

Final portion of Pines crabbing pier removed

Work to remove the remaining portion of the Whitetail Sanctuary crabbing pier in Ocean Pines was completed last week.

The floating portion of the pier was removed last November by Fisher Marine Construction Inc, based on a unanimous vote by the Ocean Pines Board to authorize the work.

Board members on May 4, this year, voted 5-0 to allow Fisher Marine to remove the remaining structure.

Ocean Pines Public Works performed some additional work in the area. The entrance from the road to the pier has been roped off, and new grass and several



Fisher Marine Construction works to take down the remaining portion of the Whitetail Sanctuary crabbing pier.

trees were planted in the entranceway. Additionally, drainage pipes, fencing, benches and bike racks were removed, and a small footbridge was taken down.

Public Works Operations Manager Nobie Violante said the intention was to restore the site to a natural wetland and wooded area.

“The idea was to make everything look like it’s back to nature,” Violante said. “The contractor will be doing the actual removal of the pier itself,”

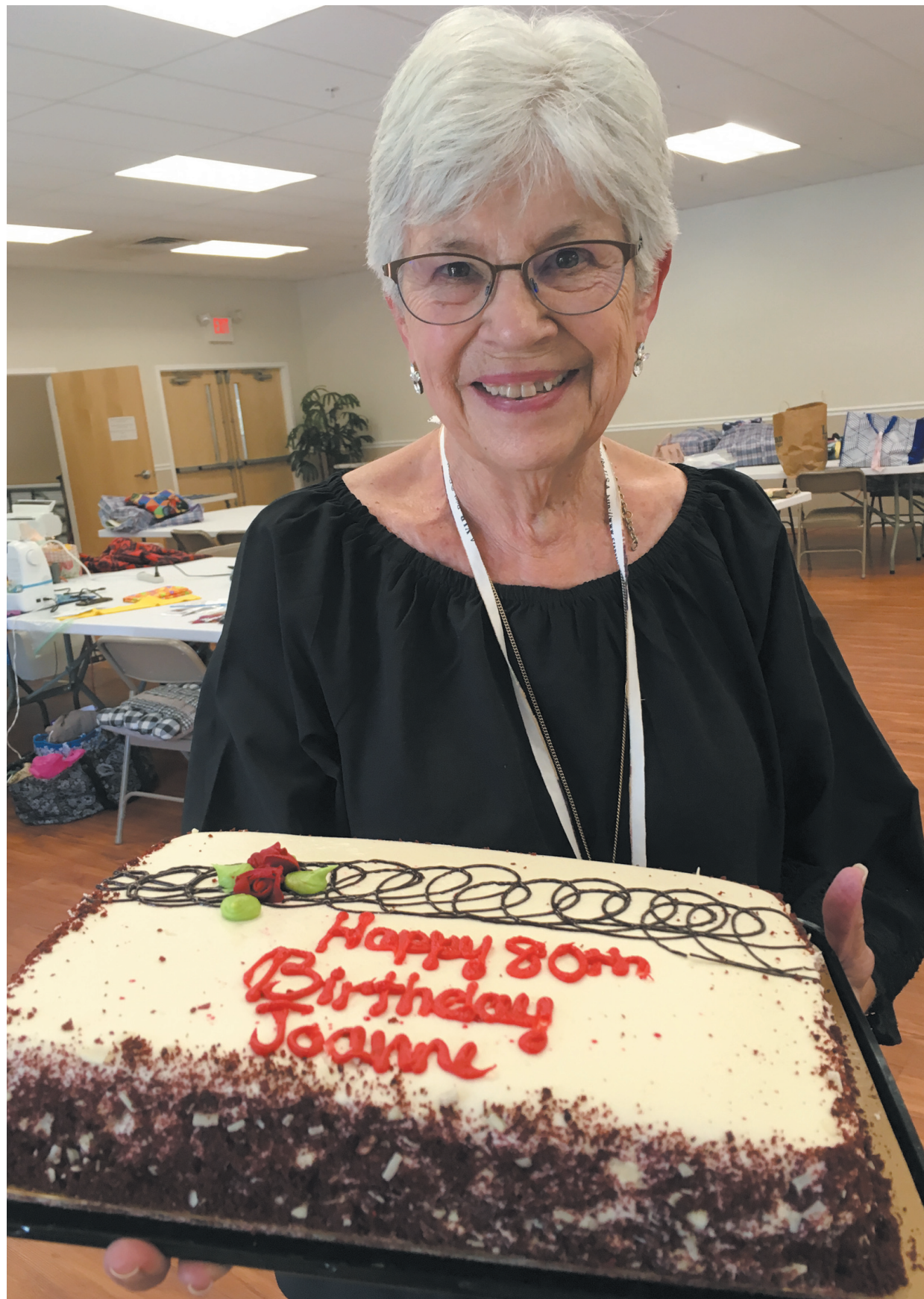
The pier was built as part of the Whitetail Sanctuary neighborhood and as such was not considered an amenity to be used by the entire association. The original permit, issued May 3, 1994, stated the pier was intended “for recreational use of abutting residential sections.” A turnover agreement later conveyed the pier to the Ocean Pines Association.

Part of the consideration for removal is based on an evaluation by J. Stacey Hart & Associates, Inc. of Snow Hill. The firm visited the site in April 2018 and concluded, based on a visual inspection, “the existing structure is beyond repair.”

Additionally, a 2007 study suggested “The pier and its surrounding area were not designed and are not maintained to sustain its’ high-occupancy and inappropriate usage.”

Other factors for removal included the remote location and lack of public parking.

Board members have publicly said they are open to considering a new location for a pier, although no decision has yet been made.



Happy Birthday - Quilters by the Sea of Ocean Pines, celebrated **Joanne Massey's** 80th birthday last week. Joanne is a longtime member of the guild.

Community Calendar

AUGUST

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 7 p.m. 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.

OPA president also provides updates, reflections

Ocean Pines Association President Doug Parks used his Annual Meeting presentation on Saturday to both reflect upon the previous fiscal year and look ahead to the future.

Parks started with the 50th anniversary celebration, which concluded last year with a gala at the Ocean Pines Yacht Club. The yearlong celebration of Ocean Pines' golden anniversary also included a parade and community day, golf tournament, and a sock hop.

"Apparently that was a big success [and] a lot of people had a lot of fun," Parks said of the latter event. "I just wanted to point out a special thanks to the 50th Anniversary Committee ... and specifically [committee Chairwoman] Jenny Cropper Rines for her involvement in organizing all these activities. It was a wonderful celebration that we should be proud of."

Parks also highlighted a series of town hall meetings, which he hopes the new Board of Directors will continue.

"I think it was something that was very relevant to the organization [and] relevant to the membership, and it provided an opportunity to get the back-and-forth dialog that we don't normally get at a Board meeting ... I think it's really important that we continue that."

Parks piggybacked off General Manager John Viola's comments about the recent economic turnaround, adding he also wanted to credit Ocean Pines membership for doing their part.

The Association closed out fiscal 2019 with a total net operating fund that was \$130,584 better than what was budgeted. By comparison, the fiscal 2018 audited financial statement showed the operating fund more than \$1.2 million below budget.

"Without the participation of the membership and the belief in these amenities and the things we have here in Ocean Pines, this wouldn't have happened," Parks said. "You can't put it down on paper. It's gotta be something that people want to do ... and are willing to spend their time on."

"As a community, we should congratulate ourselves because we, collectively, helped with the economic turnaround," he added.

Parks noted a forensic audit was completed and that copies are available to Association members, by request. To request a copy, email Executive Secretary Michelle Bennett at mbennett@ocean-pines.org and include name, address and

phone number.

He also thanked former Assistant Treasurer Gene Ringsdorf and the Budget and Finance Committee for their help in updating a reserve study.

"I can't stress the level of importance in having that reserve study accurate and up to date," Parks said.

He said it was unfortunate the Association had to change general managers, as John Bailey departed in February and was later replaced by Viola. Parks said it initially was a challenge for the Board, but the transition ultimately became a positive.

"I think the results, now, are speaking for themselves," he said. "I think the staff needs to be commended on their involvement in helping turn Ocean Pines around as well."

Parks said the Board authorized improvements to an underused portion of the Beach Club, which further helped the Matt Ortt Companies to turn around Ocean Pines' food and beverage operations. He added the Association and Matt Ortt Companies had reached an agreement on principal for them to continue in that role, with a final contract expected to be signed soon.

The Board during the last session also approved renovations of the Police Station and rebuilding of the Golf clubhouse and cart barn.

Going forward, Parks highlight implementation of the new Northstar financial software, which he said would help improve efficiencies and economy of scale for Association operations.

Parks said a new contract was signed to allow Mediacom to provide services in Ocean Pines. He acknowledged it was a sore subject for some, but underscored the contract was "not a retail agreement."

"The contract is to grant them the right to use the easement" to provide service, Parks said. "Can we push them to try to better their service? I think we should have that discussion."

He suggested a Town Hall meeting with Mediacom executives, with Ocean Pines officials publicly saying, "the level of service has to get a little bit better."

"I think we can develop that as one of the tenants of the new Board," Parks said.

He also brought up rumors of contract with Comcast. Parks confirmed the Association is in discussions with the company.

"We're in final negotiations for a con-

please see opa on page 16

Maryland Safe Boating course offered

Summer will be over before you know it, but it is not too late to take a safe boating class. The US Coast Guard Auxiliary will be offering the Maryland Safe Boating Class one more time this year.

Learn the basics of boating, the rules of navigation, knot tying, boat maintenance, communication, and knowledge of the local waters.

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.

The course will be held at the Ocean Pines library. The three-evening course will begin at 6 p.m. and end no later than 9 p.m. each evening. 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.



Get together - On Tuesday, August 6, the Ladies of Drawbridge Road in Ocean Pines held their annual luncheon at the home of Jackie Choate. This is the fifth year that the ladies have enjoyed this get together.

Pines Sports Core Pool to close temporarily for repairs

Ocean Pines' Sports Core Pool will be closed August 19 through August 29 because of planned deck repairs.

The pool also will be drained and cleaned, and the driveway will be resurfaced during that time. The facil-



ity will reopen under normal hours on August 30.

"Sports Core is such a wonderful asset to Ocean Pines, and we are excited for this much-needed upgrade to our parking lot as well as the repairing of the deck," Ocean Pines Operations Director Colby Phillips said. "The new deck will be the official Rubaroc, and comes with the warranty we desire and need to keep our indoor pool in the best shape we can."

The indoor Spore Core Pool is open year-round, 10 a.m. to 8 p.m. Monday through Saturday, and 10 a.m. to 5 p.m. on Sundays.

For more information on the pool, call 410-641-5255 or visit www.ocean-pines.org/amenities/pools/sports-core-pool.

Annual meeting included presentations, election result validation

■ Perrone, Janasek and Rogers top vote getters

The Annual Meeting of Ocean Pines membership on Saturday included end-of-year legal, financial and auditor's reports, as well as comments from Association President Doug Parks and General Manager John Viola.

Jeremy Tucker of law firm Lerch, Early & Brewer and Paul Shifrin of auditing firm SC&H Group, Inc. also offered presentations.

Additionally, Recreation and Parks Program Director Debbie Donahue presented the Sam Wilkinson Volunteer Award to Paul Weisengoff.

The annual award each year recognizes outstanding volunteer service to the community through the Ocean Pines Recreation and Parks Department. It was established in 2003 to honor Wilkinson, an 8-year-old Ocean Pines boy who lost his life

in an accident at Northside Park in Ocean City. Wilkinson's father, Bob Wilkinson, was a volunteer at the time for the recreation department.

Also during the meeting, Elections Committee Chairman Steve Habeger announced the election results and introduced three new Board members.

Votes were counted and announced on Friday, with results showing Tom Janasek, Larry Perrone and Camilla Rogers each had won three-year terms on the Ocean Pines Board.

Election results were as follows:

Larry Perrone: 2,131 votes

Tom Janasek: 2,160 votes

Camilla Rogers: 1,753 votes

Paula Gray: 1,407 votes

Shawn Kotwica: 235 votes

Ed Solum: 191 votes

Gregory Turner: 478 votes

A quorum for the Annual Meeting was not reached, therefore no official business was conducted.

RELIEF...
IS JUST STEPS AWAY.



If you're in pain that is making everyday activities difficult... there's a new Physical Therapy practice in Ocean Pines that you should know about. You may already know Billy and Jenn Hamilton, they've been Doctors of Physical Therapy in the region for over 13 years, and they are both Certified Hand Therapists.

NOW, just around the corner. Billy and Jenn have set up a very special kind of practice in Pennington Commons. And you don't need a referral to get relief! That's right, the Hamiltons will take care of all the paperwork with your insurance company to make sure you get the care you need, quickly and easily!

So call, email or simply stop in to experience a new kind of physical therapy, it's a breath of fresh air for anyone who is experiencing pain.

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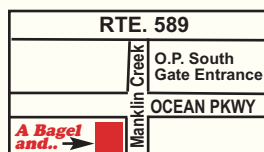
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The non-meeting meeting

Commentary by **Joe Reynolds**
OceanPinesForum.com

About 100 or so people showed up last Saturday morning for the Annual Meeting of the membership of the Ocean Pines Association.



However, OPA president Doug Parks announced the required 100-member quorum was not met. Thus there was no 2019 Annual Meeting.

However, presentations related to operations, finance, legal, etc. went on as scheduled. For the first time in perhaps a decade, association members should feel a high level of confidence in the management team handling our association. Any number of factors could be ascribed to this rather dramatic turnaround, but the primary driver of this new and improved version of OPA is General Manager John Viola. Viola's contributions to OPA with emphasis on team building and transparency cannot be overemphasized.

Another contributing factor is a more cohesive Board of Directors, a situation that will be strengthened by the election of Tom Janasek, Larry Perrone, and Camilla Rogers. The lack of a quorum at the annual meeting means the election results were not validated at the meeting, as required by the bylaws, and thus they will not become board members until a validation of the election results by the outgoing board, again as required by the bylaws, at a meeting scheduled for 6 PM, Wednesday, August 14 in the Asateague Room.

Immediately following this election result validation meeting by the outgoing board there will be the required Organization meeting of the new board. This will include the election of OPA officers for the coming year.

One curious aspect of the presentations on Saturday was OPA's attorney Jeremy Tucker lobbying of the membership in favor of a change in the Declarations of Restrictions that would allow the Board of Directors to impose fines on association members. Tucker should avoid involvement in OPA internal politics.

Former OPA Director Slobodan Trendic showed up with two petitions for referendum and presented them along with what he believes is the required number of association member signatures to force the board to hold two referendums. One would be a referendum for a bylaws change to require the board to hold a referendum approving any expenditure over \$1 million on a single project. The second calls for a referendum to approve the replacement of the golf clubhouse.

OPA Director and corporate Secretary Colette Horn will decide on the validity of the petitions. Interestingly, no mention of these potentially game-changer petitions was mentioned in the news release about the annual meeting.

After Trendic made public comments at the annual meeting about his petitions, former OPA director Tom Terry took to the floor and urged asso-

ciation members to be wary of supporting Trendic's proposals as they come from someone on a board that cost the association a great deal of money during the tenure of Brett Hill as General Manager. Terry's comments were out of line. Fact is, while on the board, Trendic voted against virtually every policy decision of that board and was a lone voice for fiscal responsibility against the policies that lead to a loss of over \$1.5 million. Trendic was also the individual who pushed for a forensic audit that eventually exposed numerous troubling issues within OPA.

Parks announced that there was no quorum present, but shortly after some non-business items on the agenda started a few more people arrived and Election Committee chairman Steve Habeger told Parks that a quorum was present. Instead of announcing the quorum, Parks proceeded without informing those present that a quorum had been reached. The same thing happened last year and the meeting business was simply delayed for a few minutes until a quorum was present.

Parks made a bad decision this year, a decision that now requires the

outgoing board to validate the election results. After the meeting, Parks tried to maintain a position that the election winners were now board members. His position was incorrect. The winners will not be board members until validated on Wednesday evening.

For those who mostly care less about OPA's inside politics, Parks did have some interesting news about Comcast offering TV and internet service in Ocean Pines. Based on comments by Parks and Viola, work could begin as early as this month, confirming an earlier report by Director Frank Daly. Keep your fingers crossed.

On a somewhat humorous note, at the end of presentations and election announcement results, Parks asked for a motion and second to adjourn a meeting that never started. Parks also stated the Board of Directors would approve the minutes of the Annual Meeting from last year. This cannot happen. Only the membership, at an Annual Meeting with a quorum, can approve those minutes.

As an aside, members of OceanPinesForum.com yet again picked the election winners in the forum's annual election poll.

People looking for a good cardiovascular or aerobic exercise may not need to invest in a gym membership or treadmill. According to "Rally Health," a digital health experience that helps you



make simple changes in your daily routine, walking can be an effective cardio exercise if one goes at a brisk pace of at least three miles per hour. Walking at this pace can effectively push the heart and lungs to work hard without adversely affecting the joints in the way that other aerobic exercises might. Harvard Health says that walking of any kind can help people maintain healthy weights, lower their risk for various diseases, keep blood pressure in check, lift mood, and strengthen bones. A number of studies also show that walking can help people improve memory and avoid age-related memory loss.

Junior golf programs thrive at Ocean Pines Golf Club

Golf Director John Malinowski and others at the Ocean Pines Golf Club are helping to teach the next generation of players during annual junior golf summer camps.

Malinowski said the camps started modestly in 2013, with just 17 children participating during the first year. This year, attendance will top 140 over four separate week-long sessions.

"It's been a big turnaround," he said.

Camps run every other week, starting one week after schools let out. The final summer camp this year started on Monday, August 5. Programs each day run from 9:30 a.m. to 1 p.m., Monday through Thursday, with Fridays set aside as a "rain day."

Malinowski said skill levels run the gamut, with children ages five to 13 participating.

"Sometimes you get 5 and 6-year-olds that are very experienced, and sometimes you get 13-year-olds that have never even touched a club before – and you get everything in between," he said.

Participants on Monday started off in two groups, with those 10 and older hitting the driving range, while the younger set started out putting on a practice green.

"Coach" Malinowski and the other camp counselors emphasized two things on day one: safety and fun.

"You start out the day talking about

*please see **programs** on page 15*

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Muscle flexing

“What did I just say?”
 “No eat, no treat!”
 “Leave your brother alone.”
 “Leave your sister alone.”
 “Do it again and you have early bed-time.”

only she understood that I would have switched to my stern voice after the first request if I had had the same encounter with her mother or her uncles when they were her age.

Just a quick aside. My daughter was a perfect child. I don't think I ever had to tell her more than once to do anything. My sons... well that's a story for another column.

It was surprising how my dealing-with-young-children-paternal muscles eventually flexed despite having

been inactive for so many years. I guess it's like riding a bike.

At the request of their parents my wife and I worked to ensure that the kids' routines were as normal as possible. No soda. No sweets. In bed no later than 8 p.m. There were a couple times when we exercised Grandparent Prerogative and gave them something on the forbidden list. Afterall, what's the joy of being a grandparent if you can't break the rules occasionally when the parents aren't around?

Like all siblings, my grandchildren at times bicker, sometimes loudly. They can be playing very well together, cooperating and sharing, and then all of sudden like a wind burst, they start yelling at one another.

“Hey! Hey!” I can be heard saying as I attempt to focus their attention. “What's going on?”

Inevitably, the first thing out of their mouths is the name of their sibling followed by an indictment. Curious that they each blame the other for the same thing. It can sometimes take a few minutes to restore order and then they're fine, playing once again like best friends.

Being a grandparent is the greatest gift I've ever received. The other day I was home alone with the kids and we decided to watch a movie, “The Sandlot” which I had never seen but they had seen multiple times. I made us a big bowl of popcorn and we settled in for the feature presentation. My granddaughter cozied up to me, resting her head on my chest as we watched the movie. Of course, that didn't stop her from talking almost through the entire thing.

Although there are times when my grandkids step on my last nerve, those occasions fade away completely when they express in word and action that they enjoy being with me, even if it is to take my popcorn.



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

I haven't uttered these and other comments in a very long time but all that changed when my daughter recently allowed her children to stay with us.

Let me proclaim this at the beginning so there is no misunderstanding. I love my grandchildren. They are exceptional and I enjoy being with them. Having written that, I will write this: there are times when they get on my very last nerve and I feel very guilty about that.

Let me drop a little wisdom: kids are kids; kids are going to behave like kids even when they're with their grandparents. I'm right aren't I? All you grandparents know of which I write. The more time you spend with grandchildren, the more comfortable they become with you which is a good thing. As soon as they feel they're in a home away from home, they become much more comfortable expressing themselves as they would when they're at home with Mom and Dad. Yipee!

I'm no stranger to a child stalling to go to bed or uncertain about what they want for breakfast or tripping a sibling when they think no one is looking. Been there; dealt with that. What I wasn't prepared for during this most recent visit was that I would begin to feel guilty about disciplining them or giving them a time out or not giving them a treat when they didn't eat dinner. I can assure you that guilt was not an emotion I felt when I was dealing with my own children. Yet, each time (it wasn't a lot of times) one of my grandchildren stepped out of line or failed to heed a repeated warning not to do something and I had to correct them, I was wracked with guilt. Why?

Why did I feel like such a heel when I employed a stern voice with my granddaughter who refused to put her shoes on when I told her nicely the first ten times? She looked at me with big hurt blue eyes and I felt awful, really awful. If

Living 50 Plus

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**APPLE
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The Birth of a skipjack: The Nathan Family

By **Charles Rouse**

This is the second installment of a four-part series.

Around 1870, near the height of the oyster dredging industry, Meyer Nathan arrived in Cambridge, Maryland. Meyer travelled around the county as an itinerant tinkerer (one who fixed pots and pans), while 800 skipjacks travelled around the Choptank River and Chesapeake Bay fixated on dredging for oysters. Meyer Nathan was never a skipjack captain, and chances are he never set foot on a skipjack; yet he and his son, Milford, would, over a century later, have a profound influence on preserving the culture, history, and heritage of Maryland's (Cambridge) skipjacks.

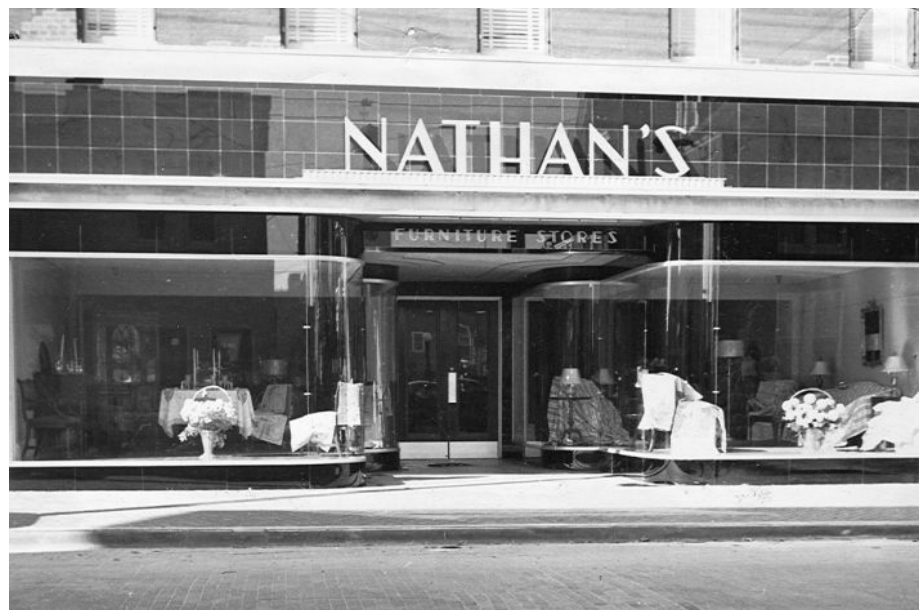
Meyer Nathan personifies an American 'rags-to-riches' story. He came to Cambridge peddling his wares by horse and wagon. Over the years, he acquired enough capital to lease some property at 315 High Street. There he opened a furniture store and it became one of the largest on the Eastern Shore of Maryland. Unfortunately, the entire complex, his home, the storefront and storage shed, were destroyed in a fire in July of 1892. What furniture he could salvage, he later sold at a discount. He announced in the *Democrat and News*,

M. Nathan informs the public that he is still carrying a good stock of furniture all kinds at his new quarters over Dunn & McCready's. His prices are lower now than ever, as he wishes to reduce stock so as to avoid moving it to his new store when completed. He invites his friends to call and look him over.

Meyer died in 1911, and the furni-

ture business passed to his son, Milford Nathan. Milford was quite an entrepreneur and business man. He expanded the store on High Street, and eventually opened eight other furniture stores on the Delmarva Peninsula. Milford was also a civic leader. He was chairman of the board for the Cambridge Hospital, and on the board of the Farmers and Merchants National Bank. Upon his death in 1953, his will established the Nathan Foundation as a charitable organization, his final act of goodwill for the Dorchester community. The foundation gained further support from his wife, Estelle, who died in 1980, and his sister, Bertha Nathan, who died in 1983 as they left their share of the Nathan family inheritance to the foundation. The Nathan Foundation is the largest charitable foundation in Dorchester County, and its charitable gifts have totaled well over \$3.5 million.

In 1988, George H.W. Bush accepted the presidential nomination at the Republican National Convention. In his inaugural address, he spoke of a "thousand points of light." That "thousand points of light," became a national incentive to stimulate community involvement in projects that would improve the community and the community's self-image. In Cambridge, this "thousand points of light" translated to the "Committee of 100," men and women who would germinate new ideas to promote the city of Cambridge. The "Committee of 100," comprised of business people, entrepreneurs and visionaries, came up with four projects to improve Cambridge's self-image and increase tourism: 1) establish the Richardson Maritime Museum, 2) build a replica of the Choptank River Lighthouse at



Long Wharf Park, 3) build a visitor's center at Sailwinds Park, and 4) and have a skipjack dedicated to the Dorchester Community.

Once these projects were agreed upon, each project had to have its own organization committee, separate from the "Committee of 100" to further develop and sustain the project at hand. The Dorchester Skipjack Committee was formed in 1991 as an offshoot of the Committee of 100. The goal of the new committee was to "improve the economy of Dorchester through tourism and preserve the maritime heritage of the City of Cambridge, Maryland, and Dorchester County." The newly formed Dorchester Skipjack Committee was fortunate to have at the helm an experienced boat builder who could take the idea of a skipjack dedicated to the Dorchester Community and turn it into reality. This man was Harold Ruark.

Harold Ruark spent the greater

part of his life designing and building everything from boats to model aircraft with the precision and perfection of a master craftsman. When the Committee of 100 settled on having a skipjack dedicated to the Dorchester Community, Ruark headed the Dorchester Skipjack Committee and began to look for a suitable skipjack to rescue for the project. He and a group of volunteers, including the famed local shipwright, James (Mr. Jim) Richardson, searched the rivers and marshes around Cambridge and other areas where skipjack captains would tow their deteriorating skipjacks to dissolve in the salt water of the Chesapeake estuaries. Most skipjacks they found were either too deteriorated to refurbish or too expensive to acquire. They did come across one skipjack, the "Flora Price," in Denton, MD, but Harold felt it was too far gone to refurbish. Their mission then transitioned from "finding, buying, and

please see skipjack on page 15



The Courier has a NEW PHONE NUMBER:

410-629-5906

Hundreds attend National Night Out in Ocean Pines

A few early rain showers did little to dampen the spirits of the hundreds who attended Ocean Pines' second annual National Night Out event, Tuesday at White Horse Park.

The free event included representatives from Ocean Pines Police, the Ocean Pines Volunteer Fire Department, Worcester County Sheriff's Office and Maryland State Police.

Law enforcement, nonprofits and community groups provided information, hosted activities and games for children, and handed out raffle and door prizes.

Visitors to White Horse Park on Tuesday evening were also treated to free food and drinks, including hot dogs courtesy of the Kiwanis and Republic Services, snacks provided by

Sea Floor Carpets and Pipeline Contracting, and ice cream donated by Mister Softee.

National Night Out is sponsored by the National Association of Town Watch and designed to heighten crime and drug prevention awareness, generate support for and participation in local anticrime efforts, and strengthen neighborhood spirit and police-community partnerships.

"I was happy with the large turnout and gratified with the participation of our residents," Ocean Pines Police Chief David Massey said. "We also appreciate the participation of our Worcester County Sheriff's Office and Maryland State Police – our partners who we have a great relationship with. The event was kind of a reaffirmation of community policing within Ocean Pines."

Massey and Del. Wayne Hartman each took turns as the subject of a dunking booth, sponsored by the Ocean Pines Chamber of Commerce, during the event.

"I enjoyed everything. I even en-



joyed the dunking that our children and residents gave me," Massey added. "Everybody always says it'll be cold, but it wasn't that bad. The first time you hit the water, it's like going in

the ocean for the first time." Massey and Hartman also helped to run the dunk tank and, more than once, pressed the button to send the

*please see **night out** page 14*

| SURF TIDE CHART | | | |
|--------------------------|-----------|-----------|-----------------|
| Bay Tides - 2 hrs. later | | | |
| Day | High /Low | Tide Time | Sunrise /Sunset |
| Th 15 | Low | 2:20 AM | 6:15 AM |
| | High | 8:05 AM | 7:55 PM |
| | Low | 2:11 PM | |
| | High | 8:31 PM | |
| F 16 | Low | 2:54 AM | 6:16 AM |
| | High | 8:45 AM | 7:53 PM |
| | Low | 2:50 PM | |
| | High | 9:10 PM | |
| Sa 17 | Low | 3:28 AM | 6:17 AM |
| | High | 9:25 AM | 7:52 PM |
| | Low | 3:29 PM | |
| | High | 9:48 PM | |
| Su 18 | Low | 4:03 AM | 6:17 AM |
| | High | 10:05 AM | 7:51 PM |
| | Low | 4:09 PM | |
| | High | 10:25 PM | |
| M 19 | Low | 4:39 AM | 6:18 AM |
| | High | 10:45 AM | 7:49 PM |
| | Low | 4:51 PM | |
| | High | 11:03 PM | |
| Tu 20 | Low | 5:16 AM | 6:19 AM |
| | High | 11:25 AM | 7:48 PM |
| | Low | 5:36 PM | |
| | High | 11:42 PM | |
| W 21 | Low | 5:56 AM | 6:20 AM |
| | High | 12:07 PM | 7:47 PM |
| | Low | 6:25 PM | |

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Tournament raises tens of thousands for area rec groups, nonprofits

More than \$30,000 was raised for local recreation programs and nonprofits during the eighth annual Mary Mac Memorial Golf Tournament, held last Friday at the Ocean Pines Golf Club.

Since 2012, the event has raised more than \$125,000 for local and regional charitable causes, according to tournament co-organizer Tim McMullen.

The Mary Mac Foundation, and the tournament, was started to honor McMullen's late wife, Mary McMullen, a Millersville special education teacher and athletics booster who passed away in 2012 at University of Maryland Medical Center in Baltimore of scleroderma after a lengthy illness. She was 64.

Mary McMullen was also the founder of Ocean Pines' Summer Youth Program, an administrator at the Maryland School for the Deaf, and president of the Booster's Club at Old Mill High School in Millersville.

The tournament, each year, has become a family affair for the McMullen

family, with many coming from Annapolis and other areas of the county to lend a hand.

"It is the most humbling day of the entire year," Tim McMullen said. "My day starts at 5:30 in the morning when I go to the first tee and put up 31 tee signs from my family and my children's partners' family. It's an unbelievable experience to see what has happened there."

He also credited the Ocean Pines golf and racquet sports community, as well as the Board of Directors and Recreation and Parks Department, for making the annual fundraiser a success.

"We are now going places that we thought we never would go," he said. "The combination of our family and what has happened in Ocean Pines really is inspiring, and it inspires us to go further and to do more," he said.

Proceeds from the 2019 Mary Mac Memorial Golf Tournament will benefit Ocean Pines youth programs as well as the following organizations: the

*please see **tournament** on page 11*

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The Good Knot

I've been writing the 'Knots & Knots' column for a year and a half and it occurred to me that I promised to give a little ink to both knots, tying lines and nautical speed indication. So this month I'll kibitz about knots, the tying type.

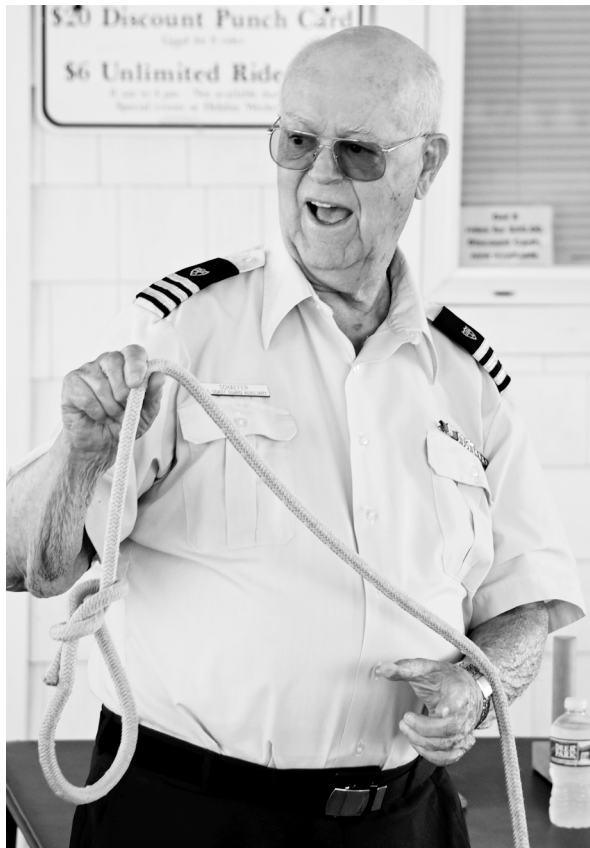
First off, "knot" is a generic word. It is subdivided in two categories: "bends" which are knots on a line that is tied to itself like making a loop or to tie a couple lines together for more length. "Hitches" are knots that secure a line to an object. In the movies, the cowboys hitch their horses to the wagon or tie their horses to the hitching post.

I personally find knots, the tying type, a near religious experience. A good knot has two coveted qualities: It performs its intended job and then comes apart easily when its job is finished. A bad knot seizes and cannot be undone or comes apart prematurely. Have you ever had to discard a hopelessly tangled kite string or retie your shoe lace? For me, these events are the genesis of a shallow religious experience. I have been dealing with kite string and shoe laces since before I was made aware of hell.

It is only now, late in life, that I realize that these imperfect encounters with knots is not a good versus evil conundrum but rather a proficiency versus klutziness competition.

The 'good' knot is not a get-out-of-hell-for-free card. It's the result of learning and practicing. There are hundreds of documented knots in dozens of books but for practical purposes you need to master only 3 or 4 to successfully handle your boat.

Knowing which knot is appropriate for the task at hand and practicing the required marlinspike dexterity takes the 'evil' or klutziness out of



Ocean Piners **Don Schaefer** (above) and his colleague, Joe Britvch, have been demonstrating knots on the boardwalk for over 25 years for the Ocean City Life-Saving Station Museum. Stop by any Wednesday during the summer at 10 a.m. in the tram pavilion at the inlet.

knot tying.

There is not enough space in this column to adequately explain how to make the bowline or the other knots. Instead, I direct you to some great

animated demonstrations on YouTube. I've printed the names of the knots in bold face below. Enter these names and sit back and enjoy.

Arguably the most useful knot or "bend" is the **bowline**. It makes a fixed dimension loop that can be used for a variety of tasks. It can also be used to make a variable size loop like a lasso.

The next knot that you should master is the **cleat hitch**. Cleats are the fittings that are installed on docks and boats to conveniently secure lines. Typically a dock line has a loop on one end that can be easily secured to one cleat. The other end – either the one on the dock or the boat – is called the bitter end. It is tied with a cleat hitch that allows you to adjust the slack or tension in the line by 'breaking' the hitch and 'paying out' or 'taking in' additional line. The cleat hitch is therefore designed for fast securing and breaking as well as holding almost indefinitely.

The **sheet bend or becket** should also be in your marlinspike skill set. It is used to tie two lines together to make a longer length. The popular Boy Scout square knot can also accomplish this as well; however, the **sheet bend** is an easier knot to deal with when the lines are of different diameters. In addition, when you need more security, you

can easily strengthen the knot by making it into a **double becket**.

And finally, consider the **clove hitch**. This knot is considered a temporary knot. It is used when there is a need to conveniently adjust a length such as moving a fender up or down on the side of the boat or securing the boat to a piling when no cleat is available. Once the line is satisfactory, I always add a **half hitch** or two to make the temporary knot more permanent.

If you can make a loop, secure a line to a cleat and tie two lines together, you are well on your way to your good seamanship merit badge.

My advice to someone who wants to get up to speed on line handling is to review the outstanding demonstrations that are on YouTube. Next, get yourself a good rope (on land it's rope, on the water it's line) and practice, practice, practice. A good practice rope should be 6-7 foot in length, a quarter inch or so in diameter, made of nylon for easy handling, and sealed at the ends to avoid fraying.

I suggest you keep a practice rope next to the TV and tie a few knots to make the commercials go by faster. After a winter or two of taking mini-sabbaticals during Madison Avenue's frontal assaults, you will be able to tie a **bowline** behind your back or even one handed, the good knot.

Hamilton Physical Therapy opens

Hamilton Physical Therapy is now open in the Pennington Commons Food Lion shopping center. After working 13 years in outpatient therapy, owners William "Billy" Hamilton Jr. and Jennifer Hamilton, both doctors of Physical Therapy, decided

to open their own practice to offer unique treatment sessions that are patient centered and individualized, helping patients get back to normal quickly and efficiently.

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Additionally, the doctors are Certified Hand Therapists, making them experts in the upper extremity. Jennifer is proficient in Spanish, therefore can communicate effectively with the Spanish-speaking population.

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My Backyard... sponsored by Maureen Kennedy

Birds in the backyard

If you are lucky enough to have a backyard, you have an opportunity to discover nature at its finest. From the amateur to the expert, you can offer songbirds a place to eat, drink, sleep and raise their young all while allowing you to experience the wonderful eco system right outside your window.

Whether you have large space or a small patio, there are several things you can do to entice feathered friends into our own backyards.

Water being a large attraction. Birds dehydrate quickly, and even though they get fluids from berries and bugs, there is something about water that they can't resist.

Food is another way to get the bird's attention. Some people only feed birds in winter when food is scarce, but many of us feed year-round. All songbirds like black oil sunflower seeds, but birds, much like humans, have their favorites. For instance, the Bluebird and their relative the Robin, enjoy (among other things) meal worms, caterpillars, ants, fruits & berries. The Goldfinch appreciates Nyjer seed and a good suet, while the woodpecker & titmouse are attracted to whole peanuts & bug/seed suet. Plus, we can't forget our little Chickadee, along with black oil sunflower seed, they also love peanut butter and fruit.

If you have trouble with squirrels, and the ever-unpopular grackles, try safflower seed, they don't seem to care for it much. For those who don't use bird seed in the summer, you can help attract birds with native plants which can provide them with a balanced diet. Native plants not only provide fruit & seeds but also attracts more insects,

which in turn attracts more birds.

A good birdhouse is always needed in the spring for those birds looking for a safe place to lay their eggs and raise their young. Shelter is another necessity for birds. In the winter they need protection from the harsh elements. A good brush pile (sticks and leaves) will certainly help, and trees and shrubs help year-round. Consider putting up nesting pockets or roosting



boxes in the winter. Birds are very resourceful but they can always use a helping hand. In the winter, they burn lots of calories shivering all night and are in great need of replenishing them. Make sure feeders are full and ready for the early morning feeding.

Last but not least, two things to keep in mind. 1) avoid using pesticides and herbicides. They can be deadly to birds and other wildlife. If you must, use an all-natural recipe, but better yet, just get out there and pull some weeds. 2) Please keep your cat inside. Cats are responsible for billions of songbird deaths every year in the United States. On the other side, the bonus is your four-legged friend will live a much happier, healthier and longer life inside. I know mine will.

Happy birding.

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| 59 | | | | 60 | | | 61 | | |
| 62 | | | | 63 | | | | 64 | |

CLUES ACROSS

- | | |
|---------------------------------------|----------------------------------|
| 1. Social reformer Lucretia | 33. Become dry through heat |
| 5. Engine additive | 38. Printing speed measurement |
| 8. Where draft beer comes from | 41. One who does not succeed |
| 11. Skin lesions | 43. Type of agent |
| 13. Denoting one or more things | 45. Type of waste |
| 14. Beloved dish | 47. Wings |
| 15. Packaging allowances | 49. Giants' signal caller |
| 16. Surrounds the earth | 50. Polio vaccine developer |
| 17. Expresses pleasure | 55. Congo native |
| 18. "For goodness ___!" | 56. Mortal is one type |
| 20. Liquefied natural gas | 57. Fishing vessel (Naut.) |
| 21. Paul __, Swiss painter | 59. Ethnic group of Thailand |
| 22. Benign tumors | 60. Where golfers begin |
| 25. In an early way | 61. Western Florida city |
| 30. Covered with wood | 62. Belonging to us |
| 31. Principle underlying the universe | 63. Soviet Socialist Republic |
| 32. Message | 64. Influential Israeli diplomat |

CLUES DOWN

- | | |
|-------------------------------------------|-----------------------------------------|
| 1. Mountain Time | 28. Swedish castle |
| 2. Int'l political organization (abbr.) | 9. War-ravaged Syrian city |
| 3. Olympic champion Lipinski | 34. American model Carol |
| 4. March | 35. Bitterly regret |
| 5. Less fresh | 36. Grand __: superior grade wine |
| 6. Reduced in size | 37. Of she |
| 7. Garden archway | 39. Clergymen |
| 8. Professional translators group (abbr.) | 40. Ringwald and Shannon are two |
| 9. Type of pain | 41. Daze |
| 10. What to do for the cameras | 42. Scores perfectly |
| 12. Midway between south and southeast | 44. More narcissistic |
| 14. Bangladeshi monetary unit | 45. Fencing sword |
| 19. Satisfy | 46. Highest point |
| 23. Flop | 47. In addition |
| 24. Nearsightedness | 48. Hawaiian feast |
| 25. Parts per thousand (abbr.) | 51. Appropriate under the circumstances |
| 26. Bravo! Bravo! Bravo! | 52. Hillside |
| 27. Midway between northeast and east | 53. Metrical foot |
| | 54. Winemaking region |
| | 58. Someone |

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Answers for August 7

tournament
from page 8

Worcester County Veterans Memorial Foundation at Ocean Pines; Diakonia and the Ravens Roost #44 scholarship in Ocean City; the Ruth Parker Eason Special School in Millersville; Camp St. Vincent, Our Brother's Keeper and the Goucher Prison Education Partnership in Baltimore; Our Little Jewels in Ellicott City; and the Mike Baker Memorial Scholarship in Glen Burnie, Maryland. Out-of-state beneficiaries include Camp Barnes in Ocean View, Delaware, the Fairfield School District in Fairfield, Pennsylvania, and Disability Rights Advocates in New York City.

Summer camps and youth programs have been a particular favorite of the Mary Mac Foundation.

"Every child deserves a summer – it should not be based on race, ethnicity or where you live," McMullen said. "Children on the Eastern Shore area are benefiting because of Camp Barnes, and children in the Baltimore-Metropolitan area are benefiting and we feel good about that."

McMullen said many people behind the scenes each year ensure the tournament runs smoothly. At the Ocean Pines Golf Club, that starts with Golf Director John Malinowski, who is currently running course operations from a series of trailers while a new Ocean Pines Golf Clubhouse is being constructed.

"John Malinowski right now has no clubhouse, but he somehow pulled this all together," McMullen said. "People want to play our Robert Trent Jones [designed] golf course. The layout is fantastic, and the greens are in good shape.

"You measure success by the obstacles you overcome," McMullen continued. "Our challenges Friday were bigger than ever, which made it interesting that we accomplished more on Friday than we ever have, and it's all because everybody pitches in."

He also singled out four Ocean Pines residents: Roy and Lida Payne – both lifetime friends of Mary McMullen – and Mark and Cathy Stover.

"These are Ocean Pines residents that run the registration – Mark runs the putting contest – and they're the type of wonderful volunteers that we're getting," he said.

The Mary Mac Memorial Golf Tournament this year also included a luncheon at the Ocean Pines Yacht Club, where additional funds were

raised through a silent auction of items donated by dozens of local businesses.

McMullen especially wanted to thank the Matt Ortt Companies, who oversee the Yacht Club, and Special Events Coordinator Lia Isel.

"We have never felt so welcomed," McMullen said. "Everyone was wonderful at the Golf Club and then you go over to the Yacht Club and Lia is saying, 'What can we do to help?'"

He also highlighted Susan Wojciechowski, who runs the silent auction, and his brother, Don McMullen, for helping to organize the tournament.

"Don calls me every day and says, 'Alright, what do we need today?' And I say it to Don once and it's done," Tim McMullen said. "And then the silent auction just goes off without a hitch – she [Wojciechowski] is just amazing.

"There's no way that I could do this without all these great people," he continued, adding many who played in the tournament also went out of their way. "You had some of these people that came from across the bridge. These are former athletes. These are guys that my family has taught with and coached with, and their commitment is second to none."

Players from "over the bridge" fondly remember Mary as president of the Old Mill Booster's Club, McMullen said.

"They knew Mary well and, under her tutelage, they built a new field house in their stadium," he said. "People involved with that project, which would have taken place around 2010,



Don McMullen acknowledges **Janet Mitchell** during an August 2 luncheon at the Ocean Pines Yacht Club following the 2019 Mary Mac Memorial Golf Tournament. Mitchell won Closest to the 5th Hole and Closest to the Line Drive honors during the tournament.

have long memories."

Finally, McMullen had some kind words for the Ocean Pines administration, including Association President Doug Parks, General Manager John Viola, Operations Director Colby Phillips, and the food and beverage operations being run by the Ortt Companies.

"I am so excited about what is going on in Ocean Pines with Doug Parks, John Viola, Colby and Matt

Ortt," McMullen said. "I've been here since 1974 and the cooperation among our leadership is the reason why our community right now is in such a good shape. It's fiscally very sound, but more importantly people just can't get enough of Ocean Pines.

"Friday night we stayed up on the balcony [at the Yacht Club] to listen to Great Train Robbery, and you see people from outside Ocean Pines want to come to our Yacht Club and this is the way we always hoped it would be," he continued. "We need to appreciate the leadership of those people, because it's something we didn't always have a couple of summers ago."

For more information on the Mary Mac Foundation, visit www.marymac.org. Additional donations to the foundation can be made online or by calling McMullen at 443-827-2091.

The following players received golf competition awards following the tournament:

- Ladies' Closest to the 5th Hole: Janet Mitchell
- Men's Closest to the 16th Hole: Ned Carey
- Ladies' Closest to the Line Drive: Janet Mitchell
- Men's Closest to the Line Drive: Mark Hirschfeld
- First Place: Four-person scramble score of 55: Matt Wyble, Greg Jablonski, Mike Duckett and Mark Kraenter; Second Place: Alex Buchholz, Matt Buchholz, Dennis Buchholz and Kyle Davis
- Putting contest: Rick Lewis with a 93-foot putt

Weisengoff given Wilkinson Award

In being presented the Sam Wilkinson Volunteer Award, 2019 recipient Paul Weisengoff honored others for their service, including the children he coaches and the Ocean Pines Volunteer Fire Department.

The annual award each year recognizes outstanding volunteer service to the community through the Ocean Pines Recreation and Parks Department.

It was presented during the Annual Meeting on Saturday by Recreation and Parks Program Supervisor Debbie Donahue.

"In August 2003, the Sam Wilkinson Volunteer Award was established here in Ocean Pines in honor of an 8-year-old young boy named Sam Wilkinson who

lost his life in a tragic accident at Northside Park in Ocean City. As a way to honor the memory of Sam, and the Wilkinson family for their dedication to Ocean Pines Recreation and Parks, we felt the award would continue on in his name and pay tribute to Sam's involvement here in the Recreation Department, as well as his father," Donahue said.

Bob Wilkinson was a volunteer coach both for Ocean Pines and Ocean City recreation programs, she added.

"We're honoring a gentleman that has been such a great help, not only to our youth programs, but also in the community," Donahue said.

Originally from Baltimore, Weisen-

goff moved to the Eastern Shore in 1978 and became an Ocean Pines resident six years later. He retired from the Maryland Division of Corrections in 2016 "and has pretty much become a full-time volunteer in our community," Donahue said.

Weisengoff is a volunteer coach for the OC Fast Breakers girls' basketball team, which includes many players from Ocean Pines, according to Donahue. In 2017, he was inducted in the Washington Metropolitan Slow Pitch Softball Hall of Fame, as an umpire.

Donahue said Weisengoff schedules referees and umpires for Ocean Pines'

*please see **award** on page 15*

Tips for finding an afterschool program

Today's children grow up differently than their parents did. Technology has changed the way students learn in the classroom, but perhaps the biggest difference between how today's kids grow up and how their parents were raised concerns the dynamic at home.

According to the Bureau of Labor Statistics, in 2018 both parents worked in 63 percent of households that were home to married-couple families with children. Many of those parents likely did not grow up in households in which both of their parents worked full-time throughout their childhoods, marking a significant difference in the dynamics of modern families compared to those of yesterday.

Afterschool programs take on heightened importance when both parents work full-time, especially if neither parent works from home. Many schools and community organizations offer afterschool programs.

While it is great to have options, too many options can make it daunting for parents to find the program for their children. The Afterschool Alliance



(www.afterschoolalliance.org), which works to ensure all youth have access to affordable, quality afterschool programs, offers the following tips to parents as they look to find afterschool programs for their children.

Contact educators at your child's school. Many schools have afterschool

programs on school premises. Speak with school administrators or teachers about school-sponsored afterschool programs. Even if a school does not have such a program, educators might be able to provide a list of nearby programs other students attend.

Contact community organizations. The Afterschool Alliance notes that many community organizations, such as the YMCA, the Boys & Girls Clubs of America and the 4-H Council, may offer afterschool programs. Local churches, synagogues and mosques also may offer afterschool programs to local families, regardless of their religious affiliation. When speaking to community organizations, discuss how kids are typically transported from

school to the program.

Speak with fellow parents and neighbors. Your community is a great resource. Fellow parents and neighbors, even those whose kids may be in high school or even out of the house, may be able to recommend local programs. Reach out at school-sponsored events or via social media.

Contact your local government. Local government offices and officials also can help parents find afterschool programs in their communities. Local Child Care Resource and Referral agencies (www.childcareaware.org) can be valuable assets for parents having trouble finding afterschool programs for their children.

Afterschool programs are invaluable to families in which both parents work. Finding the right program may involve a combination of strategies.

Manage hectic school mornings

If a typical school morning sees your family rushing around and out the door with nary a moment to spare, only to be left feeling like you ran a marathon by 9 a.m., a new approach to your routine might be necessary.

Mornings, especially in households in which parents who work outside of the home and have one or two kids requiring drop-off at their respective schools, can often be hectic. Starting off the morning feeling harried and stressed can carry over into the mood of the day, affecting productivity as a result.

According to Dr. David Anderson, PhD, senior director of the ADHD and Disruptive Behavior Disorders Center at the Child Mind Institute, busy mornings can be the most stressful moments of the day. Homework hour and getting pre-

pared for bed are other typically stressful times of the day for families.

If less stressful mornings are a goal for your family, try these strategies.

Start the night before. Doing as much preparatory work the evening before can make quite a difference in taming hectic mornings. Things that can be done in advance include checking and stocking backpacks, signing paperwork, making lunches, setting out clothing, showering, and having breakfast foods ready to go.

Establish a "launch pad." Ann Dolin, a Virginia-based education specialist, suggests having a launch pad, or a place where all school-related items are prepped and stored. It can be a basket, box or another container big enough to

*please see **mornings** on page 13*

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Glance at a typical family schedule and you would no doubt see that afternoons are jam-packed and many chil-

dren learn independence and how to keep themselves occupied.

The United Nations recognizes free play as a basic right of every child and underscores its importance. Despite this, unstructured play seems to be on the decline, with more structured activities taking over young children's days.

Even in school settings free play has given way to more time spent at desks and devices in preparation for standardized testing. Recess, which has been cut or reduced in many school districts, has be-

come a hot-button issue for many free play advocates. The development of Recess for All Florida Students, as well as proposed legislation in other states, has redirected attention to free play and the importance of it. Recess is a form of free play and provides students with a break from the rigors of learning.

In an effort to raise well-rounded and intelligent children, many parents enroll their youngsters in all sorts of extracurricular activities, including sports leagues, travel teams, enrichment clubs, and musical instruction. While these activities benefit kids in myriad ways, it is also beneficial to let kids be kids and to provide ample time for them to engage in free play.

According to the popular toy and learning company Alex Brands, structured activities can teach children how to follow rules and routines and help them build developmental skills. But free play can improve critical skills as well. One of the biggest benefits to free play is it can foster kids' creativity and help kids discover their interests on their own. Free play also helps chil-

dren, even the youngest among them, have full itineraries of structured after-school activities.

In a 2011 article in the "American Journal of Play," Peter Gray, Ph.D., a researcher at Boston College, indicated that "lack of play affects emotional development, leading to the rise of anxiety, depression, and problems of attention and self-control." Gray also indicated that without play, "young people fail to acquire the social and emotional skills necessary for healthy psychological development."

Free play also can benefit youngsters in the following ways:

-Enables kids to learn dexterity and

improve on other strengths;

-fulfills exercise requirements for growing kids;

-helps kids conquer fears and develop confidence;

-establishes natural leadership roles and hierarchy in social groups;

-contributes to emotional well-being by giving children a respite from

schedules; and

-helps teach self-responsibility, which may translate to better behavior at home and in school.

Free play is an important component of learning and exploration for children. A mix of structured and unstructured activities is key to raising well-rounded individuals.

School sport participation continues to grow

Each year, the High School Athletics Participation Survey conducted by the National Federation of State High School Associations lists trends in high school sports participation across the United States. Recent findings indicate that participation in sports continues to grow on school campuses, and the number of participants in the 2017-2018 school year reached an all-time high of 7,980,886. A steady increase in several boys and girls sports extended the overall growth streak to a record-breaking 29th year. For those interested in knowing which school sports garner the most participation, here is a spotlight of the biggest contenders.

Boys

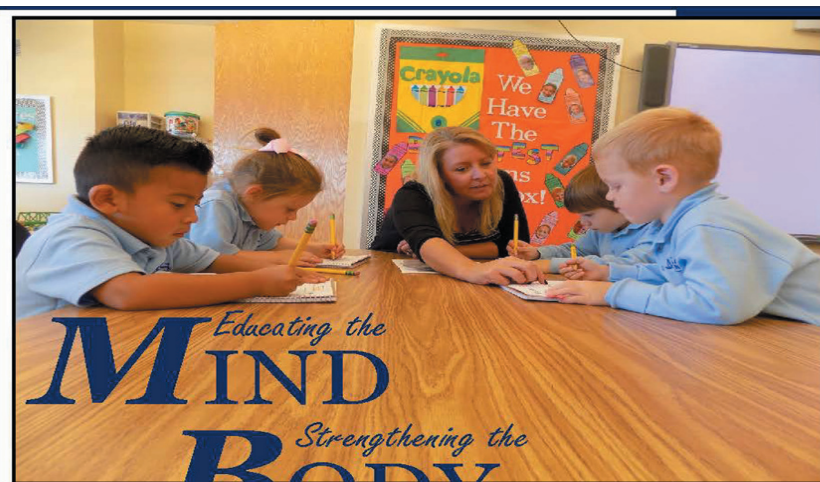
-Football remains the No. 1 participatory sport for boys, with outdoor track and field coming in second.

-Basketball, baseball, soccer, cross country, wrestling, tennis, golf, and swimming/diving round out the remaining top sports for boys.

Girls

-The most popular sport for girls continues to be outdoor track and field. The No. 2 position belongs to volleyball.

-Basketball, soccer, fast-pitch softball, cross country, tennis, swimming/diving, competitive spirit, and lacrosse are the other prime girls' sports activities.



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mornings

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contain school items. Children can drop and pick up the items as needed.

Make the routine the boss. Positive Parenting Solutions founder Amy McCready says families can implement a "when-then" routine that sets the tone for the morning. "When everyone is dressed, hair combed, breakfast eaten, and school supplies packed, then you can watch 10 minutes of an educational cartoon." This puts the routine in control rather than making the parents the bad guys.

Make kids responsible. Too often parents add more stress to their plates by showing up at school with forgotten lunch boxes or band instruments. Instead, parents can stop rescuing their children and help train them to be more responsible, an essential trait.

Chart wake-up times. It may seem like micromanaging, but scheduling wake-up and bathroom times can help everyone know where they should be and when they should be there. It also helps avoid bottleneck situations in the bathroom or kitchen.

Keep morning madness to a minimum with some simple strategies.

night out
from page 7

other splashing into the water.

“Overall, I thought the whole event was great,” Hartman said. “It was a great turnout and a great event with a lot of different agencies represented. Considering the weather we had just before this, it’s been a great day and a fun time for everybody. Hopefully we’ll be doing it again next year.”

Chamber Executive Director Kerrie Bunting said both Massey and Hartman were good sports.

“They kept saying, ‘As long as there’s kids in the line I’m going for it.’ We really appreciate their help, and they did it for the community. The kids just loved it,” Bunting said.

Other event participants included Republic Services, who offered a display on recycling guidelines. Republic Services Division Manager Anthony Spirito answered questions from the public, while a local elementary school student, Marissa Davis, provided helpful tips for children.

“I was impressed that nobody beat me up,” Spirito said with a laugh. “I

was also impressed that people specifically came over to learn about recycling and it was great that the community wants to learn and wants to do the right thing. And with my help from Marissa, it was a great event. I even made some friends tonight!”

For Choptank Electric Cooperative, National Night Out was a chance to engage with the public. Manager of Marketing Communications and Member Engagement Elizabeth Hallett said 117 people stopped by her booth.

“I felt like it was a really well attended community event and a really great way to get the families involved and to talk to [cooperative] members,” Hallett said. “We’re hoping to do more of that in the future and to take part in more local events.”

Organizing the event was a collaboration between the Ocean Pines Police Department and the Marketing and Public Relations department, with ample assistance provided by the Recreation and Parks Department and Program Director Debbie Donahue, as well as Public Works.

The event organizers would like to

thank the following groups for attending and/or providing donations:

Steen Associates, Inc., Republic Services, Worcester County Warriors Against Opiate Addiction, United Way of the Lower Eastern Shore, Hope4Recovery, the Worcester County State’s Attorneys Office, the Eastern Shore chapter of the International Mountain Biking Association, Kiwanis, Choptank Electric Cooperative, Berlin First Baptist Church, Atlantic General Hospital, Worcester Youth and Family Counseling Services, Worcester Goes Purple, Pinestepers, the Girl Scouts, Diakonia, the Worcester County Health Department, Faith Baptist Church, the Cricket Center, Be Smart, Minuteman Press, the Women’s Club of Ocean Pines, Ocean Pines Chamber of Commerce, Ocean Pines Volunteer Fire Department, Worcester County Arts Council,

Ocean Pines Neighborhood Watch, Lower Shore Health Insurance Assistance Program, Harris Teeter, Mister Softee, Mickey Vacations, Power of Two, Atlantic Physical Therapy, Food Lion, Children’s Book Garden, Sam’s Club, Jolly Roger, Maryland State Po-



lice, Worcester County Sheriff’s Office, Department of Natural Resources, Chick-fil-A, Walmart, Hogs for Heroes, and Great Clips.

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program
from page 4

how to hold the club and how to swing, what an iron is, what a wood is, what a green is and what a fairway is, and you kind of give them the pure basics of everything," he said. "Our goal, by the end of the week, is to get everybody out on the golf course to at least play one or two holes. That way, they can experience and put to use what they've been working on all week."

He said children both from Ocean Pines and surrounding areas take part in the camps.

"It's really a good mixture of kids that live here and then you get grandparents that bring their grandkids in," he said. "We also have some kids that have aged out, but they'll come back to play our course. One kid was one of our campers for years but he's too old now, so he comes back and plays with his dad every Wednesday afternoon."

Malinowski's daughter, Emily, was once a junior golfer and for several years now has returned as a camp counselor.

"I really enjoyed golf camp and it taught me a lot, so to be able to give back and teach the kids some of what I learned is really nice," she said. "Golf embodies a lot of things. For me, it was discipline and figuring out how to come back from a bad spot. They learn how to play with others and have fun, but also how to be an individual at the same time, which is good. And they learn patience."

On Monday, Emily led about a dozen of the smallest junior golfers on the putting green.

"I love kids a lot and I love working with them," she said. "When you're younger, that's where the basics start out. To be able to teach them the basics of golf and how to swing a golf club is really nice."

This fall, Emily will start college at the University of Maryland. She said several of the lessons learned at the Ocean Pines Golf Club would go with her, including discipline, individuality, and respect for others.

"And just the routine," she added. "I know it sounds kind of silly, but when you're playing golf you have to set a routine and to keep yourself in check. Golf has helped me a lot."

Matthew Holland, 12, said he's been coming to the summer camps for

as long as he can remember.

"I like it," he said. "I came here, and I pretty much learned everything I know [about golf]."

Holland said he enjoys the junior golf program "because you get to play and there's snacks."

"I just think golf is fun," he said. "And the instructors are always nice. I'd recommend the camp."

Isha Garg, 10, has been attending the camps since she was 5. She's also played golf with her dad and has gotten other private lessons.

"Here, they taught me how to have a slow backswing and how to accelerate through," she said.

Garg is generally a regular during all four sessions, each summer.

"I just like how you get to talk with friends, and you get to practice your



skills with golf," she said.

John Malinowski admitted there were some unique challenges to running the summer program his year, with construction of a new Golf Clubhouse underway. Instead of occasionally being indoors, campers would take breaks under a large tent near the driving range.

Still, there hasn't been a noticeable impact to attendance, as all four sessions easily sold out.

"Some things are a little bit inconvenient, but we've got everything set up and it's running smoothly now," he said. "We had it all kind of figured out after about the second day of the first full week. The big tent is kind of our junior camp home during the week and it's really worked out pretty well."

"That said, we're all looking forward to the clubhouse being completed," Malinowski added.

For more information on junior golf programs at the Ocean Pines Golf Club – including weekly clinics, private lessons and junior golf memberships – visit www.oceanpinesgolf.org/junior-golf.

award
from page 11

recreation programs and has helped to restructure recreation rules "to better our programs."

"He and his Fast Breakers players have volunteered at many of our special events for the past three years," she said. "He believes in giving back and having the girls learn the same philosophy."

Weisengoff also referees Ocean Pines youth basketball games.

"As you can see, this gentleman has been and will hopefully continue to be a major asset not only to the Recreation Department, but the community as well. And I'm very lucky to call him my friend," Donahue said. "He also is pretty handy at catching crabs – and he likes to share."

Donahue handed Weisengoff the award as the two embraced.

"Thank you for everything!" Donahue said.

Weisengoff, taking the podium, thanked what he called old and new friends in attendance. He was quick

to credit the young athletes he coaches for their own volunteerism.

"My kids are great. They help in everything I ask them to do ... Fourth of July, Breakfast with Santa, [the] Easter Bunny, whatever," Weisengoff said. "They come and they willingly give ... I do some things, but I couldn't do it without them."

As president of the Manklin Meadows Association, Weisengoff said he also wanted to thank the Ocean Pines Volunteer Fire Department for their recent service to the community.

"We had a fire in one of our condo units the other day, and the firemen and the auxiliary was fantastic to our owners," he said.

Weisengoff said he receives a mailing from the fire department each year asking for contributions. Most years, he admitted, he doesn't pay much attention to them.

"Guess what? It's a great organization, so I'm going to ask everybody to please reach out to them and do what you can, because they were awesome," he said.

skipjack
from page 6

refitting" an aging skipjack to building a new skipjack for the Dorchester Community.

The mission of the Dorchester Skipjack Committee was to document and preserve the skills and knowledge of building and operating these unique commercial sailing vessels before their heritage was lost. At that time, it had been nearly 40 years since a working skipjack was built on the Eastern Shore of the Chesapeake Bay. Ruark drew up plans for the skipjack. This was the only skipjack ever built from documented plans and drawings. Skipjacks were generally built in the backyard of the captain, using the height of suitable loblolly pine trees to determine the length and width of the boat. Harold modeled the new skipjack on a previously owned family skipjack, the *Oregon*, and blended in features

from other skipjacks, such as the *Martha Lewis* and the *Lady Katie*. He also designed the pushboat and carved the beautiful trailboards and eagle figurehead.

When it came time to fund the skipjack project, the Dorchester Skipjack Committee turned to the Nathan Foundation. The foundation, while retaining the memory of Meyer Nathan, was established through the will of his son, Milford Nathan, in 1963. The foundation agreed to fund the project for \$25,000 for each of three years, with three stipulations: 1) the project had to be owned by an entity entirely separate from the Committee of 100; 2) the name "Nathan" had to appear in the title; and 3) a member of the Nathan Board had to sit on the Skipjack Board. When the project was well underway, a meeting was held to decide the name of the boat. The skipjack was to be called, *The Nathan of Dorchester*. Thus Meyer Nathan found his place in the history of the skipjack in Dorchester County that bears his family name.

Next week: *The Birth of a Skipjack, Part III – The building of the Skipjack.*

STEM interns share summer experiences

Science, technology, engineering, and mathematics (STEM) immersion. That's how 75 Worcester County students from middle school to college spent summer 2019. During the seventh annual Worcester County Economic Development (WCED) STEM Summer Programs Recognition Ceremony on Friday, July 26, interns explained how their experiences working with program sponsors have shaped their educational and career goals.

"Listening to the students recall their intern experiences with local businesses and discovering for themselves that strong careers in the STEM field are here and growing is encouraging," WCED Director Kathryn Gordon said. "Our students are finding out for themselves that satisfying STEM careers will be here waiting for them when they complete their education."

Rahat Choudery, a rising junior at Washington College majoring in Computer Science, discussed her intern experience at NASA Wallops Flight Facility.

"Being able to witness all the different ways codes can be used and how impactful it truly is continues to remind me why I chose this career path," Choudery said.

"Worcester County Economic Development STEM Summer Program truly made this summer a unique learning experience."

Henry Taboh, a student at Georgia Institute of Technology majoring in electrical engineering recalled his experience interning at Hardwire LLC in Pocomoke City.

"Not only did I learn the inner working of a well-functioning business, I also learned different engineering principles and dynamics throughout my internship. I am very thankful for this amazing experience for me and for my future."

The STEM program – which includes a college internship program, a high school leadership development cohort, and a middle school summer camp – helps high-achieving Worcester students make contacts and build networks with potential employers on the Eastern Shore, so that they know about the career opportunities available to them right here at home.

"A goal of this program is to engage our students early and often. We accomplish this by providing tiered experiences for students from middle school to graduate," STEM Program Manager Fawn

Mete said. "This program is designed to complement the top notch academic STEM programs offered in Worcester County public school by providing on-the-job learning and real world experience."

Sincere thanks go out to the area businesses that provide STEM internship opportunities to our students: NASA Wallops Flight Facility, Atlantic General Hospital, Hardwire LLC, Martin Physical

opa
from page 2

Therapy, Sentinel Robotic Solutions, Chesapeake Pediatrics, Peninsula Cardiology, State Ventures LLC, and Hanger Prosthetics.

WCED will begin accepting applications this December for the 2020 STEM internship program. For more information, please call Program Manager Fawn Mete at 410-458-1325 or email fawn@sinepuxentgroup.com.

tract to allow Comcast to access those very same rights of way and easements to provide their services," Parks said.

According to Parks, about 18 months ago Comcast offered to provide services in exchange for a guarantee that all 8,452 homeowners sign up for basic cable through the company, "which would've increased your assessment by \$360."

"I, respectfully, said 'no thank you,'" Parks said.

Now, it appears the Association is nearing a deal with Comcast that's similar to the agreement with Mediacom.

"We're in lengthy discussions with them right now and hopefully we'll be able to bring that in," he said. "Hopefully, we'll get that done real soon."

Finally, Parks acknowledged Jeff Knepper and Tom Piatti. Both men were appointed this year after two other Board members resigned.

"Jeff Knepper and Tom Piatti were asked to help the community ... to help us get through the business of Ocean Pines," Parks said. "Their contributions over the past several months have been many and I just wanted to publicly thank Jeff and Tom for stepping in."



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