

# The Courier

March 22, 2023 Volume 23 Number 24



**Living 50plus**  
*Special Edition*



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# Homeschoolers from 4-H Club help clean up local park

A group of local children from the Nature Adventurers 4-H Club recently helped collect trash at White Horse Park in Ocean Pines.

It was a windy and bitterly cold day in early March, but the group still did

Club, said the club is a nature and public-service focused group based in Berlin and predominantly made up of homeschool students. Club members range in age from 6-14 years.

He said the group has helped to

wright said. "On March 7, they held a park cleanup [and] they successfully filled several trash bags with discarded things, including Christmas tree ornaments, a Halloween sign, a rug, and copious amounts of zip-ties.

"Because of the high number of zip-ties found, the group strongly urges the public to use yarn instead of zip-ties when affixing the Christmas ornaments during the holidays," Wainwright continued. "The birds can use the biodegradable yarn for nests, but

not zip-ties, which are not biodegradable."

This is the second time the group has done a cleanup in White Horse Park, with the first being in fall 2022.

"The Nature Adventurers also plan to clean up several more local parks to help keep pets, people and wildlife safe," Wainwright said.

For information on joining a 4-H club or starting a club, contact the University of Maryland Worcester County Extension Office at 410-632-1972.



their part, collecting debris from Christmas displays, as well as zip-ties, wrappers, cigarette butts, and other items to help preserve the environment.

Scott Wainwright, the official reporter for the Nature Adventurers 4-H

clean up local parks for at least three years.

"After the holidays, members of the local 4-H Nature Adventurers club noticed that White Horse Park was much more littered with trash and artificial debris, due to the festivities," Wain-

## A Note to Readers

You will notice that we're doing something different with this week's edition as we focus the content on active living for those of us who are over age 50. Those who have achieved this status most likely have raised their children and are now grandparents, they may be pursuing second careers or considering retirement. As we enter what some call the golden years, our perspectives are tempered by our experiences to date. Our objectives and outlooks are different from when we were starting families and careers. The theme of this week's edition reflects that reality.

One final note. *The Courier* will be on hiatus next week and will return April 5.

*Chip Bertino*  
Publisher



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## Risk factors for stroke, including those you can control

Adults from all walks of life likely know at least one individual who has suffered a stroke. That person could be a family member, friend, colleague, or other acquaintance. The likelihood of

derstand its risk factors.

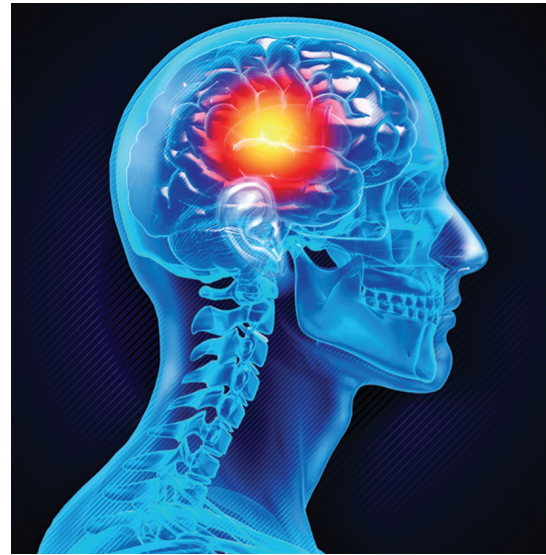
According to the World Stroke Organization, there are more than 101 million people currently living who have experienced stroke. That group includes men, women and even children. No one is immune to stroke, but many instances of stroke can be prevented. Prevention involves recognition of risk factors individuals can control and subsequent action to reduce exposure to those factors. But the risk for stroke also is heightened by factors beyond individuals' control, and it's vital that individuals recognize they might be at elevated risk for stroke even if they're otherwise healthy.

Risks factors beyond your control. The American Heart Association notes the importance of knowing the following risk factors for stroke, even if there's

nothing people can do to change them.

Age: Stroke is more common among

*please see risks on page 8*



knowing someone who has had a stroke underscores just how prevalent stroke is and how necessary it is that people un-

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# Watching offstage

The hectic and unpredictable years of when we were rearing our children seemed as if they would go on forever and ever. Moments of peace and quiet were punctuated with periods of chaos such as when

handle a situation and thought, "Gee, I wish I had thought of that."

Much more can be learned from failure than success. I believe that fully. I also believe it's important to own mistakes. That was a lesson my wife and I tried to make our kids understand from the time they were small.

Many years ago, when our daughter was about two years old or so, we were visiting my wife's grandparents in Philadelphia. We were outside in the front yard; our daughter

was dancing around. Several times we told her not to go near the rose bushes, she could get hurt on the thorns. She continued to dance around getting close and closer to the bushes. A relative suggested that we pick her up and move her so she doesn't fall into the roses. We said, "Well, she'll only do it once." Sometimes a lesson is learned best through experience. Admittedly my wife and I kept a very close eye on our daughter who fortunately, never came close to falling into the bushes.

It's not uncommon for children to blame outside forces for their own mistakes. Our kids were no different. If they got in trouble for not doing their homework, they would try every excuse in the book. Parents the world over have heard the same litany of woe as to why homework was not completed: "I didn't know it was due;" "She never told us we had homework;" "I was tired;" "I did do it but it got lost;" and, so on and so on. My wife and I never bought any of those flimsy retorts. "Your homework wasn't completed because you didn't do it, plain and simple. You have no one to blame but yourself." There were times when our kids would have preferred to have done their homework in the first place than have to listen to us lecture about the importance of personal responsibility.

Now, as I watch my children deal with their children or manage with the uncertainty of life in general, I am heartened that the foundations my wife and I worked to construct for them when they were little have made them much stronger and able to deal with what they deal with as adults. At some point I'm sure they'll thank us.



## *It's All About. . .*

By **Chip Bertino**

chipbertino@delmarvacourier.com

trying to get the sleepy heads out of bed and ready for school, or when compressed schedules dictated that each of the three children be chauffeured to different places at the same time. I'd like to remember that I was always cool, calm and collected during those episodes but such wasn't always the case. There were times when my wife and I met ourselves coming and going. We did our best. And when we finally seemed to master all the conflicts, it was over - the kids were on their own, out of the house and making their own way.

Funning thing though. My wife and I are still parenting, not from the main stage where we once stood under the spotlight of parental responsibility, not even from the wings of the stage. Rather we're cheerleaders in the audience watching as our children navigate life. Sometimes we're sideline coaches ready to offer a suggestion or opinion when asked. And that's the important caveat, "when asked."

As my children transitioned from childhood to adulthood, it was difficult for me to learn when to engage with advice and when to sit back and let things unfold naturally. I haven't always had an easy go of it because as a parent, especially when my children were young and falling off their skateboards or facing a school bully, my natural inclination was to make things better, to heal boo boos and remove from their thoughts fear or uncertainty. It's hard to let such tendencies go. I've gotten better, much better, reminding myself often that it's their turn in the sun. And to tell you truth, I've been amazed and proud at how they deal with and overcome challenges. There have been times when I've watched them



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# Commentary

By Joe Reynolds  
OceanPinesForum.com

## No workability?

During the March 10, 2023 Elections Committee meeting, Chairman Tom Piatti discussed filling an empty position on the committee as a result of Elaine Brady's resignation to run for the Board of Directors.

Piatti said, "As a matter of record, there are three people who are in line [for appointment]." These individuals were previously endorsed by Elections Committee liaison Rick Farr.

Piatti added, "Two of these people had enmity towards this committee. Disparaging remarks. Insults. Things like that. There is no workability with those people." He also said the Committee could not contact the third person, and thus new applications would be accepted. The two "no workability" individuals, based on public OPA records, are Sherrie Clifford and Ken Petrini.

Clifford is not pleased with what is happening. "I looked at Tom Piatti as a mentor," she said in an interview. "Tom Piatti is so out of line. How dare he. To top it off, Rick Farr wrote that I cannot be trusted," she added. Farr is the board liaison to the Elections Committee.

The issue is not political wrangling among board members, association members, or committee applicants. Political wrangling in OPA will never end. The issue here is public discussion of the personal or political views and backgrounds of committee applicants. It has to stop.

Has OPA reached the point where applications to serve on committees are now political popularity contests? A year or more ago, then OPA president Colette Horn refused to vote for now board member Stuart Lakernick's appoint-

ment to a committee. The board did not approve Lakernick. The Horn board majority did not like Lakernick's politics. They did not like Lakernick. Now Lakernick is on the board and a member of a majority that does not like the politics of Sherrie Clifford. Given Piatti's statement, will the board reject Clifford for political views not in line with those of the Parks, Farr, Lakernick, and Rakowski majority? What about Ken Petrini?

Why would any association member subject themselves to public ridicule because any given board majority might disparage them because of their OPA political opinions, as disgustingly happened to Stuart Lakernick?

Let's return to the 10/15/2022 OPA board meeting, not long after the August election, when Doug Parks and his supporters on the board, all essentially elected due to efforts of the Get Involved Facebook group, took control of OPA away from Horn and her majority. The entire Elections Committee resigned due to mishandling of the board election. The situation was so bad we will never know if the third elected candidate actually won a board seat, a seat that decided the board majority.

The Election Committee is limited to five members. More than five applied. All were given the endorsement of Rick Farr, the committee's board liaison. The Parks majority insisted the decision as to who would be appointed must be based on application date — the first five applications received were appointed. The Horn minority was not happy. Parks said all applications on file or received later for future vacancies would be considered by the board.

Thus, it would appear Sherrie Clifford and Ken Petrini will come before the board of directors with Parks asking for a nomination from the board members. Then each of these association members may well see the board members publicly discuss why there is "no workability with those people."

Prior to the 10/15/2022 board meeting, former board member Amy Peck wrote, "More applications than five spots the Resolution calls for. My guess is the Board majority will say 'first come first served' and disregard having a com-

mittee with the skills and experience needed."

Association member Mark Mitchell responded, "Are you suggesting that one or more of these folks [first five] are not qualified?"

Peck responded, "I'm suggesting that every committee should strive to have the most qualified members...not just buddies."

The exchange, of course, was somewhat to do with Peck suggesting that any potential Election Committee member who did not agree with her desire to have Internet voting was not qualified to be on the committee.

Marty Clarke, responded to Peck, "You have a lot of nerve! You, who sat on the board that bent over backwards to blackball Stuart Lakernick for political reasons only. Not once, but twice!"

Clarke gets to the essence of the problem regarding Lakernick. We will see if this current board does the same to Clifford.

How can the board avoid all this public discussion of applicants for committee appointments? Perhaps, God forbid, the board could simply follow the bylaws.

*Section 10.02. Appointments. Chairpersons and members shall be members of the Association eligible to vote and shall be appointed or re-appointed by the President, with the consent of the Board of Directors.*

Nothing in the above bylaw related to committee appointments suggests the board president must place every applicant on the floor at a public meeting to discuss the applicant followed by a motion for approval. The president should decide who he or she wants to appoint, announce the appointment and ask for board approval without objection. It was done in this manner for many years. If one or more board members object, postpone the appointment. The board should not be debating the personal or political life of any committee applicant in a public meeting.

Do the bylaws allow the board president to appoint people based on personal preference? Indeed, they do. It is a prerogative granted to the president in our governing documents. However, fol-

please see **commentary** on page 22

## Courier Almanac

On March 22, 1894, the first championship series for Lord Stanley's Cup is played in Montreal, Canada. The Stanley Cup has since become one of the most cherished and recognized trophies in sport.

A joint study from researchers at the University of Alabama and the University of Texas at Arlington found that curb appeal can have a significant impact when selling a home. That study, which examined Google Street View photos and sales data from more than 88,000 properties, found that homes with high curb appeal sold for an average of 7 percent more than similar homes with less inviting exteriors. The study also revealed that, in slow markets with greater housing inventory, homes with high curb appeal sold for as much as 14 percent more than homes with uninviting exteriors. Homes defined as having high curb appeal for the study included those with features including well-maintained lawns and professional landscaping.



The  
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# Getting started with crochet

Hobbies provide an opportunity to learn new skills, meet people, earn a little extra money, and keep minds sharp. Peruse the aisles of a home improvement retailer or craft store and you're likely to find many different ideas for keeping busy.

When visiting the yarn aisle of a favorite shop, shoppers may be inspired to create everything from scarves to



sweaters and more. This is entirely possible for those who care to learn the art of crochet.

Crochet is a type of yarn work named after the hook that is used in the process. Crochet is derived from the French word "croche," which means "hook" or "hooked." Historians believe the art was connected to the French tambour embroidery of the 18th century. Books reference the use of ivory, bone or wooden hooks and steel needles. The word crochet first appeared in a Dutch magazine

in 1823. The first English reference to garments made of cloth produced by looping yarn with a hook occurred in 'The Memoirs of a Highland Lady' by Elizabeth Grant, which was written between 1845 and 1854.

Crochet creates garments by making interlocking loops of fiber, whether it's yarn, thread or even twine. Various projects can be made from this craft, but blankets, scarves and hats are among the most popular. Crochet doesn't require a lot of supplies to get started; in fact, all you really need is yarn, a hook, scissors, and some knowledge of the more basic stitches.

To crochet, one starts with a slip-knot in the yarn, which will provide the anchor by which the yarn is initially cast onto the hook. Crocheting begins with making a chain, which is repeatedly passing the crochet hook underneath the string of yarn to grab on to it and drawing it through the previous loop. This is repeated until the desired length is reached. The next stitch to learn is the single crochet, which even in its most basic form can be used to create blankets or garments. As you gain confidence with basic stitches and projects, you can eventually move on to more

complex stitches.

One of the keys to crocheting is to grow familiar with the patterns and abbreviations. Abbreviations are used to make project instructions more concise. For example, rather than writing "chain thirty stitches," one will see "ch 30." Single crochet becomes "sc," double crochet is "dc" and triple/treble crochet "tc." Double and triple stitches produce taller stitches. Here is an example of a round of stitches for a project: Ch 2, Dc 5. Dc 2, ch 2, dc 2 around the ch2-space. Repeat {Dc 7. Dc 2, ch 2, dc 2 around the ch2-space} 3 times. Dc 2. = 52 sts. The last number represents the number of stitches you should have, so you can look for this number to ensure that you followed the pattern correctly.

## Home brewing mistakes to avoid

Every batch of homemade beer does not turn out perfect, particularly for novices getting their feet wet as brewers. There may be some blips along the way, but important lessons can be learned through trial and error while honing the craft of brewing.

Brewing beer dates back thousands of years. Residue on pottery dating from around 5,000 years ago shows beer was brewed using barley and other grains in China. There's also a 3,900-year-old Sumerian poem honoring Ninkasi, the patron goddess of brewing, that contains the oldest surviving beer recipe.

The next tip is to recognize that certain gauge hooks are required, as is the weight of yarn or other material for projects. Hooks are sold in millimeter size, or a letter or number gauge. For example, 4.0 mm, G/6 size. The pattern should list how large the finished project will be if you follow the recommendations for hook size and yarn weight.

Learning to crochet can be a worthwhile venture. It may take a little time to grow comfortable with the language and technique, but as you gain more experience, you can try more complex patterns. Fortunately, there are plenty of online tutorials that demonstrate stitches for those who want to see before doing.

Brewers can learn a thing or two from the people who have brewed before them. The following are some mistakes to avoid.

Not pitching enough yeast: Yeast feeds on the sugars in the grain and fires up the fermenting process. Home Brew Supply says that failing to pitch enough yeast can stress the yeast, result in longer lag times, create more esters, and even stall fermentation. Pitch rate calculators can help brewers figure out how much yeast to use.

Failure to sanitize properly: Experi-

*please see **brewing** on page 18*

### risks

*from page 4*

individuals age 65 and older. That includes both men and women.

Family history: Individuals could be at greater risk of stroke if they have a parent, grandparent, sister, or brother who has had a stroke. Various factors could be behind that link, including a genetic disorder known as CADASIL (cerebral autosomal dominant arteriopathy with subcortical infarcts and leukoencephalopathy) that affects blood flow in the brain.

Race: The AHA reports that African Americans are more likely to die from stroke than Caucasians. Part of that is undoubtedly due to socioeconomic factors such as inadequate access to health care, but the AHA also links this

elevated risk to higher rates of high blood pressure, diabetes and obesity within the Black community.

Gender: Stroke kills more women than men and women have more strokes than men.

Medical history: Individuals with a personal history of stroke and/or transient ischemic attacks, often referred to as "mini strokes," are at elevated risk for stroke.

Risk factors you can control. The good news is that individuals, even those with risk factors beyond their control, can lower their risk for stroke. That's because many of the risk factors for stroke can be monitored and treated before a stroke occurs.

High blood pressure: The AHA defines high blood pressure as the most

significant controllable risk factor for stroke. Annual well visits are vital to preventive health care, which include monitoring blood pressure. When doctors diagnose high blood pressure, individuals should follow their advice in regard to getting blood pressure back to a healthy level.

Smoking: The dangers of smoking are well-documented. The AHA characterizes smoking as paving "the way for stroke." Never smoking or quitting smoking immediately can lower risk for stroke. Women should know that the AHA reports the use of birth control combined with cigarette smoking can greatly increase the risk of stroke.

Diabetes: It's important that individuals with type 1 or 2 diabetes control their blood sugar, as diabetes mellitus

is an independent risk factor for stroke.

Diet: A poor diet that's high in saturated fat, trans fat, sodium, and cholesterol elevates the risk for various conditions, including high blood pressure and obesity, that increase the likelihood of suffering stroke.

Physical inactivity: The AHA reports that physical inactivity increases risk for stroke. Individuals who live a predominantly sedentary lifestyle, including office workers, are urged to discuss exercise with their physicians.

There are numerous risk factors for stroke, many of which are beyond individuals' control. However, recognition of these risk factors is often the first step toward adopting a healthy lifestyle that can greatly reduce the chances a person will suffer a stroke.



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*Trails & Waterways*

# Exploring the Rackliffe Trail at Assateague State Park

By **Laura Scharle**

Nobody would argue that Assateague Island is an incredible stretch of wild, protected coastline, in stark contrast to bustling Ocean City. Visitors come from all over to observe the wild horses, explore the beach, and paddle the marsh.

The majority of these visitors make a beeline over the bridge to the island, but they are missing a hidden gem of a trail on the mainland, known as the Rackliffe Trail. Assateague is managed from both the state and federal levels. Some areas are overseen by the Maryland Park Service, and others fall under the National Park Service. Although the Rackliffe trailhead is located right behind the National Park Service Visitor Center, the trail lies on state land. The trail makes a loop with a short spur, totaling about 1.5 miles, considerably longer than any of the trails on the island.

The first stretch stays close along the shoreline of Sinepuxent Bay, but don't expect to be walking along a sandy beach. There's a few feet of elevation here and the view of the water is slightly obstructed by the trees. It's important to stay on the trail to avoid contributing to a growing erosion problem. But seeing the bay is not the highlight of this part of the trail. The bayberry and wax myrtle trees arch over the trail from both sides creating a "tree tunnel" that almost feels magical. It'll feel like you're headed into a secret garden or fantasyland for the first hundred yards.

Although the tree tunnel doesn't open up to another universe, it does open up into a different century. Just over a quarter mile down the trail, you'll stumble across the historic 1740s Rackliffe House. The home was constructed by Captain Charles Rackliffe, an early English settler to Maryland's coast. It's important to note though, that this land was inhabited by Native Americans for thousands of years prior. Arrowheads and projectile points dating as far back as c. 9500 B.C. have been discovered on some of the lands that the Rackliffe family later owned (but please note that digging and removing artifacts is strictly prohibited).

The 1700-acre Rackliffe plantation harvested timber and produced salt, tobacco, and corn, with slaves as the main source of labor. The home was passed down through generations, changed ownership several times, endured an interior fire, and was finally transferred to the state in 1996. The Rackliffe House Trust leases the buildings and surrounding 3 acres from the state. The house has been beautifully restored and is open seasonally for tours (details at rackliffehouse.org).

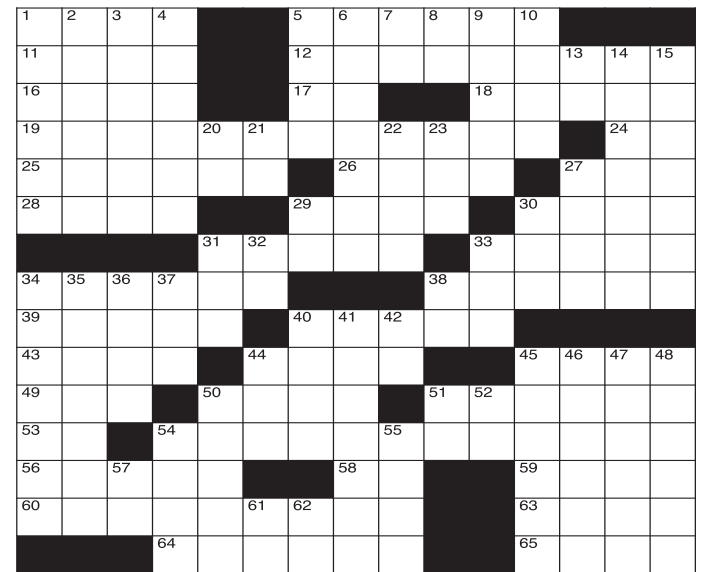
While the tree tunnel and the historic home are highlights of the Rackliffe trail, it's still well worth anyone's time to explore the remainder of the trail. It is well marked and meanders between the tall loblolly pines and past freshwater ponds. There is a quarter mile trail spur that ends near the park's maintenance yard where you'll find another cool feature - the aviary. Here the park service houses several raptors and if the light is just right, you might be able to catch a glimpse of them.

As you retrace your steps back down the spur, you'll connect back to the loop trail where you'll end up right near the Sarbanes Coastal Ecology Center. Walk across the gravel driveway and you'll be right back at the beginning of the tree tunnel. (see photo)

On April 15 enjoy the trails at Pocomoke River State Park- Shad Landing at the 26th Annual Tortoise & Hare Dare, a 5k walk/run that starts 8:30 am. More info is at [JustWalkWorcester.org](http://JustWalkWorcester.org).

*Laura Scharle enjoys all things outdoors and is an avid kayaker. She resides in Ocean Pines with her husband and son. During the pandemic, Laura developed om to connect people with trails, beaches, piers, and public lands across the peninsula.*

*Trails and Waterways articles, shared monthly by the Worcester County Bike and Pedestrian Coalition, describe places to hike, bike, and paddle in and around Worcester County and highlight upcoming active recreation events. To learn more, follow the coalition on Facebook.*

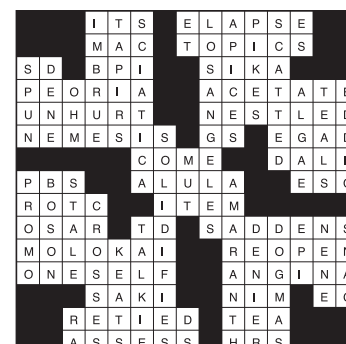


**CLUES ACROSS**

- 1. Influential American political family
- 5. \_\_\_ Chantilly, \_\_\_ de Menthe
- 11. Within
- 12. Pleasure seekers
- 16. Computer manufacturer
- 17. Home to college sports' Flyers
- 18. Fungal disease
- 19. Sleepwalk
- 24. Spielberg sci-fi film
- 25. Seasonable
- 26. Taxis
- 27. Radio direction finder (abbr.)
- 28. Thin, narrow piece of wood
- 29. "Mystic River" actor Sean
- 30. Ingenuous
- 31. Musical composition
- 33. Turkish surname
- 34. High or hilly area
- 38. Wilco frontman
- 39. Pour it on pasta
- 40. Electric car company
- 42. Sea eagle
- 44. Walk with difficulty
- 45. Sign of healing
- 49. Boy
- 50. Protein-rich liquid
- 51. Washington city
- 53. Individual portion of TV series (abbr.)
- 54. Thought over
- 56. Scads
- 58. News agency
- 59. Standard
- 60. Deadlock
- 63. Pre-Columbian empire
- 64. Removed
- 65. French commune

**CLUES DOWN**

- 1. Large, dangerous animals
- 2. Straighten out
- 3. Family tree
- 4. Large stinging paper wasp
- 5. European river fish
- 6. Cut down in size
- 7. Denotes past
- 8. Larry and Curly's partner
- 9. Samoyedic ethnic group
- 10. Male parent
- 13. Specific gravity
- 14. Demeaned oneself to
- 15. Rigidly
- 20. Yankovic is a "weird" one
- 21. Belonging to me
- 22. Path
- 23. Airborne (abbr.)
- 27. Level
- 29. Atomic #94
- 30. Born of
- 31. Midway between northeast and east
- 32. Northeastern bank
- 33. Defunct airline
- 34. Having no purpose
- 35. A low wall
- 36. Swedish city
- 37. Earn a perfect score
- 38. Atomic #81
- 40. Beginner
- 41. Give off
- 42. Incorrect letters
- 44. Telecommunication service provider (abbr.)
- 45. Idyllic
- 46. Popular beer
- 47. A way to fine
- 48. Evildoer
- 50. More withered
- 51. Seventh note of a major scale
- 52. Commercial
- 54. Abnormal breathing
- 55. Moved more quickly
- 57. City of Angels
- 61. Partner to Pa
- 62. Equally



Answers for March 15

# The different ways to repair a driveway

Asphalt driveways do not last forever. Over time, weather and general usage can degrade the driveway surface, resulting in cracks, pitting and more. Ultraviolet rays, salt and automotive fluids also can affect the appearance and functionality of a driveway. An unsightly driveway can adversely affect curb appeal and resale potential.

Homeowners have to consider various factors when it comes to repairing driveways. They may have the option of getting the driveway resurfaced, resealed or repaved, and each



project is unique.

**Resurfacing.** According to the home improvement price comparison site Kompare It, resurfacing is simpler and faster than installing a new asphalt driveway. With resurfacing, any cracks are filled in to create an even base. Then a new layer of asphalt is applied over the existing one. That new layer can range in thickness from 1.5 to 3 inches. A heavy rolling machine will then smooth and flatten the layers together. If the driveway has minor pitting or cracking, then resurfacing can be a cost-effective strategy, as it may be a \$3,000 to \$6,000 job as opposed to \$5,000 to \$10,000 with repaving.

**Resealing.** Resealing a driveway, also called sealcoating, is another repair strategy. HGTV says resealing can be a do-it-yourself project. Resealing helps the driveway last longer.

The driveway needs to be clean and dry, with holes and cracks filled prior to sealcoating. Start at the far edge of the driveway and seal that area by “cutting-in” by hand for a neat edge. Afterward the rest of the driveway can be sealed using a squeegee or broom. This project can be completed within two or three days if no precipitation is forecast.



**Repaving.** A project best left to professionals, repaving typically involves the removal of an existing driveway and the installation of a new one. The sub-grade layer is essential in the process for a smooth look. Contractors also will assess soil and grading when doing work. The construction blog Main Infrastructure says the new asphalt driveway can vary in thickness between two and six inches, depending on budget and need. The contractor also can advise if full-depth asphalt application or an aggregate base is practical.

Assessing the condition of driveway can give homeowners a better idea about which type of repair project best suits their property.

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## March is National Reading Month

By **Jennifer S. Hamilton, D.P.T., C.H.T.**

Who doesn't love a good book? With technology advances, we now have more options than ever to consume books. No matter if you use an eReader, a regular book, or perhaps you are a newspaper reader, it is very important to pay attention to your posture. We frequently hear complaints of neck pain from looking down for an extended period of time. This has become exceptionally prevalent since the introduction of tablets and eReaders. If you are like me, it is easy to get lost in a good book, and you can slip into unhealthy positions that can wreak havoc on your neck, back and legs. The goal of proper posture when reading is to maintain a neutral spine position to eliminate unnecessary strain on your body. Here are a few tips to minimize the risk of aches and pains as a result from poor posture while you enjoy your favorite book.

If you are sitting in a chair to read, you can maintain good posture by keeping your spine as straight as possible. You can achieve this by sitting all the way back against the

chair. When sitting back, you may feel there is a space between your lower spine and the back of the chair...this is normal. For added support, you may place a small pillow or towel roll in that space. This will help to prevent you "slumping" as time goes on, which is a common occurrence. For your neck position, avoid looking down towards your lap. Instead, keep your reading material raised up closer to eye level. You can then keep your neck straight and cast your eyes down to read. I'm sure you then wonder "what happens when my arms get tired"? Keeping the book up at eye level may cause arm fatigue, therefore you can either rest your elbows on a surface in front of you, or you could position the book on an elevated surface like a table to allow your arms to rest. There are also inexpensive table-top pillows that are specifically designed to hold books, so that may be something to look into. Lastly, to maintain good posture, make sure to sit in a chair that allows your feet to rest flat on the ground with your knees at a ninety-degree angle. Those short in stature like me, may find it impossible to sit back in a chair with your back fully against the chair AND have your feet touch the floor. In this instance, a foot stool would be optional to be able to maintain this preferred position.

What if you prefer to recline or lay down to read? That is fine too! You can use pillows to act as props to maintain good posture. Again, make sure you're not looking down which can strain your neck. Pillows are great to use as props for your book or eReaders to keep them at eye level.

No matter if you are sitting or lying down, it is also a good idea to take frequent stretch breaks to move around and change positions. This will prevent joint stiffness from prolonged immobility.



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# Some things to think about

Gathered from the internet by **Jack Barnes**

“To get back to my youth I would do anything in the world, except exercise, get up early, or be respectable.”  
- Oscar Wilde

“The older we get, the fewer things seem worth waiting in line for.”  
- Will Rogers

“We must recognize that, as we grow older, we become like old cars – more and more repairs and replacements are necessary.” - C.S. Lewis

“Old age comes at a bad time.”  
- San Banducci

“Inside every older person is a younger person wondering what happened.” - Jennifer Yane

“Old age is like a plane flying through a storm. Once you are aboard there is nothing you can do about it.”  
- Golda Meir

“I’m so old that my blood type is discontinued.” - Bill Dane

“The older I get, the more clearly I remember things that never happened.” - Mark Twain

“Wisdom doesn’t necessarily come with age. Sometimes, age just shows up all by itself.” - Tom Wilson

“Always be nice to your children because they are the ones who will choose your retirement home.”  
- Phyllis Diller

“I don’t plan to grow old gracefully. I plan to have face-lifts until my ears meet.” - Rita Rudner

“I’m at that age where my back goes out more than I do.”  
- Phyllis Diller

“Nice to be here? At my age it’s nice to be anywhere.” - George Burns

“Don’t let aging get you down. It’s too hard to get back up.”  
- John Wagner

“First you forget names, then you forget faces, then you forget to pull your zipper up, then you forget to pull your zipper down.” - Leo Rosenberg

“Aging seems to be the only available way to live a long life.”  
- Kitty O’Neill Collins

“Old people shouldn’t eat health foods. They need all the preservatives they can get.” - Robert Orben

“Middle age is when you’re sitting at home on a Saturday night and the telephone rings and you hope it isn’t for you.” - Ogden Nash

“It’s important to have a twinkle in your wrinkle.” - Unknown

“At my age, flowers scare me.”  
- George Burns

“I have successfully completed the thirty-year transition from wanting to stay up late to just wanting to go to bed.” - Unknown

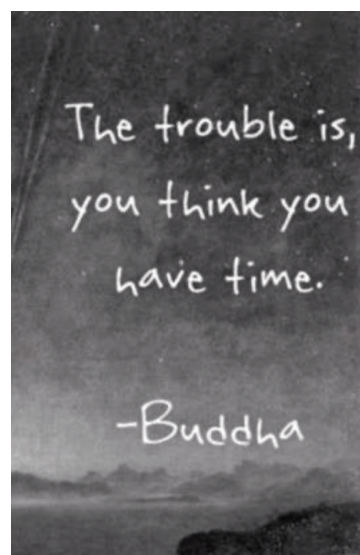
“Nobody expects to trust his body much after the age of fifty.”  
- Alexander Hamilton

“The years between 50 and 70 are the hardest. You are always being asked to do things, and yet you are not decrepit enough to turn them down.”  
- T.S. Elliot

“At fifty, everyone has the face he deserves.” - George Orwell

“At age 20, we worry about what others think of us... at age 40, we don’t care what they think of us... at age 60, we discover they haven’t been thinking of us at all.” - Ann Landers

“When I was young, I was called a rugged individualist. When I was in my fifties, I was considered eccentric. Here I am doing and saying the same things I did then, and I’m labeled senile.” - George Burns



I'M AT THAT AGE  
WHERE AN  
"ALL-NIGHTER"  
JUST MEANS I  
DIDN'T HAVE TO  
GET UP TO PEE.



## #1 Songs of 1961

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Bert Kaempfert - Wonderland by Night  
Shirelles - Will You Love Me Tomorrow  
Lawrence Welk - Calcutta  
Chubby Checker - Pony Time  
Elvis Presley - Surrender  
Marcel - Blue Moon  
Del Shannon - Runaway  
Ernie K-Doe - Mother-In-Law  
Ricky Nelson - Travelin' Man  
Roy Orbison - Running Scared  
Pat Boone - Moody River  
Gary U.S. Bonds - Quarter To Three  
Bobby Lewis - Tossin' And Turnin'  
Joe Dowell - Wooden Heart  
Highwaymen - Michael  
Bobby Vee - Take Good Care Of My Baby  
Ray Charles - Hit The Road Jack  
Dion - Runaround Sue  
Jimmy Dean - Big Bad John  
Marvelettes - Please Mr. Postman  
Tokens - The Lion Sleeps Tonight

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Good Ol' Days

# Third annual tennis event to honor Rusko

Worcester Prep will face off against the Severn School during the third annual Paul Rusko Memorial Tennis Tournament on Saturday, March 25 at the Ocean Pines Racquet Center.

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

He passed away in 2021, and a ceremony was held at the Racquet Center that year in his honor.

"Paul was a man of true integrity and character. He instilled these traits not only in his family, but those who had the privilege and honor of know-

ing him. There is no greater role model greater than Paul Lawrence Rusko," event organizer Tim McMullen said.

The opening ceremony is scheduled to start at 10 a.m.

Worcester Prep were regular season and ESAC Tournament conference champions in 2022/2023. The Severn School were the runner up this year in the MIAA Conference.

Both coaches, Terry Underkoffler from Worcester Prep and Bill Gilroy from the Severn School, have ties to Ocean Pines. Underkoffler is the Ocean Pines Racquet Sports program coordinator, and Gilroy owns a home in Ocean Pines and teaches tennis at the Ocean Pines Racquet Center each summer.

For more information, contact McMullen at 443-827-2091.

# Public hearing scheduled for Land Preservation, Parks, and Recreation plan

The Worcester County Planning Commission will host a public hearing on the draft Land Preservation, Parks and Recreation Plan (LPPRP) April 6 at 1:05 p.m. The hearing will take place in the Board Room on the first floor of the Worcester County Government Center in Snow Hill.

The State of Maryland requires counties to update their LPPRP every six years, one year prior to the revision of the statewide Maryland Land Preservation, Parks and Recreation Plan. The LPPRPs qualify local governments for State Program Open Space grants and other programs related to three land resource elements: Recreation and Parks; Agricultural Land Preservation; and Natural Resource Conservation.

The draft Worcester County LPPRP was developed in accordance with guidelines provided by the Maryland Departments of Planning and Natural Resources. The LPPRP contains key information, goals, and recommendations to guide the county's management and enhancement of its parks and recreation facilities, and conservation of natural and agricultural lands for the next five years.

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[ter.md.us/departments/commissioners/hearings](http://ter.md.us/departments/commissioners/hearings) to view the draft LPPRP. Written and oral comments will be accepted at the public hearing. Written comments may also be submitted to [kmunson@co.worces-ter.md.us](mailto:kmunson@co.worces-ter.md.us) or mailed to Worcester County Environmental Programs, 1 West Market St, Suite 1306, Snow Hill, MD 21863.

## Wor-Wic to host egg hunt

Wor-Wic Community College is inviting the public to an egg hunt and family fun day on Saturday, April 1, from 10 a.m. to 2 p.m.

The free event features rides, carnival games, music, food and fun for all ages, with an egg hunt for children ages 12 and under. The egg hunt starts promptly at 11 a.m. The event will be held rain or shine.

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

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# How to honor Vietnam Veterans

Each year on March 29, the United States honors the brave individuals who fought in the Vietnam War. Supporting



War represented nearly 10 percent of their generation. In recognition of those veterans' efforts and sacrifice, in 2012 President Barack Obama signed a presidential proclamation designating March 29 Vietnam War Veterans Day, and the Vietnam War Veterans Recognition Act of 2017 was subsequently signed into law by President Donald Trump in 2017.

In recognition of the significance of honoring the many brave individuals who served in the Vietnam War, communities can embrace these suggestions for honoring Vietnam veterans.

Plan a commemorative event. An annual community-wide commemorative event can serve as a great way to

National Vietnam War Veterans Day is a worthy effort that can send the right message to veterans who sadly were not always met with open arms when they returned home.

According to the U.S. Army Center for Military History, veterans of the Vietnam

War represented nearly 10 percent of their generation. In recognition of those veterans' efforts and sacrifice, in 2012 President Barack Obama signed a presidential proclamation designating March 29 Vietnam War Veterans Day, and the Vietnam War Veterans Recognition Act of 2017 was subsequently signed into law by President Donald Trump in 2017.

## How-to teach children to respect their parents

Parents are tasked with teaching their children many lessons. Some are more obvious, like how to live safely or how to ride a bike or tie their shoes. Other lessons are more complicated and abstract, especially as they pertain to issues like respect.

Early in life, children get attention by crying, throwing tantrums or through other means. Youngsters must be taught to be respectful of others, including their own parents. People, including children, may have their own ideas in regard to what constitutes respect, so families have to work together to find common ground.

Parenting for Brain, a parenting resource that focuses on child psychology, notes that respect can refer to the way kids admire or look up to someone, but also as an act of giving attention and showing care.

It's not simply about being compliant. Establishing patterns for respect can be

challenging because there are no short-ages of situations in popular culture, from movies to music to social media, that complicate, if not compromise, par-



ents' efforts to teach children respect. However, there are ways to teach kids how to respect their parents.

Be a good role model. Children learn by examining the world around them. If

Prioritize veterans' rights. The organization Vehicles for Veterans notes that support for policy makers and organizations that fight for veterans' rights can ensure more veterans have access to services they need and benefits they've earned. This can be especially valuable for Vietnam veterans, the majority of whom are seniors and in need of help.

Support the establishment of a public memorial or memorials. A public memorial or a series of memorials honoring locals who lost their lives in the war or have passed away since returning home can be a great way to remember both deceased and living veterans. For those veterans who are deceased, a public memorial like a commemorative brick or a dedicated, inscribed park bench ensures their sacrifices and bravery live on for years to come. Surviving veterans

also can take solace from such memorials, knowing that their own sacrifice and bravery has been highlighted and honored.

Invite veterans to share their stories. Communities can sponsor oral history projects and/or host public speaking forums that invite Vietnam War veterans to share stories of their service. Such endeavors can prove cathartic for veterans of the Vietnam War and also ensure the generations that come behind them, including their children and grandchildren, have first-person accounts of a deadly and costly conflict that lasted for two decades.

Efforts to honor veterans of the Vietnam War can ensure the bravery and sacrifices of these individuals is never forgotten. race these suggestions for honoring Vietnam veterans.

## Tax breaks aging taxpayers may be eligible for

Growing older comes with many perks for those who are open to exploring the benefits. In addition to senior discounts on movies, meals and more, moving into one's golden years could offer some breaks when it comes to taxes and finances.

It is always best to go over tax- and finance-related plans with an accountant or certified financial planner to figure out what is in your best interest. However, generally speaking, here are some potential age-related tax perks.

Increase retirement savings. Older individuals can contribute more to employer-sponsored retirement accounts and Roth or traditional individual retirement accounts (IRAs), according to AARP. For 2023, the contribution limit for employees who participate in 401(k) and 403(b) programs, most 457 retirement savings plans and Thrift Savings Plan through the U.S. Federal Government can increase their contributions to \$22,500 Ñ a jump of \$2,000 from last year. Those over age 50 can maximize contributions even more, up to a total of \$30,000.

Larger standard deduction. The Balance Money says for tax year 2022, people age 65 or older can add an extra \$1,750 to the standard deduction they're eligible for if they are unmarried and not a surviving spouse. Those who are married and file joint returns can add \$1,400. For tax year 2023, those

amounts go up to \$1,850 and \$1,500. In addition, the standard eligible deductions increased. Most older taxpayers feel the bigger standard deduction plus the extra standard deduction is more than any itemized deductions they can claim and choose this option when filing their returns.

Reduce taxable income. The ability to contribute more to tax-deferred retirement accounts enables older adults to reduce their taxable incomes. This, in turn, reduces the amount that needs to be spent on income taxes.

Changes in filing threshold. According to The Arbor Company, which oversees senior living communities, the filing threshold is the income that must be made before being required to file a tax return. Typical taxpayers who are either employees or retired and drawing pensions or Social Security find the threshold increases over age 65. Single filers over age 65 do not need to file returns if their incomes are \$14,050 or under. Married filers over age 65 have a threshold of \$27,400. If primary or sole income comes from Social Security or a pension, those over age 65 may not have to file returns at all.

Elderly or disabled tax credit. Differing from deductions, a credit for taxpayers is available to people age 65 or older or retired persons on permanent and total disability who receive taxable dis-

please see **respect** page 18

please see **breaks** page 18



# Tips to pick the right time to retire

Professionals work hard to achieve both short- and long-term goals. Retirement certainly qualifies as a long-term goal, and many people spend decades

what's a good time for one individual may not be ideal for another. However, professionals on the cusp of retirement can consider these tips as they try to pick the right time to retire.



Consider age-related benefits. Both the United States and Canada feature government-sponsored retirement income programs and it behooves individuals to familiarize themselves with the rules of those programs so they can maximize their benefits. The Canada Pension Plan (CPP) allows individuals to

building and investing in a nest egg that they hope will help them enjoy their golden years to the fullest extent.

The decision regarding when to retire is affected by a host of variables, so

begin receiving full CPP benefits at age 65, but they also can get a permanently reduced amount the moment they turn 60. The CPP also allows people to receive a permanent increase if they wait

until turning 70 to receive payment. Similar age-related rules govern the Social Security benefits program in the United States, where individuals can begin claiming benefits at age 62, though those benefits will be reduced by 25 percent. If individuals wait until they're 66 or, in some cases, 67, to claim Social Security benefits, they will receive their full benefits. The Social Security Administration notes that those who can wait until age 70 to claim benefits will receive as much as 132 percent of the monthly benefit they would have received at full retirement age.

These distinctions are significant, especially for people who will be looking to government-sponsored programs to provide significant financial support in retirement. Individuals who won't rely as heavily on such programs may be able to retire earlier.

Pay off your debts. Carrying debt into retirement can be risky. In general, it's ideal to pay off all debts, including a mortgage and car payment, before retiring. Doing so can provide more financial flexibility and make it easier to manage unforeseen expenses, such as those in-

curring due to health problems.

Consider your retirement living expenses. It goes without saying that a sizable nest egg will be a necessity for anyone hoping to live comfortably in retirement. But the tricky part is figuring just how big a nest egg might need to be. In such instances, individuals can speak with a financial advisor and discuss what their retirement living expenses will be. Conventional wisdom based on the Consumer Price Index suggests individuals will need to replace between 70 and 80 percent of their pre-retirement income after calling it a career. But even that figure is not set in stone, as rising inflation, such as the rapid spike experienced in 2022, can quickly put retirees in financial jeopardy. By estimating the expenses, they might have in retirement, individuals can begin to see just how close or far away from retirement they may be. Budget for inflation so any spike in living expenses can be easier to manage.

Many individuals recognize that there's no perfect time to retire. But a few simple strategies can help professionals make the best decision possible.



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# BJ's Wholesale Club membership offer returns to Pines

A special membership offer from BJ's Wholesale Club, to benefit the Worcester County Veterans Memorial at Ocean Pines Foundation, returns to Ocean Pines next month with significant changes designed to make participation easier.

The offer, which provides savings on both new and renewing BJ's memberships, has been extended to an entire month and will be available April

**breaks**  
from page 16

ability income for the tax year, according to the Internal Revenue Service. In addition, this credit is for those who have an adjusted gross income or the total of nontaxable Social Security, pensions, annuities, or disability income under specific limits. The eligibility levels change from year to year. Credits range from \$3,750 to \$7,500.

These are some of the tax breaks American seniors can expect when filing their income tax returns. Speak with an accountant and financial planner about other perks that come with aging. Individuals also can visit [www.irs.gov](http://www.irs.gov) for further information.

**brewing**  
from page 8

enced brewers understand that outside contaminants (like wild yeast) or other microorganisms can greatly affect a batch. Sterilization is essential for anything that comes in contact with the wort and beer.

Low-quality water: Water sets the stage for the flavor of the beer. Using



water straight from the tap may be adequate, but if the water has a lot of minerals or an off-taste, it can adversely affect the finished product. Using filtered water may be a better bet, according to Kegeator.com.

Improper measuring: All dry ingredi-

1-30. Previous promotions were limited to two weeks.

Also, all new enrollments and existing renewals now will be processed through the BJ's Partnership Call Center – eliminating the need for paper forms – and will be effective immediately.

Those interested in a new BJ's membership or renewing an existing membership through this offer can reach the call center at 800-313-8887 and will need to provide the Ocean Pines group promo code, 100407. The call center is open Monday-Friday, 9 a.m.-6 p.m.

Current BJ's members also will need to provide their membership number, which can be found on their BJ's membership card or from within the BJ's app.

Credit and debit card payments can be made through a secure line that allows individuals to input their information using their phone's keypad. No other forms of payment will be accepted.

With this offer, new members receive a 12-month BJ's Club Card (previously known as the Inner Circle) Membership for \$25. A \$10 award

ents need to be measured by weight and not volume, says the brewing resource Brew Cabin. Just like baking, brewing beer requires careful attention to how much of each ingredient is added to a recipe.

Old ingredients: Beer requires fresh ingredients, including hops and yeast; otherwise, the result may be skunky beer.

Temperature: Excessive temperature can increase alcohol content and over-sweeten brews. Using thermometers and monitoring temperature throughout the process are good habits.

Going big too soon: It can be exciting to brew beer and set high expectations. However, beginners should choose an easy recipe and start with a small batch.

When the brew process becomes rote, then it's possible to experiment with flavors and increase output.

Learning to brew beer may involve some hiccups, but home brewers can take away a thing or two from those who have mastered the craft.

also will be loaded to the card for use on the member's next purchase, with BJ's Easy Renewal.

A BJ's Club+ Card Membership (previously known as the Perks Rewards) Membership, which earns 2% cash back on most BJ's purchases and 5 cents off per gallon at BJ's Gas every day, is available for \$75 and includes a \$20 award, with BJ's Easy Renewal.

Existing Club Card members can purchase a 12-month renewal for \$55 and receive a \$10 award to be used on their next purchase. Existing Club+ Card members can purchase a 12-month renewal for \$110 and receive a \$20 award, with BJ's Easy Renewal.

Cash awards will be added to the member's primary membership account 24 hours after enrollment and must be used within 30 days from the membership enrollment date.

In addition to offering special membership benefits, BJ's will donate \$10 to the Worcester County Veterans Memorial at Ocean Pines Foundation for each new BJ's Club Card member-

ship and \$5 for each renewal made during the enrollment period.

This offer is not available online, at any BJ's location or for any current Easy Renewal members. Members can check their Easy Renewal status and opt out through the BJ's app or by calling 1-800-257-2582 prior to enrolling. They can also opt out through the call center at the time of enrollment.

This special promotion is only offered through Ocean Pines two times a year. The next promotion will be in October 2023. Current BJ's members whose memberships will expire before then are encouraged to renew during the spring offer. Members can check their current expiration dates by checking their BJ's receipts or the BJ's app, or by calling 1-800-257-2582.

BJ's membership offer details are available at the Ocean Pines Association Administration Building at 239 Ocean Parkway and online at [oceanpines.org](http://oceanpines.org), or by calling 410-641-7717 ext. 3014.

## Chamber Community Expo returns

The Ocean Pines Chamber of Commerce will host its annual Spring Community Expo at the Ocean Pines White Horse Park on Saturday, April 29 from 9 a.m. to noon. The rain date is the same time on Saturday, May 6. New this year will be J3 Mobile Shredding who will be onsite to shred documents for free.

Exhibitor tables are available for \$175 for businesses and nonprofits with more than nine employees. Government agencies and nonprofits with nine or under employees are \$75. The event is free for the community and coincides with the Ocean Pines Farmers and Artisans Market.

**respect**  
from page 16

parents are rude to restaurant servers, cut people off on roadways, make fun of others, or even yell at members of their own families, their children are more likely to follow suit.

Be a parent first, not a friend. Raising children is complicated, but many parents try to be their kids' friends before they act as their parents. While it seems healthy to want to hang out and be equals with them, Psychology Today warns that this approach compromises the unique relationship parents have with their children because kids have many friends but not an infinite number of parents. Children should not have equal power with their parents as they would their peers. Plus, kids often don't respect parents who try to act like their friends. They may feel their parents are trying too hard, and some may even grow to resent their parents for trying to be friends first and parents second.

Explore other outlets for anger. Children may act out and be disrespectful to others when faced with strong emotions that make them feel angry or overwhelmed. In addition to encouraging kids to talk out their scary feelings, parents can guide them toward outlets to relieve frustration, such as engaging in healthy exercise or even escaping into a craft or hobby. Children who are struggling to cope with a significant life change may need a little time to get back on track.

Teaching respect takes time and is not a one-size-fits-all task. Parents must find an approach that works for them and their children.

# How to find a car that fits your budget

Drivers in the market for a new or pre-owned vehicle over the last couple of years likely discovered that the process of buying a car or truck is as difficult as ever. Prior to and during the COVID-19 pandemic, factory



closures, supply chain issues, semiconductor chip shortages, and a bevy of other complications led to fewer vehicles on lots and much higher sticker prices on cars that were on the lot. That has caused people who are on strict budgets to reevaluate priorities and timelines.

According to Ivan Drury, Edmunds' senior manager of insights, consumers can't

expect to walk into the dealership thinking they're going to find incentives or bargains right now. Plus, they may not even be able to see or test drive a vehicle they want. That reality makes now a great time for car shoppers to rethink their buying strategies.

Choose a different vehicle class. Tyson Jominy, Vice President of Data and Analytics at J.D. Power, says vehicle inventory in November 2021 reached record lows. Although there has been some improvement in 2022, consumers may still have to make some concessions if they need a vehicle promptly. SUVs and pickup trucks have been some of the hardest inventory to find. Considering a sedan or even a compact car may be the only way to get a

new car quickly.

Wait it out. Those with the luxury of time may continue to wait for inventory to increase and prices to decrease. Tech experts, including Intel CEO Pat Gelsinger, expect chip shortages to persist into 2024. If a person's vehicle is in good condition, it may be more economical to hold on to it a little longer and do the maintenance re-

quired.

Seek out no-markup dealerships. It may take some investigation, but there are certain dealerships that are not adding astronomical markups, also called "market adjustments," to the costs of their vehicles. These dealers may advertise online, and car buyers can always call ahead to ask about markups.

Take what you can get. Lots filled with a variety of makes, models, colors, and features are no longer the norm. Shoppers will be afforded more flexibility in price if they're willing to take what's available.

Check with different lenders. The Fed-

eral Reserve increased interest rates in the middle of 2022 and it initially planned to increase rates a few more times throughout the year. People, particularly those who do not have the best credit, can do themselves a favor and shop around at different banks for the best loan rates. The loan may be less costly than what's offered through the dealership. Also, certified pre-owned vehicles tend to come with promotional interest rates that are lower than the average APR, which makes them a viable alternative.

Vehicles are still expensive and in short supply, necessitating changes to how people buy their cars or trucks.

## Common baking mistakes and how to prevent them

Baking can be a wonderful hobby or even a successful business venture. Although baking is a relatively easy skill to learn, there are some who lament that they are wonderful cooks, but terrible bakers. That's likely because cooking is much more forgiving in terms of ingredient measurements and technique, while baking requires more precision.

"Ratios of the staple ingredients can't be improvised [in baking], but all the flavors certainly can," says Duff Goldman, Food Network star and expert baker. Baking is a science and ingredients combine to form chemical reactions that ultimately produce the desired results. This is just one area where baking mishaps can occur. Read on to discover other common issues and how to avoid them and address them if you find yourself in a baking emergency.

Improperly measuring: Bakers need to be very precise when they measure ingredients. Always lightly spoon flour into a measuring cup without packing it down; don't simply dip the cup into the flour container. Level it off with the straight edge of a knife. When measuring out leaveners, such as baking powder or baking soda, do the same by leveling off the product.

Substituting ingredients intentionally or unintentionally: Don't have all-purpose flour on hand, so that means you can use cake flour, right? Not exactly. Ingredients serve a purpose in recipes and every attempt should be made to use what the recipe calls for. You cannot use baking soda and baking powder interchangeably.

Ignoring recipe instructions: Failure to understand a cooking term or what the recipe is relaying could result in

costly mistakes. According to Duff, it is a person's inclination to gloss over directions that are not easily understood. But people are urged to read a recipe first and then look up any terms they don't understand before going forward.

Temperature mistakes with ingredients: Read the recipe in its entirety before you start baking. Some call for items like eggs or butter to be at room temperature for light and fluffy "creaming" for cookies or cakes. Other recipes require butter to be cold to ensure flakiness in pie crusts and biscuits and certain cookies.

Overmixing ingredients: Overmixing batter or overworking dough activates the gluten proteins in flour and will lead to gummy, tough baked goods, according to Grand Central Bakery. The more tender the desired results, the lighter the handling and mixing should be.

Baking at the wrong temperature: Temperature is often key when baking. You cannot crank up the heat to make something cook faster if that's not what is specified in the recipe. Some bakers inadvertently bake at the wrong temperature because they don't realize their ovens' thermostats are malfunctioning. Invest in an internal oven thermometer to check that the temperature on the display is actually what is being produced inside the oven.

Not-so-fresh ingredients: Leaveners can lose their potency over time, and egg whites may not whip up correctly if eggs are not fresh. Pay attention to the use-by dates on ingredients and discard items that have passed those dates.

Baking requires careful attention to detail and technique to produce the best results.

## Babysitting for grandparents

Witnessing your children getting older and starting their own lives and families can be bitter-sweet. There is pride that comes with seeing their successes, but the melancholy of knowing that the years have passed so quickly. Although you may no longer be tucking your children into bed, reading them bedtime stories or bandaging "boo-boos," when your children have children, the chance to nurture can start anew.

One of the great joys that comes from having older children is the ability to welcome and love grandchildren. Grandchildren are points of light in people's lives and provide the exuberance and excitement that reminds you of your own youth. Grandparents often are thrilled to be involved in the care and upbringing of their grandkids. Some may also live with their grandchildren to help take some pressures off of adult children.

Babysitting is one way that grandparents can be a frequent fixture in their grandkids' lives. If it's been some time since you cared for little children, it's well worth it to take a refresher course in child care.

Make sure it's safe. Conduct a safety audit of your home if grandchildren will be coming over to your place. Are outlets secured with covers? Are medications you may be taking out of reach? Do you have gates to block stairs or restrict access to certain rooms? Modifications may be needed.

Assess your health. Chasing after children can be a workout. Be sure you are up for the challenge and have the stamina. If you have any medical conditions that can impair judgement or reaction time, you might want to reconsider babysitting.

Take directions. The way you parented may not be the same way your own children parent. Be humble and follow their lead with regard to instructions. The parenting guide *Apt Parenting* advises that you should ask about the eating and sleeping habits of the child. You may have to defer to your own children's guidelines on discipline and behavior.

Learn what's new. Many things regarding childcare have changed in the last 20 years, including safety laws and guidelines. Be sure you are up to date on these changes. And if you aren't certain about something, ask. This involves everything from crib bar widths to car seat installation.

Babysitting can be a joyous task for grandparents who are ready for the job.

From Senator Mary Beth Carozza

# Maryland General Assembly Update



Senator  
Mary Beth  
Carozza

The Maryland General Assembly is in the throes of Crossover Week when bills must pass their original chamber to be guaranteed consideration in the other chamber. Bills that clear their original chamber after the 69<sup>th</sup> day of session would be assigned to the Rules Committee in the other chamber before being reassigned to the appropriate committee. With only three weeks left in the 2023 Legislative Session, this additional procedural step frequently is enough to prevent a bill from becoming law.

“Four of my bills earlier in the session were approved by the full Senate, and another four are on track to pass the Senate in time for crossover,” said Senator Mary Beth Carozza, who represents Worcester, Wicomico, and Somerset counties. “There is still a lot of work to do for passage of these bills in the House before final approval and sent to the Governor.”

Monday, March 20 is the final day of Crossover.

## Carozza Bills moving through the Senate

The full Senate voted on Friday, March 17 in support of Senate Bill 823, which would create a \$40 discount for law enforcement officers and first responders, including firefighters, paramedics, emergency medical technicians, and 911 specialists who are Maryland residents, on the annual State Park pass. The pass currently costs \$75 for a Maryland resident.

“We learned during the COVID-19 pandemic that access to the outdoors is essential for health and wellbeing,” said Carozza. “Our first responders and law enforcement officers are on the front lines every day protecting our communities in high-stress environments, and providing this discount is a simple, meaningful way to promote their health and well-being.”

## Behavioral Health Programs for Food Service Facility Requirements

The Senate Finance Committee approved Senate Bill 794 which would

allow the Maryland Department of Health to adopt regulations that are appropriate to residential treatment programs for substance use disorder that have under 17 beds. In practice, this would allow these residential programs to not have to install an elaborate and expensive commercial kitchen usually seen in large industrial settings. SB 794 is on track for full Senate approval before Crossover Monday.

“Requiring a commercial kitchen in a residential home that houses one of these programs could severely disrupt the program, destroy the comforting and supportive atmosphere of a small home these programs often require, and would be cost-prohibitive to many who run these programs,” said Carozza.

The Maryland Department of Health divides Board and Care Homes into two categories: assisted living and residential treatment programs for substance use disorder, and both were originally the responsibility of the Maryland Department of Health’s Office of Health Care Quality. However, several years ago the Maryland Department of Health reorganized and created the Behavioral Health Administration. Residential treatment programs for substance use disorder became the responsibility of the Behavioral Health Administration, and the commercial kitchen exemption failed to be applied to both Board and Care Home categories.

## Commission to Study Trauma Center Funding

The full Senate voted in support of Senate Bill 493, which would establish a task force to study the adequacy of trauma funding across Maryland for operating, capital, and workforce costs. Trauma centers often require significant resources to operate effectively as they specialize in swiftly treating life-threatening conditions and promptly providing resuscitative care.

In 2003, the Maryland General Assembly created the Maryland Trauma Physician Services Fund to aid Maryland’s trauma system. In the 20 years that have passed, there has been no comprehensive review of this Fund despite the industry growing and evolving.

“Unfortunately, the reason this leg-

islation is necessary is because we know the Fund is not effective anymore,” said Carozza. “TidalHealth Peninsula Regional is the Eastern Shore’s only trauma center, a linchpin in Maryland’s Trauma Center System, and it is critically underfunded. At last estimate, the Fund provides less than 10% of the total cost that TidalHealth requires to keep its doors open.”

Senator Carozza also has been advocating for additional trauma funding in the Fiscal Year ’24 budget to be targeted to TidalHealth’s trauma center. “TidalHealth officials have told me that the trauma program is at a critical juncture,” said Carozza. “Without this funding, the Eastern Shore’s only trauma center could be in jeopardy.”

## Negligent and Reckless Driving that Causes Death Must Appear in Court

The full Senate approved Senate Bill 252, which would require a person charged with negligent driving involved in a fatal accident to appear in court. A person convicted with reckless driving would be subject to up to five days imprisonment or a \$1,000 fine or both. A person convicted with reckless driving already is required to appear in court.

Under current law, a person charged with negligent driving is subject to a misdemeanor and a maximum fine of \$1,000, which they can pay without every appearing before a judge or facing the loved ones that are left behind.

“Being able to face the person who caused such pain often plays a major role in the healing process and requiring that person to show up in court provides accountability,” said Carozza. “These types of cases, where there is a victim, should not be treated the same as a victimless vehicle accidents.”

## Carozza bill hearings Maryland Pharmacists and Pharmacy Technician Bill to Serve More Patients

Senator Carozza testified in strong support of Senate Bill 647 before the Senate Finance Committee on Tuesday. The legislation would cover four key areas, including extending the sunset of the Maryland Board of Pharmacy to July 1, 2033, allowing licensed pharmacists to delegate the mechani-

cal act of administering certain vaccines to adults to one of their registered pharmacy technicians, allowing pharmacy technicians to perform administrative work at home, and adding a registered pharmacy technician to the Maryland State Board of Pharmacy.

“Pharmacists are key health care anchors in our communities as they are local and easily accessible,” said Carozza. “This especially is important in rural areas where pharmacies are more likely to serve as the primary place of access to health care services for their communities.”

The Maryland Board of Pharmacy protects Maryland consumers, ensures pharmaceutical service standards are met, authorizes the licensure of pharmacists and pharmacy technicians, and resolves complaints. Without passage of Senate Bill 647, the Maryland Board of Pharmacy would cease to exist on July 1, 2023.

## Physician Assistant Modernization Act and Parity Act

Senator Carozza, along with a panel of physician assistants and advocates, testified in strong support of Senate Bills 673 and 674, the Physician Assistant Modernization Act and the Physician Assistant Parity Act, respectively. These bills would modernize the law regarding the working relationship between Physicians and Physician Assistants to better reflect current practice.

The United States is facing a projected workforce shortage of between 37,800 and 124,000 physicians and overall, Maryland is 16 percent below the national average of number of physicians available to clinical practice, and these numbers will become worse over time. This workforce shortage is similar to the workforce shortage that created the Physician Assistant profession in the first place during the 1960s.

“Maryland hospitals already are struggling to maintain adequate coverage in the emergency room and to support many of the medical specialties, especially on the Eastern Shore,” said Carozza. “We need to take action now. Medicine is a team sport, and we need to build and train a strong sup-

# Ocean Pines holds first job fair



Dozens attended a job fair at the Ocean Pines Community Center on Saturday, March 11.

Hosted by the Association, the event included representatives from the Police, Public Works, Aquatics, Recreation and Parks, Golf and Ad-

ministration departments.

“The first Ocean Pines job fair was a success,” Senior Executive Office Manager Linda Martin said. “Despite the cold weather, the job fair still brought in around 50 attendees, with a diverse amount of experience looking to work in Ocean Pines. Applications will be reviewed by each department, and hopefully all who attended will receive a job offer to join the Ocean Pines team.”

General Manager John Viola said he was gratified by the turnout, as well as the work put in by Ocean Pines staff in the recruiting effort.

“We were happy to see so many come out, talk to representatives from the various departments, and fill out applications. Hopefully, many of them will become a part of our team,” he said. “Ocean Pines continues to be a great place to live and work.”

For those who could not attend, seasonal and year-round positions across multiple Ocean Pines departments and amenities are still available. Human Resources Manager Lisa Carson said Ocean Pines still has job vacancies in a variety of fields and for all ages.

“Whether you’re a 15-year-old looking for your first job, a retiree looking for part-time work, or someone interested in a full-time, year-round career, we have a place for you,” she said.

For a list of open positions, or to download an employment application, visit [www.oceanpines.org/web/pages/work-here](http://www.oceanpines.org/web/pages/work-here).

For more information, contact [hr@oceanpines.org](mailto:hr@oceanpines.org) or call 410-641-7717 ext. 3007.

## Tides for Ocean City Inlet

Day	High /Low	Tide Time
Th 23	Low	3:40 AM
23	High	10:01 AM
23	Low	3:54 PM
23	High	10:21 PM
F 24	Low	4:29 AM
24	High	10:45 AM
24	Low	4:37 PM
24	High	11:07 PM
Sa 25	Low	5:19 AM
25	High	11:29 AM
25	Low	5:20 PM
25	High	11:53 PM
Su 26	Low	6:11 AM
26	High	12:14 PM
26	Low	6:07 PM
M 27	High	12:41 AM
27	Low	7:05 AM
27	High	1:01 PM
27	Low	6:57 PM
Tu 28	High	1:34 AM
28	Low	8:02 AM
28	High	1:55 PM
28	Low	7:52 PM
W 29	High	2:34 AM
29	Low	9:03 AM
29	High	2:56 PM
29	Low	8:51 PM

## Easter services announced

The Community Church at Ocean Pines Easter Service schedule is as follows:

April 2, Palm Sunday all three services with Communion: 8 a.m., 9:15 a.m. and 10:30 a.m.

April 6, Maundy Thursday Service, 7 p.m.: Sanctuary, Communion

April 7, Good Friday Service  
Noon to 1 p.m. service: Speaker is Emily Gelman,

1 p.m. to 3 p.m.: Prayers, 7 p.m.: Tenebrae Service: Pastor Dale Brown

April 9, Easter Sunday Services

6:30 a.m. Sun Rise

8 a.m.

9:15 a.m.

10:30 a.m.



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## OPA President's statement on 'Do It for Gavin' group

*The following is a statement from Ocean Pines Association President Doug Parks:*

Everyone is aware of the terrible tragedy that occurred last summer regarding 14-year-old Gavin Knupp. No one can imagine the grief and suffering being endured by the parents at the loss of their child. As the investigation into this tragedy is ongoing, it is no surprise that frustration is growing as the time passes without official action by the State Attorney and the State Police conducting the investigation.

Beyond the foundation that was created in Gavin's honor and the wonderful things that have been accomplished, a Facebook group named Do It For Gavin was formed to among other things, share information and opinions regarding the issue. We have been told that for the most part the group discussed things in a reasonable manner but at some point, the tone changed from sharing information to targeting businesses and conducting protests and boycotts. Quite frankly, while some may disagree, we see no issue at all with that course of action. However, their actions also included bullying of the business staff, bullying of children at school and threatening organizations, customers and OPA board members. Their actions demonstrated a move away from justice to a support for vengeance.

What we have issue with is, given that the targeted business has been sold, the group has now turned its attention to Ocean Pines. Their tactics have been to bully and threaten organizations and entertainment providers

**commentary**  
from page 6

lowing the bylaws prevents public demonization of committee applicants for political purposes — exactly what has been happening in recent years, beginning with Lakernick.

Sadly and unfortunately, Stuart Lakernick is now trying to do to Sherrie Clifford exactly what Colette Horn did to Lakernick. Clifford also recently applied to be a member of the Search Committee and Lakernick, committee liaison, wrote, "I do not endorse this applicant." Clifford previously served on the Search Committee and was highly commended for her work by then Search Committee chairman Tom Piatti.

from having events at our Yacht Club. As an example, because of the harassment that was going on in the community by this group the Ravens Roost organization decided to move their planned fundraising event from the Yacht Club to another location. The Veterans Memorial Fund-Raising event was disrupted by this group as the planned entertainer backed out from performing. Organizers were told if the event was held at the Yacht Club, that the Memorial was going to be vandalized. On another note, the band that was scheduled to perform at the St. Patrick's Day event last week backed out at the last minute due to being harassed by this group. Do these actions convey a desire for justice or vengeance?

When will they stop? I can answer that — they won't!! This is a call to all Ocean Pines Association members — raise your voices and be heard. We cannot let this vigilante group run roughshod over our community. By their actions and social media posts, they have demonstrated they care nothing about Ocean Pines and will go to whatever lengths it takes to disrupt our community and our livelihood.

We would welcome a conversation with representatives from the Do It For Gavin group with the hope of understanding why they want to disrupt the Ocean Pines community and how their actions would serve to move forward with justice. Trust that justice regarding this case is what all of us want. Perhaps we could convince them that their anger should be directed towards those who are in charge of the investigation.

Talk to your friends, talk to your neighbors and talk to other Association members to let them know these situations are taking place and that this group is promoting a level of disruption to our community that at some point will affect us financially, which in turn will most likely lead to an increase in annual assessments. We must continue to do what it takes to protect our community and the amenities we have paid to enjoy. I ask the members of the Association to continue to support our amenities and fund-raising events as together we can maintain the things that make our community what it is for us. We all want justice for Gavin and our hope is that the case is resolved as soon as possible.

**update**  
from page 20

portive structure that better utilizes our Physician Assistants."

The Physician Assistant Modernization Act would enable Physician Assistants to enter into "Collaborative Agreements" instead of "Delegation Agreements" and the Physician Assistant Parity Act would allow Physician Assistants to contribute to tasks they were previously excluded from. Both bills are consistent with the education and expanded role of Physician Assistants since the profession was created six decades ago while still maintaining certain guardrails — education, requirements, licensing, collaboration, and identified out of scope practices.

### *Handgun Permit Renewal Periods for Retired Law Enforcement Officers*

Senator Carozza, Director Rick Norman of the Maryland State Troopers Association, and Daniel Fickus of the Baltimore City Fraternal Order of Police testified in strong support of Senate Bill 825 before the Senate Judicial Proceedings Committee. The bill would extend the expiration and renewal periods of handgun carry permits for law enforcement officers who retired in good standing. Currently, permits are valid for a two-year period after the initial issue date and are valid for three-year periods thereafter. Under this legislation, permits for retired officers in good standing would be valid for seven years after the initial issue date and would be renewed every five years thereafter.

"This is a narrowly-focused bill that improves the process for handgun renewal for retired law enforcement officers and recognizes their years of service, good standing, and training," said Carozza.

### **Controversial Maryland Stadium Authority nominee before Senate Executive Nominations Committee**

The Executive Nominations Committee held the nomination of Yolanda Maria Martinez to the Maryland Stadium Authority on Monday due to legal and financial issues. Martinez filed a personal bankruptcy in 2019 when she owed \$6.2 million mostly related to a res-

piratory health care company that was shut down in 2018. Over the past 35 years, at least 64 lawsuits or liens for unpaid debts have been filed against her.

"When our constituents raise concerns about a challenged fiscal history and background that's being applied to an appointment to one of the most important and prestigious boards in the state, those are legitimate questions," said Carozza during the March 11<sup>th</sup> hearing. "And they ask the question, 'Are there others that didn't face these challenges that might have been better nominees?'"

Martinez was nominated by Governor Wes Moore to sit on the Board of the Maryland Stadium Authority, which oversees the management and maintenance of Maryland's stadiums, including Arthur W. Perdue Stadium in Salisbury, home of the Delmarva Shorebirds.

### **Locals in Annapolis**

Several locals visited Annapolis this week, including Pastor Howard Travers of New Lyfe Church in Salisbury as a guest Senate chaplain on March 17; Rick Renshaw, operator of Palmetto Corner, a licensed drug rehabilitation facility in Princess Anne and Parsonsburg, to testify in support of SB 794; Henry Brooks of Salisbury with the American Red Cross; Wicomico County residents Wendy Anspacher, Kelly Kennan and her daughters Charlotte and Gillian Houlihan, Delmar Middle School students; and 35 students from Crisfield High School led by government teacher Randy Laird and with six chaperones for a hands-on experience of the State legislative process.

## Wor-Wic to host egg hunt

Wor-Wic Community College is inviting the public to an egg hunt and family fun day on Saturday, April 1, from 10 a.m. to 2 p.m.

The free event features rides, carnival games, music, food and fun for all ages, with an egg hunt for children ages 12 and under. The egg hunt starts promptly at 11 a.m. The event will be held rain or shine.

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

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# YACHT CLUB

OCEAN PINES, MARYLAND

# Easter Buffet

## Featuring

Carving Station  
Prime Rib | Turkey Breast  
BYO Waffle Station

## Plus.....

Scrambled Eggs | Hashbrowns  
Carved Ham | Bacon  
Turkey Sausage  
Sweet Pork Links  
Cheesy Grits | Sausage Gravy  
Creamed Chipped Beef  
French Toast Bites  
Quiche | Yogurt Station  
Fresh Fruit Platter  
Smoked Salmon & Fixings  
Chicken Salad | Mixed Vegetables  
Sweet Potato Mash | Mashed Potatoes  
House Salad | Cole Slaw  
Assorted Breads & Biscuits  
... and more!

**Sunday, April 9**  
**Seatings at**  
**10:30am 12:30pm 2:30pm**

Dine-in Only  
Reservations Required

**\$29** adults

**\$15** ages 10  
& under

*plus tax & gratuity*

**Call**  
**410.641.7501**