

# The Courier

February 23, 2022 Volume 22 Number 23



**Recognition** - *The Republican Women of Worcester County earned the National Federation of Republican Women's highest recognition, the Diamond Award, for the many activities and volunteer hours the members completed in 2020-2021. Additionally, RWWC earned the highest Maryland Federation Award, the Maryland Shield, as well as individual recognition for special events, the newsletter, website, campaign activities, candidate support and more. Pictured is **Raye Simpson**, Awards Committee Chair displaying the awards.*



# Help *Reelect* Commissioner **CHIP BERTINO** *Campaign Kick-off*



*Commissioner Chip Bertino*

Worcester County Commissioner Chip Bertino has twice been elected to represent Ocean Pines District 5. He is a steadfast advocate for our community. He is an effective, accessible and responsive county representative working to ensure county government is fiscally responsible and that it operates in the best interests of taxpayers.

***Come support Chip when he  
officially kicks off his  
campaign for reelection!***

**Saturday, March 5, 2022 1 p.m.**

Light Refreshments

**Assateague Room**

Ocean Pines Community Center

*Authority: Bertino for Commissioner; Susan Bertino, Treasurer*

# Bylaws changes hearing set for March 12

The following is an announcement from the Ocean Pines Board of Directors:

The Ocean Pines Board of Directors has undertaken a review of our bylaws, which were last revised in 2008. Motions proposing changes to our bylaws were voted on during a special meeting on Feb. 7. The motions underwent considerable discussion. A video of that meeting is available at <https://youtu.be/WMkU8CPUoXc>.

By consensus, several motions were withdrawn. Those that remained passed unanimously and reflect the language changes that will be put to a vote by the membership in a referendum.

In accordance with our bylaws, a public hearing in the form of a town hall meeting has been scheduled for the purpose of review and discussion with the Board on the proposed bylaw changes. This hearing is scheduled for Saturday, March 12 at 9 a.m. in the Clubhouse Banquet Room of the Ocean Pines Golf Club on 100 Clubhouse Drive. This will be a hybrid meeting, using the Microsoft Teams environment for those who wish to participate virtually. The link to this meeting is as follows: <https://bit.ly/OPAPublichearing>.

At this meeting, OPA members will have the opportunity for com-

ment and discussion with the Board on the proposed bylaws changes. A summary of the proposed changes is included with this notice. The motions that will form the basis for the referendum questions are viewable online at <https://bit.ly/OPAmotions>, and a copy of the existing bylaws are available at <https://bit.ly/OPAbylaws>.

“Following the town hall meeting, the referendum questions will be prepared, reflecting the changes noted in the summary document. The referendum questions will then be sent to the membership in a referendum for their vote. The referendum questions that receive a majority vote by the membership will determine the revised version of our bylaws.

At the end of the day, the changes to the language of our bylaws are in your hands. It is your vote on the referendum questions that will determine what changes will be made. Please join us for this important town hall meeting, so your voice can be heard on the proposed changes. Questions about these changes or the process may be directed to the Board at [directors@oceanpines.org](mailto:directors@oceanpines.org).

Article III of our bylaws establishes voting rights. Since this referendum will determine what changes will be made to our bylaws, it is important that everyone casts their

vote. Please read the following to determine your eligibility to vote. The voting deadline for the referendum will be 4 p.m. April 29, 2022. The requirement set forth in Article III Section 3.01(c) below, therefore must be met by 4 p.m. Monday March 25, 2022 in order to receive a ballot for this referendum. Please be sure your 2021 assessment is paid by this date. You are not required to pay the 2022 assessment, arriving in the mail around the same time, by the above date. Please check with the Membership Department at 410-641-7717 if you have any questions regarding your voting eligibility status.

**Bylaws Section 3.01. Voting Rights.** The voting rights of a member shall be as described in the Charter and enumerated in this Section.

A member shall be entitled to one vote for each numbered residential lot, condominium unit, or single-family attached dwelling in the Subdivision that is owned by the member, or as otherwise provided

in the Declarations of Restrictions or Charter. Members owning commercial property in the Subdivision shall be entitled to vote as provided in applicable Declarations of Restrictions or the Charter. A member may vote for positions on the Board of Directors and for each proposal submitted on a referendum.

A member may vote in person or as provided in Section 3.03 on any proposals submitted to the members for a vote at the annual meeting or a special meeting of the members.

Payment of the annual charge levied by the Board of Directors is a prerequisite to the right to vote. No member may vote if, thirty-five (35) days prior to the voting deadline, the member has failed to pay the annual charge, including any assessed interest levied by the association. The voting rights of a member may also be suspended during any period the member is in continuing violation of the Declarations of Restrictions after the existence of the violation has been declared by the Board of Directors.

## OPA Board to meet

The Ocean Pines Association Board of Directors will meet Wednesday, February 23 at 11 a.m. in the Clubhouse meeting room. It will be a hybrid, in-person, virtual format. Following the meeting, the video will be posted to the Association YouTube channel and links will be announced on the Ocean Pines website, [www.oceanpines.org](http://www.oceanpines.org).

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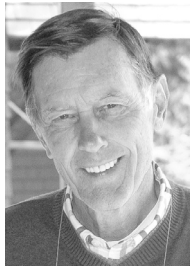


# Commentary

## Celebrate good times, come on

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

On February 23, during an upcoming meeting of the Ocean Pines Association Board of Directors, Treasurer Larry Perrone is scheduled to make a historic motion. Perrone will move for approval of the 2022-2023 budget with a base assessment of \$896, a reduction of \$100 over last year's assessment!



Some association members are still not happy, articulating opinions such as, "This board majority hasn't done anything right." Or moaning about how Ocean Pines suffers from "bad people who make up the board majority." Such folks are unhappy with the recent excellent financial results, claiming the board purposely inflated recent budgets to produce more income from assessments than needed. Hopefully, association members with such views are in the minority.

General Manager John Viola credits OPA's financial renaissance to decisions made by boards over the last few years, and good management by OPA's various department heads and

overall staff. As for charges that recent board majorities have not done anything right, Viola points to various board decisions leading to increased revenue and better bottom-line performance as a result, especially in regard to Aquatics and Golf.

Viola points to the following accomplishments over recent years:

- increased reserves
- renovated and improved infrastructure
- met higher statutory wage increases
- dealt with medical and liability increases
- increased spending on drainage and pipe replacement never seen in the history of Ocean Pines
- decreased our fleet of trucks
- jump-started bulkhead and road replacement
- renovated the racquet courts and fences
- building new pickleball courts.

Viola goes on to say, "Look at what we did with golf. Our new clubhouse and the many improvements to the course helped drive the surplus we have approaching the end of OPA's 2021-2022 fiscal year in April."

When compared to budget, this current fiscal year does indeed appear headed to end with a surplus of well

over \$1 million compared to budget. That surplus is not due to board manipulation of the budget, as some claim, rather to actual year-to-date profitability in certain business amenities that was unthinkable a few years ago.

Given decent weather between now and the end of April, OPA's golf amenity, under Director of Golf John Malinowski and course Superintendent Justin Hartshorne, is expected to turn an operational profit of about \$250,000, according to Viola. Throw in an anticipated increase in operational profit from the clubhouse restaurant, and golf looks to do better in ACTUAL operational dollars by perhaps \$400,000 compared to 2018-2019 when golf and the clubhouse restaurant lost about \$110,000 on operations. This would be an amazing turnaround, given some decent weather before May.

As for Aquatics, OPA's new Director of Aquatics Kathleen Cook is doing an outstanding job. The current January 2022 fiscal year results show Aquatics with a year-to-date actual operational profit of \$98,053. Prior to Cook's taking the reins at Aquatics, the 2020-2021 fiscal year saw a January year-to-date loss of \$199,957. However, this was at the height of the pandemic and cannot be used for

comparison. Attempts to make any comparison of Aquatics financial results become complicated due to past manipulation of the bottom line by assigning some Beach Club parking revenue to Aquatics.

OPA's finance department was kind enough to provide "normalized" results for Aquatics. These results indicate a January year-to-date profit for Aquatics of \$26,700 in 2019 and a January year-to-date loss of \$50,200 in 2020. Forgetting the pandemic year loss, Kathleen Cook has turned a \$50,000 loss into a \$98,053 operational profit.

Financial results for the Yacht Club under Matt Ortt Companies must also be mentioned. In the fiscal year ending April 2020, the Yacht Club turned an operational January year-to-date profit of \$187,010. The fiscal year ended with an operational profit of \$100,562, in itself exceptional if compared to losses prior to Ortt's management. The current actual January year-to-date operational profit for the Yacht Club is a profit of \$349,520!

There are three months of financial reporting remaining in the current fiscal year, but if Viola and his staff are on target with their projections, and given a \$100 reduction in the assessment, "Celebrate Good Times, Come On."

## Courier Almanac

On February 23, 1954, a group of children from Arsenal Elementary School in Pittsburgh, Pennsylvania, received the first injections of the new polio vaccine developed by Dr. Jonas Salk.

Though not as devastating as the plague or influenza, poliomyelitis was a highly contagious disease that emerged in terrifying outbreaks and seemed impossible to stop. Attacking the nerve cells and sometimes the central nervous system, polio caused muscle deterioration, paralysis and even death. Even as medicine vastly improved in the first half of the 20th century in the western world, polio still struck, affecting mostly children but sometimes adults as well. The most famous victim of a 1921 outbreak in America was future President Franklin Delano Roosevelt, then a young politician. The disease spread quickly, leaving his legs permanently paralyzed.

Farmers and growers face a significant threat in the years to come as industrial agriculture operations continue to expand. According to the National Resources Defense Council, industrial agriculture is the large-scale, intensive production of crops and animals. Such operations make it more difficult for small farmers and growers to turn a profit, and they often involve the use of chemical fertilizers and pesticides. The use of such products poses an additional threat to small farmers and growers, as the Union of Concerned Scientists notes that the heavy application of fertilizers and pesticides accelerates soil erosion and increases pest problems. Consumers concerned by the effects of industrial agriculture on the environment and on small farmers' and growers' ability to earn a good living can support efforts such as regenerative farming and organic farms.



The  
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# Getting some ideas

On a recent Saturday afternoon my wife thought it would be a good idea if we got serious about freshening up some of the rooms in our home. Her thought process ran along the lines of “let’s start by painting our bedroom.”

“Let’s start by painting our bed-

changed it very shortly thereafter.

On another occasion, we thought it would be nice to repaint our living room, painting one wall with a bold accent color. The accent color? A deep red. At the time we had formal furniture in the room so we thought it would look very nice. We liked it for a while but quickly tired of it. Not only did we repaint the room, we got rid of the furniture, opting for a more comfortable ambiance.

Getting back to our most recent discussion about our bedroom. What

started as a simple conversation about repainting led to discussions that included ideas large and small such as redoing the master bathroom, making our bedroom larger by building an addition, simply doing nothing, and everything in between.

The following day my wife suggested we go to the furniture store to “get some ideas.” And off we went. Not only did we get ideas for the bedroom but also for the family room and the “den” (which is not yet the den because it’s still our daughter’s room). We arrived home no better off than we were when we started. We still hadn’t selected a paint color, we still had the same bedroom furniture and our daughter was still occupying the “den.”

If history is any guide to the future, what will happen is that in a couple of weeks we’ll again be discussing color ideas and “bang,” we’ll each decide on the same color and shade. Shortly after that I’ll be moving the bedroom furniture out of the room, laying down drop clothes, taping the molding and trim and painting. My wife will come into the room after I’ve completed the first coat but before I’ve started the second, and point out where I missed a spot.

And that’s how a simple conversation about repainting the bedroom will play out. Nothing to it.

**Author’s Note:** *Since this column first appeared in 2011, our bedroom has been repainted two more times in different colors and the bedroom furniture has been replaced once. Even though our daughter moved out many years ago, the “den” is still a work in progress.*



## It’s All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

room.” That sounds simple enough. It has been a few years since we painted the room. Simple right? I guess it should be but we got tripped up very quickly when it came to choosing a color, not just the color but the shade of color. Swatches and samples were held up around the room and against the bed comforter to identify what colors and shades would complement and which would contrast. Colors from several palettes were considered and rejected.

The great color selection debate morphed into conversations about other aspects of the room. The discussions strayed quickly from color and wandered into ideas that included everything from moving the furniture we have into another bedroom and getting something different to just changing to another wall where the bed was positioned. There was also conversation of mounting a flat screen television on one of the walls (I liked that idea). Again, ideas were considered and rejected as either impractical or too expensive or my wife just said, “No.”

With very few exceptions my wife and I have very similar tastes when it comes to likes and dislikes regarding interior decorating and furniture selection. Is that a good thing? It works for us. However, over the years we’ve made some decisions we ultimately regretted.

About 15 years ago we painted our bedroom a sort of mauve-light purple color. We thought it was really nice. But then one day, a few months after we had completed the room, we looked at each other and agreed it was horrible looking. We



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## Online program focuses on healthy habits

The Worcester County Health Department is kicking off the spring next month by offering new online classes through a program titled, 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 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.

Past participants have said, "I love the program, especially the Polar Beat monitor and app. As of today, I have logged over 100 miles of walking and burned over 18,000 calories! My total weight loss so far is about 6 lbs. I am very pleased mainly because I feel good! Thank you to the team at Worcester County Health Dept."

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 February 28, 2022. The online program is scheduled to begin on March 7, 2022. Pre-registration is required to participate.

Space is limited. For more information or to register, please contact Crystal Bell at 410-632-1100 Ext. 1108.

## Wor-Wic adds to the local economy

A recently completed economic study conducted for Maryland's 16 community colleges detailed the impact Wor-Wic Community College makes on the Lower Eastern Shore. Businesses, taxpayers and local communities benefit from the existence of the college.

In return for the investment students make in their education, including foregone wages while attending school, they receive \$3.90 in higher future earnings for every dollar they invest in their education. Students' average annual rate of return is 17.7%. For comparison, the stock market 30-year average annual return is 9.9% and the typical interest earned on a savings account is 0.06%.

The report by data analytics firm Emsi Burning Glass shows that Maryland's community colleges generate more revenue than they receive from the state and local governments and

*please see wor-wic on page 14*

cluding case numbers in Worcester County and the surrounding areas. In response to declining positivity rates and the increasing number of fully vaccinated individuals within the school community, Worcester Prep adopted a schoolwide mask optional protocol for faculty, staff and students.

"Based on the WPS positivity trends over the past few weeks, the letter from Governor Hogan and from



**History** - Dr. Ray Thompson spoke to The General Levin Winder Chapter, Daughters of the American Revolution (DAR) on the topic "History of the Lower Eastern Shore During the American Revolution."

The DAR is a women's service organization dedicated to promoting patriotism, preserving American history, and securing America's future through better education. For more information, visit [www.dar.org](http://www.dar.org).

Above are Regent **Gail Weldin** and **Dr. Ray Thompson**.

## Pine Tones Chorus invites new singers

On Thursday, March 3 at 1 p.m. the Pine Tones Chorus will begin its weekly spring rehearsals at the Ocean Pines Community Center.

New members are welcome. Both ladies and gentlemen of all parts, soprano, alto, tenor and bass, are invited.

The chorus musical style can be described as easy listening. Songs from movies, Broadway shows, and traditional tunes from Irving Berlin and Cole Porter are styles typically

included in the Pine Tones programs.

The Pine Tones have been presenting concerts in the spring and in December for more than thirty-five years. This year's spring concert will be Sunday, June 5.

The chorus also sings at various community events such as ceremonies at the Worcester Veterans Memorial. For additional information, phone Karen McClure at 1-703-727-0528 or June Todd at 443-880-3922.

## Worcester Prep moves ahead with mask optional protocol

On Tuesday, February 15, the Worcester Preparatory School (WPS) Task Force approved a mask option protocol effective immediately.

The Task Force met to discuss the current metrics related to COVID in-

the Worcester County Commissioners, we believe this was the appropriate time to move to mask optional," Head of School Dr. John McDonald furthered. "We will continue to monitor and make adjustments when necessary."

Faculty, staff and students who test positive for COVID will be required to isolate and quarantine based on the guidance provided by the Maryland Department of Health

and CDC, and moving forward contact tracing will be handled exclusively by the local county health departments. Additionally, all members of the school community should continue to monitor for symptoms of COVID and stay home when feeling sick.

However, per a federal mandate which remains in place masks will be required on all school transportation including field trips and sports travel.



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## “Echoes & Visions” receives top award

“Echoes & Visions,” the creative arts magazine at Wor-Wic Community College, won first place yet again in its category of publications from junior/community colleges with a student enrollment of more than 2,501 in the American Scholastic Press Association’s (ASPA) 2021 Scholastic Yearbook and Magazine Awards. The magazine has earned first-place honors every year since 2014. It also won the “Outstanding Cover” award for the first time in the magazine’s history.

“We’re proud of our students for producing this exceptional edition in spite of the difficulties posed by the pandemic,” said Adam Tavel, professor of English. “Winning the ‘Outstanding Cover’ award for the first time, too, is a monumental honor, and yet another testament to the brilliance, creativity and talent of our student contributors.”

The winners were chosen based on the results of an item-specific 1,000-point rubric that evaluated each publication on every aspect of its quality, from the published contents to design and copy editing.

The ASPA has been holding the contest annually since 1980. The contest is open to all schools around the country.

Submissions for “Echoes & Visions” are accepted from any current or former student. In addition to Tavel, faculty advisors include Dr. Lawrence Blasco, assistant professor of English, and Charles Porter, associate professor of developmental English.

### Learn about African American education history

What did African American education look like in the early 20<sup>th</sup> century? Join Dr. Clara Small, Salisbury University professor emeritus, at the Germantown School located at 10223 Trappe Road in Berlin on Saturday, February 26 from 10 a.m. to noon to learn about the role of Rosenwald schools in shaping Worcester County education. Meet students who attended the Germantown School, one of 11 Rosenwald schools in Worcester County. Tour the school museum. Seating will be limited. COVID protocols will be followed. Register by email

germantownschool@gmail.com or call Karen Prengaman (443-235-9803). For more information, visit the Germantown School Facebook page.



**Donations** - Quilters by the Sea Guild has joined with Serendipity Quilt Shop in Dagsboro in supporting the Delaware Coalition Against Domestic Violence. During January and February, members donated new women’s and children’s underwear, socks, diapers, laundry detergent and toiletries, along with craft supplies and children’s DVDs. The donations support local domestic violence shelters.

Above are **Marlene Passero, Jacqui Santangelo, Jenni Compston, Shirley Schaefer, Patsy Taylor and Cathy Good.**

### Free square dance lessons offered

The Pine Steppers Square Dance Club is offering free square dance lessons at the Ocean Pines Community Center. The lessons will take place March 23, 30, April 6 and 13 between 7 p.m. and 9 p.m. Singles and couples are welcome. Twelve-week lessons are available for \$4 per person per session. For more information contact Barbara Roos at 908-229-8799 or via email at barbroos@gmail.com



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# Just what is that colorful tape athletes are wearing?

By **Lynn Martin**, PTA, CKTP

While there are many pain relief products available on the market, one that has gaining in popularity is some-



*Lynn Martin taping a knee*

thing called Kinesio Tape. If you have watched any sporting events recently, you may have noticed the brightly colored strips of athletic tape worn by

several athletes.

Whether it's covering the shoulder of a beach volleyball player, stretched across the back of an Olympic swimmer, or supporting the wrist of a professional golfer, Kinesio Tape is certainly getting more airtime. The great thing is, you don't have to be a professional athlete or an Olympian to reap the benefits of this wonderful product.

Kinesio Tape can be found online or in many pharmacies. It may look rather easy to apply, however, there is a science behind the Kinesio Taping method. In fact, there are educational courses and certifications for physical therapists, chiropractors, athletic trainers and other medical professionals. While this tape seems fairly new, it was first developed in Japan in the late 1970s. According to kinesiotaping.com, Dr. Kenzo Kase, a chiroprac-

tor, wanted to help relieve his patients' pain between visits. He found existing athletic tapes to be too thick and too abrasive, so he designed Kinesio Tex tape, an elastic, therapeutic tape that allows for free range of motion. By "lifting" the skin, the tape allows the interstitial fluids to move more freely through the lymphatic vessels, reducing the compression between the skin and the muscle. This compression applies pressure to the pain receptors beneath the skin, which send signals of discomfort to the brain. By improving circulation of blood and lymph there is also a reduction of excess heat and chemical substances in the tissues. The tape is latex-free, hypoallergenic, water resistant and is made of 100% cotton fibers allowing for moisture evaporation. Depending on the direction of pull and the tension applied, it can assist weakened muscles with contraction or can help decrease tension in muscle spasms.

There are some things to consider before applying the tape on your own. First, you should avoid using the tape if you have sensitive skin or any known

allergies to adhesives. Never apply the tape over open wounds, malignant areas, active cellulitis or over a deep vein thrombosis (blood clot). You should use caution and consult a physician before using the tape if you have diabetes, kidney disease, congested heart failure or if you are pregnant. If you are experiencing any chronic or acute pain it may be a good idea to seek the advice of a physical therapist who can help diagnose the root cause of your pain. They can recommend therapeutic exercises and perhaps educate you on how to apply the tape effectively. Kinesio Tape can be worn from one to five days and can stay on while in the shower, in a hot tub or in a pool, however, you should avoid using a heating pad over the taped area as the adhesive is heat activated and may become difficult or painful to remove. It should be slowly and carefully removed, not ripped off like a Band-aid.

While there are many brands of tape on the market including KT Tape,

*please see **tape** page 14*





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	<h3 style="color: #f1c40f;">Friday</h3> <p><b>LUNCH</b> 1/2-Price Flatbreads <b>DINNER</b> 1/2-Price Wine Bottles \$2 Off Appetizers</p>		<h3 style="color: #f1c40f;">Sunday All-Day Happy Hour!</h3> <p style="color: #f1c40f; font-size: small;">Bars Only</p> <p><b>LUNCH</b> 1/2-Price Sandwiches <b>DINNER</b> \$15.95 Turkey Dinner</p> <p style="font-size: x-small; color: #f1c40f;">Single serving. White &amp; dark meat, rolls, mashed potatoes &amp; gravy, stuffing, veggie, cranberry sauce, slice of pumpkin pie.</p>

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Ocean Pines Yacht Club | 1 Mumford's Landing Road, Ocean Pines, Maryland | 410.641.7501 | opyachtclub.com



# Visiting Fargo, North Dakota

By **Kurt and Jean Marx**

If you are traveling the Great Plains, we encourage you to visit Fargo, North Dakota. Fargo, a city of 125,000 people, is located just across the Red River from Moorhead, Minnesota and is an interesting mix of old and new. During our visit this past summer, we enjoyed visiting both cities.

On the Fargo side, the downtown has a vibrant mix of restaurants. Vinyl Taco has fantastic tacos in an offbeat but fun environment. The Wurst Bier Hall reminds one of Germany serving numerous sausages and wursts to combine with various mustards and sauces, and there are over 30 beers, ciders, and meads on tap for you to enjoy. We found both the food and the staff to be wonderful. If you are looking for a more upscale place to dine, both The Beer and Fish Company and the Toasted Frog were fabulous. For fast food, we would encourage you to try both Pizza Ranch and Taco Johns. We found both to be inexpensive, fun and delicious.

Another recommendation is to have good Asian food and enjoy the night air at the Drunken Noodle's rooftop bar.

We had a great time relaxing with a beverage and listening to local live music at The Sidestreet Grille. If you enjoy comedy, the Front Street Tap Room has open mic nights on Wednesdays. Across the street from the Tap Room is the Old Northern Pacific Railroad Station. While it now houses a private business, the outside area is beautiful and is a great spot to take photos. Just down the road is Babb's Coffee House which was our favorite of Fargo's numerous coffee shops.

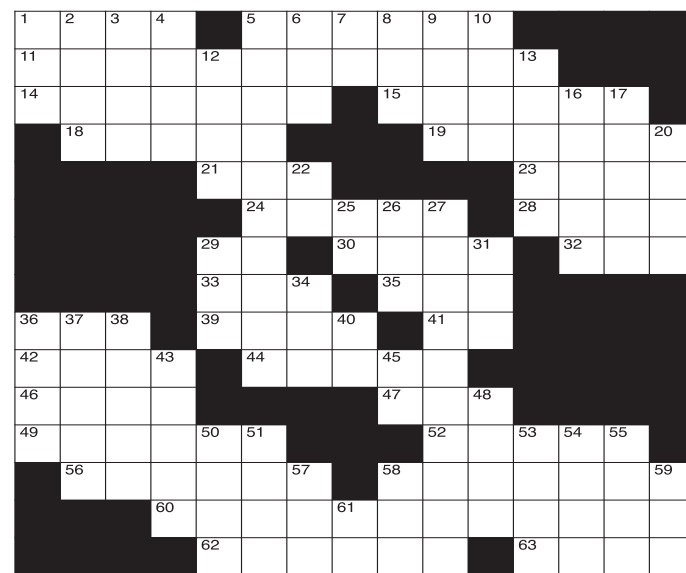
If you are visiting in the summer months, the Fargo-Moorhead Redhawks minor league baseball team plays at Newman Outdoor Field which is an easy drive or a two-mile walk from Fargo. If you are in Fargo in the fall, you should go to the Fargodome to see the North Dakota State Bison play football; the Bison have won 9 NCAA FCS national titles since 2011. If you are visiting in the

winter, you can see the Fargo Force play minor league hockey. Additionally, there are numerous opportunities to see collegiate sports at North Dakota State, Minnesota State, or Concordia College.

Within a short driving distance from downtown, Fargo also boasts a wonderful small zoo called the Red River Zoo with dozens of animals including takins, red pandas, and grey wolves as well as a carousel and a Children's Zoo Farm. Within the downtown area, The Plains Art Museum is free and is a fun place to walk around to view local exhibits and art.

Also, while in downtown Fargo, you can take a leisurely stroll along the Red River Walk to meander over to Moorhead, Minnesota. Along the way on the North Dakota side of the river, you can stop to see the Statue of Liberty, the Sodbuster Statue, or visit the Great Northern Bicycle Company. The Great Northern Bicycle Company business is in the old Great Northern Terminal that you can walk through to view the beautiful architecture. Just into Moorhead, you'll come to Viking Ship Park which is the home of the Hjemkomst Center and the Hopperstad Stave Church. The Hopperstad Stave Church is a beautiful replica of the Hopperstad Stave Church in Vikoyri, Norway and is built completely of wood; it is stunning to see both inside and out. The Hjemkomst Center houses a replica of a Viking Ship that actually sailed all the way to Scandinavia. The entrance fee to see both is normally \$10; however, you can go for free on Tuesday evenings. We were fortunate to have a knowledgeable docent take us through the church and answer all of our questions. If you enjoy kayaking, you can rent a kayak on your way back to Fargo and paddle the Red River.

Fargo was warm and beautiful during our visit, allowing us to enjoy lots of wandering around to take in their numerous murals, painted bison, and friendly people. We encourage you to add this hidden gem to your must-visit list.

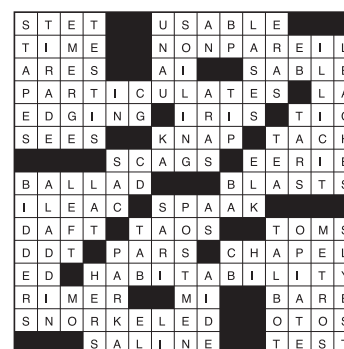


### CLUES ACROSS

- 1. Constrictors
- 5. Abounding in rocks
- 11. Speed
- 14. German city
- 15. Lacking sympathy
- 18. Visionaries
- 19. Wastes away
- 21. One precursor to the EU
- 23. Nursemaid
- 24. Unconsciousnesses
- 28. Baby's word for father
- 29. Equal to 64 US pints (abbr.)
- 30. Senses of self-importance
- 32. Midway between south and southwest
- 33. When you hope to get there
- 35. Electronic data processing
- 36. Passports and drivers' licences are two
- 39. Fishes
- 41. Air Force
- 42. Personal computers
- 44. Ecological community
- 46. Wings
- 47. Halfway
- 49. Cool, calm and collected
- 52. Jewelled headdress
- 56. Musical composition
- 58. \_\_\_ Falls
- 60. Repeating remarks
- 62. Periods in one's life
- 63. Hyphen

### CLUES DOWN

- 1. \_\_\_ Humbug!
- 2. Devices that alert pilots (abbr.)
- 3. Grocer
- 4. One point east of southeast
- 5. Subjects to hostility
- 6. Work unit
- 7. Atomic #56
- 8. British thermal unit
- 9. "Elusive Butterfly" singer
- 10. Egg part
- 12. Device
- 13. Rechargeable power source
- 16. Ancient sage
- 17. Consist of two elements
- 20. "Pygmalion" writer
- 22. "The Centennial State" (abbr.)
- 25. Of I
- 26. Get older
- 27. Brotherhoods
- 29. Buzzing insect
- 31. Sunscreen rating
- 34. Brew
- 36. Leader
- 37. Indigo bush
- 38. Burn with a hot liquid
- 40. Junior's dad
- 43. Horse mackerels genus
- 45. Morning
- 48. Unit of linear measurement (abbr.)
- 50. Double curve
- 51. Small, twisted bunch
- 53. Developed
- 54. Mars crater
- 55. Humanistic discipline
- 57. Word element meaning ear
- 58. Last or greatest in an indefinitely large series
- 59. Wood residue
- 61. It cools your home



Answers for February 16





**Preparation** - Ocean City-Berlin Optimist Club members measured out spaces for boats to be displayed in preparation for the Seaside Boat Show, which was held this past weekend. Pictured from left to right are **George Solyak, Charlie Deale, Bill Brown and Bill "Smitty" Smith.**

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## Virtual poetry reading scheduled

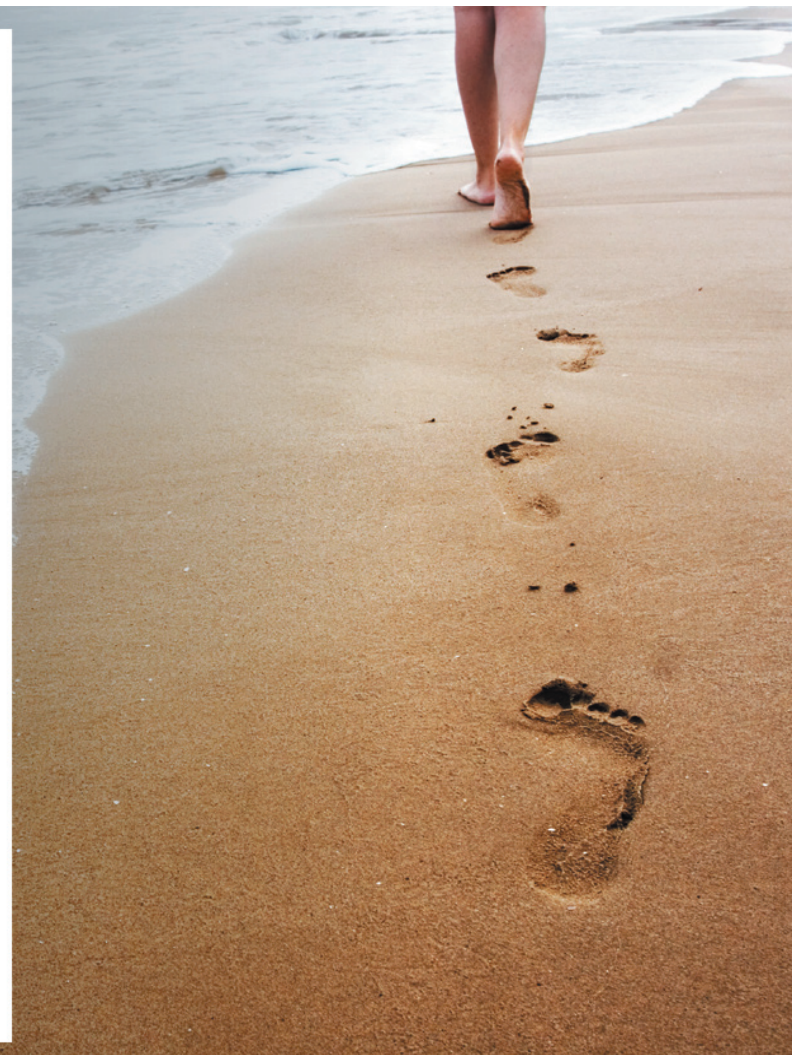
Wor-Wic Community College invites the public to a free virtual reading with Pulitzer Prize-winning poet Paul Muldoon on Thursday, March 24, at 7 p.m., via Zoom.

Muldoon has been described by "The Times Literary Supplement" as "the most significant English-language poet born since the second World War." The recipient of dozens of awards, including the 2003 Pulitzer Prize for Poetry, he is the author of fourteen full-length collections of poetry, the most recent of which is "Howdie-Skelp." Muldoon served as professor of poetry at the University of Oxford from 1999-2004 and as poetry editor of "The New Yorker" from 2007-2017. He has taught at Princeton University in New Jersey since 1987.

Visit the events section of [www.worwic.edu](http://www.worwic.edu) for more information.

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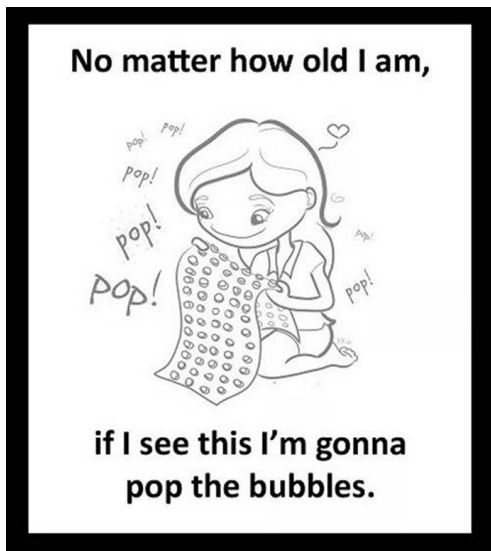
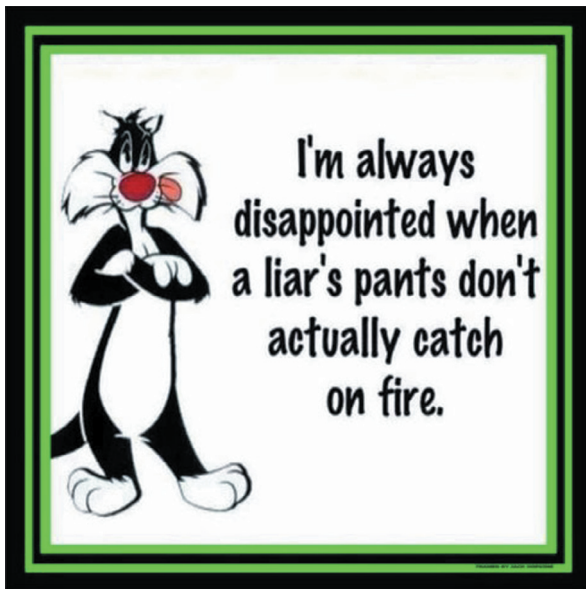


# Some things to think about

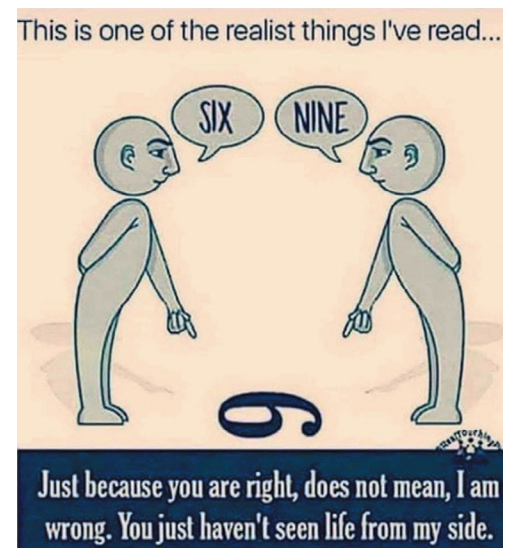
Gathered from the internet by **Jack Barnes**

Apparently, it's only appropriate to say "Look at you! You got so big!" to children. Adults tend to get offended.

They say every piece of chocolate you eat shortens your life by two minutes. I've done the maths. Seems I died in 1537.



Pre internet chat room using An old version of windows...







### WPS dresses in pink to raise funds

On Monday, February 14, students and faculty participated in "Wear Pink" day at Worcester Preparatory School (WPS). This wasn't just for Valentine's Day, but to support the local family of Lakelyn Draheim of Berlin.

Lakelyn is a sweet, charismatic and determined 4-year-old who loves gymnastics and dance. In January she was diagnosed with DIPG (Diffuse Infiltrative Pontine Glioma) Stage 4, an inoperable brain tumor. She is currently undergoing pinpoint radiation treatment at the Children's National Hospital located in Washington D.C.

WPS Senior Camden Rayne is Lakelyn's dance teacher. She partnered with WPS Volunteers to start a fundraiser at school to support the community's efforts to help send the Draheim family to Disney World. In doing so, all students and faculty were asked to wear the color pink on Monday and donate \$2 each to the cause. By the end of the day, WPS raised nearly \$5,000 for the Draheim family.

To learn more about Lakeln's story visit at [www.caringbridge.org/visit/lakelyndraheim](http://www.caringbridge.org/visit/lakelyndraheim) or follow the Facebook page "Lakelyn Strong-Defeating DIPG". To donate towards a trip to Disney visit GoFundMe page [www.gofund.me/eca79d83](http://www.gofund.me/eca79d83) or to donate towards medical expenses visit [www.gofund.me/7e526648](http://www.gofund.me/7e526648).

Above: grades Pre-K – 1 smile for the camera before lunch to show their support for Lakelyn and the Draheim family.

## Mingling with film lovers is part of the experience

The 6th Annual Ocean City Film Festival, Mar. 3-6, 2022, will offer a host of opportunities for festival goers to socialize, from morning coffees to after parties, as well as presenting 100 independent films, both local and from around the world.

The festival is an initiative of the Art League of Ocean City that produces the festival along with broad support from the Town of Ocean City and the Ocean City community.

"A traditional part of any film festival experience is mingling with the filmmakers, actors, behind-the-scenes crews, and other film lovers," B.L. Strang-Moya, Film Festival director, said. "Our OC Film Festival attendees will offer many opportunities to get together. You can have coffee in the morning with me, attend a workshop on a book about films made on Del-

marva, dance at one of our after-parties to live music, or roll into a 21+ happy hour at the Casino. And many of our events are free and open to everyone."

All-access passes, \$99, give attendees entry into all films, workshops, and parties, plus offer online streaming during the festival and for one additional week. Single day passes start at \$20, and party passes start at \$25. Passes are available at [OCMDFilmFestival.com](http://OCMDFilmFestival.com).

The festival kicks off Thursday, Mar. 3 at Ocean City's Performing Arts Center at the Roland E. Powell Convention Center with an opening night party from 5-6:45 p.m. complete with red carpet, hors d'oeuvres, and cash bar. Immediately after, the festival premieres the Delmarva Film Show-

please see *film* page 14

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**tape**  
from page 9

Rock Tape, and Theraband kinesiology tape, our patients have reported that Kinesio Tex Tape is one of the most comfortable and supportive, that it stays on well and that it helps to reduce their pain. It comes in a variety of colors and pre-cut shapes. Kinesio Tex tape has recently created a gentler tape that is geared toward the elderly and pediatric populations. There are even some “fancy” taping techniques that can be applied to reduce swelling, bruising or the appearance of scars. We have heard many positive reviews from our patients who we have taped for back, neck, shoulder or knee pain, muscle weakness, and even postural corrections and neuromuscular re-education. Perhaps the greatest take away is, it is a non-medicated and non-invasive way to help you feel better. Who knows, it may even make you feel like a champion.

*Lynn Martin, PTA, CKTP is a Physical Therapist Assistant and Certified Kinesio Taping Practitioner at Hamilton Physical Therapy, in Ocean Pines. She can be reached at 410-208-3300 or [lynn@HamiltonPTcares.com](mailto:lynn@HamiltonPTcares.com) with any questions regarding this article.*

**Tides for Ocean City Inlet**

Day	High / Low	Tide Time
Th 24	High	1:32 AM
24	Low	7:53 AM
24	High	1:54 PM
24	Low	7:53 PM
F 25	High	2:41 AM
25	Low	9:02 AM
25	High	3:03 PM
25	Low	8:58 PM
Sa 26	High	3:51 AM
26	Low	10:11 AM
26	High	4:11 PM
26	Low	10:05 PM
Su 27	High	4:55 AM
27	Low	11:15 AM
27	High	5:13 PM
27	Low	11:08 PM
M 28	High	5:54 AM
28	Low	12:11 PM
28	High	6:09 PM
Tu 1	Low	12:07 AM
1	High	6:47 AM
1	Low	12:59 PM
1	High	7:01 PM
W 2	Low	1:00 AM
2	High	7:36 AM
2	Low	1:43 PM
2	High	7:50 PM

**wor-wic**  
from page 6

create a wide range of social benefits while enriching civic life. One out of every 56 jobs on the Lower Eastern Shore is supported by the activities of Wor-Wic and its students.

With more than 90% of students staying on the Lower Eastern Shore, Emsi Burning Glass estimated that the alumni impact on the region was \$79 million, thanks to graduates’ increased earnings and productivity. Beyond the direct economic impact of \$106.6 million in 2018-19, the report stated that Wor-Wic’s future benefits to the community total \$207.6 million – including social savings related to health, crime and income assistance, in addition to added income. Wor-Wic’s accessibility and affordability are vital not just to individual students, but to the region as a whole.

More information about the study is available at [//mdacc.org/impact-maryland](http://mdacc.org/impact-maryland).



**Ancestors**

*Kiwanis Club of Greater Ocean Pines-Ocean City member **Dick Clagett** recently shared with the club that his ancestors were on the ship, The Ark, that in 1634 landed at St. Mary’s in Southern Maryland. One of Dick’s ancestors was Thomas Greene who became the second governor of Maryland.*

**film**  
from page 13

case, featuring four films produced on Delmarva and a Q&A with the filmmakers. The event is included with the all-access pass, or \$35.

Later Thursday evening, the bayfront Residence Inn, 300 Seabay Lane, Ocean City, will host an after party from 9-11 p.m. with happy hour prices and a discounted light fare menu. This is a free event, and open to all.

Friday, Mar. 4, begins with a panel discussion at the Art League’s Ocean City Center for the Arts, 94<sup>th</sup> St. bayside, with Brent Lewis, author of “Stardust by the Bushel: Hollywood on the Chesapeake Bay’s Eastern Shore.” This book is a comprehensive history of the stars of stage and screen who called the Eastern Shore home during or after their lives, as well as major motion pictures produced on location. Panelists include Jack Gerbes, director of the Maryland Film Office. This is a free event, and open to all.

Friday continues with a day of films culminating with a reception at the Ocean City Center for the Arts that coincides with the Art League’s First Friday art opening party. Five

new art shows will open that evening with complimentary hors d’oeuvres presented by Coins Pub, and beverages sponsored by PKS Investments. This is a free event, and open to all.

Late on Friday, Mother’s Cantina at 2810 Philadelphia Ave. in Ocean City will host an after party from 9 p.m.–1 a.m. with drink specials and a light fare menu. This is a free event, and open to all.

Saturday, Mar. 5 features a day of films with a “Rolling into Happy Hour” reception at Ocean Downs Casino on Racetrack Rd. in Berlin from 5-6:45 p.m. This is a 21 and older event. The Casino will offer complimentary hors d’oeuvres, a happy hour cash bar plus a \$10 free slot play. At 7 p.m., the Casino will screen a block of horror, fantasy and sci-fi films. The event is included with the all-access pass, or \$25.

Late on Saturday, Fager’s Island at 201 60<sup>th</sup> St., Ocean City, will host an after party from 9-11 p.m. with live music, DJ RobCee, and drink specials. This is a free event, and open to all.

Sunday morning opens with coffee and conversation with Film Festival Director B.L. Strang-Moya from 9-10 a.m. at the Princess Royale, 9100 Coastal Hwy., Ocean

City. Guests will learn about the festival and recap this year’s selections in an informal meet and greet. This is a free event, and open to all.

Sunday culminates the festival with films and a closing ceremony with a presentation of awards from 6-8 p.m. at Seacret’s Morley Hall, 117 49<sup>th</sup> St., Ocean City. The event features live entertainment, complimentary hors d’oeuvres, and a cash bar, and is included with the all-access pass, or \$25.

Complete information about the festival, including a list of films, and festival passes are available at [OCMDFilmFestival.com](http://OCMDFilmFestival.com) or by calling 410-524-9433. All-Access passes are \$99 and include access to all films, parties, and workshops plus one bonus week of online streaming of all the films. Day passes start at \$20, and party passes start at \$25.both local and from around the world

Also listed on the website are special, off-season hotel rates for festival goers, with rooms starting at \$89 per night.

“Traveling to Ocean City is incredibly affordable this time of year, even more now that our hotel sponsors are offering festival attendees discounted rates starting at \$89 a night,” Strang-Moya said.



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