

The Courier

March 27, 2024 Volume 24 Number 27



Donuts with grownups

As part of the week-long Scholastic Book Fair taking place in the Guerrieri Library, Worcester Prep Lower School students shopped with special guests at "Donuts with Grownups" on Wednesday, March 20. Guests enjoyed Dunkin Donuts breakfast and coffee, compliments of the Nistazos family, while purchasing books together.

□ Above are siblings, Pre-K student **Katherine Williams** and first grader **Christian Williams** browsed the annual Spring Book Fair.



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art matters art matters art matters art matters art matters art matters art matters art matters art matters

Artist blends photography and storytelling to connect viewers with the natural world

By **Elaine Bean**
“I work at the intersection of scientific research, public outreach, and storytelling,” Lisa Tossey said. “I use writing, photography, and multimedia to connect and help further public understanding of environmental and marine issues.



“I think art can connect with people in unique ways to help others better understand the people and places around them,” she continued. “The old adage is ‘a picture is worth a thousand words,’ and there is a lot of truth in that. Oftentimes an image can convey a complex situation or idea more effectively – and quickly – to a wider range of viewers than a verbal description can.”
Tossey and her husband, Matthew Amey, also an artist, call the heart of the historic commercial district in Berlin home. Their building has a working studio and gallery on the first floor, Wooden Octopus, which they run as a family cooperative with Tossey’s sister, and the couple lives above it. The artist captures imagery in the field – which can include still photos, immersive 360-degree captures, and video – then produces pieces digitally at home.
“Berlin has a vibrant and supportive arts community that we are thrilled to be a part of, both as creatives and small business owners,” Tossey said. “Working in scientific fields that are often governed by data and precision, it is nice to have a creative outlet and to be able to shine a light on the natural beauty of places being studied, the importance of the organisms in those ecosystems, and the stories of those behind the work.

And I really enjoy connecting the importance of science to people’s everyday lives.”
During the month of March, Tossey is exhibiting alongside two other women artists in the main gallery of the Art League of Ocean City’s Center for the Arts on 94th St. Her large-format pieces that combine immersive photography with ceramics are part of the exhibit “Women in the Arts: Nature, Nurture, Change.” The Art League previously awarded \$1,500 to Tossey to create a body of work from concept to fruition, with funds provided by a grant from the Women’s Fund of the Community Foundation of the Eastern Shore.
“The pieces I created as a result of receiving the Women’s Fund Fellowship are a series that show places and species in peril across the heart of Delmarva, from the Atlantic coast of Assateague Island to old growth forest in Wicomico County to the marshes and ghost forests of Dorchester County,” Tossey said. “The images are immer-



sive 360-degree photographs of these places. I worked with local vendor, Plak That in West Ocean City, to find responsibly sourced materials to print on, so those images are on Forest Stewardship Council-certified wood and aluminum, which is infinitely recyclable. The pieces on wood also feature a ceramic representation of an imperiled species at the center of each image, which we created and fired at

our studio in Berlin.”
Tossey is currently exploring ways to use 360-degree imagery and video to highlight landscapes and organisms that are under threat from climate change impacts. These include shifting coastlines due to sea level rise and habitat loss due to warming waters and saltwater intrusion in the Delmarva region. And she continues to be inspired artistically by the landscape of the Eastern Shore.
“I’ve lived and traveled to many places, and it’s always felt like home,” Tossey said. “We may not have much

in terms of topography, but I love the diversity of habitats you can encounter in a short hike on Assateague Island or in Pocomoke State Forest. The wild Atlantic coast, spongy wetlands, maritime forests, and cypress swamps all support an incredible variety of plants and wildlife to see and explore.”



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Aquacare to host seminar for dancers

Aquacare Physical Therapy will host a seminar for dancers with several experts who will discuss ways to meet the unique physical, mental, and nutritional needs of dancers.

The seminar will be held Tuesday, April 30, from 6 p.m. to 8 p.m., at Salisbury University's Perdue Hall, in Room 156.

By registering in advance, each participant will be entered in a raffle for a Lululemon gift card and one free hour consultation with dance medicine specialist Katie Oakley, PTA, of Aquacare Salisbury – Milford Street.

Hear from the experts:

-Orthopedic Surgeon Dr. Andrew Curley will speak on hip pain in dancers.

-Aquacare Dance Specialist Katie Oakley, PTA

-Gwyneth Bradshaw, Nutritionist

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Aquacare has 11 locations in Delaware and Maryland and offers more specialty services than other practices, including dance medicine, pelvic floor therapy, lymphedema management, dry needling, LSVT BIG for those with Parkinson's, therapy for those with traumatic brain injuries, neurological conditions, and Rebuilder for neuropathy.

Aquacare also offers mobile physical therapy, called Aquacare PT PLUS, for those who prefer to have therapy in their home, at their work, or at their community pool, fitness club, tennis or pickleball court, or golf course.

Learn more about the locations, services, Aquacare PT PLUS, and more at www.aquacarephysicaltherapy.com.

Arts Council offers grants

The Worcester County Arts Council is seeking applicants for local art events and projects to be held in Worcester County between July 1 and December 31, 2024.

Organizations presenting art projects and activities year-round or in both of the six-month periods (July 1 – December 31 and January 1 – June 30) may request grants that cover the entire fiscal year of July 2024 through the following June of 2025.

The deadline for applications to be received is April 15, 2024.

The event or activity must be open to the public. The applicant organization must be a non-profit group, and the amount requested must be matched one-for-one by organization funds.

The grant application and guidelines are available on the Arts Council's website: www.worcestercountyartscouncil.org

During the fiscal year 2024, the Worcester County Arts Council has awarded \$42,695.00 in the Community Arts Development Grants program to 18 art projects to be presented by 13 local nonprofit organizations.

The Worcester County Arts Council's Community Arts Development Grants program is designed to assist local community-based groups to produce and present arts activities in Worcester County and is funded and supported by the Maryland State Arts Council.

For further information or assistance, please call Anna Mullis, Executive Director of WCAC at 410-641-0809 or e-mail: anna@worcestercountyartscouncil.org

Newark VFC blood drive set

Newark Volunteer Fire Company is proud to announce their first (hopefully annual) blood donation drive. It will be held on April 1 from 11 a.m. to 4 p.m. at the firehouse, located at 8338 Newark Road in Newark.

Chief Steve Orth said, "Since we are in the business of saving lives, it seemed logical that we expand our efforts with this life-saving event."

Appointments are suggested; they can be made by calling the Blood Bank of Delmarva at 1-888-825-6638 (1-888-8-BLOOD8) or online at delmarvablood.org. Walk-ins are welcome, time permitting.

For information, call Ava at 443-523-4081 or Jackie at 443-735-4275.



Recognition - At the February Luncheon meeting of the Republican Women of Worcester County (RWWC), **Raye Simpson** (above), chair of Awards, displayed the RWWC Diamond Award. The National Federation of Republican Women presents awards to recognize and honor excellence at the state and club level. It is presented to clubs that demonstrate an excellence in membership development, campaign activities, community relations, programs and club functions.

Pines users exempt from BRF

The Maryland Department of the Environment (MDE) has confirmed residents in the Ocean Pines Sanitary Service Area (SSA) are exempt from paying the \$5.00 monthly charge into the Chesapeake Bay Restoration Fund (BRF). Back in January, the County informed MDE the requirements for the exemption had been met. This exemption will result in an annual savings of \$60 per household in the Ocean Pines SSA.

"It's always our goal to achieve the BRF exemption and keep costs low for residents," Public Works Director Dallas Baker said. "Public Works Water & Wastewater staff worked hard to increase the storage capacity of our chemical reserves, so shortages, like the one that triggered the BRF last year, do not happen again."

Commonly referred to as the Flush Fee, the BRF is a dedicated fund financed by residents and businesses served by wastewater treatment plants (WWTPs) throughout the State of Maryland. Legislation creating the fee was signed into law in 2004 with Senate Bill 320, and the first fees were charged in 2005. BRF funds are used to upgrade publicly-owned WWTPs throughout Maryland, with enhanced nutrient removal (ENR) technology to

reduce nutrient discharges to the state's waterways. The BRF began at \$2.50 per month per household, or per equivalent dwelling unit (EDU), starting on July 1, 2005 and increased to \$5.00 per month on July 1, 2012. On-site septic system users throughout the state began paying a similar \$5.00 fee per month in 2012 as well, with funds used to upgrade failing septic systems in the Critical Areas with Best Available Technology for nutrient reduction.

The Ocean Pines WWTP is equipped with ENR technology, meeting the criteria for the fee exemption, which requires a maximum effluent concentration of 3 milligrams per liter (mg/l) of total nitrogen and 0.3 mg/l total phosphorous. Nitrogen is a natural element found in the earth and in the atmosphere. It is a vital component of life for many organisms, but too much nitrogen in our waterways can be harmful. Excess nitrogen can cause algal blooms, which deplete the oxygen from the river that fish and other aquatic life need to survive.

BRF exemptions are valid for one year and must be renewed annually. For more information, please contact Kim Moses, public information officer, at 410-632-1194.

Missing bunny ears

Inevitably each Easter my grandmother would present my brother and me and later my sister, with a chocolate Easter egg that had our names scrolled in icing on the top. It was a tradition that we anticipated. Usually too, she

through the years. Another part of the tradition was that not long after the baskets were ready, I “sampled” a couple pieces of the candy, usually the Reese’s cups for which I have an addiction.



It’s All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

would give us each a hollow chocolate bunny. Inevitably one of the bunny’s ears would be missing. My grandfather would open the package, break off an ear and repackage the bunny. That also became a tradition.

Since the time our children were infants, my wife and I have had our own Easter tradition: she bought all the Easter treats, prepared the baskets and ensured that each one had a small gift, usually a movie video (later a DVD and later still a BluRay). I sat on the recliner. It’s a tradition that worked well

can report it was awful! The meal was rounded out with mashed potatoes and carrots. Carrots were a regular part of any meal prepared by my grandmother. Carrots were on the menu at least five days a week when we stayed with her. The only exception was the two nights we had spaghetti and meatballs. So identified was she with carrots that one year my mother gave her a framed picture of the vegetable. That picture hung in the kitchen until the day she passed away. I don’t know where it is now.

Growing up I remember Easter dinner was pretty standard: a canned ham brought by my Aunt Anna, my grandmother’s sister-in-law. She inserted many cloves on the top of it for flavor. What flavor she sought I have no clue. But I

On Easter my mother always dressed my brother and me in our finest “Sunday” attire. We usually had to wear a tie and jacket and our best shoes. This created problems when our grandfather played touch football with us on the front lawn. Many times we’d come back into the house with grass-stained knees. Mom wasn’t happy but I really don’t remember her yelling; probably because we had been with Gramps and he could get away with anything in my mother’s eyes even if it meant she had to scrub the stains out of our slacks.

There’s one Easter in particular that has resonated through the years. 1984. My brother, sister, mother and I drove to my grandparents’ home at the shore to spend the holiday weekend. We had a nice time. There was ham without the cloves and of course carrots. The weather was comfortable. We walked the beach and talked about plans for the coming summer. We headed home Easter afternoon, saying our goodbyes like we had many times before. Not long after arriving home my grandmother called. My grandfather had had a heart attack. My mother and I raced to the hospital about two hours away; we made it in just under an hour and a

half. I remember it was a silent trip; we were both inside our heads turning over thoughts and concerns. We made our way to intensive care. Granny was in the waiting area with a neighbor. We went to Gramps’ room expecting he would be unconscious with tubes in him. When we opened the door we found him propped up on the bed playing solitaire. “What are you doing here,” he asked feigning surprise. It relieved the tension - somewhat.

We spent the week with him in the hospital, taking turns to ensure he was not alone. One afternoon I had to leave to take final exams. I hugged him and left. When I got into the hallway I thought to myself, “I didn’t say I love you. Oh, well, I’ll see him tomorrow,” and I went on my way. Several hours later while taking my exam the Dean of Students pulled me from class to tell me that Gramps had passed away.

To this day I regret not going back into his room that last time. That regret will be with for all my days.

Easter that following year was subdued as was each holiday in between. We still got an egg with our names on them and a hallowed chocolate bunny but the ears were still attached and it just wasn’t the same.



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Commentary

By Joe Reynolds
OceanPinesForum.com

Pickleballers on parade

Another OPA board meeting, another rant from pickleballers on the Racquet Sports Committee. Are OPA pickleballers ever satisfied? Then again, OPA board politics are so boring these days - any port in a storm for commentators.

Some readers are probably asking themselves, "What the heck is a pickleballer?"

A pickleballer is someone playing something akin to ping-pong on a tiny tennis court. Writing in the *Tucson local media* in Arizona, columnist Tom Danehy wrote, "Even the name is stupid. The only thing it has to do with pickles is that dill pickles

have no calories while playing pickleball expends no calories."

He then sarcastically suggests how an older pickleballer might describe their athletic activity after the exuberance of youth: "Then I took 20 years off and got really lazy and out of shape. Now I'm a pickleballer! Or, I've never played a sport in my life. I've always had terrible footwork and zero hand-eye coordination. But now I'm a pickleballer!"

To be fair, Danehy concedes the benefit of any exercise.

Talk to any pickleballer for more than 60 seconds and if you do not hear the phrase "Pickleball - the fas-

test growing sport in America," Groucho Marx's mangy stuffed duck Julius will be hovering over their head as a reminder.

A popular website called "reddit" has a section called "NoStupidQuestions." One question found there is "Is Pickleball really a cult."

Anyway, all sarcasm aside, we return to the more serious issue of pickleballer complaints at the March 23, 2024 meeting of the Ocean Pines Board of Directors.

When OPA president Rick Farr opened the floor for public comments, pickleballer and Racquet Sports Committee member Suzanne Russell headed for the podium, pre-typed pickleballer gripes issue #257 novella in hand. She read the text for over five minutes, the limit for public comments. No problem. Russell passed the novella to racquet sports member Karen Kaplan who came to the podium and completed reading the text. Those in the crowded room listened intently. There were a few teary eyes and at least one audience-member thumbs-up came from Elections Committee member Tom Schwartz as the presentation concluded.

Pickleballers are upset that OPA plans to renovate the old pro shop at the Racquet Sports Center as opposed to building something new and much larger. They want space to serve food for breakfast or during events, as well as showers and locker rooms for visiting players.

OPA plans a major renovation of the existing facility with a projected estimated cost of around \$200,000. Russell claimed OPA was planning to do the renovation during the peak summer months. Not the case. Any renovation would take place after the 2024 summer season. OPA has no final plans at this point and has not applied for a County permit.

Any new and larger structure to meet what the pickleballers demand could exceed \$1 million and require a referendum. Word is someone at a committee meeting said, "No problem. A referendum would pass easily."

Not all racquet sports members agree. Ed Moran wrote: "Personally, I don't see the need to spend \$200,000 on the present facility. It's designed for an attendant to sell a few items, string racquets, receive payments for court usage and a small room for a couple of people to sit and talk while waiting for a court. All the action should be outdoors... including the occasional party. Meetings, if necessary, should be held at the community center."

Russell said Racquet Center members did research at the County, checking with the County regarding permits and other issues. She said mold in the building was making employees sick and "... in some cases contributing to them quitting." No proof was provided for these serious public accusations by an OPA committee member.

Asked about her public comments, Director Stuart Lakernick said, "It is very concerning to have heard her statement that folks are getting sick from the building and an employee quit because of this. I can assure you we are looking into this immediately."

Just after the 3/23/2024 board meeting, former OPA board member Marty Clarke wrote, "Ocean Pines Association, Inc. is on notice that the existing tennis facilities are making people sick and should immediately close that facility until such time as it can be made safe."

On 3/24/2024, OPA issued an unusual Sunday press release stating the facility was closed until further notice while inspections of the facility are conducted.

OPA president Rick Farr said it was "inappropriate for committee members to go the County and check on permits."

Fresh off their victory in convincing the Board of Directors to keep pickleball amenity rates low by changing a previously approved budget for fiscal 2024-2025, the pickleballers are perhaps seeking to produce another "backlash" in an attempt to embarrass the board into meeting their demands.

Courier Almanac

On March 27, 1973, the actor Marlon Brando declined the Academy Award for Best Actor for his career-reviving performance in *The Godfather*. The actress and activist Sacheen Littlefeather attended the ceremony in Brando's place, stating that the actor "very regretfully" could not accept the award, as he was protesting Hollywood's portrayal of Native Americans in film.

Drivers undoubtedly have noticed their vehicles need less frequent oil changes than cars once required. The longtime standard oil change interval of once every 3,000 miles no longer applies, and that's thanks to the pivot away from conventional oil to synthetic oil. The molecular structure of synthetic oil and its ability to perform better at extreme temperature means drivers can now drive significantly longer distances between oil changes. In fact, "Car and Driver" notes that synthetic motor oils provide better startup performance and flow at temperatures down to minus-40 Fahrenheit

and then endure extremely high temperatures without oxidizing, thickening or turning black. The reason synthetic oils need less frequent changes is that they can maintain their superior properties two to three times longer than conventional oils. Though each vehicle manufacturer is different and drivers are urged to consult their owner's manuals regarding synthetic oil change interval recommendations, it's not uncommon for modern vehicles to range between 5,000 and 7,000 miles before they need an oil change. Some synthetic oil manufacturers even note their products can last more than 10,000 miles.



**The
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Empowering women

The transformative role of pelvic floor physical therapy

By **Cara Konlian**, MSPT, CEO
Aquacare Physical Therapy



Cara Konlian

Pelvic floor physical therapy (PFPT) has emerged as a crucial and empowering form of rehabilitation, particularly for women. The pelvic floor, a complex network of muscles, ligaments, and connective tissues, plays a pivotal role in supporting organs like the bladder, uterus, and rectum.

When dysfunction occurs in this area, it can lead to a myriad of health issues. Pelvic floor physical therapy is designed to address and resolve these problems, promoting overall well-being and improving the quality of life for many women.

Understanding the pelvic floor. The pelvic floor is a dynamic structure that supports vital organs and contributes to various bodily functions, including bowel and bladder control, sexual function, and stability of the pelvic organs. Factors such as childbirth, hormonal changes, trauma, surgery, and aging can

impact the pelvic floor, leading to dysfunction and a range of symptoms.

Common diagnoses and conditions

Pelvic Pain Syndromes: Pelvic floor physical therapy is highly effective in treating chronic pelvic pain syndromes, such as vulvodynia, dyspareunia (painful intercourse), and vestibulodynia. Therapists employ techniques to release tension in the pelvic floor muscles, addressing pain and discomfort.

Incontinence Issues: Stress urinary incontinence and urge incontinence are common problems affecting women. PFPT focuses on strengthening and coordinating pelvic floor muscles, enhancing bladder control, and addressing issues related to pelvic floor weakness.

Pelvic Organ Prolapse: Weakness in the pelvic floor can result in the descent of pelvic organs, leading to prolapse. Pelvic floor physical therapy helps strengthen and support these muscles, providing non-invasive management for mild to moderate cases.

Pre and Postpartum Care: Pregnancy and childbirth can significantly

impact the pelvic floor. PFPT is essential during pregnancy to prepare the pelvic floor for labor and postpartum to aid in recovery. It addresses issues like diastasis recti, pelvic girdle pain, and postpartum pelvic floor dysfunction.

Interstitial Cystitis/Bladder Pain Syndrome: Chronic conditions like interstitial cystitis often manifest as pelvic pain and bladder discomfort. Pelvic floor physical therapy can assist in relieving symptoms by addressing muscular imbalances and tension in the pelvic region.

Treatment approaches in pelvic floor physical therapy

Pelvic Floor Muscle Training: Therapists guide patients through targeted exercises to strengthen and improve the flexibility of pelvic floor muscles.

Manual Therapy: Techniques such as myofascial release and trigger point therapy are employed to address muscle tightness and dysfunction.

Biofeedback: Advanced technologies are utilized to provide real-time feedback on pelvic floor muscle function, enhancing awareness and control.

Education and Lifestyle Modifica-

tions: Patients receive guidance on posture, bladder habits, and other lifestyle modifications to support pelvic floor health.

Pelvic floor physical therapy is a transformative and non-invasive approach to addressing a range of women's health issues. By empowering women to take an active role in their pelvic health, PFPT has become an integral part of comprehensive healthcare, offering relief, rehabilitation, and improved quality of life for countless individuals. As awareness grows, so does the potential for earlier intervention and prevention, making pelvic floor physical therapy a vital component of women's healthcare.

Aquacare and Fitness Forum physical therapy practices are the leaders in pelvic floor therapy with the largest expert team of pelvic floor specialists in the region. With 11 locations in Delaware and Maryland, chances are there's an Aquacare or Fitness Forum near you. Call the location nearest you or schedule your free consultation or appointment online: www.aquacarephysicaltherapy.com.

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Wild Blue Yonder

The P-51D Mustang *The Jackie C*

By **Ralph Ferrusi**

Some people collect stamps, some collect rare coins. I've known people that collect barbed wire and bricks. I collect P-51 Mustangs, by sitting in their cockpits. The first Mustang in my collection was the P-51D "The Jackie C."

I've been a "Mustang nut" for as far back as I can remember. In my opinion, it's the most perfect airplane ever to take to the skies. It holds a very special place in my heart, and in my mind. The sound of its short-stacked V-1650 Rolls Royce Merlin V-12 is a sound like no other that I have ever heard. You fellow Mustang nuts know what I'm talking about.

In 1994 New York's Dutchess County Airport hosted a bunch of warbirds: World War II aircraft. The day before the airshow I bicycled over to the end of the main runway and watched four Mustangs arrive, enter the landing pattern, and flaps and gear down, land right over my head. It was the first time I realized the Merlin sounds like a popcorn popper as it backs off while landing.

The next day I got to the airport before the big crowds arrived, and wandered among the not-yet-cordoned-off Mustangs. At some point I looked up and my wife was sitting in the cockpit of *The Jackie C*, a beautiful red-nosed, invasion-striped P-51D. Wow! I took some pictures, and thought, "If she can do it, so can I," and clambered up on the left wing (avoiding NO STEP areas), and climbed into the cockpit. It was a dream come true: *I was actually sitting in the cockpit of a Mustang*. I got out pronto, staying only long enough for my wife to take a couple of pictures: this *was* somebody else's million-dollar airplane. I didn't realize it at the time, but I had begun my "collection."

The warbirds returned in 1995: three Mustangs, including *Moonbeam McSWINE*, *Baby Duck*, and *BALD EAGLE*; an olive drab B-17G, *NINE-O-NINE*, a natural aluminum B-24H *Golden Girl*; a mean-looking MARINE F8F Bearcat; a Hellcat; and a B-25.

In 1996 *The Jackie C* was now a shark-mouthed P-40, and the former

Jackie C P-51D was now the (ill-fated) *Big Beautiful Doll*. Sadly, '96 was the last warbird appearance at Dutchess County Airport. No more Merlins in the sky.

In 2009 I heard the Collings Foundation B-17G *NINE-O-NINE*, B-24H *Witchcraft*, and the two-seater TP-51C *Betty Jane* were going to be at the Westchester County Airport. I skootched down, and clambered through the bombers, and then some lucky guy forked over the \$2,400 or so for a ride in the TP-51C. I was mesmerized as it fired up, then taxied to the far end of the runway. I stood by the fence with another Mustang-nut and we both had goose bumps as the Merlin hit full throttle and lifted off the runway, and we both watched it, wide-eyed, until it was a tiny dot in the sky, and, patiently awaited its return.

In 2014 the Collings Foundation trio returned to Dutchess County Airport. I called the airport to ask approximately when they were going to arrive, and hustled over to the end of the runway. There were about a dozen other people there. I half expected the planes to arrive together, but the *NINE-O-NINE* arrived first, alone.

The *Witchcraft* arrived next—the only B-24 out of 18,188 built during World War II still flying, and some of us got brave and walked to a point just about directly across the road from the end of the runway. It was an experience I'll never forget, watching that huge, powerful, last-one-flying Liberator coming just about right at us, gear and flaps down, roaring about 20 feet over our heads, clearing the chain-link fence and touching down right across the highway.

In 2015 I collected my second Mustang, a P-51K. Stay tuned.

Ralph Ferrusi is a World War II aviation enthusiast. His all-time favorite aircraft is the North American P-51D Mustang. He has actually flown in a P-51D, and, a B-17G and B-25H. Born and raised in New York, he and his wife currently reside in Ocean Pines. Questions, comments; rjferrusi@frontiernet.net



Left to right: **Clay Reister**, WCAC Board, Treasurer; **Anna Mullis**, WCAC Executive Director; **Martha Pileggi**, Second Place - "Oxford Fog" oil; **Joanne Guilfoil**, First Place - "Danzi at Delmar" Acrylic; **Ellie Scott**, Third Place - "Evening Bay Reflections" Watercolor; **Kathy Huegel**, Honorable Mention - "Treaty General Store" Oil; **Jiyeong Yun**, Honorable Mention - "Sound of Moon IV" Mixed Media; **Sharon Sorrentino** WCAC Administrative Assistant.

Arts Council announces winners

The Worcester County Arts Council announced the winners in the juried art competition: "Reflections". Entries in this competition are featured in the exhibit at the Arts Council's Gallery and include twenty-five pieces of artwork submitted by eighteen artists with work in all media.

Joanne Guilfoil won first place for her "Danzi at Delmar", acrylic painting. Martha Pileggi placed second for "Oxford Fog," an oil, and Ellie Scott won third place for her watercolor painting, "Evening Bay Reflections."

Honorable mention awards were pre-

sented to Kathy Huegel, Fred Johnson, and Jiyeong Yun.

The winning artwork was selected by accomplished local artist and UMES professor, Brad Hudson. Winners were honored at the opening reception held on March 8th at the Arts Council Gallery located at 6 Jefferson Street in downtown Berlin.

The exhibit will continue to be on display through April 28. The Gallery hours are Tuesday through Sunday, 11 a.m. to 3 p.m. The artwork is available for purchase.



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Send cover letter and resume to
Chip Bertino at
chipbertino@delmarvacourier.com

EOE

Celebrate Trails Day on Maryland's Coast

Celebrate Trails Day Saturday, April 27, in the picturesque town of Snow Hill, Maryland by exploring the newly established trail system with Pocomoke River State Park and Forest. These scenic trails will eventually link Snow Hill to the Pocomoke River State Park at Shad

Milling to impact Pines traffic

Contractors for Ocean Pines started milling and patching on Monday on several streets in Ocean Pines. They include: Battersea Road, Canal Road, Deerfield Court, Driftwood Lane, Moonraker Road, St. Martins Lane, Waters Edge Court and Warf Court

Public Works Director Eddie Wells said flaggers will help direct traffic, and plans are to always keep one lane open on each street.

Weather permitting, paving should start on the first week of April.

For roadwork updates, visit oceanpines.org.

OPPD announces new website

The Ocean Pines Police Department week announced the launch of a brand-new website, oceanpinespolice.com.

The new site features an extensive FAQ on issues ranging from traffic rules and regulations, to noise complaints and how to make an anonymous tip.

There is also a contact field for non-emergency issues, a staff directory, and information about employment opportunities. The starting salary for entry level Ocean Pines Police officers, after field training, is now \$63,500.

Police Chief Tim Robinson said funding for the website came from the Police Accountability, Community and Transparency Grant received last fall through the Governor's Office of Crime Control and Prevention.

He said a local vendor, Salt Water Media of Berlin, created the site.

"We are just excited about the modernization of our webpage," Robinson said. "The new site will allow us to get info out to our community quickly, and provide us with a mechanism for the community to contact us easily in a convenient format for any nonemergency issues."

For more information, visit www.oceanpinespolice.com.

Landing.

"This is an exciting time, and our town is thrilled to invite citizens and tourists alike to enjoy the beautiful countryside connecting the state park to our community," Snow Hill Mayor Michael Pruitt said.

The event will begin at 9:30 a.m. at the Lower Shore Land Trust (LSLT) office on River Street in Snow Hill, with a brief welcome and educational displays, followed by a short walk through town to Byrd Park. Starting at 10 a.m., attendees can engage with local organizations, receive maps, and gather information on recreational offerings within Worcester County. Around 10:30 a.m., attendees will be invited for a short walk to the start of the Summerfield Trails at the end of Dighton Avenue. Please note that this entrance is accessible only to pedestrians and cyclists. No parking is available at the trail entrance. All vehicles must park at Byrd Park or the LSLT. Attendees may take a self-guided walking or cycling tour throughout the Summerfield Trails

system.

Maryland's Coast, in collaboration with Worcester County Tourism and Economic Development, is proud to organize and host this event alongside partner organizations such as the Worcester County Bike and Pedestrian Coalition, Delmarva Trails and Waterways, Pocomoke River State Park and Forest, Lower Shore Land Trust, and the Town of Snow Hill.

For further information about this free community event, please contact Maryland's Coast office at tourism@co.worcester.md.us or call 410-632-3110.

For a comprehensive list of Celebrate Trails Day events, visit www.railstotrails.org/celebrate-trails. For a complete integrated trail map, visit www.delmarvatrail-sandwaterways.com/trail-locator-map.

AGH to host caregiver support group

Atlantic General Hospital announced its new Caregiver Support Group. This monthly support group, facilitated by Atlantic General Hospital Palliative Social Worker Nicole Fry, LBSW, is a safe place for families, partners and other caregivers who share similar challenges and rewards of providing care for adults who have a serious illness.

The Caregiver Support Group provides members the opportunity to talk about the concerns, feelings and stressors they have in the caregiver role. Participants benefit from sharing similar life situations with empathy, support and understanding.

The first session will be held April 3 from 6 p.m. to 7 p.m. at the Burbage Regional Cancer Care Center, with subsequent meetings taking place the first Wednesday of each month.

No RSVP is necessary, and all who are interested are highly encouraged to attend. Light refreshments will be served.

For more information, contact Nicole at nfry@atlanticgeneral.org or 410-641-2626.



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SANDPIPER ENERGY

Be careful when naming beneficiaries

Submitted by **John Bennish**
Financial Advisor, Edward Jones

You might not have thought much about beneficiary designations — but they can play a big role in your estate planning.



John Bennish

When you purchase insurance policies and open investment accounts, such as your IRA, you'll be asked to name a beneficiary, and, in some cases, more than one. This might seem easy, especially if you have a spouse and children, but if you experience a major life event, such as a divorce or a death in the family, you may need to make some changes — because beneficiary designations carry a lot of weight under the law.

In fact, these designations can supersede the instructions you may have written in your will or living trust, so everyone in your family should know who is expected to get which assets. One significant benefit of having proper beneficiary designations in place is that they may enable beneficiaries to avoid the time-consuming — and possibly expensive — probate process.

The beneficiary issue can become complex because not everyone reacts the same way to events such as divorce — some people want their ex-spouses to still receive assets while others don't. Furthermore, not all the states have the same rules about how beneficiary designations are treated after a divorce. And some financial assets are treated differently than others.

Here's the big picture: If you've named your spouse as a beneficiary of an IRA, bank or brokerage account, insurance policy, will or trust, this beneficiary designation will automatically be revoked upon divorce in about half the states. So, if you still want your ex-spouse to get these assets, you will need to name them as a non-spouse beneficiary after the divorce. But if you've named your spouse as beneficiary for a 401(k) plan or pension, the designation will remain intact until and unless you change it, regardless

of where you live. However, in community property states, couples are generally required to split equally all assets they acquired during their marriage. When couples divorce, the community property laws require they split their assets 50/50, but only those assets they obtained while they lived in that state. If you were to stay in the same community property state throughout your marriage and divorce, the ownership issue is generally straightforward, but if you were to move to or from one of these states, it might change the joint ownership picture.

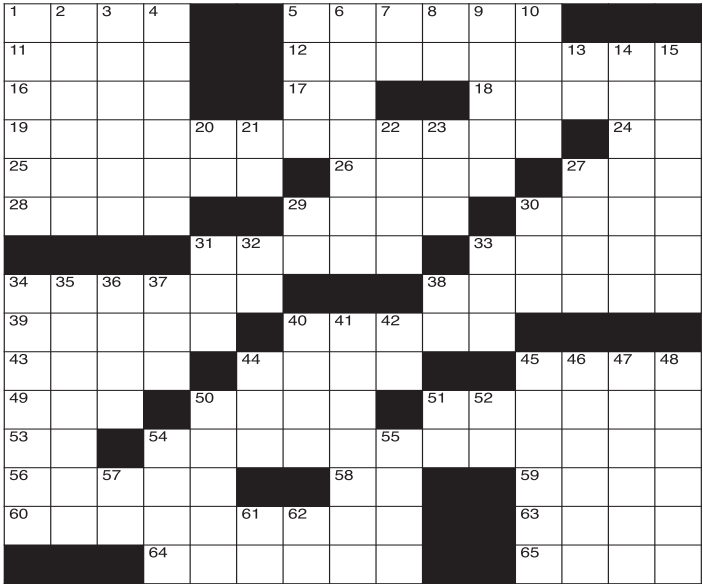
Thus far, we've only talked about beneficiary designation issues surrounding divorce. But if an ex-spouse — or any beneficiary — passes away, the assets will generally pass to a contingent beneficiary — which is why it's important that you name one at the same time you designate the primary beneficiary. Also, it may be appropriate to name a special needs trust as beneficiary for a family member who has special needs or becomes disabled. If this individual were to be the direct beneficiary, any assets passing directly into their hands could affect their eligibility for certain programs.

You may need to work with a legal professional to sort out beneficiary designation issues and the rules that apply in your state. But you may also want to do a beneficiary review with your financial advisor whenever you experience a major life event, such as a marriage, divorce or the addition of a new child. Your investments, retirement accounts and life insurance proceeds are valuable assets — and you want them to go where you intended.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor John Bennish, Ocean Pines. He can be reached at 410-208-9083. Edward Jones, Member SIPC.

If you live in Ocean Pines, be sure to contact The Courier if you want the paper each week in your driveway.

Call 410-629-5906

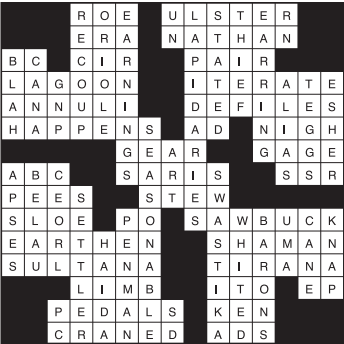


CLUES ACROSS

1. Database management system
5. Medical procedures
11. ___ Clapton, musician
12. Defender
16. Exert oneself
17. Indicates position
18. Quay
19. Atrocities
24. A way to address an adult man
25. Ends
26. Unable
27. Taxi
28. Gratuities
29. A famous train station
30. Japanese persimmon
31. Sours
33. Beneficiary
34. Baseball official
38. Confused situation
39. Unworldly
40. Yemen capital
43. Type of soil
44. Beloved beverage ___-Cola
45. Lying down
49. ___ Angeles
50. Fail to amuse
51. Collapsible shelter
53. Commercial
54. Taste property
56. Lordship's jurisdictions
58. It cools your home
59. Dismounted
60. Charge in a court of law
63. One less than one
64. Spoke
65. Famed garden

CLUES DOWN

1. Show a picture of
2. Small sultanate
3. Unfortunate incident
4. A way to ski
5. Abba ___, Israeli politician
6. Observed
7. "Westworld" actor Harris
8. Belonging to me
9. Shoe lace tube
10. Takes to civil court
13. Early multimedia
14. Produces anew
15. Horse races
20. Of I
21. Equally
22. Changes color
23. A place to stay
27. Town in Galilee
29. Mathematical figure
30. Klingon character
31. They ___
32. Atomic #58
33. Showed up extinct
34. Loosen grip
35. Unpleasant smell
36. Innermost membranes enveloping the brain
37. Esteemed college "league"
38. Partner to Pa
40. Small American rail
41. A salt or ester of acetic acid
42. Sodium
44. Military figure (abbr.)
45. Lighted
46. Paid to get out of jail
47. All of something
48. Ohio city
50. More abject
51. A radio band
52. Scientific development (abbr.)
54. Monetary unit
55. Scored perfectly
57. A punch to end a fight
61. The Golden State (abbr.)
62. The Beehive State (abbr.)



Answers for March 20

Observations

Backyard avian buffet for Ocean Pines

By **Robert Pellenbarg**

Living in Ocean Pines affords access to a fascinating plethora of birds. Come sunrise, if the weather is reasonable, birdsong rises before, and increases with, the morning sun. A cacophony of tweets, chirps, squawks and honks announce that soon, all will be light and bright. Yet, it is always pleasant, even amazing, to be able to experience, that is, to see the birds announcing daylight. How best to do so? Well many serious bird watchers will seek out our feathered friends where the birds live, and watch things from a distance. A pair of quality binoculars is prime equipment for this activity, and with the forests, fresh and salt marshes, marine coastline we have in Worcester County, there are plenty of different avian habitats and targets to examine.

However, there is an excellent alternative to seeking out local birds. If one establishes a feeding site, why, the birds will come within view in short order. Word somehow gets around in the bird world that food is available nearby, and if the feeder is consistently topped up, the birds will come . . . every day without rain! So, what do our local birds favor? A mix of seeds, heavy on sunflower seeds, is a sure winner. The seed stash can be placed in a tubular feeder, and the interested, hungry birds will come in droves. Usually, there is only a few birds at a time at the feeder, but over a given day, easily a hundred or more of various species may pay a visit to the feeder. It must be noted that the seed feeder should be brought under cover if rain threatens. Wet seed will mold and such an offering is dangerous to the diners.

Now there is one food item that will draw the birds rain or shine. A suet block is water proof, and in cold weather provides a powerful energy source for the feeding birds. So, suet stays out all the time, rain or shine. Curiously, even the seed eaters attracted to the feeding area will eat the suet, especially during colder seasons. However, it must be noted that certain insectivores, such as robins, will pass on both seed and suet offered. A robin is focused on finding a juicy worm or two, once things warm in the spring!

Regarding what birds may or may not appear at a back yard feeder de-

pends in part on the season. In very cold weather, the robins likely will move south, while, at the same time, northern species will appear in our area, which is 'south' to them. A fine example of such a bird is the junco, sparrow sized and mostly dark grey in color. Juncos migrate back north once the weather warms in late Winter. So, what, and when, can various birds visit a well-stocked dry feeding station?

Yearround one can expect lots of tiny black-capped chickadees, and tufted titmice, which resemble small grey cardinals. These birds eat both the seeds provided, and the suet, and will come in the tens over any given day. In the dead of winter, cardinals will appear, eager for sunflower seeds. However, cardinals are actually solitary and maybe only a couple will appear in any given week. They often come in pairs: a brighter red male (full brilliant red coloration in the spring), and a greyish/red female, often feeding together. The cardinals seem to pass on the suet. Even in the coldest times, tiny egg-shaped brown wrens with short tails flock to the seed and suet, and will poke about on the ground for, it is presumed, the occasional insect, or spilled seed.

As winter fades slowly to spring, other birds begin to arrive. The blue grosbeak and cowbird arrive occasionally for the seed offering. Sparrows, up to 10-plus at a time, come mid-morning or late in the day to eat spilled seed on the ground near the feeder, but never avail themselves of the suet. There has also been a very tiny grey bird (unidentified) and a very small grey and white bird (also unidentified) which looks like a miniature mockingbird. Mockingbirds, which seem to prefer insects, have yet to visit the feeders.

There are two creatures, the squirrels, and the blue jays, which delight in unsalted roasted peanuts in the shell. Peanuts, spread on the ground in early morning, is a breakfast bell for these visitors. Indeed, somehow the blue jays notice when the peanuts are on offer in the morning, call loudly among themselves, and make a fast trip to the peanuts. The jays are fascinating to watch; a particular jay will hop about examining one peanut after another until the proper one is selected. Peanut in beak, the jay flies off,

but has been observed hiding the peanut in the gutter on the house, only to fly down for another peanut to be hidden elsewhere! Amazingly, on more than one occasion, a tiny titmouse will be seen attacking a peanut on the ground, tearing open the shell, and swallowing the nut thus released. It does pay to watch the birds at the feeder, to see what they are up to, in plain sight.

Now the squirrels and the peanuts are an entirely different story. In short, the squirrels are gluttons, and do indeed take some of the nuts that the jays would likely carry off. This is no big deal as there are enough peanuts for both. However, the squirrels were really out of bounds when they managed to reach the suet block. The squirrels are clever in spades, and climb, jump from nearby trees, leap from the ground, maybe even charter a helicopter, to reach the suet, which they wolf down. So for a couple of months there was a war of cleverness between the squirrels and the provider of treats as to who was to prevail.

Well, in the end, by lining the pole holding the feeder with split plastic milk jugs too big for the squirrels to grasp, it seems that, at last, the squirrels may be vanquished from the suet. Of course, the squirrel brains are still calculating, so the final chapter may not have been written in the 'war for the suet'! We'll see.

There is one group of birds that feeds exclusively in the suet: the woodpeckers. There are tiny black and white downy woodpeckers, large brown flickers, a larger black and white woodpecker, and the magnificent pileated woodpecker. All but the last bird come regularly for the suet. The two smaller woodpeckers are dainty feeders, while the flickers are far from tidy. The flickers have bills roughly two-inches long, and as they thrust and jab at the suet, large particles drop to the ground. Any other birds feeding on the ground make a beeline to the suet scraps. Indeed, if one flicker is at the suet block, another

please see observation page 14



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Free health fair offered

Atlantic General Hospital, the Town of Ocean City, and Ocean City AARP Chapter #1917 are co-sponsoring a free health fair for the community. The event will take place Tuesday, April 2, from 8 a.m. to noon at the Roland E. Powell Convention Center in Ocean City.

The health fair is free and open to the public. Free health screenings will be offered including carotid, respiratory, bone density, hearing, blood pressure, skin cancer, medicine review by AGHRx RediScripts pharmacists, lipid panel, blood glucose (a 12-hour fast is required) and more.

At 8:30 a.m., Dr. Edwin Castañeda of Atlantic General Internal Medicine will discuss antibiotic stewardship, followed by a presentation on vaccines by AGHRx RediScripts pharmacist Jordan Hines at 9:30 a.m. The final speaker of the morning is Dr. Michael DiClemente of Atlantic General Women's Health, who will discuss a wide range of topics related to women's health at 10:30 a.m.

MBS to host memorial color run

All are welcome to join Most Blessed Sacrament Catholic School and the Home & School Association as they dedicate the annual MBS Color Run in memory of the beloved Kathy Manns. Through this, they will honor and celebrate her tremendous life and legacy. A Dedication Ceremony will be held at 5:15 p.m. on Friday, May 3, followed by the Color Run events.

Mrs. Manns was a champion of Catholic education. She dedicated her career and her retirement to serving students from Holy Savior St. John Fischer School in Linwood, PA, St. Mary Magdalen Catholic School in Wilmington, DE, and Most Blessed Sacrament Catholic School. She made a lasting impact on the lives of many of the MBS families during her time as a middle school substitute teacher and Principal. She added a splash of color everywhere she went and was instrumental in promoting *MBS at Play* to raise the funds needed for a new playground.

The Home & School Association's goal is to raise \$20,000 for 20 years of MBS. Phase I of the playground has been completed and now it's time to complete Phase II.

For more information on registering for the color run or to donate to the playground fund, contact Mrs. Laura Barker at hsa@mbscs.org, or call the school office at 410-208-1600.

County to host events to recycle boat shrink wrap

Worcester County Public Works will host two free events to recycle boat shrink wrap. The events will take place the week of April 30 to May 4 and again the week of June 3 to 8 at the Worcester County Central Landfill, at 7091 Central Site Lane Newark, during normal business hours.

Both events will be open to all Worcester County residents and businesses. To participate in the program, the shrink wrap must be free of all rope and door/window openings. Only the wrapping itself may be recycled. Vehicles transporting the shrink wrap material will be required to weigh in and out on the landfill scales, so an accurate weight can be recorded. However, there will be no charge for the weight of the shrink wrap.

For more information, contact Worcester County Recycling Manager Bob Keenan at 410-632-3177 or bkeen@co.worcester.md.us.

Boating course offered

The US Coast Guard Auxiliary is offering the Safe Boating Course at the Ocean Pines library on April 2, 3, and 4 between 6 p.m. and 9 p.m.

The cost is \$20 for all three evenings. Register or get more information by calling Barry Cohen at 410-935-4807 or Email: CGAUXOC@Gmail.com.

Coastal Bays boardwalk exhibit to be unveiled

The Maryland Coastal Bays Program (MCBP) has had the recent privilege of acquiring the use of an outdoor enclosed exhibit space owned by the OC Life-Saving Station Museum at the south end of the Ocean City boardwalk. The exhibit sits beside the benches that face the iconic view of the inlet, Assateague, and Sinepuxent Bay.

This multi-year exhibit will be visible year-round to both residents and visitors and provide opportunities to educate and tell stories about the estuary system that makes our home such a unique place to visit and live. The exhibit will be partially funded through the Harrison Group, who has generously offered to be a gold sponsor of the exhibit, and Old Pro Golf, who is a silver sponsor. "We are so grateful to the Ocean City Life-Saving Station Museum for providing this space and to the Harrison Group and Old Pro Golf for funding the exhibit," said Kevin Smith, Executive Director of the Maryland Coastal Bays Program. "The opportunity to share this incredible exhibit with the multitude of visitors to the inlet provides a unique opportunity to showcase the rich diversity of landscapes, fish and wildlife that inhabit these coastal waters, and the land that surrounds them. We hope

that this will enrich their visit to Ocean City and provide them with a stronger sense of place."

The exhibit will include a 16-foot wrap-around mural of the bay's habitats to, quite literally, paint a vibrant picture of the Coastal Bays estuary. The mural is currently being completed by local artist Leslie Beloso. People will also be invited into the display by using 3D fabrications and models of the marsh and the plants and animals found in our bays' waters, and interpretive signage to spark interest to its visitors to learn more about the watershed they are currently a part of.

Phase two of the exhibit interpretive plan will include QR codes that will link to English and Spanish audio and a webpage to provide a deeper opportunity for connection with the watershed. "The incorporation of QR codes will allow people to not only read, but also listen about the watershed as they view the exhibit, and will provide a space for additional online learning resources and a virtual interactive exhibit component for continued education back home," stated Liz Wist, MCBP Education Coordinator. The Coastal Bays Boardwalk exhibit is set to be revealed this summer.

Tortoise and Hare Dare 5K returns

The Worcester County Health Department, Worcester County Department of Recreation and Parks, and Pocomoke River State Park encourage residents to welcome back spring with the 27th Annual Tortoise & Hare Dare 5K walk/run. The 5K will take place at Pocomoke River State Park-Shad Landing located at 3461 Worcester Highway in Snow Hill, on Saturday, April 13. Registration/check-in starts at 8:30 a.m. and the walk/run will begin at 9 a.m. This is a free event and is pet friendly. The first 100 individuals to pre-register for the event will receive a commemorative T-shirt.

"The 27th Annual Tortoise and Hare Dare 5K is the perfect opportunity to get out and get active in our county and explore the lovely

Shad Landing," said Mimi Dean, Director of Prevention Services for Worcester County Health Department. "Whether you walk or run, this event is a fun way to join others and welcome spring back to Worcester."

After the walk/run, participants are encouraged to visit local health, recreation, and community vendors. This is a great opportunity to enjoy the outdoors while doing some physical activity with friends, family, and other community residents. Pre-registration is encouraged. Participants can register through Eventbrite. For more information, call 410-632-1100 ext. 1108.

You can also register for our free *Just Walk* program at any time, by visiting justwalkworcester.org/.

Gout in the hand is a painful affliction

By **William Hamilton Jr., DPT CHT**

Gout, often recognized for its hallmark symptom of excruciating pain in the big toe, is a form of inflammatory arthritis that can affect various joints in the body, including those in the hand. Gout attacks in the hand can be debilitating, impacting daily activities and diminishing quality of life. Understanding the causes, symptoms, diagnosis, and treatment options for gout in the hand is essential for effective management of this condition.

Gout attacks in the hand typically occur suddenly and are characterized by intense pain, swelling, and redness in the affected joint. The pain is often described as sharp, throbbing, or pulsating, making it difficult to perform even simple tasks. Swelling and tenderness may accompany the pain, and the skin over the affected joint may feel warm to the touch. In advanced cases of gout, chalky deposits of uric acid crystals, known as tophi, may develop beneath the skin around the joints, including those in the hand. These tophi can cause further discomfort and deformity if left untreated.

Gout occurs when there is an accumulation of uric acid crystals in the joints and surrounding tissues. Uric acid is a waste product that is normally dissolved in the blood and excreted through the kidneys. However, if the body produces too much uric acid or if the kidneys

cannot eliminate it efficiently, uric acid levels can become elevated, leading to the formation of crystals.

Several factors can contribute to the development of gout in the hand, including:

Diet: Consumption of foods high in purines, such as red meat, organ meats, seafood, and sugary beverages, can increase uric acid levels and trigger gout attacks.

Obesity: Excess body weight is associated with higher levels of uric acid and an increased risk of gout.

Genetics: A family history of gout or certain genetic factors can predispose individuals to the condition.

Medical conditions: Certain underlying health conditions, including hypertension, diabetes, and kidney disease, can affect uric acid metabolism and increase the likelihood of gout.

Medications: Some medications, such as diuretics and low-dose aspirin, can elevate uric acid levels and contribute to gout development.

Diagnosing gout in the hand typically involves a combination of medical history, physical examination, and diagnostic tests. During the physical examination, a healthcare provider will assess the affected joint for signs of inflammation, swelling, and tenderness. They may also inquire about the patient's medical history, dietary habits, and any medications they are taking.

In some cases, a sample of fluid may be extracted from the affected joint using a needle and syringe. This fluid can then be examined under a microscope to detect the presence of

uric acid crystals, confirming the diagnosis of gout.

Treatment for gout in the hand aims to alleviate pain, reduce inflammation, and lower uric acid levels to prevent future attacks. Depending on the severity of symptoms and individual factors, treatment options may include:

Hand Therapy: a Certified Hand Therapist (CHT) can perform certain manual techniques to help provide pain relief and reduce swelling around the joints.

Nonsteroidal anti-inflammatory drugs (NSAIDs): Over-the-counter or prescription NSAIDs, such as ibuprofen or naproxen, can help relieve pain and inflammation during gout attacks.

Colchicine: Colchicine is a medication that can be used to reduce inflammation and relieve gout symptoms, particularly in the early stages of an attack.

Corticosteroids: In some cases, corticosteroid medications may be injected directly into the affected joint to reduce inflammation and alleviate pain.

Lifestyle modifications: Making dietary changes, maintaining a healthy weight, and limiting alcohol consumption can help reduce the risk of gout attacks.

Medications to lower uric acid levels: For individuals with recurrent gout attacks or high uric acid levels, medications such as allopurinol or febuxostat may be prescribed to lower uric acid levels and prevent future flare-ups.

Gout in the hand can cause significant pain, swelling, and discomfort, impacting the daily lives of those affected. By understanding the causes, symptoms, diagnosis, and treatment options for gout in the hand, individuals can work with healthcare providers to effectively manage the condition and improve quality of life. Through a combination of medication, lifestyle modifications, and regular monitoring, individuals with gout in the hand can achieve relief from symptoms and reduce the risk of future flare-ups, allowing them to regain mobility and function in their hands

Job fair to be held at Wor-Wic

The public is invited to attend a free job fair being offered by the career services office at Wor-Wic Community College on Thursday, April 4, from 1 p.m. to 4 p.m., on the third floor of Guerrieri Hall at the college campus in Salisbury.

More than 40 area employers are planning to participate in the fair, including Atlantic General Hospital, Harrison Group, the Maryland Natural Resources Police, NASA, Ocean Downs Casino, Salisbury Christian School, Pepsi Bottling Ventures, Tidal-

Health, the Town of Ocean City, WMDT and Wicomico and Worcester counties.

Attendees do not need to register to attend, but they should come dressed in interview attire and bring resumes to give to prospective employers. Job seekers can go to www.collegecentral.com/worwic and submit a resume prior to the job fair for a free critique.

Visit the events section of www.worwic.edu or call 410-334-2903 for more information.

Virtual poetry reading to be held

Wor-Wic Community College is inviting the public to a free virtual poetry reading by Aricka Foreman on Thursday, April 11, at 7 p.m., via Zoom.

Foreman is author of "Dream with a Glass Chamber" and "Salt Body Shimmer." She has earned fellowships from Cave Canem, Callaloo and the Millay Colony for the Arts. Her work has appeared in RHINO,

Buzzfeed, James Franco Review, THRUSH and "Furious Flower: Seeding the Future of African American Poetry." She serves on the board of directors for The Offing, a literary magazine, and lives in Chicago, Ill.

Visit the events section of www.worwic.edu for more information.

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Arts Council celebrates Youth Art Month

In celebration of Youth Art Month, observed nationally in March, the Worcester County Arts Council is showcasing a vibrant selection of artwork created by the Worcester County public school elementary students who participated in the Arts Camp program sponsored by the Arts Council.

“The continued partnership with the Worcester County Public School system allows the Arts Council to make art experiences available to a more inclusive and diverse student population in Worcester County,” said Anna Mullis, the Worcester County Arts Council Executive Director.

Youth Art Month celebrates exceptional arts education programs by highlighting the value of art education for all students and encouraging support for

quality school art programs.

“The Arts in Education program, sponsored by the Arts Council, emphasizes lifelong learning and supporting arts programs in our local schools is one of the Arts Council’s core priorities, said Anna Mullis, the Worcester County Arts Council Executive Director. Youth art month is a tribute to teachers that inspire their students to explore new avenues of creative expression.”

The exhibit of students’ artwork is on display until the end of March at the Arts Council Gallery located at 6 Jefferson Street in Berlin. Gallery hours are Tuesday to Sunday, 11 a.m. to 3 p.m.

For more information about the Arts Council’s programs and services, visit: www.worcestercountyartsCouncil.org.

observation
from page 11

one can be on the ground, eating the scraps falling from above. On a couple of occasions, grackles, black birds with a purple sheen on the head (infrequent visitors in the early Spring) will contest access to the suet scraps with the flickers. These birds are roughly the same size, but never seem to get in each other’s way. Once the flickers have their fill of suet, on occasion they will drop to the ground and make off with a peanut for consumption later. Very curious, but very interesting to see!

Well, mentioned above is the pileated woodpecker, a magnificent bird without equal, the largest North American woodpecker. The pileated looks like a slim crow, with black and white coloring on the body, a very large bill like a spike, a bright red topknot like on a cardinal, and a very impressive presence. These woodpeckers favor the suet, but rarely indulge. A pileated woodpecker eating suet is a sight to behold, but a rare sight none the less. With luck, a visit every couple of weeks may transpire . . .

So, a well-stocked backyard avian buffet offers seed, suet, peanuts, suet scraps and spilled seed on the ground, and the chance to observe our avian companions up close and busy. The various birds arrive, dine, move on, and often return daily. One really can’t go wrong setting up a bird feeder, just beware of the conniving squirrels which are clever beyond belief. Big, small, solitary, migratory, small groups of the same bird, permanent residents from the nearby forests, feeders of various habits, and even the chance to view the extraordinary pileated woodpecker, truly a feathered pterodactyl, are all on tap as one watches, and ponders, a backyard buffet set out for the birds!

What is the Easter celebration?

Most Christians will celebrate Easter on Sunday, March 31, 2024. Orthodox Christians celebrate Easter on May 5, 2024. Many religious holidays like Easter are known as “movable feasts,” which means they are not fixed dates on the calendar, but are celebrated in accordance with the lunisolar calendar. Easter occurs on the first Sunday after the Paschal Full Moon, which is the first full moon of spring, according to the Farmer’s Almanac. Easter occurs shortly after the vernal equinox.

Easter is a central holy day of Christianity and commemorates the Resurrection of Jesus three days after His death by crucifixion. Jesus’s resurrection is an awe-inspiring component of Easter. Prior to Easter, on what is now known as Good Friday, Jesus sacrificed Himself for all humankind and redeemed the public from sin through His death on the cross. Sacrifice, death and resurrection are key tenets of what developed into the Christian faith and set it apart from other religions, including Judaism, with which Christianity shares many components.

To prepare for Easter, celebrants participate in Lent, which is marked by prayer, repentance and fasting. Lent begins on Ash Wednesday and ends during Holy Week on Holy Thursday, which marked Christ’s Last Supper. Lent is immediately followed by the Holy Triduum, a liturgical season in its own right, according to Catholic.com.

The United States Conference of Catholic Bishops says the word “Easter” comes from Old English meaning the “East.” Since the sun rises in the East and brings light, warmth and hope, it is a symbol for the rising of Christ who is the true light of the world. The Paschal Candle used during the Easter Vigil is a symbol of this divine light.

Easter is the most important time on the Christian liturgical calendar. Much like Christmas does not simply end on December 25, Easter is celebrated over the course of a season. Ultimately there are 50 days of Easter, beginning on the first Sunday and culminating with the Pente-

cost, which marks the descent of the Holy Spirit on the disciples of Jesus after His Ascension into heaven.

Easter is a time of profound reflection and joy. While the arrival of Christ through his birth on Christmas is worthy of celebration, the Church recognizes that Easter is the foremost Christian celebration.

Art League welcomes new photographers

The Art League of Ocean welcomes photographers Susan Koster and Brandon Martin to Studio B at the Ocean City Center for the Arts. Both are residents of Ocean Pines.

Koster has studied photography for more than 20 years, working professionally as a photojournalist for local and national newspapers, magazines, marketing and advertising agencies. She became an award-winning outdoor photographer after college and specializes in the techniques of macrophotography, tilt shift, abstract, and long exposures.

Martin is an award-winning, self-taught artist who has studied photography for more than 25 years, getting his start in Poland at age 13. Since then, he has traveled the world, photographing Europe, Asia, Oceania, and the Americas. Martin pursues the crafts of long exposure photography, abstract photography, and impressionistic photography to create unique art pieces. He is also a watercolor painter and a skilled wood-worker.

“Our shared love for photography, the outdoors, and travel, led us to collaboration,” Martin said. “Having the opportunity to transfer the beauty of the seas and the skies and the ethereal feel of the beach onto various mediums and print and to create one-of-a-kind art for others to enjoy is our passion. Whether we are working together oceanside or in the heart of nature mountainside, we live for the medium and hope that you see it shine through in our award-winning collections of fine art.”

Studio B and the Ocean City Center for the Arts, 502 94th St. bayside, are open weekdays 9 a.m. to 4 p.m. and weekends 11 a.m. to 4 p.m. with free admission. More information is available at OCart.org or by calling 410-524-9433.

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Some things to think about

Gathered from the internet
by **Jack Barnes**

By replacing your morning coffee with green tea, you can lose up to 87% of what little joy you still have left in your life.

Stop posting your problems on facebook and start drinking alcohol like the rest of us



Last night I ordered a glass of wine with my dinner and the waiter asked for my ID. I replied do I look that young and the waiter said "No. I just wanted to see if you qualified for the Senior Citizen discount."

Walmart had to remove 50,000 milk cartons from their store.

The labels have to be changed from "Open here" to "Open at home"

The Grinnin' Bear



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