

The Courier

May 4, 2022 Volume 22 Number 32



Autism Awareness Day

On April 27 Worcester Preparatory School (WPS) held a "Wear Blue Worcester Wednesday" in support of Autism Awareness Day.

In addition to wearing blue, the Upper School Surf Club collected donations to support the Surfers Healing foundation, who works to enrich lives of people living with autism by exposing them to the unique experience of surfing.

Surfers Healing is the original surf camp for children with autism. Serving communities since 1996, volunteers with the nonprofit travel across the country – from San Diego to Rhode Island – to catch the waves with camp participants. Locally, a camp is held in Ocean City, MD each summer providing nearly 200 children with autism, and their families the opportunity to go surfing.

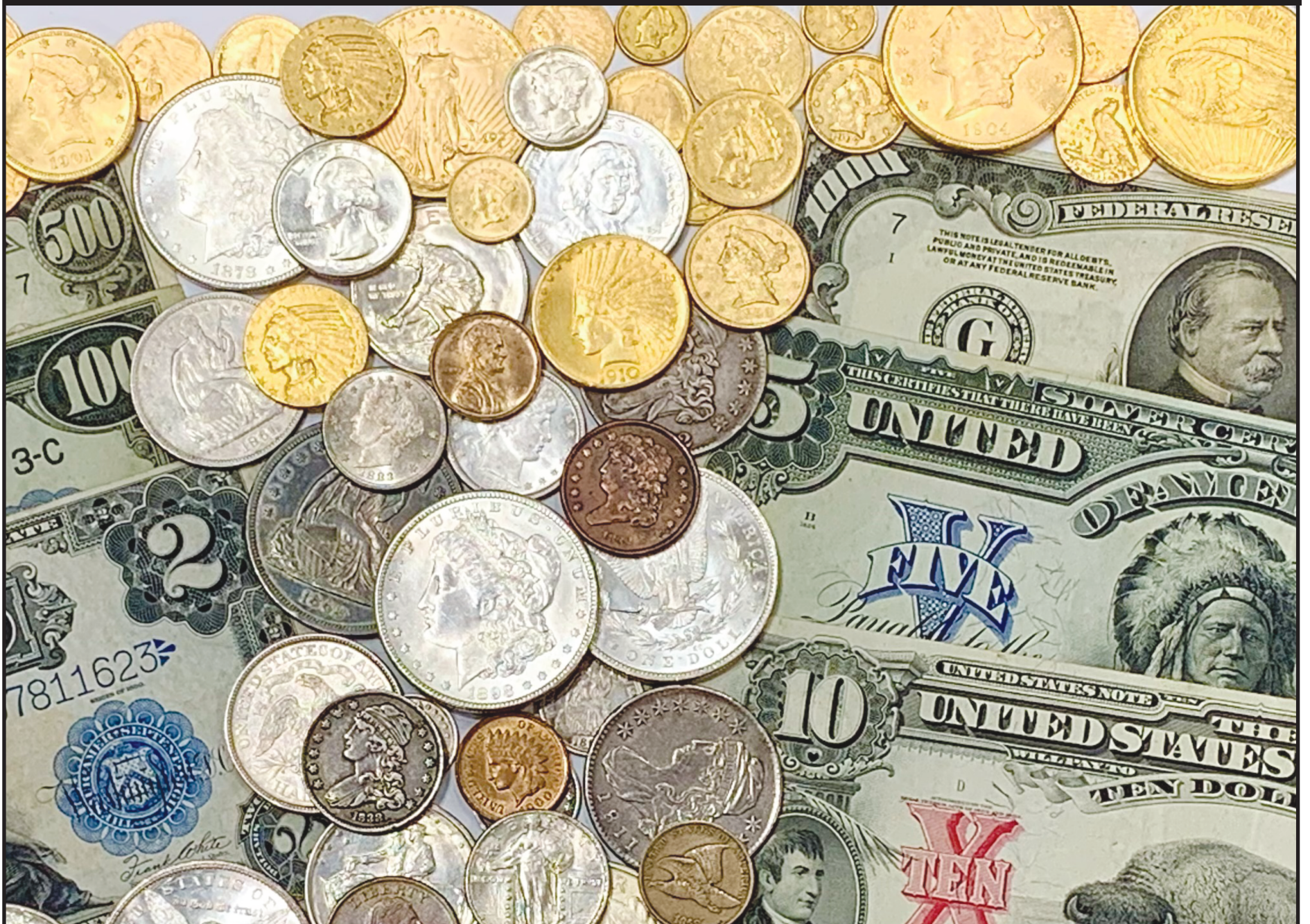
For more information, or to find out how to get involved, visit their website at www.surfershealing.org.

***Ella Conev** and **Madison Andrews** dressed in blue to support Autism Awareness Day at WPS.*

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Yacht Club earns 'Couples' Choice' award

WeddingWire, a leading wedding vendor marketplace, recently announced the Ocean Pines Yacht Club as a winner of its 2022 WeddingWire Couples' Choice Awards recognizing top vendors and venues.

The award is based on ratings of quality, service, responsiveness, and professionalism reviewed by couples on WeddingWire. The Yacht Club currently has a 4.7 out of 5 rating.

"To determine these distinguished wedding professionals, WeddingWire analyzed reviews within its Vendor Directory across more than 20 service categories – from venues and caterers to florists and photographers – to find the most- and highest-rated vendors of the year. The winners exhibit superior professionalism, responsiveness, service, and quality when interacting with the millions of couples who turn to WeddingWire to help with their wedding planning process each month," WeddingWire said in a release.

Officials from the Ocean Pines Yacht Club said they are honored to be named one of the top venues.

"We're so excited to be a Couple's Choice award winner. We sincerely appreciate all of our couples' reviews and truly enjoy being a part of their special day," Lia Isel, who oversees event bookings in Ocean Pines, said.

The Ocean Pines Yacht Club is a waterfront wedding venue in Ocean

Pines, Maryland that features picturesque views of the Isle of Wight Bay and the Ocean City skyline, which couples can admire as they say their nuptials. The Yacht Club can accommodate up to 225 guests in the three different spaces.

Couples can also book weddings and other functions at the oceanfront Ocean Pines Beach Club in Ocean City, or the Golf Club in Ocean Pines, home to a picturesque 18-hole championship golf course.

For more information, visit www.venuesatoceanpines.com.

Elections Committee seeks questions for candidate forums

The Ocean Pines Elections Committee will host two forums for Ocean Pines Board of Directors candidates: at 6 p.m. on June 22 and 10 a.m. on June 25, both in the Clubhouse Meeting Room on 100 Clubhouse Drive.

Ocean Pines Association members may participate by submitting forum questions ahead of time. The Elections Committee will consider all questions sent by Association members.

Questions may be emailed to elections@oceanpines.org or left on the Elections Committee voicemail at 410-208-3989.



Ocean Pines mixed bowling league finishes strong

There was a hard-fought battle going on at the Ocean Lanes Bowling Center on Tuesday, April 19. It was the roll-off of the Monday Champions and the Tuesday Champions of the Ocean Pines Mixed Bowling League. The Monday Champions were the Pintails with team members Blair Snyder, Mitzi Costello, Howard Scholl and Larry Salathe. The Tuesday Champions, the Seagulls, became official 2022 League Champions winning a best of three roll-off.

Shown above are (left to right) are the Seagulls team members John Larue, Larry Sparta, Donna Wildt and Alan Wildt

The league will begin their next season in late September 2022. A kickoff meeting will be held on Monday, August 29, at 1 p.m. in the Ocean Pines Community Center. Current and prospective members are encouraged to attend.

The OPMBL has been active for 20 plus years. This year there were 18 teams divided between Monday and Tuesday. The games start at 1 p.m. each day. It is a mixed league with four people on each team. Please feel free to contact Barbara Harman at 301-980-7798 should you have any questions or need more information.

Flounder tournament returns

Ocean Pines Chamber of Commerce announced that its 15th annual Flounder Tournament and Auction that will take place on Saturday, August 6.

Last year, despite the rain, the event attracted over 280 anglers with the winning flatty, and its angler, taking home over \$5,000.

To participate you must be registered by noon Friday, August 5. at Noon. Weigh in and auction will take place at the Ocean Pines Marina and Yacht Club. Lines in at 7 a.m., out by 3 p.m., and fish weighed in by 4 p.m. Sponsorships available.

All information and registration can be found at [https://business.oceanpineschamber.org/events/details/15th-annual-](https://business.oceanpineschamber.org/events/details/15th-annual-flounder-tournament-14722)

[flounder-tournament-14722](https://business.oceanpineschamber.org/events/details/15th-annual-flounder-tournament-14722)

For more information, call the Ocean Pines Chamber at 410-641-5306 or email info@oceanpineschamber.org.



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TheCourierofOceanPines

May is Mental Health Awareness Month

By **Colette Horn**
Ocean Pines Association President

May is Mental Health Awareness Month, and mental health has become a growing concern in the U.S. and globally.

New evidence suggests that mental health issues have risen sharply because of and during the pandemic, and that is especially true in young people.

An April 13 issue of *Global Health Now*, an online publication of the John's Hopkins Bloomberg School of Public Health, cited several sources in saying "U.S. teens' mental health is deteriorating," which is leading to more teenage drug use.

The Centers for Disease Control reported instances of high schoolers experiencing "persistent feelings of sadness or hopelessness" increased from 26% to 44% from 2009 to 2021.

Another survey found 53% of students struggle with mental health issues, but only 20% of educators feel equipped to support them.

Worcester County's 2021-2026 Community Health Improvement Plan named mental health as its top priority, with goals of improving mental health through prevention initiatives and improving access to mental health services.

According to the plan, Worcester County has a higher rate (20.7%) of adults with depressive disorders than the state (16.6%), and the suicide rate has been consistently higher than the state rate.

Almost one in five Worcester students said they considered attempting suicide, and 22% of middle school students said they thought seriously about killing themselves.

To help combat mental health issues, a county task force plans to increase mental health awareness in the community, and to improve access to mental health services, including the creation of a tri-county crisis stabilization center.

The National Association of School Psychologists stresses the importance of building resilience as a factor in youth suicide prevention. They cite the following:

The presence of resiliency factors can lessen the potential of risk factors to lead to suicidal ideation and behaviors. Once a child or adolescent is considered at risk, schools, families, and friends should work to build these factors in and around the youth. These include:

-Family support and cohesion, including good communication

-Peer support and close social

networks

-School and community connectedness

-Cultural or religious beliefs that discourage suicide and promote healthy living

-Adaptive coping and problem-solving skills, including conflict-resolution

-General life satisfaction, good self-esteem, sense of purpose

-Easy access to effective medical and mental health resources

To help promote engagement and reduce isolation, local middle and high schools host a variety of social clubs and team sports.

In Ocean Pines, the Recreation and Parks Department provides a range of indoor and outdoor activities, year-round, for children and teens.

"We also offer volunteer opportunities for teens to engage in the community, meet other teenagers, and be responsible for their time and effort in volunteering," Recreation and Parks Director Debbie Donahue said.

For information on recreation programs and volunteer opportunities, call 410-641-7052, email rec@oceanpines.org or visit <https://www.oceanpines.org/web/pages/recreation-parks>.

Ocean Pines is also seeking lifeguards and swim instructors. For more information, visit <https://www.oceanpines.org/web/pages/work-here>.

For those seeking immediate help, the Jesse Klump Suicide Awareness

and Prevention Program website features a list of more than a dozen national, statewide, and local hotlines at <http://jessespaddle.org/helpme.html>.

Local solutions include:

-The Worcester County Health Department (410-632-1100) whose Crisis Response Team is the county's first responders, staffed by licensed clinical social workers. The health department also supplies psychiatric services and referrals to private healthcare practitioners

-Worcester Youth and Family Counseling (410-641-4598) in Berlin is a nonprofit counseling center that supplies help for a wide range of social and psychiatric problems

-Seaside Counseling and Wellness Center (410-213-7875) in Berlin is a counseling center that supplies ongoing appointments for a variety of issues

National, 24-hour hotlines include:

-The National Suicide Prevention Lifeline (800-273-8255) supplies 24-hour crisis support for anyone. There is a dedicated veterans service as well as options for the deaf and hard of hearing

-The Youth America Hotline (1-877-YOUTHLINE or 877-968-8454) Is counseling for teens by teens

-The Veterans Crisis Hotline (1-877-VET2VET or 877-838-2838) has trained mentor-counselors, all veterans, and a database of resources devoted to helping veterans in crisis.

Mentors have been driving forces behind the careers of some of the world's most accomplished individuals. According to the mentoring platform PushFar, 97 percent of individuals with a mentor feel those mentors are highly impactful and valuable, while 87 percent of mentors and mentees say that their mentoring relationships make them feel empowered and more confident. Women may benefit from mentors now more than ever, due to the greater disparity in the workforce brought on as a side effect of the COVID-19 pandemic. According to the Washington Post, around 52 million women worldwide were left jobless due to the pandemic. Estimates indicated the departure of women from the workforce would cause an \$885 billion weakening of the economy over the following two years. Mentors can be vital in helping women define their ambitions in the workplace. Mentors also can bolster self-confidence and motivation to find new, stable jobs. Mentoring can provide women with the right skills and knowledge to excel in any industry. Seventy-one percent of Fortune

500 companies report having mentoring programs. Forbes indicates 76 percent of people think mentors are important, but only 37 percent have one. McCarthy Mentoring states that 25 percent of employees enrolled in a mentoring program had a salary-grade change, compared to 5 percent of workers who did not participate. In addition, mentees are promoted five times more often than those who are not in mentoring programs.



Courier Almanac

On May 4, 1966, San Francisco Giants outfielder Willie Mays hit his 512th career home run to break Mel Ott's National League record for home runs. Mays would finish his career with 660 home runs, good for third on the all-time list at the time of his retirement.

The Courier

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The Courier is published Wednesday morning by CMN Communications, Inc. Contents copyright 2022. News release items and calendar entries should reach us Friday noon prior to publication date. The advertising deadline is Friday at 5 p.m. Read **The Courier** online at delmarvacourier.com,

Nostalgic for the 90s

Flipping through the Netflix online catalog I came across a heading entitled, "Nostalgic '90s" which caught my attention. Not so much for the movies that were included in this category but for the heading. When did the '90s become

family memories.

Shortly after we moved into our new home, our third child was born. Our family was complete: a daughter and two sons. Who could ask for more?

I changed jobs several times during the decade, advancing along the way. There was a lot of travel. Sometimes too much.

My wife became active in our children's activities that included Little League baseball, soccer, swimming and after school events. She

began to teach Sunday School, something she would continue to do for 18 years.

During this decade I enjoyed playing a fair amount of golf with my father-in-law at what had been Pine Shore Golf on Beauchamp Road. I enjoyed that time with him. Neither one of us was a great golfer. We walked much of the course if you know what I mean. Sadly, the course and my father-in-law are no longer with us.

During the latter part of the decade I bought a small 15-foot boat. It was nice to once again have a boat. I sold my previous boat shortly before we moved to the Eastern Shore. The enjoyable aspect of boating is that it fosters family togetherness. And we "togethered" the heck out of that boat. During the season my wife and I often gathered up the kids, dropped the boat in the water and cruised the local waters, spending many of those days anchored behind Assateague picnicking and frolicking in the water. These were enjoyable times that gave us all many memories.

During the decade we experienced loss. My wife lost a grandmother, a grandfather and great-aunt. I lost my grandmother and my gall bladder.

By the time December 31, 1999 arrived, our lives were moving along at such a pace that we didn't have time to give any thought to how our lives had changed during the decade. We were looking forward. There was no time for reflection. Our oldest child would soon be a teenager and we were discussing starting a local newspaper.

I guess the 1990s could be considered nostalgic. But it's still hard for me to believe that it's been more than 25 years since I saw "Lion King" in the theater.

Thank goodness for Netflix, which wasn't even around in the 90s.



It's All About...

By **Chip Bertino**

chipbertino@delmarvacourier.com

nostalgic? It was only last year wasn't it?

I don't consider myself having aged all that much during the 30-plus years since the 1990s started. When I look in the mirror and look past the silver hair, the heavy jowls and creases around my eyes (which I regard as laugh lines), I see the same person I've always seen, just a little wiser.

At 12:01 January 1, 1990, we had one child, our daughter. Our second child arrived 10 months later. Our third child arrived six years into the decade.

We lived in New Jersey. We had only one car, a Subaru Legacy wagon, fire engine red. We struggled to make ends meet, living in a house we couldn't afford. We were learning the ropes of being adults and being parents, at times struggling to convince ourselves and others that we knew what we were doing. Sometimes we did. Sometimes we didn't. Fake it 'til you make it.

It was during year one of the decade that my wife and I prepared to move to the Eastern Shore, following a job that had been offered to me. We looked upon it as an adventure. The reality was that when we put our house on the market there was a recession. Our house remained on the market for 18 months. We were eventually forced to sell it for less than what we paid for it. The realtor made money on the transaction. We did not. We had just enough for the ferry fare to get to Delmarva. It was a difficult time for us but we made it through, realizing that Maryland's Eastern Shore was where we wanted to make our home.

Eventually we scraped together enough money to build a very modest home in Ocean Pines. It wasn't big by any stretch of the imagination but it was ours and we loved it. We still do. We've added on to it a couple times through the years and it's now imbued with many



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Creative Mother's Day celebration and gift ideas

On Sunday millions of people will celebrate the special women in their lives, particularly the mothers, grandmothers and stepmothers who often tirelessly care for those they love.

Created by Anna Jarvis in the early 20th century and designated an official United States holiday in 1914, Mother's Day is a special day in many families. Apart from birthdays, primary female caregivers may not always get the recognition they deserve, nor be entitled to a day to kick back and relax and let others take the helm. Mother's Day entitles them to something special.

There are plenty of creative ways to

celebrate mothers and mother figures.

Dine truly "al fresco." Outdoor dining has become commonplace, and even before it was a safety measure, enjoying a meal on a sun-soaked patio or overlooking a body of water was popular. If you're worried about limited restaurant space or crowds, plan a picnic at a scenic location, such as a botanical garden or county park. Include Mom's favorite foods and enjoy the fresh air and delicious foods together.

Create a photo slideshow. Digital photos have eclipsed prints in many people's hearts. But too often digital photos never get seen after they're ini-

tially taken. That can change when you compile a slideshow of favorite photos from childhood and even present-day photos that Mom is sure to appreciate. Use sentimental music or Mom's favorite songs as the soundtrack, and include some inspirational quotations or personal voiceovers. This is one gift that can be shared in person or over group meeting apps.

Get involved together. An especially meaningful way to honor a mother who is always giving her time and love is to become involved in a difference-making organization. Joint volunteerism is a great way to spend more time together working toward a worthy goal.

Enjoy her hobbies and interests. Devote a day or more to trying Mom's interests and hobbies, whether they include hitting the links, knitting, singing in the church choir, or digging in her garden.

Send an edible gift. If you can't be there to celebrate with Mom in person, have a special meal delivered to her door. Then enjoy the same foods with

her via Google Meet, Facetime or Zoom. Don't forget a tasty cocktail so you can toast the special woman in



your life.

Mother's Day celebrations can be unique, heartfelt and customized based on family needs.

Moms need timeouts too

While time-outs may be torturous for young children eager to get up and go, alone time may sound like paradise to busy mothers.

It can be helpful for parents to schedule daily timeouts, though breaks a few times per week can do the trick as well.

Timeouts can benefit moms who need a break during or after a long day. Such breaks can be restful and re-energizing.

Any woman can benefit from a time-out, but working mothers juggling careers and home life may be especially in need of scheduled breaks.

Women who want to incorporate more breaks into their daily routines should know that it's possible to do so, even on the most hectic days.

You don't need much time. A break doesn't need to be extensive to be ef-

fective. Schedule around 30 minutes for the timeout. That's just enough time to watch a sitcom, read a chapter in a book or enjoy a nice, steamy bath.

Choose a kid-free time of day. If possible, select a timeout period when the kids are away from home or you can be guaranteed some alone time. If this is not possible, make an arrangement with your spouse to look after the kids while you get some alone time.

Find an enjoyable activity. Select an activity for the timeout that you may not have the opportunity to enjoy when other people or tasks require your attention. Listening to music, taking an exercise class, writing in a journal, engaging in artwork or other crafts, or reading a book make for great timeout activities. A timeout is not the time to catch up on chores.

Treat yourself on occasion. Build an extra treat into the time-out, such as a bite of a favorite dessert or purchasing a clothing accessory or a luxurious body butter. This can make the timeout even more enjoyable.

Timeouts can be utilized by women who feel they need opportunities to unwind and put themselves first for a short time.



How non-traditional families can celebrate Mother's Day

No two families are the same. What may be "normal" for one family could be quite unique to another.

Because families are so different, days such as Mother's Day, Father's Day, Grandparent's Day, and even days devoted to siblings or cousins present opportunities for families to celebrate diversity while honoring their family members.

Branch out to many caregivers. Certainly, a person becomes a mother if she has given birth to a child. But motherhood is a much broader concept. Many women are mothers to children with whom they have little to no biological connection. Some may be relatives that filled the void left by a mother who passed away or was unable to care for children. Anyone who has stepped into the role of caretaker can and should be celebrated on Mother's Day.

Recognizing stepmothers. The notion of the "evil stepmother" in fairy tales is inaccurate. Many children have very close relationships with their step-

mothers, even retaining relationships should the stepmother divorce out of the family. Modern families even include strong connections between stepmothers and biological mothers, with each doing her part to make sure children are getting the love and support they need.

Absent but not forgotten. Some mothers are not present in children's lives for various reasons. These can include death, incarceration, illness, military deployment, or enrollment in a rehabilitation program. Mother's Day can be a time of mixed emotions for individuals whose moms are not present, and families can work together to find ways to celebrate. This may be visiting the cemetery to pay respects or sending a letter to express one's feelings. Individuals also can recognize those people who act as surrogate mothers, including special friends or coworkers who always listen and offer advice.

Mother's Day can be recognized with flexibility and creativity within non-traditional families.

Mother's Day offerings and more at May farmers markets

Brights colors, rich flavors, and other signs of spring and early summer are on full display this month at the Ocean Pines Farmers & Artisans Market.

Market manager David Bean paints a picture: "May is named for the ancient



Greek goddess Maia, who is associated with growth, nurturing and motherhood, and it's easy to see why when you visit the Ocean Pines Farmers & Artisans Market. The sun is warming the marketplace at White Horse Park, the birds are singing, and blooming flowers can be found from merchants throughout the market," he said.

May is both National Asparagus Month and National Strawberry Month, and market shoppers will see an ever-expanding list of fresh fruits and vegetables available from local farms.

"Stag Run Farm is the second largest grower of asparagus in the state of Delaware. The farm grows several varieties of asparagus, including a purple stalk variety that many believe is more tender when prepared," Bean said. "Brandon Brady, a second-generation farmer, operates the family's Ocean Pines farm stand with other farm team members year-round on Saturday mornings."

Bean said spring's first strawberries are just starting to arrive at the market, "red, ripe and bursting with flavor."

"The season for these delectable berries won't last long, so make sure to come early to get the best pick," he said.

Another seasonal favorite is the May harvest of garlic scapes, which is the tender stem and flower bud of a hard-neck garlic plant. Garlic scapes can be chopped and sauteed in butter or oil and served like green beans, or used to add depth of flavor to salads and stir fries. They also become rich and flavor-

ful when roasted.

"Linda's Backyard will have lots of these garlic items when she returns mid-month to the green market section," Bean said. "Linda grows several varieties of heirloom garlic that will never be found in any grocery store."

On May 7, the marketplace will celebrate moms with a special Mother's Day market.

The Ocean Pines Garden Club will be in the Community Corner with dozens of fresh flower arrangements made by club members. The arrangements often come in unique containers, sure to make a unique and special gift.

"At Cove Crafts and Treasures, estate sterling silver merchant Ruth White has set aside some exclusive pieces for her customers to select from for Mother's Day," Bean said. "Her 'Pretty in Pink' Mother's Day offerings will include many beautiful mother of pearl items."

Market happenings continue in May with character actor Amberlina's Adventures returning to the Kid's Market Zone for some fun antics on May 21. Free morning shows at 10 and 11 a.m. will feature an entertaining puppet show

and story time for children of all ages.

Additionally, chef Bill Curtis will be back in the marketplace kitchen on May 14, when farm fresh eggs and asparagus will be featured during his free cooking demonstration. Everyone in attendance will go home with a copy of the recipes.

"May is also the bridge between spring and summer, and the month wraps up with the Memorial Day holiday," Bean said. "The Ocean Pines Farmers & Artisans Market is a traditional way for many to start the long weekend with friends and family."

"The offerings on display from the artisans at the marketplace are astounding," he continued. "Numerous new artisans and crafters will be joining the market in May, along with those that have called the marketplace home for many years. Shoppers can also spend a lot of quality time roaming the Artisan Plaza and Art Alley at the marketplace."

The market is open Saturdays from 8 a.m. to 1 p.m. in White Horse Park.

For more information, visit www.oceanpines.org/web/pages/farmers-artisans-market.

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The program is supported by the Maryland Community Health Resources Commission. The views presented here are those of the grantee organization and not necessarily those of the Commission, its Commissioners, or its staff.

'Teachers as students' on display

Through June the Berlin Library will feature an art exhibit called "Teacher as Student." This show, on display on the library's second floor, shows how teachers are experimenting with different media, concepts and stepping out of their comfort zone, to become the student. This partnership between the Worcester County Public Schools (WCPS) and Worcester County Arts Council (WCAC), funded by the WCAC, brought new, young and/or diverse artists from the Delmarva community to expand teachers' horizons.

"We felt it was important to bring new, young artists to the art teachers, who can then bring this fresh perspective back to the classroom with their students", said Anna Mullis, WCAC Executive Director. "Partnering with teachers allowed us to bring art to the classrooms, during a time when (because of safety protocols) we could not directly interact with the students. It exponentially increased our outreach!"

The show features three types of art: A painting project honoring Ukraine and teaching how art can build and honor community, vision boards which help students to brainstorm, focus and reflect on their personal journeys, and digital art through instruction of the computer program, Adobe Illustrator. The painting project led by fellow art teacher and well-known Salisbury artist, Cindy Sullivan, helped teachers reconnect with several painting styles in a sunflower landscape. The vision board workshop was

led by We Are Limitless Studios, a Salisbury duo of muralists and new age artists, Brandon and Deserae Bell. The Adobe Illustrator workshop was led by SDHS grad and artist Ian Postley.

"This work and the show are a little out of our teachers' comfort zones, because the workshops were really about process, rather than product. We often teach the difference to our students, but forget that difference when dealing with our own personal artwork", said WCPS Coordinator of Fine and Performing Arts, Tamara Mills. "It was also a great way to bring new and different artists into our world of education!"

Register now for credit classes at Wor-Wic

Wor-Wic Community College is currently accepting registrations for credit classes that are being offered this summer and fall. Early registration is encouraged for the best selection of classes. The first summer session begins May 16, the second summer session begins June 1 and fall classes begin September 7.

Admission, registration and financial aid services are available Monday through Thursday from 8 a.m. to 6 p.m., and Fridays from 8 a.m. to 4:30 p.m.

Visit www.worwic.edu for more information. New students who need help should call 410-334-2895 or email admissions@worwic.edu and include their name and a phone number where they can be reached.

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Inspiration - Worcester County NAACP Branch # 7029 helped with the Junior Achievement of the Eastern Shore Inspire 2022 event at the Wicomico Youth & Civic Center. This Career Exploration Event exposes eight graders to hands on experiences of jobs on the Shore. Worcester NAACP were part of the Welcome & Exit Team ~ greeting students and showing them where to report. After participating, students exited the building for their buses.

Pictured left to right are **Catherine Freeman**, President **Ivory Smith**, **Linda Hilliard**, and **Christine Clark**.

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County implements safety measures after breach

Following an extensive forensic investigation into a phishing incident that occurred between November 10-20, 2020, Worcester County Government (WCG) agencies and cybersecurity professionals discovered that a WCG email account had been breached. That email account contained limited personal information belonging to approximately 3,000 WCG and Board of Education (BOE) employee and retiree accounts.

There is no forensic evidence that any of the information accessed has been misused. However, WCG implemented significant measures to protect everyone impacted by this incident.

On April 27, WCG issued letters to each person whose information may have been affected. Each letter specifies what personal information was impacted. Credit and debit account information was not impacted.

please see **breach** page 14



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My Backyard... sponsored by Maureen Kennedy

What is a Cardinal Bird?

Cardinals are passerine birds usually found in North and South America. They are known as cardinal-buntings, cardinal-grosbeaks, or redbird.

One of the most common characteristics of a cardinal is that the males are bright red with a crest on their head, black feathers on their faces, and they have a short, orange beak.

Some cardinals are yellow, but yellow cardinal sightings are very rare.

While cardinals are recognized by their coloring, only the male has the coloring as described above.

The female cardinal has pale brown feathers and just the tips of their tails,

This includes sunflower seeds, grapes, blueberries, elderberries, mulberries, hackberries, and many more.

In addition to eating fruits, seeds, and insects cardinals have been known to eat plants such as tulip trees, brambles, honeysuckle, and Russian olive trees.

Not only do they like to eat these plants, but they use the twigs and branches for nesting, too.

As climate change happens cardinals have expanded their habitat.

Many years ago, they were mostly found in the southeastern portion of the United States.

With temperatures increasing over time they have expanded their habitat.

Cardinals are most commonly found in the southeastern portion of the United States but can be found up the eastern coastline into Canada and over to the central United States.

They can also be seen as far south as Mexico.

They like to build their nests in places that are hidden from predators but can



wings, and crests have a reddish hue.

Yellow cardinals have mostly canary-yellow bodies with brownish wings, the recognizable black mask, and lighter orange beak.

Female yellow cardinals have white facial stripes, brown or gray breasts and bodies, with yellow bellies.

Cardinals have a diet that primarily consists of seeds, fruits, and insects.

During the breeding season, cardinals are known to eat an abundance of insects in order to keep up the necessary energy required for mating.

In the wild, cardinals have been observed eating over one hundred different types of nuts and fruits.

be seen in trees, along with forest lines, bushes, residential landscaping, marshy areas, and fields.

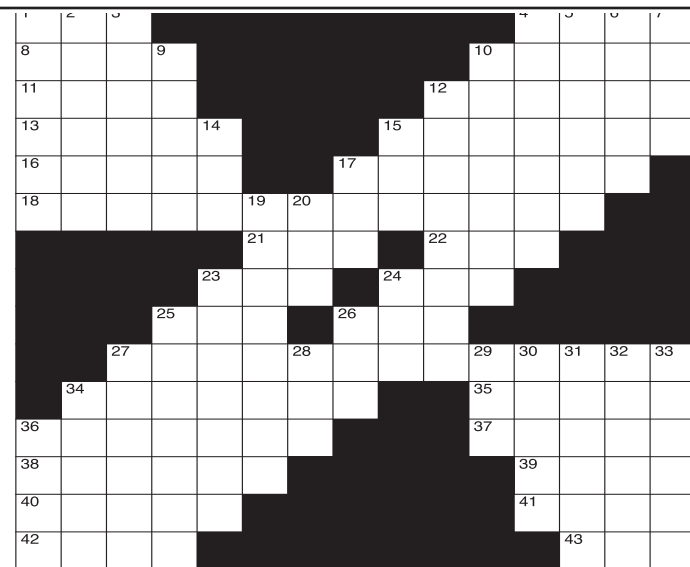
Cardinals like to sit on higher perches rather than low to the ground areas.

Cardinals begin to mate in the early spring and the season can last through September.

They are typically monogamous, but sometimes will leave the relationship and mate with others.

To attract a partner, a male will do everything he can to attract the attention of a female.

*please see **cardinals** on page 14*



CLUES ACROSS

- 1. A power of perception
- 4. Slotted hinged metal plate
- 8. Popular crop
- 10. Siamese fighting fish
- 11. Larval crabs
- 12. South American mammal
- 13. Occur as a result of
- 15. Slavic language
- 16. An electric underground railway
- 17. Transporting
- 18. A direction
- 21. Opposite of start
- 22. Mock
- 23. People love and hate it (abbr.)
- 24. A people of Myanmar
- 25. A Queens ballplayer
- 26. Southern Thailand indigenous person
- 27. Famed actress
- 34. Thin strips
- 35. Bluish greens
- 36. Ridiculed
- 37. Having the shape of a cube
- 38. Came down
- 39. Indian religious god
- 40. "Bewitched" actress Moorehead
- 41. Leak through slowly
- 42. Buzzing insects
- 43. Midway between south and southeast

CLUES DOWN

- 1. Skin condition
- 2. Earlier
- 3. Right away
- 4. Vomiting
- 5. Go to
- 6. "The Police" frontman
- 7. Bullfighting maneuver
- 9. Pacific island
- 10. A system of algebraic notation
- 12. A room used for the activities of a group
- 14. The longest division of geological time
- 15. Car mechanics group
- 17. A barrel of liquid (abbr.)
- 19. Bound to do
- 20. Explosive
- 23. Ridicules
- 24. Adult male
- 25. Military personnel
- 26. French and Belgian river
- 27. Found in the sea
- 28. A share lost in default (abbr.)
- 29. Type of medication (abbr.)
- 30. City on the Rhine
- 31. Animal disease
- 32. They're in martinis
- 33. Get away
- 34. Wampum
- 36. Lacking brightness

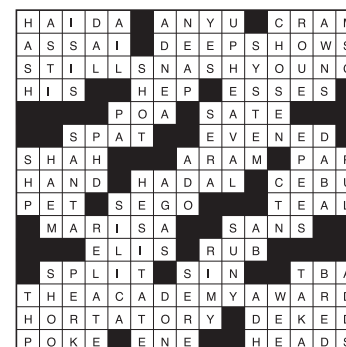


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Answers for April 27

Astronomy & Spaceflight

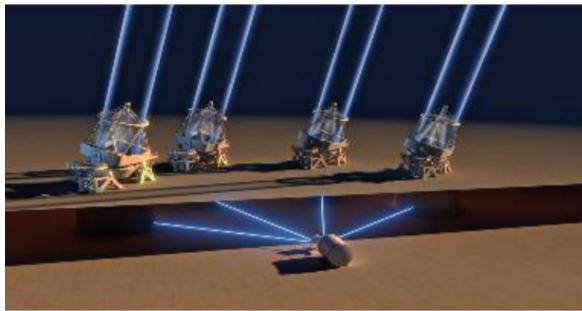
By Douglas Hemmick, Ph.D.



Exoplanet milestones

One of the most dynamic fields in modern astronomy is the detection and study of exoplanets, and several milestones have recently been achieved.

The year 2022 marks the 30th anniversary of the first detection of planets outside the solar system. In



“ESPRESSO” analyzes light from four 8.2 meter telescopes

“Proxima Centauri.”

In 2016, two exoplanets were perceived circling Proxima, in this way inspiring much more interest in our closest-neighbor star. This is how things stood for some time, until finally this year a third planet joined the family, as announced in the February 10, 2022 issue of the journal “Astronomy and Astrophysics.”

Detection of this new exoplanet, named “Proxima-d,” was made via the radial velocity method, also called the “wobble method.” A sophisticated instrument dubbed “ESPRESSO” allowed astronomers to push this method to new limits, allowing detection of one of the smallest exoplanets.

ESPRESSO is the acronym for Echelle Spectrograph for Rocky Exoplanet and Stable Spectroscopic Observations, and is located at the Very Large Telescope facility in Chile.

Proxima-d is a tiny exoplanet, just one quarter the mass of Earth, and is located very close to its star. At that position, it is much too hot to host life.

January 1992 Alexander Wolszczan and Dale Frail reported at the American Astronomical Society their detection of two planets orbiting a pulsar. The planets were assessed at 3.4 and 2.8 times Earth’s mass, and were confirmed as the initial discovery of exoplanets.

In March this year, NASA announced its official list of exoplanets has passed the 5,000 mark. Variations in the geography of exoplanets have included small, rocky worlds like Earth, gas giants many times larger than Jupiter, and “hot Jupiters” with scorchingly close orbits around their stars.

Science fans may recall earlier decades when astronomers like Carl Sagan and Frank Drake were among those suggesting that exoplanets might be found, far outnumbering the familiar worlds of the solar system.

Astronomy buffs may know that Alpha Centauri is a prominent star in the southern hemisphere, and the nearest to Earth. However, while Alpha Centauri appears as a single dot of light, in reality, it is a system of several stars held close by gravity. Among these, the nearest to Earth has been named

However, its “sister exoplanet,” Proxima-b, is about the same mass as Earth and is located in the “habitable zone,” that region in which planets can hold liquid water, without it boiling away or freezing. Proxima b was discovered in August of 2016, by astronomers at the European Southern Observatory.

Proxima-c is a “super-Earth” exoplanet, about 7 times the mass of Earth. It is extremely frigid and uninhabitable, due to its great distance from Proxima Centauri. In June 2020, this exoplanet’s existence was confirmed using Hubble telescope data. Some observations suggest that this world could contain a ring system.

The fact that Proxima Centauri is the closest star with exoplanets, located just 4.2 light years away, raises an interesting question. What technology would be needed to fly a space probe to the system and take observations of those worlds? Such a journey using existing technology would require thousands of years to arrive.

On April 11, the New Zealand-based company, Rocket Lab held a groundbreaking ceremony for its new \$160 million facility at Wallops Island, Virginia. The new 250,000 square foot complex will support production, assembly, and launches of the company’s next generation rocket, the Neutron, which is projected to launch by 2024 or 2025. The company’s smaller “Electron” rockets may be lifting off from

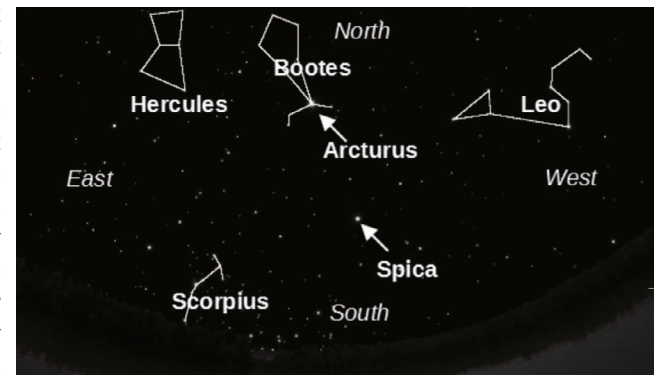
Wallops as early as this fall.

Readers here have already heard the name Rocket Lab in connection with NASA’s Artemis program to send astronauts back to the lunar surface. Along with the lunar landings, NASA plans a space station called Gateway which will orbit the moon and support the missions. A preliminary mission, CAPSTONE, is planned, to test Gateway’s special orbital path, the “Near Rectilinear Halo Orbit.” CAPSTONE is scheduled to be launched from Rocket Lab’s New Zealand site in May.

When the sky grows dark at around 9 p.m. Leo the Lion appears high overhead, along with the “kite shaped” figure of Bootes (boh-OH-teez) the Herdsman in the eastern sky. By 10 p.m., Hercules the Hero will be in view.

A total lunar eclipse occurs on the night of May 15-16, beginning about 10:28 p.m. Full shadowing will happen about 11:29 p.m., and will last until about 12:54 a.m. After gradually growing brighter, the moon finally “escapes” the shadow of our planet at about 1:56 a.m.

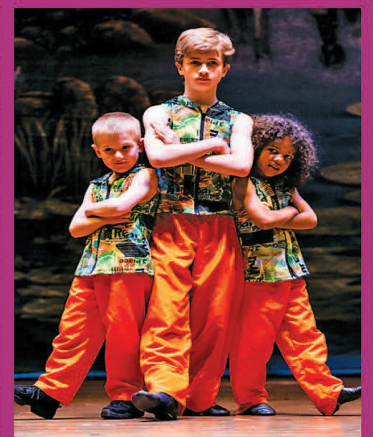
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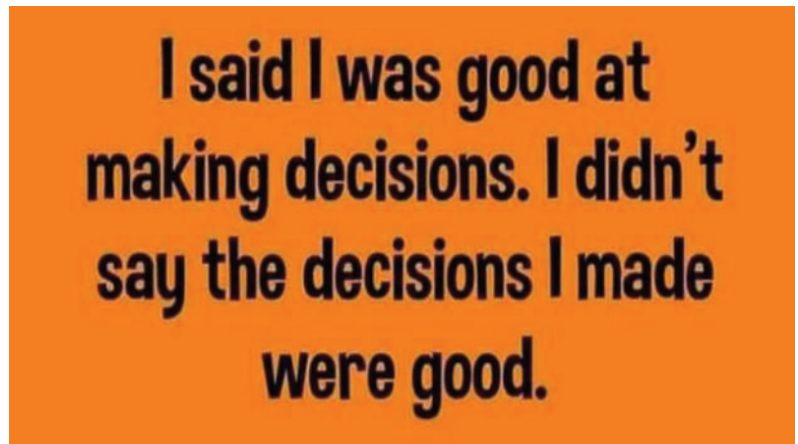
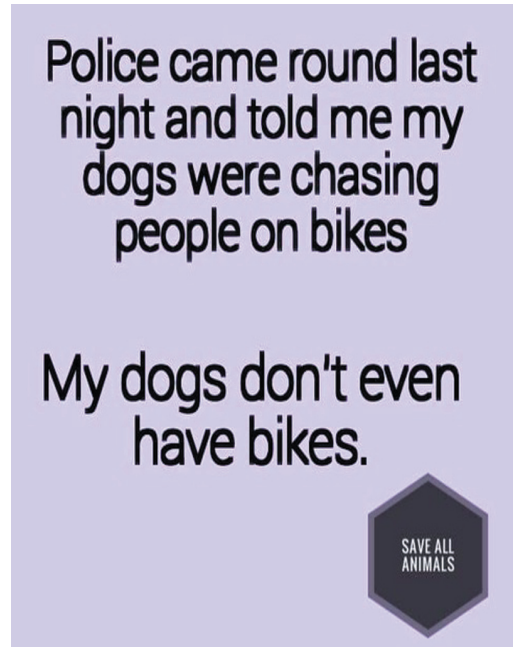
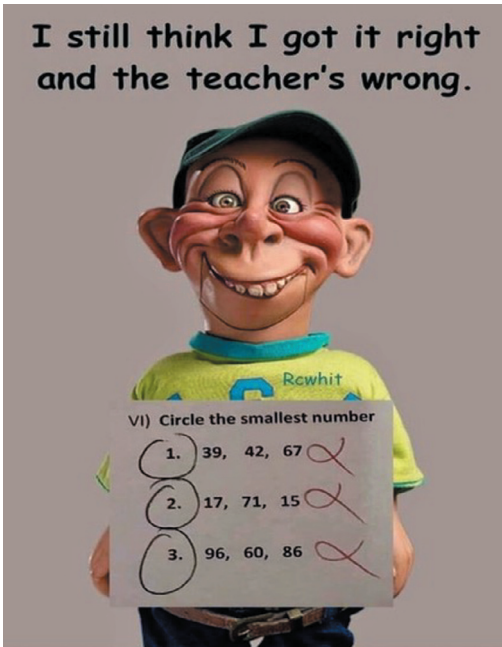
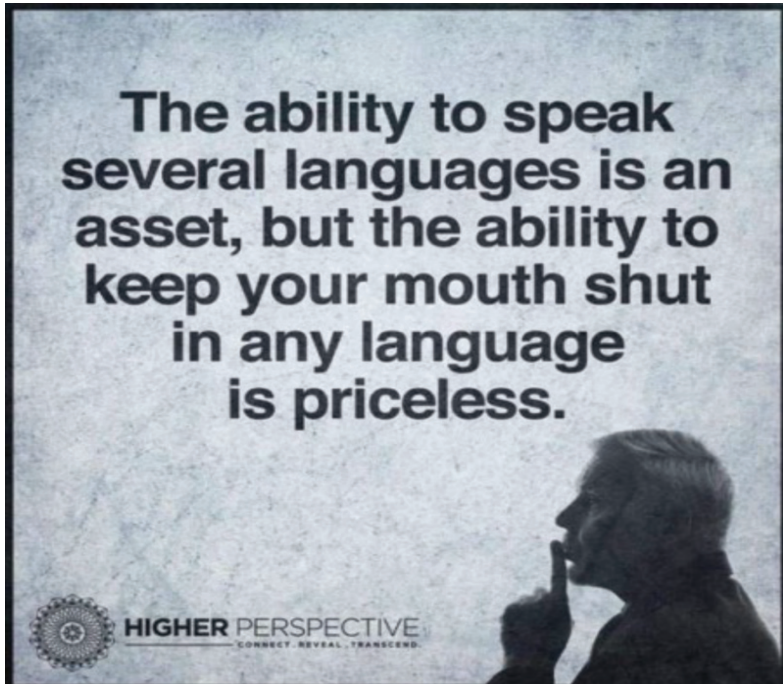
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Some things to think about

Gathered from the internet by **Jack Barnes**





Presentation - During their annual celebration in April, the Atlantic General Hospital Auxiliary presented a check for \$25,000 to the AGH Foundation's annual appeal and honored the continued dedication and volunteer service of their members.

Above are from left: **Kim Justice**, AGH co-interim president and CEO; **Richard Buccheri**, Auxiliary treasurer; **Jackie Choate**, Auxiliary secretary; **Cynthia Roman**, outgoing Auxiliary president; **Greg Shockley**, chair of the AGH Board of Trustees; **Sally Dowling**, co-interim president and CEO; **Steve Green**, chair of the AGH Foundation; **Ann Hamilton**, incoming Auxiliary president.

Annual marine debris plunder returns

Help Captain Jack Sparrow, the Maryland Coastal Bays Program, and the Ocean Pines community plunder the bays in search of marine debris Sunday, May 15, from 2:30 p.m. until 4:30 p.m. for the Third Annual Marine Debris Plunder.

Boaters and Land Lubbers alike are encouraged to join the plunder to pick up debris that has been carelessly discarded in our bays, beaches, and streets, and bring their loot to the Ocean Pines White Horse Park Boat Ramp for a weigh-in. Captain Jack Sparrow along with his pirate crew will be on hand to assist with the weigh-in and properly dispose the debris.

You must preregister for this event either online at the Maryland Coastal Bays Program website www.md-coastalbays.org, or call Sandi at 410-213-2297, ext. 106 and register by phone. Registration is now open. There will be no registration at the event.

Thanks to a grant from the Environmental Protection Agency (EPA) and the support of Worcester County, supplies will be provided for those who

preregister (while supplies last). Supply packets can be picked up at Pure Lure in the West Ocean City Harbor at a pre-arranged date.

When participants bring their loot to the weigh-in, the pirate crew will grab their trash and present them with an event t-shirt (while supplies last).

The intent of this event is to engage the community in picking up debris in our waterways and streets and bringing it to one location where it will be weighed and disposed of properly. All participants will be asked to fill out data sheets on the debris. This data will be used for an outreach campaign next year reminding our visitors the importance of keeping our waterways clean.

Boaters pursuing debris in the water, will receive specific instructions as to what is marine debris and what is a live trap as crabbing season is in effect. It is illegal to tamper with any live traps. Low tide for this day is at 1:38 p.m.

The Natural Resource Police will

*please see **plunder** page 14*

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Sportfishing group to meet

The Atlantic Coast Sportfishing Assn. is having its next meeting on Tuesday, May 10, at the American Legion of Berlin, Post #123 on Old Ocean City Blvd. The meeting begins promptly at 7:30 p.m. It is recommended coming earlier to get a seat, snack, and beverage. The guest speaker is Gabby Ross, Assateague Coastkeeper of the Assateague Coastal Trust. The talk will focus on the ACT's efforts on behalf of waters surrounding Assateague. A Q & A session will follow.

The ACSA is a growing group of local fishing enthusiasts who meet monthly to discuss boating, fishing, and conservation. Meetings are open to guests. For information contact President Ron Smith @smitty3894@aol.com



Nonprofit seeks support for annual appeal

Worcester County GOLD (Giving Other Lives Dignity) is raising money to support local residents struggling with access to basic needs like shelter, utilities, food, and items for children like diapers, wipes, and car seats. "Our goal is to prevent needless suffering and offer dignity to our neighbors who deserve to live a decent life" says GOLD Executive Director, Nicholas Cranford. "With the cost of living continuing to increase, families with low income are forced to make heartbreaking choices between past-due bills or needed items. Last year, our programs offered relief for 745 families. We're asking for donations to continue to offer a

plunder
from page 13

helping hand and keep vulnerable members of our community from falling through the cracks."

All recipients are screened by GOLD's network of trained social workers to identify level of need and appropriate assistance.

To participate in this Annual Appeal, send a check made out to Worcester County GOLD, PO Box 335, Snow Hill, MD 21863, or head to WorcesterGOLD.org to donate online.

For more information about GOLD's programs and services visit www.WorcesterGOLD.org.

There will be another Marine Debris Plunder held at the West Ocean City Harbor on Sunday, October 2.

For event specifics, go to www.md-coastalbays.org or contact mcbp@md-coastalbays.org.

And don't forget that there is the environmental showcase event, Bay Day, in Ocean Pines from 10 a.m. until 2 p.m. So come get inspired at Bay Day and roll up your sleeves for a Marine Debris Plunder.



attend the event in case participants have any questions as to what is marine debris, and what is not, in case something is unclear to a participant.

Boaters will be encouraged to pursue abandoned crab pots, derelict crab pots that have been clearly abandoned and are sitting in shallow water and marshes. Every year crabbers lose their pots to careless boaters who do not pay attention and run over crab pot floats, floats identifying pot location. Once these floats are cut, the pot becomes untraceable until it washes into shallow water or on top of a marsh. Unfortunately, ghost pots continually re-bait as crabs crawl inside, eventually die, and new crabs arrive to eat those. These ghost pots also trap and kill pretty much anything that fits, including terrapin, otter, and fish.

cardinal
from page 10

Mate feeding and courtship can often be seen while partner selection is happening.

What is mate feeding? Unlike when a mother feeds a baby bird, the male does not put food into the female's mouth.

Males will take food to the female by bringing seeds or fruit and placing it near the female's feet.

Females pick the male partner based on his courtship skills, coloring, and singing abilities.

Females want a male with a dark, large face mask. It is believed that these males are better defenders of the nest.

Once a mate has been chosen, the female will seek out a proper nesting

place. Nesting places are hidden in shrubs, trees, or vines.

If they choose to nest in a tree, they will choose from a variety of options, they do not stick to just one type of tree.

Nests are made of twigs, leaves, grasses, pine needles, and stems.

While the female will do most of the nest making herself, males sometimes help out by bringing nesting materials to the female.

Once the nest is made, a female can lay up to five eggs and will lay eggs up to twice per each mating season.

The eggs are greenish-white with ale speckles, grayish-white, or even plain white.

After laying the eggs, the female will incubate them for approximately thirteen days.

While the eggs are incubating, the males will look over the female and the nest.

They become extremely territorial and will "dive-bomb" any intruders, people included.

This is where they get their "Angry Bird" nickname from.

Fledgling cardinals, or babies, hatch from the eggs naked and unable to see. If they do have any feathers they will be light grey and will be sparse.

After a week or two, the baby birds begin to learn to fly.

When the female needs to leave the nest, she will call her mate by singing a song. Once the male hears this song he takes over caring for the nest until the female's return.

-excerpted from
chipperbirds.com

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breach
from page 9

Incidents like this breach can occur at any time. However, there are steps that each of us can take to protect against the misuse of sensitive information.

Remain vigilant. Review account statements for fraudulent or irregular activity.

Order a free credit report. Federal law entitles you to one free credit report every 12 months from each of the three major nationwide credit reporting companies.

Contact your financial institution. If you see a fraudulent charge on your payment card, contact the financial institution that issued your card.

Those who suspect that their personal information may have been compromised may consider placing a one-year fraud alert and/or security freeze on your credit file by visiting <https://www.experian.com/fraud/center.html>

Report fraud. If you find suspicious activity on your credit reports or have reason to believe your information is being misused, contact local law enforcement and file a police report. Get a copy of the police report, as many creditors will want the information it contains to absolve you of fraudulent debts.

Learn more about how to avoid fraud, scams, and bad business practices and what to do if you are scammed by visiting the Federal Trade Commission at <https://consumer.ftc.gov/>.

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Tides for Ocean City Inlet

Day	High / Low	Tide Time
Th 5	Low	5:44 AM
5	High	11:48 AM
5	Low	5:30 PM
F 6	High	12:11 AM
6	Low	6:31 AM
6	High	12:33 PM
6	Low	6:18 PM
Sa 7	High	12:58 AM
7	Low	7:21 AM
7	High	1:22 PM
7	Low	7:12 PM
Su 8	High	1:51 AM
8	Low	8:12 AM
8	High	2:18 PM
8	Low	8:08 PM
M 9	High	2:47 AM
9	Low	9:02 AM
9	High	3:17 PM
9	Low	9:06 PM
Tu 10	High	3:44 AM
10	Low	9:52 AM
10	High	4:14 PM
10	Low	10:05 PM
W 11	High	4:38 AM
11	Low	10:40 AM
11	High	5:07 PM
11	Low	11:03 PM

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