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A message from the OPA Finance team: June 2022

By John Viola

General Manager

Our most recent unaudited yearend numbers for fiscal 2021-2022 are approximately \$1.94 million favorable to budget. However, we measure our results by more than just great numbers - it's about all the initiatives we've completed.

During the last fiscal year, we finished a "DMA-Lite" study of Ocean Pines reserves and presented the study to the Board, the Budget and Finance Committee and the public.

We addressed pipes that were more than 30 years old by installing pipe liners along Ocean Parkway and in three other locations, to help with the outflow of water. This represented a new process where we didn't have to dig up the roads. It's also less expensive and a great product.

The Bainbridge Park project will help improve drainage and water filtration in that area. That project was a major undertaking and included financial and other assistance from Worcester County, the State of Maryland, and the Maryland Coastal Bays Program.

We jumpstarted our bulkhead and road repair programs, after several years of inactivity, and are in the progress of restarting the dredging

program with the Maryland Department of the Environment.

Our new customer service initiative utilized the info@oceanpines address to help answer general questions in a more timely and efficient manner.

Our beautification efforts included planting new cherry trees at the North and South Gates, addressing the North Gate Bridge for the first time in perhaps decades, and cleaning mailbox clusters and replacing worn out cluster pads. Public Works also made improvements at the Clubhouse, Beach Club, and Yacht Club. We are currently making improvements to the Swim and Racquet Club.

We made progress on Northstar, moving forward on implementation, addressing more open tickets, and for the first time accepting online payments through our website, oceanpines.org.

Our Golf Course is in the best shape it's ever been, and the proof is in the strong financial returns produced this year. It was a total team effort.

Our Aquatics operation was also improved by efficiencies introduced by Kathleen Cook and her team. In combination with organic revenue growth, we have seen some of the best operating results in years.

At Racquet Sports, we addressed the need for more courts and court repairs. We expect to have four new pickleball courts done by the end of July, and court repairs are also underway at our racquet center, in addition to fence maintenance.

Recreation and Parks experienced a return to "normal" after the COVID-19 pandemic, including a full slate of summer camps happening this summer.

We will install new t-docks at the marina and brought in a new water taxi service at no cost to Ocean Pines. Our food and beverage operation continues to break records under the management of the Matt Ortt Companies.

And, for the first time, Ocean Pines introduced hybrid meetings for all Board meetings and town halls, allowing for both public and remote participation through Microsoft Teams.

The numbers at the end of the fiscal year are like a report card. However, we have been able to deliver results for amenities, administrations, departments, and infrastructure. Key initiatives for infrastructure include drainage, bulkheads, roads and our buildings.



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Church to host quarter auction

Are you looking for something different and fun to do this summer? Consider this.

The Church of the Holy Spirit is having a Quarter Auction at the church on July 19. You buy a paddle (or two, or more) and then bid on items offered at one, two, three or four quarters, based on the value of the item.

The committee is collecting a lot of prizes, including gift certificates, home décor items, wine baskets, and some just for fun.

The doors will open at 6 p.m., and the games start at 7 p.m.

Food will be available for purchase. Tickets are \$10 and include a paddle. Additional paddles are \$2 each, or three for \$5. They are limited, so get yours now.

If you live in Ocean Pines and would like home delivery of The Courier, call 410-629-5906

The church is located at 100th St. and Coastal Highway in Ocean City. Call Jackie at 443-735-4275 for further information and for tickets.

NAME AND A CONTRACT A

Farmers & Artisans Market celebrates 11th anniversary

It's 3:30 a.m. on Saturday morning, but White Horse Park is already abuzz.

Farmers market merchants are starting to arrive with their trucks filled with fruits and vegetables. Freshly harvested produce will soon be stacked onto market stands, ready for shoppers when the Ocean Pines Farmers & Artisans Market opens at 8 a.m.

By the headlights of her SUV, Debbie Synder of Synder's Produce and Pretty Things unloads several flats of strawberries that she's brought to the market for her customers. Among the carefully displayed containers are gardens of annual flowers that Synder potted up earlier in the week. The lateseason berries become a garnish to the market stand's lush garden products.

"Our marketplace is such an interesting space to be in," Market Manager David Bean said. "When you go to a grocery store it's just a generic experience. You want to hurry up and get out of there."

Lenore Brady of Stag Run Farm, an urban farm in Georgetown, Delaware, recommends going to the farmers market and taking everything in.

"There is something new every week and there is fun to be had, as well as a lot of fresh foods," she said.

People from all over the Mid-Atlantic visit the market in Ocean Pines. It's an experience that has appealed to

locals and visitors, as well as children, families, and grandparents.

"By late June, locally grown blueberries will be at their peak. Many people buy a few extra boxes and pop them in the freezer for pies, muffins, or smoothies," Bean said. "You can also freeze fresh herbs this summer to use in soups and stews next winter. Food harvested only hours before

the market opens will stay fresh for longer, and its more nutritious and tastes better."

David Joseph Deacon is the coowner of D.J. David, a marketplace greengrocer shop. Deacon enjoys sharing information about what his farmers are growing, as well as trading recipes with his customers.

"Eating with the seasons and eating what is most bountiful will definitely get you more bang for your buck," he said. "People enjoy talking with us, asking questions and learning about our fruits and vegetables."



On June 22, 1944, U.S. President Franklin D. Roosevelt signed the G.I. Bill, an unprecedented act of legislation designed to compensate returning members of the armed services-known as G.I.s-for their efforts in World War II.



County fairs might be all about fun, but they're also great for local economies. A team of economic analysts affiliated with the University of Minnesota Extension found that every dollar invested in county fairs provides a return in spending of \$4.43. That's a significant economic boost that can be especially valuable to communities looking to rebound from difficulties related to the pandemic. The analysts surveyed both vendors and fairgoers, asking each about the strategies that were ef-

Mary Adair Comptroller

fective and those that weren't. The analysis also determined that the popularity of county fairs remains high, as 90 percent or respondents indicated they were satisfied with their fair. Deacon said many customers buy big hauls of summer tomatoes, and then spend several days cooking them down to fill their pantries with jars of



homemade sauce that will last until next summer.

"It's a yearly ritual that they look forward to," he said. "Also, if you're concerned about rising meat prices, stir fries and bigger salads using fresh produce allow you to use a smaller amount of meat without sacrificing taste and satisfaction. Incorporating more plant-based options in your diet can help offset the high cost of meat."

Janice Curtis, the coordinator of market events and happenings, including the Marketplace Kitchen and Kids Market Zone, said the experience of going to the market can help expand the palette of fussy eaters.

"For many busy mothers, it's easier to get their kids to eat vegetables when they have been to the farmers market and helped mom pick out dinner," she

said.

"Fresh-picked carrots taste sweeter. String beans straight off the vine crunch when you eat them raw," she continued. "There is no comparison between a salad bar cucumber and a crisp, fragrant cucumber fresh from the field."

Curtis and her husband are also the owners of JABBS Seasonings, a spice shop at the market.

"Farmers markets are so cool, because they offer a unique experience for children," she said. "A weekly trip to a farmers market can be a fun learning experience, showing them what potatoes and tomatoes look like before becoming French fries and ketchup."

This June, the Ocean Pines Farmers & Artisans Market will celebrate 11 years of bringing merchants to the Ocean Pines community. The market boasts one of the most diverse collections of merchants on the Eastern Shore, with people coming from all over the Mid-Atlantic to take part.

The Ocean Pines market first opened in 2012 as a small seasonal farmers market. It was expanded and renamed in 2017 to also include artisans.

In 2022, more than 130 merchant businesses are enrolled in the market.

The Ocean Pines Farmers & Artisans Market is open Saturdays from 8 a.m. to 1 p.m. in White Horse Park.

For more information, visit www.oceanpines.org/web/pages/farm ers-artisans-market.

Chambers to host Congressional candidate forum

The Ocean Pines Chamber of Commerce and Snow Hill Chamber of Commerce will host a public forum with the Maryland Congressional District 1 Democrat candidates on July 5, from 6:30 p.m. to 8 p.m. The event will take place at the Old Firehouse located at 212 W Green Street in Snow Hill.

Heather Mizeur and Dave Harden are both vying for the Democrat vote during the upcoming primary election on July 19. The successful candidate will face off against the incumbent Republican Congressman Andy Harris in the general election in November.

The public is invited to attend and will have the opportunity to ask questions of both candidates.



Chip Bertino Publisher/Editor

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Taking photos

"Kodak moments." At one time that was the Kodak camera slogan. That was a long time ago when Kodak cameras reigned supreme. But even though the cameras are history, the sentiment of capturing a picture "moment" remains. Cell phone cameras have replaced the once ubiquitous Kodak Instamatics. We are free to capture more special moments than ever especially because



It's All About. . . By Chip Bertino

chipbertino@delmarvacourier.com

there's no film to process.

I can't remember which Christmas it was when I received a Kodak Instamatic camera that used 110 film and had a disposable vertical flash bar. I was an excited 10 or 11-year-old snapping pictures

of everything – my brother making funny faces or the dog barking. The functions of the camera were simple: point and shoot. There was no zoom feature nor could I take rapid pictures. Snap the shutter. Advance the film. Repeat. That was it. Matthew Brady I was not.

I learned I could

quickly take a dozen pictures, using up all the film in the camera. And then? Well, I had to save my allowance so I could pay for developing the pictures and to pay for another roll of film. By the second roll of film, I concluded that my brother's faces weren't all that funny. How many pictures did I need of him crossing his eyes and sticking his tongue out?

The Fotomat was in the parking lot of Krewstown Shopping Center where we dropped off used rolls of film. We'd wait about a week for the pictures to be ready. It was exciting ripping open the envelope and pulling out the picture sleeve. Then there was disappointment when I realized some of the pictures were too dark while others weren't centered, some were taken from too far away and still others were just black. I must have inadvertently snapped the shutter while the camera was in my pocket. Out of 12 pictures, there may have been six or seven that were okay.

As time went on, I became more discriminating in taking pictures. I didn't need a photo of every blooming flower in the garden. Eventually, I just took pictures at family gatherings, group shots mostly. All these pictures were saved in photo albums that had sticky pages on

> which I placed the photos and then overlayed a thin, clear vinyl-like cover. They were ensconced forevermore.

> It's been a lot of years since those albums have been pulled out and looked through. I think they're in

the attic.

Through the years I transitioned from the Instamatic to a Polaroid camera. Then came a 35-mm camera. Then there were several different digital cameras, a couple of which are

sitting in the closet collecting dust. Now, all I use is my phone to take pictures. It has more features and offers better quality than any of my earlier equipment. And the best part of all is, I don't have to pay for film processing and it's always with me so I can capture spontaneous moments.

There's really no limit to the number of pictures I can take which has absolutely no

relationship to the number of good pictures I snap. There must be hundreds, maybe even thousands, of pictures stored on my phone. I hardly ever look through them, except maybe when I sitting waiting to be seen by the doctor. That's when I'll go through and delete the really awful pictures.

Sharing photos immediately with family is a nice feature that my phone has that my Instamatic did not. Why shouldn't everyone have a touching snapshot of Chooch and Pyper sitting together?

Looking back to when my Instamatic was new, the rotary telephone was mounted on the kitchen wall and a postage stamp was 10-cents, there is no way I could have envisioned a future when I would be taking pictures with a personal phone I kept in my pocket and sending them instantaneously to family across the country. Nope. No way.



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Famous Idaho Potato Tour is coming to the Pier

The Famous Idaho Potato Tour is hitting the coast and making a stop at the Thrasher's French Fries in Ocean City on Saturday, June 25, from noon to 4 p.m. The 72-foot-long Big Idaho Potato Truck will be at the Inlet location for a "taterly" awesome time, hanging with Ocean City favorites such as Thrasher's French Fries, Jolly Roger at the Pier and Ripley's Believe It or Not.

"Thrasher's French Fries is all about their VIPs, Very Important Potatoes, all of which come from Idaho. Thrasher's Fries are made only from the highest quality Idaho potatoes and delivered the 2,500 miles to Ocean City for those iconic fries that have become a staple of the Ocean City Boardwalk," said Steve Pastusak, vice president of Jolly Roger Amusement Parks.

The Tater Team will be at the Big Idaho Potato Truck to spread the fun and make memories with their 4-Ton Idaho potato and giveaways. In addition to spreading the word about Idaho Potatoes, the Idaho Potato

The Famous Idaho Potato Tour is ting the coast and making a stop at Thrasher's French Fries in Ocean

> Stop by Thrasher's original Inlet location to enjoy an afternoon celebrating Big Idaho Potato Truck, the French fries at Thrasher's French Fries, and Jolly Roger at the Pier.

> Thrasher's French Fries was founded in 1929 by Mr. J.T. Thrasher. In 1974, Charles "Buddy" Jenkins purchased Thrasher's French Fries, refusing to alter the original recipe or cooking process. The unique concept of simply selling the best-tasting French fry ever eaten quickly became an Ocean City icon, and has remained a tradition for almost 100 years.

> Jolly Roger Park is comprised of SpeedWorld, Splash Mountain, Jolly Roger Mini Golf, Jolly Roger at 30th Street, and Jolly Roger at the Pier. Founded in 1964 by Jenkins and Arnold Palmer, Jolly Roger Park now offers a wide range of family-friendly fun in Ocean City with rides, amusements, games, waterslides and more.

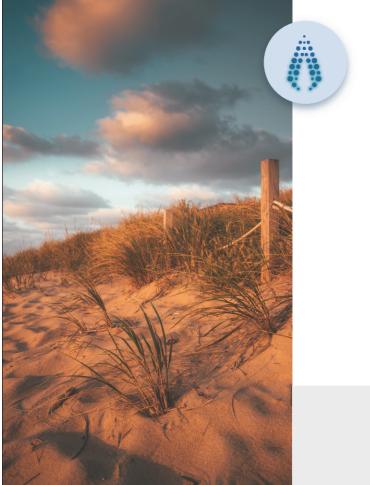


Donation

Ocean City American Legion Post 166 donated \$2,000 to the Life Crisis Center as part of its monthly program to help organizations that serve the community. In addition to the donation to the Life Crisis Center, another \$10,000 was dispensed in May, including \$6,000 to benefit three on-going programs at Atlantic General Hospital.

The mission of the Life Crisis Center is to improve the quality of life through crisis intervention and violence prevention. The organization's professional staff serves Wicomico, Worcester, and Somerset Counties.

Receiving the donation at the Post was **Julie Landon**, Community Outreach Liaison for the Life Crisis Center. The presentation was made by Chaplain **Ben Dawson** (Left) and First Vice Commander.



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Primary Election voting dates, sites announced

The Worcester County Board of Elections reminds voters that the Primary Election will be held July 19, with early voting beginning July 7 through July 14 (including Saturday and Sunday). Hours of early voting and Election Day voting will be 7 a.m. to 8 p.m.

There are two changes in polling places for the Primary Election:

Early voting will be held at the Worcester Preparatory School at the Field House located 508 S. Main Street in Berlin. There will also be a ballot drop box located at Worcester Preparatory School for those voting by mail to place their ballots if they prefer not to mail them to the office. Ballots will be picked up from the ballot drop boxes daily.

Stephen Decatur Middle School will be undergoing renovations and will not be available to use as a polling place on July 19. Voters that normally vote at Stephen Decatur Middle School will vote at Berlin Intermediate School located at 309 Franklin Avenue in Berlin.

Specimen ballots will be mailed to all qualified registered voters prior to the beginning of early voting and will contain information on dates of early voting, Election Day, and polling place.

For questions or concerns, please call our office at 410-632-1321.

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Ravens Roost announces scholarship recipients

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

This year, scholarship awards totaling \$15,000 went to six students at three area high schools.

The 2022 scholar/athlete awardees are:

-Skylar Griffin, Stephen Decatur High School / University of New Haven, West Haven, Connecticut

-Ashten Snelshire, Stephen Decatur High School / University of Richmond, Virginia

-Lily Baeurle, Worcester Preparatory School / Ursinus College, Collegeville, Pennsylvania

-Ben Tinkler, Worcester Preparatory School / University of Maryland

-Samantha Derickson, Indian River High School / East Stroudsburg University, Pennsylvania

-Brynn McCabe, Indian River High School / University of Maryland

Ravens Roost #44 has awarded more than \$228,900 in scholarships

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to local students during the last two decades.

Don McMullen, Scholarship Committee co-chair, 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 25th Annual Scholarship Golf Tournament at the Ocean Pines Golf Club on June 3.

The winning teams and players were:

-First-place team: Mike Mason, Darin Stuiber, Bill Cordwell and Mike Daley

-Closest to the Pin (Men's): Jack Heim

-Closest to the Pin (Women's): Teresa Burns

-Longest Drive (Men's): Chip Sheekin

-Longest drive (Women's): Poppy Granite

McMullen said the Scholarship Committee is currently seeking donations for 2023 scholarships.

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

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





Recognized

American Legion Member **Phil Ludlam** was recently honored at Ocean City Post 166 for serving 50 years in the national Veterans organization. He was presented a plaque commemorating the half-century of service by Post First Vice Commander **Pat Sharkey** (left).

Arts Council awards student scholarships

The Worcester County Arts Council awarded 2022 Arts Scholarships totaling \$10,000 to six Worcester County students who will be majoring in the arts in college.

The students were:

Nadia Bullock - Visual Arts Anna Buttler – Culinary Arts Kayla Halbig – Visual Arts Alexander (Zander) Jett

Music/Songwriting Alexis Kagan – Visual Arts

MacKenzie Williams – Visual Arts The Worcester County Arts Council's scholarship program is designed to identify, recognize, and encourage talented students who demonstrate excellence in Dance, Music, Theater, Visual Arts, Creative Writing, and Culinary Arts.

Scholarship awards are made possible by a generous grant from the Mary Humphreys Foundation, John Sisson's family, and contributions by many patrons of the Arts Council.

For more information about this program, please visit: www.worcestercountyartscouncil.org.



OP golf council announces scholarships

The Ocean Pines Golf Members' Council recently awarded six scholarships totaling \$10,500 to local high school seniors.

The scholarship committee of the Golf Members' Council each year honors students who show an interest in the game of golf and have exemplary academic and extracurricular records.

Bob Long, scholarship committee chairperson, said awards are given on behalf of Ocean Pines Golf Club members who support the fund throughout the year.

He said members have raised more than \$45,800 for scholarships over the last seven years, including \$21,500 during the last two years.

This year, Riley Schoch from Worcester Preparatory School was named the Scotty Wheatley Scholarship winner. Long said Wheatley helped significantly boost donation amounts, which had been \$2,000-\$3,000 each year, prior to 2016.

"Scotty ran the OP-Taylor Bank Scramble for a couple of years and is

largely responsible for the increase in awards," Long said. "Scotty died in February 2021, and his family asked that donations in his name be made to our scholarship fund. Over \$3,400 was received, and for the past two years we have attached Scotty's name to one of the scholarship awards."

The 2022 Scholarship recipients are:

Riley Schoch (Worcester Preparatory School) played on the WPS golf team for four years and was a team captain this year. He was also sportsmanship award. Academically, Ritz was in the top 10% of his class and took advanced placement courses in calculus and environmental science, along with other higher-level courses. He is interested in biology and premed studies and plans to attend Salisbury University. Ritz will receive an award of \$2,400.

Abby Wesche (Stephen Decatur High School) played golf at SDHS for four years and was team co-captain

please see scholarship on page 11

Tennis, anyone?

By Lynn Martin, PTA, CKTP Rumor has it that Humphrev Bog-



"Tennis, anyone?" during an early Broadway production. According to Quote Investigator, he strode onto the stage with a cardigan draped over his shoulders and a tennis racquet under his arm and delivered

this famous line. Apparently, it was a stage trick to help clear the actors off the set so the next scene could take place. This mindless cliche caught on and was used by many wannabes when there wasn't a tennis court around for miles. Whether or not this is true, the overused phrase helped define the sport as a posh game for the rich and famous, played at country clubs and private estates. As we now know, tennis is a popular sport for all ages and classes and is much more accessible since the development of community parks and courts.

Just as tennis is not only played by the elite, a condition known as tennis elbow can affect anyone, not just athletes. Despite its name, vou can suffer from tennis elbow even if you've never been near a tennis court or (in the case of the Ocean Pines community) near a pickleball court. According to the Mayo Clinic, tennis elbow, clinically known as lateral epicondvlitis, is an inflammation or irritation of the tendon connecting the forearm to the elbow. Repetitive arm movements or gripping during activities such as raking, painting, typing, carpentry, fishing or even knitting can cause pain or a burning sensation that radiates down the forearm.

To understand tennis elbow, it helps to understand your elbow anatomy. There are three bones that make up your elbow joint: your upper arm bone known as the humerus and the two bones in your forearm, known as the radius and the ulna. Muscles, ligaments, and tendons help hold the joint together. The bonev knob on the outside of the elbow is called the lat-

please see tennis page 14



Strengthen your 'three-legged stool' for retirement

Submitted by **John Bennish** *Financial Advisor, Edward Jones*

For many years, Americans provided for their retirement needs



through three sources: employersponsored pension plans, Social Security income, and savings and investments accumulated through employer plans or individual

accounts - the so-

John Bennish

called "three-legged stool." But today, that stool is shakier than it used to be. What can you do to strengthen it?

To begin with, all three legs of the stool are facing challenges. Let's consider them:

• Employer pensions – A generation ago, workers employed in many companies could count on a set monthly pension income to help them through their retirement years. Today, pensions - also known as defined benefit plans – are mostly found in public sector employment, as most private-sector employers have replaced their pensions with 401(k) and similar plans. These plans can be quite effective at helping build resources for retirement, but they do place most of the responsibility for saving on the employee.

• *Social Security* – Social Security has come under financial pressure because the workers-to-retirees ratio has declined significantly, according to the Social Security Administration's 2021 Board of Trustees Report. A number of proposals have been brought forward on how to improve the long-term financial security of the Social Security system.

• *Personal savings and investments* – In terms of building savings and investments for retirement, the picture is somewhat

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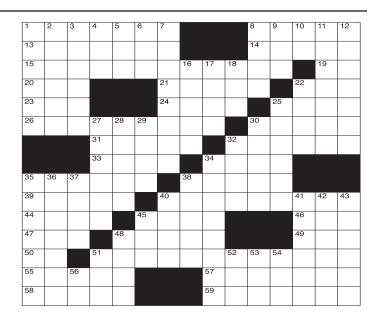
mixed. The national savings rate has increased in recent years, but more than half of American workers still say their retirement savings are not where they should be, according to a 2021 survey from Bankrate, a personal finance website. And the same survey found that just over half of investors with a 401(k) or IRA have taken early withdrawals - that is, they withdrew monev before they retired. Furthermore, we may be waiting too long even to begin saving/investing for retirement. A survey from Age Wave and Edward Jones found that respondents began saving for retirement at an average age of 38, but the majority said they should have started saving a decade earlier.

You have options for improving some parts of your own three-legged stool. For example, no matter what happens to Social Security, you can still decide when to start taking payments. You can begin collecting benefits as early as 62, but your monthly checks will be larger if you wait until your "full" retirement age, which will likely be between 66 and 67. You can even delay taking benefits until they "max out" at age 70.

As for a pension, you can't control what's available to you through your employer, but you can create your own retirement income stream by contributing as much as you can afford to your 401(k) or other employersponsored plan and by increasing your contributions whenever your salary goes up. And you can also contribute to an IRA or other investment vehicle to further boost your retirement funds. Try to leave these accounts intact until you need them for retirement. This will be easier if you've built an emergency fund, with the money kept in a liquid, low-risk account, to pay for unexpected costs, such as those resulting from a major car or home repair.

The three-legged stool may not be as universal as it once was – but you can still construct a sturdy structure to support your retirement needs in the future.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor John Bennish, Ocean Pines. He can be reached at 410-208-9083. Edward Jones, Member SIPC.



34. Tibetan lake

1467-1519

40. Views44. Rugged cliff

47. Newt

45. Not quiet

46. Body part

48. German city

50. NBC's Roker

55. Actress Lathan

57. Most meager

59. Companions

28. Ones to look up to

30. Gives whippings

32. Type of tie

35. Die

43. Hurts

54. To and

56. Atomic #28

29. Stringed instrument

36. Part of a winter hat

37. Young men's club

38. Bathrooms need it

41. American novelist

42. Take into custody

48. American actor Lukas

53. Political action committee

45. Type of gibbon

51. Partner to cheese

52. Some are covert

40. U.S. president

34 Make more concentrated

58. Poems

49. A way to save money

51. Dire Straits frontman

35. Desecrate something sacred

38. John ___, English educator

39. Obtains in return for labor

CLUES ACROSS

- 1. Half-conscious states
- 8. Unnatural
- 13. Deep regret
- 14. Rogue
- 15. Took without permission
- 19. An alternative
- 20. After B
- 21. Partner to "flowed"
- 22. The best day of the week
- (abbr.)
- 23. Helps you hear
- 24. Egyptian river
- 25. Lake ___, one of the Great
- 26. Make free from bacteria30. Indigenous peoples of central
- Canada
- 31. Sanctuaries in Greek temples
- 32. Most unclothed
- 33. NJ senator Booker

CLUES DOWN

- Draws over
 Recur
- 3. Current unit
- 4. Neither
- 5. Certified Radio Operator
- (abbr.) 6. Power of perception
- 7. Peace
- 8. Supplemented with difficulty
- 9. The last section or part of
- anything
- 10. Dorm worker
- 11. Bones
- 12. Most unnatural
- 16. Spanish island
- 17. The skill to do something
- 18. Where golf games begin
- 22. Untethered 25. Print errors
- 20. The most f
- 27. The sport of engaging in contests of speed



Answers for June 15

scholarships from page 6

during her junior and senior years. Wesche is regularly one of the scoring golfers on the SDHS team and played in the first two rounds of the state championships. She plans to attend McDaniel College in Westminster, Maryland to study biology. Wesche will receive an award of \$2,400.

Bennett Tinkler (Worcester Preparatory School) played on the WPS golf team for three years. He enjoys golf and his coaches noted his improvement each year. Tinkler was also the captain and goalie of the lacrosse team and played varsity basketball. Tinkler has a strong academic record, including five AP courses. Outside the classroom, he was involved in community service and is particularly interested in helping those with autism. His plans are to study business at the University of Maryland. Tinkler will receive an award of \$1,500.

Anna McDonald (Worcester Preparatory School) moved to the area during the start of her junior year, when the pandemic was in full force. That led to her involvement with the golf team. She also plays recreationally with family members. McDonald also played lacrosse and soccer. She has a strong academic record and was involved in community service both locally and in New York, where she previously lived. She plans to attend Syracuse University to study sports management. McDonald will receive an award of \$600.

Jack Quisgard (Stephen Decatur High School) is a wrestler and baseball player. Quisgard has played golf recreationally with family and friends for the last several years. He is in the top fifth of his class and has a strong academic record. Quisgard volunteered with Habitat for Humanity at the ReStore, along with other community service work. He plans to study mechanical engineering at Virginia Tech. Quisgard will receive an award of \$600.

Scholarship funds come from the Ocean Pines-Taylor Bank Scramble and other golf member initiatives.

This year's scramble is set for Wednesday, July 13 at the Ocean Pines Golf Club.

The public entry fee is \$120 per person, which includes greens fee, cart, team prizes, men's and ladies' closest-to-thepin prizes, door prizes, continental breakfast, on-course refreshments and lunch at the Ocean Pines Clubhouse Grille following the tournament.

The entry fee for Ocean Pines Golf members is \$75. The cart fee is extra for those without a cart package.

Players may sign up individually or as a foursome. Individuals or incomplete teams will be paired.

Entry and sponsorship forms may also be picked up at the Ocean Pines Golf Club. Fees may be mailed to Ocean Pines Golf Members' Council, PO Box 1356, Berlin, Maryland 21811. Checks should be made payable to "Ocean Pines Golf Members' Council."

For more information, contact Steve Howse at 571-239-8469.

Choptank increases rates

The rising cost of energy prices will have an impact on local electric customers. In an announcement last week by Choptank Cooperative, beginning in July, members will see an additional increase in monthly bills of \$17.71 for each 1000kWh used.

Michael Malandro, president and CEO said in a statement that "the cost of energy is a direct pass-through of the electricity the cooperative purchases and distributes to members. Choptank Electric's internal costs, the delivery portion of the bill, remains unchanged."

It is hoped the increase in energy prices is temporary. Said Malandro, "If the past is any indication, the cost of energy fluctuates from year to year. Over the last several years, our annual power cost adjustment has resulted in decreases to members. When the cost of energy stabilizes, we look forward to passing those savings on to you again."

To help members, the Board of Directors triggered a capital credit distribution of \$3.7 million during the month of July. Bill credits will be issued to members based on credit allocation during the approved retirement period of 1994 and 2021. Credit will appear on the July billing statement.

BBQ fundraiser scheduled

Bethany United Methodist Church will host a chicken barbeque dinner Saturday, July 16, at 5 p.m. until sold out. The church is located at 8648 Stephen Decatur Highway in Berlin. The meal Includes choice of sides: baked beans, green beans, mac-n-cheese, oven potatoes, salad, roll and drink. Indoor dining or take-out will be available. Baked goods are available for an additional charge. Pre-orders recommended at bethany21811@gmail.com or 410-641-2186.

Local.

Unfunded state legislature mandates and funding formulas have unfairly reached into the wallets of county taxpayers in the form of millions of dollars of additional tax burdens.

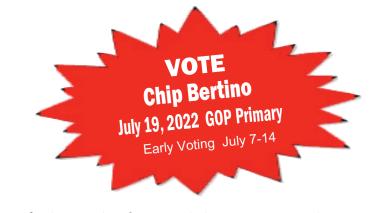
Worcester is often victimized by Annapolis state lawmakers and activists who sidestep personal accountability, espouse dependency over self-reliance and who celebrate, promulgate and legislate wrong-headed ideas that threaten Worcester County values and local control.



I support local control and local authority to protect and preserve the way of life we cherish in Worcester County.

I ask for your vote in the July 19 Republican Primary election.

Reelect Commissioner Chip Bertino Ocean Pines District 5



Authority: Bertino for Commissioner; Susan Bertino, Treasurer

Emotional eating: how to cope

By **Amanda Buckley**, RD, LDN Registered Dietitian

When you feel upset or stressed out, do you notice yourself turning towards food to comfort you? The foods that we usually choose are easy to prepare, calorie dense, and have simple sugars so that they are digested quickly. Think ice cream, cakes, cookies, potato chips. Since they digest quickly, they release a surge of hormones that make you happy for a short time, but lead to an inevitable crash. Emotional eating affects most everyone from time to time, but regularly letting your feelings guide your food intake can affect your health.

Eating more food than your body needs on a regular basis can put you at increased risk for type 2 diabetes, high blood pressure, obesity, and cancer. More serious conditions can be linked to emotional eating. One is binge eating disorder, characterized by eating dramatically large amounts of food well after you reach the point of fullness. Excessive eating can have emotional consequences as well including shame or depression if linked to these more serious conditions.

Strategies to deal with emotional eating

Here are steps you can take to reduce emotional eating episodes and break the cycle:

Learn to recognize hunger/fullness cues. Next time you reach for a snack, ask yourself what's driving it. Are you physically hungry or just feeling bored or stressed? Waiting too long to eat, eating too quickly, and eating foods that digest too fast (read: those without healthy fats, fiber, and/or protein) can make it difficult to decipher these cues.

Keep a journal. Take the time to create a "mood and food" journal. Write down what you eat each day, along with the emotions you were experiencing at the time and whether you were truly hungry. You may find that specific feelings, such anger or sadness, lead to your overeating. Once you recognize these triggers, you can learn healthier ways to deal with them. For example, if you experience stress,

take a walk around the block instead of reaching only for a sweet treat.

Build a support network. Surrounding yourself with friends and family who support your efforts to develop a positive relationship with food can improve your chances of success. It may also be helpful to join a support group through which you will meet other people with similar challenges and learn coping strategies.

Cultivate other interests. Finding an activity that you enjoy can increase self-confidence. Examples of these activities are yoga, playing a musical instrument, or painting. If you find that your eating is driven by boredom, a new passion can fill your hours and make you less likely to look to food for emotional satisfaction.

Get help if necessary. If you can't control emotional eating on your own, consider getting professional help to change your behavior. A form of psychotherapy called cognitive behavioral therapy can teach you to change your eating habits and manage emotions in a positive way. Talk with your healthcare provider to learn about more treatment choices.

For an appointment with a Registered Dietitian, call 410-641-3340 for more information or visit https://www.atlanticgeneral.org/conditions-services/nutrition-services/

If you are in need of a primary care

AGH receives SAFE grant

Atlantic General Hospital recently received a \$5,000 grant from the Community Foundation of the Eastern Shore to support its Sexual Assault



Forensic Examiner (SAFE) program. Atlantic General's certified SAFE

nurses assist victims of sexual assault by providing an initial sexual assault exam, along with helping

to facilitate follow-up care as needed. These

From left to right: Andi West-McCabe, director of emergency services; SAFE Nurse **Sarah Esh**, RN, FNE A/P; SAFE Nurse **Nettie Widgeon**, BSN, RN, FNE A/P; **Erica Joseph**, president, Community Foundation of the Eastern Shore. SAFE nurses are also the point of contact when other colleagues "red flag" a patient they are concerned may be an abuse victim. SAFE nurses consistently attend special trainings and meetings to maintain their high level of competency within their field, and to better coordinate care within the community. While sexual assault is the primary focus of the program, the SAFE nurses are also trained to collect evidence and photo documentation for elder and domestic abuse victims.

The grant provided by the Community Foundation of the Eastern Shore will supply Atlantic General with the resources needed to train more SAFE certified nurses who play a vital role in the health and well-being of those who have been victims of abuse.

AGH CFO becomes president of HFMA

Cheryl Nottingham, vice president of finance/CFO for Atlantic General Hospital and Health System, assumed the role of president of the Maryland chapter of the Healthcare Financial Management Association (HFMA) on June 1.

Nottingham has been CFO at Atlantic General since 1998. She graduated from the University of Missouri-Kansas City with a Bachelor of Science in accounting and earned her Master of Business Administration in healthcare administration and organizational leadership from Wilmington University.



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Xin Zhong, MD

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tennis

rom page 9

ral epicondyle. The muscles and tenons surrounding the joint help to stabize your wrist when you straighten your bow. Tennis elbow happens when the endons that join the forearm muscles on ne outer side of the elbow become inamed or develop tiny tears, leading to ain and tenderness. Repeated motions ich as swinging a racquet or using a aint roller can strain the muscles and ut too much stress on the tendons. ymptoms usually begin with mild disomfort or burning on the outside of the bow that slowly worsen over time. You have increased pain in the evenings nd your grip strength may become reaker. Depending on the severity, veryday motions such as opening a door, fting or gripping objects, or shaking ands can be painful.

There are many ways to treat tennis elbow. Resting your arm and discontinuing the activities that contribute to your pain is usually a good idea. Applying ice or taking an anti-inflammatory drug may help reduce the swelling. Another effective treatment is to wear a protective brace to allow the tendons and muscles to rest. Many doctors may recommend physical therapy. Physical therapists can perform manual therapy and use a variety of modalities such as ultrasound or GameReady or Kinesio tape to decrease stiffness, inflammation and discomfort. They may also recommend exercises to stretch and strengthen the muscles. Physical therapists can also evaluate your form and recommend modifications on your technique to minimize strain.

Avoiding overuse is the key to preventing tennis elbow. It is a good idea to warm up and stretch before any activity or sport. Taking frequent breaks from repetitive motions or minimizing bending your wrist may help. Symptoms may be brought on by using the wrong equipment, such as a tennis racket or golf club that is too heavy or one that has a grip that is not the proper size. Using tools with larger, padded grips, and avoiding gripping too hard are also effective modifications. Returning to activities may take time. It is important not to rush your recovery as this could make the damage worse. Always remember, people heal at different rates. On that note, "Anyone for tennis?"

Lynn Martin, PTA, CKTP is a Physical Therapist Assistant and Certified Kinesio Taping Practitioner at Hamilton Physical Therapy, in Ocean Pines. She can be reached at 410-208-3300 or at lynn@HamiltonPTcares.com with any questions regarding this article.

Support Local Businesses-





you can support the pollinator and habi-

tat work of the Lower Shore Land Trust,

contact Kate Patton at kpatton@lower-

shorelandtrust.org or to purchase tickets

for either event go to lowershore-

Land Trust celebrates pollinators with garden tour

The second annual Pollinator Garden Tour will take place Friday, June 24 and Saturday, June 25[°] with an exclusive preview event at Newport Farms on June 23.

The Pollinator Garden Tour is a selfguided tour covering eight Pollinator-Friendly gardens across Maryland's Lower Eastern Shore. Visit beautiful gardens landscaped with native plants, watch artists painting 'en plein air,' and gain inspiration for your own gardening projects. Tickets are \$25 in advance or \$30 at the door, available at www.lowershorelandtrust.org on the News and Events page.

There are five tour locations in Worcester County, one in Wicomico

County, and two in Somerset County. Attendees can visit the gardens between 8 a.m. and 4 p.m. on Friday, June 24 and Saturday, June 25. You may choose to visit some or all of the gardens. Garden homeowners, Lower Shore Land Trust Staff, Master Gardeners, and volunteers will be available throughout Friday and Saturday to answer any garden related questions and share their unique stories and experiences.

On June 23 celebrate a special event at the exclusive Newport Farms Preview Party Cocktail Reception, hosted by Mr. and Mrs. Charles Jenkins at Newport Farms in Berlin. Cocktails & Hors oeuvres, live jazz in the garden, and a live auction of an original 'Plein Air' painting from the evening by Linda Steere. Tickets are \$125 per person at LowerShore-LandTrust.org

To learn more about this intimate preview and cocktail reception and how

Safe boating course offered

Certified instructors from the Ocean City Coast Guard Auxiliary will offer the Maryland Safe Boating Course on July 12, 13 and 14 between 6 p.m. and 9 p.m. at the Ocean Pines library. All the required material is covered along with time for questions.

landtrust.org.

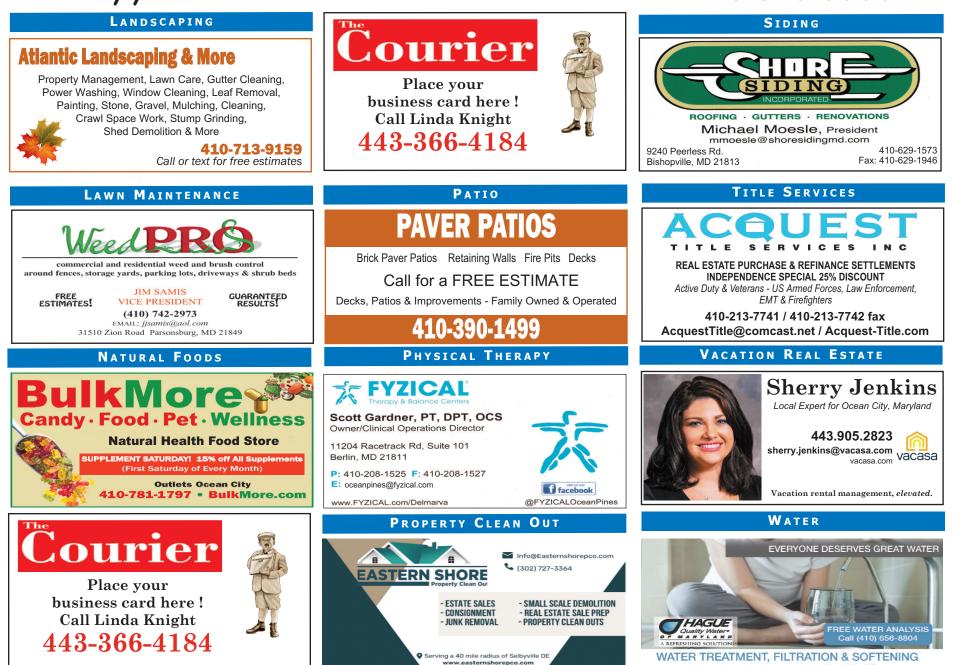
To place your business card call 410-629-5906

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

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

Payment via PayPAL is also accepted. For more information or to register please contact Barry Cohen at 410-935-4807 or E mail CGAUXOC@Gmail.com.

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