

Pines officials thank stakeholders during Golf Clubhouse grand opening

“Teamwork” was the word of the day, as Ocean Pines officials held a grand opening ceremony for the new Golf Clubhouse on Wednesday morning.

The Ocean Pines Board approved the project in April 2019 at a guaranteed maximum cost of \$1.6 million.

Salisbury architectural firm Davis, Bowen and Friedel, Inc. developed plans for the roughly 7,200 single-story building, which includes a large meeting room and space for a new restaurant, along with an outdoor deck, pro shop and club-fitting area.

Absolute Demolition of Ocean City took down the former two-story clubhouse last May, and the Whayland Company, based in Laurel, Delaware, began construction in October.

The project officially wrapped last month, at a final cost of about \$1.49 million, General Manager John Viola reported during a recent Board meeting.

Many people, officials said, contributed to the project’s success.

“This is a really momentous occasion,” Association President Doug Parks said on Wednesday. “A lot of people were involved in the success of creating this wonderful new building that we have.”

Parks mentioned several who he said were instrumental, from the initial concept to delivery of the finished product.

“When we first looked at the idea of renovation versus rebuilding, we thought we didn’t have enough expertise in that area, so we called in some folks who were very well versed [and] had lots of experience in construction,” Parks said.

He said local builders Marvin Steen and Frank Brown were vital to initial planning efforts. Both also contributed throughout construction, Parks said.

Steen was brought on at the beginning of 2019 to advise the Board on what was then considered to be a renovation of the former 40-year-old building. Upon closer inspection with Viola and Public Works Director Eddie Wells, however, Steen apparently changed his mind and famously told Association officials they would be better off to “tear the damned thing down.”

“The idea of pulling expertise to help the Board better understand the problem and the options we had was a very good idea,” Parks said.

He also credited the Whayland Company, especially Steve Hentschel and Mark Figgs. Additionally, Parks thanked the entire Board, including former directors Esther Diller and Ted Moroney, for their support.

In particular, Association Vice President Steve

please see opening page 4



Salutatorian **Damiana Colley**

WPS seniors graduate

Congratulations to the resilient Worcester Preparatory School Class of 2020! Due to the COVID-19 pandemic, this year’s traditional graduation ceremony was replaced with three alternate celebrations to make the most of senior milestones. On May 21, administrators organized a “Senior Drive-Thru” procession where past and present faculty lined the WPS sidewalks cheering on each individual senior as they rode by in their car. On May 22, the originally scheduled graduation date, students were honored in a pre-recorded virtual graduation highlighting all their awards and scholarships. And finally, on June 12, seniors returned to campus one

last time, adorned in classic white gowns and suits, at a private outdoor Diploma Ceremony where they received their WPS diplomas on stage. During the socially distant ceremony, Acting Head of School/Head of Upper School, Mike Grosso, announced the Top Senior Award recipients including: Valedictorian Kathryn Marini, Salutatorian Damiana Colley, and Best All-Round Student Quinn McColgan. The 47 graduates received over \$6.8 million in merit scholarship offers and will attend 37 different colleges and universities in 15 states and the United Kingdom in the fall.

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Ocean Pines announces updated schedule, procedures for pools

Ocean Pines has announced updated schedule and procedures for the community's pools that began last Friday.

The revised schedule follows Gov. Larry Hogan's announcement on June 10 that additional reopenings through Stage Two of the "Maryland Strong: Roadmap to Recovery" were possible.

Ocean Pines Director of Amenities and Operational Logistics Colby Phillips said the revised schedule and procedures will continue to follow the governor's mandate to limit capacity and adhere to social distancing and sanitization measures.

"The first few weeks of opening the pools has gone very well, and we thank everyone for their understanding of the weekly changes," Phillips said. "The Aquatics team continues to have weekly meetings with the health department so we can make sure to stay up to date on all safety measures and procedures."

Under the new procedures, all outdoor pools will operate on a first-come, first-served basis. Additionally,

guests who are not Ocean Pines residents or property owners will now be able to gain entrance.

"We are finding that with our lower numbers and not reaching capacity at two of our outdoor pools that are open right now, we would be able to allow access to weekly and summer renters of Ocean Pines as well as our regular non-resident guests, many who take our classes year-round," Phillips said.

According to Phillips, most pool visitors are Ocean Pines residents, guests of residents, or Ocean Pines renters.

"We have very few outsiders except at our Beach Club Pool and our Sports Core Pool. Those two pools see the most of our out-of-OP guests," she said.

Ocean Pines swim members will be given exclusive access for the first hour after each pool's opening each day. Guests may call the pools ahead of time to check availability.

*please see **update** on page 6*

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opening
from page 1

Tuttle, Parks said, was helpful as Board liaison during construction.

"I would be remiss if I didn't mention our general manager, who helped [with the] coordination that's involved in the various parties," Parks said. "John, thank you for all the work that you did."

Lastly, Parks highlighted Public Works, who contributed both experience and manpower to the effort.

"Their guidance and their specific knowledge ... was also instrumental in getting things up and running," he said.

Parks said the building would serve a dual purpose, with space for golfers, but also ample room for community groups to meet.

"I don't think anybody can argue [it's] a really, really wonderful building," he said.

Viola, speaking next, said it took "a total team effort" to bring the Golf Clubhouse to completion.

"To do something like this, you have to start with the Board," he said. "When you take on a project like this, you want to surround yourself with good people ... people that have expertise."

Viola said among the first things he did was contact Brown and Steen, as well as designer Bill Stamp of Steen Associates, Inc.

"I can't even tell you ... how much time and how much knowledge [and] expertise was put into this building," he said, also singling out Wells and Nobie Violante of Ocean Pines Public Works. "The work they did ... was one

of the main reasons why this project was under budget."

Wells and Violante worked closely with Worcester County officials on permitting and other matters, and Viola underscored the importance of that relationship.

The "relationship that [Wells and Violante] have built over the years with the county ... made this building happen," he said.

Viola also credited the Whayland Company, and especially Hentschel and Figgs.

"I worked with them every day. [Their] team did an excellent job on this building," he said. "I would work with them any time."

Viola credited Reid Tingle of the Bank of Ocean City as a good business partner, and thanked him for his contribution to the new patio. He also thanked Bryan Taylor and Public Relations Director Josh Davis, for helping to secure a new golf leaderboard.

As for the dining, Viola thanked the Matt Ort Companies, who helped design and will run the all-new Clubhouse Bar and Grille.

He also highlighted designer Tobie Jacobs, for guiding the aesthetic look of the building, from the interior rugs to the outdoor deck railings.

"Tobie did all the design ... [and] made my life a lot easier," Viola said. "She did great work [and] she saved us a lot of money."

Viola said General Manager of Golf John Malinowski was "hands-on" throughout the project, and that Tuttle was indispensable for his oversight of spending and finances.

"All decisions helped to bring this project under budget ... which all the Association should be proud of," he said. "This is a multipurpose building, designed with the intention to ensure that nobody [is left out]."

Director Frank Daly, who made the original motion to build the new clubhouse just over a year ago, said it was always important that construction occur "on time and on budget."

He thanked Steen, Stamp and Brown for helping to make that happen, and gave each a token of appreciation on behalf of the Ocean Pines

Board. Daly said he met with those three men, very early into the process.

"When I walked out of that meeting, I knew that we were in good hands," he said.

Sen. Mary Beth Carozza closed out the grand opening on a celebratory note.

"This is a celebration," she said. "We're finally out and about, and we're celebrating something good in what has been a very trying time for our whole country."

"I heard all of the thank-yous and what I heard John say, was that this was a total team effort and it's all about the good people that you mentioned," she added.

Carozza said the project "brought good people together." She called the final product "amazing" and said it made her think about all the people involved, as well as those who can now enjoy it.

"All the good memories that will be built over here in this facility over the years, all the good times — this is what Ocean Pines is all about," she said. "Really take the time to celebrate this accomplishment!"

To view a video of the grand opening, visit <https://youtu.be/wAPrQizQUCo>.

Ravens Roost announces scholarship winners

Ravens Roost #44 of Ocean City was unable to host its 23rd annual golf scholarship fundraiser, because of the COVID-19 pandemic. The event was scheduled May 29 at the Ocean Pines Golf Club.

Despite the cancellation, the Ravens Roost #44 Scholarship Committee this week announced the presentation of six Scholar/Athlete awards. Scholarships awards, valued at \$2,200 each, went to six students at three area high schools:

Indian River High School:

Avery Congleton - University of Mount Olive

Kaylee Hall - University of

please see winners on page 15

Courier Almanac

On this day in 1970, on an amendment offered by Senator Robert Dole (R-Kansas) to the Foreign Military Sales Act, the Senate voted 81 to 10 to repeal the Tonkin Gulf Resolution. In August 1964, after North Vietnamese torpedo boats attacked U.S. destroyers (in what became known as the Tonkin Gulf incident), President Johnson asked Congress for a resolution authorizing the president "to take all necessary measures" to defend Southeast Asia. Subsequently, Congress passed Public Law 88-408, which became known as the Tonkin Gulf Resolution, giving the president the power to take whatever actions he deemed necessary, including "the use of armed force." The resolution passed 82 to 2 in the Senate, where Wayne K. Morse (D-Oregon) and Ernest Gruening (D-Alaska) were the only dissenting votes; the bill passed unanimously in the House of Representatives. President Johnson signed it into law on August 10. It became the legal basis for every presidential action taken by the Johnson administration during its conduct of the war.

Tattoos are a form of body modification that dates back to 3250 B.C. The oldest known person to have a tattoo was found beneath a glacier in the Alps. His body displayed more than 60 tattoos, composed mainly of simple dot and line designs. The tattoos of today are much more complex and colorful. According to Tattoodo, tattooing involves the use of a tattoo machine that has groupings of needle points to push into the skin. Tattoo ink is injected directly into the dermis, or the second layer of skin. A University of Arizona study found that nearly every brand of tattoo ink uses different ingredients, and there are no regulations governing tattoo ink. Pigments include heavy metals, original minerals and vegetable- or plastic-based colors. Inks also use a carrier to keep the ink more evenly mixed. Alcohols, distilled water and propylene glycol are some common carriers. A recent study from Psychology Today found that people with tattoos are more likely to be "experience seekers." In addition, a poll released by the Oxygen Network and Light-speed research indicates that 59 percent of women in the United States have tattoos compared to only 41 percent of men.



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You name is...

Joe? Bill? Fred? John? Hey you! I have the most difficult time remembering names. Even when I know a person's name I sometimes forget and call them by another moniker. It can be very embarrass-

name, the correct name. It's sort of like being in the final round of the old game show, "What's My Line?" when the blindfolded panelists would ask questions in an attempt to guess the identity of the mystery guest. I'm the blindfolded panelist. In addition to asking myself questions, there is an internal conversation raging in my mind, staccato litany of disassociated words rambling toward hopefully a right answer, "Car.



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

ing especially when I'm calling one of my kids. I don't know how often I have slipped and gone through each of their names before getting it right. "Nicholas, err, Matthew, err Caden.

There have been times when I've called the dog using one of the kid's names and visa versa. This happens most when I'm in a hurry. The kids don't seem to mind but the dog gets very insulted.

I don't think it's a sign of aging because I've done this all my life. I have the most difficulty if I am meeting a lot of people for the first time. Try as I may to memorize names or associate

them with something else for easy recall, I never succeed completely. The worst situation is when I am talking with someone and my wife joins me. Courtesy dictates that I should introduce my wife to Joe-Bill-Fred-John. But sometimes courtesy has to take a back seat to vanity. My wife can always tell when I'm desperate because she keys in on my deer in the headlights expression. After all these years she's learned to introduce herself first, forcing the other person to introduce him or herself. As soon as the other person says his or her name, I think to myself, "Oh, of course!"

It happens sometimes that I'll be in a store and will come across someone whose face I recognize. They'll start talking and as I'm doing my best to keep up with the conversation, my mind is racing through hundreds of names and scenarios attempting to connect their face to a

Dodge. Ball. Yellow. Amber. Light. Beer. Miller. Joe. Joe Miller!" I feel like a contestant on a game show. When I win, I'm elated.

I once wrote a quick note to a friend's mother. I knew her name was Judy but for some reason I wrote Robin, not once but twice. Talk about feeling stupid. Everyone got a good laugh over it, everyone that is except me. I spent the evening writing her name a hundred times so I wouldn't forget again. I'll have to give her a name tag the next time I see her. Even around the office with people I've worked with for years, I confuse names. They used to correct me but now I think they believe I'm a lost cause and ignore me.

Maybe this problem is hereditary. My grandmother would many times call me by my brother's name and me by his name. He was Chip-Steve and I was Steve-Chip. My grandfather avoided any confusion by calling everyone "Buddy."

I've been in situations when the person I'm talking with doesn't know who I am. The old saying, "it takes one to know one," is never truer than when I'm watching the person across from me struggling to put my name to my face. It's interesting to see someone else trying to put the pieces together. I can tell instantly when they've succeeded because the quizzical look disappears and is replaced with a knowing smile. Their smile lasts right to the point when they say, "It was nice talking with you Fred."



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Marketing department wins national awards

Wor-Wic Community College received a gold award in the student viewbook category for its 2019 "You Book" and a merit award in the special video category for its 2019 holiday greeting in the 35th Annual Educational Advertising Awards, sponsored by "Higher Education Marketing Report," a monthly magazine covering the admissions marketing field.

A national panel of industry specialists reviewed each piece of the Annual Educational Advertising Awards, judging creativity, marketing execution and message impact. Judges

awarded gold, silver, bronze and merit designations to those entrants whose programs and materials displayed exceptional quality, creativity and message effectiveness. Judges also presented a select number of "Best of Show" awards to entrants whose work exhibits the highest standards of excellence. This year, more than 2,350 entries were received from about 1,000 colleges, universities and secondary schools from all 50 states and several foreign countries. Sixteen institutions were recognized by the judges as "Best of Show" winners.

Gold awards were granted to 294 institutions, silver awards were given to 201 institutions and bronze awards were awarded to 157 institutions. Judges for the awards consisted of a national panel of higher education marketers, advertising creative directors, marketing and advertising professionals and the editorial board of the "Higher Education Marketing Report."

The college also recently received a bronze Paragon Award from the National Council for Marketing and Public Relations in the e-card category for

its 2018 holiday greeting video. The Paragon Awards recognize outstanding achievement in design and communication at two-year community and technical colleges. It's the only national competition of its kind that honors excellence exclusively among marketing and public relations professionals at two-year colleges.

Workforce Back to Business COVID-19 Assistance Grant Program available

Farmers and small business owners impacted by the current health pandemic will be eligible to apply for grant funds through the Workforce Back to Business COVID-19 Assistance Grant Program. Applications will be accepted online at <http://chooseworchester.org/> for two weeks, from 8 a.m. on July 8 to 4:30 p.m. on July 22.

Worcester County Economic Development (WCED), in cooperation with an independent review board, will award grant funds in increments of \$5,000 to businesses with one to 25 full-time employees, \$10,000 to businesses with 26-50 full-time employees, and \$7,500 to agricultural producers. Grant funds are limited, and applicants must meet certain criteria to be eligible to apply.

Information about this grant opportunity will be posted online at <http://chooseworchester.org/> prior to July 8. Applicants should thoroughly review eligibility requirements and the Frequently Asked Questions prior to applying. Submitting an incomplete or inaccurate application may render an applicant ineligible for program funding.

Federal funds for the Workforce Back to Business COVID-19 Assistance Grant Program in Worcester County were awarded through the State of Maryland under the CARES Act.

For additional information, contact WCED at (410) 632-3112.

Enjoy Movie Night, Laser Show at the Drive-In

Worcester County Recreation and Parks (WCRP) is bringing a free, drive-in movie experience to Snow Hill. On Saturday, June 27, at 9 p.m. families are invited to watch "Trolls" at the John Walter Smith Park.

All movie goers will be asked to follow social distancing guidelines and stay in their designated areas. Space

will be available on a first come, first-served basis, with load in beginning at 8 p.m. After the movie, there will be an exciting laser show and dance party. There will be free popcorn, giveaways, and interactive games.

"Folks are anxious for live entertainment," Program Manager Allen Swiger said. "A drive-in movie is the

perfect opportunity for a fun evening with the family, while maintaining social distancing and health guidelines. But this is so much more than just a movie! Capping the night with a laser show and dance party will be a blast!"

For more information contact Swiger at (410) 632-2144, ext. 2520 or aswiger@co.worcester.md.us. To view more upcoming special events, visit www.worcesterrecandparks.org or <http://www.worcesterrecandparks.org>.

County Recreation and Parks reopen to the public

Worcester County Recreation and Parks (WCRP) closed to the public on March 13 to follow Governor Larry Hogan's orders to prevent the spread of COVID-19. In keeping with Maryland's Roadmap to Recovery, WCRP staff announced that all county parks are now open, and the Worcester County Recreation Center (WCRC) in Snow Hill will be reopening its doors.

"We are so happy to open back up," Program Manager Myro Small said. "Our daily walkers, program participants, and community members have been greatly missed! We appreciate everyone's patience during this difficult time, and we cannot wait to see you all very soon."

As of June 15, parks and all amenities have reopened, including fields, playgrounds, pavilions, basketball courts, tennis courts, and portable toilets. All patrons should adhere to the posted signs throughout the parks and

Open for exercise classes and lap swimming/exercising only. In the event outdoor pools close due to rain, the Sports Core will open for recreational swimming, based on health department guidelines.

Mumford's Landing Pool: Opening soon, once staffing is available. Call 410-208-6005.

Hours of operation: 10 a.m.-5 p.m. Exercise classes will be held before 10 a.m. and after 5 p.m.

All guests entering the pools will be asked to provide their names and contact information (using sterilized pens) to facilitate contact tracing. Additional guests will be allowed in as guests leave.

Ocean Pines will be responsible for defining social distancing on the pool decks and check-in areas. A cleaning and sanitization schedule is in place at each pool.

Chairs will be provided, but loungers will not be available. Guests may bring their own chairs or loungers if they wish.

Guests will be required to wear a mask upon entry at the pool, when using the bathrooms and when approaching others on the pool deck who are not in their immediate party.

For more information or questions, contact Phillips at cphillips@oceanpines.org.

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Those interested in purchasing seasonal or year-round swim memberships may do so at the Ocean Pines Administration Building. Forms are available in the building's lobby or online at oceanpines.org.

Payments may be submitted by mail, by email to member@oceanpines.org or by placing in the lobby drop box. Applications may also be taken to building's front desk Monday-Friday, 8 a.m. to 4 p.m. and Saturdays 8 a.m. to noon beginning June 19.

Non-resident swim memberships may be purchased beginning June 22.

The schedules at all five pools are as follows:

Yacht Club Pool: Now open. Call 410-936-0533.

Hours of operation: 10 a.m.-6:30 p.m.; pool members only 9-10 a.m.

Beach Club Pool: Now open. Call 410-936-0348.

Hours of operation 11 a.m.-6 p.m.; pool members only 10-11 a.m.

Swim and Racquet Club Pool: Now open. Call 410-641-7227.

Hours of operation: Noon-5:30 p.m.; pool members only 11 a.m.-noon.

The splash pad will open by July 1.

Sports Core Pool: Opening June 29. Call 410-641-5255.

Hours of operation: 9 a.m.-6 p.m.

please see **parks** on page 8

If you live in Ocean Pines, be sure to contact The Courier if you want the paper each week in your driveway.

Call 410-629-5906

Coronavirus emergency special enrollment period extended

The Lower Shore Health Insurance Assistance Program announced today that it has extended the deadline of its Coronavirus Emergency Special Enrollment Period so that uninsured residents will have until July 15 to enroll in health coverage through Maryland Health Connection, the state's health insurance marketplace.

The deadline extension comes as more than 1,200 residents have received coverage during this special enrollment period that began in March with Gov. Larry Hogan's announcement of a State of Emergency in Maryland. Even before this extension, Maryland already offered one of the longest special enrollment periods in the country since the emergency began.

Individuals who enroll in health coverage through Maryland Health Connection today through July 15 will have a coverage start date of July 1. In Somerset, Wicomico and Worcester Counties, Marylanders may call 1(855)445-5540 for help enrolling.

"We are so excited to announce, and to be a part of this extension!", said Amanda Holden, Supervisor of the Lower Shore Health Insurance Assistance Program. "This means one more month of being able to help our local community get health coverage, outside of Open Enrollment!"

"Access to health coverage is important every day. However, the coronavirus pandemic has heightened awareness of that need, and we've seen a tremendous response of people enrolling in health insurance. We want to ensure that as many people as possible get the coverage they need," says Michele Eberle, executive director of Maryland Health Benefit Exchange.

While you do not have to be sick to seek coverage, health insurance companies on Maryland Health Connection cover testing, visits relating to testing, and treatment of COVID-19. These consumers will not be billed for a copay, coinsurance or deductible for services to test,

please see enrollment page 12



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Review of

The Lost Girls of Paris

By **Jean Marx**

Accomplished author, Pam Jenoff, released *The Lost Girls of Paris* in 2019 as her seventh book. With her experience teaching law school in the Philadelphia area and working at the Pentagon and in the State Department, she brings her considerable talents together in this historical fiction account of courage and hardship during dark days in France in 1944 during World War II.

Jenoff chronicles a fictionalized yet plausible tale of the lives of women from all walks of life who were recruited to work for the Special Operations Executive (SOE) based in London with the purpose of spying on and sabotaging the German war effort. In her research, Jenoff explains that the female characters she created represent composites of several of the actual women and known stories about them.

The SOE was sponsored by Winston Churchill in 1941 with express orders to “set Europe ablaze.” Its Operations Director was Brigadier Colin Gubbins who had been a Commando during the Irish War of Independence (1919-21);

he wanted his agents to communicate intelligence and to impede Germany by blowing up trains, bridges and factories in enemy-occupied countries.

Jenoff’s book starts out in London in 1943 with the fictional character of Eleanor Trigg proposing to the Director of the SOE to begin recruiting French-speaking women who would perform the same duties as the male agents. She argued that the women would likely attract less attention than the young men in France who were rapidly diminishing in number. The director reluctantly agrees and tasks Eleanor with leading the entire contingent of these female agents, from recruitment to training to placing them into the field and then reporting on their progress.

Eleanor braves the skepticism and resistance of her male counterparts by ordering several of them to assist her in establishing, recruiting, and training her female agents. Most of the activity occurs in 1944 in the months and then weeks leading up to D-Day. Eleanor keeps a detailed dossier on each woman and charts their performance during their training. The training is intense including assembling their own wireless telegraph machines, training them to quickly relay coded messages with a unique signature for each of them, decoding incoming messages, completing rigorous daily physical exercise, and preparing them for the mental and physical trials that await them.

The book then jumps ahead to the year 1946 with the character of Grace Healey who accidentally discovers an abandoned suitcase under a bench in Grand Central Station. Impulsively, Grace opens the suitcase and discovers folders on 12 women complete with detailed notes and photographs of them. Sensing the importance of these contents, Grace searches the suitcase further and discovers that it belongs to a woman named Eleanor Trigg. Grace takes the folders with the idea that she will try to reunite them with Eleanor. Later that day, when Grace watches a report on TV that Eleanor has died by being hit by a car close to the station, Grace finds herself drawn into the mystery of the 12 women and what role Eleanor played in their lives.

The book alternates between 1944 when we get to know several of the female SOE agents in their training and then after their deployment into various parts of France and the daily hazards they face, and 1946 as Grace seeks to find the story behind these women and why no one appears concerned with finding them.

In the weeks leading up to D-Day, one of the agents, Marie Roux who has become close to the leader of their spy network, learns that their network has been compromised. She attempts to relay the message to Eleanor in London before it is too late. Meanwhile, Eleanor who is completely attuned to her girls, brings her suspicions of the compromise of her agents to the director’s attention only to run up against resistance at all levels to shutting down their operation and trying to rescue the girls.

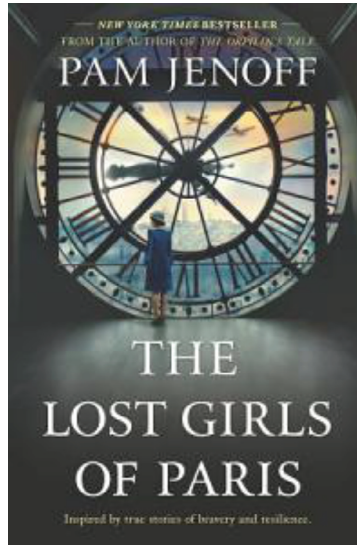
Throughout the book, the reader wonders how the girls were compromised, whether any of them were going to be able to survive after their capture, what the mystery was behind Eleanor Trigg, and what role Grace Healey would play in the unfolding drama. While the story has been fictionalized, there were 39 actual female agents in the SOE during World War II. Their bravery and selfless actions in France to thwart Germany’s advance deserve our recognition, respect, and gratitude.

parks
from page 6

social distance accordingly.


The WCRC in Snow Hill opened at 50% capacity to the public on Monday. However, open recreation, including drop in basketball, will not be offered at this time. The building hours will be from 8 a.m. to 5 p.m. Beginning July 6, the WCRC will resume normal operating hours. Patrons are invited to utilize the walking track and exercise in the fitness room. Masks should be worn by everyone entering the building, and all individuals should social distance themselves from others. Beginning the week of July 6, WCRC fitness classes and summer camp will begin.

For more information on the re-opening or specific facility-related questions, please contact WCRP staff at 410-632-2144 or by email at recandparks@co.worcester.md.us.



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Anglers Club asking for help in improving local catch data

Members of the Ocean Pines Anglers Club are asking local anglers to log and submit their catch data, to help improve statistics that govern recreational fishing.

Jerry Leuters, a member of the Anglers Club, said he recently learned the current data is incomplete, at best.

“Several months ago, we learned that the Atlantic coastal area of Maryland was not having any catch data being represented. In fact, catch data from New Jersey was being used by the organizations that govern our recreational fisheries, especially in the case of our beloved striped bass, also

Diabetes program offered online

Small changes often lead to major results and Worcester County Health Department’s Lifestyle Balance: Diabetes Prevention Program aims to help residents eat healthy, be active and lower their risk for type 2 diabetes with easy-to-follow tips and tools.

Beginning July 8, the Diabetes Prevention Program will be provided virtually through an online and distance learning platform. The program is a covered benefit for eligible Medicaid and Medicare participants.

The Diabetes Prevention Program is a year-long course that will run July 8 through July 7, 2021. The course is proven to prevent type 2 diabetes among individuals with prediabetes or those who are found to be ‘at risk’ for the disease.

The program consists of 16 weekly sessions followed by once-a-month support sessions for the remainder of one full year. Participants receive individual coaching from a certified Lifestyle Change Coach and have the opportunity to work with their peers in developing new healthy lifestyle behaviors. Those who take the classes will learn about healthy eating, physical activity, stress management, weight loss, time management, and more.

Please call 410-632-1100 ext.1108 or email crystal.bell1@maryland.gov to discuss program enrollment, eligibility, and to request a registration packet. Space is limited, pre-registration by July 3 is encouraged.

known as rockfish,” he said.

Leuters said that information came up during a recent club meeting.

“Members in attendance stated we had to find a way to collect catch data and have it forwarded to the proper agencies,” he said.

During the meeting, Scott Lenox, who owns the popular “Fish in OC” website and media company, volunteered to develop a form, collect the data, and forward it to the proper authorities.

“Catch data on our coast for several species, including striped bass, is severely lacking, which makes it difficult for the Maryland DNR and other fisheries agencies to evaluate and then regulate our local fisheries,” Lenox said. “Fish in OC decided to create an avenue to collect data and then submit that data to the proper authorities so they can have better fisheries management tools on our coast. Now, it will be up to local anglers to utilize the resource.”

To view the form, visit <https://fishinoc.com/fish-data>.

Feeling off balance?

By **William Hamilton Jr.**, DPT, CHT
Have you noticed that you don't feel as stable on your feet as you use to? Or even worse, have you fallen? I want to take a minute to briefly explain the three systems in your body that control balance, and how physical therapy can help.

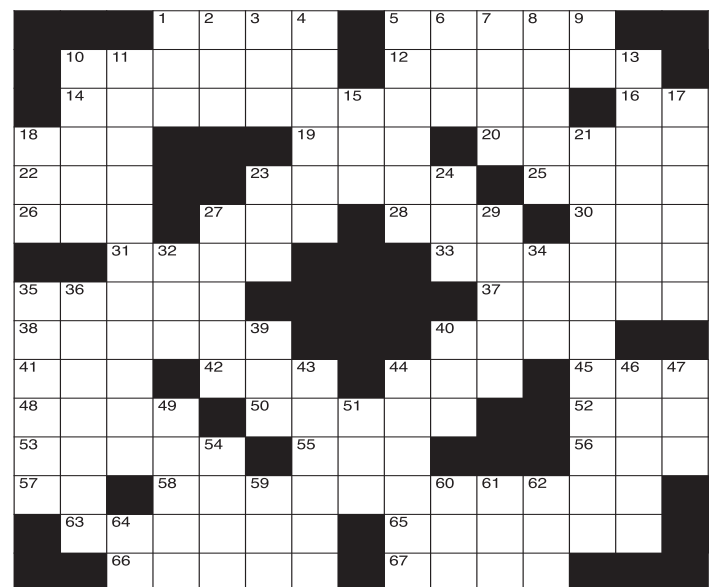
Your body needs several different types of feedback and information to function properly in your everchanging environment. The three specific systems in your body that influence balance are Vision, Vestibular, and Proprioception. I want to give a brief and easy to understand description of each. The vision system is just that, what your eyes can see. Your eyes provide a variety of information such as distance, depth, and allows you to plan for upcoming obstacles that you will be walking on or around. So, you can understand how any vision deficit will force your body to rely more heavily on the other two systems to maintain your balance. Now physical therapy cannot directly make your vision better. But we can help by showing you some visual exercises to help train your eyes to focus more quickly, thus providing

better visual feedback to your brain for balance.

The second system is referred to as the Vestibular System. This system is located in your inner ear and provides your brain with information such as where and how your body is positioned in relation to gravity. So, if you are suffering from a Vestibular issue such as Vertigo, you could have a difficult time with simple tasks such as standing due to feeling dizzy or like the "room is spinning." You may not know that we can also treat this in physical therapy. There are very specific hands on treatments that can correct many Vestibular issues, sometimes in just one or two treatments. Once that is corrected, we can begin with more interactive treatments to help improve your vestibular systems ability to respond to changes in your body's position. These treatments are also one on one with the therapist in direct contact with you ensuring safe performance of all training.

The third system is called Proprioception. Simply put, this system uses receptors in your joints and muscles to relay information to your brain so that

*please see **balance** on page 11*



CLUES ACROSS

- | | |
|---------------------------------|--|
| 1. One-time world power | 38. Acquired |
| 5. Central Florida city | 40. Origin |
| 10. Winged nut | 41. Cashless payment interface (abbr.) |
| 12. Elevate spiritually | 42. Pouch |
| 14. Creative | 44. Peter's last name |
| 16. It cools your home | 45. Inclined |
| 18. Woman (French) | 48. Palestinian territory ___ Strip |
| 19. "60 Minutes" network | 50. A type of syrup |
| 20. Old World lizard | 52. Bravo! Bravo! Bravo! |
| 22. Swiss river | 53. Weather Underground activist |
| 23. Ethnic group of Cambodians | 55. Run batted in |
| 25. Abba __, Israeli politician | 56. Frozen water |
| 26. Tire measurement | 57. Sodium |
| 27. Affirmative | 58. Philly specialty |
| 28. Thrust horse power (abbr.) | 63. Cuts the wool off |
| 30. One point north of due east | 65. Rules |
| 31. A type of "pet" | 66. Icelandic literary works |
| 33. Tech giant | 67. Tattled |
| 35. European nation | |
| 37. Fencing swords | |

CLUES DOWN

- | | |
|--|--|
| 1. "Pulp Fiction" actress Thurman | 29. Make yourself attractive |
| 2. Actors' organization | 32. Concealed |
| 3. Conscientious investment approach (abbr.) | 34. Large primate |
| 4. Ranch (Spanish) | 35. A favorite saying of a sect or political group |
| 5. Beginning | 36. Tropical fruits |
| 6. Index | 39. Obstruct |
| 7. Portuguese wine | 40. Car mechanics group |
| 8. A feudal superior | 43. Stroke gently |
| 9. Military brach (abbr.) | 44. They're in your toolbox |
| 10. Lithuanian given name | 46. Throngs |
| 11. A way to become different | 47. One and only |
| 13. Able to be domesticated | 49. In a way, bent |
| 15. Defensive nuclear weapon | 51. "Downton Abbey" broadcaster |
| 17. Hosts film festival | 54. Herring-like fish |
| 18. Shows you how to get there | 59. A major division of geological time |
| 21. Arranged alphabetically | 60. Vast body of water |
| 23. S. Thai isthmus | 61. Cannister |
| 24. The 17th letter of the Greek alphabet | 62. Encourage |
| 27. Woods | 64. The man |

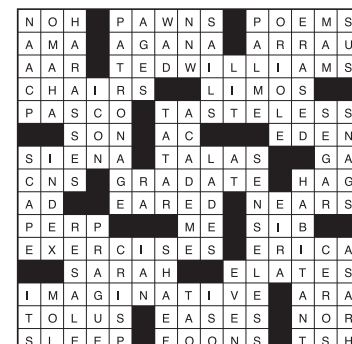
CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to gardening.
Each number corresponds to a letter.
(Hint: 8 = e)

- A. 15 12 1 3 8**
Clue: Cut back
- B. 13 8 8 4 20**
Clue: Uninvited plants
- C. 11 8 12 22 6 19 6 17 8**
Clue: Feed plants
- D. 16 21 12 6 8 22 14**
Clue: Different options

Answers: A. prune B. weeds C. fertilize D. variety



Answers for June 17

AGH announces July education calendar

Thursday, July 2, 2020

CPAP Mask Fitting – appointment necessary

Atlantic General Hospital Sleep Disorders Diagnostic Center

Atlantic General Hospital's Sleep Disorders Diagnostic Center hosts a mask fitting clinic for patients who are having trouble adjusting to their CPAP equipment. This is a completely FREE service, but requires the patient to call ahead to set up an appointment. To schedule, contact Robin Rohlfing at 410-641-9726.

Monday, July 6, 2020

T.O.P.S. of Berlin – Group #169
6:00 PM – 6:30 p.m.

Now meeting via conference call: Dial 605-472-5789, wait for voice command, then press 944874.

Take Off Pounds Sensibly is a weekly support and educational group promoting weight loss and healthy lifestyle. For more information, contact Rose Campion 410-641-0157.

AGH Diabetes Support Group 6:00 p.m. - 7:00 p.m.

Now meeting via conference call: Dial 978-990-5451, wait for voice command, then press 3753651.

Sponsored by Atlantic General Hospital. The support group is open to the public and meets the first Monday

balance

from page 10

the brain can respond to help you maintain your balance. For example, when walking up an incline like a handicap ramp, your ankle will bend upwards. This motion at the foot and ankle is sent to your brain so that it can respond by making your body lean forward so that you don't fall backwards. In physical therapy, we will assess the motion at all of the joints in both legs and design a plan to address any restrictions. The most common range of motion limitation that I see in patients with balance issues is the lack of Dorsiflexion (ability to bend the ankle up). Your physical therapist will be able to teach you several ways to stretch the appropriate muscles that can help improve your ankle dorsiflex-

of every month. Discussion and education related to diabetes is provided at the meetings. For more information, contact AGH Diabetes Self-Management Education and Support

please see calendar on page 12

ion. This is just one simple example of how we can identify an issue and design a plan to address it. But more than range of motion, physical therapy will address your muscles response and reaction time through various tasks and activities. These tasks are all guided directly by the PT and performed in a challenging but safe manner.

If your experiencing even just the slightest balance issue, physical therapy can truly help. A good balance treatment program will be sure to address all three systems and custom tailor a treatment plan. Give us a call or stop by our Ocean Pines clinic for more details!

William Hamilton Jr., DPT, CHT, is owner of Hamilton Physical Therapy and can be reached at 410-208-3300.

Tides for Ocean City Inlet

Day	High /Low	Tide Time
Th 25	Low	5:44 AM
25	High	11:53 AM
25	Low	5:43 PM
F 26	High	12:16 AM
26	Low	6:35 AM
26	High	12:46 PM
26	Low	6:41 PM
Sa 27	High	1:08 AM
27	Low	7:27 AM
27	High	1:43 PM
27	Low	7:43 PM
Su 28	High	2:04 AM
28	Low	8:19 AM
28	High	2:44 PM
28	Low	8:47 PM
M 29	High	3:04 AM
29	Low	9:12 AM
29	High	3:47 PM
29	Low	9:52 PM
Tu 30	High	4:05 AM
30	Low	10:06 AM
30	High	4:47 PM
30	Low	10:58 PM
W 1	High	5:05 AM
1	Low	11:01 AM
1	High	5:44 PM

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- #2 ASK YOUR BROKER MORE QUESTIONS.
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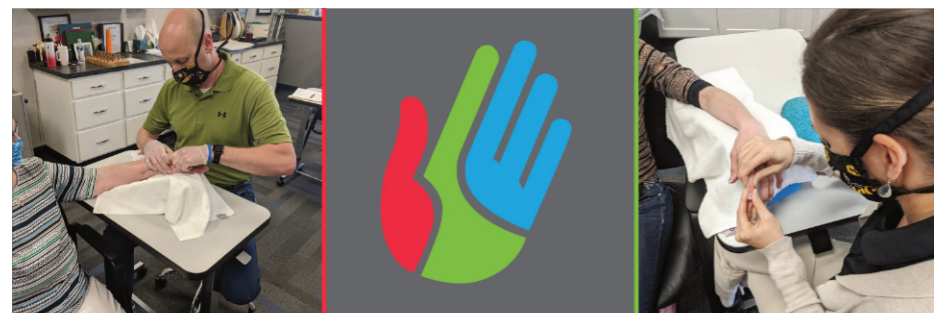
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Hand Therapy Week

Did you know that the first week of June is **HAND THERAPY WEEK**? Hand therapy is a specialized treatment of the hand to the shoulder. Hamilton Physical Therapy has Certified Hand Therapists (CHTs) available to safely and effectively care for all your hand therapy needs.



Hamilton Physical Therapy has remained **OPEN** during the COVID-19 pandemic to serve our community. We continue to adhere to safety protocols including temperature checks, social-distancing, and wearing of masks and gloves. We also offer **TELEHEALTH** and **DIRECT ACCESS** for physical therapy services.



410.208.3300 • HamiltonPTcares.com
11007 Manklin Creek Road, Berlin
info@HamiltonPTcares.com

To schedule an appointment, call (410) 208-3300.

¡ Se Habla Español!

Located in Pennington Commons,
just steps away from Food Lion

calendar
from page 11

Services at 410-208-9761.

Tuesday, July 7, 2020

Faith-Based Partnership 10:00 a.m. – 11:30 a.m.

Meeting via video call. Join the Faith Partnership: A cooperative effort for local Worship Centers and Atlantic General Hospital & Health System to increase health awareness, education, and healthy living incentives for our community members. For information, contact: Gail Mansell at 410-641-9725 or gmansell@atlanticgeneral.org

Wednesday, July 8, 2020

AGH Diabetes Support Group 7:00 p.m. - 8:00 p.m.

Now meeting via conference call: Dial 978-990-5451, wait for voice command, then press 3753651.

Sponsored by Atlantic General Hospital. The support group is open to the public and meets the first Wednesday of every month. Discussion and education related to diabetes is provided at the meetings. For more information, contact AGH Diabetes Self-Management Education and Support Services at 410-

208-9761.

Monday, July 13, 2020

T.O.P.S. of Berlin – Group #169 6:00 p.m. – 6:30 p.m.

Now meeting via conference call: Dial 605-472-5789, wait for voice command, then press 944874.

Take Off Pounds Sensibly is a weekly support and educational group promoting weight loss and healthy lifestyle. For more information, contact Rose Campion at 410-641-0157.

Tuesday, July 14, 2020

Parkinson’s Support Group 3:00 p.m.– 4:00 p.m.

Now meeting via video call. For individuals suffering from Parkinson’s, as well as their caregivers. Group provides discussions and mutual support, as well as education on exercise, nutrition, coping techniques, medications, and developments in treatment. For more information, call Genie Blake at 410-641-9268 or gblake@atlanticgeneral.org

Thursday, July 16, 2020

CPAP Mask Fitting – appointment necessary

Atlantic General Hospital Sleep Disorders Diagnostic Center

Atlantic General Hospital’s Sleep Disorders Diagnostic Center hosts a mask fitting clinic for patients who are having trouble adjusting to their CPAP equipment. This is a completely FREE service, but requires the patient to call ahead to set up an appointment. To schedule, contact Robin Rohlfing at 410-641-9726.

Monday, July 20, 2020

T.O.P.S. of Berlin – Group #169 6:00 p.m. – 6:30 p.m.

Now meeting via conference call: Dial 605-472-5789, wait for voice command, then press 944874.

Take Off Pounds Sensibly is a weekly support and educational group promoting weight loss and healthy lifestyle. For more information, contact Rose Campion at 410-641-0157.

Thursday, July 23, 2020

Online Caregiver Support Group Meeting via video call 1:00 p.m. – 2:00 p.m.

This is an informal gathering of people whose lives are affected by the caregiving needs of another. The group provides peer acceptance and recognition for common concerns

and is a wonderful opportunity to share in the wisdom, insight and humor of fellow caregivers. For information, contact Gail Mansell at 410-641-9725 or gmansell@atlanticgeneral.org.

Monday, July 27, 2020

T.O.P.S. of Berlin – Group #169 6 p.m. – 6:30 p.m.

Now meeting via conference call: Dial 605-472-5789, wait for voice command, then press 944874.

Take Off Pounds Sensibly is a weekly support and educational group promoting weight loss and healthy life-style. For more information, contact Rose Campion at 410-641-0157.

Workshops on Chronic Disease and Diabetes Self-Management are available from MAC in the following formats:

Zoom meetings

Individual phone counseling

Phone conferencing with two to four participants at a time

For information, contact Jill Kenney at 410-742-0505, ext. 159 or jak@macinc.org

enrollment
from page 7

diagnose and treat COVID-19.

“If you know someone in your family or community who needs health coverage, urge them to get covered by July 15. Illness or injury can happen to anyone at any time. Getting covered will give you and your family the peace of mind of knowing you’ve got health coverage,” says Michele Eberle, executive director of Maryland Health Benefit Exchange.

An additional special enrollment for Maryland tax filers runs through July 15. The Maryland Easy Enrollment Health Insurance Program gives tax filers the option to share information, like household size and income, with the Maryland Health Benefit Exchange to see if they are eligible for free or low-cost health insurance. Those who check the box on state tax forms (502 and 502B) will receive a letter from Maryland Health Benefit Exchange to let them know if they are eligible for free or

low-cost health coverage. To date, nearly 4,000 Marylanders have enrolled in health insurance under this innovative program.

As the state faces high levels of unemployment, many Marylanders are losing health coverage offered by employers. Individuals who lose coverage through their jobs have 60 days from loss of coverage to enroll. If they’ve missed that deadline, they can get coverage through Maryland Health Connection’s Coronavirus Emergency Special Enrollment Period through July 15.

To enroll with a local navigator in Somerset, Wicomico or Worcester County, please contact the Lower Shore Health Insurance Assistance Program at 1(855)445-5540, or by visiting lowershorehealth.org.

To enroll, visit MarylandHealthConnection.gov. Individuals also can download the free “Enroll MHC” mobile app. Free consumer assistance is available by calling 855-642-8572 from 8 a.m. to 6 p.m. on weekdays.

Help is available in more than

200 languages through the call center, as well as Relay service for the deaf and hard of hearing. Trained navigators and brokers statewide offer free help enrolling by phone. You can find information at MarylandHealthConnection.gov.

Last year, nine out of 10 Marylanders who enrolled through Maryland Health Connection were eligible for free coverage or financial help to lower the cost of their health insurance. This special enrollment period is for private health plans. Those who qualify for Medicaid may enroll any time of year.

Lower Shore Health Insurance Assistance Program: (LSHIAP) within the Worcester County Health Department, provides outreach, education & enrollment assistance for the uninsured & underinsured residents of Somerset, Wicomico & Worcester counties. Certified Navigators within the program provide aid to consumers by not only providing in person help with the enrollment process, but also by

working with the consumer pre and post enrollment to ensure linkage to appropriate health care related resources and continuity of care. Please visit us at lowershorehealth.org or call 1(855)445-5540 to speak with a local Navigator to address questions and/or schedule in-person appointments.

Maryland Health Benefit Exchange: (MHBE) is a public corporation and independent unit of the state government. It was established in 2011 in accordance with the Patient Protection and Affordable Care Act of 2010 (ACA) and is responsible for the administration of Maryland Health Connection.

Maryland Health Connection: One of every six Marylanders receive their health coverage through Maryland Health Connection (MHC), the state-based health insurance marketplace. Residents can compare and enroll in health insurance as well as determine eligibility for Medicaid or financial help with private plans.

Ways to prevent lost pets

Despite the sadness, uncertainty and disruption to millions of people's lives, the novel coronavirus COVID-19 has provided some silver linings.

take every precaution to keep their companions safe and secure. The summer months can be a prime time for pets to become lost. Increased

t h u n d e r -
storms as well as fire-works displays can frighten pets. Also, more time spent outdoors may make it easier

according to HomeAgain, a microchip company. Once the pet is registered, the chip will link to a record of owner information that can be updated easily online.

Sterilization: AHS says studies show that pets that have been spayed or neutered are less likely to roam for mates and potentially get lost.

Pet-proof: Homeowners may have to make adjustments to their yards and homes to ensure pets cannot escape. Some dogs and cats can climb over tall fences or dig underneath. Speak with your veterinarian about how to pet-proof your property.



One such positive side effect of people being asked to spend more time at home is the opportunity for individuals and families to open their abodes to needy animals.

Pet adoptions have increased as people have found more personal time to devote to companion animals. The Pet Health Network says that people experiencing loneliness from being apart from others often turn to pets to help them feel better. Lucky Dog Animal Rescue in Virginia brought in 149 animals from high-kill shelters in March 2020 and adopted 134 in a single week, matching the agency's monthly average. Data on New York City animal shelters indicates that, as of early May 2020, 43.5 percent of shelters were experiencing an increased demand for adoption since the COVID-19 outbreak.

As pet adoptions increase, new pet parents are urged to remember to

for "escape artists" to find their way out of backyards or get free from

leashes. Thankfully, there are some steps pet owners can take to keep pets safe.

ID and collar: Pets should wear collars with attached identification at all times. This should include an up-to-date contact number. ID tags can be made at pet supply stores or are available at the Animal Humane Society facilities.

Microchip: Microchips are small devices that are implanted under the pet's skin. About the size of a grain of rice, microchips emit a low radio frequency that can be read by a handheld scanner. Virtually all vet offices and animal shelters are equipped with scanners. Microchips are designed to last the pet's lifetime, ac-



Leash pets: Prey instinct can be high and even the most well-behaved pets may act differently when away from home. A secure collar/harness and leash will help keep pets safe on walks.

New pet parents should familiarize themselves with the steps to help prevent lost pets.

RWWC to meet

The Republican Women of Worcester County will host their July Red, White and Blue Luncheon and General Meeting on Thursday, July 23 at the Carousel Hotel, 118th St & Coastal Highway, Ocean City. The guest speakers will be Diana Waterman, president of Maryland Federation of Republican Women and Mary Beth Carozza, Maryland State Senator.

The cost of the luncheon is \$22 per person. Doors open at 10:30 a.m. with the meeting beginning at 11 a.m. To make your reservation, please log on to the website www.gopwomenof-worcester.org. You can pay online or send your check to RWWC, PO Box 1292, Berlin, MD 21811. Reservations are due by July 16.

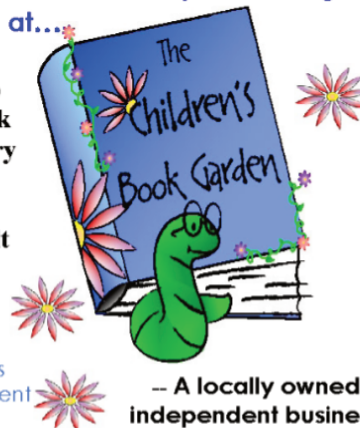
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Mastering the art of negotiation

The ability to negotiate the prices of products and services in today's economy is a valuable skill. In this era of economic uncertainty, people are looking for ways to stretch their paychecks as far as possible.



Negotiation can be an effective way to stick to a budget without compromising on the things you need or want. Even those who hate to haggle can work on skills that make them more adept at the art of negotiation.

Research your numbers. A clear picture of the value of products and services can make it much easier to ne-

gotiate when you are buying something. For example, some auto dealerships may come out with an inflated price for a car, then make a deal by lowering that price to what seems like a steal. But as a buyer if you go in already knowing the data you understand when to say no to an offer, and when to push for a lower sale price. Armed with this information, it's also possible to ask a dealer to match a competitor's price.

Know the motivation. There may be motivation, such as a deadline, behind a sale that makes the seller more inclined to accept a lower offer. For example, if a seller is moving and needs to be in his or her new house by a certain date, you may be able to make a lower bid on the home if you can accommodate a quick closing.

Offer a ridiculously low amount. The financial information site Money-

please see negotiate page 15

How to plan for changing weather

The allure of the great outdoors compels many people to hike, kayak, fish, and engage in myriad other activities in the fresh air. The call of nature can be difficult to ignore, but inclement weather can quickly turn a fun day under the sun into a race to escape the elements.

Regardless of which activity is beckoning you to answer the call of the wild, a few simple safety measures should be taken to ensure your day is not derailed by sudden changes in the weather.

Do your homework prior to traveling. The Department of Homeland Security advises travelers and outdoor recreation enthusiasts to learn about potentially severe weather in areas they plan to visit prior to beginning their trip. For example, if an area is vulnerable to tornadoes, learn about what to do in the wake of a tornado. The National Weather Service (NWS) notes that emergency response protocols differ depending on the type of storm or severe weather. For example, what to do in the wake of a tornado differs from what to do when confronted by a flash flood. Familiarizing yourself with these response protocols can help you make it through unforeseen weather changes safely.

Take along an extra set of keys. The NWS advises taking along an extra set of keys should your keys get lost due to inclement weather. The spare keys to a vehicle, for example, can help you escape inclement weather if your vehicle is still accessible and the roads are safe enough for travel. Without a backup

set of keys, outdoor enthusiasts may find themselves stranded even if their vehicles can still run.

Create a communication plan with your family prior to leaving. A predetermined communication plan can help family members keep in touch should the weather suddenly take a turn for the worse. Before embarking on a getaway, let loved ones who won't be joining you know exactly where you will be staying and how to reach you. This can make it easier for them to get you help should you need it.

Monitor local forecasts. Changes in the weather can be sudden, so anyone planning to spend significant time outdoors should monitor local forecasts before and during their trips. This is especially important for travelers who will be visiting areas during certain times of year when inclement weather is normal. For example, travelers should be ready to postpone their plans if they will be visiting areas vulnerable to hurricanes during hurricane season.

Purchase travel insurance. Insuring a trip with travel insurance can serve as a financial safety net if a trip is not possible due to inclement weather. With such a policy in hand, vacationers may not feel compelled to travel if the forecast is less than ideal.

Inclement weather can threaten outdoor excursions. But outdoor enthusiasts can take various measures to protect themselves in the face of sudden or unforeseen changes in the weather.

Tips for sharing the road with cyclists and pedestrians

The country's roadways are for all to enjoy. Tens of millions of cars take to the highways every day, but they're not the only mode of transportation allowed on the road. Cyclists and pedestrians also make use of streets when sidewalks or biking paths are unavailable.

Did you know that bicyclists accounted for 2.2 percent of all traffic deaths in the United States in 2016? In addition, the National Highway Traffic Safety Administration says nearly 15 pedestrians per day lose their lives when struck by motor vehicles, and there were 5,376 pedestrian deaths in 2015.

Although biking and walking are inherently safe activities for millions of people per year, motorists, cyclists and pedestrians can all take steps to make roads safer for everyone.

Follow the rules of the road. Whether you're riding a bike or driving a motor vehicle, the rules of the road are the same. That means heeding traffic

please see cyclist on page 15

winners
from page 4

Delaware

Stephen Decatur High School:
Mikayla Denault - Northwestern University
Isabelle Kristick - University of Maryland

Worcester Preparatory High School:
Saylor McGuinness - College of Charleston
Abigail Nechay - Monmouth University

“These awardees’ academic and athletic achievements were outstand-

ing,” Don McMullen and Bob Munroe, Scholarship Committee co-chairs, said in a joint statement.

McMullen and Munroe said the scholarship committee reviewed all applicants’ transcripts, GPAs, AP courses taken, SAT scores, athletic team participation and awards, community service, and essay submittals titled, “How Athletics are important in Today’s American Society” to determine the awardees.

“The success of 20-plus years of golf scholarship fundraisers from golfers, community businesses and major sponsors’ support has allowed us to award over \$200,000 in scholarships to our local scholar/athletes,” they said. “We would like to thank tee sponsors and businesses for their continued contributions this year.”

McMullen and Munroe added the Scholarship Committee is currently seeking donations for 2021 scholarships.

Donations may be mailed to:
Ravens Roost #44
Post Office Box 4161
Ocean City, Maryland 21843

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For more information, visit <https://ocravensroost44.com>.

cyclist
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signals, signage, right-of-way, speed limits, and much more.

Avoid alcohol use. Alcohol impairs motor skills, which are necessary to walk and operate cars and bicycles safely. Many accidents and fatalities on the roads can be traced to alcohol consumption. Do not drink and drive or drink and ride. Pedestrians who need to walk heavily trafficked areas would be smart to limit their alcohol consumption as well.

Make yourself more visible. Pedestrians and cyclists can make themselves more visible to motorists in various ways. Wear bright-colored, reflective gear when

walking or riding, and install reflective lights on bicycles.

Remain alert at all times when behind the wheel. Motorists should be focused on the road at all times, avoiding distractions such as smartphones and in-vehicle entertainment systems. Such devices can dramatically reduce motorists’ reaction times, greatly increasing the risk of accident. Slow down when cyclists, runners and other pedestrians are nearby.

Pass safely and give room. Do not pass too closely when driving near cyclists and pedestrians. Always yield to pedestrians in crosswalks.

Whether driving, riding a bicycle or walking, everyone should work together to share roads safely.

negotiate
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Crashers.com suggests offering a low-ball amount when negotiating. They attest that studies show that with a ridiculous offer or counteroffer, a negotiator gains satisfaction from getting the seller to make concessions. Furthermore, the seller also will feel like he achieved something by convincing the negotiator to pay any value more than the low-ball offer, even if it turns out that the item is worth more money.

Be willing to walk away. Negotiation expert Ed Brodow advises against nego-

tiating unless you have the option to walk away. By being willing to say “no” to an offer, a negotiator’s resolve can force the other party to make concessions, especially if he or she has no other buyers. This can work well with “timed pressure” or a deadline after which a person walks away and goes with a competitor. Something along the lines of “I will use XYZ company instead of yours if I don’t hear back from you on my price by 2 p.m.” Sometimes the seller will be willing to lower the price in these instances.

Negotiation is an art that anyone can learn to save money on just about anything.

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