

The Courier

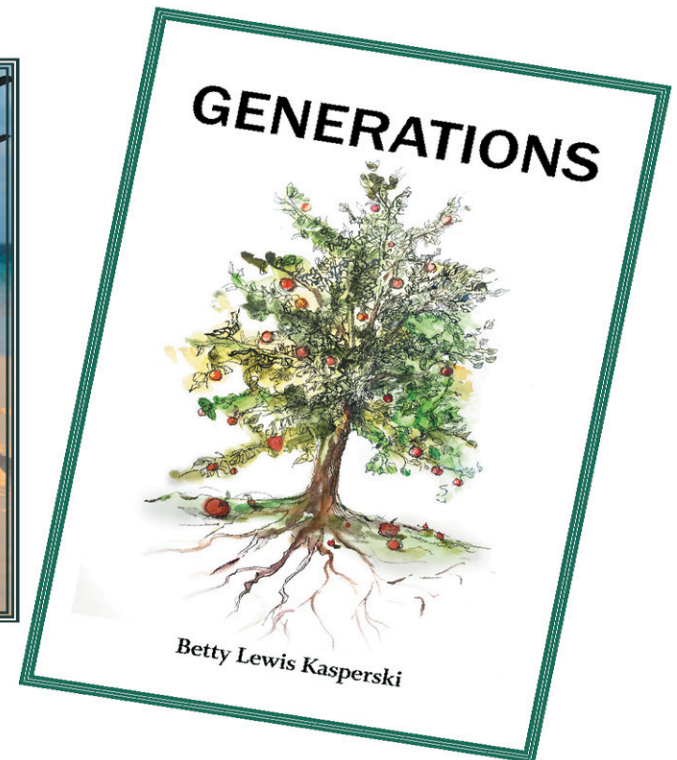
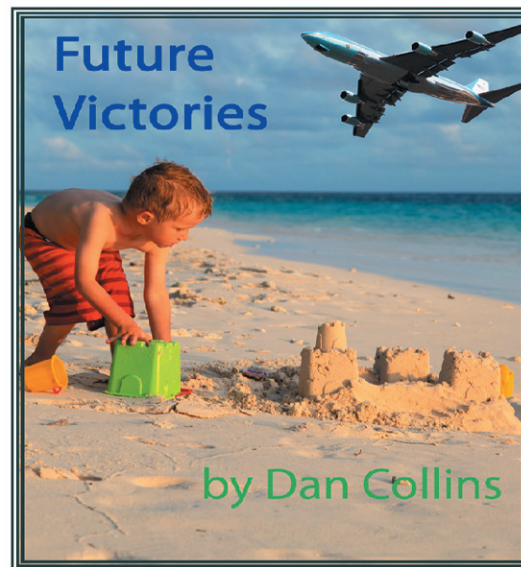
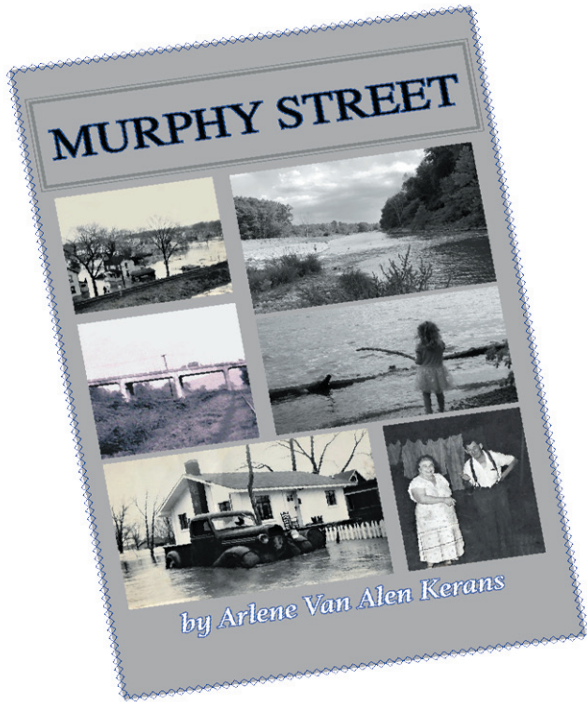
April 28, 2021 Volume 21 Number 31

Healing

The Wall That Heals came to Ocean Pines last week attracting Vietnam Veterans and visitors from around the region. It was an opportunity to remember, reflect and heal. See more starting on page 8.

Photo by Joe Reynolds.

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GM update includes drainage, software, financials

General Manager John Viola last Wednesday covered Northstar, drainage, hybrid meetings and the financial picture during his monthly report to the Ocean Pines Board of Directors.

Viola said the administration building's board room will soon be upgraded with a new audio/visual system to allow for hybrid meetings.

Public Relations and Marketing Director Josh Davis led the project and received three bids. He recommended the low bidder, Mid South Audio, which Viola approved at a cost of \$10,922.

The company has previously worked with Ocean Pines to upgrade audio systems in the Ocean Pines Community Center, Yacht Club and Golf Clubhouse.

"Two years ago, the board room was basically a closet," Viola said, adding that audio systems in the community center and elsewhere were previously very poor. "We have upgraded it ... [and] you've seen vast improvements."

Viola said the obvious next step

was to look into hybrid meetings, which could include both in-person and virtual participants.

"I don't want to say [it's] the future, it's actually the present," he said. "Basically, with the push of a button, the users will be able to join a true hybrid meeting."

Viola said Davis would also train Ocean Pines Recreation and Parks staffer Kyle Jarmon as a backup to help run the Association's audio/visual systems. Jarmon has a background in audio production.

On the proposal to spray treated effluent to irrigate the Ocean Pines Golf Club, Viola said the next step would be a town hall meeting. He said Worcester County Water and Waste Water initiated the project and that Ocean Pines has received preliminary concept plans for the proposal.

Viola said he and representatives from the Ocean Pines Golf Club, including Golf General Manager John Malinowski and Golf Superintendent Justin Hartshorne, recently met with Worcester County Deputy Public Works Director John Ross and a de-

signer for the project.

"They gave us an estimate on what it would cost and what it would look like. Obviously, now this has to be vetted," Viola said. "I did have a town [hall] meeting on this in the very beginning, obviously before COVID. I do want to set up another one ... working with John Ross and his team, and the golf team, to educate and answer questions."

On the maintenance side, Viola said work on the Beach Club, including exterior painting and replacing of bad deck boards, is tracking favorably to budget estimates.

He said bulkhead work is on schedule, or perhaps running a week behind. The current phase of construction started on Sept. 8, 2020.

Viola said bulkhead wall construction would wrap by April 30, with backfilling and final grading of topsoil set to finish the first week of May, and the whole project estimated to end by May 7. Those dates could change, based on weather conditions and the availability of materials.

The Bainbridge Pond drainage

project is still on schedule, Viola said, with an estimated completion date of June 30. The total project cost is \$800,000, with \$482,337 coming from a Department of Natural Resources grant.

Viola said the Association is "moving in the right direction" with Northstar, the company that runs Ocean Pines' website and financial systems.

"I'm feeling good, for one of the first times," Viola said. "Overall, [we're] moving in the right direction."

He credited a new Northstar account manager with helping to improve conditions, and said the company has upgraded or stabilized systems related to financial reporting, budget visibility and bank reconciliation.

"They did assign a new account manager [and] apparently that seems to be working," Viola said. "There are efficiencies gained in the departments ... [which means] less re-work on our end."

Viola added the Ocean Pines website is a "poster child," with the home-

please see report on page 4

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Donahue updates OPA board

Ocean Pines Recreation and Parks Director Debbie Donahue supplied a series of updates during a public Board meeting on Wednesday night.

Included were several departments that Donahue manages, including Recreation and Parks, Marinas and Racquet Sports.

Donahue said Robin Hood Park recently received a new playground, and basketball courts were resurfaced and repainted. Fencing repairs should finish next week.

Manklin Meadows Park courts will also be resurfaced, and Donahue said all parks would get “a fresh upgrade of mulch and equipment repairs.”

The White Horse Park parking lot

will be repaved on April 27 and the entrance sign will be replaced by June 1.

Inside the community center, the gym lights will be replaced with new LED lights by June 1.

“That is going to make for much better lighting [that is] more efficient,” Donahue said.

Donahue said Camp Ocean Pines, the annual youth camp run by the Recreation and Parks Department, is now full. The camp is running at half capacity, per State of Maryland COVID-19 guidelines.

“We are hoping for regulations and new information for the summer, so that we can get back to the regular full capacity,” she said.

At the Yacht Club Marina, Donahue said many damaged deck boards have been replaced.

“Some of them had gotten in pretty bad shape,” she said. “[And] the whole marina has been painted.”

Donahue said the marina and the fuel docks would open May 1. All of the slips have been rented for the season and a waiting list is in place.

On Racquet Sports, Donahue said Har-Tru (clay) court resurfacing has finished. Contractor Terra Firma should start crack repairs of the pickleball courts next week.

She said Vista Design is working on plans for new pickleball courts and junior tennis courts.

“The placement was in question, so they’ve been out this week doing their design work, and they’ll be giving us plans for that soon,” she said.

Donahue has also taken over supervision of Ocean Pines’ beautification efforts. She said Public Works crews planted cherry blossom trees along Cathell Road and will plant more around the South Gate Pond. Tony Howard has led that effort and

his team is working on landscaping for all of Ocean Pines.

“There’s been a lot of mulch put out in the median of the parkway ... and there will be more beautification that comes around, and different things that we’re going to work on doing for the rest of this season,” she said.

AGH to hold job fair

Atlantic General Hospital has announced that it will hold a virtual job fair on Tuesday, May 11 to help fill open positions in the hospital as well as its health system of physician offices.

Positions available include registration specialists, insurance verifier, and medical receptionists. Interviews are by appointment only. To reserve your interview time, please email jobs@atlanticgeneral.org.

For more information, contact Atlantic General Hospital Human Resources at 410-641-9612 or visit www.agh.care/careers.

report

from page 3

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“There was pain. There was a lot of challenges,” Viola said. “But we’re seeing improvement.”

He said the Association is working with Northstar on a final “punch list” for food and beverage systems, and that the company had previously run into “capacity issues.”

“The way it was defined and the way that they’ve done this system was basically for fine dining for a country club, which had limited capacity,” Viola said. “It’s going to take time ... [but] the needle’s starting to move.”

On the financial side, Viola said the Association closed March almost \$200,000 ahead of budget estimates. For the year, Ocean Pines is now ahead by just over \$1.3 million.

Viola said the Association is still waiting to hear whether the \$1.143 million grant from the federal Paycheck Protection Program would be forgiven, or whether it would be treated as a loan.

Ocean Pines’ fiscal year closes on April 30.

Courier Almanac

On April 28, 1916, Ferruccio Lamborghini, the founder of the company that bears his name and is known for stylish, high-performance cars, was born in Italy.

After World War II, Lamborghini founded a business making tractors from reconfigured surplus military machines, near Bologna, Italy. He later expanded into other ventures, including manufacturing air-conditioning and heating systems, and grew rich. Lamborghini’s success enabled him to purchase a variety of luxury sports cars, including a Ferrari, considered one of the top cars of the time. After experiencing mechanical difficulties with his Ferrari, Lamborghini decided to start his own rival sports car company, even hiring a former top Ferrari engineer. Automobili Lamborghini was officially established in 1963 in Sant’Agata Bolognese, Italy, and the same year debuted its first car, the Lamborghini 350 GTV, a two-seater coupe with a V12 engine.

Ferruccio Lamborghini died on February 20, 1993, at the age of 76.



When nurses go to work each day, many report to hospitals while others work at private practices. For others, a day at the office takes place at research labs. According to the online nursing resource Nurse.org, research nurses develop and implement studies to investigate and provide information on new medications, vaccinations and medical procedures. Research nurses, sometimes referred to as clinical nurse researchers or nurse researchers, typically have advanced degrees, and many first work as research assistants, clinical

data collectors and/or clinical research monitors to gain some practical experience as they pursue or consider pursuing their degrees. Some research nurses even conduct independent research, though Nurse.org notes that such professionals need advanced degrees such as an MSN or Ph.D. to pursue such a path. More information about becoming a research nurse can be found at www.Nurse.org.

**The
Courier**

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Encapsulated in an Emoji

This week I ramble, trying to coalesce the realities of technology in our lives

The sound of silence is soothing, yet jarring, especially when we're accustomed to the distractions, or maybe



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

more aptly stated, the marvels of modern-day life. Smart phones, television, social media, texting and so much else attracts, nay, demands, our attention seemingly 24/7. We don't realize how pervasive its hold is on us. Younger people haven't lived in a world where personal technology hasn't been.

Social media is an alien language to me. Tweeting? Snapchatting? I've done neither. Yet, I admit to having my phone at the ready to research something that has caught my attention. For instance, the other evening I was watching a John Wayne movie, "Big Jake" and I wanted to know more about the movie and the actors. Reflexively, I started tapping into my phone and within milliseconds had an array of information at my fingertips. Back in the Old Days (you know the Dark Ages of the 1980s or 90s), putting my hands on such information would have meant a trip to the library, which in truth I would not have undertaken. Truth of the matter is, without my electronic companion, my interest in knowing more about "Big Jake," would have faded before the closing credits rolled and I would have never known that this feature movie was the last directed by George Sherman. My life is more complete knowing this information.

Text messaging provides a tremendous advantage in quick communication. In fact, as I was drafting this column, I was involved in a text message discussion among a group of friends (eight people) regarding a movie night being planned at someone's home. Texting facilitates quick communication and circumvents the going back and forth and back again circus associated with actually using a telephone.

While having lunch recently with my mother-in-law, we started talking about the times in which children today are growing up. The thrust of the discussion had to do with the many distractions that

exist in daily life and the belief that kids are more susceptible if not eager to spend time on electronic devices that going outside to play.

Television, smart phones, tablets, Xboxes, Instagram, Snapchat and an array of other platforms and apps are so ubiquitous that they influence our daily lives and we don't give it a second thought. For some, lives are ruled by this technology. Being the first to respond im-

mediately (if not sooner) to a text message or Facebook post or an online chatroom has supplanted critical and reasoned thinking. People, children in particular, seemingly spend less time processing information than responding to it. We're an information inundation society where Emojis fuel validation and "Likes" underpin self-esteem. Headlines pass for substantive reporting; commentary passes for intellectual elevation.

This concern is not new. How often have we heard the elders of previous generations lament the state of present day? At the time man emerged from caves, there was likely an older caveman/woman complaining that kids "today" were too preoccupied with making fire.

Yet, I can't help think that interest in learning and understanding basic social skills, the enriched soil in which our personal development thrives, is wilting. The art of conversation or letter writing (with pen and paper, not thumbs on a screen) is becoming a quant memory of a time long ago, something read about only in history books. Oh, wait, books?

General, sweeping assessments can be foolish I know but personal observations have raised concerns.

Sitting at a restaurant not long ago, I looked at the diners seated around us. A majority of the people, regardless of age, had their heads down looking at their cell phones. At one table, a family of three younger children and the parents, all were concentrating on their phones. I guess it's conceivable that what was on their phones was more interesting than sitting around the table talking with one another about their days.

As I write these final words, the music of singing birds can be heard outside my window. How nice to hear. It's a lot more soothing than ... Oh, gotta go, my phone just alerted me to an incoming message.

3rd Anniversary Celebration

For every purchase made between April 20 and April 30, you can **enter to win** 1 of 3 \$20 Gift Certificates!

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Helpful utility contacts for Pines homeowners, residents

Ocean Pines has prepared a new list of contacts for local utilities.

The list is meant to help homeowners and residents reach people in local offices, when issues arise.

"In February, we announced initial steps to help improve our customer service, and this is an extension of that," General Manager John Viola said. "The Ocean Pines team is committed to addressing concerns in a timely and efficient manner, and we continue to take steps to make that happen."

To reach local utilities:

Choptank Electric Cooperative Inc.

For general issues, visit <https://choptankelectric.coop>

For general issues by phone, use the call center, staffed by local people and available Monday-Friday from 8 a.m. to 4:30 p.m. 1-877-892-0001

For the Storm Center, to get instructions on setting up text alerts and outage reporting, visit <https://choptankelectric.coop/storm-center>

To report an outage, call 1-800-410-4790

Comcast/Xfinity

For sales or service questions or complaints, call 1-800-xfinity

For general issues, email NEBLT_OceanPines@comcast.com

Mediacom

For general issues, call 855-633-

4226 (This is the Dagsboro, Delaware office)

Republic Services

For new service, stop service or billing, call 410-749-1551

For missed pickup, service issue or service questions, contact Regina Dupont at rdupont@republicservices.com or 443-210-3506, or Operations Supervisor Rufus O. Braboy at rbraboy@republicservices.com or 443-210-3515

For larger issues, contact Division Manager Kelley Johannsen at KJohannsen@RepublicServices.com or 443-210-3501

For contract questions, contact Municipal Sales Manager Dominic

Fulginiti at dfulginiti@republicservices.com or 610-205-5401

The full list can also be found on the Ocean Pines website: <https://www.oceanpines.org/web/pages/living-here>.

For other general questions, complaints or concerns, homeowners and residents may continue to email info@oceanpines.org, or contact 410-641-7717 during business hours, or 410-641-7747 after business hours and on weekends.

Golf scholarship deadline approaches

Local golfers seeking college scholarships have until April 30 to submit an application through the Ocean Pines Golf Members' Council.

The Scholarship Committee of the Golf Members' Council will begin meeting in early May to review applications for several scholarships. The committee will announce scholarship awards later in May.

"Those who have an application should return it to their school's college guidance office by the April 30 deadline," Scholarship Committee Chairman Bob Long said.

Students seeking an application may get one by contacting Long at rmlong@aol.com.

"These scholarships are intended for local students who have shown an interest in golf – active participation in competitive golf is not a requirement," Long said. "Golf team members and recreational golfers, along with those interested in golf management and turf science, are encouraged to apply."

The Ocean Pines Golf Members' Council has awarded more than \$22,000 to 21 local seniors during the last four years.



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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

The Wall That Heals

It is an enduring testimonial to the patriotism, honor, and selflessness of 58,276 American heroes who gave their lives for their country and their comrades in arms during the Vietnam War.

It is a monument to the greatness within individuals.

It is beautiful work of art. It is depressing. It is celebratory. It is black.

It is engraved in white letters with those 58,276 names. One was fifteen years old. Eight were women. Forty sets of brothers. Three sets of Father and Son. Average age is under twenty-three. Over 1,500 are unaccounted for.

It is The Wall That Heals, a three-quarter scaled replica of the Vietnam Veterans Memorial Wall in Washington, D.C. Three hundred and seventy-five feet long. It stands now in our community. In Ocean Pines.

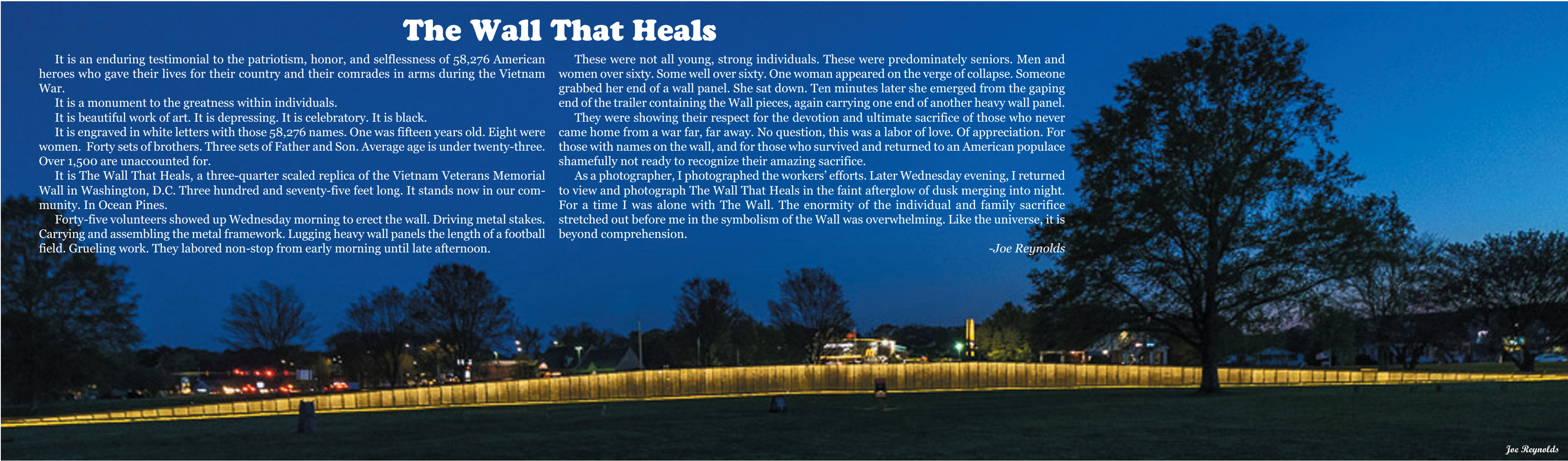
Forty-five volunteers showed up Wednesday morning to erect the wall. Driving metal stakes. Carrying and assembling the metal framework. Lugging heavy wall panels the length of a football field. Grueling work. They labored non-stop from early morning until late afternoon.

These were not all young, strong individuals. These were predominately seniors. Men and women over sixty. Some well over sixty. One woman appeared on the verge of collapse. Someone grabbed her end of a wall panel. She sat down. Ten minutes later she emerged from the gaping end of the trailer containing the Wall pieces, again carrying one end of another heavy wall panel.

They were showing their respect for the devotion and ultimate sacrifice of those who never came home from a war far, far away. No question, this was a labor of love. Of appreciation. For those with names on the wall, and for those who survived and returned to an American populace shamefully not ready to recognize their amazing sacrifice.

As a photographer, I photographed the workers' efforts. Later Wednesday evening, I returned to view and photograph The Wall That Heals in the faint afterglow of dusk merging into night. For a time I was alone with The Wall. The enormity of the individual and family sacrifice stretched out before me in the symbolism of the Wall was overwhelming. Like the universe, it is beyond comprehension.

-Joe Reynolds



Joe Reynolds



Joe Reynolds



Josh Davis



Joe Reynolds



Joe Reynolds



Josh Davis



Joe Reynolds



Joe Reynolds

The Wall That Heals
Ocean Pines April 22-25, 2021

Book Review...

Future Victories

By **Jean Marx**

The book, *Future Victories*, is the fulfillment of a 30-year writing endeavor by the author, Dan Collins, a fellow writer here at The Courier. This is his first novel, and though he thought up the idea many years ago, it turns out that this high-stakes espionage drama is prescient in that it continues to be plausible today.

The premise of the story is that the Cold War with Russia has never fully ended. The book starts out in 1995 when a Boeing 767 crashes in stormy weather upon its approach to an airport near Rome. As part of the routine process that takes place whenever an American-made commercial airliner goes down around the world, the U.S. sends a team of investigators from the National Transportation Safety Board and the airplane manufacturer to assist.

A talented young engineer named Sandy Jung is a member of the Boeing Aircraft Forensic Team that is sent to Rome. He is also a CIA asset. As Jung rummages through the debris at the crash site, a smashed briefcase draws his attention—namely, documents written in Russian. Recognizing that his part-time employer, the CIA, would be interested, he slips them into his pocket and once back in his hotel room, snaps pictures of them and mails the undeveloped rolls of film to Washington, DC.

As the contents of the documents reach the CIA office, they are assigned to a Russian translator. Within the next fifteen minutes, the translator is shaken to her core and presents her findings to Wayne Roadhouse, the department head. While outwardly displaying calm, Roadhouse likewise feels the gravity of the situation and alerts the CIA's Deputy Director of Intelligence that they have a real problem on their hands. What the documents reveal is that an ultra-secret Soviet group named "Trojan Horse" had been formed in the Kremlin in the 1950s with the purpose of bringing the U.S.

to its knees militarily and economically without precipitating an all-out global nuclear war.

The documents were explicit in their detail, describing that parts of nuclear bombs were smuggled into the U.S. over the ensuing decades. By 1995, the bombs had been assembled and were in place in targeted U.S. cities poised to render immense destruction and loss of life. The nuclear strike was meant to be preemptive, to occur without warning, and to wreak total devastation on the U.S. The most chilling aspect the documents revealed was that the nuclear holocaust was imminent. If any conspirator felt that the plot had been compromised in any way, that team member could

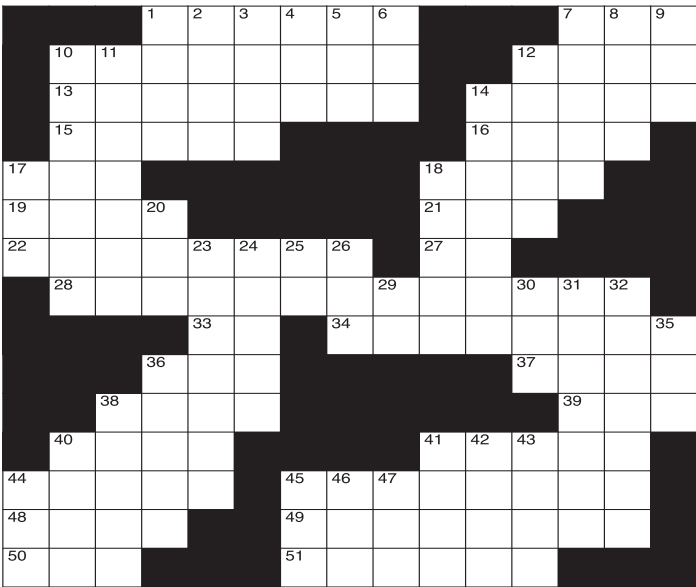
initiate the immediate detonation of the bombs. Additionally, instead of admitting to the responsibility for the plot, Russia planned to deflect attention away from itself and place the blame on terrorist groups in the Middle East.

The top brass at the CIA know they need to move as quickly and stealthily as possible. One of the first tasks the Deputy Director of Intelligence calls for is the formation of an ad hoc, black ops team under the code name "Project Airmail" to be headed up by Butch Yardley, Associate Director of Unfunded Covert Operations. Yardley calls in the collective brainpower of a think tank called Triangle Associates. He intentionally withholds all of the information of the real threat and asks them to quickly deliver possible solutions to a "what-if" scenario so the U.S. could "theoretically" neutralize the threat. Unfortunately, the consultants at Triangle Associates astutely conclude that the scenario is not theoretical, but real, driving them to unstable behavior and jeopardizing the need for absolute secrecy.

It is a race against the clock, and with the pressure mounting on Project Airmail, Yardley is forced to take decisive action. What happens next will



please see **review** on page 15



CLUES ACROSS

1. Switches

7. Legal financial term (abbr.)

10. Sweeties

12. Competition

13. Measures electrical resistance

14. Psychotherapy researcher

15. Causes injury to

16. Open

17. Polish peninsula

18. Hebrew calendar month

19. Whale ship captain

21. Children's accessory

22. Unknown point

27. Exists

28. Extremely confident
33. Expression of disgust

34. The government has many

36. Small constellation

37. Northern Indian city

38. The best pitchers

39. Naturally occurring solid

40. Apple computers

41. Portuguese city

44. Ancient Greek war dance

45. More reliable

48. Sailboat

49. Newspapers

50. Frequently flooded area

51. They dig for coal

CLUES DOWN

1. Partial

2. "Mad Men" leading man

3. The ___ of March

4. Healthy

5. Where golfers begin

6. Soviet Socialist Republic (abbr.)

7. Of the cheek

8. Injury reminder

9. Statesman Franklin

10. For an unknown reason

11. Brain parts

12. Islamic calendar month

14. Avenue where ad men work

17. Possesses

18. Accept

20. Stake

23. Former British PM May
24. US battleships circa 1939

25. Greek alphabet letter

26. When you hope to get there

29. Top lawyer

30. Fiddler crabs

31. Intolerant

32. Persons that cause extreme fear

35. Car mechanics group

36. Capital of Ghana

38. Famed ballplayer Hank

40. Emphasizes insignificance

41. Light-colored

42. Distinctive smell

43. Muckraking journalist Jacob

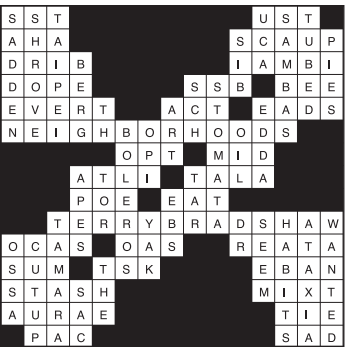
44. Sunscreen rating

45. Short-term memory

46. Japanese delicacy

47. One point north of due east

Answers for April 21



Rotary Club of Ocean City/Berlin
Worcester County Veterans Memorial Foundation
Flags for Heroes 2021

Sponsor a Flag for
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*Each flag will be identified by a
medallion with your name and the
name of your hero.*



Flags for Heroes is a tribute to the people who have supported and inspired us. Each flag honors a person who has made a difference in someone's life. Honor your personal heroes - a military member, first responder, teacher, community leader - anyone who has been a hero in your life.

Flags will fly Armed Forces Day, May 15 to Flag Day, July 4

To help ensure accuracy, please list only **ONE HERO** per form.

Name of Hero _____

Sponsor _____

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EOE

BOE announces administrative changes

At last week's Worcester County Board of Education meeting, several administrative transfers were announced as well as new administrative appointments. The new assignments are effective July 1, 2021.

The two appointments announced today filled vacancies from 2019-2020 retirees that are currently occupied by interim personnel.

First, Dr. Michael Browne, principal of Pocomoke Elementary School, has also been appointed to as the school system's Coordinator of Equity & Multicultural Education. Next, joining Worcester County Public Schools (WCPS) is newly appointed Grant Writer Carla Makinen. A graduate of WCPS, Makinen is a certified Grants Management Specialist with more than a decade of experience from Wor-Wic Community College, where she currently serves as the college's Director of Grants.

Several administrative transfers were also announced at today's meeting.

Succeeding Dr. Browne as principal of Pocomoke Elementary School is

Joshua Hamborsky. Hamborsky brings four years of experience as Assistant Principal at Snow Hill High School as well as three years of experience at the elementary level.

Pocomoke Middle School principal Matthew Record will move to lead Snow Hill Elementary School as current principal Karen Marx transitions to an Assistant Principal role at Showell Elementary School.

Pocomoke Middle's Melissa Freistat was appointed to succeed Mr. Record as principal; she has served as assistant principal at the school for three years.

In addition, several changes at the assistant principal level were announced:

Berlin Intermediate School Assistant Principal Jennifer Garton will transfer to Stephen Decatur High School, filling the vacancy left by Katherine Cater's previously announced retirement.

Worcester Technical High School Assistant Principal Brian Phillips will transfer to Snow Hill High School.

Showell Elementary School Assis-

tant Principal Dr. Wynnette Hansen will transfer to Worcester Technical High School.

Stephen Decatur High School teacher Joseph Stigler was appointed to become Assistant Principal at Pocomoke Middle School.

Mathematics Instructional Coach Kristy Clark was appointed to become Assistant Principal at Berlin Intermediate School.

"These changes are another step in the right direction for our school system," said Superintendent of Schools Lou Taylor. "We have a deep pool of incredibly talented educational leaders here in Worcester County. I am confident that each of these appointments and transfers will lead to greater educational opportunities for our students. I congratulate them all, and I thank them for continuing to bring their best to these new roles."

Public Works yard to open

The Ocean Pines Public Works yard will be open to Ocean Pines residents May 1 to 28 from 8 a.m. to 3 p.m., Monday through Friday, and 8 a.m. to 4 p.m. on Saturdays.

Yard debris may be dropped off during this time. Only loose yard debris, such as leaves and limbs, is accepted. Yard debris may also be placed in paper bags. Plastic bags are not allowed.

Other debris should be taken to the Worcester County landfill. For more information, visit www.co.worcester.md.us/departments/publicworks/waste/facilities.

Republic Services customers may place up to four additional bags of leaves or yard debris curbside for each scheduled pickup. Republic will also pick up branches if they are tied in bundles no longer than 4 feet and weighing no more than 50 pounds.

Trash collection days for residents south of Route 90 are Tuesday and Friday. For residents north of Route 90, the collection days are Monday and Thursday.

Ocean Pines is not currently offering bulk pickup, because the practice was determined to be cost prohibitive.

For more information, contact Public Works at 410-641-7425.

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Lawn and garden safety tips

By **Jennifer Hamilton**

The sun is shining, and the temperatures are starting to rise, which entices us to get outside and work in our yards. With the pandemic still looming over us, this also gives us an opportunity to take our masks off and get some fresh air. Remember however, as you start your yardwork, there are precautions you can take to make sure you do not suffer from overuse injuries that we commonly see in our Physical Therapy clinic, such as muscle strains.

First and foremost, remember to use sunscreen anytime you are outside, particularly for extended periods of time, to protect yourself from UV radiation from the sun. Your skin can burn within minutes of sun exposure, therefore a broad-spectrum SPF 30+ should be applied 20 minutes before you head outdoors. You can also protect your skin by wearing long-sleeved shirts, long pants, and a wide-brimmed hat. Your eyes are also

extremely sensitive to the sun, so it is recommended to wear sunglasses, particularly those that wrap around the side of the head.

When preparing to mow your lawn, remember to wear enclosed shoes, long pants, and safety goggles. The most common injuries from a lawnmower include open wounds and bone fractures of the hands and feet. Debris such as rocks and sticks can easily be kicked up from the mower blades and cause damage to exposed skin and eyes. If you use a riding lawn mower, be careful when riding on uneven ground such as ditch banks, as the mower can easily tip over. If you plan to cut your grass first thing in the morning, the likelihood the grass is a little damp in higher, which can clog the blades. Please be sure that the mower is turned off and the blades have stopped spinning before attempting to remove grass from the blades. Even better, use a push stick or other object to remove the grass instead of your hands. Using your hands can lead to at the minimum, cuts on your hands, but may also lead to amputations of your fingers. Since the parts of the mower can be-

come hot with use, also make sure the machine has cooled down before touching it to avoid burning your hands.

Now that your lawn is taken care of, let's talk about your garden. Some of the most common injuries we hear our patients complain about are lower back strain or development of tendinitis in their forearms and hands. Plan to take frequent breaks while working in your garden. You can warm up your body with gentle, slow stretches for the back, legs and arms. Every 15 minutes or so, plan to take time to stretch your back. To prevent back strain, remember to bend at your knees when lifting, avoid lifting heavy objects, and lastly, ask for help. It would also be beneficial to rotate between tasks to avoid overuse injuries. If you have been raking or digging for 15 minutes or more, switch to pruning for a bit before returning to that task.

Since many gardening injuries involve the hands and fingers, it is recommended that you wear gardening gloves to protect your skin from cuts, insect bites, and the soil. Leather gloves offer the most protection against puncture wounds. Use appropriate gardening tools for digging instead of your fingers and use tools that properly fit the con-

tour of your hands. Pre-molded handles may not fit your hand properly and cause blisters or cause you to move in a way that is not natural, which may lead to muscle strain or injury. Lateral epicondylitis or "tennis elbow" is a common overuse injury from prolonged gripping – which can come from pulling weeds or using hand tools.

Lastly, and most importantly, remember to stay hydrated. While it may not feel overly hot outside yet, you can still become dehydrated by not drinking enough water. Your muscles cannot function properly and are more susceptible to injury with dehydration. Use your water breaks as a time to rest your body, and before you know it, your yard will be a beautiful and you will have avoided injury in the process.

If you feel you have strained any part of your body that lasts more than a day or two, seek treatment right away. The longer you wait for the issue to "get better on its own", the greater chance the problem becomes chronic and will take longer to fully heal.

Jennifer Hamilton is a Doctor of Physical Therapy, a Certified Hand Therapist, and co-owner of Hamilton Physical Therapy PA in Ocean Pines and Salisbury, MD.

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Art scholarships deadline nears

The Art League of Ocean City reminds high school seniors the deadline to apply for college art scholarships is May 8. Several scholarships will be awarded, including the newly-funded Sidney M. Beckstead Scholarship for the Arts.

For the inaugural year of 2021, the Beckstead scholarship will award \$5,000 to one art student from Worcester Co. Taylor Bank, where the fund is held, is contributing \$500 towards the Beckstead scholarship fund, and additional donations are being accepted.

The Art League will also award several \$1,000 college art scholarships, continuing a tradition that began in 1991. These scholarships are funded by contributions from the Art League as well as from the Katherine Ellen Brown Fund

administered by the Community Foundation of the Eastern Shore.

The deadline for students to apply for the scholarships is May 8, 2021. Students must be graduating high school seniors who are residents of Worcester County, Md., including public and private school students and homeschoolers. The scholarship recipient must be pursuing a higher education in the creative arts from an accredited institution.

Applications are available at www.ArtLeagueofOceanCity.org/scholarship. With the one application, the Art League will consider students for both the \$5,000 and the \$1,000 scholarships. Questions on applications may be sent to katie@artleagueofoceancity.org.

Health Dept. to provide curbside birth certificate pickup

The Worcester County Health Department will begin providing birth certificates curbside by appointment starting on Monday, May 3. You can schedule an appointment by calling the Vital Records Office at 410-632-4008.

A certified photocopy of the birth certificate (used for retirement purposes, passports, social services, school enrollment, and other legal reasons) can be obtained by completing the application for a copy or abstract of Certificate of Birth. This certificate is available at the Worcester County Health Department for \$22 with a photo I.D. or you may also send the completed application and non-refundable fee of \$10 (for each certificate requested) to the Division of Vital Records in Baltimore.

For same day service, applicant is required to present (one of the following):

Current driver's license.

Current ID card issued by the motor vehicle administration.

Current U.S. issued passport.

Prison photo ID if it has an issued date and expiration date.

Current US military ID for service personnel (PX/Base privilege ID is not acceptable).

Applicants unable to supply valid photo identification will not be able to receive the birth certificate the same day.

Customers can also provide a notarized statement authorizing them to obtain certificates for others. The one picking up the certificate MUST have valid photo identification.



Crazy - Berlin Intermediate School held That Was Crazy Day. This was a celebration of the hard work and ability of the school family to deal with all of the changes faced during the past year. **Avery Weber, Areti Gjokuria and Ruby Manos** show off their crazy outfits.

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Recognition

The General Levin Winder Chapter of the Daughters of the American Revolution (DAR) annually recognizes a woman, past or present, who has made a difference in her community, and submits a brief biography and photo of the honoree for inclusion in the National Society's Women in American History Project database. This year, the chapter honored deceased member Ann Lockhart Showell. A trailblazing businesswoman who oversaw financial operations at the family's Castle in the Sand Motel, now hotel, Showell helped build the tourism industry in Ocean City. The hotel's Director of Special Events, Patricia Smith, accepted the award certificate on behalf of the Showell family from Regent Gail Weldin during an enjoyable breakfast recently at the hotel's Beach House Restaurant. Several members gave tribute to Showell and a donation will be made in her memory to the Ocean City Life-Saving Station Museum.

Above: Chapter Regent **Gail Weldin** (left) and **Patricia Smith**

review
from page 10

keep you on the edge of your seat and will take you across the globe to see who will win and at what cost. Future Victories takes place in Italy, China, Russia, the Virgin Islands, the Marshall Islands, Texas, North Carolina, Boston, Chicago, LA, New York, Philadelphia, Norfolk, Key West and, of course, Langley, Virginia. This book is a testament to Dan's creativity and also his perseverance in seeing his book project through to completion. Dan's military knowledge and engineering background further fuse the book together into a thoroughly engaging tale that you won't want to put down. The book is available on Amazon. Interested readers will also be happy to know that Dan is nearly finished with his Book 2, a post 9/11 anti-terrorist adventure, that he plans to release by the end of 2021.

Tides for Ocean City Inlet

Day	High /Low	Tide Time
Th 29	Low	4:18 AM
29	High	10:29 AM
29	Low	4:17 PM
29	High	10:55 PM
F 30	Low	5:14 AM
30	High	11:21 AM
30	Low	5:10 PM
30	High	11:49 PM
Sa 1	Low	6:12 AM
1	High	12:15 PM
1	Low	6:07 PM
Su 2	High	12:46 AM
2	Low	7:14 AM
2	High	1:14 PM
2	Low	7:09 PM
M 3	High	1:48 AM
3	Low	8:17 AM
3	High	2:20 PM
3	Low	8:15 PM
Tu 4	High	2:55 AM
4	Low	9:20 AM
4	High	3:32 PM
4	Low	9:22 PM
W 5	High	4:04 AM
5	Low	10:19 AM
5	High	4:39 PM
5	Low	10:28 PM

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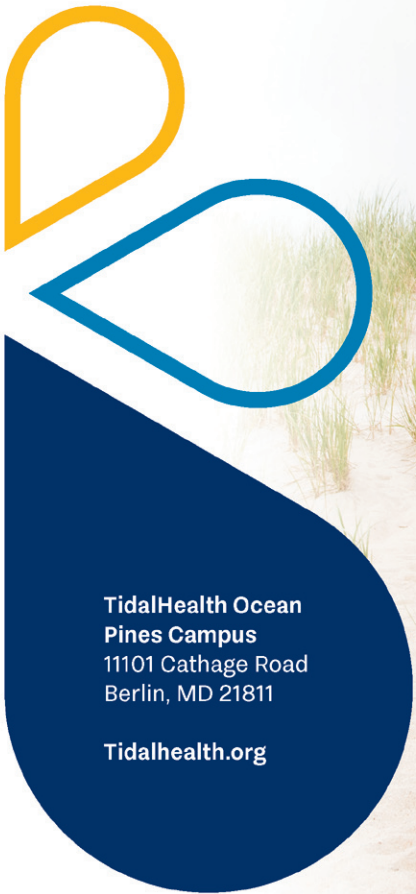
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