

The Courier

October 30, 2024 Volume 25 Number 8



Awareness - On October 11, Ocean City Elementary School students, faculty and staff participated in a Wear Pink Day in honor of Breast Cancer Awareness Month.

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Auction - October 24 was World Polio Day. The Ocean City - Berlin Rotary Club held a pound auction at their meeting. Members bid on unidentifiable wrapped packages weighing about a pound. All monies raised is sent to Rotary International for polio eradication efforts. The 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.

Coastal Bays health improves

“Improvement.” That was the message from the University of Maryland’s Center for Environment Studies and the Maryland Coastal Bays (MCBP) last Thursday when they announced the 2023 Report Card for the coastal bays during an event at Micky Fins in West Ocean City.

The coastal bays received an overall grade of B- (64%) which is the highest score the bays have ever received. Although the letter grade is the same as last year, there was a two-point improvement in hard clams and seagrass scores.

The coastal bays area include: St. Martin River, Assawoman Bay, Newport Bay, Isle of Wight Bay, Sinepuxent Bay and Chincoteague Bay.

The health of the bays is defined as the progress of four water quality indicators: nitrogen, phosphorous, chlorophyll a and dissolved oxygen. Also included in the rating are two biotic indicators: seagrass and hard clam. These indicators are applied to a sci-

entifically derived ecological threshold or goal.

The highest-scoring region was Sinepuxent Bay with a grade of B+. Increases in hard clams and seagrass scores attributed to the improvement.

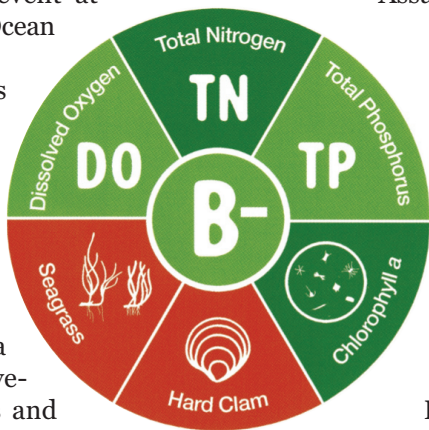
Assawoman Bay showed continuing improvement with a score of B-, its highest score to date thanks to better dissolved oxygen scores.

Chincoteague and Isle of Wight bays showed slight improvement, each scoring B-. Strong improvements in hard clams helped St. Martin

River achieve a grade of C. Newport Bay was the lowest scoring region with a C-, a slight improvement over last year.

Although hopeful about hard clams and seagrass improvements, MCBP staff is taking a wait and see approach to determine whether the improvements can be sustained.

-Chip Bertino



ANNUAL VETERANS DAY CEREMONY

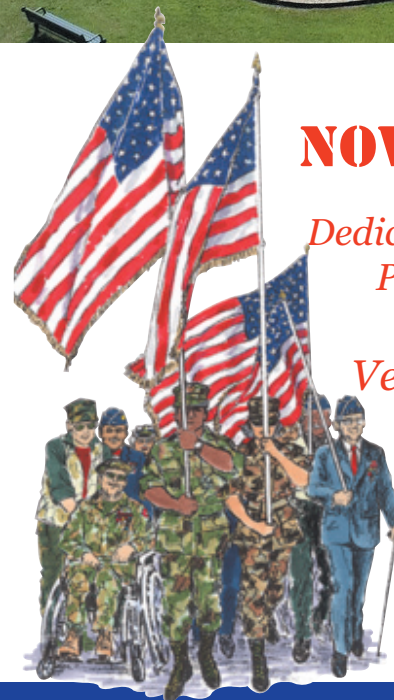
Worcester County Veterans Memorial at Ocean Pines



NOVEMBER 11, 2024

*Dedication of Veterans Memorial
Park Gazebo 10:45 a.m*

*Veterans Day Ceremony
11 a.m.*



*We will honor all
who have served in
our nation's military.*

ALL ARE WELCOME

Please bring your lawn chairs

*In the event of inclement weather the ceremony
will be held at Ocean Pines Community Center.*

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November 2, 2024
9 am - 3 pm

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Prosecutors earn highest DUI conviction rate

The Office of the State's Attorney for Worcester County has once again earned the highest conviction rate in the State of Maryland for the prosecution of alcohol and drug-related driving offenses, as 2023 data released by the University of Maryland's National Study Center for Trauma and EMS reveals. Worcester County prosecutors handled nearly 1,000 DUI/DWI cases during the 2023 calendar year, and secured an impressive 91% conviction rate. The statewide average conviction rate for 2023 was 79% by comparison. The Maryland State's Attorney's Association has recognized Worcester County prosecutors for having the State's top DUI conviction rate every year since 2019.

"I am extremely proud of our aggressive efforts in the prosecution of DUI cases," commented State's Attorney Kris Heiser. "Having the highest conviction rate in the State for the last 6 years demonstrates to our community that we will continue to deliver the results they deserve and hold drunk drivers accountable for endangering our citizens. Because drunk driving is 100% preventable, especially in resort towns like Ocean City where there are so many alternative modes of transportation available, the prosecution of these offenses will remain a priority for our team of prosecutors."

Heiser continued, "I also want to thank all of our police officers for being proactive in stopping dangerous drivers on our roadways, and for their expertise and professionalism in bringing us quality cases to prosecute in court. Our team shares a mutual respect and admiration for our police partners, and I know our community appreciates our joint efforts to keep them safe." Heiser also recognized the dedication of Assistant State's Attorneys Farlow, Haskell, Rinaldi, Smith and Baldwin, who are responsible for prosecuting the vast majority of these offenses as part of the Office's District Court Division.

Art League seeks decorators

The Art League of Ocean City invites local artists, nonprofits, and businesses to compete in the annual tree decorating contest, "Trees for the Arts," at Winterfest of Lights at Northside Park in Ocean City.

The Art League supplies the six-foot artificial trees, and decorators compete for the most votes and the honor of taking home a cash prize. The public will tour the trees during Winterfest and vote on their favorite decorations at \$1 per vote. The tree with the most votes will win \$1,000 in cash, sponsored by Park Place Hotel and the Town of Ocean City.

"Embrace the holiday spirit and show your creativity by transforming a Christmas tree into a stunning masterpiece that reflects your unique style or your organization's mission," Aubrey Sizemore, Art League Trees for the Arts coordinator, said. "Let your imagination run wild with lights, ornaments, ribbons, and other decorations. Don't miss out on this opportunity to shine."

Sizemore warned that the number of available trees is limited, and the earliest reservations get the trees. The entry fee is \$40. The trees will be decorated at Northside Park on November 13 to 14 from 9 a.m. to 3 p.m., and will be on display during the Winterfest of Lights opening November 21 and running through December 31.

Proceeds from "Trees for the Arts" votes will benefit the youth outreach programs of the Art League.

To enter or for more details contact Sizemore at aubrey@artleague-foceancity.org or 410-524-9433.

Baklava - Tsoureki - Tortenboden - Kourabiethes

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FALL FEST!

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Saturday, November 2 9 am to 4 pm

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302-645-5791 - StAndrewLewes@gmail.com
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Moussaka - Crepes - Spanakopita - Kielbasa w/ Sauerkraut

Galaktobouriko - Rice Pudding - Melomakarona

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Halloween candy and an old French song

Halloween was fun when I was a kid. Dressing up in a costume and walking the neighborhood, knocking

fore I was allowed to partake. Anything homemade or wasn't wrapped and sealed was immediately tossed out. Pieces of fruit were thrown out without hesitation.

After Mom finished her vigorous inspection I got to have one, just one, piece of candy and then had to immediately brush my teeth.

It was years before I could

enjoy a piece of chocolate without an imagined minty aftertaste. She was heartless. All that work walking from house to house, not to mention having to sing to an old man who most likely didn't know who I was, and all I was allowed to have was one piece of candy!

The days following Halloween were not much better. Some candy I was not allowed to have because it was being saved for my grandfather. He liked Reese's Cups so I would have to save them for him. He also liked Three Musketeers bars. In those days they didn't make bite size bars, only the full sized bars. And I had to give them up! Gramps was never ashamed of taking candy from his grandchild. In fact if I held out, he'd tickle me to get me to give it up. Looking back on it I did an awful lot of work to satisfy Gramps' sweet tooth. Looking back on it, I'd do it all over again.

As the years went on the fun of Halloween diminished. By high school trick or treating was a thing of the past for me. Pity!

There's something special about dressing up in a costume, being someone or something else just for a little bit. And to be sure, it's fun to shake down the neighbors for some sweets and then going home to enjoy the booty, even if it is just one piece of it.

Publisher's Note: Last week Ron Fisher died. You may know him as "Capt. Ron" who for many years wrote the *Fish Tales* column for this paper.

Without reservation Ron gave of his talents and expertise, always with a soft voice and kind word.

Ron was gifted, talented, humble and genuine. He leaves a lasting legacy with all of us who knew him.

Fish On Capt. Ron!



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

on doors and getting candy was exciting.

Sometimes deciding what to dress up as could take days or longer. My mother would let me pick out my costume at Woolworth's. The costumes were fairly simple, a plastic mask and light weight gown-like combination that tied behind the neck.

I think one year I went as Fred Flintstone. However, it's been such a long time ago it could have been one of the neighborhood kids who went as Fred and I was jealous. I do remember one year going as Speed Racer, at least I think I did. I'll have to look at old family albums to be sure.

One Halloween memory that I'm most certainly sure of was when I was about three or four and being dressed in a tiger suit. I was taken to visit my octogenarian great-grandfather in West Philadelphia. He was a French immigrant who to me always looked frail. He had a lot of whiskers.

My mother habitually made me sing "Frere Jacques" when I saw him. He was hard of hearing so I had to sing loud. When I finished singing he would reach over to the glass tray on the table next to his green leatherette recliner, snatch several lemon candies and drop them into my plastic jack-o-lantern. I'm not sure if he enjoyed my performance or was glad it was over so he could return to his nap.

Looking back I can only imagine what this old man with poor eyesight who spoke little English thought about some little kid singing his heart out over some old French song dressed as a "zebra." After this obligatory familial visit my mother took me around our neighborhood for trick or treating. When the plastic pumpkin was filled, we were done.

Once we got home my mother separated and then inspected all the candy and other items collected be-

Join OceanPinesForum.com

Join the thousands of other OPA members who enjoy the lively discussion and commentary on OceanPinesForum.com, your source of accurate information about OPA.

Discuss Ocean Pines issues with other association members. Some members of the Board of Directors participate on the forum message board, as well as OPA counsel Bruce Bright.

All opinions are welcome. However the forum message board is "G" rated - no vulgarity, no personal attacks.

OceanPinesForum.com is not Facebook. It is a place for serious discussion of issues within the OPA HOA.

"The Forum," as many call it, also contains a vast collection of OPA related images, going back to 2004 when forum moderator Joe Reynolds, a 35-year full-time resident of Ocean Pines, first created the site. Back then it was Dick Brady, a former OPA Board of Directors President and father of current board member Elaine Brady, who posted the first response to a message by Reynolds.



Today, the message board contains 323,413 posts on 24,558 individual topics - a virtual history of OPA issues for over 20 years.

In 2006, Reynolds and OceanPinesForum.com were honored with the **Business of the Year Award** by the Ocean Pines Chamber of Commerce and received a special commendation from the Worcester County Commissioners. This was primarily the result of OceanPinesForum.com providing the first online videos of OPA meetings beginning with the Annual Meeting of 2004.

Go to OceanPinesForum.com to join and see the ongoing discussions, and add your own two-cents. Forum members also have the option of receiving occasional emailed commentary by Joe Reynolds on various issues as they arise.

OceanPinesForum.com
News, Life and Politics in Ocean Pines, Maryland

Readers Comments

Open Letter to Our Community *Monstrosities will harm coast*

As Superintendent of Worcester County Public Schools, I feel it is necessary to address the rhetoric and misinformation about our schools that is circulating throughout this election cycle. While candidates are entitled to their own opinions, I will not stand idly by while our students, teachers, and staff are attacked with hateful and inaccurate discourse.

To learn that some Board of Education candidates and their supporters have referred to our school system as a "swamp" that needs to be drained or implied that our dedicated teachers are "poisonous apples" or used hateful language against some of our most vulnerable students is beyond distasteful or demeaning. This rhetoric clearly shows a willful ignorance to what is actually occurring in our schools simply to mislead community members who are not connected to or informed about our schools in order to gain votes on election day.

So, let's clear the record:

Worcester County Public Schools is the highest performing school system in the State of Maryland. While we acknowledge there is always more work to do, our success is the envy of the State, and you can see it for yourself on the Maryland State Report Card website (<https://reportcard.msde.maryland.gov>). To get a first-hand perspective on how we support students' success, I encourage you to speak with your neighbors and friends who are actual parents/guardians in our school system.

Worcester County Public Schools continues to provide safe and welcoming learning environments for all students. Our data continues to trend in a positive direction in terms of school safety with 2023-2024 data showing a 28% decrease in incidents. Our work in implementing Standard Response Protocols for

safety incidents was recently highlighted by the Maryland Center for School Safety.

Worcester County Public Schools has robust policies and procedures in place to vet and review instructional and school library materials. All instructional and school library materials are vetted prior to being implemented by our school system. Additionally, families that have concerns about any materials have a process available to them to initiate a review of said material. Parents/guardians also have the right to restrict what their child(ren) are able to check out from the school library as a part of this process.

Lastly, in Worcester County Public Schools, we believe every student is deserving of respect and care. I want to use this opportunity to impress upon everyone in our community that as we talk about issues related to students or any subset of students, at the heart of these discussions are *children*. No child should be villainized or looked at as less than a valued member of their school community. To that end, any accommodations made for children in our schools are done in compliance with the law while ensuring the safety and well-being of all students. A great example of this is the availability of a private restroom(s) to all children at all schools.

While I could continue, I hope that instead, you will take this information and use it as a springboard to educate yourself on the non-partisan candidates running for election to the Worcester County Board of Education. Reach out to them, find out where they stand on the important issues facing our schools today, and cast your vote on November 5, (or before) for those you feel best represent the path forward for our school system.

Louis H. Taylor
Worcester County
Superintendent of Schools

Editor:

I registered for and attended the October 16th Maryland Board of Public Works zoom hearing on US Wind's application to add millions of acres of our Atlantic Ocean to its Offshore Wind plans.

I sat through three hours of "testimony" before my comment time - I was so angry when my time came to comment that I just lost it. I'm not proud of that, but it is what it is.

I listened to commenter after commenter spew US Wind talking points with stars in their eyes -one even dreamily talked about viewing the beautiful turbines while sipping her morning coffee.

So I thought I'd write about some facts that have come to light in just the last 7 to 10 days.

The official scallop yearly landings from 2021 to 2024 show that since sonar soundings and construction of the wind farms began the harvest went from 21 million to 11 million. (New Bedford Base

Seafood Auction Price Report 01/01/22-09/30/24).

The latest data from the United Kingdom reveals a record-breaking 5,000 dead whales, dolphins and porpoises in just five years. The "evidence suggests that artificial noise in the marine environment, including infrasound and low frequency noise emanating from wind farms, poses a real danger to marine mammals and the wider ecosystem." (See JasonEndfield.Medium.Com)

Remember the broken blade in the Vineyard Wind project that littered the beaches and ocean waters of Nantucket and Martha's Vineyard with shards of fiberglass and all kinds of chemical compounds that are completely foreign to the marine ecosystem? Remember when the remains of the 300-foot-long blade fell into the ocean? The break occurred on July 13th. The developer is just now, in mid-October, removing that

please see monstrosities on page 7

Courier Almanac

On October 30, 1991, the so-called "perfect storm" intensifies in the North Atlantic, producing remarkably large waves along the New England and Canadian coasts. Over the next several days, the storm spread its fury over the ocean off the coast of Canada. The fishing boat *Andrea Gail* and its six-member crew were lost in the storm. The disaster spawned the bestselling book *The Perfect Storm* by Sebastian Junger and a blockbuster Hollywood movie of the same name.

According to the United States Census Bureau, the five largest American Indian reservations in 2020 were each west of the Mississippi River. The Navajo Nation Reservation and Off-Reservation Trust Land, which includes land in Arizona, New Mexico and Utah, is home to more than 4 percent of the American Indian/Alaska Native alone population in 2020, making the area home to nearly 10 times more individuals who identify as American Indian alone or Alaska Native alone than the second largest reservation in size. In fact, the USCB reports that almost 90 percent of the American Indian/Alaska Natives population on the Navajo Nation Reservation and Off-Reservation Trust Land identified exclusively as Navajo Nation.



The
Courier

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Commentary

By Joe Reynolds
OceanPinesForum.com

An Ocean Pines treasure

Marie Gilmore and her husband Bob moved to Ocean Pines from New York back in the 90s. When the first discussions began about designing and building a Veterans Memorial in Ocean Pines, not long after the terrific Ocean Pines Association 35th Anniversary Celebration in the Spring of 2003, she was among the first to volunteer. Bob is a Marine and both he and Marie are active in the American Legion. When it comes to helping veterans, they are a hardworking, efficient, perpetual motion machine.

Marie moved into their new Ocean Pines home in 1995, living here with her daughter for a year and a half until

Bob could join them after a job concluded in Massachusetts. Her first venture in community involvement was joining the Women's Club of Ocean Pines, where she eventually served as President. That is where she met two other Ocean Pines Treasures - Roseanne Bridgman and Sharon O'Hare and worked with them on the Ocean Pines 35th Anniversary Celebration.

In the aftermath of the 35th, the seed of an idea for a Veterans Memorial in Ocean Pines took root. Bridgman and O'Hare were determined to make it happen. A committee was formed, and Marie was quickly in-

involved. That was back around 2004. What is now the Worcester County Veterans Memorial at Ocean Pines was dedicated on Memorial Day, May 30, 2005, thanks to the efforts of that Committee, the OPA Board of Directors, and the generous support of many fine people in Ocean Pines. It was a true community effort.

The Ocean Pines Area Chamber of Commerce named Marie the 2007 Citizen of the Year. Later, in 2021 Marie was recipient of the OPA Sam Wilkinson Volunteer of the Year Award.

Marie became a member of the Memorial Foundation Board of Directors and has served as the President of the Foundation for 10 years or more. Her dedication to the position is incredible. Under her leadership the Memorial, located at what is now Veterans Memorial Park on the shore of the pond adjacent to the south entrance to Ocean Pines, has added a walking trail around the peninsula behind the Memorial with stations along the way depicting the wars where Americans fought and died. There is the Missing Man Chair; a section of the Wall That Heals, donated to the Memorial by the Wall That Heals Foundation traveling exhibit after the three-quarter scale replica of the Vietnam Veterans Memorial in Washington, D.C. was erected and displayed at the Memorial from April 22nd through 25th, 2021.

On November 11 the Worcester County Veterans Memorial Foundation will host a traditional Veterans Day ceremony honoring all who have served in the U.S. military. The ceremony will begin promptly at 11 a.m., at the Worcester County Veterans Memorial at Ocean Pines. At that time a new gazebo adjacent to the Memorial will be dedicated. It will serve as an

outdoors classroom for fifth grad students from schools around Worcester County who come to learn about the history of conflicts and the men and women who fought and died to protect our freedoms and way of life.

Marie will be the first to say that the success of the Memorial is due to many other volunteers. The limelight is not her cup of tea. Over the last 20 years many have volunteered their time and money to make the Ocean Pines Memorial an inspiring place to visit. Former OPA President Bill Rakow must be mentioned. Rakow directed the construction of the Memorial and is still volunteering today in managing the veteran dedication brick program.

Roseanne Bridgman and Sharon O'Hare were the driving force in creating the Memorial. Too many others to mention were there to support them and the project. The current board members of the Foundation are Marie Gilmore, President; Susan Pantone, Vice President; Mary Adair, Treasurer; Patty Curtin, Secretary; Don McMullen; Jennifer Cropper-Rines; Todd Dundore; Vin Morris; Rick Farr; Tom Ottenwaelder; John Latham; Michelle Winemiller; and Sharyn O'Hare, Board Member Emeritus.

As then OPA President Dan Stachurski said during the Memorial Day Dedication Ceremony back in 2005, "This is a very special place. Take from it what you need, leave in it what you must, and remember whenever you glance this way that this hallowed ground represents the best each of us carries within ourselves."

If our Ocean Pines Treasure Marie Gilmore has anything to do with it, the Worcester County Veterans Memorial at Ocean Pines will remain a "very special place."

monstrosities
from page 6

blade from the ocean floor. This incredible delay tells me that these wind developers do not know what to do when a blade breaks, as they are breaking all over the world, both on land and in the sea. Friends recently took a cross-country road trip from their home in Georgia to California. In West Texas they passed several huge wind farms and were shocked at the number of broken turbines - huge blades scattered everywhere and most not operating at all. Their first thought was the effect of a hurricane on an offshore wind farm and what it would do to sea life and the environment. Scary.

Did you know that almost every wind developer, including US Wind, has been relieved of the contractual obligation for the expense of decommissioning the farms when accidents occur or when the turbines "age out", which is occurring much faster than advertised. (See americanexperiment.org/crippled-willmar-wind-turbines-to-be-scrapped-years-early). This article is about a land-based wind farm - imagine how much worse it will be with the salt air and salt water corrosion. So, if the developers won't be decommissioning, who will? You guessed it - the taxpayers and ratepayers. The developers will take the money and run and leave us holding the bag.

The Environmental Impact Statement prepared by the Bureau of Ocean Energy Management for the Atlantic Shores project off the coast of New Jersey states the "reduction in regional GHG (greenhouse gas) emissions would be noticeable in the regional context, would contribute incrementally to reducing climate change, and would represent a minor to moderate beneficial impact in the regional context but a negligible beneficial impact in the global context." This is the justification for industrializing New Jersey's most precious natural resource, for destroying the shore, the fishing industry and the tourism industry, and the widespread killing of wildlife. Coming to our beautiful Ocean City soon.

In addition to the above, I encourage all to review the videos posted on the Facebook pages "Protect our Coast - Delmarva" and "VA/NC Coastal Wind Energy Discussion" among others. You will see what we in Ocean City will be enduring and the monstrosities that will take over our ocean and our harbor.

Carol Frazier
Ocean Pines

A BAGEL

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Readers Comments

Leslie makes her case

Editor:

Something for you to think about when voting for School Board in District 5. My opponent has to run on what she has done based on her voting record, not what she says she will do. So, let's look at her voting record.

Ms. McComas voted against restricting sexually explicit materials (that cannot be read aloud on TV, radio, and at board meetings) in a mature section. This vote would require parental opt-in, meaning students could not go into the room without written parent permission. This was a compromise proposal which she was not willing to vote for and therefore those sexually explicit materials are still available to all students to see and to check out (unless a parent signs something that says their child cannot check out these materials). Therefore, these materials are currently out in the general library for all to see and read.

Ms. McComas voted against taxpayers. She voted to have the word "taxpayers" taken out of some school district documents. Without taxpayers, we would have no schools. They most definitely should be part of any decisions that parents and others have a voice.

Ms. McComas voted against changing all school board meetings to night meetings, like almost every other district in the country does, so parents can be there to participate. They increased the number of night meetings by one which means there are nine evening out of twelve meeting are during the day. Most meetings are during the day. Unfortunately, attendance is dismal because during the day most people are trying to earn a living. This is another example of how parents' involvement is not valued by the current Board of Education. It limits parents and others' voice in our educational system. In addition, day meetings cause administrators to be away from their duties of managing the school district and being in the schools. Also, the three student representatives on the board miss 7 school days to attend meetings. Any students being honored such as athletes or honor

society also miss school time and must be bussed to the meetings. Of course, their parents cannot even be there to see them get their awards. Parents who want to speak about an issue (with their 2 minutes) have to wait until a night meeting because they have to be at their place of work during the day. Much of the information about the district that occurs in these meeting is lost to parents when they cannot attend. It is also important to note that night meetings are always standing room only and day meeting are practically empty.

Ms. McComas blindly rubber stamped the \$100 million annual Board of Education budget without a single question, stating, "do I have to read all these numbers? I can run a science lab, but I cannot do this." She said that she did not know enough about budgets and trusted the Superintendent. And when one board member did question certain items and asked for more information, she contributed to the behavior of the superintendent said, "she was wasting their time" and my opponent shook her head in agreement. To me everyone but the person asking all the questions was being financially irresponsible. As it turned out the questions that the one board member asked and did not always get answers for, were the exact questions the Commissioners required to be answered in order to fund the budget. We could have saved a lot of time and embarrassment if they had honored the board member's questions and requests in the first place.

If you have not already voted, I ask for your vote. Vote to make a change. Vote for someone who will fight to make sure we are doing the best for our students. Vote for someone who knows about budgets and will ask questions. Vote for someone who will fight for parents, students, taxpayers and citizens, to have a voice. Vote for someone who will do her homework so that she can support the best decisions for our county.

Dorothy Leslie
Candidate for the Worcester
County Board of Education
(District 5)

BOE member seeks support

Editor:

We are on the cusp of the Presidential Election which will take place November, 5th.

Regardless of your political affiliation, this will obviously be a very important election. We all need to take part in this event and vote for the person you believe will best represent our country.

That being said, there is also another very, very important local election. The election I'm speaking about is our own Worcester County Board of Education (BOE).

I have been a member of the BOE for over seven years. We have so many accomplishments for which we are extremely proud. We have graduates that go on to acquire jobs with high pay in the career and technology arenas, others have attended higher education and returned to the Eastern Shore to find high paying jobs in our own communities and even start businesses.

This election for the BOE has been one for the history books. You probably have heard quite a number of comments made that are without fact and used to divide our community.

Here are just a few of the facts. Worcester County Public Schools (WCPS) has very safe schools. The 23-24 school data speaks for itself. WCPS has a clear plan in place to

provide restroom accommodations for all students. WCPS parents have absolute control over the books that their children check-out in school libraries. WCPS curriculum aligns to MSDE state standards. WCPS does receive funding from the State of Maryland.. your tax money... but we continue to receive the lowest state funding per student in the state! This funding is based on a wealth formula that the state has used for years. Many WCPS Board of Education meetings are scheduled during the day so that students are recognized for their accomplishments. Please take time to review the issues and don't hesitate to reach out.

I want to ask you, the voter, for your support to return to the BOE thereby allowing me to continue supporting your children and grandchildren. Nothing is more precious to me than seeing all children prosper and grow. I want nothing more than to help, assist, support, and provide an environment where all children can succeed.

In closing, I would like to leave you with this, I will do my absolute best to protect and educate your child, I will fight to help all children succeed in life. You have my promise on that.

Elena McComas
WCPS Board of Education,
Candidate District 5



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Chip Bertino at
chipbertino@delmarvacourier.com

EOE

Make America Great Again!





Can You Afford Another 4 Years of Kamala?

High inflation has been a feature of the Biden/Harris Administration!

Fuel oil - up 65.7%
 Eggs - up 49.1%
 Airline Fares - up 36%
 Butter - up 34.2%
 Bread - up 15.7%
 Flour up 24.9%



Energy- up 13.1%
 Gasoline - up 10.1%
 Airline Fares - up 36%
 Rice/pasta/cornmeal - up 16.8%
 Coffee - up 14.6%
 Poultry - up 13.1%


Change in Price YoY (Nov '21 - Nov '22); US Bureau of Labor Statistics



We Cannot Afford Kamala!

DO WE WANT A CONTINUATION OF THIS FOR OUR COUNTRY?


BIDEN-HARRIS BORDER RECORD



MIGRANT ENCOUNTERS 8.3M FY 2021-2024	FENTANYL SEIZURES 66,586 LBS
--	--

CBP

NON-DETAINED NONCITIZEN CONVICTED CRIMINALS



13,099 CONVICTED OF HOMICIDE	15,811 CONVICTED OF SEXUAL ASSAULT
425,431 TOTAL ILLEGAL CRIMINALS IN U.S.	

ICE

TAKE OUR COUNTRY BACK!

★ ★ ★ ★ ★
TRUMP
-2024-
TAKE AMERICA BACK
★ ★ ★ ★ ★



HE WILL SEAL THE BORDER & STOP THE MIGRANT INVASION.
HE WILL STOP THE MIGRANT CRIME EPIDEMIC & DEMOLISH THE FOREIGN DRUG CARTELS,
CRUSH GANG VIOLENCE & LOCK UP VIOLENT OFFENDERS.

★ **VOTE FOR PRESIDENT DONALD TRUMP** ★

Trump will cut taxes!

Donald Trump (R)

Donald Trump would impose a universal baseline tariff on all US imports, impose a 60 percent tariff on all US imports from China, make the individual and estate tax cuts of the TCJA permanent (potentially without reinstating the cap on itemized deductions for state and local taxes), lower the corporate income tax rate from 21 percent to 20 percent or 15 percent (potentially for domestic production only), tax large private university endowments, consider replacing the income tax with tariffs, exempt tip income from taxation, exempt Social Security benefits from taxation, and exempt overtime pay from taxation. Trump is considering expanding the child tax credit to a \$5,000 universal credit.



Business Taxes:

- Lower the corporate income tax rate from 21 percent to 20 percent.
- Lower the corporate income tax rate to 15 percent for companies that make their products in the US.

Credits, Deductions, and Exemptions:

- VP candidate JD Vance has discussed increasing the child tax credit to \$5,000.
- Reinstate an unlimited itemized deduction for state and local taxes (SALT) paid or discontinue the cap as part of TCJA extension.

Estate and Wealth Taxes:

- Make the expiring estate tax cuts from the 2017 Tax Cuts and Jobs Act permanent.

Excise Taxes:

- Tax large private university endowments.

Individual Income Taxes:

- Make the expiring individual income tax cuts from the 2017 Tax Cuts and Jobs Act permanent.
- Consider replacing personal income taxes with increased tariffs.
- Reinstate an unlimited itemized deduction for state and local taxes (SALT) paid or discontinue the cap as part of TCJA extension.
- Exempt Social Security benefits from taxation.
- Exempt tip income from taxation.
- Exempt overtime pay from taxation.

Payroll Taxes:

- Exempt Social Security benefits from taxation.
- Exempt overtime pay from taxation.

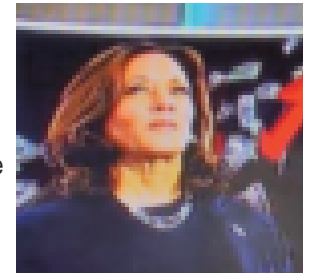
Tariffs and Trade:

- Impose a universal baseline tariff on all US imports of 10 percent to 20 percent.
- Impose a 60 percent tariff on all US imports from China.
- Consider replacing personal income taxes with increased tariffs



Kamala Harris (D)

Kamala Harris has announced new tax and economic policies as part of her campaign platform, including exempting tip income from taxation; expanding the child tax credit, earned income tax credit, and premium tax credits; and implementing new tax incentives for housing. She may continue the same policies put forth in the FY 2025 budget of the Biden-Harris administration or may propose tax policy changes that differ from the budget, as in the case of her proposal to raise the top tax rate on capital gains income to 28 percent. See the corresponding "Biden-Harris Administration" tab for reference. Tax Foundation will update this page accordingly with the latest tax policy developments of the 2024 campaign.



Business Taxes:

- Increase the corporate income tax rate to 28 percent.

Capital Gains and Dividend Taxes:

- Increase the top tax rate on long-term capital gains to 28 percent for taxable income above \$1 million.
- Increase the net investment income tax (NIIT) to reach 5 percent on income above \$400,000

Credits, Deductions, and Exemptions:

- Exempt tip income from taxation.
- Expand the child tax credit to \$6,000 for children under age 1, \$3,600 for children 2-5, and \$3,000 for older children.
- Expand the earned income tax credit for filers who do not claim children.
- Expand premium tax credits.
- Expand housing tax credits, including the low-income housing tax credit, a credit for new homebuyers, and a credit for the construction of started homes.
- Claw back deductions for depreciation and interest for certain rental construction investment.
- Increase the \$5,000 deduction for startup costs to \$50,000.

Estate and Wealth Taxes:

- To be determined.

Excise Taxes:

- To be determined.

Individual Income Taxes:

- Exempt tips from the income tax.
- Expand the child tax credit to \$6,000 for children under age 1, \$3,600 for children 2-5, and \$3,000 for older children.
- Expand the earned income tax credit for filers who do not claim children.
- Expand housing tax credits, including the low-income housing tax credit, a credit for new homebuyers, and a credit for the construction of started homes.
- Increase the Medicare tax to reach 5 percent on income above \$400,000.

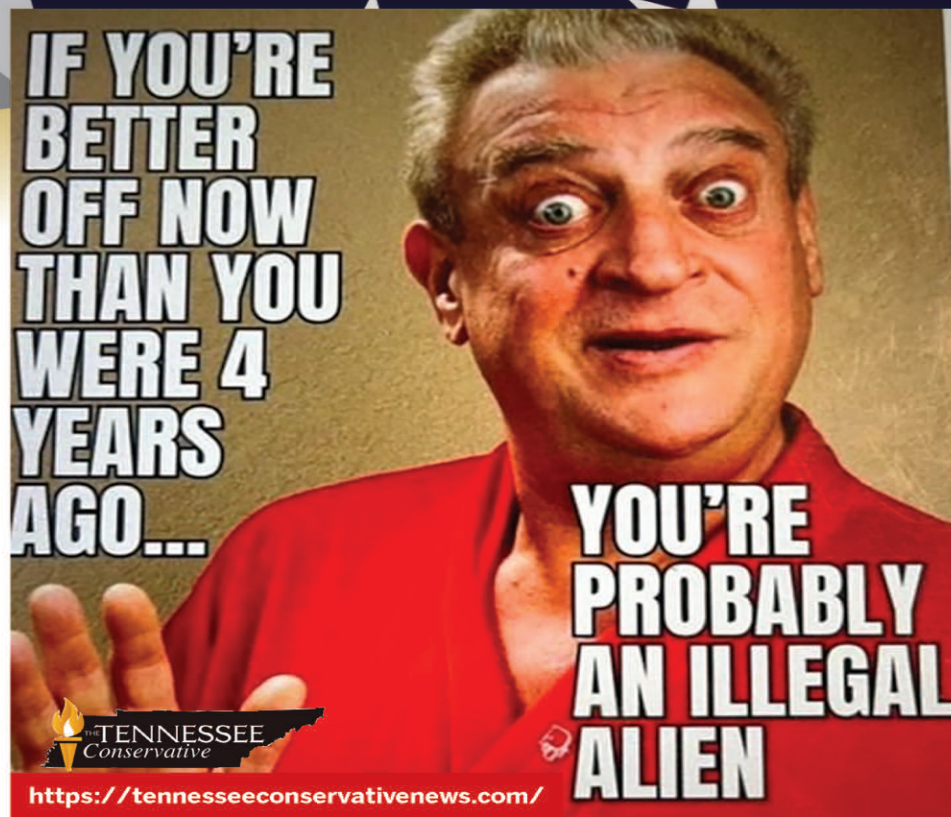
Payroll Taxes:

- To be determined.

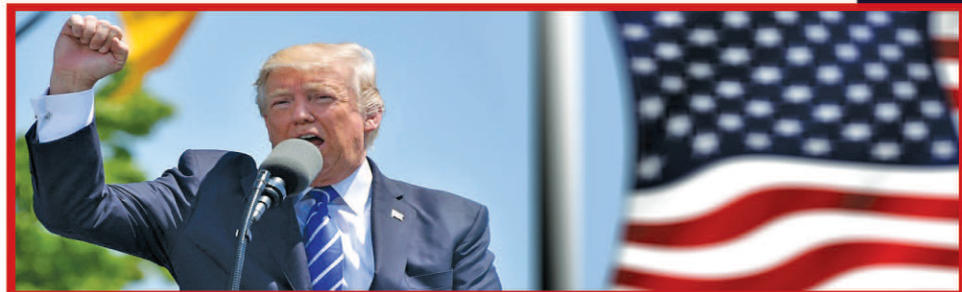
Tariffs and Trade:

- To be determined.

Trump is good for the economy & you!



VOTE FOR PRESIDENT DONALD TRUMP

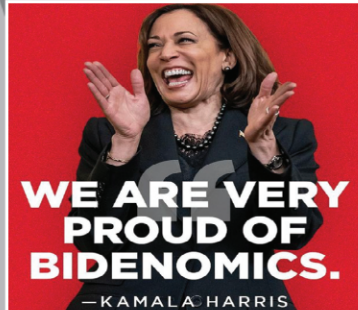


ENJOY THE REWARDS of HIS CORE POSITIONS

- LOWER TAXES & LOWER INFLATION**
- TAX CUTS FOR WORKERS & NO TAX ON TIPS**
- PROTECT SOCIAL SECURITY & MEDICARE WITH NO CUTS, INCLUDING NO CHANGES TO RETIREMENT AGE**
- MAKE AMERICA THE DOMINANT ENERGY PRODUCER IN THE WORLD**
- STOP OUTSOURCING & TURN THE UNITED STATES INTO A MANUFACTURING SUPERPOWER**
- UNITE OUR COUNTRY BY BRINGING IT TO NEW & RECORD LEVELS OF SUCCESS**

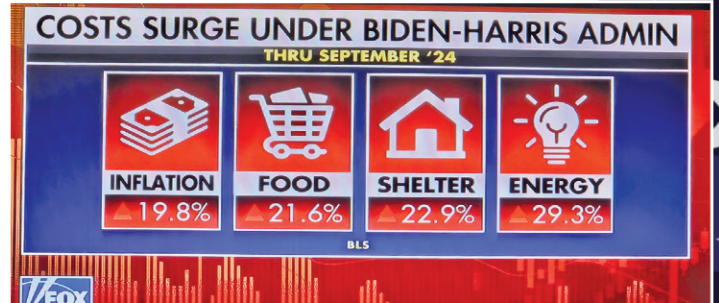
DEMOCRATS CLAIM REPUBLICANS ARE LYING BUT WHO IS REALLY LYING TO YOU?

KAMALA HARRIS SAYS, "BIDENOMICS IS WORKING"

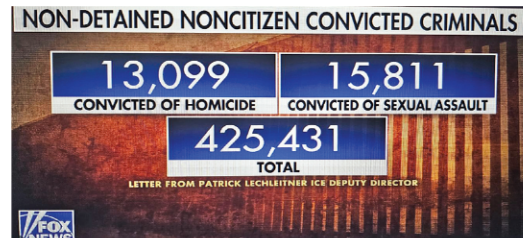


SINCE KAMALA HARRIS TOOK OFFICE in 2021:

Food at Elementary & Secondary Schools went up 65.5%



KAMALA HARRIS HAS LIED CONTINUOUSLY ABOUT THE BORDER.



KAMALA HARRIS SAID THAT THERE "ARE NO U.S. SOLDIERS IN COMBAT ANYWHERE"

THE 2,500 SOLDIERS CURRENTLY IN IRAQ ARE ON THE RECEIVING END OF SHIA MILITIA -LAUNCHED ROCKET, MORTAR & DRONE ATTACKS & CLEARLY "ARE IN COMBAT"



BIDEN'S ADMINISTRATION CONTINUED TO DENY THE EXISTENCE OF HUNTER BIDEN'S LAPTOP.



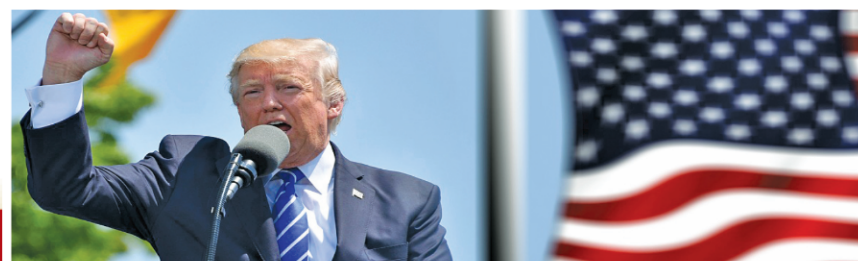
EVEN CBS NEWS FINALLY REPORTED "THAT THE LAPTOP WAS NOT FAKE".



U.S. OIL & GAS ASSOCIATION ON MONDAY, OCT. 21, 2024, QUESTIONED THE PRESIDENTIAL CONTENDER'S CONSTANT PIVOTING (or FLIP-FLOPPING) ON FRACKING.

ASK YOURSELF, ARE YOU BETTER OFF NOW THAN YOU WERE 4 YEARS AGO?

VOTE PRESIDENT DONALD TRUMP



It's Just This Simple

We are **\$35 TRILLION** in debt to reckless spending giving away printed money we won't have causing the pain of inflation we ALL are feeling!

If you vote for **HARRIS** we will have **HYPER INFLATION** putting us
ALL IN FINANCIAL COLLAPSE

If you vote for **TRUMP** he will
CUT GOVERNMENT BLOAT and PAY OFF DEBT

TRUMP will use our
NATURAL RESOURCES TO PAY DOWN DEBT

TRUMP will **STENGHTEN**
OUR DOLLAR
OUR COUNTRY
ALL AMERICANS!

WE ABSOLUTELY CANNOT AFFORD 4 MORE YEARS OF HARRIS!



***MAKING ALL AMERICANS
GREAT AGAIN!***

***VOTE FOR
DONALD TRUMP***



Vote ✓

Cheryl MIDDLETON

Take Politics OUT of Schools!

Board of Education | District 3 | West OC

I Got This!

With experience as a College Professor and Fortune 500 Strategic Planning & Innovation Consultant (along with my Strong Budgeting Skills), I'll put ALL that to work to Ensure Our Schools Get the "Biggest Bang For The Buck!"

Vote November 5th

My opponent did NOT fight for these, but I will.

It's Time For Cheryl!

- Take Politics OUT of our Schools. Focus on Core Subjects & Academic Proficiency!
- Ensure ALL Graduates Have Life Skills & Are Prepared For Trade, College, and/or Career!
- Allow ONLY GIRLS in Girl's Bathrooms and in Girl's Sports!
- Make Schools Safer for Students & Teachers!
- Require Parental Approval for Curriculum and/or Books with Sexually Explicit Content!
- Work Diligently on Annual BOE Budget to Ensure Teacher Compensation is Prioritized!

Connect With Cheryl

- CitizensForCherylMiddleton@gmail.com
- FB: Cheryl Middleton For Worcester County



Authority: Citizens For Cheryl Middleton | Barbara Reiter, Treasurer



*** HEADS-UP ***

Those in my opponent's camp are spreading the lie that I am a book burner to disparage me and my campaign. This is made-up propaganda as I'll never vote for banning books! I call this a despicable tactic in their effort to try and win at any cost. ***YOU DECIDE BY YOUR VOTE***

CHERYL Middleton
SCHOOL BOARD
 Student Success & Safety!



Dorothy Shelton-Leslie

Board of Education
 District 5 | Ocean Pines

VOTE: November 5th

Put Me In Coach - I Got This!

- I'll Stand Against Political Ideologies that have Watered Down Our Education, to Enhance Student Proficiency & Life Skills and Regain Trade, College and/or Career Readiness for All Graduates!
- With 2 Master's Degrees and a 40-year career in Public Ed as: K-6 Teacher, Consultant for Under-Performing Schools, Textbook Author, Curriculum Supervisor, & Adjunct College Professor - I'm THE Most Qualified Candidate and will hit the ground running!

★ ★ ★ ★ ★ Authority: People For D Shelton-Leslie | Grant Helvey, Treasurer

Because Every Child Matters...

It's Time For Dorothy!

- Take Politics OUT of our Schools. Focus on Core Subjects & Academic Proficiency!
- Allow ONLY GIRLS in Girl's Bathrooms and in Girl's Sports!
- Require Parental Approval for Curriculum and/or Books with Sexually Explicit Content!
- Improve School Safety through Consistent Consequences for Unacceptable Student Behavior!
- Advocate for Teacher Compensation!
- More Evening School Board Meetings so Parents can be Involved!

CONNECT WITH DOROTHY

Facebook: Dorothy For BOE
 Email: DorothyForBOE@gmail.com



*** HEADS-UP ***

Those in my opponent's camp are spreading the lie that I am a book burner to disparage me and my campaign. This is made-up propaganda. As a 40+ year Educator, I will never vote for banning any books! I call this a despicable tactic in their effort to try and win at any cost. ***YOU DECIDE BY YOUR VOTE***

DOROTHY Shelton-Leslie
SCHOOL BOARD
 Student Success & Safety!

Vote for solid investment strategies

Submitted by **John Bennish**
Financial Advisor, Edward Jones



John Bennish

With the presidential election just a few weeks away, the public is naturally interested in not just the outcome but what the results will mean for issues of national importance. As a citizen, you likely share these concerns — but how about as an investor? After the votes are counted — or even before — should you make some moves in anticipation of possible changes in policy?

Let's look at the big picture first, through the lens of history. The financial markets have performed well — and at times, not so well — under Democratic and Republican presidents alike. And the same is true about which party-controlled Congress.

While it might be an overstatement to say that decisions made in Washington have no effect on the

markets, it's not always so easy to draw a direct line between what happens there and how the markets perform. For one thing, political candidates often make promises that are not fulfilled, or, if they are, have different results than intended. Also, other institutions can have a significant impact on the markets. For example, the Federal Reserve, which controls short-term interest rates, can certainly affect many market sectors. And there will always be external events, such as foreign conflicts and even natural disasters, that can make short-term impacts on the investment world.

So, rather than making changes to your portfolio in anticipation of what might happen if certain candidates get elected, or even in response to actual policy changes, look to other factors to drive your investment decisions.

These factors should include the following:

Your goals — You probably have short- and long-term goals you'd like to achieve. For your short-term goals, such as a wedding, a down payment on

a house or a long vacation, you may want to invest in instruments that provide stability of principal. For your long-term goals, most important of which may be a comfortable retirement, you'll need to own a reasonable number of growth-oriented investments.

Your risk tolerance — When you build and maintain your investment portfolio, you'll need to accommodate your individual risk tolerance. All investments carry some type of risk, but you need to be comfortable with the overall risk level of your investments.

Your time horizon — Where you are in life is an important consideration when investing. When you are young and just starting out in your career, you may be able to focus more on growth, as you have time to overcome the inevitable short-term market downturns. But as you near retirement, you may want to consolidate any gains you may have achieved, and lower your risk level, by moving your portfolio toward a somewhat more conservative

approach. Even in retirement, though, you will need some growth potential to stay ahead of inflation.

Your needs for liquidity — As you invest, you'll need to maintain an adequate amount of cash and cash equivalents in your holdings. Without this liquidity, you might be forced to sell long-term investments in case you have unexpected expenses.

In any case, when it comes to investing, you may want to pay less attention to what names are on the ballot — and instead “vote” for the longer-term strategies that reflect your needs and goals.

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

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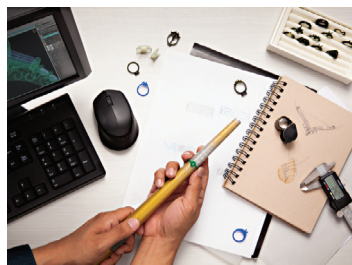
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Custom Designs Created In House



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of A Kind Piece*



*Update Your
Current Jewelry*



*We Can Repair Your
Love Worn Jewelry Too*



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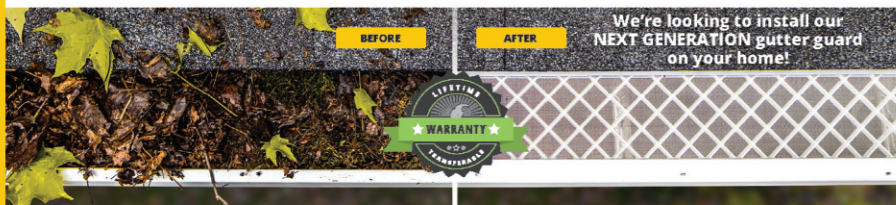


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Veterans Day ceremony scheduled

The Worcester County Veterans Memorial Foundation will host a traditional Veterans Day ceremony honoring all who have served in the U.S. military.

The ceremony will begin promptly at 11 a.m., at the Worcester County Veterans Memorial in Ocean Pines.

Michelle Winemiller will emcee the event this year. Miller is a Veterans Memorial Foundation Board member who spent 11 years in the U.S. Air Force, in intelligence, and 19 years as a civilian employee of the Air Force.

The guest speaker will be Robert Hanson, a veteran of the U.S. Air Force now serving as a Commissioner in the Department of Veterans and Military Families. Hanson, an Eastern Shore native, enlisted in the U.S. Air Force Security Forces in 1971 and served until 1974 in Southeast Asia during the Vietnam War. He later served in the Air Force Reserves at Dover Air Force Base from 1982-1986. He is currently one of the commissioners from Congressional District One in Maryland, and

an advisor to the Secretary of Veterans Affairs.

The ceremony will also feature patriotic music, including a salute to all branches of the U.S. Armed Forces.

“Veterans Day is a day to honor and celebrate all who have served in our military,” Worcester County Veterans Memorial Foundation President Marie Gilmore said. “We are forever indebted to those who were willing to serve to protect our freedoms, and we are grateful for the families they left behind.”

Some seating will be provided, but guests are encouraged to bring a chair. The ceremony will move to the Ocean Pines Community Center in the event of inclement weather.

Prior to the Veterans Day ceremony, the Memorial Foundation will host a short dedication for the new gazebo at 10:45 a.m. No seating will be provided.

Gilmore said the new gazebo is joint project between Ocean Pines Association and the Veterans Memorial Foundation, and will help aid in educational outreach programs to the memorial.

“Our educational outreach program brings every Worcester County student to the Veterans Memorial for a field trip each year, and they spend about an hour with docents at the memorial learning about the branches of the service, service of our veterans dedicated the sacrifices that the veterans and their families make,” she said. “It’s a program that’s very near and dear to our hearts, and this new gazebo will help to enhance that experience.”

“We’re looking forward to a very, very special Veterans Day ceremony this year with the dedication and our emcee and guest speaker, and I hope everyone will come out and enjoy it,” she added.

For more information about the Worcester County Veterans Memorial Foundation and the Worcester County Veterans Memorial, visit www.WoCoVets.org.



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Republic Services issues statement on trash containers

Following a Republic Services town hall meeting October 18, Republic Services have issued a statement about how Ocean Pines residents can exchange their trash containers for smaller ones.

“Republic services was pleased to take part in in Friday’s Town Hall meeting with the Ocean Pines community. The team is very excited at the positive feedback from the residents regarding our commitment to safety and cleanliness. For those in need of a smaller



container due to space constraints or physical limitations, note that Republic Services will be taking requests to exchange for a smaller container until November 8, 2024. Please call us directly at 443-210-3505 with your name and address. One note, smaller are special order item, and the requests will take eight to 12 weeks to complete.”

Republic officials said residents could also use that number, 443-210-3505, to inquire about special accommodations for those with mobility or other issues, or for other questions about their trash collection.

River guide showcases history, ecology, and recreation

Explore the dark waters of the Pocomoke River and discover the secrets of this sprawling, 73-mile, coastal plain river within the pages of the new Pocomoke River Guide.

This easy to carry tri-fold guide was developed by Worcester County Tourism and Economic Development (WCTED). The guide details the river’s fascinating history, from its humble origins in Southern Delaware, through its haunting, loblollied landscapes within the Great Cypress Swamp, to its stunning vistas at the mouth of the Chesapeake Bay. In rich detail, the guide outlines numerous opportunities on the land and out on the water to explore the Pocomoke River.

Printed locally, the guide is available at area visitor centers and outfitters along Maryland’s coast.

“The purpose of the guide is to educate the public about the river’s ecological importance and its contribution to ecotourism,” Advertising and Destination Marketing Specialist Brianna Dix said. “Featuring a detailed map, the guide outlines access points for paddling, fishing, and simply enjoying the river. The stunning photography and detailed information in the guide inspire exploration and a greater appreciation of this natural treasure, all while boosting tourism in Worcester County.”

Development and publication of the guide were made possible through a mini grant from the Beach to Bay Heritage Area (BBHA), aligning with their mission to promote, preserve, and protect the cultural and natural heritage of Maryland’s Lower Eastern Shore.

“This guide was something our community partners were eager to see updated,” Dix said. “The support of our county commissioners and local heritage area made this project possible.”

Digital copies of the Pocomoke River Guide are available at <https://visitmarylandscoast.org/request-a-visitors-guide>. Hardcopies are available at area visitor centers and by calling WCTED at 410-632-3110.

Kiwanis holiday drive to being

The Kiwanis Club of Greater Ocean Pines-Ocean City will hold its annual holiday Toy Drive and Coat Drive simultaneously from 9 a.m. to noon every November Wednesday in the parking lot of the Ocean Pines Community Center. Toys must be unwrapped. They will be delivered to Worcester GOLD. New and gently used coats go to various organizations that distribute them to those in need, making their holidays happier.



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HAPPY HALLOWEEN

Why do we say ‘trick or treat’?

Homeowners think nothing of having goblins, nurses, vampires, or astronauts showing up at their doors each October asking for candy. Any other time of the year and these visitors might be turned away. But Halloween is all about the magical and the macabre, and trick-or-treating is a major component of the festivities.

Kids and adults alike cry out “trick or treat” at each house they visit. Many utter this familiar phrase without a second thought and may have no idea how this familiar custom came to be.

During the Middle Ages, less fortunate individuals would go “souling,” which was a process of going door-to-door asking for food on November 1 in return for saying prayers for the deceased on All Souls Day on November 2. Many centuries later, the tradition of “guising” began in Scotland around the same time of year. People began wearing masks and costumes to disguise themselves and prevent evil spirits from harming them. Spirits were thought to cross over more readily around Halloween. The custom also was called “mumming” and was celebrated in nearby England and Ireland as well.

Costumes were eventually accompanied by hijinks. Mischief makers would sing a rhyme, do a card trick or tell a story in exchange for a treat. If that treat wasn’t presented, a “trick” could be played. For 19th century children, tricks included jamming hot cabbage into a keyhole to stink up a house or frightening passersby.

History.com indicates that when European immigrants arrived in America, they didn’t give up their annual mischief or requests for treats, and the custom spread throughout the early 20th century in the United States.

While the practice of begging for treats in some shape or form went by many names, Merriam-Webster re-

ports that a newspaper in Saskatchewan, Canada first mentioned the words “treat” and “trick” together in print. A 1923 article indicated, “Hallowe’en passed off very quietly here. ‘Treats’ not ‘tricks’ were the order of the evening. By 1927, more and more children were uttering “tricks or treats” to solicit candy from their neighbors.

Trick-or-treating gained steam



throughout the 1950s, with endorsements by major candy companies. The custom also was showcased in popular comic strips.

Even though there are tricks to be made on Halloween, treats are the real draw of the day.

How to roast pumpkin seeds

Carving jack-o’-lanterns is a Halloween tradition that both adults and children enjoy. It’s hard to resist an opportunity to carve a funny or scary face into a pumpkin that will soon make its way to the front porch, but there’s another irresistible element to carving pumpkins as well.

Roasted pumpkin seeds make for a tasty, tempting treat. Seeds must be removed before carving pumpkins, so turning them into a savory snack is a great way to make use of them and cook up some fuel for family carving sessions.

Roasting pumpkin seeds is a straightforward process, though some people may have their own techniques to make seeds more fla-

vorful. The following recipe for Pumpkin Seeds from the Food Network reflects various ways to prepare this beloved snack, ensuring that people with varying tastes can no doubt find a way to incorporate their favorite flavors into this Halloween staple.

1. Seed the pumpkin: Preheat the oven to 300 degrees F. Using a spoon, scrape the pulp and seeds out of your pumpkin into a bowl.

2. Clean the seeds: Separate the seeds from the stringy pulp, rinse the seeds in a colander under cold water, then shake dry. Don’t blot with paper towels; the seeds will stick.

3. Dry them: Spread the seeds in a single layer on an oiled baking sheet

For example, in Norse mythology, Freyja, a goddess of, among other things, a type of Late Scandinavian Iron Age magic known as “Seior,” was believed to have ridden a chariot pulled by two cats. That connection to sorcery could explain the link between black cats and witches that continues to be made today.

Despite the lengthy history suggesting black cats are bad omens, it’s not all bad for these dark-colored felines. One researcher at the Carnegie Museum of Natural History found that Welsh folklore depicted black cats as harbingers of good luck, and even noted their ability to predict the weather.

Black cats are one of many symbols of Halloween. And much like jack-o’-lanterns and trick-or-treating, the story of how black cats came to be associated with Halloween is interesting and thought-provoking.

4. Add spices: Toss the seeds with olive oil, salt and your choice of spices (see below). Return to the oven and bake until crisp and golden, about 20 more minutes.

and roast 30 minutes to dry them out.

5. Sweet Toss with cinnamon and sugar (do not use salt in step 4).

6. Indian Toss with garam masala; mix with currants after roasting.

7. Spanish Toss with smoked paprika; mix with slivered almonds after roasting.

8. Italian Toss with grated parmesan and dried oregano.

9. Barbecue Toss with brown sugar, chipotle chili powder and ground cumin.





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Reducing inflammation

By **Jennifer Hamilton**

Many health conditions that we face have one thing in common - they have a component of inflammation that is associated with that issue. Musculoskeletal issues such as osteoarthritis or tendinitis; or systemic issues such as autoimmune diseases and allergies all create a state of inflammation in your body. Sometimes, this inflammation may cause secondary issues that cascade into additional dysfunctions. So, what can we do to counter this inflammation? Many common treatments include applying cold therapy, anti-inflammatory medicines, and physical therapy. Recently, however, there has been a lot of buzz about more natural ways to address this issue. One natural way is “grounding”, also known as earthing. This is a practice that involves reconnecting with the Earth’s natural energy. This simple yet powerful technique has gained popularity for its numerous health benefits, both physical and mental.

So, what is grounding? Well, it involves direct contact with the Earth, such as walking barefoot on grass, soil, or sand. It can also include using grounding mats or pads that are designed to transfer the Earth’s energy to your body while you work or relax indoors. The fundamental idea is that the Earth has a subtle electrical charge that can help stabilize our own electrical systems, promoting overall health and well-being.

As mentioned above, reducing inflammation is one of the most well-documented benefits of grounding. Research suggests that contact with the Earth can decrease markers of inflammation, potentially alleviating conditions such as arthritis and chronic pain. It can also improve circulation by increasing blood flow which promotes better oxygen and nutrient delivery to all your cells. More blood flow equals better healing and thereby providing pain relief. Additionally, many report better sleep quality. There are other mental

health benefits that have been reported from grounding including an overall reduction of stress and anxiety, improving mood, increased energy levels, and an enhanced ability to focus.

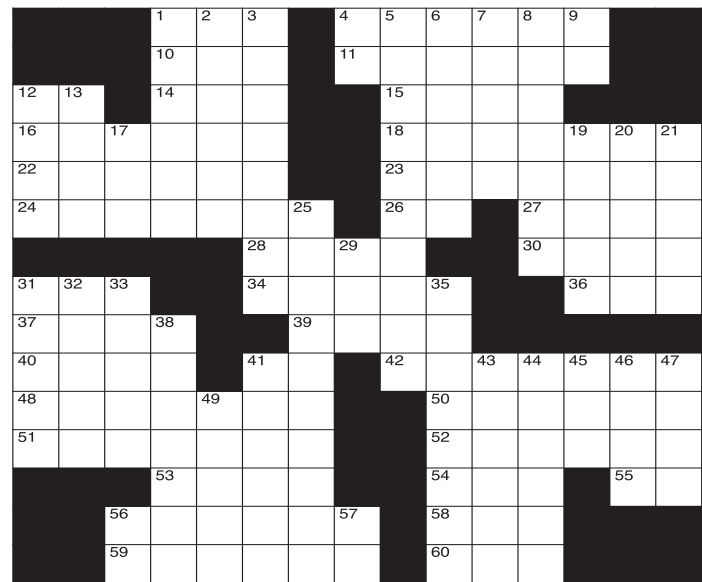
So, how do you go about grounding? It is easy, and free to do. The first way would be to walk barefoot on grass, sand, or soil. Aim for about 20 minutes a day to experience the full benefits. You can also sit or lie on the ground. Find a comfortable spot in nature and spend time sitting or lying on the ground. This allows for full-body contact with the Earth. You may ask what to do as the weather cools and you don’t want to expose your bare skin to the elements. There is grounding equipment available for sale such as grounding sheets or a mat that may be used indoors. These use a wire that is plugged directly into the grounding part of your regular outlet in your house to help you maintain a connection with the Earth, even when you can’t be outside.

In conclusion, grounding offers a myriad of benefits that can significantly enhance both your physical and mental health. By reconnecting with nature, individuals can experience reduced inflammation, improved sleep, and lower stress levels. As we continue to navigate the challenges of modern life, taking the time to ground ourselves may be one of the simplest yet most effective strategies for achieving overall well-being.

Jennifer Hamilton, DPT, CHT is co-owner of Hamilton Hand to Shoulder.



Jennifer Hamilton



CLUES ACROSS

- 1. “60 Minutes” network
- 4. Train line
- 10. Go quickly
- 11. Straightforward
- 12. Canadian province
- 14. At any rate (abbr.)
- 15. Genealogy
- 16. Make changes
- 18. Utter repeatedly
- 22. In a way, turned up
- 23. Type of ship
- 24. Agents of one’s downfall
- 26. Not out
- 27. Something to scratch
- 28. Round water pot
- 30. Refreshing green fruit (slang)
- 31. Promotions
- 34. Primordial matters
- 36. One-time world power (abbr.)
- 37. Source of illumination
- 39. The content of cognition
- 40. An Arab ruler
- 41. South Dakota
- 42. Gnawed at with teeth
- 48. Hawaiian island
- 50. Smaller
- 51. Of a single person
- 52. Rigid bracelet
- 53. Barbary sheep (Fr.)
- 54. Not even
- 55. Specific gravity
- 56. Engage in petty bargaining
- 58. Boxing’s “GOAT”
- 59. Split between parties
- 60. Notable offensive

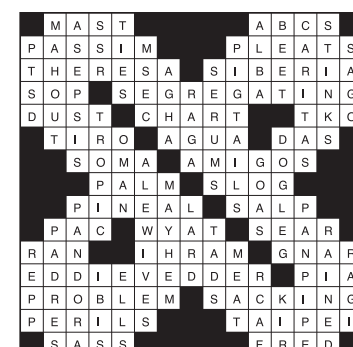
CLUES DOWN

- 1. A place to lounge
- 2. Skewed views
- 3. Peacefully
- 4. Commercial
- 5. Auxiliary forces
- 6. Large mollusk
- 7. Take out again
- 8. Sharp and forthright
- 9. Knight (chess)
- 12. Source of fiber
- 13. Flesh covering some birds’ beaks
- 17. Energy
- 19. Night monkeys genus
- 20. Small, sharp nails
- 21. Pleasant-smelling liquid
- 25. Affirms one’s hold
- 29. CNN’s founder
- 31. Texans can’t forget it
- 32. “Oppenheimer” actor Matt
- 33. Expression
- 35. Vessel
- 38. Lacking poetic beauty
- 41. Tall, swift and slender dog
- 43. Sports personality Michelle
- 44. Robber
- 45. Liquefied natural gas
- 46. Snakelike fishes
- 47. The most worthless part of something
- 49. City in Crimea
- 56. Bad grades
- 57. Reichsmark



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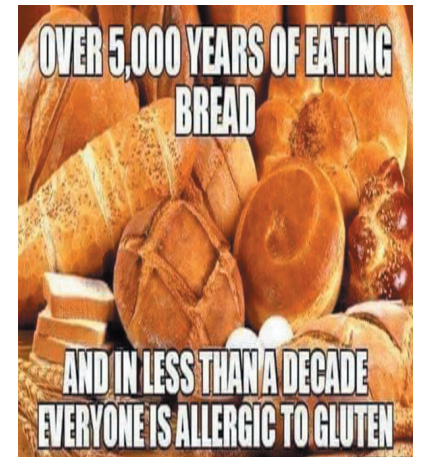
Some things to think about

Gathered from the internet
by **Jack Barnes**

I was gonna start dieting, but Halloween is coming up, then Thanksgiving and Christmas candy. Before you know it, it's BBQ season again and I'm not about to turn down a cheeseburger.

**We all know mirrors don't lie...
I'm just grateful that they don't laugh.**

I have many hidden talents.
Just wish I could remember where I hid them.



Apparently exercise helps you with decision making. It's true. I went for a run this morning and decided I'm never going again.



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