

The Courier

July
25
2018

Volume 18 Number 47

Party in the Pines is Wednesday

On Wednesday, July 25 from 5 p.m. to 8 p.m., Peninsula Regional Medical Center will hold an open house for the community at its Delmarva Health Pavilion Ocean Pines and Richard A. Henson Cancer Institute Ocean Pines, located at 11101 Cathage Road, Berlin.

The event will feature free barbecue from Em-ings, snowballs from the Tiki Hut and chocolate chip cookies from the Junior Board's Pines Café. There will be entertainment and a kids' corner with activities and prizes. Peninsula Regional cancer doctors and staff will be on hand for tours and to answer questions about the Cancer Institute. In the Delmarva Health Pavilion, the Adult Fitness facility will have exercise demonstrations and tours, and pharmacists will be available at the PRMC Home Scripts pharmacy. All are welcome to attend.

Craft fair returns for another year

Plans are being finalized for the 41st Annual Pine'eer Artisan and Craft Festival, to be held August 4, in White Horse Park. Hours are 9 a.m. to 3 p.m., rain or shine.

Local artisans and vendors from surrounding areas will be showing their crafts. There is something for everyone: art, glass, jewelry, decoupage items, stitchery and painted items just to name a few. This year chances will be sold for an "Afghan of Many Colors," which was made and donated by Barb Stilwell.

There will be food vendors serving breakfast and lunch and there will be a bake sale.

There are still some spaces available, if you have a craft that is handmade and you would like to join us, please contact Ginger McGovern at opcraftclub@aol.com. The Pine'eer Artisan and Gift Shop will be opened to see more crafts.

Monies from this event go back to the community.



Dinosaur interest - *Kiwanis is about children. Fortunately, there are occasions to hear from children at meetings, whether they be recipients of Kiwanis scholarships or members of the five school student clubs sponsored by the local club or members' relatives. At the July 18 meeting in Ocean City, member Lynne McAllorum brought her 12 year-old grandson Jacob Hise, visiting from Hanover, PA, to the meeting. He knows something about dinosaurs and gave an impromptu talk about a passion of his, dinosaurs. Jacob's ambition is to become a scientist, as he put it, who examines the bones of dinosaurs brought to the lab for identification. Pictured (L-R) Lynne McAllorum, Jacob Hise and Kiwanis Club President Ralph Chinn.*



Mary Beth
CAROZZA

FOR STATE SENATE

By Authority: Friends of Mary Beth Carozza, Pat Schrawder, Treasurer

Community Calendar

JULY

Korean War cease fire to be remembered

Synepuxent Post #166 American Legion and the Vietnam Veterans of America Chapter #1091 will hold an open house on Friday July 27 at the Post home located at 2308 Philadelphia Ave. in Ocean City. This is to recognize the 65th Anniversary of the Cease Fire of the Korean War. All area Korean War era Veterans are welcome to attend this between 1 p.m. and 4 p.m. For more info please contact: Post #166 Commander Tom Wengert 443-994 -2513 email television9153@yahoo.com or VVA Chapter #1091 President Nelson Kelly 302-236-4171 email nelsonkelly11@comcast.net.

Brown bag lunch program offered

The upcoming program hosted by the Lower Shore Land Trust highlights Future Harvest, Chesapeake Alliance for Sustainable Agriculture, an organization working to build a sustainable foodshed from farm and fishery to table. Niamh Shortt, Delmarva program manager, will provide information about this sustainable agriculture non-profit started by farmers concerned with protecting the Chesapeake Bay. Learn more about this organization's Beginner Farmer Training Program, Field School events, Conference and Networking events, and Food System Reform on Delmarva. There is no charge but donations gladly accepted. The program will occur on Wednesday, August 8 between noon and 1 p.m. RSVP 443-234-5587 or emailinfo@lowershorelandtrust.org. Program will be held at the Lower Shore Land Trust of office, 100 River Street, Snow Hill, MD.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <small>Canada Day</small>	2	3	4 <small>Independence Day</small>	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Fashion show scheduled

The Republican Women of Worcester County will host their Tenth Annual Patriot Day Fashion Show Luncheon on Thursday, September 27. The event will honor "Patriotic Women of America." The Fashion Show will be held at the Dunes Manor Hotel in Ocean City. Fashions will be by Chico's and Accessories by Bruder Hill. The cost of the luncheon is \$35. For information and reservations, contact Beth Rodier at 410-352-5222 or 443-668-8864.

Monday

Ocean Pines Poker Club
Poker players wanted in Ocean Pines area for Monday evenings. Call 410-208-1928.

Sweet Adelines

The Delmarva Sweet Adeline Chorus meets from 7 to 9 p.m. in the Ocean Pines Community Center. Call 410-641-6876.

Monday/Tuesday

Sanctioned Duplicate Bridge
Open bridge games Monday at 12 p.m., Tuesday at 10 a.m. at OP Community Center. Call Mary Stover 410-726-1795.

Tuesday

Families Anonymous
From 7 p.m. to 8:30 p.m. at room 37 in the the Community Church at Ocean Pines on Rte. 589. For more information call Carol at 410-208-4515.

Tuesday/Thursday

Poker Players wanted for Gentlemen's Poker in North Gate area Ocean Pines. Game played every Tuesday & Thursday evening 5:45 p.m. to 10:45 p.m. on Pinehurst Rd. Ocean Pines. Call 410-208-0063 for more information.

Wednesday

Kiwanis Club Meeting
Weekly meetings at 8 a.m. on Wednesdays in the Ocean Pines Community Center. Doors open 7 a.m.

Elks Bingo

Ocean City Elks in Ocean City (behind Fenwick Inn) open at 5:30 p.m. Early birds at 6:30 and bingo at 7 p.m. Call 410-250-2645.

Rotary Club

Ocean City/Berlin Rotary Club meetings are held at 5:45 p.m. at the Captains Table in Ocean City. Contact Stan.Kahn@carouselhotel.com.

Square Dancing

The Pinestepers have introduction to square dancing at the OP Community Center at 7 p.m. Call Bruce Barrett at 410-208-6777.

AL-Anon/OP-West OC-Berlin

Wednesday Night Bayside Beginnings Al-Anon family meetings are held at the Ocean Pines Community Center at 7:30 p.m.

Thursday

Story Time

Stories, music and crafts at 10:30 a.m. for children ages 3-5 at Ocean Pines library. Call 410-208-4014.

Beach Singles

Beach Singles 45 for Happy Hour at Harpoon Hanna's at 4 p.m. Call Arlene at 302-436-9577 or Kate at 410-524-0649 for more activities. BeachSingles.org.

Legion Bingo

American Legion in Ocean City opens doors at 5:30 p.m., games begin at 7. For information call 410-289-3166.

Gamblers Anonymous

Group meets at 8 p.m. at the Atlantic Club, 11827 Ocean Gateway, West Ocean City. Call 888-424-3577 for help.

Friday

Knights of Columbus Bingo

Bingo will be held behind St. Luke's Church, 100th St. in Ocean City. Doors open at 5 p.m. and games begin at 6:30 p.m. Refreshments available. Call 410-524-7994.

First Saturday

Creative Writing Forum

Every first Saturday of the month at 10 a.m. at the Berlin Library. Novice and established writers gather to share their fiction, non-fiction, and creative writing projects. Program includes critiques and appreciation, market leads, and writing exercises.

Blessing of the Combines returns

Whether you are attending for the first time or have been coming for years, don't miss the 20th annual Blessing of the Combines in downtown Snow Hill on Saturday, August 4 in downtown Snow Hill.

This popular summer event honors the agricultural community while bringing thousands of festival goers into downtown Snow Hill.

This year features Joe Bartenfelder, the Maryland Secretary of Agriculture, as the keynote speaker.

Festivities begin on Green Street at 10 a.m. with music and street activities. The Parade of Combines sets off

down Route 12 to Green Street at 11 a.m.

Master of Ceremonies, Willie Dykes, star of WBOC's Outdoor Delmarva, and Steve Hales, festival announcer, will begin the program with the presentation of colors by the award-winning Snow Hill High School Junior Marine Corps ROTC. After recognitions, the keynote speaker, and the Blessing, the afternoon's lineup of area musicians featuring the "Troy Grove Band" will begin on the main stage.

Children can visit a variety of animals at the Petting Barnyard, then hop aboard a wagon for a free hayride. There will also be free pony rides on River Street. There will be a Children's

Barnyard full of activities and the popular Children's Tractor Pull as well as a Scales-N-Tales presentation from the Pocomoke River State Park.

There will also be a car show in Sturgis Park next to Beach Bounce and the free pony rides.

Also check out over 60 craft vendors and food vendors along Bank, Washington and Green streets. There is still room for a few craft vendors and area organizations to participate in the festival if they desire. Contact Diana Nolte at 443-944-4402 or email blessingofthecombines@gmail.com to register.

For details contact Becky Payne at 443-783-1715, or email blessingofthecombines@gmail.com.

Pie baking contest returns

Enter a pie in the 10th Annual Berlin Peach Festival Pie-Baking Contest. The Berlin Heritage Foundation is looking for bakers to enter the peach pie-baking contest at its tenth annual Berlin Peach Festival on Saturday, August 4, on the grounds of the Calvin B. Taylor House Museum, 208 North Main Street. The first-prize winner will receive dinner for two at the Dunes Manor Hotel in Ocean City and a cookbook. Second- and third-place prizes are a basket of peach "goodies" and a gift basket from First

please see **events** on page 15

South Gate Pond is a popular sailing venue

By **June Freeman**

Starting in the spring and lasting into the fall, remote control sailboats can be spotted gliding along the surface of the Ocean Pines South Gate pond. The dock is alive with skippers sailing and racing their boats while spectators watch in fascination.

The club started last year and has doubled in size since then. Members gather on Monday and Thursday mornings from 10 a.m. until noon to sail their motorless sailboats which have an overall length of 30.7 inches. Expressions of determination, concentration and sheer joy cross their faces as they guide their sailboats amid the breeze. They are an interesting and friendly group who readily hand off their remote controls to the curious spectators who come to investigate the happenings.

Ed Ryan, Ocean Pines resident and club founder, has been racing for five years and owns a fleet of four remote control boats of different classes. He sails his boats five days a week but claims he is not addicted, although his wife disputes his claim. Ryan explained the advantages of the Victoria sailboat, the class of boat used by the club members of Ocean Pines. The ease of its assembly, affordability, and good characteristics make the Victoria a great “club” boat. It is easy to transport, fully rigged, and made for simplicity and fun. New skippers can purchase the kit, spend a minimal amount of time building it, bring it to the pond, and join in the boating with a minimum of trouble.

“The principals are the same as regular sailing but you do not have to work as hard, maintenance is easier, and you don’t get wet,” stated Ryan.

In addition to being fun, there is always room for a bit of friendly competition. This year Clive Walker took charge of setting up the buoys for their weekly races in the pond. Racing takes ingenuity and determination but as it turns out, so does setting up and keep-

ing buoys in the proper spots in the twelve-foot deep South Gate pond. Apparently overzealous fishermen manage to hook the buoys and displace several of them. In order to readjust the buoys, Walker rigged a fishing line and tied on a weight and a hook so that he could throw his line out to about thirty feet. Then in cowboy-style, Clive Walker threw out his fishing line and on his fifth try he captured the runaway buoys.

Always looking for more speed and a competitive edge, their group becomes most animated when discussing the many and various adjustments and ways to rig the Victoria. They are not the only ones who are fond of tinkering, sailing, and racing their yachts.

There are groups and clubs all over the United States and the world who enjoy this growing sport. Lines of campers drove into the park when last year a group in Virginia put on a race in Kent Island. Hundreds of enthusiasts from far places including Canada and Texas showed up to compete and enjoy the camaraderie of their fellow boaters.

Internationally this year, there is an upcoming competition to be held in Australia.

But the thrill of the race is not necessarily the only goal in the world of remote control sailboats. While working his remote and zigzagging his sailboat around the buoys, J. David Lee described part of the lure when remarking, “There’s nothing better than an afternoon when the sun is out and it is decent weather and you can pull up a chair and sit here.”

If you are looking for a morning of fine sailing, beautiful sailboats, and fun, then the South Gate pond is the perfect place. Everyone is welcome and there are boats available to try and buy. If you would like more information, visit Ocean Pines website at www.OPRCSA.org or email dave@davidlee.com. or go to The American Model Yachting Association at ww.theamya.org/index.php.



Join Peninsula Regional Medical Center for a Party in the Pines!

July 25 | 5:00 – 8:00 p.m.

Tour our brand-new, state-of-the-art Richard A. Henson Cancer Institute and learn about the extensive medical services offered right in your backyard.

- Music
- FREE barbecue by Em-Ings
- FREE snow cones
- FREE cookies from the Junior Board Pines Café
- Children’s activities and more!

Delmarva Health Pavilion Ocean Pines

11101 Cathage Road
Next to the North Gate

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REGIONAL**
MEDICAL CENTER



The Courier

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2012 Business of the Year

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According to a survey from AutoList.com, when buying vehicles, millennials are more likely to consider the environmental impacts of a car than those who belong to Generation X. The survey found Gen Xers prioritize price, reliability and brand when purchasing a car. While millennials may place significant emphasis

on vehicles' environmental impact, they do not intend to keep their vehicles for very long, as nearly half of millennial survey respondents acknowledged they plan to

keep their cars for five years or less. Meanwhile, among the survey respondents who belonged to Generation X, one-third planned to keep their cars for 10 years or longer. The AutoList survey also found differences between the cars millennials prefer compared to their Generation X counterparts. Perhaps not surprisingly, millennials, many of whom are just beginning their professional lives, prefer small, inexpensive vehicles, while members of Generation X, who are no doubt more established professionally and more financially secure as a result, prefer slightly more expensive vehicles. But the differences may not be that significant, as the survey found that millennials like the Honda Civic, while Generation X members prefer the Honda Accord.



OPA reserves discussed

Commentary by **Joe Reynolds**

A joint OPA Board of Directors and Budget & Finance Committee meeting was held on July 13th to discuss OPA reserves funding.



Association member Don Butt attended the meeting and shared his thoughts on OceanPinesForum.com.

Among other things, Butt wrote, "We all likely agree that we want 'enough' reserve to 'reasonably' maintain our assets. It is the definitions of 'enough' and 'reasonably' that will produce the conflicts."

Indeed.

During the meeting, I suggested the final decision was as much political as anything else. Didn't seem like anyone on the board or the B&F Committee wanted to address that issue, but it is the real issue.

Why?

Well, for simplicity and using nearest million, the DMA reserve company representative, Doug Greene, said for 100% funding OPA should have \$20 million in reserves today. He also said we currently have \$5 million, excluding bulkheads and perhaps other dedicated reserves that place total reserves at close to \$10 million at the end of the last fiscal year. This surely

does not indicate OPA is in dire financial condition as board candidate Paula Gray suggested at a recent Candidates Forum.

When I asked Greene if his recommendation of 50% to 75% of funding meant that at 75% funding OPA would need to collect another \$10 million quickly from association members, he essentially said: "forget the \$20 million number."

Since the \$20 million seems at the core of the entire reserves discussion, one wonders how it can be forgotten. Pete Gomsak produced a written statement from Doug Greene saying reserve funding should be at 100%. For OPA that would mean collecting another \$15 million from association members.

Watching Greene manipulate his computer to show various scenarios based on a host of variables reminded me somewhat of the old TV commercials where some company activates a website and the orders come pouring in within seconds. In other words, a belief these days that if something happens on a computer it must be true. Contrast that to OPA board candidate Gregory Turner who, at a recent candidate forum, seemed to indicate all that's needed for OPA finance is a "Ticonderoga pencil and a pad of paper."

Later in the day of the joint meet-

ing I had an opportunity to speak with Pete Gomsak. I asked him what percentage he would like to see. He said, 50%. Thus OPA would need an additional \$5 million collected. Other former board members take a different view. Dave Stevens seems to think the current \$5 million balance is adequate, given current future plans.

Where we end up is anyone's guess, but it will be a political decision, despite any protestations to the contrary. Make no mistake — this political decision could easily result in an assessment increase.

As an aside, OPA president Doug Parks allowed Budget & Finance Committee chairman John Viola to chair the joint meeting. Viola deserves much praise for allowing those association members attending the meeting to actually participate in the meeting with questions or comments.

Kids family field day scheduled

Kicks 4 Kids is a family friendly field day event with games, contests, food, prizes and fun. The community is invited to participate in the event from 11 a.m. to 3 p.m. on Saturday, August 4 at Winter Place Park in Salisbury.

Tickets are \$5 and can be purchased at the event or online at <https://coastalhospice.org/kicks>.

Activities on tap for the fun filled day include a watermelon eating contest at noon, door prize giveaways at 1 p.m., and a smelly sneaker contest with celebrity judges at 2 p.m. Children will be able to win prizes and play with their families at activity stations such as limbo, sack race, three-legged race, egg relay, shoe distance kick, corn hole toss, football toss, and more.

Shoes designed by local community members will be entered into a decorating contest and available in a silent auction throughout the day. Live music will be provided by students of the AMP Studio in Salisbury.

Kicks 4 Kids supports Coastal Kids Supportive Care, the pediatric program of Coastal Hospice. Coastal Kids offers specialized medical attention for children with serious illness and provides comprehensive treatment for the relief of discomfort, symptoms and stress. The goal of care is to improve the quality of life for both the child and the family.

Sand Castle home tour returns

This September the doors of ten private residences in the Ocean City area will open for the Sand Castle Home Tour, the 14th year for the annual event.

The tour, which includes a variety of homes from oceanfront to bayside to family residences to tiny houses, benefits the nonprofit Art League of Ocean City that operates the Ocean City Center for the Arts and its many community programs.

The self-guided home tour is held over two days on Thursday and Friday, September 20-21, from 9:30 a.m. to 4 p.m. so guests can tour at their own pace. The tour homes are located in Ocean City, West Ocean City and Ocean Pines. Tickets are \$30 per person and include a guidebook, driving directions, and special offers. Guests are encouraged to purchase tickets early to avoid being disappointed, as a limited number are available.

Volunteer docents staff each home, guide visitors through the rooms and outdoor spaces, and answer questions about the house and its unique features. Those taking the tour will be inspired with unique decorating ideas, color schemes, and different styles of living. Local businesses, architects, builders, home decorators, artists, florists, remodelers, landscapers, have the opportunity to show off their talents and showcase their products to the 1,000-plus tour takers.

"We invite everyone to join us as we celebrate the 14th year of the Sand Castle Home Tour, the event that provided much of the funding to enable us to open the beautiful Ocean City Center for the Arts," Rina Thaler, Executive

please see **tour** on page 15

What suits me

Not long ago, from the back of my closet I retrieved a necktie that I not worn in years. I put it around my neck, tied it and off I went to a meeting. Surprisingly I got several compliments on this “new” tie.

There was a time in my life when



It's All About. . .

By **Chip Bertino**

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every day I wore a suit, not a pair of slacks and a sports jacket, a suit to work. Seven or eight suits hung in my closet. Each day I would work my way down the rack. In addition to the suits, my collection of ties was varied and many. For the most part khaki slacks, white shirts and two blazers (one blue and one black) have replaced my suits. I think that's what's referred to as Eastern Shore formal wear.

There are still times when I don a suit but those times are few and far between. Through the years, my many suits have been donated. Each shrank and no longer fit properly. How this happened I could not say. But when I would put one on, the same scene would play out: it would be too tight. It must be the result of atmospheric irregularities occurring in the darkened closet. That's the only reason that comes to mind for them not fitting correctly.

Double breasted suits have always been my favorite. I've never liked three-button jackets. Dark blue, black and gray fabrics have always been my color of choice. I like herring bone as well; my wife does not. I once bought a herring bone suit that nearly brought my wife to tears – of laughter. Despite being a favorite of mine, that suit didn't last long. I don't know exactly what happened to it but one morning when I went to retrieve it, it could not be found. My wife claimed then and does still to this day, that she has no information about that suit's fate. Her involvement is questionable as far as I'm concerned.

The first suit I ever wore was at my

Baptism. It was a white suit that I'm told was a little to big for me. Yet, I still think I pulled it off. My brother and each of my sons were Christened in that same suit. So, it's been worn a total of four times. It's now more than half century old with very low miles. Maybe a future grandson will wear it.

When I was young my mother dressed my brother and I alike. I don't know why but she did. Either we'd have the exact same clothes or we'd have the same style of clothes only in different colors. The first

suit I remember was a dark blue polyester leisure suit; my brother's was red. It wasn't very comfortable.

When I was about eleven or twelve, my brother, who was eight or nine, and I each had a brown plaid polyester leisure suit. I really liked that suit, thinking I was really something. I wore a brown shirt and brown shoes. To me, at that time, I was the personification of style and class. Looking at pictures from that time, style is not the word that comes to mind; ridiculous maybe but not style. But hey, it was the seventies. Had puberty hit, I may have even sported a cowboy moustache like the Marlboro Man.

For eighth grade graduation my mother bought me a new suit. This one was a brown checked polyester ensemble. I wore it just the one time. Fortunately polyester suits didn't make it far beyond the 70s.

The first time I ever wore a tuxedo was when I accompanied a friend to her senior prom. It was my first experience renting attire. The only thing I remember was that it had to be back to the store within 48 hours or else I'd have to pay a fine. It was back long before the deadline.

I've worn a tuxedo two more times: my wedding and my daughter's wedding. Interestingly that between the years of my wedding and my daughter's, the rental tuxedo industry changed their sizing levels. A 37 regular in 1987 became a 42 long in 2012. How did that happen?

Suits certainly have their place. But if I had my druthers and could get away with it, I'd wear shorts, a tee shirt and flip flops on a regular basis.



**Saturday
August 4
9 a.m. to 3 p.m.**

Artisan & Crafts Festival

**White Horse Park & Community Center
239 Ocean Parkway, Ocean Pines**

Handcrafted Items, Decorative Items, Jewelry, Hand Painted Decor, Stitchery Items and So Much More!

Our Famous Bake Sale

Visit our Gift Shop across from the Community Center for more handcrafted items. Open Saturday 9am-3pm; Sunday 10am-3pm. and Wednesdays 3pm - 7pm (Summer) All major credit cards accepted

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Not too late to vote in board election

Voting continues for the Ocean Pines Board of Directors election through Wednesday, August 8.

Ballots may be dropped off in the ballot box located inside the Ocean Pines Police Station at the Ocean Pines Association (OPA) Administration Building no later than 5 p.m. on August 8. Mailed ballots must also be received at the post office by Wednesday, August 8.

Seven eligible candidates are vying for four open positions on the Board of Directors. Ocean Pines property owners who received ballots can vote for no more than four of the following candidates: Steve Tuttle, Frank Daly, Gregory Turner, Paula Gray, Esther Diller, Ted Moroney and Arie Klapholz.

The Elections Committee will monitor the Elections telephone voice message system, 410-208-3989, for questions and/or requests for replacement ballots. Write-in candidates are not allowed.

In accordance with the OPA by-laws, no member may vote if the member has failed to pay the annual charge, including any assessed interest levied by the Association.

Votes will be counted and ballot totals will be announced on August 10 at 9 a.m.

at the Marlin Room in the Community Center.

Election results will be validated at the Annual Meeting of the Membership on Saturday, August 11 at 10 a.m. at the Assateague Room in the Community Center. All property owners are urged to attend the Annual Meeting. Members are encouraged to arrive early and should be ready to provide a photo ID such as a driver's license.

The Elections Committee encourages members to get to know the candidates before casting a ballot by visiting <http://www.oceanpines.org/meet-the-2018-ocean-pines-board-of-directors-candidates/>.

The Board of Directors is the legislative policy-setting body of the Ocean Pines community. The affairs and business of the Association are managed by a Board of seven and the terms of the Directors will be for three years and until their respective successors are duly elected and qualified.

For more information, contact Ocean Pines Elections Committee Chairperson Steve Habeger at elections@oceanpines.org.



Graduation - Worcester County law enforcement officers who graduated in the 80th entrance-level law enforcement class of the Eastern Shore Criminal Justice Academy operated by Wor-Wic Community College in Salisbury are shown, from left, **Kevin P. Lloyd** of the Berlin Police Department, **Michael A. Hamblin** of the Ocean City Police Department, **Austin A. McGee** of the Pocomoke City Police Department and **Heath A. Cowger** of the Worcester County Sheriff's Office.

Discover locally-sourced treasures in the new Home Grown Guide

Discover Worcester's rural diversity, along with where to go to savor all-things locally-grown and produced, in the pages of the new Worcester County Tourism (WCT) Beach and Beyond "Home Grown Guide—Eastern Shore."

"We love local!" WCT Director Lisa Challenger said, "Our new Home Grown Guide recognizes the importance and value of locally-grown and produced items to our residents and visitors. Buying locally-sourced products allows us to enjoy produce at the peak of flavor and nutritional content, support the local economy, help keep local farmers in business, and reduce energy use by limiting the distance food travels."

Farmer's markets and produce stands are a scenic staple here on Maryland's Eastern Shore. These coastal treasures offer the perfect one-stop-shopping experience. Each page in the Home Grown Guide is chock-full of where to go for these fabulous local finds.

Discover rural settings to host the perfect farm wedding. Explore farms and farmers markets for fresh, local

produce, honey, artisan breads, eggs, and meats, all bursting with flavor. Find shops that offer colorful, aromatic, fresh-cut flowers. Visit farm-to-table restaurants serving delicious fresh produce and seafood catches. Locate shops scooping ice cream made right here on the shore from happy cows, and sample fresh and lively concoctions at area microbreweries, distilleries, and wineries.

The guide also highlights camping and other nature tourism opportunities, like where to go horseback riding, and spots off the beaten path to explore by canoe, kayak, and standup paddle boards. There's even information on where and when to visit a working farm where alpacas and mini llamas supply the fiber for fine, soft yarn that's perfect for knitting hats, gloves, and cozy socks.

Pick up a copy of the Home Grown Guide today at WCT in Snow Hill, all five branch libraries, and area visitors centers. The guide is also available online at www.visitworcester.org. Learn about additional farms, markets, and shops in future editions of the guide.

Public invited to STEM ceremony

The public is cordially invited to attend the Worcester County Economic Development (WCED) STEM (science, technology, engineering, and math) summer programs ceremony at Worcester Technical High School in Newark on July 26 at 2 p.m.

The ceremony will highlight the individual and group experiences of 49 Worcester County middle school, high school, and university students and how their experiences may affect their future academic and career goals.

RSVPs are appreciated and can be made to STEM Program Director Fawn Mete at fawnmete@gmail.com or 410-458-1325.

Diabetes education classes offered

People with diabetes can take control and learn how to live a healthy, fulfilling life while managing their condition. Peninsula Regional Medical Center is sponsoring Wednesday evening and Thursday afternoon diabetes self-management education class sessions start to discuss healthy eating, activity, monitoring, medications, healthy coping, risk reduction and other self-management skills to help assist with diabetes control.

The evening class session will meet at the Medical Center on five consecutive Wednesdays from 6 p.m. to 8 p.m. beginning August 22. The afternoon class session will meet at the Medical Center on five consecutive Thursdays from 1 p.m. to 3 p.m. beginning August 23. All classes are taught by certified diabetes educators.

Registration is required. The cost of the five-week series may be reimbursed by insurance or Medicare. For more information or to register, please call Peninsula Regional Nutrition and Diabetes Education at 410-543-7061.

Boating safety course offered

The summer seasons is in full swing and it is time to make sure you are up to speed with current recreational boating regulations. The United States Coast Guard Auxiliary will be offering a one-day Safe Boating Class at the Ocean Pines library. Understanding the rules of boating is vital to preventing accidents on the water.

If you are new to boating, interested in boating, or an experienced boater this class provides current information to improve your boating knowledge. The Maryland Basic Boating Class is a great opportunity to satisfy Maryland requirements and get practical boating knowledge from state certified Coast Guard Auxiliary Instructors.

The Maryland Boating Safety Education Act requires that anyone born after July 1, 1972 must possess a Maryland Basic Boating Safety Certificate to operate a boat in the state of Maryland. Those attending the class and passing the test



will receive a Maryland Boating Certificate which is NASBLA approved and valid in all states. This course also meets the requirements for boating in Virginia for all ages. (The state of Virginia requires all persons operating a boat complete a boat safety class).





Besides the state mandated material, the class will tap the local knowledge and experience of the certified instructors. Topics include: safely navigating and piloting about our Ocean City waters, how to tie basic nautical knots, how to identify bad weather and tactics for boating in foul weather, nautical terminology, boat trailering, and more. There are also discussions on maintenance and common medical issues that can occur while boating.

The course will be held at the Ocean Pines library. The one-day class will start at 8 a.m. and conclude at 4:30 p.m. Pack a lunch. Space is limited.

A fee of \$15 is required to cover the cost for the course and all course materials. To register, or if you have questions, please contact: Barry Cohen at 410-935-4807 or E mail CGAUXOC@Gmail.com

HELP






Kiwanis Club of Greater Ocean Pines-Ocean City is a community service non-profit organization. It does many fundraising events for which three signs are posted to inform the public: one wooden one at St. Martins Lane & Beauchamp Road, another wooden one on Rt. 589 across from the North Gate and a third plastic A-frame sandwich board on the grass median at the South Gate on Manklin Creek Road. It's been at least 6 years that the A-frame has been used and undisturbed at that location. But, in 2018 the original A-frame was stolen/borrowed/removed on Saturday night April 7 - Sunday April 8 before the April 8th Italian Dinner. Therefore, Kiwanis purchased a new A-frame exactly like the missing one. It was advertising the July 14 Pancake Breakfast, but it's believed that sometime during the night of Saturday July 8 - Sunday July 9, the new one also went missing. Someone is at fault! It's too heavy to carry far. It likely went into a vehicle. If anyone knows what happened or saw anything, **please call Kiwanian Dave Landis at 410-641-7330**. Kiwanis is trying to raise money to support local youth, not to buy \$100-plus signs. It's a shame! HELP! Police and Ocean Pines Public Works have been contacted regarding knowledge of its whereabouts.

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New Berlin library to officially open

Calling all area residents and bibliophiles everywhere. You are cordially invited to join the Worcester County Commissioners and the Library Board of Trustees, as they cut the ribbon and dedicate the new home of the Berlin branch of the Worcester County Library. The celebration will take place Tuesday, August 7, at the Berlin Branch, which is located at 13 Harrison Avenue, just off Main Street in Berlin.



Town of Berlin. Outdoor spaces include a covered children's patio on the first floor and an open-air deck, located off the meeting room on the second level invite library patrons to take

There will be plenty of special events that are sure to delight those of all ages, following the dedication. A fun community art project, history of the Berlin library slideshow, and kid friendly photo booth are being planned. Staff will host tours of the new 12,000-square-foot library, highlighting the two-story structure's expanded children and teen reading areas, spacious community meeting room, art gallery, and local history room. Interspersed throughout these areas are plenty of cozy seating areas, and a section for public computers and laptop use.

The structure's façade complements the historic architecture of the

advantage of the natural setting. The new location also includes an expanded community garden, in keeping with the beloved fixture that graced the former branch library.

The building has many energy efficient features including geothermal loop system, LED lighting, triple pane windows, and foam insulation to improve performance and reduce energy costs.

Funding for the new facility was provided courtesy of the Worcester County Commissioners, Worcester County Library Foundation, and the County Library Capital Grant Program, Maryland State Department of Education, and Division of Library Development and Services.

Youth golf tournament, fundraiser set

Worcester County Recreation & Parks (WCRP) will host the sixth annual Tee Off for Youth Golf Tournament and Fundraiser on Friday, October 5, at the Ocean City Golf Club. Tournament proceeds will go to the WCRP Youth Scholarship Fund to benefit county youth.

Join WCRP for a wonderful day of golf. Check-in and lunch begin at 11:30 a.m. A shotgun start will begin at 1 p.m. Forms to register your four-man scramble are available on the WCRP website or at the Worcester County Recreation Center in Snow Hill. The cost to participate is \$75 per golfer. The registration deadline is Friday, September 28.

Sponsors, auction baskets, volunteers, and donations are needed to run this year's tournament. Promote your company by signing up to be a sponsor. Options include dinner sponsorship, lunch sponsorship, beverage cart sponsorship, tee sign(s) sponsorship, or other donation sponsorships.

For more information, call (410) 632-2144 to speak with either WCRP Director Tom Perlozzo at ext. 2505 or Recreation Program and Marketing Supervisor Kelly Rados at ext. 2502. Or email them at either tperlozzo@co.worcester.md.us or krados@co.worcester.md.us.



Informative - Ocean Pines Volunteer Fire Department (OPVFD) paramedic and President of the Worcester County Professional Firefighters Association Local #4916 Melissa Bragg gave an informative presentation to the Kiwanis Club of Greater Ocean Pines - Ocean City during of their recent weekly meetings. Melissa is a 16-year veteran paramedic having spent nine years in Salisbury before coming to OPVFD seven years ago. For the safety of the community they serve, there are always three paramedics on duty per shift at the South Station. Pictured are **Melissa Bragg** receiving the traditional Kiwanis pen presented to guest speakers from club President **Ralph Chinn**.

Book sale starts Friday

The Friends of the Ocean Pines Library (FOPL) will hold its annual book sale July 27 through July 30.

Taking a look back at the *New York Times* best seller list 10 years ago, you will see that authors writing then are still writing today. Most prolific, of course, is James Patterson with four books on the 2008 *Times* list. Janet Evanovich had two books and others such as Stephen King, John Grisham, Jodi Picoult, Lee Child and Michael Connolly had at least one. If you are interested in these writers and their other works, the FOPL book sale is the place to find them.

If fiction is not your cup of tea, visit our newest section on hard to find, collectible and autographed books, as well as first editions. Nonfiction categories include gardening, sports, travel, history, family, biography, reference, home school/ education, large print, westerns, classic, poetry, humor, religion, animals & nature and science fiction. Looking for holiday gifts, visit our holiday-related, craft and cook books.

The very large and popular children's section will return, as will sections with music CDs, DVDs and audio books. Again, many coffee table books covering films, photography and art as well as thousands of paperback books will be available.

The sale will begin at 6 p.m. on Friday, July 27 for the Friends of the Ocean Pines Library, although you will be able to join at the door for \$5 (individual membership) and \$10 (family membership). On Saturday, July 28 the sale will be

open to the general public from 9 a.m. to 4 p.m. with books ranging from 50 cents to \$2 (specials as marked) and on Monday July 30 from 10 a.m. to 4 p.m., all books will be sold at half price. Cash and checks only.

This sale is the single biggest source of income for the friends. The funds are used to help the Ocean Pines library in many ways, including the purchase of books, upgrades of the computer system and electronic system, as well as providing funds for the children's and adult programs.



Pines' anniversary boat parade scheduled

The 50th Anniversary of the Ocean Pines Association will take to the water at a celebratory boat parade on Saturday, August 25 beginning at 2 p.m.

"I am looking forward, again, to spending time with the many fellow residents that love to have a good time in a parade," said 50th Anniversary Committee member and event chair Carol Ludwig, who also organized the 50th Anniversary Parade on June 2.

"We had a great one on land, now let's do the land and water together. Along with our residents, those are two more of our greatest assets," she said.

Hosted by the Ocean City Power Squadron, the parade will start at the judges' viewing area at the community's Swim and Racquet Club, located at 10 Seabreeze Road. Boats will continue along the St. Martin River into the Windjammer then Moonshell Drive, Teal Circle, Clubhouse Drive and Harbor Village canals.

Three Judges' Choice awards will be presented. Winners will each receive a personalized plaque and a \$100 Visa gift card.

In an effort to encourage waterfront property owners to join in the fun, a "Landlubber's Yard" decorating

contest will also be held. Residents along the parade route are encouraged to decorate their properties and register to be judged by passing boaters.

One Judges' Choice award will be presented in the decorating contest. The winner will receive a personalized plaque and a \$100 Visa gift card. A minimum of five entries are needed to validate the contest.

There is no fee to enter the boat parade or yard decorating contest but pre-registration is required. Registra-

tion forms are available at the Ocean Pines Community Center, located at 235 Ocean Parkway, or by email request to Ludwig692@outlook.com.

Registrations must be mailed to Carol Ludwig at 5 Sandpiper Lane, Ocean Pines, MD, 21811 or via email to Ludwig692@outlook.com by August 15.

Parade and decorating contest award winners will be notified on Sunday, August 26 and announced to the public on Monday.

Junior golf tournament returns

Boys and girls ages five to 13 are invited to Ocean Pines Golf Club for an afternoon of fun competition at the course's annual junior golf tournament on Tuesday, August 14 beginning at 1 p.m. The event is open to the public.



Hunter Gilroy (left) and Drew Bergey (right) are all smiles after their round at the 2017 Ocean Pines Junior Golf Tournament.

Players will be grouped according to age and/or ability. Male and female divisions will also be created if sufficient registrations are received. All skill levels are welcome.

"This event offers kids a chance to experience a tournament atmosphere without a lot of pressure. We encourage them to have fun and to display good sportsmanship," said Ocean Pines PGA Director of Golf John Malinowski.

Ages five to 8 will play three holes, ages nine to 11 will play six holes and ages 12 to 13 will play nine holes. Tournament participants will be required to walk, although push carts are allowed. Parents may follow along on the course; a golf cart fee will apply for those parents wishing to ride.

The cost to participate is \$15 per person, which includes greens fees, snacks and prizes.

Registration may be completed online at OceanPinesGolf.org or in person at Ocean Pines Golf Club, located at 100 Clubhouse Drive in Ocean Pines. The deadline for registration is Friday, Aug. 10.

For more information, contact John Malinowski, PGA director of golf at Ocean Pines Golf Club, at 410-641-7717.

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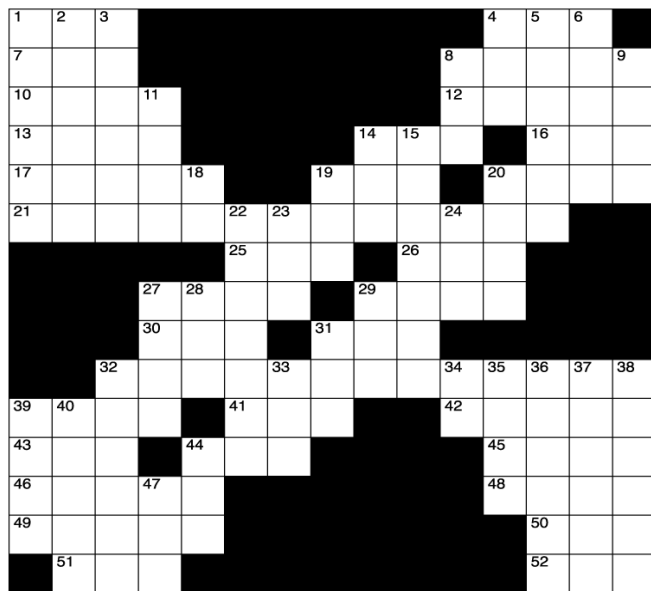
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CLUES ACROSS

- 1. Rated horsepower (abbr.)
- 4. What a cow says
- 7. Snake-like fish
- 8. Spiritual leader
- 10. Catch
- 12. Car part
- 13. Extremely small amount
- 14. Nucleic acid
- 16. The Greatest of All Time
- 17. Lustrous
- 19. India's least populated district
- 20. Muckraking journalist Jacob
- 21. Medicine
- 25. S. American plant
- 26. Small amount
- 27. Dry or withered
- 29. Where construction takes place
- 30. Russian river
- 31. Supervises flying
- 32. "City of Brotherly Love" native
- 39. Greeting at meeting
- 41. Common gibbon
- 42. Type of TV
- 43. Corpuscle count (abbr.)
- 44. Scottish port
- 45. Computer company
- 46. One from Asia
- 48. Former significant others
- 49. Woven fabrics or garments
- 50. One's sense of self-esteem
- 51. The Science Guy
- 52. Monetary unit

CLUES DOWN

- 1. "The Leftovers" actress King
- 2. Epic
- 3. Missouri county
- 4. Chinese revolutionary
- 5. Get
- 6. Ancient Greek coin
- 8. Returned material authorization (abbr.)
- 9. Part of the human eye
- 11. A fisherman's accessory
- 14. Brazilian state
- 15. Of a wedding
- 18. Prosecutor
- 19. The main constituent of chromosomes
- 20. Advice
- 22. Principles of right and wrong
- 23. Decorate a cake with frosting
- 24. Headgear
- 27. New York art district
- 28. ___ Lilly, drug company
- 29. Car mechanics group
- 31. Influential U.S. president
- 32. Quell the anger
- 33. Swiss river
- 34. Personal computer
- 35. Incline from the vertical
- 36. Wild goats
- 37. Assert that someone has done wrong
- 38. Anti-apartheid leader ___ Mandela
- 39. Crop of a bird
- 40. "A Doll's House" playwright
- 44. Autonomic nervous system
- 47. Consumed



Answers for July 18

For the Love of Travel

The Island of Kauai

By **Kelly Marx**

In June, my best friends from college and I went to Hawaii together and it was one of the best trips any of us have ever taken. Hawaii has rainforests for the explorer, night life for the social butterfly, culture for the artist, landmarks for the historian, and endless stretches of sand for the beach bum. Each island has its own character and brings different experiences. On this trip, I spent a week on Oahu, three days in Kauai, and a week on "The Big Island." Because I have already written about Oahu, I am writing about Kauai today, the fourth most visited Hawaiian island.

To get to Kauai, I recommend flying from the mainland into Honolulu and then catching a domestic flight by Hawaiian Airlines to Kauai. Most flights from the mainland have a layover in Honolulu anyway and you'll save money this way. While Hawaii is sometimes called "The Land of Rainbows," I would also call it "The Land of Waterfalls." This is especially true in Kauai. On our drive from the Lihue Airport, we stopped to see the Opaeka'a Falls, only a 15-minute drive away. From there, we drove to Wailua Falls. Kayaking on the Wailua River is a great activity for a few hours, and then a perfect way to relax your tired muscles is to catch some rays (and maybe some z's) on Kalapaki Beach. After a busy day, head to Kapa'a Town for dinner and drinks. The most affordable accommodation options are also located here. We stayed at the Kauai Beach Hostel, which I would recommend for both price and location.

The next morning, walk to Java Kai for an amazing breakfast with fresh ingredients and, of course, a cup of Hawaiian-grown coffee. If you're there on a Friday, hit the Farmer's Market at Kauai Community College for fresh produce, juices, homeopathic remedies, and grab a coconut to sip on during the drive to the Queen's Bath. Parking can be a bit of a nightmare so be prepared to wait or pay to park in a paid lot. There is a small hike to get to the pool. You will pass a small waterfall and climb over rocks to get there. Once there, you'll have a calm pool to swim in. Just be alert for any rogue waves that sometimes crash over the

rocks and flood the pool. From the bath, head to Hanalei Town for lunch and then to Hanalei Bay for snorkeling.

You will use your snorkel and mask every day in Hawaii, so this is a must-pack item. (A daily rental is around how much it costs to buy one). Also, hit the Hanalei Lookout for gorgeous views. If you have time, head to Hanapepe to visit the westernmost



bookstore in the U.S., *Talk Story Bookstore*. It has a stellar collection and I would have bought far more books had my luggage space allowed. Grab a cup of coffee from Little Fish Coffee and enjoy it in the cute outdoor space in the back. Our favorite beach on Kauai was Poipu because we got to see an endangered monk seal resting on the shore. The deli nearby is great for made-to-order subs.

Our favorite day on Kauai was when we visited Waimea Canyon and Koke'e National Park. Waimea Canyon is known as the "Grand Canyon of the Pacific." There are many hiking trails down into the canyon and around the outer edge. After viewing the canyon, we continued into the park. We stopped at the visitor's center to buy a trail map and ask for advice on what trail we should take based on time, weather, conditions, and fitness level. We decided to hike the Awaawapuhu Trail, which is a Na Pali overlook trail that covers 6.2 miles round trip and takes around 3 hours. It was the best hike we did during our trip. The Na Pali Coast is what brings most visitors to Kauai. It is only accessible by boat, helicopter, or on foot. Traveling on foot is by far the cheapest option at only \$3 for a trail map plus the cost of gas to get to the trail head. I found three days to be a perfect amount of time to spend in Kauai. After you visit there, let me know what you think!

Ocean Pines Police to host first National Night Out

The Ocean Pines Police Department, in conjunction with National Association of Town Watch (NATW), will host its first National Night Out on Tuesday, August 7 to promote partnerships between first responders and the community they serve through a block party.

The public event will take place from 5 p.m. to 7 p.m. at White Horse Park, and will offer free entertainment such as two bounce houses, magic shows by Wild Willy Woo Woo (and his animal friends), juggling by Guinness World Record-certified Cascading Carlos, face painting, bike and car seat safety demonstrations from the Ocean Pines Police Department, a K9 and/or motorcycle unit demonstration from the Worcester County Sheriff's Office (weather permitting and barring an emergency), a dunk tank ("Dunk the Police Chief"), music and live broadcast provided by Power 101.7 FM, and a display of marked police and Maryland State Highway Administration vehicles. Kids will be able to try on gear that officers wear and sit inside a police vehicle.

The Kiwanis Club of Ocean Pines/Ocean City will provide free hot dogs to event-goers. Officers from Ocean Pines Police will also provide baked goods and beverages at no charge.

A children's bike will be raffled off during the event. Officers will distribute free raffle tickets during the bike

safety demonstration at the event. Other free giveaways will include bicycle helmets, gun locks, magnets, coloring books, temporary tattoos, backpacks and more.

Ocean Pines Neighborhood Watch, Maryland State Police, Worcester County Health Department, Atlantic General Hospital and other community organizations and businesses will be in attendance.

Massey said the collaborative efforts between neighboring law enforcement partners in Worcester County and the Ocean Pines Police Department contribute significantly to crime reduction in Ocean Pines.

"Our Mutual Aid Police Agreement enables us to assist and receive assistance from both the Worcester County Sheriff's Office as well as the Maryland State Police," said Massey.

Ocean Pines Police, in conjunction

with Maryland Department of the Environment, will host a Prescription Drug Take Back booth during the event. They will safely collect unused



or expired medications so that they may be disposed of safely and without harm to the environment.

"To keep Ocean Pines the safest community requires extra efforts to protect our residents," said Massey. "We are very proud of the cooperation between citizens and police in Ocean Pines," Ocean Pines Police Chief Dave

Massey said. "The fact that we have been rated as the 'Safest Community in Maryland' for our size by one internet-based security company is a result of that cooperation."

National Night Out, a national community-driven initiative, involves more than 38 million people in 16,000 communities from all states, according to NATW, which is a non-profit organization dedicated to enhancing communities through an established network of law enforcement agencies, neighborhood watch groups, civic groups, state and regional crime prevention associations and volunteers across the nation.

Massey said, "We are happy to celebrate and promote safety with our Ocean Pines residents."

For more information regarding National Night Out in Ocean Pines, or the Ocean Pines Police Department, contact Denise Sawyer, director of marketing and public relations for the Ocean Pines Association, at (410) 641-7717 ext. 3006 or dsawyer@ocean-pines.org.

PRMC ALS clinic recognized

The ALS Association has certified the ALS Clinic at Peninsula Regional Medical Center (PRMC) an ALS Recognized Treatment Center (RTC). The RTC designation is the first awarded to an ALS clinic in the state of Maryland.

In honoring PRMC's ALS Clinic, the national association thanked the

team for providing outstanding care and services to people on the Delmarva Peninsula who are facing this most difficult disease. "It is through a complex continuum of care and collaborations between providers, institutions like Peninsula Regional and the ALS Association that people, fam-

ilies and caregivers are better prepared to address the challenges associated with living with ALS," said Kimberly Maginnis, ALS Association Senior Vice President of Care Services.

To earn the status of an ALS Recognized Treatment Center, the clinic at PRMC was required to achieve and maintain a set of standards and components. They include a multidisciplinary team of nursing and allied health professionals assigned to ALS patients, a neurologist with the specific knowledge base to evaluate and treat people living with the disease and an ongoing process of improvement initiatives.

PRMC has operated its ALS Clinic since 2009 and treats approximately 100 people annually.

Tides for Ocean City (Fishing Pier)			
Day	High /Low	Tide Time	Sunrise Sunset
Th 26	Low	1:32 AM	5:58 AM
	High	7:11 AM	8:16 PM
	Low	1:15 PM	
	High	7:39 PM	
F 27	Low	2:09 AM	5:58 AM
	High	7:53 AM	8:15 PM
	Low	1:56 PM	
	High	8:19 PM	
Sa 28	Low	2:44 AM	5:59 AM
	High	8:34 AM	8:14 PM
	Low	2:36 PM	
	High	8:59 PM	
Su 29	Low	3:20 AM	6:00 AM
	High	9:15 AM	8:13 PM
	Low	3:15 PM	
	High	9:38 PM	
M 30	Low	3:57 AM	6:01 AM
	High	9:56 AM	8:12 PM
	Low	3:56 PM	
	High	10:17 PM	
Tu 31	Low	4:34 AM	6:02 AM
	High	10:36 AM	8:11 PM
	Low	4:38 PM	
	High	10:55 PM	
W 1	Low	5:13 AM	6:03 AM
	High	11:17 AM	8:10 PM
	Low	5:23 PM	
	High	11:34 PM	

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Anglers urged to protect Maryland's state fish

Fishing for striped bass in Maryland is an annual rite of summer, but anglers are advised to follow a few basic measures to help protect the iconic species during the hottest part of the season.

Seasonal high-water temperatures



and low oxygen can cause fish to become sensitive and stressed, with increased mortality during catch-and-release. Larger striped bass, 24 inches or larger, will have the most difficulty with these conditions.

The Maryland Department of Natural Resources recommends that fish be unhooked in the water using a pair of

needle-nosed pliers. Anglers should also avoid excessive handling that can damage the fish's protective layer, and cause skin lesions and sores.

During these hot summer months, the department also encourages anglers not to practice catch-and-release fishing for rockfish after reaching their two-fish limit.

"Our conservation efforts are designed to keep Maryland's fishing stock abundant and healthy, but a combination of natural factors make midsummer weeks an especially sensitive time for striped bass," Fishing and Boating Services Director David Blazer said. "Simple fishing tactics, which can and should be used year-round, can help assure more fish survive the summer."

To reduce the mortality rate of rockfish, the department introduced revised regulations that include the required use of circle hooks, which catch fish in the corner of the mouth. These hooks cause less internal damage and also mean less time out of the water. The department recommends using circle hooks in sizes of 9/0-10/0.

Maryland's new striped bass regula-

tions are in effect through the end of the 2019 season. At that time, the department will use new stock assessment data to determine if the new conservation actions and measures are preventing striped bass mortality in Chesapeake Bay as designed and intended.

Jewelry, fashion show scheduled

The Marlin Club Crew of OC, a local non-profit dedicated to the promotion of the recreation of fishing and safe boating and the encouragement of responsible conservation, is hosting its annual Jewelry, Fashion and Décor Accessories show at the Ocean City Marlin Club on Thursday, August 9 from 11 a.m. to 4 p.m. It is open to the public. There is a \$5 admission fee which includes one free beverage. Lunch is available for \$7.

Funds raised at the show are dedicated to area youth scholarships. Over \$14,000 was just awarded to local students for 2018 and efforts such as this event are already underway for 2019.

For more information, contact cspicknall@gmail.com or call Cathy at 410-726-6117.

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MCBP seeks comments on Watershed Report

The Maryland Coastal Bays Program (MCBP) has received a draft report on the economic valuation of the watershed prepared by the University of Delaware Water Resources Center and is seeking public review and comments.

The purpose of this report is to demonstrate that the Maryland Coastal Bays watershed provides real and significant economic benefits to the regional economy in Delaware, Maryland, and Virginia, and is worthy of investment to keep these natural resources healthy and productive.

Economic valuation was determined from a variety of sources including existing literature, data and personal communication that are cited in the report. Public review is needed to ensure other current resources and

factors have not been overlooked.

The water, natural resources, and ecosystems in the Maryland Coastal Bays watershed contribute an economic value of \$1 to \$3 billion annually to the regional Delaware, Maryland, and Virginia economy. This report examines that economic value in three different ways:

Economic value directly related to the coastal bays watershed water resources and habitats.

Value of goods and services provided by coastal bays watershed ecosystems.

Employment related to the coastal bays watershed resources and habitats.

Once finalized, this report will provide an important tool for MCBP and partners to communicate the impor-

tance of protecting our bays behind Ocean City and Assateague Island.

A copy of this report is available online at www.mdcoastalbays.org. Please contact Steve Farr at sfarr@mdcoastalbays.org or by calling 410-213-2297 ext. 105 with any com-

ments, suggestions or questions you may have related to this report no later than August 31.

MCBP is a 501 (c) (3) non-profit organization dedicated to protecting the bays behind Ocean City and Assateague Island and their watersheds.

Media use rules can benefit families

Families spend more time staring at screens than ever before. Thanks to smartphones, tablets, laptops, televisions, and video games, the average person is exposed to various media throughout a typical day. It can be easy to get swept away and spend much more time staring at screens than is healthy.

Screen time can adversely affect one's ability to sleep and eat and may make people less likely to engage in physical activity. Researchers at the University of California, Los Angeles have found that children's social skills may be declining as they have less time for face-to-face interaction and reduced inability to read emotional facial cues due to increased digital media use.

In 2016, the American Academy of Pediatrics released new policy recommendations on screen time for children. Children younger than 18 months should avoid screen media except for video chatting.

Children between the ages of two and five should limit screen use to one

please see rules on page 15

Snyder named safety office

Steven Leonard, President/CEO, Peninsula Regional Health System (PRHS) and Peninsula Regional Medical Center (PRMC) announced that Christopher Snyder, DO has been named the Chief Safety Officer/Physician Advisor for the Medical Center.



Christopher Snyder

Dr. Snyder, who has been on the medical staff at PRMC and employed by them since 1996, will also continue in his role as a hospitalist, providing physician care to inpatients at PRMC.

Dr. Snyder will be responsible for leading the efforts underway to improve and enhance patient care quality, safety and efficiency through collaboration with providers and clinical staff on a daily basis. He'll be working closely with doctors, case managers and other advanced practice and clinical professionals to ensure patients are in the hospital when they need to be, and to advise when it's appropriate to release or move them to another care environment, such as a skilled nursing or acute care facility, home health, or outpatient observation services.

Dr. Snyder will also be responsible for giving direction to and training others on patient process flow, and offering guidelines about the appropriate level of care, length of stay, readmissions, and other healthcare

utilization issues. He will also serve as an educational resource for hospital staff regarding medical necessity and regulations.

"In this role we will have a physician leader, Chris Snyder, who is committed to clinical excellence and safety and ensuring patients get the right care at the right time and place," said C.B. Silvia, MD, Vice President of Medical Affairs and Chief Medical Officer for PRHS and PRMC. "Chris has a long history of contributing to PRMC's journey to continually improve the quality of care for our pa-

please see snyder on page 15

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Seniors' senses of smell and taste change with age

Aging comes with several sensory changes, many of which people expect. Loss of hearing or diminishing vision are widely associated with aging. But one's senses of smell and taste may diminish with aging as well.

The senses of taste and smell work in concert. The sense of smell is vital to personal health, not only because inhaling pleasant aromas can provide comfort and stress relief through aromatherapy and help trigger important memories, but also because smell enables a person to detect the dangers of smoke, gas, spoiled food, and more.



The National Institute on Aging says that, as a person gets older, his or her sense of smell may fade, and that will also affect taste. The Mayo Clinic says some loss of taste and smell is natural and can begin as early as age 60.

Adults have about 9,000 taste buds sensing sweet, salty, sour, bitter, and umami flavors, or those corresponding to the flavor of glutamates. Many tastes are linked to odors that begin at the nerve endings in the lining of the nose. Medicine says the number of taste buds decreases as one ages, and that remaining taste buds may begin to

shrink. Sensitivity to the five tastes also begins to decline. This can make it more difficult to distinguish between flavors.

Similarly, especially after age 70, smell can diminish due to a loss of nerve endings and less mucus in the nose. With the combination of the reduction of these important sensory nerves in the nose and on the tongue, loss of smell and taste can greatly affect daily life.

Changes in these senses can contribute to feelings of depression, diminish one's enjoyment of food and cause harmful conditions, such as extreme weight loss from disinterest in food to problems associated with overusing salt or sugar.

Although aging is often to blame, loss of smell and taste also may be tied to early symptoms of Parkinson's disease or Alzheimer's disease. Cancer

treatments, medications, lack of saliva, colds, flu, and other factors may contribute to sensory loss. Changing medications or treatments may help.

It is important to bring up diminished flavors or smells with a doctor to rule out something more serious and to determine what might help restore pleasure from smells and flavors. An otolaryngologist, or a doctor who specializes in diseases of the ears, nose and throat, may be able to help fix the problem, though some people may be referred to a neurologist or another specialist.

Continuing to use one's sense of smell and taste by cooking, gardening, trying new flavors, and experimenting with different aromas may help slow down the decline these senses. Although age-related loss of taste and smell cannot be reversed, some such cases may be treatable.

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rules

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hour per day with high-quality content. Children ages six and older should have consistent limits placed on the time they spend using media so that it does not impact behaviors essential to their overall health. This gives caregivers a wide berth in determining just how much media is right for their families.

Because media is ubiquitous, families must weigh the pros and cons of screen time in developing media plans that work for their unique situations. A healthy media diet includes smart choices about what media to engage with. Here is how to get started.

Determine when screen time seems most disruptive or negatively impactful to the family. This may include

tour

from page 4

Director of the Art League, said. "Now, the annual Home Tour helps us keep our doors open and our educational programs going."

The annual "pARTy of the Year" – a kickoff to the Home Tour that thanks the ten homeowners for their participation and also raises funds for the Art League – will be held this year on Wednesday, September 12 from 6:30 p.m. to 9:30 p.m. on Gillis Island in Ocean City. The theme of this year's event is "Art-a-Ritaville."

Tickets are available at 410-524-9433 for both events. Tickets may also be purchased securely online for the Home

Tour at artleagueofoceancity.org/hometour, and for the pARTy of the Year at artleagueofoceancity.org/party-oftheyear.

events

from page 2

Shore Federal S & L Bank.

In 2017, winners were Barbara Hartman (first place), Brenda Heinecke (second place) and Evelyn Tyndall (third place). Denise Gotloeb from "On What Grounds" will return for a third year as judge. She will be joined by Ruth Koontz from Main Street Deli and Laura Sterns from The Atlantic Hotel.

A maximum of 12 entries will be accepted and bakers must sign up in advance. The registration deadline is August 2. Pies must be delivered on the day of the festival no later than 11:30 a.m. and include a list of ingredients. Worcester County Health Department rules stipulate that pies with perishable ingredients such as custard, ice cream or whipped cream may not be entered. For more information or to sign up, contact Susan Taylor at 410-641-1019 or email at taylorhousemuseum@verizon.net.

during dinnertime or when the family would normally socialize. Make those moments screen-free times.

Encourage creative pursuits when consuming media. These can include making videos or learning to code



video games rather than just watching videos or playing games.

Make sure to keep bedtime tech-free so that screen time does not interfere with sleep or keeps children (and adults) from getting the quality sleep they need. Many experts recommend avoiding screens at least an hour before retiring.

Encourage electronic limits and curfews so that kids and adults can get creative with their free time instead of simply turning to technology. Have plenty of other screen-free options available, such as books, newspapers, board games, and craft items.

Modify guidelines as necessary for the family. This way no one is pigeonholed by strict rules. For example, screen time may be increased if a child is home sick from school or if someone can use some distraction while on a long car ride.

Media use is pervasive as technology continues to increase in everyone's lives. Parents can establish family limits on screen time to promote stronger relationships and improve the overall health of their families.

Discounts available to the over 50 crowd

Many people may not look forward to the day they turn 50 but cracking the half century mark can have its perks. Many retailers and businesses offer discounts to men and women over 50, and the following are just a few ways that people who have turned the big 5-0 might be able to save some money.

Movie tickets: The cost of going to the movies has skyrocketed in recent years, as today's theaters now offer an array of amenities and, thanks to bigger screens and better technology, a better viewing experience than the theaters the over-50 crowd grew up visiting. While film lovers may need to wait until they turn 60 to cash in on discount movie tickets, many chain movie theaters offer discounted tickets to older patrons.

Travel: Men and women over 50 may be able to save substantial amounts of money on travel simply by typing in their birthdays when purchasing tickets or planning trips. For example, men and women over the age of 62 are eligible to receive a 15 percent discount on the lowest available rail fare on most Amtrak trains.

Ancestry: As men and women age, many begin to develop a greater interest in their heritage. Those who join AARP (membership is available to men and women who are 50 or older) can receive a 30 percent discount on an Ancestry World Explorer membership in the first year they are members.

snyder

from page 13

tients. He initiated the Chief Medical Information Officer position and helped lead our providers through the new Epic electronic medical record training and installation. His depth of experience and his zeal for continuous improvement make him a great choice for this new position."

Dr. Snyder became a hospitalist at PRMC in 2001. He received a BS in Athletic Training/Exercise Physiology from Salisbury University and earned his medical degree from the Kirksville College of Osteopathic Medicine in Kirksville, MO. His residency and in-

Auto rentals: AARP members also are eligible to save up to 30 percent on base rates for vehicle rentals at Avis. The discounts are applicable at participating locations in both the United States and Canada.

Hotels: Men and women over 50 may have extra time on their hands once their kids go off to college and then begin careers and families of their own. Many such adults use that extra free time to travel, which requires staying in hotels. Many hotels offer discounted rates to travelers over the

age of 50, and such discounts may make it more affordable to book directly through hotel websites instead of using popular travel sites where rates tend to fluctuate by the minute.

Dining: Of course, many restaurants offer early bird specials for patrons who want to eat a little bit earlier than guests typically arrive for dinner. However, many chain restaurants also offer discounts to senior diners regardless of when they arrive. Such discounts are sometimes even applicable to both food and beverages.

Mobile phone services: Men and women over 50 may not have grown up with smartphones in their hands, but chances are they now cannot imagine life without them. Some mobile providers offer discounts to AARP members, while others may offer senior discounts to customers whether they are AARP members or not.

ternship in family practice were completed at Suncoast Hospital in Largo, FL. Dr. Snyder has previously practiced family medicine.

He also currently serves as the Co-Medical Director of Utilization, the Medical Director of Performance Improvement and is the former Chief Medical Information Officer at PRMC. He is a Deputy Medical Examiner for the State of Maryland and is a regular guest and physician expert on Delmarva Life's "Ask the Doctor" segment.

Dr. Snyder enjoys CROSSFIT, fishing, forensics and sports in his off time.



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