

# The Courier

January 26, 2022 Volume 22 Number 19

## The Influence of Activities on a Pony's Heart Rate

Madelyn Bobenko  
3<sup>rd</sup> Grade, Ms. Sharpley, Worcester Preparatory School

**Question:** Is a pony's heart rate dependent on its anticipated and realized activities?

### Hypothesis

Heart rate is dependent on its anticipated and realized activities. I expect that the pony's heart rate will be higher during all activities due to anticipation. The pony's heart rate will be higher during all activities due to anticipation. For example, the pony's heart rate will be higher than resting after exercise.

### Introduction

Pony will be alert and aware, has a healthy appetite, clear eyes, a shiny coat and all digits full and warm with a normal range (2). A pony's heart rate and respiratory rate are vital signs that should be known and recorded regularly. Healthy adult pony will show a respiratory rate of 12-20 breaths per minute and a heart rate of 28-42 beats per minute (3). A pony's heart rate will be dependent on its anticipated and realized activities.

### Materials

All activities should be recorded and the pony's heart rate should be recorded. A stopwatch should be used to record the time taken for each activity. A pony's heart rate should be recorded before and after each activity. A pony's heart rate should be recorded before and after each activity. A pony's heart rate should be recorded before and after each activity.

### Procedure

The pony's heart rate was determined using a stethoscope by pressing it on the pony's chest just behind his left elbow and counting the beats for 15 seconds, this number was then multiplied by four (Figures 2A & 2B; 2). The pony's resting heart rate was determined during the morning, afternoon and evening hours over one month. His heart rate was also measured before and after exercise of various intensity levels. Additional readings included after being, after a bath and after a massage (Figure 2C).

### Results

The pony's heart rate is dependent on its activities. The pony's heart rate was recorded at resting in the morning, afternoon and evening as the control. His resting heart rate is slightly lower, 28 bpm, in the morning hours compared to the afternoon and evening hours (28 bpm; Figure 3). His heart rate was consistent during the afternoon and evening hours.

The pony's heart rate increases with increasing exercise intensity (Figures 4 & 7). After 30 minutes of light exercise the pony's heart rate increased from 28 to 43 bpm. Moderate exercise for 30 minutes caused the pony's heart rate to increase to 52 bpm. A significant increase in beats per minute occurred with 30 minutes of intense exercise, 63 bpm.

### Conclusion

A pony's heart rate is dependent on its anticipated and realized activities. The pony's heart rate increases while on the cross ties in anticipation of the upcoming activity. His heart rate also increased or decreased in response to actual activities.

### Future Work

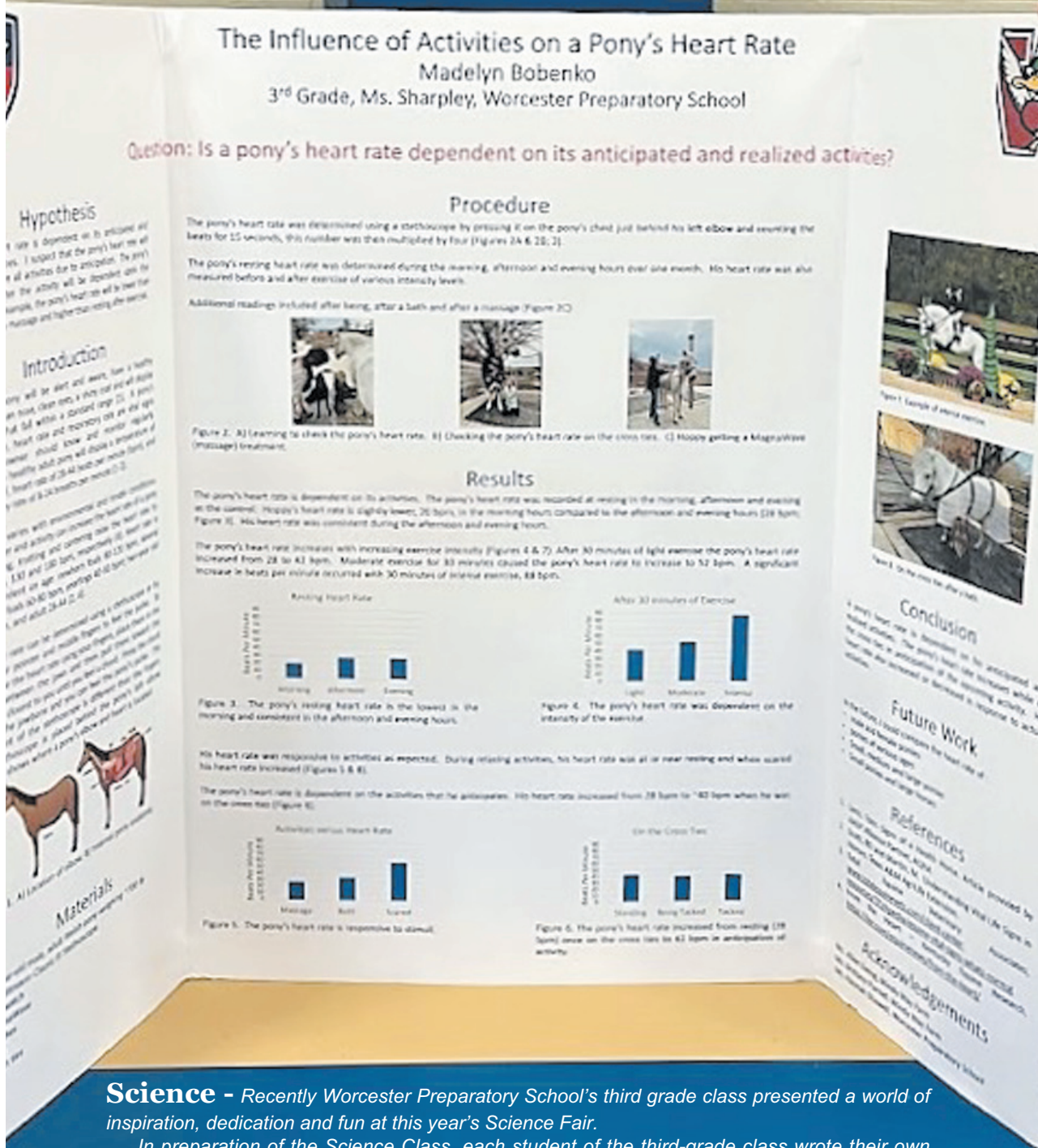
In the future, I would continue to be interested and record activities. The pony's heart rate increases while on the cross ties in anticipation of the upcoming activity. His heart rate also increased or decreased in response to actual activities.

### References

1. [https://www.equine.com/news/2019/12/12/pony-heart-rate/](#)  
2. [https://www.equine.com/news/2019/12/12/pony-heart-rate/](#)  
3. [https://www.equine.com/news/2019/12/12/pony-heart-rate/](#)

### Acknowledgements

I would like to thank my teacher, Ms. Sharpley, for her support and guidance throughout this project. I also thank my family and friends for their encouragement and support.



**Science** - Recently Worcester Preparatory School's third grade class presented a world of inspiration, dedication and fun at this year's Science Fair.

In preparation of the Science Class, each student of the third-grade class wrote their own testable questions for a science experiment to show all the parts of the scientific method. After forming a hypothesis, they were required to design an experiment to collect data and draw conclusions based on their results.

Above: **Madelyn Bobenko's** experiment, *The Influence of Activities on a Pony's Heart Rate*, was a show stopper.

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## Virtual boating course offered

It's never too soon to think Spring and getting the boat back in the water. Brushing up on boating skills and being prepared is what safe boating is all about. The US Coast Guard Auxiliary is offering a virtual course February 8, 9 and 10 between 6 p.m. and 9 p.m. All the required material is covered along with time for questions.

The Maryland Boating Safety Education Act requires that anyone born after July 1, 1972 must possess a Maryland Basic Boating Safety Certificate to operate a boat in the state of Mary-

land. Those attending the class, and passing the test will receive a Maryland Boating Certificate which is NAS-BLA approved and valid in all states.

A fee of \$20 covers the cost of the course and materials. Checks should be made payable to: "USGCAUX 12-05" and mailed to USGCAUX 12-05, PO Box 1682, Berlin, MD 21811. Payment via PayPal is also accepted.

For more information or to register please contact Barry Cohen at 410-935-4807 or E mail CGAUXOC@Gmail.com.

## Christmas tree recycling offered

The Solid Waste Division of Worcester County Public Works will host its annual collection of Christmas trees through January 15. Area residents can drop off Christmas trees at the Central Landfill in Newark and the Berlin, Pocomoke, and Snow Hill Homeowners Convenience Centers at no cost.

Businesses and organizations that sold trees will not be permitted to drop off trees at the convenience centers, but may take them to the Central Landfill where applicable tipping fees will be assessed.

The trees will be ground into mulch for use at the Central Landfill. Remember, you can make a difference by recycling. For more info, contact Recycling Manager Mike McClung at 410-632-3177.



**Winners** - Julie Vorsteg's second grade class at Ocean City Elementary recently won the Hertrich Cash for Class prize. The money will be used to purchase books for second grade students.

# Congratulations, Teachers!

These 14 incredible educators have been named their school-level 2022 Teachers of the Year! They will compete at the county level, and on March 25, 2022, we will announce the 2022 Worcester County Teacher of the Year!

**April Anft**, Cedar Chapel Special School

**Kristin Cashman**, Pocomoke High School

**Melanie Coleman**, Ocean City Elementary School

**Blake Cropper**, Pocomoke Middle School

**Steve Deakyne**, Stephen Decatur High School

**Danielle DiMichele**, Buckingham Elementary School

**Saudi Evanski**, Pocomoke Elementary School

**Matthew Haelig**, Snow Hill High School

**Lindsay Harrington**, Stephen Decatur Middle School

**Samantha Keyes**, Showell Elementary School

**Michael Levy**, Worcester Technical High School

**William Tignor**, Snow Hill Elementary School

**Olivia Tyndall**, Snow Hill Middle School

**Melissa Vit**, Berlin Intermediate School

2022 WORCESTER COUNTY TEACHER OF THE YEAR CANDIDATES

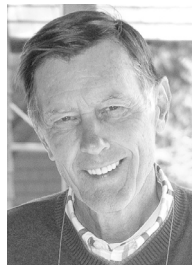


# Commentary

## Janasek's public comments

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

Former OPA board member Tom Janasek's public comments during the January 12, 2022 board meeting were more or less a tirade against the Board of Directors. One of his comments deserves some specific attention.



Janasek said, "A week after I left, they tried to go after another board member immediately."

Janasek did resign as a board member; his resignation speech is available on video. He acknowledges the board would vote to remove him for cause if he did not resign.

The cause? A major item was obviously Janasek's email to board members where he specifically said to Colette Horn, "How deep are you up Larry's ass?" Janasek admitted saying those words to Horn in his resignation speech. He also said, "I did it. I said what I said." He then added, "Do I regret sending it? Yeah. But I'm not gonna apologize for it."

So, who is this other board member Janasek claimed the board wanted to remove? Informed sources indicate Janasek was referencing Doug Parks. These sources say Parks went after General Manager John Viola verbally at the golf clubhouse over Parks' demands that OPA board members should be more in the forefront of any publicity surrounding two Matt Ortt employees who likely saved the life of a customer.

The OPA board heard about the confrontation. The issue was investigated, but no action taken.

In those most recent January 12th public comments Janasek also announced he would be a candidate for election to the Board of Directors in the next OPA election. During that same meeting, director Rick Farr nominated Doug Parks for OPA president. Colette Horn was elected on a 5-2 vote.

### Board not to appeal

The following is a statement from Ocean Pines Association President Colette Horn:

*"After consultation with Jeremy Tucker, OPA Counsel, the Board decided not to appeal the Farr v. OPA decision."*

According to the National Institutes of Health, exercise is an effective way for individuals to reduce their risk for heart disease. Exercise strengthens the heart and improves circulation, an increase in blood flow that raises oxygen levels in the body. That's a significant side effect, as it helps lower an individual's risk for various types of heart disease, including high cholesterol, coronary artery disease and heart attack. Exercise also is an effective way for individuals to maintain a healthy weight. That, too, benefits the heart, as the American Heart Association reports that people who have excess body fat, especially if it is at the waist, are more likely to develop heart disease and stroke, even if they have no other risk factors



**Preservation excellence** - *The General Levin Winder Chapter of the Daughters of the American Revolution (DAR), presented the Award of Excellence in Historic Preservation to Jeannie and Brittany Mariner. The Mariner's have restored the Showell-Mariner House, in keeping with the style of the 1858-59 era. The home is a showpiece with antiques, an interesting setting for the Windmill Creek Winery and Vineyard. Jennie Mariner gave a presentation to the chapter about the history and restoration of the home.*

*Above (left to right) General Levin Winder Chapter Regent Gail Weldin and award recipients Jennie Mariner and Brittany Mariner.*

## Courier Almanac

On January 26, 1926, John Logie Baird, a Scottish inventor, gave the first public demonstration of a true television system in London, launching a revolution in communication and entertainment. Baird's invention, a pictorial-transmission machine he called a "televisor," used mechanical rotating disks to scan moving images into electronic impulses. This information was then transmitted by cable to a screen where it showed up as a low-resolution pattern of light and dark. Baird's first television program showed the heads of two ventriloquist dummies, which he operated in front of the camera apparatus out of view of the audience.

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# Snowy memories

Just before I started writing this, an alert was posted that local schools will close early in anticipation of inclement weather, more specifically, the arrival of snow. So



## It's All About. . .

By **Chip Bertino**

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far, nothing is happening outside my window other than rain.

"This is KYW News Radio... 1060. School closings just ahead," was the clarion broadcast awaited eagerly by me and thousands of other school-aged kids throughout Philadelphia during the 1970s. On these mornings as the blue of the evening met the gold of the morning, my brother and I would be in the kitchen, barefoot and pajama-clad, standing with our mother, heads cocked toward the Magnavox transistor radio perched above the sink. One of two announcements were hoped to be heard. Either one was fine with us. The first was that all Philadelphia public and parochial schools were closed. The second was to hear the snow number for St. Albert the Great grade school announced. I don't remember now what that number was but I can tell you that when it was heard, screams of joy erupted in our little kitchen. My mother was screaming too but it may have been for a different reason. A snow day!

Looking back, it was an interesting reality that my brother and I had no problem jumping from bed on mornings when snow was expected. We'd even get up early. Yet, on regular school days, we'd have to be blasted from our beds and even then we'd oversleep.

Snow days had a rhythm all their own. Once the official announcement was made that school was closed, my brother and I would race down the hall to our shared bedroom to quickly change into what we thought was appropriate snow attire. Then we'd race again to the foyer where our mother was waiting to slip plastic Stroehmann bread bags over our socks. Then we'd

struggle to put on our boots before exploding out the back door into the winter wonderland that awaited us.

Before a snowball could be thrown, before a sled could be retrieved, and before we could fall on our backs to make snow angels, we first had to go to the garage for the snow shovels. There would be no fun unless and until the sidewalk in front of our house, the driveway and

the walkway leading to our front door was cleared. And I don't mean cleared just the width of the shovel blade. It had to be completely cleared, side to side, end to end. Wet snow is great for making snowmen, snowballs and igloos. But its heavy to clear quickly. Powdery snow makes quick work for clearing but is lousy for the fun stuff.

If memory serves, when my brother and I worked together, it took about an hour to complete the necessary snow clearing tasks. Once done though, the day was ours. Often, we'd make facing snow forts on the front lawn. Once completed, our efforts turned to ammunition. We'd each make and store within our forts, dozens of snowballs. Then the fighting com-



menced. Snowballs were lobbed with varying degrees of accuracy. Being the better athlete, my brother was adroit at hitting his target. The battle wound down when we were either too wet or too tired to continue.

We'd head into the house where our mother would hopefully have hot chocolate waiting for us. If not

hot chocolate, then Ovaltine. Neither hot chocolate nor Ovaltine? Then hot tea. We'd do our best to get our boots off without falling on the foyer tile floor made wet by melting snow. Then we'd trudge to the kitchen still wearing bread bags around our feet.

Often part of the day was spent at Pennypack Park where we'd pull our Flexible Flyers to "Suicide Hill" and meet up with friends. Sometimes we'd throw our sleds in the trunk of the old Oldsmobile so our mother could drive us there. The hill was always a busy place on snow days. There would be a variety of sleds, inner tubes and toboggans racing down the hill toward the edge of the woods. About a third of the way down the hill, just right of center of the clump of trees, was a depression in the hill that created a kind of ramp toward which many kids headed. Often upon impact, a kid would be separated from his sled. The kid tumbled violently like a

flying down the hill. He loved to jump the ramp. Once at the bottom of the hill, we'd do it all over again and again after that.

One winter, 1977 I think, snow, lots of snow, fell every other day. Inches deep snow quickly became a foot deep and more. We were perpetually shoveling the driveway and sidewalk. During the depths of this overwhelming winter, my brother and I had the idea to create an

ice-skating rink in the backyard. We cleared a large oval and then filled in the sink of the powder room hundreds, if not thousands, of buckets of water which we then poured onto the oval. Eventually a pond formed which overnight froze to create a rink.

We skated and played hockey on that rink for many days. My mother called the *Philadelphia Bulletin* who sent a photographer to take our picture which appeared on page one of the B section the following morning. The timing was ideal because it wasn't too long after when our rink once again became a pond. The framed newspaper clipping hung in our kitchen for years.

Snow days are different now for students with the emergence of virtual and remote learning. Such a shame that is.

As I write these final words, snow is falling lightly outside my window reminding me of a very warm childhood recollection: looking, just after dusk, through the bay window of our breakfast room which overlooked the front lawn and the street. Few if any cars would be traveling on the road creating a quiet scene with a Currier and Ives influence. Outside the window was magical sight for a young boy: snow, falling gentle but heavy, illuminated by the muted amber glow of a lone street light standing like a solitary sentry watching over a peaceful winter wonderland.

Those were the days.

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## Fire Marshal Briefs

### Berlin residential structure fire

The Worcester County Fire Marshal's Office investigated a fire on Wednesday, January 19, 2022 at 211 Maple Avenue in Berlin which occurred at 2:40 PM. Firefighters from the Berlin Volunteer Fire Company arrived to find significant smoke and fire conditions coming from a two-story home and brought the fire under control quickly. Berlin was assisted by Ocean City, Ocean Pines, Newark Showell fire departments. The home is owned by Tita Merari Bermudez Garcia and was in the process of being renovated. A nearby travel trailer was also damaged by the fire. The cause of the fire remains under investigation. Investigators from the Ocean City Fire Marshal's office along with the Maryland State Fire Marshal's Office and the Berlin Police Department assisted with the investigation. Anyone with any additional information is asked to contact the Fire Marshal's Office at 410-632-5666, you can remain anonymous. No injuries were reported.

### Pocomoke residential structure fire

The Worcester County Fire Marshal's Office investigated a fire on Sunday, January 16, 2022 at 417 Walnut Street in Pocomoke City at 10:44 PM. Firefighters from the Pocomoke City Volunteer Fire Company arrived to find fire and smoke conditions coming from the attic of a two-story home built in 1904. The investigation determined the fire was accidental and originated from faulty electrical wiring in the attic. The property is owned by Mt. Vernon Group LLC and was subdivided into two apartments. All tenants were displaced by the fire and were offered support by the American Red Cross. Pocomoke was assisted by New Church, Stockton, Girdletree and Snow Hill fire departments along with the Worcester County Department of Emergency Services. No injuries were reported.

### Ocean City fatal structure fire

The Worcester County Fire Marshal's Office investigated a fatality from a structure fire which occurred yesterday at 9961 Elm Street in West Ocean City. A Worcester County Sheriff's deputy was on patrol in the area when he observed smoke and fire coming from a shed at the rear of the property at approximately 10:50 PM. The Ocean City Fire Department and Berlin Volunteer Fire Company responded to the scene and quickly extinguished the fire. Upon notifying the occupants of the property about the incident, it was learned an adult male was living in the shed. The male victim unfortunately succumbed to his injuries. The name of the victim is being withheld pending positive identification by the Office of the Chief Medical Examiner and the Worcester County Bureau of Investigation. The cause of the fire is determined to be accidental caused by a heating appliance located too close to combustibles. No smoke alarms were present in the structure. Worcester County Fire Marshal Jeffrey A. McMahon reminds the public to "Give space heaters space", to follow all manufacturer's instructions on distance from things that can burn and to always have a working smoke alarm in all sleeping areas.



**Collaboration** - Tia Tuvesson designed the sculpture and father Tuve Tuveson of South Point created it for the "My Favorite Things" art exhibit currently on display at the Ocean City Center for the Arts.

## Valentines for Veterans sought

Start the year off by thanking a veteran with a Valentine card that says thank you for your service. For the 19th year, cards will be sent to four veteran rehab medical centers to thank them for their sacrifices and to let them know they are loved, appreciated, and not forgotten. All area schools, clubs, businesses, organizations, and individuals are invited to participate with purchased cards (no youth cards, please), but home-made cards are particularly appreciated. No postage is necessary and the card is to be addressed to "A Veteran."

Through the generosity of Linda Dearing and the Copy Central staff, the

cards, plus some candy, will be delivered to Charlotte Hall Veterans Hospital, Baltimore Rehab Center, Baltimore VA Medical Center, and Perry Point Hospital. Drop off locations are: Shamrock Realty Group, 11049 Racetrack Rd, Ocean Pines; Copy Central, Cathell Rd, Ocean Pines; the Ocean Pines library, the Ocean Pines Community Center and Recreation and Parks Building, and other locations as they become available. The deadline is Thursday, February 3. This project is sponsored by Caring for America, a mission of the Republican Women of Worcester County.

## Kiwanis continues to meet

The resiliency of the Kiwanis Club of Greater Ocean Pines-Ocean City has strengthened in the face of the Omicron variant which has forced a shift from in-person weekly meetings. The group has transitioned to Zoom meetings each Wednesday mornings.

On January 12, Kiwanian



Mike Castoro shared his knowledge about sailing aboard the "Pride of Baltimore II" clipper ship. He shared the history of the first ship and how it was lost. A replica of the ship was built. Mike shared with Kiwanis members his experiences while sailing aboard the replica as a working member of the crew.

On January 19, the club heard from Nicholas Cranford, executive director of Worcester G.O.L.D. (Giving Other Lives Dignity). Kiwanis supports G.O.L.D. and its service to the community, especially children.

G.O.L.D. was created when a Worcester County Department of Social Services assessment discovered a gap in emergency services. Children, families and vulnerable adults were the most in need. All G.O.L.D. support is coordinated through the Department of Social

Services. Applicants are fully vetted to make sure help is provided where needed most. Cranford explained that coordination among similar agencies throughout Worcester County improved significantly in response to the demands resulting from COVID.

Kiwanis members are hopeful in-person meetings can resume in February.

See [www.kiwanisofopoc.org](http://www.kiwanisofopoc.org) and see Kiwanis Club of Ocean Pines-Ocean City on Facebook for more information.



**Visit** - Santa came to the Grace Center for Maternal and Women's Health in Berlin after the Delmarvelous Stampers held a Baby Shower at their December meeting in order to restock the Baby Boutique at the Center. Pictured are Stampers **Joan Dori** and **Kris Barron** making their special delivery.

# Would physical therapy help me?

By **William Hamilton Jr., DPT, CHT**

I think that many times, no matter the profession, we take for granted that we think people know what we do and what we have to offer. I want to provide clarity on what physical therapy actually is and what treatments and services can be provided.



**Billy Hamilton**

First let's define physical therapy, as defined by Merriam-Webster, it is "therapy for the preservation, enhancement, or restoration of movement and physical function impaired or threatened by disease, injury, or disability that utilizes therapeutic exercise, physical modalities (such as massage and electrotherapy), assistive devices, and patient education and training." To put it more simply, we help to prevent injuries, recover, or maintain your physical health. To be honest, a lot of

times we are able to positively influence your mental health too!

The second thing that most people don't know is that you can go to physical therapy without a doctor's referral and your health insurance will cover the treatments. This well-kept secret is called "Direct Access", and in Maryland there are no restrictions to this HUGE benefit.

Physical therapy can be just 1 session to diagnose the root cause and teach you how to self-treat. Or several sessions if there is a need to have more consistent hands-on treatments from a qualified physical therapist. Many physical therapy companies also offer wellness services a la carte or package together that you can pay out of pocket for at any time. Maybe there were certain aspects of treatment you thought helped and you'd like to continue after your treatments are completed. Well, ask your therapist if you can call and schedule when it's

*please see therapy on page 16*



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## Tips for making the switch from public to private school

Parents have many different reasons for sending their children to private schools. Switching from public schools to private schools can require a significant emotional and social adjustment on the part of students and their families.

Transitioning to private school also may require adjusting to an entirely new educational philosophy and curriculum. These tips can help make the transition from public school to private school go smoothly.

**Class size.** Class size plays a significant role when parents decide to send their children to private school. According to Noodle, an online education search and rating resource, public school classes may include 20 students or more, with some even as large as 34 students at full capacity. Private schools tend to have much smaller class sizes and a smaller teacher-to-student ratio. This can translate into more individualized attention for each student. It also may mean heightened scrutiny, which is something students may quickly discover and not be accustomed to from their public school days.

Students who thrive with more frequent teacher feedback may like the change to private school. Others who prefer not being in the spotlight may need more time to adjust.

Take a tour and get involved. Familiarizing oneself with the school can make the first day of school that much easier. Most schools will offer tours for prospective new families; otherwise, parents can reach out to the administration to schedule private walk-throughs. Some private schools also pair up potential new students with current student ambassadors to provide a students' perspective, which can be very helpful.

Families also can attend school-sanctioned functions, volunteer for parent-teacher association committees or encourage students join sports teams or extracurricular clubs early on to help with making friends.

Be open to change. Many private schools do not have to conform to state- or province-sanctioned curriculums. This can come as a shock to students who were working on a certain math or language arts program at their previous schools. Other changes to expect may be uniforms, religious-based foundations and classes, and less leniency when rules are broken. Some schools also may be male-only or female-only. These issues can be discussed before the first day of school.

Keeping an open mind and getting the support of parents can help students navigate the transition from public to private school.



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# Carozza reports from Annapolis

We're back in business in Annapolis with routine Department bills being introduced, and committee hearings and briefings picking up the pace. The week started with Senator Joanne Benson presenting a Senate Floor speech to honor the life of Martin Luther King, Jr. This week, Governor Larry Hogan introduced his Fiscal Year 2023 Budget that "funds Shore priorities, would provide record-level tax relief to State retirees and hard-working Marylanders, and increase the Rainy Day fund to a record \$3.6 billion," Senator Mary Beth Carozza said after reviewing the Governor's fiscal year 2023 operating and capital budgets. Carozza also spoke on the Senate Floor to urge fairness and transparency during the redistricting debate.

## Redistricting fairness and transparency

The Maryland Senate voted to advance the highly gerrymandered legislative redistricting proposal by a party-line vote of 32-14. Carozza joined Senate Republicans in supporting an amendment that would have replaced the Democratic Leadership's map with the map proposed by Governor Hogan's independent and non-partisan Citizens Redistricting Commission. In her Senate Floor remarks, Carozza said that the citizens map was developed through an extremely open and transparent process with 36 public meetings and more than 4,000 attendees. Unfortunately, the same cannot be said for the Democratic Leadership's process.

"Our constituents expect and deserve fair representation, maps drawn in which they have confidence in us and the process, maps that should have been drawn by a citizens commission. Regarding the Delegate districts, I represented District 38C when elected in 2014. I can tell you from my experience in representing a single-member district that it benefits constituents. There is no confusion and it positively affects constituent service, and that is what we should be concerned about— our constituents. It

is simply unfair when the outcomes of our elections are being determined by the extremes on both sides. I come back to fairness and urge you to consider that when you cast your vote," said Carozza during the Senate floor debate.

## Committee briefing on MDE update and poultry industry

On Tuesday, January 18, Carozza participated in a Senate Education, Health and Environmental Affairs (EHE) Committee briefing with the Maryland Department of the Environment (MDE). Secretary Ben Grumbles provided updates on MDE enforcement activities and the shortage of MDE staff in the water supply program. The briefing also included a presentation by the Maryland Attorney General Brian Frosh on MDE understaffing and by the Environment Integrity Project on the poultry industry.

During the questioning period,

Carozza asked the MDE Secretary about the impact of the pandemic on the MDE workforce shortage and on poultry growers, and about the compliance of chicken farmers with MDE regulations. "I think it's important to bring balance and fairness to these presentations, especially when outside environmental groups often leave the false impression that chicken farmers are harming the environment," said Carozza. "The MDE Secretary responded by noting that the majority of non-compliance is related to record-keeping, **not** on-the-ground water quality concerns."

## Shore priorities in Governor Hogan's FY 23 budget

Governor Hogan's \$58.2 billion Operating Budget introduced in the Maryland General Assembly includes record-level funding for K-12 education, school construction projects in every jurisdiction, local health departments; Maryland's Medicaid program; state and local police agencies, mental health and substance use disorder programs; major tax relief for small businesses, and retirees. All of these pri-

orities are funded with no new taxes and additionally increases Maryland's Rainy Day Fund by a record \$3.6 billion.

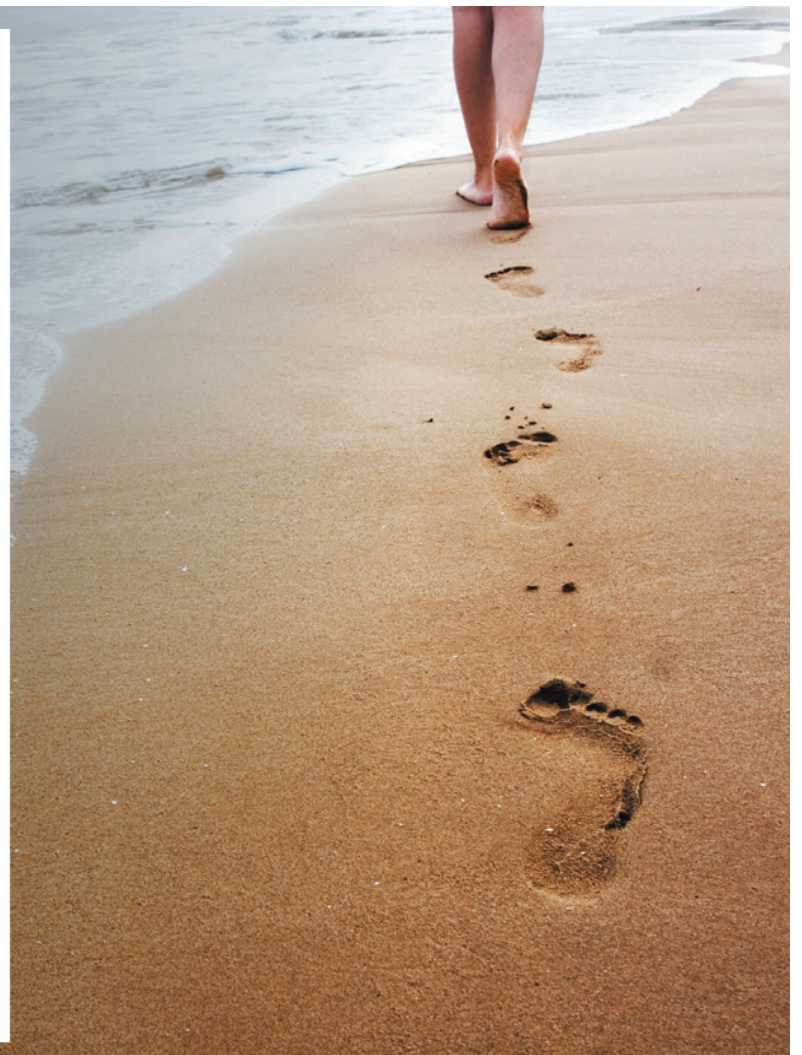
Several Shore priorities are funded including \$23 million for the Cover Crop program, \$12.4 million for the Maryland Tourism Development Board, \$8 million to support the University of Maryland Eastern Shore's School of Pharmacy and Health Professions, \$1 million to start construction of the US 13 business bridge over the East Branch of the Wicomico River, \$425,000 to finish early planning for the Route 90 bridge in Ocean City, \$1 million for the Main Street's Maryland Program, and \$1 million for Junior Achievement Eastern Shore.

"I have strongly supported and worked with Delegate Carl Anderton and our Shore Delegation to secure funding for the Junior Achievement Eastern Shore which would expose our students to different industries early on, help address the severe workforce shortage in all industries, and keep our talent here on the Shore," said Carozza. "I want to

*please see report page 16*

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# Visiting Harpers Ferry, West Virginia

By **Kurt and Jean Marx**

If you enjoy history and nature, Harpers Ferry in West Virginia is the ideal place. The town, which is located at the confluence of the Potomac and Shenandoah rivers, is surrounded by beautiful scenery and has been an integral part of American history for over 200 years. At the aptly named “The Point,” you will be able to view both rivers as well as the three states of Maryland, Virginia and West Virginia.

Harpers Ferry is an easy drive of three and a half hours from Worcester County. If you enjoy walking to view the town, we encourage you to stay in one of the bed and breakfasts within the town or at The Quality Inn in nearby Bolivar. We had a very pleasant two-night stay at the Quality Inn where the staff was warm and accommodating. The hotel is only thirty yards from Shenandoah Street, which will lead you to the lower town and museums, shops, and restaurants. There is a nice detour off Shenandoah Street to walk through Virginius Island. We saw numerous turtles in the canal and deer walking through the woods. There were also several historical signs to read about the canal, the cotton mill, and the families who previously called the island home. The peaceful walk along the Shenandoah River was a great way to get to town, and we enjoyed the views of the river and the foliage.

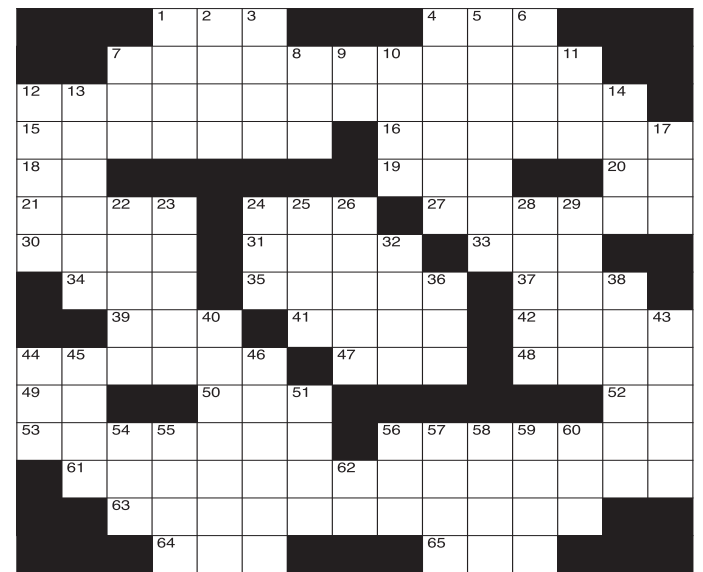
There are numerous hikes in the area. If you are looking for a fairly easy hike, we recommend taking the bridge over the Potomac River and then continuing your walk along the C&O Canal. You will see picturesque views of the river while walking as far as you would like on flat terrain. If you are looking for a more taxing walk, we recommend the Maryland Heights overlook hike. This is a five-mile hike that is fairly arduous, rising quickly in elevation. You will want to wear appropriate footwear and attire and to bring water. The view from the overlook is breathtaking but it is also memorable with regard to the history of the area. During the Civil

War, the Confederates were able to place artillery on the Heights and to fire down on the defending Union forces and it was one of the key reasons the Confederates were able to take the town.

Harpers Ferry boasts even more U.S. history, as it was the site of the country’s first armory and it was where Lewis and Clark obtained many of their supplies including the rifles they used to feed their party during their legendary trek. The armory, in turn, provided the driving reason that the staunch abolitionist, John Brown, came to Harpers Ferry, as he sought to obtain firearms to lead a slave revolution. Brown was ultimately captured by forces under the command of Robert E. Lee who at that time was an officer in the U.S. military. You can see the fort where Brown and his men made their stand. You can also see and read about the armory and the White Hall Tavern where armory workers would sneak off to during their shifts.

A short distance away will take you to the beautiful St. Peter’s Catholic Church which was founded in 1833. From there you will see the ruins of St. John’s Episcopal Church and Jefferson’s Rock. The view from Jefferson’s Rock is well worth the walk. There are many other historical sites to see, but one we heartily recommend is True Treats Historic Candy. The store claims to be the only historical candy store in the nation. As you walk about the store you will move from one era in candy production to another. We got a kick out of seeing candy that we hadn’t seen since childhood. Stores in this vein are often extremely expensive; however, we found True Treats to be reasonably priced and we left with several delicious historic “artifacts.”

There are numerous stores, coffee shops, and restaurants to enjoy if history and hiking aren’t your thing. We found The Rabbit Hole to be a great place for lunch or dinner. If you are a beer aficionado, they have over 100 brands available. No matter your interests, we are sure you will find Harpers Ferry a beautiful and amazing place to visit.

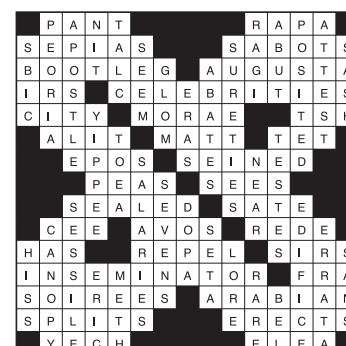


### CLUES ACROSS

- 1. Brew
- 4. NY ballplayer
- 7. Rigid external covering in some animals
- 12. Promotional materials
- 15. More high-pitched
- 16. Widely cultivated cereal
- 18. Dormitory employee
- 19. Bad act
- 20. One’s mother
- 21. Scored perfectly
- 24. Space station
- 27. Exchange for money
- 30. Edible seaweed
- 31. Iranian city
- 33. Lakers’ crosstown rivals
- 34. Nothing
- 35. Spiritual leader of a Jewish congregation
- 37. \_\_\_ student, learns healing
- 39. Military official (abbr.)
- 41. Matchstick games
- 42. Gasteyer and De Armas are two
- 44. Distant planet
- 47. A type of residue
- 48. Punk art icon Jimmy De\_\_\_
- 49. Millihenry
- 50. Canadian media firm
- 52. Type of withdrawal
- 53. Spicy
- 56. Dish of minced meat or fish
- 61. Noted previously
- 63. Happily
- 64. “Partridge” actress Susan
- 65. Not present

### CLUES DOWN

- 1. In a way, brought to an end
- 2. Scandalized actress Loughlin
- 3. This (Spanish)
- 4. Essay
- 5. Continuing indefinitely
- 6. Tool for lifting food
- 7. Partner to Adam
- 8. Dry white wine drink
- 9. Spanish be
- 10. Smaller quantity
- 11. Last or greatest in an indefinitely large series
- 12. (Scottish) island
- 13. Church officer
- 14. Large wrestler
- 17. Polite address for women
- 22. Famed Susan Lucci character “\_\_\_ Kane”
- 23. Mason \_\_\_ Line
- 24. Disfigure
- 25. Asian nation
- 26. Rage (Span.)
- 28. Khoikhoi peoples
- 29. Opera solo
- 32. Database management system
- 36. Similar
- 38. Move up and down playfully
- 40. Alfalfa
- 43. Satisfied
- 44. Baseball official
- 45. Large, flightless bird of S. America
- 46. Money given in support
- 51. Flower cluster
- 54. Beginning military rank
- 55. Russian weight measurement
- 56. Explosive
- 57. An individual unit
- 58. Midskirt
- 59. Weapon featuring balls
- 60. Used of a number or amount not specified
- 62. Unit of measurement



Answers for January 19

HISTORY

# FDR dominated the early 20<sup>th</sup> century

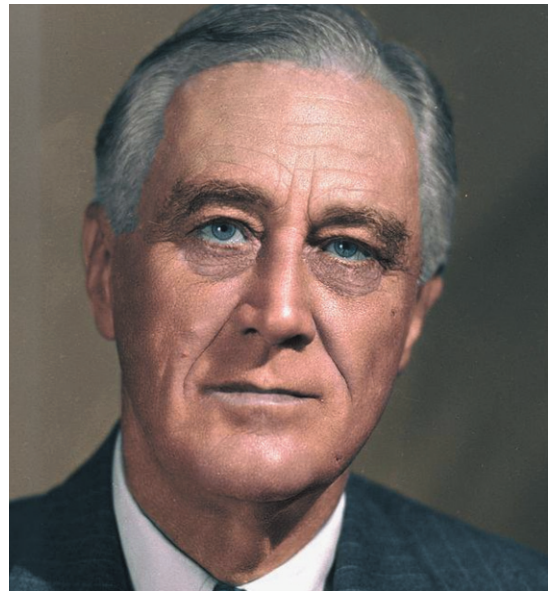
On January 30, 1882, future President Franklin Delano Roosevelt was born.

Roosevelt grew up the only child in an upper middle-class family in Hyde Park, New York. He graduated from Harvard in 1904 and later received a degree from Columbia Law School. In 1905, Roosevelt married his influential future first lady, Eleanor, a niece of Theodore Roosevelt and a distant cousin. Roosevelt's early involvement in politics included a seat in the New

York State Senate and the role of Woodrow Wilson's assistant secretary of the Navy during World War I. In 1920, Roosevelt ran for vice president on the unsuccessful Democratic ticket against Warren Harding. He served as governor of New York from 1929 to 1932, during which time he tested out various programs to help the needy that would later form the backbone of his New Deal social and economic policies. Roosevelt's personal appeal and a platform based on Wilsonian policies of a strong federal role in boosting industry and the public welfare led to his election as the 32nd president of the United States in 1933.

tants or using a wheelchair. During this era the American public still considered paraplegics crippled or weak, a stereotype Roosevelt fought throughout his presidency. Known for his sense of humor and optimism in the face of adversity, it was perhaps his own personal challenges that allowed him to appreciate the struggles of others. In 1938, Roosevelt founded the March of Dimes to raise funds for polio research and rehabilitation. In 1933, Roosevelt embarked on an ambitious effort to jump-start the economy through federal work and welfare policies, which included the creation of the Work Projects Administration (WPA), the Federal Industrial Recovery Act and the Civilian Conservation Corps (CCC). The New Deal, as he dubbed his policies, was met in some quarters by opposition and controversy—Roosevelt was accused of practicing socialism in an era of rampant anti-communism, overreaching presidential power and being a big government spender. Some of Roosevelt's programs were even ruled unconstitutional by the Supreme Court. However, many of FDR's New Deal reforms, including Social Security and the minimum wage, were maintained by successive conservative and liberal administrations.

At the same time as he faced unprecedented domestic problems, Roosevelt warily observed the rise of fascist dictatorships in Europe during the mid-1930s. While the German army stormed across Europe, Roosevelt tried to appease the American public's entrenched isolationism by only gradually increasing U.S. aid to democratic European nations. As the war in Europe progressed, Roosevelt stepped up financial and humanitarian aid to Great Britain and France. When it looked as if Hitler might invade Britain after the saturation bombing of London, Roosevelt boldly launched the lend-lease program early in 1941, which promised massive weapons and war-material exports to



York State Senate and the role of Woodrow Wilson's assistant secretary of the Navy during World War I. In 1920, Roosevelt ran for vice president on the unsuccessful Democratic ticket against Warren Harding. He served as governor of New York from 1929 to 1932, during which time he tested out various programs to help the needy that would later form the backbone of his New Deal social and economic policies. Roosevelt's personal appeal and a platform based on Wilsonian policies of a strong federal role in boosting industry and the public welfare led to his election as the 32nd president of the United States in 1933.

In 1921 at the age of 39, Roosevelt contracted a rare incidence of adult polio and lost the use of his legs. Although his disability was not a secret, the Roosevelt administration had a tacit agreement with photographers that they would avoid snapping images of the president being carried by assis-

*please see history on page 18*



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# Some things to think about

Gathered from the internet by **Jack Barnes**

## The thoughts of a senior

I have everything that I wanted as a teenager, only 60 years later. I don't have to go to school or work. I get an allowance every month. I have my own pad. I don't have a curfew. I have a driver's license and my own car. The people I hang around with are not scared of getting pregnant and I don't have acne. Life is great.

I changed my car horn to gunshot sounds. People get out of the way much faster now.

Gone are the days when girls used to cook like their mothers. Now they drink like their fathers.

I didn't make it to the gym today. That makes five years in a row. I decided to stop calling the bathroom "John" and renamed it the "Jim." I feel so much better saying I went to the Jim this morning.

Old age is coming at a really bad time.

When I was a child, I thought "nap time" was a punishment. Now it feels like a small vacation.

The biggest lie I tell myself is... "I don't have to write that down, I'll remember it."

I don't have gray hair... I have "wisdom highlights!" I'm just very wise.

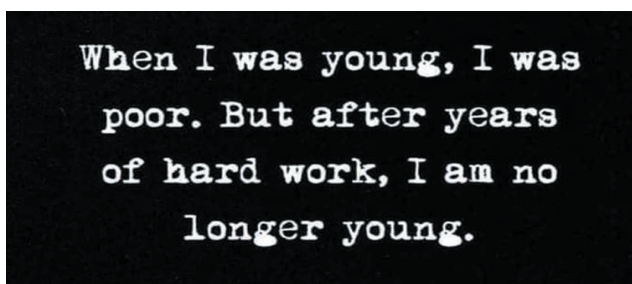
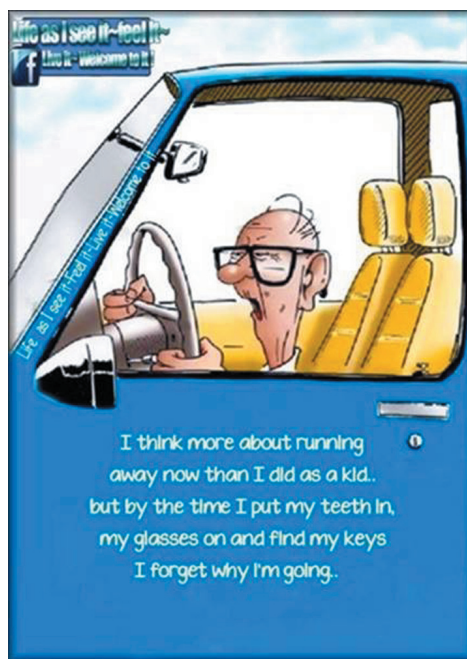
If God wanted me to touch my toes, He would've put them on my knees.

Last year I joined a support group for procrastinators. We haven't met yet.

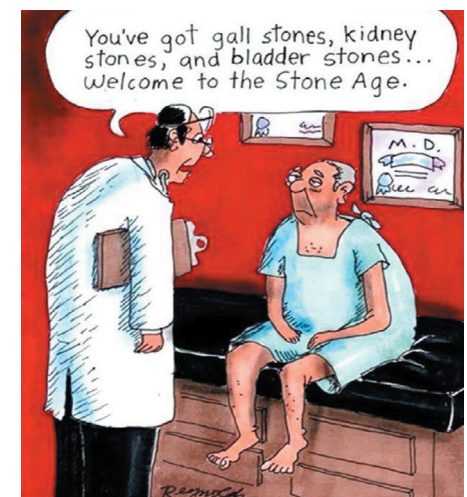
Why do I have to press one for English when you're just going to transfer me to someone I can't understand anyway?

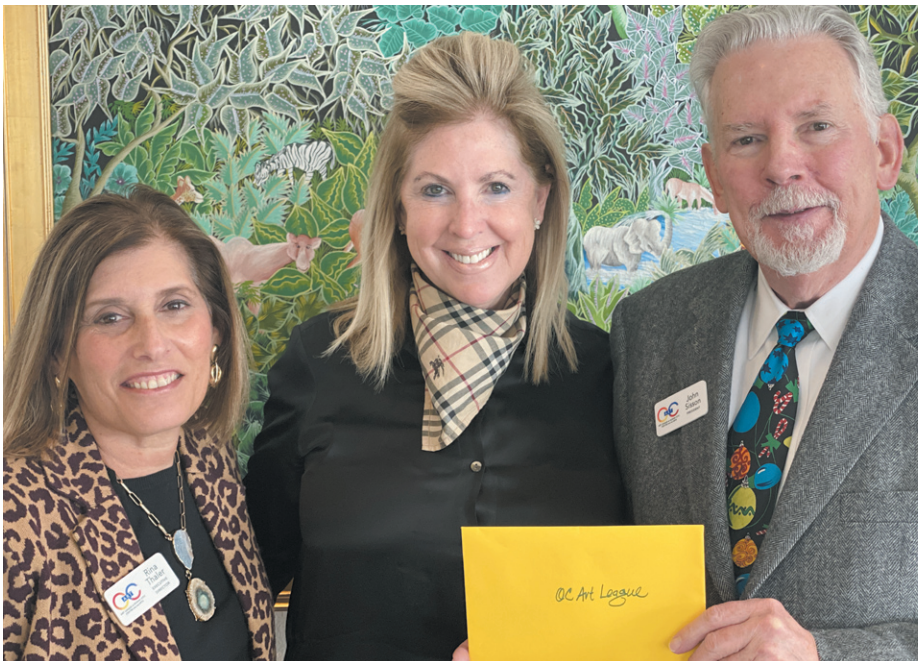
Of course, I talk to myself. Sometimes I need expert advice.

At my age "Getting Lucky" means walking into a room and remembering what I came in there for.



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**Donation** - Sherrie Beckstead (center) presented to Rina Thaler (left), executive director, and John Sisson (right), president of the Art League of Ocean City, a \$3,000 donation made by an anonymous foundation in Washington, D.C. The gift, along with contributions from Beckstead and others, will continue to endow the \$5,000 Sidney M. Beckstead Scholarship for the Arts for 2022, awarded annually to a local art student to further their college education.

## Explaining the concept of good debt

Debt is a four-letter word, and in many instances, a high amount of debt is perilous. However, debt isn't always a black mark on individuals financial resumes.

Consumers may have heard the term "good debt" at some point and wondered just why owing money to certain creditors is more desirable than owing to others. The debt help experts at Debt.org note that there's a simple explanation for this distinction. Debt that increases an individual's net worth or future value is considered good debt, while debts that do not positively affect net worth are considered bad debt.

So which types of debt qualify as good debt? The following are three types of debts that generally qualify as good debt.

1. Student loan debt: Student loan debt can be tricky, but it's generally considered good debt. That's because education has long been linked to a greater earning potential. Data from the U.S. Bureau of Labor Statistics indicates that individuals over 25 who were working full-time and only had a high school diploma had a median weekly income of just under \$800. In-

dividuals who had a bachelor's degree had a median weekly income of more than \$1,400. However, it's important that individuals recognize that certain degrees do more for their earning potential than others. Taking on a high amount of student loan debt to earn a degree in a historically low-earning field could make it harder to make ends meet down the road. That won't necessarily make the debt bad in the eyes of lenders, but it could force borrowers to wonder if they made the right decision.

2. Mortgage debt: Mortgage debt is perhaps the most undeniable source of good debt. Historically, the appreciation value of real estate has made home ownership a worthwhile goal, even if home buyers have to finance their home purchases with bank loans. Perhaps nothing has more successfully illustrated the value of home ownership in recent years more than the skyrocketing value of real estate during the pandemic. The real estate research firm CoreLogic noted that home prices across the United States increased by 18 percent between July 2020 and July 2021. Individuals who already

*please see debt page 16*

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## The warning signs of dyslexia

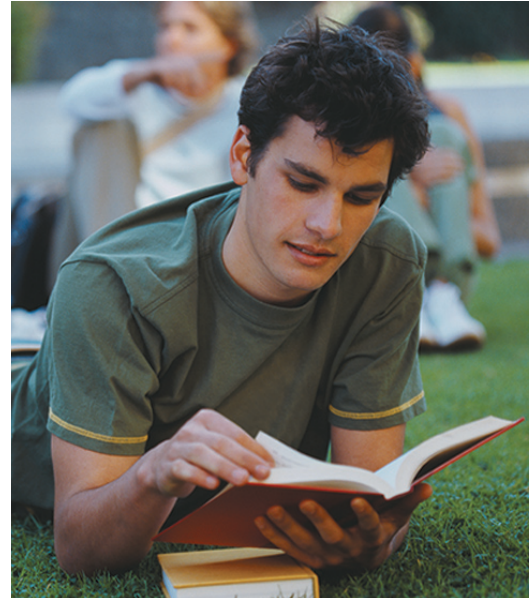
Obstacles are bound to challenge students at some point in their academic careers. Students can sometimes overcome obstacles by recommitting themselves to their studies, while others, including dyslexia, require help from parents and educators.

According to LD Online, an online resource that seeks to help children and adults with up-to-date information about learning disabilities and ADHD,

curate and/or fluent word recognition.

What are some warning signs for dyslexia? LD Online notes that it's a myth that people with dyslexia read backwards. Students may have difficulty remembering letter symbols for sounds or forming memories for words, but they do not read backwards. In addition, LD Online notes that individuals with dyslexia may experience difficulty with:

- Learning to speak
- Learning letters and their sounds
- Organizing written and spoken language
- Memorizing number facts
- Reading quickly enough to comprehend
- Persisting with and comprehending longer reading assignments
- Spelling
- Learning a foreign language
- Correctly doing math operations



Parents, especially those homeschooling their children during the COVID-19 outbreak, who notice any of these symptoms should report them to their children's teachers immediately.

as many as 43.5 million Americans from all economic and ethnic backgrounds have dyslexia. Dyslexia is also prevalent in Canada, where the learning disability resource The Reading Clinic estimates as much as 20 percent of the population has dyslexia.

Learning disabilities can be challenging at any time, but they may be especially so when in-person access to educators and academic resources is limited or unavailable. Such was the case for many students during the COVID-19 outbreak in 2020, when schools abruptly switched from in-person learning to remote learning in an effort to curb the spread of the potentially deadly virus.

During the pandemic, millions of parents of school-aged children found themselves taking on the role of educators. That can be challenging for any parent, but especially so for parents of children with undiagnosed learning disabilities. Dyslexia is a complex learning disability, but one that may produce noticeable symptoms, which can vary depending on a child's age.

What is dyslexia? The Reading Clinic notes that dyslexia is a specific learning disability that is neurological in origin and characterized by difficulties with ac-

Dyslexia is more common than many people may think. While dyslexia is a lifelong condition, LD Online notes that, with treatment, many people learn to read and write well. More information about dyslexia is available at [www.ldonline.org](http://www.ldonline.org) and [www.thereadingclinic.ca](http://www.thereadingclinic.ca).

## Sportfishing group to meet

The Atlantic Coast Sportfishing Association (ACSA) is having its next meeting on Tuesday February 8. The meeting will be held at the American Legion of Berlin, Post 123 on Old Ocean City Blvd.

The meeting officially starts at 7:30 p.m. It is suggested to show up early to get a seat, meet and mingle with new friends and to have a beverage or bite to eat. This month's guest speakers are from the US Coast Guard, stationed in Ocean City. They will speak on new regulations, navigation, safety issues and answering questions. Guest are welcome to attend. Questions? Contact Ron Smith, president. ACSA at [smitty3894@aol.com](mailto:smitty3894@aol.com).

American Master

# Norman Rockwell

By **Bob Lassahn**

Norman Percevel Rockwell was born on February 3, 1894, the second son of Nancy and Waring Rockwell. He lived in New York City until he was nine years old when the family moved to the suburban town of Mamaroneck, NY. At age 14 Rockwell enrolled in art classes at The New York School of Art. Two years later he left high school and returned to New York City to study art at The National Academy of Design. Soon after he transferred to The Art Students League.

As a student he was given small illustration jobs and painted his first commission of four Christmas cards before his 16th birthday. His major break was in 1912 with his first book illustration for C.H. Claudy's "Tell Me Why: Stories about Mother Nature." By 1913, at just 19 years of age, he was art editor for "Boy's

Life," the official publication of the Boy Scouts of America. He also began a successful freelance career providing illustrations to a variety of publications.

Rockwell moved to New Rochelle, NY with his family in 1915 and set up a studio where he produced work for such magazines as "Life," "Literary Digest" and "Country Gentleman." In 1916 Rockwell painted his first cover for "The Saturday Evening Post" beginning a partnership that lasted for the next 47 years and a total of 322 illustrations for the cover of the popular magazine. Rockwell also married his first of three wives, Irene O'Connor, in 1916.

During World War I Rockwell attempted to enlist in the Navy but was turned down for being underweight. He spent a night gorging on bananas, liquids and donuts and was finally accepted, but

tion, post-war conspiracy theorists suggested Roosevelt knew of Japan's plan to bomb Pearl Harbor in advance and let it go forward to galvanize Americans' support for the war. He was also accused of being insensitive to the plight of Jews during the Holocaust. Yet Roosevelt's war-time diplomacy did have its successes—it contributed to the defeat of fascist Nazi Germany and Japan and ended in the formation of the United Nations.

In all, Roosevelt served four terms—his election to a third and fourth term were unprecedented—and his presidency spanned two of the nation's greatest crises, the Great Depression and the Second World War, a testament to his popularity and the faith he was able to inspire in the American people. (It was only a decade later that Congress adopted the 22nd Amendment to the Constitution, which limits presidents to two consecutive terms.) Roosevelt's health deteriorated rapidly toward the end of the war and he died on April 12, 1945, of a stroke at his home in Warm Springs, Georgia, leaving Vice President Harry Truman to see the U.S. to victory. Whether reviled as a near-socialist or a beloved as a New Deal warrior for the people, Roosevelt's influence on American politics was significant and longstanding—every subsequent president has invoked his name at one point or another in support of their own policies.

—*History.com Editors*

he did not see combat and was employed as a military artist.

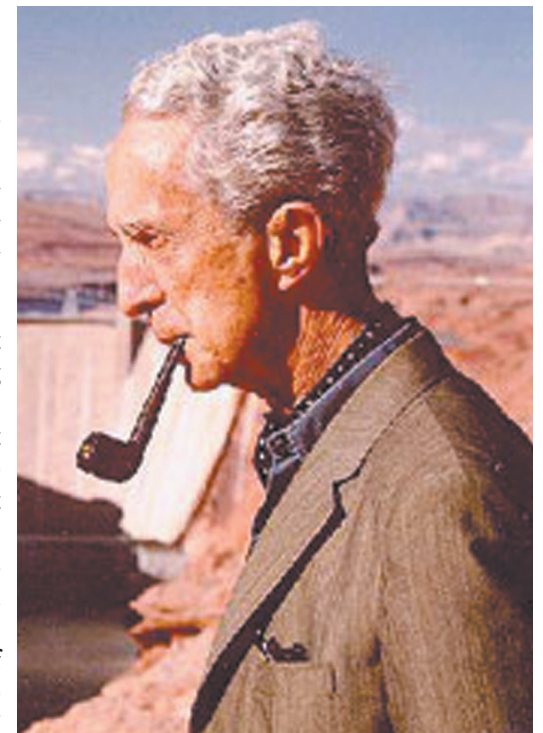
The 1930s and 1940s are considered by many of his followers as the most fruitful decades of Rockwell's career. In 1930 he divorced his first wife and soon after married Mary Barstow, a schoolteacher, with whom he had three sons. In 1939 the family moved to Arlington, Vermont and it is from this point that Rockwell's work started reflecting small-town American life.

In 1943, inspired by President Franklin Roosevelt's address to Congress, Rockwell painted what may be his most recognized works. No painting by an American was ever published on such a global scale as Rockwell's "Four Freedoms." Rockwell's interpretations of "Freedom of Speech," "Freedom to Worship," "Freedom from Want" and "Freedom from Fear" proved to be enormously popular. The works toured the United States in an exhibition sponsored by the Post and the U.S. Treasury Department to promote the sale of war bonds and raised more than \$130 million for the war effort.

In 1953 Rockwell moved his family from Arlington, Vermont, to Stockbridge, Massachusetts where six years later Mary Barstow Rockwell died suddenly. Following her death Rockwell collaborated with his son Thomas and published his autobiography, "My Adventures as an Illustrator," in 1960. "The Saturday Evening Post" carried excerpts from the book in eight consecutive issues and featured Rockwell's "Triple Self-Portrait" on the cover of the first.

In 1961 Rockwell married Molly Pun-derson, a retired teacher. Two years later he ended his association with "The Saturday Evening Post" and began to work for "Look" magazine. During his 10-year association with "Look," Rockwell painted pictures illustrating some of his deepest concerns and interests, including civil rights, America's war on poverty and the exploration of space.

Rockwell's ability to capture an entire idea with one picture and his painstaking attention to detail made him popular with the advertising industry. He was commissioned to illustrate more than 40 books, 80 magazines used his cover illustrations, he contributed annually to the Boy Scout calendars from 1925 to 1976, created the popular "Four Seasons" illustrations for Brown & Bigelow published as calendars from 1947 to 1964, and provided illustrations for booklets, catalogs, posters, sheet music, stamps, playing



cards and murals. In total Rockwell completed more than 4,000 illustrations throughout his career. He was also commissioned to paint the portraits for Presidents Eisenhower, Kennedy and Johnson, as well as those of other world figures.

Rockwell's art made him a national celebrity and on two occasions he judged the Miss America Beauty Pageant. In 1977 Rockwell received the nation's highest civilian honor, the Presidential Medal of Freedom, for his "vivid and affectionate portraits of our country."

Rockwell lived the remainder of his life in Stockbridge where there is now a museum devoted to his work. He died at his home in Stockbridge at the age of 84. His obituary in "Time" magazine read: "Rockwell shared with Walt Disney the extraordinary distinction of being one of two artists familiar to nearly everyone in the U.S., rich or poor, black or white, museum visitor or not, illiterate or Ph.D."

Many of Rockwell's contemporary artists and art critics did not take him seriously as an artist and referred to his works as "overly sweet" and "tending toward idealistic portrayals of American life." Regardless of their opinions Rockwell delivered what the public loved and wanted. He painted life as he wanted to see it and it found broad appeal. There are few magazines today that regularly use illustrations. Today photography takes preference over original artwork.

His style and the simple messages regarding life and patriotism portrayed in his works endeared Norman Rockwell to generations of Americans.

*Editor's Note: The late Bob Lassahn was the former editor of The Courier.*

*history*

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Britain.

During one of his signature fireside chat radio addresses, Roosevelt referred to the U.S. as an arsenal of democracy to help explain America's increasing involvement in the European war and galvanize public support for the lend-lease program. When Japan bombed Pearl Harbor on December 7, 1941, Roosevelt asked Congress to declare war and American industry then underwent a massive conversion to defense production. During the war, Roosevelt kept a tight rein on labor disputes between management and labor and implemented stringent rationing. He worked closely with Allied leaders to plan the liberation of Europe, which was led by American troops.

In delicate war-time negotiations with Stalin, Roosevelt recognized the strategic importance of relying on the Soviet Union to divert Hitler's attention away from an Allied liberation of Europe. At the same time, Roosevelt earned harsh criticism at home and among the Allies for accommodating the communist leader. Many saw Roosevelt's concessions to Stalin regarding post-war territorial issues as a violation of democratic principles. Critics blamed Roosevelt for giving Stalin most of Eastern Europe, thus ensuring the Soviet Union's rise to world-power status during the Cold War. In addi-

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**report**  
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publicly thank Governor Hogan and his administration for their continued support of our Shore priorities.”

**Senate small business workgroup**

Carozza participated in a Senate small business workgroup meeting on January 19th focused on COVID-19 economic recovery. Presentations were given by the National Federation of Independent Business, the Maryland Chamber of Commerce, the Maryland Farm Bureau, and the Maryland Retailers Association. A few shared priorities included workforce development, no new taxes and regulations on small businesses, and incentives to increase child care availability to help address workforce shortages across the board.

**debt**  
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owned their homes, including those who were a long way from paying off their mortgages, saw their equity rise considerably in that time period, even if they continued to make the same monthly payments they’d been making before the pandemic. Though home prices may never again rise that much in a given year, real estate historically has increased in value on a yearly basis. That certainly qualifies mortgage debt as good debt.

3. Business loans: A business loan may carry more risk than a mortgage loan, but it still can turn out to be very

During the bipartisan workgroup session, Carozza urged her colleagues to carefully consider the impact of the thousands of proposed new bills on small businesses. “Many small business operators are struggling for their very survival and to keep their employees on the job,” said Carozza. “We need to prioritize both health and economic long-term recovery as we review and vote on bills this session.”

**Eastern Shore delegation**

Carozza participated in an Eastern Shore Delegation meeting with Maryland Agriculture Secretary Bartenfelder, Department of Natural Resources Secretary Haddaway-Riccio, and Dr. Jurgen Schwarz, Chair and Professor of the Department of Agriculture, Food and Resource Sciences at the University of Maryland Eastern Shore (UMES) on January 21st. Carozza focused her

remarks on the need to push for continued dredging in the Ocean City Inlet and its importance to commercial watermen and recreational boaters.

In her comments directed to the DNR Secretary, Carozza thanked Governor Hogan and the Secretary for their efforts to urge the U.S. Army Corps of Engineers for additional assistance and flexibility in the dredging of the O.C. Inlet. “Our commercial fishing industry and recreational boating are not only important economic drivers for the local area but for the entire State of Maryland,” said Carozza.

Additionally, Carozza commended Dr. Schwarz for UMES’ support of small farms and encouraged Dr. Schwarz to continue to work with outside groups to ensure that they have accurate information about the operations of Shore farms and the poultry industry.

good debt if the business ultimately succeeds. However, that’s a big if. Data from the BLS indicates that 65 percent of new businesses fail within a decade of opening. Many small business owners use personal guarantees to secure

business loans, meaning the debt is theirs should the business ultimately fail. But owning a successful business can be a great way to build personal wealth, which is why business loans can be considered good debt.

**Sportfishing group to meet**

The Atlantic Coast Sportfishing Association (ACSA) is having its next meeting on Tuesday February 8. The meeting will be held at the American Legion of Berlin, Post 123 on Old Ocean City Blvd.

The meeting officially starts at 7:30 p.m. It is suggested to show up early to get a seat, meet and mingle with new friends and to have a beverage or bite to eat. This month’s guest speakers are from the US Coast Guard, stationed in Ocean City. They will speak on new regulations, navigation, safety issues and answering questions. Guest are welcome to attend. Questions? Contact Ron Smith, president. ACSA at smitty3894@aol.com.

**Tides for Ocean City Inlet**

Day	High / Low	Tide Time
Th 27	High	3:00 AM
27	Low	9:15 AM
27	High	3:20 PM
27	Low	9:15 PM
F 28	High	4:05 AM
28	Low	10:23 AM
28	High	4:23 PM
28	Low	10:17 PM
Sa 29	High	5:06 AM
29	Low	11:27 AM
29	High	5:23 PM
29	Low	11:18 PM
Su 30	High	6:05 AM
30	Low	12:25 PM
30	High	6:21 PM
M 31	Low	12:16 AM
31	High	7:00 AM
31	Low	1:17 PM
31	High	7:15 PM
Tu 1	Low	1:10 AM
1	High	7:53 AM
1	Low	2:06 PM
1	High	8:08 PM
W 2	Low	2:02 AM
2	High	8:43 AM
2	Low	2:52 PM
2	High	8:59 PM

**therapy**  
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convenient for you to come back and receive a particular service. This can be a one-time thing or on a schedule of your choosing. These services can be as simple as receiving heat treatments or as involved as stretching and massage.

I’d like to outline a typical first visit at a physical therapy clinic. You would first need to call or stop in to set up the initial evaluation. This step consists of you picking a day and time that works for you. The initial evaluation is when you and the therapist will sit down 1 on 1 and discuss your issue. After a good discussion, the therapist will perform

a few tests on you to confirm their suspicion about what the root cause of your problem is. Once they have a working diagnosis, they will explain what they think is causing the problem and outline which treatments they plan to perform in order to resolve your issues. Many times, you will get started on that same day with treatment. Before you leave that day, you will have a conversation about whether your issue would benefit from further in person treatments or if a home program would be sufficient to resolve your issue. If more treatments are agreed upon you will schedule those at that time.

I hope this article has brought some clarity about what physical

therapy is and how it could possibly benefit you. I’d like to leave you with a stat that is well known in the therapy world. Through research studies, it has been concluded that only about 8-10% of people that would benefit from physical therapy ever actually get to physical therapy. We can help even the smallest of issues very quickly, so don’t let yourself fall into the 90% of people that could be helped but don’t take that step of setting up that first (and maybe only) session.

William “Billy” Hamilton Jr., DPT, CHT is owner of Hamilton Physical Therapy in Ocean Pines and can be reached at 410-208-3300 or Billy@HamiltonPTcares.com.



# Family LIFE



## How to help kids adjust to starting daycare

Children reach many milestones throughout their lives. While a child's first step and first tooth may garner the bulk of the milestone glory, other moments are just as significant.

One milestone that parents may not look forward to is their kids' first day away from mom and dad. For many children, that day is spent at daycare. Parents may get emotional when dropping their young children off at daycare for the first time, and those emotions might only grow stronger if children cry when Mom and Dad walk away. Fortunately, there are ways to help kids adjust to starting daycare.



Drop by before the first drop-off day. Many daycare facilities encourage parents to visit the facility with their children before youngsters' first official day at daycare. This allows kids to meet their teachers as well as other children who will be in their class. That familiarity can make first-day drop-off that much easier.

Speak with kids about daycare in advance of their first day. As kids' first day at daycare approaches, parents can speak with them about what to expect.

Discuss changes in routine as well as more exciting things, like the chance to play with other kids. If you were able to visit before the first day, mention teachers and other children your child met during the visit. That can help calm their nerves about leaving Mom and Dad.

Practice leaving your child with someone else. Much of the fear kids have

when being dropped off at daycare for the first time is seeing mom or dad leave the facility. Kids who have seen this before, whether they're left with a babysitter or a relative for a couple of hours, are more likely to smoothly adjust to being left at daycare. Parents who haven't yet enjoyed a date night or time away from their children can book some time away together so their children can get used to spending time with someone other than Mom and Dad.

Invite other children from the daycare over for play dates. Another way to help kids embrace their first days at daycare is to invite some of their prospective classmates over for a play date. If parents who live nearby recommended the facility, invite their children over for a play date. Familiar, friendly faces can help the transition to daycare go smoothly.

Let kids take a comfort item with them. A favorite blanket or stuffed animal can calm kids' nerves as they transition to daycare. Before telling kids they can bring such an item along, confirm if it's allowed with the program director.

The first day at daycare is a milestone for kids. Parents can take various steps to make that day go as smoothly as possible.



## What to expect as your child enters toddlerhood

Change is a constant in the lives of young children and their parents. As children grow up, they go through various developmental stages, each one bringing its own surprises and unique set of challenges.

Toddlerhood is one period when parents can expect their children to undergo significant changes. While the American Academy of Pediatrics notes that children's physical growth and motor development slows during toddlerhood, that does not mean kids won't experience significant changes during this period in their lives. In fact, according to the AAP, the intellectual, social and emotional changes kids experience as toddlers are considerable.

The following are some of the changes parents can expect as their youngsters enter into and advance through toddlerhood.

**Growth & development.** Children begin to walk alone during toddlerhood. Some may even pull toys, such as dolls or stuffed animals, behind them during this time. Parents may be concerned when they see their toddlers standing on their tiptoes, but the AAP notes this is perfectly normal. Kids also become more physically active during toddlerhood, as many learn to run and kick a ball at this point.

**Social skills.** Perhaps one of the more noticeable changes during toddlerhood is children's enthusiasm about spending time with other children. As kids advance toward their preschool years, they become more excited by the sight of other children and the prospect of spending time with others their age. Children also begin to imitate others' behavior during toddlerhood. Toddlers also recognize themselves as separate from other people, including their parents.

**Cognitive skills.** Children undergo significant intellectual changes during toddlerhood. At this point in their children's lives, parents may notice their kids can now find objects even when they're hidden two or three levels deep. For example, parents may need to get more creative and hide remote controls somewhere other than beneath a pillow on the couch. Children begin to play make-believe during toddlerhood as well. Kids also learn to sort items by shape and color at this point in their lives.

Toddlerhood is an exciting time for children and their parents. As children advance through this stage of their lives, parents may be surprised by just how quickly their youngsters seem to be changing.

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# Family LIFE



## How parents can discuss social media with young children

Parents of young children tend to have a lot on their minds. While social media may not be moms' and dads' foremost concern, it's a topic that today's parents must discuss with their children eventually.

Social media is largely uncharted territory for parents. Many parents of young children did not grow up with social media. As a result, they might not know what constitutes appropriate usage, and how to convey that to kids growing up in a world where social media is so prevalent. Parents tasked with discussing so-

While social media gets its share of deserved and undeserved criticism, UNICEF, in its "The State of the World's Children 2017" report, noted that digital technologies can serve as positive forces in the lives of young people. For example, digital technologies allow children to access information on issues affecting their communities. Some youngsters may use that access as inspiration to change their communities for the better. In addition, social media allows young people with conditions such as cerebral palsy to interact with their peers in ways they might not have been able to interact in decades past. When discussing social media with their children, parents can emphasize these positive aspects while also noting the negatives associated with social media, using the combination of both as an example of why social media must be used in moderation.

Address the elephant in the room. Everyone on the internet is not who they say they are, and parents must address this with their kids before youngsters open social media accounts. Point out to children that they should never "friend" anyone who they do not know. A 2015 report from Pew Research found that 41 percent of Facebook users are connected with people they have never met in person. While adults who connect with strangers may not be in danger, kids may not be mature or savvy enough to recognize cyber criminals or others looking to prey on their inexperience and trustfulness. Explain this to children and use it to illustrate why mom and dad want to know who they're speaking to online. Emphasize that your goal is to protect them, not invade their privacy.

Social media can be a difficult topic for parents to discuss with their children. Maintaining an open and honest dialogue that recognizes the pros and cons of social media can make such discussions more fruitful.



## How to teach children to respect their parents

Parents are tasked with teaching their children many lessons. Some are more obvious, like how to live safely or how to ride a bike or tie their shoes. Other lessons are more complicated and abstract, especially as they pertain to issues like respect.

Early in life, children get attention by crying, throwing tantrums or through other means. Youngsters must be taught to be respectful of others, including their own parents. People, including children, may have their own ideas in regard to what constitutes respect, so families have to work together to find common ground.

Parenting for Brain, a parenting resource that focuses on child psychology, notes that respect can refer to the way kids admire or look up to someone, but also as an act of giving attention and showing care.

It's not simply about being compliant. Establishing patterns for respect can be challenging because there are no shortages of situations in popular culture, from movies to music to social media. That complicate, if not compromise, parents' efforts to teach children respect. However, there are ways to teach kids how to respect their parents.

Be a good role model. Children learn by examining the world around them. If parents are rude to restaurant servers, cut people off on roadways, make fun of others, or even yell at members of their own families, their children are more likely to fol-

low suit.

Be a parent first, not a friend. Raising children is complicated, but many parents try to be their kids' friends before they act as their parents. While it seems healthy to want to hang out and be equals with them, Psychology Today warns that this approach compromises the unique relationship parents have with their children because kids have many friends but not an infinite number of parents. Children should not have equal power with their parents as they would their peers. Plus, kids often don't respect parents who try to act like their friends. They may feel their parents are trying too hard, and some may even grow to resent their parents for trying to be friends first and parents second.

Explore other outlets for anger. Children may act out and be disrespectful to others when faced with strong emotions that make them feel angry or overwhelmed. In addition to encouraging kids to talk out their scary feelings, parents can guide them toward outlets to relieve frustration, such as engaging in healthy exercise or even escaping into a craft or hobby. Children who are struggling to cope with a significant life change may need a little time to get back on track.

Teaching respect takes time and is not a one-size-fits-all task. Parents must find an approach that works for them and their children.



cial media with kids can consider the following tips.

Recognize today's kids are the most connected people in the world. UNICEF notes that young people between the ages of 15 and 24 are the most connected people in the world. Seventy-one percent of people in that age group are online, while just 48 percent of the total population across the globe is online. Parents won't be able to eliminate the internet or social media from their kids' lives. So, discussions about social media usage should be about responsible usage, which should include limits on how much time kids spend online each day.

Don't view social media as a villain.




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