

# The Courier

June 25, 2025 Volume 25 Number 36



**Skills** - The Republican Women of Worcester County (RWWC) recently held their luncheon meeting at the Worcester County Technical School. One of the guest speakers was Rick Stevens who teaches welding and is a Skills USA advisor for the school. Skills USA is a national student organization, where students compete in contests. There are regional, state and national competitions. This year, 34 students will compete.

**Jean Delcher**, RWWC president presents a check to **Rick Stevens** to be put toward the cost of attending the state competition.

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## Annual Maritime Heritage event to occur locally

The U.S. Life-Saving Service Heritage Association announced that its 2025 Annual Conference will take place in Ocean City from October 23 to 25. The three-day event will bring historians, preservationists, and the public together to celebrate and explore the rich legacy of the U.S. Life-Saving Service, the precursor of today's U.S. Coast Guard.

This year's conference theme centers on Delmarva's maritime heritage, and attendees will travel the peninsula throughout the event, visiting historic life-saving stations and maritime museums in Delaware, Maryland, and Virginia. Scheduled stops include the Ocean City Life-Saving Station Museum, the Lewes Life-Saving Station, and the Indian River Life-Saving Station, among others.

"I've been on the board of the heritage association since I was the site manager of the Indian River Life-Saving Station," said Laura Scharle, conference organizer and Ocean Pines local. "The conference hasn't taken place on Delmarva since 2008 and I'm excited to showcase all of the stations and museums in my home region."

The event includes expert-led presentations, field trips, and networking opportunities, offering a unique experience for anyone passionate about maritime history, museum preservation, or early Coast Guard history. The conference is open to the public, and anyone with an interest in Delmarva history is encouraged to attend.

Details and registration can be found at [www.uslife-savingservice.org](http://www.uslife-savingservice.org).

For conference updates and travel details, follow the U.S. Life-Saving Service Heritage Association on Facebook or visit the official website.

## Volunteers prepare for book sale

On Tuesday, July 1 the Ocean Pines library will no longer be accepting book donations for its annual book sale at the end of July. The response this year has been overwhelming and volunteers will need the month of July to catch up and process current inventory.

Please do not just drop books off at the back loading dock or at the Free Books Area during this time.

The Ocean Pines Library Annual Book Sale will take place on July 25, 26 and 28. Help is always needed for the sale with many different hats to wear and books to bear. If you would be willing to help with this sale, please contact our Book Chair, Lisa Schoch at [Lisa.Schoch@atranes.com](mailto:Lisa.Schoch@atranes.com) or 1 (703) 629-1800.

Book donations acceptance will resume on August 8.

## Chicken, shrimp salad carryout fundraiser

The Bishopville Volunteer Fire Department Auxiliary will have a chicken salad and shrimp salad carryout on Saturday June 28 from noon to 2:00 pm at the main station in Bishopville. The shrimp salad is \$16 per pint and the chicken salad is \$10 per pint. Call 443-880-4944 to preorder and for information.

## OPA candidate forum is Friday

The Ocean Pines Elections Committee will host a candidate forum on Friday, June 27 at 5 p.m. in the Clubhouse Meeting Room, 100 Clubhouse Drive.

All candidates for the 2025 Ocean Pines Association Board of Directors Election are expected to take part in the forum. Candidates so far, in ballot order, are Stuart Lakernick, Steve Jacobs, Monica Rakowski, and Amy Peck.

The Elections Committee is seeking homeowner input on questions prior to the forum. To submit a question, contact [elections@oceanpines.org](mailto:elections@oceanpines.org). Questions will be added to a list of questions and may be asked of the candidates at the forum.

Important upcoming election dates include:

Voter eligibility deadline: Saturday, July 5

Ballot deadline: Wednesday, August 6 by Noon

Ballots counted and vote totals announced: Friday, August 8

Annual Meeting: Saturday, August 9 at 9 a.m.

For all other questions about the election, email [elections@oceanpines.org](mailto:elections@oceanpines.org).



Pictured from left: **Sharon Sorrentino**, (administrative assistant), **Kate Cashman**, **Barbara Johnson**, **Anna Mullis** (executive director), **Jen Backof** (Board Member), **Alyssa Maloof** (board member) and **Tamara Mills** (president).

## Arts Council announces slate of officers

The Worcester County Arts Council announced its FY 2026 slate of officers, presented during the annual Arts Celebration held June 11. The celebration brought together local artists, grant and scholarship recipients, art educators, patrons, and supporters for an inspiring afternoon of creativity, heartfelt recognition, and shared appreciation for the arts.

The newly announced officers who will help guide the Arts Council in the coming year are: Tamara Mills (president), Kate Cashman (vice president), Alex Sousa (treasurer) and Barbara

Johnson (secretary).

"Our dedicated Board of Directors, along with our passionate staff, are the driving force behind the Council's mission," said Anna Mullis, Executive Director of the Worcester County Arts Council. "Their leadership, vision, and tireless commitment ensure that the arts continue to thrive and enrich the lives of people throughout Worcester County."

To join the Worcester County Arts Council or to learn more about serving on the Board of Directors, please visit [www.worcestercountycouncil.org](http://www.worcestercountycouncil.org).



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EOE





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# Aldrich’s business is nurturing business

By **Elaine Bean**

“I take small business and make it bigger.” Amity Aldrich has trained for her position as president of the Worcester County Chamber of Commerce in Ocean Pines since she was a child. Her parents both served as officers for their hometown chamber in a small town in Vermont and owned businesses throughout New England.

“From day one, I was in sales and marketing, because it was a small town, and everybody knew me, and I had to walk the walk and talk the talk,” she said. “It just became the right thing to do, to support the community.”

Using her experience, Aldrich became president of the chamber located in Ocean Pines in October 2024. “I had been doing sales and marketing for different industries – nonprofit and for profit – for 35 years ... I worked for a company over the bridge and had field staff all over. When I came to the Eastern Shore for the last 15 years, I just loved it and wanted to move here. A couple of years ago, I made the permanent, full-time move to Ocean

Pines. I knew that my experiences would be a great fit for the Chamber ... I knew I could make an impact.”

Aldrich’s impact has been immediate with chamber membership increasing under her watch. “I’ve only been in this position eight months,” she said. “In that time, I have the same number of new members that my predecessor had in five years.”

Her presidency is focused on growth and small businesses with under five employees who do not have a full-time marketing department. “It’s usually Mom and half of Pop, if you will,” she said. “60% of our membership base is businesses with under five employees. It’s a critical need for all levels of marketing support for these small businesses to thrive.

“We call our chamber members ‘partners,’ and that’s exactly how I look at it,” Aldrich continued. “I am partnering with them. I’m a marketing arm, and I want to help them grow and thrive.”

Aldrich’s goal is to bring attention to her part of the Eastern Shore. “It’s no longer just a resort community,”

she said. “A lot of part-timers are spending more and more time here. I’ve seen a lot of change, and I much prefer Ocean Pines over Bethany Beach. We have a lot better infrastructure than Delaware. It’s nice to drive up the coastline, but I want to make sure we have everything we need right here in Ocean Pines.

“We need a lot of services here. We have 15,000 people, and we don’t have enough certain services and providers to help the residents. That’s the word I want to get out, that supporting all businesses and bringing businesses to Ocean Pines is what I’m passionate about.”

Before Aldrich’s arrival, the chamber changed its name from the Ocean Pines Chamber of Commerce to the Worcester County Chamber of Commerce in Ocean Pines. The Small Business Administration at Salisbury University had put together a strategic plan to promote growth in the area, and the name change was part of that plan.

“Having the umbrella of Worcester Co. makes sense, because I am able to

connect people that aren’t in Ocean Pines and bring their products and services to residents,” Aldrich said. “It’s really a strength for the Ocean



**Amity Aldrich**

Pines community to embrace the bigger picture and talk more about Ocean  
*please see **business** on page 12*

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# Less time in purgatory

It never seems to fail that when I'm trying to hurriedly get someplace, I find myself behind slow pokes and wayward travelers with not the faintest idea where he or she desires to go. I'd

The really old, really pale blue beat up pick-up took its time. I guess you could say it was moseying down the road at a breakneck speed of just over 10 miles per hour. What really frustrated me was that I could see the driver and from time to time he would slow up (as if that was possible) and point to something. Unbelievable! Not wanting to waste time, I finished the last several chapters of "War and Peace."



## ***It's All About. . .***

By **Chip Bertino**

chipbertino@delmarvacourier.com

like to tell you a little story about an experience I had not too terribly long ago when I had several stops to make in a short amount of time. Somewhere, someone at the very moment I got in my car fired a starting pistol alerting pokey Petes within earshot to jump into their cars to maneuver their way, slowly mind you, in front of me as I attempted to get to each destination quickly.

No sooner had I left home when I found myself behind a car that seemingly could not accelerate to greater than ten miles below the posted speed limit. The car either had a very small engine or the driver could not reach the pedals. Desperately I tried to pass but was frustrated by a solid yellow line. When there was a dotted yellow line enabling me to pass, I was stymied by a line of oncoming traffic. The result? I was stuck behind a beige early-2000s-era Buick traveling 15 miles per hour along a roadway with a posted speed of 45. It's during experiences like these when I employ a mind game to calm myself. I accept my circumstances and convince myself that by enduring this slow ride I'm reducing my time in purgatory.

When the old Buick finally turned off, I gunned the engine only to quickly apply the brakes because just ahead of me an old, and I mean old, pick-up truck turned out of a driveway and into my path. The truck was faded pale blue with multiple dings, dents and bangs. It was missing its tailgate and one of the rear lights was missing. The flatbed was filled with all sorts of junk - old seat cushions, outdoor furniture that had seen better days, scraps of wood and various other items. None of it appeared to be tied down. I stayed plenty far behind so if anything flew out I'd have time to react. I crawled along at about seven miles per hour.

Pokey Petes are not just found on roadways. They also push shopping carts down supermarket aisles, usually wearing sandals with black socks. They all seem to share similar characteristics: they stop suddenly and take up the entire width of the aisle when they reach down to check the price of something they inevitably never place in their carts. Nonetheless they'll crouch down for three and half minutes checking reading the back of the package oblivious to the reality that they are a human plug clogging aisle traffic in either direction.

In my frustration I fantasized about leapfrogging over the human obstruction to get to what I wanted farther down the aisle. But alas, I did not. I waited.

When I finally got to the express check-out line, I found myself behind a couple who apparently believed the express line meant a minimum of 50 items or more. To top it all off, when they attempted to pay, the debit machine would not accept payment and a store associate had to help them out.

I just waited and reminded myself of how much less time I would spend in purgatory.

# The Courier

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# OPA board candidates share vision

To date there are four individuals who have filed to run for the Ocean Pines Association (OPA) board of director. What follows are the vision statements of the four declared candidates that appear on the OPA website. These are published without editing.

## Stuart Lakernick

Over the past year, I've had the honor of serving as President of our association, working to strengthen our community while preserving its unique character. I'm proud of what we've accomplished together—from the construction of our Veterans Memorial to key beautification efforts that have enhanced the look and feel of our shared spaces. We've made major infrastructure improvements, including the development of the new racquet center—



Stuart Lakernick

all while keeping assessments low and budgets balanced. We've also increased public safety by adding new police officers to our force, ensuring quicker response times and greater community presence.

Beautification has been a key focus—improving landscaping, signage, and common areas to make our neighborhood more inviting and enjoyable for all. These improvements reflect pride in where we live and contribute to property values and community spirit.

Looking ahead, my top priority is getting shovels in the ground for the much-needed Southside Firehouse. I bring experience, a steady hand, and a strong vision for continued progress.

I respectfully ask for your vote so we can continue building on our momentum. Together, we can keep our community safe, beautiful, and thriving.

## Steve Jacobs

I am currently completing my first 3-year term on the Ocean Pines Board of Directors. I am a member of Temple Bat Yam, Berlin, Maryland.



Steve Jacobs

Previously I was a member of the Ocean Pines By-Laws and Resolutions Advisory Committee and the Golf Advisory

Committee. Former President of the Hardings Run Homeowners Association (3 years). Served for three years on the East County Advisory Board (2 years as Chair) in Montgomery County.

I have a BS Degree in Political Science from The American University, Washington D. C. and a J. D. Degree from the Catholic University of America also in Washington, D. C. Admitted to the Maryland and District of Columbia Bar, now retired.

Employed for approximately 9 years for Republican and Democratic members of the U. S. House of Representatives, worked for 2 trade associations as Vice President, Government Relations.

Worked for two small private, general practice law firms. Employed by the Attorney General of Maryland, assigned to the Department of Human Resources in Howard County to litigate child support cases.

## Monica Rakowski

My name is Monica Rakowski, I have served as the Ocean Pines Treasurer on the Board of Directors for the past three years. As a Professional Services consultant I provide accounting practices, project management, implementation and training for Fortune 500 companies. Skills I devel-



Monica Rakowski

oped in my professional life allow me to apply them to the job as a director.

I love everything about Ocean Pines. The people, the amenities, and the natural environment that surrounds us. I have volunteered since I was fourteen years old. Volunteering to run for a director position made sense for me.

If re-elected Ocean Pines finances will remain a top priority for me. As a member of the board I will ensure we have enough reserves to address road issues, drainage and any other crucial projects that may arise. I promise to fully support the renovation of the Southside Firehouse. Safety, property values and maintaining the beautification of Ocean Pines are issues that I will without fail support.

## Amy Peck

I'm Amy Peck, and Ocean Pines has been my cherished home for 23 years. I raised my sons here, worked for OPA, volunteered extensively, and now enjoy retirement. This bond fuels my commitment to preserving our legacy and ensuring Ocean Pines evolves to benefit every resident.



Amy Peck

I'm ready to serve from day one, drawing on my extensive understanding of Ocean Pines' history and its governing documents. My background as a paralegal equips me to research issues and rigorously evaluate projects for cost-effectiveness and community benefit, while my experience as a teacher has refined my active listening, empathy, and clear communication skills. These tools are essential for engaging with diverse homeowners, addressing concerns, and fostering consensus.

I'm running for the Board because I believe fiscal responsibility and a

please see **candidates** on page 12

## Courier Almanac

On June 25, 1947 Anne Frank's diary is first published, recounting her life in hiding during the Holocaust. Her father said the book revealed a side of his daughter he never knew: "I had had no idea of the depth of her thoughts and feelings."

According to the American Society for the Prevention of Cruelty to Animals, approximately 3.2 million cats enter animal shelters across the United States each year. A sizable number of cats also enter shelters each year in Canada, where Humane Canada reports just under 61,000 cats were taken in by shelters in 2021. Each of these figures underscores the need for cat adoption, but each also represents progress or at least a leveling off over previous years. The ASPCA reports that 7.2 million animals entered shelters across the U.S. in 2011, 3.2 million of which were cats. Though it would be better if that figure had decreased instead of leveled off over the 10-year period between 2011 and 2021, it does indicate campaigns to promote spaying and neutering cats to avoid overpopulation have been successful. Cat shelter populations have decreased in Canada in recent years, as Humane Canada reports that figures exceeded 78,000 in 2019 before dropping below 61,000 in 2021.



The  
**Courier**

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# BOE announces administrative changes

At last Tuesday's Worcester County Board of Education meeting, several school-based administrative appointments and transfers were announced. The new assignments are effective July 1, 2025.

Current Pocomoke Elementary School (PES) Principal Joshua Hamborsky will transfer to Snow Hill Middle School (SHMS), filling the vacancy left following the previously announced promotion of Principal Matthew Record to the Chief Safety and Academic (Secondary Education) Officer role. Also joining the SHMS administrative team is Kristina Salvarola, who is transferring from her current role as Assistant Principal at Snow Hill High School (SHHS) to succeed Karen Baker following her retirement. SHHS Teacher and Athletic Director Christopher Adkins will replace Salvarola as the school's interim Assistant Principal. Melissa Freistat, current principal of Pocomoke Middle School (PMS) returns to PES as principal to succeed Hamborsky. Freistat previously served as Assistant Principal at the school for four years before becoming assistant principal at the

middle school.

Christina Welch, principal of Buckingham Elementary School (BES), will transfer into a leadership role with the Worcester County Judy Center. As incoming Superintendent Annette Wallace has shared an overarching goal to have every child in Worcester County Public Schools reading on grade level by third grade, Welch's role will be a key component in this work moving forward.

Succeeding Welch is Danielle Jackson, who was appointed to the BES principalship today. A nine-year veteran of the school system, Jackson most recently served as Assistant Principal at PMS. She brings a strong background in early childhood education to the role, particularly in reading and math intervention.

The Board also appointed Joseph Stigler to succeed Freistat as principal of PMS. Since joining the school system in 2011, Stigler previously served as Assistant Principal at PMS and currently serves in that role Pocomoke High School (PHS). Joining Stigler at PMS is Elizabeth Berry, who was appointed to succeed Jackson as Assis-

tant Principal. A 22-year veteran in education on the shore, Berry is returning to the Pocomoke community where she once taught before becoming a school administrator in Somerset County, most recently as principal at Carter G. Woodson Elementary School.

Current BES Assistant Principal Jeffrey Postell will transfer to Pocomoke High School to fill the vacancy left by Stigler's promotion, and Ashley Miller, current school counselor at Showell Elementary, will re-

place Postell as interim Assistant Principal at BES.

"I am pleased to have worked closely with my successor, Dr. Wallace, in deciding the leadership teams for our schools moving forward," said Superintendent of Schools Lou Taylor. "She has a clear vision forward, and I believe the changes announced today are another step toward realizing that vision for student success. Congratulations to those announced today, and I thank them for their commitment to bring their best to these new roles."

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# Menu

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## STARTERS

### CRISPY WINGS

Jumbo wings tossed in your choice of sauce:  
Buffalo garlic parmesan, Old Bay butter,  
Jerk rubbed, Smokey BBQ..  
Served with ranch or blue cheese. **GF**

### CHARRED BRUSSEL SPROUTS

Flash-fried Brussels sprouts tossed in garlic,  
olive oil, balsamic glaze and finished  
with sea salt-crispy, caramelized, and addictive.  
**V/VE/GF**

### SHRIMP SCAMPI TOAST

Garlic-butter poached shrimp over toasted  
ciabatta with white wine, lemon, and herbs.

### CHICKEN TENDERS

Golden-fried tenders served with honey  
mustard or your choice of dipping sauce.

### BASKET OF FRIES

A generous serving of crispy golden fries with  
house seasoning. **V/VE/GF**

### COCONUT SHRIMP

Hand-breaded in shredded coconut, fried until  
golden, served with sweet chili sauce.

### PULLED PORK FRIES

Crispy Golden French Fries topped with  
Chipotle Sauce and slow braised pork

## SALADS

*add Chicken \$8, Shrimp \$12, Gyro \$6*

### TOI MISTA

Mixed greens, fresh strawberries, candied  
walnuts, drunken goat cheese, and a  
house-made citrus herb vinaigrette. **V/GF**

### TOI CAESAR

Crisp romaine, house Caesar dressing,  
parmesan, and croutons. **GF**

### TOI CAPRESE

Vine-ripened tomatoes, fresh mozzarella,  
basil, and balsamic drizzle. **V/GF**  
*add Chicken \$8, Shrimp \$12, Gyro \$6*

## HANDHELDS

*Served with chips. Upgrade to fries for \$3.00*

**\$15 THE SCOOSH \$15**

A Baltimore Little Italy Classic! A perfect combo  
of capocollo, hot soppressata, and aged gouda  
heated then served on toasted ciabatta with  
roasted red peppers, spring mix drizzled with  
balsamic glaze and olive oil.

**\$12 THE BOURDAIN \$14**

Fried mortadella, melted provolone, mayo,  
and NY deli mustard on toasted ciabatta

**\$17 CAPRESE \$14**

Fresh mozzarella, heirloom tomatoes, basil,  
and olive oil on toasted ciabatta.

**\$14 THE ARTHUR AVE \$13**

Grilled Italian sausage with caramelized onions,  
sweet and hot peppers, and provolone on ciabatta.

**\$14 CLASSIC GYRO \$13**

Tender slices of seasoned beef in a warm pita  
with lettuce, tomato, onion, and tzatziki.

**\$7 SHRIMP SALAD \$17**

Classic MD style shrimp salad with lettuce and  
tomato on toasted ciabatta.

**\$16 PULLED PORK \$14**

Slow-cooked pork in a Texas rub, served on a  
toasted potato roll. Served with coleslaw.

**\$13 THE \$7 HOT DOG \$6**

An all beef dog served on a potato roll.

## BURGERS & CHICKEN

*Served with chips. Upgrade to fries for \$3.00*

**\$12 CLASSIC AMERICAN CHEESE BURGER \$16**

Juicy grilled burger with creamy Cooper cheese  
on a toasted potato roll.

**\$10 GRILLED BBQ CHICKEN SANDWICH \$15**

Tender grilled chicken breast, BBQ sauce,  
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**\$15 Add bacon, or caramelized onions to any sandwich \$2.00**

GF=gluten free/V=vegetarian/VE=vegan



# MENU

## WRAPS & QUESADILLAS

<b>TURKEY CLUB WRAP</b> Roasted turkey, bacon, lettuce, tomato, with mayo in a flour tortilla.	\$13
<b>CHICKEN SALAD WRAP</b> Classic house-made chicken salad with crisp romaine and sliced tomatoes.	\$13
<b>CRISPY BAJA FISH WRAP</b> Beer-battered fish, shredded cabbage, pico de gallo, and Baja sauce in a grilled wrap.	\$16
<b>BLACKENED SHRIMP QUESADILLA</b> Spicy shrimp, cheddar jack cheese, pico, folded in a flour tortilla	\$16
<b>GRILLED CHICKEN QUESADILLA</b> Marinated grilled chicken with melted cheese, pico in a toasted tortilla.	\$14

## DRAFT BEER

DRAFT BEER - DOMESTIC	\$5
DRAFT BEER-SAM SEASONAL	\$7
DRAFT BEER- DOG FISH	\$7

## BEER IN CANS

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NATTY IN A CAN	\$3.50
STELLA, BLUE MOON, MODELO	\$7
HIGH NOON	\$8
CORONA LIGHT	\$7
RAR BREWERY	\$7
DOGFISH 30 MINUTE	\$7

## CRUSHES & SIGNATURE DRINKS

<b>CRUSHES</b>	\$9
ORANGE	LEMON
GRAPEFRUIT	KEYLIME PIE
HYBRID	CREAMSICLE
<b>SIGNATURE DRINKS</b>	\$10
JOHN DALY	PAIN KILLER
TRANSZFUSION	SPICY MARGARITA
<b>OLD FASHIONED</b>	\$12
<b>ROBS BOURBON SOUR</b>	\$12

## FROZEN & BREAKFAST DRINKS

<b>FROZEN DRINKS</b>	\$10
<b>BREAKFAST DRINKS</b>	\$10
BLOODY MARY	
MIMOSA	
SPICED ICED COFFEE	
BREAKFAST BOURBON SOUR (bacon maple syrup)	

Coffee, Tea, Iced Tea, Soda's available \$3.50

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## Short film challenge underway

The Ocean City Film Festival presents the 8<sup>th</sup> Annual Ocean City Film Challenge to filmmakers and aspiring filmmakers across Delmarva and beyond. Registration is free and now open at [www.ocmdfilmfestival.com/ocean-city-film-challenge](http://www.ocmdfilmfestival.com/ocean-city-film-challenge)

The challenge is for filmmakers to produce an original short film about Ocean City that is no longer than 10 minutes and made between July 1 and July 31. Any filmmaker who wishes to tell a story about the resort, preferably suitable for viewing by all ages, may enter. Films must be shot in Ocean City or be about Ocean City and follow a cinematic narrative. Films also must include a secret line of dialogue that is denoted in the registration form.

"A film can be produced in Ocean City, in a way that is visible within the film," B.L. Strang-Moya, creative director of the OC Film Festival, said. "Or the film can be shot outside of Ocean City, but Ocean City has to be central to the premise of the film. The film must tell an actual story in the form of a fictional narrative. We cannot accept any vacation footage, music videos, or any such media that would not be considered traditional cinema."

The deadline to register for the challenge is July 21, 2025. Final cuts are due on July 31, 2025, and submitted online along with other deliverables. The winning films will premiere in a special showing under the stars on Saturday, August 23 between 7 p.m. and 9 p.m. on the tennis courts next to the Ocean City Center for the Arts, 94<sup>th</sup> St. bayside. In the event of inclement weather, the screening will move inside the Arts Center.

The three top films will be screened at the Ocean City Film Festival in March 2026.

The 1st-place prize includes two Film Festival Season 10 passes, a swag bag, and an Ocean City hotel stay for the duration of the festival. The 2nd-place prize includes two Film Festival Season 10 passes, a swag bag, and \$50 cash; the 3rd-place includes two Film Festival Season 10 and a swag bag.

"Ocean City is a beautiful landscape, and there's so much that artists can take advantage of right here in town," said Strang-Moya. "There are many ways to tell a story through motion picture, and our Film Challenge pushes filmmakers to explore these boundaries."

Upon registration, filmmakers will be sent an access code to submit their final films to the Filmfreeway platform. Contact the Film Festival at [OceanCityFilmFest@gmail.com](mailto:OceanCityFilmFest@gmail.com) with questions.

The Ocean City Film Festival is a program of the Art League of Ocean City.

## 'First Friday' moves to 'Second Friday'

The Art League of Ocean City announced that their usual "First Friday" art opening and party will move to the "Second Friday" July 11 in observance of the 4<sup>th</sup> of July holiday. The Ocean City Center for the Arts will be closed on July 4, 2025.

Five new art shows will open on July 11, 5-7 p.m. at the free reception at the Arts Center, 502 94<sup>th</sup> St bayside. More information is available at [OCart.org](http://OCart.org).

## Flea market scheduled

A flea market and bake sale will be held Saturday July 5 at Bethany United Methodist Church located at 8648 Stephen Decatur Highway in Berlin. The outdoor event will take place from 8 a.m. to 11 a.m. To reserve space, contact 443-641-2186 and/or [bethany21811@gmail.com](mailto:bethany21811@gmail.com).



## Tomato Festival to bring flavor, fun and festivities

A juicy celebration is set to take over the Ocean Pines Farmers & Artisans Market during its special Tomato Festival event on Saturday, July 12, from 8 a.m. to 1 p.m. at White Horse Park Marketplace, 235 Ocean Parkway in Ocean Pines.

Marketgoers can expect a day bursting with tomato-themed treats, family-friendly activities, and a vibrant showcase of local vendors. From farm-fresh produce and creative tomato-inspired dishes to handcrafted goods and baked specialties, the festival promises a flavorful experience for all ages.

In addition to shopping for peak-season produce and unique artisan items, visitors can enjoy live enter-

tainment and interactive activities throughout the day. The event will offer a chance to meet local farmers and makers, while enjoying the community spirit that has become a hallmark of the Ocean Pines market.

"This event is one of the highlights of our summer season," said Market Manager David Bean. "We're excited to spotlight our vendors and bring people together for a fun, flavorful celebration of one of summer's favorite crops."

Admission is free, and all are invited to attend.

For more information about the Ocean Pines Farmers & Artisans Market, visit [www.oceanpines.org](http://www.oceanpines.org) or follow the market on social media.



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# Certified hand therapists: a rare resource in Ocean Pines

By **William Hamilton Jr., DPT,CHT**

If you've ever had trouble buttoning a shirt, lifting a coffee mug, or reaching behind your back without discomfort, you're not alone. These seemingly small challenges often stem from injuries or conditions affecting the hand, wrist, elbow, or shoulder—parts of the body we rely on constantly but tend to overlook until they stop working well.

What many people may not realize is that there's a specialized type of rehabilitation professional who focuses solely on these areas: Certified Hand Therapists, or CHTs. And in Ocean Pines, having even one in town is something of a rarity.

### What is a certified hand therapist?

Certified Hand Therapists are licensed physical or occupational therapists who have pursued advanced clinical training focused on the upper

extremity—from the shoulder down to the fingertips. To become certified, they must complete at least 4,000 hours of direct upper limb therapy and pass a national certification exam. Fewer than 6,500 therapists in the U.S. have earned this designation, and even fewer are found in smaller or rural communities.

In Ocean Pines and the surrounding region, there is one of the only clinics where residents can access care from Certified Hand Therapists without traveling far. This kind of local expertise is uncommon on the Eastern Shore of Maryland.

### Why it matters

Injuries and conditions affecting the upper limb can impact people of all ages and activity levels. These range from common overuse issues like carpal tunnel syndrome and tennis elbow to fractures, tendon repairs, arthritis, or post-surgical rehabilitation. And while some injuries are sudden or severe, many more develop gradually over time - nagging aches, limited range of motion, or unexplained weakness.

That's where a Certified Hand Therapist can make a difference. Because of their focused training, CHTs are able to assess complex mechanics of the hand, wrist, elbow, and shoulder. They often work closely with physicians, especially hand surgeons and orthopedists, but also provide non-surgical care when appropriate. They may fabricate custom splints, teach movement strategies, apply manual techniques, or guide patients through exercises designed to restore function.

In other words, this isn't general rehabilitation—it's targeted, upper-limb-specific therapy, designed for the nuanced tasks we perform every day.

### Not just for serious injuries

One of the biggest misconceptions about therapy is that it's only for people recovering from surgery or major trauma. In reality, many people can benefit from early intervention before symptoms become more disabling. Pain when lifting a pan, reaching into a cabinet, or using a keyboard may seem minor, but these signs often indicate biomechanical issues that a CHT is uniquely equipped

to address.

And because Maryland allows direct access to physical therapy, patients don't always need a referral to be evaluated. This makes it easier to get help early, potentially avoiding more serious problems down the road.

### The bigger picture

Certified Hand Therapists fill a very specific niche in the healthcare system. Their rarity makes them valuable not just for individuals recovering from injury, but for the community as a whole. Whether someone is a retiree gardening on weekends, a tradesperson who relies on hand strength, or a student with chronic wrist pain from writing or typing, the availability of this kind of care locally can have a wide-reaching impact.

In a time when specialty healthcare often means driving long distances or facing long wait times, having access to CHTs in Ocean Pines and nearby Salisbury is a meaningful advantage. It's a reminder that expert care isn't

*please see **therapist** page 12*



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# OPA to hold public hearing on fire house referendum

Consistent with Section 4.08(a) of the Ocean Pines Association, Inc. (“OPA”)’s By-Laws, a public hearing will be held on a referendum initiated by the Ocean Pines Association Board of Directors to approve a proposal to proceed with the construction of a new South Fire Station at a target cost of up to \$3.4 million with a possible cost variance of up to ten percent.

The hearing will be held on June 27 at 2 p.m. at the South Fire Station.

What follows is additional information on the matter provided by the OPA board of directors.

*Dear Ocean Pines Community,*  
*We want to bring your attention to a crucial matter concerning the Ocean Pines Volunteer Fire Department (OPVFD) and the safety of our community.*  
*Under the Declaration of Restrictions (DR’s) for all sections of Ocean Pines, the Ocean Pines Association, Inc. is responsible for providing fire protection for the residents of OPA.*  
*OPVFD plays a vital role in providing fire, rescue, and medical services*

*to the Ocean Pines community. The department also has mutual aid agreements in place to assist neighboring areas, including Ocean City, Berlin, Bishopville and Showell, as well as the rest of Worcester and Wicomico Counties. This dedicated team of volunteers and career firefighters, paramedics, and emergency medical technicians ensures our safety, day in and day out.*  
*Our Current Situation: The existing Ocean Pines Volunteer Fire Department South Station, constructed in 1981, has served us well for over 40 years. However, it no longer meets necessary safety standards, is outdated, and is in a state of disrepair.*  
*The station’s current condition presents several issues:*  
*Size and Capacity: The station was built for a different time and does not adequately accommodate the department’s growth. The gross square footage falls well short of our operational needs. The bunkroom, originally built for one staffer, currently houses four men and women in a single room.*  
*Safety Concerns: The building’s layout and accessibility do not meet National*

*Fire Protection Association (NFPA) and Americans with Disabilities Act (ADA) standards, potentially jeopardizing the safety of our first responders and community members.*  
*Outdated Infrastructure: The building’s energy performance is outdated, and it lacks compliance with modern building codes.*  
*Crumbling conditions: The building’s failing condition places the health and safety of staff and the public at risk. Mold conditions, gas line issues, and drainage problems are just a few of the pressing issues.*  
*Design flaws: First responder circulation throughout the building is both convoluted and hazardous, which can slow response times during emergencies.*  
*Staff and Volunteer Retention: The building’s condition makes it challenging to recruit and retain both volunteer and career staff, negatively impacting the quality of service we can provide to our community.*  
*Our Path Forward: In light of these challenges, OPVFD and the OPA Board are seeking your support for a vital project. We propose to build a new station on the existing South Station footprint, addressing the shortcomings of the current facility and providing a safer and more efficient environment for our first responders and the public.*

*By supporting this project, you’re endorsing and protecting the safety of our community and ensuring that OPVFD can continue to deliver the high-quality fire, rescue, and medical services that we all rely on. Together, we can create a safer Ocean Pines for generations to come.*  
*Under the “Memorandum of Understanding between Ocean Pines As-*

*sociation, Inc. and the Ocean Pines Volunteer Fire Department, Inc.” executed on July 12, 2024, upon completion of the South Station project, OPA, Inc. will become the owner of the South Station building and associated improvements at that property, subject to the OPVFD continuing to own the land, and having responsibility for property taxes and maintenance and repair costs. Accordingly, OPA members should be aware that, after completion of the project, the asset side of OPA’s balance sheet may be enhanced by ownership of the new station improvements.*  
*Pursuant to Section 4.08 of the OPA Bylaws, and by a motion voted upon and approved at the May 24, 2025 Board Meeting, the OPA Board of Directors is advancing to a referendum vote, in connection with this year’s annual meeting and Board election, the following ballot question: “Do you authorize the Ocean Pines Association’s Board of Directors and Administration to proceed with the construction of a new South Fire Station at a target cost to OPA, Inc. of up to \$3.4 million, with a possible cost variance of up to ten percent (10%)?” We ask that you vote “Yes” to this referendum question.*  
*Thank you for your commitment to the well-being of our community.*

*Sincerely,*  
*Ocean Pines Board of Directors*

**business**  
from page 4

Pines and how Ocean Pines is the best community on the Eastern Shore.” Aldrich knows the area well after spending time here before moving to Ocean Pines permanently. Prior to her move and while spending years in Baltimore and North Carolina, Aldrich would vacation in historic Berlin, staying at the Holland House and working remotely. Aldrich attended the University of Vermont, studying Resource Economics and, later, Digital Marketing. Her experience in the nonprofit world included stints at the Baltimore Symphony Orchestra and the Maryland State Medical Society.

“The Eastern Shore resembles how I grew up in New England when it was a more conservative area,” Aldrich said. “It’s gotten a lot more liberal since then. It’s progressive, and I like that, too. I sat on the Burlington City Council when I was a student at University of Vermont and chair of the student government committee on Legislative Action. I still advocate. That’s what I did for physicians with the Maryland State Medical Society ... Access to healthcare is a huge passion of mine.”

Aldrich recalled selling apples in Springfield, Vermont when Ronald Rea-

gan was running for president in 1980. She also sat in on a Burlington City Council meeting with then councilmember Bernie Sanders. “My parents were very active in the state, because my Dad’s businesses had several locations around New England ... I’ve been in the spotlight since I was born.”

Aldrich praised the chamber’s website – [www.worcestercountychamber.org](http://www.worcestercountychamber.org) – as the best source for current information about businesses and events in the area.

“If you’re seeking trusted and reliable resources, go to our website first,” Aldrich recommended. “Those are the people who are committed to this community. They pay membership dues and want your business. They are not going to take your money and run. They have the credentials and licensing to get what you need done the first time. Look at my website. Call me. I’ll tell you just like it is. People think I’m the Better Business Bureau – the good, the bad, and the ugly. Our partners can go right on and put their events on our website for our community calendar. I think the chamber’s website is the best-kept secret around.”

Aldrich stated that she couldn’t do her job without the support and understanding from the community. “It’s the best job I’ve had, and I will be here forever if they let me.”

**candidates**  
from page 6

focus on essential needs must guide our decisions. Instead of chasing flashy projects, I will prioritize maintaining infrastructure, ensuring safety, and preserving our community’s resources and natural beauty. I am here to listen, serve, and advocate for every resident in Ocean Pines.

Together, let’s build on the strong foundation laid by our Founders to create a future that honors our past while meeting today’s needs. I’d be honored to earn your vote.

**therapist**  
from page 11

just for big cities and that recovery and prevention both start close to home.

If you’re curious about whether hand therapy might help you or someone in your family, consider speaking with a licensed physical therapist who specializes in the upper extremity. Even subtle discomfort can be a sign that something is worth addressing.

Your hands, wrists, elbows, and shoulders do more for you than you might think. It makes sense to give them expert attention when they need it.

William Hamilton Jr., DPT, CHT is owner of Hamilton Hand to Shoulder with locations in Ocean Pines and Salisbury. He can be reached at 410-208-3300 or by email at [Billy@hamiltonhand.com](mailto:Billy@hamiltonhand.com).



# What to know about PTSD

Traumatic events and experiences can affect individuals for a long time. Though it's often associated with combat veterans, post-traumatic stress disorder, or PTSD, affects people from all walks of life. Because no one is immune to PTSD, it can benefit anyone to learn more about this potentially debilitating yet treatable condition.

To illuminate this affliction, Friday, June 27 is National PTSD Day.

## Perennials to consider for your garden this year

Gardening is a rewarding hobby that provides a great reason to get outdoors. Getting one's hands dirty in the garden often pays off with a colorful, awe-inspiring and aesthetically appealing finished product.

Perennials are plants that live multiple years. Even though perennials may die back above ground each winter, their roots remain alive, which is why the colorful blooms typically return anew once warm weather makes a comeback. Gardeners who want to capitalize on the hardiness of perennials can consider these plants for their gardens this season.

**Coreopsis:** Coreopsis are perennials that thrive in a wide range of conditions, including various types of soil. So gardeners who find their soil is predominantly clay as well as those with sandy soil may be able to successfully plant coreopsis on their properties. Better Homes & Gardens notes coreopsis are native to the United States and produce colorful blooms that can withstand hot and dry weather throughout the summer.

**Russian sage:** Russian sage produce purplish-blue flowers that BHG notes retain their color for weeks. Russian sage can be planted in a variety of the hardiness zones defined by the U.S. Department of Agriculture, and many gardening experts recommend them to gardeners whose local climates tend to be especially hot and dry.

**Hellebore:** BHG notes hellebore are ideal for gardeners who want some color in the early days of spring. Hellebore, sometimes referred to as "Lenten Roses," have an early flowering season, so their blooms, which can be pink, white, purple, yellow, green, rose, or purple, can be a welcome sign in spring.

**Baptisia:** Gardening experts note

### What is PTSD?

The American Psychiatric Association defines PTSD as "a psychiatric disorder that may occur in people who have experienced or witnessed a traumatic event." Some examples of events that can lead to PTSD include war/combat, a terrorist attack, rape, or incidents in which people have been threatened with death, sexual violence or serious injury. PTSD also can occur after witnessing traumatic events, including natural disasters or serious accidents.

these purple-blooming perennials thrive in sun. Gardeners who want perennials with particularly long-life expectancies can consider baptisia, as experts note they can live for many decades. Baptisia are drought-tolerant, and they can grow in soil that may not be considered great for other plants.

**Coneflower:** The unique look of coneflowers has generated many enthusiasts of these perennials that bloom from early summer to fall. Coneflowers are highly adaptable, making them capable of growing in various zones and soil types. Once established, coneflowers are considered very drought-tolerant.

Perennials can add aesthetic appeal to landscapes year after year. Gardeners are urged to speak to experts at local gardening centers to identify the perfect plants for their gardens.

### Is PTSD a recent phenomenon?

PTSD has been around as long as there have been traumatic events, though its name is more recent. The APA notes that PTSD has been known by various names in the past, including "shell shock" and "combat fatigue." These names are no longer used in part because they give the impression that post-traumatic stress is exclusive to combat veterans. That's a misperception, as the Sidran Institute, a non-profit organization that helps people understand and recover from PTSD, notes PTSD will affect one in 13 people in the United States and 9 percent of Canadians at some point in their lives.

### Who can get PTSD?

The APA notes that exposure to an upsetting traumatic event is necessary before a diagnosis of PTSD can be made. However, that exposure can be indirect. For example, police officers who are repeatedly exposed to details of heinous crimes can develop PTSD even though they are not victims of those crimes and did not witness them. But the U.S. Department of Veterans Affairs reports that individuals are more likely to develop PTSD if they are directly exposed to a trauma or injured.

### What are some symptoms of PTSD?

The APA places symptoms of PTSD into four categories:

1. Intrusion: Symptoms in this category include intrusive thoughts, such as repeated, involuntary memories; distressing dreams; or flashbacks of the traumatic event.

2. Avoidance: People with PTSD may avoid reminders of the traumatic event. These reminders can include places, activities, objects, and even people. Individuals also may resist talking about the event and how they feel about it.

3. Alterations in cognition and mood: PTSD can result in an inability to remember details of the traumatic event. Individuals also may develop negative thoughts and feelings that lead to ongoing and distorted beliefs about themselves and others. Individuals may blame themselves for the event or experience ongoing fear, horror, anger, guilt, or shame. A sense of detachment or estrangement from others also may occur.

4. Alterations in arousal or reactivity: Symptoms in this category may include being irritable and having angry outbursts; reckless, and potentially self-destructive behavior; being overly watchful of surroundings; being easily startled; or experiencing difficulty sleeping or concentrating.

PTSD affects people from all walks of life. Individuals who are having difficulty processing a traumatic event they were directly or indirectly involved with are urged to contact their physicians immediately. More information about PTSD is available at [www.psychiatry.org](http://www.psychiatry.org).

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# Work toward your own financial independence day

By **John Bennish**  
*Financial Advisor, Edward Jones*

We're getting close to the Fourth of July, our national Independence Day.



John Bennish

This celebration may get you thinking of the many freedoms you enjoy. But have you thought of what you might need to do to attain financial freedom?

Your first step is to define what financial

independence signifies to you. For many people, it means being able to retire when they want to, and to enjoy a comfortable retirement lifestyle. So, if this is your vision as well, consider taking these steps:

Pay yourself first. If you wait until you have some extra money "lying around" before you invest for retirement, you may never get around to doing it. Instead, pay yourself first. This actually is not that hard to do, especially if you have a 401(k) or other employer-sponsored retirement plan, because your contributions are taken directly from your paycheck, before you even have the chance to spend the money. You can set up a similar arrangement with an IRA by having automatic contributions taken directly from your checking or savings account.

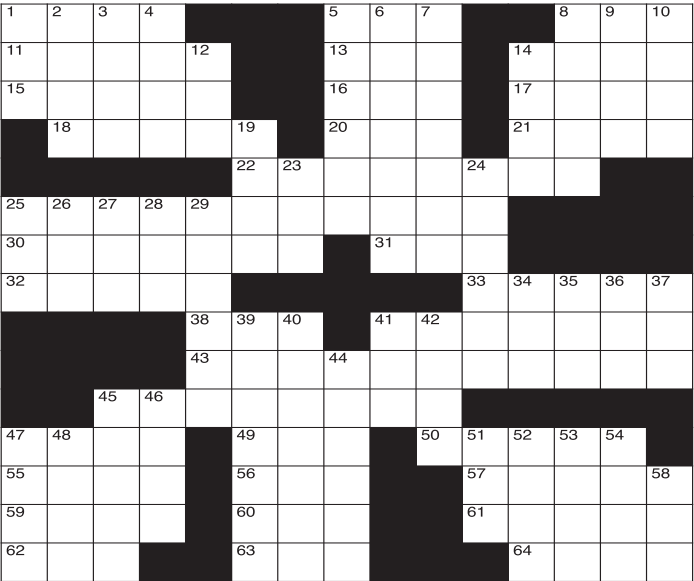
Invest appropriately. Your investment decisions should be guided by your retirement goals, along with how long you have before you need the money and how comfortable you are with different levels of investment risk. If you deviate from these guideposts — for instance, by taking on either too much or too little risk — you may end up making decisions that aren't right for you and that may set you back as you pursue your financial independence.

Avoid financial "potholes." The road to financial liberty will always be marked with potholes you should avoid. One such pothole is debt — the higher your debt burden, the less you can invest for your retirement. It's not always easy to lower your debt load, but do the best you can to live within your means. A second pothole comes in the form of large, unexpected short-term costs, such as a major home or auto repair or a medical bill not fully covered by insurance. To avoid dipping into your long-term investments to pay for these short-term costs, try to build an emergency fund containing three to six months' worth of living expenses, with the money kept in a liquid, low-risk account.

Give yourself some wiggle room. If you decide that to achieve financial independence, you must retire at 62 or you must buy a vacation home by the beach, you may feel disappointed if you fall short of these goals. But if you're prepared to accept some flexibility in your plans — perhaps you can work until 65 or just rent a vacation home for the summer — you may be able to earn a different, but still acceptable, financial freedom. And by working a couple of extra years or paying less for your vacation home expenses, you may also improve your overall financial picture.

Putting these and other moves to work can help you keep moving toward your important goals. When you eventually reach your own "Financial Independence Day," it may not warrant a fireworks display — but it should certainly add some sparkle to your life.

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



### CLUES ACROSS

1. Computer manufacturer

5. Noted space station

8. Kurt Russell film "Captain"

11. Automaton

13. Everyone has one

14. Incline from the vertical

15. Fights

16. Dunn & Bradstreet (abbr.)

17. Finishes off

18. Places to store things

20. Dutch painter Gerard \_\_\_\_

21. Smaller quantity

22. There's a North, South and Central of these

25. In an early way

30. More spacious

31. Short-term memory

32. One who possesses
33. Sesame

38. Forbid

41. A way to explain

43. Not around

45. Evoke or suggest

47. Ancient kingdom near Dead Sea

49. Dekameter

50. Fencing sword

55. "Luther" actor Idris

56. Affirmative (slang)

57. Afflicted

59. One point north of northeast

60. Born of

61. Arabic name

62. Hong Kong food stall: \_\_\_\_  
    pai dong

63. Not the start

64. Post

### CLUES DOWN

1. Creative expression

2. Fiber from the outer husk of a coconut

3. City in ancient Syria

4. College army

5. More disturbed

6. Pays no attention to

7. Restored

8. Competitions

9. Lyric poems

10. Famed American lawman

12. Expression of disappointment

14. Scars

19. Satisfy

23. Central European river

24. Brass instrument

25. One who gets paid to perform

26. Propel with oars

27. Long period of time

28. Woman (French)
29. Type of plane

34. Pitching stat

35. Pointed end of a pen

36. Pro sports league

37. Body part

39. Inoffensive

40. Yellowish cotton cloth

41. Feline

42. Does not tell the truth

44. Set out to attract

45. Spiritual leader of a Jewish congregation

46. Abba \_\_\_\_, Israeli politician

47. Repair

48. Genus of flowering plants

51. Tributary of the High Rhine

52. Prejudice

53. C. European river

54. Restrain

58. Father



Answers for June 18



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*Some things to think about*

Gathered from the internet  
by **Jack Barnes**



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