



Success is not final, failure is not fatal. It is the courage to continue that counts.

-Winston Churchill



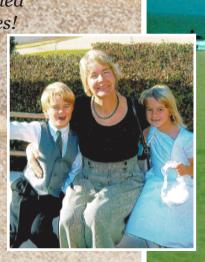


William and Julia!

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Love, Morn & Dad

Julia Kozma





Keep your face always toward the sunshine and shadows will fall behind you.

-Walt Whitman

Parks highlights pedestrian safety, cell towers

Ocean Pines Association President Doug Parks underscored recent pedestrian and bicycle safety messaging during an Ocean Pines Board meeting on May 20.

Parks read through a recent Ocean Pines communication that he said was important "in light of the tragedy that happened a couple of weeks ago when a pedestrian was struck by a vehicle and killed" on Ocean Parkway.

"It has to do with people walking on the streets [and] the direction they're supposed to be walking in," Parks said.

According to Maryland code, "Where a sidewalk is not provided, pedestrians must walk on the left shoulder or the left side of a roadway, facing any traffic that might approach from the opposite direction. Walking on the opposite side is a violation of Maryland Transportation Code 21-506b, and violators are subject to a \$50 fine."

"The idea is that we see a lot of people walking, especially on Ocean Parkway, with their back to the traffic," Parks said. "I think this is something that people should be aware of and try to practice more often."

Parks said it was probably not practical for the Association to fine violators, but he added, "that education and knowledge is important, and those rules are for the public's safety."

On the subject of bicycle riders, Parks referenced another section of Maryland code states riders cannot wear headphones or ear plugs in both ears because "they cannot hear the traffic."

"Just be aware of those kinds of things," Parks said. "A little bit of practice, a little bit of encouragement, maybe you mention it to a friend ... there are some laws out there for the safety of people either on bicycles or walking on crowded parkways."

Lastly, Parks said a homeowner asked about cell towers at the last Board meeting, and he promised to investigate the issue.

"I've started that process and John and I have been reaching out to Verizon, [and] there's some logistics and things that we're coordinating. Whether or not we will get a new cell tower, I can't guarantee that," Parks said.

"I will share updates on the issue when they are provided," he added.

Candidate draw results announced

Results of the 2023 Ocean Pines Association Candidate Draw were announced by the Ocean Pines Elections Committee on Friday.

Drawn at random using a series of playing cards, the results determine ballot order for the 2023 Board of Directors election, and the order candidates are seated during the election forum.

Results were:

- 1. John Latham
- 2. Jerry Murphy
- 3. Elaine Brady
- 4. Jeffrey Heavner

This year, two seats on the Board will be up for election: those currently held by Doug Parks and Colette Horn. The seven-member volunteer board is the governing body of Ocean Pines.

Elections Committee Chairperson Tom Piatti said one candidate forum would be held this year, on Wednesday, June 21 at 6 p.m. at the Clubhouse Meeting Room. He said questions for the forum may be sent to elections@oceanpines.org.

The voter eligibility deadline this year is Wednesday, July 6. Piatti asked homeowners to make sure their membership information is up to date. For membership questions, contact rmeyer@oceanpines.org.

Piatti said ballots would be mailed to homeowners the week of July 11 and are due back by Tuesday, Aug. 8 at 4 p.m.

Important upcoming election dates are as follows:

-Voter eligibility deadline – Wednesday, July 6

- -First Candidate Forum Wednesday, June 21 at 6 p.m.
- -Ballots mailed Week of July 11
- -Ballot deadline Tuesday, Aug. 8 by 4 p.m.
- -Ballots counted and vote totals announced – Thursday, Aug 10
- -Annual Meeting Saturday, Aug. 12

For questions about the election, email elections@oceanpines.org.



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Fire Department reminds residents to make address numbers visible

The Ocean Pines Volunteer Fire Department is reminding residents to make their address numbers visible for firefighters and other emergency responders. This is especially important during a fire or a medical emergency, when seconds count.

"It's important for firefighters to be able to quickly identify the address of a burning building," Lt. Joe Enste, OPVFD public information officer, said. "If the address numbers are not visible, it can delay our response and make it more difficult to put out the fire or save a life."

House numbers are also a requirement of Ocean Pines Association Architectural Review Committee guidelines.

Per section 500.2.A., "The street address house number shall be posted to be visible from the street. It may be displayed on the front of the house or on a sign in the front yard (note: the house number is not the same as the lot and section number and can be obtained from the CPI Department office). House numbers shall not be less than four (4) inches or no greater than

eight (8) inches in height, a contrasting color, and visible from the street."

While there are several ways to make your address numbers visible, the fire department offers a fundraising opportunity to purchase a reflective 911 address sign. Each sign is constructed of aluminum, with green and white reflective material and numbers that measures 6 by 18 inches. Signs with mounting posts cost \$60 (which includes free installation) or \$48 for just the sign.

It is important to remember to not plant shrubs or trees that will block the view of your address numbers from the street.

"By making your address numbers visible, you can help ensure that emergency responders can get to your home quickly and safely," Enste said. "This could save your life or the life of a loved one."

Download an order form at https://chiefcdn.chiefpoint.com/cont ent/External/opvfd//pagefiles/RSP% 20Order%20Form_20230523_13050 o.pdf/ or call 410-641-8272 for more information.

DNR announces licensefree fishing days

The Maryland Department of Natural Resources offers license-free fishing days for all state residents and visitors on Saturday, June 3, Saturday, June 10, and Tuesday, July 4.

Maryland's annual license-free fishing days offer anglers a unique opportunity to explore the state's diverse fishing without needing a fishing license, trout stamp, or registration. On these days, any individual may catch and possess finfish for recreational purposes in any tidal and nontidal waters of Maryland. All anglers must follow current size and catch limits found in the department's fishing and crabbing guide.

The department also has dozens of other resources to help new or experienced anglers, including angler access maps and fish identification charts. In addition, anglers of any level are encouraged to sign up for the weekly Maryland Fishing Report, which provides up-to-date fishing information.

Aside from these free fishing days and certain license-free areas, anyone 16 or older fishing in Maryland must possess a

license, which can be obtained or renewed online or on the department's mobile app.

Anglers to meet

The Ocean Pines Anglers Club will meet on Saturday, June 10, at 9:30 a.m. in the Ocean Pines library. The speaker will be Tom Ottenwaelder, 29-year veteran in Coast Guard marine inspection, who will give a presentation on marine surveys, giving advice on how to inspect and value a boat before purchase and when to call in a professional. There will also be trip updates and more. All are welcome.

Auxiliary hosts carry-out fundraiser

On Saturday, June 17 the Bishopville Volunteer Fire Department Auxiliary will hold a chicken salad carryout from noon to 2 p.m. at the main station. The cost is \$8 per pint. Please call 619-922-9950 for a guaranteed preorder.



Club meeting - The Republican Women of Worcester County held their Red Shoe Book Club meeting on Tuesday, May 23 at the Ocean Pines library. Nationally, Republican women have donated thousands of books each year to libraries, schools, hospitals and other public institutions through their Mamie Eisenhower Library Project. The Red Shoe Book Club is a way for members to explore and discuss books from the Member Center Digital Resource Library.

Annual pollinator garden tour scheduled

The Lower Shore Land Trust will hold its third annual Pollinator Garden Tour on Friday, June 23 and Saturday, June 24. This year nine gardens located within Wicomico County will be showcased. The hosts of the nine Pollinator Gardens welcome attendees to explore their beautiful gardens and ask questions about the benefits of including Native Plants in the landscape. Attendees will surely gain inspiration to plant their own Pollinator Garden.

Artists will be present at each garden site, creating their own unique view of the gardens in the moment, painting 'en plein air.' Tour sites will have refreshments, speakers and workshops as well as opportunities to win a rain barrel and a well-stocked garden basket. Tickets are \$30 in advance or \$35 at the door, available at www.lower-shorelandtrust.org.

An added attraction this year is the post-event Pollinator Garden Tour Paint Sale, held one week following the Garden Tour on Friday, June 30th, 5 p.m. to 7p.m, graciously hosted by Ann Coates at Bishop's Stock Fine Art, Craft & Wine Gallery in Snow Hill, Maryland. Paintings created during the Garden Tour at each garden site will be on exhibit and available for purchase. Wine and hors d'oeuvres will be served, and live music will be performed by Everett Spells and Pete Bozick. This gallery event is free and open to the public.

To learn more about this unique Pollinator Garden Tour and how you can support the pollinator and habitat work of the Lower Shore Land Trust, visit www.lowershore-landtrust.org or call 443-234-5587.

Isle of Wight to close

The Isle of Wight Park, located at 13090 St. Martin's Neck Road in Bishopville, will be closed to the public for a special event from June 9-11. The park will reopen to the public during standard hours of operation beginning June 12.

For more information on this park closure, contact the Worcester County Recreation Center at 410-632-2144 or recandparks@co.worcester.md.us.

Loading the dishwasher

tence, the very reason for its invention was to make life easier, reduce stress and increase time for other leisurely pursuits. Yet, despite this I often find

The dishwasher. Its mere exist to kick this effort up a notch. Using a sheet of graph paper I begin surveying what is on the counter and then go to work on an action diagram. It's not perfect mind you but it does provide a

rough rendering of several placement scenarios. It takes a little time though, what with adding plate configuration details and ensuring the water and juice glasses are to scale. Undeterred, I soldier on.

With a nearly perfect,

myself spending more time loading it, to-scale rendering of the dishwasher and aforementioned, still-to-becleaned flatware, plates, glasses, bowls and pots, the plan of attack is ready.

> to utensil contour to maximize efficiency. Next goes the small pot around which are placed the plates; dinner plates first then sandwich plates. The plan is working. Ice cream bowls are then placed, followed by two plastic containers. The end is in sight.

> All that's left are a couple of plastic lids, a carving knife and a colan-Wait a minute! WAIT A MINUTE! From where did those extra ice cream bowls come? They

are not on my inventory sheet. Do I start all over? Do I break down and just wash the bowls by

hand? What to do, what to do? After considerable deliberation, I pull a trick reminiscent of when my children were young: I leave the bowls on the counter for someone else to wash. This is solution allows my perfectly crafted and executed dishwasher loading plan to succeed and allows me to achieve the objective of not having to hand wash anything. Now that's modern thinking: do only what you want to up to a point and leave the rest for someone else.

There's only one flaw in such thinking. The only other person in the house is my wife. Is it worth leaving the ice cream bowls on the counter for her to find? Or should I just wash them my hand? I decide to do what any other husband would do. I decide to



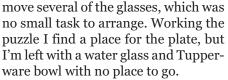
It's All About. . . By Chip Bertino

chipbertino@delmarvacourier.com

trying to make everything fit, trying to make sure that when I'm done there is nothing remaining on the counter or in the sink. In short, my objective is to In go the flatware, arranged according

leave nothing that requires handwashing. After all, we live in the modern age.

There are times when my best efforts are for naught as I load and reload the top and bottom racks, doing the very best to place plates (large and small), glasses (water and juice) and plastic containers as well lids, so everything fits. Inevitably, after painstakingly placing the plates, I wind up with one remaining. As a result, in order to make that one lone plate fit, I have to re-



Trying to fix this requires deconstructing the perfect plate configuration, and pulling out a small pot on the lower rack. Removing the pot makes the perch upon which the colander was resting nonexistent thus requiring an entire rethink of the lower rack configuration. Quickly the sink and counter are again filled with plates, glasses and other items. Before long, the dishwasher is empty of everything except the flatware basket which is soon identified as the underlying culprit for everything that has gone wrong. A wayward fork prong poking out from under the basket is occupying a space that could have been used for a single small plate.

Okay. Let's try this again. I need



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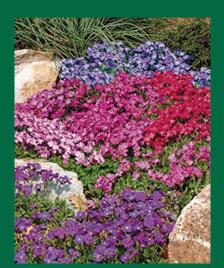


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Behind the scenes

Once again Ocean City is hosting another spectacular over-the-water air show this weekend, June 10, 11.

This year's headliners will be the U.S. Air Force Thunderbirds. Other flight demos will include an awesome high energy display by an F35 Lightning, an F18 Super Hornet, acrobatic aircrafts and vintage planes. It's always a lot of fun and awe inspiring.

The largest viewing area is on the

beach and boardwalk around 17-18th Street. That's near the VIP viewing stands where you can also hear the public address announcer but the show loses little if you are plus or minus a half mile up or down the shore line.

There are other ways to take in the aerial extravaganza. Many folks hang out on beachfront balconies and others take to their boats (or those of



The "Box' is the simulated runway. No one except the 87' USCG cutter that is anchored in the middle is permitted to sail or anchor within its boundaries. Likewise, no one is to anchor in the approach or buffer zones but may sail through them to get to the viewing

An assortment of variables will dictate just how long a home's siding will last, including the amount of sun a home receives and the location of the home. The life expectancy of siding also will depend on the siding material. According to Sunshine Contracting, vinyl siding lasts between 20 and 40 years. It's a popular choice because of how long it lasts and the minimal upkeep it requires. Wood siding, another

traditional favorite, is more expensive, but it also boasts impressive longevity, according to BobVila.com. With proper maintenance, which includes cleaning and refinishing, wood siding may last for decades. The coating on aluminum siding typically begins to fade after about 15 years. Fiber cement siding is affordable, durable and low maintenance, and it may actually last as long as the home itself. It needs to be repainted occasionally. Sunshine Contracting says stone veneer siding will last between 20 and 75 years, depending on the stone that is

an accommodating friend) to watch the performances from out on the water.

The recreational boats present a unique safety issue for the show organizers. Most pleasure boaters are familiar with the common rules like having a properly fitting life jacket for everyone on board; obeying speed limits; no bow riding; red, right, returning; and no boating under the influence (BUI). The additional issues during the air show are the crowded anchorages and the no-anchor zones.

Crowded anchorages are fraught with opportunities to bump into another boat. The most common incidences are poor helmsmanship but there is another, more subtle problem – poor anchoring. When there are lots of boats anchoring in close proximity, the length of the rode, the anchor line, is critical. Not enough line and the anchor will drag and you will drift into the bow of the boat anchored directly down wind. Too much rode and you will swing into the side of the boat next to you when the wind shifts.

The second air show anomaly is the no anchor zone that is established to give the pilots visible references and to keep boaters out of harm's way in case there is an aircraft accident. Air shows over land are typically performed at airfields and are oriented to a runway. Using the runway as a reference the planes approach from either end and execute their demonstration maneuver half way down it, in front of the grand stands.

Over-the-water is more challenging. There is still the need for a straight line approach and identification of the midpoint. This is achieved by setting up a no anchor/no sail zone in the shape of a runway with a Coast Guard cutter anchored in the middle as the mid-runway reference. The "box," as it is called by the security folks, is actually a rectangle about 6000 feet long paralleling the beach and 1000 feet wide starting just beyond the beach braking waves and extending eastward, out to sea. It is marked by temporary buoys and its presence is broadcast as a Sécurité message on marine radio.

The no anchor zone is actually larger than the simulated 6000- x 1000-foot simulated runway strip. From the time that the box is activated, about an hour before the show begins, until the last act has successfully egressed, no recreation vessel is permitted to anchor at either the north or south ends of the box because the demonstration planes need an unobstructed view to line up their approaches. Likewise, recreational boats are not allowed to anchor too close to the eastern (ocean) side of the box less they obscure the temporary buoys. A 100-vards no anchor safety buffer is established on the east side of the box and maintained by the various patrol boats. Likewise, the OCBP patrols the surf line with jet skis to assure no swimmer wanders too far out and enters the box from the west side.

The restrictions are for the safety of the public and the performers and are enforced by over a dozen vessels. Be-

please see knots on page 12



A former actor named Ronald Reagan received the Republican nomination for governor of California on June 7, 1966. He won the election that November and was sworn in on January 2, 1967. Reagan's tenure as the Golden State's governor gave him credibility as a political leader, paving the way for his victory in the 1980 presidential election.



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The Courier is published Wednesday morning by CMN Communications, Inc. Contents copyright 2023. News release items and calendar entries should reach us *Friday noon* prior to publication date. The advertising deadline is *Friday* at 5 p.m. Read **The Courier** online at delmarvacourier.com,



Astronomy & Spaceflight





Navigating through space using Pulsars

For centuries mariners navigating earth's oceans have relied upon stellar navigation techniques to guide their voyages. Now scientists and engineers at the International Space Station (ISS) have assisted the development of a new and powerful technique for plotting the courses of space flight, using careful monitoring of the distant stellar objects known as pulsars. Pulsar locations can be regarded as modern-day lighthouses to guide our crewed and uncrewed spacecraft through the solar system.

Pulsars are the extremely dense remnants of past supernova explosions in the galaxy, which generate periodic bursts of radio radiation, as they rotate like lighthouses illuminating the night. The inner cores of these ghosts of once-active stars have ceased the nuclear burning processes and they no longer beam steadily in visible light. However, the pulsars' periodic and regular blips make them ideal reference markers, each one having its own distinct identity in the timing of its flashes.

Analyzing pulsars has long been associated with radio telescopes, which can collect the periodic bursts which the pulsars emit. Their discovery dates to the 1960s when

these instruments were just beginning their heyday. Hobbyists may know the story of the discovery, when their clockwork regularity of signals brought to mind the prospect of alien lifeforms. Further research revealed their true character as collapsed stars.

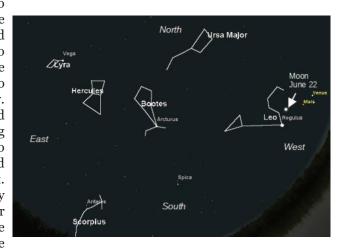
Unfortunately, radio telescopes notoriously large and bulky, as anyone who visited has the Greenbank, WV radio observatory can testify. Their large size and weight make launching radio telescopes into space a difficult and awkward prospect. However, while they are emitting their steady and dependable radio bursts, the

pulsars also emit X rays, and NASA has been making observations of pulsars in this way since 2017.

Observation of X rays utilizes smaller, lighter weight equipment compared to the radio telescope. However, X-ray telescopes are limited in that they cannot operate from the ground, due to atmospheric

absorption. NASA operates its pulsar astronomy from Earth orbit.

To be specific, the NASA-built device called the Neutron-star Interior Composition Explorer or NICER at the International Space Station (ISS) contains 52 X-ray telescopes to



capture data for those remote pulsating stars. In 2018 the team added the new capability to produce sophisticated positional determination calculations, with its Station Explorer for X-ray Timing and Navigational Technology SEXTANT. The SEXTANT experiment used the equivalent of Earth-based GPS technology to accurately figure the location of a spacecraft. During 2018, the first demonstration of the system was performed using four millisecond pulsars. In this experiment, the SEXTANT system was able to judge the location of the International Space Station, in real time, while it was orbiting at 17,500 mph. The results were accurate to within just 10 miles.

Now, teams are working on developing advanced hardware that is more compact for deep space missions. An early 2023 article in the International Astronomical Federation describes a prototype navigation unit called PODIUM, which will weigh just 6 kg, use 20W of power, and fit in a box 15 cm by 24 cm by 60 cm.

Commenting on the question, "What's next," system architect Luke Winternitz said: "the ultimate goal would be to develop detectors and other hardware to make pulsar-based navigation readily available on future spacecraft."

NASA has announced plans to use the system on the upcoming Artemis mission, which will return astronauts to the moon.

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My Backyard... sponsored by Maureen Kennedy

American Goldfinch

males and females alike are colored subtler brown, flocks of

A typical summer sight is a male female only, about 12-14 days. The American Goldfinch flying over a male feeds female during incubameadow, flashing golden in the sun, tion. Both parents feed nestlings. At calling perchickory as it bounds up first the male brings food and the feand down in flight. In winter, when male gives it to young; then both parents feed. The role of the female gradually declines, so that the male goldfinches congregate in weedy may provide most food in later

> stages. The young leave the nest about 11-17 days after hatching.

> The birds eat mostly seeds, some insects. Diet is primarily seeds, especially those of the daisy (composite) family, also those of weeds and grasses, and small seeds of trees such as elm, birch, and alder. They also eat buds, bark of young twigs and maple sap. They also feed on insects to a

limited extent in summer. The young are fed regurgitated matter mostly made up of seeds.

Nesting begins late in season in

many areas, with most nesting activity occurs during July and August. In courtship, males perform fluttering flight display while singing. The birds nest usually in deciduous shrubs or trees, sometimes in conifers or in dense weeds, usually less than

30 feet above the ground and placed in horizontal or upright fork. The nest (built by female) is a solid, compact cup of plant fibers, spiderwebs, plant down (especially from thistles); nest is so well-made that it may even hold water.

-National Audubon Society



fields and at feeders, making musical and plaintive calls. In most regions this is a late nester, beginning to nest in mid-summer, perhaps to

assure a peak supply of late-summer seeds for feeding its young.

The Goldfinch forages actively in weeds, shrubs, and trees, often climbing about acrobatically on plants such as thistles to reach

the seeds. Except during breeding season, usually forages in flocks. Commonly comes to feeders for small seeds.

The birds lay four to six eggs, sometimes two to seven that are pale bluish white, occasionally with light brown spots. Incubation is by



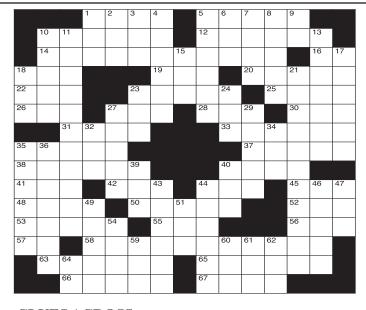




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CLUES ACROSS

- 1. Flat tableland with steep edges 37. French river 5. Where there's , there's fire 38. Told on
- 10. Talked incessantly
- 12. Skill
- 14. Without shame
- 16. Where teens spend their days (abbr.)
- 18. Boxing's GOAT 19. Used to anoint
- 20. Cluster cups
- 22. Footballer Newton
- 23. They make up a forest
- 25. Split pulses 26. Self
- 27. Post-office box
- 28. Test for high schoolers
- 30. Large, flightless bird
- 31. Expectorated 33. Falsehood
- 35. Prickly, scrambling shrub

- 40. Hillside
- 41. Peyton's little brother
- 42. Soviet Socialist Republic
- 44. Cathedral city in Cambridgeshire
- 45. Witness
- 48. Brews
- 50. Yellowish-brown 52. Arctic explorers, abbr.
- 53. Mexican agave
- 55. A type of "cast" 56. Encourage
- 57. Atomic #52
- 58. Relating to position north of south of equator
- 63. Gadget whose name you forget
- 65. Another recording
- 66. Small blisters
- 67. Dark brown or black

CLUES DOWN

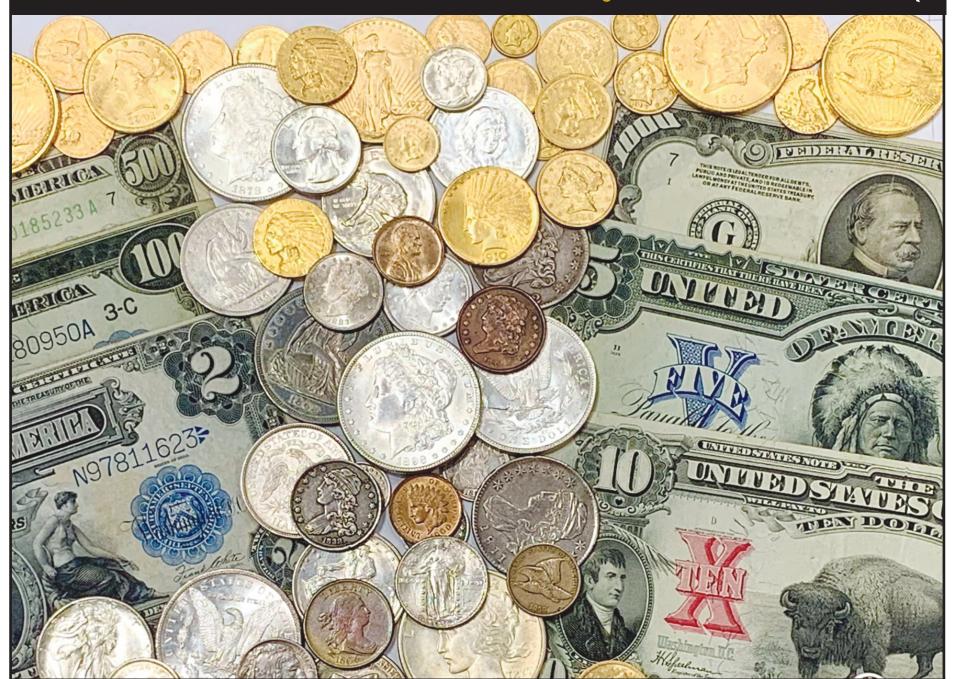
- 1. Licensed for Wall Street
- and flow'
- 3. A very large body of water
- 4. Accumulate on the surface of
- 5. Central cores of the stem
- 6. Angry
- 7. Ceramic jar
- 8. Scraped a car
- route
- 10. Soviet labor camp system
- 11. Strong hostilities 13. Vitamin of the B complex
- 15. Go quickly
- 17. Toast
- 18. A team's best pitcher
- 21. A Philly culinary specialty
- 23. Small child
- 24. Unhappy 27. Trims away
- 29. Characterized by crying eyes

- 32. Soft touch
- 34. American spy organization
- 35. A person's chest
- 36. Came from behind to win
- 39. Fall back
- 40. Nellie ___, journalist
- 43. Great places to kayak 44. Suffer patiently
- 46. Majestic bird
- 47. Electroencephalograph
- 49. Organic compound used as an antiseptic
- 51. Objects connected to the web (abbr.)
- 54. Ship as cargo
- 59. The bill in a restaurant
- 60. Upper-class young woman (abbr.
- 61. Judge in OJ Simpson trial
- 62. One's grandmother
- 64. Siberian river



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MCBP awards grants

The Maryland Coastal Bays Program (MCBP) announced the recipients of the 2023 Mini Grant and Research Grant program. The two grant opportunities support education, outreach, resiliency, and research projects in Maryland's Coastal Bays region.

"The goal of the Mini Grant program is to invest in the health and resiliency of our local community by giving diverse organizations access to funding for projects that will enhance communities and, overall, improve natural resources" said Education Program Manager Chandler Joiner.

The Mini Grant awardees are:

-Spencer Rowe Environmental Consultants, in partnership with Assateague Coastal Trust was awarded \$4,999 to support the installation and monitoring of five water level loggers throughout the Coastal Bays and tributaries.

-The Germantown School Community Heritage Center was awarded \$4,981.20 to support their butterfly garden activities and their native medicinal plant garden. The grant also supports the creation of a medicinal plant scavenger hunt and coloring book.

-The Freetown Education, Re-

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search, and Cultural Center was awarded \$4,977.88 to restore an historical African American cemetery and preserve the surrounding wooded area.

-Assateague Coastal Trust's Coast Kids program was awarded \$4,911 to fund eight scholarships for their summer camp, transportation for scholarship recipients, and staff time for camp hours.

-Go Green OC was awarded \$4,996.60 for the purchase of equipment to support the expansion of operational capacity for the Ocean City composting program.

The scientific research funding was available to MCBP's partners to assist in responding to research needs identified in by MCBPs Science and Technical Advisory Committee. The Research Grant was awarded to the University of Maryland Center for Environmental Science to test the efficacy of a marsh soil microbial index as an early warning indicator of problems in marsh health due to prolonged flooding.

MCBP Science Coordinator Roman Jesien said grant money is being provided by the Environmental Protection Agency through Bipartisan Infrastructure Law (BIL) funding. Environmental Protection Agency (EPA) officials state that with the BIL funding, the EPA is making significant investments in the health, equity, and resilience of communities and taking significant strides to tackle the climate crisis."

For more information, visit md-coastalbays.org.

knots from page 6

sides the big, white 87-foot Coast Guard cutter at show center, the perimeter is maintained by assets from the USCG, the Maryland State Police dive teams, the Maryland Natural Resources Police, jet skis from the Ocean City Beach Patrol and the United States Coast Guard Auxiliary (USCGAux).

In years when there has been ideal weather, we have counted about 600 private and commercial spectator watercraft in the ocean side viewing area. However, in the years when small craft advisories are posted, we have counted less than

50 boats and everyone is fighting seasickness.

The alternative water viewing is to watch the show from the back bays. There are always a couple hundred boats, mostly pontoon boats that don't venture offshore, anchored in the various coves behind Fish Tales and near Harbour Island. However, when King Neptune is restless, many of those 600 boats that normally watch the show

from off the beach, join the bay watchers swelling boat traffic to well more than 500.

Although there isn't a no anchor area in the bay, the potential of 500 recreational vessels in close proximity, and in party mode, is a safety challenge. To that end, five additional assets are assigned to the bay. They include three Maryland Department of Natural Resource Police units, a 24-

Air Show Schedule

Saturday & Sunday

11:30 a.m. - Noon

Opening Ceremonies

Noon - 2:30 p.m.

Flight Performances

2:30 p.m. - 3:30 p.m.

Headline Performance

Air Force Thunderbirds

foot Coast Guard shallow water craft, and a USCG Auxiliary pontoon boat. (That's my boat. Wave if you see me out there.)

Year after year the promoters put on a spectacular show and make it look easy but they are joined behind the scenes by the

Ocean City municipality, the various Maryland state emergency response units as well as the nearly two dozen on-the-water assets that are coordinated by the Coast Guard to make the air show safe. So, enjoy the show and...

Stay safe. Stay dry.

Dan Collins can be reached for comment at dancollins.ocean-pines@gmail.com.

pulsars from page 8

For June stargazers, Venus begins the show early, appearing in western sky at about 8:30 p.m. The bright planet continues to offer its

dazzling light for a generously long show and remains easily visible until at least 11 p.m.

As the stars become fully visible at about 9:30 p.m., Leo the Lion appears high in the western sky. Look for the planet Mars sandwiched between Leo and Venus. On June 22, look for the moon appearing just to the right of Leo's brightest star Regulus. The display stretches to the west, with Mars next and Venus appearing at the western most edge.

Bootes the Herdsman is centrally located high overhead. Southwards from Bootes, the star Spica appears in the constellation Virgo the Virgin and is accompanied to its east by the bright planet Jupiter in Libra the Scales. Within Libra and Virgo, Spica is the only bright star.

After about 10 p.m., the star Antares and other members of Scorpius the Scorpion begin to appear over the southeastern horizon.

Wishing clear skies to all stargazers.



The state of the s

John Bennish, Financial Advisor 11200 Racetrack Road

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What you need to know about SPEC, platform tennis, pickleball

By William Hamilton

As SPEC, platform tennis and pickleball are on a meteoric rise in



Billy Hamilton

popularity, there is critical information that needs to be spread. If you play or plan to play, proper shoe wear is pivotal in giving your best performance and preventing injury.

Let's start with some basic information that will help you understand why certain types of shoes are the right shoe for pickleball or platform tennis. Firstly, these require sports quick lateral movements. Addressing the elephant in the room, running shoes are not appropriate for sports requiring lateral movements. In fact, running shoes are made for only forward movements, and increase the risk of injury if you use them for other purposes. The court surfaces, many times, are hard gritty textures that can quickly tear up shoes that were not made for this environment. In Ocean Pines, all of the courts are concrete based hard surfaces (not gritty) making this information relative to our community.

What type of shoe should you buy? There are many options out there, so understanding the differences will help you make a better decision. You can find shoes dedicated to tennis, platform, and pickleball. Many of these shoes have similar qualities, with subtle differences. I will provide some basic information on what you should be looking for, and better yet, what you should avoid.

You should be looking for an outdoor court shoe, not an indoor shoe. Indoor shoes are typically soft rubber outsoles that will quickly wear out. You will end up buying shoes way more often than your pocketbook would like. Also avoid shoes that are made of the lightweight breathable mesh as this material is not supportive enough and will also wear out quickly. Now, the shoe you need to look for should have these five qualities. They should have a tough outsole, durable upper, affordability, partial herringbone tread pattern, and a six-month outsole warranty. The tough outsole will stand up better to the court surfaces you will be playing on. The durable upper is the top part of the shoe that hugs the foot, this should ideally be leather which is more supportive. The price point you should be looking at is \$80 to \$100. There are plenty of more expensive shoes out there, but even the American Platform **Tennis** Association thinks you should choose the more affordable options as you will be buying new shoes every six months (if you play year-round). The partial herringbone tread pattern is ideal for lateral movement sports. And of course, the warranty, who doesn't love a warranty? Especially when the warranty covers the entire time period leading up to needing to buy the next pair of shoes. Refer to the pictures nearby to observe the differences between a running and pickleball shoe. It is important to note the amount of leather used and lateral supports coming from the outsole. You will also notice the partial herringbone pattern starting on the front of the outsole.

Now let's talk injury prevention. Proper shoes are important, according the NIH.gov, "proper footwear can help prevent acute and chronic injury." Wearing the wrong shoes, such as running shoes, for a lateral movement sport can lead to ankles sprains, knee meniscus or ligament tears, Achilles tendon injuries, plantar fasciitis, and many more conditions. If you want to avoid me, you may want to be proactive and find the best shoe for your sport. A very good online article you can refer

to that explain all of this and even gives shoe suggestions can be found here: thevolleyllama.com/shoes-for-platform-tennis.

I hope this information was helpful and at least gets you thinking about ways to enhance your performance on the court while preventing injuries at the same time.

Billy Hamilton, Doctor of Physical Therapy, Hamilton Physical Therapy (Ocean Pines & Salisbury) can be reached at 410-208-3300 or Billy@HamiltonPTcares.com.





Some things to think about

Gathered from the internet by Jack Barnes

Paraprosdokians

Winston Churchill loved paraprosdokians, figures of speech in which the latter part of a sentence or phrase is surprising or unexpected. Here are some examples.

- 1. Where there's a will, I want to be in it.
- 2. The last thing I want to do is hurt you, but it's still on my list.
- 3. Since light travels faster than sound, some people appear bright until you hear them speak.
- 4. If I agreed with you, we'd both be wrong.
- 5. War does not determine who is right only who is left.
- 6. Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
- 7. They begin the evening news with 'Good Evening,' then proceed to tell you why it isn't.
- 8. To steal ideas from one person is plagiarism. To steal from many is research.
- 9. I thought I wanted a career. Turns out, I just wanted pay checks.
- 10. In filling out an application, where it says, 'In case of emergency, notify:' I put "DOCTOR."
- 11. I didn't say it was your fault, I said I was blaming you.
- 12. Women will never be equal to men until they can walk down the street...with a bald head and a beer gut, and still think they are sexy.
- 13. Behind every successful man is his woman. Behind the fall of a successful man is usually another woman.

- 14. A clear conscience is the sign of a fuzzy memory.
- 15. You do not need a parachute to skydive. You only need a parachute to skydive twice.
- 16. Money can't buy happiness, but it sure makes misery easier to live with.
- 17. There's a fine line between cuddling and...holding someone down so they can't get away.
- 18. I used to be indecisive. Now I'm not so sure.
- 19. You're never too old to learn something stupid.
- 20. To be sure of hitting the target, shoot first and call whatever you hit the target.
- 21. Nostalgia isn't what it used to be.
- 22. Change is inevitable, except from a vending machine.
- 23. Going to church doesn't make you a Christian any more than standing in a garage makes you a car.
- 24. I'm supposed to respect my elders, but now it's getting harder and harder for me to find one.





Scholarships - On May 18 the Ocean City-Berlin Optimist Club gave \$115,000 in scholarships to students at Stephen Decatur High School.

Above (L to R): Larry Campbell, Kathy Cater, Natalie Canham (\$10,000), Anas Omar \$10,000, Madeline Pusey (\$10,000), Summer Banks (\$15,000), Autumn Drew \$15,000, Oscar Li \$15,000, and Charlie Smith.



Boar's Head Meats

Donation

Belinda Gulyas (left), principal of Cedar Chapel Special School, accepts a check for \$11,000 from Ocean City-Berlin Optimist Club President Christina

Dolomount Brown. The check will fund: a wheel chair accessible basketball net; rubber decking; and, benches for their playground. Cedar Chapel Special School teaches children from age 3 to 21 years old.

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