

The Courier

July 28, 2021 Volume 21 Number 44



Service to Country - Alec Troy, grandson of **Andy and Barbara Loffler**, graduated from Army Boot Camp last week at Fort Jackson in Columbia, SC. He was promoted to an E2.

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OPA continues strong start to new fiscal year

Good financial news continued for Ocean Pines, with the release of the June financial report this week showing the Association favorable to budget by more \$200,000 in June, and favorable by almost \$740,000 after the first two months of the fiscal year.

General Manager John Viola, during his monthly report to the Board on Wednesday, highlighted activity at several key amenities.

Viola said “the numbers are up” at the Golf Club, favorable to budget year to date by more than \$130,000.

“The big thing with golf is this: the price per round has gone up, and that’s one of the reasons with the mix [of package play, golf members and others] on why the numbers are doing better,” he said.

Viola said Golf Club Superintendent Justin Hartshorne and his team have continued course maintenance efforts and adjusted for the “summer stress period.” That includes walk-mowing and hand-watering the greens to reduce stress, and using fans to help lower soil temperature in some areas. Aeration efforts and the use of specialized, smaller “Ninja Tines” have continued.

“All the measures that we’re taking ... [are] working,” Viola said, adding there is a noticeable difference in course conditions today, versus several years ago.

The Aquatics amenity has also produced strong numbers during the first two months of the new fiscal year, favorable to budget by almost \$120,000.

Viola said the department is ramping up swim lessons and has resumed the popular “Family Fun

Night” program, run in collaboration with the Recreation and Parks Department. In a slide presentation, Viola said Aquatics is “on track to get back to pre-covid and has delivered expense reductions.”

Ocean Pines’ three restaurants are also having a strong summer, with the Yacht Club (favorable more than \$128,000), Beach Club (favorable more than \$50,000) and Clubhouse Grille (favorable more than \$34,000) all producing in May and June.

Viola recommended to the Board, and the Board granted approval on Wednesday, to trigger an added year on the Matt Ortt Companies contract to continue managing Ocean Pines’ food and beverage operations. The Board emphasized that there should be a legal addendum to the contract.

Along with strong management of the restaurants, Viola highlighted the Ortt Companies’ positive contributions to the community of Ocean Pines.

“They provided a lot of [community] service during COVID,” Viola said. “They provided low-price family meals and delivery, and they were open [the] full year.” He added the Matt Ortt Companies also made donations to local police and fire departments, as well as the nurse stations at Atlantic General Hospital.

The Recreation and Parks De-

partment is more than \$23,000 ahead of budget and coming off a July 4 weekend that Viola called “awesome.” More than 3,000 people attended July 4 events, including the fireworks display, and summer camps are all full.



Racquet Sports, overall, is more than \$40,000 favorable to budget. Viola said he hired an outside team of Darryl and Cathy Noble to serve as tournament directors, and a major pickleball tournament is slated for October 22-24.

“We’re hoping to have a nice increase in revenue, as well as participation for Racquet Sports,” he said.

Viola said the Marina produced

record-breaking numbers in May, but those have settled down in June. Overall, the department is slightly unfavorable to budget for the fiscal year.

Poor weather, including several “small craft advisories” on weekends, affected numbers in June, Viola said.

Other departments posting a favorable variance to budget for the fiscal year include Public Works by \$60,842, General Maintenance by \$43,550, Beach Parking by \$42,215, and Police by \$34,892.

To view the June financial report, visit <https://www.ocean-pines.org/documents/10184/104881/June+2021+OPA+Financials.pdf>.

To view video of the July 21 Board meeting, visit <https://youtu.be/t8CRo497r1I>.

The Courier

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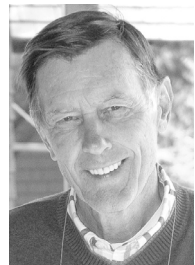
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Worcester Sports Complex: a threat to Ocean Pines?

Commentary by **Joe Reynolds**
OceanPinesForum.com

The Worcester County Commissioners are proposing a “sports complex” virtually on the front steps of Ocean Pines that could dramatically increase vehicular traffic on Maryland Route 589, and the project is apparently under the radar of the OPA Board of Directors.



This is no small project. On July 6th the Commissioners voted to seek appraisal for a property to hold the complex. “Sports marketing tourism is the future,” said Commissioner President Joe Mitrecic, in a *The Dispatch* interview. “We could be the amateur sports capital of the East Coast if it’s done right.”

Now, picture this gigantic sports complex at the southeast corner of Route 589 and Route 113, just north of Showell Park - property now being appraised by the County for the project. Mitrecic is a primary advocate of this gigantic sports complex. He seems to have the initial support of all but Commissioners Chip Bertino and Jim Bunting.

Whether or not a gigantic sports

complex is a good idea for Worcester County at taxpayer expense is certainly debatable. Locating it where the major traffic path back and forth from the complex to hotels and motels in Ocean City and West Ocean City appears to be Maryland Route 589 should not be considered. Perhaps ingress and egress to the site could be limited to only via Route 113. We don’t know. If not, Route 589 would see major traffic during large events drawing potentially thousands.

Mitrecic believes the economic impact of a sports complex would be significant for the area. “Whole families travel to these tournaments,” he said. “They have to stay in places and they have to eat.”

The general idea of the complex would be to host various indoor and outdoor sports tournaments with teams participating from all over the East Coast, primarily to financially benefit Ocean City.

“Tourism dollars coming to the area is huge,” Mitrecic said. “Ocean City is willing to partner with us. This is the future of tourism.” Apparently, no one bothered to even ask OPA what it thought.

Again to quote Mitrecic, “The parcel is large enough to house not only outdoor fields but also an indoor com-

plex. This could very well make Worcester County the amateur sports capital of the East Coast.”

The sad part of all this? It looks like people living in Ocean Pines will have absolutely no influence at the County level on whether this massive project is built or not.

Ocean City wants more tourism dollars and five Commissioners seem ready to give it to them, regardless of the potential impact on quality of life outside Ocean City, especially along the Route 589 corridor. If a massive sports complex is to be built, the Commissioners should be urged to find land, or a site plan, where traffic will not adversely impact local residential communities.

The reality is, the land in question will be developed. If not the sports complex, then most likely housing.

What will have the greatest adverse impact on Ocean Pines? We do not know, and, again, we may never know before it is built because it sure looks like five County Commissioners may ramrod this massive sports complex project through without even considering the local adverse impact on Ocean Pines.

As this project advances, perhaps the only place to seek consideration of any adverse impact on Ocean Pines, River Run, and other communities along Route 589 will be with the Maryland Program Open Space, the County’s expected source for funding the land purchase, and more specifically with the Maryland Board of Public Works, a body that has come to the aid of Ocean Pines homeowners in the past.

Board issues statement on next steps for short-term rental reform

The Ocean Pines Association Board of Directors has released the following statement about the next steps in the process for short-term rental reforms:

At the June 16 meeting of the Board of Directors, a motion was passed to incorporate the Worcester County Code regulating short term rentals, litter and noise into the Declarations of Restrictions for all Ocean Pines sections, with the exception of sections 15B, 16, 17, 18 and 19. The Declaration of Restrictions for those sections already provide that all lots are subject to “...all federal, state or local laws, rules or regulations, specifically including without limitations, the Worcester County Zoning Ordinance...” The restrictions in these sections also provide for fines. The motion passed on June 16 would also incorporate fines in all sections.

The various Declarations of Restrictions require the vote of a majority of the

*please see **rentals** on page 6*

When remodeling a home with the ultimate goal of making it more attractive to prospective buyers, homeowners can benefit from taking stock of current trends, including the style of home that’s most popular. According to a 2020 Homes.com survey of more than 5,000 adults across the United States, modern farmhouse is the most favored house style. The survey asked participants to choose from a selection of styles, including mid-century modern ranch, Spanish colonial/southwest, bohemian craftsman, Italianate, French chateau, and Tudor. The modern farmhouse style was the most popular choice in 42 of the 50 states, proving that home style preference is not beholden to geography. Respondents gave a host of reasons for favoring the modern farmhouse look, including that the style is “aesthetically appealing but not boring” and that it looks “simple, cozy, and not too busy.”



TheCourierofOceanPines

Courier
Almanac

On July 28, 1978, *National Lampoon's Animal House*, a movie spoof about 1960s college fraternities starring John Belushi, opened in U.S. theaters. Produced with an estimated budget of \$3 million, *Animal House* became a huge, multi-million-dollar box-office hit, spawned a slew of cinematic imitations and became part of pop-culture history with such memorable lines as “Fat, drunk and stupid is no way to go through life, son.”

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Give me the simple life

The older I get the less I need or want to be happy. I certainly don't need the riches of the world, a sports car or a jet setting lifestyle for fulfill-



It's All About. . .

By **Chip Bertino**

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ment. Of course it's easy to admit such a sentiment when the likelihood of such riches are as remote as a deserted island. Give me a good day puttering in the garage or getting my hands dirty in the garden and I'm one happy camper. I'll take good conversation, an adult beverage and a cigar while sitting on the back porch over dining on pheasant, something that admittedly I've never had. But it sounds fancy.

I derive a lot of satisfaction from taking on an outdoors project, big or small. Everyone has their Zen. For me it's sawing wood while building a new creation or opening an old can of paint to reinvigorate the colors of something old.

For instance, one time I came across on the side of the road three old kitchen chairs made of wood. Someone had taped a "Free" sign on them. I pulled over to check them out. Other than peeling varnish and discoloration, they were solid so I threw them in the back of the truck. I'd figure out something to do with them.

After spending a couple days thinking about what to do with them, I decided that I would paint them and use them for additional seating on the Piazza. With sandpaper in hand, I undertook the task. The time spent removing the old varnish was cathartic. It took some time but I didn't care. It's during efforts like this when I'm able to turn over in my mind things I've been thinking about, a family or work situation or a problem I'm facing. Sometimes it's an opportunity for me

to compare and contrast the traits of superheroes like Superman and Batman. In case you're wondering, inevitably I come down on the side of Superman. Come on, he has the word "super" in his name.

But I digress.

Many years ago, my father-in-law designed and built a wishing well constructed of wood that he placed in his garden. Over time the garden became overgrown, swallowing the well. It hadn't been seen in years. It literally had a tree growing through its roof. My mother-in-law allowed me to hack my way through the overgrown vegetation to reclaim the well. A good bit of the wood was rotted, requiring replacement. Resurrecting the well was an enjoyable undertaking.

Having worked with my father-in-law on many projects over many years in his garage, I recognized his construction techniques in the well. Sporting a new roof and base as well as a new paint scheme to cover the old cedar-tinted stain, the well now sits in our backyard; a

project completed and a sentimental reminder of my father-in-law. That to me is worth a million bucks. Hmm. If someone were to offer me a million bucks for the well, I'm sure my father-in-law would understand.

When I was a kid I would sit with my grandfather behind the house and watch the sun set over the bay. We'd just watch the sun slowly descent, inflaming the sky all shades of purples and oranges and yellows as it made its exit. Other than the sun's grand finale, the experience was unadorned. We just sat in our chairs watching until finally Gramps uttered to himself, "that was beautiful." It was just that simple.

Maybe it's the mood am in as I write but as I wrap this up I'm reminded of the Rube Bloom lyrics: *I don't believe in frettin' and grievin.; Why mess around with strife? I never was cut out to step and strut out. Give me the simple life.*



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Committee eyes August release for homeowner survey

A coming-soon community survey was the major topic of discussion during a presentation by Strategic Planning Committee Co-Chairman Bernie McGorry last Wednesday night.

"We're very close to [releasing] ... the property owner's survey," he said, adding later that the committee was targeting a release in August.

McGorry said committee members, Board liaison Colette Horn, and some Ocean Pines staff aided in the development of a draft survey, which is meant to guide strategic planning over the next three-to-five years.

He said a strategic plan, among other things, should help better align the Board and management on key principles and directions, and help communicate that direction more clearly.

McGorry, who previously worked in marketing for the Hershey Company, Kraft Foods, and Perdue Farms, offered an example of how strategic planning can work in the business world.

"We would decide that we're not going to launch any new products this year – we're going to focus on current products," he said. "Six months

through the year, the VP of sales comes up and says, 'We need new products.' No, we made the decision [that] we're going to focus on selling the products we introduced last year.

"It's no different than amenities," he continued. "You can invest in current amenities, or you can invest in new amenities."

McGorry later added, "We probably don't have the dollars to do both right away, but based on what the property owners' input is, we can establish clear strategic priorities and plans."

In working toward the survey of Ocean Pines homeowners, McGorry said the committee collected data from Association department heads and committee chairs, and benchmarked neighboring and similar communities including Bayside, GlenRiddle, Montgomery Village, and Crofton.

"We're a little bit different than a lot of them ... but you learn some things by looking at some other homeowner's associations, and we'll be applying those lessons learned," he said.

The next step, McGorry said, is a survey of Ocean Pines property owners.

"The timing of [the strategic plan] is really going to be based on when we get the survey results back," he said. "We'd love to get this done before the budgeting process ... but it's really going to be based on how many surveys we get back and when we get them back."

"Once we finish up the survey, we'll be able to really say, 'Here's a summary of all our work' ... and hopefully it'll be just really crystal clear on what the strategy should be," he added.

McGorry said the current plan is to release the survey in late August through October or November in a hybrid manner, both using the online

"Survey Monkey" platform, and with hard copies available upon request. The estimated cost is \$1,500-\$3,000.

He said the survey would have about 15 questions and should take roughly 15 minutes to complete.

"We have a committee meeting tomorrow where we're going to look at it one more time ... and we're going to ask for any final homeowner, Board [or] staff input within the next week, and get it released," he said. "We welcome anybody's input."

To contact McGorry about the survey, email bmcgorry1079@gmail.com by July 28.

rentals
from page 4

property owners in each separate section to vote to amend the provisions of the Restrictions. According to a legal opinion from attorney Joe Moore, "It is to be noted that the requirement is the majority of all property owners in the Section, not just the majority of all votes cast."

The Ocean Pines staff will note the vote in each section and, once the majority of property owners in each section vote in favor, the amendment will be noted in the Land Records of Worcester County.

The initial mailing to property owners will begin in the fourth quarter of this year. The specific question asked will be to...

"To incorporate the Worcester County Codes for Short Term Rentals (ZS1-351), Litter (PH1-106) and Noise (ZS1: III-46) into the Declarations of Restrictions in all sections of Ocean Pines. For repeat violations of these codes, to suspend a member's ability to engage in short term rentals of their dwelling for periods up to sixty days. To establish a formal method to advise Worcester County of unlicensed rental properties. To require that occupancy limits, noise, trash, and parking restrictions stated in our Declaration of Restrictions and County Code be posted in a conspicuous area of Short-Term Rental Properties. And to levy fines for violations."

The Board was asked to provide a commentary on how the provisions will be enforced if enacted. Below is a summary of how each provision will be enforced and what Department or Departments will be involved.

Short Term Rentals (ZS1-351) will be administered and enforced by the Compliance, Permitting and Inspections Department (CPI). At this time, it is envisioned that those homeowners applying will be required to submit the documentation that they submitted to the County for their Short-Term Rental License, along with a copy of the License. No additional documentation or inspections will be required to obtain the Ocean Pines Rental License. The fee will be what we charge for a Home-Based Business (\$35 Initial Application: \$15 Annual Renewal). Once the OP license is obtained, the homeowner will be required to post it next to the county license in a conspicuous area of the rental.

Litter (PH1-106) will be enforced by the CPI Department. Enforcement will be complaint driven. When complaints are received, the CPI department will investigate.

Noise (ZS1: III-46) will be enforced by both the CPI and Ocean Pines Police Departments to provide 24/7 coverage. Both Departments will have the equipment and training to monitor, measure and record noise levels to the county code. Current plans are to procure this equipment, conduct training and to begin enforcement of the county code upon completion of the training required to use the equipment.

Additional information will be sent to each homeowner as the Declarations are voted upon. Our intent is to have these regulations in place by Summer 2022 and to have 24/7 enforcement of the regulations in place at that time.



Nesting platform initiative launched for endangered birds

The Maryland Department of Natural Resources (DNR), Audubon Mid-Atlantic, and Maryland Coastal Bays Program are partnering in research and monitoring efforts to preserve three of Maryland's state endangered colonial nesting waterbirds — the common tern, royal tern, and black skimmer.

Due to shoreline erosion and sea level rise in the coastal bays, populations of certain colonial nesting bird species have declined by a staggering 90-95% since the mid-80s. These species typically nest on islands in small colonies on barren beaches. The lack of suitable nesting area on these eroding islands has resulted in a loss of sufficient nesting areas for these populations to flourish.

"Island-nesting terns and skimmers in the Coastal Bays are in trouble and are on the cusp of being extirpated — or wiped out — from Maryland as breeding species," explains Director of Bird Conservation Dr. David Curson of Audubon Mid-Atlantic. "As suitable habitat for these birds dwindle from effects of a changing climate like shoreline erosion and sea level rise, it's more important than ever to do what we can to keep them as part of the coastal ecosystem. We need a two-pronged strategy of ongoing sand management to maintain their natural islands to combat erosion, and provide artificial habitat as an interim measure until the species populations are stable again."

This year the group has undertaken a pilot project to establish an artificial island to imitate the characteristics of an ideal nesting beach for these birds. This project also uses a social attraction method that draws in seabirds to the platform with social cues, using bird decoys and audio recordings of bird calls. This model and technique has worked in other parts of the U.S., and in Canada and Europe, including restoring the puffin population in the Gulf of Maine.

Local wood artisans John Collins and Todd Peterson helped to design and construct platforms that were loaded with crushed clam shell for the birds to nest upon and anchored in an undisclosed location in the coastal bays. Local community groups constructed chick shelters and decoys were placed to attract common terns

and black skimmers to this new ideal nesting ground.

The nesting platforms will be monitored throughout the season. If this project is successful, then consideration will be given to launch more in the following years to protect and preserve our diminishing colonial waterbird population. Roman Jesien, of the Maryland Coastal Bays Program states, "we hope that these nesting platforms work in the short-term while we continue our efforts to restore and conserve our natural islands for the long-term."

Dave Brinker, regional ecologist for the Maryland DNR Wildlife and Heritage Service, has been monitoring colonial nesting waterbird populations in Maryland since 1985.

"In the late 1980s there were about 3,000 pairs of common terns and 300 pairs of black skimmer nesting in Maryland," Brinker said. "Today there are fewer than 5 pairs of black skimmer and only 500 pairs of common

*please see **nesting** page 11*

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Chamber Music concerts scheduled

August on the Eastern Shore would not be complete without the tantalizing sounds of chamber music, and this summer is no exception! Chamber Music by the Sea is set to deliver a flurry of excitement since nothing can stop the Eastern Shore's premier chamber festival from sharing its annual dose of inspiration, joy, and fun to our communities, connecting us through the power of music. With uncertainties remaining about indoor venue capacity and travel for the international roster of musicians, this summer's festivities once again will take place virtually, hopefully for the last time.

In its sixth season, Chamber Music by the Sea is delighted to introduce audiences to the dazzling artistry of the Kaleidoscope Chamber Collective, co-founded by violinist and festival artistic director Elena Urioste and pianist Tom Poster. Described by *The Arts Desk* as "a sparky, shape-shifting ensemble of starry young musicians" and lauded by *The Times* for its "exhilarating performances," Kaleidoscope was recently selected as an Associate Ensemble of London's legendary Wigmore Hall. The acclaimed group makes its debut for US audiences with three live-streamed festival performances, each preceded by the opportunity to mingle virtually with the artists.

Programming highlights for the

2021 festival include the exuberantly youthful Mendelssohn Sextet, Amy Beach's sensuous piano quintet, and the spirited piano quintet of Florence Price, which receives its world premiere recording on Kaleidoscope's soon-to-be-released debut CD, *American Quintets*. Returning audiences know that no Chamber Music by the Sea festival would be complete without the charming arrangements of pianist Tom Poster, so come prepared for this year's delightful surprises.

In addition to Urioste and Poster, the Kaleidoscope festival roster includes several returning favorites: violinist Melissa White, violist Rosalind Ventris, cellist Laura van der Heijden, and tenor Karim Sulayman. New to the festival in 2021 are violinist Savitri Grier, violist Stephen Upshaw, cellist Zlatomir Fung, and double bassist Joseph Conyers. This extraordinary group of artists includes Grammy Award winners, the first prize laureate of the international Tchaikovsky Competition, recipients of the Sphinx Medal of Excellence, and BBC New Generation Artists.

This year's virtual festival will run from August 3 to 7 and includes three evening concerts plus a free, interactive Saturday morning mini-concert suitable for children of all ages, all

please see **music** on page 11



Capsule - The Parke's 10th and 20th anniversary capsules were recently sealed in the Ocean Pines library by anniversary committee members, to be re-opened on May 19, 2031.

Above **Steve Habeger**, **Linda Olsen** (HOA president), **Paul Whitson**, **Susann Palamara** and **Diane McGraw** ready the materials.

Wor-Wic 5K Run/Walk set

The Wor-Wic Community College Foundation is sponsoring a 5K Run/Walk, along with the 2021 Law Enforcement Team Cup Challenge, on Saturday, October 2, at 9 a.m., at the college campus on the corner of Route 50 and Walston Switch Road in Salisbury. Check in and registration begin at 8 a.m.

The 5K run and one-mile walk are open to the public. The Law Enforcement Team Cup Challenge is open to employees of any law enforcement agency who will compete in teams of two to three runners for the Law Enforcement Team Cup, currently held by the Wicomico County Sheriff's Office.

All 5K runners and law enforcement team members will be eligible

for first place overall male and female trophies, as well as medals for the top three male and female finishers in eight different age categories.

The first 100 registrants will receive an event shirt. All participants are invited to stay afterward for the awards ceremony, refreshments, music and fun activities for the whole family. The entry fee is \$25 per person, or \$35 per person after Sept. 29. Proceeds will benefit the students of Wor-Wic. For more information or a registration form, visit the college website at www.worwic.edu or call 410-334-2808.

Ribbon cutting, outdoor movie night set at Showell park

Worcester County Recreation & Parks staff invite the community to participate in a free outdoor movie night on August 6 at the Showell Park ball fields.

Festivities and concessions for snack and drink purchases will open at 8 p.m., followed by a ribbon cutting for the new concession stand at 8:30 p.m., with free popcorn to be passed out. At 9 p.m. the movie classic, "The Sandlot," will play on a 40-

foot screen and be followed by a laser show.

Families should bring chairs or blankets to sit in the outfield. Showell Park is located at 11281 Racetrack Road in Showell, Maryland.

For more information, contact Allen Swiger, at 410-632-2144, ext. 2520 or aswiger@marylandscoast.org or visit www.marylandscoast.org.



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EOE

What is Carpal Tunnel Syndrome?

By **Jennifer S. Hamilton**

Have you ever heard of Carpal Tunnel Syndrome? I would imagine, most would answer “yes” to that question, as it is a common syndrome that many may experience,

either acutely or possibly long-term and may require treatment and/or surgical intervention. But do you really understand what exactly Carpal Tunnel Syndrome (CTS) is, and how to prevent it? Let’s start with a quick anatomy lesson. The carpal tunnel is an actual structure in the wrist. The base and sides of the tunnel are formed by our carpal bones, which are small bones in the wrist.

We have a total of eight carpal bones in the wrist. The roof of the

tunnel is formed by the transverse carpal ligament. Ligaments are very rigid structures that connect bones to other bones and provide stability.

These structures create an anatomical tunnel. We have nine tendons and one nerve, the median nerve, that pass through the tunnel to the hand and fingers. The tendons that pass through the tunnel control the bending of our fingers and thumb.

The median nerve passes through the tunnel and controls the muscles that move our thumb. Additionally,

this nerve provides sensation to the skin of the thumb, index finger, middle finger, and half of the ring finger.

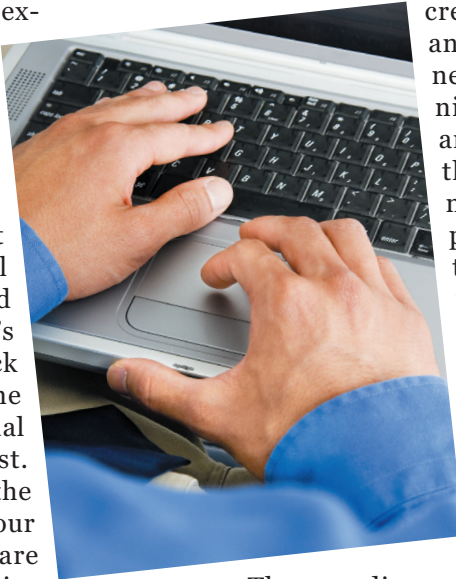
So, what causes Carpal Tunnel Syndrome? The most commonly accepted explanation is that Carpal Tunnel Syndrome is caused by a combination of events or situations. Some people have smaller carpal tunnels and are therefore more likely to have pressure on the median nerve. Injury to the wrist from a sprain or fracture can cause swelling in the carpal tunnel, resulting in compression of the nerve. Other factors, such as arthritis, thyroid disease, diabetes, pregnancy, repeated use of vibratory tools (i.e. jackhammer or drill) or prolonged extreme bending of the wrist can all result in nerve irritation, causing Carpal Tunnel Syndrome.

What does Carpal Tunnel Syndrome feel like? Many people report waking up with numbness in their thumb, index, middle and part of their ring fingers on the palm side of their hand. Others report an ache or sharp pains in their hand, wrist or forearm. Patients may feel clumsy and drop things, or have

problems with fine motor tasks, such as buttoning a shirt or picking up coins. This comes from the decreased sensation in the thumb and fingers. A weakened grip or pinch from prolonged CTS may cause problems when turning a key or opening a jar.

Now that you know what CTS is, what do you do if you think you have it? This is where a hand therapist can come into play. A hand therapist can help reduce the symptoms of CTS by first performing a complete evaluation to determine the main cause of the problem. He or she might recommend wearing a brace at night to keep the wrist in a safe position, or during the day for activities that might irritate the nerve. A hand therapist can provide patient education and recommendations for modifications to reduce symptoms during activities of daily living, work tasks and recreational activities. A hand therapist may also prescribe specific exercises to help in the recovery or prevention of future CTS occurrences.

Jennifer S. Hamilton, D.P.T., C.H.T. is owner of Hamilton Physical Therapy PA located in Berlin.



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COUNTS!**

**BALLOTS DUE
AUG 11**

**ANNUAL MEETING
AUG 14**

Review of
A Wonderful Day with Gilly Gilay

by **Jean Marx**

In *A Wonderful Day with Gilly Gilay*, prepare to be transported on an adventure with this magical bird as he visits a young boy named Mac in his dreams. The book was written by local resident and fellow writer at *The Courier*, Maureen Kennedy, of the My Backyard store in the Manklin Creek Shopping Center here in Ocean Pines. In this beautifully illustrated children’s book, Maureen honors her father who created the Gilly Gilay character and regaled her as a child with tale after tale of Gilly’s crazy adventures during dreamtime.

Maureen took inspiration from her dad in writing this story and she dedicates it to the loving memory of both her parents. With her vision of producing the book at this moment in time, it has become a perfect synergy of events, timing, and perhaps a touch of Divine Intervention:

Over the past 25 years, it has been of dream of Maureen’s to one day produce this children’s book in tribute to her father.

The book is about the wonders of dreaming.

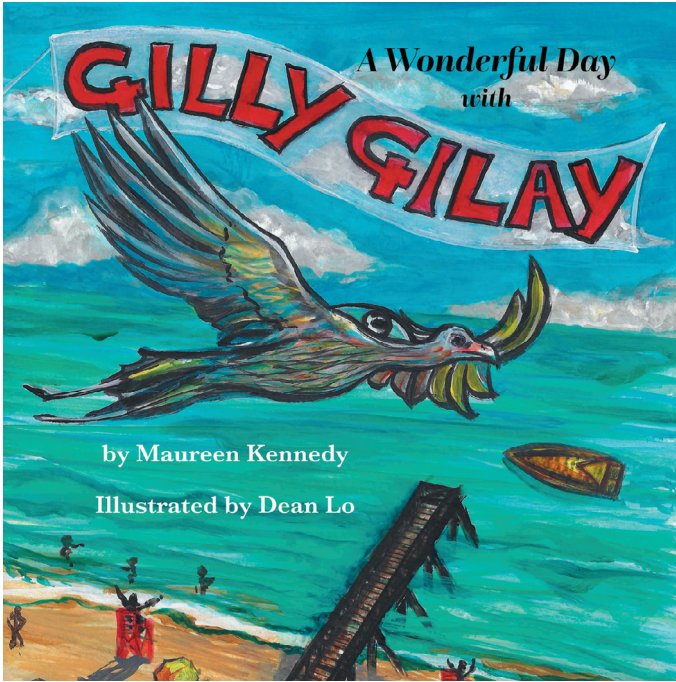
Maureen first helped her husband Butch run a successful business for over 30 years in Montgomery County, MD. They moved to the Eastern Shore in 2003, and upon Maureen’s retirement here in 2017, she wanted to make another dream come to fruition. Together they decided to open their new business, My Backyard, that is thriving thanks to the support of the local community. She and Butch exemplify following one’s dreams.

My Backyard is centered around outfitting your backyard with attractive bird feeders and a host of other charming bird-related gifts. Gilly Gilay is a bird and a magical one at that, and he fits right in with the beautiful decor you see throughout the store.

In the story, Mac is a young boy

who loves adventure but who would prefer not to take time away from his fun activities to do something as boring as sleeping. As Mac’s mother is trying to coax her reluctant son into bedtime, she gets the idea to read him a story about a magical bird named Gilly Gilay who loves adventure, storytelling, and dreams.

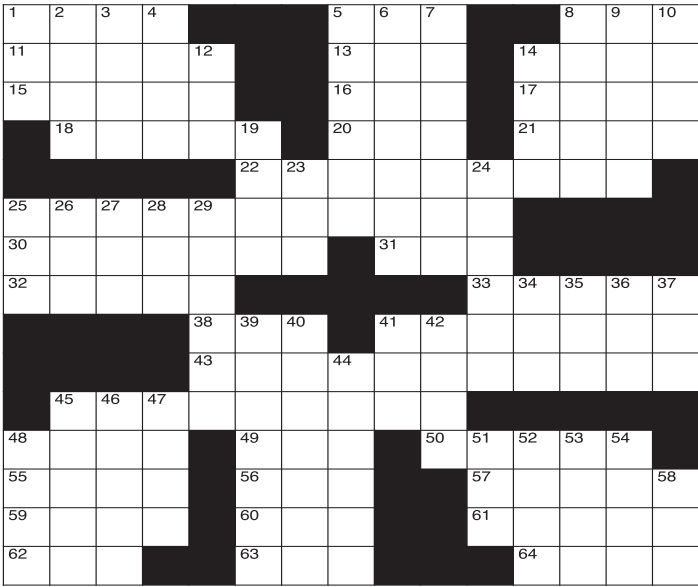
When Mac drifts off to sleep, Gilly appears with a flap of his wings. Gilly



introduces himself to his inquisitive new friend and invites him to name an adventure anywhere in the world and Gilly will take them there. Without hesitation, Mac happily yells out, “Into the sea!” and off they go with Gilly buckling Mac into a waterproof capsule perched on Gilly’s back. Gilly flies them over the beach and tells Mac to hold tight as they dive into the ocean depths.

As they initially descend, the pair encounter an array of tiny seahorses. Gilly regales Mac with facts about seahorses and how they protect their young. Mac asks lots of questions and Gilly is happy to explain many facts about the amazing, teeming world under the sea. They plunge to deeper depths and find different species of larger fish, hammerhead sharks, and dolphins. They plunge deeper still where the sea is darker due to less natural light from the ocean’s surface, and they use their Gilly lanterns to illuminate a fascinating octopus about which Gilly educates Mac. As they begin to

please see **review** on page 11



CLUES ACROSS

1. Language group with Iranian influence

5. No seats available

8. Health insurance organization

11. Having a strong sharp smell or taste

13. Defunct European economic organization

14. Dutch word for “language”

15. Hard to penetrate

16. When you’ll get there

17. Iranian city

18. Small fishes

20. Dry white wine drink

21. Turkish city

22. U.S.-born people

25. Synthetic resin

30. Major nerve in human body

31. Type of recording
32. Small drum

33. Alters

38. General’s assistant (abbr.)

41. Venezuelan capital

43. Free of deceit

45. Member of Ancient Hebrew nation

48. Competition

49. Launch an attack on

50. Cavalry sword

55. Spiritual leader

56. One point east of due south

57. Afflicted

59. Database management system

60. Snakelike fish

61. Spiritual leader of a Jewish congregation

62. Small drink

63. Not wet

64. Impudence

CLUES DOWN

1. Father

2. Performed perfectly

3. Ribosomal ribonucleic acid

4. Thin, compact object

5. One attempting to find something

6. No longer working

7. Egg-shaped wind instrument

8. Book of Genesis character

9. Volcanic craters

10. Brand of American automobile (slang)

12. Hip hop icon Kool Moe ___

14. Bangladeshi monetary unit

19. Self-immolation by fire ritual

23. Family of genes

24. Et ___; indicates further

25. Pacific Standard Time

26. S. American wood sorrel

27. Women’s ___ movement
28. Chinese hoopster Ming

29. Layers of rock

34. Patriotic women’s group

35. Solid water

36. Shade of brown

37. Very fast airplane

39. Put clothes on

40. Quality of one’s character

41. Time zone

42. Primates

44. Pleasantly

45. Metrical feet

46. Rogue

47. German river

48. Relieves from

51. Swiss river

52. Prejudice

53. Actor Idris

54. Those who resist authority

58. Criticize

Answers for July 21

S	A	S	H		B	O	S	O	N		S	A	M	A
O	R	E	O		C	R	A	P	E		A	R	A	K
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					S	E	R	E	N	A	D	E	S	
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A	R	N	E		G	A	L	L	A		C	E	C	A
B	E	S	T		O	L	S	E	N		H	A	H	N

nesting
from page 7

terns that nest in Maryland each summer. The nesting platform project is an effort to stop this decline and retain nesting common terns and black skimmers in the Maryland coastal bays.”

Maryland DNR is providing technical assistance, materials, and funding through federal Pittman-Robertson funds the state receives from the U.S. Fish and Wildlife Service. Match for these federal funds comes from Maryland Program Open Space funds used to purchase land for state Wildlife Management Areas and from the Chesapeake Bay and Endangered Species fund, a voluntary

review
from page 10

ascend, they encounter sea turtles and jellyfish. Just before they break through the surface of the water to begin the journey back to Mac’s bedroom, they find one last surprise treasure in the sea – an added bonus that completes their first adventure together.

Gilly gets Mac safely tucked into bed again and promises to return the next evening for their next exciting adventure. An anxious Mac cannot wait for dreamtime the next night.

If you’d like to obtain a copy of this lovely children’s story, please stop into My Backyard to find out the details about Maureen’s upcoming book signing in August. You may catch a couple glimpses of Gilly around. You can also find the book on Amazon. Sweet dreams!

state income tax checkoff. Audubon Mid-Atlantic and National Audubon are providing technical support and assistance with planning, coordination, and raft construction under a contract with MD DNR. Maryland Coastal Bays Program is assisting with planning, coordination, and volunteers.

“The steep population declines in these important bird species warrants our immediate attention,” said Jeannie Haddaway-Riccio, Secretary of the Maryland Department of Natural Resources. “We are pleased to assist with this interim measure as well as long term measures to give them the best possible chance to rebound.”

music
from page 8

streamed online. Under the sponsorship of the Worcester County Education Foundation, generously funded by the Paul M. Angell Family Foundation, and with continuing support from the Worcester County Arts Council, Chamber Music by the Sea proudly sponsors year-round arts initiatives in Worcester County public schools through its festival ticket sales, including its Virtual Visiting Artists program, which allows students to interact directly with acclaimed musicians in live virtual classroom sessions.

2021 festival schedule:

Tuesday, August 3, 7:00 pm:
ticketed concert streamed on Zoom

Thursday, August 5, 7:00 pm:
ticketed concert streamed on Zoom

Saturday, August 7, 10:30 am:
free family concert broadcast live on Facebook

Saturday, August 7, 7:00 pm:
ticketed concert streamed on Zoom

For more information go to
www.chambermusicbythesea or
www.wced.foundation.

Tides for Ocean City Inlet

Day	High /Low	Tide Time
Th 29	High	12:19 AM
29	Low	6:30 AM
29	High	12:46 PM
29	Low	6:49 PM
F 30	High	1:03 AM
30	Low	7:13 AM
30	High	1:35 PM
30	Low	7:44 PM
Sa 31	High	1:51 AM
31	Low	7:57 AM
31	High	2:28 PM
31	Low	8:40 PM
Su 1	High	2:43 AM
1	Low	8:43 AM
1	High	3:24 PM
1	Low	9:37 PM
M 2	High	3:38 AM
2	Low	9:30 AM
2	High	4:20 PM
2	Low	10:35 PM
Tu 3	High	4:34 AM
3	Low	10:20 AM
3	High	5:13 PM
3	Low	11:31 PM
W 4	High	5:27 AM
4	Low	11:12 AM
4	High	6:02 PM

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Ravens Roost announces scholarship winners

Ravens Roost #44 of Ocean City this week announced the presentation of annual scholarship awards.

This year, scholarship awards totaling \$13,700 went to seven students at three area high schools.

The 2021 scholar/athlete awardees are:

Indian River High School: Declan Burke - Salisbury University (\$2,200), Savannah O'Shields - West Virginia Wesleyan, Buckhannon, West Virginia (\$2,200) and Drew Szlasa - Emory-Riddle Aeronautical University, Daytona Beach, Florida (\$500)

Stephen Decatur High School: Macy Dill - Temple University, Philadelphia, Pennsylvania (\$2,200) and Brooklynn Pugner - Washington College, Chestertown, Maryland (\$2,200) and

Worcester Preparatory School: Sophia Ludt - Davidson College, Davidson, North Carolina (\$2,200) Graham McColgan - Notre Dame University, Notre Dame, Indiana (\$2,200)

Over the last 20 years, Ravens Roost #44 has donated \$213,700 in scholarships to local high school graduates.

Don McMullen and Bob Munroe, Scholarship Committee co-chairs, said the Ravens Roost Scholarship Committee awards individual scholarships based on SAT/ACT scores, grade-point averages, participation in athletics, community service, work history, letters of recommendations, and an essay

on how athletics are important in today's society.

Ravens Roost #44 held its 24th Annual Scholarship Golf Tournament at the Ocean Pines Golf Club on June 4.

The Scholarship Committee wishes to thank major event sponsors Atlantic General Hospital, Keller Williams Realty, Anne Powell, Mikes Flooring & Design, Pit n Pub Restaurant, and The Original Greene Turtle.

"In addition, we would like to thank our golfers, tee sponsors, in-kind donations and silent auction contributors, and the American Legion Post 166 Ocean City," McMullen and Munroe said in a joint statement. "A special thank you to John Malinowski, PGA Director of Golf, and his staff for having the course in excellent shape, and to Judy and Rob from the Matt Ortt Companies for the excellent luncheon at the Ocean Pines Club-house Bar and Grille.

"The Ravens Roost #44 Ocean City Scholarship Committee thanks everyone involved for another outstanding tournament," they added.

McMullen and Munroe said the Scholarship Committee is currently seeking donations for 2022 scholarships.

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

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



Rackliffe House receives grant

Coldwell Banker CARES Foundation of the Mid-Atlantic presented a \$500 grant to the Rackliffe House to assist with the preservation and repointing of bricks on the kitchen wing of the historic 18th century house.

Pictured are Coldwell Banker office manager, **Greg Goldman**, and Rackliffe House Trust board members **Laura Mears**, **Mandy Lynch**, and **Susan Cropper**.



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Art League seeks volunteers

The Art League of Ocean City is in urgent need of volunteers to assist with upcoming summer events, including monthly First Friday art opening parties, ArtX at Northside Park in August, the Harbor Day Festival in October, and the Ocean City Film Festival Live Encore in October.

Volunteer duties include staffing Art League information areas, assisting with refreshments, ticket taking, assisting with children's and adult art activities, and raffle offerings, among other opportunities.

"Volunteering with the Art League can be so rewarding and so much fun," Aubrey Sizemore, the Art League's volunteer coordinator, said. "You'll connect with other creative-minded people like yourself, make new friends, and really feel a sense of belonging. There are many ways to get involved that suit you, and we'll work within your interests and your schedule to find your perfect spot."

The Art League welcomes everyone to apply, and does not discriminate on the basis of race, creed, color, religion, gender, marital status, ethnicity, sexual orientation, age, or physical challenge.

Interested parties should contact Aubrey Sizemore at aubrey@ArtLeague-ofOceanCity.org or 410-524-9433.



TheCourierofOceanPines

Breathing goes a long way in losing weight

Obesity is a significant threat to public health. The World Health Organization says global obesity rates have nearly tripled since 1975. There are now more than one billion overweight adults across the globe, and at least 300 million people are classified as clinically obese.

Many people want to lose weight and unhealthy fat for personal reasons or at the suggestions of their doctors. Weight loss often involves a combination of increasing exercise and decreasing calorie consumption. As excess weight starts being shed, it becomes evident that a biological process is taking place. Many people refer to it as burning calories. But fat loss is a complicated process that's spawned various misconceptions.

Breathing to lose weight? Many people may not know that a lot of the fat lost during weight loss efforts occurs through simple breathing. According to Live Science and a 2014 study from researchers at the University of New South Wales, the body stores excess protein or carbohydrates in a person's diet in the form of fat, specifically triglycerides, which consist elementally of hydrogen, carbon and oxygen. When people lose weight, triglycerides are breaking up into these building block elements through oxidation.

The researchers found that, during

oxidation, triglycerides are used up in a process that consumes many molecules of oxygen while producing carbon dioxide and water as waste products. The study found that, during weight loss, 84 percent of the triglyceride fat that is lost turns into carbon dioxide and leaves the body through the lungs. The remaining water may be excreted as sweat, breath or tears, or come out in urine, water excretion is the lesser-known component of the biological process.

Researchers who authored the University of New South Wales study determined that, when 22 pounds of fat are oxidized, 18.5 pounds of it leaves the body as exhaled carbon. The amount of carbon that is lost can be increased through exercise, according to Medical News Today. By substituting one hour of moderate exercise (like jogging) for one hour of rest, a person can increase his or her metabolic rate of triglyceride usage sevenfold.

Carbon excretion also occurs during sleep, while sitting and doing daily activities. However, the amount excreted during these activities is minimal and can be offset by eating too much food. Simply breathing more and faster during regular activities is not recommended, either, as doing so increases the risk for hyperventilation.



Ribbon cutting, outdoor movie night set at Showell park

Worcester County Recreation & Parks staff invite the community to participate in a free outdoor movie night on August 6 at the Showell Park ball fields.

Festivities and concessions for snack and drink purchases will open at 8 p.m., followed by a ribbon cutting for the new concession stand at 8:30 p.m., with free popcorn to be passed out. At 9 p.m. the movie classic, "The Sandlot," will play on a 40-foot screen and be followed by a laser show.

Families should bring chairs or blankets to sit in the outfield. Showell Park is located at 11281 Racetrack Road in Showell, Maryland.

For more information, contact Allen Swiger, at 410-632-2144, ext. 2520 or aswiger@marylandscoast.org or visit www.marylandscoast.org.

AGH to host Autism conference

Atlantic General Hospital is sponsoring the 5th Annual Autism Awareness Conference on Tuesday, August 10, from 4 p.m. to 6 p.m. This event is free to the community; internet access is required to join the conference.

Guest speakers: Katie Dorsch, registered dietitian at Atlantic General and the Regional Cancer Care Center, will be discussing "Autism and Nutrition." Maureen van Stone, Esq., director of the Maryland Center for Developmental Disabilities (MCDD) at Kennedy Krieger Institute, will discuss "Return to School during the COVID-10 Pandemic for Students with Disabilities." Dr. Deepa Menon, assistant medical director at the Center for Autism and Related Disorders (CARD) at Kennedy Krieger Institute, will discuss "School Re-Entry Post-COVID: Supporting Families and Children with Autism."

Advance registration is required by August 9. Please call 410-641-9268 or email gblake@atlanticgeneral.org to register. The Autism Conference is free of charge.



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Law enforcement is essential to the community

Much of 2020 was dominated by events that have made the year one few people will soon forget. Unprecedented and stressful circumstances can contribute to spirited debates and uncertainty about the future. Complicated situations can affect people in many ways, but the public may be wise to take some cues on how to navigate challenging situations from the professionals who routinely find themselves confronting adversity.

Law enforcement officers who don the uniform each and every day routinely put others first in the name of public safety. According to the National Law Enforcement Memorial Fund, there are now more than 800,000 sworn law enforcement officers serving in the United States, which is the highest figure ever. Officers often step up to serve despite the risks associated with working in law enforcement. A total of 1,627 law

enforcement officers died in the line of duty over the past 10 years. There were 135 law enforcement officers killed in the line of duty in 2019 alone.

Law enforcement personnel serve many important roles in the



communities they serve. Here's a closer look at the integral roles of police and other law enforcement personnel.

Maintain law and order: The police force is made up of many different departments with the collective goal of maintaining law and order.

Traffic police are responsible for enforcing the rules of the road and minimizing the chance of accidents. Other departments canvas the streets ensuring that residents' civil liberties are not being compromised.

Save lives: Whether they're preventing a life-threatening crime or administering emergency medical care at a car accident until an ambulance can arrive, law enforcement officers save lives every day.

Assist in adverse situations and provide crisis support: Police officers often fill the role of counselor or friend to people who find themselves in difficult situations. An officer can play a part in helping people make better life choices in the future. Training in situational de-escalation also means police officers are capable of defusing difficult situations before they snowball into serious, potentially life-threatening confrontations.

Investigate crimes: Police are the first people to respond when crimes have been committed. These indi-

viduals investigate the situation and find the perpetrator.

Foster strong communities: Law enforcement officers share a unique solidarity with other officers, peers, community leaders, and even medical professionals, which helps to create a strong fabric for a community. Officers frequently have each other's backs as well as the respect and support of the public for putting their lives on the line.

Law enforcement is an essential component of orderly, safe and supportive communities. Recognizing and respecting the important role law enforcement officials play is a great way to show them how much their efforts and sacrifices are appreciated.

Yard sale scheduled

Worcester County NAACP will sponsor a community yard sale on Saturday August 7 from 8 a.m. to noon at Stephen Decatur High School parking lot. Call 443-513-1745 or 443-944-6701 to reserve your space. The cost is \$20 per space. Spaces are limited.

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