

The Courier

March 9, 2022 Volume 22 Number 25



TOPS - During the months of January and February the members of TOPS #0169 (Taking Off Pounds Sensibly) collected items for the Baby Boutique at the Grace Center for Maternal and Women's Health in Berlin. Each week when they met at AGH members donated such supplies as diapers, pajamas, onesies, blankets, bathrobes, hooded jackets and outer wear to fit children from newborn through age 5. Many miscellaneous items were included in the bounty that was delivered to the Center recently by a representative of the group, Raye Simpson. Pictured are **Raye Simpson** and the new Executive Director at the Grace Center, **Joann Manole**.

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OPA hires new senior executive office manager

Ocean Pines General Manager John Viola has announced that Linda Martin has accepted a position as the Association's senior executive office manager, effective immediately.

In her new role, Martin assumes the duties previously performed by the senior executive assistant, a position she had held temporarily since the beginning of the year.

"Linda has been a part of the Ocean Pines Association for many years, most recently as the office manager for the Public Works Department," Viola said. "Her work with the leadership team on initiatives such as the DMA reserve study, the 2022/2023 fiscal year budget and Ocean Pines customer service illustrates her willingness to take on new responsibilities and makes her an ideal choice for this position."

As senior executive office manager, Martin will report to and serve as

a confidential assistant to the general manager. She will continue to lead the Compliance, Permits and Inspections (CPI) Department and customer service program, in addition to her new responsibilities.

She also will be responsible for performing tasks as the Board of Directors' assistant secretary.

Born and raised on the western shore of Maryland, Martin majored in accounting at Anne Arundel Community College and has held

a variety of financial-related jobs in government, retail, medical and community-based organizations.

She moved to the Eastern Shore in 2006 and worked for the Public Works/CPI Department from 2006-2017 as an office coordinator. She returned to Ocean Pines as the Public Works office manager last fall.

"Please join me in wishing Linda continued success in her new position," Viola said.



Book club - The Republican Women of Worcester County's Red Shoe Book Club met and discussed "To Rescue the Republic: Ulysses S. Grant, The Fragile Union, and the Crisis of 1876," written by Bret Baier. The Red Shoe Book Club meets quarterly to discuss timely books that focus on various topics of social, political, and historic interest to its members. Pictured in the first row: **Raye Simpson, Marge Matturro, and Gloria Moyer**; second row: **Pat Prince, Carol Frazier, Susan Ostrowski, Nina Willett, Linda Siriani, Kathleen Tallmen, and Liz Mumford**.

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Commentary

Facebook wars

Commentary by **Joe Reynolds**
OceanPinesForum.com

It was probably inevitable. Open warfare is now rampant among factions of two Facebook groups, each purporting to operate in the best interests of Ocean Pines. Accusations are flying around like seagulls at Thrashers in August. The irony of it all is thicker than week-old Jello.

Group One began over a year ago, as reported in *Ocean City Today* in a March 12, 2021 article. Greg Ellison, author of the article, noted that Esther Diller and Colby Phillips were the Facebook site's administrators at that time. Ellison also wrote, "Diller, a former director whose husband, Stuart Lakernick, is a candidate for the board in this year's election, stressed the importance of civic involvement." Diller also said a goal of the group was to solicit board candidates and the long game is maintaining focus to foster community inclusiveness, not to stoke divisions."

Diller's group apparently did produce two candidates in the last year's election — Stuart Lakernick and Rick

Farr. Farr and Lakernick never claimed to run as a team, perhaps even denied it. However, their campaign signs were identical except for the candidate name, and Rota Knott, writing in the *Ocean Pines Progress* about the June 9, 2021 candidates forum, said, "All Richard Farr and Stuart Lakernick were missing was the WWE signature tag team hand slap as they passed each other on the way to the podium during the June 9 forum."

Then, again as noted in the *Ocean Pines Progress*, there was Diller's conviction in some sort of a massive national Medicare scheme involving more than \$40 million brought to light after an FBI investigation. This was further complicated by some anonymous individual trying to expose Diller's legal problems in an obvious attempt to harm her husband's chances in the board election.

You can't make this stuff up. Group Two, according to an August 19, 2021 *Bayside Gazette* article, was started by one Sherrie Clifford. The *Gazette* says, "Clifford has monitored community issues from the sidelines, but after the current board election went sideways the time for action seemed apparent to her."

After relocating last year from West Deptford, New Jersey, Clifford

gradually got up to speed on Pines community concerns by viewing board meetings online, the paper reports. Interestingly, the *Gazette* also reports Clifford as "conferring with administrators" of Group One before starting Group Two.

Clifford's mission statement says the group will serve as an oversight committee to the Board of Directors, and, according to a quote from her in the *Gazette*, "To eliminate the possibility of corruption." She says her group will act, "So these guys can't just run rampant." It also says the leaders of some Group Two committee, "will work with the OP HOA Board of Directors to ensure that board activities, financials, and decisions are transparent and monitored at the molecular level." The word pretentious comes to mind.

Clifford also is quoted as saying, "No resident will be brushed off or silenced in our community."

Internal squabbles in Group One began early on when one of the group members filed to run for the board. Then withdrew. Then was back in. Then finally withdrew. The candidate made various charges about Diller's treatment of her. Diller denied the accusations. Amy Peck, now on the OPA Board of Directors, was an early participant and supporter of Group One. No longer. The falling out was not pretty.

Now Peck is apparently an early supporter of Group Two.

Members of Group One are now taking potshots at Group Two.

Association member Dinah Hoffmeister recently wrote of Group Two's Clifford, "This group states that they want transparency and open dialogue but when it's something they don't want people to read, she deletes the comments!"

Hoffmeister added, "I left the group and advised all that I had invited to join to leave as well. This group has an agenda and it's not going to benefit residents of the Pines." She also claims that when asked about why Group Two's logo looks like OPA's, the post was deleted. "I have copies of most of the threads she up and deleted. One while I was typing a response," she added.


Hoffmeister obviously does not believe Clifford's promise of, "No resident will be brushed off or silenced in our community."

Then there is the question of whether or not Group Two is trying to pass itself off as an "official" OPA site.

Association member Elaine Brady wrote, "The issue I have with the site is their stated mission of being a self-appointed board oversight committee of OPA... initially giving the impression it was an actual OPA committee, with 2 board members actively involved in its creation. ...one being marketed as the 'board expert' (Amy Peck) and posting as if she was the OPA spokesperson. I did email the board about what I felt was a conflict of interest, along with why if OPA has an experienced PR spokesperson

please see commentary on page 14

If tomato-loving shoppers were tasked with sorting through each variety of tomato whenever they visited their local grocery store or farmers markets, then such trips could take a considerable amount of time. That's because there are thousands of varieties of tomato. The home gardening enthusiasts at Home Garden Vegetables (homegardenveg.com) note that there are at least 10,000 unique tomato varieties across the globe. Flavor could have a lot to do with that, as tomatoes are popular ingredients in dishes spanning the globe. Individuals who want their tomatoes to pack the most healthy punch possible may want to cook them in olive oil. Cooking tomatoes breaks down cell walls and releases the antioxidant lycopene, which has been linked to reduced risk for stroke, lower cholesterol and eye health. Consumer Reports also notes that lycopene is fat-soluble, which means it's more effectively absorbed when eaten with some fat.



Courier Almanac

On March 9, 1959, the first Barbie doll went on display at the American Toy Fair in New York City.

Eleven inches tall, with a waterfall of blond hair, Barbie was the first mass-produced toy doll in the United States with adult features. The woman behind Barbie was Ruth Handler, who co-founded Mattel, Inc. with her husband in 1945. After seeing her young daughter ignore her baby dolls to play make-believe with paper dolls of adult women, Handler realized there was an important niche in the market for a toy that allowed little girls to imagine the future.

Gravitational pull

A magnetic force exists in our home. Despite our best and valiant efforts we have been unable to free ourselves from its grasp.

The power of this captivating force pulses through the bar top located in our kitchen. It is here where a variety of old mail and cat-

less cat.

Looking back I realize there has always been a place where I've put not-needed-right-now-but-don't-want-to-throw-away stuff. As a kid the bottom drawer of my bureau was just such a place. The top drawers contained my clothes that

were neatly arranged by my mother: socks, underwear, shirts (play shirts on the right, school shirts on the left) and pants. However, the bottom drawer was a repository of all sorts of treasured items includ-

ing toy cars and boats, random Lego pieces, drum sticks, a tackle box, an old transistor radio, a single walkie-talkie unit, a Big Jim action figure, various badges and pins I collected, broken crayons of different colors and a lot more that has been lost to history. Over time the track on which the drawer glided broke, no doubt under all the weight. As a result the drawer could only be opened and closed with a side to side push-pull motion.

There are other less obvious, out of sight locations in my home today that are imbued with a gravitational pull akin to the kitchen bar top. For instance the three drawers in the nightstand on my side of the bed contain a cornucopia of various and sundry items. Honestly, although the drawers are filled, I really don't remember opening them all that often to put things in. It's as if what's in them just appeared. Every once in a while I open them just see what they're hiding. What do I find? Several pairs of old eye glasses, cards commemorating by-gone birthdays and anniversaries, a piece of string, a package of three by five multi-color index cards (I have no idea), a couple flounder rigs and a tattered copy of Hunter S. Thompson's "Fear and Loathing on the Campaign Trail '72."

I suspect that long after I'm gone the seemingly inexhaustible magnetic strength of the bar top will continue and it will be left to my heirs to handle. I just hope when that time comes they don't find me stuck to the bar top next to last month's gas bill.



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

alogs we haven't yet tossed, monthly bills we haven't yet sorted and a collection of random items we have yet to put in their proper place is pulled toward. Try as we might to clear this surface on a regular basis we recognize and reluctantly accept that we are no match for its ubiquitous magnetism. As soon as the last item is removed at one end of the bar something appears at the opposite end which unleashes a cascading wave that results in varied this and landing on the bar like jetsam left behind on a beach by an outgoing tide.

There's no telling what will be found in this ever-changing collection. A recent inventory found a copy of my "Boating" magazine, four clothes catalogs addressed to our daughter who no longer lives at home, back issues of this paper, a piece of string, the lighter I use for the barbecue grill (oh, that's where that is!), the electric bill, two need-to-be sharpened pencils, a paper clip and a list I've been making of items I need to purchase for my spring projects. There is also a stack of business envelopes that rises and falls with each mail delivery.

It's interesting how this island of hodgepodge is often invisible to us even though it's right there in plain sight all the time. It has become such a part of our environment that we take it for granted much like the trees in the backyard or the clutter we'd find in our youngest son's room when he was living at home. More noticeable is it when the counter is cleared of its contents. It looks as odd as a fur-

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Free platform tennis lessons in Ocean Pines

The Ocean Pines Platform Tennis Association is offering free lessons at the Ocean Pines Racquet Center on 11443 Manklin Creek Road.

“Platform tennis is a fun outdoor racquet sport, played on a fenced-in court that’s one third of the size of a tennis court,” Platform Tennis Association Board member Karen Kaplan said. “Also known as ‘paddle tennis,’ the sport is played with a wooden platform paddle and a dense, bouncy ball. Paddle has elements of tennis in strokes and scoring, and it’s like racquetball in that you can play the ball off the fence.”

Free lessons are available every Saturday at 9:30 a.m. To make an appointment for another time, email Ka-

plan at oppaddle2020@gmail.com. All abilities are welcome, and equipment will be provided.

Along with free lessons, Kaplan said the Platform Tennis Association also hosts men’s, ladies,’ and co-ed groups, as well as daytime play, and nighttime play under the lights.

“Platform tennis is played year-round,” she said. “There are numerous drop-ins, reserved-court play, and lots of social events including happy hours, barbecues, bonfires, and Chili Day, to name just a few.”

For more information about platform tennis in Ocean Pines, visit www.oceanpines.org/platform-tennis, or search “OP Platform Tennis” on Facebook.

Faith-filled women conference returns

After a two-year hiatus due to the Covid-19 pandemic, the annual Faith Filled Women’s Conference returns to Salisbury on March 26. This year marks the 10th annual event and will be held at the Wicomico Youth and Civic Center, Salisbury, MD.

The conference theme is “Simply Celebrate” and features keynote

speaker Sandra Stanley-author of the devotional book “Breathing Room.” Tickets are on sale now for \$60 and include all day admission, breakout speakers, inspiring praise music, vendors, buffet lunch, dessert and much more. For more information and to purchase tickets go to info@faithfilledwomen.com.

Anglers to meet

The Ocean Pines Anglers Club will meet on Saturday, March 12 at 9:30 a.m. in the Ocean Pines library. The speaker will be Wolfgang Rain who is an on-shore fisheries liaison contracted to US Wind. He keeps commercial and recreational fishermen informed on the wind turbine project. There will also be a discussion of fresh water trout fishing led by members Mike Vitak and Lee Phillips. Doug Murphy will update upcoming opportunities for discounted charter fishing trips. All are welcome.



Celebration - Worcester Preparatory School Lower School celebrated reaching their 100th day of school on Thursday, March 3. Students from Pre-K to Grade 5 participated in a variety of educational and philanthropic activities throughout the day to commemorate their milestone.

Above: From the left, **Sasha Gerner** and **Nuri Ramadan** smile together on the 100th Day of School.

Leadership internships available

The University of Maryland Extension received a grant on April 15, 2021. The grant was endowed by the United States Department of Agriculture and sponsored by the National Institute of Food and Agriculture. The grant was endowed to create a meaningful summer internship program for students at underserved institutions, community colleges, or non-Land Grant institutions to gain technical skills and train a future agricultural workforce.

University of Maryland Extension (UME) developed a summer intern-

ship program with seven interns annually paired with competent mentors. Participating interns will gain hands-on experience in Extension activities and participate in leadership and professional development training. The project addresses the eight core competencies in career readiness. Along with professional development and one-on-one pairing with a faculty mentor, interns have networking opportunities with private industry professionals. The experience is a

please see leadership on page 14

How switching the clocks can affect your health

Much of the world adjusts their clocks each spring and fall. In the fall, clocks are fixed on standard time, while in the spring they’re moved forward one hour to daylight saving time, or DST which will occur this Sunday morning.

The rationale behind DST has long been based on energy savings, as the demand for electricity to light homes is related to the times when people go to bed at night and rise in the morning. Studies conducted by the U.S. Department of

Transportation in 1975 determined that moving clocks ahead one hour could save a small amount of energy each day. In New Zealand, power companies registered a 3.5 percent decrease in usage when daylight savings starts. Even though the energy savings associated with DST can be significant, some suggest those savings come at the expense of human health.

Research suggests that a one-hour time change twice a year can significantly throw off humans’ internal clocks. A report conducted by the Massachusetts Legislature in the summer of 2016 found that people lose a significant amount of sleep in the days following

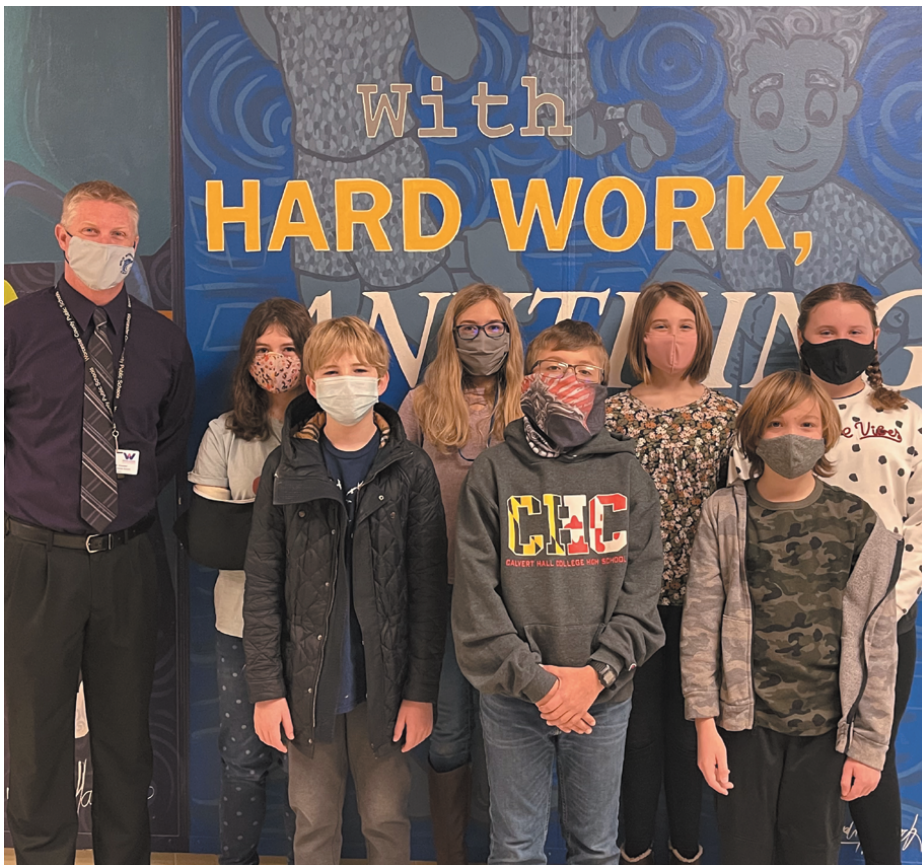
DST, which can lead to an increase in both traffic fatalities and on-the-job injuries. Disrupted sleep cycles can leave people restless and coping with anxiety. A 2012 study published in the Journal of Applied Psychology found shifts related to DST led to killing time on the internet and other “loafing” around from lack of energy and motivation.

Finnish researchers analyzed more than 10 years of stroke data and its relation to DST. The overall rate of ischemic stroke increased by 8 percent in the first two days after transitioning to DST.

Similarly, other issues arise when clocks are switched back to standard time in the fall. Danish researchers

found the rate of people seeking care for depression rose for up to 10 weeks after clocks were turned back.

Various petitions have been created to urge legislators to maintain DST all year long. The United Kingdom-based Royal Society for the Prevention of Accidents says doing so will reduce road deaths currently caused by darker evenings in autumn and winter. Keeping the time consistent can help avoid body clock resets, may prevent accidents and could increase productivity in the evening hours when the autumn arrives. Only time will tell if turning the clocks back and moving them forward will become a relic of the past.



Finalists - Berlin Intermediate School celebrated their seven finalists in the Eastern Shore Literacy Association's Young Authors' Contest. Principal Ryan Cowder was on hand to recognize and congratulate the finalists. Pictured are (back l-r) **Ryan Cowder, Catrina Donmayer, Aberle Bunting, Ellie Wells, Brynlee Waters;** (front l-r) **Skylar Miller, Stefan Michelle, and Elias Baldrige.**

Why it pays for seniors to maintain good credit

The benefits of maintaining good credit include looking more reliable in the eyes of prospective employers and securing lower mortgage interest rates when buying a home. Those rewards can benefit anyone, but they're especially enticing to young people. But what about seniors? Do individuals stand to benefit significantly from maintaining good credit into their golden years?

According to the credit reporting agency Experian, senior citizens tend to have the best credit scores of any consumer demographic. That could be a byproduct of years of financial discipline, and there are many benefits to maintaining that discipline into retirement.

Home buying and borrowing: Buying a home is often considered a big financial step forward for young people, but that doesn't mean aging men and women are completely out of the real estate market. In its 2020 "State of the Nation's Housing" report, the Joint Center for Housing Studies

of Harvard University reported that the share of homeowners age 65 and over with housing debt doubled to 42 percent between 1989 and 2019. In addition, 27 percent of homeowners age 80 and over were carrying mortgage debt in 2019. Maintaining strong credit after retirement can help homeowners who still have mortgage debt get better terms if they choose to refinance their mortgages. Even seniors who have paid off their mortgages can benefit from maintaining good credit if they decide to downsize to a smaller home but cannot afford to simply buy the new home outright.

Rewards: Retirement is often associated with travel, recreation and leisure. Such pursuits can be more affordable when seniors utilize rewards-based credit cards that help them finance vacations, weekend getaways and other expenses associated with traveling. Seniors who maintain strong credit ratings into their golden years may have more access to the best

please see credit on page 14

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Caffeine can be found in all sorts of items

Caffeine is a stimulant that untold millions, if not billions, of people across the globe insist they cannot go without. Whether it's in a morning



notes that up to 400 milligrams of caffeine per day appears to be safe for most healthy adults. Coffee drinkers know that certain cups of coffee are stronger than others, but the U.S. National Library of Medicine indicates that a typical eight-ounce cup of coffee contains between 95 and 200 mg of caffeine, while a 12-ounce soda typically includes between 35 and 45 mg of caffeine.

Coffee and soda are widely recognized sources of caffeine, making it a lot easier for individuals who consume these popular beverages to track and control their caffeine consumption. In addition to coffee and soda, various other foods and beverages contain caffeine, some of which may surprise consumers.

Manufacturers are not required by the U.S. Food and Drug Administration to cite caffeine content on nutrition labels, a controversial subject that various health advocates argue fails to protect consumers.

Without new rules that mandate

manufacturers to cite caffeine content on nutrition labels, consumers are on their own to determine how much caffeine they're consuming each day. Recognition of these hidden sources of caffeine can help individuals avoid overconsumption of this powerful stimulant.

Decaffeinated coffee/tea: The terms decaffeinated and caffeine-free are not interchangeable. That's because the process of decaffeination leaves trace amounts of caffeine, meaning decaffeinated coffees and teas contain a small amount of the stimulant.

Chocolate: Consumers may or may not be surprised to learn that cocoa beans naturally contain caffeine. As a result, products that contain chocolate, which is made from cocoa beans, also contain caffeine.

Dark chocolate generally contains more caffeine than light chocolate, with the U.S. Department of Agriculture reporting that a one-ounce serving of dark chocolate typically contains 12 mg of caffeine. However, various candies and other products that contain chocolate, including light varieties, are fortified with extra caffeine.

Headache treatments: Certain products that treat headaches contain caffeine. The manufacturers of two of the more popular pain relief products, Advil and Tylenol, assure consumers

that their products do not contain caffeine. However, individuals who take Excedrin to treat headaches should know that three Excedrin products - Excedrin Extra Strength, Excedrin Migraine and Excedrin Tension Headache - contain caffeine.

Breath mints: Certain breath mints contain caffeine. For example,

Health care professionals indicate that caffeine appears to be safe for the majority of healthy adults when it's consumed in moderation. The Mayo Clinic notes that up to 400 milligrams of caffeine per day, which is roughly equivalent to the amount found in four cups of coffee, is considered safe for most healthy adults. However, individuals should be careful of certain forms of caffeine. According to the U.S. Food and Drug Administration, caffeine in powder or liquid form can provide toxic levels of the stimulant. And it doesn't take much to reach such levels, as the Mayo Clinic reports that a single teaspoon of powdered caffeine can contain as much of the stimulant as 28 cups coffee. That much caffeine can contribute to serious health problems and possibly death.

Viter Energy mints, which some consumers see as an alternative to coffee, contain caffeine. Viter notes that its Energy Mints contain 40 mg of caffeine per mint, or roughly the same amount as a 12-ounce can of soda.

Health care professionals feel that caffeine is generally safe for healthy individuals when consumed in moderation. But it behooves individuals to recognize hidden sources of caffeine that could potentially compromise their health if consumed to excess or along with other caffeinated products.



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How to get kids into golf

When a global pandemic was declared by the World Health Organization in March 2020, parents were left scrambling for fun and healthy ways to keep their kids occupied. Virtual learning sessions replaced days spent in the classroom, and many extracurricular activities were canceled in an attempt to prevent the spread of the COVID-19 virus. Parents tried to find activities that kids could enjoy while still adhering to social distancing guidelines, and that led many moms and dads to consider golf.

Golf is an outdoor activity that does not require a large group of people, making it an ideal recreational activity during the era of social distancing. In fact, the number of youth golfers skyrocketed during the first six months of pandemic. According to Youth on Course, a nationwide program for children between the ages of six and 18 that offers access to more than 1,000 golf courses for a nominal fee, the number of rounds played by program members between January 2020 and July 2020 increased by 76 percent over the same period a year earlier.

Golf isn't just beneficial during the age of social distancing. It's also a great way for parents to get kids to exercise and keep them off of their devices as they enjoy the great outdoors. Golf is a difficult game, and that difficulty may discourage some youngsters from playing. However, parents can overcome that hurdle and others as they try get their kids excited about playing golf.

Enroll kids in a youth organization. An organization like Youth on Course excites many youngsters because they see children their own age playing golf. That means they can go golfing with friends and talk about the game when they're not on the course. Parents concerned about COVID-19 can let their youngsters play with friends while wearing a mask without risking kids' health. Public health agencies like the Centers for Disease Control and Prevention have noted that outdoor activities are significantly safer than indoor gatherings. When wearing a mask outdoors, kids' risk of getting COVID-19 is even lower.

Get the right gear. PGA of America

recommends getting kids a putter and a wedge that are made for kids their height, noting the availability of clubs specifically made for juniors. An age-appropriate wedge is short and easy to get in the air. That should make it easier for kids to play, increasing the chances they'll enjoy themselves.

Keep it light and fun. Golf can frustrate even the most skilled professionals. It's important to downplay any frustration kids feel. Parents playing alongside their children must avoid growing frustrated if their own rounds aren't going well. PGA of

America advises parents to not put any expectations on youngsters as they learn the game, focusing instead on how much fun it is to play a round at a beautiful course.

Golf is a great game for people of all ages, including youngsters.



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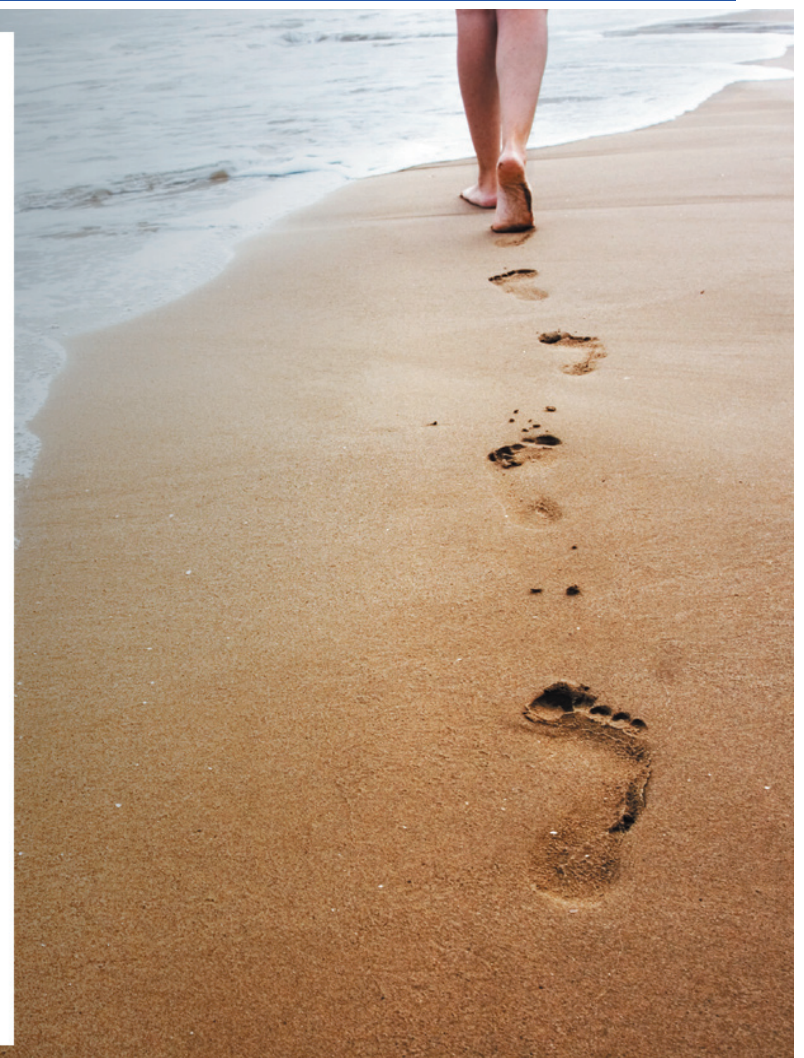
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Reference documentation

If you think recreational boating is an escape from mundane paperwork, think again. The law requires that you have the boat’s certificate of registration on board and, if the operator was born after 1 July 1972, then he/she needs to have a National Association of State Boating Law Administrators (NASBLA) safe boating certificate and a photo ID. That’s the legal stuff.

Now here’s a few reference documents that you should consider. You may not really need any of them if all you do is kayak in the St. Martin River but if you are planning to cruise down to the Florida Keys, you probably need all of them.

The first and most important is the nautical chart. It’s a map. It shows you where the water is and, more importantly, where it is not. Besides water depths, charts also show the locations of the aids-to-navigation (AtoNs), the buoys, plus spatial orientation – distance and directions – for plotting purposes.

Nautical charts are maintained by the National Oceanic and Atmospheric Administration (NOAA) and are available for free on their website. The Ocean City area is documented on #12211 and covers about 120 square miles from roughly the Delaware line to Chincoteague, Va.

The actual chart is a very cumbersome 32” by 38” so unless you own a yacht with a chart table, you will need to get a version that is more user friendly. The chart is available in apps that can be loaded onto your smart device of choice. You can also print it in 8 ½ x 11” pieces and keep them on your boat in a booklet. There are also vendors who productize hardcopy versions that can be water proof and can include additional info such as fishing, fuel, restaurant, and marina locations.

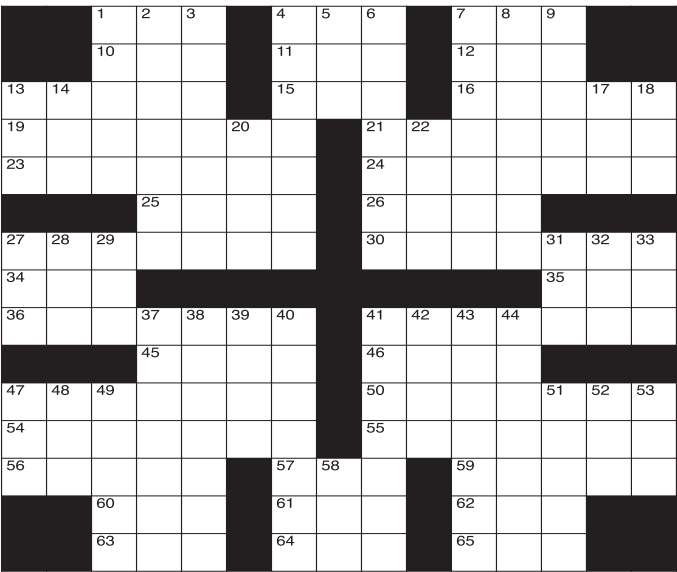
The second document is the tide chart. This tells you not only when to expect the high and low tides but the theoretical expected depths. It is an astronomical calculation. It is pretty close but not perfect. The actual timing and levels of the tides are affected by the weather. So, for example, we would experience unusually low tides when there is a prevailing strong wind from the west that blows the water out of the bays and an over-the-top high tide when there is a storm surge like during a nor’easter.

Tide charts are needed to assure there will be enough water to enjoy your favorite passages or anchorage but they are especially important when you are going to explore new waters.

*please see **documentation** on page 14*



Notice to Mariners for 19 February, 2022, launch of Antares NG-17 from Wallops Islands. The Notice also included launch time windows and exact longitude and latitude of the no-sail areas.



CLUES ACROSS

1. Central mail bureau

4. Member of the family

7. Partner to flow

10. __ Angeles

11. Military mailbox

12. Patriotic women

13. Shallow lake

15. Tear apart

16. Middle Easterner

19. Eat to excess

21. Stained

23. Certain peoples of equatorial Africa

24. 1st day of month

25. Skin disease

26. Skating figure

27. Annelids

30. Gracefully slender

34. Kids need it
35. Swiss river

36. Indents

41. A sheer fabric of silk or nylon

45. Belgian River

46. __ Spumante (Italian wine)

47. Originate from

50. Rugged mountain ranges

54. Made less clean

55. Professions

56. 3s

57. Scarf

59. Yellow light

60. Bird noise

61. Opposite of start

62. Bar bill

63. Northeastern Mass. cape

64. American rocker Snider

65. Midway between northeast and east

CLUES DOWN

1. Scandinavian drink

2. Washington river

3. Fast-running flightless bird

4. Nerve conditions

5. Indicates near

6. Immediate relevance

7. Things you can eat

8. Receptacles

9. Retired Brewers great

13. Month

14. Happy New Year!

17. Exclamation to convey truth

18. Passports and licenses are two

20. Ebert’s partner Siskel

22. Long skirt

27. Part of company name

28. Drugmaker __ Lilly

29. Electronic countermeasures

31. Klutz
32. Chinese statesman

33. Stir with emotion

37. Flat-bottomed boat

38. Go-between

39. This (Spanish)

40. A plot of ground where seedlings are grown before transplanting

41. Small waterfall

42. Modern tech necessity (abbr.)

43. Utter repeatedly

44. One of the bravest

47. Sun up in New York

48. Space station

49. Chilean seaport

51. Hasidic spiritual leader

52. They __

53. Soviet Socialist Republic

58. Single unit



Answers for March 2

Arts Council announces exhibits

During the month of March, the Worcester County Arts Council is pleased to present an exhibit featuring artwork by two local artists and Gallery members: Kathy Gibson and Barbara Kern - Bush. The opening reception of this exhibit will be held on

Friday, March 11 from 5 p.m. to 7 p.m. at the Arts Council's Gallery located at 6 Jefferson Street in downtown Berlin.

Come meet the artists and enjoy complimentary refreshments. Visitors will have an opportunity to place their bid on pieces of artwork, donated by each featured artist to benefit the Arts Council's Arts Scholarship program.

The exhibit is on display from March 1 through March 31.

In addition to the featured artists'

exhibit, the Arts Council is excited to feature the "Tiny Art", a youth art exhibition.



This vibrant exhibit of miniature artwork (three inches in diameter) showcases 10 winning entries created by children ages eight to 15 and submitted for a "Tiny Art" contest, sponsored and coordinated by the Worcester County Public Library system.

The exhibit is presented in conjunction with Youth Art Month, an annual observance in the month of March, to emphasize the value of art education for all students and to encourage support for quality art programs.

The exhibit is on display through March 31.



One hundred Mrs. Savanna Akins' Kindergarten class at Ocean City Elementary celebrated the 100th day of school by dressing up and creating projects with 100 items.

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You'll be green with envy if you miss this trivia contest! Hosted by Jim Meckley. Prizes (awarded to the top three teams) and refreshments are provided by Friends of the Ocean Pines Library.

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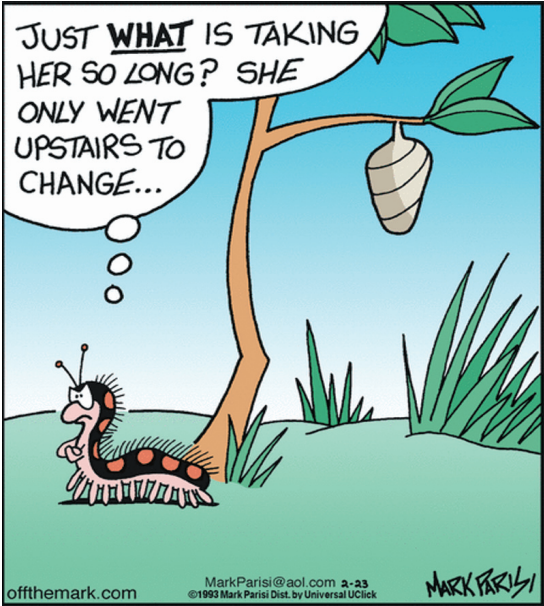
Save with Sunshine!

Some things to think about

Gathered from the internet by **Jack Barnes**

HUSBAND:
I want you to have this bracelet. It belonged to my Grandmother.

WIFE:
Why does it say, "Do not resuscitate?"



Struggling to get your wife's attention?
Just sit down and look comfortable.



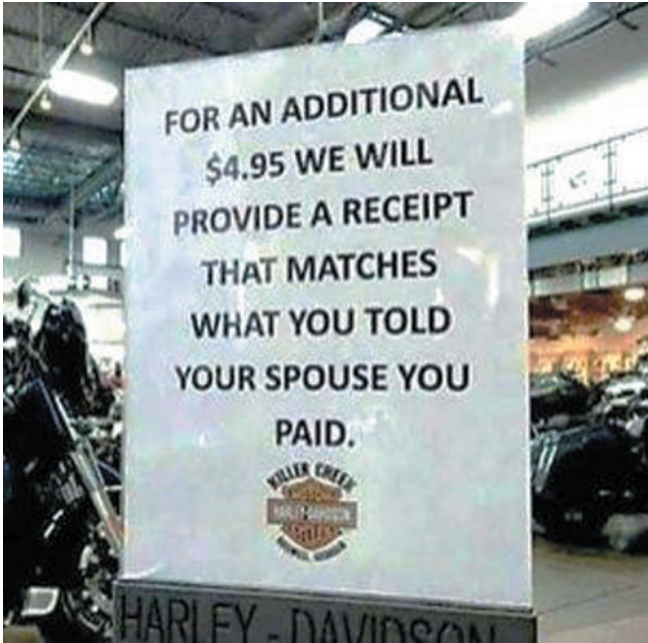
I told my wife I saw a deer on the way to work.
She said how do you know he was headed to work?

My Wife texted me a selfie in a new dress and asked "Does this make my butt look big?"

I texted back "Noo!"

My phone autocorrected my response to "Moo!"

Please send help!



Wife texts husband on a cold winter morning:
"Windows frozen, won't open."
Husband texts back: "Gently pour some lukewarm water over it and then gently tap edges with hammer."
Wife texts back 10 minutes later: "Computer really messed up now."



Hint of Spring

By **Robert Pellenbarg**

Winter's cold, dark grip is loosening. The principal force here is day length. Every day, as Winter wanes, day light lengthens by some 2 minutes. Hard to notice two minutes in one day, but over a month, the time adds up. Snow fall, lashing chill winds, frigid rain, large diurnal temperature swings, freezing temps... so, as Winter stumbles, Spring beckons. What can we see of Spring, this early, by wandering about outside?

One clear sign of a season change is the appearance of new bird species. Of late, robins have appeared. These birds are easy to identify visually, and are a welcome harbinger of a new season. Robins have a distinct call which is easy to pin down. Sight or sound, robins are here with the emerging Spring. Other warmer season birds are starting to arrive, too. A blue bird shot across an open stretch recently, easily identified by its electric blue upper body plumage. Male cardinals seem a bit brighter of late... are they molting to Spring feathers? Time will tell! Bold blue jays and raucous crows have appeared; both are largely seasonal residents.

As the various birds occupy trees and shrubs, which are still bare, it is easy to see and identify the birds. However, even the largest trees sense a coming seasonal change. Branches which were sharp black etchings against a clear, cloudless sky a month ago now appear a bit fuzzy, and somewhat muted in color. The dark color is washed with subtle hints of green and brown as leaf buds slowly, tentatively expand. A weeping willow now has branches of vivid yellow green. Soon, the willow will leaf out. However, before the forest trees do leaf out to provide cover, we can still see scattered spherical clumps of mistletoe, high in the trees.

On the ground, daffodils have poked green fingers through fallen leaves, and over the past couple of days, daffodil flower buds have thrust above the leaves. Flowers are on the way! A crocus flower, a rich royal purple, appeared the other day. And, on local farm fields, the first hint of a glorious sight has appeared. Soon, many of the fields will be covered with striking purplish - red flowering plants (henbit intergrowing with purple deadnettle). The effect is akin to giant buckets of paint spilled across the flat farm field landscape. Stunning, colorful views to come, to say the least!

There are a couple patches of tiny oval leaves visible, if one

looks closely for this tiny plant. Wintergreen plants possess this mat forming green foliage all winter long. These plants are a bit inconspicuous, but interesting none the less. The spicy wintergreen - flavored red berries from last Fall are vanishing, perhaps eaten by squirrels. Choke berry plants, which also sport red berries, hold their fruit (very, very sour tidbits; choke berry, indeed!) high off the ground on wiry stems which won't support marauding squirrels. Yet, on closer inspection, these berries are a bit shriveled from exposure to Winter's dry air. Soon, though the choke berry plants will boast clouds of small white flowers. Beauty, and glory, to come! And of course, emerald green moss still glows here and there, especially at the base of trees, on the north side of the trunk. The moss color will fade somewhat as the trees leaf out in the Spring. However, the mosses are still superb, and present a restful color.

With luck, and a keen eye, one can spot one unique plant which, like the moss, revels in the light which streams through the leafless trees. Clumps of Crane - fly Orchid are a glory to behold. Individual plants of the orchid have a single oblong leaf. This leaf is ribbed, or puckered, dark green, but often spotted with various brownish flecks. The leaf can be smooth, but all leaves display a striking maroon reverse. These orchid leaves lay flat on the ground, and allow the plant to capture the Winter sun, for growth in the coldest months. Curiously, no matter what is blown about by winter winds, the orchid leaves somehow always end up on top of everything on the ground once the winds abate. How does this happen? Come late Spring, the leaves vanish as the ground level sunlight has faded with the leaf - out of the trees in the forest. Yet in mid - to late - Summer, the plant sends up a thin stem with small flowers that look like crane flies, which resemble large mosquitos. All in all, this orchid is a treasure in our forests, a true gem to be marveled at in person. It is a bit too early to see, but later in the Spring, Pink Lady Slipper orchids will appear. Rather rare here, but well worth seeking out.

Things are still largely dormant, but as the days lengthen, the early hints of Spring will become sure signs. Sol advances, Boreas retreats. Have a look outside, on a still, sunny, crystalline day, and stay tuned!

Mr. Pellenbarg resides in Ocean Pines.

credit
from page 7

travel-based rewards cards than those whose credit scores dip in retirement. Unforeseen expenses: No one knows what’s around the corner, but savvy seniors recognize the importance of planning for the unknown. The COVID-19 pandemic seemingly came out of nowhere, and among its many ripple effects was the sudden job loss experienced by seniors. The JCHS report found that 21 percent of homeowners age 65 and over had reported loss of employment income related to

the pandemic. Unforeseen medical expenses also can compromise seniors’ financial freedom. Maintaining a strong credit rating into older adulthood can help seniors navigate such financial uncertainty more smoothly. Such a strategy can help seniors secure low-interest loans or credit cards that can help them pay down sudden, unforeseen expenses without getting into significant debt. The importance of a strong credit rating is often emphasized to young people. However, a strong credit rating can be equally beneficial for seniors.

leadership
from page 6

ten-week full-time internship with pre-training sessions. The project’s objectives are: 1) Provide experiential learning opportunities in Extension and agricultural research to undergraduate students, including those at community colleges and underserved institutions in Maryland. 2) Develop internal hiring and mentorship skills in UME Faculty. 3) Increase the career readiness and leadership skills of student interns. 4)

Increase the number of students from these institutions continuing their education and entering the agricultural workforce. The Application for Summer Internship 2022 is open. For more information and to apply, visit <https://go.umd.edu/extensioninternships>.

documentation
from page 10

The depths indicated on the marine chart are the 17-year average low water depth. However, since it’s an average, that means that water depth will be lower roughly 50% of the time and higher the other 50%. Therefore, it’s prudent to explore new waters at or near low tide so that if it is the wrong 50% and you run aground, the tide will be coming in and eventually help to refloat the boat. Annual tide charts are on line and hard copies are distributed locally by the USCG Auxiliary and the Power Squadron for free. A weekly tide chart is also published here in *The Courier*. One more note on tide charts: They

commentary
from page 4

under the direction of the board, a board member was taking on that role.... especially since a number of the answers when questions were asked seemed pretty condescending and even snarky.... certainly not professional. I was then blocked from the site.” Association member Jac Grein, expressing an opposite view, wrote, “Amy Peck is doing a fine job on the board so far. There are people who are out to make her life miserable online. For the record, my reliable source tells me Stuart (Lakernick) is one of the



Essay award - Berlin Intermediate School student, Ara Kang, placed third in the Elks Lodge Americanism Essay Contest. Ara wrote an essay that addressed the different ways that one can show love of their country. Her essay will go on to compete at the state-level. Principal **Ryan Cowder** along with **Allen** and **Gretchen Meyer** of the Ocean City Elks Lodge were on hand to present **Ara Kang** with the award.

predict the tides at a specific location. For example, our local charts are for the Ocean City Fishing Pier which is located at the inside end of the OC Inlet near the “OC” mid channel buoy. Since water slushes in and out of the bay, it can be hours before the high/low tide arrives further up the bay. There is about a three-hour lag between the OC Fishing Pier and Ocean Pines. As you build familiarity with the lags in your home waters, you will be able to use the tides charts more effectively. The third document is the ‘Notice to Mariners’ (NtM). This is a weekly USCG publication to advise boaters of anything out of the ordinary. For example, there may be a navigation light

burnt out or a buoy that has been knocked off its designated location or a newly discovered underwater hazard like a recent wreck. The NtM also announces events that can affect boating such as bridge maintenance or dredging operations and temporary restrictions for boat races, air shows and an occasional rocket launch from Wallops Island. When Antares NG-17 lifted off from Wallops on 19 February, the NtM notified all mariners that there was a scheduled launch and provided launch window times and the longitude and latitude of the no-sail box. There were actually two no-sail boxes, officially designated ‘Public Ship Avoidance Area.’ One was immediately off shore in case the rocket didn’t make it to orbit and a second was near Bermuda where the spent first stage rocket was to splash down. The last document to consider is the Rules of the Road. This is a government publication that you won’t have time to read in an emergency but it’s great bed time reading for the insomniac and a reference to make you a more responsible mariner. Collectively, these documents should be the bases of any boating excursion and absolutely critical for voyaging to distant ports of call. Stay safe. Stay dry. Dan Collins can be reached for comment at dancollins.oceanpines@gmail.com

Tides for Ocean City Inlet			
Day	High /Low	Tide Time	
Th 10	High	1:12 AM	
	Low	7:33 AM	
	High	1:32 PM	
	Low	7:27 PM	
F 11	High	2:13 AM	
	Low	8:32 AM	
	High	2:33 PM	
	Low	8:24 PM	
Sa 12	High	3:17 AM	
	Low	9:33 AM	
	High	3:34 PM	
	Low	9:22 PM	
Su 13	High	5:16 AM	
	Low	11:29 AM	
	High	5:29 PM	
	Low	11:18 PM	
M 14	High	6:07 AM	
	Low	12:17 PM	
	High	6:18 PM	
Tu 15	Low	12:10 AM	
	High	6:52 AM	
	Low	12:59 PM	
	High	7:03 PM	
W 16	Low	12:58 AM	
	High	7:34 AM	
	Low	1:37 PM	
	High	7:46 PM	

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