

The Courier

May 12, 2021 Volume 21 Number 33



Brown recognized

The Pine'eer Craft Club of Ocean Pines has announced Carol Brown as the May crafter of the month. Brown was born and raised in Catonsville, MD and has lived in the state all her life. She and her husband, Frank, moved to Anne Arundel County and raised two daughters there.

The family frequently spent weekends at the beach in Ocean City and, in 2005, they bought a home in Ocean Pines and lived there part time. By 2013, they retired and moved to Ocean Pines permanently.

Brown began crafting at age 5 when her grandmother taught her how to embroider. She has made pillowcases and dresser scarfs, but her favorite bit of embroidery was a pillowcase doll fashioned for her niece's first birthday. Brown also served as a "craft mom" for both of her daughter's Girl Scout troops.

According to Brown, her true love is working with flowers, and she enjoys doing arrangements and making wreaths. Her mini arrangements in teacups and cork trivets are on display with the Craft Club.

View Brown's projects and other handmade items at the Artisan Gift Shop in White Horse Park, on 239 Ocean Parkway in Ocean Pines. The shop is open every Saturday from 8 a.m. to 3 p.m. and Sunday from 10 a.m. to 3 p.m.

Rotary Club of Ocean City/Berlin
Worcester County Veterans Memorial Foundation

Flags for Heroes 2021

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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.

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

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For more details, Email cliff917@aol.com

Your tax-deductible contribution will provide funding for Ocean City Berlin Rotary Club scholarships and local charities and the Worcester County Veterans Memorial Foundation Educational Outreach Program. Both are 501(c)(3) Nonprofit Organizations.

Pines releases summer amenity schedule

With Memorial Day just around the corner, Ocean Pines amenities are gearing up for the busiest time of the year.

By the end of May, the Association will have five pools, three restaurants and two marinas open, along with an 18-hole championship golf course, a robust Recreation and Parks amenity, and a busy Racquet Sports center.

Summer amenity hours are as follows:

Aquatics *All hours contingent upon staff availability

Sports Core Pool - 11144 Cathell Road, Ocean Pines

Open year-round. Closed for cleaning from Aug. 23-Sept. 6

Pool hours:

Monday-Thursday: Members only from 6-10 a.m. Open to the public from 10 a.m. to 7 p.m.

Friday: Members only from 6-10 a.m. Open to the public from 10 a.m. to 6 p.m.

Saturday: Open to the public from 10 a.m. to 5 p.m.

Sunday: Open to the public from 10 a.m. to 3 p.m.

Yacht Club Pool - 1 Mumford's Landing Road, Ocean Pines

Open May 29 to Sept. 6

Pool hours: Monday-Sunday: Members only from 8-10 a.m. Open to the public from 10 a.m. to 6 p.m.

Beach Club Pool - 49th Street and the beach, Ocean City

Open May 29 to Sept. 6

Pool hours: Monday-Sunday: Open to the public from 10 a.m. to 6 p.m.

Mumford's Landing Pool - 7351 Yacht Club Drive, Ocean Pines

Open May 29 to Sept. 6

Pool hours: Monday-Sunday: Open to the public from 10 a.m. to 6 p.m.

Swim and Racquet Club Pool - 10 Seabreeze Road, Ocean Pines

Open May 29 to Sept. 6

Pool hours: Monday-Sunday: Open to the public from 10 a.m. to 6 p.m.

Masks are required when indoors, including when entering and exiting pool bathrooms. Masks are not required while swimming.

Lounge chairs will be available at

outdoor pools.

Information on Aquatics programs can be found in the latest issue of the Ocean Pines Report, starting on page 52.

For more information, call 410-641-5255

or visit www.oceanpines.org/web/pages/aquatics.

Food and Beverage (three restaurants)

Yacht Club - 1 Mumford's Landing Road, Ocean Pines

Open seven days a week for indoor and outdoor dining, starting May 20

Live entertainment is scheduled May 21 through Oct. 2. To view the live music schedule, visit www.opyachtclub.com/live-music

For more information, call 410-641-7501

or visit www.opyachtclub.com

Clubhouse Bar and Grille - 100 Clubhouse Drive, Ocean Pines

Open daily for indoor and outdoor dining from 8 a.m. to 6 p.m.

For more information, call 410-641-7222 or visit www.oceanpines-golf.org/dining

Beach Club - 49th Street and the beach, Ocean City

Open daily for indoor and outdoor dining from 11 a.m. to 6 p.m., Memorial Day weekend through Labor Day weekend

For more information, call 410-524-2957

Marinas *All boat slips at both marinas are filled for the season

Ocean Pines Marina - 1 Mumford's Landing Road, Ocean Pines; Latitude N 38 degrees 23'13" and Longitude W 75 degrees 7'45"

Open daily:

May 1-27- 8 a.m. to 6 p.m.

May 28 - Sept. 6 a.m. to 6 p.m.

Sept. 7- 30 - 8 a.m. to 6 p.m.

Oct. 1-31 - 8 a.m. to 5 p.m.

Marina closes for the season Nov. 1

For more information, call 410-641-7447 or visit <https://www.oceanpines.org/web/pages/ocean-pines-marina>.

Swim and Racquet Marina - 10 Seabreeze Road, Ocean Pines

Open daily, May 1 to Oct. 31

Marina closes for the season Nov. 1

For more information, call 410-641-7052 or visit <https://www.oceanpines.org/web/pages/swim-racquet-marina>.

Ocean Pines Golf Club - 100 Clubhouse Drive, Ocean Pines

Open daily from 6:30 a.m. to 7 p.m.

Driving range and practice putting greens open daily

Private and group instruction available

Pro shop merchandise includes clothing, equipment, shoes, and gloves, etc.

Services include club repair, regripping and re-shafting, and club bending

For more information, call 410-641-6057 or visit www.oceanpines-golf.org.

Recreation and Parks - Community Center, 235 Ocean Parkway, Ocean Pines

Open Monday-Friday, 8 a.m. to 8 p.m.

please see **schedule** on page 4

HELP WANTED

Advertising Sales Professionals

The Courier, a weekly community newspaper seeks experienced advertising sales individuals with strong interpersonal skills to build advertising relationships and assist in publication growth.

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Memorial Day service returns to Ocean Pines

The annual Memorial Day service in Ocean Pines will return to the Worcester County Veterans Memorial on Monday, May 31, beginning at 11 a.m.

The ceremony this year will feature Salisbury Mayor Jake Day as the keynote speaker.

Day recently returned from a year-long deployment in East Africa with the Maryland National Guard and is one of only three full-time U.S. mayors ever deployed while serving in office.

The music portion of the program will include Frank Nanna and the WWIIunes, featuring Todd Crosby. Randy Lee Ashcraft will perform a new song honoring the recent visit of The Wall That Heals, and the Delmarva Chorus will perform the

“Armed Forces Medley,” honoring the Army, Navy, Marine, Air Force and Coast Guard.

“We are very happy to be able to return to our normal ceremony, after having to cancel the event last year because of COVID-19 restrictions,” Veterans Memorial Foundation President Marie Gilmore said. “These ceremonies are one of the hallmarks of the foundation, as we have a duty and an obligation to honor our veterans.”

Public parking will be available at Veterans Memorial Park on Route 589 and Cathell Road in Ocean Pines. Limited seating will be available during the event and guests are encouraged to bring chairs.

For more information on the Worcester County Veterans Memorial Foundation, visit www.opvets.org.



Inducted – As part of the Worcester Preparatory April Honor Society Inductions, six students were inducted to the WPS chapter of the International Thespian Society on April 1, and thirty students were inducted to the National Art Honor Society on April 8.

Due to safety protocols, families were unable to attend the ceremony, however, one senior was allowed a guest. NAHS inductee, **Ava Gerachis**, posed with her uncle, George Zaiser who happens to be the WPS Middle/Upper School art teacher and NAHS sponsor.

Courier Almanac

The body of aviation hero Charles Lindbergh's baby was found on May 12, 1932, more than two months after he was kidnapped from his family's Hopewell, New Jersey, mansion.

Lindbergh, who became the first worldwide celebrity five years earlier when he flew *The Spirit of St. Louis* across the Atlantic, and his wife Anne discovered a ransom note in their 20-month-old child's empty room on March 1. The kidnapper had used a ladder to climb up to the open second-floor window and had left muddy footprints in the room. In barely legible English, the ransom note demanded \$50,000.

According to the ASPCA, the number of dogs and cats euthanized in United States animal shelters has declined significantly since 2011. The ASPCA reports that approximately 1.5 million shelter animals are euthanized each year. That number is high, but it marks an improvement over 2011, when roughly 2.6 million dogs and cats were euthanized. The ASPCA credits part of this decline in euthanizations to an increase in animal adoptions and greater success at returning stray animals to their owners. Recent data indicates that roughly 3.2 million shelter animals are adopted each year, with a 50/50 split between dogs and cats.



A greater emphasis on adoption can help reduce euthanization statistics even further.

schedule from page 3

Open Saturdays from 10 a.m. to 5 p.m.

Upcoming events include:
Family Fun Nights, Wednesdays at the Yacht Club Pool from 6-8 p.m., starting June 23

Concerts in the Park, every Thursday, June 24 to Aug. 19, from 7-9 p.m. at the White Horse Park Pavilion

10th annual Freedom 5K, July 4 starting at 8 a.m. at Veterans Memorial Park

Fourth of July Celebration and Fireworks, July 4 from 5-8:30 p.m. at Veterans Memorial Park

Summer Artisan and Crafts Festival, Aug. 7 from 9 a.m. to 3 p.m. at the Ocean Pines Community Center

Big Truck Day, Sept. 18 from 10 a.m. to 2 p.m. at Veterans Memorial Park

Information on additional upcoming Recreation and Parks programs can be found in the latest issue of the Ocean Pines Report, starting on page 42.

For more information, call 410-641-7052.

Ocean Pines Racquet Center - 11443 Manklin Creek Road, Ocean Pines

Open Friday-Tuesday, 7 a.m. to 7 p.m.

Open Wednesday-Thursday, 7 a.m. to noon

Center includes tennis, pickleball and platform tennis courts

Upcoming United States Tennis Association (USTA) tournaments include:

Ocean Pines Beach Doubles Festival, June 19

Ocean Pines Beach Doubles Festival II, July 24

Ocean Pines NTRP Fall Classic, Sept. 25

Information on additional upcoming Racquet Sports programs can be found in the latest issue of the Ocean Pines Report, starting on page 46.

For more information, call 410-641-7228.

Ocean Pines Farmers and Artisans Market - White Horse Park, 239 Ocean Parkway, Ocean Pines

Open Saturdays, 8 a.m. to 1 p.m.

The Courier

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It's All About. . .

Laborers & barbers

By **Chip Bertino**

From where did I come?

It's a question many of us have at one time or another ask. Most of us may be able to trace back to our grandparents and great-grandparents. Beyond that, family history usually gets murky. Family lore sometimes fills the void, but often the lore is enriched with what we'd like to believe is true than what actually was.

My wife is an ardent historian when it comes to our family's genealogy. Through the years she has collected and researched much about our families. Birth certificates. Death certificates. Draft cards. Marriage licenses. Census reports. She's learned a lot about many of our ancestors. It's been an interesting journey viewing our families' pasts through the lens of vintage documents, some of which include the handwriting of people we've heard talked about during family conversations but never knew.

My wife's and my great-grandparents emigrated to this country in the very early 1900s, arriving in the New World through the gates of Ellis Island. Mine arrived from Italy and France: Antonio and Vincenza, Raffaele and Assunda, Giacomo and Dominica and Pierre and Jeanne. I love the way those Italian names roll off the tongue. My wife's ancestors arrived from Ireland, Scotland and Hungary: John and Rose, Martin and Hannah and John James and Anne. They all settled in and around Philadelphia, and went to work fulfilling their

American dreams, raising their families and establishing roots for future generations.

By the time Giacomo and Dominica arrived in America, they had already buried six children in their small village in southern Italy. Four children, two boys and two girls, were born in the new homeland, one of whom was my mother's father. These four children survived and flourished. In fact, Mary passed away just a month ago at the age of 103.

For the most part my ancestors made their way as laborers and barbers. Antonio had a corner barber shop in south Philadelphia and passed on the family trade to his son William, my father's father. Pierre supported his family as a fine woodworker. Giacomo was a laborer. He and Dominica, from what can be determined, were the first of my great-grandparents to purchase a home, a row home in West Philadelphia sometime in the 1920s. They eventually purchased the home behind them so their daughter Rose and her husband George could live nearby. At least that's what I recall from family stories. They also purchased a summer home in Somerset, NJ. Following Giacomo's death in 1940, Do-

minica wore only black. Giacomo and Dominica spoke only their native Italian. And although their children spoke Italian with them, subsequent generations spoke only English.

When I was about eight or nine years old, I remember being at my cousin's house listening to my father's father, William, tell a story that our family line descended from Sicilian royalty, a prince. That sounded pretty cool to the cousins. And

through the years, this nugget of family lore, embellished with each telling, made for an interesting story. To date, my wife's research has uncovered nothing to corroborate this family boast. Conversely, she's found nothing to dispel the story either. So, the way I see it, the story stands just as it is.

My grandmother Pauline, my father's mother, was the daughter of Raffaele and Assunda. Born in 1907 she was one of eight children. According to my mother, she was a very attractive, petite woman in her youth. She married William and together they had five children, one of which died at a young age.

Pauline and William eventually divorced. William ran around and the story goes that one day, Pauline encountered his mistress at a bus stop and proceeded to beat her over the head with an umbrella. My memories of Pauline are faded, she died when I was four and she was 59. I remember her as plump woman who loved to cook and according to my mother would make tiny meatballs for her little "Chippy."

Pierre and Jean had five children, the oldest being my grandmother, my mother's mother. Marie Louise was spirited to put it kindly. She never shied away from ensuring her opinion was heard. She married my grandfather, Anthony, in 1940. At the time he was a widower with two young sons. Anthony, or Gramps as I knew him, returned to live with his parents following the death of his first wife. In her research, my wife came upon Gramps' first wife's death certificate dated July 4. She was 22. Included on the certificate was personal information about Jean written in my grandfather's distinctive handwriting. I teared up when I saw this document the first time, thinking of the pain he experienced that day. He was an exceptional man who never deserved to be in pain. The reality though is I wouldn't be here now if he hadn't married a second time.

Pierre lived to be 89. My mother would take my brother and me to his house on Fourth Street in Philadel-

phia. He sat in a drab green recliner. He would give my brother and me lemon drop candy when we sang the French nursery rhyme "Frere

Jacque." I don't know if he gave us the candy because he liked our singing or to keep us quiet. He died October 12, 1972. That date stuck with me because it was the same day our first color television, a pedestal Magnavox, was delivered to our home. Funny the things one remembers.

I have no memory of Jeanne. She died shortly after I was born. There is a picture of her sitting in a chair with me on her lap and my mother and grandmother standing on either side. According to my mother, Jeanne was an exceptional gardener who took great pride nurturing vibrant roses.

Because of my wife's efforts, my children and I have a much better appreciation and understanding of how our family evolved, at least during the past 150 years. Although our heritage would by some be considered common, the Sicilian prince aside, like so many descendants of families that entered this country in the shadow of Lady Liberty, we are proud.



Pierre and Jeanne Latour with Marie, William and Helen



Dominica and Giacomo Vicino



Vincenza and Antonio Bertino

Camp to pair kids with nature

It's no surprise: The many hours of screen time young people have been forced to endure because of COVID-19 has impacted their mental health. Days away from friends, cancellation of extra-curricular activities, shortened sports season – all have been downers for young people.

Two credentialed therapists and nature lovers have a solution. Eco-Therapy Camp, two sessions of which are planned for this summer, will, by getting kids out of the virtual world and into the natural world, boost positive emotions, and increase self-confidence and self-esteem. Plus, the planned activities will be fun.

The one-week camps will include surfing lessons, hiking, and paddle-boarding. Campers will visit with a marine mammal rehabilitation specialist and take a boat trip to bird nesting habitat. The first camp, for young people ages 13 to 17, is June 28 through July 2. The second camp, for younger campers ages eight to 12, is scheduled for July 12 to 16.

A key part of the eco-therapy camp is the interaction between the campers and the two therapists who host the daily events. Both are licensed mental health

care professionals, and both are First Aid and CPR certified. "Our clinical experience has centered around helping children, teens, parents and families navigate the stressful waters of modern life," said Jayme Mahoney, one of the camp organizers.

Eco-therapy, by connecting young people with nature, is proven to boost coping skills and resilience, and give participants an understanding of their own value as individuals. Over half of kids report that they have experienced anxiety anger and depression because of the isolation of COVID-19. Connecting with the environment in safe but challenging and exciting ways can reduce the symptoms of quarantine and help prepare kids to enter the in-person school world in the fall.

"We welcome all children between the ages of eight and 17 who could benefit from outdoor experiences and who miss the usual group experiences of normal young life," said Mahoney's partner in the camp planning, Tiffany Barry.

For more information, or to reserve one of the limited spaces, contact brightbaywellness@gmail.com, or call 787-308-3190.



Donation - American Legion Post 166 donated \$8,000 in April to four local organizations: Worcester County Parks and Recreation Department, The Ocean City Parks and Recreation Department, Boy Scout Troop 261 and Coastal Hospice.

Above from left, **Tom Wengert**, Commander, Post 166, **George "Bo" Spicer**, **Mason Foxwell**, **Bennett Brown**, and **Jeorg Leinemann**.

Win prizes while getting fit

The Worcester County Health Department encourages everyone to get outside and get active for National Employee Health and Fitness Day on May 19. There are so many parks and trails in Worcester that you'll always have somewhere to explore. You can take a picture of yourself out walking or otherwise being physically active on May 19 and send it to elizabeth.justice@maryland.gov to win a free prize through Worcester Health.

Worcester is meant for being active. Whether you walk as part of a fitness regimen, to socialize or just for the joy of it, there's really nothing better than a great walk. From beach to bay,

woodlands to parkland, there is a location and surface for everyone. More than 15 trails of all lengths, surfaces and environments are included here, each showcased with drone video and a printable PDF that includes a map and highlights.

Need a goal? Join Just Walk Worcester, our incentivized walking program. At each milestone you reach, you'll receive a prize. Report your mileage, the "honor" system is being used – and a package will come your way.

Questions? Call the Worcester County Health Department's Prevention Office at 410-632-1100 ext. 1108 or visit JustWalkWorcester.org

Freelance features
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Volunteers recognized - Atlantic General Hospital (AGH) has announced its recipients of their Teen Volunteer of the Year awards for 2020 and 2021. Cindy Rowan, Auxiliary president, presented awards to Rina Dirickson and Myra Cropper for their outstanding service to the hospital.

Dirickson, 2020 Teen Volunteer of the Year recipient, volunteered at the registration/information department, but moved her efforts to the AGH Thrift Shop during the COVID-19 pandemic. She plans to continue volunteering throughout the summer. Dirickson has volunteered with Atlantic General Hospital for two years, and has completed 161 hours as an Auxiliary teen volunteer.

Cropper volunteers at the AGH Thrift Shop and has volunteered with Atlantic General Hospital for one year. Over the course of a year, she has volunteered 173 hours, earning her the Teen Volunteer of the Year award for 2021. Cropper also plans to continue her efforts throughout the summer.

The recognition of the teen volunteers took place during National Volunteer Week celebrations, where Atlantic General Hospital honored their Auxiliary members for their continuous support and dedication to serving the community.

Above: Jane Wolnik, AGH volunteer, Rina Dirickson, 2020 Teen Volunteer of the Year, Myra Cropper, 2021 Teen Volunteer of the Year, Jackie Shockley, AGH volunteer, Charleen Kuhblank, AGH volunteer.

QuickBooks courses offered

The continuing education division at Wor-Wic Community College is offering a series of courses on QuickBooks, including one course focused on reports and another on payroll.

The first course, "QuickBooks: Reports," will be held on Saturday, May 15, from 9:30 a.m. to 4 p.m. "Mastering QuickBooks" will be held on Mondays and Wednesdays, beginning June 7 and ending June 23, from 6:15 p.m. to 9 p.m., and "QuickBooks: Payroll" will be held on two Wednesdays, June 30 and July 7, from 6:15 p.m. to 9 p.m. All courses will be held in Fulton-Owen Hall at the college campus on the corner of Route 50 and Walston Switch Road in Salisbury.

For more information or to register, visit www.worwic.edu <<http://www.worwic.edu>>, email mmosteller@worwic.edu or call 410-334-2821.

Diabetes prevention mini grants offered

The Worcester County Health Department (WCHD) is requesting proposals to address diabetes prevention and management in Worcester County as a result of receiving funding from the State of Maryland Community Health Resources Commission to address diabetes in the county. Community-based organizations, churches, private entities, non-profits, and workplaces are encouraged to apply.

Projects should address activities included in the State of Maryland Diabetes Action Plan. Strategies may include activities designed to help keep people at a healthy body weight; to assist those who are overweight/obese with weight loss/weight management; to link those who have been diagnosed with prediabetes or those with a history of gestational diabetes with diabetes prevention programs; and/or to connect those who have been diagnosed with diabetes with self-management and education programs.

Applications must be returned to the health department by May 14, no later than 4:30 p.m. A review team of

local citizens and representatives from the Worcester County Local Health Improvement Coalition will evaluate the applications and awards will be made after May 27, 2021. A total of \$10,000 is available with individual awards of up to \$5,000 per funded organization. For more information or to request an application packet, please call Worcester County Health Department Prevention Services at 410-632-1100 ext. 1108.

Anglers to meet

The Ocean Pines Anglers Club will meet on Saturday, May 15 at 9:30 a.m. at the Ocean Pines Golf Club Grill located at 100 Clubhouse Drive in Ocean Pines. The speakers will be Frank Daringer and Michael Highducheck from Mid Shore Electronics. Having challenges with your boats electronics or interested in the latest security and electronic systems? Don't miss this opportunity. Updates to new fishing regulations will also be reviewed.

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Something worth protecting

By **Taylor White**

Estate Planning Coordinator
Procino-Wells & Woodland, LLC

As far back as I can remember, I was taught the value of hard work, the value of a dollar, and the value of integrity. Those values have grown in importance as I age. Most of us will work hard to provide for ourselves and, maybe even our loved ones, for the majority of our adult lives. Most of us hope to realize that true success and fulfillment is about living a great lifestyle. It's about being healthy, spending time with the right people, enjoying the moment and experiencing a bit of good old-fashioned fun. While our basic needs as humans are the same, our values, goals, and milestones as well as the paths we take to accomplish them are all very different.

I recently listened to a podcast entitled, "Don't Let Your Net Worth Determine Your Self Worth". The words struck a chord with me. The reason being, I've found that a common comment made in the first few minutes of meeting with a potential client is, "I don't have that much," or "It's really not a lot," or "We aren't millionaires or anything." Our personal value is found in building a life tailored to our own unique needs, wants and goals. It is not found in the balance of our bank accounts, but rather the life experiences and wisdom we carry. The truth is, we all have something worth protecting. For some of us, it may be the legacy we leave for our loved ones, the small business we sacrificed to create, our furry friends who are more like loved ones. To some, it may be peace of mind that we are ensuring our own financial security. No matter the who, what or why chances are, you have something worth protecting.

In Hollywood, estate planning is often glamorized. Cue the wood burning fire place, the large leather chairs, and the wealthy family surrounding a lawyer reading a Will. Estate planning is not only for the uber-rich. Estate planning is for everyone. Truly, it's for everyone and anyone who wishes to gain peace of mind for themselves or their loved ones. It's for anyone who wishes to protect and preserve a legacy. It's for young adults who wish to be smart and proactive in the event of unforeseen circumstances. The list goes on. Estate planning is broad enough to cover your unique situ-

ations. It's because of those differences in goals, circumstances and life changes that estate planning is not a one size fits all concept. Each client we meet has an entirely different past, present and future in mind which allows us the opportunity to craft their estate plan with the individual attention for which the elements call. Our goal is to make sure your values are reflected in your planning.

The goal of a thorough estate plan is to provide security and peace of mind for you and your loved ones. When you think of it that way, everyone needs an estate plan. When you think of it that way, wealth (in numbers) has nothing to do with it at all. Our goal to educate our communities with the planning options available to them is not bound by income levels or tax brackets. It's bound by the desire to do right by you and your nearest and dearest. The big picture looks different for each one of us - our circumstances, goals, family dynamics - but we all have something worth protecting. I challenge you to find that something in your own life.

Program focuses on wellness

The Worcester County Health Department is making plans for the eighth session of our online health and wellness program, *Worcester Wellness Weigh* (WWW). This program is supported by a grant from the Maryland Community Health Resources Commission. WWW is a free, technology-based, healthy lifestyle and weight loss program designed specifically for families who are ready to work together to lose weight, eat healthier, increase physical activity, and improve their overall health.

The 12-week program includes easy-to-use online learning education lessons on healthy eating, cooking, meal planning, grocery shopping, food preservation, food budgeting, physical activity, and stress and time management. Participants will monitor their activity and nutrition using technology and apps. Members of WWW are assigned a personal Physical Activity and Nutrition Coach who will monitor and review weekly goals, successes, and

please see **wellness** on page 11



Heller scholarship donation

Family and friends of the late Worcester County Sheriff's Office Deputy 1st Class Brian K. Heller recently presented a check for \$3,000 for the endowed scholarship in his name, which benefits Wor-Wic Community College criminal justice students from Worcester, Wicomico or Somerset County. From left, are **Dr. Ray Hoy**, president of Wor-Wic Community College; **Sheriff Matt Crisafulli** of the Worcester County Sheriff's Office; Heller's mother, **Connie Widmann**, and her husband, **Dave Widmann**, along with Heller's daughter, **Laura Jorgenson** and her sons, from left, **Jon**, 5, **Everett**, 18 months, and **Shane**, 7. The scholarship fund was created in 2004 in memory of Heller, who died in the line of duty in 2000.

County board, commission applicants sought

Worcester County Government (WCG) encourages those interested in becoming more involved in the community to volunteer on a Worcester County board or commission. Members are appointed by the County Commissioners to fill two types of vacancies: seats that represent each of the seven election districts, and open seats that may be filled by residents throughout Worcester County.

Current district seats are available on the following boards and commissions:

District Four (Western District) – one seat is available on the Tourism Advisory Committee

District Five (Ocean Pines District) – seats are available on the Social Services Advisory Board, and Water & Sewer Advisory Council for Ocean Pines

District Seven (Ocean City) – one seat is available on the Social Services Advisory Board

Current open seats that may be filled by residents countywide include the Drug and Alcohol Abuse Council

(3) and Local Development Council for Ocean Downs Casino (1).

In the event that WCG receives more individuals interested in volunteering for a particular committee than there are available seats, the Commissioners will maintain an interest list to help fill future vacancies.

For more information about WCG boards and commissions, contact Karen Hammer at 410-632-1194. To volunteer to serve, please send a letter of interest, along with a resume or cover letter outlining any pertinent experience, to khammer@co.worcester.md.us or Worcester County Administration at One West Market Street, Room 1103, Snow Hill, Maryland 21863.

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The roles of the different branches of the U.S. military

Saturday is Armed Forces Day. The United States military is one of the most comprehensive, effective and respected armed forces in the world. Without the tireless commitment of military personnel, from the soldiers on the ground to the support staff behind the scenes, America could not be the world power it is today.

Each branch of the U.S. military has a unique mission, and here is a brief rundown of what those missions entail, courtesy of Military.com and the U.S. Department of Defense.

United States Army. The Army is one of the three military departments that reports directly to the Department of Defense. The Army conducts operational and institutional missions around the world, typically handling land-based missions. The Army also guards U.S. installations and properties throughout the world.

United States Navy. Serving to protect the freedom of the seas, the Navy is another branch of the military that reports directly to the Department

of Defense. Among its many missions, the U.S. Navy serves to make the seas safe for travel and trade.

United States Air Force. The Air Force also reports directly to the Department of Defense and trains for and maintains global superiority in air, space and cyberspace. Air Force personnel fly planes,

helicopters and even satellites.

United States Marine Corps. The Marine Corps is a component of the Department of the Navy. It carries out global missions on both sea and shore

*please see **military** on page 11*



Be free - After having studied and participated in the 4-H Butterfly Life Cycle outreach program, Ocean City Elementary School second graders from Cindy Leitgeb's class happily released six butterflies.
Above are **Zayd Sbih, Katie Vornicu and Diana Rosamilia.**

Garden Club announces winners

The Ocean Pines Garden Club announced the winners of its third annual May Day Community Celebration, held on May 1.

For the celebration, Ocean Pines residents were invited to create a basket using fresh flowers and greens and display the arrangement in their yard. They were encouraged to draw inspiration from "spring, warm weather, and the possibility of being able to move more freely in our world in the very near future."

Arrangements were judged on condition, distinction, originality, color harmony, and design balance and proportion.

The following winners received ribbons and certificates of appreciation for their efforts: Theresa Callahan, first place; Allison Webb Schweiger, second place; and Ginny Bojanowski, third place.



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Drivers, start your engines

It's May and over 40% of Marylanders have had at least one Covid-19 vaccine shot. That's great and it's getting better every day. The water temperatures around Ocean City are creeping into the low 60s. That's also great and getting better every day. So, it's time to think about the boating season in earnest.

I took the cover off my pontoon boat the other day, charged and reinstalled the batteries, crossed my fingers and turned the key. Eureka! The full gas tank with gas additive to retard winter moisture must have worked. I ran the motor for 10-15 minutes and it felt so good I was tempted to take her out but business first.

My highest spring anxiety is whether the motor will start but the second greatest concern is passing the vessel safety inspection. The inspection is offered for free by both the USCG Auxiliary and the US Power Squadron. It is very straight forward and, although it not mandatory, it's a great audit by an outsider and it does give you some peace of mind that you are doing your best to keep your boat and your passengers safe.

This year, I had a friend in the USCG Auxiliary come over and give my boat a free vessel safety inspection while it sat on the lift. Only one problem, my sound producing device, the four-year-old horn, had laryngitis and was inaudible at the minimum required distance of 1/2 mile. The quick fix was to purchase a handheld compressed air horn for about 12 bucks. I'll replace the weather beaten one the next time I get the boat pulled for maintenance.

The rest of the vessel safety inspection went smoothly. The navigation lights worked. The new registration was in order and the decals affixed. The fire extinguisher was still in the

'green' and the marine radio was still capable of picking up channel 16. The PDFs were plentiful, in good shape and readily accessible. The electric strobe light visual distress signal worked and the fuel system didn't leak. Since it is only a 20-foot pontoon boat, ventilation, backfire flame arrester and sanitation device inspection are moot but I still need to get a 2021 tide chart for trip planning in the bays.

Beyond that, National Safe Boating Week is coming up later this month, 22-28 May. It focuses on the use of personal floating devices (PFDs) and vessel safety inspections. The use of PFDs, life jackets, is a perennial theme that is promoted through the 'Wear It' campaign. Latest Coast Guard



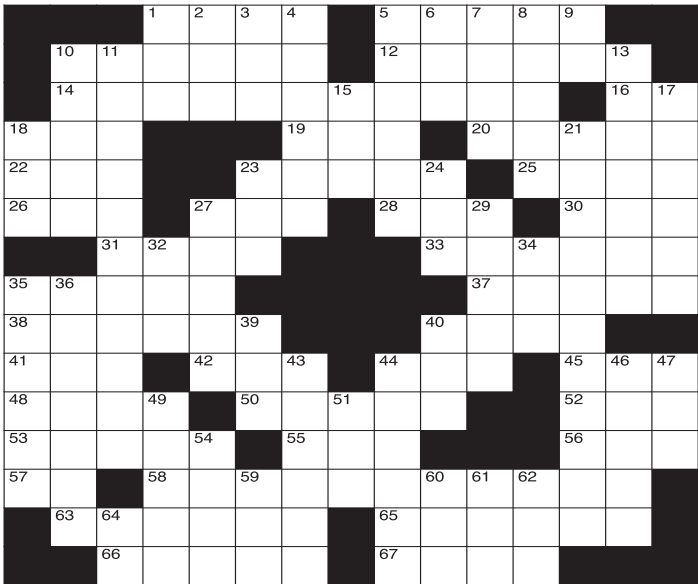
Helmsmen are now required to be attached to the engine cutoff switch

data (2019) indicates 86% of those who drown off boats were not wearing a PFD.

Although the fundamentals of the PFD haven't changed, new labeling is being implemented. Buoyancy capacities are now being stated in metric units, newtons, instead of English units, pounds, and the design feature to keep the wearer face up is depicted by easily understood icons rather than buried in the textual definition. For your information, 1 newton = .2248 pounds. Therefore, a newly labeled PFD that is rated at 70 newtons is roughly equivalent to the existing Type II PFD that was specified to provide 15.5 pounds of buoyancy (70 x .2248 = 15.7).

This year there is another point of focus that will be picked up during ves-

please see **knots** on page 15



CLUES ACROSS

1. Large, flightless birds

5. Lifts and moves heavy objects

10. Hyundai sedan

12. Wear away by erosion

14. Arranged alphabetically

16. Top prosecutor

18. ___-de-sac: Dead-end street

19. Digital audiotape

20. Linguistics pioneer

22. Singer DiFranco

23. Arms of the sea

25. Near-reach weapon (abbr.)

26. Ballplayer's accessory

27. You get one at the beach

28. U.S. founding father

30. W. Australia indigenous people

31. Amounts of time

33. Put on the shelf

35. Russian dynasty member

37. City along the Elbe River
38. A peninsula between the Red Sea and the Persian Gulf

40. Actor Damon

41. ___ King Cole, musician

42. Company that rings receipts

44. Scatter

45. Basics

48. Part of a door

50. Indicates silence

52. Moved quickly on foot

53. Monetary units

55. A place to crash

56. Many subconsciousses

57. Group of countries

58. About line of latitude

63. Female follower of Bacchus

65. A dentist can treat it

66. Dull brown fabrics

67. Int'l nonprofit

CLUES DOWN

1. Midway between northeast and east

2. Partner to cheese

3. One from Utah

4. A way to move

5. Playing cards

6. Baseball stat

7. Long river in western Asia

8. Grandmothers

9. Entertainment legend Sullivan

10. Steam bath room

11. One who kills

13. Food

15. Swiss river

17. Fleet

18. Taxi

21. Working class

23. More (Spanish)

24. High schoolers' test

27. Heavily built goat antelope
29. Murdered in his bathtub

32. Tease good-naturedly

34. Morsel

35. Cause persistent resentment

36. A radioactive element

39. Perform in a play

40. Witty remark: Bon ___

43. A great place to kayak

44. Conclude by reasoning

46. In an unfavorable way

47. Complex of nerve tissues (abbr.)

49. Machine for making paper

51. Feline

54. Yugo's hatchback

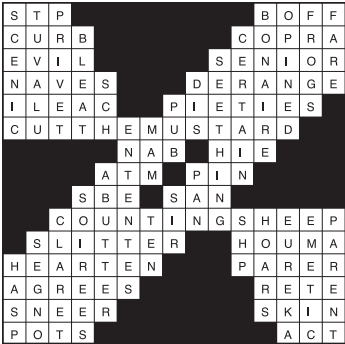
59. Check

60. Press against lightly

61. Wind-pollinated plants

62. ___compoop

64. Commercial



Answers for May 5



Erosion - Sixth grade students in Sheri Ward's Science class at Berlin Intermediate School conducted an investigation on how surface area affects the rate of weathering rock material. Using stop watches, water and alka-seltzer the students set timers and mimicked the process of erosion. Pictured here are **Julianna Woodall, Luke Riser and Kassidy Johnson.**

military
from page 9

and serves as an expeditionary force. Marines are a rapid-reaction team and are usually the first boots on the ground in a conflict.

United States Coast Guard. The Coast Guard safeguards maritime interests through both civil and military missions. The Coast Guard operates around the world and in domestic waterways and ports.

United States Army National Guard. The oldest branch of the U.S. military, the National Guard serves as a complementary force to active duty. Those in the National Guard are trained to be versatile, providing for humanitarian aid, domestic emergen-

cies, combat missions, and homeland security operations.

The Air Force Reserve, Air National Guard, Army Reserve, Coast Guard Reserve, and Navy Reserve are the other branches made up of servicemen and servicewomen who primarily work civilian jobs but may be called to full-time military duty if necessary.

The U.S. Armed Forces are headed by the President of the United States. The Secretary of the Department of Defense reports directly to the Commander-in-Chief. The DOD controls each military branch, except for the Coast Guard, which is overseen by the Department of Homeland Security.

Learn more about the U.S. military at dod.defense.gov.

wellness
from page 8

challenges. Individuals will also have the opportunity to participate in virtual monthly events including grocery store tours, community garden tours, cooking demonstrations, and virtual park tours. Participants have stated, "I liked the online classes much better than showing up every week." "Loved the cooking videos—very well done." "Thanks for everything—if I needed to contact anyone, they were available."

Worcester Wellness Weigh is offered by Worcester Health in partnership with Chesapeake Health Care, Salisbury University, University of Maryland Eastern Shore, University of Maryland Extension, Wor-Wic Community College, Atlantic Club Garden

of Hope, Atlantic General Hospital Community Garden, and Pocomoke Corner Sanctuary Community Garden. A virtual orientation for the program will occur at the times listed below. Those interested in participating in the Worcester Wellness Weigh program must register by June 4, 2021.

Pre-registration is required to participate.

Tuesday, June 8, 2021 from 5 p.m. – 6 p.m. via Google Meet

Wednesday, June 9, 2021 from 5 p.m. – 6 p.m. via Google Meet

Thursday, June 10, 2021 from 4:30 p.m. – 5:30 p.m. via Google Meet

Space is limited. For more information or to register, please contact Elizabeth Justice by email at elizabeth.justice@maryland.gov.

New professional license studies degree offered

Wor-Wic Community College has expanded its business degree offerings to include a program in professional license studies for students who already hold an active professional license through the state of Maryland.

Students will receive 12 college credits for having a professional license that required at least 600 hours of training. The licenses recognized for this degree program include barber, cosmetologist, hairstylist, esthetician, HVAC, electrician, plumber/gas fitter, real estate appraiser and stationary engineer.

"Courses in the program focus on business, finance, financial accounting, customer relationship management, income tax, computer and network security, organizational communications and business law," said Paul Silberquit, dean of occupational and emerging technologies. "The information gained from this program will prepare graduates for

advancement within their career fields or assist with running their own businesses."

For more information, email gojie-ahamiojie@worwic.edu or call 410-572-8719.

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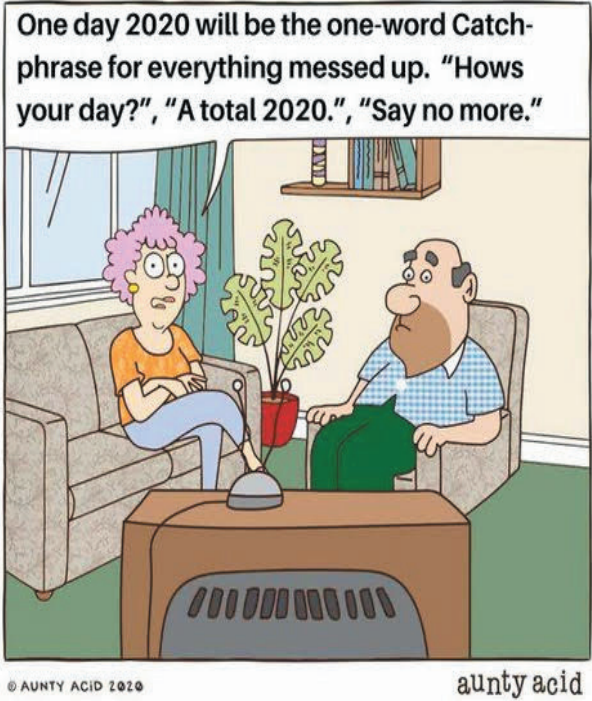
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Some things to think about

Gathered from the internet by **Jack Barnes**



They say every piece of chocolate you eat shortens your life by two minutes.

I've done the maths. Seems I died in 1537.

GY

The wife said:
"Here's \$20, get the dog a jacket.
If there's any money left over, get yourself a beer!"



ANOTHER REASON TO WEAR A MASK...

You can mouth the words 'screw you' directly to someone's face all day and they will never know.

Aunty A X

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We all know mirrors don't lie...

I'm just grateful that they don't laugh.

Being a little older, I am very fortunate to have someone call and check on me everyday. He is from India and is very concerned about my car warranty.

We are not aging, we are ripening to perfection.

Young named Chief Administrative Officer

The Worcester County Commissioners named Weston Young as the incoming chief administrative officer (CAO). Young, who joined Worcester County Government (WCG) in 2020 as the assistant chief administrative officer, will take over for retiring CAO Harold Higgins in September 2021.



Weston Young

"With several life-long county leaders retiring, Weston has shouldered new responsibilities and challenges, proving himself to be a wealth of institutional knowledge, a relationship builder, and a key asset to the Commissioners," Commission President Joe Mitrecic said. "He is a highly knowledgeable and motivated individual who is building a high-performance team to lead county initiatives."

Young, a 14-year local government veteran, will head the WCG leadership team and administer the affairs of the Office of the County Commissioners, including the county budget, financial controls, personnel matters, reports and records, and general correspondence, oversee public information and media relations, manage special projects, ensure that federal, state, and county laws and regulations that govern the county are administered and enforced, supervise all county department heads and staff, prepare the meeting agendas, and provide advice and recommendations to the commissioners on policies and programs.

"I am grateful for the opportunity to serve in this leadership capacity for

my home county," Young said. "Every corner of this county, from farm to coast, has so much to offer its citizens and visitors. I'm optimistic about our future and the work ahead of me."

Young started his career in the private sector and moved on to public sector employment in 2007 with roles in public works with the City of Salisbury, Maryland and the City of Hampton, Virginia. Most recently, Young worked for Wicomico County, Maryland where he rose from director of public works to assistant director of administration. Young's career of public service includes sitting on statewide and national boards focused on energy, environment, land use, and local government. Young earned a Bachelor of Science in Civil Engineering from the University of Maryland and holds professional engineering certifications in both Maryland and Virginia.

Young was born and raised in Pocomoke. He and his wife, Anne, are proud new parents.



Dancing for cure - Every year in October, ZUMBA and its instructors worldwide host "Party in Pink" ZUMBATHONS to increase the public's awareness that ZUMBA is fighting and dancing for a cure to cancer. This past year five area ZUMBA instructors joined forces and danced their hearts and souls out to inspire others to take action in this fight for the CURE. Move and Groove So Others May Live attracted both ZUMBA enthusiasts and non-Zumba students. The event was held at the Ocean Pines Recreation and Parks Gym. Many Cancer survivors participated and shared their heart-warming stories of being alive today due to generous donations and research. All proceeds from the ZUMBATHON went to Ocean City's Believe in Tomorrow House by the Sea. The check for \$1,000 was presented to Wayne Littleton director of House by the Sea when it was safe to do so.

Pictured are **Sherry Stephens, Joyce Landsman, Wayne Littleton, Angie Barton, Charlotte Moore and Carla Ennals.**

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Understanding asthma as allergy season returns

The arrival of spring and summer is typically welcomed with open arms. Warm air, green grass, colorful flowers, and, of course, vacations are just a few of the many reasons to celebrate spring and summer.

Spring and summer also mark the return of allergy season. According to the American College of Allergy, Asthma, and Immunology, allergies are the sixth leading cause of chronic illness in the United States. A 2017 survey found that 27 percent of Canadians age 12 and older reported having allergies. For many people, allergies are a minor

asthma than others. For example, WebMD reports that women who are experiencing hormonal changes, such as those who are pregnant or in menopause, may be more likely to get adult-onset asthma.

What are the symptoms of asthma? The ACCAI notes that it can be hard to recognize symptoms of asthma in very young children. That's because the bronchial tubes in infants, toddlers and preschool-aged youngsters are already small and narrow. Head colds, chest colds and other illnesses may further narrow these airways. So, symptoms of



asthma could be mistakenly associated with colds or other illnesses. A nagging cough that lingers for days or weeks or sudden, scary breathing emergencies are two symptoms of pediatric asthma. Parents also can be on the lookout for these symptoms:

- Coughing, especially at night
- A wheezing or whistling sound when

seasonal nuisance that are overcome by taking over-the-counter medications or staying indoors on days when allergen levels are especially high. But the World Allergy Organization notes that a history of allergies is a known risk factor for developing asthma. In fact, Statistics Canada reports that, among people diagnosed with allergies, 63 percent also reported having asthma.

What is asthma? The National Heart, Lung and Blood Institute defines asthma as a chronic condition that affects airways in the lungs. The airways carry air in and out of the lungs, and when people have asthma, these airways can become inflamed and narrow, compromising a person's ability to breathe.

Who gets asthma? Many asthma patients are diagnosed during childhood. The ACCAI reports that most children with asthma exhibit symptoms prior to their fifth birthdays. Asthma symptoms also may appear in adults older than 20, and such instances may be attributed to adult-onset asthma. Certain adults may be more likely to get adult-onset

- breathing, especially when exhaling
- Trouble breathing or fast breathing that causes the skin around the ribs or neck to pull in tightly
- Frequent colds that settle in the chest

Like pediatric asthma, adult-onset asthma can be easy to miss. That's because of natural changes in muscles and a stiffening of chest walls, both of which are associated with aging and therefore often attributed to age. The symptoms of adult-onset asthma are similar to those of pediatric asthma, and adults who suspect they might be experiencing asthma symptoms despite no history of the condition can ask doctors to conduct some specific tests designed to detect asthma. A lung function test and a methacholine challenge test are two ways doctors can detect adult-onset asthma.

Allergy season has arrived, and that could make some people more vulnerable to asthma. More information about asthma is available at www.accai.org.



Executive board - *The Worcester County NAACP, Chapter 7029B, met at Stephen Decatur Park for a group photo of the 2021-2022 Executive Board. Pictured are Judy Davis, press, Dr. Roxie Dennis Acholonu, religious affairs, Catherine Freeman, political action, Christine Clark, treasurer, Linda Hilliard, secretary, Ivory Smith, president, with Rev. James Jones and Larry Ryan, environmental and climate justice.*

knots
from page 10

sel safety inspections. It's the new requirement to use an engine cutoff switch (ECOS) "on certain vessels less than 26 feet when traveling on plane or above displacement speed." 'Certain vessels' implies that there are exceptions, for example, if the helm station is totally enclosed in a cabin or wheelhouse and there is no chance of accidentally falling overboard, then the helmsperson does not have to be attached to the ECOS.

There are some exotic wireless mechanism to make the ECOS connection but the most common is the simple lanyard. Attached to the

helmsperson it will pull out of the ECOS and shut off the engine if helmsperson moves more than the length of the lanyard away from the controls. This is a new federal regulation and will be enforced by the US Coast Guard.

Likewise, in the spirit of preparation, we should not overlook the value and –if you were born after 1 July 1972 – the requirement to attend a safe boating class (SBC) and carry a certificate of successful completion while operating a recreational motor boat in Maryland waters.

A generic version of the Maryland SBC is offered on Maryland Department of Natural Resources website.

In Ocean Pines, the class is offered by both the US Power Squadron and the USCG Auxiliary who have customized it to include local knowledge and good seamanship practices. I suspect that there are quite a few first-time boat owners who were part of the pandemic boat buying surge last summer that need to take this class.

Sandbars and crab traps and catch-and-release little fish are all awaiting our return so let's get 2021 underway. As they say in Indianapolis, "Drivers, start your engines!"

Stay safe. Stay dry.

Dan Collins can be reached for comment at dancollins.ocean-pines@gmail.com.

Tides for Ocean City Inlet

Day	High /Low	Tide Time
Th 13	Low	3:40 AM
13	Low	3:29 PM
13	High	10:07 PM
F 14	Low	4:19 AM
14	High	10:29 AM
14	Low	4:07 PM
14	High	10:48 PM
Sa 15	Low	5:01 AM
15	High	11:10 AM
15	Low	4:48 PM
15	High	11:30 PM
Su 16	Low	5:46 AM
16	High	11:52 AM
16	Low	5:33 PM
M 17	High	12:14 AM
17	Low	6:34 AM
17	High	12:37 PM
17	Low	6:23 PM
Tu 18	High	1:02 AM
18	Low	7:25 AM
18	High	1:29 PM
18	Low	7:20 PM
W 19	High	1:55 AM
19	Low	8:17 AM
19	High	2:27 PM
19	Low	8:20 PM

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