn't get any better than that.



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Celebrate New Year's Eve at the Yacht Club

Ring in 2026 in style at the Ocean Pines Yacht Club on Wednesday, December 31.

The evening begins at 7 p.m. with passed hors d'oeuvres, featuring chorizo empanadas, filet mignon sliders, bruschetta, and a chopped kale Caesar plated salad.

Guests can choose from one of three main courses:

-Surf & Turf – 6oz lobster tail paired with a 6oz filet mignon (served medium), with sides of fingerling potatoes and grilled asparagus

-Salmon Royale – 8oz seared salmon filet topped with 3 grilled shrimp, finished with a lemon-dill picatta and served with mashed potatoes and grilled asparagus

-Double-Cut Pork Chop – cooked to perfection and topped with gorgonzola mushroom sauce, served with sides of mashed potatoes and grilled asparagus

A vegetarian dish will be available upon request.

For dessert, guests will enjoy chocolate mousse topped with whipped cream and a luxardo cherry.

Entertainment will be provided by Great Train Robbery. Attire for the event is dressy cocktail.

Tickets are \$149 per person plus tax and gratuity, which includes the plated meal, open bar, and a complimentary champagne toast.

To purchase tickets, call 410-641-7501 and press 1.

hamilton
from page 1

but are safe and controlled in the clinic under the careful watch of a therapist.

"We have people do strengthening exercises, because, of course, the stronger you are, the more you can handle that kind of load," Hamilton said. "But we'll also do one-on-one things, where the therapist has a belt on the person, so we have control. They will not fall as we try to get them to do things that are much more challenging than they would do on their own."

"That's really the way to advance you, to force you to do things that I wouldn't want you to do on your own. But you can do it here because it's in a safe setting. And that helps to gain the balance you need with your vision, with your muscles and tendons and joints."

Instilling confidence in a client by using therapy and self-awareness has proven effective in preventing falls, Hamilton shared. Seeking balance therapy before a fall actually occurs is the best way to prevent an accident.

"People will typically come in after they've had a fall, unfortunately," Hamilton said. "It's better if you can prevent a fall than having to come in and get reactionary care after having a fall. Typically, one of the questions we ask is, have you had a fall in the last year? If so, did you fall forward, did you fall backwards, what were the circumstances? Did you trip over a throw rug? And then we have to talk about different modifications in the home and things like that."

"We do find that having increased confidence, doing some of these modifications, the risk of falling is definitely decreased. People feel more confident in being able to go out, and in an environment that they can control - their home. And being more aware of things that can cause a fall. People can look out for that ... We always set people up with something they can do on their own on the days they don't come in," she continued.

While their business name men-

tions only the upper body, Hamilton Head and Shoulder treats the entire body, from head to toe and everything in between. The practice has a dual goal: provide highly-specialized treatment to patients with upper extremity conditions or injuries, and offer individualized treatments for patients suffering from conditions such as neck, back, hip, knee, and ankle or foot pain.

Both Jennifer and Billy Hamilton are also Certified Hand Therapists – also known as CHTs - and expert in the art and science of rehabilitation for the shoulder, elbow, wrist, and hand. To become certified, a CHT must have at least three years of experience as a physical or occupational therapist, plus 4,000 hours of hand therapy practice, and pass an examination.

The Hamilton's practice also offers orthopedic rehabilitation with the goal of bringing back the personal touch. "No two injuries are the same and shouldn't be treated as such," they said. "We will determine the best course of action based on your individual symptoms and not the generic approach you may find when looking up a diagnosis online. We may modify your treatment plan each visit to ensure that you achieve your desired result as quickly and safely as possible."

The whole-body approach is applied to the Hamilton's physical therapy services. "We believe that physical therapy is more than just treating your pain," they said. "We get to know you on a personal level. This enables us to learn about the activities and upcoming events that are important to you and contribute to your day-to-day living. Then, we tailor a treatment plan designed to your specific goals and time frame."

Hamilton Hand and Shoulder states they accept most private insurances as well as Medicare and Medicaid. The practice is located at 11007 Manklin Creek Rd, Unit 5, in Ocean Pines. Referrals may be required, but on a case-by-case basis. They are accepting new clients, and appointments typically are available within a week.

Courier Almanac

Rumors had swirled around Michael Jackson since the first public allegations of sexual misconduct with a minor child were aired amidst a 1993 civil lawsuit that was eventually settled out of court. A decade later, on November 19, 2003, an embattled Jackson prepared to face criminal charges of a similar nature when a warrant was issued for his arrest on charges of child molestation. Though he would be acquitted two years later of each criminal count on which he was eventually tried, the erstwhile King of Pop suffered many blows to his already damaged reputation and finances while facing the charges filed on November 19, 2003.

Screen usage is a fact of modern life, and it's an issue parents find themselves navigating on a daily basis. Though even especially young children use devices like tablets, the desire for screens may grow considerably once kids enter elementary school. Many schools now utilize tablets and laptops in the classroom. While studies have found screens can foster cognitive development in young children, the American Academy of Child & Adolescent Psychiatry urges parents of school-aged children to limit activities that include screens. Excessive screen use can lead to a host of negative outcomes, including sleep disturbances, poor academic performance, obesity, and poor self-image and body issues, among other problems. The AACAP does not offer specific recommendations for school-aged kids regarding daily screen usage, but the organization notes children age five and younger should be limited to no more than one hour per day. A reasonable increase on that recommendation may not adversely affect school-aged kids, though parents are advised to encourage healthy screen habits and turn screens off 30 to 60 minutes before bedtime.



The
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Aquatics launches Angel Tree program

The Ocean Pines Aquatics Department is once again seeking generous community “angels” to help brighten the holidays for local families and children in need.

The department’s Angel Tree program, launched in 2014, provides an opportunity for residents to give back by purchasing gifts for individuals and families identified through Worcester County GOLD, a local nonprofit supporting those facing financial hardship.

A Christmas tree decorated with angel ornaments is now on display in the lobby of the Sports Core Pool. Each ornament represents a local child or family. Community members who wish to participate may select an angel from the tree and record their name and contact information on the corresponding sign-up sheet.

The deadline to return gifts is December 8. Gifts may be returned wrapped or unwrapped, but the angel must be returned with the gift.

For more information, call the Sports Core Pool at 410-641-5255.



Hometown Christmas returns

Ocean Pines Recreation and Parks invites community members to kick off the holiday season at the 15th annual Hometown Christmas on Saturday, November 29, at White Horse Park.

Festivities begin with the traditional tree lighting ceremony at 6:30 p.m., followed by Santa in the Park from 7 p.m. to 8 p.m.

Tree sponsorships are available. Fees are \$75 for returning sponsors and \$100 for new sponsors. For information, contact Ocean Pines Recreation and Parks at 410-641-7052.

Hometown Christmas is free and open to the public. Complimentary hot chocolate and cookies will be provided.

For questions or additional details, contact Katie Goetzinger at 410-641-7052 or kgoetzinger@oceanpines.org



Nutrition - Registered Dietician Kathy Wool recently spoke to the Worcester County Garden Club about nutrition and the benefits of growing vegetables and herbs. She encouraged members to start with a vegetable and then build the meal around it. In appreciation, the National Garden Club book “Network with Nature” is being donated in her honor to Snow Hill Christian Nursery School.

The Worcester County Garden Club is a member of Federated Garden Clubs of Maryland, Inc. Individuals interested in learning more about Worcester County Garden Club can contact the membership chair at WorCtyGardenClub@gmail.com.

Pictured left to right are Program Chair **Pat Arata**, **Kathy Wool**, Club President **Susan Fletcher**.

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Cookie, cake walk scheduled

Bethany United Methodist Church will host a Cookie and Candy Walk. The event will occur Saturday, December 6 beginning 8 a.m. until sold out. The church is located at 8648 Stephen Decatur Highway in Berlin. The event allows you to pick homemade cookies and candy. Cookies are \$11 per pound. Candies are \$13 per pound. Enjoy fresh cinnamon rolls and hot chocolate while you shop. For more information call 410-641-2186 or email bethany21811@gmail.com.

Light Up the Pines returns

Ocean Pines residents and property owners are invited to help spread holiday cheer by taking part in this year's "Light Up the Pines" outdoor decorating program.

Registration opens on November 17. To participate, households should submit their name, address, and phone number by emailing info@oceanpines.org or calling 410-641-7717 ext. 3014. Participants are also asked to send a photo of their decorated home to be featured in a special holiday video.

Those who register by December 12 will be entered into a drawing to win one of three \$50 bill credits from Choptank Electric Cooperative. The first 25 homes to register will also receive goodies from Choptank Electric.

Residents may continue to register after the December 12 deadline and throughout the holiday season to have their homes added to the online holiday lights map.

Myrick to speak at RWWC dinner

The Republican Women of Worcester County will hold their annual dinner meeting on Thursday, November 20 at Lighthouse Sound in Bishopville. The guest speaker will be John Myrick, candidate for Maryland governor. Doors open at 5 p.m. For more information, please email gopwomenofwc@gmail.com.

Isle of Wight offices closing for renovation

Worcester County Government's satellite offices at Isle of Wight, located at MD Rte. 90 and St. Martins Neck Road, will be closed for renovations from Wednesday, November 19 through spring 2026. Services provided at this location by the Treasurer's Office and Health Department will temporarily be relocated.

For the convenience of northern Worcester County residents, a Treasurer's Office payment drop box will be placed in front of the Ocean Pines Library. The drop box will be monitored regularly, and all items will be processed by the Treasurer's Office in Snow Hill. Citizens may also visit the main office in the Worcester County Government Center in Snow Hill or take advantage of online services by visiting <https://www.co.worcester.md.us/departments/treasurers-office>.

The Health Department's Environmental Health services will temporarily relocate to the Ocean City Health Center, located at 4 Caroline Street in Ocean City November 18.

On November 19, all Environmental Health services, except for emergency response, will be paused for relocation efforts, and will resume on November 20. For more information, please contact Environmental Health at 410-352-3234.

Gold Star Family marker dedicated

The Worcester County Garden Club recently dedicated a Gold Star Families Memorial Marker during a Veterans Day ceremony at the Worcester County Veterans Memorial in Ocean Pines. Under the auspices of the National Garden Clubs, Inc, the marker pays tribute to those Gold Star families whose loved one paid the ultimate price defending the United States of America. The marker was unveiled by members of three local Gold Star families.

Individuals interested in learning more about Worcester County Garden Club can contact the membership chair at WorCtyGardenClub@gmail.com.



Members of the Bailey, Hilty and Coffland families unveiling the marker



Auction - The Ocean City - Berlin Rotary Club recently held a pound auction with all proceeds going to Rotary's Polio Plus (polio eradication program). Members bid on wrapped unidentified items that weighed about a pound.

Pictured left to right are **Margaret Mudron, Jim Loveless, Lou Ann Danner, Gina Shaffer** and **Cliff Berg** who went home with a variety of gifts. The Club meets the first and third Wednesdays of the month at the Ocean Pines branch of the Worcester County Library. For more information email ocberlinrotary@gmail.com.

Othepa joins Atlantic General Primary Care

TidalHealth has welcomed Eugide Othepa, MD, to Atlantic General Primary Care in Berlin, Maryland.



Eugide Othepa

Dr. Othepa earned his medical degree from Ross University School of Medicine in West Indies, Dominica. He completed his family medicine residency at Memorial Hospital Gulfport in Mississippi, where he was chief resident.

He is a member of the American Academy of Family Physicians and the Mississippi Academy of Family Physicians and brings extensive clinical experience, including research and publications. He was also on faculty at Ross University School of Medicine as a clinical teaching fellow. He is fluent in English and French. Outside of medicine, Dr. Othepa enjoys spending time with his family, cooking, exercising, exploring new music and reading.

Dr. Othepa is accepting new patients at the Gudelsky Family Medical Center, located at 10614 Racetrack Rd., Suite 5, Berlin, MD 21811. To schedule an appointment, call 410-629-6467.



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EOE

Annual Veterans Day ceremony held in Ocean Pines

The Worcester County Veterans Memorial Foundation hosted its annual Veterans Day ceremony on Tuesday at the Worcester County Veterans Memorial.

The ceremony began with an invocation by Reverend Dale Brown, fol-



lowed by the Posting of Colors by American Legion Posts 123, 166, and 213, along with the Ocean City Knights of Columbus. Students from Seaside Christian Academy led the Pledge of Allegiance and performed "God Bless America."

This year's keynote speaker was Col. John Fenzel, retired Senior Army

Special Forces Officer, who served in both war and peace, from Washington D.C. to the Middle East.

Musical performances were provided by the Delmarva Chorus, directed by Carol Ludwig, featuring a Medley of Service Anthems and "Let There Be Peace on Earth."

This year's ceremony also featured a National Gold Star Marker Dedication, presented by Susan Fletcher, president of the Worcester County Garden Club.

"We were pleased with the turnout on the coldest Veterans Day we have had in 20 years," said Marie Gilmore, president of the Worcester County Veterans Memorial Foundation. "We are blessed to live in a community that loves and supports our veterans."

Among those in attendance were several state, county and local officials as well as members of the Ocean Pines Board of Directors.

For more information on the Worcester County Veterans Memorial at Ocean Pines and the Worcester County Veterans Memorial Foundation, visit <https://wocovets.org/>

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Symphony director garners Grammy nominations

The Mid-Atlantic Symphony Orchestra announced that its music director, Michael Repper, has been nominated for two Grammy awards for his work with the National Philharmonic.

The album, a world-premiere recording celebrating the 150th anniversary of composer Samuel Coleridge-Taylor, received nominations for Best Orchestral Performance and Best Classical Instrumental Solo. Conducted by Michael Repper and featuring violinist Curtis Stewart with the musicians of the National Philharmonic, the recording highlights the depth, energy, and inclusivity that have come to define Repper's artistry both on stage and in the studio.

"These nominations are a testament not only to Michael's extraordinary musicianship but also to his commitment to bringing vital, underrepresented voices in classical music to the forefront," said Jeffrey Parker, Chair of the Mid-Atlantic Symphony Orchestra Board of Directors. "We are incredibly proud to have him leading our orchestra."

Repper, who won a Grammy award in 2023 for his recording with

the New York Youth Symphony, continues to garner international recognition for his innovative programming and passion for making orchestral music accessible



to diverse audiences.

The Mid-Atlantic Symphony Orchestra, now in its 28th season, celebrates this achievement as part of its ongoing mission to present world-class music across the Delmarva Peninsula.

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Former teacher has ongoing impact on art in the county

By **Elaine Bean**

Last Christmas, Gwen Lehman’s niece gifted her a bracelet engraved with “Art Heals.”

“I wear it often as a reminder, for I believe it does,” Lehman said. “The act of writing or painting or taking photographs lifts me and emboldens me and requires me to think, deeply, and often broadly, as well. There is a quote from Gerhard Richter on the wall of the Ocean City Center for the Arts: ‘Art is the highest form of hope.’ In dark times especially, art in many forms allows us to break through the darkness and find the light.”

Lehman has been guiding many in Worcester County towards that light after a long career as an educator at Stephen Decatur High School.

“When I first moved here in 1969, there was not a bustling art scene,” Lehman remembered. “So I had to make an art scene for myself. When the opportunity came to start a theatre program at SDHS, I took it.”

Lehman took it and ran with it – for 46 years.

“What was inspiring for me as an English, psychology, and theatre teacher at SDHS was that the Eastern Shore was so hungry for art in my area of interest - the theatre,” she said. “My professional background as an educator was most deeply rooted in theatre. What inspired me most was the desire on the part of students to engage fully and intellectually with dramatic literature, with performance, and with theatre as art, with valuable messages to convey to audiences.”

“Theatre is a collaborative art and involves so many other forms of art: set design, costume design, literature, music, dance. It is also an excellent way to teach history and psychology. The fact that Worcester County allowed me to start a curricular theatre program and that the public embraced and supported it was a source of inspiration.”

Lehman’s theatre program reached far beyond those at the high school and included an annual children’s theatre, reaching children who had never before seen a live performance.

“They would enter the lobby of the SDHS auditorium and ask me, ‘What movie are we going to see?’ or tell me, ‘I was here last year. Is the wolf still here?’” Lehman said. “I loved being able to provide that to local kids and adults.”

Lehman has roots in Western Maryland and first came to the Shore to work in the summer and later as a student at Washington College in Chestertown where she received her MA in English with an emphasis in creative writing. Lehman and her first husband worked on the Boardwalk for Thelma and Milton Conner during the summer. It was Thelma Conner who made sure Lehman stayed on the Shore.

“As the summer progressed, Thelma decided she



Gwenn Lehman

please see art page 13

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art
from page 11

wanted us to stay year-round,” Lehman remembered. “She called Gladys Burbage, principal at SDHS, to see if she had any job openings. I was interviewed and got a position teaching 8th and 9th grade English and 12th grade psychology. The rest, as they say, is history.”

Although Lehman did retire from high school teaching after 46 years, she has not stayed retired or quiet on the local arts scene.

“I am involved in multiple organizations in an effort to give back to the community that has supported me for so many years,” she said.

Lehman serves as president of the Board of Directors for Worcester Youth & Family Counseling Services; secretary and newsletter editor for the Worcester County Retired School Personnel Association; and newsletter editor for the Democratic Club of Worcester County. She is also moderator of a Classic Book Club, secretary of the First Saturday Writers of Berlin, and a judge for the Ocean City Film Festival. She and her husband, Don Lehman, volunteer at the Art

League of Ocean City, serve on the exhibit committee, and hang the art shows in the Sisson Galleria each month.

And she paints and has art shows.

A solo exhibition of her paintings, entitled, “Land ‘scapes,” hangs in Studio E at the Ocean City Center for the Arts through Nov. 29. The show presents minimalist abstract landscapes done in acrylic, cold wax, and collage.

“The unifying theme is that these are places to escape to for a moment of quiet, of reflection, of peace, of reconciliation, even resignation,” Lehman said. “They are not specific places so much as what we would want places to be if we could simplify them, make them accessible, stray into them for just a short while - meadows, fields, dunes without figures, without human presence, waiting for you to escape into them and take a breath.”

And she writes fiction and publishes books.

“Writing is my first love, and these collections contain humorous stories, as well as poignant ones exploring the lives of ordinary people,” Lehman said. “I do, in all honesty, create some rather quirky characters and love

putting words in their mouths.” Her three collections of short “flash” fiction stories - *The Southern Stories*, and *Women I’ve Invented, Volume 1 and Volume 2*

— are also available at the Arts Center.

Lehman finds inspiration in the local landscape. “I have remained in Worcester County since retiring,” she said. “I like the geography of the area, the ocean and beaches, the farmland, the forests, the wetlands, the bays and rivers and creeks. I also like the change of seasons in OC, the hustle and bustle of summer and the quiet of winter. And I absolutely love the town of Berlin. It

is everything a small town should be.”

Lehman’s art show is currently on exhibit at the Ocean City Center for the Arts, 502 94th St. bayside. Admission is free, and the Arts Center is open daily. Info at OCart.org.



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Riddle Farm treatment plant back on line

Following a successful renovation and repair project, the Riddle Farm Wastewater Treatment Plant (WWTP) is once again fully operational. The rehabilitation project, which got underway with M2 in June 2024, came in within budget and on time.

“A big thanks goes out to our phenomenal team who did a knockout job getting the work done,” Public Works Director Dallas Baker said. “Also, none of this would have been possible without the support of the Worcester County Commissioners.”

Project partners include Public Works Water and Wastewater, George, Miles and Buhr (GMB), Veolia, and M2 Construction.

Clogging issues associated with filter membrane cassettes installed in

2017 resulted in a significant reduction in the WWTP’s ability to treat wastewater. Repeated attempts to alter the treatment process and reduce membrane clogging over the years were unsuccessful. From 2018 to November 2025, crews were required to pump and haul effluent from the Riddle Farm WWTP to the Ocean Pines WWTP and West Ocean City sewer system to be treated. That temporary, yet costly, treatment method stopped 10 days ago. All effluent generated within the Riddle Farm Sanitary Service Area is once again being treated onsite at the Riddle Farm WWTP.

“We sincerely appreciate the public’s support while we worked to get the Riddle Farm WWTP up and running again,” Baker said.

Tickets still available for Taste of the Amalfi Coast Wine Dinner

Tickets are still available for the Taste of the Amalfi Coast Wine Dinner, hosted by the Ocean Pines Yacht Club, on Saturday, November 29, from 6 p.m. to 9 p.m.

This dinner is a journey through the flavors, stories, and spirit of the Amalfi Coast, from its windswept cliff and citrus groves, to the deep blue of its waters.

Tickets are \$150 per person and include five courses, each course a love letter to Southern Italy – vivid, heart-felt, and unforgettable.

Courses are as follows:

-First Course – “From the Fisherman’s Net:” Fried Bluefish with Tomato and Garlic Toast Points, paired with Lava Falanghina, a lively, mineral driven sparkling wine born from the volcanic slopes near Mount Vesuvius

-Second Course – “The Lemon Road:” Gli Scialatielli All’Amalfitana, paired with Ischia Bianco, a white blend of Biancolella and Forastera grapes from the island of Ischia

-Third Course – “The Hunter’s Path:” Pollo alla Cacciatora paired with Lava Aglianico, a softly sparkling red with a deep ruby hue and notes of black cherry, violet, and spice, born near Naples

-Fourth Course – “The Monk and the Sea:” Paccheri con la Rana Pescatrice paired with Mille Anni Piediroso

from casa d’ambra vs la pietra red blend from de concilis. An ancient grape cultivated on the volcanic slopes of Campania, Piediroso offers ripe red fruit, smoky undertones, and a smooth, velvety finish.

-Fifth Course – “Scorza del Limone” (Zest of the Lemon): Tiramisu al Limone paired with Limoncello Giarola, a golden liqueur bursting with sundrenched lemon peel, sweet cream, and subtle herbal warmth

For full descriptions of each course and to purchase tickets, click here <https://www.opyachtclub.com/events/a-taste-of-the-amalfi-coast-wine-dinner>.

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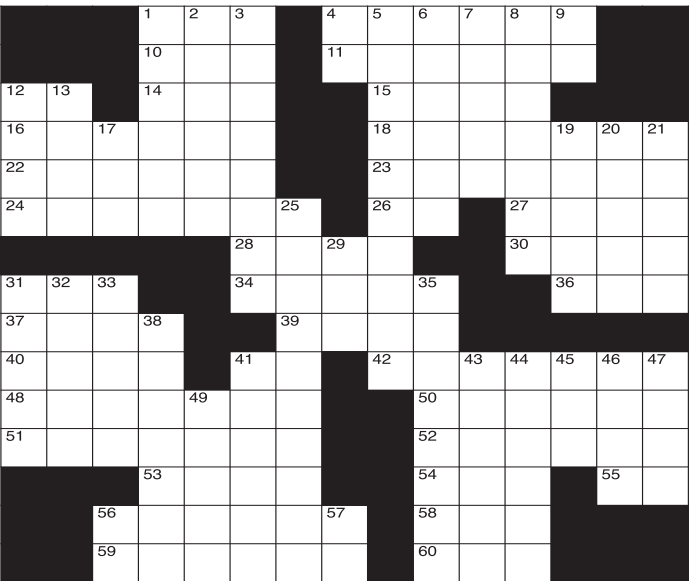
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CLUES ACROSS

1. Popular broadcast network

4. Train line

10. Go quickly

11. Straightforward

12. Canadian province

14. Swiss river

15. It can be straight or curved

16. Edit

18. Utter repeatedly

22. Gotten up

23. Sea vessel

24. Agents of one’s demise

26. Not out

27. Something to scratch

28. A round water pot

30. Slang for cylindrical green fruit

31. Promotions

34. Masses of matter
36. Soviet Socialist Republic

37. Nightstand item

39. The content of cognition

40. Arab ruler

41. Northern U.S. state

42. Chewed in small bites

48. Hawaiian island

50. More thin

51. Of one

52. Rigid bracelet or anklet

53. Barbary sheep

54. Not even

55. Atomic #106

56. Haggle

58. Boxing’s GOAT

59. Division of a group into opposing factions

60. Vietnamese offensive

CLUES DOWN

1. Horse-drawn carriage

2. Prejudices

3. Peacefully

4. University athletic official

5. Soldiers

6. Large mollusk

7. Take out again

8. Sour or bitter in taste

9. Songwriter Tunstall

12. Husk of wheat

13. Flexible covering in some birds

17. Energy

19. Night monkey genus

20. Small nails

21. Colorless volatile liquid

25. In a way, changes integrity
29. Mark Wahlberg’s stuffed animal

31. Remember it

32. “Good Will Hunting” lead man

33. Pleasant facial expression

35. Sea vessel

38. Lacking poetic beauty

41. Tall, swift and slender dog

43. Sports personality Michelle

44. Robber

45. Liquefied natural gas

46. Snakelike fish

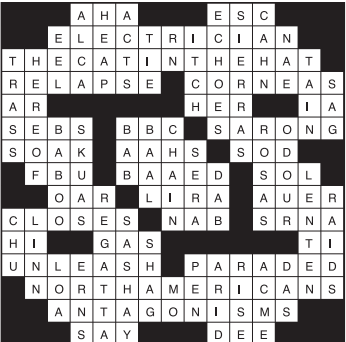
47. Sediment at bottom of a liquid

49. Crimean seaport

56. Bad grades

57. Popular S. Korean rapper

Answers for November 12



Some things to think about

Gathered from the internet
by **Jack Barnes**

THE HORMONE GUIDE
HOW TO SPEAK TO WOMEN

ANGRY	SAFER	SAFEST	ULTRA SAFE
What's for dinner?	Can I help you with dinner?	Where would you like to go for dinner?	Here, have some wine.
Are you wearing that?	You sure look good in brown!	WOW! Look at you!	Here, have some wine.
What are you so worked up about?	Could we be overreacting?	Here's my paycheck.	Here, have some wine.
Should you be eating that?	You know, there are a lot of apples left.	Can I get you a piece of chocolate with that?	Here, have some wine.
What did you DO all day?	I hope you didn't over-do it today.	I've always loved you in that robe!	Here, have some wine.



Sometimes, realizing you're about to sneeze soon enough to stop walking and cross your legs is all the win you need.

If you remember "Stop, drop and roll," it's probably time for you to adopt "Freeze, squeeze and sneeze."

MY CURFEW WAS LIGHTENING BUGS. MY PARENTS DIDN'T CALL MY CELL, THEY YELLED MY NAME, I PLAYED OUTSIDE, NOT ONLINE... AND IF I DIDN'T EAT WHAT MOM COOKED, I DIDN'T EAT. DOES ANYBODY ELSE REMEMBER?

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