

The Courier

July 27, 2022
Volume 22 Number 44

Ocean Pines Sunrise
by Darlene Keresztenyi

Thank You!
Thank You!
Thank You!
Thank You!
Thank You!
Thank You!
Thank You!
Thank You!
Thank You!

I am greatly humbled by and very appreciative of the overwhelming support I received during the recent primary election. Thank you!

It is an honor to serve our Ocean Pines community as County Commissioner. Thank you to my family, friends, neighbors and supporters for their confidence.

Ours is a wonderful community! I look forward to the next four years.

Thank you!



Reelect Commissioner BERTINO
Ocean Pines District 5

Authority: Bertino for Commissioner; Susan Bertino, Treasurer

Children’s activities, live music, cooking demos and more coming to Farmers & Artisans Market

Along with more than 100 vendors each week, the Ocean Pines Farmers & Artisans Market will host several fun and interactive events during July and August.



Those include a trio of programs geared toward children, a model horse show and competition, live music, and a cooking demonstration with a decorated professional angler.

Amberlina’s Adventures will return

to the Kid’s Market Zone on Saturday, July 30 at 11 a.m. The Kids Market Zone is at the corner of the Artisan Plaza and the Crafters Alley, just behind the Pine’er Craft Shop.

Amberlina will entertain children with music, singing, storytelling, and a fun cavalcade of puppet friends. Guests are encouraged to bring a blanket.

On July 30 and August 27, starting at 9 a.m., the Marketplace Model Horse Show will return.

Model horse showing is a hobby built around the collection of scale model horses, with a focus of honoring horse show industry standards, as well as the

artistic merit of the plastic miniatures. The event will be juried by Ingrid Parker, a professional horse show judge who officiates similar events across the Mid-Atlantic region. Parker will award ribbons for first through

sixth place, with the champion earning a scrumptious baked good from a market bakery.

The shows are open to children and adults of all ages. Registration for each show is \$5 per participant. Participants must bring their own table and table covering to present on.

On August 13 at 9 a.m., children’s entertainer Kristen Coleman will be dressed as “Lily the Fairy” and will host games and activities at the Kids Market Zone.

Coleman works with Shore Fun Parties, a party planning and entertainment service that serves the lower Delmarva peninsula.

On August 13 and 27, and September 10 and 24 at 9 a.m., “Mr. Jake” will read books to local children. Jake Nail is a youth services specialist with the Ocean Pines Library.

Parents and grandparents are encouraged to bring their children and a blanket to sit on while listening to a series of fun stories.

Nail studied theatre performance

and creative arts, focusing on special education, at Salisbury University. He has performed on stage since age six.

For some toe-tapping fun, shoppers can also enjoy the music of singer/guitarist Sarah Campbell when she takes the market stage at 9 a.m. on August 13 and 20.

A favorite of market shoppers, Campbell plays traditional country and bluegrass sounds and appears at the market regularly throughout the year.

On August 27 at 9 a.m., local waterman Jay C. Wimbrow II will host “From Hook to Table,” a fish-baiting workshop and cooking demonstration.

Wimbrow has been a professional angler for the last decade, earning several regional and national qualifier honors in major sport fishing competitions. He enjoys fishing on lakes and rivers all over the East Coast and Midwest, targeting largemouth and smallmouth bass. He has also become an ambassador for the sport.

*please see **activities** on page 11*



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Commentary

Jacobs, Lakernick, and Peck

Commentary by **Joe Reynolds**

OceanPinesForum.com

Watching Ocean Pines Board of Directors elections for over 30 years can make one wonder how/why voters make decisions regarding their ballot choices each year. The 50% or so of those association members representing some 4000 returned ballots each year know relatively little about the candidates. For example, there were two Candidate Forums this year. Video of the June 22nd forum was viewed 258 times; the June 25th forum was viewed 227 times.

It would appear most voters rely on the written words of each candidate as provided in the voting package mailed to each eligible voter. Speculation, certainly, but many, many voters probably depend on the recommendation of some friend, or newspaper, or even the appearance of a candidate in a photo.

Then there are the OPA political junkies, the sort who need to "get a life." They follow all the machinations of the Board of Directors as though it is a matter of life and death. You know who you are.

Let's face facts. There have been two warring factions on the Board for a few years now. Read local papers; watch board meetings; listen to public comments; follow the Facebook wars; read commentaries by yours truly; read legal filings; read discussions on *OceanPinesForum.com*. Matters not how these warring factions came about. They exist.

Five qualified candidates are now vying for your votes to claim three open seats. Four sitting board members will return for certain next year. Those four represent two two-person factions. Does not matter who those returning members are, or what returnees are members of

what faction.

Take it or leave it. Here is the recommendation of this commentator and avid board watcher who is definitely a member in good standing of the OPA political-junky class:

Vote for Stuart Lakernick, Amy Peck, and Steve Jacobs.

Why? Electing these three should hopefully produce the best result for our HOA. Doing so would see Steve Jacobs, currently a member of the Bylaws & Resolutions Committee, acting as an independent, reasonable swing board vote between two new three-person factions with Peck added to one of the returning two-person factions, and Lakernick added to the other. Voting strictly on your own faction preferences could be a mistake.

These three candidates are excellent choices to continue a management approach, in conjunction with General Manager John Viola, that produced financial results no one even imagined possible just a few years ago... hopefully with less drama.

Simplicity with a purpose. Or throw darts.

Bertino, Bunting win handily

Although provisional and some mail-in ballots are yet to be counted following last Tuesday's primary election, it is clear incumbent commissioners Chip Bertino (District 5) and Jim Bunting (District 6) have won their races by wide margins and will continue representing their districts. Both men are Republicans and face no Democrat opponent in November.

As of last Thursday, when the first set of mail-in ballots were counted by election officials in Snow Hill, Bertino had captured 65.28% of the 936 votes cast; challenger Grant Helvey, 34.72%. Of the 996 ballots cast in District 6, Bunting had 61.24% of the votes com-

On July 27, 1949, the world's first jet-propelled airliner, the British De Havilland Comet, made its maiden test-flight in England. The jet engine would ultimately revolutionize the airline industry, shrinking air travel time in half by enabling planes to climb faster and fly higher.

The Comet was the creation of English aircraft designer and aviation pioneer Sir Geoffrey de Havilland (1882-1965). De Havilland started out designing motorcycles and buses, but after seeing Wilbur Wright demonstrate an airplane in 1908, he decided to build one of his own. The Wright brothers had made their famous first flight at Kitty Hawk, North Carolina, in 1903. De Havilland successfully designed and piloted his first plane in 1910 and went on to work for English aircraft manufacturers before starting his own company in 1920. De Havilland Aircraft Company became a leader in the aviation industry, known for developing lighter engines and faster, more streamlined planes.



Functional dentist Dr. Steven Lin, who is the author of "The Dental Diet" (Hay House), notes that unique aromas of bad breath can indicate different systemic diseases of the body, and may go beyond poor oral hygiene. A cheesy smell usually means halitosis has a cause that started in the nose. Breath that smells fruity can indicate uncontrolled diabetes. A scent of ammonia or even a fishy aroma may indicate issues with the kidneys. Bad breath that is sweet and musty may signify the liver disease cirrhosis. Individuals with bad breath should speak with a doctor if they have concerns.



pared to 38.76% for challenger Richard Addis, Jr.

For the District 3 seat, held for 20 years by Bud Church, Eric Fiori (Republican) is the presumed winner, capturing 32.14% of the vote. Church did not seek another term.

In the District 4 Republican Primary contest, it is unclear whether incumbent Ted Elder will hold onto his seat. Former Commissioner Virgil Shockley, is trailing by just six votes, with an estimated 60 more ballots to be counted Wednesday and Friday. There are no Democrat challengers in either district so the primary winner will be the next commissioner.

In Commissioner District 2, incumbent Diana Purnell (Democrat) beat her primary challenger and will return to office. Commissioner Joe Mitrecic in District 7 was unopposed in the Tuesday's primary and the same is true in the November general election. He will return for a third term.

In Commissioner District 1, Republican Caryn Abbott and Democrat Josh Nordstrom were each unopposed in their primary races and will face off in November.

Incumbent Sheriff Matt Crisafulli easily won his primary election with

please see election on page 11

**The
Courier**

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Here fishy fishy

I enjoy fishing but don't fancy myself any great angler. Certainly, I like to catch a fish or two, but if I don't, I'm not disappointed because as the saying goes, "even a bad day of fishing is better than a good day doing anything else." And the older I get, the more I agree. Being on the water is the reward.

Not long ago my dog Chooch and

fun for me: the excitement of walking across the bars to the boat during the stillness of predawn, the sweet aroma of salt air accentuating the scene. We'd load the boat and wait for the water to lift the boat so we could walk it to deeper water and then climb aboard. Once aboard, Gramps lowered and cranked up the engine. The roar of the engine, breaking the silence of the morning, thrilled me to the core. To this day, I still get a thrill to the core when the engine on my boat roars to life.

Gramps and I would head out to various fishing locations. Looking back, I don't know that

there was rhyme or reason to his chosen destinations. I didn't care. Sometimes we'd head to Bug Light. Other times we'd head to the Rips just off the Cape May coast. We'd make our way, gliding over flat reflective water, the morning sun brightening the horizon as the blue of the night embraced the gold of

the day.

The results of those fishing trips were mixed. Sometimes the fish bit and sometimes they didn't. Weak-fish were common. Catch limits and size minimums were never an issue either because they didn't exist or they concerned Gramps

not at all. We kept just about any-

thing we reeled in with the exception of oyster crackers and small sand sharks.

The only bait we used was squid which Gramps cut into strips. There were a couple times when we'd bring out minnows that my brother and I had netted the evening before.

In the quiet morning, waves lapping lazy on the side of the boat, our lines in the water, Gramps would

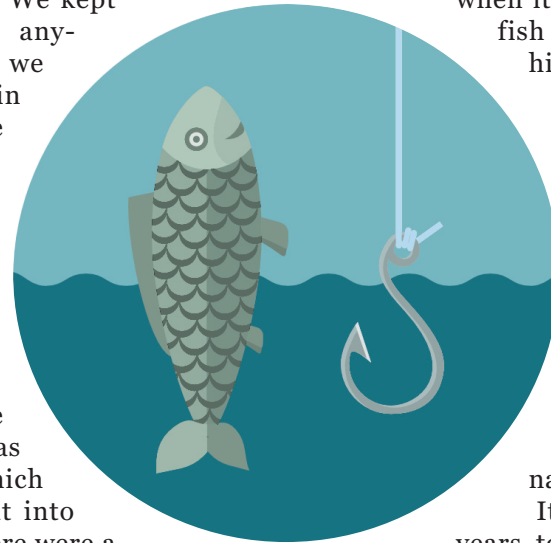
often chant, as if singing a lullaby, "Here fishy fishy. Here fishy fishy." And when fortune smiled and a fish grabbed his bait, he'd reel it in all the while making sure I understood that fish were attracted to his voice.

As a kid I glommed onto his pronouncement. It was only later

when it dawned on me, if fish were attracted to his voice, why was it there were trips when we experienced nary a bite. But those sorts of thoughts never crossed my mind in the moment. Anyhow, I'm sure he would have had an explanation.

It's been many years, too many, since I've enjoyed fishing with Gramps.

To this day, I find myself occasionally singing his little song. "Here fishy fishy." Chooch just rolls his eyes and turns his head. He's not that gullible.



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

I headed out in the early morning hours in hopes of catching something, anything; a flounder, a croaker, a crab, half a clam shell or even seaweed. Chooch is always excited to be on the boat and couldn't care a hoot about whether any fish are reeled in. It wasn't long after my second of third cast that I felt a tug and then another. So sensitive is my rod that even a minnow-size fish creates a lot of action. This felt like no minnow, nor did it feel like a keeper, but nonetheless there was satisfaction reeling it in. As the rig became visible so too did a small croaker. This scene played out about a dozen times or so that morning. I enjoyed it. Chooch got bored and climbed up on the front seat and laid down, hardly lifting his head each time I told him I hooked something.

Kodachrome images pasted in albums not opened since long ago are the only memories I have of my first fishing experience. In a somewhat faded picture in which I was about two or three, I'm standing on the beach wearing a Mae West life jacket. My grandfather's boat, *Jo-Linn*, is anchored behind me. I'm holding two very small sand sharks.

Growing up there were many fishing trips with my grandfather who lived on the shores of the Delaware Bay in Villas, NJ. At low tide sandbars stretched out about a half mile to the waterline. At high tide the waves smacked the bulkhead. We'd sometimes head out at dawn. Those trips were the most



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OPA Board election ballots mailed

Paper ballots and voting instructions for the 2022 Ocean Pines Board of Directors election were mailed this week and are due back by 4 p.m. on Wednesday, August 10.

The Ocean Pines website has a dedicated election section, viewable from the homepage or the direct link: <https://www.oceanpines.org/web/pages/election-2022>.

The page includes biographical and contact information for each candidate, links to video of candidate forums, and key upcoming dates in the election process.

Voters for the first time will have the option to vote electronically. Online voting instructions are included in the ballot mailing and will be available on the Association website later this

week.

Paper ballots may be returned either by mail or to the 24-hour drop box in the Ocean Pines Police Department lobby, on 239 Ocean Parkway.

Elections Committee Chairperson Carol Ludwig stressed the importance of returning paper ballots on time, by 4 p.m. on Wednesday, Aug. 10. Paper ballots received late or not sealed in the envelope provided in the mailing will not be counted.

Important upcoming election dates include:

-Wednesday, August 10 – Ballot deadline (by 4 p.m.)

-Thursday, August 11 – Ballots counted, and totals announced – 10 a.m., Clubhouse Meeting Room

-Saturday, August 13 – Election results validated (if there is a quorum) during the Annual Meeting of Membership – 9 a.m., Assateague Room, Ocean Pines Community Center

For questions about ballots or the 2022 election, contact the Elections Committee at elections@oceanpines.org or call 410-208-3989.

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

Fishing fun

The Ocean Pines Anglers Club hosted youth in three age categories from four to 16 at the annual Art Hansen Memorial Youth Fishing Contest on Saturday, July 16 at the South Pond in Ocean Pines. Seventy-seven youth registered and 120 fish were caught by the group.

Trophies were awarded for largest fish in each age category along with prizes for second and third place. Additional awards were given for the most fish, and two grand prize drawings for a Mike Vitak custom rod and a deep sea fishing trip aboard the Angler. All participants received a prize.

Above: Angler **Mike Vitak** presents **Kenzie Stopper** with Vitak custom rod.

Photo by Jack Barnes



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\$8 public

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\$7 OP residents
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Health Watch

Osteoporosis – What is it?

By **David Wanalista, D.O.**

Atlantic General Rheumatology

Osteoporosis. You've heard about it on the radio. You've seen commercials for it on television. Do you know what it really is? It affects roughly 300 million people worldwide, so advertisers are quick to sell a consumer a treatment for a condition, but not so quick to educate the consumer on what the condition is and why treatment is so important.

Osteoporosis literally means po-

rous bone. It is a disease in which the structural integrity of bone is compromised. As bones become more porous and fragile, the risk of fracture is greatly increased. There are many risk factors for osteoporosis, but the most common (in females) is being postmenopausal. It's estimated that approximately 30 percent of postmenopausal females have this condition and of those, approximately 40 percent will ultimately suffer a bone fracture. Risk factors

other than age include certain medications (corticosteroids such as Prednisone is a major one), weight (obesity is actually protective), caffeine consumption and also cigarette smoking. One common fallacy is that this is a "female-only" disease. While females will more likely have this diagnosis, close to 15-30 percent of males will suffer from an osteoporotic fracture as well. Risk factors remain identical, with the exception of low testosterone instead of low estrogen.

Suffering a fracture is the ultimate complication from osteoporosis. Osteoporotic fractures are known as "fragility fractures." These differ from your usual broken bones in that an osteoporotic fracture will occur *in the absence of any trauma*. Close to half of the fractures that occur will occur in the spine, another twenty five percent occur in the hip, and the remaining are spread throughout other sites in the body. Spinal fractures are incredibly painful and are also a cause for a patient "shrinking in height" as they get older. Individuals frequently get a hunched over posture and this leads to difficulty breathing because the lungs cannot fully expand. Hip fractures are deadlier than spine fractures because they can actually lead to sudden death due to risks of surgery.

So, with a large prevalence of our population at risk of having this condition, why isn't it screened for more? In short, I do not know. The diagnosis is made with what is called a bone density test (DEXA scan).

This exam takes about 15-20 minutes and is offered on site at Atlantic General Hospital. The test is then interpreted by a radiologist and a diagnosis is made. Once the diagnosis is made, the discussion regarding potential treatment options needs to be had. Specialists such as rheumatologists and endocrinologists have added medical training in this area.

Prior to making a decision on treatment, my general practice is to look at the bone density test myself to verify the diagnosis and see the areas where the bone loss is occurring. Frequently, I check labs for possible reasons for bone loss other than "just getting older." As I mentioned before, drug companies are quick to advertise certain products for osteoporosis to you as a health-care consumer because they are very profitable. While that product on television may be a good treatment option for an individual, there may be other options that are just as good, and potentially safer and cheaper.

One question I frequently get as a rheumatologist is, "Is this treatment lifelong?" There is no set answer here. The majority of my patients will increase their bone density with whatever treatment we choose, and eventually we have a discussion about starting a "drug holiday" for a set period of time. This is a conversation that my patients enjoy having (as do I) as it reflects that we've achieved our initial goals. We've identified a potentially debilitating condition and treated it adequately so that in the end, we have a healthier patient!

Common causes of acne

Acne often is associated with adolescence, but the condition can affect people of all ages, including infants and adults.

The American Academy of Dermatology reports that acne develops when pores become clogged with oil and bacteria. Scientists are still trying to determine why certain people are more prone to developing acne than others, but hormones are a primary factor.

According to Acne.org, hormones are integral to the development of acne. This is why acne is so common during puberty, when hormones are raging in full effect. Inflammation also plays a role in the development of acne. The redness and soreness that occurs with acne is the result of inflammation.

Acne happens when hair follicles become blocked with oil and dead skin cells. As a result, whiteheads, blackheads or red pimples may form, says the Mayo Clinic. People who experience acne may suffer both emotional and physical effects. That's because acne pimples are slow to go away, and when they do, new ones may form soon after. The visibility of acne can adversely affect self-esteem. However, acne also can cause scarring if lesions are picked at. That makes acne a potentially long-term physical issue.

Types of acne. The Mayo Clinic says acne may present itself in different ways.

-Whiteheads: Closed, blocked pores.

-Blackheads: Open, blocked pores.

-Papules: Small, red, tender bumps.

-Pimples: Papules with pus in their tips.

In addition, individuals may develop nodules, which are large, solid painful lumps under the skin. Painful, pus-filled lumps under the skin are called cystic lesions.

Myths about what causes acne. Hormones are a major contributor to the formation of acne, but there are other things that people mistakenly think cause acne. Stress is one of them. The AAD reports that stress will not cause acne, but it may worsen existing acne. Research indicates that when stress levels go up, so does the severity of acne.

Other factors may worsen acne, but not necessarily cause it. This includes getting insufficient sleep, using oily makeup and skin care products, and applying oily hair care products, like pomades.

Genetics may contribute to acne. People whose parents had severe acne may be more likely to develop it, as will those who have excess sebum (oil) production. Certain medications, like corticosteroids, testosterone or lithium, also may cause the formation of acne.

Although chocolate and greasy foods are often cited as culprits behind acne, they have little effect. Researchers are studying if carbohydrate-rich foods such as chips, bread and bagels may worsen acne.

Acne affects people of all ages. Early treatment can head off the more lasting effects of acne and alleviate some of the issues regarding self-esteem that arise from having acne.

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Water, water everywhere...

By **Lynn Taylor Martin**

It's that time of year again. The sun is shining, the air is hot, and the pools are cool. So why not take your workout to one of the many refreshing pools in the area? Working out in the water is a great therapeutic activity. Aquatic exercise also has a variety of other benefits such as improved heart health, reduced stress, and improved muscular endurance and strength, all the while being easy on the joints. It is great for people who suffer from chronic pain or arthritis because it is low impact. The added water buoyancy makes it more comfortable for people who are unable to tolerate land-based exercises. It increases flexibility, enhances balance, and helps to minimize fall risk...not to mention, it's fun!

Since water flows in multiple directions, the resistance in the pool can vary dramatically, ensuring the body's muscles get a rigorous workout. As the body adjusts to the push and pull of the water's resistance, the joints and muscles naturally become more flexible, resulting in an increase in range of motion. The depth of the water where the exercises are performed also plays a role in the resistance and intensity of your workout.

The impact we traditionally place on our joints during a "land-based workout" can be overwhelming. In the water, the exercisers will feel lighter which provides relief with weight bearing exercises, thus decreasing the forces on the joints that are submerged. This is particularly appealing to those with joint conditions, weight issues or those currently undergoing physical rehabilitation.

There are also many mechanical advantages of aquatic exercise. Buoyancy can be used to support, assist, and resist movement. The hydrostatic pressure of the pool water can decrease edema (or swelling). Depending on cardio activity and added weights (including dumbbells or floats), the body can burn up to 400 to 500 calories in an hour of exercise.

Not only is aquatic exercise good for the body, it is also potentially good for the mind and the heart. Just sitting near the water is a great way to help relieve stress and to reduce anxiety. Is

there anything more soothing than watching the ripples of waves? Studies have shown that water pressure may help the blood circulate more efficiently throughout the body, resulting in decreased blood pressure and, over time, a decreased resting heart rate.

There are some things to keep in mind before you head to a pool exercise class or begin your own home-based exercise regime. Be sure you have no open wounds, incisions, rashes, or skin conditions. Avoid the pool if you have uncontrolled diabetes or seizures. Those with respiratory issues, hypertension and/or unstable angina should consult their doctor first. Visually impaired people and those on specific medications that may lead to confusion or disorientation should avoid the pool. When you do begin, remember that any exercise that causes pain or increased swelling should be modified or discontinued. If you have any questions regarding an exercise, you should consult your instructor or a physical therapist. It is better to make sure that you are doing an exercise correctly than to cause further injury by doing an exercise incorrectly.

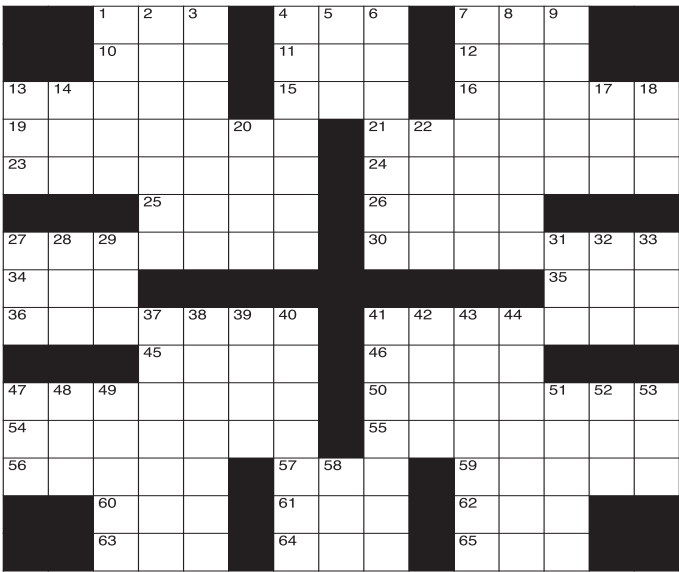
Starting a workout in the water can be as easy as walking forwards, backwards and side to side for a few minutes in each direction. Simply using the water's resistance to perform arm raises both in the front and side plane is great for the upper extremities. Using a noodle or a float in deeper water can offer decompression of the spine and help to alleviate sciatica symptoms. Moving the legs in a bicycling or cross-country skiing motion is helpful with core and lower extremity strengthening.

As you age it is very important to stay active. Water aerobics can appeal to all ages and skill levels. Since it is never a good idea to swim or workout in the pool alone, why not grab a friend, family member or neighbor and make a splash with a safe, fun, and refreshing form of physical fitness.

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. Feel free to stop by our Ocean Pines office for a free copy of some aquatic exercises to get you started.



Lynn Taylor-Martin



CLUES ACROSS

1. America's WW2 President

4. Move earth

7. Insecticide

10. Naturally occurring solid material

11. State of fuss

12. Bhutanese wine

13. Greek island

15. Taxi

16. Tanzanian ethnic group

19. Metrical foot

21. Boasted

23. Eel-like vertebrate

24. Small freshwater lakes

25. Morally base

26. Not odd

27. Where you live

30. Fixed in place

34. A very large body of water
35. Moved quickly

36. Winged horse

41. Small waterfall

45. Hoopster Gasol

46. One who mimics

47. Tropical plant

50. Used of walls

54. A citizen of Iran

55. Christian hermit

56. She marries the groom

57. American patriotic society

59. Wine grape

60. School of Buddhism

61. A team's best pitcher

62. Consumed

63. Time zone

64. Part of a company name

65. Type of bulb

CLUES DOWN

1. Marine protozoan

2. You use it for your eyes

3. Set aside for a later time

4. Metrical foot

5. Famed journalist Tarbell

6. Consumes quickly

7. Rewards in a civil suit

8. Kamodo are some

9. Ballroom dance

13. Chum

14. Comedienne Gasteyer

17. A room to relax

18. Commercials

20. Six (Spanish)

22. Wild party

27. Small European viper

28. Baseballer Gordon

29. Eccentric person

31. A way to save for your future
32. Young boy

33. Midway between northeast and east

37. Changed

38. Prominent

39. Genus of seabirds

40. Event regarded as wrong

41. Skipped in a lively way

42. Multi-function radar (abbr.)

43. A country in W. Africa

44. Burn a corpse

47. Women's __ movement

48. NHL great Bobby

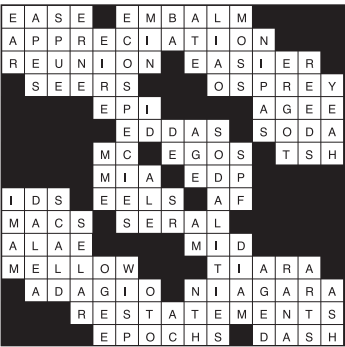
49. Coarse, green material

51. Treated with calcium oxide

52. When you hope to get there

53. "Partridge" actress Susan

58. What thespians do



Answers for July 20

The importance of strategic planning

A message from General Manager John Viola and the Finance team

Strategic planning plays a major role in our organization. This is something that staff and I will be focusing on during the next several weeks and months.

When I first came on as GM, I met with the team, and we implemented a strategic plan over three years ago. Subsequently, we have worked with the Strategic Planning Advisory Committee, and we are currently working on an update to the overall strategic plan in conjunction with the results from the committee's findings and guidance.

I have implemented a strategic management team to work with department heads and managers. This team that I have identified will be led by Senior Executive Office Manager Linda Martin.

We will be meeting with Strategic Planning Committee representatives over the next several weeks, with the implementation of their recommendations, and our approach, initiatives and objectives.

Our department heads will develop strategic plans for each of their areas, with goals, strategies, strategic initiatives, measurements and performance evaluations all defined.

I have developed a template, along with the strategic planning team, to assist our department heads and managers in developing their strategic plans for their areas.

A strategic planning document is

election
from page 4

87.22% of the vote and will return for a second term. State's Attorney Kris Heiser had no challengers in either the primary or general elections and will return for a second term. The same is true for Register of Wills Terri Westcott and Clerk of the Circuit Court Susan Braniecki.

Orphans' Court judges Mike Diffendal, Linda Hess and Cheryl Jacobs will return to office.

On Wednesday and Friday, election officials will count provisional ballots and the remaining mail-in ballots which will affect the final tallies of each race and will most likely determine the winner in the District 4 Commissioner race.

not something that, once completed, will be placed on a shelf and dusted off every three-to-five-years. It is fluid and will be formalized with the committee input and/or confirmation of our approach over that period and the future.

I feel a strategic planning process is a valuable tool that leads to success. It entails having a written document that I would describe as a roadmap that gets us to where we want to be. Goals, strategies, and actions are spelled out, and milestones are measured and tracked. Doing so helps us know how we're doing and where we need to go next.

activities
from page 3

"I enjoy introducing kids and adults to the great sport of bass fishing, including baiting hooks, knot tying, lure selection, rod and reel selection, fishing tactics and conservation practices," Wimbrow said.

Wimbrow will begin his workshop by teaching market goers how to successfully bait a fishing hook.

He will demonstrate how to clean, scale, debone and fillet a fish, and then will prepare a dish with the cleaned and prepared fish using fresh ingredients gathered from the marketplace.

A free copy of his recipes will be available to all who attend.

"Jay will have valuable tips for those who like to catch their dinner, and a great recipe for those who enjoy preparing the catch for the table," Market Manager David Bean said.

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/farmers-artisans-market.

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Some things to think about

Gathered from the internet by **Jack Barnes**



A Cheetah and her cheetos



Stick a Turkey leg in a sneaker and let your dog patrol your yard.



Safe boating course offered

The Coast Guard Auxiliary will offer The Maryland Safe Boating Course in a one-day session on August 6 between 8:30 a.m. and 4:30 p.m. at the Ocean Pines library.

Learn the rules of navigation, knot tying, docking, basic maintenance, and more.

The Maryland Boating Safety Education Act requires that anyone born after July 1, 1972 must possess a Maryland Basic Boating Safety Certificate to operate a boat in the state of Maryland. Those attending the class, and passing the test will receive a Maryland Boating Certificate

which is NASBLA approved and valid in all states.

A fee of \$20.00 covers the cost of the course and materials. Checks should be made payable to USCGAUX 12-05 and mailed to 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.

Future classes will be held September 13 - 15, October 11 - 13 and November 8 -10.

Tips for first-time electric car buyers

Electric vehicles are widely touted as the vehicles of the future. Despite the growing availability of such cars in the present day, for many drivers EVs remain a novelty. That means buying an EV for the first time is a wholly new and unique experience.

Tesla EVs might be the most visible electric cars on the road today, but most major auto manufacturers, including Nissan and Chevrolet, produce EVs as well. That means auto buyers have more EV options now than ever before, which can make the process of buying such a car more exciting, but also more difficult. Narrowing down a growing number of options may not come easy to first-time EV buyers, who can keep these tips in mind as they begin this exciting journey.

Get an idea of the accessibility of charging stations around your home. The number of public charging stations is on the rise, but there's still a lot of work to be done in this area. In fact, research from McKinsey & Company indicates that nearly half of consumers in the United States indicate that battery or charging issues are their foremost concerns about buying EVs. The automotive resource Auto Trader notes that most EVs have enough battery range to cover more than the average daily commute in America. But drivers who hope to use their EVs as their everyday cars that take them to work and help them run errands and get around town should confirm there are enough public charging stations to make that possible.

Look into subsidies. The Office of Energy Efficiency & Renewable Energy

notes that all-electric and plug-in hybrid cars purchased new in or after 2010 may eligible for a federal income tax credit that could be as high as \$7,500. State and/or local incentives also may apply. The Canadian Automobile Association reports that the Government of Canada offers point-of-sale incentives of as much as \$5,000 for drivers who buy or lease an EV. These subsidies can help bring the cost of EV ownership down by a significant amount and are worth exploring as drivers decide which electric car or truck to buy.

Consider your parking situation. Homeowners who own single-family homes with a garage that can accommodate at least one vehicle can easily charge their EVs so long as they clear space in the garage where the car can be parked. Auto Trader notes that some garages may need to be upgraded with a level two charger, and that can be expensive. Drivers who must park their EVs outdoors overnight should know that this, too, may require some additional funds for electric vehicle service equipment (EVSE). Local building codes may govern the installation of such equipment, which is best performed by an electrician. These are some additional costs of EV ownership that first-time buyers must consider and research before they switch to an electric car or truck.

EVs may become the new normal over the next several decades. But before that day arrives, first-time EV buyers must consider a host of factors as they shop around for an electric car or truck.

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Road closures announced

Construction in Sandyhook, Beaconhill, Pinehurst areas likely to cause road closures. Ocean Pines Public Works started replacing drainage pipes under Sandyhook, Beaconhill and Pinehurst roads this week.

Public Works Director Eddie Wells said residents should expect road closures and limited access in those areas, for the next several weeks.

Construction is expected to focus on Sandyhook Road this week, and then move to Beaconhill and Pinehurst roads during the next two weeks, roughly from July 25 to August 6.

The Association will continue to publicize the construction and any related road closures on www.oceanpines.org.

School supplies program returns

Every summer for the past 25 years, Worcester County GOLD (Giving Other Lives Dignity), has run its School Supplies for Students program to provide backpacks filled with grade-appropriate supplies to Worcester County students in need.

"Something as simple as a new backpack can boost a student's confidence and make going to school a positive experience," said Taylor Carty, Program Coordinator. "The past two years students and teachers have had to adapt to an ever-changing learning environment. Through our work with the local schools, we've adapted our program as well to continue to provide the supplies that students need. By tailoring the supplies we provide by the student's school and grade, GOLD's School Supplies for Students program ensures that every child has an equal opportunity for success."

GOLD receives 300-500 student school supply requests from its agency users, the case-workers, nurses, therapists, and advocates that work directly with families struggling with poverty and low-income circumstances in Worcester County, Maryland. To ensure each child has what they need to be successful for the school year, GOLD encourages the community to help by sponsoring a student or by making a donation.

If you are interested in sponsoring a student, donating, or learning more about the program visit their website www.WorcesterGOLD.org.

Art League seeks volunteers

The Art League of Ocean City is in urgent need of volunteers to assist with upcoming events, including monthly First Friday art opening parties, ArtX at Northside Park in August, the Sand Castle Home Tour in late September, and the Harbor Day Festival in October.

Volunteer duties include staffing Art League information areas, assisting with refreshments, acting as docents on the Home Tour, ticket taking, assisting with children's and adult's art activities, raffle offerings, bartending, and event setup and breakdown, among other opportunities.

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

perfect spot. Plus our volunteers are rewarded with special recognition and price incentives to many of our events."

The Art League's First Friday art receptions happen at the Ocean City Center for the Arts on 94th St. every first Friday of the month throughout the year. ArtX Fine Arts Festival at Northside Park is Aug. 20-21. The annual Sand Castle Home Tour takes place in-person on September 29-30 at private homes around the resort. The Harbor Day Festival happens at the West Ocean City commercial fishing harbor on October 15.

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

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

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National Suicide Prevention Lifeline now active

Effective July 16, callers who are thinking about suicide, struggling with mental health challenges or addiction issues can now dial only three numbers to be connected to a trained, caring, local healthcare professional.

Those three numbers are 988.

What will happen when someone calls 988, for themselves or for someone else? The call will be answered quickly, usually within 90 seconds. Translators are available for those whose language is not English. The responder will be trained in mental health. Callers can talk about

anything that is causing them distress – mental, financial or physical issues, family concerns, anxiety, depression or PTSD. The call will last as long as it takes to return the caller to a safe place. The responder will be near the caller, and will know all of the professional resources available locally. Callers will be helped to make their own safety plans. The responder will check back periodically.

What will not happen? Law enforcement need not be involved unless the crisis is extremely dangerous and imminent. Callers will not be talking to someone in a distant place.

No one will ever hear “Just deal with it...Just think good thoughts.” No caller will be left on his or her own to move to the next step of comfort and safety.

Why does everyone need to know about 988? Because mental health and the threat of suicide are everywhere. Suicide rates are on the rise, and at any given time the CDC reports that over 50 million Americans are suffering with a mental health challenge.

Anyone can learn to recognize the risk factors and warning signs that may indicate a serious mental illness, or a possible suicide attempt.

“Suicide prevention first aid” is as easy to learn as CPR. If you’re thinking about suicide, or worried about someone, the first step is to memorize 988. To learn more about suicide prevention on the Eastern Shore, visit www.jessesaddle.org.

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