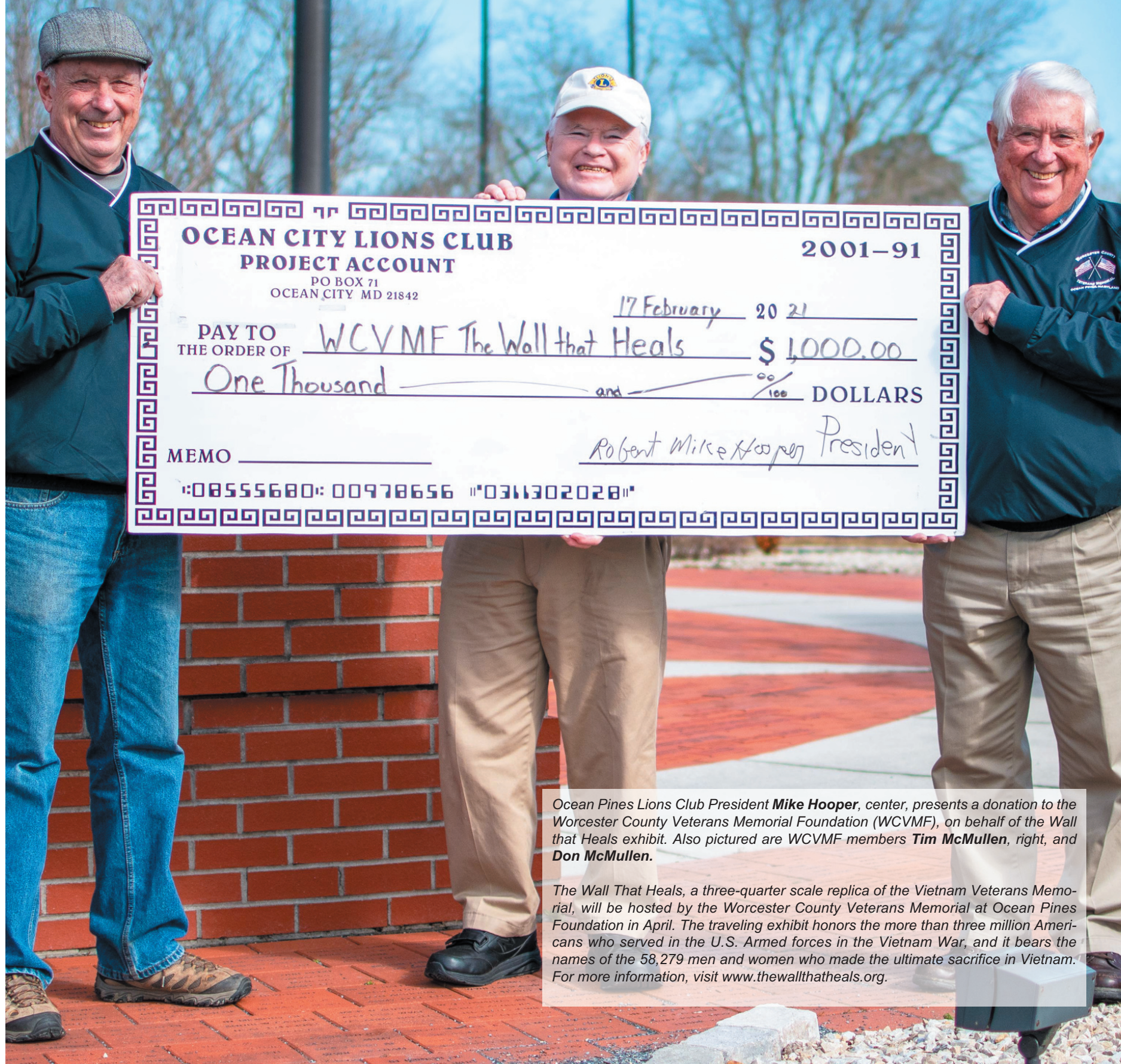


The Courier

February 24, 2021 Volume 21 Number 23



Ocean Pines Lions Club President **Mike Hooper**, center, presents a donation to the Worcester County Veterans Memorial Foundation (WCVMF), on behalf of the Wall that Heals exhibit. Also pictured are WCVMF members **Tim McMullen**, right, and **Don McMullen**.

The Wall That Heals, a three-quarter scale replica of the Vietnam Veterans Memorial, will be hosted by the Worcester County Veterans Memorial at Ocean Pines Foundation in April. The traveling exhibit honors the more than three million Americans who served in the U.S. Armed forces in the Vietnam War, and it bears the names of the 58,279 men and women who made the ultimate sacrifice in Vietnam. For more information, visit www.thewallthatheals.org.

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MD #2294

OPA Board election process gets underway

The Ocean Pines Elections Committee has announced important dates for the 2021 election process, including filing and voting deadlines, and dates for two candidate forums.

This year, two seats on the Board of Directors will be up for election: those currently held by directors Frank Daly and Frank Brown. The seven-member volunteer board is the governing body of Ocean Pines.

Ocean Pines' Resolution M-06 calls for at least two more candidates than open seats, meaning the Association is seeking four or more candidates in 2021. The deadline to file is by close of business on Monday, May 10.

"Every spring, Association members have the opportunity to run for election to the Board of Directors," Elections Committee Chairman Steve Habeger said. "We encourage all interested members to consider this opening to join the policy-making board."

Applications are available at the administration building or on the Ocean Pines website at <https://www.oceanpines.org/docu->

ments/10184/89280/Candidate-Registration-Form-Approved-9-March-2019-FORM-003.pdf.

Other important upcoming election dates include:

-Candidate Draw (to determine ballot order and seating during candidate forums) - Friday, June 4 at 10 a.m. Venue TBD

-First Candidate Forum - Wednesday, June 9 from 7-9 p.m. in the Assateague Room of the Ocean Pines Community Center

-Second Candidate Forum (if

needed) - Saturday, June 19 from 10 a.m. to noon in the Assateague Room of the Ocean Pines Community Center

-Ballot Deadline - Wednesday, August 11 by close of business

-Ballots Counted and Vote Totals Announced - Friday, August 13 starting at 10 a.m. Venue TBD

-Annual Meeting - Saturday, Aug. 14. Time and Venue TBD

For questions about the election, contact elections@oceanpines.org.

Blood bank urges the public to donate

With snow storms and freezing temperatures, the region is experiencing a severe strain on the blood supply. Since last March, Blood Bank of Delmarva has suffered from a chronic deficit in blood donations as nearly all high schools, colleges, offices, and other community groups have had to cancel their blood drives. The winter weather has made collecting blood

even more difficult amid the pandemic. BBD's inventory of O positive and B positive red blood cells is especially low.

"Winters are typically a difficult time of the year for blood collections, however this winter has been extraordinarily hard with the COVID-19 pan-

*please see **donate** on page 4*

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'In Memory' program honors Vietnam veterans

Local people with friends or relatives whose lives were cut short after returning home from service during the Vietnam War now have a unique opportunity to honor their loved ones.

Applications are being accepted for the "In Memory" program offered through the Vietnam Veterans Memorial Fund, and in conjunction with the Wall That Heals exhibit coming to Ocean Pines this April.

"In Memory" honors Vietnam veterans who returned home and later died as a result of their service, but whose deaths do not fit the Department of Defense parameters for inclusion on the Vietnam Veterans

Memorial Wall. All who served in the U.S. Armed Forces during the Vietnam War may be honored, and there is no charge for this service.

Applications may include a typed biography of no more than 300 words, to be used for the virtual "In Memory" honor roll.

Local applications submitted by March 5 will be displayed on the Wall That Heals exhibit in Ocean Pines, and in each touring exhibit thereafter.

In addition, an "In Memory" ceremony is held once a year at the Vietnam Veterans Memorial in Washington, D.C.

During the ceremony, names are

read aloud, by family members if present, and then later included with the submitted biography on the Vietnam Veterans Memorial website where family and friends may leave messages of remembrance.

"In Memory" applications are available at the Ocean Pines Administration Building and Ocean Pines Golf Club, and at select local restaurants.

Applications may also be obtained by contacting Larry Perrone at 443-513-1407, or Marie Gilmore at 410-726-2881.

For more information on the Worcester County Veterans Memorial Foundation or the *Wall That Heals* exhibit, visit www.opvets.org.

For information on the Vietnam Veterans Memorial Fund, visit www.vvmf.org.

OPA issues statement

Larry Perrone, president of the Ocean Pines Association last week issued the following statement:



Larry Perrone

"Ocean Pines Association and Slobodan Trendic have reached a settlement to resolve the *Slobodan Trendic v Ocean Pines Association, et al.* matter. Case # C-23-CV-19-000341.

"The terms of the settlement require OPA to conduct a referendum on Mr. Trendic's 2019 petition in compliance with the Court's order and the procedures set forth in Section 4.08 of the OPA By-Laws and to reimburse Mr. Trendic his court costs of \$196.65.

"OPA is moving forward with the referendum process. Notice of the public hearing will be forthcoming soon."

donate
from page 3

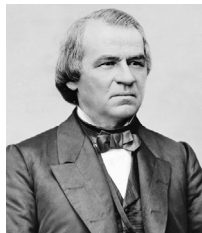
demic and record snowfall keeping folks indoors," said Andrea Cefarelli, Senior Executive Director at Blood Bank of Delmarva. "Our community always comes together for each other and right now we need your help to replenish the blood supply. Please make an appointment to donate – you could be saving a life."

Through the month of February, Blood Bank of Delmarva is giving blood donors the chance to get free antibody testing at any of BBD's 4 fixed donor centers and all mobile drives throughout the area.

Donations are by appointment only and can be scheduled by calling 1-888-8-BLOOD-8 or visiting www.delmarvablood.org.

Courier Almanac

The U.S. House of Representatives voted 11 articles of impeachment against President Andrew Johnson, nine of which cite Johnson's removal of Secretary of War Edwin M. Stanton, a violation of the Tenure of Office Act. The House vote made President Johnson the first president to be impeached in U.S. history.



At the outbreak of the Civil War in 1861, Andrew Johnson, a senator from Tennessee, was the only U.S. senator from a seceding state who remained loyal to the Union. In 1862, President Abraham Lincoln appointed him military governor of Tennessee, and in 1864 he was elected vice president of the United States. Sworn in as president after Lincoln's assassination in April 1865, President Johnson enacted a lenient Reconstruction policy for the defeated South, including almost total amnesty to ex-Confederates, a program of rapid restoration of U.S.-state status for the seceded states, and the approval of new, local Southern governments, which were able to legislate "Black Codes" that preserved the system of slavery in all but its name.



Leaves that fall from trees can be a marvel to behold. But leaves can stain exterior surfaces when they eventually settle on vehicles, concrete driveways, patios, and other surfaces, become wet and/or are not cleaned away in a timely fashion. Leaf stains are caused by tannins in the leaves. The pigments can be absorbed by porous materials like concrete and leave stains behind. While these stains may wash away over time, homeowners may prefer a faster way to get rid of unsightly stains. To remove moderate leaf stains, mix oxygen bleach with hot water and apply to stains using a scrub brush. Dark stains may require a tougher cleanser, such as one that contains trisodium phosphate. Some homeowners find success using a pressure washer to clean away leaf stains, while others rely on commercial leaf-stain removers.



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Time on the Rock

Sitting in the barber's chair on the afternoon of a day in the not-too-distant past, I could not help but overhear parts of a conversation between the other barber and the man in his chair who had asked for a flattop. In response to something

Dolly Madison. Gandhi. You get the idea. Assuredly, the names of other individuals echo but they aren't worthy of history's warm remembrance.

It's not just the pages of history on which are written the names of noteworthy individuals. Each of us has our own list of noteworthy people who spent, or are still spending, time on the Rock making a difference. They may not have the renown of a Sir Isaac Newton or a Ben Franklin, but in quiet,

unassuming ways, outside the lime-light's glow, they take their places in the pantheon of All Stars. Maybe it's a coach who encouraged a shy child to come out of her shell. It could be a father who, tie pulled loose and shirt sleeves rolled up, each night after work helped his son learn how to throw a slider. Or a teacher who worked with a student to overcome a studder. And just as easily it could be a friend who in passing spoke words of encouragement, "I'm proud of you," that will forever be remembered and appreciated more than realized. There's no such thing as a gesture too small to make a positive impression or to make a difference in someone's life. We'd do well to remember that.

My wife and I attended the wake of a friend who recently passed. At one point, the man's son-in-law rose to say a few words. He talked about how his father-in-law was always the life of the party, a man who when he was in the room, you *knew* he was in the room. I suspect my friend's time on the Rock will long be remembered by his family for generations to come. Good for him and good for his family.

Sometimes it's not until after a person has bid the Rock adieu that his contributions, his gestures or the example by which he lived his life blossoms most fully and brilliantly. In such cases the best way to express gratitude is to remember that person and share his inspiration with others. That's a sentiment I share with my kids often. "You'll miss me when I'm gone," I say. "We can't wait," they say. They don't really mean it. I think?



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

Flattop had said, I heard the barber say "Well, you get only one time to spend on this rock." I don't know what was said to trigger the response but it was clear the barber was referring to the time we spend on this earth and what we do with that time. My initial thought was that barbers, like barkeeps, are skilled at summing up the big issues of life in a sentence or two. My next thought was more introspective as I considered what it meant to spend time on this "Rock."

The shears hummed in my ears but the other barber's comment resonated. My mind wandered as I pondered the cascading ripples of a person's contributions made during time on this Rock," a place we're on for far less time than not. Is the time, regardless of the length, spent well? As individuals, do we make the most of our time? Do we have a responsibility to make a memorable impact on the world or our community or our family? You may be thinking to yourself that I was doing some heavy pondering for being in a barber's chair. Well, I'll tell you - it was either ponder heavily the essence of life or come to terms with the no-longer-black, all-silver hair falling on the smock draped around my shoulders.

Thumb through the journals of history and the pages will whisper the names of individuals whose experiences and contributions transcend the ages. Jesus. Leonardo DaVinci. Winston Churchill. St. Francis of Assisi. Cleopatra. Thomas Edison. Steve Jobs. Henry Ford. Jonas Salk. Abraham Lincoln. Julius Caesar. Beethoven. Picasso. Babe Ruth. Marie Pasteur.

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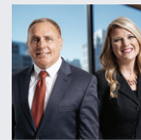
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Nursing home care and the look-back period

Health care plans provide access to medical care and other necessities and reduce out-of-pocket health-related expenses. Each plan is different, and depending on where you live, your coverage may vary.

People quickly find that many healthcare plans do not include provisions for long-term health care, such as paying for nursing facilities. Understanding how health plans work and learning about potential financial reviews for nursing home payment qualification is a good idea for anyone concerned about financing their future health care needs.

In the United States, health care is largely privately managed, with most employers offering access to various health coverage plans. Government subsidized plans include Medicare, which is for retirement-age individuals and younger people with

disabilities. Medicaid is a joint state- and federally-run government program that provides health coverage to low-income individuals and families.

In the United States, unless an individual meets low-income criteria, nursing home care is paid for by the



resident; otherwise, people who qualify for Medicaid can have their nursing home expenditures paid for by that program. To receive Medicaid assistance, applicants should expect a fi-

*please see **care** on page 14*



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Winter weather woes and injury prevention

By **Jennifer S. Hamilton, DPT, CHT**



Jennifer Hamilton

Now that winter weather is fully upon us, the risk of injury from weather-related conditions increases. This time of year, we commonly get patients requiring Physical Therapy to assist in recovering from injuries related to winter weather conditions. Here are two common risk factors and how you can avoid injury.

Snow Shoveling: Snowfall, freezing rain, and cold temperatures create conditions unsafe for travel. While many are not strangers to being stuck inside, if you must go out for appointments, here are some things to consider. Snow shoveling is an extremely intense activity. You must be aware of your body's reaction to this activity and know when you should take a break. It is recommended that if you have any history of cardiovascular or heart conditions, you should ask your doctor before attempting to shovel

your driveway or sidewalk, as shoveling can increase blood pressure and heart rate. You should not shovel while smoking, eating or after consuming caffeine as those factors may place additional strain on your heart. Make sure you dress warmly and stay hydrated by drinking plenty of water. Water consumption is just as important in the winter months as the summer months. If the forecast is calling for a lot of snow, it will be less stressful on you to begin shoveling at the start of snowfall, and then again as the snow continues to accumulate. Waiting until all the snow has fallen before starting the shoveling process means the snow will be heavier and increase the risk for muscle strain. Low back pain or strain is also common when trying to lift or push heavy snow out of the way. As mentioned, listen to your body. If at any time you feel any unusual symptoms, call 911.

Slips and Falls: Another common occurrence is having a slip and fall from icy surfaces. This can be equally devastating as this can commonly result in a broken hip, arm or wrist, or a

concussion from hitting your head. By quickly removing snow from your drive and walkways, this will prevent ice from building up. Be sure to wear proper footwear that has good traction on the soles of the shoes. While no shoe material is perfect, rubber soles provide more traction than leather or plastic soles. It is imperative to walk consciously and cautiously. Be prepared to take your steps slower and with purpose. Avoid walking with your hands in your pockets or carrying anything in your arm. This will change your center of gravity which increases your risk of falling. Speaking of center of gravity - COG - something else to think of is your "base of support" or BOS. Think about how your balance is different when comparing walking on a wide, flat surface versus walking on a tightrope. While walking on the tightrope, your base of support is extremely narrow, whereas while walking on a solid, wider surface your base of support is wide. Use this same concept when walking on a potentially slippery surface. Space your feet wider apart than you are used to, as this

widens the BOS and decreases your risk of falling. It is common to slip while getting in or out of the car as icy patches are not always visible. When approaching your car, survey the surrounding ground for signs of ice, or if in your car, observe the ground before stepping out of the car. You can hold onto your vehicle for further support.

In conclusion, if you are hesitant about going out in the winter weather, your best bet is to just stay inside, and wait until the weather clears up. When all else fails, safety is your best bet!

Jennifer S. Hamilton, DPT, CHT is owner of Hamilton Physical Therapy PA and can be reached at 410-208-3300.

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Steps for selecting the right pet food

Newly minted pet parents must make many decisions as they welcome their pets into their homes. The food pet owners choose is one of the most

available to consumers. The pet food industry continues to grow, and now there are scores of brands and formulations on the market. A report by Zion

Market Research titled “Pet Food Market (Wet Food, Dry Food, Nutrition, Snacks and Others) for Cats, Dogs and Other Animals: U.S. Industry Perspective, Comprehensive Analysis and Forecast, 2016 to 2022,” found that the U.S. pet food market is expected to have a value of more than \$30 billion in 2022. There are almost 300 manufacturers operating in the pet food section in the United



important decisions pet owners must make. A high-quality, well-balanced diet can strengthen the immune system, help pets maintain a healthy weight and keep fur shiny and sleek.

It wasn't too long ago that only a few different brands of pet food were

States, which produce nearly seven million tons of pet food annually.

With so many options to choose from, pet owners may not know where to begin when looking for acceptable food for their companion animals.

Affordability. Cost is one of the key

factors in choosing pet food. While the cost of food does not always translate into quality, some less expensive foods may have more fillers. The pet resource Simply for Dogs says quality pet food is an expensive commodity, with the most expensive dog foods going for nearly \$40 per 2.2 pound bag. But price points vary. Find the best food you can afford.

Look at the ingredients. The Association of American Feed Control Officials has established guidelines for regulators to govern claims a pet food company can make on its label. Foods that contain a single ingredient must contain at least 95 percent of that ingredient. Ingredients also are listed by weight on the label. Those in the top spots may not be more abundant; they may just weigh more because of their moisture content. Keep this in mind.

Don't be afraid of grains. While cats are strict carnivores, dogs are not. Pet owners do not need to avoid

grains. In fact, grains, fruits and vegetables can be a valuable source of essential vitamins, minerals and fiber for many pets, according to the American Kennel Club. Since 2018, the U.S. Food & Drug Administration has investigated more than 500 reports of canine dilated cardiomyopathy, a serious heart condition, potentially linked to dog foods marketed as grain-free.

Read the nutrition adequacy statement. A more important part of the labeling of pet foods is the nutrition adequacy statement. Look for the statement that it is a “complete and balanced sourced and made in the USA” food and which species and stage of life it is for. Young pets and pregnant or lactating females require different nutrition than adult animals.

If you have doubts about what to feed your pet, consult with a veterinarian or your local pet food store. Then do some research to narrow down the possibilities.

Brush up on pet dental health

Companionship, unconditional love and security are just some of the perks of pet ownership.

People who bring pets into their homes understand that a certain commitment comes with becoming a pet owner. Pet owners recognize they need to provide food, shelter and basic healthcare for their pets, but they may not recognize the role dental health plays in helping pets be as healthy as possible.

The American Animal Hospital Association notes that dental disease can start early in a pet's life. By the age of three, most dogs and cats will have some level of dental disease. If dental disease is left untreated, pets may suf-

fer from inflammation, infection and even chronic pain.

The animal health and wellness site VetStreet says that more than 70 percent of cats and dogs over age four are affected by periodontal disease. Bacteria from poor dental health may spread to other organs and cause illnesses. Recognizing the signs of pet dental disease and taking steps to alleviate it can keep pets healthy.

Acknowledge bad breath. Bad breath is not something that comes with the territory of having a pet. Odor from a dog or cat's mouth may indicate a problem such as stomatitis, a com-

please see pet on page 14



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Courting - Ocean Pines has a large Racquet Sports Complex with tennis, platform tennis, pickleball, and timeless tennis. The courts are located off Manklin Creek Rd near the dog park. Platform tennis is played on a fenced-in court a third of the size of a regular tennis court. You use a hard paddle and a bouncy ball. The games scores like tennis, but you can hit it off the fence, like racquetball. Free lessons are held every Saturday, usually between 9:30 a.m. and 11:30 a.m. Racquets are available for you to use. Timeless Tennis is also played on the Platform Tennis courts every Thursday at 3 p.m. You use a regular tennis racquet, but play with a low compression ball, which gives you more time to hit it, and since the court is smaller than a regular tennis court and fenced-in, you do not run around as much. Check the Facebook page Timeless Tennis OP for more information. Both platform and timeless tennis offer a free 30-day trial membership. Above: **Joan Strauss, John Hood, Karen Kaplan, and Patty Baglieri** enjoy being on the courts

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Review of

The Color of Water

By **Jean Marx**

James McBride is the best-selling author of six books, including *The Color of Water*, that he wrote to pay tribute to his mother and to mothers everywhere. As a mixed-race child of twelve, he grew up in New York City in the turbulent, racially charged 1960s. He would often ask his mother whether she was white, to which she would respond that she was just light-skinned and then quickly change the subject. He also began to notice more as he got older that she never spoke of her own childhood. She was fiercely dedicated to her Christian faith and devoted to her children.

As James got older and began to search for his own identity, he asked his mother what color God was. She replied that God had no color; he was “the color of water and water doesn’t have a color.” James was the eighth child and was less than a year old when his father passed away. He didn’t know his own father but was close with his stepfather who raised Ruth’s eight children with her first husband and added four more with her. He would joke that he had enough children for a baseball team. Unfortunately, James’s stepfather would pass away when James was just fourteen.

Ruth was devastated at the loss of each of her husbands. Her first husband died of cancer in his fifties and her second husband died suddenly of a stroke at age seventy-two. Ruth ran her home like that of a drill sergeant including instilling in her children from their earliest ages the values of education and to have faith in God. She worked constantly trying to ensure her children stayed fed and clothed. The oldest child had the most authority in the household while she was out working, and she counted on the children to look out for each other. Over his childhood years, James witnessed how his

mother could withstand a multitude of insults hurled at her but she would go into full protective mode the moment she thought any of her children were being threatened.

James struggled immensely when he lost his stepfather. He watched the torment he knew his mother was feeling but would not show outwardly. He also had swirling uncertainties within him and the combined

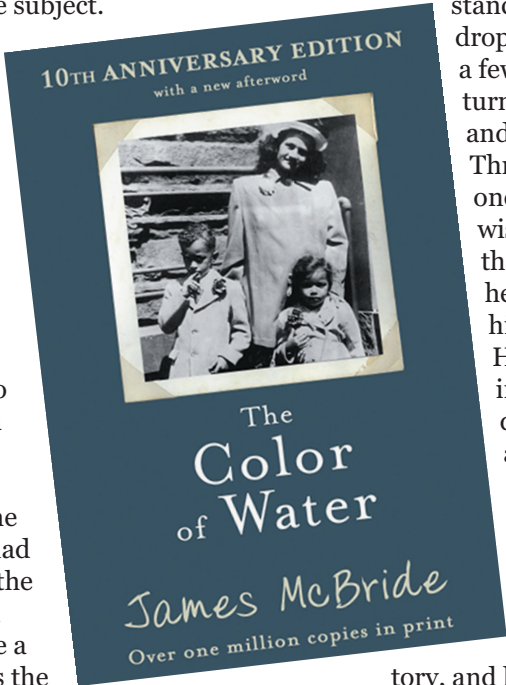
effect of these circumstances caused him to drop out of school for a few years and to turn to marijuana and alcohol.

Through the help of one of his older, wiser friends on the street corner, he begins to turn his life around. He enrolls back into school and discovers a love and talent for writing and for music. As an adult, he finally becomes ready to discover his mother’s his-

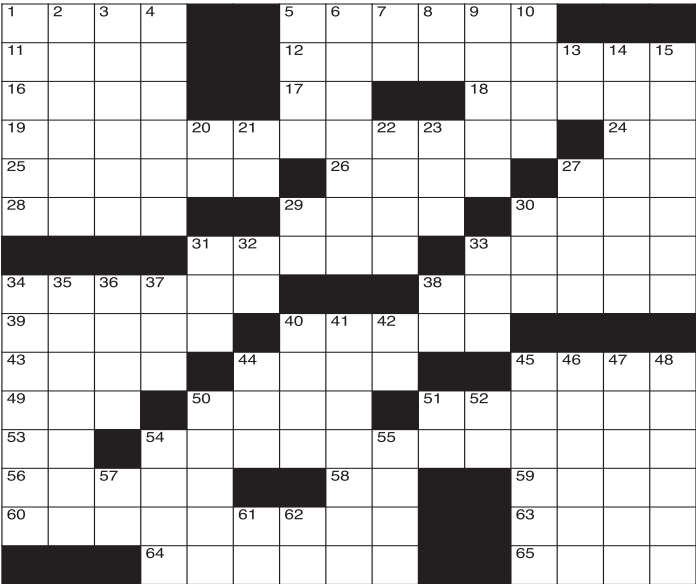
tory, and he finds that he discovers his own voice and identity that he had longed for all his life.

To his astonishment, James learns that Ruth was born an Orthodox Jew on April 1, 1921. She was born Ruchel Dwajra Zylska in Poland, but her parents changed her name to Rachel Deborah Shilsky when the family arrived in America in August 1923. Rachel’s father, Fishel Shilsky, practiced as an Orthodox rabbi in their small town near Norfolk, Virginia. He had married Rachel’s mother Hudis in 1896 in an arranged marriage. Hudis contracted polio as a child that had paralyzed her left side. Despite Hudis being a kind and dutiful wife and mother, Fishel was cruel to her, often mocking her disability. Fishel also set up a small general store, and Rachel observed as he overcharged all the customers, especially the black families living over the poverty line in segregated housing.

Rachel had an older brother and



please see **review** on page 14



CLUES ACROSS

1. Ancient Persian city

5. Spindles

11. Stake

12. Retrain

16. Close by

17. Commercial

18. One who publicly announces

19. American ballplayer

24. Junior’s father

25. Go up or climb

26. Concern

27. When you hope to get there

28. Iacocca and Oswald are two

29. Plant of the lily family

30. Male college organization

31. National capital

33. Raccoonlike animal

34. Symbols of fertility
38. Astronomy unit

39. Series of ridges in anatomy

40. Hebrew leader

43. A portent of good or evil

44. Supreme goddess

45. Gelatinous substance

49. Engage in a contest

50. Famed ballplayer Ruth

51. Pledge

53. —, denotes past

54. Revival

56. Spanish surname

58. Gold

59. Elsa’s sister

60. Workplace

63. Large quantity of something

64. Engraved

65. Discount

CLUES DOWN

1. Shoe

2. Disquiet

3. Posture

4. Large nests

5. Soviet “Second Symphony” composer

6. Joins two pipes of different diameter

7. Exist

8. Overdose

9. Pleat of fabric

10. Predict the future

13. Burgeoning technology

14. Having made a valid will

15. Having no fixed course

20. — route

21. Lethal dose

22. Indian musical pattern of notes

23. Athlete

27. Geological times

29. Atomic #21

30. In support of

31. Brew
32. Certificate of insurance

33. Taxi

34. Type of saying

35. For cigars

36. Phil —, former CIA

37. Local area network

38. Gym class

40. Philippine Island

41. Not great or bad

42. Eastern part of NY state

44. Gov’t lawyers

45. Constructions

46. Former British gold coin

47. Unkeyed

48. Rechristen

50. Threaten persistently

51. Southeast

52. Cools your home

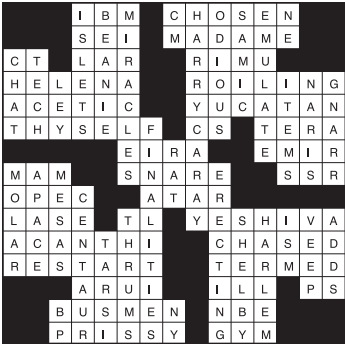
54. Removes the leaves

55. Regretted

57. Thus

61. Relief organization (abbr.)

62. Exclamation of surprise



Answers for February 17



Bank of Ocean City funds scholarship at Wor-Wic

The Bank of Ocean City recently made a \$100,000 pledge in order to provide \$20,000 each year for the next five years for Stephen Decatur High School students who enroll in approved dual enrollment courses at Wor-Wic Community College.

"It is important for local businesses to invest in the next generation of Worcester County's workforce," said Reid Tingle, president and CEO of the Bank of Ocean City. "We believe that education is one of the greatest investments a community can make. By investing in our young people, we're making an investment in our future."

Stephen Decatur high school students who are at least 16 years old and starting their junior or senior year in the fall can take advantage of dual enrollment courses at the college. The scholarship funds, which can be used for tuition and fees, will be awarded based on financial need and scholastic achievement.

Anyone interested should see their high school guidance counselor or contact Richard C. Webster, Wor-Wic's director of early college initiatives, at rwebster@worwic.edu or 410-334-2896.

Above: **Reid Tingle**, right, president and CEO of the Bank of Ocean City, presents a check to **Dr. Ray Hoy**, president of Wor-Wic Community College, for scholarships for dual enrollment students from Stephen Decatur High School.

Meg Eden poetry reading

In honor of women's history month, Wor-Wic Community College is hosting a poetry reading with Meg Eden on Thursday, March 4, at 7 p.m., via Zoom.

She is the author of a poetry collection called "Drowning in the Floating World," a novel titled "Post-High School Reality Quest" and five chapbooks. Her work is published or forthcoming in *Prairie Schooner*, *Poetry Northwest*, *Crab Orchard Review* and *RHINO Poetry*, among others. She runs the MAGFest MAGES Library blog, which posts accessible academic articles about video games. Eden has taught at Anne Arundel Community College, Southern New Hampshire University, the University of Maryland College Park, Eckleburg Workshops and The Writer's Center.

Visit the events section of www.worwic.edu for more information.



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Post-graduate education funds available

The Jesse Klump Memorial Fund, whose Jesse Klump Suicide Awareness & Prevention Program is a leading grassroots outreach effort devoted to enhancing access to mental healthcare and preventing suicide, is making financial support available to healthcare professionals, counselors, and educators.

"Over the past four years, we have provided over \$10,000 to enable those who work locally in mental health and education to attend conferences, workshops, and continuing education classes," said Fund President Kim Klump. "We believe that by providing post-graduate support to those already working locally in mental health we can strengthen the resources available to those in our community who need them."

Funding focuses on professionals with established positions on the lower Eastern Shore, who are working to enhance mental health care, thus helping to prevent suicides. "The idea," Klump said, "is to bring healing and hope to our neighbors

who are struggling with depression, PTSD, anxiety, or other mental and behavioral health challenges through new ideas, therapies, the tried and true."

Application for post-graduate funding is open-ended, but funds are limited. The process requires submission of a simple application, and proof that the classes were attended and completed. Payment will be made directly to the educational institution.

To learn how application can be made, contact the Jesse Klump Memorial Fund at weremember@jesses-paddle.org. For those interested in all of the programs for suicide prevention, visit www.jessespaddle.org.



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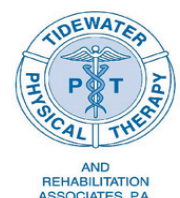
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Great ways to enjoy a day on a boat

Few things can be as enjoyable on a warm day as spending some time on a boat. For many people, the sound of

the water lapping beneath a boat and the feeling of a warm summer breeze blowing through their hair is the very essence of summer relaxation.



Boating appeals to people with varying interests, and there are many ways one can enjoy a day spent traversing a nearby river, lake or ocean.

Fishing. Recreational fishing is wildly popular. According to the Recreational Boating & Fishing Foun-

ation, in 2016 more than 47 million Americans participated in fishing at least once during the calendar year. In its Survey of Recreational Fishing in Canada, the organization Fisheries and Oceans Canada found that more than 3.2 million adult anglers actively participated in a variety of recreational fishing activities in Canada in 2015. The sheer volume of people who enjoy recreational fishing suggests it's an activity that has widespread appeal and it can benefit people of all ages and skill levels. What's more, fishing provides a wonderful

excuse to spend a day on a boat.

Sailing. Sailing is a rewarding and demanding hobby. Avid sailors often describe the origins of their love of sailing as "catching the bug." Indeed, few hobbies can be as gratifying as sailing, which the organization Discover Boating™ notes requires participants to be more active than almost any other type of boating. While sailing can be physically demanding,

when the waters are calm, few activities can be as peaceful and relaxing.

Exploring. Of course, even people who do not own their own boats can still enjoy time on the water. The Recreational Boating and Fishing Foundation notes that roughly 90 percent of U.S. residents live within one hour of navigable bodies of water. Many waterfront communities, partic-

ularly those with tourism-based economies, are home to small businesses that provide local river, lake or ocean tours. These can be great ways to learn about local history and/or see local marine life.

A day spent on a boat is a great way to enjoy a warm afternoon. And the options are endless when it comes to how to spend such days on the water.

Why the water matters to novice kayakers

Kayaking is a fun way to spend an afternoon, particularly in summertime. If smiles on the faces of kayakers aren't enough to convince you just how fun this sport can be, perhaps statistics can convince you how enjoyable it is to paddle away in a kayak.

According to the Physical Activity Council, which each year conducts the largest single-source research study of sports, recreation and leisure activity participation in the United States, recreational kayaking is the most popular paddlesport in the United States, attracting more than 11 million participants each year.

People who have never before been in a kayak may be intrigued by those

statistics and tempted to follow the example set by millions of kayakers who take to the water every day when the weather permits. Safety should be a top priority for all kayakers, and especially for novices. A kayaking course can be a great way for novices to familiarize themselves with the basics of kayaking, including the best practices in regard to staying safe on the water. Local watersports retailers and recreational organizations that take watersports enthusiasts out on the water may offer safety courses, and these courses can be great resources while also helping people get their feet wet

*please see **kayakers** on page 15*



USCG Auxiliary





The USCG Auxiliary performs free Vessel Safety Checks every Saturday and Sunday morning throughout the summer at the West Ocean City boat ramp from 8:00AM until noon. Vessels can be checked while on a trailer or in the water.

Vessels can also be inspected by appointment at private docks or marina slips. To arrange an inspection, E-mail at CGAUXOC@Gmail.com

2021 schedule for the Maryland Recreational Safe Boating Course :

- March 2, 3 & 4**
- April 6, 7 & 8**
- May 8 (one day)**
- June 1, 2 & 3**
- July 12, 13 & 14**
- August 7 (one day)**
- September 7, 8 & 9**
- October 5, 6 & 7**
- November 2, 3 & 4**

To register, E-mail at CGAUXOC@Gmail.com



Help Us Make Boating Safer

For more information about other activities and joining the Auxiliary, visit our Website:
<http://www.a0541205.uscgaux.info>
 Or follow us on Facebook:
<https://www.facebook.com/uscgauxocmd/>
 Or contact us directly, E-mail:
FL1205HR@gmail.com



**Apparently one of the symptoms of covid-19 is having no taste?
Looking back on my exes i think i've been infected for years..**

Now there's an idea.



Some things to think about

Gathered from the internet by **Jack Barnes**

Hugh Hefner became a multi millionaire staying home in his jammies...

I'm not having the same result

Accidentally rubbed ketchup in my eyes.....now I have Heinzsight

**I just got pulled over by the cops. He said " I can smell alcohol "
I told him that's because your not respecting social distancing.**

Wife and I went to the store with our mask on, got home took off mask, and brought home the wrong wife...pay attention people!!!



County art students sought

The Art League of Ocean City invites students in middle and high school in Worcester County to enter their original artwork and be eligible to win cash prizes. The Shirley Hall Memorial Youth Art Show will hang in the galleries of the Ocean City Center for the Arts from March 5-27. The show coincides with National Youth Art Month.

Entries will be accepted in-person at the Arts Center, 502 94th St. bay-side, from Feb. 21-Feb. 27, 9 a.m.-4 p.m. weekdays, and 11 a.m.-4 p.m. weekends.

Every year for more than 25 years, the Art League has presented the annual Shirley Hall Memorial Art Show, showcasing the artwork of middle and high school students from public and private schools in Worcester County. The purpose of the event is to promote creativity and allow local youth to present their artwork in a professional gallery setting.

The art show is named in memory of Shirley Hall, a former Art League board member, who was instrumental in originally developing and presenting the show. The judges of the show are Hall's family, who will award \$250 in cash prizes in memory of Greg Hall.



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“With the pandemic and school closures, we felt it was more important than ever to keep our students engaged in the arts,” Rina Thaler, executive director of the Art League, said. “That’s why we are reaching out to students directly this year rather than going through their teachers. We want all middle and high schoolers to know they are invited to personally enter.”

The show is open to all middle and high school students in Worcester County, including public, private, and homeschool students. Artwork must be original, and all two-dimensional art is eligible: paintings, drawings, photographs, mixed media, etchings, and more. The artwork must have been created in the past year. The art must be matted and framed and ready to hang, with a maximum framed size of 16x20 inches.

The Ocean City Center for the Arts practices CDC guidelines with mask wearing and social distancing.

Questions should be directed to Kacie Neeb, gallery assistant, at the Art League, kacie@artleagueofoceancity.org.

Garden club installs officers

The Worcester County Garden Club’s 2021-2023 officers were recently installed during a virtual meeting. Special guest Susie Middleton, a past Director of the Federated Garden Clubs of Maryland - District, did the installation. The newly installed club officers are President Deb Young, First Vice Presidents Joan LaHayne and Alison Schweiger, Second Vice Presidents Cristie Ammann and Karen Trigger, Recording Secretary Sandy Buchanan, Corresponding Secretary Susan Fletcher, Treasurer Kelly Brinkley, Assistant Treasurer Suzy Young, and Membership Martha Bennett.

The Worcester County Garden Club is a member of Federated Garden Clubs of Maryland, Inc., a 501(c)(3) organization, whose mission is to provide support, leadership and education for garden clubs and the public about best practices for horticulture, conservation, and landscape design. For more information, visit www.fgcofmd.org.

review
from page 10

younger sister. All three children vowed to find some way to leave their rigid, unhappy lives. Rachel befriends the black families in town and develops a love interest with one while a teenager. She gets pregnant, and her mother contacts her family in New York City to take Rachel in to assist her. Rachel finds New York City captivating and realizes this is where she wants to call home. She does leave home at age nineteen and her father banishes her from the family. He even has the family sit “shiva” for her because she is considered dead to her family.

She builds her life in New York City, changes her name to Ruth, and buries her painful memories. When James embarks on the book project to uncover all the hidden and painful truths of her history, the experience is life-changing. The book is beautifully told, including segments of the actual interviews James had with his mother. I found it to be a powerful, uplifting, and transformative book with profound messages that resonate across generations and all races.

care
from page 6

financial review, including a look-back period.

What is the look-back period? The senior health, finance and lifestyle resource Senior Living advises that Medicaid is a “last resort” method of financing nursing home costs. Individuals are expected to use other means of payment first and “spend down” their assets. When financial resources dwindle, Medicaid will kick in to provide coverage.

To ensure that individuals simply do not transfer money out of their accounts to avoid paying for nursing home care by their own means, Medicaid requires a look-back period into applicants’ finances to determine if there were any violations to rules regarding asset transfers.

Most people engage in some sort of long-term planning to protect a portion of their assets so that they can be used to support spouses or children. According to rules, an applicant is permitted to transfer certain monies to his or her spouse, provided the spouse isn’t also applying for long-term care through Medicaid. Most money and tangible asset transfers (check with your state Medicaid office for the most current rules) must have taken place 60 months (five years) prior to application for Medicaid. Penalties will be instituted when rules are broken, namely gifts or asset transfers that take place within the look-back period. This could delay Medicaid acceptance.

Paying for long-term care can be complicated business with look-back periods and required spend-downs. It is in a person’s best interest to seek the guidance of a financial planner who specializes in elder care to navigate these financial waters.

pet
from page 8

mon feline condition that causes inflammation to the oral tissues and gums.

Start brushing pets’ teeth. Brushing a pet’s teeth can promote good oral health and potentially prevent serious problems along the way. Always use a pet-safe toothpaste, and talk to a veterinarian about a special dental diet.

Invest in other dental products. Seek products that receive the approval of the Veterinary Oral Health Council to help maintain a pet’s oral hygiene. Avoid products like synthetic bones, antlers and other animal bones, which can fracture

an animal’s teeth.

Work with your veterinarian. Vets typically use X-rays to diagnose dental disease, as teeth may appear normal to the naked eye but still be diseased. Anesthesia is frequently used in dental evaluations and cleanings. It makes it safer and less stressful for the animal and the vet. Speak with your vet about the frequency of dental cleanings and care, asking any questions you may have about the safety and efficacy of anesthesia use.

Pet owners must prioritize their furry friends’ oral health. Though often overlooked, pets’ dental health is integral to their overall health.



kayakers
from page 12

before paddling away.

When kayaking for the first time, it's important that novices choose the right type of water for their experience level. Rough, choppy waters can prove challenging to even the most skilled kayakers, and these same waters can be deadly for novices. The following are some characteristics novice kayakers should look for in a body of water before pushing themselves and their kayakers into the current.

Size: Novices should avoid vast bodies of water, such as oceans, rivers or large lakes, until they gain more experience. Large ponds and small lakes can be great places to gain some experience and familiarize oneself with the nuances of paddling.

Demeanor: Demeanor might not be a trait one normally associates with water, but looking at a body of water in this way can be a great way to determine if it's the right place for a



novice. If a body of water is raging, with choppy waters and rapid waves, then steer clear. If the water is calm, then it's likely a safe spot for novices.

Traffic: Novices may be intimidated by crowds, but other kayakers can serve as something of a safety net for novices. Kayaking is a fun group activity, and novice paddlers should never go it alone.

Variety: Novices should steer clear of waters that allow power boats. Such vessels can alter paddling conditions quickly, and that can put novices in potentially precarious positions. Stick to waters that allow only canoes or other boats that won't affect water conditions.

Access: Until they get more comfortable in their kayaks, novice kayakers should stay close to shorelines so they have quick and simple access to land should they struggle to get acclimate to the water and being in a kayak.

Kayaking is a popular activity that even novices can enjoy, especially when they take certain measures to ensure their safety.

Police reminder: lock your car doors

Ocean Pines Police are reminding residents to lock their car doors to help prevent break-ins.

Police Chief Leo Ehrisman said unlocked vehicles are the number-one target of thieves in Ocean Pines.

"Many would-be thieves just pull door handles on vehicles, entering the ones that are unlocked and stealing property," he said. "Upon receiving several reported break-ins and multiple thefts from vehicles, items such as cash, credit cards, electronics and even a firearm have been removed from these unlocked cars. This leads to the illegal and misuse of stolen credit cards. None of the vehicles they entered were locked."

Ehrisman said cases of theft from automobiles is not limited to Ocean Pines, but is a recurring problem throughout Worcester County.

"Please lock your car doors – it is just good crime prevention," he said.

Report any break-ins by calling Ocean Pines Police at 410-641-7747.



Tides for Ocean City Inlet

Day	High /Low	Tide Time
Th 25	High	6:22 AM
25	Low	12:32 PM
25	High	6:35 PM
F 26	Low	12:30 AM
26	High	7:08 AM
26	Low	1:15 PM
26	High	7:22 PM
Sa 27	Low	1:18 AM
27	High	7:53 AM
27	Low	1:57 PM
27	High	8:09 PM
Su 28	Low	2:05 AM
28	High	8:38 AM
28	Low	2:39 PM
28	High	8:56 PM
M 1	Low	2:54 AM
1	High	9:23 AM
1	Low	3:23 PM
1	High	9:44 PM
Tu 2	Low	3:45 AM
2	High	10:09 AM
2	Low	4:08 PM
2	High	10:33 PM
W 3	Low	4:40 AM
3	High	10:57 AM
3	Low	4:56 PM
3	High	11:24 PM

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