

## Boating course scheduled

The summer seasons is in full swing and it is time to make sure you are up to speed with current recreational boating regulations. The United States Coast Guard Auxiliary will be conducting the Safe Boating Class at the Ocean Pines library in the evenings of July 10, 11 and 12.

Perhaps you are starting out in boating or coming back to it. Regardless, the Maryland Basic Boating Class is a great opportunity to satisfy Maryland requirements and to get practical boating knowledge from state certified Coast Guard Auxiliary Instructors.

The Maryland Boating Safety Education Act requires that anyone born after July 1, 1972 must possess a Maryland Basic Boating Safety Certificate to operate a boat in the state of Maryland. Those attending the class and passing the test will receive a Maryland Boating Certificate which is NASBLA approved and valid in all states and required for all ages when operating a boat in Virginia.

Even if you were born before 1 July, 1972, and can 'shiver your timbers' like a buccaneer, the Maryland Basic Boating Course is an ideal way to brush up on your general nautical knowledge and to build your boat handling confidence.

Besides the state mandated material, the class will tap the local knowledge and experience of the certified instructors. Topics include: safely navigating and piloting about our Ocean City waters, how to tie basic nautical knots, how to identify bad weather and tactics for boating in foul weather, nautical terminology, boat trailering, and more. There are also discussions on maintenance and common medical issues that can occur while boating.

The course will be held at the Ocean Pines library. The three-evening course will begin at 6 p.m. and end no later than 9 p.m. each evening. Space is limited.

Only two more classes are scheduled for the rest of 2018. A one day version will be conducted on Saturday, August 4 and a three day version will be conducted September 11 through 13.

A fee of \$15 is required to cover the cost for the course and all course materials. To register, or if you have questions, please contact Barry Cohen at 410-935-4807 or E mail CGAUXOC@Gmail.com.



**On the job** — The Kiwanis "Dawg Team" was at the opening Thursday night Ocean Pines Concerts in the Park in the White Horse Park on June 21. Kiwanis will be at all the Thursday night concerts selling hot dogs, drinks and their special mini pies. Plan to have your supper at the concerts. Proceeds benefit local youth. (Standing L-R) Ron Graybill, Joe Beall, Dan Peletier and head Daawg Barb Peletier. Seated is Pat Winkelmayr.



# Community Calendar

## JUNE

### Short film challenge presented

The Ocean City Film Festival(OCFF) in collaboration with the Art League of Ocean City is presenting a challenge to filmmakers and aspiring filmmakers across Delmarva and beyond: The Ocean City Film Challenge.

The Ocean City Film Challenge, the first of its kind for the Festival and the Town of Ocean City, is open to any artist who wishes to make a short film that takes place in Ocean City and is in some way about the resort. The film can be of any genre, and the only other parameters are that it not exceed 20 minutes in length and be made between June 16 and July 16, 2018.

“We love seeing all the talent that comes from local artists, but we’d always love to see more films that are shot right here in OC,” said Film Festival Director William Strang-Moya. “Ocean City is a beautiful landscape, and there’s so much that artists can take advantage of right here in town.”

The Ocean City Film Festival is entering its third year after its premiere festival in June 2017 and its second in March 2018. The OCFF additionally holds \$5 Film Night events on the third Saturday of every month at 7 p.m. at the Ocean City Center for the Arts on 94<sup>th</sup> St., where local filmmakers showcase their talents to an audience of film lovers and movie buffs.

Anyone who participates in the Ocean City Film Challenge will have their film screened at the \$5 Film Night on July 21, and also at the third Ocean City Film Festival in March 2019. The first-place winner of the Challenge will receive an Ocean City-related prize package including a hotel stay, a restaurant gift card, and OC swag.

More information and updates on the Festival and the Film Challenge are available online at [ocmdfilmfestival.com/oceancityfilmchallenge](http://ocmdfilmfestival.com/oceancityfilmchallenge). Contact OCFF Co-Director Kristin Helf at [kristin@artleagueofoceancity.org](mailto:kristin@artleagueofoceancity.org) with any questions.



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

### Charity to meet

Star Charities will meet for its regular month meetings on Friday, July 6 and Friday, August 3. The meetings will occur at the Ocean Pines library start at 10 a.m. For more information, or if you want to join, please contact Anna Foultz, President, at 410-641-7667.

### Terns Landing set to have yard sale

The annual Terns Landing Community Yard Sale will take place Saturday, June 30 from 8 a.m. to noon. The entrance to the community is at Ocean Parkway and Alton Point in South Ocean Pines. The rain date for this event is Sunday, July 1 from 8 a.m. to noon.

### 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.

### 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 Pinestepers 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 or Kate at 410-524-0649 for more activities. [BeachSingles.org](http://BeachSingles.org).

### 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.

### Chamber to again host flounder tourney

The Ocean Pines Chamber of Commerce will host its 11<sup>th</sup> Annual Flounder Fishing Tournament on Saturday August 4.

There will be cash prizes for the largest flounder caught. Prize money includes \$500 for the first-place winner plus a trophy. The second-place winner will garner \$300 and the third-place angler will win \$100.

There will be an additional optional Calcutta Contest. It is \$10 to enter and cash prizes will go to the angler who reels in the first, second and third largest flounder. There will also be a prize for the heaviest flounder. There will also be a Calcutta for an-

glers age 12 and younger. With over 250 anglers, last year's first place winner took home almost \$1,200.

Participants can fish from the shore, pier, private boat, flounder party boats or charter boats; anywhere in Maryland and Delaware coastal waters between 7 a.m. and 3 p.m. on the tournament day. Tournament excludes the Chesapeake Bay. Fish must be caught within 3 nautical miles of shore and inland waters to the Virginia state lines.

Weigh-in taking place at Pines Point Marina between noon and 4 p.m.

The first 150 entries also receive a free T-Shirt. T-shirts will also be available for purchase for \$10 at the Ocean Pines Chamber office on

Cathell Road or at the weigh-in the day of the tournament for \$10.

Entrants can bring in legal sized flounder (16" or larger; up to four fish per angler) for weighing in. Anglers must be registered for the contest by Friday August 3, at 3 p.m. to participate in the Saturday tournament.

Entry forms are available at the Ocean Pines Chamber of Commerce office located at 11031 Cathell Road in Berlin or you can register on-line through the website: [OceanPinesChamber.org](http://OceanPinesChamber.org). Click on Events from the home page.

The entry fee is \$35 per person with discount for multiple fishermen. (2 or more \$30 per person)

If you have any questions, please feel free to contact the Ocean Pines

Chamber office at 410-641-5306 or E-Mail [info@OceanPinesChamber.org](mailto:info@OceanPinesChamber.org).

### Health Dept. to host community conversation walks

Are you interested in walking and exploring local, walkable places? The Worcester County Health Department (WCHD) is hosting a series of community Walk and Talk events starting this July. All events are free and open to the public.

Walk and Talk events take place from noon to 12:30 p.m., July through September 2018:

-Every first Monday in Ocean

please see **walks** on page 4

# Blood Bank declares blood emergency

Blood Bank of Delmarva (BBD) has declared a blood emergency. The organization is asking people across the state to donate blood to help replenish the blood supply.

It takes at least 350 donors per day to supply the 19 local hospitals throughout the Delmarva Peninsula with the blood they need for patients. And in order to maintain a safe blood supply, a seven-day inventory of all blood types must be continually replenished. Right now, reserves are below that minimum.

These low levels are particularly dangerous leading into summer months, when people are less likely to donate blood as schools go on summer break and families take vacations. The best preparation for life-threatening situations is having blood on hospital shelves in advance.

"Hospitals and patients rely on blood donors year-round, but with blood supplies at critical lows, now more than ever is the time to donate," said Michele Hart-Henry, vice president and chief operating officer of the Blood Bank of Delmarva. "By hosting a blood drive, spreading the word, or simply taking an hour of their day to give blood, Delmarva resi-

dents can help ensure everyone has access to the life-saving blood they need."

Community members are encouraged to find time to donate blood at a BBD donor center or convenient mobile blood drive, especially donors with O negative and B negative blood types. O negative blood donors are considered "universal," and their blood type is needed most readily in trauma situations and emergency rooms across the country. B negative is a particularly rare blood type.

Companies, organizations, and community groups are also encouraged to host a blood drive this summer to help rebuild the blood supply, especially during the months of July and August.

"While we are in the midst of our annual Summer Blood Drive, increased usage in the last few weeks coupled with the normal summer slowdown in donations cause us to put out a more urgent appeal," Hart-Henry said.

In just 60 minutes, you can donate one pint of blood and Save a Life, Right Here, Right Now in your own community. About one in seven hospital admissions requires a blood transfusion, and with a limited shelf life, supplies must be

continually replenished. Those in need include cancer patients, accident, burn, or trauma victims, newborn babies and their mothers, transplant recipients, surgery patients, chronically transfused patients suffering from sickle cell disease or thalassemia, and many more.

How to help:

-Donate blood or platelets at a donor center.

-Donate at a mobile blood drive.

-Host a blood drive in your community or at your organization.

-Educate others in your family, community, and organization about blood

donations, and encourage them to donate themselves and/or host a blood drive.

-Promote the need for blood donors on social media.

BBD serves all the hospitals in the Delmarva Peninsula with donor centers in Chadds Ford, Pa.; Christiana, DE.; Dover and Salisbury. Donors are urged to walk in to any of the centers or call 1-888-8-BLOOD-8 to make an appointment. Donors can also make an appointment online at <https://donate.bbd.org>.

## Jacobs scholarship started

The Board of Directors of the Kiwanis Club of Greater Ocean Pines - Ocean City has initiated a scholarship in memory of Richard Jacobs, a long-time member who passed away April 7. Dick contributed many years of service to the community through Kiwanis Club's charitable activities and through his music supporting many local events. He was a cantor and choir member at St. John Neumann Catholic Church and a member of the Pinetones. Donations in his memory can be made to the Ocean Pines Kiwanis Foundation and mailed to 239 Ocean Parkway, Ocean Pines, MD 21811. Donations to the foundation are tax deductible for those who itemize.



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# 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**

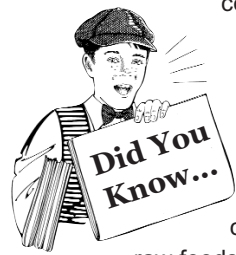
Ron Fisher, June Freeman,  
 Douglas Hemmick, Jean Marx,  
 Kelly Marx, and Bev Wisch

Robert B. Adair 1938-2007

## 2012 Business of the Year

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According to the U.S. Food and Drug Administration, cooks should avoid reusing plates or utensils used to prepare raw meat, poultry or seafood for serving. Even if the plates only momentarily came into contact with un-



cooked food, they should be thoroughly washed in hot, soapy water after coming into contact with raw foods. Bacteria from the raw juices of food can easily spread to cooked or ready-to-eat foods, potentially contributing to illness. The FDA recommends cooks keep clean platters and utensils next to their grills that they can use to serve food. In addition, if using a bristle brush to clean cooking surfaces prior to firing up the grill, inspect the brush to make sure it is clean and that the bristles do not still contain any specks of food or other foreign objects from a previous grilling session. Once the grill has been cleaned, make sure none of the bristles fell off and onto the grill.

## Fireworks erupt at Saturday's OPA meeting

Commentary by **Joe Reynolds**

Fireworks erupted at the end of the June 23, 2018 OPA Board of Directors meeting.



They began when President Doug Parks made an unscheduled and unannounced motion to go into closed session to discuss a board member in relation to the resignation of now former OPA board member and corporate Treasurer Pat Supik.

Parks read something from a piece of paper so fast that it was difficult to discern what he actually said. Asked to repeat slower, it became obvious something was up related to the Supik resignation. Within seconds it was perfectly clear the object of the closed session was to be Director Slobodan Trendic.

Trendic asked the board not to go into closed session and to say whatever members wished to say in public. The board voted 4-1 against Trendic (Tom Herrick not in attendance) and marched off into yet another closed session, top-secret meeting to discuss whatever transgressions Trendic's fellow board members desired. Trendic refused to attend the closed meeting.

Parks and Trendic appeared to be very angry as the meeting broke up. Both men were infuriated.

Trendic told anyone willing to listen that he had not been informed his

fellow board members intended to go into closed session to discuss his actions and statements relative to Supik's resignation.

The apparent source of their displeasure with Trendic was an article in the June 2018 issue of the *Ocean Pines Progress* written by publisher Tom Stauss. The headline was, "Trendic highly critical of Supik for inaccurate deficit forecast, handling of OPVFD funding."

Among a long list of quotes attributed to Trendic was, "Frankly speaking, I find OPA's handling of the fiscal affairs for the past year and a half absolutely terrifying and an irresponsible experience. If I held the role of the Treasurer and CFO of the Association during this financial fiasco I would have resigned long ago out of pure embarrassment."

Supik certainly had a right to take issue with Trendic's comments to the *Progress*, and perhaps Trendic had a right to express his opinions. That said, Trendic's public comments about a fellow board member were extremely harsh, and to a great extent uncalled for. Trendic should stop doing newspaper interviews detailing his complaints about fellow board members at a personal level.

As a board member appointed Treasurer, Supik was not auditing or keeping OPA books. She was reporting numbers provided to her by the OPA finance office and General Manager, just as virtually every Treasurer has

done in the past.

Aside from the infighting and public fighting among board members, Trendic believes the board should not have voted to go into closed session for the purpose of discussing him personally. Trendic believes it was a violation of the Maryland HOA Act.

The classic comment, in retrospect, was one from Cheryl Jacobs earlier in the meeting explaining how she didn't want to return to the terrible infighting among board members she felt transpired last year. The fireworks climax of Saturday's meeting must have felt like *Deja vu* all over again for Jacobs.

## Pines reports sales uptick during air show

While tens of thousands of beachgoers along the Atlantic coast in Ocean City had their eyes to the sky during an annual air show, co-founders and managing partners of Matt Ortt Companies Matthew Ortt and Ralph DeAngelus had their eyes on an uptick in revenue at both Ocean Pines Beach Club and Ocean Pines Yacht Club.

The two popular food and beverage operations are the newest restaurant concepts to be revitalized by Matt Ortt Companies (MOCO), a restaurant development and management company.

Operations at the facilities have made an about-face and are believed to be marching towards a profitable future.

"All of our front-line employees have been through rigorous training and I think it shows in the service provided," said DeAngelus.

Compared to the same weekend last year, revenue nearly doubled at the Yacht Club and the Beach Club also saw an increase in its revenue over the weekend during the 2018 Ocean City Air Show, according to data that was provided by the management company and the Ocean Pines director of finance.

DeAngelus, who attended a ribbon cutting that was held by the Ocean Pines Chamber of Commerce on June 20 at the Yacht Club, believe the change in operations is promising news for those who are looking to enjoy the waterfront clubs.

"Not only have our MOCO manage-

### walks

from page 2

Pines (White Horse Park)

- Every second Tuesday in Pocomoke (starting at the Discovery Center)
- Every fourth Wednesday in Berlin (starting at Atlantic Hotel)
- Every third Thursday in Snow Hill (starting at the Daily Brew Coffee Shop)

Walk and Talk aims to get Worcester residents up and moving, while having important conversations about where to walk in the county, how to start a walking group, ways we can improve the walkability of our community, and more. All Walk and Talk events will be hosted by WCHD staff and will take places in both the south and north ends of the county.

"Walking with a good friend or a group is a great way to fit in physical activity while chatting about ways to improve the health of our county," said Crystal Bell, Chronic Disease and Tobacco Supervisor for Worcester County Health Department. "So, grab a friend or neighbor, lace up your favorite walking shoes, and join us for Walk and Talk this summer!"

Following the summer Walk and Talk events, Worcester Health Department will schedule additional meetings for the rest of the year, based on community feedback and participation.

Please see the attached flyer for more information. To learn more, call 410-632-0056.

please see **pines** on page 15



# Stompin' the rags

I love a piano. Guitars, saxes, drums and flutes are all fine but, give me the old eighty-eights. As the song goes, "It carries me away. I love to hear someone play." And I love to play myself, my fingers gliding fluidly over the black and whites, well, not exactly.

posers like Scott Joplin that attracted my attention. Syncopated ragtime rhythms caught my ear when I heard the movie soundtrack of "The Sting" which had been scored by composer Marvin Hamlisch. I listened to that LP repeatedly. Just as an aside, how many of you remember LPs?



## It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

Often they miss the correct keys and give whatever I'm playing an, shall we say, uncertain quality. Robust and subtle, whimsical and emotional is a piano's voice expressing both harmony and melody. It's a complete instrument.

Settlement Music School in Philadelphia was where I was enrolled as a child to become a prodigy, a Master of the Ivories, the next Andre Previn or at least the next Victor Borge. Such lofty aspirations were silenced as quickly as a damper muffling the strings of a released key.

At first on Thursday afternoons at 4:30 and later at 7 p.m. I sat with Mrs. Goldman laboring to learn the scales and various compositions in instructional books such as Michael Aaron for Beginners, Pageants for Piano and an exercise book whose name now escapes me. Mrs. Goldman's teaching style was traditional. "Sit up straight, fingers curved and don't rush." She also emphasized practice, practice and more practice. She was an abundantly patient woman who endured my habit of attempting to just get by. It never worked. She could tell. On reflection, it was fairly easy to see through my charade. I mean really, how could I have been so brassy as to believe she wouldn't notice a couple of sharps in the scale of C? Yet, it didn't stop me from trying.

Learning the classical compositions of Bach and Beethoven and others of the same ilk didn't hold my interest. Too many key changes and no lyrics. It was the music of com-

Much too my surprise Mrs. Goldman agreed to scrap the classics for the rags. My first foray into this musical format was attempting to learn "The Entertainer." Looking at the

sheet music (the original, not the easy format) for the first time, was for me like gazing at hieroglyphics without benefit of the Rosetta Stone. Daunting would be an understatement. Yet, little by little, measure by measure, my brain translated the notes and put my fingers into action. It was a slow, at times overwhelming task, especially when trying to play an entire section at the correct tempo. My fingers tangled.



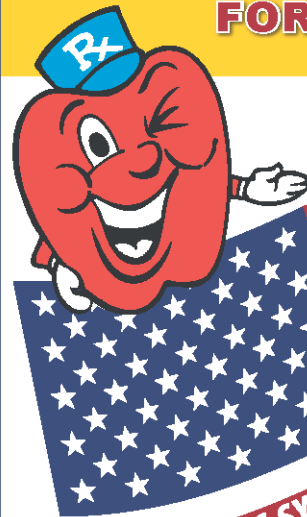
My eyes crossed. My mother encouraged. Each week in the studio with Mrs. Goldman I played what I practiced. Sometimes I learned a bar and other times I only conquered a couple of chords. But I trudged on, much to the chagrin I'm sure of family and neighbors who endured listening to the cacophony of my efforts over and over

and over again. In time, and how much time that was I can't say, the piece was mastered from section A to section D. I could play the piece in my sleep and even performed it at a school recital. Although no talent agents were falling over themselves with recording contracts, I was nonetheless proud of what I had accomplished.

Through the years I learned additional rags but I don't play the piano as much as I would like now. When I do, more often than not, my fingers automatically engage the keys in an old familiar way.

D, E, C, A, B, G.

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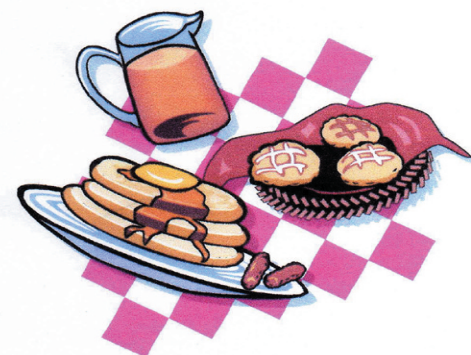


## PANCAKE BREAKFAST

**Saturday, July 14, 2018 ♦ 8 to 11 a.m.**  
**Ocean Pines Community Center Assateague Room**

### Donation:

- \$6 Adults**
- \$3 Children Under 12**
- Children Under 5 FREE**



Proceeds to benefit the youth of our community

Contributions or gifts to Greater Ocean Pines—Ocean City Kiwanis Club are not deductible as charitable contributions for federal income tax purposes.



## Pat Supik resigns

Ocean Pines Association (OPA) Director and corporate Treasurer Pat Supik announced her resignation from the OPA Board of Directors. This will impact the current election.

OPA President Doug Parks confirmed Supik's resignation to OceanPinesForum.com. Parks also told a local newspaper, "Based on the bylaws and since it has happened within 90 days of the annual meeting and because the ballots have not yet been sent out ... officially, there will be four spots open on the election."

Of the now four open board posi-

tions, only two positions are for three-year terms, to be filled by the top two vote-getters.

Third and fourth-place finishers will inherit the one-year portion of terms of two directors who have resigned prior to the end of their terms - Supik and Brett Hill. Hill has a court case pending that could potentially see his name added to the ballot this year.

One effect of this is that association members have an opportunity to elect a controlling board majority in this one election.

-Joe Reynolds

## Junior lifeguard program returns

Ocean Pines pools will once again turn into fun training facilities for future lifeguards as the community's popular junior lifeguard program returns for the summer.

The program, designed for ages seven and up, will focus on teaching lifeguard skills, basic CPR, first aid and more. Those who have already trained as Ocean Pines junior lifeguards can return as junior crew chiefs to learn additional skills. Sessions will be offered July 10 through 12, July 24 through 26, July 31 through August 2 and August 14 through 16.

The junior lifeguard program has proven popular with both participants and instructors. "This is our fifth year having this program, one of my favorites as the children gain a lot of confidence and are very proud of the title of 'Junior Lifeguard,'" said Ocean Pines Aquatics and Recreation Director Colby Phillips.

On Tuesdays and Thursdays of each session, class will be held from 4:30 p.m. to 7 p.m. at the Sports Core Pool. On Wednesdays, program participants will assist with Family Fun Night at the Oasis Pool from 5:30 p.m. to 8 p.m.

Those who have already served as junior lifeguards and junior crew chiefs are encouraged to join the junior lifeguard officer program. Officers will practice skills similar to those of official Red Cross lifeguards, including the use of rescue mannequins, full backboard extraction with head stabilization, passive victim and more.

The junior lifeguard officer pro-

gram will be offered concurrently with the junior lifeguard program for the July 10 through 12 and July 31 through August 2 sessions only.

Phillips commented that the program truly helps train future lifeguards. "We actually have three of our past junior lifeguards now working on our team as Red Cross-certified lifeguards so it's a great recruiting tool as well," she said.

The fee per session is \$75 per person and includes a t-shirt, whistle, first aid kit, drinks and snacks. Dinner will be provided on Wednesdays and Thursdays. Strong swimming skills are required for all programs.

Those who have participated in the 2018 junior lifeguard program are also invited to compete in Ocean Pines' first-ever Junior Lifeguard Olympics on Saturday, August 18 from 6 p.m. to 8 p.m. at the Sports Core Pool.

"Julie Winterling, our program supervisor in Aquatics, came up with the idea of a Junior Lifeguard Olympics and I thought it was a great idea," said Phillips. "We are having really fun t-shirts made for the participants and have some fun games planned."

Spectators are welcome to watch the free event. Registration for participants must be completed prior to August 16.

Registration for these programs, which are open to the public, will be taken at the Sports Core Pool only.

For more information or to register, call 410-641-5255 or visit the Sports Core Pool.



(Left to Right) **Kevin Wright**, Senior Regional Member Service Manager for Choptank Electric & Chaperone; **Emily Malinowski**, **Carey Hickman**, **Elizabeth Criss**, **Brandon Foy**, **Quinn Williams** and **Elizabeth Gertsch**, Manager of Marketing, Communications, and Member Engagement for Choptank Electric & Chaperone.

## Local students experience D.C.

Choptank Electric Cooperative sent five rising seniors from its service territory to enjoy an expenses-paid trip to Washington, D.C. from June 10 through 14 as part of the 54th National Rural Electric Cooperative (NRECA) Annual Youth Tour. The students were Brandon Foy of St. Michaels, Carey Hickman of Pocomoke City, Elizabeth Criss of Denton, Emily Malinowski of Berlin and Quinn Williams of Church Hill.

The students toured Capitol Hill and met with U.S. Rep. Andy Harris and aides of U.S. Senator Ben Cardin and U.S. Senator Chris Van Hollen. They also visited historical and cultural sites around the nation's capital, including the Newseum, Arlington National Cemetery, and Fort McHenry. Among fun activities the students enjoyed were a twilight cruise on the Potomac, a Baltimore Orioles baseball game, a live performance of "The Scottsboro Boys," and a visit to the National Aquarium.

As part of NRECA-sponsored National Youth Day on June 11, all of the state groups convened to learn from inspirational speakers. This year's agenda included Mike Schlappi, a four-time Paralympic Medalist and two-time world champion in wheelchair basketball, who shared his inspiring message, "Just because you can't stand up, doesn't mean you can't stand out!"

Since 1964, cooperatives from all across the country have sponsored more than 70,000 high school juniors and seniors to visit their U.S. congressional delegations, learn about their nation's history, and sight see in Washington, D.C.

"Youth Tour was amazing," said Brandon Foy, who was chosen to represent Maryland as part of NRECA's Youth Leadership Council. "It was so educational and helpful meeting with our elected officials and learning about how politics work. We made new friends from all across the country that will last a lifetime, and I will never forget this great experience. Choptank Electric is helping me achieve my goals and I am so grateful for this opportunity."

"The Co-op is proud that it can invest time and money into the local youth and their futures," said Beth Gertsch, Manager of Marketing, Communications, and Member Engagement who served as one of the students' chaperones. "To keep communities strong, we need to make that commitment our youth."

For more information about Choptank Electric Cooperative's Youth Tour Leadership Program, visit [www.choptankelectric.coop/content/youth-tour-0](http://www.choptankelectric.coop/content/youth-tour-0).

Letters sent to The Courier for publication consideration must be signed and include a telephone number where the author can be reached to verify authenticity, if necessary. Letters

are not corrected for spelling or grammar and priority will be given to letters of 300 words or less. Letters must be received by Friday at 5 p.m. They can be e-mailed to:

[thecourier@delmarvacourier.com](mailto:thecourier@delmarvacourier.com)





# Thanks!

Worcester County Developmental Center thanks all the sponsors and golfers who made our 12<sup>th</sup> annual golf tournament successful.

Thanks to **Buddy Sass** and the crew at Ocean City Golf Club  
*Special thanks to tournament chairman for the past 12 years- Cecil Tull*

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*\*Multiple Holes*

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- Fish Tales
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- Grove Market Smokehouse
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- Macky's
- Mancini's Restaurant
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- MR Ducks
- Oak Brewery Assateague Crab House
- Ocean City Golf Club
- Ocean City Golf Course
- Phillips Crab House
- Ristorante Antipasti
- River Run
- Ruark Golf Man O' War,
- Seacrets
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## Satellite offices at Isle of Wight Office complex to close

June 29 will be the last day Development Review and Permitting (DRP) and Environmental Programs staff operate satellite offices at the Isle of Wight office complex in Bishopville.

DRP and Environmental Programs operations at this satellite office were underutilized and costly. To better allocate available resources these two departments will be consolidated within their respective offices in one centralized location within the Worcester County Government Center in Snow Hill beginning July 2.

The Treasurer's Office and Health Department will continue to operate satellite offices at the Isle of Wight Office Complex. A "Drop Box" for documents and submittals to both DRP and Environmental Programs will be located in the Treasurer's Office at the Isle of Wight building for the public's convenience during normal business hours. Online applications can be downloaded from the websites of the two departments.

DRP implements a wide variety of regulations and programs, primarily pertaining to land-use activities. These include permits, building construction, site plans and subdivisions, Geographic Information Services (GIS),

long range planning and pre-and post-disaster. DRP also issues liquor licenses and renewals, roadside stand licenses, and vending licenses. For more information or for assistance, contact DRP at 410-632-1200.

Environmental Programs implements and enforces a wide variety of regulations and programs primarily pertaining to environmental and natural resource management for land use activities. These include the Bay Restoration Fund grant program, beach monitoring, campgrounds and mobile home parks, community hygiene, equivalent dwelling unit (EDU) transfers, gas and plumbing inspection and plan review, sanitary service area expansions, sediment and erosion control, shared facilities, shoreline construction, sludge application, stormwater management, transient non-community water systems, wastewater haulers, and well and septic. Environmental Programs also oversees programs involving forest conservation, the Chesapeake and Atlantic Coastal Bays Critical Areas, farmland preservation, natural resource protection, and water and sewer planning. For more information or for assistance, contact Environmental Programs at 410-632-1220.



**Clean Up** - On June 19 members of the Ocean City Power Squadron, a unit of the United States Power Squadrons, participated in the annual spring cleanup of Pintail Park in Ocean Pines. As part of a commitment to support the community, on land as well as the water, Pintail Park was adopted and has been maintained for the past several years by the squadron.

Above are **Tony Smith, Tom Rush, Eileen Salafia, Ginny Rush, John Zaleski, Tony Curro, Ken Wolf, Jack Tellman, Jeanne Stiehl, Stock Harmon, Joe Salafia, Terry West, Sharon Wolf, Bill Sewell** and "Molly" Curro.

## Goat, yoga become part of Farmers Market

When you think the Ocean Pines Farmers & Artisans Market has reached its creative peak, the popular community-rooted marketplace adds a new lively and playful twist to its Saturday market that some folks are calling "delightfully unusual."

Goatopia, a Whaleyville-based farm, is introducing goat yoga to the Ocean Pines Farmers & Artisans Market. The quirky blend of yoga and goats offers market-goers a fun form of animal-assisted therapy.

Goat yoga, the latest craze and smile-inducing fitness, is the practice of yoga in the presence of live goats. While you try to maintain a plank position, the baby goats are known for jumping up onto your back, providing a bit of a massage as they move to keep their balance.

"Think of the comfort that cats and horses can bring to someone who is suffering from depression; that animal-assisted therapy parallels with goat yoga," said Ocean Pines Marketing and Public Relations Director Denise Sawyer.

Certified yoga instructor Heidi Bodenheimer will offer the first goat yoga session at the market on Saturday, June 30 from 10 a.m. to 11 a.m. The session costs \$30 per person. Those interested are encouraged to register with Goatopia by calling 443-880-5338 or visiting its booth at the Wednesday or Saturday market leading up to the first session.

David Bean, manager of the Ocean Pines Farmers & Artisans Market, said shoppers are attracted to the marketplace for its diversity.

Maryland Coastal Pays Program staff will lead hands-on environmental activities in and around the area's coastal bays. The schedule will include critter sampling, orienteering, watershed studies, forestry, nature art and team-building exercises. Campers will also spend a day kayaking on the St. Martin River.

The fee for each camp is \$110 for Ocean Pines residents and \$130 for non-residents. A magnifying glass and photo are included.

Due to the variety of activities planned, participants will need to bring a bagged lunch, shoes with a heel, boots, sunglasses, a reusable

please see **camp**s on page 15

please see **yoga** on page 15

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



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Sunday 9:00AM**

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## MCBP camps offered in Pines

Young explorers ages nine to 11 can investigate the local watershed at exciting day camps offered by the Maryland Coastal Bays Program in partnership with the Ocean Pines Recreation and Parks Department this summer.

Three sessions of the Ocean Pines Bay Estuary Explorers Camp will be

offered June 26 through 29, July 17 through 20 and August 7 through 10 from 9 a.m. to 2 p.m. each day. Participants will meet at the Ocean Pines Community Center and will be transported by van to the camp's launch site.

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4901 Coastal Hwy in Ocean City, MD
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- **Sports Core Pool** (year-round indoor pool)  
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Adults 18 & up: \$10 | Youth (6-17): \$8



## Summer Swim Lessons in Ocean Pines, Maryland

**6 Months & Older**

warm pool | friendly staff | certified instructors | **open to the public**



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## O.P. Junior Lifeguard is BACK! **new! Junior Lifeguard Olympics**

**Jr. Lifeguard: Children 7+**

Learn lifeguarding skills, play games & more. Session dates:  
July 10-12; July 24-26; July 31-August 2; and August 14-16

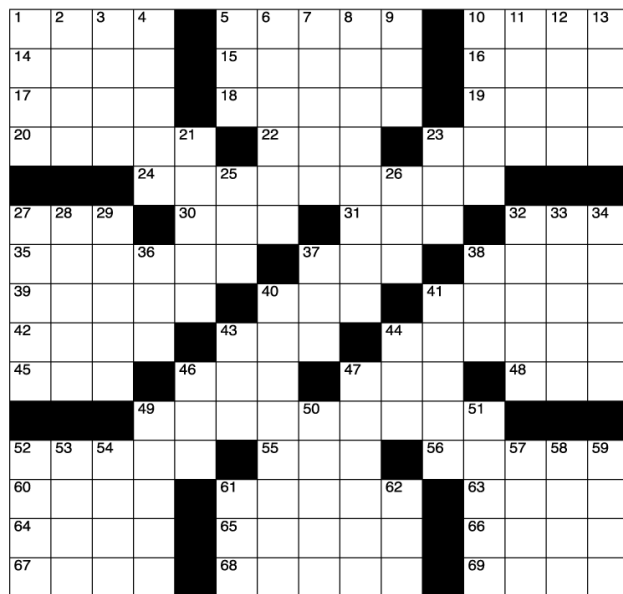
**COST: \$75** includes shirt, first aid kit, whistle, dinner two nights and a whole lot of fun! **OPEN TO THE PUBLIC.**

### **FREE Jr. Lifeguard Olympics**

Features fun pool games and a friendly competition. Registration will be required, so mark your calendars. Saturday, August 18 at 6 - 8 pm. For Jr. Lifeguard participants. Call **410.641.5255**.





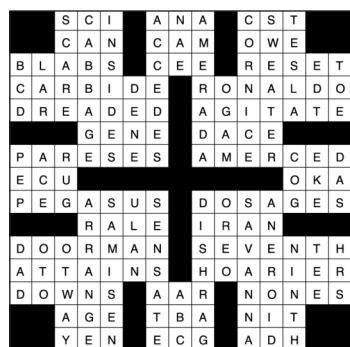


**CLUES ACROSS**

- 1. Green and yellow citrus fruit
- 5. Type of clock
- 10. Die
- 14. A hammer needs one
- 15. Leopard (Hebrew)
- 16. In the Hebrew calendar
- 17. Away from wind
- 18. Type of footwear
- 19. Malaysian coastal city
- 20. Arm bones
- 22. A type of diligence
- 23. Banquets
- 24. Home of The Beatles
- 27. Electromotive force
- 30. Small amount
- 31. Type of cola
- 32. Adult female
- 35. Astronomy unit
- 37. Hall of Fame
- 38. Type of gazelle
- 39. Places
- 40. Women from the Mayflower
- 41. Liquid served with food
- 42. Predatory semiaquatic reptile (abbr.)
- 43. Angle (abbr.)
- 44. Touched lightly
- 45. Cannister
- 46. Crony
- 47. Tell on
- 48. Body of water
- 49. Sorts out
- 52. Mammary gland of female cattle
- 55. Collegiate athletic conference
- 56. Sword
- 60. Protein-rich liquids
- 61. Emaciation
- 63. Italian seaport
- 64. Agreement
- 65. Chinese ethnic group
- 66. University of Miami's mascot
- 67. People who buy and sell securities
- 68. Genus of mosquitos
- 69. Holds up your head

**CLUES DOWN**

- 1. Two-toed sloth
- 2. Impudent behavior
- 3. The right to take another's property
- 4. Refers to end of small intestine
- 5. Mandela's party
- 6. Inserted strips of fat before cooking
- 7. Secret love affair
- 8. Responds to stimulation
- 9. Wife
- 10. Desert mammal
- 11. A nearly horizontal passage from the surface into a mine
- 12. Uncommon
- 13. \_\_\_ Kristofferson, actor
- 21. Where buildings are built
- 23. Chain attached to a watch
- 25. Holiday (informal)
- 26. Clod
- 27. Synchronizes solar and lunar time
- 28. Australian eucalyptus tree
- 29. Aerosol propellant
- 32. Coats with a sticky substance
- 33. Master of ceremonies
- 34. The venerable \_\_\_, British theologian
- 36. A baglike structure in a plant or animal
- 37. Witch
- 38. Strike with a light blow
- 40. The First State
- 41. Satisfies
- 43. A way to fish
- 44. Magnetic tape used to make recordings
- 46. For each
- 47. Flower cluster
- 49. Closes off
- 50. One who supports fanatically
- 51. Type of vaccine
- 52. Approves food
- 53. Hoofed grazing animal
- 54. Drearily dull
- 57. Youngster
- 58. \_\_\_ Clapton, musician
- 59. Take a chance
- 61. Yearly tonnage (abbr.)
- 62. Female sibling



Answers for June 20

For the Love of Travel...

# Bario in the Bornean Rainforest

By **Kelly Marx**

One of the most magical places I have ever been to is deep in the Bornean rainforest, a place called Bario. Bario is in the Malaysian state of Sarawak on the island of Borneo. Bario has no Internet access outside of one small center in town with limited hours. It also has very little phone service except near the airport. While at first this was tough to get used to, I found that it provided a nice level of protection against the outside world.

The majority of the inhabitants of Bario are from the Kelabit tribe. Bario means "wind" in the Kelabit language. There are 13 villages in and around central Bario. Bario is primarily reached by airplane. The flights are relatively inexpensive by American standards, averaging around \$30 each way between Miri and Bario. Malaysia Airlines (MASwings) is the only airline that operates flights in and out of Bario. There are typically two-three flights a day with only 19 seats on the plane.

The flights are partially subsidized by the Malaysian government because there is no other reliable and efficient way in and out of Bario. The trip by land can take anywhere from 12-15 hours each way between Miri and Bario, even longer in the rainy season. These roads are extremely rough and require a four-wheel drive vehicle.

Before arriving in Bario, you need to be aware that there are no ATMs, banks, grocery stores, or pharmacies. There is one plaza near the airport with a few places that serve food and a shop that sells handmade items for the few tourists that arrive. People in the Kelabit Highlands live in traditional longhouses, often with their entire family. A longhouse is an example of a communal dwelling. There is a common area that surrounds the wood stove in the center. Families of the longhouse often eat together in the communal area. Family and village

meetings may also be held here. From the center, a row of private living quarters extends in either direction. The longhouses are often built on stilts to protect against flooding. I stayed in the Bario Asal Longhouse with a family for 9 days. Except for when I was in my room, I was never alone.

Bario Asal is the oldest dwelling in Bario with 22 doors and made entirely of wood. There is a tawa', a roofed platform in the back of the house, that you reach through crossing a covered bridge. The hall is over 100 meters long and the walls are covered with important photos from each of the families. This is where I watched the women of the community dance the



traditional dance with fans made of hornbill feathers (the feathers are often synthetic now); the dance was traditionally performed to welcome the hunters home from battle. The women wear long skirts and beaded head caps. The older women have stretched ear lobes from wearing weighted gold earrings. The older women also have tattooed arms and legs. The younger generation has moved away from these traditional styles.

Part of what makes Bario so enthralling is its rich history. In 1945, Bario was reached by outsiders for the first time. Sarawak was under British control at the time and Britain wanted to defend their territory against the ever-encroaching Japanese troops. In 1946, the first school was established, and Christianity soon followed and the

please see **travel** on page 15



## Project seeks to reduce Assateague erosion

The Maryland Department of Natural Resources has begun a coastal resiliency project at Assateague State Park aimed at reducing shoreline erosion. The park improvement project will occur on a tidal marsh area located on the west side of the Verrazano Bridge, adjacent to the park's boat ramp and fishing pier.

The project seeks to construct a series of 10 headland structures to dissipate wave energy created during large coastal storm events. The nature-based structures will consist of boulders, cobble and clean sand, which will then be planted with native wetland vegetation.

"This innovative project seeks to build up the park's resiliency to erosion and other climate and weather-related impacts while also providing essential habitat for coastal and migratory species," Maryland Natural Resources Secretary Mark Belton said.

"Once complete, this interagency project will strengthen the park's capacity to deal with current and future risks and help educate the public on this new, proven approach to shoreline protection and strengthening."

During construction, the public will continue to have full access to the boat ramps, fishing pier, restrooms and parking lot; however, the field area adjacent to the shoreline and some areas offshore will be restricted. Visitors should be aware that heavy equipment, including dump trucks, may be in the vicinity this summer. Please remain alert around the worksite and follow all posted signs.

The coastal resiliency project was funded by the Chesapeake and Atlantic Coastal Bays Trust Fund and will be constructed by the department with our partners from the Maryland Coastal Bays Program. It should be completed within three months.

## July featured artists announced

New work from a trio of accomplished local artists and the annual Beverly Bassford Memorial Juried Show are the featured gallery shows at the Ocean City Center for the Arts in July.

The public is invited to the free opening reception at the Arts Center on First Friday, July 6, from 5 p.m. to 7 p.m. to meet the artists and enjoy complimentary hors d'oeuvres. The shows will run until July 28.

Local painters Kirk McBride, Lynne Lockhart, and Pete Cosby are featured in the Thaler Gallery in July.

McBride was inspired by the work of Edward Hopper, N.C. Wyeth, and Winslow Homer, leading him to make paintings of people, places and moments that he experiences. His work emphasizes mass, light, and mood more than details. McBride shares his Berlin home with wife Lynne Lockhart, who is also a featured artist in July.

Lockhart is a signature member of the Society of Animal Artists but also explores local landscapes and scenes. Her paintings are quiet observations of the natural world, both wild and tame.

Cosby is a self-described country lawyer by day and oil painter at night. He channels his love of the outdoors and for the history of the Eastern

Shore into his seascapes and scenes of boats and watermen.

The Beverly Bassford Juried Show is an annual memorial event named for a former Art League of Ocean City board member who was passionate about the need for a new art facility, a passion realized in the Ocean City Center for the Arts. After her death in 1999, Bassford's family established a prize in her name, which grew into the memorial show, featuring fine art by local and regional artists. Jay Pastore, Artistic Director of the Reboboth Art League, will jury the entries from members of the Art League of Ocean City.

The work of fiber artist Heidi Wetzel of Easton hangs in the Spotlight Gallery during July. Originally from Germany, she uses a wide variety of mediums such as sisal, yarn, ribbon and other weavable items to craft baskets, sculptures, and other creations.

Painter Jim Adcock occupies Studio E in July, displaying his paintings of iconic places and scenes in Ocean City and the region. Originally from Baltimore and now a resident of Berlin, Adcock is a graduate of the Maryland Institute of Art and has taught in the Baltimore County Schools.



The Maryland Community Health Services Commission presents a check for \$175,000 to Atlantic General Hospital for the Chronic Pain Rehabilitation and Treatment Program. From left: **Delegate Mary Beth Carozza**; **Senator Addie Eckardt**; **Dr. Allan Anderson**, chairman of the Maryland Community Health Services Commission; **Michael Franklin**, president and CEO of Atlantic General Hospital; and **Dr. Wadid Zaky**, pain specialist; and, **Senator Jim Mathias**.

## AGH receives grant to fight addiction

Atlantic General Hospital has been presented with a \$175,000 grant by the Maryland Community Health Services Commission for a new pain rehabilitation program at Atlantic

General Pain Center.

The program is the organization's most recent effort to combat the opioid crisis that has overtaken every corner of the United States, including the Eastern Shore. Nearly 50 million Americans experience chronic, long-term pain; providing treatment alternatives to opioids to help sufferers effectively manage their pain and reduce the risk of addiction is imperative.

"The Commission is pleased to support this important and innovative program," commented Dr. Allan Anderson, Chairman, Community Health Resources Commission. "This program developed by Atlantic General will help promote approaches to pain management and will help reduce the use of opioids in Maryland."

Pain rehabilitation programs are not new. This multidisciplinary approach for physically treating pain, while also helping patients effectively manage pain that may never be resolved through medical care, has existed for decades.

"While proven to be effective, very few programs are currently in existence," said Michael Franklin, president and CEO of Atlantic General Hospital. "We are changing that for Worcester County."

During the 10-day program, patients will have access to medically-driven pain management, vocational

Please see **addiction** on page 15

### Tides for Ocean City (Fishing Pier)

Day	High /Low	Tide Time	Sunrise /Sunset
Th 28	Low	2:34 AM	5:39 AM
28	High	8:18 AM	8:28 PM
28	Low	2:19 PM	
28	High	8:43 PM	
F 29	Low	3:11 AM	5:40 AM
29	High	9:00 AM	8:28 PM
29	Low	2:59 PM	
29	High	9:24 PM	
Sa 30	Low	3:49 AM	5:40 AM
30	High	9:42 AM	8:28 PM
30	Low	3:39 PM	
30	High	10:04 PM	
Su 1	Low	4:28 AM	5:41 AM
1	High	10:24 AM	8:28 PM
1	ow	4:20 PM	
1	High	10:44 PM	
M 2	Low	5:08 AM	5:41 AM
2	High	11:06 AM	8:28 PM
2	Low	5:04 PM	
2	High	11:25 PM	
Tu 3	Low	5:50 AM	5:42 AM
3	High	11:49 AM	8:28 PM
3	Low	5:51 PM	
W 4	High	12:06 AM	5:42 AM
4	Low	6:33 AM	8:27 PM
4	High	12:34 PM	
4	Low	6:42 PM	

Please see **artists** on page 15



## Health Dept. congratulates Health Award winners

The Worcester County Health Department (WCHD) and the Maryland Department of Health celebrated this year's 2018 Healthiest Maryland Business (HMB) awardees at the 9<sup>th</sup> Annual Maryland in the Workplace Health and Wellness Symposium earlier this month. HMB is a statewide movement to create a culture of wellness at work that makes the healthiest choice the easiest choice. Atlantic General Hospital received the Gold 2018 Healthiest Maryland Business Award for the third consecutive year while Taylor Bank was awarded the Silver 2018 Healthiest Maryland Business Award for their second consecutive year.

"We would like to congratulate Atlantic General Hospital and Taylor Bank as award recipients," said Crystal Bell, Chronic Disease and Tobacco

Supervisor at WCHD. "Both organizations have dedicated themselves to creating a culture of health and wellness for employees within their workplace, through the promotion of physical activity and nutrition initiatives within the workplace in efforts to make the healthiest healthier workplace environments!"

Worcester Health Department thanks both Atlantic General Hospital and Taylor Bank for their continued hard work contributing to Healthiest Maryland Business worksite wellness efforts. For more information on HMB's worksite wellness and how your business can join, please contact the Worcester County Health Department Worksite Wellness coordinator, Tiffany Scott, at (410)-632-1100 ext. 1111.

## Communication skills kids can learn

An ability to communicate effectively is a life skill that can serve a person well at any age.

Communication well is considered so essential that the Boy Scouts of America even require prospective Eagle Scouts to earn communication merit badges.

It is never too early to help children become better communicators. From toddlerhood to grade school and beyond, learning how to interact with others are necessary at every stage.

Developing communication takes time, but there are various techniques to help kids become better communicators.

Great communication is a two-way process. Listening is often as important as speaking when communicating. Parents can help model good behavior by listening and letting children express themselves before offering their own opinions.

Take turns in conversation. Rather than speaking at the same time or interrupting others, effective communi-

cators take turns offering their thoughts. Listening to others can help shape what the other person might say.

Speak regularly with one another.

Initiate conversation frequently so that children become accustomed to speaking with adults and others. Chat about where you are going when running errands or discuss television plots during commercial breaks.

Make conversations relevant. Allow experiences that are happening around the family to shape conversations. Encourage curiosity and introduce new themes and vocabulary.

The more the child gets to experience, the more inclined he or she may be to discuss those experiences.

Modify communication methods. Some children may struggle to communicate effectively. By working with speech/language pathologists and making the most of digital and other communication aids, parents make things easier for kids who are struggling to communicate.



*please see **skills** on page 13*



**Dinner** - **Barbara Wit** (center) of Ocean Pines having a dinner at the Ocean Pines Yacht Club meeting two important people operating the facility, Manager **Matt Ortt** and General Manager **Lewis Sherman**. Photo by Anna Fultz.

## What's next after a cancer diagnosis?

Hearing the word cancer can be a traumatic experience for anyone sitting in a doctor's office reviewing test results. Shock, anger and/or denial may even set in upon receiving a cancer diagnosis.

Roughly 14 million people were diagnosed with cancer in 2016, and each faced the days following their news in different ways. How men and women approach the weeks and months following a cancer diagnosis is up to them but getting an idea of what to expect can help them as they confront their disease.

Expect changes. Cancer brings change that may involve modifications to routine, increased doctor visits, treatment appointments, and changes to physical and mental health. It all may seem scary but approaching the changes that will come with open eyes can lessen the shock. Some changes, including increased visits from family and friends, may be appreciated, while others, such as fatigue or nausea resulting from treatments, may be unwelcome. However, knowing changes are in store can make it easier to figure out a plan of action.

Understand your diagnosis. Schedule a time to sit down with an oncologist and bring a friend or relative along. Have an honest conversa-

tion about the type and stage of the cancer and all possible treatment options. Your companion can listen intently and take notes as you absorb the information. Consider seeking a second opinion so that you can make the most informed care decisions, advises



The Cancer Treatment Centers of America.

Locate a support network. Navigating cancer is much easier by having someone with you along for the ride. Dave Visel, author of "Living with Cancer," says no one should fight cancer alone. Find someone with whom you can openly speak about difficult issues.

Get organized. Develop a way to coordinate appointments, phone numbers and other information. It can be as simple as a notebook or an ongoing digital note on a mobile phone or

*please see **diagnosis** on page 14*



## Wireless technology takes hearing aids to new levels

Hearing loss may not be something people want to contemplate, but it is more common than many people may think. Hearing deficits may occur from birth or be acquired due to injury or prolonged exposure to loud noises. The National Institute on Deafness and Other Communication Disorders says approximately 15 percent of American adults (37.5 million people) aged 18 and older report some trouble hearing. Age is the strongest contributor to hearing loss, with people age 60 and older with the highest levels of impairment.

People with hearing deficits can access a growing number of assistance devices to make their lives easier. From telephones and doorbells that trigger a blinking light rather than a bell to closed captioning and voice-to-text conversion to a greater understanding and widespread usage of sign language, the deaf and hearing impaired have many options to help them overcome hearing loss.

As technology advances, so, too, do the options for the hearing impaired. One innovative piece of gadgetry is sophisticated wireless hearing aids that are compatible with personal electronic devices.

**skills**  
from page 12

Ask for details. The organization Understood.org advises adults to focus on recall and sequencing when speaking with children. These skills are important and can be enhanced when kids offer details. These techniques can help children ultimately develop strong comprehension and writing skills.

Speak with others. Encourage children to speak to their peers, adults and educators as much as possible to establish comfort in various communication settings. Doing so will help in the short- and long-term.

Communicating is an important component of school, home life and future employment. Children who learn to communicate effectively are in position to thrive in school and later in life.

Thanks to Bluetooth technology, hearing aid manufacturers are harnessing this science to expand on the



abilities of hearing aids and to develop new products. In the past, in order to use an MP3 player or mobile phone, a person would need to remove traditional hearing aids to accommodate a pair of earbuds. Furthermore, hearing aids may have had their limitations in filtering ambient noise. Although

please see **aids** on page 14



**Opening** - Araceli Popen opened the season for POP tennis and Timeless tennis which are also played on the Ocean Pines platform tennis courts. Regulars and players new to these sports filled the courts. Wednesday play was followed up by a barbeque and karaoke.

Email [aspopen@yahoo.com](mailto:aspopen@yahoo.com) or call 302-270-8118 to set up a free month trial and free lessons. Drop-ins are every Wednesday from 4 p.m. until 6 p.m. Above are **Barbara Dau** and **Araceli Popen**.

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# Red, White, Boom planned for Ocean Pines

This Independence Day, celebrate what makes America great with fun-filled festival activities, dazzling fireworks and a high-energy dance party at Ocean Pines' highly anticipated Fourth of July celebration.

Ocean Pines residents and nonresidents are invited to an annual tribute to the Stars and Stripes on Wednesday, July 4.

The patriotic celebration starts early at 8 a.m. with the annual Freedom 5K Race (50<sup>th</sup> Anniversary Edi-

tion) along a scenic route around the South Gate Pond, at the Worcester County Veterans Memorial in Ocean Pines. The Ocean Pines Recreation and Parks department is encouraging

race participants to come dressed in their favorite red, white and blue costume. An award will be given to the best costume, as well as, race winners.

The celebration will then continue

at 11 a.m. with Ocean Pines' annual July Fourth Carnival Celebration, which will also take place at the

*please see boom on page 15*

**aids**  
from page 13

Bluetooth-powered hearing devices are still in their infancy, Oticon, a global hearing technology company, has developed their own communication and entertainment solution called ConnectLine

that enables people to connect hearing aids with different devices. This transforms hearing aids into a personal wireless headset for listening to music, watching television or video chatting.

Many other companies, such as ReSound and Starkey, also offer Bluetooth-

enabled devices. Their devices may be compatible with Android and iPhone models, some of which may only require an app or direct connectivity to the device. In fact, Apple has patented a specific Bluetooth connectivity with certain hearing aid manufacturers. Others may require an accessory of some sort to make connections possible, especially when pairing with a TV or other audio device.

Thanks to cutting edge technology, assistive listening devices have improved considerably. Individuals should speak with their hearing care professionals about their daily needs concerning hearing aids and explore the options in wireless hearing aid technology that can work seamlessly with their devices.

**diagnosis**  
from page 12

tablet. Bring the information to each appointment and add to it as necessary.

Find a doctor you trust. The Mayo Clinic suggests seeking an oncologist who listens to your concerns and questions, explains everything thoroughly in plain

language, has the credentials for your type of cancer, and understands you. Your relationship with a doctor is an extremely important partnership.

Choose a treatment. Patients are their own best treatment advocates. Honestly discuss just what you are willing to go through in terms of treatment. It is not something that has to begin immediately, offers the American Cancer Society. You

have plenty of time to think through your options so you can make the best possible choices. Do not feel pressured to engage in a particular type of treatment. Treatment should be designed around what is best for you.

A cancer diagnosis can be shocking. But knowing what comes next can take some of the fear out of such a diagnosis.

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**boom**

from page 14

Worcester County Veterans Memorial in Ocean Pines. The event will feature a DJ, water slides, moon-bounces, carnival games, pony rides, refreshments and more. Wristbands for unlimited rides on the water-slides and moon-bounces will be sold for \$6. Carnival games will be free.

Entertainment will be continuous throughout the day. Popular band, First Class, will perform live at the Ocean Pines Yacht Club from 6 p.m. to 10 p.m. Residents and nonresidents will get a chance to “boogie down” to sounds of popular hit songs. Discounted alcoholic beverages will be sold during happy hour, which runs from 3 p.m. to 6 p.m.

**camp**

from page 8

water bottle and sunscreen each day. A bathing suit, towel, closed-toe shoes and a change of clothes are necessary on Thursdays.

The Maryland Coastal Bays Program is a non-profit partnership among the towns of Ocean City and Berlin, the National Park Service, Worcester County, the U.S. Environmental Protection Agency and the Maryland Departments of Natural Resources, Agriculture and Planning. Its goal is to protect and enhance the watershed, including the St. Martin River, Newport Bay, Assawoman Bay, Isle of Wight Bay, Sinepuxent Bay and Chincoteague Bay.

For more information about camp or to register, call the Ocean Pines Recreation and Parks Department at 410-641-7052.

**pin**

from page 14

ment team, but all of our front-line employees felt the good wishes from everyone who’s visited us from OP,” said DeAngelus. “All that does is make all of us want to succeed even more. It’s easy to come to work every day with a big smile on your face when you love what you do and are so appreciated.”

Ortt and DeAngelus took on the day-to-day operations at the Beach Club and Yacht Club after the Ocean Pines Board of Directors granted the team a two-year management contract.

The Beach Club property, which is open from 11 a.m. to 6 p.m. daily, features a dining area, bar and spacious decking, public swimming pool, lounge chairs, and an upper level for private parties, weddings and banquets for Ocean Pines residents and non-residents.

The Yacht Club property, which is open from 11 a.m. – close on Monday-Saturday and 10 a.m. to close on Sunday, overlooks the Isle of Wight Bay.

At dusk, a grand fireworks display will illuminate the sky above Ocean Pines. The Association and its sponsors are hosting an awe-inspiring fireworks show at Showell Park on Racetrack Road.

“Ocean Pines residents and non-residents will be able to watch in wonder as fireworks ignite and light up the sky in an evening you will not soon forget,” said Ocean Pines Marketing and Public Relations Director Denise Sawyer.

Public viewing of the fireworks

**artists**

from page 11

Silversmith Joan Smith is the artisan in residence during July, showcasing a unique line of contemporary, hand fabricated, jewelry using stones, form, and textures in her designs.

Admission is always free to the Ocean City Center for the Arts at 502 94<sup>th</sup> Street, home of the Art League of Ocean City, a non-profit organization dedicated to bringing the visual arts to the community through education, exhibits, scholarship, programs and community art projects.

Financial support comes primarily through membership dues from individuals and corporate sponsors. Funding for exhibits is also provided by the Community Foundation of the Eastern Shore, the Worcester County Arts Council, Maryland State Arts Council and the National Endowment for the Arts, organizations dedicated to cultivating a vibrant cultural community where the arts thrive.

More information is available at 410-524-9433 or [www.artleagueofoceancity.org](http://www.artleagueofoceancity.org).

display can best be seen from Showell Elementary, Most Blessed Sacrament, The Pavilions, Community Church of Ocean Pines, and St. John Neumann Catholic Church. As a reminder, Showell Park will be closing at 6 p.m. on Tuesday, July 4 in preparation for the fireworks display. Parking will not be allowed along the shoulder of Route 589 and Beauchamp Road in Ocean Pines.

**addiction**

from page 11

support, integrative health therapies like meditation, massage and guided imagery, physical and occupational therapy, and behavioral health care to achieve their individualized goals in returning to an active and fulfilling life.

“The goal of the program is to restore function and improve the

**travel**

from page 10

cultural practices slowly began to erode. Sarawak officially joined the newly formed country of Malaysia in 1963. Shortly after, the Borneo Confrontation began. This was a violent conflict spanning the years of 1963-1966 initiated by Indonesia. During the Confrontation, villagers were evacuated to Bario where the British soldiers set up a base. This consolidated the area and brought in villagers from farther away areas. Many did not return to their original villages after the Confrontation, instead choosing to re-

**yoga**

from page 8

“Shoppers want the widest selection of products, and the freedom to choose between producers,” said Bean.

There are a growing number of merchants selling everything from jewelry, clothing and artwork to prepared foods and local produce. Miniature ponies and alpacas have also become staple market visitors in Ocean Pines.

“I’m very proud of our marketplace,” said Bean. “It has taken a lot of hard teamwork from our volunteers and merchants to get to the success we’re seeing today.”

The Ocean Pines Farmers & Artisans Market, which is open to the public, is a great place to find alternatives to factory-farmed food, whether that’s

These events, sponsored by Peninsula Regional Medical Center, Choptank Electric Cooperative, Baxter Enterprises, The Mark Fritschle Group, Kiwanis Club of Ocean Pines, Ocean City/Berlin Optimist Club, Women’s Club of Ocean Pines and Pine’er Craft Club, are open to the public. In the event of inclement weather, fireworks will be held on Thursday, July 5.

quality of life for individuals suffering with chronic pain, along with discontinuing or reducing the use of opioids for treatment,” said Dr. Wadid Zaky, pain specialist at the Atlantic General Pain Center, and the architect of the center’s pain rehabilitation program. “We’re very excited to be able to bring this service to our patients.”

The funding will be provided over a two-year period.

main in Bario. The Confrontation created a national border where previously one was not recognized, and it changed the relationship between the tribes on each side.

I have never before traveled to anywhere more welcoming and authentic than Bario. Since my stay there this past January, I have exchanged letters and photos with some of the people I met. Bario has some of the only remaining rainforests left in Borneo and the world. I encourage you to visit while they’re still there. Make sure Mulu National Park is your next stop after Bario, and please bring me back some famous Bario rice, pineapple jam, and a hand-woven backpack!

dairy, eggs, vegetables and seafood or meat.

“I see no slowing down to what’s happening here,” said Bean. “We have many active plans to continue our growth, and to keep the marketplace fresh and a fun place to shop, learn and visit.”

The market is sponsored by Neighborhood Sun, a community solar company that works to bring clean, affordable, and local solar energy to Maryland.

Merchants invite residents and nonresidents to shop local and visit the year-round Ocean Pines Farmers & Artisans Market on Saturdays from 8 a.m. to 1 p.m. and on Wednesdays from 3 p.m. to 7 p.m. at White Horse Park. The market will host a July 4 holiday market with special hours, from 8 a.m. to 1 p.m.

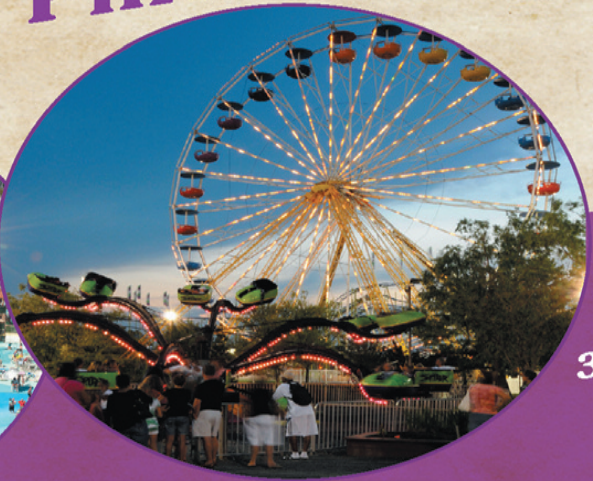




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