

# The Courier

January 27, 2021  
Volume 21 Number 19

**Barb Peletier**

*Keeping a tradition alive*





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# A tradition continues

By **Josh Davis**

When Anna Foulz passed away last year, she left an enormous void in the Ocean Pines community.

However, a small team of dedicated volunteers has kept her spirit alive by continuing one of her favorite causes: the annual “Holiday Gifts for Soldiers” collection.

Now leading that effort are Barbara Peletier and Susan Walter, both former officers in Foulz’s Star Charities nonprofit.

Peletier and her husband, Dan, moved to Maryland from New Jersey in 1963. They later moved to Ocean Pines from Columbia, Maryland in 2004.

Prior to retiring, Peletier worked in office management for medical practices, something she said made her very detail oriented.

Her second career, as a volunteer, started with a local Kiwanis chapter in 2005. Since then, both Peletier and her husband have served as club president.

“He had a friend that said he’d take him along and he checked it out. It was all new to us, because he had just stopped working. But it just snowballed, and I kept going and they kept adding and adding things to do,” she said. “As my husband says, I don’t know how to say no – except to him!”

With the Kiwanis, Peletier started a program of assembling holiday treats to be delivered to the Meals on Wheels recipients.

“Three times a year, for Christmas, Valentine’s Day and Easter, I would make up little baskets for them to take with the meal for that day,” she said.

She was also a prominent part of the Kiwanis’ presence at local events, often selling hotdogs and sodas to raise money for the club.

## Working with Anna

About five or six years ago, Peletier started looking for additional ways to serve the community.

“I thought I’d take a break from Kiwanis, because I was burning out, and that [time off] lasted all of three months,” she said with a laugh. “But, during that time, I went and I found Anna.”

Foulz was known to many in Ocean Pines as a tireless volunteer and a woman with a keen ability to talk her friends into joining whatever worthy cause she was working on at the moment.

“It was supposed to be an ‘I’m not going to do anything’ kind of time, but all of the sudden she had me running things,” Peletier said.

Peletier first oversaw a fundraising event for Foulz at the Ocean Pines Golf Club, and soon after she became vice president of Star Charities.

“It just snowballed from there,” she said. “Anna was just a cute lady that you couldn’t say no to. She just had a way, and she had a heart that was bigger than she was. And she was always giving.”

When Foulz passed away in Sep-

tember 2019, Peletier and Walter scrambled to continue “Holiday Gifts for Soldiers,” collecting donations for U.S. Military men and women serving overseas, and then distributing the items around Christmastime.

Foulz had started the campaign more than a decade ago with her late husband, Carl, a combat veteran. Peletier said the annual event also became one of her favorites.

“That was closer to my heart than just raising money all the time. I enjoyed that one the most, and that’s why Sue and I decided it had to go on,” she said. “They’re forgotten – people forget that they’re there – and I don’t want that to happen and neither does Sue. No soldier should be forgotten.”

“Gifts for Our Soldiers” starts each fall and runs through October, with donations then given to Operation We Care in Salisbury and from there shipped to U.S. Military bases overseas.

This year, volunteers over four Wednesdays collected donations in the parking lot near the Ocean Pines Community Center. There were, of course, restrictions associated with the COVID-19 pandemic, but Peletier said the collection was another success.

“We had a really good turnout, and it was better than I thought it would be,” she said. “We had the masks and the gloves, and people were really good about it. They stayed in their car and popped their trunks or opened their backdoors, and they didn’t seem to mind.”

Peletier said helping the collection this year was another local woman, Sharon Hilty.

Hilty gathered donations in Ocean City in remembrance of her son, U.S. Army Sfc. John David Randolph Hilty, who died in April while serving in Iraq.

“She emailed me and hooked up with us in the last two weeks, and that put us over the top,” Peletier said. “She did it in memory of her son, because he had at one time received something from Operation We Care. He had told his mother how wonderful it was and that everybody in the troop received something.”

Peletier said she plans to continue the event for as long as she can – and as long as her friend is willing to help. “Without Sue, this all couldn’t happen,” she said, adding that the Kiwanis and Larry Walton of the local AARP were also instrumental.



“It’s just the right thing to do,” Peletier said. “Anna loved to do it,

## Diakonia and looking forward

but I think she most liked hugging the soldiers when they came to pick everything up.”

These days, Peletier also works with Diakonia, a local nonprofit that specializes in homelessness prevention and rehabilitation.

“I’ve been knitting hats to put in their bags for the homeless,” she said. “I’ve also made afghans for all my children and my grandchildren. That keeps me busy!”

Peletier first visited Diakonia around 2005, while working with the Kiwanis.

“We’ve been going there every year to sort and bag Kiwanis’ donations and anybody else’s donations,” she said. “It just feels like I’ve done something, and I can see it when somebody comes, and they say ‘thank you’ for the food. And I didn’t have to sell a hotdog!”

“I love it down there,” she continued. “It’s different. I enjoy raising money, but there’s more enjoyment doing something when you can see an end result right away.”

For anyone considering volunteer service, Peletier offered a few words of wisdom.

“I’d say if you have an idea that you want to do something, try it. You never know until you try it. That’s what I did. I’m probably the shyest person going, and these days you can’t shut me up,” she said with a laugh.

“It’s also very rewarding to see the response from this community,” Peletier continued. “We couldn’t do it without them, and this really is just the most generous community.” Donations to Operation We Care can be dropped off year-round at O.C. Carpet in the Route 50 West Business Park on 12319 Ocean Gateway #301, in Ocean City. For more information, visit [www.operationwecare.org](http://www.operationwecare.org).





# Board approves new capital projects

The Ocean Pines Board last Wednesday approved several capital purchase requests, including three racquet center upgrades, two new Police vehicles, and repaving at the White Horse Park complex.

The repaving project, estimated to cost \$59,500, will pave over the old Craft Club building space and reorient other areas of the White Horse campus, to add 20 new parking spaces. The lot currently has 44 and, after the renovation, there will be a total of 64 spaces.

General Manager John Viola said the project was budgeted for \$35,000,

but bids came in higher because of situations related to the pandemic.

"A lot of it had to do with increase [costs] in material," he said.

Morris McNeil Paving Contractor LLC of Millsboro, Delaware was the lowest of the three bidders and was selected to do the work. Viola said paving would start in the spring because asphalt plants are closed during the winter.

The Ocean Pines Police Department will get two new vehicles, both Chevy Tahoes, at a total cost of \$76,908. They will replace a 2011 Ford Expedition with major engine issues

and a 2014 Ford Explorer in need of major repairs, according to a memo from Police Chief Leo Ehrisman.

One replacement vehicle was in the budget. Viola said the vehicles were not put out to bid because all police departments in Maryland are able to buy discounted vehicles through a state program.

The Ocean Pines Racquet Center will get three new improvements: four new pickleball courts (\$67,895), one new junior tennis court (\$66,087), and fencing for pickleball (\$14,859) and tennis courts (\$12,000).

The projects were not budgeted, but Viola said by doing them this year they would not affect assessments.

Terra Firma of Delmarva, Inc., based in Delmar, Delaware, was the lowest bidder on both projects related to the new courts and was selected to do the work.

Nanticoke Fence, from Seaford, Delaware, was the low bidder on the fencing and will complete that project.

Director Camilla Rogers, an avid tennis player, strongly endorsed the Racquet Sports expansion.

"The pickleball initiative has garnered a tremendous amount of success," she said. "When I'm over at the tennis courts, there is a very long line of people waiting to go onto the pickleball courts. I think we can only en-

*please see projects on page 6*

## Courier Almanac

On January 27, 1965, the Shelby GT 350, a version of a Ford Mustang sports car developed by the American auto racer and car designer Carroll Shelby, was launched. The Shelby GT 350, which featured a 306 horsepower V-8 engine, remained in production through the end of the 1960s and today is a valuable collector's item.

The Shelby GT 350 was an iteration of the first Ford Mustang, which was officially unveiled by Henry Ford II at the World's Fair in Flushing Meadows, NY, on April 17, 1964. That same day, the new car also debuted in Ford showrooms across America and almost 22,000 Mustangs were immediately snapped up by buyers. Named for a World War II fighter plane, the Ford Mustang had a long hood and short rear deck. More than 400,000 Mustangs sold within its first year of production, far exceeding sales expectations. Over the ensuing decades, the Mustang has undergone numerous evolutions and remains in production today, with more than 9 million sold.



Flowers can have sentimental value, particularly those received as gifts or those that were part of momentous occasions, like weddings. Fresh flowers have finite life spans unless measures are taken to preserve the blooms. The flower experts at ProFlowers say pressing flowers can preserve them for years to come. While flower lovers can invest in a flower press, other heavy objects also can be effective at pressing flowers. Start by choosing flowers that are either still in bud form or are freshly bloomed. Dry the flowers out as quickly as possible to prevent browning. Place the flower between two pieces of white, nontextured paper. Then place all within the pages of a book. Depending on the size of the book, you may be able to press more than one flower at a time. Place other books on top to weigh down the book with the flowers inside. Change the moisture blotting sheets every few days. After two to three weeks, the flowers will be completely dry and flat. Remove the flowers carefully using tweezers or fingertips. Store the fresh flowers in a cool, dry place or consider framing them in a shadow box.



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## Obituary

### Dorothy Vander Clute

Dorothy (Dottie) Vander Clute, age 90, died Sunday, January 17, 2021. Born in Rockville Center, NY, Dottie was the daughter of the late Vincent and Jo (Howell) Roith. She was preceded in death by her loving husband of forty years, Richard Vander Clute, in 1993. Left to cherish her memory are her devoted son Bruce Vander Clute and daughter-in-law Elaine of Ocean Pines, MD, and her four loving grandchildren, Jeanne Vander Clute, Elizabeth Wist (and husband Marc), and Lauren and Lee Carlson. She was blessed with two great-grandchildren, Cullen and Quaid Wist. Dottie was preceded in death by her cherished daughter Dawn Carlson and is survived by her son-in-law Jeff Carlson of Mattituck, NY. She leaves behind her dear brother Vinny Roith of Aurora, CO, and several nieces and nephews. Dottie was also preceded in death by her second husband, Dick Greenaway, and a long-time companion, Tom Scott.



Dottie was active in the Ocean Pines community for more than thirty years. She played tennis, golf, and pickleball and loved gardening, knitting and traveling. She was a member of the Worcester County Garden Club, the Assateague Questers, the Red Hat Society, and the Philanthropic Educational Organization (PEO). Perhaps most of all, Dottie enjoyed spending time and sharing a glass of wine with family and her many dear friends.

A private graveside service will be held at Arlington National Cemetery.

Arrangements are in the care of The Burbage Funeral Home. Donations may be made in Dottie's name to the Worcester County Garden Club, the Assateague Questers, or the local chapter of the PEO. More information and condolences may be sent on [www.burbagefuneralhome.com](http://www.burbagefuneralhome.com).

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Chip Bertino Publisher/Editor

Mary Adair Comptroller

Linda Knight Advertising Representative

Contributing Writers

Dan Collins, Victor Fernandez, Ron Fisher, Douglas Hemmick, Jean Marx

Robert B. Adair 1938-2007

P.O. Box 1326 Ocean Pines, MD 21811

410-629-5906

[thecourier@delmarvacourier.com](mailto:thecourier@delmarvacourier.com)

[www.delmarvacourier.com](http://www.delmarvacourier.com)

[facebook@TheCourierOfOceanPines](https://www.facebook.com/TheCourierOfOceanPines)

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# Ragamuffin

While attempting to locate my wife during a recent trip to the supermarket some young people walking toward me in the produce aisle attracted my attention. They were sporting brightly colored clothes that incorporated rips

that each hair strand responded to her direction. She went about her work with the gentleness of shark in a feeding frenzy. Many times, she scraped my scalp as if she were removing barnacles from a boat bottom. But, by goodness, when she was finished, my hair was sculpted just as she wanted it which was always with a part on one side and combed to the right, or was it to the left, I don't remember now. What I do remember was water



## *It's All About. . .*

By **Chip Bertino**

chipbertino@delmarvacourier.com

and tears as part of the design, or at least I believe they were part of the design. And as if the spectacle of faux tattered fluorescent attire designed wasn't attention-grabbing enough, some of the kids looked as if paint buckets had been poured on their heads resulting in hair hues of yellow, orange and blue. I had to wonder whether their mothers allowed them out of the house looking like what some people may consider nouveau chic and others may just consider shabby? I couldn't help but wonder what my mother's reaction would have been had I tried to leave the house in similar fashion. Flashbacks of my mother dressing my brother and me in identical polyester outfits came to mind.

Just a side thought: How did we ever survive the 70s? Watergate. Gas shortages. Disco. Double-knit polyester. But I digress.

When I was growing up, my mother was a stickler when it came to ensuring that I looked presentable when I left the house: brushed hair, washed face and cleaned clothes. I was the only kid on the playground with a starched turtle neck and creased jeans.

If my hair was mussed up, Mom jumped into action retrieving from her hip holster a very coarse-bristled brush with a tan wooden handle. She was quick on the draw when a hair strand needed smoothing. She handled that brush with the motions of a seasoned musician. A typical scene went something like this. She would hold the brush, bristles up, under the bathroom sink faucet, drenching it. Then, with water dripping from the brush like a tropical storm downpour, she brushed methodically, determined

dripping down my back to my shoes so I squished heading out the door.

Like a sentinel, Mom was always on watch to ensure I didn't look like, in her words, a "ragamuffin." I didn't know at the time what a ragamuffin was but she uttered the term with such disgust I knew I didn't want to look like one. Creativity was not tolerated when it came to what I wore. Forget about expressing the inner me, whatever that would have looked like, through clothing choices. The most expression I might be allowed were tan socks instead of brown. Mom's rules were as simple as they were bland. Colors and styles did not clash. A plaid shirt with striped pants were a no-no. Black shoes, not brown, were to be worn with black pants and a black belt. Shirts were to be tucked in. Shirts were to be tucked in! SHIRTS WERE TO BE TUCKED IN! You get the idea.

My mother's vigilance was constant. If she saw a smudge on my face, she would remove it with her moistened thumb. "Stand still and stop complaining. Do you want to look like a ragamuffin," she would say as she clutched my jaw with one hand and pressed her thumb deep, removing not just the cheek smudge but the enamel from my teeth underneath.

Now to be fair, my mother never got mad if I arrived home with grass-stained jeans after spending the day outside playing with friends. And the only words I remember hearing from my mother if I came home with a torn tee shirt was, "Did you have a good time?" And then, "Go take a bath."

My mother's insistence that I not look like a ragamuffin may have frustrated me at the time, but seeing those young people recently made me appreciate her efforts all the more.

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# GM update includes latest proposed assessment figures

After five days of public budget review spread out over several weeks, the proposed assessment for fiscal year 2021-2022 now stands at \$1,021.

That represents a \$35 increase over the prior year assessment of \$986. However, just a few weeks prior, the proposal was for a \$121 increase.

The Ocean Pines Budget and Finance Committee held four public budget review sessions on January 5-8, and the Board of Directors reviewed the budget during a single day-long session, on Jan. 19.

Speaking on Wednesday night during his monthly report to the Board, General Manager John Viola said he factored in guidance from the committee and the Board in his latest budget

reconciliation.

Viola said the proposed assessment increase includes \$30 towards rising medical insurance costs, \$13 for salaries, and \$7 for property and casualty insurance. Part of the increased salary costs are caused by the state's mandatory minimum wage increase, Viola said.

Also factoring in are \$17 towards Aquatics, \$7 for Beach Parking, \$6 for bulkheads and \$5 for fire and EMS services.

Items that lowered the recommended assessment included Public Works (-\$16), depreciation (-\$14), Police (-\$13), Golf revenue (-\$4) and Recreation and Parks and Racquet Sports revenue (-\$3).

Viola said the budget was prepared "without a COVID adjustment," meaning each department was asked to budget for a normal year. He added that some departments, like Aquatics, still budgeted conservatively.

"Even if there isn't a COVID [pandemic], there will be some type of an effect on this amenity because it may take time for people to come back to the pools," he said.

"And, let's face it, we don't know what will be mandated by the government," Viola continued. "That's the effect on the assessments ... there's a lot of assumptions this year, a lot of challenges, [and] certainly a lot of variables."

Viola said the decrease attributed to Public Works was because three open positions will not be filled.

"We've not eliminated them, but we believe at this time that we won't have to fill them and there obviously will be savings," he said. "Same thing with the Police - we have an open position, among other things."

Viola said drainage improvements were a top priority in the budget, and that \$350,000 in casino impact grants would be reallocated for drainage projects. He said the transfer would help save homeowners more than \$40.

"Normally we have money for roads. This year, we're going to allocate that money towards drainage," Viola said. "If we hadn't done that, there would have been another increase in the assessment of \$44."

Also factoring into the budget, Viola said an expected favorability from the current fiscal year would help close out a prior-year operating deficit of roughly \$180,000.

Only three years ago, Viola said, the operating deficit totaled \$1.6 million.

"With this budget, with this allocation of favorability, the number is going to be zero," he said. "We believe we'll have extra favorability, which we right now will use as a cushion" to help protect against further losses related to the pandemic.

Viola also gave a preview of the December financials, which show a net operating loss of \$260,000 for the month. That includes a \$50,000 reversal of allowance for doubtful accounts, Viola said, which was a one-time charge.

Projections for the end of fiscal year 2020-2021 remain roughly \$650,000 favorable, Viola said.

To view the December financials, visit <https://oceanpines.org/documents/10184/104881/December+2020+OPA+Financials.pdf>.

Next steps in the 2021-2022 budget process include a Board of Directors public hearing on Saturday, February 6 at 9 a.m., and a final vote to adopt the budget on Saturday, February 20 at 9 a.m.



TheCourierofOceanPines



projects  
from page 4

hance our visibility ... by authorizing this recommendation, and I really urge all of us that are on the Board to move forward with this."

Association President Larry Perrone said the new junior tennis court would help house more lessons and tournaments. Rogers credited Racquet Sports Center Facilities Director Tim McMullen and Tennis Director Terry Underkoffler with helping to grow the junior tennis program.

"Terry Underkoffler has been the coach at Worcester Prep and certainly knows the junior tennis circuit very, very well, as does Tim McMullen," she said. "If they have endorsed this and feel that the potential is there for growth ... then I would encourage us, again, to vote for this."



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# Moving into 2021

By **Connor Hibbs, DPT**

Finally, we can all exhale that 2020 is in the rearview mirror. With a new year ahead, comes the thoughts of good ole' New Year Resolutions! I know many of us are tired of thinking of something to change or something to add to our lives, but if there was one year to follow with implemented change, the time would be now.

Exercise... such a daunting word at times, but it seems it is always at the top of the list as something that needs to be added to our lives; always one of the most sought-after – but rarely implemented – resolutions for the new year... every year. Let's simplify it a bit, by changing the word from exercise to simply movement. If we can add daily movement to our lives, we would feel much better, and help prevent body aches and potentially even future diseases if we made movement a routine part of our lives. Simply put, as you are reading this article, if able, stand up a few times and get those legs moving or do some seated marches to get the blood pumping and the core engaged! If you are feeling even more motivated, walk around your home... or even go to this place some call outside and take a stroll.

We know that a sedentary lifestyle or frequent inactivity is linked to numerous diseases, such as obesity, hypertension, chronic back pain, cardiovascular diseases and even depression. If I could predict the future and told you if you con-

tinue with a sedentary lifestyle for the following number of years, you will end up with a cardiovascular disease, maybe that would change the way you view movement and cause you to start to move your body a little more than you used to. If I knew that was on the horizon, I know I would start to change some things now. Even just a little movement potentially helps us avoid needing doctor or physical therapy appointments down the road.

Movement increases our heart rate and therefore our blood flow increases. This ultimately allows fresh blood with oxygen and necessary nutrients to travel to various parts of our bodies, allowing us to feel better and if needed, heal faster from something we may have acquired. Even our brain will have fresh blood and make us feel better and hopefully knock the thought of 2020 to the curbside.

Before beginning or implementing any kind of movement or exercise, be sure to talk to your physician. Or you can see a physical therapist. A referral from your physician/doctor is no longer needed to visit a physical therapist. This is called direct access. If you need physical therapy, head right in and set up an appointment. A referral is no longer needed.

In quick summary, movement has the potential to prevent the negative and increase the positive. That is enough for me. With that said, do not sit and read this article any longer. Go and get your body moving!

*Connor Hibbs, DPT work at Physical Therapist at Hamilton Physical Therapy in Ocean Pines. He can be reached at 410-208-3300.*



**Donation** - Germantown School Community Heritage Center (GSCHC) donated books to Buckingham Elementary School. The books were included in the delivery of students' lunch distribution. The books featured African American leaders and their historical significance. Pictured are Germantown Board Members **Bob Conner Jr.**, **Tom Pitts**, **Judy Davis** with Assistant Principal **Deshon Purnell** (center) and Curriculum Resource Teacher **Laura Arenella**.

## Common reasons Pines properties are issued violations

Numerous violations are sent to the Architectural Review Committee (ARC) each year by inspectors at the Compliance, Permitting and Inspections Office (CPI). Many violations occur because homeowners are not aware of the Ocean Pines Association Deed Restrictions and Architectural Guidelines.

To help maintain property values throughout Ocean Pines and help homeowners avoid unexpected violation notices, below is a list of some of the most common violations:

- Debris in yards
- Unregistered vehicles
- Unauthorized removal of trees
- Fences without permits
- Unauthorized signs in yard
- Missing house numbers
- Roof debris (moss, mold & vegetation in gutters)

-Poorly maintained buildings or grounds

- Recreational vehicles on a property
- Box trailers, cargo trailers & oversized vehicles on a property
- Failure to obtain permits for exterior work

Please refer to the ARC Guidelines and your Deed Restrictions for everything you need to know about the Ocean Pines requirements for keeping clean and aesthetically pleasing homes in our community. For any assistance or questions, the CPI office is ready to help. Just give them a call at 410-641-7425.

ARC Guidelines can be found on the Public Works page of the Ocean Pines website, under "Applications and Documents." Visit [www.oceanpines.org/web/pages/public-works](http://www.oceanpines.org/web/pages/public-works).

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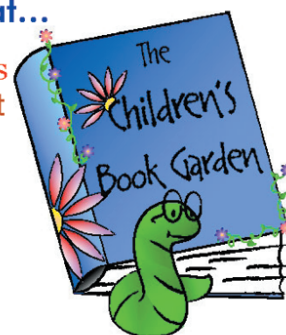


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# Malinowski to lead Ocean Pines Academy effort

Virtual program will include video segments with Association officials; Goal to educate public and help recruit new volunteers



Julie Malinowski

Ocean Pines' Marketing Coordinator Julie Malinowski is heading up a work group to create a new Ocean Pines Academy.

The purpose of the Ocean Pines Academy (formerly known as the "Ocean Pines Residents Academy") is to give Ocean Pines residents and property owners a comprehensive and in-depth look at the many facets of the Ocean Pines Association, to promote a greater understanding and help develop effective leaders in the community.

The academy will include a series of videos and interactive material hosted on the Ocean Pines website.

The information presented in the academy also can be used for Board of Directors orientation and as a tool to

recruit new Ocean Pines advisory committee and Board members.

The workgroup, led by Malinowski, will begin filming segments for the Ocean Pines Academy in February, with a target to release it to the public in March. Other members of the workgroup include Ocean Pines Association President Larry Perrone, Vice President Colette Horn, General Manager John Viola, Senior Executive Assistant Michelle Bennett, Director of Marketing and Public Relations Josh Davis, and community member Jenny Cropper Rines.

"It will be a total team effort," Viola said during a Board meeting on Wednesday. "I have complete confidence in this team and, so far, a lot of the stuff I've seen and I've heard is pretty neat."

Viola has also asked Davis to lead the video side of the project, and he said having the academy on video would make it more accessible to the Ocean Pines public.

Malinowski has worked in market-

please see **effort** on page 11

## Specializing in You

2021 GOALS

THIS YEAR I RESOLVE TO...

- Make my health a priority
- Stop living with my pain
- Run in a 5K
- Play outside more with my grandkids

Make my health a priority:

- ✓ Eat healthier
- ✓ Sit less/move more
- ✓ Get more quality sleep
- ✓ Cook more meals at home
- ✓ Get more fresh get outside more
- ✓ Schedule healthcare appointments

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Ocean Pines Community Center  
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This program of upright, slow and continuous movements is geared toward people with arthritis and other joint issues and is suitable for all fitness levels. Call 410-641-7052 to register.

**YOUTH DANCE CLASS**

Sat Feb 6-27 | 2-3pm  
Ocean Pines Community Center  
\$40 OP residents, \$45 public

For kids ages 11-17. A member of Salisbury University's Dance Company will lead this beginner class, which will include modern, jazz, musical theater dance and more. Call 410-641-7052 to register.

**AQUA CROSS TRAINING**

Tue/Thu Feb 23-April 8 | 7-7:45am  
Sports Core Pool  
\$90 swim members,  
\$95 OP residents, \$100 public

This high-intensity, total-body workout combines cardio fitness with strength toning using our aqua bikes and trampolines to achieve results. Call 410-641-5255 to register.

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**Shallow:** Mon/Wed/Fri Feb 1-Mar 12 | 9:30-10:20am  
 \$55 swim members, \$65 OP residents, \$81 public  
**Deep:** Tue/Thu Feb 2-Mar 11 | 9:30-10:20am  
 \$40 swim members, \$50 OP residents, \$57 public  
 Sports Core Pool

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Review of

# The Poacher's Son

By **Jean Marx**

The Poacher's Son is the first novel by the author, Paul Doiron. Since its publishing in 2010, Doiron has added seven more to his repertoire. The author had previously worked as a magazine journalist where he developed and honed skills in writing and investigating. While he admits that he didn't start out intending to write this story as a novel, he found that his lead character, a game warden named Mike Bowditch in Doiron's home state of Maine, began to come alive in his pages. Doiron also weaves in details about police procedures, forensics, the beautiful landscapes across the state, and the livelihood of what it's like to be a game warden.

In this story, Mike Bowditch who has had an estranged relationship with his father Jack, finds himself inexorably drawn into the police investigation to try to clear Jack's name after he was arrested for a double murder. The book starts out with Mike's supervisor, Kathy Frost, calling to ask him if he had seen the news. The prior evening, a police deputy that Mike had gone to warden academy with, along with an employee of Wendigo Timber, were discovered dead at the Sugarloaf resort; the resort was home of the Rum Pond Sporting Camps along the Dead River. The news reported that it looked like the men were killed by ambush as the bodies were discovered on the back road leading out of the Dead River Inn. Intrigue was further heightened because it was well-known that Wendigo Timber had purchased a half-million acres of the forestland. The owners and residents had previously been served with notices that they were being kicked out by the timber company.

Jack was being held in the Somerset County Jail, where the last time Mike had been to the jail had been two years ago when both he and Jack were jailed after a bar fight. Jack was an alcoholic and known for being a professional trapper who had trapped and killed enough wildlife in his day (in-

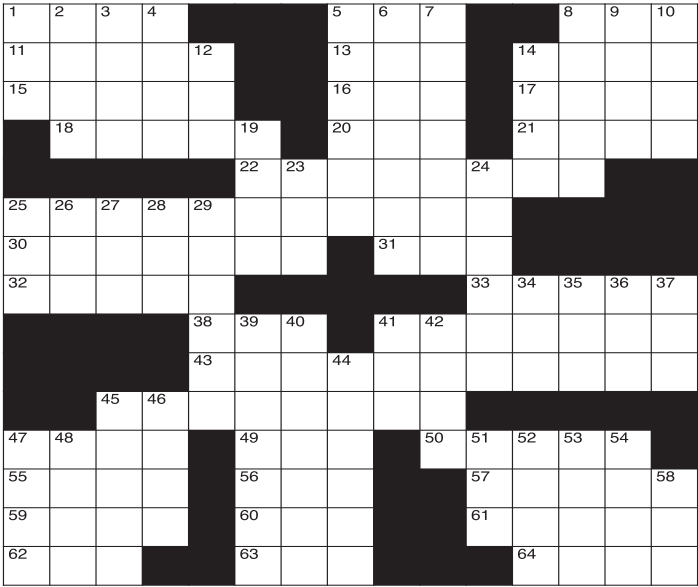
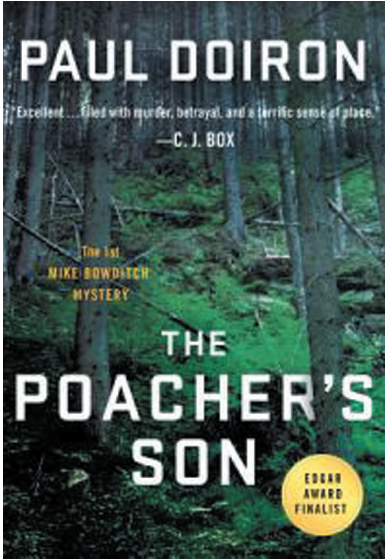
cluding protected wildlife) to be considered a poacher. He was also known for a quick and raging temper particularly when intoxicated. Mike, his girlfriend Sarah, and his father had been at that bar when Jack goaded Mike into protecting Sarah's honor from three barmen who were coming on to her. Mike got his face smashed in the ensuing fight and it had been the last time he and seen or spoken to his dad.

The book also takes us back to Mike's painful childhood memory of Jack taking him at age eight on one of his trapping excursions. Jack saw his son as too soft and wanted the experience to toughen him up. Despite Mike being in bed with a bad chest cold, Jack pushes his son to join him on a December morning. Mike's boots are too big and there is a hole in one of them, yet Jack remains unmoved as he forces Mike to wade into creeks with him and to carry the remains of animals Jack removes from the traps. By the time Jack brings Mike back home a few days later,

Mike's fever is raging and his body is wracked by coughs. His mother greets Mike and quickly transports him to a hospital. She divorces Jack a year later, widening the gulf between father and son.

Back to present day when Jack escapes the jail by taking a hostage, the police call out a manhunt. It is during this time that Jack calls Mike and tells him he is innocent and that he is on the run in Canada. Torn by his conflicting emotions, Mike follows in the trail of the police. He wants to believe his father's innocence but is not entirely convinced. He follows the police in the hopes of trying to save his father's life in case the police involved in the manhunt take matters into their own hands to avenge the death of one of their own.

The book is rich in descriptions of the surroundings, Mike's personal turmoil, Jack's checkered past, and a cast of characters who could have committed the murders. I found it to be a fun and entertaining who-dun-it.



### CLUES ACROSS

1. Gather a harvest

5. Federal Republic of Germany

8. Bravo! Bravo! Bravo!

11. "The Little Mermaid"

13. The common gibbon

14. Volcanic island in Fiji

15. Mother of Perseus

16. Egg cells

17. Teams' best pitchers

18. Credit associations

20. Advance

21. Hair styling products

22. Benign tumors

25. Arriving early

30. Called it a career

31. \_\_ Paulo, city

32. Avoid with trickery
33. Easter egg

38. Veterans battleground

41. Lack of success

43. Thing that causes disgust

45. Deep, continuing sound

47. Ancient kingdom near Dead Sea

49. You might put it in a fire

50. Partner to "oohed"

55. Actor Idris

56. Slippery

57. Plant of the bean family

59. One point north of northeast

60. Patti Hearst's captors

61. Places to hang clothes

62. Midwife

63. Of she

64. S. Korean statesman

### CLUES DOWN

1. Cool!

2. Amounts of time

3. Aboriginal people of Japan

4. Popular veggies

5. Wedding accessory

6. Deep, narrow gorges

7. Dry cereal

8. Competitions that require speed

9. Cain and \_\_

10. Snake sound

12. Type of amino acid (abbr.)

14. Pattern of notes in Indian music

19. Satisfy

23. Misfire

24. Nearsightedness

25. Indicates before

26. Increase motor speed

27. When you hope to get there

28. Indicates position

29. Where rockers perform

34. Substitute
35. \_\_ juris: of one's own right

36. Earliest form of modern human in Europe: \_\_-magnon

37. Adult female bird

39. Do away with

40. Lens

41. Flattened appendage

42. Post or pillar in Greek temple

44. A medieval citizen of Hungary

45. Spiritual leader of a Jewish congregation

46. Abba \_\_, Israeli politician

47. Sew

48. Evergreen trees and shrubs having oily one-seeded fruits

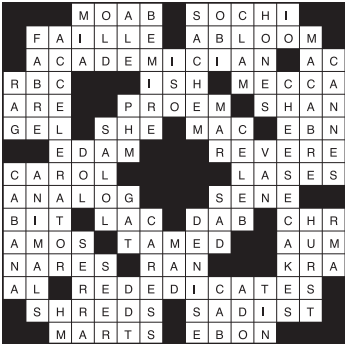
51. Swiss river

52. Grayish-white

53. A way to illustrate

54. College basketball superpower

58. Midway between south and southeast



Answers for January 20



# MHAA economic impact helps Lower Shore

Maryland Heritage Areas Authority (MHAA), the governing body of the Maryland Heritage Areas Program, last week released the results of a study that estimates the contribution of the Beach to Bay Heritage Area to the statewide economy to be \$230 million and supports 3,142 jobs.

"At Beach to Bay Heritage Area, our top priority is the development and celebration of heritage tourism, but it is important to note that the Heritage Area also plays a vital role in both the state and the regional economies. Our operations and the economic activity generated by our operations, grantmaking and heritage tourism touch virtually every corner of our regional economy including outdoor recreation," said Lisa Challenger, Heritage Area Interim Director.

The study was commissioned by Maryland Heritage Areas Authority and was conducted by Parker Philips, Inc. a nationally recognized consulting firm specializing in economic impact analysis.

"An economic contribution analysis is an objective way to measure the

significance of an organization in the regional economy; it is a tool that policy makers can use to inform their decisions about how to allocate funding and make smart investment decisions," said Nichole Parker, Co-Founder and Principal Partner at Parker Philips. "Clearly, the Beach to Bay Heritage Area is a major contributor to the regional economy and raises the profile and value of heritage tourism."

In the analysis, the study considered the direct spending on opera-

**effort**  
from page 9

ing for Ocean Pines since 2013. During that time, she has been involved with two anniversary celebrations, the deployment of two Ocean Pines websites, and the growth of the Association's online presence.

Born and raised in Nebraska, she graduated from Lenoir-Rhyne University in Hickory, North Carolina with a degree in English.

tions, pay, benefits, grants and heritage tourists to the Beach to Bay Heritage Area and the estimated increase in demand for goods and services in industry sectors that supply or support heritage tourism in the three lower shore counties of Worcester, Wicomico and Somerset.

According to the study, a key result of the program and heritage tourism is that Beach to Bay Heritage Area supports and sustains 3,142 jobs includ-

*please see **Impact** on page 14*

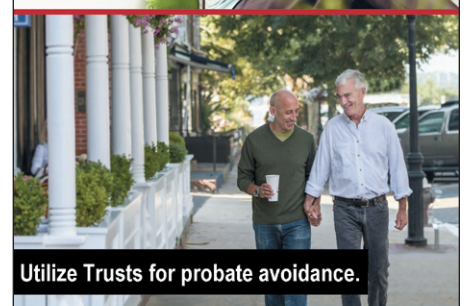
She was a high school English teacher for several years before serving as the communications manager for the Fredericksburg (Virginia) Chamber of Commerce. Before that, she worked as freelance writer and editor.

Malinowski has lived in Ocean Pines for 17 years with her husband, Ocean Pines General Manager of Golf John Malinowski, and her two children, Emily and Johnny.

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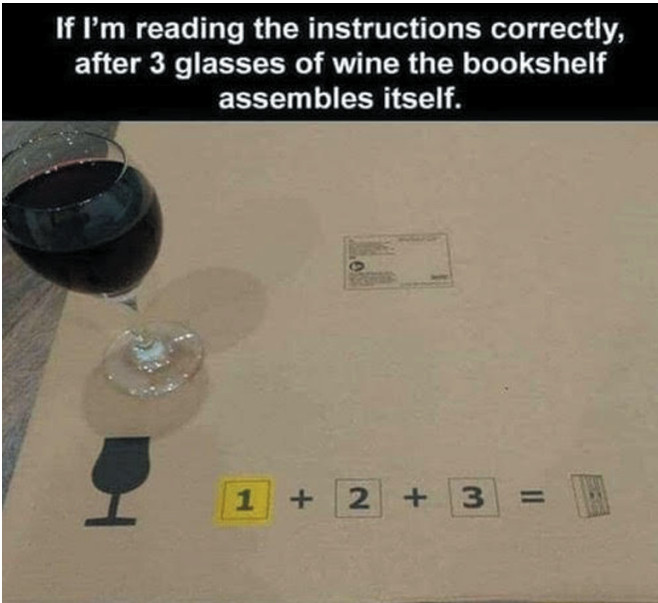




**NAILED IT!!!**



I wish my siblings would stop calling me “spoiled” just because I’m the baby of the family. The fact is, my parents kept having children until they found one they liked. It is so not my issue.



*Some things to think about*

Gathered from the internet by **Jack Barnes**



My wife is blaming me for ruining her Birthday  
That's ridiculous, I didn't even know it was her Birthday

To everyone who received a book from me for Christmas, they're due back to the library next Friday.

Thank you.

I sent that 'Ancestry' site some information on my Family Tree.  
  
They sent me back a pack of Seeds, and suggested that I just start Over.

Whenever my wife uses the phrase “I was thinking.”  
  
That means I either have to move, build, paint, or buy something.



I told my wife how thankful I was to have someone I enjoyed being quarantined with.  
  
She said "must be nice."





**Honored** - The year 2020 was a year full of unique challenges and this year's Assateague Island National Seashore Superintendent's Award was given to two employees who have provided outstanding support to park visitors, park staff and the National Park Service. The recipients were Kelly Taylor and Logan Tucker.

"Through a year which included an extended shutdown due to COVID-19, budget uncertainties, our inability to hire a full complement of seasonal staff, a phased COVID-19 reopening, operating during a pandemic, and record visitation, Kelly and Logan demonstrated outstanding leadership and dedication. Both rangers assisted other park departments accomplish goals, offering solutions to the unique problems of 2020 and going above and beyond," said Superintendent Hugh Hawthorne.

Kelly Taylor, Assateague Island National Seashore's Maryland District Supervisor for Interpretation and Education, was recognized for her outstanding service during the 2020 season. With visitor centers closed, all ranger-led programming cancelled, and staffing levels at a minimum, Kelly and her interpretive staff redirected their work efforts to support the campground and entrance station operations.

Logan Tucker, a Law Enforcement Ranger in the Maryland District of Assateague Island National Seashore, assumed tasks and responsibilities that supported all other divisions in the park. His high-quality enforcement, public safety and emergency services protected park visitors and island resources during a challenging and difficult season.

Above are **Logan Tucker** and **Kelly Taylor**.

## YC to reopen in mid-March; Bar and Grille to extend hours

The Ocean Pines Yacht Club will remain closed until March 12, while the Clubhouse Bar and Grille will offer dinner service starting in February, the Association announced this week.

Ocean Pines Director of Finance and Operational Logistics Steve Phillips said the move would save Ocean Pines about \$25,000, mostly in labor costs. February is traditionally a month associated with losses at the restaurant.

Ralph DeAngelus, cofounder of the Matt Ortt Companies that runs Ocean Pines' food and beverage operations, said the Clubhouse Bar and Grille will reopen next Thursday through Sunday, with winter hours of 8 a.m. to 5 p.m.

Starting on February 4, hours will be extended to 8 a.m. to 8 p.m., with the restaurant open Thursday through Sunday and happy hour and dinner specials beginning. A new menu will be announced in February.

"The kitchen there doesn't have the availability to put together an entire [dinner] menu, but it can do the existing menu that's there and an additional five dinner-entree menu, each week," DeAn-

gelus said.

He said the Clubhouse will also house Thursday trivia nights, normally held at the Yacht Club, starting on February 4.

"I think it's a win-win for everybody," he said.

The Yacht Club traditionally reopens for the Super Bowl, but DeAngelus said that would not happen this year.

"The Redskins are out, the Eagles are out, the Ravens are out, the Steelers are out," he said. "I don't see that as being a big loss at the Yacht Club" without any local teams playing.

If Ocean Pines residents do want to watch the big game, "they can watch it at the Clubhouse," he added.

General Manager John Viola said the new Clubhouse, opened last year, was designed with the thought that the Clubhouse Bar and Grille could run while the Yacht Club is closed, to help fill that void in the community.

"This definitely makes sense and it's a good opportunity to test this out," he said.

For more information on the Clubhouse Bar and Grille, visit [www.ocean-pinesgolf.org/dining](http://www.ocean-pinesgolf.org/dining).

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# The benefits of working with personal trainers

Goals can be a motivating force that help people realize their full potential. When it comes to personal fitness, goals are often an essential

the hurdles required to make significant lifestyle changes, particularly those associated with physical fitness. Whether they're looking to lose weight, improve their overall health and/or simply hoping to look better in the mirror, many people find working with personal trainers is a good way to get on track and stay on track. People on the fence about hiring personal trainers can consider these benefits to working with these highly trained fitness professionals.



**Knowledge:** Gyms often require their personal trainers to earn their personal training certifications, and many universities now even partner with specific certification programs so people who want to become

component of getting healthy.

Achieving fitness-related goals is not always so easy. A 2018 survey from Cision and Varo Money found that 45 percent of respondents resolved to lose weight or get in shape in 2018. Many of those people made those efforts part of their New Year's resolutions, which various studies have found have a high failure rate. In fact, one 2015 report from U.S. News indicated that 80 percent of New Year's resolutions don't survive to see the second week of February.

Fortunately, there are ways to clear

personal trainers can earn both their degrees and their certifications. Knowledgeable, certified personal trainers can help their clients tailor their workouts around clients' individual goals. After meeting with a client and learning about the client's goals, trainers can design workout regimens specific to the individual. That personalization is not possible for people who design their workout regimens around generalized advice they find online or elsewhere.

**Motivation:** Personal trainers also can provide the motivation their

clients need to keep going. That's valuable for anyone, but especially for people new to exercise or those who haven't been physically active for some time. Trainers can motivate clients to finish sets when weightlifting, but also track clients' progress between workouts. When delivered by a trained fitness professional, such progress reports can motivate people to keep working, especially during those times when they might be questioning their commitments to exercising.

**Variety:** Many people quit working out due to something often referred to as "exercise boredom." That's the boredom that can set in when people perform the same exercise routine for

weeks, months or even years at a time. Personal trainers can use their experience to create exercise regimens that change often enough to prevent exercise boredom from settling in.

**Avoid injury:** Perhaps the biggest benefit to working with a personal trainer is that doing so can reduce risk for injury. Personal trainers know the appropriate ways to use exercise machines and watch their clients closely to ensure their form is always correct during a workout. Poor form or misuse of machines can lead to injuries that can quickly derail fitness goals.

Personal trainers can be invaluable assets for people looking to get or stay healthy.

## The rise of telehealth services

Getting sick once meant traveling to a physician's office only to sit in a waiting room with fellow under-the-weather individuals. Few if any people like leaving home when they're feeling ill, and thanks to technology, many no longer need to do so.

Telehealth services, which the Massachusetts Medical Society defines as the delivery and facilitation of health and health-related

hospitals in the United States have a telehealth program.

Forty-eight states require payers to cover telehealth, says the Center for Connected Health Policy.

BBC Research indicates that telehealth makes up roughly one-quarter of the healthcare-related technology market.

The American Medical Association

including medical care, provider and patient education, health information services, and self-care via telecommunications and digital communication technologies, are revolutionizing the healthcare industry. In many instances, patients need not leave the comfort of their beds or sofas to be diagnosed and treated. The Office of the National Coordinator for Health Information Technology says telehealth, which is a broader scope of remote healthcare services than telemedicine, can utilize everything from videoconferencing, the internet, store-and-forward imaging, streaming media, and terrestrial and wireless phone communications.

Many providers and insurance companies now offer some method of telehealth services. Consider some of these statistics.

The American Telemedicine Association says more than one-half of all



says nearly 75 percent of all doctor, urgent care and emergency room visits could be handled safely and effectively over the phone or via video.

Beckers Hospital Review says 82 percent of millennial patients surveyed would rather have a telemedicine visit than an in-person consultation.

Around seven million people use telehealth services across the globe, according to eVisit.

**Impact**  
from page 11

ing direct employment by the Heritage Area, as well as indirect and induced jobs created by supply and equipment vendors, jobs created in the community at hotels, restaurants and retail stores in support of the Heritage Area's operations, grantmaking and heritage tourists.

The study also calculated tax revenues generated by this level of economic activity, including sales, property, personal income and corporate income taxes. The study concluded that the Beach to Bay generates

about \$29.6 million in tax revenues for state and local government.

Statewide, the Maryland Heritage Areas Program, including all 13 certified Heritage Areas, heritage tourists, grantmaking and program spending had a total statewide economic contribution of \$2.4 billion. This activity generated an estimated 33,815 jobs in the state. It is estimated that nearly 20.7 million tourists in the state are heritage tourists.

This economic impact report for the Beach to Bay Heritage Area is available at [www.beachesbaywaterways.org](http://www.beachesbaywaterways.org)

please see **telehealth** on page 15



# Virtual safe boating courses offered

As the new year begins with hopes for a better 2021, many events are still on hold. This may be the perfect time for you to take the Virtual Maryland Safe Boating Course.

The Ocean City Coast Guard Auxiliary has developed the only virtual course in the Delmarva area. This is an interactive class taught by certified Coast Guard Aux. instructors with student participation. The three-

evening course will run February 2, 3 and 4 from 6 p.m. to 9 p.m.

All mandated material and information on local waters will be included. Time is provided for questions and discussions. Everyone is welcome!

The Maryland Boating Safety Education Act requires that anyone born after July 1, 1972 must possess a Maryland Basic Boating Safety Certificate to

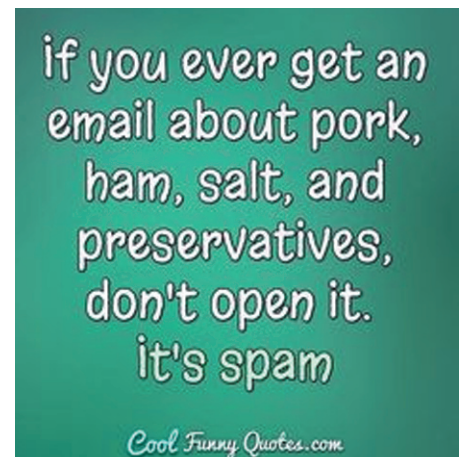
operate a boat in the state of Maryland. Those attending the class, and passing the test will receive a Maryland Boating Certificate which is NAS-BLA approved and valid in all states.

A fee of \$20.00 covers the cost of the course and materials.

Checks should be made payable to: USGCAUX 12-05 and mailed to: USGCAUX 12-05, PO Box 1682, Berlin, MD 21811.

Payment via PayPal is also accepted

For more information or to register please contact: Barry Cohen at 410-935-4807 or E mail CGAUXOC@Gmail.com



## Tides for Ocean City Inlet

Day	High /Low	Tide Time
Th 28	Low	12:52 AM
28	High	7:34 AM
28	Low	1:44 PM
28	High	7:47 PM
F 29	Low	1:36 AM
29	High	8:18 AM
29	Low	2:26 PM
29	High	8:32 PM
Sa 30	Low	2:22 AM
30	High	9:02 AM
30	Low	3:08 PM
30	High	9:18 PM
Su 31	Low	3:09 AM
31	High	9:45 AM
31	Low	3:52 PM
31	High	10:04 PM
M 1	Low	3:59 AM
1	High	10:30 AM
1	Low	4:37 PM
1	High	10:53 PM
Tu 2	Low	4:53 AM
2	High	11:17 AM
2	Low	5:25 PM
2	High	11:45 PM
W 3	Low	5:51 AM
3	High	12:07 PM
3	Low	6:15 PM

### telehealth

from page 14

Telehealth can connect rural providers and their patients to services at other sites and promote patient-centered health care. With a shortage of some medical specialties in rural areas, telehealth can play an important role in ensuring all patients get access to care they need. But the benefits do not only extend to rural patients. Individuals who are elderly and/or those who have mobility issues and cannot travel easily can benefit from telehealth services. Furthermore, any patient with a rare condition may no longer have to travel long distances to consult with specialists in that field.

Telehealth applications and programs on smartphones, tablets or laptops can make it easy for people to monitor their health. These apps can enable patients to do things like track health measurements, share information with clinicians, manage chronic illnesses, and set medication or appointment reminders. Patients also can communicate with providers to get health information through patient portals or to refill prescriptions effortlessly.

Telehealth is changing the face of medicine and utilizing technology in unique ways.

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