

The Courier

March 23, 2022 Volume 22 Number 27

**Kristen
Cashman**



**Steven
Deakyne**



Teacher of the Year *Finalists*

Story on page 6

**Michael
Levy**



**Lindsay
Harrington**



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Special tennis event to honor Rusko scheduled

Tennis fans in Ocean Pines will have the opportunity to witness a special tennis event, scheduled March 24-26.

The Severn School Varsity Boys Tennis Team will be training at the Ocean Pines Racquet Center on Thursday, March 24 and Friday, March 25, before playing Worcester Prep in the second annual Paul Rusko Memorial Tennis Tournament at 11 a.m. on Saturday, March 26.

Rusko, a Pennsylvania native who later retired to Ocean Pines, was the coordinator of physical education and athletics in Anne Arundel County for more than three decades. He later became an active part of the Ocean Pines tennis community and formed the "Early Bird" group of players, known for starting very early in the morning.

Severn's team competes in the Maryland Interscholastic Athletic Association, the governing body for private schools in the Baltimore area. Elevated to the MIAA A Conference last spring, Severn went undefeated throughout the season before losing in the conference tournament finals. Five

of the Severn players were named to the All-Conference Team last year and four of them are returning for the 2022 season.

"Led by Anne Arundel County Player-of-the-Year, Matthew McNair, Severn's team is composed of players whose talents will be on display when they practice at the Ocean Pines Racquet Club on Thursday and Friday, and when they play in the Paul Rusko Memorial Tennis Tournament on Saturday," Ocean Pines Racquet Center Head Tennis professional Terry Underkoffler said. "If you want to see some tremendous tennis and some extremely talented players, you are welcome to watch them practice and to attend the tournament on March 26 at 11 a.m."

Severn is coached by Bill Gilroy and Duane Gillen.

"Bill has a home in Ocean Pines and is one of our tennis instructors in the summer," Underkoffler said. "His grandson, Aiden, started playing tennis with the 'Early Bird' group led by Paul Rusko here in the Pines, and he is now in his junior at Severn. He is

one of the returning All-Conference players for the Severn team, and he looks forward to practicing and playing on the courts where he first competed against the men of the 'Early Bird' group."

Underkoffler and Ocean Pines Racquet Sports program coordinator Tim

McMullen coach the Worcester Prep team, which won its conference championship last year.

"Don't miss this special tennis event," Underkoffler said. "If you love tennis, you will want to see these young men from Severn and Worcester Prep play."

Peace in Ukraine prayer service scheduled

The Interfaith Friendship Association (IFA) invites all to attend an ecumenical prayer service for peace in the Ukraine and for the world. The event will occur Wednesday, March 30 at 6 p.m. in Veterans Memorial Park in Ocean Pines. For information, please contact Fr. Larry Barnhill, Dean, Holy Trinity Cathedral Anglican Church:

Email: dean@htcanglican.org or call 352-216-1995.

The IFA is a burgeoning group of local clergy and community partners dedicated to loving God and neighbor through service, worship and fellowship.

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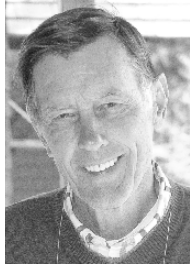
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Commentary

Bylaws town hall

Commentary by **Joe Reynolds**
OceanPinesForum.com



If the Town Hall on bylaws changes proposed by the OPA Board of Directors showed us anything, it is the board should delay mailing ballots to association members eligible to vote on the changes.

Approximately 12 individuals attended the meeting at the golf clubhouse and another 30 or so tuned in via the internet - out of a total pool of owners representing 8,400+ properties, perhaps over 12,000 individuals.

There was zero discussion or explanation by the board of each proposed change. The entire meeting was devoted only to taking questions or comments from association members. That's a good thing - and moderator Cheryl Jacobs did an outstanding job as moderator. However, it is extremely likely few of those attending, in person or virtually, knew the details or ramifications of the 30 or so proposed changes. The same goes for the overall membership. You can make book on it.

The existing bylaws were approved by a vote of association members in 2008. Is clarification needed in some areas? Yes. Are any of these proposed changes immediately critical for the

operation of OPA? No. The most controversial proposals involve defining the meaning of "owner of record" and this determines an association member's eligibility to run for election to the Board of Directors. This proposed change is a direct result of OPA losing the court case brought by now-board-member Rick Farr.

Incredibly, Farr seems to support the proposed owner-of-record definition, a definition that, if in place when he ran for the board last year, would have apparently rendered him ineligible.

The proposed change states, "Owner of Record means the person(s) listed on the deed recorded in the Land Records of Worcester County as the owner of [property (grantee/party in second part) within the Subdivision to which votes are attributable. If a trust is listed on the deed recorded in the Land Records of Worcester County as the owner of the property within the Subdivision, then the Owner of Record shall be the trustee(s) or co-trustees of the trust who is/are listed on the recorded deed to such property."

Since Rick Farr was not listed as a trustee or co-trustee in the referenced land records last year, he would have not have been eligible to be a candidate if this proposed bylaws change was in effect. Sources say Farr's property is now in his name, not in the

name of the trust when he filed last year. If this is the case, then the proposed change would no longer impact him personally.

OPA Director Frank Daly attempted to make a case that Farr would have been eligible under the proposed definition, but then cited attorney-client privilege as to why. Larry Perrone, perhaps not understanding the issue, seemed to side with Daly. No other board member offered an opinion on what is the most important bylaws change this board proposes. After the meeting, Perrone agreed Farr would not have been eligible.

Bylaws & Resolutions Committee chairman Jim Trummel, in public comments, told Daly that no attorney-client privilege exists in regards to discussions about proposed bylaws changes. Trummel also confirmed the proposed definition of owner of record, sent to the board by his committee, would have made Farr ineligible if in effect last year.

Of special note, Trummel also told the board the committee is now recommending another change to what is currently being proposed by the board. The change would leave the definition of owner of record as simply, "Owner of Record means the person(s) listed on the deed recorded in the Land Records of Worcester County as the owner of property (grantee/party in second part) within the Subdivision to

which votes are attributable."

Further details would be included elsewhere in another proposed bylaws change. Eligibility of trustees would remain as proposed, but the committee wants language that would prohibit individuals representing corporate ownership from election or appointment to the Board of Directors.

Thus far we have looked at just one of the thirty-odd proposed bylaws changes. As proposed, association members can vote Yes or No on each change. There is the possibility of vote results producing conflicts. Where these exist, the individual changes should be combined for one vote to avoid conflict if one passes and the other does not.

The board needs to apply the brakes to mailing out ballots for voting. The changes are intended to clarify things but even board members cannot agree on what all the proposed changes mean. We have not even touched on changes related to association members who are felons, a change some sources believe is intended to prevent Esther Diller from running for the board again anytime soon. A dropped proposal would have precluded the spouse of a felon serving as a director. All part of knee-jerk reactions to the Farr case and related

please see commentary on page 14

Courier Almanac

On March 23, 1839, the initials "O.K." were first published in *The Boston Morning Post*. Meant as an abbreviation for "oll korrekt," a popular slang misspelling of "all correct" at the time, OK steadily made its way into the everyday speech of Americans.

During the late 1830s, it was a favorite practice among younger, educated circles to misspell words intentionally, then abbreviate them and use them as slang when talking to one another. Just as teenagers today have their own slang based on distortions of common words, such as "kewl" for "cool" or "DZ" for "these," the "in crowd" of the 1830s had a whole host of slang terms they abbreviated. Popular abbreviations included "KY" for "No use" ("know yuse"), "KG" for "No go" ("Know go"), and "Ow" for all right ("oll wright").

According to the International Foundation for Gastrointestinal Disorders, between 10 and 15 percent of the worldwide population suffers from irritable bowel syndrome, making IBS the most common functional gastrointestinal disorder across the globe. The IFFGD notes that about 40 percent of individuals with IBS have a mild form of the condition, which is marked by abdominal pain that is typically accompanied by diarrhea, constipation or alternating episodes of both. Though men and women suffer from IBS, it's considered a major women's health issue. The IFFGD reports that hysterectomy or ovarian surgery has been performed more often among IBS patients than in comparison groups.



The
Courier

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Cycles and temperatures

There was a time when the extent of knowledge I had about laundering clothes included putting them in the hamper and within a few days finding them clean, folded and put away neatly in the appropriate drawer. It was that simple. Oh, the good old days!



It's All About. . .

By **Chip Bertino**

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Since those years of ignorant bliss I have come to more fully appreciate and understand the laundering process. This turnaround of events had nothing to do with my burning quest for knowledge or an unquenchable passion for conquering the unknown. No. It was all about helping out around the house. Read into that explanation anything you want. You could think that I was interested in bolstering my standing as the greatest husband ever. Or if such soaring ambition seems contrived, you may read into it that my wife made me learn. I'll let you decide.

For anyone who has done laundry on a regular basis, understanding the complexities of colors versus whites, delicates versus regular cycles and dry clean only comes as second nature I am sure. You probably don't think twice, you just do it. I've not yet achieved that level. I'm just a step or two past distinguishing the washer from the dryer.

Sorting the laundry is an important first step in the laundering process. Mistakes at this stage can have devastating effects down the road. Ask me how I know. *Go on ask.* Colors with colors. Jeans with jeans, whites with whites, etc. It's pretty straight forward. I'm fairly competent at this. It's similar to learning the C major scale on the piano. It's nothing fancy. I start to get in trouble when clothes don't fall neatly into the above mentioned categories. Like for instance, where do khaki slacks go? They are not really a color and they're not really white. Their own category perhaps? And what about knitted sweaters? Do I throw them in with the jeans?

When my wife sorts the laundry she has multiple laundry baskets into which she throws similar clothes. She may have five or six baskets. I would say she is a sorting expert. When I first started separating clothes, I didn't use sorting baskets. I upended the hamper directly into the washer, poured in some soap and bleach, closed the lid and that was it. As you might expect, the results were disappointing but nonetheless colorful, a sort of bluish-pink hue to be exact. It took me a few tries to correct this faux

pas. Over the years my skills have improved. I'm better at sorting. Also, I've learned that regular bleach is not to be used with all clothes. I've also learned that washers have capacity limits. A washer machine, at least ours, will not accommodate 25 pairs of jeans. When you have to sit on the lid to close it, you know you've overloaded.

I haven't yet mastered the control settings. Our machine has five different settings for the water temperature and six settings for load size and type. That's way too confusing. The permutations are far greater than my comfort level can handle. I just wash everything in cold water, large load.

Using the dryer presents its own set of challenges with different settings for time, load capacity and heat level. Again, I find a simple approach the best way to achieve results. Whatever the last setting was from when my wife used it is what I use. I shove the clothes in, clean the lint trap, close the door and push the start button.

Once the clothes have been washed and dried it's time for the next process, folding. Clothes folding requires a skill set that eludes me. When I fold slacks the crease is always wrong. When I fold shirts they look like a discarded paper hat. And when it comes to folding sheets, especially fitted sheets, forget it. I just wad them up into a ball and hope my wife won't notice.

As difficult as I find laundering clothes, I am grateful the endeavor does not require a river and a large stone. There would be a plus side: at least I'd be able to do some fishing.

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Teacher of the Year finalists announced

Worcester County Public Schools has named four finalists for the 2022 Worcester County Teacher of the Year Program.

Kristin Cashman of Pocomoke High School. Kristin Cashman graduated from Salisbury University with a bachelor's degree in elementary education and a master's degree as a reading specialist. She holds four education certifications and is finishing up her fifth. Along with teaching English at Pocomoke High School, she is the coordinator for Worcester on Wheels (a mobile community engagement/outreach program), facilitator of the Women Who Rise (reach and inspire students through education) program, a member of her school and county's technology teams, an equity champion and lead for Pocomoke's equity team, the new teacher liaison at Pocomoke, and an adjunct faculty member in Salisbury University's education department.

Steven Deakyne of Stephen Decatur High School. Steven Deakyne earned a Bachelor of Science degree in Wildlife Ecology from the Univer-

sity of Delaware, and Masters of Education from Wilmington University. In his eighth year at Stephen Decatur High School, Deakyne currently teaches Physics, AP Physics, and Physical Science. Deakyne believes in creating a positive learning environment with an emphasis on student engagement. When students are actively engaged and thinking critically, learning naturally results. Deakyne has also coached the Stephen Decatur Swim team for eight years, is a member of his School Improvement Team, a co-chair of the SDHS chapter of the Surfrider Foundation, and member of MSAP.

Lindsay Harrington of Stephen Decatur Middle School. Lindsay Harrington graduated from Stephen Decatur, earned a Bachelor of Science degree from Randolph Macon College and a Master of Education degree from Salisbury University. In her twelfth-year teaching science at Stephen Decatur Middle School, Lindsay believes students should become curious, lifelong learners. Lindsay teaches her students how to be observant of the world around them and how to use the skills she has instilled in them to solve problems. Her passion for teaching is shared with other teachers as she helps others create learning experiences for students to develop a

deeper understanding of their world beyond the science classroom.

Michael Levy of Worcester Technical High School. Michael Levy retired from the United States Air Force in 2003 after serving 20 years in the Security Forces. He was a member of the Ocean City Police Department from 1989-2013. In his 9th year, at

Finalists were chosen based on a rigorous set of criteria in alignment with both the state and national level Teacher of the Year programs

Worcester Technical High School, he teaches Criminal Justice, Forensic Science, and Homeland Security. Levy endeavors to create collaborative learning environments that build problem-solving skills and believes his purpose in education is to prepare students for situations they might encounter in Criminal Justice and Public Safety careers. To date, he has developed cooperative internships for program alumni with nine public safety entities across the county.


"These outstanding teachers, and the entire 2022 cohort of school-level teachers of the year in Worcester

County, represent the hundreds of phenomenal teachers throughout our school system," Superintendent of Schools Lou Taylor said. "It is important that we collectively celebrate not only these fine educators, but the field of education as a whole."

The four finalists were selected by a panel of judges representing experts in the field of education including higher education partners, retired Worcester County Public Schools' personnel, and the current reigning 2021 Worcester County Teacher of the Year. Finalists were chosen based on a rigorous set of criteria in alignment with both the state and national level Teacher of the Year programs, which include instructional abilities, collaboration, building connections with our community, leadership and innovation both in and out of the classroom, and the ability to articulate their education beliefs and advocate for how to better this field.


The 2022 Worcester County Teacher of the Year will be chosen during a celebration program on Friday, March 25, beginning at 6p.m. This in-person event is closed to the public; however, it will be live-streamed on the school system's website, www.worcesterk12.org, and social media channels. The selected Worcester County Teacher of the Year will go on to compete to be the 2022-2023 Maryland Teacher of the Year, who will be named in the fall of 2022.

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EOE

Cash bingo offered

The Bishopville Volunteer Fire Department Auxiliary will hold their annual cash bingo at the main station on Friday, April 8. Tickets are \$30 in advance or \$35 at the door. Doors open at 5 p.m. and early birds begin at 5:45 p.m. Regular games begin at 7 p.m. There will be 20 regular games, two specials and one jackpot as well as a 50/50. Food and beverages available for purchase. Call 619-922-9950 to reserve your limited tickets.



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Fungi presentation

Members of the Worcester County Garden Club gained an understanding of the important role mushrooms have on our ecosystem and health during a recent presentation by Matthew Harhai. Harhai owns and operates Goat Tree Plum Farm with his wife Anmei. Individuals interested in learning more about Worcester County Garden Club can contact the membership chair at WorCtyGardenClub@gmail.com. Above are (l-r): **Anmei Harhai**, WCGC President **Deb Young** and **Matthew Harhai**.

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Virtual poetry reading to be held

In celebration of National Poetry Month, Wor-Wic Community College is inviting the public to a virtual poetry reading with Dr. Sara Henning on Thursday, April 14, at 7 p.m., via Zoom. Henning's latest collection of poetry, "Terra Incognita," won the 2022 Hollis Summers Poetry Prize. Her honors include the Lynda Hull Memorial Poetry Prize, the George Bogin Memorial Award, the Allen Ginsberg Poetry Prize and awards from the Seawanee Writers' Conference and the Vermont Studio Center. Henning is coordinator of the bachelor of fine arts in creative writing program at Stephen F. Austin State University in Nacogdoches, Texas and the poetry editor for Stephen F. Austin State University Press. Visit the events section of www.worwic.edu for more information.

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Scholar - Berlin Intermediate School fifth grader Ellie Wells was named a 2022 Carson Scholars winner. This honor is reserved for students who excel academically and are dedicated to serving their community. Ellie will receive national recognition and be awarded an academic scholarship on behalf of the foundation.

Above Principal **Ryan Cowder** presents **Ellie Wells** with her award, her name will also appear on the BIS Carson Scholar Trophy.

Artists sought

The Worcester County Arts Council invites all interested artists to participate in a juried art competition and exhibit to be presented during the month of April at the WCAC Gallery. The exhibition is open to all artists (18 years old and older), professional or amateur with work in all media.

All work must be original and completed within the last three years. Entries will be judged by local artist, Doris Glover.

The subject of the competition: "Down to Earth" is open to the artist's individual creative expression and interpretation.

Entries for the competition will be accepted from March 29 to March 31 between 11 a.m. and 2 p.m. at the Arts Council's Gallery located at 6 Jefferson Street in Berlin.

Each artist must complete the Juried Exhibit Entry Form, available on the Arts Council's website, to be submitted with the artwork. For detailed guidelines of the competition, please visit: www.worcestercountyartsCouncil.org

Awards in this competition will be

presented on April 8th during an open to the public reception.

For more information, please contact curator@worcestercountyartsCouncil.org.

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Visit the events section of www.wor-wic.edu for more information.



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Visiting...

Sioux Fall, SD

By Kurt and Jean Marx

Sioux Falls is a city of almost 200,000 people and is located in the southeastern part of South Dakota. South Dakota's borders touch an amazing six states. During our vacation last summer to various states along the Great Plains, we traveled due south from Fargo in North Dakota to reach Sioux Falls. If you find yourself traveling to Sioux Falls, we recommend that you look for a place to stay along the Big Sioux River Recreation Trail and Greenway, as it offers scenic walks or bikes along the river and is close to various attractions, restaurants and bars.

Regarding attractions, if you only have time to see one thing in Sioux Falls, we highly recommend Falls Park, a 125-acre park that is stunningly beautiful. An amazing 7,400 gallons of water drop more than 100 feet during the course of the falls every second, and the water cascades over quartzite which has a pinkish hue to it. There are excellent walking paths, historical artifacts, and plaques located throughout the park. As you're strolling along, you will see the ruins of the Queen Bee Mill that was built under the direction of the local politician, Richard F. Pettigrew. When the mill opened in 1881, it processed as many as 1,200 grain barrels per day. However, it was interesting to learn that the mill only operated for two years before filing for bankruptcy. Apparently, the mill produced an oversupply of grain that didn't meet consumer demand at the time. We visited Falls Park during the summertime, but the park is reputed to be breathtaking during the winter as well when the ice and snow are lit up with various colors. The visitor center has a 50-foot viewing tower and a gift shop, and the Falls Overlook Cafe is a great place to grab a bite to eat. One final piece of good news is that the park is free.

We also visited the Richard Pettigrew House and Museum, located a few blocks from the river. The free museum is inside Pettigrew's house and displays collections of area artifacts, many of which Pettigrew collected himself. Our guide took great pleasure in showing us all of the items in the collections and answering our questions. This is a great way to spend a couple of hours, particularly if it is

really hot or raining.

As you walk along the river, we encourage you to stop and look at the various sculptures on the Downtown Sioux Falls Sculpture Walk. It isn't very long but is quite pretty. At night, the 'Arc of Magic' is lit up as it crosses over the river. You don't want to miss this. Keep in mind that the sun won't set until 9 p.m. in July. If you need a bite to eat or some caffeine to perk you up while looking at the sculptures, you might want to try the La Luna Cafe. The cafe has an eclectic mix of food and drinks to choose from. We had burrito bowls and they were delicious.

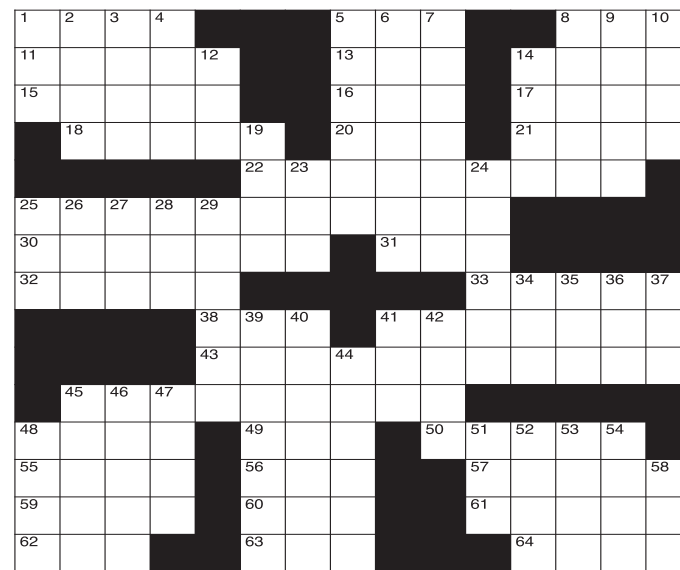
When you go to South Dakota, you have to try chislic. Chislic is deep fried cubes of meat - mutton, beef, bison, or venison. We had the beef chislic at Remedy Brewing; the food is made with garlic salt and black pepper and comes with chips, ranch and the house's steak sauce. It was quite good. Remedy Brewing also had a wide selection of beers, ciders and mead. Another restaurant and bar named Crave, which is located along the river, was fantastic. The food was exceptional and the ambience and service were excellent. If you only have time for one sit-down meal in Sioux Falls we recommend Crave.

Sioux Falls also has various opportunities to see sports including the minor hockey league team, the Sioux Falls Stampede, and the minor league baseball team, the Sioux Falls Canaries. We went to a Canaries game and enjoyed fireworks after the game. The University of Sioux Falls Cougars play various sports including football, baseball, basketball, and volleyball.

All in all, we recommend a trip to Sioux Falls, South Dakota, particularly if you've already visited Fargo, North Dakota. Head south down Route I-29, and relax and enjoy.

READER NOTICE

The Courier will be on hiatus next week and will return April 6.



CLUES ACROSS

- 1. One who regrets
- 5. Time zone
- 8. Subway dweller
- 11. Bend in a river
- 13. Alias
- 14. Isodor __, American Nobel physicist
- 15. Very (music)
- 16. Zero
- 17. Phil __, former CIA
- 18. Competitions
- 20. Unwell
- 21. Puts in place
- 22. Gets rid of
- 25. Allows light to pass through
- 30. Climbed quickly
- 31. We all have it
- 32. There's a North & South
- 33. Emaciation
- 38. Supervises flying
- 41. Very dark colors
- 43. Unwanted
- 45. Grants
- 48. Three visited Jesus
- 49. Wife of Amun
- 50. Broadway actress Daisy
- 55. A Spanish river
- 56. I (German)
- 57. French opera composer
- 59. Six (Spanish)
- 60. Last letter
- 61. Spiritual leader of a Jewish congregation
- 62. Noah had one
- 63. Make a mistake
- 64. Tall plant

CLUES DOWN

- 1. Computer memory
- 2. "Et __": "And wife" (Latin)
- 3. Ancient Syrian city
- 4. College army
- 5. Cassava
- 6. Talented
- 7. Capital of Estonia
- 8. Finger millet
- 9. In a way, assists
- 10. Men's fashion accessories
- 12. Misery
- 14. Skin disorder
- 19. Selling at specially reduced prices
- 23. Good friend
- 24. Stationary portion of a generator
- 25. Expression of disappointment
- 26. The 17th letter of the Greek alphabet
- 27. Where birds fly
- 28. Midway between north and northeast
- 29. Chaotic states
- 34. Comedic actress Gastereyer
- 35. Kids' dining accessory
- 36. Snakelike fish
- 37. Midway between south and southeast
- 39. Assign lifelike qualities to
- 40. One who cites
- 41. Midway between east and southeast
- 42. North wind
- 44. One or the other
- 45. Cavalry sword
- 46. Of the Hungarian language
- 47. Life stories
- 48. Flat tableland with steep edges
- 51. Swiss river
- 52. Plant that makes gum
- 53. French cleric
- 54. One point east of northeast
- 58. Free from



Answers for March 16



Free 'Spec Tennis' lessons in Ocean Pines

The Spec Tennis Club of Ocean Pines invites new players to sign up for a free lesson clinic in April.

Clinics are scheduled Saturday, April 9 at 11 a.m. or Thursday, April 14 at 4 p.m. at the Ocean Pines Racquet Center on 11443 Manklin Creek Road. All necessary equipment will be provided.

Organizer Karen Kaplan said Spec Tennis is a new and unique paddle sport played on smaller, fenced-in courts. Players use paddles and a low-compression tennis ball.

"This game is easy to learn and it's never too far to the ball. A shoulder-friendly underhand serve is used, and Spec is similar to tennis in scoring and strokes," she said.

To register for one of the free lesson clinics, email Kaplan at oppaddle2020@gmail.com.

"Whether you've never played a racquet sport, used to play, or still play, reserve your spot in our free Spec Tennis lesson clinics," she said. "This outdoor fun is for players of all abilities."

For more information, visit www.oceanpines.org/web/pages/spec-tennis.

Golf tournament scheduled

Golfers (or those of us who fake it for a good cause) will enjoy The Dwayne Purnell Memorial Golf Tournament benefiting Seaside Christian Academy will be held at Glen Riddle's War Admiral golf course in Berlin on April 14. Registration is 9 a.m. with a shotgun start at 10 a.m. The \$125 registration includes range balls, tournament play, door prize entry, contest entries, a goody bag with gift giveaway, a plated lunch from Ruth's Chris, and more.



Please register online at seasidechristianacademy.com or call 410-213-7595. Sponsorships and hole signs opportunities are available.

Founded in 1999, Seaside Christian Academy is a PreK-3 to 12th grade community Christian school in West Ocean City.



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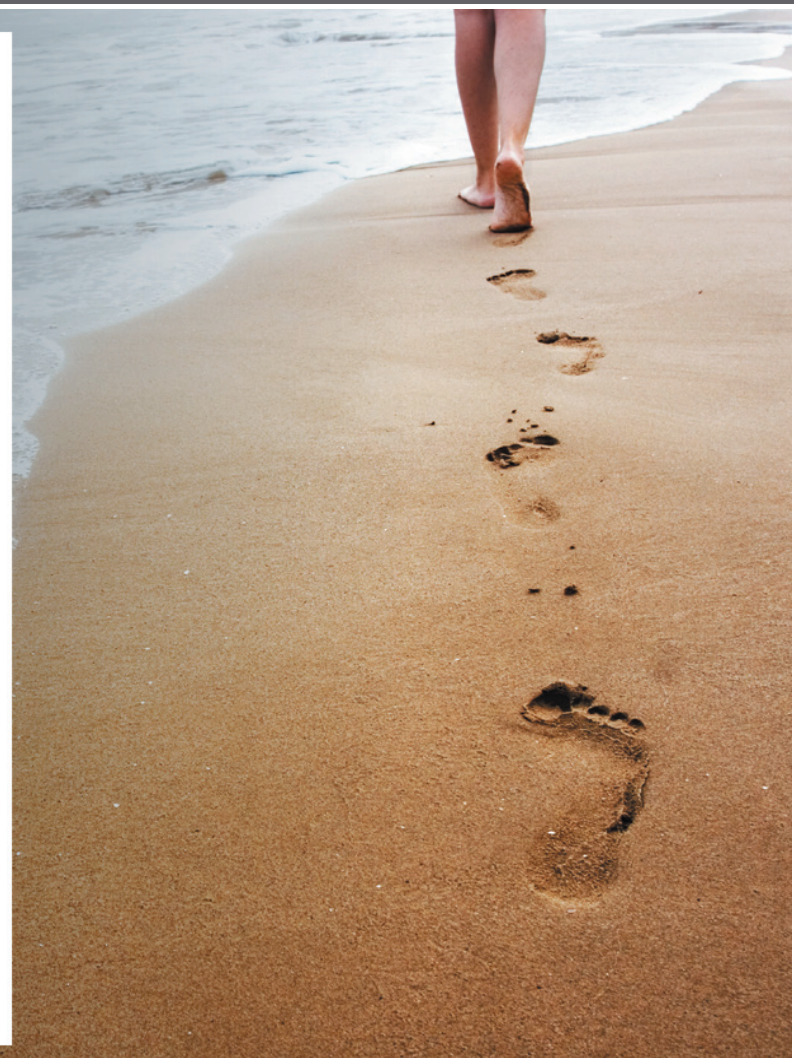
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Some things to think about

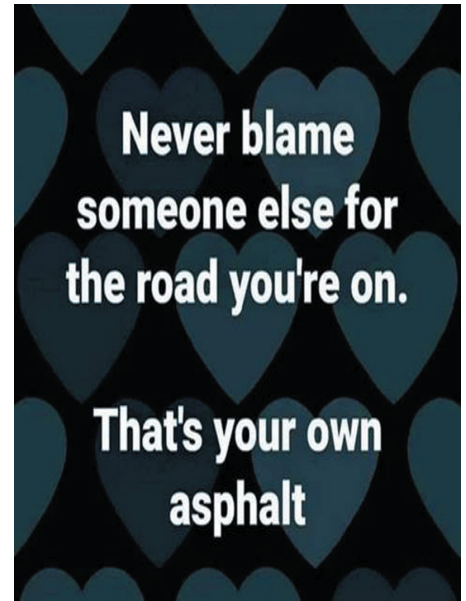
Gathered from the internet by **Jack Barnes**

We've been friends for so long, I can't remember which one of us is the bad influence.



Do you know that awesome feeling when you get into bed, fall right asleep, stay asleep all night and wake up feeling refreshed and ready to take on the day?

Yeah, me neither!





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Physical therapy and concussions

By **Molly Sullivan**
Physical Therapist, DPT

For those who may not know, March is Brain Injury Awareness Month. Although there are many types and categories of brain injuries, concussions are more common than some may think and can have many different causes. Most of us tend to associate concussions to sports related injuries, however, they could also be caused by a collision in a motor vehicle, or due to a fall. Although most concussions usually resolve within 7-10 days, this can be prolonged in certain situations and if left untreated, brain function may be affected.

The presentation of a concussion can vary from one case to another ranging from significant changes in balance to less obvious changes such as sleep disturbances. Along with this, it is important to know that symptoms can appear instantly, within minutes, or sometimes even hours after the incident. Signs and symptoms can include (but are not limited to) headache, irritability, gait unsteadiness, slowed reaction time, difficulty concentrating, double or blurred vision, dizziness, nausea/vomiting, sensitivity to light and sound, and/or drowsiness. The presence of just one of these symptoms can be enough to suspect concussion and further evaluation should be considered.

So how can a physical therapist help with recovery from a concussion?

Recovery can take several weeks to several months depending on the severity, known as post-concussion syndrome. Despite old beliefs, there is evidence that rather than strict rest, it is actually beneficial to engage in moderate physical activity. Physical therapy can treat many of the impairments related to concussions to minimize symptoms and maximize recovery. The goal of a physical therapist with concussion rehabilitation is to evaluate and address the following:

- Cervical musculoskeletal impairments- dysfunction affecting range of motion, strength and endurance, and joint mobility.

- Vestibulo-oculomotor impairments- headache, dizziness, nausea/vomiting, vertigo, balance, and coordination, as well as visual impairments.

- Autonomic/exertional tolerance- postural drops in blood pressure and increased heart rate.

- Motor function impairments- static and dynamic balance training, coordination and control tasks, dual/multitasking.

Early concussion intervention can significantly increase the likelihood of a full recovery. For any questions or more information, feel free to call or stop into our Ocean Pines clinic.

Hamilton Physical Therapy, 11007 Manklin Creek Rd., Berlin, MD 21811. 410-208-3300. molly@hamiltonpt-cares.com.

How to corral spring allergies

Spring is synonymous with rebirth. Each spring, flowers begin to bloom again, grass starts to grow and people from all walks of life rekindle their love affair with the great outdoors. Spring also marks the return of a familiar foe: allergies.

Seasonal allergies can put a damper on even the most welcoming spring day. After all, a day soaking up the sun isn't so relaxing when it's also spent sneezing and confronting allergy symptoms like congestion, runny nose and watery eyes. Thankfully, it's possible for seasonal allergy sufferers to have their spring and enjoy it, too.

Pay attention to seasonal allergy trackers. Seasonal allergies are now easier to track than ever. For example, Pollen.com is an easily accessible and free site that allows visitors to type in their ZIP codes and access daily allergy reports for their towns and cities. Visitors also can see five-day forecasts that can help them plan trips and other outdoor excursions. Weather.com also offers free allergy reports and forecasts. Individuals with seasonal allergies can make use of these sites and plan their activities based on the information they provide.

Stay indoors when allergen levels are especially high. The Mayo Clinic notes that there are several things individuals can do to reduce their exposure to seasonal allergy triggers. That includes staying indoors on dry, windy days. This doesn't mean individuals need to lock themselves indoors all spring. But it's im-

portant that seasonal allergy sufferers recognize that some days might be too much to handle. Rain helps clear pollen from the air, so individuals who are avoiding the outdoors on days when pollen counts are high should be able to get outside after a good rain without triggering an attack.

Maintain clean air indoors. The great outdoors is not the only place where allergens percolate. The Asthma and Allergy Foundation of America notes that improving air quality in a home can reduce allergy triggers. Air conditioners can prevent outdoor allergens from entering a home, so utilize units on warm spring days when you might otherwise open the windows. Open windows and screen doors provide easy entry points for allergens like pollen, so turning on the AC when outdoor allergen counts are high can make seasonal allergies more manageable.

Consider treatments. Over-the-counter treatments like antihistamines, nasal sprays and decongestants provide most individuals with sufficient relief from their seasonal allergies. If OTC remedies are ineffective, treatments such as allergen immunotherapy and a consultation with an allergen may be necessary.

Seasonal allergies can spoil an otherwise welcoming spring day. But there are many ways for individuals to corral their seasonal allergies and still enjoy spring sun.

The dangers of belly fat

A desire to lose weight and look good compels millions of people to adopt healthy habits every day. But shedding fat is about more than looking good, especially when that fat has accumulated in individuals' abdomens.

Individuals may aspire to lose belly fat so they can fit into old outfits or look better in photos, and those are perfectly valid reasons to embrace healthy weight loss strategies. However, an even better reason to banish excessive belly fat is the link that such fat has to long-term health problems.

What's so bad about belly fat? Seeing belly fat as a merely cosmetic concern overlooks the effects it has on overall

health. According to the Mayo Clinic, belly fat is not limited to the extra layer of padding just below the skin known as subcutaneous fat. Belly fat also includes visceral fat, which means it extends to deep inside the abdomen and surrounds internal organs. Johns Hopkins Medicine notes that visceral fat in the belly is very close to the liver, which can turn it into cholesterol. From there, the fat goes through the bloodstream and may collect along the walls of the arteries, potentially contributing to a hardening and narrowing of the arteries known as atherosclerosis. The complications of atherosclerosis depend on which arteries are affected, but they can include an assortment of diseases that affect the arteries and a greater risk for aneurysms and chronic kidney disease.

Johns Hopkins Medicine notes that

visceral fat is just as harmful for the heart as high blood pressure and smoking. So, while efforts to reduce belly fat may initially be embraced to improve appearance, individuals should know that reducing fat in their midsections also can reduce their risk for a host of conditions, some of which are deadly.

How much belly fat is too much? No two individuals are the same, and some who are already at increased risk for heart disease and other ailments may be in greater danger than others if they have a significant amount of belly fat. But the National Institutes of Health notes that women with a waist that is more than 40 inches and men with a waist that is more than 35 inches may be more likely to develop health problems related to belly fat, including heart disease and type 2 diabetes, than their peers

with smaller waistlines.

What are the best ways to decrease belly fat? Individuals with substantial belly fat should work in concert with their physicians to develop a healthy regimen to decrease that fat. A combination of diet and exercise is generally recommended, but how much exercise and which foods to eat will depend on individuals' current conditions and medical histories. So it's imperative that individuals speak to their physicians before making any drastic changes to their diets and fitness regimens.

Ample belly fat poses a significant threat to individuals' overall health. Embracing strategies to reduce belly fat through healthy means can help people slim down and improve their long-term health outlook.

OPA issues statement on bylaws changes

Ocean Pines Association President Colette Horn issued the following statement on Thursday, March 17.

After considering input received in the March 12 Public Hearing on proposed bylaws changes, the Board unanimously agreed to vote on two motions for bylaws changes related to the definition of Owner of Record and eligibility to be a candidate and serve on the Board. The following motions were approved unanimously in an email vote that took place on March 15, 2022. The authority for these motions is in Section 4.08(a) of our bylaws, which stipulates that the Board may modify or withdraw a referendum proposal after the public hearing on the proposal. These motions modify the proposal. The motion documents, which include background information, will be reported in the March 23, 2022 Regular Board Meeting and will be included in the packet for that

meeting.”

Motion: to adopt the recommendation from the Bylaws and Resolutions Advisory Committee to have Counsel develop the appropriate wording for a referendum to amend the By-laws to a new Section 1.11 of the By-laws to read as follows: Section 1.11 “Owner of Record” means, the person(s) listed on the deed recorded in the Land Records of Worcester County as the owner of property (grantee/party in second part) within the Subdivision to which votes are attributable. If a trust is listed on the deed recorded in the Land Records of Worcester County as the owner of the property within the Subdivision, then the Owner of Record shall be the trustee(s) or co-trustees of the trust who is/are listed on the recorded deed to such property.

Motion: to adopt the recommendation of the Bylaws and Resolutions Committee to have Counsel develop the appropriate wording for a referendum to amend the By-laws Section 5.02(a) to add the following to the criteria for eligibility for candidates for election to the Board of Directors:

No Corporate entity (including but not limited to a Corporation, LLC, Partnership or agency) that is listed as the owner of record may have an individual be a candidate for the Board of Directors. This subsection does not apply to a Trustee or Co-Trustee.



Red Cross lifeguard certification class offered

Ocean Pines will hold an American Red Cross lifeguard certification class April 8 to 10 at the Sports Core Pool.

The class gives participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide professional-level care for breath and cardiac emergencies, injuries and sudden illnesses until emergency medical services personal take over.

American Red Cross certification is required for lifeguard positions at many pool and aquatic facilities, including in Ocean Pines.

Kathleen Cook, director of Ocean Pines Aquatics and an American Red

Cross-certified instructor who will lead the course, said, “American Red Cross certification is the gold standard for lifeguard training. We require it for all Ocean Pines lifeguards because we know it’s vital to providing a safe swimming environment for our guests.”

Classes will be held April 8 from 5 p.m. to 9 p.m. and April 9 and 10 from 9 a.m. to 6 p.m. Participants must be age 15 or older by the last class on April 10.

The course fee, which includes a two-year American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, is \$200 for Ocean Pines swim members, \$250 for Ocean Pines residents and \$275 for nonresidents.

However, anyone who successfully completes the class and is hired as an Ocean Pines lifeguard for the summer is eligible to have the course fee waived, according to Cook.

“As we head into the busy summer season, maintaining a crew of certified guards is especially important,” Cook said. “We’re hoping that waiving the fee will help Ocean Pines pools weather the nationwide lifeguard shortage.”

To register for the class or for more information, or to inquire about lifeguard positions in Ocean Pines, call 410-641-5255.

Tides for Ocean City Inlet

Day	High /Low	Tide Time
Th 24	High	1:11 AM
24	Low	7:36 AM
24	High	1:36 PM
24	Low	7:35 PM
F 25	High	2:16 AM
25	Low	8:42 AM
25	High	2:42 PM
25	Low	8:40 PM
Sa 26	High	3:27 AM
26	Low	9:51 AM
26	High	3:55 PM
26	Low	9:48 PM
Su 27	High	4:39 AM
27	Low	10:58 AM
27	High	5:04 PM
27	Low	10:56 PM
M 28	High	5:44 AM
28	Low	11:58 AM
28	High	6:05 PM
Tu 29	Low	12:00 AM
29	High	6:39 AM
29	Low	12:50 PM
29	High	6:57 PM
W 30	Low	12:57 AM
30	High	7:28 AM
30	Low	1:34 PM
30	High	7:45 PM

commentary from page 4

to a potential third candidacy of Stuart Lakernick.

Associated with the “felon” issue, and some believe again directed at Diller, is Daly’s comment at the Town Hall meeting that “criminal elements” are trying to take over Ocean Pines. This nonsense was covered in a previous commentary.

Then there is a proposal to punish any association member with the audacity to sue Ocean Pines. Thus, for example, Slobodan Trendic would not have been eligible to

run for the board while he sued OPA over the board’s improper rejection of his spending limit petition. Trendic won the case, and association members subsequently voted to approve his proposed bylaws change to limit board spending authority.

If the board does not postpone all this until at least after the next election, association members should send a loud and clear message to the Board of Directors and VOTE NO on each and every proposed change. However, association members need to VOTE if the ballots are mailed. Not voting is not a NO vote. Not voting says you don’t care.

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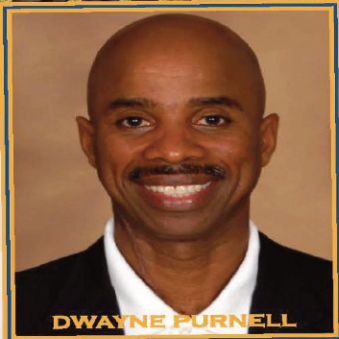
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