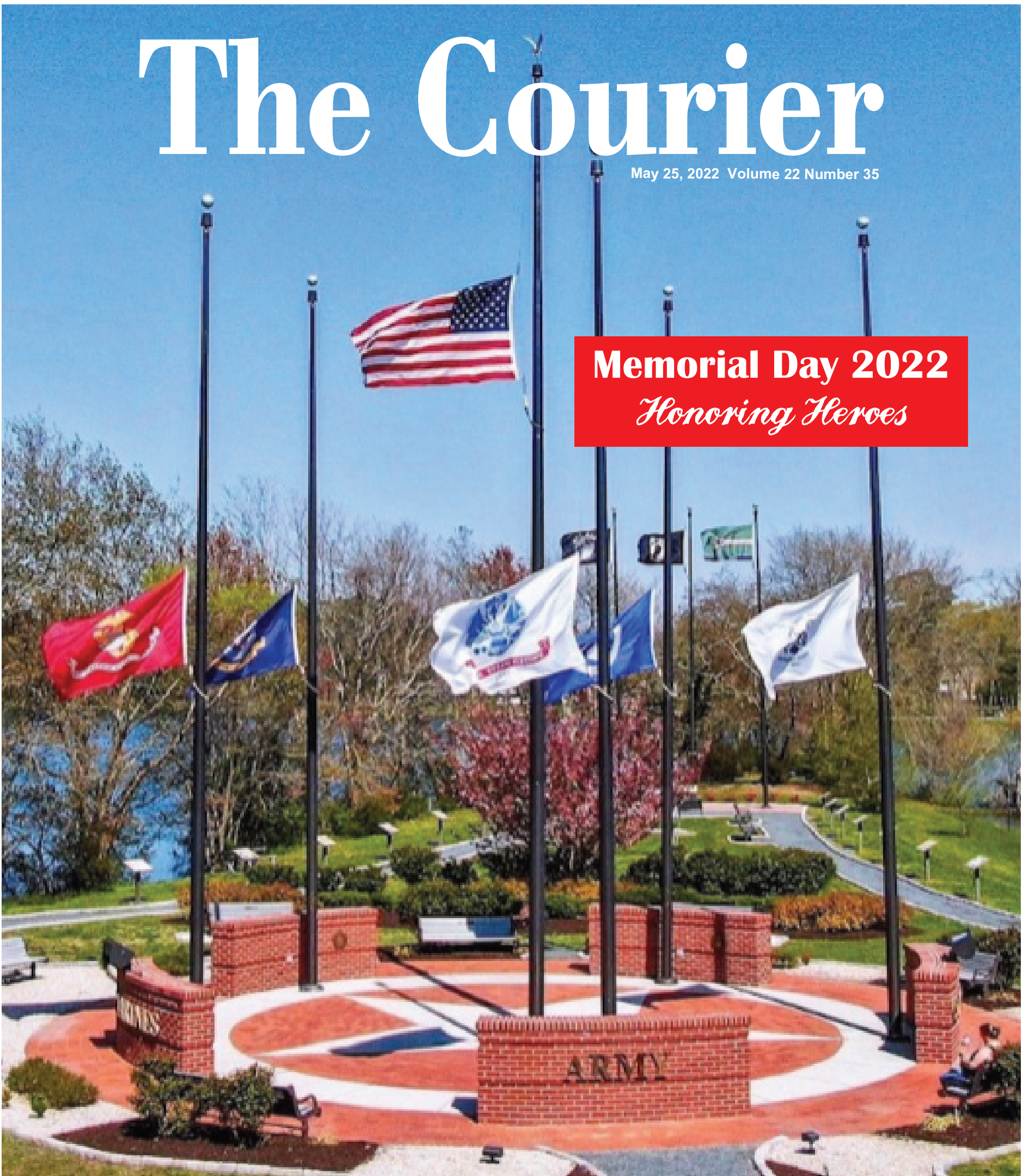


The Courier

May 25, 2022 Volume 22 Number 35

Memorial Day 2022

Honoring Heroes





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A message from OPA President Colette Horn

Celebrating Memorial Day traditions in Ocean Pines

Although Ocean Pines is more than 50 years old, there was not much in the way of Memorial Day traditions until 2005.

That was the year that, thanks to the efforts of a handful of volunteers and donations from hundreds of community members, the Worcester

County Veterans Memorial at Ocean Pines was built and held its first Memorial Day ceremony.

Sharyn O'Hare, who co-chaired the effort to build the memorial, said inspiration came from a performance by the U.S. Navy Sea Chanters that was part of the Association's 35th anniversary in 2003.

"We decided to do something to honor the troops on a Sunday morning," O'Hare said. "And my father, who was a World War II veteran who turned 18 at the Battle of Midway, stood up when it was time to honor each branch. He was a Marine and he had his Marine hat on, and there were tears running down his cheeks. I just was shocked at how much it meant to him, and I realized then that we had to do something for these veterans."

The idea for the memorial was formed when the 35th anniversary committee held a meeting to decide what to do with the unspent money

they had raised. A suggestion to put up a flag at the south gate quickly snowballed into a full-scale memorial.

The volunteer group that brought the memorial to fruition included co-chairs O'Hare and Roseann Bridgman, along with Joe Reynolds, Denny Bowlers, then Association President Dan Stachurski and Tom Cetola, among others.

Plans for the new memorial were estimated to cost roughly \$100,000, but the group only had around \$15,000 left over from the 35th anniversary.

"And then we started selling bricks and pavers for \$75 and \$150 each, and we started getting \$1,000 donors," O'Hare said. "There were probably 20 people who donated \$1,000."

Reynolds helped secure one of the largest donations, from local builder Marvin Steen.

"I attended most of the committee's meetings and at one of them I suggested a bronze plaque around the flagpole. And Sharyn said, 'If you think it's a good idea, go get the money,'"

Reynolds said. "I went home, and I called Marvin Steen and I told him, 'Marvin, we need a bronze plaque around the bottom of the flagpole, but it'll be expensive.' He said, 'Go get it and tell them to send me a bill.' And that was that."

Reynolds had a younger brother who saw combat in Vietnam and an uncle who was at the Bataan Death March.

"I've always had an interest in veteran issues, and I think anything the country can do for veterans should be done – especially for combat veterans," Reynolds said.

O'Hare had planned to take out a loan to cover whatever money could not be raised through donations.

"But we never had to do it," she said. "The community was just incredible. By the time we dedicated it, we did not owe one penny and the memorial was built. It was truly a grass roots effort, and it was all volunteer work except for us having to buy materials – most of which we got at cost."

*please see **memorial** on page 6*



County Veterans Memorial at Ocean Pines was built and held its first Memorial Day ceremony.

Sharyn O'Hare, who co-chaired the

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Commentary

OPA's ABCs

Commentary by **Joe Reynolds**
OceanPinesForum.com

When will some board members finally move on from the Rick Farr eligibility saga? Agree or disagree with the court decision declaring Farr an eligible candidate for the board last year and his subsequent election to a seat on the OPA Board of Directors, but it is time to move on from internal board squabbling with Farr on any minor pretext.

The most recent case in point is so trivial as to make any reasonable person shake their head in disbelief. Based on multiple reliable sources, board-appointed OPA board member Amy Peck essentially accused elected board member and now corporate Secretary Rick Farr of trying to influence the upcoming board election results because an OPA news release did not list eligible board candidates in alphabetical order.

Peck is a candidate in the upcoming election. Farr was just appointed OPA corporate Secretary, replacing Josette Wheatley, another board-appointed board member, who resigned her Secretary position after also deciding to be a candidate in the upcoming election.

As OPA corporate Secretary, the OPA

bylaws give Rick Farr the sole responsibility of deciding whether or not those applying to be board candidates are eligible or not. The irony here is amazing, as it was a prior OPA Secretary who decided Farr was ineligible last year, leading to Farr's successful court case against that decision.

It is difficult to follow all the players without a scorecard.

So what did appointed board member and board candidate Amy Peck say to Rick Farr in an email to all board members and perhaps other recipients after seeing an OPA press release naming the eligible candidates but not in alphabetical order?

According to those multiple informed sources, Peck wrote, "What nonsense is this, Rick? What kind of games are you playing now?" It did not end there. Peck essentially accused Farr of listing candidates Monica Rakowski and Stuart Lakernick first so as to help their election prospects. Unfortunately, this apparently all goes back to what is an ongoing Facebook feud involving Peck.

Then we have OPA President Colette Horn jumping into the fray, apparently telling General Manager John Viola to have Marketing and Public Relations Director Josh Davis send out a revised news release. The revised version contained the following statement: "Our apologies. The release has been corrected to an-

nounce the candidates in alphabetical order."

There is nothing, absolutely nothing, in the OPA governing documents requiring the announcement of eligible candidate names in alphabetical order. In fact, history indicates it is most common that the announced names are not in alphabetical order. Candidates will later participate in a chance drawing to determine name order on the ballots.

As president, Horn has no unilateral authority to direct the General Manager to do anything without direction from the entire board. The bylaws charge the board President with: "(5) directing the General Manager or management firm to

implement actions or programs specified by the Board." The Board of Directors never told Horn to instruct the General Manager to change an official election-related OPA news release.

As corporate Secretary, the bylaws grant Farr sole election-related authority to carry out "the functions associated with elections and referendums as outlined in Sections 3.03, 4.04, 4.07, 5.02, and 5.03, and in applicable Resolutions adopted by the Board."

Clearly, Colette Horn should not have become involved. Clearly, Amy Peck was out of line with her accusatory comments to Farr. Neither action accomplished anything positive for Ocean Pines.

Six candidates certified for election

Ocean Pines Association Secretary Rick Farr last week announced that he has certified six candidates as eligible to run in the 2022 Board of Directors election.

The candidates, in alphabetical order, are Paula Gray, Stephen Jacobs, Stuart Lakernick, Amy Peck, Monica Rakowski, and Josette Wheatley.

This year, three seats on the Board will be up for election: those currently held by Larry Perrone, Peck and Wheatley. The seven-member volunteer board is the governing body of Ocean Pines.

Important upcoming election dates include:

- Eligible Candidate Draw and Workshop (to determine ballot order and seating during candidate forums) - Tuesday, June 7 at 2 p.m. in the

Ocean Pines Community Center

- First Candidate Forum - Wednesday, June 22 at 6 p.m. in the Clubhouse Meeting Room

- Second Candidate Forum - Saturday, June 25 at 10 a.m. in the Clubhouse Meeting Room

- Cutoff date for voter eligibility - Wednesday, July 6

- Ballots mailed - No later than July 12

- Ballot Deadline - Wednesday, Aug. 10 by 4 p.m.

- Ballots counted and vote totals announced - Thursday, Aug. 11 starting at 10 a.m. in the Clubhouse Meeting Room

- Annual Meeting - Saturday, Aug. 13. Time and Venue TBD

For questions about the election, contact elections@oceanpines.org.

People planning a trip may be considering whether to drive or fly and wondering which is the better value. Each mode of travel has its pluses and minuses and associated costs. When gauging whether to drive or fly, think of the outright and ancillary costs of each type of travel. For example, driving costs associated with vacationing can include fuel, vehicle maintenance, hotel stays, food costs, and tolls. Costs related to flying are ticket prices, any additional checked bag fees, parking at the airport/transportation to and from the airport, terminal food costs, and rental car needs. It is often less expensive to drive, particularly if a person can share fuel costs with another traveler and if the trip can be made with as few stopovers as possible. However, flying can be a more frugal option for solo travelers who can capitalize on flexible schedules and discounted tickets. Also, flying becomes less expensive when baggage needs are minimal.



Courier Almanac

On May 25, 1935, at Forbes Field in Pittsburgh, Pennsylvania, Babe Ruth hit his 714th home run, a record for career home runs that would stand for almost 40 years. This was one of Ruth's last games, and the last home run of his career. Ruth went four for four on the day, hitting three home runs and driving in six runs.

The Courier

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We owe them much

From the time the ink dried on the final signature affixed to the Declaration of Independence in 1776, our nation has expected much of those who have worn a military uniform in service to this country.



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

We demand valor in the heat of battle. We expect success be wrestled from the grip of defeat. And as if that were not enough, we demand self-sacrifice in pursuit or defense of a fundamental right we often take for granted, liberty.

From declared wars such as the American Revolution, the War of 1812, the Mexican War, the Civil War, the Spanish American War, World War I and World War II to conflicts such as the naval war with France, the First and Second Barbary Wars, the Korean War, the Vietnam War, the Gulf War, conflicts in Afghanistan and Iraq and other tumultuous periods throughout American history, our nation has been blessed to have defenders step forward from the ranks of the citizenry.

Whether wearing the uniform of the Army, Marines, Air Force, Navy or Coast Guard, the sons and daughters of this nation have put themselves between the enemy and us.

Although the motives of political leaders who deploy our military is sometimes questioned, there is no questioning the resolve and dedication of our military. Americans of all nationalities, races, creeds and colors have worn the nation's uniform. Two of my boys serve their country, my son and son-in-law. We should be thankful for their service and the service of millions of others who responded to the call of duty. I am.

Whether draftees or volunteers, the United States has been the better for their service. Their job was at times thankless, at times heroic and at all times dangerous. We owe them much.

Donning a uniform means possibly not returning or coming home whole. Sometimes just wearing a U.S. mili-

tary uniform attracts vengeance and terrorism. We owe them much.

It is easy to forget that the liberty we take for granted was secured by fellow citizens who took up arms and laid down their lives to defend this country.

During the fall of Saigon in 1975 people were so desperate to not fall under communism that they ran alongside taxiing jets attempting to jump aboard or latch onto landing gear so when it retracted, they would be scooped into the underbelly of the plane. Many of them never made it.

During the Cold War no one tried to escape over the Berlin Wall from West Germany to East Germany. People were shot dead trying to come the other way though.

Monday is Memorial Day. It is more than a three-day weekend, more than a series of holiday sales and not just the beginning of the summer season. It is a day set aside to honor the common people who, in extraordinary, frightening circumstances, died on beaches, in foxholes, in rice patties, in jungles, on the open sea and in P.O.W. camps while in service to this nation under God. It is a day to remember those men and women who never returned to their families because they gave their lives protecting our way of life.

They never had another opportunity to take for granted the pleasantness of playing catch in the backyard with a child, dancing spontaneously with a spouse when a favorite song comes on the radio or deciding which fishing hole would yield the most results. Instead their images are frozen in time within the pages of school yearbooks and family albums. Their memories are animated in the faraway glances of a saddened parent, spouse, sibling or child.

Memorial Day is a reminder that sacrifice is the ballast of liberty. We should keep that in mind as we enjoy a holiday barbecue in the company of friends and family, deciding whether to have another hamburger or hot dog.

May the brave men and women we honor Monday, who gave the last full measure of devotion, rest in peace and their memory be as vibrant as they once were. God bless!



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Annual Memorial Day Ceremony

Monday, May 30, 2022 11 a.m.



*Dedication ceremony for
The Wall That Heals
panel begins at 10:15 a.m.*

*Honoring Those Who Made the
Ultimate Sacrifice and their Families*

***In the event of inclement weather the ceremony
will move to the Ocean Pines Community Center.***

Check Oceanpines.org, OPVets.org or FB for weather related changes.

All are welcome - please bring your lawn chairs.

memorial
from page 3

Another local builder, Bill Rakow, handled the construction effort. Again, a team of volunteers came to help.

“He was a retired Marine colonel, and he was a builder. He owned a construction company, but this was not a construction company that built it,” O’Hare said. “All the labor was donated, so it was 100% volunteer work.”

Along with the memorial, which includes separate walls and flags honoring each branch of the U.S. Armed Forces, O’Hare helped to add several special touches brought over from the beaches of Normandy.

“When we were getting things planned, I went to Normandy, France with three other people from Ocean Pines. We took an American flag with us, and it flew in honor of Willis Wacker, who died at Normandy and was an uncle of one of the three I was with,” O’Hare said. The Normandy flag was the first flag raised at the memorial and it is now on permanent display at the Ocean Pines Yacht Club.

“We also brought back sand and water from the Normandy beaches, and I sprinkled sand under each one of the flagpoles and walls, while we were building the memorial,” she continued. “It signifies those that have fought and, in many cases, passed on foreign soils.”

O’Hare’s father had a cardiac incident shortly after that trip and he passed soon after. He never lived to see the memorial finished, but he was the inspiration for its creation.

Volunteers broke ground on the new memorial on Nov. 11, 2004, and the memorial was officially dedicated on May 30, 2005, Memorial Day.

The first Memorial Day ceremony in Ocean Pines drew about 1,500 people. Ron Fisher was the emcee and chaired the ceremony committee, and Stachurski was the keynote speaker.

Carol Ludwig and the Delmarva Chorus, still a staple of the annual cer-

emonies, sang the “Armed Forces Medley.” There was also a benediction, local scout troops, American Legion flag ceremony, and a performance by the Ocean City Pipes and Drums band. Then Lt. Gov. Michael Steele represented the State of Maryland, and the National Guard did a flyover.

The success of the event was overwhelming for O’Hare.

“Quite honestly, I was in tears,” she said. “I never expected this kind of response. I was still grieving for my



father’s loss, and he was the reason I wanted to do this.”

She also remembers Stachurski’s powerful closing remarks at the first Memorial Day ceremony.

“This is a very special place. Take from it what you need, leave in it what you must, and remember whenever you glance this way that this hallowed ground represents the best each of us carries within ourselves. Come. Enjoy this special place. Now. And whenever you wish to visit in the days ahead. This place belongs to us all,” Stachurski said.

After the first Memorial Day ceremony, the Worcester County Veterans Memorial Foundation was formed and

*please see **memorial** on page 8*

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memorial
from page 6

included O'Hare, Bridgeman, Bowers, Cetola, Fisher, Rakow, Bill Killinger, Nate Pearson, Jim Spicknall, George Reiswig, Dart Way, John Henglein and Marie Gilmore.

Gilmore has served as the foundation president for most of its existence, including during the last eight years. Her husband is a Marine and her brother was in the Navy.

"My interest stems from wanting all veterans to be remembered and honored for their service," she said.

Gilmore said the ceremony this year will be especially significant because it will include the dedication of

a new feature: a donated section from The Wall That Heals.

"Memorial Day gives us the opportunity to honor the memory of all who lost their lives in service to our country," she said. "On this particular day, we'll remember all those from all wars, and we will have the special dedication of the panel from The Wall That Heals, which will be a constant reminder for our community of all those we lost during the Vietnam War."

The Wall That Heals is a three-quarter scale replica of the national Vietnam Veterans Memorial in

Washington, D.C.

"It is the largest traveling wall, and it is the only one that travels with a mobile education center,"



Gilmore said. "When the wall visited us last April, the Vietnam Veterans Memorial Fund gifted us with a retired wall panel. It will be set up in the flag park behind the memorial and it will be lit, and people can visit it day or night."

Panel West 30 was one of 140 panels on the Wall That Heals in Washington, D.C.

Gilmore said it honors veterans who passed away from March 1 to March 10 in 1969. There are 516 names on that panel, including eight from Maryland and two from Delaware. All 50 states are represented.

The panel was retired last year after three names were added to the wall because the remains of three additional U.S. soldiers were identified and repatriated.

"It just means so much and it's

such an honor to be gifted this panel. It doesn't happen very often," Gilmore said.

The dedication ceremony is scheduled to start at 10:15 a.m., followed by the Memorial Day ceremony at 11 a.m.

Today, the annual Memorial Day ceremonies in Ocean Pines draw upwards of 2,000 people.

"It's very heartwarming to see how much the veteran's memorial has been embraced by this community," Gilmore said. "It truly is the community's memorial. They love it and they honor it. And, when we see the big crowds come out on Memorial Day, it lets us know there's hope. We're just blessed to have this in our community."

"I would encourage anybody who has never visited the memorial to come out and visit, and to take advantage of the calming and healing powers that the memorial gives to people," she added.

For more on the ceremony this year, visit https://www.ocean-pines.org/web/pages/news_content?announcementId=1320&backURL=/web/pages/opa-news.

For more on the Worcester County Veteran Memorial in Ocean Pines, visit www.opvets.org.

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The different ways to repair a driveway

Asphalt driveways do not last forever. Over time, weather and general usage can degrade the driveway surface, resulting in cracks, pitting and more. Ultraviolet rays, salt and automotive fluids also can affect the appearance and functionality of a driveway. An unsightly driveway can adversely affect curb appeal and resale potential.

Homeowners have to consider various factors when it comes to repairing driveways. They may have the option of getting the driveway resurfaced, resealed or repaved, and each

project is unique.

Resurfacing. According to the home improvement price comparison site Kompare It, resurfacing is simpler and faster than installing a new asphalt driveway. With resurfacing, any cracks are filled in to create an even base. Then a new layer of asphalt is applied over the existing one. That new layer can range in thickness from 1.5 to 3 inches. A heavy rolling machine will then smooth and flatten the layers together. If the driveway has minor pitting or cracking, then resurfacing can be a cost-effective strategy, as it may be a \$3,000 to \$6,000 job as opposed to \$5,000 to \$10,000 with repaving.

Resealing. Resealing a driveway, also called sealcoating, is another repair strategy. HGTV says resealing can be a do-it-yourself project. Resealing helps the driveway last longer.

The driveway needs to be clean and dry, with holes and cracks filled prior to sealcoating. Start at the far edge of the driveway and seal that area by "cutting-in" by hand for a neat edge. Afterward the rest of the driveway can be sealed using a squeegee or broom. This project can be completed within two or three days if no precipitation is forecast.



Repaving. A project best left to professionals, repaving typically involves the removal of an existing driveway and the installation of a new one. The sub-grade layer is essential in the process for a smooth look. Contractors also will assess soil and grading when doing work. The construction blog Main Infrastructure says the new asphalt driveway can vary in thickness between two and six inches, depending on budget and need. The contractor also can advise if full-depth asphalt application or an aggregate base is practical.

Assessing the condition of driveway can give homeowners a better idea about which type of repair project best suits their property.



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Lawn and garden safety tips

By **Jennifer Hamilton**

The sun is shining, and the temperatures are starting to rise, which entices us to get outside and work in our yards. As you get outside and get some fresh air, we have some suggestions to keep yourself protected from common overuse injuries that we commonly see in our Physical Therapy clinic, such as muscle strains.

First and foremost, remember to use sunscreen anytime you are outside, particularly for extended periods of time, to protect yourself from UV radiation from the sun. Your skin can burn within minutes of sun exposure, therefore a broad-spectrum SPF 30+ should be applied 20 minutes before you head outdoors. You can also protect your skin by wearing long-sleeved shirts, long pants, and a wide-brimmed hat. Your eyes are also extremely sensitive to the sun, so it is recommended to wear sunglasses, particularly those that wrap around the side of the head.

When preparing to mow your lawn, remember to wear enclosed shoes, long pants, and safety goggles. The most common injuries from a lawnmower include open wounds and bone fractures of the hands and feet. Debris such as rocks and sticks can easily be kicked up from the mower blades and cause damage to exposed skin and eyes. If you use a riding lawn mower, be careful when riding on uneven ground such as ditch banks, as the mower can easily tip over. If you plan to cut your grass first thing in the morning, the likelihood the grass is a little damp in higher, which can clog the blades. Please be sure that the mower is turned off and the blades have stopped spinning before attempting to remove grass from the blades. Even better, use a push stick or other object to remove the grass instead of your hands. Using your hands can lead to at the minimum, cuts on your hands, but may also lead to amputations of your fingers. Since the parts of the mower can become hot with use, also make sure the machine has cooled down before touching it to avoid burning your hands.

Now that your lawn is taken care

of, let's talk about your garden. Some of the most common injuries we hear our patients complain about are lower back strain or development of tendinitis in their forearms and hands. Plan to take frequent breaks while working in your garden. You can warm up your body with gentle, slow stretches for the back, legs and arms. Every 15 minutes or so, plan to take time to stretch your back. To prevent back strain, remember to bend at your knees when lifting, avoid lifting heavy objects, and lastly, ask for help. It would also be beneficial to rotate between tasks to avoid overuse injuries. If you have been raking or digging for 15 minutes or more, switch to pruning for a bit before returning to that task.

Since many gardening injuries involve the hands and fingers, it is recommended that you wear gardening gloves to protect your skin from cuts, insect bites, and the soil. Leather gloves offer the most protection against puncture wounds. Use appropriate gardening tools for digging instead of your fingers and use tools that properly fit the contour of your hands. Pre-molded handles may not fit your hand properly and cause blisters or cause you to move in a way that is not natural, which may lead to muscle strain or injury. Lateral epicondylitis or "tennis elbow" is a common overuse injury from prolonged gripping – which can come from pulling weeds or using hand tools.

Lastly, and most importantly, remember to stay hydrated. While it may not feel overly hot outside yet, you can still become dehydrated by not drinking enough water. Your muscles cannot function properly and are more susceptible to injury with dehydration. Use your water breaks as a time to rest your body, and before you know it, your yard will be a beautiful and you will have avoided injury in the process.

If you feel you have strained any part of your body that lasts more than a day or two, seek treatment right away. The longer you wait for the issue to "get better on its own", the greater chance the problem becomes chronic and will take longer to fully heal.

Jennifer Hamilton is a Doctor of Physical Therapy, a Certified Hand Therapist, and co-owner of Hamilton Physical Therapy PA in Ocean Pines and Salisbury, MD.



Jennifer Hamilton

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67					68						69			

CLUES ACROSS

1. English river

5. Particular part of something

11. Cool!

14. Welsh for John

15. Given name meaning "great spirit"

16. Wrath

17. Social occasion

19. Mechanical belt

20. __ de la __

21. Commands

22. Body part

23. Caught sight of

25. Funeral car

27. Skin infection

31. Sometimes they "burn"

34. Russian river

35. Famed soap opera character Kane

38. Pie __ mode

39. Endangered
41. Socially inept person

42. Romanian river

44. Swerve

45. Monetary unit of Samoa

46. A type of approach to please

49. Form of Hebrew name for God

51. "Carry On My Wayward Son" rockers

55. A team's best pitcher

56. A woody climbing plant

60. Long, edible marine fish

61. Human rights group in Africa (abbr.)

62. Data

64. Corporate bigwig

65. Climbs

66. Relating to the ear

67. Commercials

68. You need it to eat

69. Political extremists

CLUES DOWN

1. Reconnaissance (Brit. military)

2. Asserts to be the case

3. Starchy food made of dried orchid tubers

4. Foes

5. Rheumatoid arthritis score

6. Ruler of Iran

7. The top of the head

8. Lilly and Manning are two

9. Purchase attire for

10. Glittering with gold or silver

11. The bank of a body of water

12. Regions

13. Makes tractors

18. Adult beverage

24. Force unit

26. Swiss river

28. Cater to

29. Woody climbing plants

30. Seems less impressive
31. Consume

32. Boxing's GOAT

33. Southwestern farmers

36. Beverage holder

37. A way to deteriorate

39. Judge

40. Norse explorer __ the Red

43. Farm resident

45. One who helps to govern

47. Plant-eating ground bug

48. History Finnish county

49. Conifer native to Jamaica

50. Longed

52. Small Japanese city

53. Arum family plant

54. Puts together in time

57. From a distance

58. __ contendere: no contest plea

59. Region

63. Mountain Standard Time

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G	A	B	Y		E	L	L				R	A	B	I	A	
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Answers for May 18



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Some things to think about

Gathered from the internet by **Jack Barnes**

A man was sitting on the edge of the bed, watching his wife, who was looking at herself in the mirror. Since her birthday was not far off he asked what she'd like to have for her birthday.

"I'd like to be eight again", she replied, still looking in the mirror ...

On the morning of her birthday, he arose early, made her a nice big bowl of Coco Pops, and then took her to Adventure World theme park.

What a day! He put her on every ride in the park; the Death Slide, the Wall of Fear, the Screaming Roller Coaster, everything there was.

Five hours later they staggered out of the theme park. Her head was reeling and her stomach felt upside down. He then took her to a McDonald's where he ordered her a Happy Meal with extra fries and a chocolate shake.

Then it was off to a movie, popcorn, a soda pop, and her favorite candy, M&Ms. What a fabulous adventure!

Finally she wobbled home with her husband and collapsed into bed exhausted.

He leaned over his wife with a big smile and lovingly asked, "Well Dear, what was it like being eight again?"

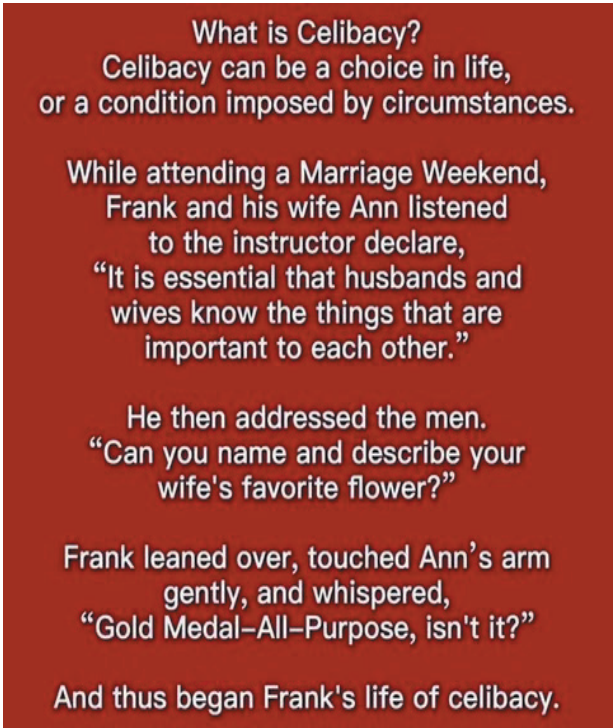
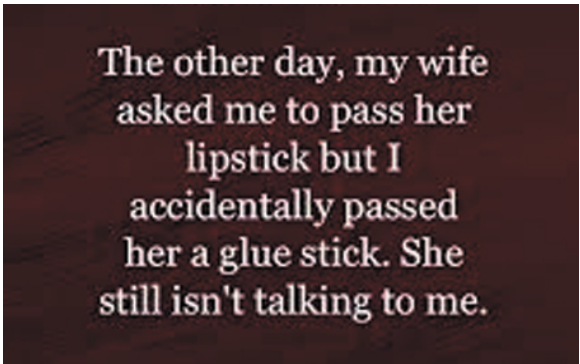
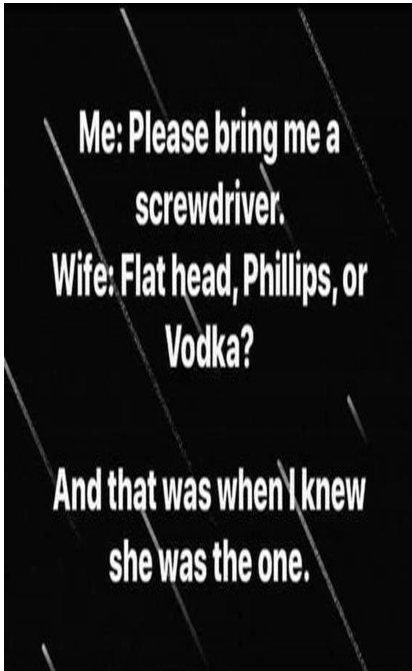
Her eyes slowly opened and her expression suddenly changed.

"I meant my dress size, you idiot!!!!"

The moral of the story: Even when a man is listening, he's gonna get it wrong.



"First you buy me a new coat and now a trip to Lion Safari Park. What's got into you lately?"



Water taxi service in Ocean Pines to start

Starting on Tuesday, May 31, Ocean Pines residents can take advantage of a new service: a water taxi carrying passengers between Ocean Pines and Ocean City.

Thanks to a collaboration with OC Bay Hopper, riders can leave from the Ocean Pines Yacht Club to one of three stops in Ocean City: 118th Street, 48th Street, and the West Ocean City Harbor.

The water taxi is scheduled to travel from Ocean Pines to 48th Street each day at 12:45 p.m., 3:45 p.m. and 6:45 p.m. Boats will return to Ocean Pines heading north at 2:15 p.m., 5:15 p.m. and 8:15 p.m.

One-way passes will cost \$15 and round-trip tickets will run \$25.

Ocean Pines General Manager John Viola said he sees the water taxi as both a service for residents and a potential benefit for Yacht Club business.

"We encourage Ocean Pines residents to take a trip over to Ocean City and stop by the Yacht Club for a drink or bite to eat, before or after their ride," Viola said. "We see this as a service for our residents and we believe it will be a benefit to us."

Ralph DeAngelus, co-owner of the Matt Ortt Companies that manages the Yacht Club, said he believes the strong live music at the Yacht Club will be enough to pull some visitors from Ocean City to Ocean Pines.

"The Yacht Club fully supports the arrival of the water taxi to and from its docks on a daily rotation," he said. "We believe it will be financially beneficial, and we thank General Manager John Viola and the Board of Directors for pushing it through."

OC Bay Hopper will also offer a special sightseeing trip from Ocean Pines to Assateague on Tuesday and Thursday mornings.

"Our plan is to pick riders up at the docks in Ocean Pines at 9 a.m. and whisk them down to Assateague for a tour of the island by water," OC Bay Hopper Co-owner Steve Butz said. "They'll get an amazing view of the wildlife and then return to the Yacht Club at about 11:15 a.m., just in time for lunch."

Launched in 2018, OC Bay Hopper transported roughly 8,000 riders last summer.

Starting this summer, Butz said

each of the three Bay Hopper boats would carry an Ocean Pines Yacht Club placard, and that OC Bay Hopper staff would help promote Ocean Pines as a new destination.



"The Ocean Pines Yacht Club is a hidden gem available to residents and visitors in Ocean City and we are excited to add this spot to our list of Bay-side destinations," he said. "We are hoping that a strong reception to this service from Ocean Pines residents will also allow us to expand service in the future, as we add more boats to our fleet."

For more information, visit www.ocbayhopper.com.

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Memorial Day ceremony returns to Veterans Memorial

The largest Memorial Day ceremony in the region returns to the Worcester County Veterans Memorial in Ocean Pines, on Monday, May 30, starting at 11 a.m.

The event each year draws thousands of people to the memorial grounds and features music, demonstrations, and public speakers honoring U.S. Military men and women who gave their lives in service.

“Memorial Day honors all who made the ultimate sacrifice in service to our county,” Veterans Memorial Foundation President Marie Gilmore said. “This year’s ceremony, as those before it, will honor the brave men and women who served our country and lost their lives in doing so.”

Gilmore said the keynote speaker this year will be retired U.S. Navy Cmdr. Joseph Parker, who is a current director of the Worcester County Veterans Memorial Foundation.

The ceremony will also honor local Gold Star families. During

World War I, families would fly flags or banners with a blue star for every immediate family member serving in combat. If one of them died, a gold star replaced the blue star.

Walter Webster, a member of the Maryland East Chapter of Ex-POWs, will place a wreath in honor of all current and former prisoners of war.

The program will also include music by Randy Lee Ashcraft and Frank Nanna and the WWIIunes, featuring Todd Crosby. Additionally, the Delmarva Chorus will perform the “Armed Forces Medley,” honoring the Army, Navy, Marine, Air Force and Coast Guard.

The program is scheduled to run for one hour.

Prior to the Memorial Day Ceremony, the Worcester County Veterans Memorial Foundation will host a separate and special dedication for retired “Panel West 30” of The Wall That Heals.

“This panel, part of the traveling Vietnam Veterans Memorial exhibit that visited Ocean Pines last April, was gifted to the Worcester County Veterans Memorial by the Vietnam Veterans Memorial Fund, Washington D.C.,” Gilmore said. “The panel was retired last year because of the new names that were added to the exhibit. It is an honor to have been given this extraordinary, special gift, and it will soon be permanently installed at our memorial for all to see.”

Public parking will be available at Veterans Memorial Park on Route 589 and Cathell Road in Ocean Pines. Limited seating will be available during the Memorial Day ceremony and guests are encouraged to bring chairs. No seating will be supplied for the special dedication ceremony.

In case of inclement weather, the Memorial Day ceremony will move to the Ocean Pines Community Center and be announced on the www.oceanpines.org and www.opvets.org websites and on social media.

For more information on the Worcester County Veterans Memorial Foundation, visit www.opvets.org or www.facebook.com/WorcesterCountyVeteransMemorial.



Presentation - During the 50th anniversary celebration of the club, State Senator **Mary Beth Carozza** presented **Charlie Smith** of the Ocean City-Berlin Optimist Club with a proclamation signed by Governor Hogan making April 30, 2022 Ocean City-Berlin Optimist Day in the State of Maryland.

Legion announces events

The Ocean City American Legion has announced its upcoming events as follows:

-Monday, May 30. At 8 a.m. On the beach at the Dunes Manor, a U.S. Coast Guard cutter off-shore, supported by the Post’s color guard and officers on the beach, will lay a wreath in the ocean to honor those lost at sea during war time.

-Monday, May 30. At 2 p.m. Following the Memorial Day ceremony at the Worcester County Veterans Memorial, the Post will host its annual Memorial Day ceremony.

-Saturday, June 21, Armed Forces Day commemoration. 1 p.m. This holiday pays tribute to men and women who serve across all six branches in the United States military.

Flounder tournament returns

Ocean Pines Chamber of Commerce announced that its 15th annual Flounder Tournament and Auction that will take place on Saturday, August 6.

Last year, despite the rain, the event attracted over 280 anglers with the winning flatty, and its angler, taking home over \$5,000.

To participate you must be registered by noon Friday, August 5. at Noon. Weigh in and auction will take place at the Ocean Pines Marina and Yacht Club. Lines in at 7 a.m., out by 3 p.m., and fish weighed in by 4 p.m. Sponsorships available.

All information and registration can be found at <https://business.oceanpineschamber.org/events/details/15th-annual-flounder-tournament-14722>

For more information, call the Ocean Pines Chamber at 410-641-5306 or email info@oceanpineschamber.org.

Kiwanis Car Show returns

Kiwanis will hold its second annual car show on Saturday, May 28 at the Veterans Memorial Park in Ocean Pines. Registration begins 9 a.m. with a noon deadline. The event will be held between 10 a.m. and 2 p.m. There will be judged classes, trophies and awards as well as food for sale. Proceeds will be used to support Kiwanis Club of Ocean Pines-Ocean City youth and scholarship programs. Open to all. The rain date is June 4.

Tides for Ocean City Inlet

Day	High /Low	Tide Time
Th 26	High	5:48 AM
26	Low	11:44 AM
26	High	6:18 PM
F 27	Low	12:30 AM
27	High	6:33 AM
27	Low	12:26 PM
27	High	6:59 PM
Sa 28	Low	1:18 AM
28	High	7:15 AM
28	Low	1:05 PM
28	High	7:39 PM
Su 29	Low	2:00 AM
29	High	7:56 AM
29	Low	1:43 PM
29	High	8:18 PM
M 30	Low	2:39 AM
30	High	8:37 AM
30	Low	2:21 PM
30	High	8:58 PM
Tu 31	Low	3:17 AM
31	High	9:18 AM
31	Low	2:59 PM
31	High	9:39 PM
W 1	Low	3:55 AM
1	High	9:59 AM
1	Low	3:38 PM
1	High	10:21 PM

*The Pine Tones*

Pine Tones to perform

On Sunday, June 5 at 3 p.m., the Pine Tones Chorus will present their Spring Concert at the Community Church of Ocean Pines (Rte. 589 & Beauchamp Rd). Admission is \$15 payable at the door.

The concert theme is peace, hope and joy, featuring songs such as "Brotherhood of Man," and "Joy in the Morning." The show's title song, "I Dream a World," poetically suggests a world . . . where love will bless the earth. The Irving Berlin traditional favorite, "Blue Skies," also expresses optimism.

Guest soprano soloist, Jennifer Hope Wills, is slated to sing "I Could Have Danced All Night." She is known for performing on Broadway, with nearly four years starring in the role of Christine in "Phantom of the Opera."

The driving rhythm of four-handed duets on the piano will be performed by Pete and Jenny Anderson. These selections are "I'll Fly Away" and the whimsical Beatles song, "Ob-la-di, Ob-la-da."

The Pine Tones Chorus includes about 45 singers from Ocean Pines, Ocean City, and nearby areas. June Todd and Jenny Anderson are the group's co-directors. Guest musicians will include Joe Ciufo playing clarinet, Tom Baione playing string bass, and Bryan Castillo on drums.

The Chorus has been entertaining local audiences in the Ocean Pines and Ocean City areas for more than thirty years. For additional information, phone Dave Holloway 410-641-5672, or June Todd, 443-880-3922.

Women's Club announces donations

The Women's Club of Ocean Pines is pleased to announce the awarding of \$2,990 in community donations to the following organizations for 2022:

- 4STEPS Therapeutic Riding Program
- Coastal Hospice
- Delmarva Chorus
- Mid-Atlantic Symphony Orchestra Outreach
- Ocean Pines Parks and Recreation
- Ocean Pines Volunteer Fire Department
- Stories Love Music
- Town Cats
- US Kennels
- Women Supporting Women
- Worcester County Veterans Memorial

memorial

-Worcester Youth & Family Counseling Services

The sponsorship of scholarships and community donations are achievable only through a successful fundraising year by members. The donations are limited to organizations that promote the welfare and interests of the residents of Ocean Pines.

*If you live in Ocean Pines,
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BOE announces administrative changes

At its May 17 Worcester County Board of Education meeting, several administrative appointments and transfers were announced. The new assignments are effective July 1, 2022.

Joining the Central Office instructional team is Showell Elementary School Principal Diane Shorts, who will bring over 21 years of elementary experience to the role of Coordinator of Early Childhood Education following the retirement of C. Todd Hall. Dr. Brian Phillips, current Assistant Principal at Snow Hill High School, will succeed Diane Stulz as Coordinator of Career Technology Education (CTE) and World Languages following her retirement in June. Bess Cropper will become Coordinator of Special Education following the previously announced promotion of Windy Phillips (reference below).

Ryan Cowder, current principal of Berlin Intermediate School, will transfer to helm Showell Elementary School, and Dr. Amy Gallagher, the school system's current Coordinator of Accountability and Assessment, will return to Berlin Intermediate School as a newly

appointed principal. Gallagher previously served as an Assistant Principal at the school from 2016-2018.

Several changes at the assistant principal level were also announced:

-Snow Hill Middle School Assistant Principal Jonathan Kehl will transfer to Snow Hill High School.

-Worcester Technical High School counselor Jennifer Howard was appointed to become Assistant Principal at Snow Hill Middle School.

-Pocomoke Middle School Assistant Principal Joseph Stigler will transfer to Pocomoke High School, following the retirement of Bryan Perry.

-Pocomoke Middle School's Reading and Math Interventionist Danielle Jackson was appointed to be the school's Assistant Principal.

The announcements follow the appointments previously announced at the Board of Education's April meeting. Succeeding Rae Record following her retirement as Supervisor of Special Education is Windy Phillips, who has served as Coordinator of Special Education since 2017. Following the retirement of H. Stephen Price as Manager of School Safety and Security is Corporal Shawn Goddard, who has years of dedicated service protecting our schools as a valued member of the Worcester County Sheriff's Office.

"These changes continue the positive trajectory for our school system," said Superintendent of Schools Lou Taylor. "We continue to have a deep pool of incredibly talented educational leaders here in Worcester County. I am confident that these changes will lead to greater educational opportunities for our students. Congratulations to them all, and I thank them for their commitment to bring their best to these new roles."



Recognition - Twenty-seven students were recognized for special achievement under the STARS program at Stephen Decatur High School (SDHS) with a Cupcake Social on May 13.

Each student is nominated by a SDHS educator for special achievement or taking responsibility for helping fellow students.

The social was chaired by art teacher Mary Ann Fardelman. The event was funded by the Ocean City-Berlin Optimist Club.



Dawgs at Bay Day

Ocean Pines Celebrated Bay Day on Sunday May 15 in White Horse Park in Ocean Pines. The Kiwanis Club of Greater Ocean Pines-Ocean City was invited to have its "Dawg Team" sell refreshments at the event.

The Dawg Team will be on hand at the Kiwanis Club's Car Show on Saturday May 28 between 10 a.m. until 2 p.m. at the Veterans Memorial in Ocean Pines. The event is open free to the public. All funds raised benefit the youth of the community.

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United States flag facts and handling etiquette

The United States flag was first imagined after the signing of the Declaration of Independence in 1776. The Continental Congress authorized creation of the first national flag on June 14, 1777. It was decided that the flag should have 13

row, the U.S. flag goes to the observer's left.

State and local flags are traditionally flown lower than the American flag.

During marching ceremonies or parades with other flags, the U.S. flag should be to the observer's left.

The flag should be displayed at every public institution and at schools during school days.

When displayed vertically and not on a staff, the union should be on the left when observed. It should be suspended so its folds fall freely as though the flag were staffed.

The flag should be hoisted briskly and lowered ceremoniously.

The flag is often displayed at half-staff on days of

mourning, including Memorial Day. The flag should first be hoisted to the peak for an instant, then lowered to half-staff position, which is half the distance between the top and bottom of the staff.

On a vehicle, the U.S. flag should be displayed from a staff firmly fixed to the chassis. It should not be draped over the hood, top, sides, or

back of a vehicle.

The flag should never touch anything beneath it, such as the ground, the floor, water, or merchandise. It also should never have anything placed on it.

A flag in poor condition should

be destroyed with dignity, preferably by burning. Most American Legion posts and local Boy Scouts troops will have the resources to retire flags accordingly. Many will host annual flag retirement ceremonies on Flag Day.



stripes, alternating red and white, to represent the original 13 colonies, and that the new union be represented by 13 white stars in a blue field to signify a "new constellation."

Francis Hopkinson, one of the signers of the Declaration of Independence, is most often credited with the original design.

Today there are 50 stars on the flag to represent the 50 states, while the 13 stripes still represent the 13 British colonies that became the first states. While this may be common knowledge, Public Law 94-344, known as the Federal Flag Code, may not be as widely known. The code dictates that the flag is to be treated with respect and proper etiquette. The code is extensive, but the following guidelines can help private individuals interested in displaying their flags do so in accordance with the law.

Flags should only be displayed in public from sunrise to sunset, unless the flag can be properly illuminated during darkness. In this instance, it may be displayed at all times.

When displayed with other flags, such as on a single staff or lanyard, the U.S. flag should be above all other flags. If flags are displayed in a



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The many groups that make up the United States Military

The United States military is one of the largest and most impressive military forces in the world. The United Service Organizations reports there are roughly 1.3 million active-duty service members.



The U.S. military works to protect and defend Americans and American interests domestically and abroad. The military consists of different groups all working in concert. It also has other organizations that serve military functions even though they are not technically

branches of the military.

Air Force/Air National Guard/Air Force Reserve: The Air Force is the nation's source of air power. The primary mission involves flying different aircraft.

Certain duties that were once relegated to the Air Force that involved monitoring satellites and space safety likely will move over to the Space Force, which is newly formed as of 2019.

Army/Army Reserve: The Army is the dominant land power, which moves into an area, secures it and instills order and values. The Army has an air and

marine presence as well. The Army also guards U.S. installations and properties throughout the world. Rangers and Night Stalkers are elite groups within the Army that are equipped to handle unique combat situations.

Marine Corps/Marine Corps Re-

serve: The U.S. Marine Corps is technically a part of the Navy, but it stands alone as a separate branch of the military. Marines often are the first boots on the ground in combat situations. They are trained to be a rapid-reaction team, carrying out missions both at sea and on shore.

Navy/Navy Reserve: The Navy is primarily responsible for being America's sea force. However, Navy personnel also serve on land and in the air. A subset of the Navy is the Sea, Air and Land Forces, best known by the acronym SEALs. They are an elite group that executes the most challenging missions and require specialized training.

Space Force: The U.S. Space Force was signed into law in December 2019, making it the newest branch of the military. It currently does not have a reserve component. The Space Force is in devel-

opment.

Coast Guard: The Coast Guard keeps waterways safe and conducts search and rescue missions on the water. The Coast Guard also plays a role in protecting marine environments as well as preventing the smuggling of illegal substances into the country. In times of peace, the Coast Guard operates under the Department of Homeland Security. In wartime, it serves under the Department of the Navy and may be called up against foreign threats.

Army National Guard: The Army National Guard serves as a complementary force to active-duty members. National Guard members are versatile, handling anything from domestic emergencies to homeland security operations to combat missions to humanitarian aid.

The United States has a powerful military presence that keeps order and peace at home and abroad.

Varied military careers offer options

The military is essential to protecting the country's interests both domestically and abroad. Military service members help to keep the peace, assist civil service personnel and defend the nation when necessary. Even though some people enlist in the military for a set period of time, many spend their entire careers in the service.

Some people may be surprised to discover the military offers work in many different fields. Chances are if it can be found outside of the military world, it's also something that can be done within the various branches of the military.

Accounting officers. Accountants and auditors scrutinize the spending of billions of dollars by the military. These people maintain records in accordance with policies and procedures. They also advise leaders on financial and accounting matters.

Administrative support specialists. These individuals perform various tasks, which include information recording, organization, clerical needs, scheduling meetings, making travel arrangements, and more.

Advanced practice nurses. Nurses are needed in many different situations and they are coveted by the military. Nurses may specialize as nurse practitioners, clinical nurse specialists, nurse midwives, or nurse anesthetists when caring for the wounded or assisting in disaster relief.

Nurses provide medical care to military members as well.

Air traffic controllers. Air traffic controllers are best known at commercial airports, but they also play essential roles in the military. Every day, hundreds of military aircraft take off and land around the world and air traffic controllers direct their movements.

Cyber-operations specialists. The internet and cyberspace have changed how the world operates in modern times. The military has resources to develop and maintain cyberspace initiatives, including securing military networks and defending the nation against cyber-attacks. Cyber-operations specialists lead the call to utilize devices and systems to protect data.

Construction specialists/managers. These professionals perform and manage the construction of bridges, buildings, utility systems, bunkers, and much more for a variety of military operations.

Motor transport operators. Vehicles move equipment, supplies and troops all over, and the military needs operators who can not only drive, but also perform preventive maintenance on light- and heavy-duty vehicles.

The military offers a wealth of career paths for enlisted, active duty or reserve personnel. These positions engage various skills and can make for rewarding careers.

Facts about the Vietnam War

The Vietnam War is among the most complex conflicts in world history. The war ended in 1975 when South Vietnam surrendered to North Vietnam, but the effects of the conflict continue to reverberate today, nearly half a century later.

In March 1965, American President Lyndon Johnson made the decision to send U.S. combat forces into battle in Vietnam. Ultimately more than 2.5 million American troops would serve in South Vietnam alone. Since President Barack Obama signed a proclamation in 2012, Americans have commemorated the sacrifices its military personnel made during the war by celebrating Vietnam Veterans Day on March 29 (the holiday would be signed into law in 2017). One way to let Vietnam veterans know those sacrifices have not been forgotten is to learn about the war. Such knowledge can inspire a greater appreciation of the cost of the war on the service members who fought it.

Though President Johnson ordered combat troops into Vietnam in 1965, the conflict between North and South Vietnam began much earlier than that. North Vietnamese fighters began helping South Vietnamese rebels in 1954, marking a start to the conflict.

American involvement in combat

began even before President Johnson sent troops to Vietnam in 1965. According to the U.S. Department of Defense, U.S. combat involvement is now recognized to have begun on January 12, 1962, which marks the launch of Operation Chopper. That operation required U.S. Army pilots to airlift more than 1,000 South Vietnamese soldiers to an area west of Saigon to capture a territory that was being held by communist fighters.

More than 58,000 American military personnel lost their lives as a result of the Vietnam War.

Data from the Defense POW/MIA Accounting Agency indicates that, as of April 2021, 1,584 Americans lost in the Vietnam War remain unaccounted for. The vast majority of unaccounted military personnel were lost in Vietnam, though hundreds were lost while serving in Laos, Cambodia and China.

The number of U.S. troops in Vietnam peaked in April 1969. By that point, the U.S. government had deployed 543,000 troops to Vietnam.

The last American ground troops left Vietnam on March 29, 1973. Fighting between the North and South Vietnamese would continue for two more years, but the United States would not return to Vietnam.

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HEALTH REVIEW

It's OK! Don't shy away from conversations about sexual health

By **Margo Gill, MD**

Atlantic General Women's Health

So, we are going to our doctor! Maybe the appointment is for a preventative visit, or due to a specific health concern, but regardless of the primary reason for the visit, it is also important that we are prepared to openly discuss our sexual health and how that impacts our overall care.

According to the CDC there were

26 million newly acquired sexually transmitted infections (STIs) in 2018 alone and half of those were people aged 15-24. STIs include chlamydia, gonorrhea, genital herpes, hepatitis B, HIV, HPV, syphilis, and trichomoniasis. Women disproportionately account for a majority of severe bad outcomes as some sexually transmitted infections, if left untreated, can cause infertility later in life, lead to sepsis

(severe whole-body infection), hospitalization, as well as cancer.

While many people remember the scary health class images of sores and rashes from STIs, there are many people that have no or minimal symptoms, which is part of how they are transmitted more readily between partners. Depending on the infection, we can be infected through contact with skin, not just exchange of fluids. Also, due to the minimal or non-apparent symptoms for some people, it can be difficult to determine when the infection even started.

Regardless of when the infection began, it is important to get treatment right away and diagnosed in a timely manner.

The best way to protect oneself at risk for an STI is through abstinence and a low number of sexual partners overall. If any type of sexual activity is occurring, it is important to know one's sexual partner's activity and to always, 100% of the time, use latex or polyurethane condoms with any vaginal, oral, or anal sex (or a dental dam if appropriate). Any sexual event that results in tearing or breaking of skin has a higher risk for being infected, as body fluids can carry STIs.

It is also important to be honest with our sexual partners to keep each other safe and to have regular testing for asymptomatic infections, such as annual HIV, gonorrhea and chlamydia (which can now be done

with a simple urine test), and for people with a cervix, guideline based Papanicolaou tests ("pap smears").

Many STIs can be cured with a short course of antibiotics, including chlamydia, gonorrhea, syphilis, and trichomoniasis. Genital herpes (HSV) is a lifelong infection that is not cured but can be managed with medication to prevent outbreak and others from being infected, but only if we are open and honest with our partners and are properly diagnosed.

New treatments and medication are available to prevent the spread of HIV and to prevent the disease from progressing, but again, testing and diagnosis are required. Vaccines are available to protect us against hepatitis B and human papillomavirus (HPV), which lead to liver failure and a variety of cancers.

At any appointment, it is important to talk about any worries or concerns, be open about our sexual practices, talk about any symptoms (big or small), ask questions and if the answers don't make sense, ask again! We need to make sure all of our mind, body, and sexual health are treated and checked.

Dr. Margo Gill joined Atlantic General Health System's women's health practice in the fall of 2021 to provide gynecologic and family medicine care to adolescent and adult women in the Berlin-Ocean City area.

Warning signs of thyroid issues

Thyroid disease may not be the most familiar medical condition, but it's more common than the average person may realize. A 2013 report in the journal *The Lancet Diabetes and Endocrinology* indicated that thyroid diseases affect an estimated 200 million people worldwide. To put that in perspective, the combined population of the United Kingdom and Japan is right around 195 million people.

Perhaps the most troubling reality surrounding thyroid disease is its status as a silent threat. According to the American Thyroid Association, up to 60 percent of people with thyroid disease are unaware of their condition. Learning to spot the warning signs of various thyroid conditions could compel millions of people across the globe to seek potentially lifesaving treatment.

Spotting hypothyroidism. Hypothyroidism is a condition marked by an underactive thyroid. The role of the thyroid is to produce thyroid hormones that are secreted into the blood and then carried to tissue throughout the body. Thyroid hormones perform a variety of important functions, such as helping the body use energy and ensuring organs, including the heart, function properly. The ATA notes that, when individuals are hypothyroid, their blood does not contain enough thyroid hormones.

Spotting hypothyroidism can be difficult, as the ATA reports that the condition does not have any characteristic symptoms that people with it always have. In addition, symptoms of hypothyroidism are often found in people with other diseases. That said, the Houston-based Medinet Family

Care Clinic notes that some warning signs of hypothyroidism include:

- Weight gain or difficulty losing weight
- Constipation
- Fatigue
- Dry skin
- Thinning hair
- Hoarse feeling in the throat
- Sensitivity to the cold
- Muscle weakness
- Joint pain

Spotting hyperthyroidism. Hyperthyroidism occurs when there is too much thyroid hormones in the blood. The ATA notes that excessive amounts of the thyroid hormone speeds up every process in the body. This leads to symptoms such as:

- Nervousness
- Irritability
- Increased sweating
- Heart racing
- Hand tremors
- Anxiety
- Difficulty sleeping

Additional symptoms of hyperthyroidism include fine, brittle hair and muscle weakness, particularly in the upper arms and thighs. The National Institute of Diabetes and Digestive and Kidney Diseases reports that women are more likely than men to develop hyperthyroidism. Women who develop hyperthyroidism may experience a lighter menstrual flow and less frequent menstrual periods.

Thyroid disease is more common than many people may realize. Individuals experiencing symptoms associated with thyroid disease are urged to contact their physicians immediately.

The connection between appearance and self-esteem

Body image is defined as how people feel about the way they look. The Office on Women's Health says a healthy body image makes a person feels comfortable in his or her body, while a negative body image can put a person at higher risk of depression and eating disorders. Mental health experts say that a person's thoughts about his or her appearance can affect how that person feels about himself or herself, which can affect self-esteem. A positive body image can result in high levels of self-esteem, fostering confidence and inspiring an individual to prioritize self-care. Conversely, a negative body image can result in lower self-esteem. Harsh criticism of oneself may lead to antisocial behavior or even disregard for one's personal health. Fostering a positive body image and increasing self-esteem can involve a few strategies. InnerBody Research, a home health company, offers these tips:

- Avoid comparisons to social media and magazine images.
 - Focus on the positive aspects of yourself, but learn to love every part of your body.
 - Maintain a healthy routine, promoting physical and mental well-being.
 - Set realistic expectations.
 - Participate in activities you enjoy and surround yourself with supportive people.
- Working with a therapist also can help improve body image and self-esteem.

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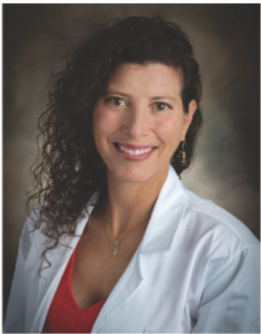


www.agh.care/WomensHealth

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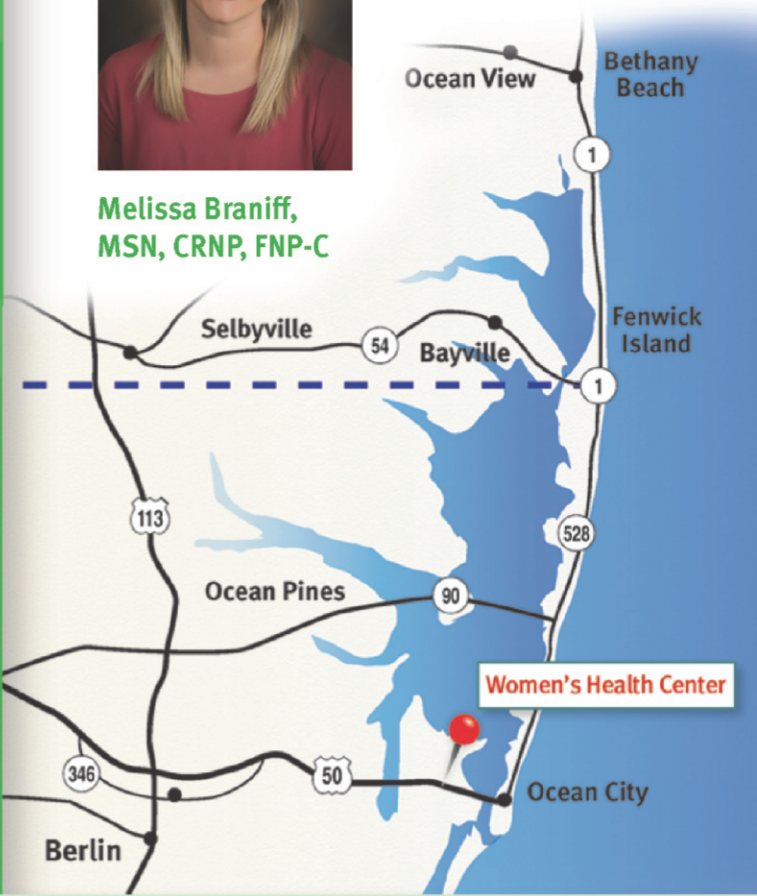
Margo Gill, MD



Christine Neto, MD,
FACOG



Melissa Braniff,
MSN, CRNP, FNP-C



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What to do when your pet is lost

Pets are beloved members of the family. Pets provide unconditional love and companionship to their owners. When a pet goes missing, it can be devastating for their owners, who want to bring their companion animals home to safety as soon as possible.

Lost Pet Research & Recovery and PurringPal indicate at least 14 percent of dog owners lose their pets in a five-year period, while 15 percent of cat owners lose their pets. The ASPCA indicates that around one in three pets will go missing in their lifetimes. While Lost Pet Research & Recovery says only 6 percent of dogs are not recovered, a much larger percentage of cats (34) are never found. Therefore, pet owners should take certain steps to prevent lost pets and to help recover them quickly.

Train your dog. Well-trained dogs who respond well to basic commands like “sit,” “stay” and “come” may be recovered more easily. That’s because you can call for your dog, who may not have ventured too far, and have him or her return to you, according to Pasadena Humane. Also, people who come across your dog can offer simple commands to sit and stay, and then the dog can be safely leashed.

Update identification. The more forms of identification a pet has, the better the chances for recovery. While a collar with ID tags is essential, microchipping is an additional safeguard. Be sure to routinely update the microchip database with your current phone number and address.

Act quickly. Don’t waste hours or days waiting for a pet to return home. The sooner you begin searching the area, the better the odds of finding the pet. Start with the immediate area right outside your home and branch out from there.

Check nooks and crannies. Pets may become frightened of noises or escape homes to chase other animals. American Humane urges owners to look for places the pet may become trapped, such as in basements or garages. Other places to look include under vehicles. Pets may hide during the day, so return to areas at night. Bring along a toy or treat that may lure the pet out of hiding.

Check with shelters. Pets can be picked up and brought to animal welfare organizations or even law enforcement agencies. Pets that are

wearing tags or are microchipped may have their owners notified. Animals without identification will sit unless the owner comes to recover the pet. Check shelters every two days.

Activate a lost pet alert. Pets can be registered with the microchipping service AKC Reunite. Pet owners can call 800-252-7894 to let the service know their pet is lost and to enable an operator to create a “Lost Pet Alert.”

Notify locals. Place ads in local newspapers and offer a reward. Also check found animal ads that may be close to your pet’s description.

Pets can go missing, but with fast action and advanced planning, they can be recovered.

Elections Committee seeks questions for candidate forums

The Ocean Pines Elections Committee will host two forums for Ocean Pines Board of Directors candidates: at 6 p.m. on June 22 and 10 a.m. on June 25, both in the Clubhouse Meeting Room on 100 Clubhouse Drive.

Ocean Pines Association members may participate by submitting forum questions ahead of time. The Elections Committee will consider all questions sent by Association members.

Questions may be emailed to elections@oceanpines.org or left on the Elections Committee voicemail at 410-208-3989.

Wor-Wic Non-credit courses available

The schedule of classes being offered this summer by the continuing education and workforce development division of Wor-Wic Community College is now available.

Non-credit courses are offered in the areas of academic preparation, business and leadership, child care, computers and technology, health care, hospitality and culinary, personal enrichment, trades and manufacturing, transportation and veterinary assistant training.

In addition to in-person classes, a variety of online courses are also offered. Financial assistance is available for many courses.

Visit www.worwic.edu or call 410-334-2815 for more information.



Riding - Angelo Jackson, a student at Stephen Decatur Middle School, is riding a horse with trainer **Katie Naughton** at his side at Autumn Grove Stables. The Ocean City-Berlin Optimist Club donated \$1,000 to this after school academy program where students get to interact with horses.



Forum - The Republican Women of Worcester County (RWWC) hosted a Republican Candidates Forum/Meet & Greet at the Ocean City Marlin Club on Tuesday, May 17. Mike Bradley of radio station WGMD was the emcee of the event. Pictured from left to right: Sandy Zitzer, president RWWC, Charlotte Cathell, Americanism chair, and Mike Bradley.

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