

The Courier

November 23, 2022
Volume 23 Number 11



Traditions - Students in Beverley Thompson's kindergarten class at Ocean City Elementary School have been learning about Thanksgiving traditions. The students read about the Macy's Thanksgiving Day Parade and learned how all the parade balloons are made. They demonstrated their learning, by becoming balloon designers and creating their own balloons to parade around the school. Pictured from left to right are **Olivia Gruppo**, **Henry Glavitch**, **Kinsley Wilson** and **Carter Clifford**.



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Dedication - At this year's Marine Corps Ball held by the First State Detachment of the Marine Corps League, Marine veterans, 97-year-old Marine **Morris Semiatin** (L) and **Col. David Cahn** (R), who would only admit to being in his 60s, received the ceremonial first pieces of the Marine Corps birthday cake.

Semiatin served during WW II and received a Purple Heart after he was wounded on Iwo Jima. During his career Col. Cahn has served in several commands including the Marine Corps Barracks in Washington, DC, and the 3rd Recon Battalion.

'Light Up the Pines' decorating event returns to Ocean Pines

Ocean Pines residents and property owners interested in adding holiday cheer to the community are invited to participate in this year's "Light Up the Pines" outdoor decorating program.

Those who register with the program will be featured on an online Google map, which will include locations of the decorated properties.

Participants will also be entered into a drawing to win one of three \$50 bill credits donated by Choptank Electric Cooperative, which sponsors the program. Additionally, the first 25 registered participants will receive a goody bag, also courtesy of Choptank Electric.

"Choptank Electric Cooperative is pleased to be part of the holiday spirit in Ocean Pines with the 'Light Up the Pines' event," said Valerie Connelly, vice president of government affairs and public relations. "We hope our members enjoy bringing holiday fun to the neighborhood!"

Beginning November 21, households interested in participating should submit a name, address and

phone number via email to info@oceanpines.org or by calling 410-641-7717 ext. 3014. Participants



are also asked, if possible, to submit a photo of their lighted home for a special holiday video.

The initial deadline to register is Friday, Dec. 9, although residents may continue to sign up after this date and through the holiday season to have their homes included on the online map.

The map of participating homes may be viewed at <https://www.google.com/maps/d/edit?mid=1M7GQDNnB4iSocR4zvIRzFTl dLK2bLPc&usp=sharing> or via the link on the home page at oceanpines.org.

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OPA Board statement in response to recent social media post

The following is a statement from the Ocean Pines Board of Directors issued November 16, 2022.

"This press release is being issued in response to a social media post by Mrs. Tiffany Knupp. At a meeting held on Monday afternoon with Mrs. Knupp and OPA Directors Colette Horn and Doug Parks, a discussion was had regarding the request for renaming the skate park. Mrs. Knupp held true to her desire for it to be renamed, but added that she had heard the Board was not in full agreement to support the request at this time. Directors Horn and Parks presented the idea of an annual award in Gavin Knupp's name that would be presented each year at the annual meeting in the same manner as the annual Sam Wilkerson award. The Directors promoted the idea of a partnership with the foundation she and her team created, and that the foundation would drive the selection criteria and details for the award. Mrs. Knupp agreed that it was a good idea and supported the notion that as an annual award her son's name and legacy would be preserved over time. At the conclusion of the meeting, she agreed that a motion for the annual award be put on the agenda for the upcoming board meeting, then hugged Director Horn and shook hands with Director Parks as she left. We felt that an agreement by all parties had been made at that point.

"The concern is the content of the social media comments posted by Mrs. Knupp. Given the discussion at the aforementioned meeting, the Board is both surprised and dismayed with the comments she made. First and foremost, the business relationship that the Association has with the Matt Ortt company has nothing to do with a decision to rename the skate park. The Board takes exception with the patently false and defamatory statement that '...We pay our dues and elect official to represent us, not to represent their friends that take them on expensive trips, pay their food and alcohol bill and use that to sway votes...' Nothing could be further from the truth, as the Matt Ortt company does not oppose the renaming of the skatepark and has informed Ocean Pines on more than one occasion.

"The bulk of the remaining comments are opinion and while we may disagree with them, we recognize and respect these statements being made. With regard to the vile and disingenuous statement in the post 'Please kindly take the meaningless award and shove it up your asses,' the Board concludes that Mrs. Knupp is not interested in the award concept that she agreed to at the meeting on Monday. However, should she reconsider the issue at some point in the future, the Board is open to reconsider the idea of an annual award in her son's name."

Board addresses Knupp situation

The Ocean Pines Board of Directors met in regular session Saturday, November 19.

Association President Doug Parks read the following statement during president's remarks:

"As I am sure everyone is aware there is much attention surrounding the Gavin Knupp tragedy. One can understand the frustration given the length of time that has passed without information from the state police regarding the details of the incident. I and many others cannot fathom or even pretend to understand what the family is going through at this time.

"Over the last several months, there have been posts and comments on social media to have the Board remove the Matt Ortt company as the management firm for OPA's food and beverage operations. Recently there have been a number of emails sent to the Directors with the same recommendation, along with calls to boycott OPA amenities and veiled threats to the Board if no action is taken.

"OPA has a business contractual relationship with MOC that involves specific obligations by both parties. At this time, there is no consideration for changing that relationship or the end date of the contract. It is the obligation of the OPA Board of Directors to base any decision to do so on the business interests of Asso-

ciation.

"Regardless of how some people feel about the matter, major decisions affecting the Association must include consideration for how the overall community will be affected, rather than a subset of the membership. I understand and respect everyone's right to voice their opinions and boycott facilities as they see fit, however, those actions in and of themselves are not the basis for an important financial decision. I respectfully ask that at this time you consider and understand our position on the matter."

Additionally, Board members, after some discussion, withdrew a motion "to approve OPA partnering with the Gavin Knupp Foundation to create an annual Gavin Knupp Award."

Chorus Singalong returns

All are welcome to join the Delmarva Chorus for its annual Holiday Singalong to be held Monday, December 5 between 6:30 p.m. and 7:30 p.m. at the Ocean Pines Community Center. Under the direction of Carol Ludwig, the group invites the public to sing with them holiday favorites. Cookies and beverages will be available.

Courier Almanac

On November 23, 1936, the first issue of the pictorial magazine *Life* was published, featuring a cover photo of the Fort Peck Dam's spillway by Margaret Bourke-White.

Life actually had its start earlier in the 20th century as a different kind of magazine: a weekly humor publication, not unlike today's *The New Yorker* in its use of tart cartoons, humorous pieces and cultural reporting. When the original *Life* folded during the Great Depression, the influential American publisher Henry Luce bought the name and re-launched the magazine as a picture-based periodical on this day in 1936. By this time, Luce had already enjoyed great success as the publisher of *Time*, a weekly news magazine.

Charitable groups have been in operation for as long as there have been people willing to offer assistance to others. The oldest charities in Britain have been around for roughly 900 years. The Hospital of St. Cross in Winchester is one of the oldest.

It was started in 1136 by Bishop Henry de Blois. The Puritans of early Massachusetts helped to lay the foundation for philanthropic efforts in the colonies. Their first real philanthropic organization was Harvard College. Established in 1636, it was designed to train young men for the clergy. The Scots Charitable Society of Boston and the Charitable Irish Society of Boston were some early benevolent societies that began operations in the 17th and 18th centuries. George Peabody, a wealthy businessman, was known as the father of modern philanthropy. He helped guide other American millionaires who turned palaces into buildings opened to the public and helped many through permanent foundations. Peabody's last great effort was the Peabody Education Fund.



**The
Courier**

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Spending Thanksgiving

In just a few days my family, well, part of my family, will sit around my son and daughter-in-law's dining room table enjoying Thanksgiving. For many reasons I'm looking forward to this but mostly because my new grand-

I didn't understand the adult drama playing out at the dinner table. As long as there were cannoli, I was a happy camper.

Sometimes the most memorable Thanksgivings have been the simplest.

Many years ago, just after my oldest son was born (the son who just had a son of his own), my wife and I decided to stay home for the holiday. It was just the four of us. While my wife prepared dinner, my two-year-old daughter and I spent time in the backyard raking

up and then jumping into piles of leaves. From the backroads of my memories, I see her wearing her purple coat (unzipped), her cheeks rosy and squealing with delight each time she jumped on top of me and making the leaves fly up; our border collie Brandy getting in on the action as well.

Looking back on that evening, as we sat at our small kitchen table, the baby in his infant seat on the table, I remember thinking to myself how lucky I was as my daughter chattered on about all sorts of things and the baby looked around fascinated by the ceiling light. Time has turned many pages since then and my hair has turn silver. Yet, for me, it's like it was all just yesterday.

Food is an important component of the holiday; special family recipes are a mainstay. Sausage stuffing, a standard of my youth, is important in my family. It's very important (at least to me) that the ratio between the breading and the sausage be perfectly synchronized. You're probably wondering what that ratio is. The answer is, I know it when I taste it. My wife flawlessly took over the sausage stuffing duties years ago. Then my daughter, who fared well. This year my daughter-in-law takes over. I suspect she'll do great.

Mashed potato casserole, a tradition of my wife's family, is always on the table. I am looking forward to pouring a healthy amount of turkey gravy over them. My mouth is watering as I write this.

And finally for dessert. No holiday dinner would be complete without my wife's cheesecake, a staple of the meal for more than 30 years. Add a dollop of Cool Whip – heaven!

However you spend your Thanksgiving, I wish you happiness and a good time.



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

son Rhys will be with us for his first Thanksgiving. I hope he sits with me, unless he needs to be changed.

Thanksgiving is my favorite holiday. It's just about good company, good conversation and good food, not necessarily in that order. My youngest son and his girlfriend are flying in from Florida to be with us. He hasn't been home since last Thanksgiving. Between you and me, I think the real reason he's coming up is not to see me, but rather to see for the first time his new nephew. I can't blame him. At this stage in my life, whatever attraction is necessary for me to see my kids, I'm good with.

Through the years, especially since my first grandchild was born ten years ago, I've watched how the next generation (my kids and their spouses and families) interacts with one another. I marvel how they all stay in touch, know what's going on in each other's lives and really care for one another. When they're all together, it's a treat to sit off to the side and watch the camaraderie, listen to the exchange of inside family jokes and experience the good-natured ribbing. I don't think they realize how fortunate they are to have such relationships because it comes so naturally to all of them that they don't give it a second thought. Good for them.

Family dynamics can sometimes be tricky and fraught with real or perceived challenges that add stress to holidays. Who's not talking to whom? If so and so comes will the other so and so *not* come? No family escapes this reality entirely; some cope better than others. Growing up, my paternal grandfather often brought a new girlfriend to Thanksgiving dinner which amused my maternal grandmother who relished calling the new girlfriend by the old girlfriend's name. As a child



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Book Signing & Reading

Wednesday, December 7
6 p.m.

Ocean Pines Library

Author and columnist Chip Bertino will discuss and read from his just released book, *It's All About... Some of My Favorites*, a collection of some of his favorite columns written during the past two decades.

Humorous and poignant, the book chronicles experiences of raising children, getting older, being (and staying) married and just living life. The stories resonate with readers who will visualize their own similar experiences.

Copies of the book will be available for purchase and can be signed by the author.



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"I hope you find the book interesting, at times humorous and be able to visualize yourself and your family in similar situations."

- Chip Bertino

Great holiday gift idea

Rearview Mirror / Chip Bertino

Maureen Kennedy of Ocean Pines on her Dodge Rambler as told to Chip Bertino.

Wow I haven't thought of that car in years! Being me, and 16, it was freedom, so I don't remember all the important details. I was happy to have transportation.

I know it was an old Dodge Rambler, late 50s or early 1960s. It was a darkish color with two doors and standard transmission with overdrive and three on the col-



umn. I drove miles out of the way to avoid any hills until I mastered that clutch! I borrowed money from my dad to buy the car, \$200 if I remember correctly. I agreed to make a weekly payment of \$20 to pay him back. On weeks I had a repair bill, (which became a pretty regular thing) he didn't expect any payment that week, he just tacked it on to the end. That may sound mean to some people, but my dad told me I would respect the vehicle more if I had to get a

job to pay for it, so I got a part time job at Sears. It was a good lesson. It was mine and I loved it. I called it the "Rollscanardly." That was a vehicle that rolls down one hill and can hardly make it up the next. When I was really low on cash and gas, my dad and I had an unspoken, running joke. I would ask him to drive my car to see if it was running OK. He would take it for a spin to the local gas station and fill my tank. He hated a gas gauge to be below a quarter tank. He would hand my keys back to me and mention how low my gas was, and I would smile and say "yep I know."

Sorry, I don't have any pictures of it. That was pre-cell phones (thank goodness).

Ocean Pines Players to hold auditions

The Ocean Pines Players (OPP) is proud to report that its first full season since 2018 is off to a great start. The first production, Rodgers & Hammerstein's "A Grand Night for Singing," was sold out two weeks in advance! The dinner-theater production at the Ocean Pines Yacht Club on November 18 was overwhelmingly well received by the 180 attendees. One was heard to say, "it's so refreshing to have local live theater back in our neighborhood."

With no time to rest on its laurels, OPP is holding auditions for their next show, "Play On!" on Wednesday, December 7 and Thursday, December 8, from 6 p.m. to 8 p.m. at the Ocean

Pines Community Center. The show is a comedy about a community theater trying to produce a murder mystery play, the author of which changes the script and lines shortly before the play is about to open. Anyone who has been involved in rehearsing a play will identify strongly with the maxim "If anything can go wrong - it will." And it does in this rollicking play.

The cast calls for three men and seven women. Six of the actors will play two roles - one in "Play On!" and one in the internal play they are trying to stage, entitled, "Murder Most Foul."

Each Saturday prior to auditions, OPP will have a table at the Ocean Pines Farmers & Artisans Market to meet potential applicants and patrons.

Performances will be staged March 10, 11, 17, and 18, at the Most Blessed Sacrament School on Race-track Road, Berlin. Those interested in auditioning can go to the website: <https://oceanpinesplayers.org> and click on "Auditions/Play On" to complete an audition form and get more information.

*The Courier
will be on hiatus
next week and
will return
December 7.*

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HEALTH WATCH

When a snore is more

By **Robin Rohlifing**,
Lead Polysomnographer
Atlantic General Hospital

Sleep disordered breathing is the most common sleep disorder, with approximately 10 - 30% of the population having been diagnosed with some form of nocturnal breathing issue. And, many individuals are still undiagnosed. Oftentimes, an individual with sleep apnea doesn't even realize that they are having this issue, because they are asleep. It is not unusual for an individual's bed partner to be the first one to identify an issue, whether it is loud snoring, moments of quiet followed by coughing, choking or gagging, or a combination of all of these. Other symptoms of sleep apnea include fatigue, excessive daytime sleepiness, trouble concentrating, morning headaches, frequent nighttime awakenings and restless sleep.

Obstructive sleep apnea is caused by a partial or total collapse of the upper airway while sleeping. The

sleeping individual is trying to breathe, but excess tissue in the passageway is preventing the air from reaching the lungs. Central sleep apnea occurs when there is no obstruction in the airway but breathing pauses occur due to a signaling issue in the nervous system. These pauses in breathing can range from 10 seconds to a minute or longer. When this happens the oxygen levels in the blood drop and cause the patient to wake up briefly to resume breathing. This cycle continues on intervals throughout the night, usually varying in severity based on the stages of sleep or body position.

Untreated sleep apnea can cause or help contribute to a variety of serious medical concerns including obesity, hypertension, increased risk of heart attack and stroke and higher incidence of diabetes. Individuals with sleep apnea also tend to have a higher risk of atrial fibrillation and studies have shown that treating sleep apnea can help prevent recurrences of atrial fibrillation after car-

dioversion. Additionally, broken sleep caused by sleep apnea can lead to increased likelihood of motor vehicle accidents and workplace injuries.

While anyone can have sleep apnea, there are certain risk factors that make one more susceptible to sleep apnea. These can be genetic factors such as having a family member with sleep apnea, enlarged tonsils, downs syndrome, and a small chin or prominent overbite. Some factors may be due to lifestyle related and include obesity, smoking, large neck circumference and alcohol consumption. Other factors include pregnancy, being male, being postmenopausal and being older than 50 years old. Additionally, individuals with certain heart issues such as congestive heart failure, and individuals with neurological issues such as traumatic brain injury are more likely to suffer from central sleep apnea.

Many treatments are available for sleep apnea. The most common and effective treatment is CPAP, or con-

tinuous positive airway pressure. CPAP can be used without regard to whether sleep apnea is mild, moderate or severe. Positional therapy may work for mild forms of sleep apnea that are directly related to sleeping position. Palatoplasty to repair a cleft palate and oral appliance therapy may work for some individuals as well. Inspire, which is an implantable hypoglossal nerve stimulator, is a newer form of therapy that is showing promise.

A variety of tools can help your doctor determine if you may have sleep apnea. These include a detailed medical history, sleep questionnaires, sleep diaries and overnight sleep studies. In many circumstances sleep studies can be completed in your home using portable sleep technology.

If you have any questions about sleep apnea or feel that you may benefit from a sleep study, please talk to your primary care provider about which options are right for you.

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Don't let the holidays keep you down

By **Nick Burak**, PTA

With the holidays fast approaching, 'tis the season for family, fun, and food.



Nick Burak

For some, this is an enjoyable season, with all the decorating, cooking, fancy lights, and... potential injuries. According to GJEL Accident Attorneys, back, neck, and shoulder injuries, from shopping and falls while decorating are the most common occurrences during the holiday season. The last thing we're thinking about during this busy season is safety, but it is extremely important to have proper body mechanics and awareness in mind at all times.

If you are like me, most of your decorations are in old cardboard boxes that are taped together at the edges, hoping that they don't come apart on you at any given time. Replacing these boxes is the most practical option, but lightening the load is always an alternative. Heavy boxes, or heavy turkeys, can cause our form to crumble, but there are several steps that you can take to avoid wrenching your back. First, lift with your legs, not with your back. Tighten your core while maintaining a neutral, slightly arched spine, and use your legs to stand up while keeping the object close to your body. Avoid twisting movements as much as possible. Instead, turn your entire body to face a new location, then reverse the process to set the object down. Don't be a hero; if you think something is too heavy or impractical to lift by yourself, ask a loved one or friendly neighbor!

After properly setting that heavy box down, it is time to take out those Christmas lights that probably have a series of burnt-out bulbs from last year. The majority of decorations are meant to be strung high & overhead, which can place additional strain and discomfort on your shoulders. This can lead to pinched nerves, aches and pains, and even tendonitis (inflammation to our tendons commonly caused by repetitive motions). It is important to take the time to get a SAFE, reliable step stool or ladder out rather than overreaching.

Make sure that it is placed on flat solid ground, and ask for a helping hand to hold it steady to prevent unwanted falls.

Avoiding falls is crucial to our health to prevent further, unwanted injuries. As I'm sure you're all aware of, Black Friday - a day known for human stampedes in search of the greatest deals that often result in hospitalization, is upon us. With the massive influx of shoppers searching for the best sales during this holiday season, the risk of falling increases. People are running rampant everywhere, and floors are slippery from shoppers tracking in water, snow, and ice. It is important, if you do go out shopping this year, to wear non-slip shoes, and stay alert & aware throughout your shopping. Do not let fatigue and frustration interfere with your concentration of your surroundings. Safety first!

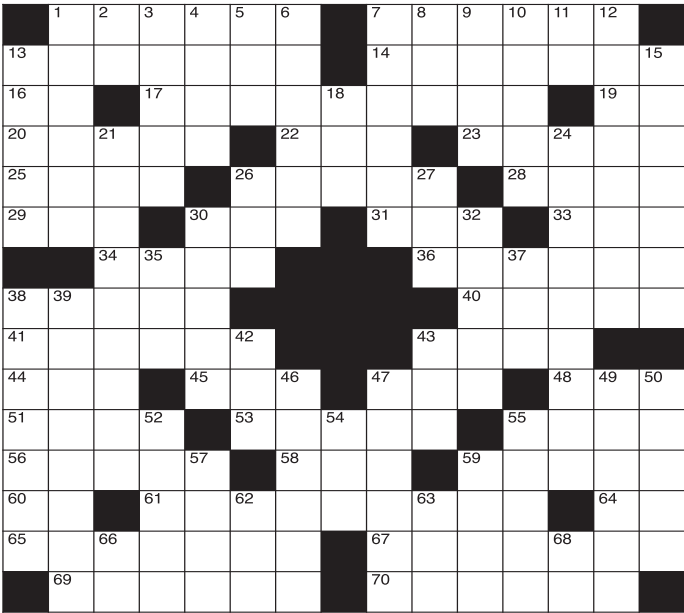
If you are interested in additional ways to prevent injury, or if an injury did happen to you, physical therapy can help. Whether you are stringing lights, preparing a festive meal, or traveling to visit love ones, we want you to be safe and not having to worry about injury! Nobody wants to live with those annoying aches and pains or have fear of falling. And remember, Direct Access allows you to be evaluated by your physical therapist, so you can have a safe and enjoyable holiday season!

Worcester County Thanksgiving schedule

Worcester County Government (WCG) offices, including the Worcester County Recreation Center (WCRC) and all five branch libraries, will be closed Thursday and Friday, November 24 and 25, for Thanksgiving Day and American Indian Heritage Day. In addition, the libraries and WCRC will be closed Saturday, November 26.

The Central Landfill in Newark and the Berlin and Pocomoke Homeowner Convenience Centers (HOCC) will be closed Thursday, November 24. The Snow Hill HOCC remains closed for renovations. Standard hours of operation at these facilities will resume Friday, Nov. 25.

The libraries, WCRC, and all other WCG offices will resume standard business hours on Monday, November 28.



CLUES ACROSS

1. India's "City of Lakes"

7. Large marine mammals

13. Used to carry belongings when traveling

14. Rechristens

16. Equally

17. Heavy plant-eating mammals

19. Millihenry

20. Japanese immigrant to N. America

22. Deep, red-brown sea bream

23. Norse gods

25. Peppermint and pekoe are two

26. Auguste __, founder of positivism

28. Self-immolation by fire ritual

29. High-resolution microscope (abbr.)

30. Wide metal vessel used in cooking

31. V-shaped open trough

33. People of southern Benin
34. People of southern Ghana

36. It's a significant creed

38. Period between eclipses

40. Furies

41. Emerged

43. Philippine Island

44. Where wrestlers battle

45. Unhappy

47. Central European river

48. Language

51. Semitransparent gemstone

53. Forming in a bottom layer

55. Distinct region

56. Broad blades

58. Leavened bread

59. Influential cosmetics exec

60. Exclamation of surprise

61. Era free of war

64. One who helps professors

65. Idealistic

67. Ornamental plants

CLUES DOWN

1. Beloved hound

2. Equal to 100 grams

3. S-shaped moldings

4. Hawaiian cliff

5. Everyone has one

6. Subatomic particle

7. Ghost

8. Adult female bird

9. Greek temple pillars

10. Emits coherent radiation

11. Measures the width of printed matter

12. Musical interval

13. Tantalizes

15. Places of worship

18. An unskilled actor who overacts

21. One who volunteers to help

24. Precaution

26. Beverage holder

27. Very long period of time

30. Bullfighting maneuvers
32. More critical

35. Sends packing in a boxing match

37. Taxi

38. Decorative Russian tea urn

39. North American Great Plains natives

42. Seize

43. A passage with access only at one end

46. Cut a rug

47. Devil rays

49. Bubble up

50. Veranda

52. Outcast

54. Car mechanics group

55. Realm

57. A place to get off your feet

59. Popular music awards show

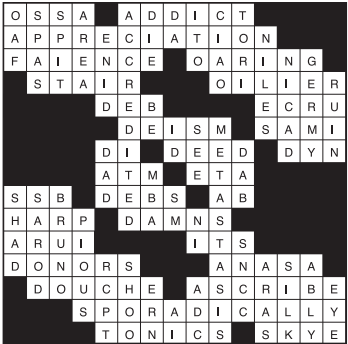
62. Consumed

63. A way to make cooler

66. Thus

68. Indicates it's been registered

Answers for November 16



Coastal Bays releases report card

The Maryland Coastal Bays Program has unveiled its 2021 Coastal Bays Report Card which is the annual assessment on the health of the Maryland Coastal Bays, which includes the five bays located behind Ocean City and Assateague Island. Also, this year the State of the Bays Report was released which is produced every five years to describe and evaluate the health of the watershed based on long term monitoring and research activities.

The Report Card provides a transparent, timely, and geographically detailed assessment of the health of the Coastal Bays. Coastal Bays health is defined as the progress of four water quality indicators, and two biotic indicators toward scientifically derived ecological thresholds or goals. The six indicators are combined into one coastal bays health index, presented as a report card score.

The Coastal Bays had an overall score of C+, which was the same grade as last year and indicates no overall change. However, this year's

data revealed that phosphorus declined which resulted in improved scores in the Isle of Wight Bay, Sinepuxent Bay, and Newport Bay.

The Report Card is a scientific collaborative effort among the Maryland Coastal Bays Program, University of Maryland Center for Environmental Science - Integration and Application Network, the Maryland Department of Natural Resources, Virginia Institute of Marine Science and the National Park Service. Funding for the publication is provided by the Environmental Protection Agency (EPA).

This year's report card release program included four Gold Star award presentations to recognize the contributions of partners and their efforts to protect the coastal bays. Recipients of this recognition were Gail Blazer, retiring long time Ocean City Environmental Engineer for the Town of Ocean City, Delaware Center for the Inland Bays for their collaborative education efforts, local resident Greg Tubbs for his continued support of the Bishopville Restoration Project, and local resident Carol

Sottili for her work in saving stranded horseshoe crabs.

The State of the Bays Report, titled "Building Resilience in the Maryland Coastal Bays" is a retrospective look at the progress in water quality and living resources in the Coastal Bays based on research and monitoring activities over the past five years. Data were analyzed to better understand the status of the resources and are presented in clear and concise ways using graphics and illustrations to show trends. Projections of trends into the future are discussed, and ways of helping living resources deal with a changing climate are presented. Finally, new emerging challenges are presented, and the need for continued monitoring and research is stressed.

Hundreds of volunteers work with MCBP, including residents and visitors, to support environmental initiatives to protect, promote, and preserve our coastal bays, by volunteering to count horseshoe crabs, terrapins, and birds; collect water samples, work on restoration proj-

ects, clean neighborhoods, wetland, and sand dunes of trash and invasive plants, and assist in many other activities.

Part of the National Estuary Program, the Maryland Coastal Bays Program is a non-profit partnership among the towns of Ocean City and Berlin, the National Park Service, Worcester County, the U.S. Environmental Protection Agency, and the Maryland Departments of Natural Resources, Agriculture, Environment, & Planning. One of only 28 such programs nationwide, the goal of the Maryland Coastal Bays Program is to protect and enhance the 175-square mile watershed, which includes Ocean City, Ocean Pines, Berlin, and Assateague Island National Seashore.

Report Cards and State of the Bay Reports are available online at www.mdcoastalbays.org. If you would like to obtain copies for school projects and citizen groups, please contact Sandi Smith at sandis@mdcoastalbays.org or by calling 410-213-2297 ext. 106.

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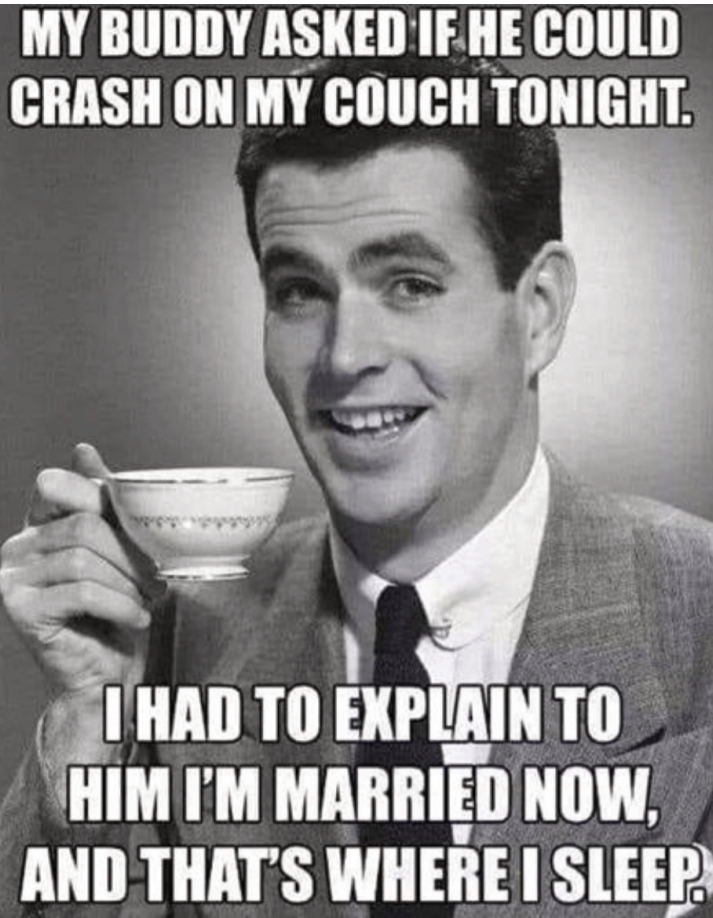
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Some things to think about

Gathered from the internet by Jack Barnes



That moment you realize if you turn your head



You're a dead man



A QUIET MAN IS A THINKING MAN.
A QUIET WOMAN IS USUALLY MAD.

An elderly man thinking his wife was losing her hearing went about 20' behind her and asked "Can you hear me sweetheart?" No reply. Moved to 10' and inquired again. No reply. 5' and not a word. A few inches behind ear, he asked "Can you hear me now honey"? His wife said "For the fourth time, yes."

I told my wife she should embrace her mistakes...
She hugged me.



MY WIFE ASKED ME WHY I SPOKE SO SOFTLY IN THE HOUSE.
I SAID I WAS AFRAID MARK ZUCKERBERG WAS LISTENING!
SHE LAUGHED.
I LAUGHED.
ALEXA LAUGHED.
SIRI LAUGHED.



You can tell a lot about a woman by her hands. For instance, if they're around your throat she's probably slightly upset.

Local group collecting food for Head Start program

A group of Ocean Pines residents are collecting items to help stave off food insecurity in the community, with a goal of supplying local children with healthy weekend snacks for 30 weeks.

Margit Novack and four neighbors in the Teal Bay neighborhood of Ocean Pines formed the group last year, dubbing themselves the "Teal Bay Mitzvah Team," after the Jewish word for good deeds.

Mitzvah Team member Helen Johnson said the group has already led several successful charitable campaigns. In 2021, they collected more than 1,000 pairs of shoes for their "Soles for Souls" campaign. Later that year, they amassed more than 2,000 pairs of new socks during a "Joy of Sox" drive. Donated items were then distributed during the holiday season

to assisted living facilities, long term care facilities, Diakonia, and Worcester County GOLD.

The group also held a pet food drive for local animal shelters. Johnson said all three goals were met thanks to generous donations from local people.

"We just want to give back to the community and those in need in some way. We feel that we're all very fortunate, so we want to do what we can for others," she said.

"We now are focusing on food insecurity, because we knew it was something that children in our community struggle with," Johnson continued. "There is poverty in this area and you're always hearing about the need."

The Mitzvah Team started the latest drive on Facebook two months ago, asking for donations for the Berlin Head Start program.

Johnson said Head Start supplies food during the week, but, "Come weekends, we don't know what they have."

"We thought it would be good to

send them home with a little bag of food items, and we're specifically collecting things suggested by a nutritionist with Head Start," she said.

The Mitzvah Team is hoping to run the program for 30 weeks, with 30 lunch snacks per student donated and then distributed by the teachers for the children to take home.

They've done well so far, delivering 240 bags of food to Head Start over the first eight weeks.

"They [Head Start] were very excited. It's a federal program, so we had to go through all the proper channels to do this," Johnson said. "And we're very happy that this has worked out, so far."

Johnson said many people found it convenient to order items on Amazon.com and have them shipped directly to Novack at 2 Riverside Court in Ocean Pines.

"People can go online and order a case of Ramen noodles, for example, for just \$15 or \$20 while having coffee in the morning. That goes a long way to help local kids," Johnson said.

"Our donations have slowed a lit-

tle, and we know this is a hard time of year because everywhere you look people are wanting donations. So, we're doing what we can to get the word out," she added.

Snacks approved by the Head Start nutritionist include:

- Single serve fruit cups and squeezers
- Single serve Cheerios cups
- Instant oatmeal packs
- Granola bars with no peanuts
- Ramen noodles
- Small raisin boxes
- Fruit roll-ups
- Whole grain crackers
- Small popcorn bags
- Bobos fruit filled mini muffins
- Small bags of pretzels
- Bel Vita biscuits
- Teddy Grahams
- Dried apple chips

Items may be dropped off or shipped directly to Margit Novack, 2 Riverside Court, Ocean Pines, Maryland 21811.

For more information, contact Novack at margitnovack@gmail.com.

Jolly Roger Parks Black Friday Sale returns

Black Friday is back for 2022 at Jolly Roger Amusement Parks. Visit the SpeedWorld Building at Jolly Roger on 30th St. on November 25, from 8 a.m. to 5 p.m. Kickstart your holiday shopping on the best deals of the year with 50% off all 2023 park passes and select merchandise!

"We really love the holidays here at Jolly Roger - and no one enjoys them more than me." Says Steve Pastusak, Vice President of Jolly Roger Amusement Parks, "It has become a great tradition here in Ocean City and I suppose it's not only because we offer the best sale of the year, but we also get to see the locals - our friends, and their families get into the holiday spirit."

Purchase passes for the Pier and their 30th Street location, including SpeedWorld, Splash Mountain, and the 30th St. Amusement Park. Choose from The BIG Ticket, 2-Hour Armbands, Unlimited Daytime or Unlimited Nighttime Armbands, and more all for 50% off! Give your friends and family the gift that keeps on giving with Season Passes to Splash Mountain so you can cool off all summer long.

For more information, please visit: <https://jollyrogerpark.com/black-friday/>



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How to avoid dry turkey this Thanksgiving

Turkey is the centerpiece of Thanksgiving dinners. The National Turkey Federation estimates approximately 46 million turkeys are consumed on Thanksgiving each year, followed by 22 million turkeys at

Christmastime. Turkey makes a pleasing picture on the dinner table. However, some people insist that turkey is their least favorite component of the Thanksgiving meal. One of the biggest complaints is turkey tends to be dry.

There are many reasons why turkey can come out dry. Turkey is a lean meat, and Healthline reports that turkey has slightly less fat in its dark meat than chicken. Another reason why turkey may be dry is due to its poor breast-to-leg ratio. By the time one gets the leg meat to cook to temperature so it's safe for consumption, the breast meat often has dried out. Seeing how many people dive for the breast meat initially, they could dish up some dry bird.

There are many ways home cooks can prevent dry turkey this Thanksgiving. Consider these turkey-tending tips.

Brine your bird. According to ScienceBlogs, what causes a human to perceive a food as juicy may actually be his or her own saliva at work. Salty foods may stimulate the production of saliva in the mouth, helping the food to feel much more moist while on the palate. To adequately inject enough salt into the turkey meat, submerge it in a salt brine for a few days before cooking.

Watch your cook time. It's important to avoid overcooking the turkey, which will turn it as dry as the Sahara. Some turkeys come equipped with pop-up timers to help cooks gauge when to take them out of the oven.

However, a more accurate tool is a digital food thermometer that can be set to go off when the turkey reaches the correct internal temperature.

Cook the turkey parts separately. As previously noted, the breast meat will likely reach the desired temperature before the leg meat. To fix this, take the turkey out of the oven when it reaches five to 10 degrees before safe temperature for the breast meat, around 165 F. (Remember, the meat will continue to cook while "resting.") Let guests "ooh and aah" over the picture-perfect turkey. Then cut off the legs and return

them to the oven until they are done. Arrange the properly cooked breast and leg meat together on a serving platter.

Offer condiments. A moist dollop of stuffing, a drizzle of gravy or a scoop of cranberry sauce can add moisture to turkey. This approach does not prevent drying out, but it can make a turkey that has dried out a bit more satisfying.

Dry turkey can put off diners. However, some strategies can harness as much moisture as possible to enhance Thanksgiving dinners.

Veterans Day ceremony held in Ocean Pines

Rainy weather moved the annual Veterans Day ceremony indoors on Friday but did little to dampen the spirits of the patriotic service hosted by the Worcester County Veterans Memorial Foundation.

The foundation for many years has hosted Veterans Day and Memorial Day programs at the picturesque Worcester County Veterans Memorial at Ocean Pines, on Racetrack Road.

This year, the event was held in the Ocean Pines Community Center gym and included patriotic music from the Delmarva Chorus, a color guard presentation of local American Legion representatives, and an address by guest speaker Dr. Jeff Hilovsky.

Memorial Foundation President Marie Gilmore said Col. Hilovsky retired from the U.S. Air Force after a 25-year military career. He retired as the medical commander for the 512th Air-lift Wing at Dover Air Force Base.

State, county and local officials attended the event, including several Ocean Pines Board members.

The Worcester County Veterans Memorial Foundation's annual Memorial Day service is scheduled to return on May 29, 2023, at Veterans Memorial Park.

The foundation also hosts a Flags for Heroes program, honoring servicemen and women, first responders, teachers, family members, doctors and hospital workers, and others who inspire local people. Flags for Heroes is scheduled to return on May 20, 2023.

Additionally, the Veterans Memorial Foundation each year invites every fifth-grade class in Worcester County to the Memorial in Ocean Pines, as part of its education outreach.

The foundation released an educational video as part of the program this year. To view the video, visit https://youtu.be/W_SbPKZDeYc.

For more information on the Worcester County Veterans Memorial at Ocean Pines and the Worcester County Veterans Memorial Foundation, visit www.opvets.org.

Tides for Ocean City Inlet

Day	High /Low	Tide Time
Th 24	Low	1:06 AM
24	High	7:45 AM
24	Low	2:00 PM
24	High	8:05 PM
F 25	Low	1:53 AM
25	High	8:35 AM
25	Low	2:51 PM
25	High	8:55 PM
Sa 26	Low	2:42 AM
26	High	9:27 AM
26	Low	3:44 PM
26	High	9:47 PM
Su 27	Low	3:35 AM
27	High	10:20 AM
27	Low	4:41 PM
27	High	10:42 PM
M 28	Low	4:33 AM
28	High	11:16 AM
28	Low	5:40 PM
28	High	11:41 PM
Tu 29	Low	5:35 AM
29	High	12:15 PM
29	Low	6:41 PM
W 30	High	12:45 AM
30	Low	6:42 AM
30	High	1:17 PM
30	Low	7:40 PM



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