

Board selects officers

Perrone to serve as president, Horn as vice president

Larry Perrone will take over as Ocean Pines Association President after a 4-3 vote during an organization meeting, Wednesday at the Ocean Pines Golf Clubhouse.

Also decided during the meeting, Colette Horn will serve as Association Vice President, Camilla Rogers will continue as secretary, and Doug Parks will be treasurer. Each were unanimous choices and without opposition.

Board appointments included Michelle Bennett as assistant secretary and Steve Phillips as assistant treasurer. Directors agreed to keep the current legal counsel and auditing firm. Board members did not immediately select a parliamentarian.

Directors also set the regular Board meeting schedule for the next year, with each meeting scheduled in the Assateague Room of the Ocean Pines Community Center on 235 Ocean Parkway.

Regular Board meetings were scheduled as follows:

Wednesday, September 9 at 7 p.m.
Saturday, October 17 at 9 a.m.
Wednesday, November 18 at 7 p.m.
Saturday, December 19 at 9 a.m.
Wednesday, January 20 at 7 p.m.
Saturday, February 20 at 9 a.m.
Saturday, March 20 at 9 a.m.
Wednesday, April 21 at 7 p.m.
Saturday, May 15 at 9 a.m.
Wednesday, June 16 at 7 p.m.
Wednesday, July 21 at 7 p.m.

After the meeting, Perrone thanked his predecessor, Parks, who had served as president since 2017.

"I and the rest of the Board want to thank Doug Parks for last three years, serving as president and agreeing to step up as treasurer going forward," Perrone said. "Doug has put a lot of time and effort into the community and he's done a good job."

Perrone said the biggest issue over the next year was likely to be "dealing with the COVID-19 [pandemic] ... whether or not that goes into next summer and managing our financial situation through that."

Also important, he said, was the Bainbridge Pond drainage project.

"It now appears that it may become a referendum issue," Perrone said. "We're planning, in September, to have the General Manager give a complete presentation on the scope of that project, the cost, the funding, the impact on our profit and loss statement, and the impact on our homeowners' assessments."

"[While] we were fortunate to get a grant of ap-

proximately \$550,000, my understanding is that is about a third of what we were hoping for and the project cost has grown recently," he continued. "It's an issue that needs to be brought to the community's attention."

Perrone added there may be more grant funds available next year, but, "this whole project may exceed our referendum number."

"Because of the size of this project, my preference

would be to make sure that the community is aware of what we're talking about here," he said. "Up to this point, I think everyone felt ... that the \$550,000 was going to be the amount of money to do the project – and it's not even close."

Perrone said he hoped many people from the community would attend the September 9 Board

please see board page 4



2020 Graduates Receive Scholarships From Marlin Club Crew Of OC



Recipients - The Marlin Club Crew of OC recently awarded five Worcester County 2020 Graduates \$1,000 each from their annual student assistance program. Unlike previous years, awards could not be presented in person.

Top row left to right: **Brandon Manuel**, graduate of Stephen Decatur High School, will attend McDaniel College where he will pursue a degree in Forensic Chemistry. He hopes to get into the FBI and to be a first-generation college graduate.

Caroline Gardner, graduate of Stephen Decatur High School, will attend University of Maryland College Park where she will pursue a degree in Mechanical Engineering. Caroline wants to become a Disney Imagineer.

Chloe Goddard, graduate of Snow Hill School, will attend University of Maryland Baltimore County where she will pursue a degree in Emergency Health Services with a Paramedic certification.

Bottom row left to right: **Damiana Colley**, graduate of Worcester Prep, will attend University of Maryland College Park where she will pursue a Criminology Degree.

Kurt Leinemann, graduate of Worcester Prep, will attend University of Maryland College Park where he will pursue a degree in Agriculture Technology and Science



DRIVE & RIDE

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OP Police urge residents to 'drive sober or get pulled over'

Ocean Pines Police and neighboring agencies from across the State of Maryland are promoting "Drive Sober or Get Pulled Over" programs in August and September.

According to the National Highway Traffic Safety Administration (NHTSA), nearly 30 people in the U.S. die each day in drunken driving crashes. Drunken driving crashes claim more than 10,000 lives each year and damages related to the crashes cost roughly \$44 billion.

For drivers, NHTSA said alcohol can reduce visual functions, coordination, concentration, and the ability to maintain lane position and brake appropriately.

In every state, it's illegal to drive with a blood alcohol content of .08 or higher. According to the CDC, that represents about four drinks in one hour for a 160-pound male. However, impairment can begin after just two drinks.

According to nhtsa.gov, "Driving after drinking is deadly. Yet it still continues to happen across the United States. If you drive while impaired, you could get arrested, or worse — be involved in a traffic crash that causes serious injury or death."

Ocean Pines Police Chief Leo Ehrisman said the "Drive Sober or Get Pulled Over" initiative is part of a state grant program focused on reducing drunken driving, which will help pay for added patrols in the community.

"The funding [for extra patrols] doesn't have to come from the citizens of this community," he said. "In trade for that, I have to show where I used that money and that I put additional officers in the community, just to focus on that initiative."

"We have to send those results back to show [the state] that, yes, we did use your grant money, here's what we used it for, and here's the results that we got," Ehrisman continued. "The whole purpose is showing the results that, hey, it was worth getting it, because here's what we did."

Ocean Pines Police were involved in 30 drunken driving cases last year.

Ehrisman said, in general, the biggest concerns are people who come from outside the community to attend local or regional events, and then drive drunk back into Ocean Pines.

"All these people come here to go to

these events, and they wind up driving [drunk] through town," he said. "Nine times out of ten, it's not the local guy that went over and had a few drinks at Taylor's, it's not the guy that had a few beers at the Yacht Club at dinner, and it's not the guy that went to their neighbor's house and just had a few drinks."

"We're talking about the people that are hammered coming from an event where they've been to the beach all day, or they've been partying on the Boardwalk all night and now it's 2 o'clock in the morning. We're lucky they got this far without killing themselves or someone else," Ehrisman continued. "Nine times out of ten it's people coming home from a bar, and they should have just taken a cab and come home, and now they're a danger to everybody in this community."

Twice this year, he said, police have found cars upside down on the North Gate Bridge.

"They tried to make it across the bridge and didn't line it up quite right, and the car winds up upside down on the bridge," he said.

To help avoid the dangers of drunken driving, Ehrisman said most local bars and restaurants will help a patron find a ride home if they've had too much to drink.

"You have to realize, the establishments don't want their reputations tarnished — they don't want it put in the paper that some guy just left their business a half hour ago and now they've killed someone," he said. "They'll do what they can. They offer cab rides and some of them even offer to pay for a cab or call a friend. I know there's a couple places in Ocean City that will even have employees drive you home."

"To look at it from a law enforcement point of view, there are so many options to not getting a DWI. If you know you're having more than a few drinks or you're having more than you anticipated, there's so many options that you can do to not get a DWI. You can call a cab; you can call a friend. But whatever you do, don't get behind the wheel of a car."

Ehrisman said DWI charges often lead to higher insurance rates and, in some cases, loss of a driver's license. Many will also have costly legal bills,

please see **drive** on page 4

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Longtime soccer coach given Sam Wilkinson Award for volunteerism

Eric Benson last Wednesday was given the Sam Wilkinson Award in recognition of his volunteer efforts for Ocean Pines Recreation and Parks programs.

The presentation occurred during a special Board meeting at the Ocean Pines Golf Clubhouse.

Recreation and Parks Director Debbie Donahue said the annual presentation of the award began in 2003 to honor eight-year-old Sam Wilkinson, who died in a tragic water accident in Ocean City.

Wilkinson played soccer in Ocean Pines and his father, Bob, was a volunteer coach for Ocean Pines Recreation programs.

“As a way to honor the memory of Sam and the Wilkinson Family for their dedication to the Ocean Pines Recreation and Parks Department, this award was established to recognize



Eric Benson

other outstanding individuals who dedicate their time and talents to help

please see award on page 12



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Janasek Unhappy with Viola

Commentary by **Joe Reynolds**

Based on reporting in the most recent edition of the *Ocean Pines Progress*, relationships among board members and between board members and OPA General Manager John Viola may not be as happy-happy as some board members would have association members believe.

Apparently, the election of Larry Perrone by a four to three vote over fellow contender Steve Tuttle brought out the long knives. The vote saw Directors Horn, Rogers, Daly and Perrone voting for Perrone; and Janasek, Parks and Tuttle voting for Tuttle.

So what is the big deal? It seems as though, as is typically the case, there were discussions among board members, prior to the annual organization meeting when officers are selected, to more or less agree in advance as to who would be OPA's president for the coming year. The bruhaha now is over a claim by Director Tom Janasek that Director Camilla Rogers reneged on a commitment to support Steve Tuttle as a way to gain her support for electing Colette Horn vice-president. Janasek further says GM Viola interfered in the election process by con-

vincing Rogers to change her mind and vote for Perrone.

Janasek has obtained a special board meeting to discuss Viola's possible interference in the board officers' election process. Rogers denies having been told who to vote for by Viola, and also that she had no prior agreement with Janasek to vote for Tuttle. She does admit talking to Viola about the vote for president.

Complicating the issue is someone provided the *Progress* with a text message exchange between Camilla Rogers and one of her supporters, association member Debbie Bloom. Bloom apparently wanted Rogers to vote for Tuttle, as part of Rogers' text message said, "I am so sorry I disappointed you." Bloom then responded to Rogers that her vote was not for the person Rogers told her she would vote for. According to Bloom, Rogers told her she based her decision to change her mind and vote for Perrone was "based on her conversation with Viola."

Bloom also claimed the election of Perrone would not be welcomed by OPA staff.

According to Bloom, Rogers is a friend she helped get elected to the board last year. Perhaps, but one must wonder how a private text message exchange between Bloom and Rogers ended up in a local paper, or

in the hands of a board member other than Rogers. Does anyone believe Rogers provided the texts?

The special meeting to discuss possible board officer interference by Viola will be at 1 p.m. on 8/17/2020 in the East Room of the Community center. Association members may attend and give public comments but the board will then likely vote to go

into closed session. There is no expectation the board would vote to remove Viola or even to publicly castigate him.

Regardless, Steve Tuttle would have been the better choice for OPA president.

Editor's Note: *The outcome of the special meeting was unknown at press time.*

Semper Fi Bike Ride scheduled

The First State Detachment of the Marine Corps League announced it would host its first Semper Fi Bike Ride on the iconic Ocean City Maryland Boardwalk. The event is scheduled for Sunday October 18 and open to individual riders, family groups and teams of riders. Bring your Bike or reserve a rental bike or classic Surrey from Bike World for the ride along the Atlantic Ocean the length of the Ocean City Boardwalk.

Funds raised at The Semper Fi Bike Ride will benefit the Semper Fi Fund which provides immediate financial as-

sistance and lifetime support to combat wounded, critically ill and catastrophically injured members of all branches of the U.S. Armed Forces and their families. Interested participants can register by texting 410-353-0033 or visiting our Marines at First State Detachment face book page. Learn more about the event and register to ride or become a sponsor by visiting our web site at www.firststatemarines.org or an sending an email to websergeant@firststatemarines.org.

drive
from page 2

board
from page 1

or even jail time.

"Hopefully, they didn't wreck their car. Hopefully, they don't have a tow bill. And, most importantly, hopefully they didn't hurt someone else, not to mention themselves," he said.

To download a drunken driving fact sheet for the State of Maryland, visit https://www.cdc.gov/motorvehicle-safety/pdf/impaired_driving/Drunk_Driving_in_MD.pdf.

meeting.

"This is a very important issue and it could be a very expensive issue," he said.

"Besides that, I just hope that we're able to continue the collegial nature that the Board has had over the last year, and the overall good working relationship," Perrone said.

To view a video of the meeting, visit <https://youtu.be/ACJgTCB87ZQ>.

Hunting enthusiasts anxiously look forward to the first day of hunting season, a date chosen after local gaming authorities carefully consider a host of factors. Conservation of both game and the hobby hunters love so much are two



of the driving forces that determine when hunting seasons begin. Local gaming authorities want to protect wildlife from overhunting, and they also want to ensure hunters won't have to confront dwindling animal populations that will affect their hunting. Estimates of local animal populations are one of the main factors gaming authorities consider when trying to figure out the best time to start a hunting season. If local authorities deem that the animal population is too large, thereby adversely

affecting local residents, they will time hunting season in such a way as to give hunters an advantage. This can help control local wildlife populations and make communities safer. On the opposite end of the spectrum, if population estimates are especially low, authorities will time hunting season so fewer animals are likely to be killed. These efforts at managing local animal populations can benefit hunters, animals and even local residents who don't participate when hunting season begins.

Courier Almanac

The Beatles took America by storm during their famous first visit, wowing the millions who watched them during their historic television appearances on *The Ed Sullivan Show* in February 1964. But after the first great rush of stateside Beatlemania, the Beatles promptly returned to Europe, leaving their American fans to make do with mere records. By late summer of that same year, however, having put on an unprecedented and still unmatched display of pop-chart dominance during their absence, the Beatles finally returned. On August 19, 1964, more than six months after taking the East Coast by storm, the Fab Four traveled to California to take the stage at the Cow Palace in San Francisco for opening night of their first-ever concert tour of North America.

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A jerk on one end of the line

In the interest of disclosure, it should be revealed that there really is only one legal size flounder that exists. It is an elusive fish that swims around

hand, hoping to realize my dream of catching a fish I won't have to throw back. I envision a great scene of me struggling to reel in a prize catch. In the end, when the great fish is landed, I wipe the sweat from my brow and turn to pose for pictures for the press photographers in the other boats. If ever there was an indication of the effects of spending too much time in the sun, that dream has to be it.



It's All About. . .

By **Chip Bertino**

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the bays and ocean unmolested. I believe this is so because despite the pictures I see in angler publications, I have yet to catch a flounder that meets minimum size requirements.

Oh sure I have witnessed other fishermen reeling in flounder, with great expectation in their eyes believing they hooked "the one." Within a few brief moments after they have netted the fish, I see the splash of a fishermen's dismay as he tosses the undersize catch back into the water.

I have spent my fair share of time floating around in my boat, rod in

Fishing requires a considerable amount of patience and a sense of humor. I've spent hours fishing to no avail. I've sometimes gotten so bored that I've yearned to hook seaweed just so I could see the tip of my pole bend.

I have contributed pounds of bait to the cause. I must have burned hundreds if not thousands of gallons of fuel searching for the right fishing spot.

If I viewed fishing as a business instead of a recreational pastime, I would have long ago closed the doors. If I relied on fishing as a source for

food, I would have died of starvation by now.

When I go to the bait store I always ask what fish are biting and where. The guy netting the minnows from the tank tells me what he heard from the guy who was in the shop just a few minutes ago. "They're biting like crazy."

Yeah, right. I could go to the same spot, with the same bait only to realize several hours later that I could have yielded the same results if I had not gone out at all.

In an attempt to increase my success rate I have at different times over



the years relied on fish finders. I've come to believe that really what they are are expensive video games, much like you'd find in an arcade. I knew

my luck was not going to improve when I noticed one day that the fish indicated on the view screen were smiling and taunting me. I could almost hear them saying, "you can't catch me, stupid."

My despair is soothed by the knowledge that I am not alone, that there are many other people out there fishing having the same luck I am. We share a common experience. You know things are bad when, while commiserating with your fellow fishermen, you gauge success not by the number of fish you hooked and brought up but by the number of hits you think you had.

Despite my continual failure to bring home dinner, or at least a light snack, I still go out fishing, starting each trip with a great deal of enthusiasm and a hopeful gleam in my eye. No matter what the results, I believe in the saying, "A bad day fishing is better than a good day at the office."

There is another saying that I've reluctantly embraced as true, that when fishing there is always a jerk at one end of the line.



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Mary Mac Foundation pickleball tournament raises thousands

The inaugural “Mary Mac Foundation Pickleball Beach Fest,” held recently in Ocean Pines, raised \$6,000 for programs benefiting local children and other charitable causes.

Organizers Daryl and Cathy Noble, and Frank Kramer, came up with the idea to help the Mary Mac Foundation after the nonprofit’s largest fundraiser, an annual golf tournament, was canceled because of concerns related to the COVID-19 pandemic.

The Mary Mac Foundation each year raises money for local and regional youth programs to honor Mary McMullen (1948-2012), a special education instructor at Severna Park High School and Ruth Eason School in Millersville, Maryland. During the 1970s, she also helped establish the Ocean Pines Recreation and Parks Department.

Programs supported by the foundation include Camp Barnes, a residential camp in Frankford, Delaware for low-income children, and Camp St. Vincent de Paul in Baltimore, an organization offering eight-week summer camps for homeless children. The

foundation also supports summer youth recreation programs in Ocean Pines.

Tim McMullen, who cofounded the Mary Mac Foundation to honor his late wife, said the tournament was a big success.

“It far exceeded my expectations. I was hoping that we could pick up \$3,000, which would be 100 players at \$30 a piece,” he said.

McMullen said two things happened to help that total balloon far above expectations. First, tournament sponsors contributed \$2,000. Second, platform tennis members added an extra donation.

“I was getting ready to leave on Saturday and the platform tennis people called me over. They had held their own get together and raised \$900,” he said. “So, I think it’s another statement about our community. This place is unique and the support we got from pickleball and platform tennis was just unbelievable, and especially from Daryl, Cathy, and Frank Kramer.”

McMullen said he, his brother Don and their sister Susan Wojciechowski were all humbled by the community support that has included many calls, texts and individual donations since news broke in June that the golf tournament was canceled.

He said triumph over adversity was the inspiration for starting the Mary Mac Foundation, and it was only fitting to see so much kindness during a year when so many are coping with hardships related to the pandemic.

“When Mary was told she had a terminal disease in 2010, she was an extremely spiritual person and said, ‘OK, we’ve got to go ahead and make the best of this.’ And she did an unbelievable job preparing my three children, myself and my family for what she had to go through,” he said.

“I think that that has to be our attitude for this entire year. To be surrounded by this community that’s responded that way during a very difficult time means the foundation will survive 2020, and we’ll actually come out of this stronger,” McMullen added.

He said funds raised this year would again support Camp Barnes and summer youth recreation programs in Ocean Pines. Additional funds will go to Diakonia in West Ocean City, a non-

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please see **tournament** on page 12

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Tips for planting fall vegetables

Tending to backyard vegetable gardens can fill many hours of enjoyable downtime in the great outdoors. What's more, the bounty produced by such gardens provides healthy, fresh foods to gardeners and their loved ones.

Although spring and summer are widely seen as the peak of gardening season, the mild temperatures of autumn can be a prime time for planting vegetables as well. Certain late-season treats like carrots, kale, spinach, and turnips can thrive in fall gardens. Many different foods are quick crops that can go from seed to table in about six weeks. When sown in early fall, these vegetables will be ready to put on the table for mid-October feasts. Beets, green onions, broccoli, and cabbages can be planted in late summer for fall harvest. Gardeners who live in hardiness zones eight through 10 (the southern portion of the United States) can plant fall vegetables as late as December. Many of these plants can tolerate light frost, which may even help sweeten the vegetables.

A handful of unique factors need to be taken into consideration when

planning fall vegetable gardens.

The summertime location of the garden may still be adequate, but be sure to choose a location that gets eight full hours of sunlight per day.

If using an existing garden site, clear out any detritus from summer plants and any weeds that have sprouted. If you are planting a new garden, remove any turf before tilling the soil.

Amend the soil with sand, compost, manure fertilizer, and any other nutrients needed depending on the types of vegetables you intend to grow.

While fall vegetables can be grown successfully from seeds, it may be more time-friendly to work from larger transplants, advises the Texas A&M Agrilife Extension.

Some plants may need a little protection as they grow if temperatures begin to dip. Cover with a blanket, cardboard box or plastic tunnel to insulate.

Remember to water according to the vegetables planted and to keep an eye on readiness for vegetables. Turnips, beets, rutabagas, and carrots can be dug out when the roots are



plump and crisp.

Vegetable gardens need not cease when the last days of summer vanish. Fall produce is delicious and can be easily planted and harvested even after the first frost.

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How to prevent fraud scams against seniors

Presented by **Mark E. Engberg, CFP**

While technology has made many aspects of our lives easier, including managing money, it has also increased scammers' fraudulent activity. Technology is prevalent in everyone's lives today and it's critical to empower older adults to protect their financial accounts – and for



Mark Engberg

trusted family and friends to help them do so, before it's too late. And today's rapidly changing landscape creates unique opportunities for misinformation, deception and possibly fraud.

A recent report by the Consumer Financial Protection Bureau revealed that each incident of financial fraud cost older adults ages 70 to 79 an average of \$45,300, and when the older adult knew the suspect, the average loss rose to about \$50,000.

Common types of scams targeting older adults include healthcare insurance scams, counterfeit prescription

drug schemes, romance scams, person-in-need scams, lottery scams, funeral and cemetery scams, telemarketing/phone scams and investment schemes.

How family members can help

There are many ways in which you can help protect older family members against financial scams, mostly by staying engaged so you can spot the signs of an investment scam and help if warning signs appear. To start, speak to them regularly and be on alert for clues, such as:

Verbal – mentioning being asked for money or that managing their finances is confusing or overwhelming

Visual – unpaid bills or piles of unopened mail

Physical – fearful behavior, worsening of an illness or disability as the result of the pressure from a scammer's tactics

Many older adults feel too embarrassed to admit they may have been scammed to ask for help, but this hesitancy can be overcome with regular communication and wellness check-ins with trusted family members.

Steps you can take

No matter your life stage, there are some steps you can take to help avoid scams and to make sure you and your senior family members do not become victims of financial fraud:

Designate a trusted contact. This should be someone who can speak to your financial services provider in the event of an emergency, such as financial exploitation. Many financial institutions provide this as an option, so be sure to check with your provider and assign this role to someone you trust.

Get your financial affairs in order.

It's always important that you understand your full financial situation, especially when it comes to maintaining key financial records, creating or reviewing wills, establishing trusts and power of attorney declarations, and updating account and insurance policy beneficiaries as your life situation changes.

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please see fraud page 12

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Review of

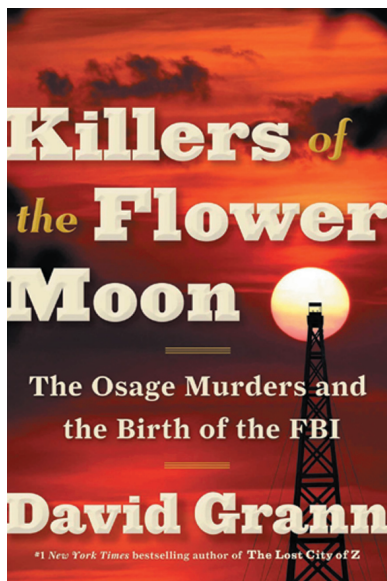
Killers of the Flower Moon

By **Jean Marx**

Author David Grann performed painstaking research into “Killers of the Flower Moon” describing the horrific tragedy inflicted on the Osage Indian tribe in the early part of the 20th century. The book derives its name (and thereby its foreshadowing) from the vast array of tiny flowers that spread along the prairies beginning in April; by May, their stalks would grow so tall that their necks would break which caused the Osage to remark that May was “the time of the flower-killing moon.”

Following the Civil War, white settlers thirstily began moving westward in search of land to lay claim to. In the 1870s, the Osage were forced to relocate from Kansas to a remote, rocky reservation in northeastern Oklahoma that from its landscape looked like it would be worthless. In the 1890s, the U.S. government authorized an allotment system that divided the Osage reservation into 160-acre parcels with each tribal member receiving one allotment. Adjacent to their property were 42,000 acres of land that the government purchased from the Cherokees; this land was offered to whichever settlers could get there first. The ensuing “land run of 1893” gave rise to the nickname for these settlers called “Sooners” who charged into the area to claim their parcel of land. (This is where the college football team, the Oklahoma Sooners, gets its name).

In 1904, the Osage chief, James Bigheart, teamed up with lawyer John Palmer to enter formal land contract negotiations with the government. Palmer, half-white/half-Sioux, had been adopted by the Osage after he was orphaned. It was Palmer’s foresight to insert a clause into the land negotiations that “the oil, gas, coal, or other minerals covered by the lands ... are hereby reserved to the Osage Tribe.” This simple clause inadvertently set off a chain of events that caused the Osage to become wealthy beyond their wildest dreams but at a



devastating cost.

The tribe gained its fortune when oil was discovered under the reservation’s rocky terrain, as it meant that prospectors had to pay the Osage for leases and royalties. Each tribal member was entitled to receive quarterly checks from the government. While the checks started out small, they grew into millions, which today would have been in the hundreds of millions of dollars. Combined with the “Wild West” form of law enforcement back then, this extreme wealth caused intense resentment among the whites throughout the community and ranks of government. As an example, the U.S. Department of Interior invoked the authority and discretion to appoint a financial guardian on any Osage member

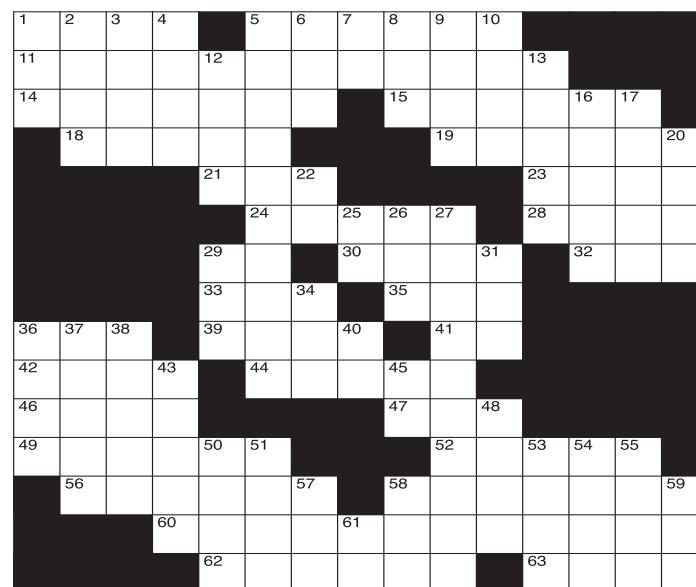
they deemed incompetent. The book starts out in May 1921 providing background about the family of Osage member, Mollie Burkhart. Mollie was born on December 1, 1886 and she had three sisters: Anna, Millie, and Rita. In 1894 when Mollie was seven, her parents were forced to enroll her into a Catholic boarding school located two days away by wagon. This meant that Mollie had to live away from her home for eight months of every year. A commissioner of Indian Affairs remarked, “The Indian must conform to the white man’s ways, peacefully if they will, forcibly if they must.”

By May 1921, Mollie had already lost Minnie three years previously to what doctors described as “a peculiar wasting illness.” On May 21, Mollie was hosting a luncheon at her home and she asked Anna to come to look after their mother Lizzie who had also recently taken ill. This was to be the last day that Mollie would see her sister alive as she was discovered a week later at the bottom of a ravine, barely recognizable, with a bullet hole in the back of her head. By July, Lizzie succumbed to her illness. Mollie and her

devastating cost. The tribe gained its fortune when oil was discovered under the reservation’s rocky terrain, as it meant that prospectors had to pay the Osage for leases and royalties. Each tribal member was entitled to receive quarterly checks from the government. While the checks started out small, they grew into millions, which today would have been in the hundreds of millions of dollars. Combined with the “Wild West” form of law enforcement back then, this extreme wealth caused intense resentment among the whites throughout the community and ranks of government. As an example, the U.S. Department of Interior invoked the authority and discretion to appoint a financial guardian on any Osage member they deemed incompetent. The book starts out in May 1921 providing background about the family of Osage member, Mollie Burkhart. Mollie was born on December 1, 1886 and she had three sisters: Anna, Millie, and Rita. In 1894 when Mollie was seven, her parents were forced to enroll her into a Catholic boarding school located two days away by wagon. This meant that Mollie had to live away from her home for eight months of every year. A commissioner of Indian Affairs remarked, “The Indian must conform to the white man’s ways, peacefully if they will, forcibly if they must.”

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please see *review* on page 12



CLUES ACROSS

- 1. Popular musical awards show
- 5. Speech in one’s honor
- 11. A state of poor nutrition
- 14. Not ingested
- 15. More lacking in taste
- 18. “Popeye” cartoonist
- 19. Helps to reduce speed
- 21. January 1 greeting (abbr.)
- 23. Georgian currency
- 24. Proverb expressing a truth
- 28. Jewish calendar month
- 29. Volume measurement
- 30. Fair-skinned
- 32. Patti Hearst’s captors
- 33. Have already done
- 35. Touch lightly
- 36. Autonomic nervous system
- 39. Plant part
- 41. College degree
- 42. Military alliance
- 44. Tokyo’s former name
- 46. Carpenter’s tool
- 47. Before
- 49. Consent to receive
- 52. Passages
- 56. The Duke of Edinburgh
- 58. Utter repeatedly
- 60. Linked together in a chain
- 62. Quality that evokes pity
- 63. Maintained possession of

CLUES DOWN

- 1. U.S. military school
- 2. Controls
- 3. Away from wind
- 4. Grab quickly
- 5. Being everlasting
- 6. Vase
- 7. Atomic #3
- 8. Type of medication
- 9. Encircle with a belt
- 10. Belonging to you
- 12. American state
- 13. City in Zambia
- 16. Good Gosh!
- 17. Of the country
- 20. Helsinki district
- 22. 36 inches
- 25. Reporters’ group
- 26. The voice of Olaf
- 27. Explains in detail
- 29. Tooth caregiver
- 31. One point south of due east
- 34. Scottish river
- 36. Elsa’s sister
- 37. Civil Rights group
- 38. Line of poetry
- 40. Doctor
- 43. Fatty acid
- 45. Avatar (abbr.)
- 48. Awe-inspiring garden
- 50. Fall down
- 51. Rock icon Turner
- 53. Asian country (alt. sp.)
- 54. UK museum network
- 55. Stairs have at least one
- 57. Part of (abbr.)
- 58. Simpson trial judge
- 59. Sun up in New York
- 61. Exclamation of surprise



Answers for August 12

How to incorporate more heart-healthy foods into your diet

Diet and heart health go hand in hand. The American Heart Association notes that a healthy diet and lifestyle are the best weapons to fight cardiovascular diseases, which the



World Health Organization says kill more people across the globe each year than any other disease.

Men and women do not need de-

grees in nutrition science to create heart-healthy diets for themselves and their families. In fact, the familiar calls to “eat your fruits and vegetables” many adults recall from childhood lessons or nights around the family dinner table still bear weight today. A diet that is rich in fruits and vegetables is a hallmark of a healthy lifestyle. And supplementing such a diet with other heart-healthy foods is a great way to reduce one’s risk for cardiovascular disease.

Fruits and vegetables. The U.S. Department of Health and Human Services notes that fruits and vegetables are healthy whether they’re fresh, frozen, canned, and/or dried. The AHA advises eating fruits and vegetables with every meal and snack, and that may require a little creativity as you sneak them into favorite dishes. For example, the AHA suggests replacing half the ground meat in recipes for burgers, meatloaf or meatballs with cooked chopped mushrooms. The mushrooms can be finely chopped with a knife or food processor, and then sauteed in some olive oil until they’re soft. They can then be

mixed in with the lean meat, and the meal can be cooked as it normally would. At the breakfast table, add fruit to a bowl of cereal to make for a more flavorful morning meal.

Dairy products. When purchasing dairy products, the DHHS recommends sticking to fat-free or low-fat options. Replace whole milk with fat-free or 1 percent milk and buy only fat-free or low-fat cheese. When snacking, reach for fat-free or low-fat plain yogurt or cottage cheese. You can even add fruit or vegetables to such snacks to make snack time even more heart-healthy.

Proteins. Healthy proteins are another way people can promote heart health with their daily diets. When choosing proteins at the grocery store, the AHA recommends choosing chicken and fish over red meats. That’s because red meats, which include beef and lamb, have more saturated fat than chicken and fish. Saturated fats increase blood cholesterol levels and can worsen heart disease, while the unsaturated fats in fish like salmon can actually reduce the risk for cardiovascular issues like heart failure and

ischemic stroke. When preparing poultry, remove the skin, as most of the saturated fat in poultry is found just beneath the skin.

Grains. When buying grains, the DHHS recommends reading the ingredients list on the package before purchasing. Make sure whole wheat or another whole grain is the first item listed in the ingredients list, and choose only those products that say 100 percent whole grain. Instead of preparing white rice as a side dish, serve brown or wild rice, quinoa or oats.

A heart-healthy diet is easy to design and just as flavorful as less healthy alternatives.

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

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WEB: OCEANPINES.ORG

News, amenity info, applications, contact numbers & more are available on OPA's newly redesigned website!

CALL 410.641.7717 OR EMAIL INFO@OCEANPINES.ORG TO LEARN MORE.

Thrift store announces huge sale

The Atlantic General Hospital Auxiliary Thrift Shop will hold a sale of great interest to area thrifters.



Through the end of the month, all summer clothing items, shoes and purses will be marked down to \$1 each.

All proceeds

from the AGH Auxiliary Thrift Shop benefit Atlantic General Hospital, supporting expansion of services and the ongoing mission of the organization to improve individual and community health. The shop is staffed and managed completely by volunteers who are members of the AGH Auxiliary. For more information about the thrift shop or upcoming sales, visit www.agh.care/thrift or follow them on Facebook at @AGHAuxThriftShop.

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brother-in-law, Bill Smith, suspected foul play and hired private investigators. Many more suspicious deaths piled up among the Osage and whites helping them such that in 1923 the tribe urged the federal government to send in investigators.

It wasn't until the summer of 1925 that the new boss of the Houston Bureau of Investigation, J. Edgar Hoover, appointed a competent agent by the name of Tom

White to officially investigate the murders that were ongoing. White and his undercover agents would come to learn how entrenched the community was that conspired against the Osage to take their land, fortune, and lives. Hoover, in turn, exerted pressure on White as part of pursuing his own ambitions to build what would become the FBI at the national level.

Grann is a staff writer for "The New Yorker" and has also written the best-seller, "The Lost City of Z", as well as "The Devil and Sherlock Holmes." I found this book to be an enthralling yet deeply disturbing segment of American history.

fraud
from page 9

usernames, logins, passwords or personal identification numbers.

Get smart with your smartphone. It's not unusual for scammers to mask their phone number to make it appear that a call is local or from a trusted party in order to get the victim to respond. You can help prevent telemarketing scams by joining the National Do Not Call registry, and it is often smart to let calls from unknown phone numbers go to voicemail.

If you're worried about the security of your finances, it can also be helpful to talk with a financial advisor. While family and caregivers can be helpful in picking up on potential

threats, a financial advisor or institution can be a trusted partner in spotting unusual or suspicious changes in your financial behavior.

Now more than ever you need to be diligently aware of the world around you. If you have any doubts about the validity of information you may receive or any suspicious request for information – stop. Get the help you may need and if necessary, report the issue to the proper authorities. Let's help one another stay safe.

To learn more about how to educate yourself and your older family members on the latest financial schemes, visit Schwab's resources for senior investors.

Mark E. Engberg, CFP® is a

Charles Schwab Independent Branch Leader, located in Rehoboth Beach, DE. Mark along with Stephanie Brown, MBA (Independent Financial Consultant) offer a free, no obligation consultation and portfolio review. Schwab is an innovator and leader in online financial services technology. Mark & Stephanie can assist clients remotely / virtually if deemed appropriate and convenient; they have many tools and resources to help investors take charge of their financial future and own their tomorrow.

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tournament
from page 6

profit that provides emergency housing, emergency food assistance, homelessness prevention, housing assistance, veteran services, and case management for local people in need.

The Mary Mac Foundation and tournament organizers wish to thank corporate sponsors including Kim and Bonnie Hardt of Action Island, Bob Saunders of American Financial, Tom Terry of Choptank Electric Cooperative, Linda Dearing of Copy Central, Nick and Dave from Food Lion, Don Boger of Home Instead Senior Care and from Seacrets, Julie Woulfe of Shamrock Realty, and Charlie Gale Masonry.

The foundation and organizers also wish to thank Ocean Pines Association President Doug Parks, General Manager John Viola, Recreation and Parks Director Debbie Donahue, and Director of Amenities and Operational Logistics Colby Phillips, as well as Susan Morris of the Ocean Pines Ladies Golf Association, Don McMullen of the Ocean Pines Men's Golf Association, Cathy Noble from Ocean Pines Pickleball, Vin Morris, Mike Petito and Karen Kaplan from Ocean Pines Platform Tennis, Dale Ash and John McNult from Ocean Pines Tennis, and Matt Ortt from the Venues at Ocean Pines.

Donations to the Mary Mac Foundation may be made online by visiting www.marymac.org. Checks may be made payable to: Mary Mac Foundation, 174 Nottingham Lane, Berlin, Maryland 21811.

award
from page 3

others," Donahue said. "Each year, the Recreation and Parks Department honors one volunteer that stands out in our department."

This year, the award was given to Benson, who Donahue said has spent countless hours over the last five years volunteering for soccer programs in Ocean Pines. She said Benson has extensive coaching experience, is licensed to coach by the United States Soccer Federation, and was once recognized by U.S. Youth Soccer as a national "coach of the month."

Donahue said Benson was born in England and grew up watching Manchester United games and playing soccer. His other passion was music, and he played keyboard in a local rock band that opened for legendary artists including The Kinks and The Who.

After college, Benson worked

through the ranks of a major U.K. company and later moved to New York to work for the John F. Kennedy International Airport. He later transferred to Dulles International Airport, in Virginia, and retired after 14 years as the logistics director of an international company also based in that state.

"Prior to retiring in Ocean Pines, he coached several competitive travel youth teams in Virginia for over 20 years, two of which were state champions and regional finalists," Donahue said.

Benson has two sons who live in Virginia and has been married for 36 years to his wife, Nina, who is a volunteer at the Ocean City Library.

Donahue said, "He's stated, 'My coaching approach has always been to show enthusiasm, honesty and humor. Players pick up on the passion that I give. It's the things that give me the most enjoyment, when a player responds and just enjoys the game. We provide a nurturing, fun

and positive environment to our Ocean Pines players. Both Coach Joe [Monteverde] and Recreational Supervisor Katie Goetzinger are great, and we bond well together."

Benson thanked Donahue for the award, and also thanked Goetzinger and Monteverde, who is a prior Wilkinson Award winner.

"Combined, we run a nice program. It's very good for our kids, here in Ocean Pines," Benson said. "Whatever I provide for coaching, I get more than that back with the kids. It's fun to see them improve [and] to enjoy the game, and that's been my one aim in life."

Benson also thanked his wife, "for these countless thousands of hours she's allowed me to play soccer [and] to coach."

"Our theory is, I could be doing worse things," he said with a laugh. "Thank you for this award. It's an honor."

To view video of the meeting, visit https://youtu.be/_WXjKrVIvOU.

Peninsula Regional Health System to begin limited visitation

As Peninsula Regional Health System works to balance patient safety and support, starting on Monday, Aug. 17, the restrictions on visitation will change at Peninsula Regional Medical Center and Nanticoke Memorial Hospital. One visitor per patient will be permitted during a patient's stay, except for patients suspected of having or confirmed to have COVID-19. Visitation hours will be from 2 p.m. to 6 p.m. on weekdays and 10 a.m. to 2 p.m. on weekends.

One visitor only will be allowed per patient for the duration of the patient's stay – not one at a time, but a single visitor appointed by the patient. This will assist in keeping the risk of infection lower as COVID-19 continues to circulate in the community.

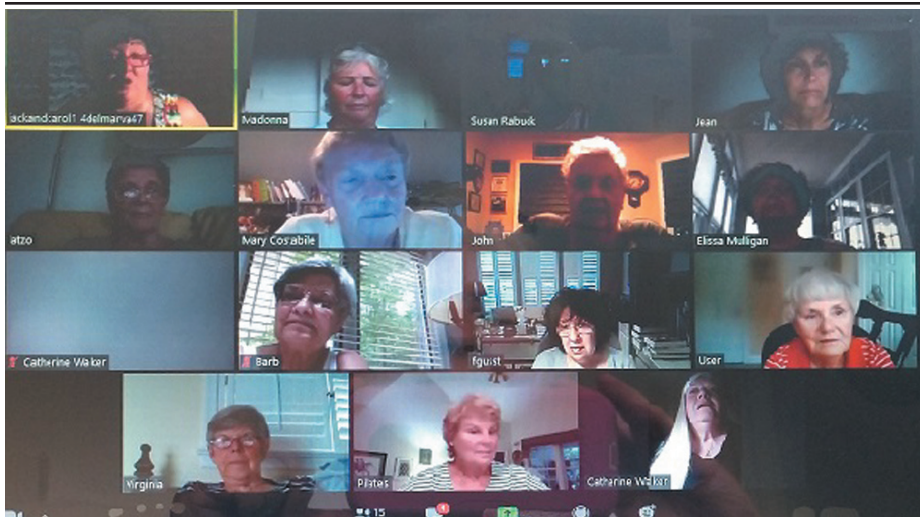
All visitors are required to wear a face covering or mask that covers both their nose and mouth at all times during their visit. People who are unable to wear a face covering should not visit.

Visitors must show identification and will be verified as the patient's appointed visitor. Upon entry, visitors

will be screened for fever and other COVID-19 symptoms. Anyone who is feeling ill or feverish should not visit, and will not be allowed to go to a patient floor if they are found to have a fever or symptoms.

"We have worked very hard throughout the COVID-19 crisis to protect the health of our patients and staff. Our personal protective equipment, social distancing and deep cleaning efforts have helped, but we know it has been very difficult for many of our patients to go through medical procedures and recovery without the support of a loved one," said Dr. Sarah Arnett, DNP, MS, RN, NEA-BC, Vice President of Patient Care Services and Chief Nursing Officer. "While our bedside care team has gone above and beyond to provide extra support, we are happy to be able to allow this limited visitation. Patients' loved ones not only provide emotional support, but also can learn from our care team more about a patient's condition and what they will need when

please see visitation page 14



Sing, sing, sing - The Delmarva Chorus located in Ocean Pines gets together via Zoom every Monday evening for an hour just to see each other and share news about families and friends. Chorus director Carol Ludwig provides the group with new songs to practice. The group records their practice sessions and sends the back to Carol for her advice, critique and suggestions for improvement. They look forward to singing together soon. The group is always looking for ladies who love to sing, laugh and make new friends.

Each year at this time, the Delmarva Chorus donates to the Worcester G.O.L.D. Program for their Back-To-School Drive. This year was no different, donating almost \$300 for the children's supplies and any other basic needs as they return to the classroom.

Kiwanis selling 'Lottery Raffle' tickets

Every year, the Kiwanis Club of Greater Ocean Pines-Ocean City holds several fundraisers including three pancake breakfasts, a Wine Tasting/Auction. The COVID-19 pandemic has prevented them from happening. However, the club still needs to raise money to support its programs that benefit local youth and other community service organizations like Worcester Gold. Therefore, the local club is running its Kiwanis Lottery Raffle, selling the tickets now for the yearlong 2021 drawings. All sales must be completed by December 31, 2020 to be eligible. All Kiwanis

members have tickets to sell and the club will also have a sales table at the Ocean Pines Farmer's Market most Saturdays from 8 a.m. until 1 p.m., beginning August 22.



How it works: Tickets are numbered 000 through 999 which allows them to tie-into the daily Maryland Evening Pick 3 drawing. For only \$20 a ticket, the purchaser gets 365 drawings, for their ticket number. Payouts are \$20 per evening except for 17 special dates when the winnings are higher, between \$50 and \$250. All proceeds benefits support local Scholarships and Youth Programs. See www.kiwanisofopoc.org or Facebook at Kiwanis Club of Ocean Pines/Ocean City for more details.

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Lauren Harper joins BOC board

Bank of Ocean City announced effective August 6, Lauren Harper, CPA was elected to join the Board of Directors.



Lauren Harper

Mrs. Harper is a CPA for Faw Casson & Co., LLP where her core specializations are litigation support, tax planning, business consulting, fraud investigation and prevention, and tax compliance and consulting. Mrs. Harper first began her employment with Faw Casson in 1996 and became a partner in 2012.

Mrs. Harper is a 1993 graduate of West Virginia University with a Bachelor of Science in Business Administrations. She has attended various courses in fraud presented by the Association of Certified Fraud Examiners. She has also attended courses in auditing, accounting, and tax presented by the American Institute of Certified Public Accountants, the Maryland and Pennsylvania Societies of Certified Public Accounts and the New York University Institute on Federal Taxation. She became a Certified Fraud Examiner in 1996.

In the community, Mrs. Harper is the Treasurer of the Harry K Foundation.

visitation

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they are discharged.”

At Peninsula Regional Medical Center, visitors should enter via the Hanna Outpatient Entrance, located near Visitor Parking Garage B off Vine Street.

At Nanticoke Memorial Hospital, visitors should use the main entrance.

“Patient safety is still our priority,” said Ray Fulkrod, Jr., DNP, Vice President at PRHS and Nanticoke Chief Nursing Officer. “We hope that everyone will respect the need to limit visitation, screen visitors and require wearing a mask. It is important to keep the risk of COVID-19 as low as possible for our patients we help them heal.”

Support people or visitors accompanying patients in the Emergency Department who are later admitted to a medical floor must follow regular visitation practices once the patient leaves the ED and is admitted.

For more information and details, visit peninsula.org/covid19.

She also is a member of many associations & societies including the Association of Certified Fraud Examiners, American Institute of Certified Public Accounts and the Maryland Society of Certified Public Accounts.

Reid Tingle, President and CEO of Bank of Ocean City commented, “I would like to personally welcome Lauren Harper to the Board of Directors for Bank of Ocean City. We are honored to add Lauren’s expertise in Accounting and Fraud Investigation to our Board and look forward to incorporating Lauren’s extensive education and experience. Lauren will be a true asset on our board as she shares our dedication to serving the community.”

Bank of Ocean City is a locally-owned, independent community bank. Established in 1916 and headquartered in West Ocean City, the bank has five offices; two in Ocean City, one in Ocean Pines, one in Berlin and our Delaware branch located in Fenwick Island. For more information, contact President Reid Tingle at the 59th Street office at (410) 524-6144.

GOLD announces annual appeal

Worcester County GOLD, Inc. (Giving Other Lives Dignity), a 501(c)(3) non-profit organization providing emergency assistance for Worcester County residents in times of crisis, has some very exciting news to share.

In support of GOLD’s Annual Appeal Fundraiser, an anonymous donor has pledged to match contributions up to \$10,000. “I just about fell out of my chair when I got the call,” said Nicholas Cranford, Executive Director of Worcester GOLD. “I know people are suffering right now. We’re seeing an increase in requests, particularly for rent and utility assistance. Our goal with this fundraiser is to prevent tragic outcomes for the most vulnerable among us. The impact of a donation like this is difficult to put into words.”

GOLD provides financial aid and items to meet basic needs for residents living in poverty such as, families in crisis, those who are homeless, and vulnerable adults. 92% of all donations received go directly to Worcester County residents in need.

To participate, mail a check to 299 Commerce Street, Snow Hill, MD 21863, or visit GOLD’s website (Worcester-GOLD.org) or Facebook page to make an online donation.



Award - The Republican Women of Worcester County presented a “Future Success Award” to **Atlanta Schoolfield** of the Pocomoke High School senior class. Pictured with Ms. Schoolfield is **Janifer Rayne**, principal of Pocomoke High School. The Future Success Award is given each year to a graduating senior from Worcester County Schools, who has been nominated by the school’s faculty and staff for personal and academic achievements during their tenure in high school.

K of C offers seafood events

Each Tuesday through September 1, the Knights of Columbus will hold Seafood Nights. Call 410-524-7994 between 9 a.m. and 1 p.m. on Monday and Tuesday to place your take away order of steamed crabs, steamed shrimp and a number of items. This year only take-out is offered. Orders can be picked up at 9901 Coastal Highway behind St. Luke’s Church.

Movies to be shown

The Community Church at Ocean Pines 11227 Racetrack Road will be offering Friday Night outdoor movies at 8 p.m. Bring your own snacks, non-alcoholic beverages, lawn chairs/blankets. Sit in your own family pod. Movies are free, donations welcomed. August 21: “Toy Story. August 28: “The Polar Express.” September 11 “Courageous.” September 18: “Facing the Giants.” September 25: TBA. Check for updates on Facebook.com/ccaop/

Tides for Ocean City Inlet

Day	High /Low	Tide Time
Th 20	Low	3:19 AM
20	High	9:33 AM
20	Low	3:28 PM
20	High	10:00 PM
F 21	Low	4:05 AM
21	High	10:23 AM
21	Low	4:20 PM
21	High	10:48 PM
Sa 22	Low	4:51 AM
22	High	11:13 AM
22	Low	5:15 PM
22	High	11:37 PM
Su 23	Low	5:40 AM
23	High	12:06 PM
23	Low	6:13 PM
M 24	High	12:27 AM
24	Low	6:31 AM
24	High	1:01 PM
24	Low	7:15 PM
Tu 25	High	1:21 AM
25	Low	7:26 AM
25	High	2:01 PM
25	Low	8:20 PM
W 26	High	2:22 AM
26	Low	8:23 AM
26	High	3:07 PM
26	Low	9:28 PM

Commissioners announce new Emergency Management Planner

The Worcester County Commissioners named Laraine Buck as the new emergency management planner within Worcester County Emergency Services (WCES). She joined WCES on May 18.



Laraine Buck

Buck brings 17 years of experience in emergency services to this position. Prior to joining Worcester County Government (WCG), she served as deputy director, emergency management safety coordinator, and risk manager within Wicomico County Emergency Services. She was a member of the Salisbury Fire Department as a volunteer firefighter and a fire police officer, while serving as a member

of the Board of Trustees and secretary for Station 1 with the Salisbury Fire Department and Station 9 with the Mardela Springs Volunteer Fire Department. Buck earned her Maryland Professional Emergency Management Program certification, along with numerous key program certifications through both the National Incident Management System and Incident Command System.

In her role with Worcester County Government, Buck will take the lead in planning, developing, and maintaining the Worcester County Emergency Operations Plan, Hazard Mitigation Plan, and other emergency management and Homeland Security related plans, policies, procedures, guidelines, and documents. She will also oversee emergency instructional materials and public programs, including Community Emergency Response Training (CERT).

Buck and her husband, Robert, have been married for 24 years and have three children who share Buck's love of public service: Andrew, an Army Ranger, Lindsey, an aerospace engineer with NASA, and Douglas, an Eagle Scout and firefighter.

Harbor Day at the Docks goes virtual

It is with a measure of sadness, that Worcester County Recreation and Parks (WCRP) staff announce that Harbor Day at the Docks, originally scheduled for Saturday, October 17, has been cancelled. However, there will be a new virtual component to this event for 2020.

As a free, family event, the annual Harbor Day at the Docks festival attracts sponsorships and scores of residents and visitors from across the Delmarva region to the West Ocean City commercial harbor to celebrate the shore's rich maritime heritage, as well as the sport fishing and commercial fishing industries. Based on Worcester County Health Department regulations and Maryland safety protocols for addressing the Covid-19 pandemic, the WCRP event committee chose to postpone this beloved community event until 2021 out of an abundance of caution to protect public health.

"This decision was not easy, but we look forward to celebrating maritime culture virtually until next year's event," WCRP Program Manager Allen Swiger said.

The public is invited to follow the Facebook page *Harbor Day at the Docks - West Ocean City, MD* for fun

videos highlighting local watermen, children's crafts, and other activities to enjoy online until everyone can gather to celebrate again in person.

For more information about Harbor Day at the Docks and other WCRP special events, contact Swiger at 410-632-2144, ext. 2520 or aswiger@co.worcester.md.us. A full list of recreation programming can also be viewed on the WCRP website at www.worcesterrecandparks.org.

New Women's Club officers named

The Women's Club of Ocean Pines announced its new officers for the term of 2020-2022: Karin Benton, president; Joyce Piatti, first vice president; Susann Palamara, second vice president; Irene Daly, treasurer; and, Donna Potenza, Secretary.

The purpose of the Women's Club is to promote civic and social activities, and educational and community outreach opportunities, for its members. In 2020, the Women's Club awarded \$2,700 in scholarships and donated \$1,100 to community organizations. To become a member, call Joyce Piatti on 410-302-0559. Annual dues are \$10.00.

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

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