

## Meet the Ocean Pines team

### John Malinowski

On an average day at the Ocean Pines Golf Club, one would be just as likely to see John Malinowski with a shovel or a wrench in his hand as with a clipboard or a golf club.

Malinowski, the Ocean Pines Association's general manager of Golf, said his daily approach is to "do whatever needs to be done," from fixing broken golf carts and replacing worn sod, to teaching the next generation of golfers how to play.

"I get there at 7 a.m. ... and I leave at some point," Malinowski said with a laugh. "I work six days a week and there's just a lot going on, between working with marketing stuff with hotel packages and resort play, to holding lessons, summer camps and clinics, and even merchandise ordering. Each of those are full-time jobs at other places.



John Malinowski

"I figure it's all under 'miscellaneous assigned duties' – unfortunately, I'm the one assigning them!" he added.

Malinowski was born in Philadelphia, but moved all over the country growing up. His father was "a career Marine."

Also, golf wasn't his first sport.

"I grew up playing baseball," Malinowski said. "Baseball didn't work out quite as I had hoped, so, once that career path ended, I got into golf and picked that up pretty quick and easy in college."

Malinowski doubled majored in economics and political science, with a concentration in public administration, at Lenoir-Rhyne College in Hickory, North Carolina. His PGA certifications include professional golf management, executive management, golf operations and golf instruction, and he has a rules certification through the United States Golf As-

*please see malinowski on page 6*

## Notice to Readers

Just wanted to let you know that next week *The Courier* will be on a planned hiatus. Our next edition will be May 6. See you then and stay safe.

-Chip Bertino



*osiah*, a 3-year-old Labrador golden retriever cross, has developed a large following among children throughout Worcester County.

## Cricket Center continues work despite funding concerns

By Victor Fernandes

The Cricket Center planned to take a major step toward building a 2021 budget with its Walk for Kids fundraiser last Saturday.

But the day came and went without the seventh annual event taking place on the Ocean City Boardwalk because of the ongoing COVID-19 pandemic. But the staff continues moving forward at Worcester County's child advocacy center in Berlin, even as two of their signature fundraisers have been postponed indefinitely or potentially face a similar fate. They have critical work to do.

The Cricket Center has received what executive director Wendy Myers called "an enormous spike" in domestic violence calls during a statewide stay-at-home order that began March 30 and has no clear end date yet. Myers said families are struggling to

cope with mounting stress over their health and financial well-being as businesses closed and residents find themselves unemployed.

"There's a lot more stressors. People are stuck in the house together," Myers said. "With financial burdens, and the fear and anxiety that everyone is feeling, it's only natural those types of calls would increase, and that's absolutely what we're seeing. ... When children are present, child protective services need to assess that situation to make sure the children are safe."

In contrast, Myers has witnessed a drop in referrals for child abuse and neglect, she said, because children have been home since schools closed a month ago in response to coronavirus concerns. Schools across Maryland are closed until

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Donna McCracken and Diane McGraw

## Ocean Pines Women's Club celebrates milestone

Since 1974, the Women's Club of Ocean Pines has raised tens of thousands of dollars for area scholarships, and offered countless local women an outlet both to socialize and give back to their community.

Now in its 45th year, the Women's Club boasts a roster of more than 100 members.

The club began to develop in 1972, when a group of women met to play cards, sew and talk about their new community. Originally known as the "Year Rounders Club," the fledgling group raised \$500 for the Ocean Pines Association from two bazaars they organized, with that money later going to the purchase of a living community Christmas tree and card tables for the new Community Center. At the time, the primary purpose of the club was to acquaint new residents with the community and to promote social and civic activities.

The Women's Club of Ocean Pines was officially established in 1974, and in 1975 the club bought an "electro-printer" to aid in the publishing of the first Ocean Pines Homeowners Directory. The directory sold for \$1 and included listings for 106 full-time homeowner residents and 66 long-term renters. Club dues at the time were \$3 per year.

By 1981, total Women's Club charitable donations topped \$2,000. Just seven years later, in 1988, the club donated \$19,000 from its Memorial Fund toward construction of the White

Horse Park pavilion, representing the single-largest donation for that project.

Since 2007 alone, the group has awarded \$42,450 in scholarships to 38 high school seniors. During the same period, the Women's Club also donated \$23,725 to more than a dozen local groups, from Ocean Pines' Recreation and Parks, Police and Fire departments, to Star Charities, Women Supporting Women, Coastal Hospice, Worcester County GOLD, and Worcester Youth and Family Counseling Services.

Current President Donna McCracken joined in 2005 at the request of then-president Janet Balbo, who was a close friend.

"She said, 'I need your support and I need you to work.' We knew each other from our past work years, so that's how I got involved," she said.

McCracken first spent several years chairing the group's Scholarship Committee.

"I really enjoyed that," she said. "For one, it was educational for me to learn about the community that I'd moved into, especially that the average income is not necessarily what we, the residents that came here, thought it was. I would see these applications of kids who came from a single-parent family and that were living with four kids on less than \$20,000 a year. It just opened my eyes up to the county that I was living in."

*please see club on page 12*

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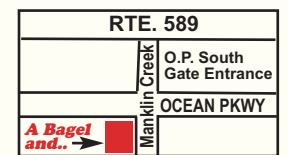
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center  
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at least May 15.

“If the parent is the maltreater, they are not going to report it,” Myers said. “So kids aren’t seeing their healthcare providers. Kids aren’t seeing their teachers. We’re really worried about kids stuck in the house with their maltreaters.”

So, the Cricket Center’s staff work tirelessly in the midst of a health crisis to protect children and families in need. Family advocates and law enforcement officials make in-home visits while following proper social distancing guidelines. Staff members work staggered shifts, which allow them to stay safe while being able to work with children and families on certain cases in person at the center.

Children always have enjoyed their weekly appointments at The Cricket Center in Atlantic General Hospital’s complex, because of the connections they form with staff members, opportunities to play with a vast array of toys and activities, and their visits with Josiah, a 3-year-old Labrador golden retriever cross who helps kids cope with traumatic experiences.

“They are true first responders, and that’s how we look at it,” Myers said of her colleagues. “They are always prepared. They just do what they have to do. ... They’re fearless. I’m consistently impressed with their ability to adapt and do whatever is needed to make sure kids are safe. I’m always in awe of our staff.”

Now, the pandemic has led The Cricket Center to unveil a digital

approach to trauma-based therapy through telehealth services provided through Life Crisis Center, a local nonprofit agency specializing in crisis intervention and violence prevention that serves Worcester, Wicomico and Somerset counties. Myers said children already working with therapists have grown comfortable with continuing their therapy digitally. Myers said The Cricket Center soon could begin conducting tele-forensic interviews through the National Children’s Alliance, an organization that helps local communities effectively handle allegations of child abuse.

“With kids who have a support system at home and are already involved with their therapist, it’s an easier transition,” Myers said. “They have that established relationship with their therapist. They already have a comfort level with their own therapist who they have been working with over a period of weeks. It’s the same face they have been seeing every week at The Cricket Center.”

The center’s critical services cost money, and its primary fundraising avenues are currently closed.

Hooters of Ocean City, the main sponsor and host of Walk for Kids, has assured Myers the event will move to a later date, albeit not during National Child Abuse Prevention Month in April. The center’s staff members have built small pinwheel gardens at businesses and residences in the county in honor of the traditionally larger pinwheel garden that would have been built on the beach for last weekend’s event. The center’s annual cocktail party at The Hobbit Restaurant in Ocean City remains set for Oct. 27 - for now.

“Between those two events, that’s a big portion of our budget for next year,” Myers said. “Even if we can have the October event, we’re concerned that businesses won’t be in a position to financially support us as sponsors. And we know at the other end of all this, there’s going to be a huge spike in referrals. Less funding, more cases - it’s going to be a challenge for sure.”

Yet, hope has emerged in uncertain

times. Choptank Electric Cooperative’s foundation has helped the center in purchasing personal protective equipment and covering other pandemic-related expenses, while Myers has applied for additional grants.

Myers also pointed to generosity from local residents, friends and strangers alike, who have been holding impromptu fundraisers in support of the center. For example, Clare Davy, a speaker, coach and counselor with The Reconstructed Woman, a Christian life coaching company in West Ocean City, has held a birthday fundraiser on Facebook that ended last week with \$275 in donations.

“The reason I chose the Cricket Center was because I was an abuse survivor,” Davy wrote in a Facebook message.

“It’s so nice to see the way the community supports us and the children,” Myers said. “Those are the kinds of things that help maintain us. Since we can’t do the walk, small things that don’t require people gathering is a great way to support local nonprofits.”

With that support, Myers is confident The Cricket Center will be able to continue providing essential services in the future.

“I have no doubt that we will be able to recover. Something always falls into place to protect The Cricket Center,” she said. “We’re not just waiting for (the stay-to-home order and pandemic) to be over. We’re getting stronger and better. We’re utilizing our time as best we can to better ourselves. We’re prepared for whatever comes next.”

## Helping children through the COVID-19 pandemic

Worcester County children face more time away from school and their normal daily routines due to coronavirus concerns. State Superintendent of Schools Dr. Karen B. Salmon announced Friday that schools statewide will remain closed until at least May 15.

If your children are growing worried about the impact of the COVID-19 pandemic, the Centers for Disease Control and Prevention in Atlanta, Georgia, recently shared tips on how to talk to them about the disease. Here are paraphrased excerpts from that article:

**Speak calmly and act reassuringly:** Children will pick up on what

*please see children on page 15*



On this day in 1994, former President Richard M. Nixon died after suffering a stroke four days earlier. In a 1978 speech at Oxford University, Nixon admitted he had screwed up during his presidency but predicted that his achievements would be viewed more favorably with time. He told the young audience, “You’ll be here in the year 2000, see how I am regarded then.”

Nixon is most often remembered for his involvement in the Watergate scandal as president and for his Cold War-era persecution of suspected communists while serving as a U.S. senator. However, Nixon left a legacy as complex as his personality.



Experiments in universities have actually been carried out to figure out how many licks it takes to get to the center of a Tootsie Pop, both with machine

and human lickers (because this is important scientific knowledge!). The results ranged from 252 to 411.

-tootsie.com



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# Spending our time

These many weeks have been very challenging for all of us. Much of our time is taken up by practicing social distancing, wearing face masks and

chicken breasts with a spinach, sun-dried tomatoes, cream cheese and other assorted cheeses topping. It was amazing.



## It's All About. . .

By **Chip Bertino**

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rubbing our hands with sanitizer. But it's more than that. I've spent more time on the phone talking with family and friends. And I suspect a fair number of us have cleaned a closet or two more than once. Our ordinary routines have changed. We're living a new normal that revolves more and more around home and hearth which in and of itself isn't a bad thing.

I've spoken with my mother more, usually calling her once a day or every other day. She's been doing very well through all this, keeping herself busy with a myriad of projects and hobbies. Many times when I call she answers her phone while working in her garden or while painting in her studio.

At home, my wife's and my routine has

changed with events. On weekends, we often spent time browsing antique and second hand shops. No more. Now we look around the house and ask, "do we really need this?"

On a recent Sunday afternoon, we just sat in our living room conversing. I can't remember the last time we did that, just talking about nothing in particular and everything of interest.

Before all this, my wife and I ate out three or four or five times a week. No more. But there is a silver lining in this, at least for me. With my wife home, I'm happy to share that she is once again practicing her culinary creativity, preparing dinners that remind me of when we first got married and the kids weren't a distraction. Last week, she made a dinner that included

However, I'm sure she'll be glad when once again we can sit in DeNovo's or somewhere else letting someone else do the cooking.

I've been reading a lot about the nationwide trend of many people now home-bound adopting pets, believing this is a good opportunity to train a dog with everyone home. My dog Chooch has been joining me more and more in my studio. Because all my meetings now are by phone or via Zoom, he's with me more. The other day, during a slow period, I sat on the floor which seemed to please him very much. He curled up next to me and then rolled on his back for a belly rub. It was time well spent for both of us.

Television and reading have occu-



ried more time. I've been rewatching "The Sopranos" and "Boardwalk Empire." I've also been enjoying James Bond movies. My Bond preferences are Daniel Craig and Sean Connery. I've been reading a very good book, "The Splendid and The Vile," by Erik Larson. It chronicles the saga of Winston Churchill, his family and government during the Blitz. It's the first time I've read one of his books; he's a very good storyteller reminding me of David McCullough.

When all this is behind us, it will be interesting to learn what habits and routines we've adopted during this time stay with us. I don't think Chooch would mind having his belly rubbed more.

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sociation.

In 2003, Malinowski became the head golf professional at the River Run Golf Club, where he worked for seven years.

“It was an all-public golf course and, kinda like here, I pretty much ran everything, including the golf course and marketing,” he said. “That’s why I know the market so well – I know all the players and I’ve been doing it for a while.”

Malinowski said the local market is unique, in that weekdays are much busier than weekends. Tourists book hotels from Saturday to Saturday, and then spend Sundays – the first full vacation day – at the beach.

“At any other golf course, the weekends are packed – everybody works all week and then comes to the club and plays on weekends,” he said. “Here, no one’s playing golf on Saturday or Sunday. It’s amazing – it’s the only place in golf like that.”

After River Run, Malinowski spent three years on the other side of the Chesapeake Bay Bridge, working at the Montgomery County Club. Billy

Casper Golf happened to manage that course and, when they took over operations at the Ocean Pines Golf Club, they brought Malinowski with them as their golf pro.

Malinowski started in Ocean Pines in November 2012, working first under Casper and later under Landscapes Unlimited. By 2017, the course was back to being self-managed, with Malinowski still at the helm.

Besides Malinowski, the other constant in Ocean Pines is the course itself. Designed by legendary golf course architect Robert Trent Jones, Sr., the Ocean Pines Golf Club opened in 1972 and is unique on Maryland’s Eastern Shore for its pedigree.

“It’s just a gem as far as a golf course and the way it’s been designed,” Malinowski said. “It’s an old-school golf course that still competes with the modern courses. It’s challenging, but very fair. If a golfer doesn’t let their ego get in the way and they choose the right set of tees, they’ll have a great experience.”

The course offers seven sets of tees on each hole, counting two family tees and five regular sets.

“Really, anybody can play the golf course, whether they’re brand new or

not,” Malinowski said. “A lot of people think the family tees are for kids – and they kinda are – but they’re good for beginner golfers too. We had a 38-year-old man play it last year and he just loved it. It was his first time ever playing golf, so that was really neat to hear.”

Keeping the 18-hole course in shape is “a full day every day,” Malinowski said, starting with spraying just the right amount of water and hoping for the right amount of sunlight. Greens are mowed every day, fairways three times a week, and roughs twice a week.

“By the time you loop around, it’s probably seven miles of golf course,” Malinowski said. “A lot of places are side by side and it’s confined, but we’re so spread out that it makes it challenging.”

Since last May, Malinowski and his team were also challenged with working out of a portable trailer, while the new, 7,200-square-foot Ocean Pines Golf Clubhouse was under construction. The new building is scheduled to open this May.

“Well, it smelled a whole lot better than the old building – that much I can tell you!” Malinowski said. “It’s

been challenging. Obviously, we’re not getting the foot traffic that you would with a golf shop. That’s probably the biggest thing – you’re in a 30-by-10-foot trailer, as opposed to something that’s two or three times the size of that.”

Malinowski said he’s most looking forward to offering a strong first impression with a new building – something he’s never had in Ocean Pines.

“That’s been the one missing thing. We had a 50-year-old building that was in disrepair. When you drive up and you see that kind of building, you’re starting off on the wrong foot,” he said. “Now, people are going to be able to come in and get a bite before or after they play, and in a much more inviting atmosphere. You’ll have a great deck overlooking the golf course, and the views are spectacular.”

He said the new golf shop would be “much more streamlined and functional,” with a launch monitor and simulator to use for club fitting. In the winter, the simulator could be set up for cold-weather virtual-golf leagues.

“I think now we’re starting to get limitless on what we can do there,” he said. “It opens up a whole world of possibilities for us that we just didn’t have with a half a building that was infested by mold.”

Malinowski not-so-fondly remembers, each time it rained, “having to run in with a shop vac to suck out the water out of the kitchen, that’s pouring down over the door.”

“We don’t have to worry about that anymore,” he said. “That’s going to ease a lot of the burden for everybody. The new building just raises the stature of our entire operation.”

Raising that Ocean Pines Golf operation, Malinowski said, is a good thing for the entire community – both for golfers and nongolfers.

“Certainly, any home in a community with a golf course tends to sell more. It just makes the property value higher,” Malinowski said. “We have 1,800 to 2,000 homeowners and residents who play, but really we have 8,452 members. Whether they play golf or not, they’re invested in the golf course and the community.”

For those who haven’t yet tried the Ocean Pines Golf Club, Malinowski said there’s no time like the present.

“If you want a great, fair test of golf, it’s the best on the Eastern Shore. You definitely want to check it out,” he said. “It’s quite an experience and it’s unlike any other course out here.”



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# In-person primary voting allowed

By **Victor Fernandes**

The votes are in - Maryland will allow in-person ballots for the June 2 primary.

The Maryland State Board of Elections in Annapolis informed officials from all 24 counties of its plans last Thursday, Worcester County Election Commission chairman Ed Rodier confirmed that same day. More than 4 million registered voters statewide can visit polling sites to cast their ballots, including at Berlin Intermediate School for nearly 42,000 voters across Worcester County.

"I think it would be safe to say that we will take reasonable precautions to ensure everyone's safety and protection," Rodier said about in-person voting during the ongoing coronavirus pandemic, which late last week topped 10,000 confirmed cases and neared 400 deaths based on statistics from the Maryland Department of Health. Confirmed cases in Worcester County topped two dozen late last week, but the Department of Health reported no deaths.

When asked about social distancing and other safety guidelines, Rodier said voters could be required to wear masks. Maryland Governor Larry Hogan's executive order mandating people wear masks in public establishments such as grocery stores went into effect Saturday. But Hogan also reportedly announced that government officials are in position to plan for a gradual recovery phase.

"A lot will depend upon what the overall environment of the country is at that point," Rodier said of precautions on voting day.

Rodier said he anticipates state government officials will publicize that "the great preference is (to) mail your ballot in (and) don't vote face to face. That option is there for people who for whatever reason want to (vote in person)."

Worcester County voters also can mail in ballots to the Election Commission's office at 1 West Market Street in Snow Hill, or drop them in boxes at the election commission's office and Berlin Intermediate School at 309 Franklin Street in Berlin. All ballots are due by 8 p.m. on June 2. Rodier said ballots will be mailed to

voters by May 1.

Ballots will include Democratic and Republican candidates for President of the United States and nominations for the 1st Congressional District seat in the U.S. House of Representatives. The district covers Worcester, Wicomico, Dorchester, Somerset, Caroline, Cecil, Kent, Queen Anne's and Talbot counties on the Eastern Shore as well as portions of Baltimore, Carroll and Harford counties. Currently, President Donald Trump and former Vice President and U.S. Senator Joe Biden are the lone Republican and Democratic candidates for President, respectively, on the ballot.

Rodier said he anticipates election officials will begin collecting mail-in and drop-off ballots on May 21. How quickly results of the election are known, he said, depends on how quickly ballots are filled out, filed, collected and tabulated.

In a traditional election, when votes are largely cast in person, eligible voters receive a paper ballot and voter authority card, which serves as their identification. Once voters enter booths at polling sites, they hand their voter authority cards to volunteers manning those booths and place ballots into a scanner that registers the votes. Ballots are verified before being sent to the State Board of Elections in Annapolis. Rodier said results could be known within an hour or two after polls close.

When asked to estimate the number of residents expected to vote in person, Rodier said, "That's the \$1 million question."

Yet, Rodier said Patricia Jackson, Worcester County's Director of Elections, estimates 50 percent of voters will cast ballots by mail.

Election officials can begin tabulating ballots as they are received and collected. Rodier expects officials will review ballots to determine if they were filled out properly in order to scan them. They also can generate voter authority cards by searching names in a poll book. Once voter authority cards and ballots are verified, cards can be placed in holding areas and ballots are scanned.

Results could be delayed if too many ballots are received close to or on June 2. "We will work until we're done," Rodier said.



Paramedics **Sean Sullivan**, left, and **Robby Richardson** of the Ocean Pines Fire Department.

## Local volunteers donate nearly 400 safety masks

A group of Ocean Pines residents and other local people recently made and donated hundreds of safety masks for area first responders and hospice workers.

Organizer Neil Gottesman said residents from Ocean Pines, River Run and Glen Riddle took part, with some masks even being made and shipped from Florida.

Gottesman put out a call for materials and volunteers last week and said the response was overwhelming. Volunteers designed the masks for use around asymptomatic patients during the COVID-19 pandemic.

"Some volunteers did pick up and drop off, some donated materials and offered financial assistance, and then we had the sewers," he said. "All told, over 50 individuals were involved and all were

just happy to be able to help in a time of need."

Initially targeting the Ocean Pines Fire Department and Coastal Hospice, Gottesman said the group also made and donated masks for Ocean Pines Police, Ocean Pines Association staff, and workers at the local Food Lion.

"As we finish up our current mask-making program, the total now stands at close to 400 [masks made]," Gottesman said. "We had a wonderful response and it was a wonderful community effort."

Gottesman credited Carol Quinto of the Pine'er Craft Club with helping to organize many of the sewers.

He said the project would be put on hold for now, unless an additional need arises.

## Memorial Day services canceled

Memorial Day services at the Worcester County Veterans Memorial at Ocean Pines have been canceled, because of executive orders limiting gatherings in Maryland.

The annual service had been scheduled for Memorial Day, May 25.

The Worcester County Veterans Memorial Foundation will go ahead with a modified Flags for Heroes display, in the field between Route 589 and the veteran's memorial.

Each year, flags are placed in honor of local heroes, including servicemen and women, first responders, teachers, family members, doctors and hospital workers, or anyone who has been an inspiration. This year, the Memorial Foundation will also honor those on the front lines of the COVID-19 response.

Flag sponsorships are \$50, and flags will be on display from Armed Forces Day, May 16, through Flag Day on June 14.

The project is co-sponsored by Rotary Club of Ocean City/Berlin and Worcester County Veterans Memorial Foundation.

For sponsorship forms, visit [www.opvets.org/events/flags-for-heroes-2020](http://www.opvets.org/events/flags-for-heroes-2020). The Memorial Foundation is also seeking corporate sponsors, with sponsorship levels ranging from \$250 to \$2,000.

For more information, contact Cliff Berg at 302-540-2127 or email [cliff0917@aol.com](mailto:cliff0917@aol.com).



# Healthy Hand Hygiene Habits



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Information resource: Centers for Disease Control and Prevention



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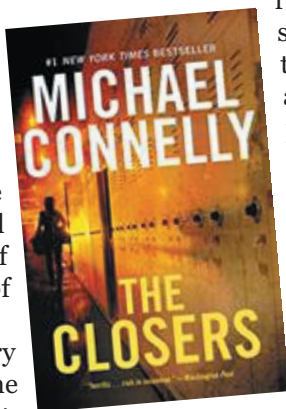
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# Review of *The Closers*

By **Jean Marx**

Michael Connelly is an amazingly prolific writer. *The Closers* is just one of over 20 novels in the Harry Bosch detective series alone. He also has a Mickey Hallard series with 5 books and a Renée Ballard series with 3 books. *The Closers* is the second Harry Bosch novel I've read, and I find myself anxious to read more of the collection.



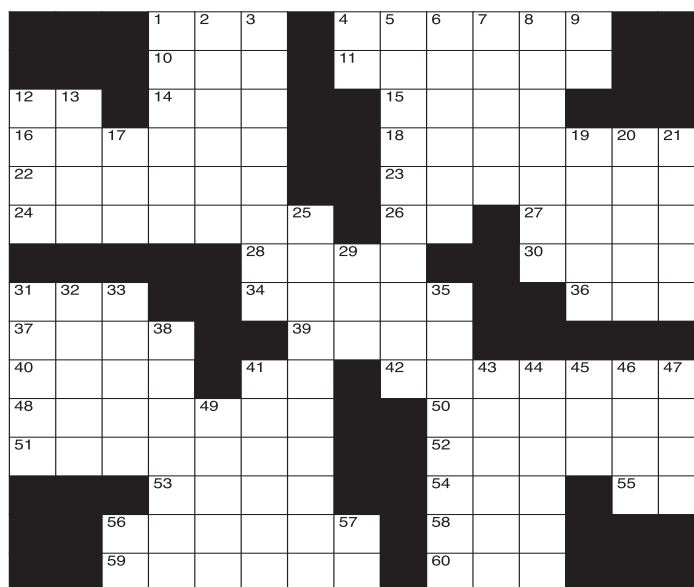
In this novel, Harry Bosch is returning to the Los Angeles Police Department after a 3-year retirement. He gets a call from the new police chief calling him back to work in the Open-Unsolved Unit to try to close previously unsolved cases. A dedicated detective at heart, Bosch feels the familiar pull of his blood coursing through his veins at the idea of chasing down a killer, so he readily agrees to re-join the force. He teams up with his former partner, Kizmin Rider, known as "Kiz." They soon pick up their rhythm in working together; her

forte is in writing detailed reports, obtaining warrants, and filing all the necessary paperwork with justification to request wire taps. Bosch's is studying the case reports, hitting the streets to find clues, and locating and interviewing people of interest in the case.

The first case assigned to them is from 1988 and has come back to life through a "cold hit," defined when DNA or a latent fingerprint that has been run through their computers or the Department of Justice gets a match. The cold hit has come from the murder of 16-year-old Rebecca Verloren. She had been abducted from her home one evening in the summer of 1988 through the use of a stun gun and then she was carried up the nearby mountainside and shot with a handgun.

Bosch begins to unravel interesting details of the case including that she had recently undergone an abortion, the gun found next to the body had been wiped clean of fingerprints, and

*please see review on page 11*

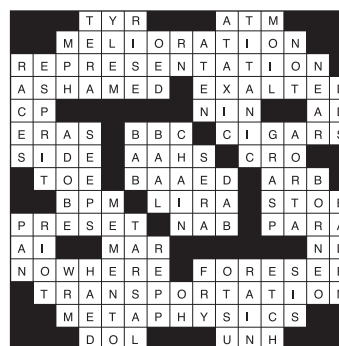


### CLUES ACROSS

- |  |                                      |
|--|--------------------------------------|
| 1. Revolutions per minute                        | 34. Georges ____, French philosopher |
| 4. Hymns   | 36. Sharp, shrill bark               |
| 10. Brew   | 37. Albanian monetary units          |
| 11. Did not acknowledge                          | 39. Launched Apollo                  |
| 12. Atomic #77                                   | 40. One who graduated                |
| 14. Partly digested food                         | 41. Exist                            |
| 15. Not one                                      | 42. Passed by                        |
| 16. Lesotho capital                              | 48. Very unpleasant smell            |
| 18. Copyreading                                  | 50. Graduates                        |
| 22. Living organism that feeds on organic matter | 51. Seedless raisin                  |
| 23. One's biological father                      | 52. Self-protection                  |
| 24. An aggregate of molecules                    | 53. Clue                             |
| 26. Equally                                      | 54. Life-savers                      |
| 27. Khoikhoi people                              | 55. Ingest too much                  |
| 28. Jump in figure skating                       | 56. Misrepresented                   |
| 30. Lantern                                      | 58. Small Eurasian deer              |
| 31. TV network                                   | 59. Most mocking                     |
|  | 60. Soviet Socialist Republic        |

### CLUES DOWN

- |                                  |   |
|----------------------------------|---|
| 1. Flower cluster                | 29. Amount of time                        |
| 2. A form                        | 31. Mollusks                              |
| 3. Inner organ regions           | 32. German municipality                   |
| 4. Local law enforcement         | 33. Body part                             |
| 5. A citizen of Senegal          | 35. City of Angels hoopsters              |
| 6. Positively charged electrodes | 38. Suffocate                             |
| 7. Connects granules             | 41. Pleasing to the eye                   |
| 8. Business practice             | 43. Poplar trees (Spanish)                |
| 9. The Mount Rushmore State      | 44. Ship officer                          |
| 12. Leader                       | 45. Individual investment account (abbr.) |
| 13. Hindu queen                  | 46. Prefix meaning within                 |
| 17. Proofreading mark            | 47. Ceased to live                        |
| 19. European country             | 49. Day by day                            |
| 20. Greek mythological nymph     | 56. Not color                             |
| 21. Grandfather                  | 57. Condition of withdrawal (abbr.)       |
| 25. Clears                       |   |



Answers for April 15

☉\* 卐 ☺ ~ ❶ ❷ ❸ ❹ ❺ ❻ ❼ ❽ ❾ ❿ ⓫ ⓬ ⓭ ⓮ ⓯ ⓰ ⓱ ⓲ ⓳ ⓴ ⓵ ⓶ ⓷ ⓸ ⓹ ⓺ ⓻ ⓼ ⓽ ⓾ ⓿

## CRYPTO FUN

☪ ☾ ♁ ✖ ♂ ⚡ ~ ⚔ +

Determine the code to reveal the answer!

---

Solve the code to discover words related to poetry.  
Each number corresponds to a letter.  
(Hint: 6 = e)

**A. 16 21 6 3**  
*Clue: Type of rhythmical writing*

**B. 19 6 8 10 6**  
*Clue: Writing with a metrical rhythm*

**C. 26 21 8 12 10**  
*Clue: Elements of speech*

**D. 8 7 14 3 6**  
*Clue: Correspondence of sounds*

Answers: A. poem B. verse C. words D. rhyme

# Stay healthy when gardening

By **Jennifer S. Hamilton, D.P.T., C.H.T.**

How have you been spending your time at home recently? With the “stay-at-home” order, many people are using this time to accomplish their To-Do lists. Spring is in the air, and with warmer weather upon us, so are the outdoor activities to clean up your yard and garden. While these outdoor activities bring many benefits – getting some fresh air, soaking in natural Vitamin D from the sunshine, etc. – there can be an increased risk of injury. Luckily, an ounce of prevention can limit these risks. Here are some tips for staying safe and injury-free while tackling these tasks.

Dress for protection. Wearing the right clothing will protect you from insects, harmful chemicals and the dangerous rays of the sun. Safety goggles should be worn while using any power tools, such as saws, lawn mowers or chain saws to prevent debris from getting in your eyes. Ear plugs protect your ears from loud machinery. Wearing long pants and shirt sleeves will

protect your skin as well as reduce the risk of insect bites. Ticks are usually found at ground level, therefore wearing rubber boots with your pant legs tucked inside can reduce the risk of them getting to your skin. In addition to protection from insects, wearing long-sleeved shirts and long pants reduce your skin’s exposure to the sun. You can further protect yourself from the sun by wearing a wide-brimmed hat, sunglasses, and sunscreen with SPF of 15 or higher.

Safety should be your first priority when using power tools as well as unpowered tools. Be sure to read all the instructions and warning labels on all garden and lawn equipment, as well as on any chemicals you may be applying to your yard. Yard equipment typically requires some sort of maintenance, therefore check your tools before their first use to ensure they are in proper working order. Lawnmower blades, shears, and chainsaws may require sharpening. Sharpen them very carefully, or hire a professional to perform

and teachers at the high school that Rebecca had attended who had known her. He also goes to interview the original LAPD detectives assigned to the case and finds only one of them still alive. He continues to push for answers and he meets with resistance from the original detective as well as the head of the division back in 1988 who is now a 45-year veteran at LAPD. Furthermore, Bosch learns that in 1988 there was an outbreak of violence against non-whites by a gang known as the Chatsworth Eights who used 1988 as a call-to-arms due to H being the eighth letter of the alphabet and ‘88 signifying ‘H-H’ for ‘Heil Hitler.’ Rebecca Verloren was of mixed descent, so the notion of her being considered a target of the gang seems a distinct possibility.

The case takes many unexpected twists and turns and keeps you on the edge of your seat trying to piece together the clues to find the killer at the same time that Bosch and Kiz are hurriedly trying to do. It’s a great action-packed thriller that kept me guessing until almost the very end. I recommend not only the book, but the series, as Bosch is a no-nonsense, hardworking detective who doesn’t rest until his job is done and the killers face their justice.

this task.

Yardwork can be physically demanding therefore it is recommended to take frequent rest breaks, drink plenty of water, and be mindful of heat-related illnesses. If you experience headache, rapid pulse, dizziness or nausea, this could indicate the onset of a heat-related issue. Limit bending at your back when you are lifting anything or using a shovel or rake. Instead, rely on the strong muscles in your legs to do the work. Think about tightening your stomach muscles, not to the point of feeling like you are holding your breath or cannot talk normally, but just enough to feel them tighten, before you lift. This slight muscle contraction will activate the muscles around your spine to help protect it from injury.

What if you have physical limitations that you already know you have, such as arthritis, low back pain, or hand pain? Since most yard tools require you to grip them with your hands, using one that has a larger diameter grip or one that is padded. After an hour or so, it would be a good idea to take a break, or switch activities

all together to reduce the risk of overuse. Overuse of the muscles and tendons can lead to tendonitis or nerve compression symptoms such as carpal tunnel syndrome. Since flower or vegetable gardening can lead to you getting down on your hands and knees, using a knee pad can reduce the amount of pressure you feel through the knee joint and knee cap region. This can be especially uncomfortable if you have previously had a knee replacement and have scar tissue in that region of the knee. While resting, it is also common to sit back on your knees, however this type of deep bending of the knee joints can also place a significant amount of pressure on the joint itself, and therefore is not recommended.

Lastly, plan ahead. Planning ahead will help you establish realistic goals, which will help you to avoid excessive activity that may lead to overuse injuries.

*Jennifer S. Hamilton, D.P.T., C.H.T. is owner of Hamilton Physical Therapy (Ocean Pines) and can be reached at 410-208-3300.*

review

from page 10

the gun model was known for pinching the skin of the shooter’s hand and sometimes taking a piece of the skin with it in the fraction of a second when the gun was fired. This is what had occurred with this case, as a small piece of skin had been found inside the murder weapon. The skin sample was retained and sent to the California DOJ to be tested and entered into the DNA database when the LAPD’s Open-Unsolved Unit was established. Finally, after all this time, the DNA extracted from the skin sample produced a “cold hit” tying it in 12 out of 14 markers to a now 35-year-old man named Roland Mackey. Bosch gets charged up when he reads that Roland Mackey’s last known address was within a 15-minute drive of the Verloren home.

When Bosch begins interviewing Rebecca’s parents, he finds that Mrs. Verloren was still living in the home and had kept Rebecca’s bedroom exactly as it had been on the day she disappeared. Bosch has more work to do to track down Mr. Verloren, who in the ensuing years had become an addict and was now in his third year of recovery serving as a cook for his fellow addicts in the homeless community. Bosch also interviews the principal

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## Worcester census participation lags

Local officials continue to encourage participation in the 2020 Census, which will help determine federal funding levels for the next decade.

The last time the U.S. Census was conducted, in 2010, Worcester County was among the lowest response rates in Maryland, with just 33.2% self-responding, compared to a 69.5% statewide average, according to <https://2020census.gov/en/response-rates.html>.

This year, according to the most recent available data, Worcester again significantly lags behind the statewide average. As of April 11, the total Maryland self-response rate was 51.1%, compared to just 23.4% in Worcester.

The self-response rate refers to the unadjusted rate, which includes vacant housing units in the calculation.

"I encourage everyone to participate in the 2020 Census," Ocean Pines Association President Doug Parks said. "As Ocean Pines is one of the largest populated communities in the area, our voice can help influence the availability for resources we will need in the future."

Parks said the number of responses from the Ocean Pines community would directly correlate to the level of federal funding eligibility over the next decade.

"Completing the 2020 Census survey is easy and can be done online or by phone," Parks said. "It's also important to note that the information will be kept confidential within the Census system and used only as noted to determine federal funding."

"Information on completing the 2020 Census can be found online at

[www.mycensus2020.gov](http://www.mycensus2020.gov) or by calling 844-330-2020. Please consider completing the survey, as it will benefit our community for the future," he added.

Kelly Henry, Worcester County's Complete Count Coordinator, also encouraged those receiving a Census survey to complete it, even if their Ocean Pines home is a secondary dwelling.

"The survey will want them to note their primary residence, so they are counted at the correct location. But, by completing both surveys, Worcester County will receive credit for a response," Henry said.

Henry said those sheltering in place somewhere other than Ocean Pines should also go online to complete the survey, so they are counted in Worcester County.

"By having the survey available online, it is so much easier to complete the survey from any location without having to worry about the mail finding you, especially under the current circumstances," Henry said.

"As we know, the statistics from the survey are used for the distribution of \$675 billion in funding for community services such as education, transportation, and health care. In light of the current situation, the Coronavirus has the potential to impact everyone no matter their age, race, social-economic class or location. By having an accurate count, health care professionals would have the resource to determine equipment and vaccines to serve the population," Henry added.

Visit [www.2020census.gov](http://www.2020census.gov) for more information.

**club**  
from page 3

Diane McGraw moved to The Parke community within Ocean Pines in 2001, and right away became involved in volunteer groups both locally and at the state level.

"I started with the Women's Club in 2008 and my first position was treasurer," she said. "That suited me, because I'd previously been a treasurer of things like bowling leagues, swim teams and volleyballs leagues."

McGraw for a decade has overseen club publicity and recently created a Facebook presence for the Women's Club. She was also appointed as the group's first budget director.

"During retirement, the Women's Club is the venue for utilizing your talents while enjoying time socializing with women in the Pines," she said.

Today, the Women's Club focuses on scholarships for high school seniors based in Ocean Pines. To raise money, the club hosts game parties, fashion shows, bake sales and garage sales, and other social events. They also invite guest speakers to regular monthly meetings.

Most of the funds raised go toward scholarships, each year awarded in May to local high school seniors and based on academic achievement, extracurricular involvement and dedication to the community.

Scholarship levels vary each year depending on how much money is raised, but the Women's Club has given as much as \$6,000 in total in a single year.

One student recipient, according to McCracken, later paid it forward to the tune of more than \$2,500 in donations back to the Women's Club.

"He's now married and has two kids and lives in Salisbury, and he has his own business. When I was at Stephen Decatur last year during their award ceremony, I shared that story so I could plant seeds in those kids!" she said with a laugh.

McCracken said it moved her, during past award ceremonies, to see all the different opportunities for local seniors who might otherwise struggle to pay for college. She said many local businesses contribute money, while several local families have created scholarships to honor loved ones.

The Women's Club has also contributed money for scholarships to Ocean Pines summer camps, and supported initiatives like the Ocean Pines Skateboard Park and the Worcester

County Veterans Memorial.

In fact, there's only one stipulation to become the recipient of a Women's Club donation: the money must benefit local people.

"When we give to a group that is located outside of Ocean Pines and they provide services for the county, we always say the money has to be earmarked for Ocean Pines," she said. "Like with Women Supporting Women, it has to go an Ocean Pines woman."

With groups like the Mid-Atlantic Symphony Orchestra, for instance, McGraw said Women's Club funding must specifically aid programs in Ocean Pines schools.

Along with flourishing scholarship and fundraising programs, the Women's Club has also recently seen a flurry of new members.

"Over the last couple months, we have picked up new women who were for the most part new residents, and they've got great ideas and energy and new blood, so I'm really excited about what I see happening," McCracken said. "The Women's Club is a great way of meeting your neighbors and supporting your community."

"It's a great organization and I love the new people coming in," McGraw added. "They have all kinds of great ideas and they're ready to make baskets for the fashion show. They're really gung-ho, which is great!"

The group is always looking for new members, as well as new donors. Officers serve two-year terms, and members meet on the first Thursday of each month, except for July and August. Annual dues are \$10.

For anyone interested, contact McCracken at 410-641-6163, or email [mc-crackendl@verizon.net](mailto:mc-crackendl@verizon.net).

## Assessment due date moved

The assessment due date has been extended to August 1, based on a recent vote by the Ocean Pines Board of Directors.

Board members approved the date, citing concerns that some homeowners are facing unique and unprecedented financial difficulties caused by the COVID-19 pandemic.

Paying the assessment on or before Aug. 1 will prevent members from incurring late charges, but can affect their ability to vote in the 2020 Board of Directors election.

According to Ocean Pines bylaws, no member may cast a ballot if, 35 days prior to the voting deadline, the member has failed to pay the annual assessment charge. This year, the voting deadline is July 1, 2020.

The Board of Directors strongly encourages those who can pay the assessment by May 1 to do so, to help continue funding Ocean Pines operations.

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# 'Flooding Awareness Live' virtual event scheduled

Because of the COVID-19 pandemic, the flooding awareness and outreach event scheduled on May 12 from 5:30 p.m. to 7 p.m. has been postponed until later this fall.

In the meantime, and to still provide residents with valuable information about flooding ahead of the coming Atlantic hurricane season, organizers have scheduled a live, online-only event on May 12 from 5 p.m. to 6 p.m. called "Flooding Awareness Live."

The program, which will include a virtual question-and-answer session, is a joint effort of the Maryland Department of the Environment (MDE) and the Ocean Pines Association.

Ocean Pines will collect questions from homeowners that MDE experts can answer during the event. To take part, email flooding-related questions to Ocean Pines Director of Amenities and Operational Logistics Colby Phillips at [cphillips@oceanpines.org](mailto:cphillips@oceanpines.org) by April 21.

Topics to be covered during "Flooding Awareness Live" include:

### Know Your Risk

Focus on FEMA Flood Insurance Rate Maps and related products

Understand what the different flood zones mean

Other sources of information, such as sea level rise vulnerability areas and storm surge mapping

Limitations of the various flood mitigation products

### Reduce Your Risk

How to reduce your property's flooding risk

Elevate utilities and service equipment

Anchor fuel tanks

Install flood openings

Install a sump pump (with battery backup)

Use flood-resistant materials

More resources to protect your home from flooding: Low-cost projects you can do yourself

Homeowner mitigation fact sheet

### Insure Your Risk/Property

Homeowners' insurance

Flooding insurance

Private flooding insurance

National Flood Insurance Program

Define important terms (ex. BFE, lowest floor, etc.)

Elevation certificates

Two types of coverage: building and contents

Coverage limits

What is covered, what is not

Things that trigger higher rates

Helpful websites:

<https://www.fema.gov/national-flood-insurance-program>

<https://www.floodsmart.gov/>

To sign up for the virtual "Flooding Awareness Live" event, visit [www.facebook.com/OceanPinesAssociation](http://www.facebook.com/OceanPinesAssociation) or use the event link <https://www.facebook.com/events/538691630390381/>.

# OPA extends pool card expiration date

As the Ocean Pines Association faces uncertainty because of the COVID-19 pandemic on when pool facilities may reopen, the Board of Directors and staff have made the joint decision to extend the pool card expiration date until October 1, 2021.

The new expiration date is good for all pool cards, no matter when they were bought. To take advantage of the extension, all cards must be registered by April 30 of this year, as was previously communicated by the Association.

To register, members can email a copy of the back of their card(s), along with their contact information, to [poolcards@oceanpines.org](mailto:poolcards@oceanpines.org). Alternately, members may deposit a photocopy of their card(s) in the drop box in the Administration Building lobby on 239 Ocean Parkway in Ocean Pines, or else extend their balance by phone by calling 410-641-7717.

Those who already registered will be automatically enrolled into the new extension date.

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



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# Slip holders can access OP marinas starting on May 1

The Ocean Pines Association released the following statement about operations at the Yacht Club and Swim and Racquet Club marinas:

While complying with all CDC guidelines and executive orders of Gov. Larry Hogan, Ocean Pines management has decided to allow slip holders the opportunity to access to their boats slips as of May 1. Limited service will be available.

All slip holders will be allowed to put their boats in their slips and prepare their boats for the summer season once all 2020 documents and payments are received.

Staff will follow the CDC guideline and safe distancing to keep not only staff safe, but also customers as well.

Visitors are asked to practice all CDC and other safety guidelines as follows:

-Please do not visit the establishment if you are sick or have been exposed to the COVID-19 virus.

-Maintain a six-foot distance from others, and practice all other proper hand washing and illness-prevention procedures.

-Per the newest order by Gov. Larry Hogan, please wear a mask while visiting the establishment.

For any further information and/or questions, please call 410-641-7052 or email [rfisher@oceanpines.org](mailto:rfisher@oceanpines.org), [jconaway@oceanpines.org](mailto:jconaway@oceanpines.org) or [ddonahue@oceanpines.org](mailto:ddonahue@oceanpines.org).

**What do times of uncertainty make you think about?  
Some people think of their upcoming, now tentative,  
plans. Others daydream about better days.**

*Lots of people think about their families. We are  
thinking about ours too - our personal families, our  
professional family, and our clients' families.*

**We are open and continuing to offer our services  
virtually. If this season of uncertainty has prompted  
a desire to ensure your affairs are in order for your  
family, we would love to help.**

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## County accepting donations of personal protective equipment

Worcester County Emergency Services (WCES) is collecting donations of unopened personal protective equipment (PPE). PPE needs include but are not limited to N-95 masks, surgical masks, powered air purifying respirators (PAPRs), impermeable gowns, medical gloves, hand sanitizer, eye protection, flip-down grinding/splash shields, and cleaning supplies/disinfectants.

“Donated PPEs are welcome at this time and will be distributed directly to our public safety personnel working on the front line of this crisis, including emergency medical services (EMS), fire, and the Jail,”

said Faith Coleman of Worcester County Government. “Please be sure the items are unopened.”

Two options are available for donating PPEs. Items may be deposited in drop-off boxes in the first-floor atrium at the Worcester County Government Center, which is located at 1 W. Market Street in Snow Hill. Also, WCES personnel will be available to pick up donated items. For more information or to make a donation, contact Coleman by email at [fc Coleman@co.worcester.md.us](mailto:fc Coleman@co.worcester.md.us) or by phone at 410-632-1194 or 443-783-0735.

## Echoes & Visions receives top award

“Echoes & Visions,” the creative arts magazine at Wor-Wic Community College, won first place yet again in its category of publications from junior/community colleges with a student enrollment of more than 2,501 in the American Scholastic Press Association’s (ASPA) 2019 Scholastic Yearbook and Magazine Awards. The magazine also won first place in 2014, and first place with special merit in 2015 through 2018.

“I am thrilled that ‘Echoes & Visions’ has won first place again,” said Melissa

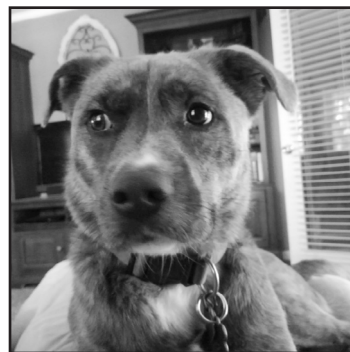
Reddish, assistant professor of English and director of the honors program. “I appreciate everyone’s hard work on this publication and I feel that this award really says a lot about everyone involved.”

The winners were chosen based on the results of an item-specific 1,000-point rubric that evaluated each publication on every aspect of its quality, from the published contents to design and copy editing.

The ASPA has been holding the contest annually since 1980. The contest is open to all schools around the country.

## COVID-19 and pets

As of late-March 2020, the Centers for Disease Control and Prevention did not see any reason to believe that animals, including pets, might be a source of infection for the COVID-19 virus. In addition, at that time the CDC had not received any reports of pets or other animals getting sick with the virus in the United States. While it’s unlikely that pets or other animals would pass the COVID-19 virus to humans, it’s important to note that animals can spread diseases to people, which only emphasizes the importance of practicing healthy habits around pets and other animals. Washing hands after handling or being around animals or their waste, food or supplies is one simple preventive measure that can safeguard humans from diseases transmitted by pets. Properly cleaning up after animals is another simple way to reduce the risk of diseases being transmitted by pets. The CDC advises cat owners to scoop cat litter daily and change it at least twice per week. Pregnant women should never clean cat litter. Dog waste should be promptly removed from private and public spaces. When cleaning cages, habitat and pet supplies, do so outside the home to avoid contaminating interior surfaces. When that’s not possible, clean such materials in a laundry room sink or bathtub rather than the kitchen sink.



## Pantry assistance

When the coronavirus pandemic first struck, Marian Bickerstaff, pantry manager, was concerned whether The Community Church at Ocean Pines would have enough resources to nourish its regular pantry clients. But due to the generous support of donations from Mountaire Farms, WaWa, Food Lion, the church family and people in the community, Sarah’s Pantry, which distributed over 116,000 pounds of food last year and on average serves about 300 people a month through its county referral program, has been able to also assist those that are food insecure due to the pandemic.

Those in need are just asked to call Sarah’s Pantry at 410-641-8392. Although the church canceled all public celebrations, the food pantry, central to the church’s community outreach mission, remained open with new measures to prevent the spread of germs. Currently anyone picking up food is asked to call upon arrival and the food will be brought to their car.

Shown in photo L to R volunteer **Sidney Ward**, Pantry Manager **Marian Bickerstaff** and volunteer **Carlyn Crout**.

## Art League, AGH team up for heART

The Art League of Ocean City is calling on the community to show support for local healthcare providers at Atlantic General Hospital by sending hugging hearts to the hospital.

The Art League has begun a community-wide art project and installation called “Have a heART – Give a hug.” To show community strength during the pandemic, neighbors are encouraged to hang hugging hearts in their windows, and businesses to post them on their signs and marquees. The project has now been expanded to include a call for showing support for healthcare providers at AGH.

“All of us have seen the images on the news showing the brave caregivers who every day put their lives on the line for us,” Rina Thaler, Art League executive director, said. “When we announced this hugging heart program, we reached out to the hospital to determine how we could use this piece of art to show the community’s support for their caregivers.”

“So many of our friends and neighbors are working hard to keep us healthy and safe – doctors, nurses, aides, office staff, lab technicians, ambulance drivers, housekeeping staff, maintenance, food preparation staff, and so many others. We need to show them we think and care about them.”

Toni Keiser, vice-president of public relations for the hospital, said the hospital saw the hugging hearts as a way to show their caregivers just how much the community appreciates their dedication.

“At AGH, we are a team, and every member of our staff is a key player on the team,” Keiser said. “This is a wonderful opportunity to recognize and thank all of our associates for the significant efforts they have put forth to allow us to continue to provide care for our patients and our community during this difficult time.”

The community is invited to download images of the hugging heart from the Art League’s website at [www.ArtLeague-OfOceanCity.org](http://www.ArtLeague-OfOceanCity.org) or on the Art League’s Facebook page. The hugging heart is available as both a color image to print directly on home printers, and also as a coloring book-style page that can be printed for children and family art projects. The Art League encourages artists to print and paint their own versions using the template.

Hearts can be mailed through the Post Office to: Atlantic General Hospital, Attn: Caroline Phillips, 10320 Old Ocean City Blvd., Berlin, MD 21811. Or digital hearts can be uploaded to [COVID19donations@atlanticgeneral.org](mailto:COVID19donations@atlanticgeneral.org).

children  
from page 4

parents say and how they express themselves.

**Make time to interact:** Spend time listening and speaking with your children.

**Don't play the blame game:** Tell them that anyone can contract the disease.

**Monitor their digital presence:** Pay attention to how much news on coronavirus they get from television, radio and social media.

**Understanding information:** Help them disseminate what they learn in an age appropriate manner. Remind them that all information on the disease can be more rumors than facts.

**Emphasize proper hygiene:** Remind them to wash their hands or use hand sanitizer for at least 20 seconds, especially after handling food, coughing, sneezing and blowing their nose, and also to keep hands away from eyes, nose and mouth.

**Practice social distancing:** Teach

them to keep a safe distance from others and to stay away from sick people.

**Maintain normal routines:** Set a daily schedule that allows time for learning, relaxation and fun.

**Stay positive for your children:** Maintain a healthy lifestyle, such as eating right and getting enough sleep and exercise, that they can emulate.

Pranita Tamma, M.D., a pediatric infectious disease specialist at Johns Hopkins Children's Center in Baltimore, expressed her thoughts on helping children through the pandemic in an article recently published on the hospital's website. The following are excerpts from her article:

**Sharing information:** "It's OK to let your children know that there are some new germs in the environment and that we all need to do our part to reduce their spread. You can tell them that we are all still learning about it, but that you are doing everything possible to make sure they stay safe and healthy."

**Empower them:** "Focusing on what they can do to help slow the spread of the coronavirus can help them feel like

they have some control in an uncertain time. ... Let them know that anyone can become sick from viruses, and that they should not make assumptions about people based on their race or ethnicity."

**Handling changes in daily life:** Tamma pointed to sticking to a specific schedule, and allowing time for mental and physical activities through different hobbies and playtime. Tamma also suggests setting aside time to talk with them about coronavirus.

"Children are always picking up cues from their parents' conversations and behavior. As much as possible, try to remain calm and in control to help prevent your children from becoming anxious."

**Emphasizing social distancing:** Tamma stressed avoiding playdates and other social activities. Instead, she said, have them utilize social media properly, such as video chatting, to remain connected with friends. "Avoid birthday parties and other social gatherings with your children's friends, even with just one or two friends."

**Tides for Ocean City Inlet starting**

Day	High /Low	Tide Time	Sunrise Sunset
Th	23	Low 2:47 AM	6:13 AM
	23	High 9:03 AM	7:45 PM
	23	Low 2:50 PM	
	23	High 9:19 PM	
F	24	Low 3:25 AM	6:11 AM
	24	High 9:41 AM	7:46 PM
	24	Low 3:25 PM	
	24	High 9:57 PM	
Sa	25	Low 4:05 AM	6:10 AM
	25	High 10:20 AM	7:47 PM
	25	Low 4:01 PM	
	25	High 10:37 PM	
Su	26	Low 4:47 AM	6:09 AM
	26	High 10:59 AM	7:48 PM
	26	Low 4:40 PM	
	26	High 11:18 PM	
M	27	Low 5:32 AM	6:08 AM
	27	High 11:40 AM	7:48 PM
	27	Low 5:24 PM	
Tu	28	High 12:02 AM	6:06 AM
	28	Low 6:22 AM	7:49 PM
	28	High 12:26 PM	
	28	Low 6:14 PM	
W	29	High 12:51 AM	6:05 AM
	29	Low 7:16 AM	7:50 PM
	29	High 1:18 PM	
	29	Low 7:11 PM	

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