

# The Courier

April 21, 2021 Volume 21 Number 30

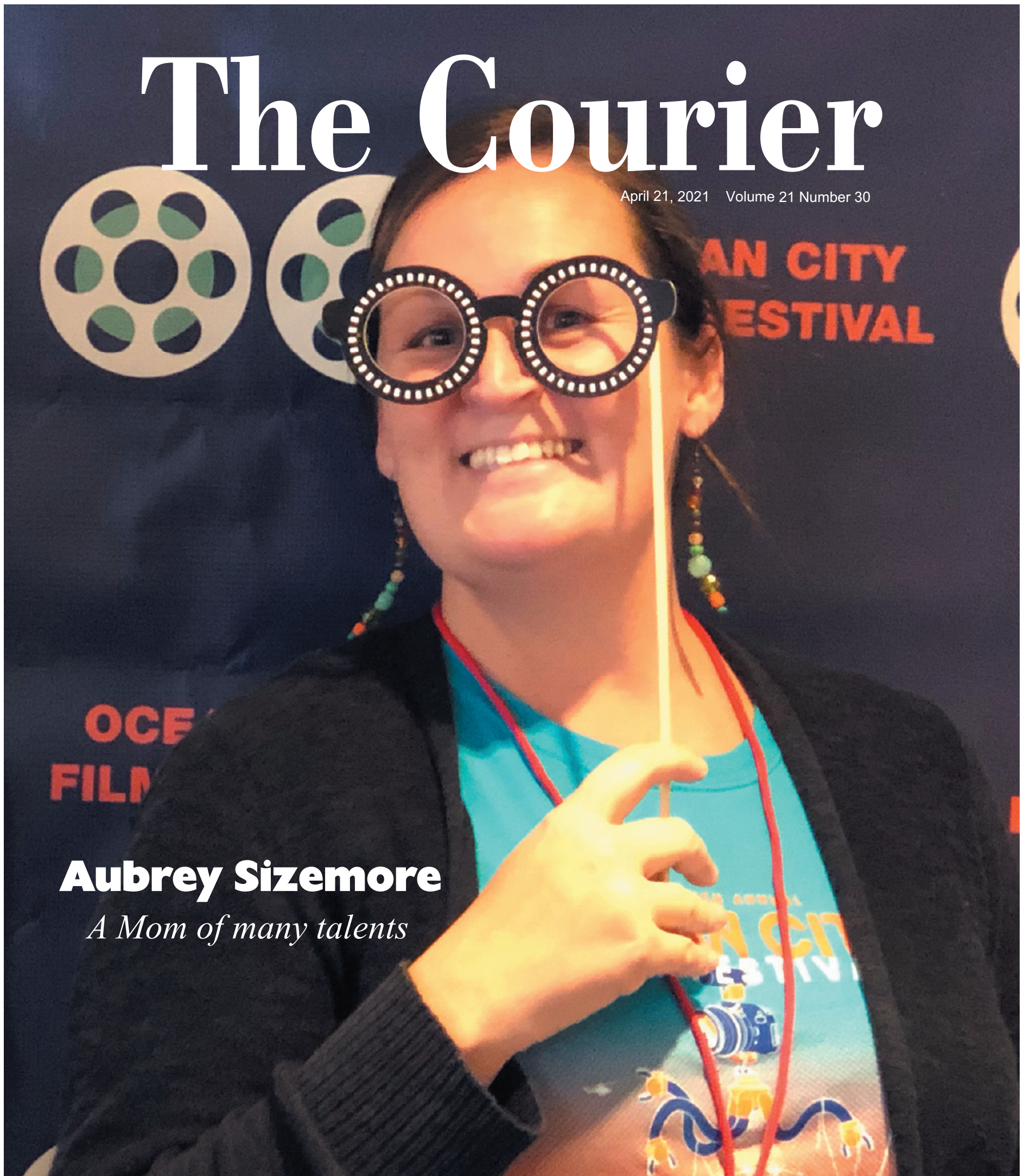


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OCEAN  
FILM

**Aubrey Sizemore**

*A Mom of many talents*







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# Art Matters

## The joys of being a rock, soccer, cupcake, art mom

By Elaine J. Bean

*If you happen to find a colorfully painted rock hidden in a secret spot around Ocean Pines, it was probably put there by the Facebook group “OP Rockss.” Started by Point resident Aubrey Sizemore, her two sons – Zane, 12, and Jonah, 11 – and a neighborhood friend, the family gets together to paint rocks and then hides them all over the Pines.*

Ocean City and is a graduate of Stephen Decatur High School. Her first job at age 14 was at Phillips by the Sea on 13<sup>th</sup> St, then she helped run The Cayman Suites for many years before earning a degree in Hotel/Motel/Restaurant Management. She currently lives in The Point and is the volunteer coordinator for the Art League of Ocean City. Her life is one of wearing many hats, juggling work, family, adventure, relationships, and personal time.

Sizemore proudly relates the story

up with a different cupcake decoration, because the kids always remember what I made the holiday before.”

Sizemore is also a proud soccer mom. “I’m the team manager of my younger son’s Soccer Club. We are always rushing to soccer five-six days a week. It’s so fun to watch my son thrive in something he loves and works so hard for. My older son referees youth recreational soccer games, plays the drums in the middle school band, and was just inducted into the National Junior Honor Society. I’m definitely a proud mom!”

And it’s probably accurate to say that Sizemore is also an art mom. As volunteer coordinator for the Art League of Ocean City, she recruits volunteers for the nonprofit organization to help with events like the Sand Castle Home Tour and the Ocean City Film Festival and mentors them to find their interests. It’s work she’s passionate about, and right now she has opportunities for volunteers at SpringFest and Kids’ Art Adventure Camp in July.

“Art is how people show their emotions and feelings,” she said. “Art isn’t just paper and paint. It’s music, performance, and poetry. It’s a way to escape a hard day. It’s how to unwind from a busy week. It’s how to make yourself feel accomplished. So many people are artistic and don’t even realize it. If you want to get involved, just call me at the Ocean City Center for the Arts.”

Sizemore’s personal art is craft-based, and she and her sister have an annual ritual of making Christmas ornaments for family and friends. “We have dinner, put on a Christmas movie, and make the ornaments. Each year it’s fun to get out all the ornaments and remember all the ones I’ve made over the years.” She also makes her own jewelry, party decorations, and costumes, and creates fun in general. “Party planning and event planning is something I love to do. So when the Art League has an event, I am happy to get involved and make something for the occasion.”

She also uses her skills in other ways for the Art League, crafting centerpieces for their annual cocktail parties; developing scavenger hunts to get the community involved in art; hosting Zoom art classes for Art League students, the Worcester County Developmental Center, and Pocomoke Elementary School. “During these



crazy Covid times, the Art League has become creative on how to keep art available to our community,” she said.

Sizemore also wears another hat that was new to her in 2020 – homeschool mom – after the Worcester County schools shutdown for quarantine. “For the last year, I’ve been juggling working from home and helping my boys with virtual learning. When the Coronavirus first started and everyone was quarantined at home, I wondered how in the world this was all going to work. After boosting our internet service and setting up everyone’s own work space, we fell into a ‘new normal’ schedule. There were ups and downs, but we all tried to really appreciate the extra time together.”

*Art is how people show their emotions and feelings. Art isn’t just paper and paint. It’s music, performance, and poetry. It’s a way to escape a hard day.*

Celebrating life on the Eastern Shore and doing it with family is what it’s all about for Sizemore – and passing it on. “I grew up splashing in the ocean, riding the rides at Trimpers, squishing my feet in the muddy bay for clams, smelling the salt air, picking crabs, and walking the Boardwalk,” she said. “I remember having family come to visit during the summer seasons, and my younger cousins were always so excited to hit up all the main tourist attractions in town. I was always the tour guide. I taught them how to ride the waves and the perfect spot to sit on the roller coaster. They always said how lucky I was to live here, and they never wanted to go back home. I didn’t realize it then, but I’m from a small paradise of the Eastern Shore. Today I take every opportunity to make sure my boys are aware of the paradise around them and not to take a second of it for granted.”



When people find them, they post a picture on Facebook and rehide the rock for someone else to discover. The page has more than 500 followers and is starting up again now that the weather is warmer.

Sizemore, the force behind the painted rocks, was born and raised in

when she was called the “cupcake mom” by her son’s friends. “Pre-Covid, for holidays and birthdays, I would make cupcakes for my sons’ classmates,” she said. “I’m well known by all the kids. Every time they see me at school, they’d ask what cupcakes I had for the class. So I always had to come



# Vote YES

Commentary by **Joe Reynolds**  
*OceanPinesForum.com*

The Ocean Pines Association just mailed a referendum package to all association members eligible to vote. The enclosed ballot allows you to vote on a bylaws change that would limit the amount of money the OPA Board of Directors can spend on a single capital expenditure without a referendum to \$1 million. Any single capital expenditure over \$1 million would require the approval of association members in a referendum. Please vote YES on the bylaws change.

Contrary to information spread by the Board of Directors, approval of this bylaws change does not have to impact projects such as road paving and bulkheads since the bylaws allow this work to be done in phases.

Consider the following when voting:

Even today, \$1 million is a sizeable chunk of your assessment dollars for any four OPA Board members to spend on a single capi-

tal expenditure without your approval.

This referendum is the result of a petition submitted to the Board nearly two years ago. The Board rejected the petition on flimsy, ridiculous grounds. The petitioners, using their own funds, took OPA to court. The court decided against OPA and forced OPA to hold the referendum, giving you an opportunity to now vote on the issue.

The Board's primary opposition to this bylaws change is that it would require the cost of a referendum for any single capital expenditure over \$1 million. Assuming a referendum cost on the high end of \$30,000 (the Board's own cost estimate), it might add \$3.55 to your assessment for a referendum.

Is it worth \$3.55 to you to have a vote, a voice in spending more than \$1 million of your assessment payments on a single capital expenditure, as opposed to allowing any four Board members to make that decision for you?

Vote YES on the proposed bylaws change to limit the amount of money the OPA Board of Directors can spend on a single capital expenditure to \$1 million.

# Garden Club celebrates Arbor Day

The Ocean Pines Garden Club (OPGC) held its annual Arbor Day memorial ceremony on April 8 at Pintail Park in Ocean Pines.

The event, which the club cancelled last year because of the COVID-19 pandemic, was an opportunity for OPGC members and friends to cele-

brate the lives of loved ones lost in either 2019 or 2020.

member placed a shovelful of dirt around the tree and received a white rose. This year, a second tree also served as memorial to all those lost to COVID-19.

A series of painted rocks signify memorial trees in Pintail Park and include the tree's type and the year it was planted.

OPGC President Patti Lookner and Arbor Day Committee Chairwoman Ann Shockley introduced the program, which also included historical and poetry readings by OPGC members, music by the Delmarva Chorus and bagpiper

Mike Castoro, and proclamations from the Ocean Pines Association Board of Directors (presented by Association President Larry Perrone) and the Worcester County Commissioners (presented by County Commissioner Chip Bertino).

For more information or to join the Ocean Pines Garden Club, email Garden Club President Patti Lookner at [plookner@gmail.com](mailto:plookner@gmail.com).



brate the lives of loved ones lost in either 2019 or 2020.

The tradition of the Arbor Day ceremony in Ocean Pines goes back many years and includes the planting of a tree to recognize the holiday and to memorialize those who passed away. This year's tree was a Yoshino Cherry.

During the ceremony, club members read the names of loved ones and tolled a bell, and a friend or family

Women spend considerably more time each day than men engaging in various household activities. According to the 2019 "American Time Use Survey" from the United States Bureau of Labor Statistics, women spend an average of 2.16 hours each day on household activities, while men spend an average of 1.39 hours on such pursuits. The survey identifies household activities as housework such as interior cleaning and laundry, but also other activities such as managing the household's finances and preparing food.



Women also spend roughly twice as much time as men caring for and helping household members. Such figures may reflect gender roles that date back several decades if not longer, even though family situations have long since changed as more and more women have entered and remained in the workforce. For instance, the BLS survey found that, in 2019, men spent an average of 7.96 hours per day working, while women spent 7.15 hours per day working. Such figures support the notion that many households can share household activities more equitably between spouses.



## Courier Almanac

The yellow ribbon has long been a symbol of support for absent or missing loved ones. There are some who believe that the tradition of the yellow ribbon dates back as far as the Civil War era, when a yellow ribbon in a woman's hair indicated that she was "taken" by a man who was absent due to service in the United States Army Cavalry. But research by professional folklorists has found no evidence to support that story. The Library of Congress itself traces the cultural ubiquity of this powerful symbol to the well-known song by Tony Orlando and Dawn: "Tie a Yellow Ribbon Round the Ole Oak Tree," which topped the U.S. pop charts on April 21, 1973.

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# Two simple words

“Thank you.” It’s easy to underestimate the value of this two-syllable utterance. It gets overlooked and ignored very easily. And that’s unfortunate because these words, regardless of the language in

giggling. For homework penance, our class was required to write 100 times in our best penmanship, “I will not laugh in class.” My mother took an interest in our homework assignments, making sure they were done and done properly. She was like that. Anyway, when she learned of the homework penance, she of course asked questions of what exactly happened, who was involved and whether I was one of the gas expulsion culprits. I wasn’t. She took a

very dim view of public flatulence. After I had properly written one hundred times “I will not laugh in class,” my mother thought an added penance was in order. I had to write a note to Sister Marie Margarete, get this, thanking her for teaching us how to behave properly. I kid you not.

It was not uncommon to find in holiday cards such as birthday, Christmas, Easter even Halloween, that my grandparents would include a dollar or two in the card. After ripping open the envelope and not reading the card’s message, I would shove the bills into my pocket only to find my mother’s hand already there waiting to take the bills. “This is going into your college fund,” she would say. And then without missing a beat, “go write a thank you note.” So, not only did I not get to keep the money, I had to write a thank you note for the money I wasn’t able to keep. The logic of this escapes me but it certainly made sense to my mother.

And if we didn’t write a thank you note? My grandmother would be on the phone a few days after the holiday asking to speak to me. “Hi Granny.” “Did you get my card?” “Yes, Granny.” “I was wondering, did I put a little something in there?” “Yes, Granny.” “Well, how would I know because I haven’t received a thank you.” “Yes, Granny.” Then, my mother would make me write a thank you note for the money I couldn’t keep and require me to write a separate apology note for not writing the thank you note in the first place. I kid you not. That was my life.

There may be some exaggeration to my tale but not much. It’s been many years since my mother required me to write those notes or hovered over me to ensure I said thank you to the barber, the cashier, the mailman or a nun. I’m a father and a grandfather now, having done my best to teach my kids and grandchildren the importance of expressing gratitude. It’s the circle of life I guess.

Thank you, Mom.



## It’s All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

which they are spoken have the ability to affect positive change, build relationships and change a person’s mood instantly.

“Thank you” makes the person to whom it’s said understand that their effort or comment or gesture are appreciated. What a wonderful gift to give. What a wonderful gift to receive.

From an early age, the importance of saying thank you was reinforced just as much as not talking with food in my mouth.

“What do you say?” If I heard that question once from my mother when I was growing up, I heard it more times than I care to remember. She was always making my brother and me, and later my sister, say “thank you.” Nick the barber would finish cutting my hair and before he could remove the smock and snap the trimmed hair to the floor, my mother, halfway out her chair, was asking whether I said thank you. “Thank you, Nick” is what I would say in that voice kids use when they’re exasperated by their mothers. What I was thinking was, “now can I have a lollipop?”

As my grandfather would say goodbye to us, he’d slip a dollar bill into our hands. From across the room, while she and my grandmother were huddled discussing some last-minute topic of importance (probably family gossip), old Eagle Eyes (Mom) would focus in on my brother and me with a laser-like glance. And in a voice that couldn’t be heard in the ears of anyone except her children, we would hear, “What do you say?” “Thank you, Gramps.” Again, in an exasperated tone.

My mother was earnest in her desire to ensure her children were appreciative of the actions of others. This earnestness knew no bounds. Just to demonstrate how far she would go, I remember once in fourth or fifth grade, my class was punished by Sister Marie Margarete for some minor infraction involving flatulence and

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## WCPS music education receives national recognition

Worcester County Public Schools (WCPS) has been honored for the third year in a row with the Best Communities for Music Education designation from The NAMM Foundation for its outstanding commitment to music education. Now in its twenty-second year, the Best Communities for Music Education designation is awarded to districts that demonstrate outstanding achievement in efforts to provide music access and education to all students.

To qualify for the Best Communities designation, the school system answered detailed questions about funding, graduation requirements, music class participation, instruction time, facilities, support for the music program and community music-making programs. Responses were verified with school officials and reviewed by The Music Research Institute at the University of Kansas.

"We are so proud of the work our music educators do with our kids every day, especially during these difficult times," said WCPS Superintendent Mr. Lou Taylor. "Music is an essential part of our county's curriculum, and I am so grateful that our work in this area has been recognized for the third year in a row."

Since the passage by Congress in 2015 of the Every Student Succeeds Act (ESSA) and a stated emphasis on a well-rounded education, many school districts have re-committed to music and arts education programs and found that in this time of a national pandemic, provides a valuable way to keep students engaged in school. ESSA provides designated funding for well-rounded educational opportunities

through Title IV Part A Student Academic Success and Achievement grants. NAMM Foundation research has revealed that these grants are being widely used by school districts to address instructional gaps in access to music and arts education.

Research into music education continues to demonstrate educational/cognitive and social skill benefits for children who make music: After two years of music education, researchers found that participants showed more substantial improvements in how the brain processes speech and reading scores than their less-involved peers and that students who are involved in music are not only more likely to graduate high school, but also to attend college as well. Everyday listening skills are stronger in musically trained children than in those without music training. Significantly, listening skills are closely tied to the ability to: perceive speech in a noisy background, pay attention, and keep sounds in memory. Later in life, individuals who took music lessons as children show stronger neural processing of sound: young adults and even older adults who have not played an instrument for up to 50 years show enhanced neural processing compared to their peers. Not to mention, social benefits include conflict resolution, teamwork skills, and how to give and receive constructive criticism.

## The Courier seeks submissions

Rudyard Kipling is quoted saying "God could not be everywhere, and therefore he made mothers." That is a sentiment *The Courier* would like to explore in its Mother's Day edition May 5.

Readers are invited to submit stories about a mother they know who has made a difference in their life. Submissions can be no more than 500 words and must be sent as a Word document. A photo in JPG format can also be included. Make submissions to [thecourier@delmarvacourier.com](mailto:thecourier@delmarvacourier.com) no later than Friday, April 30. Write "Mother's Day" in the email memo line. Include your name and phone number. Not all submissions will be published.

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EOE

## Online diabetes prevention classes offered

Small changes often lead to major results and the Worcester County Health Department's Lifestyle Balance: Diabetes Prevention Program aims to help residents eat healthy, be active and lower their risk for type 2 diabetes with easy-to-follow tips and tools.

If you have been diagnosed with prediabetes or have a history of gestational diabetes, this program is proven to help you improve your eating habits, increase your daily activity, lose weight and reduce your chance of developing type 2 diabetes. On average, participants lose between 5 -7% of their body weight.

The Lifestyle Balance- Diabetes Prevention Program will allow you to learn about healthy eating, exercise, and weight loss all from the comfort of your own home. It is a year-long, group program that will run April 29, 2021 through April 28, 2022. Class times are Thursdays 1:30 p.m. to 2:30 p.m. or 5 p.m. to -6 p.m. You will par-

please see **diabetes** on page 20

**Earth care** - Students in Julie Vorsteg's Kindergarten class at Ocean City Elementary School are studying ways to care for the Earth.  
Above **Anna Gjikuria** and **Harper Reese** show off their love for the planet.



## Stories about Mom

Readers are invited to submit stories about a mother they know who has made a difference in their life.

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Write "Mother's Day" in the email memo line. Include your name and phone number. Not all submissions will be published.



***Ocean Pines Association Members:***

# VOTE **NO** ON THE PROPOSED REFERENDUM



The referendum seeks to unnecessarily hinder OPA's ability to conduct needed projects; fails to contemplate the impact of the ever-increasing costs of labor, material, and services; and will cause large expenses for OPA and to you as members.

The existing expenditure threshold for capital expenses was addressed along with several other changes to the OPA By-Laws in 2008 when the Amended and Restated By-Laws were adopted. The established limit on capital expenditures of 20% of the assessment income has served the Association well and has provided the intended guidance and safeguards on decisions involving this level of expense.

The threshold as a percentage of the annual assessment income, rather than a static dollar amount, takes into consideration the changes in financing associated with inflation and the time value of money. As prices for products, material, labor and services increase, the current threshold gives the Association flexibility in determining if these expenses should be considered. The current "20%" referendum requirement for capital expenditures has no direct effect on the annual assessment. A fixed dollar threshold will not reduce the annual assessment for OPA members, because the planning for the projects must continue.

Had the proposed fixed dollar threshold been in place, the Association would not have accomplished the much-needed upgrades to the administration building, police station, clubhouse, and cart barn in a timely manner. The Association would have also incurred approximately **\$50,000 - \$60,000** of expenses associated with conducting a referendum for each of those projects, as it is estimated that the cost of a referendum is approximately **\$25,000 - \$30,000** and requires additional significant staff time to administer the referendum, process the results and report the findings.

The requirement for a referendum will also cause unnecessary delays in sourcing, bidding, and determining the viability of a project. In some cases, a delay will create a lost opportunity for pricing deals from a contractor due to the inability to determine in a timely manner whether we can move forward with a project. This situation would also add to an increase in overall costs for a project. Beyond the implications on the above types of improvement projects, the proposed referendum will negatively affect OPA's ability to conduct its mandatory capital replacement work.

OPA must maintain, repair and replace the bulkheads. The bulkhead replacement costs for 2021 are forecasted at **\$1.783 million** and a 2022 proposed expense of **\$1.368 million**. These amounts are within the Board of Directors' current expenditure authority. Should the referendum pass, OPA will have to conduct a referendum before the annual bulkhead replacement projects can be authorized, which will result in substantial additional costs associated with the referendum. These additional costs will lead to an increase in the annual assessment to homeowners.



Based on the information above and knowing the established limit has not only served the Association well, but also aided in preventing unnecessary costs over the past 15 years, the Board of Directors strongly urges Association members to vote **NO** on the referendum question.

**- Ocean Pines Association Board of Directors**





## Tautog fishing has been hot

**Fishing Report.** Tautog fishing has been hot in and around Ocean City. No reports of flounder as of this writing but we should soon see some action within the next few weeks. In the surf it has been hot around 142<sup>nd</sup> St. in Ocean City and at Assateague. There are reports of some nice Stripers being taken as well as sharks, black drum, and blues.

**Understanding the Tautog:** The tautog (tog) is also known as a blackfish. It is an ugly fish with large teeth which it uses to crush the shells of clams, crabs, barnacles and other shell fish that it normally feeds on. There are times however that Tog will also bite on squid. It is a bottom feeder and likes to hang around rock piles, wrecks and piers making it a difficult fish to catch since it also likes to dart into the rock piles after grabbing your bait and thus snagging the fishing line unless you set the hook and pull them out quickly before they snag your line in the rocks or wreck. Unlike flounder who are an ambush fish and pursue their prey by sight the Tog pursue their prey a great deal by scent.

**What kind of gear should I use?** Your will require a fairly stiff rod 6' to 7' in length so you can set the hook and pull the fish out of the rocks quickly. The gear can be either spinning or a conventional level wind reel depending on what you prefer. At a minimum you will require 20lb test line, I prefer 30lb test. I also prefer to use monofilament.

**What type Rig should I use?** I recommend using a 4' monofilament leader of 40-50 lb. test attached to your line with a swivel. A sinker should be at the bottom of the rig when fishing slack tide which is the best time to fish for Tog. A dropper should be tied eight to ten inches above the sinker. To the dropper attach a long shank Mustad size 3 or 4 Pacific Sea Bass Hook on approximately six to eight inches of leader. If you don't want to make your own rig visit your local tackle shop and ask for a tog rig.

**What about bait?** Everyone has their own favorite bait but some of the most popular baits are green crab, clams and my favorite sand crabs. When tog fishing the bait should always be fresh as

frozen baits do not have the scent necessary to attract tog. Also, I would highly recommend that if you're are new to tog fishing that you ask your local tackle shop where you purchase the bait to demonstrate how the bait is to be hooked. This is very important as the hook must be hidden for tog fishing.

**Where should I fish for Tog?** Head boat fishing is great as the tog bite has been hot at the offshore wrecks. If you have your own boat and want to fish inshore seek out rocky structure such as the inlet jetties or tie up to some pilings and fish right down along the piling. This is done best at slack tide. If you are bank fishing there is some great fishing along the inlet jetties but I prefer the bulkhead from 2<sup>nd</sup> to 4<sup>th</sup> street in Ocean City. Again, the best time is slack tide so watch your tide charts and have plenty of rigs as you will likely loose a few in the rocks.

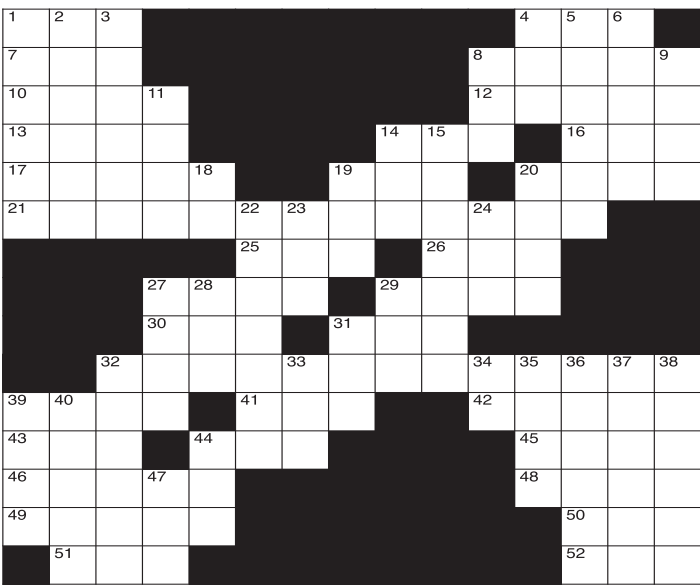
**Note:** Tog must be 16" to keep and the daily limit changes depending on the time of year. Check the DNR website for current regulations. The season will close from May 16 thru June 30.

**What about eating tog?** They are a great tasting fish.

Here is one of my favorite recipes.  
**Broiled tog steaks**  
*Ingredients:*  
4-6 fish steaks (about 1-inch thick)  
2 tablespoons olive oil  
Salt & freshly ground black pepper to taste  
2 tablespoons chopped fresh parsley  
Lemon wedges, for garnish

*Directions:*  
1. Preheat the broiler to high, Brush or drizzle the olive oil on the fish steaks, then sprinkle them with salt and pepper.  
2. Place fish steaks in a broiler pan, and broil, turning them once with a spatula, until the steaks are golden on the outside and done to taste inside, about 4-6 minutes per side. Serve immediately, garnish with the parsley and lemon wedges.

*Remember to take a kid fishing,*  
**Capt. Ron**

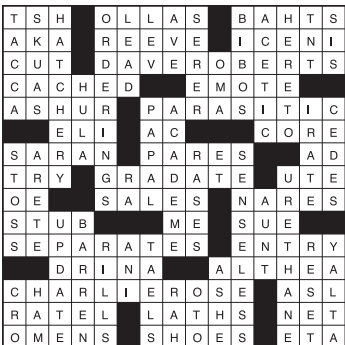


### CLUES ACROSS

- 1. Ocean surface indicator (abbr.)
- 4. American time
- 7. Satisfaction
- 8. Diving duck
- 10. Very small amount
- 12. Metrical units
- 13. An ignorant or foolish person
- 14. Sino-Soviet block (abbr.)
- 16. It may sting you
- 17. Turn outward
- 19. Perform on stage
- 20. "CSI" actor George
- 21. Localities
- 25. Make a choice
- 26. Indicates position
- 27. One of Thor's names
- 29. Indian musical rhythmic pattern
- 30. "The Raven" author
- 31. Take in solid food
- 32. Legendary QB
- 39. Sorrels
- 41. Organization of nations
- 42. Texas pharmaceutical company
- 43. Mathematical term
- 44. Expression of disappointment
- 45. Abba \_\_, Israeli politician
- 46. Hide away
- 48. Salad restaurant
- 49. Daughters of Boreas (mythology)
- 50. Men's fashion accessory
- 51. Political action committee
- 52. Unhappy

### CLUES DOWN

- 1. Make unhappy
- 2. Heard the confession of
- 3. Capital of Taiwan
- 4. Fiddler crab
- 5. Brazilian dances
- 6. Fit with device to assist breathing
- 8. Brother or sister
- 9. Pastries
- 11. "Lone Survivor" director Peter
- 14. Boat type (abbr.)
- 15. Apertures (biology)
- 18. Suffix
- 19. Creative endeavor
- 20. Icelandic poem
- 22. Spanish dances
- 23. Town in Central Italy
- 24. Cars need it
- 27. Mimics
- 28. Rocky peak
- 29. Cigarette (slang)
- 31. One point south of due east
- 32. Soap actress Braun
- 33. Large domesticated wild ox
- 34. Island nation
- 35. Appear
- 36. Addictive practices
- 37. Loss of control of one's body
- 38. Type of poster
- 39. Greek mountain
- 40. Funny person
- 44. One and only
- 47. Pouch



Answers for April 14



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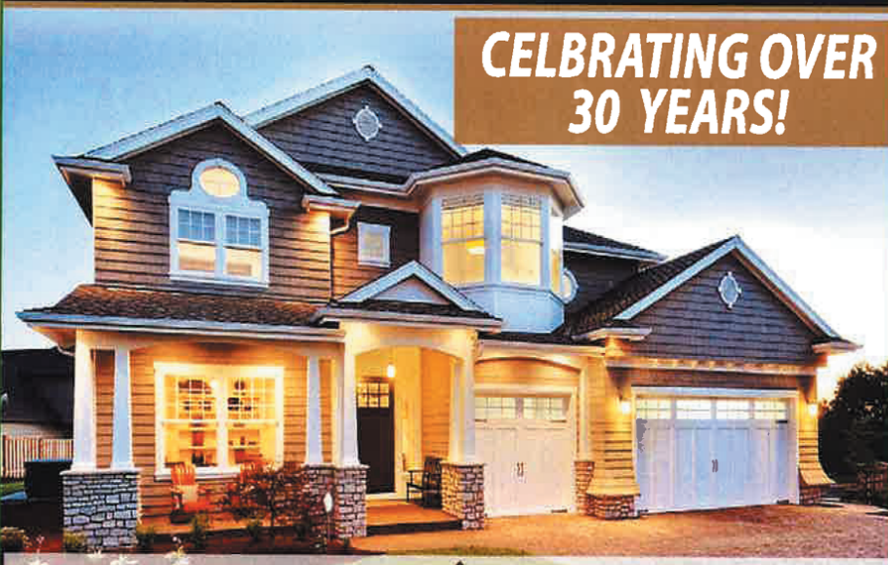


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## Potential indicators of roof trouble

With regard to home repairs, homeowners may be able to delay some projects until the weather permits or they find room in their budgets. But other areas, including the roof, may demand immediate action.

Few homeowners give the roofs of their homes much thought until a problem arises. But learning to recognize potential indicators of roof trouble can help homeowners prevent potentially drastic situations down the road.

**Light:** Homeowners with attics in their homes can inspect the ceilings inside the attic for signs of holes or leaks. Light peering through the top of the house indicates a hole or leak, as does stains or streaks on the ceiling.

**Worn shingles:** Shingles should lie flat against the roof, so any that appear to be buckling or turning up are damaged and in need of repair. A single damaged shingle does not require a full roof replacement, but inspect all the shingles nonetheless. Another indicator of shingle problems can be found when cleaning downspouts or gutters. If the gutters and downspouts contain lots of shingle granules, the roof may soon need to be replaced.

**Moss:** Moss on a rooftop may give a home character, but that added character is costly. Shady areas of a roof can be susceptible to the growth of moss and fungi because moisture can be trapped in such areas. If possible, remove moss or fungi from a roof with

a stiff brush or hire a professional to do the job instead. Moss may come back even after brushing it off, so homeowners should keep an eye on areas of their roofs that get little sunlight. In addition, trapped moisture can be very harmful to a roof, so it may be wise to exercise caution and have roofs with mold or fungi growths inspected.

**Age:** Another indicator of roof trouble may be the age of the roof. Even if



there are no visible signs of damage, homeowners whose roofs have some years under their belt may want to consider replacing them. Asphalt shingle roofs typically have life expectancies of 20 to 25 years, while roofs installed over existing layers of shingles may need to be replaced after 20 years.

Recognizing minor roof damage before it escalates into a larger problem can save homeowners substantial amounts of money.

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# Wall That Heals exhibit arrives this week

This week, Ocean Pines will play host to a historic visit by The Wall That Heals, a three-quarter scale replica of the Vietnam Veterans Memorial in Washington, D.C.

The traveling national exhibit includes the names of more than 58,000 men and women who gave their lives or remain missing because of the Vietnam War.

Volunteers will set up the wall at Veterans Memorial Park, on Route 589 and Cathell Road in Ocean Pines, on April 21. The exhibit will be open to the public, 24 hours a day, from Thursday, April 22 until Sunday, April 25 at 2 p.m.

Key dates as part of the Wall That Heals visit include:

**Arrival:** April 20 at 4 p.m. – Local people are asked to line the roadside along Route 589, south of Manklin Creek Road. A 53-foot trailer carrying the exhibit will travel to Veterans Memorial Park, led by a motorcycle escort of more than 100 volunteers and local law enforcement

**Volunteer training:** April 21 at 6 p.m. – Volunteers are asked to gather at the wall for training from Vietnam Veterans Memorial Fund personnel

**Welcome home opening ceremony:** Thursday, April 22 at 11 a.m. – The opening ceremony will include remarks from Brig. Gen. Warner Sumpter, U.S. Army (retired) and chairman of the Veterans Home Commission; Maryland State Sen. Doug Peters; Maryland State Sen. Mary Beth Carozza; and American ex-Vietnam POW Ralph Galati

**Candlelight ceremony:** Saturday, April 24 at 7 p.m. – Guests may walk along the wall, holding a candle, as volunteers read aloud the names of “hometown heroes” from Worcester County, as well as from other counties on the Eastern Shore of Maryland and Virginia, and Sussex County in Delaware

Public parking will be available at the site of the event and volunteers will staff the exhibit, 24 hours a day. Additionally, shuttle service will be available from the parking area next to Taylor Bank on Thursday, Friday and Saturday.

Limited seating will be available during events and guests are encouraged to bring chairs.

COVID-19 protocols are still in effect, including mask mandates and social distancing.

“This is a once-in-a-lifetime chance to visit this exhibit in our community, and to honor the sacrifices of our Vietnam veterans,” said Marie Gilmore, president of the Worcester County Veterans Memorial Foundation. “The Wall That Heals is a national traveling exhibit and does not normally visit Maryland. We’re very happy that an exception was made to bring the wall to Ocean Pines, and we hope that everyone in our community will come and show their support and appreciation.”

For more information on the Worcester County Veterans Memorial Foundation or the Wall That Heals, visit [www.opvets.org](http://www.opvets.org).

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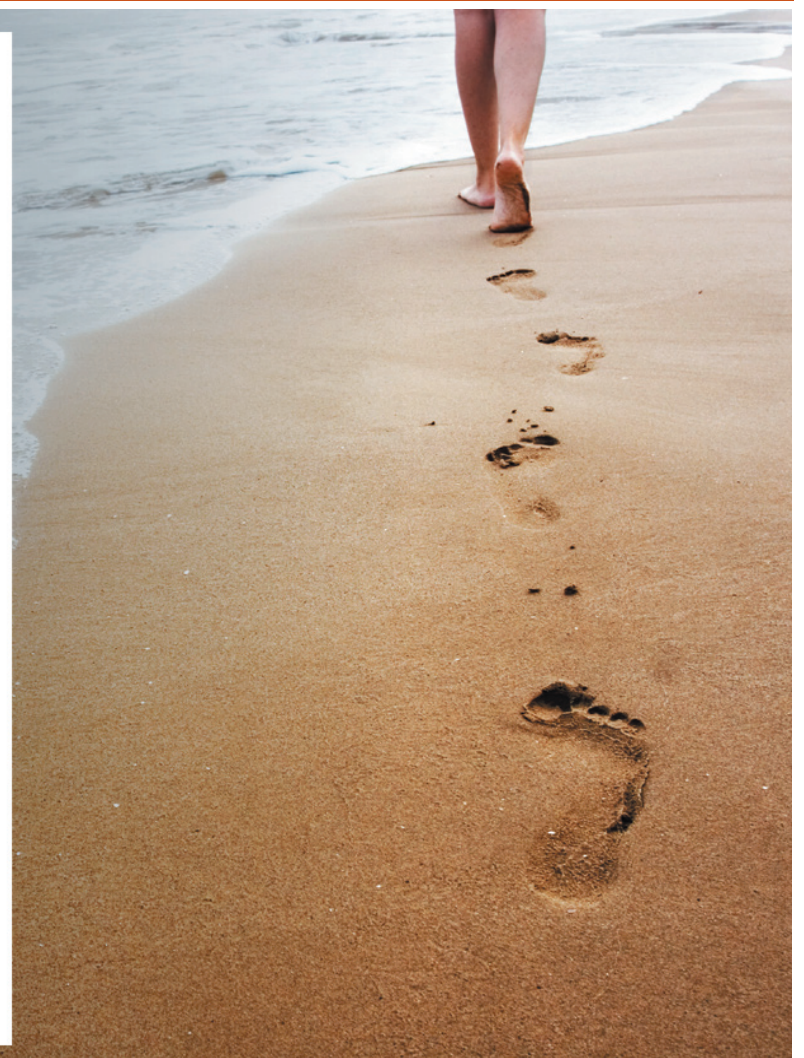


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**Partnership** - Maryland's Lower Shore Moms Demand Action for Gun Sense in America volunteers partnered with the Everytown for Gun Safety Support Fund to provide education and awareness about child gun deaths and responsible gun storage through the Be SMART program. Be SMART Moms partnered with the "Lemonade Bookstand" initiative to distribute Spring bags stuffed with art supplies, notebooks, and snacks to homeless youth in Worcester and Wicomico Counties. Pictured are **Charlie and Alexis Southward, Linda Powers, Judy Davis and Nanci Osborne** with **Susan Blaney**, Food Pantry/ Volunteer Coordinator Diakonia (second from right). Be SMART and Extreme Risk Protection Order or "Red Flag" information was shared with case managers to protect people from gun violence and unintentional shootings by children.

## Nonprofit announces golf tournament

Worcester County GOLD (Giving Other Lives Dignity) announced the return of the GOLD on the Green Charity Golf Tournament. This event is scheduled for June 16 on the Newport Bay Course at Ocean City Golf Club.

"We can't wait to get out there and see everyone," said Executive Director Nicholas Cranford. "We've got some really exciting things planned for this year, including use of the course's newly designed outdoor space for the

awards dinner." Proceeds benefit GOLD, a 501(c)(3) nonprofit that provides emergency assistance for urgent needs like housing, utilities, and basic needs for children and vulnerable adults.

GOLD is seeking teams of golfers, sponsors, and donors to make this important fundraiser a success. Call 410-474-3414 or head to [www.WorcesterGOLD.org](http://www.WorcesterGOLD.org) to access additional information or submit the registration form.

## County Government offices will reopen to the public

Effective May 3, Worcester County Government (WCG) offices and facilities will fully reopen to the public. Enhanced health and safety protocols are already in place in all county facilities to maintain a safe environment and prevent the spread of COVID-19. All visitors will receive a health screening upon entry and be required to wear masks and maintain social distancing.

Those who prefer to continue depositing essential documents in drop-off boxes in the Worcester County Government Center first floor atrium and at the Isle of Wight office building will be able to do so.

All five library branches are cur-

rently open. Masks are required. Computers are available on a first come, first serve basis. Please call the library at 410-632-2600 with any questions.

The Circuit Court for Worcester County has remained open to the public in various capacities during the pandemic and will return to full operation April 26. Learn more about Circuit Court operating hours at [mdcourts.gov](http://mdcourts.gov) or call 410-632-5500.

For information on state agencies operating in WCG facilities and/or the availability of state services being handled by county departments, contact those agencies and departments directly.

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# Free community bike ride scheduled

Ocean Pines and the Worcester County Bike and Pedestrian Coalition are teaming up to host a free community bike ride on Saturday, May 1.

The 14-mile ride will start at 4 p.m. at the Ocean Pines Racquet Center on 11443 Manklin Creek Road, and then finish at the racquet center.

Participants must be ages 12 and up, and organizers recommend that only experienced bike riders take part. Helmets are required and training wheels will not be allowed.

All participants will receive blinking bike safety lights courtesy of Worcester County Economic Development, and discounted treats from Sweet Shack on 11312 Manklin Creek Road.

Additionally, the Maryland Department of Transportation will supply brochures about the "Be Street Wise" campaign on safe walking, biking and driving practices.

For more information about the event or to register in advance, call 410-641-7052. Day-of registration

starts at 3:30 p.m., at the site of the event.

"We hope that everyone will come out and meet your neighborhood riders, hear about bike safety, and enjoy a fun bike ride in the community," Ocean Pines Recreation and Parks Director Debbie Donahue said.

The community bike ride is part of a series of local events organized by the Worcester County Bike and Pedestrian Coalition to celebrate National Bike Month in May.

The coalition formed in June 2020 to promote safe walking and biking throughout Worcester County, to expand and improve trails, walkways and recreational facilities to attract tourism, and to offer transportation alternatives for those who live and work in Worcester County.

For more information about the Worcester County Bike and Pedestrian Coalition, contact Patti Stevens at patti59.stevens@gmail.com or search for "Worcester County Bicycle Safety Coalition" on Facebook.

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## Referendum ballots mailed

The Ocean Pines Association mailed referendum ballots this week to all eligible voters. Those ballots are due back by 4 p.m. on Thursday, May 13.

The referendum asks homeowners to vote on a proposal that would limit capital expenditure spending to \$1 million without a referendum. The current spending threshold without a referendum is 20% of the income derived from annual charges, or about \$1.8 million based on collections during fiscal year 2020-2021.

Ballots may be returned by mail or to the ballot box inside the Ocean Pines Police Department lobby on 239 Ocean Parkway.

All ballots, however returned, must be sealed in the return envelope provided in the mailing. Use of a different envelope or no envelope will void the ballot.

Association members are encouraged to use the ballot box, because of current uncertainties with the U.S. Postal Service caused by the COVID-19 pandemic. The ballot box is accessible 24-hours a day.

To request a duplicate ballot or to inquire about other issues related to the referendum, email [elections@oceanpines.org](mailto:elections@oceanpines.org) or call 410-

208-3989.

Ballots will be counted on Friday, May 14 in the East Room of the Ocean Pines Community Center, starting at 10:30 a.m. The count is open to the public and will be recorded and posted to the Association website, [www.oceanpines.org](http://www.oceanpines.org).

## Non-credit courses begin soon

The schedule of classes being offered this summer by the continuing education and workforce development division at Wor-Wic Community College is now available.

Non-credit courses are offered in the areas of academic preparation, business and leadership, child care, computers and technology, health and safety, hospitality and culinary, personal enrichment, trades and manufacturing, transportation and veterinary assistant training.

In addition to in-person classes, a variety of online courses are also offered. Financial assistance is available for many courses. Visit [www.worwic.edu](http://www.worwic.edu) or call 410-334-2815 for more information.



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# How to talk to aging parents about finances

Presented by **Mark E. Engberg, CFP**

We all have a lot on our minds based on the events of the past year.



Mark Engberg

However, in the midst of all that is going on we must not forget about those closest to us: our parents. Ensuring the financial security of those that are aging is an important topic and one that should remain top of mind.

Helping ensure your parents' financial security as they age is a conversation to have *now*, before a change in their situation necessitates your involvement. These are rarely easy conversations, but talking ahead of time can build trust, protect your parents, and leave you better prepared to understand their needs and wishes.

With that in mind, here are five tips to help you to address your parents' finances.

**1. Ask about their financial security.** A lot of people don't like to

talk about money, but if you come from a position of concern, they may feel more comfortable. You might start by asking how they are handling everyday expenses, and whether they are covering essential costs. If they have a financial advisor, ask to be introduced. Don't be nose, but demonstrate your concern and your ability to help.

**2. Ask about estate planning.** Raising the subject of their estate planning may open the door for a broader conversation. Your parents might already have a will, but what about health care directives and powers of attorney? You should ask whether important documents are accessible and how you or another trusted person may access these important documents if need be. Ask if they have an attorney; their guidance may be essential as you address complex issues related to your loved ones.

**3. Discuss future living arrangements.** Some people want to live in their homes as long as they can, while others are open to a retirement community that provides some

support should their health decline. Ask your parents if they've thought about what they might do in the event they need ongoing help. Ask them to imagine their ideal living arrangement if money was not a major concern. Position it as an exploration of future possibilities, a fun exercise in thought and not a recommendation.

**4. Plan ahead for long-term care.** Not everyone will need assisted living or nursing care, but for those who do, it can be a large, unanticipated expense. If your parents already have long-term care insurance, understand what it will cover and how to help implement the coverage. While future care can be an emotional flash-point, it's also an important financial consideration because all involved need to understand how much they can afford and if you may be called on to provide additional financial assistance.

**5. Be on the alert for abuse.** Seniors lose billions of dollars to financial abuse and fraud each year. While senior investor protection

*please see finances page 20*

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# Living Local Initiative designed to educate on sustainable agriculture

Maryland Coastal Bays Program's (MCBP) Living Local initiative began in 2019 to educate the local community about the beneficial impacts of

Grant Program to continue and expand Living Local.

The goal of the expanded initiative is to provide agricultural environmental education through the implementation of educator trainings, student field trips, and community workshops on local farms. These components are designed to address the environmental and human impacts affecting agriculture, as well as the benefits best farm practices have on Maryland's Coastal Bays.



small-scale farming with sustainable practices on the Coastal Bays watershed. The initiative was well received by the community, and in 2020, MCBP's Education Coordinator, Liz Wist, applied for and received funding from the Environmental Protection Agency's Environmental Education

MCBP exists to protect and conserve the waters and surrounding watershed of Maryland's five Coastal Bays, and 71% of the land in Worcester County is declared agriculture. "The Living Local initiative is necessary because the protection and conservation of the Coastal Bays watershed must involve the recognition

of healthy and sustainable farming practices," says Chandler Joiner, MCBP's Environmental Educator. "The students we are targeting with this program have no required agriculture education embedded in their curriculum and thus we wanted that to be provided through the Living Local program."

The Living Local educator training will be made available to both formal and informal educators in Worcester County via workshops offered this spring, summer, and fall. The training includes an introduction to the Coastal Bays and new agriculture curriculum. Once educators have delivered the Living Local lessons, their students will be eligible to attend experiential farm field trips and develop action projects to solidify their sustainable agriculture knowledge.

Community farm visits are made available to the public and involve farm tours, farmer Q&A's, and hands-on experience. The first of these farm visits will be held on Thursday, April 22 at Cross Farms located on Pitts Road in Berlin. During the two-hour event, attendees will hear from farmer

Carol Cross about topics such as soil conditions, weather forecasting, companion planting, and more. They will also assist with some daily farm tasks such as planting and transplanting.

"We are thrilled to be able to provide our community with an opportunity to explore local farms and learn about the unique connection between agriculture and water resources. The beauty of an initiative like this is the real-world application for students and the focus on our local community—hence the name Living Local," says Wist. "To 'live local' is necessary for the integrity of our Coastal Bays watershed and those that work in and rely on it. We hope to create more environmentally literate citizens and equip them with tools to help them critically think, problem solve, and make responsible decisions towards a sustainable future for our local community."

For more information on 2021 Living Local community workshops or upcoming educator trainings, please email the Living Local grant lead Chandler Joiner, [cjoiner@mdcoastalbays.org](mailto:cjoiner@mdcoastalbays.org) or (410) 213-2297 ex. 107.

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**Visit** - As part of an ongoing safety initiative and to maintain strong relationships with our law enforcement friends, Worcester Preparatory School invited Berlin Police Detective Corporal (and WPS parent) Jessie Collins and Sergeant Larmore of the Worcester County Sheriff's Office to bring their explosive scenting police dogs to a meet and greet for all school levels. The dogs, Dock and Simon, enjoyed interacting with the students and will actively train on school grounds so they can become familiar with our school facilities.

Above: "Dock," Berlin Police Detective Corporal **Jessie Collins**, WPS Head of School **Dr. John McDonald**, Sergeant **Larmore** of the Sheriff's Office and "Simon."

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# Design a garden for all senses

Gardens add visual appeal to a yard, but gardens also can appeal to individuals' senses of smell, taste, touch, and sound. Gardeners who want to create gardens that appeal to various senses can do so in the following ways.

**Sight.** Aesthetic appeal is one of the most sought-after benefits of gardening. However, many homeowners put in so much effort planting for one particular season that they may not give thought to ensuring the garden looks vibrant no matter the time of year.

Gardeners can re-search planting zones to find plants that will blossom at different times of the year so they can enjoy impressive, aesthetically appealing gardens year-round. Spring bulbs can bloom early on, while annual and perennial summer favorites will thrive under the summer sun. Beautyberry and caryopteris will fill out in the autumn, while holly or mahonia can look lovely in the winter.

**Smell.** Gardeners can dot their landscapes with aromatic trees, shrubs and flowers that will make stepping out into the garden that much more special. Some of the more fragrant



plants include gardenia, dianthus, calendula, lavender, and jasmine. Shrubs such as fragrant pineapple broom, Anne Russell viburnum and Christmas box can add fragrance as well.

**Sound.** The lively sounds of the garden are created by the wildlife that come to pollinate and enjoy the environment gardeners have created. By

*please see **garden** page 20*

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# House powerwashing tips

Powerwashing, also known as pressure-washing, utilizes a high-velocity water spray to remove dirt and residue from the exterior surfaces of a home. It is frequently used on vinyl siding, concrete and sometimes wood decks to treat mildew and other growth that accumulates over time.

Powerwashing can be a great way to remove grime without having to scrub by hand. But it requires a delicate touch to get it right. Sometimes it is best to leave the job to professionals. But homeowners willing to give it a go can try powerwashing themselves, as various stores rent power washers.

The home improvement website ImproveNet says that, until very recently, pressure washers were almost exclusively commercial

machines sold to professionals or rented to do-it-yourselfers. Lately manufacturers have targeted homeowners looking to buy with lightweight options. For those who see powerwashing as a routine venture, purchasing a unit may be worth the investment.

It is important to exercise caution when operating a powerwashing machine. The high-velocity spray can tear through skin. It is key to get a feel for the washer, and try less pressure first to get a handle on the



## garden

from page 19

choosing indigenous plants, gardeners can be sure that insects and small critters will seek refuge within the foliage.

Songbirds also will add character to a yard. The Audubon Society suggests including a water source and a songbird border of shrubs along your property's edge. Provide food sources and make sure they are located a fair distance from the main action of the yard so as not to scare off birds. Wait for musical chickadees, goldfinches, orioles, and cardinals to arrive and enjoy the accommodations.

Taste. Gardeners can expand

## finances

from page 17

laws are in place in many states, everyone needs to be mindful of potential scams. Offer to help monitor or assist with their finances as appropriate – a second set of eyes is very important.

To learn more about how to educate yourself and your older family members on the latest financial schemes, visit Schwab's resources for senior investors.

Ultimately, when it comes to addressing financial security for aging parents, it is all about openness and honesty. While the burden often falls on the kids to get the conversation going, I encourage any older

magnitude of the tool.

Don safety gear prior to using a pressure washer. Gloves, eye protection and ear protection can be handy. Most units will connect to a standard garden hose. Choose old clothing and expect to get wet. Never point a powerwasher hose at anyone and do not attempt to rinse feet or hands in the spray.

The renovation resource The Family Handyman suggests starting with a wide-degree nozzle to test out the spray on the surface that needs to be cleaned. A 15- or 25-degree nozzle is usually the wand for general cleaning and paint stripping without damaging the surface of the home. Experiment with an optimal distance of the washer wand to get the desired cleaning effects without causing any damage. Work using a horizontal and slightly downward angle to avoid driving water up

under the siding of a home.

Avoid spraying any electric wires or components on the home. Also, try not to spray upward, and angle the spray away from doors, windows and vents.

Some washers have reservoirs that will hold a detergent solution. Choose the right detergent for the job. Keep in mind that cleansers containing bleach can damage surrounding plants, so they may need to be covered while the washing takes place.

Avoid the use of ladders when operating a powerwasher. The push-back from the wand can cause falls. Instead, opt for an extension wand to address the upper reaches of a home.

Powerwashing a home is an effective way to remove stubborn grime and refresh the look of a home's exterior.

their gardens to include fruit-bearing trees and rows of vegetables. Produce can be harvested from early spring through late fall depending on the crops planted.

Touch. Apart from including trees and shrubs of various textures in the garden, look for other ways to stimulate a tactile response. Water features add relaxing sound and beauty. Stones, moss, mulch, and

other accents have varied textures that can stimulate the sense of touch in various ways. Don't forget to include a sitting area so that you can immerse yourself fully in the garden.

Go beyond visual appeal when designing a garden. When gardeners tap into all five senses, they can enjoy their landscapes even more than they already do.

## diabetes

from page 8

ticipate in 16 weekly sessions followed by once-a-month support sessions for the remainder of one full year.

When you enroll in this great

adults who are reading this article to initiate these discussions with their loved ones. The more mutual understanding there is about both emotional and financial matters, the more you will help reduce stress points in life and be able to enjoy the years to come.

Mark Engberg, CFP® is an Independent Branch Leader at the Charles Schwab Independent Branch located in Rehoboth Beach, DE with over 20 years of experience helping clients achieve their financial goals.

For more information visit the Rehoboth Beach Independent Branch Website at: [www.schwab.com/rehobothbeach](http://www.schwab.com/rehobothbeach) or call (302) 260-8731.

program you will receive one-on-one support from a certified wellness coach, learn about healthy eating and active living, lose weight, earn weekly prizes, improve health, and participate in weekly chats with others to help encourage them during their healthy lifestyle journey!

"Residents in our county have the power to prevent diabetes. We are excited to continue to provide the Diabetes Prevention Program in our county in a distant learning online format. Research has proven that healthy eating, physical activity, and a 5-7% weight loss can prevent type 2 diabetes in those with prediabetes or those who are 'at risk' for the disease," said Mimi Dean, Director of Prevention Services at the Worcester County Health Department.

Please call 410-632-1100 ext.1108 or email [crystal.bell1@maryland.gov](mailto:crystal.bell1@maryland.gov) to discuss program enrollment, eligibility, and to request a registration packet. Space is limited; pre-registration is encouraged.

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# County Public Works Director to retire

During their April 6 meeting, the Worcester County Commissioners paid tribute to Public Works Director John Tustin, PE who will retire later this month following a 36-year career with Worcester County Government.



“Many have contributed to the success of Worcester County, but none more than John,” Chief Administrative Officer Harold Higgins said. “His hard work, integrity, and honesty are second to none. But these are not John’s most endearing qualities. During the 1996 Thanksgiving holiday, my first in the County, John invited me and my family to break bread with his family. His goodwill and kindness to a stranger will never be forgotten by me.”

Tustin began his career as the county engineer on September 16, 1985, was appointed as the department head for the Water Wastewater Department in 1994, and was promoted to director of the newly-formed Department of Public Works in February 1997, where he oversaw the roads, water and wastewater, solid waste, maintenance, and fleet management divisions. He has dedicated his career to expanding and improving public services, and he championed modernization of the progressive maintenance programs for county-owned buildings and grounds.

“The past 36 years have certainly been a highlight in my life, and I have no regrets,” Tustin said. “If I would do it all over again, I would not change a thing. The employees that work for the County are amazing and many solid friendships have developed over the years.”

Throughout his career, Tustin spearheaded numerous infrastructure

projects that have played an important role in shaping Worcester County. In 1986, Tustin played a key role in acquiring, designing, and developing a 724-acre property for the Central Landfill in Newark. Since that time, he has overseen the development of five landfill cells at this site. He initiated the recycling program in 1992, and he oversaw the design and construction of Samuel Bowen Boulevard, the cap and closure of three old landfill sites in Pocomoke, Snow Hill, and Berlin, and headed pump station upgrades in Ocean Pines as well as multiple wastewater treatment plant expansions.

He also coordinated upgrades and improvements to all of the Worcester County boat ramps.

Mr. Tustin was involved in the design and construction of the 1988 County Jail expansion, the construction of Healthway Drive, the Worcester County Health Department office in Berlin, and the Ocean Pines library.

## Register now for credit classes at Wor-Wic

Wor-Wic Community College is currently accepting registrations for credit classes that are being offered this summer and fall. Early registration is encouraged for the best selection of classes. The first summer session begins May 17, the second summer session begins June 2 and fall classes begin September 8.

Admission, registration and financial aid services are available Monday through Thursday from 8 a.m. to 6 p.m., and Fridays from 8 a.m. to 4:30 p.m.

Wor-Wic offers six different credit class formats, including on-campus, online, virtual and three different types of hybrid models.

Visit [www.worwic.edu](http://www.worwic.edu) for more information. New students who need help should call 410-334-2895 or email [admissions@worwic.edu](mailto:admissions@worwic.edu) and include their name and a phone number where they can be reached.

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## Spring Cleaning for a Cause!

*Donate your old toys, housewares and clothes to the Coastal Hospice Thrift Shop!*



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I went to visit a psychic.  
I knocked on her front door and she yelled...  
"Who is it?"  
So I left.

If I ask you how you're doing, please just say, "good" and move on. Don't start telling me.

*Some things to think about*

Gathered from the internet by Jack Barnes



My age doesn't bother me....it's the side effects.

**WOMAN'S ASS SIZE STUDY**

There is a new study about women and how they feel about their asses, the results were very interesting.

**10%** Of women think their ass is too skinny.

**30%** Of women think their ass is too fat.

**60%** Say they don't care, they love him, he is a good man and they wouldn't trade him for the world.

I found \$20 in a parking lot and thought to myself, What Would Jesus Do?

So, I turned it into wine.

A QUIET MAN IS A THINKING MAN.  
A QUIET WOMAN IS USUALLY MAD.





# How Earth Day and environmental consciousness have evolved

Reduce, reuse, recycle is a mantra for many people. It's difficult to imagine that just a little over 50 years ago awareness of the state of the environment was not part of the collective consciousness.

An emerging public consciousness about the planet began amid environmental issues like increased air pollution and massive consumption of fossil fuels in the 1960s. The bestselling book "Silent Spring" by Rachel Carson also raised public concern for living organisms and the links between pollution and public health. The push for environmental reform gained even more momentum on April 22, 1970, when the first Earth Day was celebrated. Then-Senator Gaylord Nelson from Wisconsin put Earth Day on the national stage following a large oil spill that struck off the coast of Santa Barbara, CA. Before this disaster, recycling was not a word in the popular lexicon. But when the disaster struck, people began to reason that changes would have to be made to save the planet.

Since the first Earth Day 51 years ago, many strides have been made in

the environmental movement. This grassroots initiative gave rise to the establishment of the Environmental Protection Agency, the Clean Air Act and the Clean Water Act. Environmental awareness has become much more mainstream and is a less polarizing issue than it was in the 1970s, although there are still debates about the reality of climate change and other risk factors. Public demand for environmental safeguards grew in the second half of the twentieth century, and those demands have grown stronger in recent years. Legislation is continually evolving to protect the air, land and water. Sustainability has joined the buzzwords of the movement, and most industries now have a vested interest in changes that can minimize risk to human health and the environment.

Mitigating or avoiding environmental effects, proper waste disposal, reduction in water discharge, and emphasis on reducing, reusing and recycling

have become important components of environmental wellness. And people are being educated at earlier stages on the importance of environmental mindfulness. For example, core subjects of the environmental movement are increasingly covered in elementary schools.

Twenty million people turned out for the first Earth Day in the United States. Today, more than 190 countries are engaged and more than one billion individuals are mobilized for action every Earth Day, advises the Earth Day Network. Earth Day is April 22.



## Tides for Ocean City Inlet

Day	High /Low	Tide Time
Th 22	High	4:30 AM
22	Low	10:39 AM
22	High	4:57 PM
22	Low	10:50 PM
F 23	High	5:26 AM
23	Low	11:31 AM
23	High	5:50 PM
23	Low	11:50 PM
Sa 24	High	6:17 AM
24	Low	12:20 PM
24	High	6:41 PM
Su 25	Low	12:46 AM
25	High	7:08 AM
25	Low	1:07 PM
25	High	7:31 PM
M 26	Low	1:40 AM
26	High	7:57 AM
26	Low	1:53 PM
26	High	8:21 PM
Tu 27	Low	2:33 AM
27	High	8:47 AM
27	Low	2:40 PM
27	High	9:12 PM
W 28	Low	3:25 AM
28	High	9:38 AM
28	Low	3:27 PM
28	High	10:03 PM

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