

The Courier

July 12, 2017 Volume 17 Number 44

YC pool open to children

The Ocean Pines Board of Directors unanimously approved a motion introduced by Acting General Manager Brett Hill, after consultation with legal counsel in closed session on Sunday, July 9, that temporarily suspends prohibiting children from using the adults only Yacht Club pool. Concerns were raised that not allowing children to use the facility violates state and federal law and Ocean Pines' tax exempt status. The suspension goes into effect immediately.

Pines fundraiser aims to find 'fur-ever' homes

Unleash your puppy love and fetch an adorable dog or cat at the Ocean Pines Farmers Market's annual "Paws and Whiskers" fundraiser and adoption event. The event will benefit the Worcester County Humane Society, a non-profit, no-kill animal shelter serving all of Worcester County.

Ocean Pines Farmers Market will host the outdoor pet adoption event and fundraiser from 8 a.m. to 1 p.m. on Saturday, July 15.

The pet-friendly event, which will be held in conjunction with the weekly market, will offer a variety of activities for pets and their owners including demonstrations, clinics, pet services and giveaways. The first 75 pet-parents to arrive at the market will receive a free goody bag full of pet items and coupons donated by Precious Paws Animal Hospital, of Ocean City, Md.

Demonstrations will include agility and dog dancing by the Salisbury Kennel Club and the Worcester County Sheriff's Office K9 Unit.

Several tote bags of products, including merchandise that has been donated by the all-natural dog supplement company, NuPro Canine, will be raffled off by the Worcester County Humane Society to raise money.

Other featured vendors and organizations include Charlie's Treats, Pet Wants Rehoboth Beach, Aunt Maggie's Pet Sitting, Pet Threadz and Town Cats of Ocean City.

The Ocean Pines Farmers Market is open every Saturday from 8 a.m. to 1 p.m. year-round in White Horse Park. It offers seasonal fresh produce, meat, eggs, seafood, wine, baked goods, kettle corn, gourmet food products, handcrafted items and live cooking demonstrations.



Happy Birthday - The Delamva Chorus, a women's A Capella singing group, is known to bring smiles to many faces. Again, this year, Ed Dietsch visited the chorus to celebrate his 95th birthday.

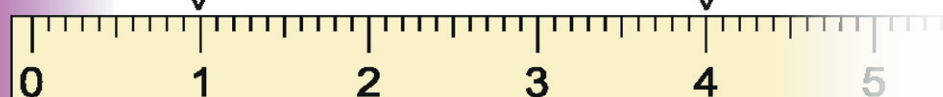
Give us an inch,
we'll take you miles

peninsula.org/courlercancer

When it comes to lung surgery, we reduce your hospital stay and the size of your scar.

Robotic Surgery

Traditional Surgery



PENINSULA REGIONAL
MEDICAL CENTER
RICHARD A. HENSON CANCER INSTITUTE

Community Calendar

July

Brought to you by **Law Offices of Patricia Cleary**

Dance to be held

An Ocean City Dance will be held at the Elks Lodge No. 2645 banquet hall on Saturday, July 15. The hall is located at 138th Street Coastal Hwy in Ocean City. The dance is open to the public. There will be swing, Latin, disco, ballroom and country dancing to the music of DJ Mike T. Waltz lessons will be given by dance instructor John Brillantes from 6:30 p.m. to 7:30 p.m. Open dancing will be from 7:30 p.m. to 10 p.m. Admission is \$14 per person and includes lesson. For more information call 443-474-0015 or go to www.DancingAtTheBeach.com.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 <small>Crowd Bar</small>
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 <small>30</small>	24 <small>31</small>	25	26	27	28	29

Delmarva Chorus preparing for show

The Delmarva Chorus, a women's A Capella Chorus, was founded in 2001. This group of women has been singing together and sharing their gifts with Ocean Pines, Berlin, Ocean City and surrounding communities since that time.

Each year, there are many opportunities for the chorus to volunteer their voices and perform at numerous events and locations, these include, but are not limited to, holiday events ad tree lightings, places of worship, veteran and memorial events, as well as nursing homes and senior centers. Community groups often scheduling the group to perform at dinners, luncheons and many other meetings.

The Delmarva Chorus is preparing for its annual show to be held on Saturday, July 15. This year's theme is Coffee, Tea and Harmony at Camp Delmarva. At 7 p.m. on Saturday, July 15 you can experience their performances as an A Capella chorus, see their humor in short skits and you may even be treated to a few soloists. This annual event will be held at the Ocean Pines Community Center.

The Delmarva Chorus is a non-profit 501©3. Tickets for this event are available for a \$10 donation. In order to secure your tickets, please contact Debbie Hile at 703-300.1288.

Kids' fishing contest scheduled

The Ocean Pines Anglers Club will host the 21st annual Art Hansen Memorial Youth Fishing Contest on Saturday July 22 at the South Gate Pond (near Sports Core Pool) in Ocean Pines. Registration is from 8:30 a.m. to 9:30 p.m. and the contest will be from 9 a.m. to 10:30 a.m. Children should bring their own fishing rod and reel. Bait is provided. There are three age groups; 4-7, 8-11, 12-16. A trophy will be awarded for the biggest fish in each age group with special awards for the top three.

Children younger than age 4 can fish but will not be eligible for a trophy. This is a free event. All registrants will receive a prize compliments of the Ocean City-Berlin Optimist Club and the Maryland Saltwater Sportfishing Association. For information call Walt Boge at 410-208-2855.

Monday

Ocean Pines Poker Club
Poker players wanted in Ocean Pines area for Monday evenings. Call 410-208-1928.

Sweet Adelines

The Delmarva Sweet Adeline Chorus meets from 7 to 9 p.m. in the Ocean Pines Community Center. Call 410-641-6876.

Monday/Tuesday

Sanctioned Duplicate Bridge
Open bridge games Monday at 12 p.m., Tuesday at 10 a.m. at OP Community Center. Call Mary Stover 410-726-1795.

Tuesday

Families Anonymous
From 7 p.m. to 8:30 p.m. at room 37 in the the Community Church at Ocean Pines on Rte. 589. For more information call Carol at 410-208-4515.

Tuesday/Thursday

Poker Players wanted for Gentlemen's Poker in North Gate area Ocean Pines. Game played every Tuesday & Thursday evening 5:45 p.m. to 10:45 p.m. on Pinehurst Rd. Ocean Pines. Call 410-208-0063 for more information.

Wednesday

Kiwanis Club Meeting
Weekly meetings at 8 a.m. on Wednesdays in the Ocean Pines Community Center. Doors open 7 a.m.

Elks Bingo

Ocean City Elks in Ocean City (behind Fenwick Inn) open at 5:30 p.m. Early birds at 6:30 and bingo at 7 p.m. Call 410-250-2645.

Delmarva Hand Dancing

Dancing at The Fenwick Inn in Ocean City from 5:30 to 9 p.m. Contact 302-934-7951 or info@delmarvahand-dancing.com.

Rotary Club

Ocean City/Berlin Rotary Club meetings are held at 5:45 p.m. at the Captains Table in Ocean City. Contact Stan.Kahn@carouselhotel.com.

Square Dancing

The Pinesteppers have introduction to square dancing at the OP Community Center at 7 p.m. Call Bruce Barrett at 410-208-6777.

AL-Anon/OP-West OC-Berlin

Wednesday Night Bayside Beginnings Al-Anon family meetings are held at the Ocean Pines Community Center at 7:30 p.m.

Thursday

Story Time

Stories, music and crafts at 10:30 a.m. for children ages 3-5 at Ocean Pines library. Call 410-208-4014.

Beach Singles

Beach Singles 45 for Happy Hour at Harpoon Hanna's at 4 p.m. Call Arlene at 302-436-9577, Kate at 410-524-0649 or Dianne at 302-541-4642.

Legion Bingo

American Legion in Ocean City opens doors at 5:30 p.m., games begin at 7. For information call 410-289-3166.

Gamblers Anonymous

Group meets at 8 p.m. at the Atlantic Club, 11827 Ocean Gateway, West Ocean City. Call 888-424-3577 for help.

Friday

Knights of Columbus Bingo

Bingo will be held behind St. Luke's Church, 100th St. in Ocean City. Doors open at 5 p.m. and games begin at 6:30 p.m. Refreshments available. Call 410-524-7994.

First Saturday

Creative Writing Forum

Every first Saturday of the month at 10 a.m. at the Berlin Library. Novice and established writers gather to share their fiction, non-fiction, and creative writing projects. Program includes critiques and appreciation, market leads, and writing exercises.



LAW OFFICES OF
Patricia Cleary, Esquire

Office Hours by Appointment | Free initial consultation

Your Neighborhood Lawyer

**General practice law firm
with an emphasis on...**

Wills, Trusts, Powers of Attorney

DWI/DUI, MVA Hearings

Personal Injury

Small Business
Counsel/Advising

Real Estate



240-304-6058 pattyclearylaw@gmail.com www.pattyclearylaw.com

State allocates funds to fight heroin, opioid epidemic

Maryland's Opioid Operational Command Center, Department of Health, and the Governor's Office of Crime Control & Prevention has announced more than \$22 million to fight the heroin and opioid epidemic. Eighty percent will go to Maryland's 24 local jurisdictions and service providers to fund prevention, enforcement, and treatment efforts throughout the state. Worcester County will receive just over \$91,000.

"Finding real solutions to the heroin and opioid crisis that is ravaging our communities is a top priority of our administration and a cause that myself and Lt. Governor Rutherford have been personally committed to since before we took office," said Governor Hogan. "This new funding will make real differences in people's lives as we work together to turn the tide in this deadly fight."

The funding for Fiscal Year 2018 includes the first \$10 million of Governor Larry Hogan's \$50 million commitment to address the crisis announced in March 2017, the first \$10 million from the federal 21st Century Cures Act, and \$2.1 million from

the Governor's Office of Crime Control & Prevention.

"With this funding plan, Maryland reaffirms Governor Hogan's commitment to helping equip our local communities as we work together to battle this epidemic throughout the state," said Maryland Department of Health Secretary Dennis Schrader. "For example, \$2 million of the Cures Act funding is being committed to establish a 24-hour crisis center in Baltimore City."

"Here in Maryland, we continue to face a crisis situation with the number of overdoses rising every day. I am confident that with these resources we are announcing today, we have a balanced approach to fighting this epidemic – and we are giving the majority of our resources to the local level where we have the greatest opportunity to save lives," said Clay Stamp, executive director of the Opioid Operational Command Center. "It is important to note our successes will continue to be driven by the significant support and cooperation of our federal and state agencies and local coordinated teams, including key advocacy

groups, supporting our important work to combat the opioid crisis."

When Governor Hogan declared a State of Emergency in March, he also announced a supplemental budget of \$50 million in new funding over a five-year period. Twelve state agencies partnering with the Opioid Operational Command Center worked with the command center to develop a work plan and goals, which have shaped how funds will be allocated. The work plan and funding allocations also incorporated feedback from local Opioid Intervention Teams, which coordinate with the community and are led by the jurisdiction's emergency manager and health officer.

The Maryland Department of Health was awarded a \$20 million grant under the 21st Century Cures Act from the U.S. Department of Health and Human Services, administered by the Substance Abuse and Mental Health Services Administration (SAMHSA), to be used for the prevention and treatment of opioid abuse over two years.

"The funds from the Governor's Office of Crime Control & Prevention will

be used to continue the collaboration and coordination between federal, state, and local law enforcement," said Glenn Fueston, executive director of the office. "By promoting such collaboration, we feel that we will be in a better position to disrupt the flow of drugs coming into our region."

As Maryland's opioid crisis has evolved, so has the state's response to it, which includes addressing the epidemic from every possible angle. Education and prevention go hand-in-hand with treatment and enforcement, and all are essential components of the state's efforts to turn the tide in this heroin and opioid crisis. Efforts that will receive enhanced funding in FY 2018 include:

Prevention

\$4 million total distributed to local Opioid Intervention Teams (as noted in table below) for each jurisdiction to determine how best to fight the heroin and opioid epidemic, which may expand on current prevention, enforcement, and treatment efforts

\$1.4 million for a public awareness

*please see **funding** on page 4*

Ocean Pines, Maryland

Summer SLAM BASKETBALL




Register NOW!



CLINICS WITH PAUL WEISENGOFF AND FAST BREAKERS

**OP Resident \$65/
Non-Resident \$81.25
Open to the Public!**

The July 24-27 clinic teaches skill development, basic understanding of the rules, dribbling, shooting, defense & more to Grades 1-6 kids!

Register Today: Ocean Pines Rec & Parks . 239 Ocean Parkway, Ocean Pines, MD 21811 . 410-641-7052 . OceanPines.org

The Courier

P.O. Box 1326
 Ocean Pines, MD 21811
 410-641-6695 • fax: 410-641-6688
 thecourier@delmarvacourier.com
 www.delmarvacourier.com

Chip Bertino

Publisher/Editor
 chipbertino@delmarvacourier.com

Susan Bertino

General Manager

Mary Adair /Comptroller

Contributing Writers

Ron Fisher, Douglas Hemmick, Jean Marx,
 Kelly Marx, Dolores Pike
 and Bev Wisch

Robert B. Adair 1938-2007

2012 Business of the Year

The Courier is published Wednesday morning by CMN Communications, Inc. Contents copyright 2017. News release items and calendar entries should reach us *Friday noon* prior to publication date. The advertising deadline is *Friday at 5 p.m.* Read **The Courier** online at delmarvacourier.com

Choosing pets' names can be just as challenging for pet owners as naming children is for parents. Many pet owners want a name that encompasses the animal's personality and rolls off the tongue. Some names are gender-specific, while others are universal. If you need help naming that



new bundle of fur or feathers, you may find some help by looking at the most popular pet names. Each year,

Veterinary Pet Insurance releases its list of popular pet names. Some of the most popular pet names for today include:

Dogs: Bella, Max, Bailey, Lucy and Charlie.

Cats: Bella, Max, Oliver, Chloe and Lucy

Birds: Charlie, Kiwi, Baby, Coco and Mango

For those who appreciate a little humor with their pets' names, Nationwide Insurance listed a bulldog named McLove the Stud Muffin and a kitty called Agent Jack Meower as 2016's top Wacky Pet Names. Kanye Westie and Optimus Prime Rib were some other clever pooch names, while Shakespurr and Butch Catsidy made the list as funny feline monikers.

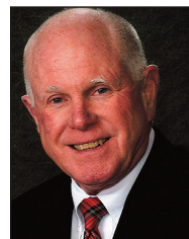
Elections Committee modifies candidates' forum format

The Elections Committee has modified the format of the second Ocean Pines Candidates' Forum, which is scheduled for Saturday, July 22 at 10 a.m. at the Asateague Room in the Ocean Pines Community Center, to provide more interaction among the Board of Directors candidates.

Unlike the first forum this election season, the four candidates, Colette Horn, Nicole Schafer Crosariol, Douglas Parks and Marty Clarke, will submit questions they would like to ask candidates to discuss. Candidates will have two minutes to answer each question. After all four candidates have given their two-minute response, each candidate will be given one minute for a rebuttal/comment. This is a modification from the Candidates' Forum that took place on June 21.

The format for the question-and-answer session will be similar to previous forums in that the candidates will be asked questions in a rotating order. Each candidate will also have an opportunity for a three-minute opening statement and a three-minute closing statement.

The Elections Committee is encour-



Marty Clarke



Nicole Schafer Crosariol



Colette Horn



Doug Parks

aging members of the Association to also submit questions for the second Candidates' Forum, where candidates running for the Board of Directors are invited to express their positions on Ocean Pines issues.

Questions, 75 words or less, can be submitted in a number of ways: members can post their question/s to the Real OP Forum (<https://realopforum.com/forums/topic/2017-elections/>) or by calling the Elections Committee Telephone Hotline at 410-208-3989 or sending questions by email to Elections Committee Chair Steve Tuttle at sltuttle08@gmail.com.

The deadline for submitting questions is Friday, July 21.

The Elections Committee wants to urge folks to come, meet the candidates, hear from them and then decide who they will vote for. Ballots will be mailed on July 11 and are due on Aug. 10. Votes will be counted on Aug. 11. The two winners, each serving a three-year term, will be announced during the annual meeting on Saturday, Aug. 12 at 10 a.m. at the Asateague Room in the Ocean Pines Community Center.

For more information, contact Elections Committee Chair Steve Tuttle at sltuttle08@gmail.com or Denise Sawyer, director of marketing and public relations for the Ocean Pines Association, at (410) 641-7717 ext. 3006 or dsawyer@oceanpines.org.

funding

from page 3

campaign to reduce stigma, increase patient-physician communication, and educate Maryland's school children on the dangers posed by opioids, as well as additional support for local jurisdictions' prevention efforts

\$700,000 to train community teams on overdose response and linking to treatment

\$200,000 to pilot a program that creates school-based teams for early identification of the problems related to substance use disorders

\$200,000 to distribute opioid information to health care facilities and providers that offer treatment for opioid use disorder

Enforcement

\$1.25 million to add to existing efforts to disrupt and dismantle drug trafficking organizations

\$850,000 to continue heroin coordinator program, which helps to make the link between law enforcement and treatment

\$450,000 to increase the Department of Health's regulatory oversight

of controlled dangerous substances

Treatment

\$3.2 million to expand treatment beds statewide, as well as a tracking system – the Maryland Healthcare Commission will aid in expediting the certificate of need application process for treatment beds

\$2.7 million to improve access to naloxone statewide

\$2 million to establish a 24-hour crisis center in Baltimore City

\$1.6 million to expand use of peer recovery support specialists

\$1 million to expand Screening, Brief Intervention, and Referral to Treatment (SBIRT) to hospitals and parole, probation, and correctional facilities

\$780,000 to increase access to medications that support recovery from substance use disorders

\$183,000 to support the expansion of existing law enforcement assisted diversion programs

\$143,000 to improve the statewide crisis hotline

Recognizing the immediate need for naloxone in Baltimore City,

\$750,000 will be provided to buy 10,000 units (20,000 doses) of the lifesaving drug that can reverse an opioid overdose. The city will receive \$830,429 in individual jurisdictional funding, \$2 million to establish the crisis center requested by city leadership, as well as funding for localized treatment and enforcement initiatives. With the opportunity to apply for grants, Baltimore is eligible for approximately \$6 million in funding. The 2016 annual report released by the Maryland Department of Health found that of the 2,089 overdose deaths in Maryland last year, 694 occurred in Baltimore City.

The funding announcement also coincides with the July 1, 2017 roll-out of Maryland Medicaid programs that make substance use disorder treatment options more accessible for Marylanders. Chief among them is the ability of residential treatment centers of a certain size to be able to receive Medicaid reimbursement for treatment – erasing a federal prohibition that had served as an impediment to treatment for many people.

Return of the little ones

The time between calm and chaos was less than 30 seconds. The front door flew open and two little people, one hair of gold, the other brown, seemed to catapult into the house like a projectile fired from a cannon. And

area for all things grandchildren.

"Nino, Nino can you help me put my shoe back on? Nino! Nino!"

I'll be right back.

Getting back to the bed of gifts. In addition to clothes there were assorted

toys and crafts and accessories such as hair barrettes. It must be something about grandmothers anticipating the arrival of their grandchildren because the other grandmother was doing pretty much the same



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

my wife and I were off to the races. It's been a long time since we been to the races.

Our grandchildren are visiting. They arrived with their parents who drove cross country to visit the family.

(As I'm writing this, my two-year old grandson is outside yelling to no one in particular, "I have to go potty! I HAVE TO GO POTTY?" Excuse me while I tend to this this.)

thing.

What was I doing to prepare? I was tightening the door knobs, removing breakables from low reach areas and nailing down deck boards in advance of the thunderous activities and volcanic forces embodied in the frames of a two and five-year old. Their singular and combined energies engulf all that is around them. Just the thought of their unleashed enthusiasm grips me.

Think of "Jurassic Park" when water ripples in cups from vibrations made by advancing dinosaurs or hearing "Duuuh Duun" as the shark approaches in "Jaws."

It's been ... It's been... Excuse me a moment...

"Nino! Nino! Where are you? Nino?"

"I'm in my studio working."

"Can I come up and watch you work?"

"No, Honey."

"Ok." [To her brother]: "He said we can't come up. Do you think he's really working?"

Our grandchildren are staying with us after their parents leave. In fact, their parents are on their way home as I write this. Having them stay with us is really wonderful. Really! But I have to be honest, even though my wife is pulling most of the watch duty, it's been a long time since I've been responsible for caring for small children, a loooooong time. And although they are very well behaved children they are still, well, children. And there have been times when I've felt more like collateral damage than a grandparent.

And I wouldn't have it any other way!

"Nino, I just burped!"

No, I wouldn't have it any other way!



Ok, I'm back. Now where was I. Oh, yes, my daughter told us several months ago that her family was planning a visit. The announcement was music to our ears. It had been a couple years since they've been home, longer for my son-in-law who was either deployed or training. Now they would all be home. You can imagine our excitement. Although they would be staying with my son-in-law's family not far away, things were done at our home to prepare for their arrival.

For instance, my wife felt it necessary to purchase what appeared to me to be a new summer wardrobe for each of the kids. It seemed that she didn't return from being out of the house that she didn't have a little boy's shirt or little girl's skirt or flip-flops or something more to place on the guest room bed that had been assigned the staging

D.A. Kozma Jewelers

We **BUY**
Gold and Coins



NEW ARRIVALS

Citizen Watches
Store Special
30% off

In-house jewelry service include

- Watch Battery Replacement
- Watch Band Link Adjustments
- Jewelry Reconditioning & Cleaning
- Jewelry Repair
- Ring Sizing
- Stone Setting
- Custom Jewelry Design
- Bridal Consultation

Prompt, friendly & Affordable Service

410-213-7505 410-524-GOLD

www.dakozmajewelers.com

at our new address on Route 611 at Route 50
in the Food Lion Shopping Center

MD #2294

Dentistry has changed...

Come see what modern dentistry is all about

**Now Accepting
New Smiles**

*We file all claims,
accept all major
insurances, and
participate with
Delta Dental Premier*



DePalma Dental

Michael DePalma, DDS | Errin DePalma, DDS

500 Franklin Avenue Unit 3
Berlin, MD 21811

410-641-3222

www.DePalmaDental.com

Gentle and Trusted Family Dental Care for all ages.



Bryce Taranto tees off during the 2016 Ocean Pines Junior Golf Tournament." Photo by Ocean Pines Association

Junior golf tournament scheduled

Ocean Pines Golf Club will host its annual Junior Golf Tournament for boys and girls ages 5-18 on Wednesday,

July 19 beginning at noon. The event is open to the public.

Players will be grouped according to age and/or ability. Male and female divisions will also be created if sufficient registrations are received. All skill levels are welcome.

Ages five through eight will play three holes, ages nine through 11 will play six holes, ages 12-13 will play nine holes and ages 14-18 will play 18 holes. Tournament participants will be required to walk, although push carts are allowed. Parents may follow along on the course; a golf cart fee will apply for those parents wishing to ride.

The cost to participate is \$15 for three, six or nine holes and \$25 for 18 holes. The entry fee includes greens fees, snacks and prizes.

Registration may be completed online at OceanPinesGolf.org or in person at Ocean Pines Golf Club. The deadline for registration is Friday, July 14.

For more information, contact Denise Sawyer, director of marketing and public relations for the Ocean Pines Association, at 410-641-7717 or dsawyer@oceanpines.org.

Ocean Pines offers summer activities

Whether your racquet sport of choice is tennis, platform tennis or pickleball, you will find opportunities for court time this summer at the Manklin Meadows Racquet Sports Complex in Ocean Pines. All activities are open to the public.

Tennis players can take advantage of Ocean Pines' eight Har-Tru clay courts and two hard courts with lights for evening play. Drop-in sessions for all skills levels are held Monday-Friday at 9 a.m. for \$10 per person, per session.

Participants must sign up at the racquet complex pro shop, by calling 410-641-7228 or by emailing Ocean Pines tennis pro Erin Starr at estarr@OceanPines.org.

Anyone looking for a year-round sport is invited to try platform tennis, the only Ocean Pines racquet sport that is primarily an outdoor winter sport but that is played all year long. The game, which combines elements of tennis and racquetball, is played on a court about one-third the size of a tennis court surrounded by 12-foot fencing that allows play off the screens.

A free clinic is offered every Saturday at noon followed by a free one-month trial period. Meet at the Manklin Meadows platform tennis courts to get started with an instructor and the necessary equipment. Seven drop-ins per week are also offered. Contact Jim Freeman at jimisfree-

man@verizon.net or 215-704-4592 for more information.

Another benefit of a platform tennis membership is the option of playing timeless tennis. Those who are no longer comfortable playing on a regular-size tennis court are invited to try the sport, which is new to Ocean Pines and has already attracted a number of players. The game is played on the racquet complex's platform tennis courts using tennis racquets and low-compression balls. The screens surrounding each of the courts help keep the balls within reach.

Drop-in play is scheduled every Wednesday from 4 p.m. to 6 p.m. and free introductory lessons are available by appointment by calling Araceli Popen at aspopen@yahoo.com or 302-270-8118.

Players who have not yet experienced pickleball, a family-friendly racquet sport that combines elements of tennis, badminton and ping-pong, are invited to try out a free beginner training class offered by the Ocean Pines Pickleball Club. Classes will be offered July 8 and August 12 at 8 a.m. and July 20 and August 24 at 4 p.m. at the racquet complex.

A follow-up drop-in will be offered the week after each class so that new skills learned can be used in organized games with other beginner players. The drop-in fee for the outdoor courts is \$5 per person, per day. A complete schedule of drop-in times may be found at OceanPines.org. For more information or to register for a beginner class, contact John Hanberry at jhanberry@comcast.net or 703-598-6119.

Ocean Pines offers yearly tennis, platform tennis and pickleball memberships for families, individuals and juniors. Memberships are available to Ocean Pines residents and to non-residents, for an additional fee.



Monday

Chicken Parmesan over Pasta \$9.95

LARGE CHEESE PIZZA \$8.50 (carry-out only)

Tuesday

Burger and French Fries \$6

LARGE CHEESE PIZZA \$8.50 (carry-out only)

Wednesday

Pasta Night

Thursday

Steak Night!

Friday

Fried Shrimp with French Fries & cole slaw \$14.75

Saturday

Crabcake Platter with 2 sides and a choice of a soup or salad \$15

Drink Special

Martinis of the Month \$7.50
Lemon Martini Roast Beer Float Martini
Margarita of the Month \$6.50
Blue Hawaiian

\$1 Off During Happy Hour

OPEN Mon-Sat at 7:30 am
Breakfast Lunch Dinner
Sunday Brunch 8 am - 1 pm
410-208-2782



Michael B. Mathers, P.A.

Estates, Trusts & Elder Law

11107 Manklin Meadows Ln. Suite 1A Ocean Pines

**Wills Probate
Medicaid VA Benefits**

mike@mbmatherslaw.com
www.mbmatherslaw.com



Call today
to make an
appointment

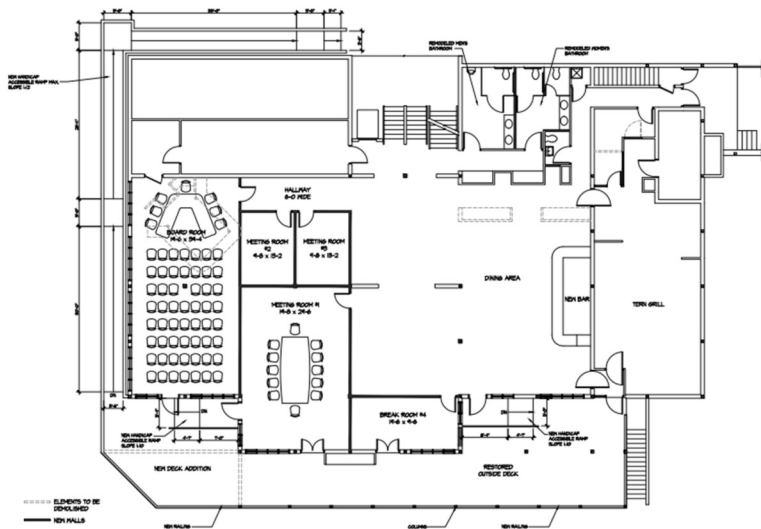
410-208-3331

**The LORD will surely save me
So we will play my songs on
stringed instruments Isaiah 38:20**



We do that!

www.FellowshipAlliance.com
Church
Come join us this
Sunday 9:00AM
Showell Elementary School - Route 589
410-641-6000



Golf Club second floor renovations underway

The Ocean Pines Association makes a “forward swing” toward renovation to the second floor of the Ocean Pines Golf Club. The pivot and turn to the second level will significantly improve the building’s accessibility, upgrade its amenities and bring a number of other improvements to the building, which dates back to the early 1970s.

“We’re hoping to hit a hole-in-one with construction work to the entrance and second floor of the facility, which are progressing well,” said Marketing and Public Relations Director Denise Sawyer. “The Ocean Pines Public Works Department is working to complete phase two of the Golf Club project. Most of the interior construction work, within this phase, will take place on the second level, where banquet and wedding services are offered to residents and guests.”

The second level is getting a floor-to-ceiling makeover. The reconfiguration project is adding a number of meeting rooms, a 60-seat board room, a restored outside deck, a new deck addition, handicap accessible ramps and a large banquet/dining area.

The project presents the opportunity to improve the banquet experience at Ocean Pines Golf Club while accommodating meetings for community organizations and committees. The Association’s Food and Beverage Director Brian Townsend will be able to offer the Ocean Pines Golf Club as a venue for smaller corporate and/or company parties as well as other special events, like budget-conscious weddings.

“Whether it’s an exchange of vows

or a company holiday party, we will soon be able to make special memories at our Golf Club, overlooking the gorgeous links,” said Townsend.

The building, which is structurally sound, continues to get much-needed attention from the Board of Directors. The Ocean Pines Association (OPA)

please see club on page 11



You Have Choices



Bishop-Hastings

FUNERAL HOME

FAMILY OWNED AND OPERATED SINCE 1896

(302)436-8421

www.BishopHastingsFH.com

When choosing a funeral home for yourself or a loved one, you want one to meet your spiritual, emotional and economic needs.

At Bishop-Hastings Funeral Home we will guide you and give you options to meet all of your needs with ease.

SANDPIPER ENERGY

BRINGING NATURAL GAS TO WORCESTER COUNTY

Over 4,000 New Natural Gas Customers and Growing!

800-427-0015

www.sandpiper-energy.com



Pictured from left to right: **Madeline Goddard, Rebeka Kline, Jordan Riddleberger, and Reeves Dark** at the award recognition held during the Arts Council Annual membership meeting in June 3.

Students awarded scholarships

Four talented Worcester County students have been each awarded art scholarship from the Worcester County Arts Council.

Madeline Goddard, art therapy major at West Virginia University and Rebeka Kline, Pocomoke High School graduate have each received \$1,000 in support of their artistic goals.

Jordan Riddleberger, Snow Hill High

School graduate has been awarded \$1,000 scholarship in memory of Janet R.S. Paper provided by John Sisson's Family.

A \$1,500 scholarship award for Reeves Dark, Salisbury University fine art student was made possible by donations in memory of former president of the Arts Council, James Falcon.

How giving back can be so good

Charitable endeavors made by celebrities and other prominent people often make the news. However, millions of regular people across the country and out of the limelight also do their share to help the various groups fighting for good causes.

People have various reasons for getting involved in philanthropic efforts. A Gallup survey on volunteering in the United States found that more than half of volunteers do it because they like helping others. Just about 40 percent said they volunteer to feel good about themselves.

As many volunteers already know, people who give get something in return. Here are just a few ways why giving back can be good for you.

Volunteer work broadens your skills. Volunteer work allows many people to learn entirely new sets of skills. New opportunities may present problem-solving challenges, and you can discover new ways to think about issues and causes that are dear to you. Volunteering may feel good, but it also can boost your resume. The experience you gain working with a charity can help you in future professional endeavors.

Philanthropy produces a "helper's high." Volunteer work produces a natural feeling of euphoria that is measurable and can produce some positive side effects. Boston College researchers discovered that the joy from helping others can be seen on MRI scans. This euphoria can help decrease chronic pain, depression and disability.

Giving back boosts longevity. A 1999 study out of University of California, Berkeley, found that elderly people who volunteered for two or more organizations were 44 percent less likely to die over a five-year period than those who did not volunteer, even after adjusting for a person's age, exercise habits, general health, and negative habits like smoking. More recent studies have uncovered similar results.

People who give help rather than just receiving it can prolong their lives.

Charity work can keep you connected. Volunteering is a great way to get out and meet new people who share similar goals and interests. People who are new to an area or are recent retirees may find that volunteering helps them make new friends, alleviating feelings of isolation. Volunteer work also provides a great way to network for business contacts or to find out what is newsworthy in the community.



Volunteerism boosts self-esteem. Working with a nonprofit or charitable group often provides immediate results. In turn, this immediate gratification can show you that you have a purpose and are assisting others who need a helping hand. Volunteer work can help you become more confident and assertive and provide you with a greater sense of self-worth.

Giving can inspire others. Many researchers have determined that giving can be contagious. For example, a study by James Fowler of the University of California, San Diego, and Nicholas Christakis of Harvard that was published in the Proceedings of the National Academy of Science found that giving can have a trickle-down effect. Much like the "pay it forward" movement, those who observe charitable efforts are more likely to give to or help different people down the road.

Charitable work can benefit the people on the receiving end of efforts, but it also is beneficial to the person doing the giving.

8TH ANNUAL
DIAKONIA
Golf Tournament

WEDNESDAY, JULY 19, 2017
Ocean City Golf Club · Seaside Course

Title Sponsor

1 PM SHOTGUN START
\$100 PER PLAYER | \$400 PER TEAM
Includes: Lunch, Golf & Cart, Refreshments on Course, Tee Gift, Prizes, Hors d'oeuvres during Scoring & Cash Bar | LUNCH 11:30-12:30

FOR MORE INFORMATION OR SPONSORSHIP OPPORTUNITIES CONTACT: SANDY SRIBNICK: 301-922-4127 OR diakoniagolftournament@gmail.com



Summer is the time to enjoy barbecues and picnics with family and friends. I look forward to these times and I know all of you do too. Here are some tried and true recipes to be a sure hit for your next event.

Macaroni Salad

2 cups Elbow macaroni or shells
 1/2 cup mayonnaise
 1 T. lemon juice
 1 t. salt
 1 t. sugar
 1/8 t. celery seed
 1 diced tomato
 1 cup diced celery
 1-1/2 t. green pepper chopped
 Pimentos to taste
 Cook macaroni in 2 qts. Water. Rinse in cold water. Add rest of ingredients. Add some fresh parsley and salt and pepper to taste. Also, vinegar may be substituted for lemon juice.

Fruit Salad

2 cups miniature marshmallows
 1 can pineapple
 5 bananas
 3 apples
 1 bunch seedless grapes
 1/2 cup nuts (pecans or sliced almonds)
 2 oranges
 Cut up fruit in bowl.
 Cook sauce:
 1 cup pineapple juice
 2 - 3 T. cornstarch
 1/2 cup sugar
 Cook together until sauce thickens. Chill
 Beat one pint fresh whipping cream. Add sauce to whipped cream. Fold in fruit and serve.

Enjoy,
 bevwisch@aol.com

Endocrinologist joins AGH

Atlantic General Hospital and Health System announced that Faustino Macuha, Jr., M.D., will join the medical staff to provide care for patients with diabetes, thyroid, adrenal, and other hormone and metabolic disorders.

Macuha is past medical director of the Center for Diabetes and Endocrinology at the University of Maryland Shore Regional Health at Easton. He is dual certified in endocrinology, diabetes and metabolism as well as internal medicine by the American Board of Internal Medicine.

Macuha completed his fellowship in endocrinology at Stony Brook University Hospital in Stony Brook, N.Y. and his residency at Lenox Hill Hospi-



Faustino Macuha, Jr.

please see **agh** page 11

Choptank Electric Cooperative
 A Touchstone Energy Cooperative
 f Instagram Twitter YouTube

Stay Connected!

Update your contact information today to report outages, receive billing updates, and communication alerts from your Co-op!

www.choptankelectric.coop
1-877-892-0001

It's **SUMMER!**
 Don't worry. Apple has you covered!

Whether you're at home, work, or even on vacation, **Apple MedSync & Apple Pax** ensure that you and your loved ones are taking the right dose of medication at the right time and **not** spending your free time at the pharmacy.

Apple MedSync coordinates all routine prescriptions to one pickup day each month, making it more convenient for you.

Apple Pax, packaging system, makes medication time worry free using packets organized by date and time of dosing.

APPLE DISCOUNT DRUGS

Route 13 South & Cedar Lane
FRUITLAND
 410-749-8401

314 Franklin Ave.
 Berlin Prof. Center
BERLIN
 410-641-3130

1210 Nanticoke Rd.
 Pecan Square
SALISBURY
 410-543-8401

FREE, LOCAL PRESCRIPTION DELIVERY!
 www.apple drugs.com

A BAGEL and...

Free Wireless Internet

Serving Breakfast and Lunch

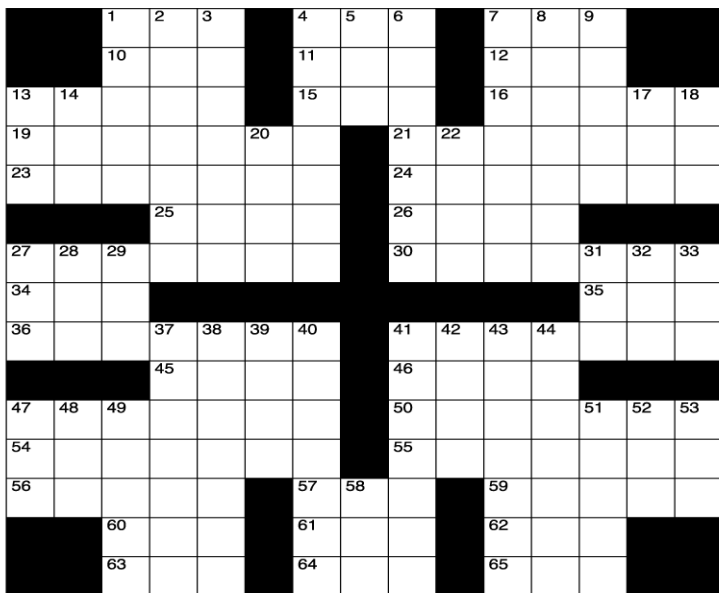
Pastries and Cookie Trays

Boar's Head Meats

410-208-0707
 Open 6 a.m. - 2 p.m. Daily

RTE. 589	
Manklin Creek	O.P. South Gate Entrance
	OCEAN PKWY
A Bagel and... →	

Southgate - Ocean Pines
 (Manklin Creek & Ocean Pkwy)



CLUES ACROSS

- 1. ___ fi (slang)
- 4. Former CIA
- 7. Parts per billion (abbr.)
- 10. Fermenting vat
- 11. News organization
- 12. Paddle
- 13. Agent in alchemy
- 15. Small amount
- 16. Wholeness
- 19. Suppliers
- 21. Type of head pain
- 23. Canadian province
- 24. Jiminy is one
- 25. Shelf
- 26. Diarist Frank
- 27. Honored
- 30. Boat race
- 34. Cash machine
- 35. Linguistic theory (abbr.)
- 36. Highway material
- 41. Gracefully slender
- 45. Not often found
- 46. Baghdad is its capital
- 47. Deriving from Asia
- 50. Large, veterinary pills
- 54. Boxer
- 55. Give the right to
- 56. Iranian city
- 57. Body part
- 59. A citizen of Iraq
- 60. Australian bird
- 61. Consume
- 62. A basketball hoop has one
- 63. Bar bill
- 64. Not wet
- 65. Midway between east and southeast

CLUES DOWN

- 1. Shorttail weasel
- 2. Type of sword
- 3. A way to acquire
- 4. Peddled more
- 5. Relaxing place
- 6. A small carrier attached to the side of a motorcycle
- 7. Decanting
- 8. For all ills or diseases
- 9. Building material
- 13. "Much ___ About Nothing"
- 14. Type of Buddhism
- 17. Refers to something unique
- 18. Thus far
- 20. Make angry
- 22. Greek mythological character
- 27. Used on driveways
- 28. Relating to the ears
- 29. Doctors' group
- 31. Chinese philosophical principle
- 32. Stomach
- 33. A particular period
- 37. Coin of ancient Greece
- 38. Place to clean oneself
- 39. One of the Great Lakes
- 40. Ruled
- 41. State of being free
- 42. Fe
- 43. Soup cracker
- 44. Escorts
- 47. Credit term
- 48. Institute legal proceedings against
- 49. Put within
- 51. New Jersey is one
- 52. Red deer
- 53. Type of whale
- 58. Swiss river



Answers for July 5



Some history of Chinese wine

Summer vacation is in full swing, which makes for lots of new memories and excursions. I'll be doing both as my husband and I head to China later this month to visit our daughter who is teaching English to pre-school age children. It will be a wonderful way to combine new memories with this once-in-a-lifetime excursion.

If you're looking into the origins of winemaking in China, you will be amazed at how far back in time you'd have to go. Try 9,000 years – to approximately 7000 BC. This discovery was made in 1995 when a team of Chinese and American archaeologists explored two sites near Rizhao, where they discovered several hundred ceramic pots. It was in these ceramic pots that evidence was found of fermented beverages. The remnants of seven pots showed that grape wines were stored in them, and others revealed remnants of rice wine and mead.

During the Tang dynasty from 618-907, grape wine production became more commonplace as China began importing grape wine from Central Asia. The Tang dynasty is revered in China's winemaking history, because wine was made available not only to the imperial court, but also to the common people. It was during this dynasty that the poet, Li Bai, penned several poems involving drinking wine. One whose English translation is entitled "Parting at a Wine-Shop in Nanjing" stirs up fond recollections for him in the poem's first two lines: "A wind, bringing willow-cotton, sweetens the shop, and a girl from Wu, pouring wine, urges me to share it ..." It's nice to know that after all these centuries, a love of sharing wine together is just as special today as it was then.

It wasn't until well into the 20th Century (i.e., 1980), that Chinese wines began to be produced on a large scale. This was the year that French wine began to be imported into the country. Rémy Martin started a joint venture in the city of Tianjin where many different grape varieties were planted. The company's name was the Sino-French Joint-Venture Tianjin Dynasty Winery Ltd. Much of the wine produced in the company's first 20 years needed to be exported due to the low incomes of the local population. However, when the Chinese economy boomed in 2000, a boom in local wine purchases soon followed.

Since China's size is so vast, it's no surprise that there are many different wine regions in the country. Three of the largest are Shandong Province, Hebei Province, and the country's capital of Beijing. Shandong has the longest history of winemaking. In 1892, Zhang Bishi established the Changyu wine company in Yanti, which introduced over 120 grape varieties to Shandong from such countries as Germany, Austria, Spain, and Italy. (The introduction of grapes from the USA and France didn't actively start until the 1970s). Within the Hebei Province is the region of Shacheng, which produced the first Chinese dry white wine, and the region of Changli, which produced the first Chinese dry red. Beijing certainly deserves mention as well with a wine history dating back at least a century. Beijing has many local wineries that do well with tourists who flock to the city for its rich history and cultural heritage.

One of the most famous types of wine in China is Yellow Wine from the city of Shaoxing located in the Zhejiang Province. Yellow Wine dates back to the Ming (1368-1644) and Qing (1644-1911) dynasties. The wine is fermented using a variety of ingredients including black rice, glutinous rice, and millet, mixed with water from Shaoxing's Mirror Lake and other herbs. Depending on the level of sweetness desired, rice liquor or zaoshao liquor is also added. In following traditional methods of producing Yellow Wine, the grain is first drenched and then spread out on a drying floor to dry. The wine is stored in earthenware jars and aged in a cellar. The resulting wine has a yellow to orange tint and is often quite potent, with an average alcohol content of between 13 and 15 percent.

I will be a willing reporter on the wines I sample during our two-week trip. Due to the language barrier, I may have to take a few photos of the wine labels instead of attempting to get the spelling of the wines and the wineries just right. I hope to try the Yellow Wine, but with the alcohol content, a sip or two may be all that's advised. It will be a memorable trip to say the least.

Help kids overcome a fear of needles

Immunizations are an integral part of a healthy lifestyle. Physicians and various health organizations advise that children and adults adhere to a specific schedule of vaccinations that can help them develop antibodies to fend off a variety of illnesses. Unfortunately for kids who fear needles, most immunizations are administered intravenously.



Children fearful of needles are typically hesitant, if not petrified, to receive their immunizations. However, failure to receive recommended vaccinations increases a child's susceptibility to various diseases, and kids who do not receive their immunizations may be running afoul of the law. The American Academy of Pediatrics' immunization schedule calls for children to get the bulk of their vaccines before age two. However, additional vaccines must be

administered later in life. And while many children outgrow their fear of needles as they approach adolescence, some may still resist. To make the immunization process less painful for children, parents can take certain steps.

Put on a smile. Children take their cues from their parents. If you show nerves or let on that you are nervous about the immunization shots, your

*please see **needles** on page 12*



Headmasters for a Day

Worcester Prep seventh grade twins, **Hugh Thomas** and **Myra Cropper** of Ocean City, with **Dr. Barry Tull** acted as headmasters of the school in June. Their parents purchased the "Headmaster for a Day" at the WPS Annual Gala's fundraising auction this past March.

As headmaster, Hugh Thomas and Myra allowed all students in Pre-Kindergarten through Grade 12 to wear casual clothing instead of their uniforms if they donated \$1 to their favorite charity, the Atlantic General Hospital Emergency Room. During their busy day, they met with the school staff, visited classrooms, doubled recess time, treated teachers to donuts, and arranged for a DJ to play music during lunch. Following lunch, they invited all members of their class to play Capture the Flag and enjoy an ice cream sundae party.

Recognize and prevent repetitive stress injuries

Repetitive stress injuries, or RSIs, can impact muscles, ligaments, tendons, and nerves. Though The Mayo Clinic estimates that three million

people in the United States are affected by such injuries, some may not fully understand just how they reached a point where they are suffering from an RSI.

RSIs are a condition that occurs when too much stress is placed on one part of the body, typically a joint, over and over again, resulting in inflammation and potential tissue damage. RSIs typically happen when a person repeats the same movements again and again. It comes as no surprise then that RSIs are commonly experienced by athletes and office workers.



The elderly are most affected by RSIs, but these types of injuries are also known to occur in younger adults and children. These injuries tend to develop over time and tend to go unnoticed in their early stages.

Prevention is the best defense against RSIs. Start by using proper equipment at all times to help keep the body protected and in neutral positions. Such equipment may include support devices for wrists or knees, and shoes that fit well and provide ample support.

Athletes should make sure their

*please see **injuries** on page 12*

*agh
from page 9*

tal in New York City. Prior to his position at University of Maryland Shore Regional Health at Easton, he was a hospitalist at Straub Clinic and Hospital in Honolulu, Hawaii. He completed his medical degree at University of Santo Tomas in Manila, Philippines, and an internal medicine residency at Lenox Hill Hospital in New York, N.Y.

Macuha will begin seeing patients at the Atlantic General Primary Care and Endocrinology office in Ocean Pines starting on July 17. Appointments can be made by calling 410-208-9761.

*club
from page 7*

Board of Directors has agreed during a 2016 board meeting to replace the roof of the club house. The roof had a history of leaks due to improperly mounted heating, ventilation and air conditioning units, and required immediate work.

Construction on Ocean Pines Golf Club, originally named Seabright and later Ocean Pines Golf & Country Club, began in 1970. Robert Trent Jones Sr. was hired to design the course. It officially opened on June 5, 1972, making it one of the earliest courses in the Ocean City area. Golfing greats Billy Casper, Dean Beman, Marty West and Bob Haley were the inaugural foursome and participated in a special celebrity match that day.

Today, Ocean Pines Golf Club, with its classic Robert Trent Jones design, challenges and delights golfers just as it did in 1972. It is, as originally envisioned, open to the public year-round and offers annual memberships for those wishing to make it their home course. Ocean Pines golf members, local residents, Ocean City vacationers and golfers - both hobbyists and serious players - enjoy the natural beauty of the course, the purity of its design and its superb playing conditions.

Tide and Sun Chart				
* tide is for Ocean City Fishing Pier. Add two hours for Isle of Wight tide				
DATE	HIGH TIDE	LOW TIDE	SUNRISE	SUNSET
Thur., July 13	11:11 a.m. 11:29 p.m.	5:10 a.m. 5:14 a.m.	5:48 a.m.	8:24 p.m.
Fri., July 14	11:57 a.m.	5:54 a.m. 6:06 p.m.	5:48 a.m.	8:24 p.m.
Sat., July 15	12:14 a.m. 12:47 p.m.	6:41 a.m. 7:02 p.m.	5:49 a.m.	8:23 p.m.
Sun., July 16	1:04 a.m. 1:42 p.m.	7:30 a.m. 8:02 p.m.	5:50 a.m.	8:23 p.m.
Mon., July 17	2:00 a.m. 2:42 p.m.	8:22 a.m. 9:04 a.m.	5:51 a.m.	8:22 p.m.
Tues., July 18	3:01 a.m. 3:44 p.m.	9:17 a.m. 10:08 p.m.	5:51 a.m.	8:21 p.m.
Wed., July 19	4:03 a.m. 4:44 p.m.	10:15 a.m. 11:12 p.m.	5:54 a.m.	8:19 p.m.

Learn the ropes of crabbing this summer

Summertime excursions end at various destinations, including coastal locales. At the water's edge, people can cool off in the shallows and enjoy many different recreational activities.

Millions of people enjoy activities that involve marine life, and many summer vacationers could not imagine a trip without their rods and reels in tow. While a lazy afternoon spent fishing is a great way to spend a summer day, some people are more interested in luring crabs. Feisty crabs can be a thrill to catch and then make an even more delectable meal.

Crabs come in different sizes and

species. Not all are edible, and some should not be taken out of the wild. Always inquire as to which crabs can be caught and if there are any size limits in place. This can usually be verified at a marina or with a local fish and game office. Laws typically require that crabs with egg sacs be released. In Maryland the daily catch limit in the waters of the Coastal Bays of the Atlantic Ocean and their tidal tributaries is one bushel per person; two bushels per boat if two or more individuals are on the boat. The minimum size for hard crabs (spike to spike) is five

please see **crab** on page 13



Bonding - Third graders **Stephen Carullo** of Ocean City and **Beckett Green** of Berlin bonded in Kindergarten over the art of Tae Kwon Do. For the past four years the students have trained three to four nights a week at Chesapeake Martial Arts and just recently passed their three-hour, first-degree black belt test

Injuries

from page 11

gear is properly sized to their bodies. Using the wrong size tennis racket, for example, may contribute to elbow strain when serving and hitting.

Proper nutrition also is key. Consuming the right foods is essential to developing and maintaining strong muscles, which help support joints in the body. Speak with a doctor or nutritionist if you suspect your diet has room for improvement.

RSIs can be troublesome for office workers. Maintaining neutral body positioning is the best defense against pain and injury, according to the pain prevention resource Tifaq.com. Tifaq.com suggests following these procedures in addition to stretching and exercising at the office:

- Keep your head level, forward facing and in line with your torso.
- Feet should be flat on the floor or on a footrest.
- Shoulders can be relaxed and arms hanging normally at your sides. Your elbows should be at about 90-degree angles.
- Support your back with a lumbar support or a small pillow.
- Sit vertically or lean back slightly while at your desk.
- Keep frequently used items close by so you do not need to stretch.
- Position your monitor so it is directly in front of you and at eye level.
- Take frequent breaks to stretch or take a walk around the office.

Examples of RSIs include carpal tunnel syndrome, rotator cuff injuries, tendonitis, and trigger finger.

Always consult with a doctor if pain from routine activities is persistent. Individuals may benefit from working with a physical therapist to learn strategies to avoid RSI activities.

needles

from page 11

son or daughter may take note of your apprehension and become even more scared of needles than he or she already is. Make light of what is going to happen if the child understands what the visit is all about. Downplay any discomfort and resist the urge to say "don't worry." It may actually give the child the impression there is something to worry about.

Be open and honest. Older children may appreciate hearing the truth instead of being told a tall tale about the immunization process. Explain that the needle will only briefly penetrate the skin, meaning the procedure will be done very quickly.

Don't make shots a form of punishment. The threat "behave or the doctor will give you a shot," is not helpful at all. It will only compound fears of shots and paint the picture that they are a punishment rather than a necessity.

Listen to concerns. Let your child

speak to you about why he or she is nervous about receiving a shot. Offer your support in a warm, matter-of-fact way.

Offer a distraction. Let the child hold a video game or incentivize the process by promising a sweet or favorite treat, which can take your child's focus off the shot being administered.

Hold your child. Kids may find that sitting on a parent's lap assuages their fears. For older children who cannot fit on your lap, let them hug you or hold your hand for comfort.

Use a topical anesthetic. Ask the doctor or nurse if there is a numbing swab or spray that can be used to take the bite out of the needle.

Lead by example. Take your child with you when you receive vaccinations, so that he or she can witness that the process is both quick and painless.

Immunization shots are seldom fun for children or adults, but there are strategies to make the entire process less painful.

STEVEN W. RAKOW

Attorney at Law

General Practice / Civil Litigation / Criminal Defense
Contracts / Construction Law

- President, Worcester County Bar Association
- Former Assistant State's Attorney, Worcester County
- Retired Marine Officer • 19 Years Legal Experience

410-600-3075

STEVE@STEVERAKOWLAW.COM www.STEVERAKOWLAW.COM

All Major Credit Cards Accepted



Phone 800-647-8727

Fax 410-213-2151

MITCHELL & HASTINGS

FINANCIAL SERVICES

Our Mission: Your Success

Teal Marsh
Shopping Center
9927 Stephen
Decatur Hwy
Suite 18
Ocean City
MD 21842

Phyllis R. Mitchell
CERTIFIED FINANCIAL PLANNER™
Registered Representative
Investment Advisor Representative
Phyllis R. Mitchell Financial Services, Inc.
Registered Investment Advisor

Andrea L. Hastings
Professional Plan Consultant™
Investment Advisor Representative



IRAs
Pension Plans
Retirement
Plans
Stocks
Bonds
Mutual Funds

Securities and advisory services offered through National Planning Corporation (NPC), Member FINRA/SIPC, a Registered Investment Advisor. M and H, Phyllis R. Mitchell Financial Services, Inc. and NPC are separate and unrelated companies.



On a mission - Achilles International was founded in 1983 by Dick Traum, the first amputee to run a marathon on a prosthetic leg. The organization's mission is to enable people with disabilities to participate in mainstream athletics in order to promote personal achievement, enhance self-esteem and lower barriers to living a fulfilling life. Jeremy Goetzinger, president of Achilles Maryland was the guest speaker at a recent meeting of the Kiwanis Club of Greater Ocean Pines - Ocean City in the Ocean Pines Community Center. Pictured (L-R) **Jeremy Goetzinger**, President **Barbara Peletier** and Secretary **Pat Winkelmayer** after Jeremy spoke and demonstrated the special bike.

crabs
from page 12

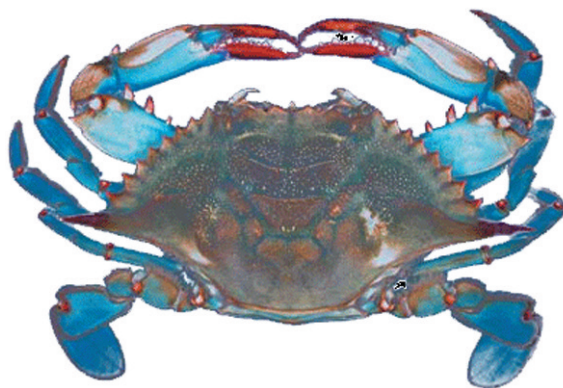
inches; Soft crabs, three and a half inches

Remember that crabs have claws and are not afraid to use them. They will readily snap at any perceived threat. Therefore, always exercise caution when crabbing, as you want to avoid getting stuck in a crab's pincers. Always attempt to grab a crab from the back to avoid the claws.

You can employ different techniques to catch crabs. One of the easiest methods to catch crabs is to use a crab trap/cage. The trap lies on the bottom of the waterbed and, crabs are lured to bait in the center. Once inside, the crabs cannot find their way out. Different types of traps are used depending on the type of crab you are fishing for, where you happen to be crabbing and your own personal preference. Crab traps are sometimes referred to as "pots."

Another method to catching crabs is to use a line and net. Attach bait to the end of the line. Try using chicken, which many crabs are drawn to. Lower

the baited line into a shallow area of water, such as near a dock or pilings. The line should be heavy enough to sink. Use a weighted sinker if the bait is not heavy enough to do the job. If you suspect a crab has taken the bait, slowly drag in the line so not to startle the crab. Use a dip net to quickly scoop



up the crab before it has a chance to release the bait.

Crabs can be stored in a bucket of water or in a cooler filled with ice until you are ready to prepare them. Crabs that have died should not be eaten.

Crabbing can be a popular summertime activity, and one that rewards your hard work with a tasty meal.

Popular summer events return to Ocean Pines

As summer heats up in Ocean Pines, three popular weekly events offered by the Recreation and Parks Department return for the season. All activities are open to the public.

Movies in the Park are presented every Monday at 8 p.m. in White Horse Park, located at 235 Ocean Parkway in Ocean Pines. A different free family-friendly movie will be shown every week through August 22. Concessions will be for sale.

This year's movie line-up includes "The Sandlot" on July 17, "The Secret Life of Pets" on July 24, "The Jungle Book" (1967) on July 31, "Trolls" on August 7 and "The Lion King" on August 14. The final summer movie will be held on Aug. 21 with a showing of "Moana."

The Oasis Pool (formerly known as the Yacht Club Pool), located at 1 Mumford's Landing Road in Ocean Pines, will once again open for families Wednesday evenings from 6 p.m. to 8 p.m. through August 23.

Safeguard yourself from ailments and accidents

Summer is often marked by vacations, recreational events and relaxing moments spent by the pool or on the beach. But when the weather heats up, so can potential health hazards that can ruin all of the fun. The following are some of the more common summertime ailments and how to avoid them.

Lawn and garden injuries: Lawn and garden injuries may not be common, but men, women and children should exercise caution when using lawn and garden equipment. Wear protective shoes and gloves and safety goggles. Remember to turn off any motorized tools before attempting to repair or unclog the blades.

Swimmer's ear: Water that remains in the ear canal after swimming can make the ear a breeding ground for swimmer's ear, which is a bacterial infection. If water remains in your ear for more than one night, visit an ear, nose and throat specialist.

Insect bites and stings: Insects return when temperatures rise. Mosquitoes may be the biggest nuisance, but biting flies and wasps also make formidable foes. Use insect repellent to

*please see **accidents** on page 15*

Games, contests and music will be part of the fun, and food and beverages will be for sale poolside. The cost is \$3 for swim members, \$5 for Ocean Pines residents and \$7 for nonresidents. Only those swimming pay a fee.

Ocean Pines' free long-running summer music series, Concerts in the Park, offers a variety of musical performances every Thursday through August 24 from 7 p.m. to 9 p.m. at White Horse Park. Refreshments are available for sale, or patrons may bring their own.

Scheduled performers include "Uptown Band" on July 13, "Delmarva Big Band" on July 20, "The British Invasion Experience" on August 3, "Opposite Directions" on August 10, "Sons of Pirates" on August 17 and "On the Edge" on August 24.

Knights host summer events

The Knights of Columbus invite you to events they have planned during the summer.

On Saturday, July 15 they will host a barbecue chicken dinner between 11 a.m. and 6:30 p.m. There will be a cash bar.

Additionally, each Friday evening in July the Knights will host bingo with more than \$1,000 in weekly prize money. Doors open at 5 p.m. and games begin at 6:30 p.m.

All events will take place in Columbus hall located at 9901 Coastal Highway in Ocean City, behind St. Luke's Church. For more information call 410-524-7994.

Chicken dinner planned

The Bishopville Volunteer Fire Department Auxiliary will be hold a Fried Chicken Carryout on Sunday, July 16. Chicken will be available between 11 a.m. and 2 p.m. (or until sold out). Half chicken (4 pieces) is \$8 and full chicken (8 pieces) is \$14. A bake table will be available. Call 443-235-2926 to arrange for premade carryout. Proceeds will offset the cost of the new fire truck.

Service DIRECTORY

To place your business card call
410-641-6695



ATTORNEYS

LAW OFFICES OF
Patricia Cleary
...*your neighborhood lawyer*
240-304-6058

Michael B. Mathers, P.A.
Estates, Trusts & Elder Law
410-208-3331
mike@mbmatherslaw.com
www.mbmatherslaw.com

STEVEN W. RAKOW
Attorney at Law
410-600-3075
STEVE@STEVERAKOWLAW.COM
www.STEVERAKOWLAW.COM

DENTISTRY

Gerard Ott, D.M.D., PA
1 Pitts Street
Berlin, Maryland 21811
(410) 641-3490

DePalma Dental, LLC
 Michael DePalma, D.D.S.
Errin DePalma, D.D.S.
500 Franklin Avenue, Unit 3
Berlin, Maryland 21811
Phone: 410-641-3222
www.depalmadental.com

ELECTRICIAN

Waterfront Electrical Service • Hot Tubs & Spas
Residential • Commercial • Interior & Exterior Lighting
Service Upgrades • Phone/Data/TV Lines • Ceiling Fans
J.T. Novak, LLC
Electrical Contracting
Prompt Service at Reasonable Rates
P.O. Box 1464 Phone: 410-208-3052
Berlin, MD 21811 Mobile: 443-235-5544
Master Electrician MD • VA • DE • PA

FLOORING

Sea Floor
CARPET HARDWOOD & MORE
The Flooring Store for Locals
11312 Manklin Creek Road **410-208-3879**
Ocean Pines

HOME IMPROVEMENT

PAUL'S HOME IMPROVEMENTS
All phases of home improvements
No job too small - No job too large
Handyman Home Services
Over 40 years experience
410-641-7548
Free Estimates
MHIC #83501

PHARMACY

Free Local Prescription Delivery
314 Franklin Ave.
Berlin
410-641-3130

POWER WASHING

ROYAL POWER WASHING
Decks Siding Walkways
Boats Roofs
Decks stained & sealed "We Can Powerwash Anything!"
FREE ESTIMATES Commercial Residential
Clifford Rosen/Owner Licensed Insured
410-641-5756 www.royalpowerwash.com

RENTALS

Do you need to rent a ...?
Just Ask RENTAL
The Adkins Company
11048 Cathell Rd.
Ocean Pines, MD 21811
410-641-5420
Contractor DIY Landscaping Party/Event Moving/Shipping

TITLE SERVICES

ACQUEST
TITLE SERVICES INC
Gwen Cordner
President
9748 Stephen Decatur Highway, Unit 113
Ocean City, Maryland 21842
410-213-7741 / 410-213-7742 fax
email AcquestTitle@comcast.net / Acquest-Title.com

WRITING SERVICES

Publishing, Memoirs & More!
 TIMEFLYS
Jean Marx
443-880-0045
jmarx.timeflys@gmail.com
www.timeflysbooks.com

The Courier



Your business card ad could
be **HERE** for as little as
\$13 a week!

410-641-6695

Place your business card
410-641-6695

How to help kids get into golf

■ Ocean Pines Golf offers junior golf camp

Golf is a game of skill that can take years, if not decades, to master. Many golfers find their time on the golf course both rewarding and relaxing, even on those days when the fairways seem impossible to find.

Though many players never swing a golf club until they reach adulthood, it is never too early to hit the links. Some of the world's most accomplished golfers, including four-time Masters champion Tiger Woods, began playing as toddlers, and many feel that getting an early start can lead to a more successful game down the road.

Getting kids into golf is a great way for parents to bond with their children while enjoying the great outdoors. Golf can also be used to teach kids humility, sportsmanship and the importance of hard work. Thanks to the often frustrating nature of golf, parents may find it somewhat challenging to instill a love of the game in their youngsters. But there are ways to introduce kids to this wonderful game that kids might just play for the rest of their lives.

Focus on having fun. Few, if any, golfers at your local golf course on a given weekend could say with certainty that golf has never frustrated them. The challenge of golf may be its most appealing characteristic to older players, but young kids can be easily overwhelmed by the challenges golf presents. By focusing on having fun instead of perfecting techniques, parents can get kids to look forward to their time on the links. The more fun kids have, the more likely they will be to embrace the game and its many challenges. Do not put pressure on youngsters as they develop their games, but encourage them through their struggles and reassure them that you faced the same obstacles when you started playing.

Hire an instructor with experience teaching children. Instructors with experience teaching children will understand the basics of the game and how learning those basics provides a great foundation for future enjoyment and success on the course. Instructors who have taught kids in the past also know that teaching youngsters the finer

points of golf requires patience and encouragement. Ocean Pines is offering sessions of four-day junior golf camp, which is open to the public and designed for ages 5-14. Sessions will be scheduled for July 24-27 and August 7-10 from 9:30 a.m. to 1 p.m.

Instruction includes swing basics, chipping and putting, rules and etiquette, the use of irons and woods and more. Beginner and experienced junior players are encouraged to attend.

The cost to attend golf camp is \$125 per golfer per session, which includes lunch and snacks each day and a goody bag. Equipment is provided, or participants may bring their own.

Spaces are limited, and sessions sell out quickly. Online registration may be completed at OceanPines-Golf.org.

Ask a fellow parent or an employee at the club where you play to recommend an instructor for your child. And take advantage of any kids' courses your club offers.

Purchase the correct equipment. Even the best golfers are bound to struggle when using the wrong equipment. While it might be unwise to invest in especially expensive equipment for youngsters likely to grow out of it in a few months' time, deals can be found on used kids' equipment. Used kids' equipment is typically subjected to less wear and tear than used equipment for adults, as kids tend to play less often and fewer holes than adults when they do play. But make sure to find correctly sized equipment that kids feel comfortable using.

Play some holes. Instructors may teach kids the differences between the types of clubs and how to swing and putt. But golf is most fun when players are out on the links going from hole to hole. Instruction is important, but do not forget to play a few holes with your child each week as well.

Golf is a challenging game, but it is one that can be enjoyed by athletes of all ages.



Field Day - Ocean City Elementary School held its annual Field Day in early June. The children participated in many exciting games and relays. Pictured are students in Hillary Haines pre-kindergarten class taking a break between games on the gorgeous day.



Teamwork - Students in Liz Engh's Kindergarten class participated in a team challenge game, filling up a bucket of water by passing it through the class in cups, during Ocean City Elementary School's Field Day. Pictured from left to right are **Cara Daniel, Lamis Omar and Jack Jones**.

accidents

from page 13

keep the bugs away. Wear long pants and check for ticks after hiking.

Boating accidents: Many boating accidents can be attributed to inexperience with the vessel and failure to take proper safety precautions on the water. Make sure everyone on the boat wears a life jacket, and follow proper boating protocol throughout your trip.

Dehydration: The body needs extra water on hot days, especially when spending ample time outdoors. Dehydration can cause dizziness and dry mouth and may make you feel faint. Always drink plenty of water and avoid alcoholic beverages and soft drinks, which can contribute to dehydration when consumed in excess.





FAMILY FUN NIGHTS

DJ • POOL FUN • FOOD

PUBLIC POOL PARTIES
IN OCEAN PINES, MD



Every Wednesday at The Oasis Pool

\$3 Ocean Pines Swim Members, \$5 Ocean Pines Residents, \$7 Non-Residents.
Only those swimming pay a fee.
Music, games and swimming fun.
Food available for purchase.

WE PROMISE

- Yummy Food
- Great Music
- Pool Games
- Fun for Entire Family
- Open to Public
- Tons of New Friends

POOL FUN!

CALL: 410.641.7052

1 Mumford's Landing Road, Ocean Pines, MD 21811
Web: www.OceanPines.org