

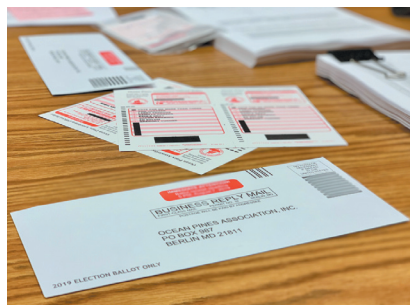
Living 50 Plus Feature Inside

Ballots for OPA Board election mailed

“The ballots are on their way,” according to Ocean Pines Elections Committee Chairman Steve Habeger. “Over the next few days they’ll arrive in mailboxes. Your vote counts and don’t be late!”

More than 7,600 ballots for the 2019 Ocean Pines Board election were sent out this week to eligible voters. Additionally, 768 notices of the annual meeting were sent to ineligible voters.

Election mailings are marked “IMMEDIATE ATTENTION! Ballot receipt deadline 5 PM, August 7, 2019” in a red rectangle on the front of the envelope.



Eligible voters, in Ocean Pines, refers to homeowners “in good standing,” meaning they do not

have outstanding violations or unpaid assessments. The cutoff for voter eligibility was July 3.

For questions about voter eligibility, contact Membership and Assessment Supervisor Ruth Ann Meyer at 410-641-7717 ext. 3031, or email rmeyer@oceanpines.org.

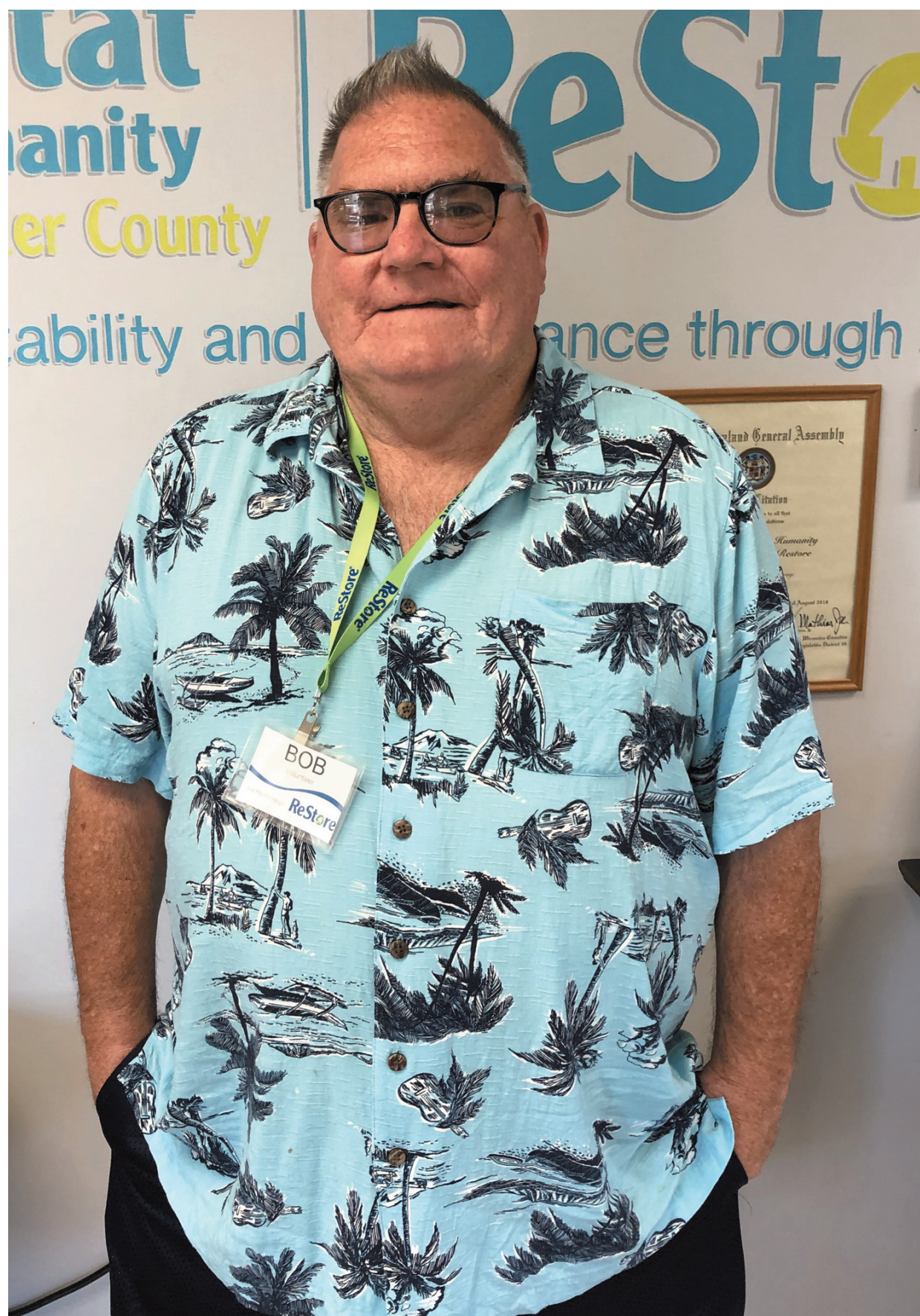
Voters this year may select up to three candidates from the pool of seven, which include, in ballot order, Tom Janasek, Larry Perrone, Camilla Rogers, Paula Gray, Shawn Kotwica, Ed Solum and Gregory Turner. The top three voter-getters will each be elected to three-year terms on the Ocean Pines Board.

Completed ballots must be received by 5 p.m. on Wednesday, August 7. They may be returned either to the ballot box inside the police department office in the Ocean Pines Administration Building on 239 Ocean Parkway or mailed to the Ocean Pines post office box in Berlin.

For questions about ballots and voting procedures, call the Elections Committee at 410-208-3989. Committee members will try to respond to questions within a day.

Ballot counting will occur on Friday, August 9 at 10 a.m. in the East Room of the Ocean Pines Community Center on 235 Ocean Parkway. Election results will be announced immediately after the count.

Results will then be validated during the annual meeting on Saturday, August 10 at 10 a.m. in the Asateague Room of the community center. Lot owners are asked to bring their ID in order to be verified. A quorum of at least 100 lots is required in order to hold the annual meeting.



Recognized - Bob Harrison was named Habitat for Humanity of Worcester County's ReStore Volunteer of the Month. See story on page 5.

Community Calendar

JULY

Monday

Ocean Pines Poker Club

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

Delmarva Chorus

The Delmarva Chorus meets every Monday evening at 7PM at the Ocean Pines Community Center in Ocean Pines, Md. Women of all ages are invited to sing with us. Please contact CAROL at 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 Pinesteppers 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.

Second Wednesday

The Polish American Club of Delmarva meets at the Columbus Hall, behind St Luke's Church, 100th St & Coastal Hwy, Ocean City, from 2 p.m. to 4 p.m. the second Wednesday of the month. Come join us if you are of Polish or Slavic descent. No meetings.

June, July, August. Call Helen Sobkowiak 410-723-2639 or Maryann Lula 410-250-2548 for more information.

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.

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.

A Time To Remember



Disneyland, Walt Disney's metropolis of nostalgia, fantasy, and futurism, opens on July 17, 1955. The \$17 million theme park was built on 160 acres of former orange groves in Anaheim, CA, and soon brought in staggering profits. Today, Disneyland hosts more than 14 million visitors a year, who spend close to \$3 billion.

Youth fishing contest returns

The Ocean Pines Anglers Club will host the 23rd annual Art Hansen Memorial Youth Fishing Contest on Saturday, July 20 at the South Gate Pond [near Sports Core Pool] in Ocean Pines.

Registration is from 8:30 a.m. to 9:30 a.m. and the contest will be from 9 a.m. to 10:30 a.m.

Youths should bring their own fishing rod and reel. Bait is provided. There will be three age groups; 4-7, 8-11, 12-16. A trophy will be awarded for the biggest fish in each age group with special awards for the top three.

Children younger than age 4 can fish but will not be eligible for a trophy. This is a free event. All registrants will receive a prize compliments of the Anglers Club, the Ocean City/Berlin Optimist Club and the ACSA (Atlantic Coast Sport-fishing Association). Information contact; John McFalls at (610) 505-1697.

'Wacky World of Bugs' to be explored

The Delmarva Discovery Museum will offer for a one-day event all about bugs. Spend time in the great outdoors discovering the positive impact bugs have on the world. Discover the small things that make a huge difference through several hands-on activities and helping to create our first ever bug display.

Activities include crafts, games, nature walks, bug collecting and animal encounters. This event is for children six and up. Lunch will not be provided.

Spaces must be reserved and pre-paid. VISA, Master Card, check and cash are accepted. The program is limited to 25 students. Not-Yet Member cost is \$15 per child. Member cost is \$10 per child.

The Museum is located at 2 Market Street, Pocomoke City, MD, and is open year-round, Monday-Saturday from 10 a.m. to 4 p.m. and Sunday noon to 4 p.m. For more information contact 410-957-9933 or go to www.DelmarvaDiscoveryCenter.org.

The book sale is back

The Friends of the Ocean Pines Library will host its 19th annual book sale at the Ocean Pines library.

Once again, the Ocean Pines library will be the temporary home to thousands of books, all of which have been donated through the generosity of books lovers up and down the Eastern Shore.

The fiction section includes recent

books by James Patterson, Lee Childs and many others, as well as mysteries by Sue Grafton and Janet Evanovich to name a few.

Visit the 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, classics, poetry, humor, religion, animals and nature and science fiction. Looking for holiday gifts, visit the 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, there will be many coffee table books covering films, photography and art as well as thousands of paperback books.

The sale will begin at 6 p.m. on Friday, July 26, for the Friends of the Ocean Pines Library membership. If you are not a member you can join at the door for \$5 (individual membership) or \$10 (family membership). On Saturday,

July 27 the sale will open to the general public from 9 a.m. to 4 p.m. with prices ranging from 50 cents to \$2 (specials as marked). On Monday July 29 the sale will be held from 10 a.m. to 4 p.m. All remaining 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, computers, printers, as well as providing funds for the children's programs and adult reading programs.

State officials discuss Rte. 589 roundabout

Maryland Department of Transportation and State Highway Administration officials on Thursday held an informational meeting for Ocean Pines homeowners on the proposed North Gate roundabout at Ocean Parkway and Route 589.

The meeting, held at the Ocean Pines Community Center, drew a large crowd and included nearly a dozen state officials and several information kiosks. Officials answered questions and concerns for roughly two hours.

District Engineer James W. Meredith asked residents and homeowners to “try to keep an open mind instead of automatically saying, ‘It’s a roundabout and I don’t want it.’”

“We have a lot of information and we’ll talk with anybody,” he said. “We have a lot of statistics that support the idea of a roundabout, but I also want to say that we’re not here

to ram anything down anybody’s throat. We believe that it’s a good solution for a congestion problem and that’s why we’re offering it up.”



SHA District Engineer **Jay Meredith** (left) talks about roundabout with Ocean Pines resident **Joe Reynolds**.

Meredith said the roundabout proposal stems from mobility and traffic congestion issues, rather than safety concerns.

“We’ve built several roundabouts,” he said. “I have an example of one in Dorchester County. We had a meeting [and] nobody liked the roundabout. I couldn’t get one person to say, ‘Yes, I think it’s a good idea.’”

Meredith added, in that instance, “the difference [was] ... people were getting killed at that intersection.”

“We were interested in the public input, but we had a serious safety issue and a roundabout really was a solution,” he said. “We went and built that roundabout and I can honestly say ... I have not had one person come to me and say, ‘I still think that was a bad idea.’”

“Just about every place we put a roundabout, you have people that are scared to death and they don’t want it, and just in every case that I know per-

sonally – and I’ve been in this business 42 years ... people have always come back and said, ‘I was wrong,’” he added.

Again, Meredith said, the situation in Ocean Pines is different, because the primary concern is not safety.

“We’re not here to tell people ‘we’re building a roundabout.’ That’s not our purpose,” he said. “We’re here to present an idea, a solution to problem that we feel exists on [Route] 589 ... we’re just here to throw it out and try to get some input.”

“If we get a lot of negative feedback, which it appears that we are, then we’re going to go back and look at it and say, ‘Hey, do we have to do this now? Can it wait until 20 years when 589 is dualized?’” Meredith added.

Comment cards were available to those to who attended the meeting and Meredith said Department of Transportation officials would review each one.

Those who could not attend the meeting can weigh in by calling the Department of Transportation’s Salisbury District Office at 410-677-4006.

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Mediacom outages resolved says company

Mediacom outages apparently resolved; those still experiencing issues encouraged to contact customer service

Damage to Mediacom infrastructure caused regional outages for several days last week, but the issue has now been resolved, according to Mediacom officials.

Pat Hynes, Mediacom area operations director, on Thursday afternoon said several issues contributed to the outages.

"A telecom partner who we lease our fiber from had a fiber cut by a tree trimmer, and that happened in King of Prussia, Pennsylvania," Hynes said. "We had four total circuits and two were cut. As we performed the diagnostics, we also discovered packet loss in one of the two good circuits."

"Network traffic doesn't go directly from one user to another," Howard Webb, IT specialist for Ocean Pines, said. "It gets trafficked through several sources before reaching its destination, and one of those sources might

have been in Pennsylvania."

Data was rerouted while Mediacom worked to repair its circuits, Hynes said, while the telecom provider simultaneously addressed the cut lines, which he said were fixed late Thursday afternoon.

"The two that were cut are now repaired and we rerouted traffic back to the other good circuit," he said. "I've had techs down there most of the day running speed tests and I got a confirmation [on Thursday] that all tests are back to normal now."

According to Phyllis Peters, senior director of communications for Mediacom, the cut fiber impacted several other telephone and internet service providers in the region.

"As far as Mediacom's area, it would have been isolated to our Eastern Shore customers," she said.

Generally, she said, redundancies in Mediacom infrastructure mean outages are dealt with simply by rerouting the signal.

please see mediacom on page 19

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Grace Center to host Motherhood Walk

The Grace Center will hold a Motherhood Walk at Stephen Decatur Park in Berlin on Saturday, July 20. The non-profit maternal and women's health center will be partnering with Worcester Goes Purple to raise awareness for members of the community that battle addictions.

Worcester Goes Purple is an awareness project to engage the community in preventing substance abuse and promoting healthy life choices. For more information go to www.worcestergoespurple.com.

Grace Center's mission for the Motherhood Walk is to come beside women throughout their maternal journey to educate and empower them to fight against addiction, regardless of how that may look for their family.

Registration for the event will begin at 8:30 a.m. The walk will begin at 9 a.m. Tickets can be purchased for \$20 which includes an event t-shirt.

To purchase tickets for the Motherhood Walk, call 443-513-4124 or go to www.gracematernalhealth.org/events/.

Restore volunteer recognized

Meet Bob Harrison, Habitat for Humanity of Worcester County's ReStore Volunteer of the Month. Harrison volunteers three days a week answering the phone and running the register, making him the first interaction for many donors and customers contacting the ReStore.

"Bob is a go-to guy. He approaches volunteering with professionalism and kindness. He provides callers with all of the information they need, which takes a lot of work off the staff's plate. He's consistent, he picks up extra hours, and he's our main cashier. We can always count on Bob!" says Linda Myers, the Restore Volunteer Coordinator.

A lifelong shore resident, Harrison is originally from Fruitland, ran an irrigation business in Whaleyville with his late wife, and now lives in Berlin. Since retiring in 2006, Bob has actively sought ways to serve, including volunteering for the Worcester County Humane Society. He was referred to the Re-

Store after calling the Berlin Chamber of Commerce to look for another volunteer opportunity.

"I came in to the ReStore on a Tuesday, and they had me start on Wednesday. I've been here ever since," says Harrison. "I like it because of the people. They're all good people here, the volunteers are just good people. If you want to volunteer, come here! There's never a dull moment, it's fun, and you're giving back."

The mission of the ReStore is important to Harrison. He appreciates being able to see the proceeds from donated goods go directly into Habitat for Humanity's local projects. "It all goes full circle," says Harrison.

The ReStore is a non-profit home

improvement store and donation center that sells new and gently used furniture, appliances, home accessories, building materials, and more to the public at fraction of the retail price. Proceeds go to Habitat for Humanity of Worcester County, and are used to help build strength, stability and self-reliance through shelter for local families.

The Habitat ReStore is located at 9026 Worcester Highway in Berlin and is open Wednesday through Saturday from 10 a.m. to 5 p.m. Volunteers are always needed; please contact volunteer@habitatworcester.org to get involved.

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Mama says: Stupid is as stupid does

Commentary by **Joe Reynolds**

Even smart people can do stupid things. A classic example was the recent group-think approval by the Ocean Pines Board of Directors to have the General Manager negotiate a contract not to exceed \$100,000 for some company to review OPA's employee pay and benefits structure.

Initially budgeted at \$25,000, only one bid was received and while the board members dutifully expressed their sticker-shock, they agree to move forward. Those who follow OPA politics know boards are always complaining about single bids. Boards have even used lack of bids as a reason to publicly berate General Managers. Boards hate single bids.... unless there is only a single bid for something the



board really wants, or the GM is one the board really likes.

The board more or less voted to throw about \$100,000 of your hard-earned assessment payments down a sewer, not to mention dealing with a sole source for the work.

The discussion prior to the vote was almost comical. Concerns were expressed that OPA needed this consultant in part due to changes the federal government is making on minimum wages. Complete nonsense. No consultant is needed to tell OPA that it must pay whatever minimum wage the government sets, be it federal or state.

Then there were the ambiguous board member comments about whether OPA is paying people too much or too little. Again, OPA does not need a high-priced consultant to determine this. For starters, OPA exists in the Maryland county with perhaps the highest unemployment rate in the entire State of Maryland. Salaries and benefits should certainly be fair, but there is no shortage of individuals looking to work for OPA at any available position, and no shortage of wage comparables.

OPA is the second or third largest HOA in the State of Maryland. As any board member will tell you, OPA is es-

Frozen desserts can be a great and delicious way to stay cool on a sultry day. When at the dessert counter, people may be met with different options of frosty treats. Two of the more common offerings at ice cream shops are custard and traditional ice cream. Generally speaking, ice cream is a product that contains more than

10% milk fat. Custard is ice cream with the addition of pasteurized egg yolks, which tends to make its texture creamy. The amount of air pumped into the mixture also can affect taste and texture. The less air, the more dense and creamy the product can be, as is often the case with frozen custards.



A day to remember

Editor:

July 20, 1969!! The whole world watched as Neal Armstrong stepped onto the surface the Moon. Fifty years ago, Americans celebrated together with the rest of the world. Every child wanted to be an astronaut. Thousands of American men and women worked tirelessly to pioneer new technologies that sent a manned spaceship from Earth to the Moon and safely back home.

Families and friends were glued to the television from July 14 to July 24,



entially a municipality. Determining whether OPA pay scales or benefits are too high or too low should be a simple process, not one costing \$100,000. All the employment positions for jobs at OPA are mirrored in the same or very similar positions for Worcester County cities like Ocean City, Berlin, Snow Hill, and Pocomoke City, not to mention the county government itself. All of the pay grades, from mayors or city managers down to folks who cut the grass, are public information.

Listening to the board discussion, one can only come away with the feeling that while there may be a tad of concern some positions are too highly paid, the real desire of the board seems focused on ways to reduce payroll or justify assessment increases. Spending \$100,000 of your money is no more than a ruse to provide cover for reduction of what employees are paid, or maybe even to "buy" an excuse as to why assessments are increasing.

Even the so-called private, top-secret workgroup that recommended this latest study is a collection of top-level employees and board members intended to provide cover. All "company" people. Not a single member who might take an opposing view. Kind of like arbitration between two parties but excluding one of the parties from talking. OPA needs to expand association member input into these secret workgroups.

Of course, OPA will tell you the

1969. No one wanted to miss the amazing Saturn 5 rocket liftoff from Cape Canaveral, Florida. What a thrill it was to see the huge engine's flames forcing the rocket to rise up through the sky. We held our breath when each empty booster was jettisoned to propel the three astronauts into outer space. During the mission, we watched the tension and excitement of the men and women in Houston, Texas, as they spoke to the brave astronauts and described the complicated processes to everyone watching from Earth. The world cheered when the Eagle landed safely on the Moon. We laughed and clapped as Neil Arm-

strong and Buzz Aldrin frolicked on the Moon, collected samples and posted the American Flag. Michael Collins piloted the command module, Columbia, and successfully docked with the Eagle Lunar Lander, bringing all three men safely home, splashing down in the Pacific Ocean near Hawaii.

Groups are not secret. Just ask OPA Director Frank Daly, as I did on *OceanPinesForum.com*. Daly said the groups and their meetings are not secret but OPA does not advertise the names of the groups or their meeting times. You must make a trip to OPA, potentially every day, if you want to know when a meeting will take place. You can't make this stuff up.

Interestingly, OPA has already conducted two such salary studies, but the board did not like the results. It seems the board is determined to spend as much of your money as necessary to obtain whatever result it desires to see.

Finally, even the actual voting on the motion to spend \$100,000 was worthy of a Broadway comical. At the conclusion of the discussion, OPA President Doug Parks called for the vote. "All in favor, say aye." This is followed by some muttering of ayes if one watches the video of the meeting. Then Parks says, "All opposed." This is where the comedy comes in — at least three of the six board members, Directors Parks, Horn, and Knepper raise their hands indicating disapproval... as Director Steve Tuttle has a curious look on his face upon seeing the raised hands. Parks then declares the motion passed.

Finally, finally — The board could give every full-time employee a \$1,000 bonus with the money it may waste on this useless consultant report.

Celebrations and parades were held throughout the world to honor the brave men and women who made this historical journey possible. Velcro, Tang, baby formula, freeze drying, space blankets, memory foam, Dust

please see remember on page 19

Secondhand stories

When you're in the throes of childrearing, it's hard sometimes to appreciate how fleeting that time really is, especially when you're trying

about what her kids have said or done.

Case in point. A couple weeks ago my daughter and her daughter who is six had a difference of opinion on something, I don't remember what. After a couple minutes of telling her daughter what was expected of her, my daughter asked, "Are we on the same page?" to which my granddaughter replied, "Are you on page six?" That was the end of that conversation because my daughter had to leave the room holding back laughter.

Another little story I heard secondhand. The other day my granddaughter and grandson came in from playing outside. My granddaughter asked her father if she could read to him. He said yes, so the whole family, mother, father, brother and sister sat on the sofa. While my granddaughter was reading, my grandson, who is three, leaned over to his mother and said, "I peed outside." My daughter asked, as all mothers would, "Why didn't you come inside to do that?" The innocent response: "Because we needed it to make the mud pies." Story reading stopped abruptly as both kids were marched into the bathroom to wash their hands.

These are the types of stories that will be retold through the years at family gatherings. I know this because I'll be the one retelling them.

It can be very challenging to really appreciate the time we spend with our kids especially when they are small and running around the house not doing what they've been asked to do, evading bedtime or creating violent wave action in the bathtub. But, there is an opportunity to relive those times, albeit from a changed vantage point, when we have grandchildren. Once we get to that point, all we have to do is enjoy the ride and watch our kids get frazzled dealing with the situations that once drove you nuts.

There is justice.



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

to ensure homework gets done, baths are taken and school lunches are made. But the time together as a nuclear family goes by quickly and before you realize it, your kids get married and/or move out of the house to live their own lives. And you're left with empty chairs around the dinner table and considerably more free time that was once utilized to take a van full of kids to little league.

My daughter and I talk quite a bit so she tells me about her trials and tribulations raising her two children, my grandchildren. On those days when parenthood is challenging she'll quote back to me something I often said (through clenched teeth) when she and her brothers were younger and driving me to distraction: "These are the happiest years of my life." I look back now, especially when I listen to my daughter talk about parenting her kids, and truth be told, those days really were the happiest years.

No longer are toys strewn around my living room or lights left on in empty rooms. No one is opening and closing the refrigerator door just to see if maybe there's something to snack on. Back in the day those situations frustrated me to no end. But there were also times, many times, that I enjoyed very much like reading a bedtime story or sitting at the dinner table listening to the kids tell their Mom and me about their day. Also, now in the past, are the quiet times when one of the kids would say or do something that would either make me laugh hysterically or make me sit back and wonder how they got so smart.

Now I listen with great interest as my daughter relates stories to me



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**APPLE
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Neighborhood Watch Crime Bulletin

By **Chief David Massey, Ed.D.**, Ocean Pines

It has been awhile since our last Crime Bulletin, so I will summarize below our activity from May 1 until the present. The summer season brings an influx of summer and weekend residents to Ocean Pines. Activity levels for our police increase about 33 percent during the busy summer months, compared to off-season months. It is important to remember that Ocean Pines has the largest year-round population in our County, and we average nearly 1,000 police calls for service in the non-summer months.

Bikers and Joggers: With the summer season, we are seeing and influx of bikers and joggers along our Parkway. Drivers should pay particular attention when pulling out from intersections. Bikes must obey all traffic regulations, and obey traffic control devices. The Police

Department has free helmets for kids who need them. State law requires that all kids under the age of 16 must wear helmets. Bikes must also travel with the flow of traffic and not against it.

Drunk Driving Arrests: Since our last Crime Bulletin, police made eight drunk driving arrests in Ocean Pines. There are many local cab and ride services available for residents to use, if they anticipate alcohol consumption that may impair their ability to operate a vehicle safely.

Domestic Violence Arrests: The police department made eight domestic violence arrests. As a residential community, we are unfortunately involved in family violence issues, and we proactively prosecute domestic violence offenders.

Drug Overdoses: As first responders, police often are the first on the scene of reported drug overdoses, assisting our emergency medical personnel. Since May 1, police have assisted in eight reported drug overdoses.

Disorderly Conduct Arrests: Un-

fortunately, police may have to deal with residents and/or visitors who act in a manner that disturbs the public peace. This can occur at, traffic accidents, domestic disturbances, or other calls for service. Since our last Crime Bulletin, police made two different disorderly conduct arrests, one of which resulted in an additional charge of resisting arrest. Alcohol is often a factor in these types of arrests.

Burglary/Rogue and Vagabond Arrests: Police charged an individual with burglary and another individual with the charge of rogue and vagabond. If a person is found in possession of burglary tools and in a time and place which indicates a crime is ready to occur, the charge of rogue and vagabond applies.

Trespassing/Protective Order Violations: Police enforce domestic protective orders to ensure our vulnerable residents get protection from danger. These orders separate domestic partners under a court order for a specified period of time. Persons who violate these orders will be arrested by police. In two separate cases, police arrested violators for protective orders or trespass violations.

Emergency Mental Health Commitments: As in most large communities, police respond to a variety of mental health incidents. Unfortunately, some rise to the level of emergency mental health evaluations, when the individual makes suicidal threats or threatens to injure another. Police took four individuals into custody for emergency psychiatric evaluations since our last Bulletin.

Renovation/Expansion of the Po-

lice Department: Recently, the Board of Directors approved a renovation/expansion of the Police Department. Currently, the police operate out of a tiny 1,700 square foot facility that was never properly designed to be a police facility. Renovating our existing space and adding additional new square footage will bring our police facility up to 5,300 feet. A new safer design will ensure that our police officers and citizens will be adequately served for years to come.

New Officers: To fill existing police vacancies, we recently hired two new police recruits, Colin Morris and Joshua O'Ferrall. Both recruits will attend our local police academy at Wor-Wic Community College in Salisbury for 25 weeks of training to be a certified police officer, per state requirements.

Special Events/Traffic Control: Our police officers, as well as our Neighborhood Watch volunteers, frequently assist in directing traffic at special events in Ocean Pines. Recently, Ocean Pines hosted its first Fourth of July Fireworks Display within Ocean Pines. Previously we had utilized Showell Park for the display, outside our community. Working with our Recreation and Public Works Departments, a completely new traffic pattern was devised to get our residents safely to and from the display, which was held over our pond at the Veteran's Memorial. I am happy to report our event was a huge success, and the lessons learned in this first event will make the next year's event even better!

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Ocean Pines Association Spotlight

Meet the Team: Debbie Donahue

This is the first in an ongoing series of profiles on Ocean Pines' staff stand-outs provided by the Ocean Pines Association.

Ocean Pines Recreation and Parks Program Supervisor Debbie Donahue has had a busy summer, overseeing sold-out summer camps, managing a trio of successful Fourth of July

ferent things throughout the day.”

Donahue credited her staff with largely running the day-to-day camp operations and compared her role to “the principal’s office.”

“If anyone has any issues or questions they come to me, but this year they’ve handled a lot of it because my job has changed a lot,” she said.

Donahue also helped with the development of the new White Horse Park playground that has been used not only by campers, but by scores of children every day. The bright and colorful playground includes a large jungle gym with slides, and several swing sets and merry-go-rounds to accommodate kids



Debbie Donahue making the rounds during an event.

events, and guiding construction of a popular new playground.

Donahue was born in nearby Showell and grew up in the area. She’s now been with Ocean Pines Recreation and Parks for nine years, starting at the front desk and then moving up the ladder to her current supervisory role.

Presently, Donahue oversees activities at the community center and Ocean Pines parks and trails that include a robust calendar of camps, classes and special events. The department deals with dozens of Ocean Pines clubs and organizations throughout the year, and plans everything from seminars and bus trips, to youth and adult sports leagues.

Lately, she’s been kept busy by sold-out summer camps that can include anywhere from 135-140 children each day, five days a week. The camps are based at the community center and participants visit Ocean Pines pools on Tuesdays and go on special field trips every Thursday.

“They have new themes every week, so the kids do some type of special event every Friday to go along with whatever the theme was,” she said. “They also do a lot of crafts and games, and we try to split their time up between indoors and outdoors so that they’re not bored. They do lots of dif-

ferent things throughout the day.”

“It’s wonderful!” she said. “Not only do the camp kids think it’s the greatest thing, but I think so does the neighborhood. I’ve seen a lot of people out there that I’ve not seen in the past at the other playgrounds.

“The zipline is the hot item! Even the adults want to ride the zipline,” she added.

Another of Donahue’s recent successes were the Fourth of July events

held at Veterans Memorial Park, which included a morning 5K run, late-afternoon carnival, and evening fireworks. The events were previously held separately and at different locations.

Donahue first envisioned the combined event about four years ago but, “we couldn’t get all the dynamics to line up or it was too late to put it all together,” she said.

Then, earlier this year, she was given the go-ahead to move both events to one location and make the carnival a leadup to the fireworks.

“It turned out that it was very popular, and it did really well,” she said. “We just changed the dynamics from a daytime event to an evening event, so it all went together.”

By Ocean Pines standards, it was a

massive endeavor that took more than 100 people to pull off, including Ocean Pines Recreation and Parks, Police and Public Works, as well as workers and volunteers from Donahue’s summer camps. The Ocean Pines Fire Department, Worcester County Sheriff’s Office, Maryland State Police, Maryland State Highway Administration and others also contributed.

“It takes a lot of people. I get a lot of credit for things, but there’s a lot of people behind the scenes that do a lot of things for me,” Donahue said. “I get a lot of help from my rec and parks staff for the planning, and then the day of it takes everybody – every camp counselor that we have and every employee that we have.

“It took all of that to do what we

please see donahue page 19

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Living 50 Plus

A Special Feature to *The Courier*

Life expectancy ranks highest in these countries

Living a long, healthy life has been made possible thanks in part to modern medicine. But the factors behind longevity are more complex than just access to quality healthcare. Genetics, lifestyle and even where a person lives can all impact the length of a person's life.

Longevity is often studied so scientists can uncover the secrets to those who seem to have unlocked the fountain of youth. Certain areas of the world boast the longest life spans, and scientists study these areas for clues.

In 2016, the World Economic Forum's (WEF) Global Competitiveness Survey studied the health of populations around the world. In the criteria, WEF ranked countries in terms of the average life expectancy, indicating where people live the longest. While developed countries certainly made the list, there was some offset in the numbers based on high rates of mental health issues that may lead to suicide.

Overall, the following countries ranked high in average life expectancy. People interested in living longer may want to adopt some of their citizens' lifestyle habits to live long lives.

Monaco: The second smallest country in the world boasts quite a high life expectancy, with people living an average of 89.7 years. Nearby France has the lowest obesity rates in the world, possibly helping people to live long, healthy lives.

Hong Kong: This country off the coast of China has a high longevity rate with people living an average of 84 years. Steamed food, engaging in Tai Chi and drinking tea may contribute to long life.

Japan: In this Asian nation, people live 83.6 years on average. Again, a healthy diet rich in seafood and active lifestyles may be the secret.

Spain: The Spanish dine on the famed Mediterranean Diet, which is rich in fresh vegetables, fish and healthy

fats. Spaniards live on average 83.1 years.

Switzerland and Italy: Low poverty levels make a good diet more readily available to much of the Swiss and Italian populations. Diverse topography that can push physical exertion also may help

those in Switzerland and Italy live to 82.8 and 82.7 years, respectively.

The U.S. Central Intelligence Agency also tracks life expectancy rates for nations around the world. The United States does not crack the top 20. The CIA puts America at number 50 on its

list, with people living an average of 78.4 years.

The World Bank shows that Canadians fare better than Americans, with an average life span of 82.1 years.



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Brain-healthy habits to embrace

Cognitive decline is a condition that is often associated with aging, but even middle-aged people can experience memory loss or cognition issues.

The Alzheimer's Association says that more than five million Americans are living with Alzheimer's disease and

other dementias. By 2050, that number could rise to as high as 16 million people. More than 747,000 Canadians are living with Alzheimer's or another dementia, says the Canadian Alzheimer's Association.

Although there is no definitive way to

prevent dementia, living a long, vibrant life may be possible by encouraging some healthy habits for the brain. It is never too late or too early to begin health and lifestyle changes.

Exercise. Becoming more active can improve brain volume, reduce risk for dementia and improve thinking and memory skills. The journal *Neurology* found that older people who vigorously exercise performed better on cognitive tests than others of the same age, placing them at the equivalent of 10 years younger. Increased blood flow that occurs with physical activity may help generate new neurons in the hippocampus, an area of the brain involved with learning and memory.

The Harvard Medical School says aerobic exercise may help improve brain tissue by improving blood flow and reducing the chances of injury to the brain from cholesterol buildup in blood vessels.

Quit smoking. The Alzheimer's Association indicates that evidence shows smoking increases the risk of cognitive decline. Smoking can impair blood flow to the brain and cause small strokes that may damage blood vessels.

Eat healthy foods. Foods that are good for the heart and blood vessels also are good for the brain. These include fresh fruits and vegetables, whole grains, fish-based proteins, unsaturated

fats, and foods containing omega-3 fatty acids. Neurologists state that, while research on diet and cognitive function is limited, diets, such as Mediterranean and Mediterranean-DASH (Dietary Approaches to Stop Hypertension), may contribute to a lower risk of cognitive issues.

Consume caffeine. Caffeine may help boost memory performance and brain health. A *Journal of Nutrition* study



found people ages 70 and older who consumed more caffeine scored better on tests of mental function than those who consumed less caffeine. Caffeine may help improve attention span, cognitive function and feelings of well-being. Information from *Psychology Today* also indicates caffeine may help in the storage of dopamine, which can reduce feelings of depression and anxiety. In addition, compounds in cocoa and coffee beans may improve vascular health and help repair cellular damage due to high antioxidant levels.

Work the brain. Engaging in mentally stimulating activities can create new brain connections and more backup circuits, states Dr. Joel Salinas, a neurologist at Harvard-affiliated Massachusetts General Hospital. Working the brain through puzzles, reading and participating in social situations can stimulate the release of brain-derived neurotrophic factor (BDNF), a molecule essential for repairing brain cells and creating connections between them.

A good way to combine these lifestyle factors is to take an exercise class with friends, mixing the social, stimulation and exercise recommendations together.

Cognitive decline can come with aging, but through healthy habits, people can reduce their risk of memory loss and dementia.

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How to save more for retirement after age 50

Whether it's advice from their parents, a response to television ads urging viewers to save for retirement, or their own financial savvy, many of today's young professionals recognize the importance of saving for retirement from the moment they receive their first paychecks. But men and

their spending habits in an effort to find areas where they can cut back on nonessential expenses, such as cable television subscriptions and dining out. Any money saved each month can then be redirected into savings and/or retirement accounts.

Reconsider your retirement date.



Deciding to work past the age of 65 is another way men and women over 50 can save more for retirement. Many professionals now continue working past the age of 65 for a variety of reasons. Some may suspect they'll grow bored in retirement, while others may keep working out of financial need. Others may simply love their jobs and want to keep going until their passion runs out. Regardless of the reason, working past the age of 65 allows men

and women over 50 may not have been so practical, and many such professionals may feel a need to save more as their retirements draw ever closer.

Saving for retirement might seem like a no-brainer, but the National Institute on Retirement Security notes that, in 2017, almost 40 million households in the United States had no retirement savings at all. In addition, the Employee Benefit Research Institute found that Americans have a retirement savings deficit of \$4.3 trillion, meaning they have \$4.3 trillion less in retirement savings than they should.

Men and women over 50 who have retirement savings deficits may need to go beyond depositing more money in their retirement accounts in order to live comfortably and pay their bills in retirement. The following are a few simple ways to start saving more for retirement.

Redirect nonessential expenses into savings. Some retirement accounts, such as IRAs, are governed by deposit limits. But others, such as 401(k) retirement plans, have no such limits. Men and women can examine

and women to keep earning and saving for retirement, while also delaying the first withdrawal from their retirement savings accounts.

Reconsider your current and future living situation. Housing costs are many people's most considerable expense, and that won't necessarily change in retirement. Even men and women who have paid off their mortgages may benefit by moving to a region with lower taxes or staying in the same area but downsizing to a smaller home where their taxes and utility bills will be lower. Adults who decide to move to more affordable areas or into smaller, less expensive homes can then redirect the money they are saving into interest-bearing retirement or savings accounts.

Many people begin saving for retirement the moment they cash their first professional paycheck. But even adults over the age of 50 sometimes feel a need to save more as their retirement dates draw closer, and there are many ways to do just that.



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Exercise and aging: How to work out safely after 50

In an ideal world, people young and old exercise each day. But as men and women age, finding time to work out is not so easy.

Commitments to work and family often take precedence over daily exercise. As a result, many people 50 and over might not have exercised regularly or at all in many years. But as children

happy in retirement. But before beginning a new exercise regimen, men and women over 50 should take heed of the following safety tips to ensure their efforts are not derailed by accident or injury.

Speak with your physician. The National Institute on Aging notes that even people with chronic conditions such as heart disease, diabetes or arthritis can be physically active. However, anyone with such a condition and even those who don't fall into those categories should consult with their physicians and receive a full physical before exercising. Such a consultation and checkup can shed light on any unknown issues, and physicians can offer advice on how to safely manage any problems that may arise.



grow up or even move out, people facing down their golden years are often compelled to get back in the gym. That's a wise decision that can increase a person's chances of being healthy and

Begin with low-intensity exercises. Even if you feel great and have maintained a healthy weight, don't push your-

*please see **exercise** on page 16*



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Interesting ways to enjoy travel

Research indicates that traveling is at the top of the list of interests motivating today's men and women over the age of 50.

Seniors are perhaps the most likely

improve adult longevity, says geriatricians at the University of Arkansas.

Those in the travel industry understand that men and women over 50 comprise a large percentage of their cus-

tomers and have catered many travel packages toward this influential demographic. The following is a look at some of the more popular travel opportunities

for men and women over 50.

Genealogical tourism: This is one of the fastest-growing markets in vacation travel. Genealogical tourism involves individuals traveling to areas of historical significance for their families, such as churches where past relatives may have married and villages where grandparents or cousins once resided or were employed. This can create a tangible link to one's past and open up more opportunities to learn the varied genealogical history that has shaped a family, and even one's personal identity.

Extended vacations: Seniors may have the capacity to devote more time to travel and not be caged in by strict time constraints. That makes them eligible for extended vacations. These can include long-term rentals in tropical locales, several-week sightseeing cruises or guided tours overseas that touch on several different countries or cities during the trip.

Off the beaten path: Adventurous travelers may not be content to stick to the resort lifestyle or standard vacation options. Active men and women over 50 are charting their own vacation courses with bucket list-style vacations that may be off the beaten path. Travelers who

have always aspired to climb a mountain or see a rain forest may be inclined to realize these goals as they get older. Non-traditional tours can include living like indigenous peoples or following the footsteps of early explorers.

All-inclusive tours: All-inclusive packages remain a popular option for travelers of all ages. These vacation packages charge one price for accommodations, entertainment, sightseeing, food, and many other amenities. All-inclusive vacations remove some of the headaches associated with organizing various components of travel so that a person can focus on relaxation and having fun.

Singles meets: Single vacationers over 50 may want to meet other men or women in their age bracket in the hopes of finding romance. These vacations double as relationship mixers and give men and women the opportunity to mingle with others in similar situations without the pressure of traditional dating.

Travel is a way to see the world, meet new people and experience various cultures. Seniors increasingly embrace travel because they have both the time and the means to take vacations.



demographic to indulge their love of traveling. Retirement leaves lots of time for recreation, and many choose to spend that time on the road. Travel also can be

tomers and have catered many travel packages toward this influential demographic. The following is a look at some of the more popular travel opportunities

Keep your shields up when navigating the investment space

By Jeffrey D. Montgomery
Investment Adviser Representative

Remember the "Star Trek" episodes of years past? Whenever the Starship "Enterprise" was under attack, Capt. Kirk would shout something like, "Shields up! Red alert!"

This got me thinking about the recent market volatility and wondering what average everyday investors can do to protect themselves and activate their own personal "shield." In my opinion, this "shield of protection" is created way before you experience a drastic decline in the markets like we saw towards the end of 2018.

Most of us, cognitively, know the basic rules of investing, such as building a diversified portfolio, staying disciplined long term, rebalancing back to targets and above all, not panicking. However, market data show in the midst of major volatility, average investors typically break these rules and initiate a huge wealth transfer to the other side.

Putting up your shield starts with developing an investment philosophy so strong that when the tough times come

(which is completely normal and expected), you will instinctually activate your proverbial shield and fall back on this strongly held core philosophy.

So, what does it take to develop this core investment philosophy? Adopt "The Markets Work" belief that the market is efficient and all known information is already priced in. Only new and unknown information will change the direction of the market or an individual stock. Alternatively, "The Markets Fail" belief is that the market often gets it wrong, and with the proper information or research that no one else has (yeah, right!), you can take advantage of mispricing, unrelated to risk. In case you couldn't tell, I believe in the "Markets Work" philosophy.

The idea that "The Markets Work" and cannot be predicted or forecast goes hand in hand with the passive strategy of asset class investing, which is designed to expose the portfolio to multiple types of investments, including equities and fixed income, domestic and international markets, growth and value equities, as well as large-cap and small-

please see investment page 16



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Smart ways to embrace retirement

Retirement is on the horizon for a significant number of people. Around 10,000 people retire each day in the United States, according to a study by Merrill Lynch and Age Wave, a consul-

How retired are you? Retirement may no longer mean what it once did. Some retirees remove themselves entirely from the active employment market, while others prefer to keep at least

Retirees should reflect on their goals, as well as their finances, and make plans accordingly.

Don't neglect health care. Retiring may involve finding health insurance and preparing for other types of health care later in life. The U.S. Census Bureau says that employment-based insurance covered 55.4 percent of the population in 2015, the most recent years for figures, followed by Medicaid (19.5 percent) and Medicare (16 percent). Residents of other countries may be covered by government standardized health programs. It pays to know the rules of each plan to avoid unnecessary expenses that can eat into retirement dollars. For those Americans who will be relying solely on Medicare, find a counselor who can spell out the intricacies of the plan, or use the free tool on Medicare.gov.

See retirement as a beginning, not

an end. Quite often soon-to-be retirees focus on the end of a career or the end of a stage in life without putting enough focus on the possibilities ahead. This is a prime time to find a new social network, travel, join a ministry, and much more.

Choose your living space. Retirement can be an opportunity to shed an old skin and try on a new one, especially as it pertains to housing. There are options to downsize for empty-nesters or even to secure resources to "age in place." According to United Income, a money management service, retirees should try out particular scenarios and locations prior to jumping in. Rent in a particular neighborhood, or house sit and try things on for size. Airbnb and other types of services can make this trial easy.

A new outlook on retirement can open up a world of opportunities.



tancy studying the cultural and economic impacts of aging. But many soon-to-be retirees are not fully prepared for life after their work life ends. Shedding new light on this next chapter can make retirement something to look forward to even more.

one toe in the professional water. Some retirees change fields and do part-time work. Others may volunteer their time without getting paid. Still, some choose to use retirement as an opportunity to spearhead a new business venture that may not have been possible beforehand.

investing from page 15

cap equities. The goal is to provide maximum diversification to minimize risk while maximizing returns. The opposite is true for "The Markets Fail" approach, which assumes the markets can be forecasted and predicted, and therefore employs an active-management approach by stock picking and market timing.

I believe that all knowable and predictable information is already factored into the market, making it virtually impossible to consistently predict market movements and capture additional returns; and buying and selling securities in an attempt to outperform the market

exercise from page 14

self too hard at the start. Your body needs time to adjust to physical activity, so choose low-intensity exercises like walking and light strength training so your muscles, tendons and ligaments can adjust. Initially, exercise every other day so your body has ample time to recover between workouts.

Choose the right places to exercise outdoors. Exercising outside provides the best of both worlds for many people, providing a chance to get healthy all while enjoying the great outdoors. When exercising outdoors, choose areas that are not remote and where others can see you and offer help if you suffer an injury or have an accident. Boardwalks, public parks and outdoor gyms are safer places to work out than wooded areas or other places well off the beaten path.

Stay hydrated. The NIA notes that many people lose their sense of thirst as they age. But just because you aren't thirsty does not mean you don't need water, especially while exercising. Water regulates body temperature and lubricates the joints, thereby decreasing your risk of injury during exercise.

Exercising after 50 can help people live healthy well into retirement. But caution must be exercised when aging men and women return to exercise after a long break.

Living 50 Plus

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Get the facts on life insurance policies

Few people want to face their own mortality when they are in the prime of their lives. However, thinking ahead and making advanced plans can save family members considerable heartache.

Life insurance policies can help men and women make things easier for their

Online calculators can help determine life insurance coverage needs. The New York Life Insurance Company says a quick way to figure out how much coverage you may need is to take your annual salary and multiply it by eight.

Decide on the type of policy. Life insurance policies come in two broad categories: term and whole life. Term life insurance may be less expensive upfront, as it only provides coverage for a set number of years. It will only pay out if the policy holder dies during this "term." Whole life insurance, also called "cash value," usually costs more, but accumulates a cash value that can be borrowed against, and it

pays out whenever a person passes away.

Choose among reputable companies. You want to ensure the life insurance company you pick will be around for years and has a strong reputation, so give ample consideration to each company you explore before making a final decision.

Know the waiting period. Many policies establish a period of time on policies wherein there is very little cash-out value and the company will not pay out the full death benefit. This may be a year or two after opening the policy. Discuss this information with the insurance agent.

Life insurance can be a smart financial choice, helping men and women rest easy that their families will want for nothing in the wake of their deaths.



spouses, children or siblings. Life insurance provides financial security in the event of a person's death. Such insurance is a key element of estate planning and something all adults must consider.

It's smart to purchase life insurance at a relatively young age because the cost can be lower. Some people put off the process because it can be overwhelming. But Forbes magazine advises that once a person does a little research and learns the terminology associated with life insurance, choosing a policy is not so difficult.

Determine the amount of insurance you will need. Make a list of expected expenses after you pass away. These may include any residual mortgage payments, school tuitions, automotive payments, or funeral expenses. In addition, approximate how much your family will need to live comfortably in your absence.

Safe senior dating

For seniors, being alone can escalate feelings of isolation. As men and women age, their social circles may begin to shrink. The health resource Aging Care says 43 percent of seniors have a persistent sense of loneliness. For many, dating is helping them find renewed companionship, self-confidence and vigor. Despite the rush that one may feel when beginning a new relationship, it is important to put safety first. One of the key considerations is disease prevention. Statistics from the Centers for Disease Control and Prevention show that, between 2000 and 2008, there was a 45 percent increase in reported sexually transmitted diseases in Americans over the age of 40. Online dating may make seniors vulnerable to STDs. Furthermore, many STDs go unrecognized and thusly untreated in the senior community because they're simply not expected. Education can help keep seniors safe. Doctors can inquire about sexual activity as they would with other age groups. Seniors themselves should always practice protected intimacy and get refresher courses on "safe sex" education

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Republic Services recycling guidelines stated

Ocean Pines and Republic Services, as part of a new educational campaign, are asking residents to be aware of recycling guidelines for local trash collection.

Republic Services will only accept the following items in marked recycling bins: flattened cardboard, paper, metal cans, and plastic bottles and jugs.

Food, trash and other waste contaminates recycling and will cause containers to not be collected. Any contaminated material will have to be removed from the recycle container and placed into the curbside trash.

"This will be the responsibility of

the resident," Division Manager Anthony Spirito said. "Republic Services designated trash collection trucks are not permitted to pick up any container marked recycling - only designated recycling trucks are permitted to do so. Any recycling remaining would be collected on the next scheduled recycle pick up day."

All recyclables should be kept

empty, clean and dry, and free of any food or liquid. Items should also be kept loose, rather than in separate containers or bags.

Items that cannot be recycled include plastic bags and wrappers, soiled paper, Styrofoam, clothing and shoes, greasy pizza boxes, tools, food, toys, electronics and batteries, construction waste, medical items, yard waste, dia-

pers, and scrap metal.

On Thursday, August 8 and Friday, August 9, recycling containers that are contaminated will be marked with a sticker as part of the educational campaign. Republic Services will also take part in Ocean Pines' National Night Out event, on Tuesday, August 6 from 5 p.m. to 7 p.m. in White Horse Park. Representatives from the company will be available to answer any questions.

Republic Services collects about

120 tons of recyclable items per month from Ocean Pines, which makes up roughly 40 percent of collections in this division. The company also serves areas including Cambridge, Maryland and Lewes, Delaware.

Increased costs to recycle items, decreased demand for certain recycled materials, and an increase in the number of contaminated items has led to difficulties with recycling programs worldwide. Locally, about 35 to 40 percent of recycling containers include contaminated items that cannot be recycled.

According to Republic, "When it comes to recycling, everyone has a part to play. Working together, we can make sure recyclable materials don't end up in our lakes and landfills. At Republic Services, we believe in the preservation of our Blue Planet™, a cleaner, safer and healthier world where people thrive—not just for today, but for generations to come."

To learn more, visit www.RecyclingSimplified.com.



fishing

from page 10

Combine the Bread crumbs, Old Bay or Cajun seasoning along with a dash of salt in a bowl. Dip the fish in the butter mixture and roll in the bread crumbs. Arrange the fillets in a greased baking pan. Drizzle the re-

maining butter mixture over the fish and bake in a 350-degree oven until done and the fish flake easily usually 15 - 20 minutes but check it frequently. Serve with French fries and you will come back for more.

Remember to take a kid fishing.

Capt. Ron

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donahue
from page 9

needed to do. Everyone had a purpose, and everyone had a job," she added.

The result was a carnival that filled the massive Veterans Memorial Park with slides, games, and food and drink vendors that, by the early evening, was packed with Ocean Pines residents and guests. Estimates are roughly 2,000 people in total attended events throughout the day.

"It's a really good feeling, because

remember
from page 6

Busters, middle-ear implants, ear thermometers, Super Soaker toys, reduced-drag swimsuits, mobile phones, Go Pro cameras, artificial limbs and the World Wide Web are just a sample of the innovative products and discoveries that humans use every day, all thanks to the American Space Program!

My prayer is that Americans will

mediacom
from page 4

"What happened in Southern Delaware and Southeast Maryland here in these last few days is the rarest of rare things, in that the redundant lines where we lease those fibers from had been cut, which affected one of the two options for where data traffic flows, and then on that other option we discovered something was not functioning ideally. Maybe 15-20 percent of the customers [in the affected areas] were experiencing slower speeds and losing the continuity.

"If you have routes A and routes B and one is supposed to work when the other one isn't, it's the rarest of rare when they are both experiencing issues at the same time," she added.

Anyone still experiencing connectivity issues or signal loss is asked to call Mediacom customer service at 855-633-4226.

"If your residents are not getting optimal Mediacom services, we want them to call so that we can assist," Peters said. "I'm confident that our network monitoring teams, and especially the local DE-MD team Pat manages, will stay attentive to the flow of internet traffic to and from customers in the Ocean Pines and the wider area.

"We are grateful for the opportunity to serve your residents, and we always want customers to get the very

when you're going into something that's that big for the first time it could've been a total disaster - you just don't know. It could've been a flop and then I would have been sitting in a meeting the next day going, 'I'm really sorry!'" Donahue said with a laugh. "But it's great to see that it all came together exactly the way we wanted it to."

Up next, Donahue is helping to plan the Bay Day event, Sunday, Sept. 8 from 11:30 a.m. to 3:30 p.m. at White Horse Park. The event was originally slated for May, but was

continue to be brave, accept the challenge to explore the unknown and stand united to help all nations thrive in peace and prosperity, I hope you will take some time to remember and relive the most exciting and happy time in American history when humankind all stood together as one and declared "That's one small step for man, one giant leap for mankind!"

Anna Foultz
Ocean Pines

best from the internet and other services we deliver through our fiber-rich network," she added.

rescheduled because of rain.

"Bay Day is an event that we've partnered with Maryland Coastal Bays to host, and we have a lot of vendors that come out and talk about how you can do things better in your home and in your environment to help with runoff into St. Martin's River," she said. "Last year's event was really, really well received, so we're expecting the same thing this year."

Donahue also promised "fun things" during the event, including live music and food and beer trucks, as well as activities for children.

"All of the vendors come with fun things for the kids to do," she said.

After that, there are plans for a 5K walk/race later in September to benefit adolescent cancer research. Then, Donahue and her department will gear up for Halloween and fall events at White Horse Park, including the all-new Haunted Trail near the White Horse Park Boat Ramp during the two weekends prior to Halloween.

"Again, it's a little bit of trial and error, but we have a gentleman at public works who is a seasoned veteran at doing this type of thing, so

he's going to help us get it off the ground," she said. "That'll be fun and it's another thing that I wanted to do for a long time."

Donahue and Recreation and Parks also run the Movies in the Park on Mondays and Concerts in the Park on Thursdays at White Horse Park, as well as Family Fun Nights at the Oasis Pool, throughout the summer.

She'll oversee the building of the new Craft Club building, likely to break ground later this month, and is serving on several work groups for General Manager John Viola.

"We're also doing some renovations to the community center and getting pickleball lines redone in the gym at the end of August and first part of September. We just keep moving forward," Donahue said. "We come up with new and exciting ideas as much as we can."

SURF TIDE CHART

Bay Tides - 2 hrs. later

Day	High /Low	Tide Time	Sunrise Sunset
Th 18	Low	3:38 AM	5:51 AM 8:22 PM
	High	9:40 AM	
	Low	3:26 PM	
	High	10:05 PM	
F 19	Low	4:15 AM	5:52 AM 8:21 PM
	High	10:22 AM	
	Low	4:08 PM	
	High	10:45 PM	
Sa 20	Low	4:54 AM	5:53 AM 8:21 PM
	High	11:03 AM	
	Low	4:50 PM	
	High	11:24 PM	
Su 21	Low	5:33 AM	5:53 AM 8:20 PM
	High	11:45 AM	
	Low	5:35 PM	
M 22	High	12:04 AM	5:54 AM 8:19 PM
	Low	6:13 AM	
	High	12:29 PM	
	Low	6:22 PM	
Tu 23	High	12:46 AM	5:55 AM 8:18 PM
	Low	6:54 AM	
	High	1:14 PM	
	Low	7:13 PM	
W 24	High	1:30 AM	5:56 AM 8:18 PM
	Low	7:37 AM	
	High	2:04 PM	
	Low	8:06 PM	

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For Atlantic General Hospital
SATURDAY August 3 2019

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Pines Chamber Flounder tournament returns

The Ocean Pines Chamber of Commerce will host its 12th Annual Flounder Fishing Tournament and Chinese Auction on Saturday, August 3.

There will be cash prizes for the largest flounder caught. Prize money: First place winner \$500. Second place

largest flounder will win \$300 and the third-place largest flounder will win \$100. There will be an additional optional Calcutta Contest. The tournament entry fee is \$35, and Calcuttas are \$10. With over 200 anglers, this is one of the area's largest "small boat"

tournaments.

The Annual Flounder Fishing Tournament and Chinese Auction is a relaxing, fun contest. Participants can fish from the shore, pier, private boat, flounder party boats or charter boats, really anywhere in Maryland Coastal waters (within 3 nautical miles) between 7 a.m. and 3 p.m. on tournament day. The weigh-in taking place at Pines Point Marina between noon and 4 p.m. the Marina is located at 869 Yacht Club Drive in Ocean Pines. It is also accessible by boat.

The first 200 entrants will receive a free T-Shirt. T-shirts will be available for purchase at the OP Chamber office on Cathell Road or at the weigh-in the day of the tournament for \$10

Entrants can bring in legal sized

flounder (16.5" or larger). Only one entry per angler for weigh-in. Anglers must be registered for the contest by noon on Friday August 2 to participate in the tournament the next day.

Entry forms are available at the Ocean Pines Chamber of Commerce office 11031 Cathell Road Berlin, MD or you can register on-line through the chamber website: OceanPinesChamber.org. Just click on Events from the home page.

The entry fee is \$35 per person with discount for multiple fishermen. (two or more: \$30 per person). If you have any questions, please feel free to contact the Ocean Pines Chamber office: Phone: 410-641-5306 or E-Mail: info@OceanPinesChamber.org.

Safe boating course offered

As the middle of summer approaches, there are hot days with beautiful sunsets. There is also boat traffic at its heaviest this time of year. Fast boats are speeding by, while others are drifting and fishing. This is the most important time to know the rules of navigation and to adhere to them. A good understanding of the buoy system in the area will boost your boating skill and your confidence.

The United States Coast Guard Auxiliary is offering the Maryland Basic Boating Class in a one-day session on Saturday, August 3. This is a great opportunity to satisfy Maryland requirements and to get practical boating knowledge from state certified Coast Guard Auxiliary Instructors. This course is designed to benefit all boaters regardless of the skill level.

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 and required for all ages when operating a boat in Virginia.

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

Sportfishing Ass'n to meet

The Atlantic Coast Sportfishing Association is having its next meeting on Tuesday July 23. The meeting is held at the Lion's Club on Airport Rd. in West Ocean City. The meeting officially starts at 7:30 p.m., doors to facility open at 7 p.m. You are asked to arrive before 7:30 p.m. so you can get a seat, mingle with fellow anglers, get a beverage. This month's guest speaker is Tom Nelson. Tom is a recognized surf fishermen and will speak about surf fishing on local beaches. Guest are welcome to attend the meetings. The website is: acsportfishing.org



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