

The Courier

August 20, 2025 Volume 25 Number 43

Nonprofit honors Mary McMullen

By Josh Davis

Thirteen years ago this August, Mary McMullen, a beloved Millersville special education teacher and tireless advocate for youth athletics, passed away after a lengthy illness. She was 64.

In the years since, her family has kept her spirit alive through the Mary Mac Foundation, a nonprofit dedicated to creating brighter futures for children by funding summer camp programs and supporting food banks across Maryland, Pennsylvania, Virginia, and the Washington, D.C. region.

“Our mission is to provide opportunities for young people so they can live better lives by offering the resources they deserve and need,” said Mary’s husband, Tim McMullen, who co-founded the Foundation with his brother Don and other family members. McMullen was also a career educator and coached a variety of school sports.

This summer, the Foundation supported programs at St. Vincent de Paul Summer Day Camp in Baltimore, and Camp Ocean Pines, where Mary once served as one of the first camp directors.

Community partnerships have helped stretch the Foundation’s impact. The Kiwanis Club of Greater Ocean Pines donated \$1,000 in Mary’s memory to send low-income children to camp, while Choptank Electric awarded a \$1,200 grant to fund camp T-shirts. Former Ocean Pines Association President Tom Terry helped secure the Choptank grant, and Bob Wolfing and John Hansberry assisted with Kiwanis funding.

McMullen also recognized board members Susan Wojciechowski, his and Don’s sister, and Lida Payne, one of Mary’s best friends and a retired Fort Meade recreation director, both of whom play key roles in supporting the Foundation’s work.

On July 14, McMullen visited Camp St. Vin-

*please see **mcmullen** on page 12*



Visiting - Former member and past president of the Kiwanis Club of Ocean Pines-Ocean City was the guest speaker at a meeting. Tim Lund is a Merrill Lynch Financial Advisor. He gave a short financial presentation and took questions from the members.

(L-R) **Tim Lund** and current President **Tom Southwell**.

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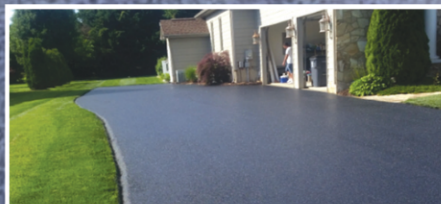
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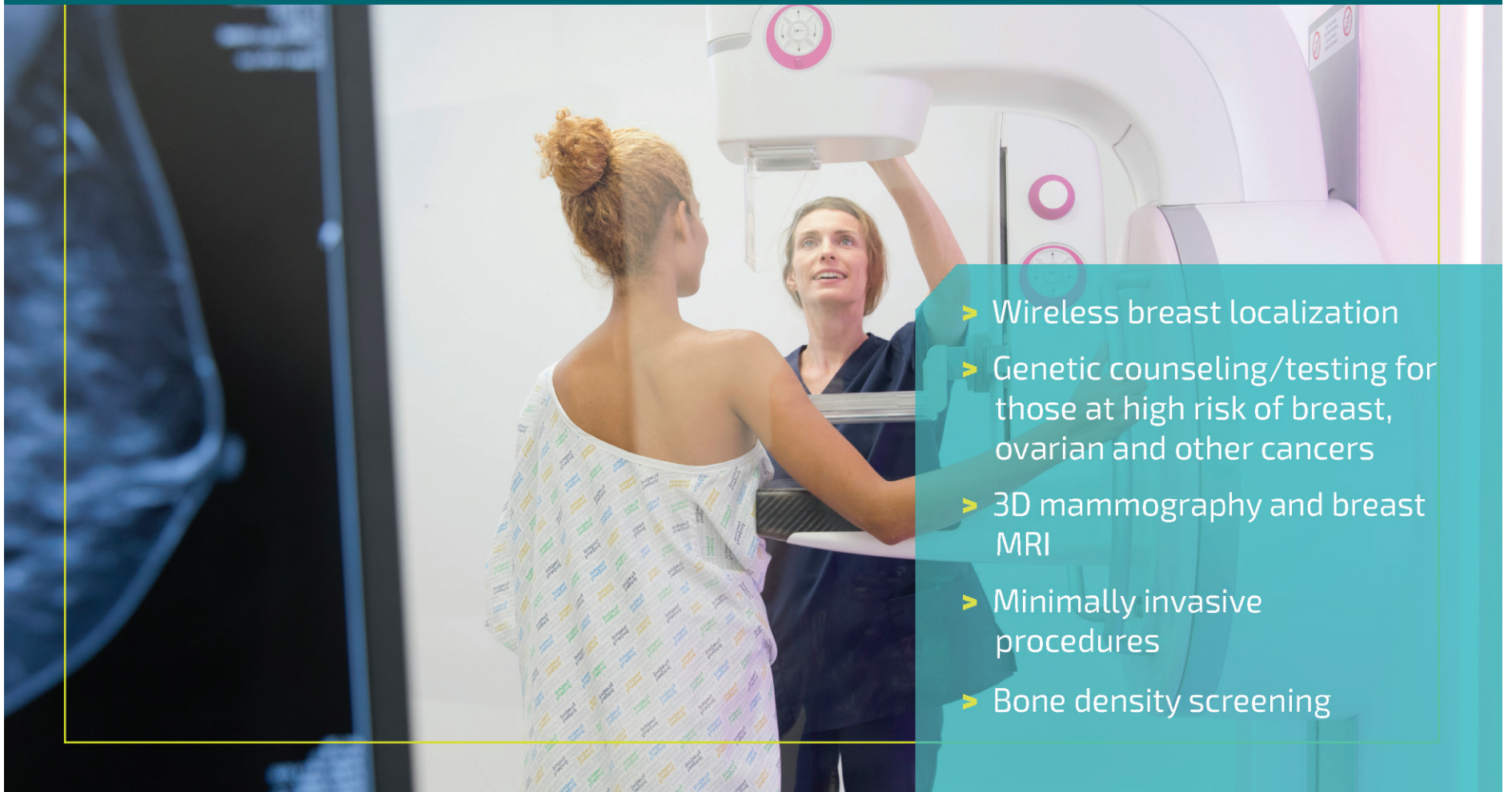
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Latham takes on enhanced leadership role

By **Chip Bertino**

Self-proclaimed “serial volunteer” and Ocean Pines board member John Latham takes on additional responsibilities as the new president of the Ocean Pines Association. He succeeded Stuart Lackernick for the one-year term following a board vote August 12.



John Latham

Latham, who with his wife Carla, became full time Pines’ residents five years ago, having moved from Pasadena, MD. He was elected to the board in 2023 and has served as secretary. The couple live in Marina Village in a condominium they purchased fifteen years ago.

So, what motivated Latham to get involved in Ocean Pines management? “I guess I have been somewhat of a serial volunteer. I have always thoroughly enjoyed helping organizations and interacting with others to get things done,” said Latham.

“When our daughters were a little

younger, I enjoyed volunteering for school (PTA) and sporting events. That may have been fundraising, helping to run sporting tournaments, snack shack duties or whatever was needed, I really enjoyed it. My wife would tell you that I just like to talk and share stories with others.”

As if his schedule is not busy enough, Latham sits on the boards of the Worcester County Veterans Memorial and the Market USA Federal Credit Union. Additionally, he is president of the Marina Village Condo Association board of directors. He is currently the OPA board liaison to the Marine Activities Advisory Committee.

Additionally, Latham currently works in the supply chain business as a strategic advisor and as a fractional chief business development officer for a transportation software company. He has a Master’s Degree in Business Management and served in the United States Marine Corps Reserves.

During Latham’s tenure on the board, OPA has made significant strides in operations. “I think the en-

tire Board along with the General Manager, John Viola, and his entire team, have been successful in getting many projects complete,” said Latham.

He rattles off several accomplishments including approval of the new Ocean Pines Volunteer Fire Department (OPVFD) south station, the new food and beverage partnership with Touch of Italy, the new Racquet Sports Center, improvements to the golf course and beautification efforts through the community including the recent completion of the new gazebo at Veterans Memorial Park.

“Again, this is only a small sample and believe me, none of this gets done without the efforts of the OPA leadership team and the entire staff. Every team member’s role is important to ensure long term success,” said Latham.

Looking toward his year as president, Latham said he looks forward to the start of construction for the new OPVFD station which is expected to take about a year and a half, continuing to support Viola and his leadership

team, construction of a new cell tower, updating the reserve study, continued support of the five year strategic plan for roads, drainage and bulkheads, continued fiscal responsibility and support for all amenities including the partnership with a Touch of Italy.

“Our general manager and his team have done an amazing job of getting the work done and watching our expenses. Our community is in excellent financial shape and well prepared for future success. I am a huge advocate of supporting the course we have charted. We will continue to be very proactive in addressing changes in our current plan. I have full faith in JV (John Viola) and his team. The board will look to continue to support the success.”

When the Lathams bought their condo John thought they would be making an investment and that they would have sold ten years ago. “That has not been the case. “We absolutely love it here and couldn’t be happier.”

John and Carla have been married 28 years and have adult daughters who live in the area.



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Sock drawer, yes. Garbage, no.

Not being able to find what you're looking for can be the peskiest of experiences; uncomfortable like a strand of hair on your cheek that resists being brushed away.



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

Recently I misplaced a store receipt. Usually such a loss is no big deal except in this instance it was a receipt needed to make a return. I first looked in my car. I have a habit of placing receipts in the flip-out compartment located just under the stereo console on the dash. It had to be there or so I hoped. It wasn't.

Okay, I was not yet alarmed. It was, I hoped, probably in my wallet. I put everything else in there - credit cards, business cards, coupons. The only thing not in my wallet is cash, which I rarely carry. The receipt was not there.

Although not frantic, I was becoming more concerned. What was I doing and where was I when I last had the receipt? I was at my desk jotting down some notes. That's it! It was under my computer monitor next to the paper clip holder adjacent to the combination clock/calendar/thermometer subscription gift I received many years ago from the History Channel Club. So confident was I in my conclusion I waited until the following morning to prove myself correct. The next day what I found was disappointment and no receipt.

Back to the questions. What was I wearing when I last had the receipt? Certainly, it was jammed in a jacket pocket or stuffed my jeans' pocket which had hopefully not yet been washed. To the closet I went to search my jackets. Nothing! Spilling out the laundry basket on the bedroom floor I checked multiple pairs of jeans. No receipt. But I did find my missing pocket knife, a five dollar bill and a Phillips head screw. Before you wonder too long about why there was a screw in my pocket, I have no idea.

Now what? Where could that receipt be? There was only one thing left to do:

go through the trash. And so I did. Coffee grounds. Orange peels. Food wrappers. I dug down, examining all that I found. Each newly found wad of paper inspired faint hope of success that was quickly dashed upon further inspection. A fast-food restaurant paper cup, not quite empty when discarded, had spilled soda remnants, soaking the bottom contents of the trash bag. When I was done scavenging the garbage I was sticky and messy and no closer to finding the receipt. Disappointed I washed my hands of potato peels that stuck to me like leeches.

Much to my chagrin I concluded that the receipt was lost, never to be found. I also decided I never again wanted to go through the garbage.

Several days later I was putting away clothes that my wife had laundered and folded. When I opened my sock drawer, the top drawer of my dresser, I found nestled between a pair of black socks and a pair of tan socks, the

receipt for which I had been searching. The sock drawer? How it got there I have no idea. But there it was.

There's an old, obvious, expression that says you find what you're looking for in the last place you look. How true that is. Here's another expression I think I'm going to live by: When looking for something lost, check the sock drawer before going through the garbage.



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Commentary

By Joe Reynolds
OceanPinesForum.com

OPA Board organization meeting

The Ocean Pines Board of Directors met in the Administration Board Room on the evening of August 12, 2025, to conduct the HOA's Organization Meeting and elect corporate officers for the coming year as well as to make various appointments

Elected Officers: President – John Latham, Vice President – Rick Farr, Secretary – Jeff Heavner and Treasurer – Monica Rakowski

Appointments: Assistant Secretary – Linda Martin, Assistant Treasurer – Mark Swift, Legal Counsel – Bruce Bright (Ayres, Jenkins, Gordy & Almand, P.A.), Auditors – UHY, LLC and Parliamentarian – Doug Parks

The election of John Latham was expected, and an excellent choice. Electing

Rick Farr again as Vice President was somewhat of a surprise. Heavner was seen to be the favorite for that position this year. Instead, Heavner was elected Secretary, and Rakowski was re-elected Treasurer.

Overall, OPA is again good hands for the coming year.

The only substantive issue to arise was when it came to appointments. Board member Elaine Brady questioned whether the Board should vote on those or whether the board President had the authority to pick the appointments on his own. Stuart Lakernick said the Board should vote on the appointments.

Brady turned and asked Linda Martin a question about the issue. Martin then referenced Board Resolution B-03 that

states the President appoints the Parliamentarian. Problem is, M-03 only applies to "Meetings of Association Members."

After some brief discussion, the Board proceeded to vote on the appointments. All but one appointment were approved unanimously. The exception was Doug Parks as Parliamentarian. Steve Jacobs voted "NAY." Jacobs did not provide any reason for his vote.

In retrospect, Jacobs was perhaps correct. That is not to suggest Parks is not a dedicated association member who has devoted over 10 years in volunteering - serving on the Board for seven years and on committees. Association members owe Parks a thank-you for his years of dedicated service.

The issue here is the position of Parliamentarian. It should not be held by anyone with deep, public, political sup-

port of the Board members in majority control of OPA. A less politically involved association member might be more appropriate. For example, the late Jim Trummel, a long-time member of the By-laws & Resolutions Committee, is the sort of individual the Board should seek out for the role.

There is also the legal question of whether OPA is required to appoint a Parliamentarian or if it is optional, and whether any decision by the Parliamentarian may be overruled by the Chairman of the Board of Directors. Perhaps the Board should ask General Counsel Bruce Bright.

To conclude comments on the Orientation Meeting, on what hopefully is seen as an attempt at Board political humor, the NAY vote by Jacobs may see him ejected from the board "band" just a few days after Rick Farr seemed to make him a Board Blues Brothers "band" member.



Left to right: **Monica Rakowski, Rick Farr, John Latham, Bruce Bright, Jeff Heavner** and **General Manager John Viola**. Photo by Joe Reynolds

Courier Almanac

On August 20, 1920, seven men, including legendary all-around athlete and football star Jim Thorpe, meet to organize a professional football league at the Jordan and Hupmobile Auto Showroom in Canton, Ohio. The meeting led to the creation of the American Professional Football Conference (APFC), the forerunner to the hugely successful National Football League.

According to the National Aeronautics and Space Administration (NASA), the shifting climate across the planet is impacting extreme weather throughout the globe. NASA notes that heat waves affecting the land and the sea, severe floods, droughts lasting years in some cases, extreme wildfires, and hurricane-related flooding are becoming more frequent and intense due to climate change. Warming air and ocean temperatures resulting from the increased burning of fossil fuels is affecting the water cycle, shifting weather patterns and melting land ice, all of which is making extreme weather even more severe. And NASA warns that severity only figures to increase even further as the planet continues to warm, meaning the storms of today, already devastating to the communities they affect, figure to be even more so as air and ocean temperatures continue to rise.



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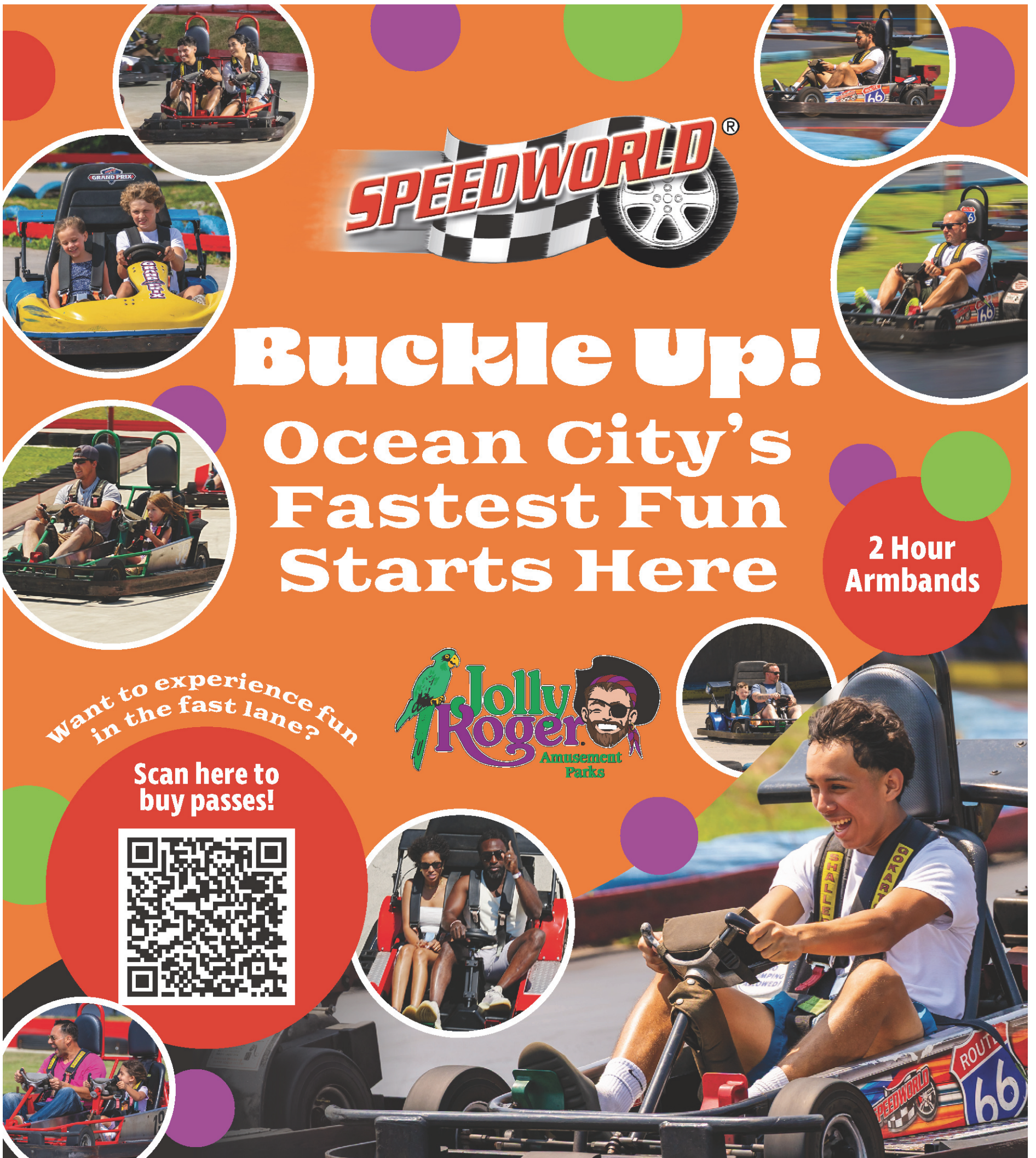
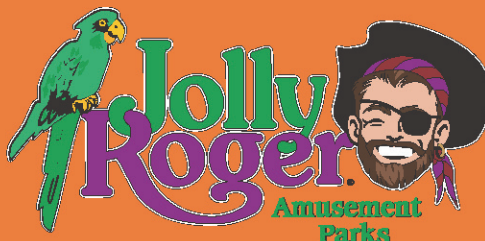


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Annual GM report shows another successful year

The General Manager's Team Report at the 2025 Annual Meeting on August 9 highlighted another successful year in Ocean Pines.

General Manager John Viola began his report by looking back at where the Ocean Pines Association (OPA) was in 2017, when the operating deficit was approximately \$1.6 million, with assessments hitting an all-time high of \$996 during FY22. Drainage, bulkheads, and roads were not funded, and all amenities were facing operating losses.

At the end of Fiscal Year 24/25, OPA's operating surplus is \$3.1 million, with current and prior year assessments of \$875 and \$850, lower than any year since FY23. Amenities are continuing to show improvement over prior years. Expenses are being controlled while still funding safety, robust drainage, bulkhead, and road programs, as well as mailboxes.

Viola added that OPA is positioned well going into major construction initiatives, including construction of the Southside Fire Station, phase III of the golf course irrigation project, continued drainage and mailbox replace-

ment, and the reserve study scheduled for the fall.

When commenting on OPA's approach, Viola stated, "Our approach from day one that I've been here is that we've looked at every department, every expense, every revenue, and we've looked how we can enhance the customer experience."

Viola emphasized how proud the team is of the amenities, which he says are the economic engine driving Ocean Pines. This year, the Racquet Sports building was renovated, and landscaping was improved.

Continuing on the topic of amenities, Senior Director of Administration Linda Martin spoke on many projects and additions to Ocean Pines amenities added this past year, as well as maintenance at the Beach Club, Marinas, Racquet Center, and Recreation & Parks.

A gazebo was also added at the Veterans Memorial, with the ribbon cutting ceremony held on Veteran's Day 2024. The gazebo will be utilized for educational field trips and other events.

Moving on to Food & Beverage, a

five-year lease agreement with Touch of Italy was recommended by senior management and approved by the board on January 8. Martin added that Food & Beverage has received rave reviews since the takeover.

In terms of safety, the passing of the Southside Fire Station referendum means the renovation project will likely begin sometime this fall, possibly in October or November, with an estimated cost of \$3.7 million with a 10% contingency. Martin says staffing of the police department remains on track, and a recent Town Hall discussed a cell tower proposed to be installed near the golf maintenance building.

Maintenance to bulkheads, roads and drainage were also highlighted, along with mailbox maintenance and replacement. Repairs to existing mailboxes made by Public Works between 2021 and 2024 totaled \$8,685. Pedestals and mailboxes ordered and replaced between 2022 and 2025 totaled \$152,748, and concrete and paving work from 2022 to 2025 totaled \$39,852.

"I know a lot of people are saying it takes a while, but yeah, it does take a

while because we have to correspond with the post office," Martin said while discussing the process of mailbox replacement.

Both Viola and Martin noted that the Ocean Pines Golf Club was named the Best Golf Course 2025 by The Best of Ocean City.

When it comes to the financials, Viola says Operating Fund revenues under expenses for 2025 totaled \$1,450,994. Favorability in the Operating Fund Balance for FY24-25 totaled \$1,089,000, with an ending balance of just under \$3.1 million as of April 30.

The Summary of Operating Fund Audited Financial Results for FY25 actual compared to the budget and prior year showed mostly favorability. Viola says that favorability goes into our reserves and infrastructure, and fund safety.

"As you've heard from me over the year, safety now will probably be up around 40% of our assessment," Viola said. "We value our safety, we certainly spend well on it, but we have reallocated funds while maintaining the assessment [at this time]."

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Incumbents return to board seats

The names and faces of the Ocean Pines Association (OPA) Board of Directors remains unchanged following the 2025 board election which saw the three incumbent candidates returned to office. The results were announced during the annual meeting held August 9.

Four candidates vied for the three, three-year-term open seats. Monica Rakowski garnered the most votes with 2,085. Steve Jacobs racked up 1,935 votes and was followed by Stuart Lackernick with 1,730. Amy Peck received 1,464.

"I am honored to be reelected," said Rakowski of her win. Rakowski was elected treasurer during the August 12 board reorganization meeting.

"I appreciate all of the support I have received and look forward to working with everyone in Ocean Pines and on the Board to continue in our drive to be the best place to live in Maryland. in Maryland," said Jacobs following the election.

Lackernick, who served as president for the 2024-25 term said "I want to start by saying how deeply honored I am to have been chosen to continue serving our incredible community. Every single vote in this election—whether for me or for my opponent—was a sign that people here care about our future, and that's something worth celebrating." He went on to say, "This election is over, but our work together is just beginning."

Also on the ballot was a referendum to move forward with a new Southside Fire Station. The ballot passed overwhelmingly 2,145 to 537.

-Chip Bertino

OPA officers elected

Following the August 9 Annual Meeting when the top three vote getters of the recent election were announced, the Ocean Pines Association (OPA) Board of Directors met in special organizational session Tuesday, August 12.

The following members were elected to officer positions: President – John Latham; Vice President – Rick Farr; Secretary – Jeff Heavner; and Treasurer – Monica Rakowski.

The following appointments were announced as well: Assistant Secretary – Linda Martin; Assistant Treasurer – Mark Swift; Legal Counsel – Bruce Bright (Ayres, Jenkins, Gordy & Almand, P.A.); Auditors – UHY, LLC; and, Parliamentarian – Doug Parks.

Arts Council seeks entries

The Worcester County Arts Council (WCAC) invites artists to submit original works for its upcoming juried exhibition, "Tell Me Your Story," on view from September 2 through November 2 at the WCAC Gallery in Berlin.

Art has the power to tell stories that words alone cannot. This exhibition encourages artists to explore the theme of storytelling through visual expression, whether inspired by personal journeys, cultural heritage, emotional experiences, or imaginative narratives.

Through bold color, intricate detail, or abstract form, artists are encouraged to take a creative journey, reflecting on meaningful experiences, memories, or dreams and translating them into compelling visual works that invite viewers to connect, reflect, and be inspired.

"We believe every artist has a unique story to share, and this exhibition offers a platform for those voices to be seen and felt," said Anna Mullis, Executive Director of the Worcester County Arts Council. "Whether the work is deeply personal or entirely imaginative, we hope the pieces will resonate with our community and spark meaningful conversations."

Important dates:

-Artwork delivery: August 26–28, between 11 a.m. and 2 p.m. at the WCAC Gallery (6 Jefferson Street, Berlin).

-Opening Reception & Awards: Friday, September 12, 4 p.m. to 6 p.m.. Awards will be presented at 5 p.m.

Entries for the competition will be judged by Tamara Mills, Worcester County Public Schools Fine Arts Coordinator.

Monetary prizes will be awarded, and juror remarks will be shared during the reception, which is free and open to the public.

For more information about submission guidelines and exhibit details, please visit the Arts Council's website: www.worcestercountyartscouncil.org.

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President's annual report highlights 'remarkable' year

Board of Directors President, Dr. Stuart Lakernick, gave his annual report during the August 9 Ocean Pines Association (OPA) Annual Meeting saying it was a "remarkable year in Ocean Pines".

Lakernick began by highlighting the Board's hard work at keeping annual assessments low while still investing in infrastructure, amenities, and public safety. He commended General Manager John Viola and his team for the incredible job they are doing.

One of the most critical enhancements this year has been to public safety in Ocean Pines.

"Under the leadership of Chief Robinson, our Police Department now has 13 full time officers, making Ocean Pines a 24/7, 365-day protected community – a major leap from just 8 officers three years ago," Lakernick said.

Several historical capital improvements were made this year, including: A new irrigation system and state-of-the-art pump station at the Golf Course; Touch of Italy's arrival; a successful referendum to build a brand-new Southside Firehouse; and, a brand-new Racquet Sports Center building, fully renovated courts, and refreshed landscaping

Lakernick also touched on this year's interior upgrades, landscaping, and new grove of palm trees at the Beach Club, in addition to new cherry trees and sunflower displays at North Gate. To reflect the diversity of the community, a Menorah and Kwanzaa symbols were added to the holiday decorations.

Ocean Pines' electronic sign system was also expanded this year to the Yacht Club and South Gate, improving communication and visibility.

In terms of amenities, Lakernick touched on the new accessible play features added to Ocean Pines parks for children with disabilities, as well as a rain enclosure gazebo that was recently installed at the Dog Park and a brand-new Veterans Memorial Pavilion.

To increase recreational offerings, renovations were made to the driving range building, a new gym floor was installed at the Community Center, and new bocce ball courts were installed at the Yacht Club. All pools were fully staffed with lifeguards this year, ensuring safety across the board.

Lakernick says in the past year, the board has taken a more aggressive approach to collecting unpaid assessments. Annual road resurfacing and continued funding for water pipe lining projects are ensuring long-term resilience, he says, and landscaping has been refreshed across Ocean Pines.

Lakernick wrapped up his statements by thanking the Board of Directors members, Elaine Brady, Steve Jacobs, Rick Farr, John Latham, Jeff Heavner, and Monica Rakowski, for all they do and giving their time to serve Ocean Pines.

"Let's continue building, improving, and working together, because the best of Ocean Pines is still to come," Lakernick said in closing.

Grace Center event to be held at the Inn on Turville Creek

Join your friends and neighbors for an unforgettable evening of raffles, prizes, and community building set against the serene backdrop of the bay. This Tricky Tray Open House will support the efforts of the Grace Center for Maternal and Women's Health located in Berlin.

The event will take place Thursday, September 11 between 5:30 p.m. and 8:30 p.m. to spend some time at The Inn on Turville Creek located at 11450 Gum Point Road in Berlin. Peek inside the newly renovated Inn. Enjoy its charm while mingling with friends and supporting a worthy cause that strengthens mothers, families, and futures.

Try your luck at winning prizes donated by many local businesses. If you own a business and would like to support the cause by serving as a sponsor or by donating gift cards or services to be raffled off that evening, please contact Joann Manole, executive director, at 443-513-4124.

Space is limited so reserve your spot today. RSVP: info@gracematerialhealth.org.

The Grace Center is a 501(c)(3) nonprofit organization committed to providing compassionate care and vital resources to women and families navigating pregnancy, motherhood, and parenting challenges.



Lobecker named Crafter of the Month

The Pine'er Craft Club has named Bill Lobecker as its August Crafter of the Month. A native of Bucks County, PA, Lobecker earned a bachelor's degree in criminal justice administration from Mansfield University. He spent 41 years with Calkins Media, retiring as circulation director for The Intelligencer, The Bucks County Courier Times in Pennsylvania, and The Burlington County Times in New Jersey.

After retiring, Lobecker and his wife, Terry, moved to Ocean View, DE, where they launched Lighthouse Decor, a craft business specializing in wreaths, candles, and home décor signs. The couple sell their creations at the Ocean Pines Farmers & Artisans Market as well as local craft fairs and shows.

A member of the Pine'er Craft Club for about five years, Lobecker's work is available at the Artisan Gift Shop in White Horse Park, Ocean Pines. The shop is open Saturdays from 8 a.m. to 3 p.m. and Sundays from 10 a.m. to 3 p.m.

The Pine'er Craft Club welcomes new members, with meetings held the third Thursday of each month. Artisans interested in selling their creations at the shop can contact shop managers Debbie Jiwa or Barbara Herzog, or email opcrafterclub@aol.com.

Founded 50 years ago, the Pine'er Craft Club has donated more than \$201,000 to the Ocean Pines community.



Serving - The Calvin B Taylor House Museum, in Berlin held its annual peach festival to celebrate local fruit and partake in fellowship. Germantown School Community Heritage Center decided to grill the hotdogs and hamburgers this year. Pictured is the Germantown School Executive Board.

OPVFD golf tournament returns

The Ocean Pines Volunteer Fire Department (OPVFD) is bringing back a community favorite, its annual golf tournament. The event will take place on Sunday, November 2, at the Ocean Pines Golf Club. The event, open to players of all skill level, will raise critical funds for OPVFD's operational and capital improvement needs.

The tournament will feature a competitive round of golf, contests, raffles, and opportunities to connect with friends and neighbors while raising funds to support OPVFD's mission. Proceeds will help fund apparatus replacement, training

equipment, and the construction of the department's new South Station, designed to meet current NFPA safety standards and provide modern facilities for career and volunteer members.

Golfers of all skill levels are encouraged to register and take part in an event. Whether competing for top honors or simply enjoying time with friends, every participant will help ensure the department has the resources it needs to serve the community effectively.

For more information, registration, or sponsorship details, visit opvfd.com/golf.

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Through bold color, intricate detail, or abstract form, artists are encouraged to take a creative journey, reflecting on meaningful experiences, memories, or dreams and translating them into compelling visual works that invite viewers to connect, reflect, and be inspired.

"We believe every artist has a unique story to share, and this exhibition offers a platform for those voices to be seen and felt," said Anna Mullis, Executive Director of the Worcester County Arts Council. "Whether the work is deeply personal or entirely imaginative, we hope the pieces will resonate with our community and spark meaningful conversations."

Important dates:

-Artwork delivery: August 26-28, between 11 a.m. and 2 p.m. at the WCAC Gallery (6 Jefferson Street, Berlin).

-Opening Reception & Awards: Friday, September 12, 4 p.m. to 6 p.m.. Awards will be presented at 5 p.m.

Entries for the competition will be judged by Tamara Mills, Worcester County Public Schools Fine Arts Coordinator.

Monetary prizes will be awarded, and juror remarks will be shared during the reception, which is free and open to the public.

For more information about submission guidelines and exhibit details, please visit the Arts Council's website: www.worcestercountyartscouncil.org.

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Sponsors needed for Veterans Memorial fundraiser

The Worcester County Veterans Memorial Foundation is seeking sponsors for its 18th annual Veterans Memorial Golf Tournament, to be held Tuesday, September 17, at the Ocean Pines Golf Club.

The event is the major fundraiser for the Foundation's education programs, which include annual field trips for all Worcester County fifth graders to the Veterans Memorial in Ocean Pines.

The tournament will feature a scramble best ball format with a 9 a.m. shotgun start. Registration is \$150 per player and includes 18 holes of golf, a cart, "grab and go" breakfast, lunch and tournament prizes.

Sponsorships are still needed at various levels, ranging from \$125 to \$2,500.

Foundation President Marie Gilmore said sponsor support directly impacts the more than 650 students who visit the memorial each year through the Foundation's programs.

"Since 2007, every fifth-grade student in Worcester County has visited the memorial as part of a special field trip," Gilmore said. "They learn about the

military branches, the real-life stories behind the engraved bricks, and the meaning of service and sacrifice."

The tours are run in partnership with the Worcester County Board of Education and feature volunteer docents, as well as demonstrations by JROTC cadets from Stephen Decatur, Snow Hill and Pocomoke high schools. Local Coast Guard members also frequently participate.

"Our Foundation covers all costs for these trips, including buses, drivers and educational materials," Gilmore said. "As those expenses grow, we rely more than ever on community support to make this possible."

The Foundation is a 501(c)(3) nonprofit, and all contributions are tax-deductible. In addition to sponsorships, the Foundation also welcomes donated prizes, gift certificates or items for the tournament's silent auction.

To sponsor the tournament or donate, contact Marie Gilmore at 410-726-2881 or opmarie@aol.com.

For more information on the Worcester County Veterans Memorial Foundation, visit wocovets.org.

The Pine Tones recruiting new members

Twice a year, the Pine Tones Chorus (PTC) performs a local concert combining old favorites with fresh material. On Thursday, September 4, PTC will hold a first rehearsal to prepare for its fall concert, "The Joy of Christmas." The chorus consists of musically proficient amateurs with a professional sound. They combine commitment and fun to produce musically high-quality shows.

The first rehearsal is an opportunity for interested folks to try out for the group, meet other singers, ask questions and decide if it is a good fit. Musical training and experience are highly valued, but not necessary.

There will be eleven rehearsals in preparation for "The Joy of Christmas." As a service to the community, PTC prides itself on performing at assisted living and senior centers throughout Worcester County in the weeks before the concert.

Contact Jenny Anderson at (443) 655-5636 or Dave Holloway at (610) 213-7472 with any questions. Email: pinetoneschorus@gmail.com. Follow PTC on Facebook or @pinetoneschorus.

Make health changes that matter

High blood pressure, or hypertension, is known as the silent killer because it shows no warning signs or symptoms and increases your risk of developing heart disease or stroke.

Register now for a free class at MAC to learn the risks for hypertension, discover ways to protect yourself, and make health changes that matter!

The class is designed for adults who have been diagnosed with hypertension. It will be held on Tuesday, September 23 from 10 a.m. to 12:30 p.m. at MAC which is located at 909 Progress Circle in Salisbury.

For more information or to register, call Jill Kenney at 410-742-0505. Ext. 159 or email her at jkenney@macinc.org.

MAC Incorporated, the Area Agency on Aging, is a private, nonprofit organization, that provides seniors in Wicomico, Worcester, Somerset and Dorchester counties with services that promote dignity, health and independence.

mcmullen
from page 1

cent alongside John Scardina, a former first baseman for one of McMullen's school teams in the late 1970s, to see the camp's work firsthand.

"We spent the day there, and we saw three and four-year-olds being given lessons in reading and math. We saw reading groups for middle school kids. We saw tremendous activities – and we just saw smiling kids," McMullen said.

"The fact that these kids are being given three meals a day, swim lessons, and lessons in math, English and science just reaffirmed that that's the best possible place we can be doing our work right now," he added.

Looking ahead, the Foundation hopes to raise \$10,000 during August and September to expand food bank support throughout the region.

"Once people see where the money goes and who it's helping, they understand the impact – and their generosity makes it all possible," McMullen said.

In 2024, the Mary Mac Foundation

donated more than \$32,000 to food banks and scholarship programs. This year's grant recipients include:

Eastern Shore: Worcester County Child Advocacy Center, Diakonia (Worcester County), Mid-Shore Meals (Dorchester County) and Bayside Shelter (Sussex County)

Annapolis–Baltimore–Washington, D.C. Region: Birth to Five Program Families (Anne Arundel County Public Schools), Fort Meade Family Alliance – Resource Center for Military Families, Lighthouse Shelter, Maryland Food Bank, Helping Up Mission, Ferndale United Bank, Saint Mary's Food Bank and St. Vincent de Paul Food Bank

Pennsylvania–Virginia: Hunger Response, Back Pack Buddies and Neighbors Helping Neighbors

The Mary Mac Foundation is a registered 501(c)(3) nonprofit (EIN#46-2720845). Donations can be made online at www.paypal.me/marymacfoundation, or by mailing a check payable to "Mary Mac Foundation" to 174 Nottingham Lane, Berlin, MD 21811.

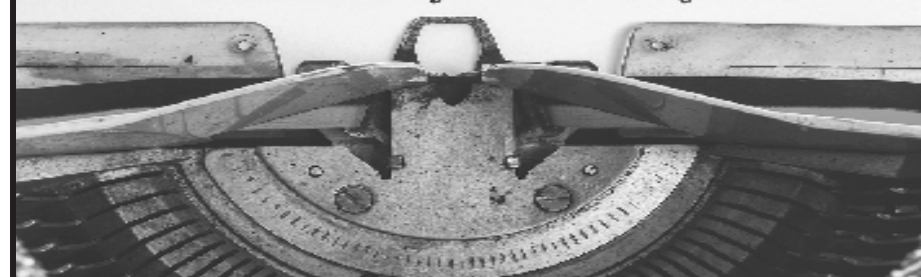
To learn more, visit www.mary-mac.org.

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What's your story?



'The Woods in Your Backyard' online course offered

Looking to learn something new this fall that can improve your property's natural areas? There's still time to enroll in the fall 2025 session of "The Woods in Your Backyard" online course from the University of Maryland Extension's Woodland Stewardship Education program. The self-directed, non-credit course runs 10 weeks from September 8 to November 17 and allows you to work at your own pace from home without needing to attend evening or weekend workshops. The course provides strategies, such as converting lawn to natural areas and enhancing existing natural areas, to landowners of small parcels of land (one to 10 acres) that improve the stewardship of their property for personal enjoyment and environmental quality. It features a hands-on learning approach to help participants develop and implement a plan for their property. Activities include learning how to map habitat areas, under-



standing basic ecological principles about woodland and wildlife, choosing and implementing a few habitat management projects, and setting a timetable and recording your progress.

Online discussion groups will allow participants to interact with others taking the course. A certificate of completion is awarded when all assignments are completed.

The course costs \$125 per person, which includes the 108-page "Woods in Your Backyard" guide, workbook, and a tree identification guide. The course is limited to 25 participants.

Registration closes September 8 or when filled. Registration is through Eventbrite; go to <https://go.umd.edu/WIYB-Fall25>.

For more information, go to https://go.umd.edu/the_course, or contact course coordinator Andrew Kling, University of Maryland Extension, akling1@umd.edu, 301-226-7564.

Annual Pink Lady Golf Tournament returns

The Ocean Pines Ladies and Men's Golf Associations are once again teaming up for their annual Pink Lady Golf Tournament to support breast cancer care and research.

This year's event is scheduled for Wednesday, October 8, at the Ocean Pines Golf Club. Check-in begins at 8 a.m., with a 9 a.m. shotgun start. Registration is \$45 and includes range balls, prizes, a buffet lunch, and non-alcoholic beverages. Green fee is paid separated at the Ocean Pines Pro Shop on the day of the event.

Contests include Straightest Drive, Closest to the Pin, and a Putting Contest, with men's, ladies, and mixed teams. The event will also feature door prizes, a 50/50 drawing, and silent auction.

The tournament supports the AGH Foundation and the Eunice Q. Sorin Women's Diagnostic Center. Proceeds help provide mammograms and other lifesaving measures to help local women.

Over the past 13 years, OPLGA and OPMGA have donated over \$25,000 to the Atlantic General Women's Im-

aging Eunice Q. Sorin Women's Diagnostic Center.

Sponsorship opportunities are also available, ranging from Tee Sponsor to Gold Level.

The deadline to register is September 15. Checks should be made out to OPLGA-9 and either dropped off with your registration form to the OPGCC Pro Shop or mailed to Donna M. Kelly, 28 Heron Isle Court, Ocean Pines MD 21811.

For additional information, contact Denise Stevens at 202-340-4656 or Denisestevens41@outlook.com, or Donna Kelly at 610-721-1634 or Dmk52759@hotmail.com.



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Health Watch

Tackling big weight loss goals

By **Angela Simmons**, CBN, CRNP
*Bariatric Program Coordinator,
Atlantic General Bariatric Center*

Losing a large amount of weight can seem daunting, but it is possible. If you are obese, there is a good chance you know that losing weight would benefit your overall health. You may be feeling at least a little bit intimidated at the thought of all the pounds you need to shed to get back to a healthy weight.

Don't be discouraged! With time, patience, planning and persistence, it is possible to lose even a large amount of weight. Take it one day at a time. Remember that small, gradual changes lead to the best and longest-lasting results in the future.

Getting started. Losing weight takes commitment and a well-developed plan. Make S.M.A.R.T. goals, meaning they are sustainable, measurable, attainable, realistic and time-bound.

Make a commitment. Start by making a contract with yourself. Write down the amount of weight you want to lose, the date you would like to lose it by, a few specific changes you will make to establish healthy eating habits, and your plan for routine exercise.

Take stock of where you are. Talk to your provider or a registered dietitian about how much weight you should lose to reach a healthy body mass index, or BMI. Start a food diary and record what, how much and what times you eat. Examine your lifestyle and identify things that might make it difficult to lose weight. Try to brainstorm to figure out what you can do to overcome these challenges.

Set realistic goals. Establish short-term goals that will help you achieve long-term results. If you are looking to lose 40 pounds and control your blood pressure, you may want to break this down into small tasks to get you to those goals over a few months. Those small goals may include taking a 15-minute walk every day or having a salad or vegetable with dinner.

Also, set realistic goals for how fast you will lose weight. Aim for a slow, steady weight loss. One to three pounds a week is a realistic and healthy weight-loss goal.

Start out slowly. If you are not used to being active, it is better to avoid intense aerobic training sessions right away. Start out slowly with moderate physical activity like walking, riding a bike, yoga or chair exercises. Your body will need time to get used to any new activities. Make sure you also warm up before exercising and cool down when you are finished.

Look for support. Talk to family members or friends who support your weight-loss efforts. It is easier to make lifestyle changes when you have people you can talk to and rely on for support.

Monitor your progress. Revisit your goals and review your progress. If you are meeting your goals, celebrate with non-food rewards, such as buying yourself flowers, taking a bubble bath, or attending a sporting event with friends.

If your plan isn't working, you might want to talk to your doctor about bariatric surgery. Bariatric surgery can be an option for people who are obese and can't lose weight with lifestyle changes alone or those who have severe obesity-related health problems.

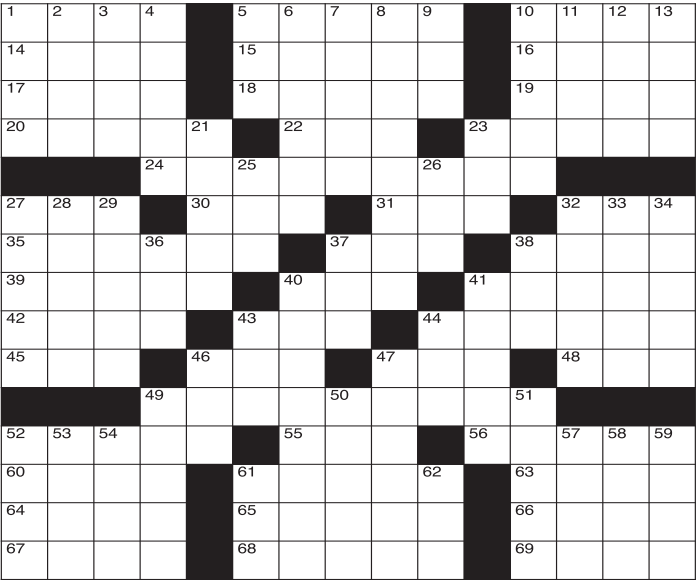
Have patience. It's important to remember that you're not going to lose weight overnight. Take it one day at a time. Remember that you're trying to change years of lifestyle habits.

Lose pounds, gain health
Obesity puts you at increased risk for serious health problems such as heart disease, type 2 diabetes, high blood pressure, stroke and some forms of cancer.

But while losing pounds is nice, taking care of yourself and staying in good health should be your top priority.

By setting achievable goals and sticking to your plan, you can put obesity in your rearview mirror and enjoy a healthy, active life.

Angela Simmons, CBN, CRNP, is the bariatric program coordinator for Atlantic General Bariatric Center, which is part of TidalHealth, Inc. TidalHealth offers non-surgical medical weight-loss plans and advanced surgical techniques for bariatric surgery. To learn more, or to schedule an appointment, visit tidalhealth.org or agh.care.



CLUES ACROSS

1. Mongolian politician

5. Coconut palms

10. Rounded knob

14. Japanese city

15. Covers in soft material

16. Walk around

17. Ancient region in Syria

18. French painter

19. Grandmother

20. Cow part

22. Rocky peak

23. Secret plan

24. Sings to one's lover

27. More (Spanish)

30. Father

31. Chinese philosophical principle

32. Hat

35. In agreement

37. A person's brother or sister

38. Evil spirit

39. Monetary units

40. Partner to cheese
41. About Sun

42. A place to dance

43. Performer ___ Lo Green

44. Beach accessory

45. Recipe measurement (abbr.)

46. Partly digested food

47. Pooch

48. Honorific title added to family name

49. Salts

52. Lichens genus

55. Lowest point of a ridge

56. Type of sword

60. Albanian language

61. Gold measurement

63. Italian seaport

64. Longtime late night host

65. Extremely angry

66. U. of Miami mascot

67. Mid-month day

68. Omitted from printed matter

69. Upper body part

CLUES DOWN

1. Two-toed sloth

2. Cooking ingredient

3. Iranian city

4. Publicly outs

5. Steep-sided hollow

6. Spoke

7. General law or rule

8. Extravagantly theatrical

9. Very fast airplane

10. Arm bones

11. Ancient kingdom near Dead Sea

12. ___ fide: legitimate

13. Gemstone

21. Counsels

23. Top exec

25. Cool!

26. Touch lightly

27. Extract money via taxation

28. Dyes

29. Cloying sweetness

32. Soft drinks

33. Capital of Guam
34. Chemical compound

36. The bill in a restaurant

37. Car mechanics group

38. Late comedian Newhart

40. Health care for the aged

41. Wise individuals

43. A passage with access only at one end

44. Trim

46. Former OSS

47. The upper surface of the mouth

49. Edible lily bulbs

50. Type of reef

51. Vaccine developer

52. Mottled citrus fruit

53. A place to store lawn tools

54. Rare goose native to Hawaii

57. Hollywood pig

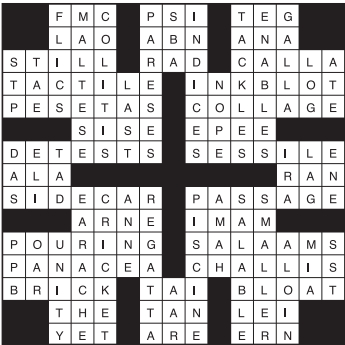
58. Musician Clapton

59. Take a chance

61. Spanish soldier

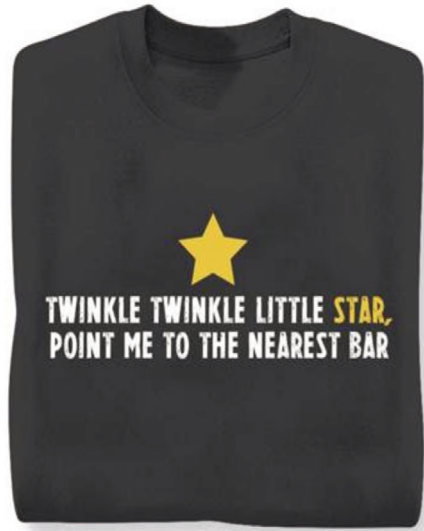
62. Mark Wahlberg comedy

Answers for August 13



Some things to think about

Gathered from the internet
by **Jack Barnes**



"I complain that the years fly past, but then I look in a mirror and see that very few of them actually got past." - *Robert Brault*

"The important thing to remember is that I'm probably going to forget." - *Unknown*

"As you get older three things happen. The first is your memory goes, and I can't remember the other two." - *Sir Norman Wisdom*

"It's paradoxical that the idea of living a long life appeals to everyone, but the idea of getting old doesn't appeal to anyone." - *Andy Rooney*

"The older I get, the better I used to be." - *Lee Trevino*

"You know you're getting old when you can pinch an inch on your forehead." - *John Mendoza*

"I was thinking about how people seem to read the bible a lot more as they get older, and then it dawned on me—they're cramming for their final exam." - *George Carlin*

"I don't feel old. I don't feel anything

until noon. Then it's time for my nap." - *Bob Hope*

"I don't do alcohol anymore—I get the same effect just standing up fast." - *Anonymous*

"By the time you're 80 years old you've learned everything. You only have to remember it." - *George Burns*

"Old age isn't so bad when you consider the alternative." - *Maurice Chevalier*

"I have reached an age when, if someone tells me to wear socks, I don't have to." - *Albert Einstein*

"Grandchildren don't make a man feel old, it's the knowledge that he's married to a grandmother that does." - *J. Norman Collie*

"You know you are getting old when everything hurts, and what doesn't hurt doesn't work." - *Hy Gardner*

"When your friends begin to flatter you on how young you look, it's a sure sign you're getting old." - *Mark Twain*

"You know you are getting old when everything either dries up or leaks." - *Joel Plaskett*

"There's one advantage to being 102, there's no peer pressure." - *Dennis Wolfberg*

"I've never known a person who lives to be 110 who is remarkable for anything else." - *Josh Billings*

"At my age 'getting lucky' means walking into a room and remembering what I came in for." - *Unknown*

"Old age is when you resent the swimsuit issue of *Sports Illustrated* because there are fewer articles to read." - *George Burns*

"The idea is to die young as late as possible." - *Ashley Montagu*

"You know you're getting old when you stoop to tie your shoelaces and wonder what else you could do while you're down there." - *George Burns*

"People ask me what I'd most appreciate getting for my eighty-seventh birthday. I tell them, a paternity suit." - *George Burns*

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