

# The Courier

July 23, 2025 Volume 25 Number 40

Living  
50Plus  
*Special Edition*



**MAUREEN KENNEDY**, owner of My Backyard in Ocean Pines, launched a successful second business when she retired and moved full time to Ocean Pines. See story on page 7.

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## **OPA announces changes in leadership**

Ocean Pines Association General Manager John Viola has announced a series of changes in leadership.

Viola said the Compliance, Permits, and Inspections Department (CPI) will now report to Deputy Director of Public Works, Nobie Violante.

With 26 years of experience working for Ocean Pines, Public Works Director Eddie Wells said, "Congratulations to Nobie for taking on more responsibility and overseeing the CPI Department. His knowledge and understanding of how the Association works will greatly help him in his position."

Additionally, Tony Tedeschi will move into a managerial role at the Marina, taking on additional responsibilities. He will run the day-to-day operations at the Marina, still reporting to Nobie.

"Tony is a team player and goes above and beyond to help the boaters. He's definitely the right fit for the marina," said Nobie Violante.

The CPI Department will be moving to the Public Works building within the next few weeks.

## **Board election deadline approaching**

The Ocean Pines Association would like to remind residents to vote in the 2025 Board of Directors election. The deadline to vote is Wednesday, August 6. Ballots will be accepted at the ballot drop box, located at the police station, until noon that day. Ballots can be sent electronically or through the mail until 4:30 p.m.

The ballot box is available 24 hours a day, seven days a week, until the deadline.

Ballots will be counted, and vote totals will be announced on Friday, August 8. Additionally, the Annual Meeting will be held at 9am on Saturday, August 9.

Included with the ballot is a Q&A handout regarding to Ocean Pines Volunteer Fire Department Referendum.

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



## **Ott guest speaker**

Marlene Ott is a longtime resident of Ocean Pines and a Realtor for 39 years. Marlene has gained a lot of historical information about her beloved Ocean Pines and shared some of it with the local Kiwanis Club on July 16. She even knows where the bodies are buried in the 3,600 acres of Ocean Pines as there are two cemeteries within Ocean Pines.

Above: (L-R) **Marlene Ott** and Kiwanis Club President **Tom Southwell**.

# STEVE JACOBS

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# Mail

In our house we sometimes have a tendency to delay for several days retrieving our mail from the cluster boxes located around the corner from our house. Sometimes we'll wait up-

less than 20 to 25 clothing and accessory catalogs a week. They piled up on the kitchen counter, eventually tossed out to make room for the next week's batch. I don't know that they ever perused them.



**It's All About. . .**  
By **Chip Bertino**

chipbertino@delmarvacourier.com

wards of a week before emptying the box which by that time is filled with all sorts of envelopes, catalogs and solicitation post cards. Most of the mail, as you might imagine, is quickly filed in the trash can. You know how it is, someone somewhere gets a hold of your mailing address and before long you're being inundated with solicitations and promotions.

I can't remember the last time, aside from the Christmas holidays, when I received in the mail a personal letter from someone I know. Allow me to refresh your memory as to what personal correspondence is. It's a handwritten note from someone you know who took the time to compose a letter on a sheet of stationery, fold it and insert it into an envelope which he or she then addressed by hand, adhered a stamp and dropped in a mailbox. Such a sequence of events seems archaic given that most personal correspondence these days is electronic via e-mail, Facebook, Twitter and text messaging. Oh, the good old days!

When I was younger - a lot younger - during the summer following eighth grade, I was staying at my grandparents' home on the Jersey shore. At the time I was "going out" with a girl. We wrote each other letters. I anxiously awaited the mailman's arrival at around 3:30 in the afternoon. As soon as he drove away, I raced to the mailbox hoping to find a letter. Most days I was disappointed. But on those days when I wasn't, ah, it was so nice to sit on the porch to read and reread the personal letter written on blue note paper.

Today most mail I receive are bills and letters from auto warranty companies informing me that my coverage is about to end on a car I haven't owned for a couple years.

When my daughter was still living at home, she and my wife received no

When I was a kid, I received parcels from time to time. Once I ordered and received a box of Burpee vegetable seeds in individual envelopes that I sold door to door to make money. I think I was about 10 or 11 at the time. Another time I saved up enough Frosted Flakes box tops to earn a Tony the Tiger beach towel. That was a good day when that came in the mail. I couldn't wait to go to the beach. Then there was the time, again cereal related, that I collected just enough box tops to send for a free song recording of "Josie and the Pussycats" on a 45 record. I don't remember what cereal I was eating at the time but I do remember having a thing for Melody, the Pussycats' drummer.

Amazon shopping generates excitement for going to the mailbox. In some ways it's a throwback to the Sears catalog days - ordering something and waiting for it to arrive. Despite the fact that I know what's in the Amazon package, it's still a little like Christmas tearing open the package.

A couple weeks ago while at the post office to mail a package, I overheard the clerk tell a customer that stamp prices were going up the following week. When I got to the counter, I asked what the new stamp price would be and was told \$.78, an increase from the current \$.73. As I purchased a roll of stamps at the current price, I remembered that when I was writing letters during that eighth-grade summer stamps were just 15 cents. That was a long time ago indeed.

## NOTICE TO READERS

*The Courier will be on hiatus  
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# Heavner endorses incumbents citing proven results

## Editor:

I endorse President Stuart Lakernick, Treasurer Monica Rakowski and Director Steve Jacobs for re-election in the 2025 Ocean Pines Association Board of Directors election. This Board has proven its ability to address matters of policy and the promotion of Ocean Pines. The list of accomplishments is long and beneficial. For most issues, we have purposely worked together to **SIMPLY** support our General Manager to get things done in support of his strategic and tactical plans. Simple in respect to recognizing and respecting leadership and not complicating governance. Our chemistry in support of simplicity has resulted in unprecedented positive financial performance, one of the safest communities to live and play in Maryland, a balanced and healthy attention to infrastructure, ready to withstand a professional reserve study, destination amenities enhancing the enjoyment of our desired and valuable way of life and like-minded champions of community issues. Each of these incum-

bents brings unique leadership ingredients that have resulted in a recipe of success:

-President Lakernick brings a true love of everything Ocean Pines. Association Members can often see Stuart promoting our amenities and activities in photos and videos. Stuart brings a keen entrepreneurial get it done discipline.

-Treasurer Rakowski brings a deep love of family and ensures everyone feels included in decision making. Her corporate experience brand also promotes the get it done attitude.

-Director Jacobs brings his D.C. experience, advocating for a broad range of opinions in the decision-making process.

It is a pleasure to work with these 3 and the entire Board of Directors. Together, we are:

-Bullish on the future success of the Pines.

-Happy supporters of the General Manager's management plan.

-Embracing a simple get it done philosophy.

I ask each lot owner to:

-Cast your vote in the 2025 Board of Directors election.

-Vote **YES** on the referendum to build a new Southside Fire Station.

-Vote for Stuart, Monica, and Steve.

I support the incumbents and invite each of the incumbents to place

a candidate sign in my front yard, bursting with pollinator flowers.

God bless America, Maryland, the Pines, and our candidates.

**Jeffery Heavner**

*Ocean Pines*

*(Mr. Heavner is*

*a current Ocean Pines*

*Association board member)*

## Beach to Bay Heritage Area awards mini-grants

The Beach to Bay Heritage Area is pleased to announce the newest round of mini-grant recipients. Six organizations were awarded funding from a competitive pool of applicants.

Crisfield Arts and Entertainment District will receive funds to create an art gallery and public art brochure to help visitors and residents navigate the different galleries and art installations throughout the city.

Preservation Trust of Wicomico County will be creating and installing four historic markers throughout the Salisbury Area to commemorate sites such as Camp Wallace, the site of a Civil War Camp also known as Camp Upton.

The Delmarva Discovery Museum will be using grant funds to help augment current exhibits with a modular display system and signage for rotating exhibits.

The Art League of Ocean City will conduct a month-long heritage initia-

tive during September 2025, celebrating the rich cultural traditions, stories, and artisanal crafts unique to Maryland's Lower Eastern Shore.

Eastern Shore Ballet Theatre will be hosting a Dance Festival on Assateague Island, free outdoor professional dance performance that will serve as a conduit to connect the community, environment, and performing arts. Seeking to share dances inspired by the island's natural assets, the festival highlights the beauty and fragility of the park, ocean, and coastal bays through a number of educational activities.

Rackliffe House Trust will be receiving grant funding to implement a dedicated space for a teaching and display garden project. The project aims to create an immersive and educational garden experience that accurately reflects 18th-century

*please see **grants** on page 18*

## Courier Almanac

On July 23, 2021 the Cleveland Indians announce that the team will change its name to the Cleveland Guardians at the end of the season, out of respect for Native Americans. It had retired its grinning "Chief Wahoo" logo in 2018.



Cancer is often discussed in ways that note the statistics regarding new diagnoses of the disease. That's understandable, as the World Health Organization notes there were 20 million new cases diagnosed in 2022, when nearly 10 million individuals lost their lives to the disease. But it's equally important, particularly for newly diagnosed patients and their families, to recognize how many survivors of the disease are currently walking among us and, in many instances, living normal and fulfilling lives. Estimates from the WHO suggest roughly 53.5 million people across the globe were alive within five years of receiving a cancer diagnosis. Such a statistic highlights the incredible progress cancer researchers have made in combatting the disease and can serve as inspiration to the millions of people who will receive a diagnosis and begin treatment in the year ahead. .



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# Kennedy believes retirement is for the birds

By Elaine Bean

Maureen Kennedy had just retired. She and her husband had permanently moved to their second home in Ocean Pines after selling their HVAC business in Olney, MD. "We got tired of the rat



**Maureen Kennedy**

race and loved the peace and quiet of this area," she said.

Kennedy then made a life-changing decision. "I realized I was going to be bored if I didn't find something to do. I decided to open a store ... I had talked about this business for about 30 years."

That decision became "My Backyard," a store on Manklin Creek Road specializing in supplies for birds and making a home's backyard a special place to spend time and enjoy nature.



"When I was a child, my mother got me interested in birds and nature," Kennedy said. "As I drove around Ocean Pines, I realized it would be a good place to have a bird store, because it looked like every house you see there's a feeder or a bird house or something in the yard pertaining to birds. ... I wanted to make people enjoy their backyards, and birds were part of it."

Kennedy calls herself "a backyard birder. I'm not one of those people who goes on vacation looking for birds. I just enjoy seeing them in my backyard, the down-to-earth stuff."

When the store first opened seven years ago, Kennedy, although an enthusiastic birder, had to teach herself many of the do's and don't's of backyard birding.

"In the beginning especially, if someone asked me a question about something I wasn't familiar with, which happened a lot - I never claimed to be an expert - I would look it up on the internet, and we'd learn together," Kennedy said. "And that all stuck in my head. I learned about bat houses, different things, kind of on-the-job training, if you will."

My Backyard offers a wide range of supplies for birds including houses, baths, feeders, seed, and also nautical-themed gift items.

"I listen to my customers," Kennedy said. "They asked can we do some nautical stuff. I had tried to stay in the theme of 'my backyard.' But they'd say, well, the beach is our backyard. So, I brought nautical in. I listen to people."

Most items in the store have something to do with birds, and many are one-of-a-kind and made locally. A Delaware man, for example, makes custom driftwood poles with a hook to hang feeders. "They are very unique," Kennedy said. "You can't find them anywhere. I have the typical, but I do my best to find the unusual."

Those unusual items include ornaments crafted from aluminum cans, solar-powered items, and Amish-made birdhouses. "I have the norm, the manufactured ones, but also handmade ones," Kennedy said.

Local artists make jewelry and shell ornaments for the store, and Kennedy welcomes those with items to sell to contact her. "Anybody who comes in to try and sell something local, I try to give them a shot and see what works."

Kennedy offers advice on backyard birding, including how to begin. "I love

the newbies especially, because they don't know where to start. I love to get them started simple, and kind of get them hooked on it and excited about it."

She keeps complimentary printouts on her counter on subjects ranging from how to make hummingbird food to what fruits birds eat. She also recommends providing water as a simple way to attract birds.

"I always tell people if you don't want to spend money on bird seed and all that stuff, a good birdbath will bring a bird to your yard," she said. "That's the first thing a bird will go to - water ... Birds are 70% water, so they really need the water. Plus, they need to clean their wings. And it's fun to watch them play in the water. Robins are the most fun. They make the biggest mess and have such a good time."

"I just learned recently only 25% of birds' daily intake comes from feeders.



*My Backyard located in Manklin Station in Ocean Pines*

The other 75%, they hunt nature. So, you do not have to worry about feeding them in the summer for fear that they won't learn how to hunt."

Kennedy often states that she prides herself on listening to the people who come into her store, and they often give her ideas she uses.

"I have a Hungry Bird Club; you buy so many bags of seed, you get one free," she said. "I have a sale coming up this month; you spend \$50 and get a \$10 gift card. Wine and cheese things, too. So, I try to do things that engage the community."

## Positive adult role models benefit kids

Children begin learning about life early on from the people who surround them. From the earliest age, youngsters mimic their parents and look to caregivers to guide their development and demonstrate proper behavior.

According to Words Alive, an organization inspiring a commitment to reading for life success, 90percent of a child's brain develops by age five. During these first five years, abilities such as motivation, problem solving, communication, and self-regulation are formed. Having the right role models in a child's life influencing them through these formative years can set a foundation for success.

What is a role model? A role model is a person whose behaviors are emulated by others, according to Connections Academy™ by Pearson. When a child has a positive role model, there is a greater likelihood the youngster will engage in constructive behavior that mirrors the

person he or she looks up to.

Why are positive role models important? Adult-child interactions can help shape an individual. The Center of the Developing Child at Harvard University noted that if an adult's responses toward a child are inappropriate or unreliable, that child's brain architecture may be disrupted and their emotional health impaired. The opposite is true when children have positive influences in their lives who respond properly to a child's behavior.

Choosing safe adults It is vital to surround children with safe adults who can be positive role models. According to Perpetrators of Sexual Violence: Statistics by RAINN, 93 percent of juvenile sexual abuse cases knew the perpetrator, and 34 percent were family members. Safe adults are those who model healthy behaviors and actions to set an example for the child. Although a child's uncle

*please see **role model** page 12*



# South Point sculptor continues to create at 93

By Elaine Bean

Tuve Tuveson is still at it. After celebrating his 93<sup>rd</sup> birthday on July 6 and recovering from a recent fall, he is back in his studio at his home in South Point, creating metal sculptures with the collaboration of his daughter, Tia. Their three-dimensional sculptures are an



**Tuve Tuveson**

iconic fixture along South Point Rd., with a group of Viking figures standing like sentries in the front of their yard.

Never one to let age or a fall get in his way, Tuve Tuveson continues to turn metal into sculpture in the studio next to his home, packed with old anvils and welding equipment and raw materials.

His long yard from street to bay is lined with art he created: a tall smooth obelisk, a trio of swooshes, an abstract running figure, a blue bottle tree, cylinder bells with deep chimes. The roof of his studio reveals a Viking head and a Viking long ship – odes to Tuveson's Swedish heritage – along with a sun face, and a mosquito biting a long arm, displaying the subtle humor that is a hallmark of his work.

For a very public spot, the pair created a large stainless steel weather vane that spins and shines with the breeze off the bay at the Art League of Ocean City's home on 94<sup>th</sup> St. In full circle, wife and mother Inga Tuveson was a mover and shaker at the Art League, elected to the Board of Directors as secretary in 1994, as president in 1995, and serving until 2006 in various board roles. After her passing, Tia and Tuve started an Art League scholarship in her name to support emerging artists with tuition help towards a college degree.

Born in Sweden, Tuve and his family moved to Pennsylvania when he was four years old to be close to his father's work as a tanker captain for Sun Oil Co. After high school, his father got him a job as an ordinary seaman on a tanker, but Tuve said, "The sea was not meant for me." He became a welder's helper in a refinery before being drafted into the army. His welding career continued with training at Aberdeen Proving Grounds and then 14 months at Yung Dong Po, Korea with the 54<sup>th</sup> Engineer Field Main-

tenance Division.

It was there he met a Korean welder whom Tuve "still thinks about to this day. He took a liking to me as I treated him as an equal. He showed me all the tricks of the welding trade. Being good to people never grows thin."

After serving in Korea, Tuve went back to work at the refinery, became a first-class welder, then a welding inspector, then in charge of the fabrication shop. But he was thinking about metal art all the time, and upon retirement, started making sculpture in copper and stainless steel with the help of his wife and daughter.

The Tuvesons purchased their South Point property in 1973 after years of camping in an old converted school bus on Assateague Island. Inga designed the house they built themselves, and the family moved in permanently in 1984.

The first collaboration for the father and daughter team was the South Point sign they created in 2017 for the South Point Association, which stands right beyond the Rt. 611 turnoff. "It was very exciting to have a design accepted by a group for public display," Tia said.

"We had been making and selling pieces through word of mouth until we connected with the Art League of Ocean City and had a very successful exhibit there in May 2022."

Tia and her father feel that art is a



**Tia and Tuve Tuveson**

universal language open to many interpretations. "I am thrilled and very honored that our art is enjoyed by so many," Tia said. "I feel blessed to be able to do it with my father. It has been an interesting journey to get to where we are now, as we have learned to listen and embrace each other's ideas. And there is a whole studio full of equipment I am learning how to use."

## A senior's guide to exercising safely

Exercise is an important component of a healthy lifestyle for people of any age, including the over-50 crowd. Seniors may have been told by their



physicians that exercise promotes heart health and is essential to maintaining bone and muscle strength as well as balance and flexibility. Joining an exercise class or a gym also can be a social activity that promotes interaction with others of similar ages and with shared goals.

Exercise is undoubtedly beneficial for seniors, but it is important for older

adults to exercise caution when starting a workout regimen. Prioritizing safety can circumvent injuries that could waylay progress. Temple Health says that seniors can suffer overuse injuries, torn ligaments or cartilage, broken bones, and other physical problems if they do not embrace safe exercising strategies. Most injuries can be avoided when following these healthy habits and guidelines.

Find an activity you like. Engaging in regular exercise helps you maintain a higher level of fitness compared to those who are sedentary. Maintaining a consistent exercise regimen ensures you won't be starting over each time you stop exercising and have to build up again to your previous fitness level.

Start slowly and then increase gradually. People hear exercise' and they

may think that translates to hours at the gym and high-intensity workouts. But general guidelines state older adults need about 2.5 hours of aerobic activity per week, not each day. So, exercising does not have to take as much time or be as intense as one might think. Combine aerobic exercise with activities that strengthen muscles.

Warm up before activity. It's important to get the body acclimated to exercise before each workout. Walking in place, doing arm circles and engaging in some gentle squats or lunges can prepare the body for what is to come. Stretch afterwards when ligaments and tendons are warmed up.

Remember to stay hydrated. Touro LCMC Health says that older adults are at greater risk for dehydration because they naturally have less water in their

bodies or take medications that increase risk of dehydration. Drinking enough water during exercise is key.

Know your limits and adapt. A workout that is fine for a 30-year-old may not be the same for someone who is 60. You might need to embrace walking instead of running, or even swap lifting weights with using resistance bands or doing body weight exercises.

Focus on some balance activities. Balance issues can cause seniors to fall and risk serious injury. Working on your balance may help to lower your risk of these types of injuries, and can be as simple as standing on one foot or marching in place.

Exercise is important for seniors, and finding ways to incorporate safe physical activity can promote good health throughout one's golden years.



# What seniors can do to maintain a healthy weight

Achieving and maintaining a healthy weight is a lifelong process. Children tend to be so physically active and grow at such a consistent pace that it's easier for them to consume a high-calorie diet without becoming overweight. That's generally not the case after adolescence, and it might be particularly difficult for seniors to avoid gaining weight.

In a 2020 interview with Tufts Medicine, Jillian Reece, a bariatric dietitian at Tufts Medical Center, noted that a person's basal metabolic rate slows down with aging. The basal metabolic rate in-

dicates the rate at which the body uses energy while at rest. As that rate slows down, body weight can increase. But seniors should know they aren't helpless against nature and Father Time. In fact, there is much aging adults can do to maintain a healthy weight throughout their golden years.

Limit portion sizes when eating. Controlling portion sizes is easier said than done, particularly for seniors who dine out with frequency. When dining out, seniors can order off the appetizer menu instead of ordering an entree, especially

when visiting an establishment known for its hefty portions. At home, pay attention to serving size data on product labeling. If necessary, measure portions when eating foods such as cereal so the portion you eat reflects the serving size noted on the box.

Eat breakfast each morning. Seniors who skip breakfast, which may be more likely upon retiring, could be doing their waistlines a notable disservice. A 2017 statement from the American Heart Association noted that several large, long-term, prospective, observational studies

have found an association between breakfast consumption and lower risk of obesity. The less structured pattern of retirement living may compel some seniors to skip breakfast, but committing to a morning meal can help keep off extra pounds.

Commit to routine exercise. Diet can go a long way toward helping seniors maintain a healthy weight. However, diet is not the only area where seniors can help their waistlines. Routine physical

*please see **weight** on page 12*



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# Activities for seniors with limited mobility

Physical activity is a valuable tool in the fight against chronic disease and other conditions. In fact, the Cleveland Clinic highlights physical activity among its nine ways to prevent disease in an effort to live a long and rewarding life.

Children, adolescents, young adults, and even men and women in middle age may not face too many physical hurdles when they try to exercise, but seniors are not always so lucky. Aging men and women with mobility issues may wonder if they can reap the rewards of physical activity, and thankfully there are many ways to exercise even if getting up and going isn't as easy as it might have been in years past. Sometimes referred to as aerobic exercise or simply cardio, cardiovascular exercise is an umbrella term that encompasses a wide range of physical activities that raise the heart rate and improve endurance. Seniors with mobility issues can look to various forms of cardio for inspiration as they seek to be more physically active without compromising their overall health.

Walk your way to a healthier you. Walking is a form of cardiovascular exercise that is ideal for older adults with mobility issues because it need not be

physically demanding and it's safe to walk just about anywhere. Walking in a place such as a local park can be particularly good for older adults because they can take periodic breaks on benches if aches, pains or stiffness is affecting their ability to keep moving.

Take up swimming. Swimming might be tailor-made for seniors with mobility issues because it's a great workout and exercising in water tends to be less taxing on muscles and joints. The Cleveland Clinic notes that swimming promotes heart health, strengthens the lungs, helps to burn calories, and builds muscle, among other benefits. And many seniors find swimming is just as fun in their golden years as it was in their youth, which means aging adults might not face problems with motivation when the time comes to get in the pool.

Use an exercise bike or portable pedal exerciser. Cycling is a wonderful exercise but one that seniors with mobility issues may feel is no longer possible. If doctors advise against riding a traditional bike, an exercise bike or portable pedal exerciser can provide many of the benefits of cycling without as great a risk for accident or injury. A

portable pedal exerciser can be carried to a park, where seniors can still spend time in the great outdoors, which is one of the most appealing reasons to get on a bike and go.

Take beginner yoga or tai chi. HelpGuide.org notes that gentle yoga or tai chi can help to improve flexibility and reduce stress and anxiety. Though yoga and tai chi can provide as much demanding physical activity as individuals allow, beginner classes in each discipline don't require much movement but do provide enough for seniors hoping to be less sedentary.

Even seniors with mobility issues can



find safe and effective ways to be more physically active. Prior to beginning a new exercise regimen, seniors with mobility issues are urged to discuss activities with their physicians.

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## Life after cancer

# Wellness tips for survivors

Cancer is a prolific group of diseases that affects millions of people across the globe. The American Cancer Society indicates approximately 20 million cancer cases were newly diagnosed and 9.7 million people died from the disease worldwide in 2022.

The day successful cancer treatment ends is a cause for celebration. But the happiness that comes from a clean bill of health may soon be overshadowed by anxiety regarding what the future may bring. Many cancer survivors wonder what happens if the cancer comes back? These tips can help guide cancer survivors looking to protect their long-term health and overall well-being as they seek to reclaim their lives.

Don't smoke and avoid secondhand smoke, too

It's time to kick the tobacco habit. The Mayo Clinic warns smoking or using chewing tobacco puts people at risk for several types of cancer. Quitting also lowers the risk of developing a second type of cancer. Smoking causes significant damage to the heart and blood vessels, increasing the risk of heart disease. Smoking impairs the body's immune sys-

tem, making smokers more susceptible to infection. Quitting and avoiding secondhand smoke is instrumental to better health and longevity.

Embrace physical activity. Regular physical activity improves overall health for everyone, including cancer survivors. Exercise boosts energy and mobility and strengthens the immune system. Research suggests exercise is a natural way to boost the body's immune responses to reduce inflammation and vulnerability to illness. A gradual buildup of exercise tolerance helps people avoid injuries that can derail workout plans. The goal is to do 30 minutes or more of daily activity, plus strength activities two or more times a week, according to Siteman Cancer Center.

Watch alcohol consumption. Always consume alcohol in moderation, if at all. That means no more than one drink a day for women, and no more than two for men. The Mayo Clinic notes it's hard to definitively say alcohol consumption causes cancer recurrence, but it can increase the risk of a second primary can-

*please see **tips** on page 12*





## Activities that exercise the brain

Mental health is an important topic to acknowledge and discuss, and such recognition is vital for all people, including the aging population. The World Health Organization indicates 57 million people had dementia worldwide in 2021. The National Institutes of Health reports the global prevalence of dementia in individuals under the age of 70 increased by 122 percent in recent decades, rising from roughly six million people in 1990 to more than 13 million in 2021.

Although many factors are involved in the development of dementias and cognitive decline, Alzheimer's disease or other neurodegenerative illnesses are not inevitable as one gets older. But it is understandable why so many adults make brain health a priority. People of all ages can benefit from incorporating activities that exercise the brain into their daily lives.

Learn a new language. Speaking a new language opens new opportunities for travel and socialization and also strengthens the brain. A 2019 review published in *Frontiers in Neuroscience* noted that bilingualism increased and strengthened the connectivity between different areas of the brain. This enhanced connectivity might play a role in delaying the onset of dementias, according to researchers.

Learn new skills. Trying something new might stimulate the brain in ways that improve its function. A cognitively demanding skill, such as photography, playing an instrument and other activities could enhance memory function.

Teaching such skills to others also can reinforce brain functions.

Take dancing classes. The Centers for Disease Control and Prevention says that dancing might help combat Alzheimer's disease by improving blood circulation throughout the body. It also forces a person's memory and processing speed to work at a higher capacity through learning the choreography.

Use all of your senses. A 2014 study in *Frontiers in Human Neuroscience* indicated doing activities that simultaneously engage each of the five senses can strengthen the brain. Working memory and recall were higher for multi-sensory interactions. Baking a batch of cookies is an example of a multisensory experience.

Work on puzzles. Crossword puzzles, word searches, word games, and brain teaser-like puzzles are entertaining and work the brain. Research has shown that even doing jigsaw puzzles recruits multiple cognitive abilities and is a protective factor for visuospatial cognitive aging, according to Healthline.

Socialize with others. Socializing with other people can stimulate attention and memory. This helps to strengthen neural networks in the brain that makes the brain work harder. This increase in mental activity can pay off in the long run. Socialization is also beneficial for mental health, especially among older adults who tend to be more isolated. People are often concerned with giving their bodies a workout, but they also should focus on activities that strengthen their brains.

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# Considerations for your second act

Many people see their careers as one of their defining characteristics. Children are often asked what they want to be when they grow up, and as adults they will likely be asked “What do you do for a living?” more times than they can remember. Work is undoubtedly a major component of life for most people from the time they leave school to the day when they retire. And a growing number of adults value work so much that they pivot to second careers.

A phenomenon known as unretirement occurs when people who have previously retired return to the workforce. A 2010

**tips**  
from page 10

cer.

Eat a healthy diet. A healthy diet for cancer survivors prioritizes consumption of fruits, vegetables, whole grains, beans, and healthy fats, like olive oil. Protein sources should be lean, and consumption of red meat, processed foods and full-fat dairy should be limited. Avoid processed meats. According to the World Health Organization, the link between processed meats and cancer has been strongly established. Eating a healthy diet helps to control body weight, which also is an important step to maintaining health.

Talk to a professional. Prioritizing mental health also is important. Cancer survivors may need a little extra help working through their feelings, and utilizing a mental health professional can help.

Surviving cancer is a monumental achievement. Remaining healthy after successful treatment requires commitment and a new approach to daily living.

**role model**  
from page 7

may be a beloved family member, that person may not necessarily be the best to be alone and interact with a child frequently.

What are good role model behaviors? The following are some key characteristics of a positive role model.

Lives a healthy lifestyle that focuses on physical and mental well-being. This is a person who eats healthy meals, lives an active lifestyle and makes good health choices like not smoking or drinking alcohol to excess.

Treats others with respect and practices self-awareness about behaviors. When the role model makes a mistake,

paper published in the Journal of Human Resources found nearly 50 percent of retirees followed a nontraditional retirement path that involved partial retirement or unretirement. According to a recent Retirement Saving & Spending Study from T. Rowe Price, around 20 percent of retirees are working either full- or part-time, while 7 percent of study respondents are looking for employment. Some people return to work for financial reasons while others seek the social and emotional benefits employment can bring. But individuals mulling a return to work or those currently working but trying to determine a second act should not feel beholden to previous career paths. A second trip around the employment block can involve an entirely different line of work. The following are some things to look for in a second act.

**Flexibility:** Choose a career path that enables you to set your own schedule or pos-

sibly work part-time if that is your preference. This way you can still reap some of the benefits of retirement, including the



flexibility to travel.

**Social interaction:** Adults may lose daily opportunities to be social when they retire, which can compound feelings of isolation common among retirees. Consider a second career that lets you interact with a number of people and continue to build relationships and a good network.

**Personal passions:** Reflect on what you might do for work if money were no object. This may help you narrow down new opportunities that are in line with your interests and passions. Find a job that utilizes your skills and experience and meshes with your interests. A former graphic artist, for example, may decide to teach design to young people.

**Nonprofit opportunities:** Many retirees spent years in high-stress corporate environments where bottom lines may be more important than the bigger picture. Shifting to a career in the nonprofit sector can be a personally fulfilling job that utilizes skills learned in the corporate world.

**Consulting or contract work:** If you're a retiree who loved your job, you might want to have a second career as a consultant or contractor in the same field.

A number of retirees ultimately explore second careers. Finding a match may be easier than one could have imagined.

## The impact of AI on senior health care experiences

Artificial intelligence (AI) can serve amazing purposes in health care settings. Though AI can benefit persons of all ages, seniors may find it especially improves their health care experience. Here are some ways AI can enhance seniors' quality of life, independence and support systems.

**Monitoring:** AI-powered systems can be used to monitor vital signs like heart rate, oxygen levels and blood pressure. Some wearables even can detect irregular heartbeats or other anomalies and alert individuals or caregivers.

**Early detection:** Echelon Health says AI can be invaluable in the early detection of illnesses by predicting risk factors in patients. AI can be utilized with the first levels

he or she owns that mistake and tries to remedy it.

**Establishes goals and shows a commitment to values.** A good role model is passionate about what they do, has a strong work ethic, and showcases confidence.

**Tries to keep a positive attitude and is accepting and supportive of others.**

A positive role model also may think about the kinds of people they looked up to when they were younger and the traits those people exhibited. Then those similar traits can be implemented when interacting with children and adults.

Positive role models can impact children's development and put them on the path to becoming well-adjusted, positive and dedicated members of society.

of screening, which may detect the smallest changes that could highlight underlying issues. Research has shown AI can detect serious diseases such as lung cancer or heart disease earlier to offer patients a better chance of effective treatment before diseases progress.

**Predictive analytics:** Those with a particular health condition can rely on AI to predict the likelihood of certain health events, like heart attacks or stroke, by analyzing data and genetic information. This allows doctors to take proactive approaches to adjusting treatment plans.

**Chronic disease management:** The integration of AI into chronic disease management can enhance patient care efficiency and lead to optimized treatment strategies, says the National Institutes of Health. AI can monitor data patterns that

offer insight into disease progression and can help seniors manage medications by providing reminders, tracking compliance and dispensing correct dosages.

**Smart home technology:** A person's environment impacts his or her health. AI-powered devices can automate tasks like adjusting interior temperatures to safe levels, turn on lights for safer navigation, turn off appliances if they have been left unattended, and offer additional safety features like fall detection. This may enable seniors to live securely and independently longer.

**Daily tasks:** In addition to specific disease management, AI can be used to create healthy meal plans and schedule appointments. This can promote autonomy and reduce reliance on helpers or caregivers.

**weight**  
from page 9

activity can help seniors maintain muscle mass and make it easier to be more mobile. Staying mobile can help keep pounds off, as a sedentary lifestyle is one of the more notable risk factors for overweight and obesity. The National Institute on Aging recommends seniors aim for at least 150 minutes of moderate-intensity aerobic activity each week. Moderate-intensity aerobic activities are those that raise the heart rate and help seniors break a sweat, such as walking, jogging, swimming, and cycling.

Make a concerted effort to remain hy-

drated throughout the day. The Cleveland Clinic notes that age-related body composition changes make seniors particularly vulnerable to dehydration. An aging body does not demand water like it once did, so it's easy for seniors to forget to hydrate because they don't feel thirsty. But remaining hydrated is important for seniors looking to maintain a healthy weight because dehydration can mimic symptoms of hunger. Seniors may reach for snacks feeling they're hungry when all they might need is a glass of water to hydrate.

A healthy weight can allow seniors to live life to the fullest. Various strategies can help seniors achieve a healthy weight.



# Why should you be planning your vacations sooner than later?

In a world where schedules are tight, budgets are watched closely, and demand for travel is at an all-time high, planning ahead for your next vacation isn't just smart, it's essential. Whether you're dreaming of a Caribbean cruise, a European escape, or a relaxing all-inclusive resort, thinking ahead can save you money, stress, and missed opportunities. But even more than that, planning early with the guidance of an expert travel advisor ensures that your dream getaway is exactly what you envisioned — and more.



Cindy McCabe

**More options, better availability**  
The earlier you start planning your trip, the more choices you'll have. Resorts and cruise lines open their schedules months, sometimes over a year, in advance. This means that if you're planning early, you'll get access to the best cabins on the ship, premium room categories, ideal flight times, and the most sought-after excursions. On the flip side, waiting too long may mean settling for whatever's left — and that often means higher prices and less desirable options.

**Flexible payment plans make it affordable**  
One of the best-kept secrets of early travel planning is that most cruises and many all-inclusive resorts offer flexible payment plans. You don't have to pay everything upfront. Instead, you can put down a deposit and make manageable payments over time, often with little to no interest. This makes it easier for families, couples, and groups to budget their vacation without financial strain — especially when working with a knowledgeable travel agent who can break down the details and keep you on track.

**The chance to re-price (sometimes)**  
Another big advantage of booking early is the ability to monitor prices and reprice your vacation if a deal comes up. While not every cruise line or resort allows this, many do — and your travel agent can keep an eye out and help adjust your booking if a new

promotion becomes available. It's not guaranteed, but when it works out, it can lead to real savings. This is just another reason why using a travel expert pays off: they know when and how to check for these opportunities so you don't have to.

**Anticipation = happiness**  
There's actual science behind this: people who have a vacation to look forward to are often happier. Knowing you have a trip on the calendar boosts your mood, keeps you motivated, and gives you a mental escape during stressful times. It's something to talk about, plan for, and get excited about with family and friends. The earlier you book, the longer you get to enjoy that sense of anticipation — and that alone is worth it.

**Why you need a travel expert in your corner**  
Let's be honest: travel can be overwhelming. From constantly shifting airline policies to hidden resort fees and blackout dates, it's easy to miss important details. That's why working with a professional travel advisor is one of the smartest moves you can make. A good agent doesn't just find you deals — they give you insight, options, and peace of mind. They know the best times to book, how to build in flexibility, and what to do if plans change. And they're there to support you before, during, and after your trip.

just about getting the best deal — it's about getting the best experience. From better availability and flexible payment options to potential savings and peace of mind, early planning puts you in control of your travel dreams. So, whether you're eyeing a

beach in Mexico or a cruise through the Mediterranean, don't wait — start planning now with a trusted travel professional who can guide you every step of the way.  
Contact Cindy McCabe of Bethany Travel at 302-933-0955.

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# DNR introduces tool for coastal flooding preparedness

Maryland coastal residents can now explore local coastal flooding risks today and into the future. This month, the Maryland Department of Natural Resources released the Maryland Coastal Flood Explorer, a user-friendly and interactive mapper that allows users to visualize predicted high tide flooding, sea-level rise projections, and historic flooding events for all of Maryland’s coastal areas.

Any resident can go to the Flood Explorer, enter an address, and explore various flood risk scenarios around their property as well as within their broader community.

“Knowledge is our greatest defense, and the Flood Explorer puts the latest coastal flood science directly into the hands of the public,” said Natalie Snider, director of DNR’s Watershed and Climate Services. “Understanding our flood risk is the first step to building resilience, whether it’s securing your own home with flood insurance or a living shoreline, or as a community through nature-based solutions and resilience projects.”

Communities and residents can ex-

plore varying scenarios including:

- Current and future high-tide flooding

- Current and future flood events
- Projections for sea-level rise by decade through 2120

- Historic flood events such as Superstorm Sandy and Hurricane Isabel.

Coastal flooding is an increasing hazard faced by Maryland communities. The average number of minor flood days per year in Annapolis has quadrupled from the 1970s to present day according to NASA’s flooding analysis tool. As a result of this growing threat, an increasing number of communities have sought to create local flood visualizations. In 2021, DNR’s Watershed and Climate Services led the development of this tool for the Maryland Coastal Zone, giving Maryland communities equal access to high quality and high resolution flood visualizations.

The tool was created with support from the National Oceanic and Atmospheric Administration (NOAA) through the Maryland Coastal Zone Management Program and in collaboration with Salisbury University’s Eastern Shore

GIS Cooperative (ESRGC), University of Maryland Sea Grant, and University of Maryland Sea Grant Extension. This tool was made possible by a NOAA grant to the Maryland Coastal Zone Management program.

The tool is the first to display our Maryland-specific sea level rise projections prepared by the University of Maryland Center for Environmental Science, and provides communities with a common resource when preparing grant applications, developing Hazard Mitigation and Nuisance Flood Plans, and assessing vulnerable areas for restoration and resilience projects.

The Maryland Coastal Flood Explorer presents flood depths created from locally collected elevation data and Maryland sea-level rise projections. The tool was designed based on feedback from stakeholders and end-users collected throughout the development process.

“Having a visual, interactive platform will be a tremendous asset to the communities it serves, said Amanda Pollack of the Center for Watershed Protection, a national nonprofit that works

with stormwater management and watershed planning. “The ability to zoom in and assess impacts at the local level is especially useful. What really sets this tool apart is the inclusion of historic event visualizations in addition to sea level rise scenarios and high tide flooding data.”

Communities can use this tool for local planning efforts such as:

- Updating hazard mitigation plans, comprehensive plans, and nuisance flood plans;

- Identifying priority areas for adaptation and mitigation projects; and

- Communicating about flooding and sea level rise for broad outreach and education

Residents can use the tool to view the flood risk of their neighborhood, their common roadways to work or school, and their valuable community spaces such as parks, schools, and churches.

Community leaders and residents with questions about the tool can contact [mdfloodexplorer.dnr@maryland.gov](mailto:mdfloodexplorer.dnr@maryland.gov). A walkthrough of the Explorer and its features can be viewed on the DNR website.



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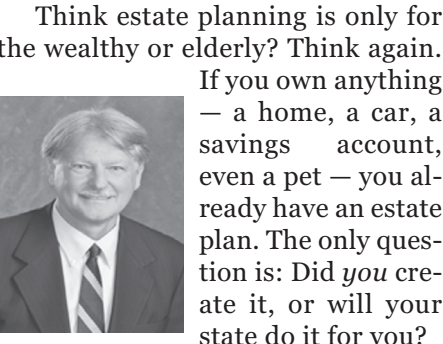
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# You have an estate plan whether you know it or not

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



John Bennish

Think estate planning is only for the wealthy or elderly? Think again. If you own anything — a home, a car, a savings account, even a pet — you already have an estate plan. The only question is: Did *you* create it, or will your state do it for you?

When someone passes away without an estate plan, state laws take over, deciding who gets what and when. This legal process may not reflect your wishes. That's why taking control of your assets through a personal estate plan should be a top priority.

At its core, estate planning is about clarifying your wishes and making things easier for your heirs. It ensures your assets are distributed according to your preferences, designates who will make decisions on your behalf if you can't and provides guidance for your care in a medical crisis. Most plans include four key components:

**A Will** – This document outlines how your assets should be distributed after your death and names an executor to oversee the process in probate court. It can also designate guardians for minor children. Keep in mind that a will doesn't cover everything — certain transfer on death (TOD) accounts and jointly held property may bypass your will entirely.

**Power of Attorney** – If you become incapacitated, you'll want someone you trust to be able to make decisions on your behalf. A durable power of attorney designates such a person, helping to ensure your bills are paid, your business continues (if you have one) and your wishes are honored.

**Health Care Directive** – Sometimes called a living will, this document spells out your preferences for medical treatment if you're unable to speak for yourself. It can also designate someone to make health care decisions for you.

**Beneficiary Designations** – Accounts like 401(k)s, IRAs, and life insurance policies transfer directly to the people you name, regardless of

what your will says. It's essential to review these beneficiary designations regularly, especially after significant life events such as marriage, divorce, death of a spouse or the birth of a child.

One common myth is that a will is all you need. But wills only take effect after death; they don't help if you're alive but unable to make decisions. Another misconception is that estate planning is only for the wealthy. In truth, planning is about more than money — it's about making things easier for the people you love during difficult times.

An effective estate plan can prevent costly legal battles, reduce confusion and give your loved ones a clear roadmap to follow. It also allows you to leave a legacy that reflects your values and priorities.

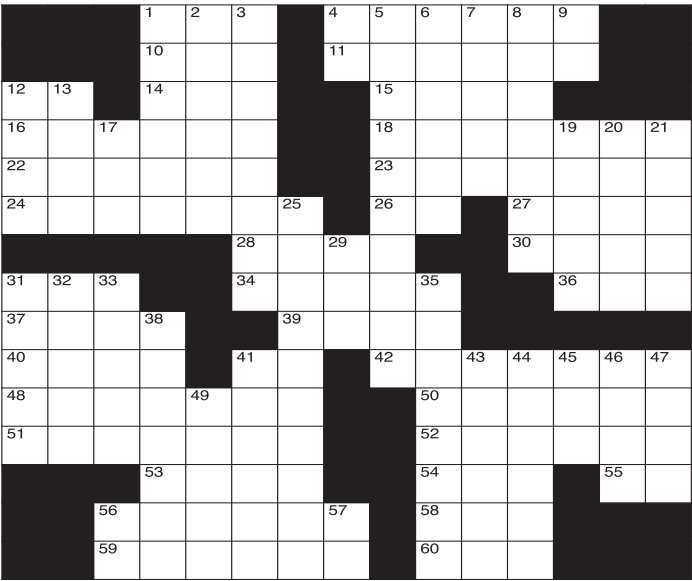
As your life changes, your estate plan should change along with it. Review your documents every few years or after major life events. It's often a good idea to seek help with such reviews. Your financial advisor or attorney can guide you through the process, ensuring your plan fits your unique circumstances.

In the end, estate planning isn't just about planning for what happens when you are gone. It's about feeling confident, knowing that what matters most — your family, your purpose, your legacy — is protected.

*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.*

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CLUES ACROSS

1. Pacific standard time

4. Extracts through heating and melting

10. Express delight

11. More curvy

12. Expression of uncertainty

14. Indicates before

15. Daughter of Hera and Zeus

16. Southwestern CA city

18. Unified

22. Less attractive

23. Base of jellies

24. A large and noisy party

26. He was traded for Luka

27. Wolverine genus

28. "Happy Days" actress Moran

30. Root of taro plant

31. Student environmental group (abbr.)
34. Silk garments

36. Unique power

37. Ray Liotta cop film

39. Leak slowly through

40. Notion

41. Atomic #55

42. Fixed in one place

48. About heat

50. Type of baseball pitch

51. Seedless raisin

52. Large wading birds

53. Similar

54. Time zone

55. Atomic #34

56. Program

58. Old world, new

59. Contrary belief

60. "To the \_\_\_ degree"

CLUES DOWN

1. Plain-woven fabric

2. Classed

3. Suppositions

4. Midway between south and west

5. Tropical American trees

6. Leveled

7. Published false statement

8. Adolescent

9. Junior's father

12. Aurochs

13. Not low

17. Boxing's GOAT

19. Short musical composition

20. Small immature herrings

21. Eavesdropper
25. Parcels of land

29. Anger

31. Irritations

32. Hindu holy man

33. Wicker basket for fish

35. Natural object

38. Transporting in a vehicle

41. A dog is one

43. Smaller portion

44. Sew

45. Belonging to a thing

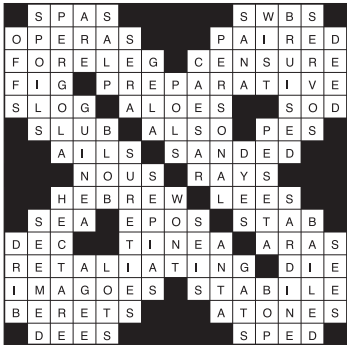
46. Horsley and Greenwood are two

47. Scottish language

49. Producer

56. Exclamation of surprise

57. Russian river



Answers for July 16





**New Kiwanis member**  
New members are essential to the existence of volunteer organizations. On July 16 the Kiwanis Club of Greater Ocean Pines-Ocean City, MD inducted Karen McInturf, a resident of Ocean Pines for only one year. After learning about Kiwanis from the many events she attended, she decided to join.  
Above: (L-R) **Skip Flanagan** (Karen's sponsor), **Karen McInturf** and Kiwanis Club President **Tom Southwell**. See [www.kiwanisofopoc.org](http://www.kiwanisofopoc.org) and follow Kiwanis of Ocean Pines-Ocean City on Facebook.

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*The power of proper hydration*

# A physical therapist's perspective during the dog days of summer

By **Billy Hamilton**

As we reach the heart of July, the “dog days of summer” are in full swing. Temperatures are soaring, humidity is rising, and our bodies are being put to the test whether we realize it or not. One of the most overlooked but vital components of good health and physical function, especially during these hot months, is proper hydration. From a physical therapist's perspective, hydration plays a critical role in injury prevention, muscle function, recovery, and overall wellness. The effects of even mild dehydration can present subtly at first - nighttime calf cramping, increased muscle fatigue,



*Billy Hamilton*

and tightness - but can quickly lead to more serious consequences such as tendon injuries, sprains, and heat-related illnesses. Our bodies are made up of approximately 60% water, and every physiological system - muscular, neurological, cardiovascular, and even skeletal - depends on that water to function efficiently. Water helps regulate body temperature, lubricate joints, transport nutrients, and assist in waste removal. When we don't drink enough water, especially in the heat, our systems start to struggle. As physical therapists, we frequently work with patients dealing with muscular pain, joint stiffness, and soft tissue injuries. What many people don't realize is how often poor hydration is a contributing factor to these issues. Some of the more obvious signs of

dehydration such as dry mouth, dark urine, or dizziness are well known. But there are lesser-known symptoms that we commonly see in the clinic during summer months. Cramping, particularly in the calves, is one of the earliest musculoskeletal signs of dehydration. These cramps often occur at night or during rest and can be incredibly painful. When the body lacks water and essential electrolytes like potassium, sodium, and magnesium, muscles become hyperexcitable and more prone to involuntary contractions. Ensuring adequate fluid intake during the day and especially replenishing after exercise or sweating, is one of the most effective ways to reduce this discomfort. Dehydration also thickens the blood and reduces circulation efficiency, making it harder for muscles and connective tissues to receive the oxygen and nutrients they need to stay supple and strong. As a result, we often see an increased incidence of soft tissue injuries such as hamstring strains, Achilles tendon issues, and rotator cuff irritation. All are more likely when the tissues are slightly stiff and less elastic due to fluid deficits. Additionally, when you're dehydrated, your body's reaction time slows, proprioception (your body's sense of position) is dulled, and joint stability may decrease. This combination creates the perfect storm for twisted ankles and knee sprains, especially during outdoor activities like running, hiking, or playing sports. Staying hydrated helps keep the nervous system sharp and the muscles responsive, offering better joint protection. Even mild dehydration can

make you feel sluggish, foggy, and unmotivated - conditions that directly impact your performance in physical therapy or any fitness program. We also find that post-activity soreness tends to linger longer in those who are underhydrated, as circulation and waste removal are slowed, making recovery more difficult. So how much water is enough? While individual needs vary, a general rule of thumb is to drink half your body weight in ounces per day. A 160-pound person should aim for about 80 ounces of water daily, with additional intake required for heavy sweating or exercise. Electrolyte replacement is also important, especially during prolonged activity in the heat. Natural sources like coconut water, diluted sports drinks, or even a pinch of sea salt in your water can help maintain proper balance. Small daily habits can make a big difference. Start your day with a glass of water, drink regularly throughout the day rather than waiting until you feel thirsty, watch your urine color (aim for pale yellow), carry a reusable water bottle as a visual reminder, and eat water-rich foods like cucumbers, watermelon, oranges, and spinach to supplement your fluid intake. In our clinic, we don't just focus on exercises and body mechanics. We emphasize lifestyle factors like hydration because we've seen firsthand how impactful they are. Something as simple as drinking enough water can reduce muscle cramping, improve tissue elasticity, prevent injury, and help patients feel and perform better. During these hot summer days, staying hydrated isn't just about avoiding heat stroke. It's a key factor in staying injury free, performing your best and feeling good day to day. Whether you're an athlete, a weekend warrior, or someone recovering from surgery, hydration should be part of your therapy and wellness plan. So, as the sun continues to blaze this July, make sure your water bottle is always within reach. Your muscles, tendons, joints - and your physical therapist - will thank you. William “Billy” Hamilton Jr., DPT, CHT is owner of Hamilton Hand to Shoulder located in Ocean Pines and Salisbury. He can be reached at [Billy@hamiltonhand.com](mailto:Billy@hamiltonhand.com).

**grants**  
from page 6

horticultural practices on the Eastern Shore while fostering a deeper connection to the historical and cultural heritage of the land and the Assateague Tribe. Owl's Nest Learning Hub, a new awardee to the program, received funding for a youth-led summer exploration of the Pocomoke River State Park, known as Watershed Wonders. This 6-week summer program will be centered on exploring the Pocomoke River and Shad Landing area through storytelling, journaling, citizen science, and family-led clean-up efforts. The program will culminate in a youth showcase and “Watershed Day Festival,” where participants will share photo essays, nature-based art, and water stewardship pledges. And finally, the Museum of Eastern Shore Culture at Salisbury University was awarded funding to document the history of skate boarding in Ocean City through an exhibit and mural. The project: Drop-in Skate Boarding's cultural Influence on the Eastern Shore will culminate this Summer with a community-mural led by local artist Marc Emond, an artist talk, and workshop. The Beach to Bay Heritage Area is a non-profit organization whose mission is to promote, preserve and protect the cultural heritage, historical linkages and natural assets of Maryland's lower eastern shore. Funding is received through the Maryland Heritage Areas Authority. For more information about the Beach to Bay Heritage Area, visit [beachesbaywaterways.org](http://beachesbaywaterways.org).

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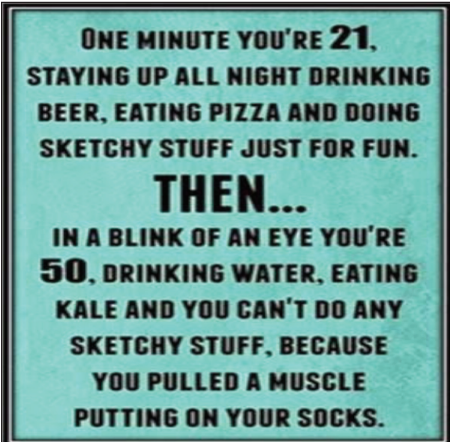
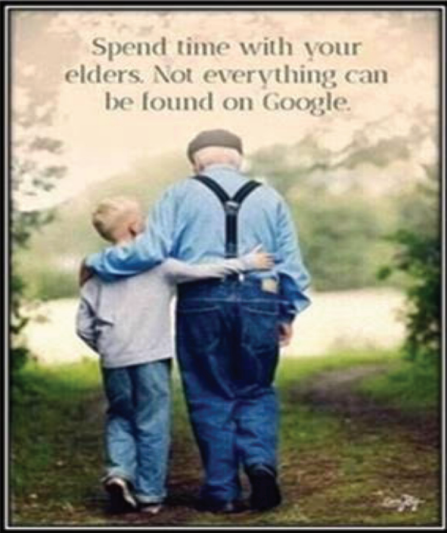
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