

The Courier



May 15, 2024 Volume 24 Number 34

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Volunteers help revive 'hidden' cemetery in Ocean Pines

By **Josh Davis**

Several Ocean Pines residents recently helped restore a hidden cemetery that appears to be more than 100 years old.

The cemetery can be found next to a mailbox cluster on Admiral Drive and is reachable by a set of wooden stairs and down a short dirt pathway – although it can be hard to spot because of the natural growth of the wooded area.

Longtime Ocean Pines resident Denise McDermott tended to the area from 2006 to about 2020.

"I think it came naturally to me, because my grandfather ... was the caretaker of the New Cathedral Cemetery" in Baltimore, she said.

Ocean Pines Senior Public Works Director Eddie Wells said staff would

collect debris that McDermott had cleared.

"She would call whenever there was a pile of branches or something big that needed to be cut. We worked with her on maintaining it and clean-



Denise McDermott, right, and Susan Mohler.

ing it up, but she did all the work," Wells said.

McDermott said she stopped tending to the site a few years ago because of age and mobility issues.

Resident Susan Mohler heard about the cemetery at the Season Kick-off Expo on April 30. After she visited the site, she posted on the "Get Involved" Facebook page that the area needed some tending to.

Two local volunteers, Kathy Vail and Becky Vail, saw the post and went to investigate. They cleared the entranceway with a weedwhacker and leaf blower, and posted a video about the project on their YouTube channel "Bay Life OCMD."

"Kathy saw the post on Facebook ... we're retired, so [we thought] let's go take a look at it," Becky Vail said. "We went back in the morning and got busy, and then luckily Denise came by, so we learned some history."

"Both of us are retired educators," Kathy Vail said. "We've done some of our own heritage work lately and, in the process, have been on gravesites and looking at burial plots. Whenever we get to one that's not cared for, it bugs us. We feel like all gravesites should be cared for."

She added, upon finding the area in Ocean Pines the two women thought, "Here's one right in our own neighborhood that we should take care of."

"I don't think any of us expected anything for doing it. It's just a matter of doing the right thing for your com-

please see cemetery on page 18



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Another season begins

The two happiest days of a boater's life are the day he buys a boat and the day he sells his boat. There's also the adage that a boat is a hole in the water into which you throw money.

I don't agree. For more than half a century, starting when I sat on my

was leaving; assuring her that I would remember her forever and that I would not like the new boat. I think she understood, at least I hope she did.

The new boat arrived with the warm weather. Despite promises to *Jo-Lin*, I immediately fell in love with the new boat which never really had a name. She was always referred to as the Big Boat. She was roomier, cut the water gracefully and was faster than her predecessor.

My brother and I spent a lot time fishing the Delaware Bay with our

grandfather on that boat on. We relished that the Big Boat was faster than all the other boats in the area, a fact we liked to remind our friends. Gramps often let my brother and me take the helm. We'd love to push the throttle down as we headed toward fishing spots at Bug Light and Fourteen Foot.

At least once during the summer, we'd pile aboard, my brother and me, our mother and grandfather, with a food-and-drink-filled cooler. We'd spend the day cruising through the Cape May Canal taking in the sights of Cape May, Wildwood, Stone Harbor and Avalon. We ate ham and cheese sandwiches, washed down with Shop Rite cream soda. Gramps pointed out landmarks while my mother pointed out interesting landscape designs of the "hoity toity" houses in Stone Harbor and Avalon. My brother and I commented on the boats we passed. "That one has a 55 Johnson." "Look at that cabin cruiser." "That one looks like Hap's brother's boat."

Those were memorable cruises.

When I was 12, Gramps bought my brother and me our own boat. It was a fiberglass 15-foot, 1957 Newport that was sitting on a trailer beside the Villas Tackle Shop. We were ecstatic sitting in the backseat looking out the window of Gramps' '65 Barracuda as we trailered the boat home. Gramps had a 15 horsepower, '57 Johnson outboard that he mounted on the stern. We were loving life.

It's been a lot of years since those Cape May Canal cruises, the freedom of plying the waters behind the house in that '57 Newport and when a little boy lamented the departure of an old wooden boat on a winter day. Through the years though, those experiences have been the primer on a canvas painted many times over by boating experiences enjoyed with my children and now grandchildren.

And now starts another season!



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

grandfather's lap at the helm of his boat, boating has been a passion. Whether playing with toy boats in the bath tub as a child, pulling a plastic boat on a string along the beach or being on the water in my boat, I am the most at peace near, on or playing with a boat.

I've shared with you in this space before that I believe boats have a spirit, a personality. Boaters have relationships with their boats. My wife admits that my boat is my mistress, upon whom I'll lavish whatever is necessary to please her. And history has shown, I'll lavish. There's a reason for that. You get out of a boat what you put into it. If you skimp on maintenance or care, such behavior will catch up with you at the most inopportune time. It's not worth the risk.

Boats have a soul, a personality, an identity all their own. A boat is not an inanimate object, at least not to me. Let me take you back for a moment to a wintry afternoon when I was about six or seven visiting my grandparents in Villas, NJ. Walking around the yard bundled in a heavy winter coat, a cold wind sweeping across the bay, I spent time talking to *Jo-Lin*, my grandfather's boat at the time. She was resting on concrete blocks and covered by a heavy, olive-green tarp tied down with lines that stretched under her hull. She was a 17-foot wooden boat powered by a 90 horsepower OMC stern drive. Built by my grandfather in 1965, she would soon be traded in for a new 19-foot Chaparral with a 120 horsepower Mercruiser purchased at the Philadelphia boat show.

I was sad *Jo-Lin* was leaving, not quite understanding why she was going. My boating memories start with that white boat trimmed in red with a heavily shellacked mahogany engine compartment cover.

That blustery afternoon I stood at her bow, expressing sadness that she

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Commentary

By Joe Reynolds
OceanPinesForum.com

Inexplicable

Pick your cliché. They shot themselves in the foot. The gang that couldn't shoot straight. Commit political suicide. Putting your foot in your mouth. Cutting their own throat.

The deadline for filing as a candidate for the upcoming OPA Board of Directors election is Friday, May 10, 2024. Until around 9 a.m. Wednesday

May 8, 2024 only two individuals filed as candidates for the two open board seats this year. They are sitting board members Rick Farr and Jeff Heavner. Odds are, only a day or so ago, those two sitting board members would be the only candidates and re-elected to the board with no opposition.

Farr and Heavner are members of

a six-person majority on the Board of Directors. As a practical matter, the seventh board member, Steve Jacobs, is of little consequence to the six. The six vote as a block on almost every motion. If Jacobs suggests something, odds are it will not even receive a second for board discussion. The six have total control of the Board of Directors. Association members elected these six individuals. All seven have the best interests of Ocean Pines at heart.

This Board of Directors, with Rick Farr as president, presides over one of the most prosperous and successful periods in the history of Ocean Pines. Why would this board at a time of such success, on the eve of a board candidate filing deadline with only two sitting board members entering the race, get involved in a petty legal squabble over some Facebook posts? It is inexplicable. It defies logic.

Here is the background:

Reliable sources report in recent days the board had OPA's attorney prepare letters to be sent to association members Amy Peck, Sherrie Clifford, and another woman. These sources describe it as a "cease and desist" communication to the three

women, more or less accusing them of defaming the OPA Board of Directors with posts they made to Facebook on the ROC page. Pretty serious stuff.

The three women are frequent critics of the Board of Directors. Whether their criticism of the board rises to the legal definition of defamation is questionable.

For every action there is an equal and opposite reaction - Newton's Laws of Motion. If the intent of the board was to intimidate these women it failed. After hearing the Board of Directors is threatening to accuse them of defaming the board, Sherrie Clifford and Amy Peck filed as candidates in the OPA Board of Directors election early on Wednesday morning.

The board, unknown to association members, had OPA's attorney prepare the "cease and desist" letter and it appears their plan to have it mailed to the three women after a secret email vote failed, perhaps because one or more board members refused to participate in the required unanimous email vote to take a board action outside a meeting.

please see **commentary** on page 8

Six OPA Board members issue statement

Preliminarily, we emphasize that the OPA Board fully appreciates and supports appropriate public discourse and even robust debate, and free expression of opinions, by and among the OPA membership as to all matters of public interest in Ocean Pines. This statement is not to be read as an attempt to discourage, chill, or diminish appropriate discourse, debate, or expression of opinion, all of which the Board welcomes and encourages.

Also, in serving on the Board in an official governance capacity, we accept that some OPA members may disagree with our policies or decisions, and any member has the right to do so in an appropriate way, even forcefully, including in public forums.

However, certain public comments have unfortunately, in our view, gone

beyond the limits of appropriate discourse, debate, or expression of opinion.

In particular, the Board is aware that Facebook commentary published on the "Ocean Pines ROC" Facebook page and elsewhere has either implicitly or explicitly accused sitting OPA Board members, without basis, of engaging in *corruption, fraud, "flim-flam," and kickbacks.*

This type of baseless smearing of volunteer Board members, apart from being false and potentially defamatory, serves no constructive purpose, does not advance healthy public discourse or debate, discourages participation in governance by qualified and talented volunteers who might consider run-

please see **statement** on page 8

Courier Almanac

On May 15, 1972 during an outdoor rally in Laurel, Maryland, George Wallace, the governor of Alabama and a presidential candidate, was shot by 21-year-old Arthur Bremer. Three others were wounded, and Wallace was permanently paralyzed from the waist down. The next day, while fighting for his life in a hospital, he won major primary victories in Michigan and Maryland. On June 8, Shirley Chisholm, the first Black woman elected to Congress and one of Wallace's opponents for the Democratic nomination, famously visited him in the hospital to wish him well. He remained in the hospital for several months, bringing his third presidential campaign to an irrevocable end.

When visiting a doctor, patients may be curious about the letters next to the doctor's name. Doctors may be listed as either MDs or DOs. According to the Cleveland Clinic, an MD is a Doctor of Medicine and a DO is a Doctor of Osteopathic Medicine. Allopathic medicine, which is practiced by MDs, employs medication, surgery and other interventions to treat illnesses. Osteopathic medicine will focus more on the relationship between the mind, body and spirit and treating the person as a whole, although medication and surgery also may be used. According to the Mayo Clinic, a DO also may use manual medicine as part of treatment, which can include massage and hands-on work on joints and tissues. Both MDs and DOs receive similar medical education and training. Both also must pass the same licensing exam before they can treat people and prescribe medicines.



An MD actually established the first DO training program in 1892. Andrew Taylor Still, MD, started the program when his philosophy about medicine changed after losing three of his children to spinal meningitis. In the aftermath of those tragedies, Still developed the concept of osteopathic medicine. Osteopaths are not naturopaths, who are different medical professionals who serve to heal with natural substances. Both MDs and DOs also may be functional doctors, who look more deeply into whole body systems and root causes rather than just anatomy and symptoms.

The
Courier

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The Courier is published Wednesday morning by CMN Communications, Inc. Contents copyright 2024. News release items and calendar entries should reach us Friday noon prior to publication date. The advertising deadline is Friday at 5 p.m. Read **The Courier** online at delmarvacourier.com,

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commentary
from page 6

Thus the board scheduled a special meeting, announced by OPA for Thursday evening at 7 p.m. in the board room, to go into closed session to discuss legal matters with counsel, presumably to discuss and/or vote on sending these “cease and desist” letters to the three women.

Meantime, a post by the operator of another Facebook site, devoted entirely to attacking and mocking the three women day after day for two years or more, indicated someone had leaked the letter or the intent of the letter to the Facebook site owner. The site owner posted about contacts from “my attorney” suggesting he take a break from attacking the three women.

This particular Facebook page has few members and is of no interest, except a number of board members visit the site and on occasion “like” posts by the page owner who constantly calls these women hags, bitches, and other disparaging words. How did the owner of the Facebook site know from his attorney that “remedial action is happening” against the three women four days ago? How would “his” attorney even know?

Are readers beginning to get an idea of how ridiculous this board’s attempt to intimidate three female association members is? The sitting directors won but cannot overcome their obsession with political opposition or criticism coming from these three women.

It gets more ridiculous. The new OPA By-Laws state:

“No individual may be a candidate for election as a director if they are a plaintiff in an active lawsuit in a Maryland or Federal court, including on appeal, in which the Association or any of the Association’s Directors, named in their capacity as a Director, is/are named as a defendant; nor may the candidate be named as defendant in an active lawsuit in a Maryland

or Federal court in which the Association is the plaintiff, including on appeal.”

Does this mean the sitting OPA Board of Directors can keep potential candidates off the ballot simply by filing a lawsuit for defamation or something else against the candidate in court?

Sure looks like it.

Has our HOA reached the point where criticism of the Board of Directors risks being sued or receiving threatening letters from OPA’s attorney?

Adding insult to injury, if a candidate is rejected for some reason and sues to be placed on the ballot, does the act of suing OPA automatically prevent the individual from being on the ballot? Readers of these commentaries may recall Rick Farr, now OPA president, had to sue a prior OPA board to be on the ballot. He won in court and on the vote count.

Should this provision be in the bylaws as written?

Here is something worth repeating:

This Board of Directors, with Rick Farr as president, currently presides over one of the most prosperous and successful periods in the history of Ocean Pines. Why get involved in these petty Facebook squabbles?

Makes no sense. The board should have canceled the Thursday evening meeting.

Go back to the first paragraph of this commentary. Pick your cliché.

statement
from page 6

ning for the Board, and cultivates an unpleasant and counter-productive atmosphere and dynamic within our community.

We also wish to express our collective dismay and disappointment in regard to disclosures of confidential OPA information leaking improperly from this Board to members of the media and others, in an apparent attempt to disrupt and undermine the legitimate delibera-

Five file for OPA Board of Directors

Commentary by **Joe Reynolds**

What looked like an OPA Board of Directors election with only Rick Farr and Jeff Heavner, two sitting board members, as the only candidates vying for two open seats, is suddenly an election with the prospects of becoming a barnburner with five candidates in the race.

After hearing the Board of Directors was threatening legal action based on accusations they defamed the Board of Directors via their criticism of the board on Clifford’s ROC Facebook page, Sherrie Clifford and Amy Peck filed as candidates in the OPA Board of Directors election last Wednesday morning.

On Friday, Jerry Murphy, said to be a strong advocate of the current board majority supported by Esther Diller’s *Get Involved* Facebook group, filed as a candidate. Sitting board member Stuart Lakernick announced Murphy’s candidacy on the *Get Involved* site calling Murphy his “friend,” and saying Murphy “could use your vote.”

Some board followers suggest the *Get Involved* group is throwing Director Jeff Heavner under the bus with

this apparent support of Murphy. As a candidate last year, Heavner did not associate himself with any particular group but it became clear after a few months that he was a strong supporter of the five *Get Involved* members of the board. Thus, we now see a six-member board majority, voting in unison on virtually every issue.

Heavner is running again as he was elected to serve only the one year remaining of former Director Frank Daly’s term after Daly sold his property in Ocean Pines.

Is *Get Involved* now supporting three candidates for two seats this year? The group must be supporting Rick Farr. Or is this some campaign strategy by *Get Involved* to counter the ROC candidacy of Clifford and Peck - two candidates generally critical of the *Get Involved* group now in control of the board?

What looked to be complete control of the board by the *Get Involved* group for the next three or more years is now somewhat less of a given, but any ROC control in the 2025 or 2026 election is still a tough row to hoe. ROC needs Clifford and Peck to win both open seats this year for any real hope of near-term future control.

At this point it is safe to say these two Facebook groups represent two distinct political parties and OPA’s board makeup is likely to be decided by the success or failure of candidates from each group. For better or worse, this is a new era in OPA board politics that evolved over the last year or two.

Whether board elections return to something less than a Facebook groups battle over control remains to be seen.


Regardless of what the future holds, OPA currently enjoys one of the most prosperous and successful periods in the history of Ocean Pines.

tive processes of this corporate Board. We, the undersigned, take our fiduciary duties (owing to each other, OPA, and the membership) very seriously, including our duty to maintain confidentiality when and where it properly applies.

We have decided to release this public expression of our views in this regard, not to engage in some back-and-forth with a few vocal critics casting baseless accusations (which would be a wasteful use of time), but in the hope that public and baseless smearing of Board members and/or OPA administration might stop, and public discussion might become more uniformly thoughtful, responsible, balanced, and issue oriented.

Our focus as elected Board members will continue to be on helping to build the very best community we can have in Ocean Pines, advancing the fiscal health of OPA, supporting the incredible work that our General Manager, Department heads, and other employees are doing, and otherwise serving in good faith the interests of the OPA membership.

*Rick Farr, President,
Stuart Lakernick, Monica
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Let's think about catching tautog

Catching tautog: I continue to enforce how important it is for you to understand the fish before you can really be good at catching them. The tautog or (tog) also known as a blackfish is an ugly fish with large teeth which it uses to crush the shells of crabs, barnacles and other shell fish that it normally feeds on. At times the tog will also bite on squid when available but it is not my bait of choice. It is pretty much a bottom feeder, and likes to hang around rock piles, wrecks and piers making it a difficult fish to catch since it also likes to dart into the rock piles after grabbing the bait and snagging the fishing line unless you set the hook and pull them out quickly avoiding the snag. They pursue their prey a great deal by scent unlike flounder that are site feeders.

Fishing Equipment: I recommend a 6' to 7' stiff rod as you will need this to set the hook and pull the fish out of the rocks quickly. The gear can be spinning or level wind whichever you prefer. Use at least a minimum of 20lb test line of your choice. I prefer monofilament. Also, the bite of a tog is light so you must pay attention.

What type rig should I use? Use a length of mono or fluorocarbon usually 40-50lb. test with a dropper loop in the middle and a perfection loop at the end for the sinker. A hook usually a J-hook from 1/0 – 4/0, is attached to the dropper loop. The finished rig is usually 20" to 24" long. This is attached to the main line via a barrel swivel.

What about bait? The popular baits are green crab quartered, sand crabs which I prefer, or clams. Keep in mind that your bait when fishing for tog should always be fresh as frozen baits do not provide the scent necessary to attract tog. I would also recommend that if you are new to tog fishing that you ask the salesperson at the tackle shop where you purchase the bait to demonstrate how the bait is to be hooked. This is very

important as the hook must be hidden for Tog fishing.

Did you know? Tog can grow up to 35" in length and weigh up to 25 lbs.

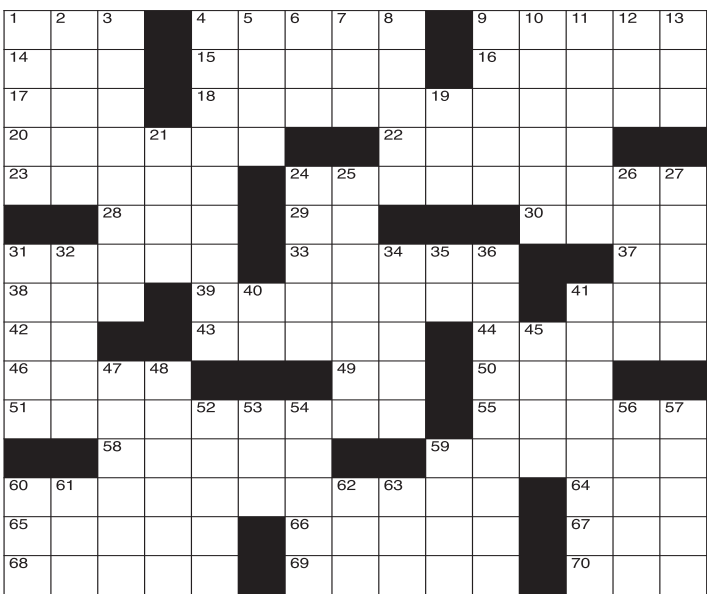
Where should I fish for Tog? If you are in a boat, seek out rocky structure such as the inlet jetties or tie up to some pilings and fish right down along the piling. This is done best at slack tide. If you are bank fishing there is dome great fishing along the inlet jetties but I prefer the bulkhead from 2nd to 4th streets in Ocean City. Charter boat fishing is also great as the tog bite is hot at the wrecks. Also, don't overlook the rocks along Stinky Beach and the pilings along Harbor Island.

Are tog good to eat? They are an excellent eating fish. Here is one of my favorite recipes. Give it a try.

Tautog Chowder:
1 lb. tautog fillets
1 bay leaf
¼ tsp. black pepper
2 cups water
4 tbsp. butter
1 medium chopped onion
4 tbsp. flour
2 ½ cups evaporated milk
1 ½ cups fish broth (reserved after cooking fish)
¼ tsp thyme leaves
¼ tsp. oregano leaves
1 tsp. parsley
4 oz. grated Monterey Jack cheese
In a medium saucepan add fillets, 2 cups water, bay leaf and black pepper, cover, cook on low heat until fish flakes easily. Remove from heat, drain and reserve 1-½ cups of broth.

In another medium saucepan sauté butter, chopped onion and stir in flour. Add evaporated milk, stirring constantly, then add 1-½ cups of reserved fish broth. Add flaked fish, thyme, oregano and parsley, and grated cheese. Simmer at least 15 minutes; add salt and pepper to taste. Enjoy.

Remember to take a kid fishing,
Capt. Ron



CLUES ACROSS

1. Geological time
4. Ooze
9. A set of eight
14. Obstruction
15. Swiss mathematician
16. Philosophy
17. The night before
18. A timid person
20. Unifies
22. Gangs
23. Alternative name
24. Acumen
28. Cathode-ray tube
29. Tantalum
30. Soluble ribonucleic acid
31. Humiliate
33. Earthy pigment
37. Air Force
38. Adult males
39. Stiff untanned leather
41. Before
42. Atomic #18
43. Beer mug
44. Nostrils
46. Type of chef
49. Midway between north and east
50. They ____
51. Splits
55. Walk in a timid manner
58. Preserved animal skin with hair
59. Popular donut shop item
60. You smear it on bagels
64. Don't know when yet
65. Equal to 10 amperes
66. Synthetic acrylic fiber
67. One point south of due east
68. Of mixed ancestry
69. Home of the Pyramids
70. A way to change color

CLUES DOWN

1. Excessive fluid accumulation in tissues
2. Untangle
3. One from the U.S.
4. Academic terms
5. San ____ Obispo, in California
6. Not healthy
7. Self-assessment questionnaire (abbr.)
8. Arugula genus
9. VIII
10. Makes a monarch
11. Tormentor
12. Commercials
13. Sprinkle
19. Make a mistake
21. Freshwater fishes
24. Vermont town
25. Man-made device
26. Entrap
27. Places to store important things
31. Accumulate
32. Greek mythological nymph
34. Gregory ____, American dancer
35. Denotes past
36. Becoming popular again
40. Indicates position
41. Came before
45. An extra seed-covering
47. Cheerful
48. Deli sandwich staple
52. Skateboarders love them
53. Mandela's party
54. Sierra lake
56. Nickname for Elizabeth
57. Remove from record
59. Employee stock ownership plan
60. Former NFLer Newton
61. Relative biological effectiveness (abbr.)
62. Work unit
63. Town in Cambridgeshire

Answers for May 8





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National Safe Boating Week offers tips for boaters

National Safe Boating Week will be held from May 18-24, 2024, reminding all boaters to brush up on boating safety skills and prepare for the boating season. This observance week is the annual kick-off of the Safe Boating Campaign, a global awareness effort that encourages boaters to make the most of their boating adventure by being responsible.

"We're committed to teaching boaters that the best boating experience is a safe day on the water," said Peg Phillips, executive director of the

National Safe Boating Council, a non-profit dedicated to helping create a safe boating experience for all boaters and the lead organization of the Safe Boating Campaign. "This National Safe Boating Week, prepare for a great boating season by inspecting your boating safety gear and commit to providing comfortable life jackets for all your passengers to wear every time you go boating."

U.S. Coast Guard statistics show that drowning was the reported cause of death in four out of every five recre-

ational boating fatalities, and that 75 percent of those who drowned were not wearing life jackets.

There are many options for boaters when it comes to choosing a life jacket. When selecting a life jacket, a boater should check that it is U.S. Coast Guard approved, appropriate for the water activity, and fits properly.

"The best life jacket is the one you will wear," said Phillips. "Whether you're going fishing or just enjoying a ride on the boat, make sure you're prepared for the adventure by wearing a life jacket and knowing how to use required safety gear."

The National Safe Boating Council recommends these tips for boaters:

-Take a boating safety course. Gain valuable knowledge and on-water experience in a boating safety course with many options for novice to experienced boaters.

-Check equipment. Schedule a free vessel safety check with local U.S. Coast Guard Auxiliary or U.S. Power Squadrons to make sure all essential equipment is present, working and in good condition.

-Make a float plan. Always let someone on shore know the trip itinerary, including operator and passenger information, boat type and registration, and communication equipment on board before you leave the dock.

-Wear a life jacket. Make sure everyone wears a life jacket – every time. A stowed life jacket is no use in

an emergency.

-Use an engine cut-off switch – it's the law. An engine cut-off switch is a proven safety device to stop a powerboat engine should the operator unexpectedly fall overboard.

-Watch the weather. Always check the forecast before departing on the water and frequently during the excursion.

-Know what's going on around you at all times. Nearly a quarter of all reported boating incidents in 2022 were caused by operator inattention or improper lookout.

-Know where you're going and travel at safe speeds. Be familiar with the area, local boating speed zones, and always travel at a safe speed.

-Never boat under the influence. A BUI is involved in one-third of all recreational boating fatalities. Always designate a sober skipper.

-Keep in touch. Have more than one communication device that works when wet. VHF radios, emergency locator beacons, satellite phones, and cell phones can all be important devices in an emergency.

The Safe Boating Campaign is produced under a grant from the Sport Fish Restoration and Boating Trust Fund and administered by the U.S. Coast Guard. The campaign offers a variety of free and paid resources to support local boating safety education efforts. Learn more at www.safeboatingcampaign.com.

HAVE THE RIGHT LIFE JACKET?



Right Style

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Standup Paddlers
(Belt-pack inflatable)



Anglers & Open Motor Boats
(Suspender inflatable)



Personal Water Crafts & Water Sports
(Interrently buoyant)



Kids
(Adult life jackets don't fit kids)



Pets
(Harness with lift handles)

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You don't want your life jacket too large or too small.



Right Care

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- Dry after use
- Hand wash in warm, soapy water
- Store in a dry place when not boating

Inflatable Life Jacket Care

- Test: Orally inflate & holds air for 16-24 hours
- Inspect cartridge (not discharged & no corrosion)
- If it holds air, repack & use




NOAA and National Safe Boating Council celebrate silver anniversary

The National Safe Boating Council (NSBC) and the National Oceanic and Atmospheric Administration's (NOAA) National Weather Service are celebrating 25 years of partnership for the annual National Safe Boating Week. This year's National Safe Boating Week will be held May 18-24, 2024.

National Safe Boating Week is held annually the week before Memorial Day as part of the NSBC's Safe Boating Campaign, a global awareness effort that encourages boaters to make the most of their boating adventure by being responsible. NSBC and NOAA offer boating safety resources at www.safeboatingcampaign.com/resources/national-safe-boating-week-toolkit and www.weather.gov/safety/safeboating-week.

"Understanding how to interpret a

weather forecast, including air and water temperatures, sustained wind speeds and gusts, advisories, storms, fronts, and much more is critical to ensuring a safe and responsible boating experience," said Peg Phillips, executive director of the NSBC, a national non-profit that helps create a safe boating experience for all recreational boaters. The NSBC is a Weather-Ready Nation Ambassador, as a part of NOAA's Weather Ready Nation™ initiative.

According to the U.S. Coast Guard, there were over 405 total weather and hazardous water-related accidents, resulting in 92 fatalities and 152 injuries in 2022 alone.

"Know before you go...boating! Stay safe by checking current and expected

please see anniversary on page 14

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Welcome to Jeopardy - AI

In 1955, Dr. John McCarthy coined the expression "Artificial Intelligence." Unfortunately, he was not visionary enough to copyright it. As a result, science fiction writers and wannabe ge-

telligence challenge, the 3D hologram, Alex Trebek."

"Thank you, Johnny, and welcome to a very special edition of 'Jeopardy.' Tonight we are recognizing Safe Boating



niuses have been using and abusing the term for 69 years.

A good example of this is the soon-to-be-broadcast TV special, Jeopardy-AI, in honor of Safe Boating Week. I got a sneak preview. Let me share with you some of the answers and questions that I can remember. It went something like this:

"Welcome to Jeopardy -AI. Tonight's contestants are a domestic eaves dropper and Miss Know It All, Alexa; a space traveler and rehabilitated homicidal computer from 2001, HAL9000; and the returning champion, Watson, whose one-day chess playing winnings were 1,000,000,000,000,000 bitcoins. And now our virtual host for this artificial in-

Week with all the categories and questions related to safe recreational boating. Our contestants are some of the most recognized celebrities in the artificial intelligence community but they all have one thing in common. None of them have attended a Safe Boating Class so let's see how much they can derive from their enormous wealth of data and common sense.

First answer: 'Throwable.'

Buzz.

"Alexa."

"What is a midget at a break dance festival?"

"No."

Buzz.

"Watson."

anniversary
from page 12

weather conditions from the National Weather Service before going out on the water. It's not a place to get caught in a storm," said Ken Graham, director of NOAA's National Weather Service. "Click on weather.gov before and during your trip, and have a NOAA Weather Radio on board to keep alert to changing conditions."

Furthermore, boaters should have at least two communications devices with them when on the water that work when wet. Satellite phones, emergency position indicating radio beacons (EPIRB), VHF radios, and personal locator beacons (PLB) are recommended.

In addition to keeping an eye to the sky and checking their favorite weather app, boaters may tune into the NOAA Weather Radio All Hazards (NWR) on a VHF radio to keep track of weather conditions. NWR includes more than 1000 transmitters, covering all 50 states, adjacent coastal waters, Puerto Rico, the U.S. Virgin Islands, and the U.S. Pacific Territories.

The National Safe Boating Council (NSBC) is a national catalyst for recre-

ational boating safety and organizer of the Safe Boating Campaign, with support from boating safety advocates around the world. The Safe Boating Campaign is produced under a grant from the Sport Fish Restoration and Boating Trust Fund, administered by the U.S. Coast Guard. For more information about the NSBC and its programs, please visit www.safeboatingcouncil.org.

The NOAA's National Weather Service is the official government source for weather forecasts, watches and warnings in the U.S. The National Weather Service's marine forecasts provide timely weather information relating to U.S. coastal and offshore waters, the Great Lakes, and the open oceans to ensure the safety of life and protection of property, promote international and interstate commerce by improving the efficiency of marine operations, mitigate environmental impacts and enhance the quality of life for the United States. NOAA's National Ocean Service provides navigation products, such as nautical charts, tides, and currents, that protect lives, strengthen the maritime economy, and position America for the future.

"What is a sporting event that is influenced by shady gamblers?"

"No."

Buzz.

"HAL."

"What is a Type 4 personal flotation device?"

"Correct. It's typically a Coast Guard approved seat cushion or a flotation ring.

Next answer: 'Red, Right, Returning.'"

Buzz.

"Watson."

"What is a conservative Republican movement to retake Congress?"

"No."

Buzz.

"Alexa."

"What is a second visit to a red-light district?"

"No. HAL?"

"What is the limerick to remember which side of the channel to keep the red lateral buoys when returning from open waters?"

"Correct. Alexa, I think you misheard the answer. It was red *right*, not red *light*."

"Oh, I'm sorry."

"Next answer: 'Sunset to sunrise.'"

Buzz.

"Alexa."

"When is party time?"

Trebek smiled, "Maybe but no, that's not what we were looking for."

Buzz.

"Watson."

"When must you have your navigation lights turned on?"

"Yes, and we would have also accepted, 'When can you not operate a personal water craft?' Next answer: 'Red and green lights only.'"

Buzz.

"Alexa."

"What is a tree decorated for Christmas?"

"No. HAL or Watson?"

Buzz.

"HAL."

"What is a sailboat coming head-on towards you at night?"

"Correct and we would have also accepted, 'What are the lateral aids to navigation lights at night?' Next answer: 'No wake.'"

Buzz.

"HAL"

"What proceeds a gunfighter's unceremonious burial on boot hill?"

"No."

Buzz.

"Alexa."

"What is the aftermath of an earthquake?"

"No. Watson?"

"What is the minimum boat speed that is required to maintain steerage?"

"That correct. Next answer: 'one quart per hour.'"

Buzz.

"Watson."

"How much oil does a two stroke engine consume?"

"Ah, judges?"

After a pause, "No."

Buzz.

"Alexa."

"What is the alcohol drinking threshold to get stopped for boating under the influence?"

"No."

Buzz.

"HAL."

"What is the recommended amount of water that should be consumed to avoid dehydration while boating?"

"Correct." Then with great stage empathy Alex explained, "Watson, your answer was not accepted because not all two-stroke engines consume a quart of oil per hour. And Alexa, the threshold is .08% blood alcohol level or behaving impaired, not one quart per hour. Next answer: 'three.'"

The contestants flashed a WIFI message amongst themselves that cannot not be repeated in this PG-13 column and no one buzzed in.

Alex was a little bit apologetic. "Actually the number three occurs quite often in safe boating. We would have accepted what is the number of people required to water ski or the number of flares required, or the maximum number of years that flares are legally acceptable or the age until which children must wear special children designed person flotation devices. Next answer: 'no dump zone.'"

Buzz.

"Alexa."

"What is a hookup bar for ugly drunks?"

"No."

Buzz.

"HAL."

"What is a 'no discharge zone' where raw sewage cannot be dumped overboard?"

"Yes, we'll accept that. Next answer: 'correct crossing priority.'"

please see knots on page 15

knots
from page 14

Buzz.

"HAL."

"What is sword fighting etiquette?"

"No."

Buzz.

"Alexa."

"What is a pedestrian walkway?"

"No. Watson?"

"What is 'the boat on the right has the right of way.'"

"Yes, it's one of the navigation rules. Next answer: '\$20 to \$25.'"

Again the AIs looked miffed and shared a conspiratorial moment before collectively refusing to buzz in. Alex's artificial facade remained stoic as he informed the contestants that the question was "How much does the United States Coast Guard Auxiliary and the US Power Squadron charge to attend the Maryland Safe Boating Class?"

Then there was final jeopardy. The answer was: 'the one you are wearing.'

Watson lost it and wrote, 'Queen's bishop to king's four, checkmate.'

Alexa groped and wrote, 'Can I play Barry Manilow?'

HAL9000 went nostalgic and wrote, 'I'm sorry Dave, I'm afraid I can't do that.'

Alex Trebek's image stood firm. "No, the correct question is 'What is the best personal flotation device?'" These artificial intelligence know-it-alls should have spent the twenty bucks and taken the Safe Boating Class.

Stay safe. Stay dry.

Dan Collins can be reached for comment at dancollins.ocean-pines@gmail.com.

Boating course offered

The US Coast Guard Auxiliary is offering the Safe Boating Course at the Ocean Pines library located at 11107 Cathell Rd. on Jun 4, 5 and 6 between 6 p.m. and 9 p.m.

The cost is \$20 for all three evenings. Register or get more information by calling Barry Cohen at 410-935-4807, or Email: CGAUXOC@Gmail.com.



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Vessels can also be inspected by appointment at private docks or marina slips. To arrange an inspection, E-mail at CGAUXOC@Gmail.com

2024 schedule for the
Maryland Recreational
Safe Boating Course :

June 4, 5 & 6

July 9, 10 & 11

August 3 (one day)

September 10, 11 & 12

October 8, 9 & 10

November 6, 7 & 8

To register, E-mail at
CGAUXOC@Gmail.com

Or call Barry Cohen @
410-935-4807



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GPS makes it easier to determine location

By Dan Collins

Global navigation is one of the many awesome accomplishments of man. Longitudes and latitudes have allowed mariners to plot their courses and the stars and compasses and sextants have enabled sailors to maintain their way. However, Global Positioning Systems (GPS) have totally revolutionized the challenge of determining location.

GPS is a collection of satellites that continuously broadcast their precise positions. Devices are then designed to receive inputs from multiple satellites and calculate the receivers' exact 3-D location by triangulation. For example, an airplane can use GPS data to determine where the plane is flying over the earth as well as its altitude, speed and the direction it is flying. Similar applications include the map/travel direction system in your car and the chart/plotters found on boats.

The revolution has been truly amazing but, like any complex device, it does have its vulnerabilities. GPS devices run on electricity. No power, no location. That's why manual backup systems like a compass and paper charts have not been relegated to antiquity just yet.

There is, however, an anomaly or two caused by the new technology. In the compass/paper chart environment, all

locations of longitude and latitude are traditionally presented and manipulated in units of Degrees, Minutes, Seconds where a degree of latitude is 1/90 of the distance between the equator and the actual North Pole, a minute is 1/60 of a degree (which is also defined as a nautical mile measuring 2,025 yards), and a second which is 1/60 of a minute (33.75 yards).

Since the compass points to magnetic north pole, a spot just above the Hudson Bay in Canada about 210 nautical miles from the actual North Pole, navigational courses must be constantly adjusted for this magnetic variation. It's about 12° westerly in the Ocean City area. That means if you are at the Wilmington Canyon some 50 miles due east of OC and you want to travel due west to the OC Inlet, you would need to follow a compass course of 282° west (270° + 12°). Otherwise, when you make landfall, you will be on the Assateague Island beach about 10 miles south of the OC Inlet and half way to the Virginia border.

The new technology, GPS, does not have this quirk. It can convert its satellite inputs into the exact longitude and latitude AND calculate the 'true' course without reconciling magnetic variation.

There is, however, a bigger potential

problem. GPS devices are very accurate (typically +/- 50 feet or better) but many offer a variety of presentations of the location data that can cause confusion. The readout can be in degrees, minutes, seconds like the older compass/chart system; or, taking advantage of the available computer power, the location can be presented as degrees, minutes and decimal portion of a minute rather than using seconds or as degrees and decimal part of a degree thus eliminating the need to deal with both minutes and seconds.

This can be very confusing and dangerous for the precise communication of a location in a stressful time when a boat operator is hailing 'May Day' assistance.

Let me demonstrate. In the picture of our local NOAA chart 12211 that covers Ocean City, note the lowest bold blue graphic circle. It indicates the location, 75° west longitude and 38° north latitude. That's any easy location to identify. It's right where the primary longitude and latitude lines cross.

Now, let's hold the longitude constant and look straight north along the 75° west longitude. Observe the next highest circle. It's located at 37 degrees, 4 minutes north latitude. Since a minute of latitude is exactly equal to one

nautical mile, this position is four nautical miles north of the previous 75 west, 38 north location.

Now, let's look at the top circle. It's still on the 75th longitude. Its latitude is 38 degrees, 24 minutes. The issue is that the GPS receiver will accurately determine the position but, depending on the device's settings, it could read out the location as 38°, 24' OR 38.4° (i.e. 24/60 = .4 degrees). The difference between 38°, 4' and 38.4° is 20 nautical miles. Rescue assets dispatched to the wrong position will be 20 miles away and near the limit of the marine radio transmission range when they realize the error.

The worst-case scenario is 9 minutes being mistaken for .9 degrees. There the error will be 45 miles (.9x60 = 9).

Therefore, it is absolutely necessary that you clarify your position when verbally communicating your position. If you are saying, "My latitude is 38 degrees, 4 **minutes**," emphasize the word 'minutes.' If you are saying, "My latitude is 38, **point 4** degrees," emphasize the word 'point.' And to be absolutely sure, get the person receiving your message to repeat it back to you. After all, you wouldn't want your fishing buddy to go somewhere where the fish aren't biting. Err, would you?



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Craft Club announces May Crafter of the Month

The Pine'eer Craft Club of Ocean Pines announced that longtime club member Jane Wolnik as the May crafter of the month.

Club members are also thrilled to celebrate their 50th anniversary this year, and Wolnik was one of many officers to help kick off the festivities at the anniversary luncheon on April 18.

Wolnik is originally from Wisconsin. After marrying her husband, he joined the Air Force and they were stationed at Andrews Air Force base from 1963 until retirement. Wolnik and her husband moved to Ocean Pines from Annapolis in 2004.

Like many, Wolnik didn't start crafting until she had a little more time on her hands. She took up quilting in 2008 and joined the Craft Club in 2011. Wolnik has held the office of treasurer since 2013, and she is very particular about the books.

"Considering all our members and the various income sources, we depend upon accuracy," Wolnik said. "The more careful we are with our pennies means that we have more to give back to the community each year. I like playing my part in that process."

Wolnik quilts various items for the craft shop, but her table runners are a top seller. They are unique and make a great gift because they are double-sided – one side might be shoreline themed, and the flipside may feature the Baltimore Ravens.

"It's beach décor and fan gear all in one," shop manager Barbara Herzog said.

Wolnik also knits doll sweaters that fit 18-inch American Girl dolls. The shop offers a full line of doll clothes and accessories that are very popular with the younger female shoppers of Ocean Pines.

"I find quilting and knitting to be very relaxing," she said. "And working with numbers keeps my mind busy."



Wolnik doesn't stop there. She also volunteers with the Atlantic General Hospital Thrift Shop, acting as the coordinator for that auxiliary. She also participates in several other clubs within Ocean Pines and samples the classes and other activities offered, in-

cluding a new one – chair yoga.

To see Wolnik's works and more creations, stop by the Pine'eer Artisan Gift Shop, open every Saturday from 8 a.m. to 3 p.m. and Sunday from 10 a.m. to 3 p.m., except holidays.

The club is always seeking new crafters, and club meetings are open to the public.

Artisans interested in selling their creations at the shop should contact Debbie Jiwa or Barbara Herzog, shop managers, or email opcrafterclub@aol.com for more information.

Since its inception, the Craft Club has donated nearly \$185,000 back to Ocean Pines. The club has been proudly handcrafting in Ocean Pines for 50 years.

For more information, visit www.oceanpines/web/pages/artisan-gift-shop.

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Group collecting items for summer camp participants

Ocean Pines Get Involved and Worcester County GOLD are teaming up to help collect supplies for local at-risk children attending summer camps on scholarship.

Worcester County GOLD is a 501(c)(3) nonprofit providing emergency financial assistance and basic needs items for Worcester County residents living with low income.

This year, the nonprofit will supply scholarships for around 100 children to attend summer camps.

They are asking for donations of the following items: towels, sunglasses, sunblock, sandals, swimwear, cinch bags, socks, hats, shorts, T-shirts, water bottles, bug spray

Please donate new, unused items only. Items may be dropped off in a donation box in the Ocean Pines Administration Building lobby on 239 Ocean Parkway.

For more information on the donation drive, contact organizer Esther Diller at esmatt4@aol.com.

Summer camp scholarships are available to Worcester County residents living on a low income. For more information, email contact@worcestergold.org.

cemetery
from page 2

munity,” Becky Vail said.

She said the site is still a little overgrown, and it could use some signage to help identify what’s back there.

Both women suggested the area could be further researched by the Historical Task Force recently established by the Ocean Pines Association Board, with perhaps another volunteer group like the Ocean Pines Garden Club adopting the site and sprucing it up further with new plantings.

“Everyone sees [Ocean Pines] as a resort destination, but really we are a community,” Becky Vail said. “The fact that Denise has done this for 14 years just out of the kindness of her heart speaks volumes about what this community is about and, really, would like to be known for. It’s more so than just a place to hang out in the summer.”

All four women met at the cemetery on May 7 to talk about what they knew of the site, and what they

For help publicizing a local community group and/or charitable endeavor related to Ocean Pines, email info@oceanpines.org.

OPA launches new podcast

Ocean Pines Association last week launched a new official podcast, PinesCast, and dropped its premier episode.

Hosted by veteran journalist and podcaster Tony Russo, PinesCast each week will celebrate the region, the amenities and, most of all, the people that make and keep Ocean Pines a special place to live.

On the debut episode, OPA Golf Director Bob Beckelman talks about his career as a golf professional, and what sets the Ocean Pines Golf Club apart from others in the region.

The PinesCast is available on all major podcast platforms.

For more information, visit www.oceanpines.org/web/pages/pinescast.

For advertising inquiries on the PinesCast, email info@oceanpines.org.

hoped would happen next.

For McDermott, she’s just grateful that others are pitching in.

“I’m so excited that these girls stepped up and got involved,” she said. “It warms my heart.”

The cemetery was described in minor detail in the “History of Ocean Pines, Maryland” book by Bud Rogner as “The Jones Family Graveyard.”

According to Rogner, “An old graveyard for the William Jones family and others born in the mid-1800s who died around the turn of [the last] century still exists in Ocean Pines.”

Rogner said the Burbage Funeral Home in Berlin restored some of the gravestones in the 1990s. Ocean Pines owns the lot.

Rogner said five graves are visible and three are from the Jones family: Calvin L. Jones (1888-1913), Mary E. Jones (1843-1909) and William J. Jones (1838-1911). Also buried there are Rozena Massey (1855-1904) and George C. Rickords, who was born on May 20, 1831, and lived only two years, five months and 12 days.



A lot of history - Denise Milko organized a luncheon for women who have been in the Realtor profession for 35-45 plus years at the Atlantic Hotel. The group talked and laughed about the good old days.

Front row: **Terry Looney, Denise Milko, Kathy Panko, Charlotte Litsinger**
Back Row: **Marlene Ott, Nanette Pavier, Candi Noyes and Joanna Laslo.**

Artists sought

The Art League of Ocean is seeking entries for their June 2024 art exhibition entitled “Skate/Surf.” All media – both 2D and 3D – will be accepted.

The artwork should explore surf/skate culture, drawing inspiration from the people, language, fashion, and lifestyle. Artists may submit up to two pieces with 32×40-inches the maximum outside frame dimensions permitted. E

Artists wishing to enter should make an appointment for a timeslot during the art drop-off dates of Saturday, June 1 or Monday, June 3 by going to OCart.org/call-for-entries. Drop-off location is the Ocean City Center for the Arts, 502 94th St. bayside. There is a \$10 per piece entry fee for members, \$20 per piece for non-members, and entry fees are non-refundable

The Art League will award cash prizes for first place, second place, third place, and honorable mentions. Exhibit dates for the Skate/Surf Show on the walls of the Ocean City Center for the Arts are June 7-29. All award winners will be invited to participate in the Art League’s year-end “Best of 2024” exhibit in December.

More information is available by going to OCart.org/call-for-entries or by calling 410-524-9433.

WCDC golf tourney returns

The Worcester County Developmental Center (WCDC) announces its annual Bill Gibbs Memorial Golf Tournament to be held Tuesday, June 11, at the Ocean City Golf Club.

Over the past 15 years, this charity outing has raised funds to provide supports to the clients of WCDC—adults with intellectual disabilities—which has enabled them to become more independent and more actively involved in the community.

This year’s event is sponsored by Pam and Mackey Stansell, long-time friends of WCDC.

This good time for a good cause begins at 12:30 p.m. with a lunch prepared and served by the clients and staff of WCDC. Golfing begins at 1:30 p.m. with a shotgun start.

A dinner will be provided post play by the Dough Roller and served by WCDC clients and staff. The day ends with an awards ceremony

Throughout the day complimentary beverages will be provided.

For registration forms on golfing and sponsorship opportunities, please contact tournament director Cecil Tull at ABC Printers at 410.213.2022 or Jack Ferry at 570.956.4722.

Fallen Heroes legislation and other key bills enacted

Four priority local bills were signed into law by Governor Wes Moore recently, including Senate Bill 897 and House Bill 1064, which relieves the tax liability on the death benefits of the families of first responders who died in the line of duty. This legislation was sponsored by Senator Carozza and Delegate Wayne Hartman (R-District 38C).

"Tashica Hilliard stood up for all of the families of Maryland's fallen heroes when she came to Annapolis to advocate for the first responders' death benefits bill," said Senator Carozza, who represents Worcester, Wicomico, and Somerset. "During today's bill signing, the Governor recognized Tashica's strength and courage to push for legislation that would help the families of the fallen heroes and this State heal from such devastating losses to our families and our State."

Senator Carozza noted that death benefits paid to the families of our fallen heroes are intended to relieve the immediate financial burden caused by their loss. The bill was needed to eliminate the requirement of death benefits being reported as taxable income, meaning that these families cannot use the full benefit granted to them.

On the evening of June 12, 2022, Corporal Glenn Hilliard, a 16-year veteran of the Wicomico County Sheriff's Office, was shot and killed in the line of duty by a suspect who was wanted on multiple felony warrants. On June 14, 2022, the Wicomico County Council, pursuant to a Collective Bargaining Agreement, authorized payment of a death benefit to his spouse in the amount of \$500,000. In the process of preparing the 2022 tax return, Mrs. Tashica Hilliard learned that the death benefit had to be reported as taxable income resulting in a \$182,000 tax liability.

"Corporal Glenn Hilliard served Wicomico County and Maryland with integrity and was taken from his wife, his three children, and his community and our State far too soon due to the evil actions of a violent criminal," said Carozza. "With today's bill signing, we support and lift this heavy financial burden carried by the families of the fallen heroes during this very difficult and

painful time in their lives."

Senate Bill 808 requires the Maryland Department of Agriculture, in coordination with other State agencies and the University of Maryland Eastern Shore, to ensure anaerobic digestion projects are appropriately coordinated and to establish guidance for farmers regarding the development and implementation of anaerobic digestion technology. This legislation was sponsored by Senator Carozza and Delegate Jay Jacobs (District 36).

"This anaerobic digestion process is hugely beneficial to our farmers with their waste management systems and allows farms to be more energy independent," said Carozza. "Anaerobic digestion can destroy more than 90 percent of disease-causing bacteria, helps keep the soil healthy, and protects local water resources by reducing nutrient run-off."

Anaerobic digestion is a process through which bacteria breaks down organic matter, such as animal manure, wastewater biosolids, and food wastes. This process creates a product known as biogas, and when purified, biogas is a renewable energy that can be used to provide heat, generate electricity, fuel our vehicles, and create other energy products.

As an example, Millennium Farms is a 50-acre farm in Pocomoke with an anaerobic digester facility that has been in oper-

ation since 2017. This facility converts 1,200 tons of poultry litter from the farm into a nutrient-rich soil conditioner sold under the brand name Element Soil. The operating company intends to work on various agricultural-related projects in cooperation with the University of Maryland Eastern Shore.

Senate Bill 763 and House Bill 977 authorizes the Somerset County Commissioners to sell in whole or in part Somerset County Industrial Park located on Revells Neck Road under terms agreed to by the Somerset County Commissioners. This legislation was sponsored by Senator Carozza and Delegate Charles Otto (R-District 38A). "SB 763 enables Somerset County to negotiate the sale of this property as they fully intend to create an industrial park to benefit our Somerset County community," said Carozza.

House Bill 840 streamlines the current law to clarify that all new Maryland recreational vehicle dealers are allowed to participate in up to three annual vehicle shows each year. Delegate Wayne Hartman (R-District 38C) sponsored HB 840 and Senator Carozza sponsored the Senate companion bill, SB 976.

"The success of the inaugural OC RV Show, which was held last October and attracted over 7,500 visitors from across Maryland, Delaware, Virginia, New Jersey, Pennsylvania, and Ohio, underscores the value this event brings to Maryland's Coast and the entire State of Maryland," said Carozza.

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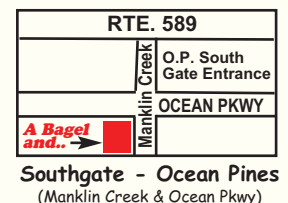
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Let's make small changes in the right direction

Discover more about weight gain and uncover what causes your hunger

By **Angela Simmons, CRNP**
Director, Atlantic General
Bariatric Center

Weight gain is caused by taking in more calories than we use up. Many factors can come into play, and understanding them can be important for successful weight loss.

Why the weight? According to the U.S. Surgeon General, body weight is a result of a combination of six fac-

tors: *metabolism, genetics, environment, behaviors, culture and economics.*

Once you recognize what might be behind your tendency to put on the pounds, it may be easier to take steps to slow weight gain or stop it altogether. Consider the following:

Metabolism. While metabolism slows with age, you can give it a boost by exercising more. Increased physical

activity raises the rate at which your body uses energy for even basic activities, such as breathing and pumping your heart.

Genetics. While a family history of obesity may predispose you to being overweight, it doesn't guarantee it. Both genes and behavior may interact to cause weight gain, according to CDC. Paying more careful attention to what you eat and how much physical activity you get may therefore help you keep your weight in check.

Environment. If you're tempted to eat unwisely in certain places—such as the employee lounge—avoid those places.

Behavior. To learn more about your eating habits, keep a food diary. The National Institute of Diabetes and Digestive and Kidney Diseases advises writing down what you eat, when you eat and how you feel at the time. Looking over the diary may help you find ways to improve your eating habits.

Culture. Traditional foods don't have to be off limits. Just be smart about how you eat them. Tell yourself you'll only have one slice of bread with your meal and then go easy on the butter or olive oil. If Mexican foods are your foods of choice, go easy on cheese and fried tortillas. Instead, choose baked or grilled foods and soft tacos.

Economics. It really isn't more expensive to eat healthfully, according to the Academy of Nutrition and Dietetics. But even so, there are ways to save money on shopping trips. Make a list of healthful foods and stick to it. Compare prices and watch for sales. Clip coupons. And, if you find that fresh produce spoils before you can use it, consider buying canned or frozen products as an alternative.

Follow these steps to discover more

about your "hunger":

-Ask yourself, "am I really hungry, or just bored, anxious, emotional... (fill in the blank)?"

-Consider whether or not you have hunger signs, such as stomach growling, low energy, grouchy mood, etc.

-Think about what you may be looking to eat. Ask yourself, "is it a healthy choice," and if not, would you be willing to make a healthier one due to the hunger? If you are not willing to eat an apple, but would be willing to eat a cookie or other snack, this may not be true hunger!

-Drink a glass of water and decide if you still feel hungry 15 minutes later. This will help to determine if you are truly hungry, or just dehydrated.

-If you have eaten and still feel like you could eat more - have you waited at least 15 minutes to see if you have given yourself time to digest before taking a second portion? It takes our stomach's receptor cells at least this long to help our brain register a feeling of satiety.

As much as we think we know how to eat well, our bodies find many ways to trick us and sabotage us into eating out of stress, boredom, or just because some particular type of food tastes too good to resist. Let this be the time you start to make small changes in the right direction.

Angela Simmons, CRNP, cares for patients participating in the Atlantic General Bariatric Center's New Direction Non-Surgical Weight Loss Program, providing customized meal plans, medical oversight, support and education, and ongoing nutrition, exercise and behavior modification. For more information, please call the Atlantic General Bariatric Center at 410-641-9568.

The link between physical activity and healthy weights

Anyone aspiring to lose weight is likely aware that there are no shortage of approaches promising to bust belly fat and slim waistlines. Weight loss fads come and go, but daily physical activity remains a reliable and effective approach to shedding extra pounds.

The Centers for Disease Control and Prevention notes that physical activity provides both short- and long-term benefits. Among the more long-term benefits of regular exercise is the link between physical activity and how it facilitates an individual's ability to maintain a healthy weight. Though people may experience some notable initial weight loss after they begin a fitness regimen, they also can maintain that weight loss if they remain committed to exercise over the long haul.

The CDC notes that more physical activity increases the number of calories a body uses for energy. If individuals looking to turn over a healthier leaf couple a commitment to exercise with a healthier diet that includes consuming fewer calories, they can create a calorie deficit that ultimately contributes to weight loss.

The link between exercise and long-term weight loss is worth noting, as the CDC notes that research has found the only way to maintain weight loss is to remain engaged in regular physical activity. Individuals attempting to lose weight for a particular reason, such as an upcoming wedding or a vacation, should know that exercise and a healthy diet can help them accomplish that goal. However, it's highly likely they will regain that weight if they do not continue to exercise after reaching their target weight loss goal. If the

thought of regaining lost pounds is not enough to compel people to maintain their commitment to exercise, and honor all the hard work and determination required to lose the weight, perhaps a rundown of health risks associated with being overweight or obese might provide the



motivation necessary to stay the course. According to the National Institute of Diabetes and Digestive and Kidney Diseases, being overweight or obese increases a person's risk for a host of diseases and conditions, including:

- Type 2 diabetes
- Hypertension (high blood pressure)
- Heart disease
- Stroke
- Metabolic syndrome
- Fatty liver diseases
- Certain types of cancer, including cancers of the breast, liver, kidney, pancreas, and ovaries, among others
- Gout
- Fertility problems
- Sexual function problems
- Mental health problems

Routine physical activity is a great way to help people shed extra pounds so they can reach and maintain a healthy weight.

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Artist uses dance and music for community service

By **Elaine Bean**

“Dance and music have gone together since the beginning of human existence, from tribes hitting sticks and performing rituals around a fire to dancers and singers joining together on big stages at the Grammys today,” Fiona O’Brien said. “It’s about community, expression, and compassion, which I think we could all use more of.”

O’Brien is a producer, musician, choreographer, and director from Ocean City. Co-founder of Saltare in Elementis Dance Collective, where she serves as music director, choreographer, and executive producer, she serves as the bridge between musicians and dancers, bringing together artists from different mediums.

In 2021, she co-directed with the other SIE co-founders Zoe Coulombis and Sebrena Williamson “Terra: An Appalachian Dance Film” that screened on opening night of the Ocean City Film Festival. In 2022, O’Brien produced and directed “Hurricane 6,” a film that unpacks the relationship between women’s labor and the natural landscape of the Eastern Shore. “Hurricane 6” featured an all-female cast, recognized women’s historical contributions to Ocean City, and was awarded Best Female Director at the Film Festival. Currently, O’Brien also serves on the Film Festival board and on the Women in Music Board for the Washington, D.C. chapter.

O’Brien is leading a dance festival on June 7-8 at the Ocean City Center for the Arts, home of the Art League of Ocean City, and invites the public to attend. “Dance on the Shore is about community, environmental awareness, and movement,” she said. “The 2nd annual festival will have live performances by Saltare in Elementis Dance Collective centered around water, including a short workshop from our partner Global Water Dances, an adult Mat to Movement workshop, kids’ crafts, and a community improv dance party. We can’t wait to share more dance with the Art League of Ocean City.”

“I would consider myself a dancer who sings, but not the Broadway type, more of a contemporary modern dancer who loves choral music,” she observed. “I once sang the National

Anthem at the Ocean City Air Show! I have danced since I could walk and sang ‘opera’ in the shower since I found my voice (my family loved this). I took these gifts to college with me at Radford University where I focused my individualized study of both these skills.”

O’Brien was born in Bishopville and graduated from college with majors in dance and music with a concen-

built of off hard work and dedication, which is why it has become a successful destination for tourists.”

O’Brien creates impactful multimedia pieces by combining visual movement with music production. As a musician, choreographer, and filmmaker, her artistic themes are driven by activism. Her choreographic works have ecofeminist influences, and her subject matter has ranged from men-



tration in music business. “My instrument was voice,” she said. The artist relocated a few years for a career in the music industry in Washington, D.C., but soon moved home. “I missed the community and purpose I found myself within in Ocean City. I really enjoy traveling and learning about other cultures, but the culture in Ocean City is so unique and comfortable to me. The Town of Ocean City was

tal health to social justice to climate change. O’Brien produces works that recognize and benefit rural communities and is passionate about regional land conservation as well as women’s labor and leadership in the region. Through her work, O’Brien brings dance opportunities to rural areas and hopes to help cultivate local artistic identities.

O’Brien affirmed she was raised on

community service. Her parents are involved with the Delmarva Irish American Club that puts on the Ocean City St. Patrick’s Day parade every year. “My mom used to run Art Fest and Art Camp programming at Berlin Intermediate School,” she said. “This taught me my love for events, seeing people happy, and volunteering. I continue to dance and teach with Clan Rince Irish Dance in Salisbury, market events and businesses around Ocean City within my role in the Tourism Department, make films about Ocean City, and collaborate on the Dance on the Shore Festival with the Art League.”

O’Brien serves as the Town of Ocean City’s marketing coordinator in the Department of Tourism. “I received an offer from the Town of Ocean City where I knew my creativity would directly impact my community,” she said. “It fell right in line with my mission to advocate for the arts and continue to make film and social media content all while spreading my love of Ocean City. My goal has been to become more involved with the Art League of Ocean City, learn from other local artists, and bring more accessible dance opportunities to the Eastern Shore.”

“The staff at the Art League has always been so kind to me,” O’Brien continued. “The annual Ocean City Film Festival is my favorite event of the year. And Rina Thaler [executive director of the Art League and Film Festival], is a gem of a collaborator. The Art League wants to make art happen, and I think that’s extremely important in every community, especially mobilizing rural communities like the Eastern Shore.”

O’Brien’s choreography is inspired by her personal experience growing up in dance and by global environmental and social issues. “Dance has been on the verge of a dying art for some time now (I could talk a lot about my thoughts on this!), but essentially I want to help make dance a safer place for people of all ages, shapes and backgrounds,” she said. “You don’t have to be Tiler Peck or Misty Copeland to make it in dance. The rise of Tik Tok has been a savior to dance in my opinion by making people not only spend time learning choreography, but getting up to move in general!”

Some things to think about

Gathered from the internet
by **Jack Barnes**



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Husband : I'm not yawning, I'm trying to say something!

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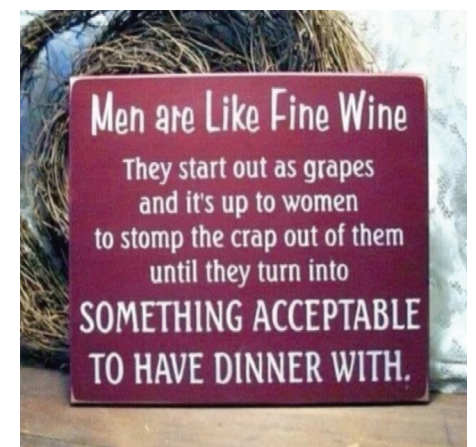
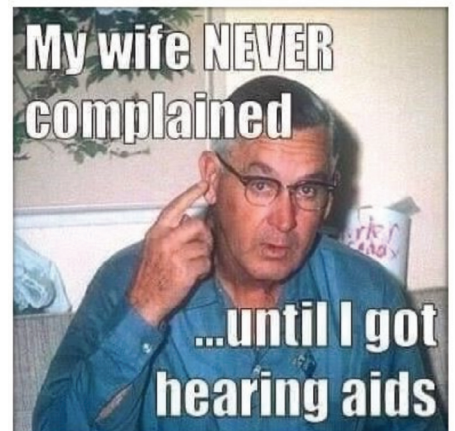


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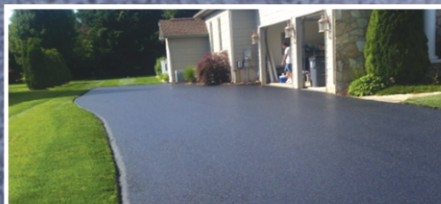


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