

The Courier

April 10, 2024 Volume 24 Number 29



Art - Students of the Berlin Intermediate School After School Art Club, an outreach program of the Art League of Ocean City led by teacher Joanne Guilfoil created Easter-themed mandalas using chalk. Above is **Maleah Maness**.

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Discover outdoor gems

Kiwanis Club of Greater Ocean Pines-Ocean City President **Bob Wolfing** (left) and guest speaker **Laura Scharle** (right) at the April 3 meeting. Laura is the founder of Delmarva Trails and Waterways, an on-line website that highlights accessible trails and beaches for visitors of all abilities at www.delmarvatrailsandwaterways.com.

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 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 en-

trance 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.delmarvatrailsandwaterways.com/trail-locator-map.

Remington named Teacher of the Year

Worcester County Public Schools (WCPS) announced the 2024 Worcester County Teacher of the Year during its annual banquet last Thursday evening: Gabrielle Remington of Stephen Decatur Middle School (SDMS).

During its 37th annual Teacher of the Year celebration, Worcester County Board of Education President Todd Ferrante made the announcement following a program honoring all 14 school-level teachers of the year and their commitment to providing a high-quality education to the young people of Worcester County.

"I am so proud of both Gabrielle and all of the incredible teachers we have honored this evening," said Superintendent of Schools Lou Taylor. "She will be a fantastic representative not only for her school, but our entire school system as she progresses to the state-level program. Her passion of creating learning communities that enable students to take risks, build critical thinking skills, and celebrate their differences is to be commended."

Currently in the final stretch of a doctorate program in literacy at Salisbury University, Remington currently serves as a reading specialist. With a profound understanding of literacy dynamics, she strives to make a lasting impact on young minds, ensuring they develop a love of reading and strong reading skills for a lifetime of learning.

"Teaching is about adapting instruction to prepare students to be future leaders, driven citizens, and community-minded individuals. The impact of deliberately connecting students with the community through literacy is profound," Remington said in her portfolio. "Students develop not only a love of literacy but also a deep appreciation for the diverse tapestry of the Worcester County community. These connections dissolve the classroom walls, creating an environment where learning is not confined to a curriculum but extends into the rich community, preparing students for success in a diverse world."

Remington was one of four finalists announced during the program, who were in the running for the prestigious title. The other outstanding finalists were Caitlin Evans of Worcester Technical High School, Amanda Krantz of Pocomoke High School, and Carrie Moore of Snow Hill Middle School.



Gabrielle Remington

Remington was selected by a panel of judges representing experts in the field of education, community leaders, and the current reigning 2023 Worcester County Teacher of the Year. All candidates were judged based on a rigorous set of criteria in alignment with both the state- and national-level Teacher of the Year programs, which include instructional abilities, collaboration, building connections with our community, leadership and innovation both in and out of the classroom, and the ability to articulate their education beliefs and advocate for how to better this field.



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Annual Arbor Day program returns

The Ocean Pines Garden Club will hold its annual Arbor Day Memorial Tree Planting Ceremony on Thursday, April 11 at 10:30 a.m. at Pintail Park in Ocean Pines. The ceremony is conducted in memory of those who have passed the previous year. In addition to the planting of a new tree for the park, the beautiful ceremony includes the history of Arbor Day, poetry, and declaration readings; music by the Pine Tones and bagpiper Mike Castoro; and a bell rung for each person memorialized. The public is welcome to attend. In the event of inclement weather, the event will move inside to the Ocean Pines Community Center.

Anglers to meet

The Ocean Pines Anglers Club will meet on Saturday, April 13 at 9:30 a.m. in the Ocean Pines library. The speaker will be Scott Lenox host of local television program "Hooked on OC." There will also be a discussion on fishing regulations updates. All are welcome.

Local nonprofit seeks support

Local nonprofit Worcester County GOLD (Giving Other Lives Dignity) is seeking golfers, sponsors, and donors for the upcoming 9th Annual GOLD on the Green Charity Golf Tournament presented by The Grand Hotel.

The tournament will be held on Wednesday, June 12, 2024, on the Newport Bay Course at Ocean City Golf Club. Beginning with a shotgun start at 1:00 pm, players will enjoy 18 holes of golf on a beautiful waterfront course, delicious food, refreshing beverages, side games, prizes, and giveaways, all for a good cause!

Teams that register before May 1st will save \$100 with the "Early Birdie Price." Sponsors will receive valuable exposure at the event and in all print and digital marketing media.

GOLD's Executive Director, Nick Cranford, says, "This is our major fundraising event for the year, so the more successful we are, the more assistance we can provide. Each year, we try to improve the golfer experience, and we think this event is one our participants really look forward to."

Supporters can find more information by visiting GOLD's website at www.WorcesterGOLD.org or by reaching out to contact@worcestergold.org or 443-235-6525.

Worcester County GOLD is a registered 501(c)(3) nonprofit organization improving the quality of life for Worcester County residents living in low-income circumstances by providing emergency financial assistance and items to meet basic needs.

Celebrating Civil Rights on the Shore

The Beach to Bay Heritage Area will present their annual celebration, Civil Rights on the Shore: An Evening of History and Song with Dr. Clara Small and Dr. John Wesley Wright, Tenor at the Charles H. Chipman Cultural Center in downtown Salisbury on May 8 from 4:30 p.m. to 6:30 p.m.

Enjoy an evening with Dr. Clara Small and Dr. John Wesley Wright to discover and celebrate the Civil Rights movement here on the shore. The Charles H. Chipman Cultural Center, built in 1838, will serve as the backdrop for this event. The Chipman Center is the oldest standing African-American church on Delmarva. Later abandoned as a church, it was purchased by educators, Professor Charles H. Chipman and his wife Jeanette Chipman. They donated the building for use as a cultural center to honor the history and accomplishments of the black community.

Refreshments, beer & wine and hors d'oeuvres will be provided. Cost of tickets is \$35. For more information go to www.beachesbayswaterways.org/annual-celebration.html.

Parke garage sale returns

The Parke at Ocean Pines is holding its community sale on Saturday, April 13 (rain date is Sunday, April 14) from 7:30 a.m. to noon in the driveways of our residents. The Parke is an active 55+ Adult community of 503 homes. Parke residents are selling their treasures for others to enjoy. There are clothes, lamps, artwork, household items, electronics, furniture and more.

For additional information, contact the Parke Clubhouse Staff at 410-208-4994.



New Kiwanis member

The lifeblood of the Kiwanis Club of Greater Ocean Pines-Ocean City is the members who volunteer their time and efforts to help make the community better. At the April 3 meeting Jug Brown, he says nobody knows him by Joseph or Joe, became the newest member of the club. Jug grew up on a farm in Jarrettsville, MD. He joined the Air National Guard, worked for the Ulmans in their business, served as deputy Grand Knight in the Knights of Columbus and worked in the car business for 18 years before retiring to Ocean Pines.

Pictured (L-R) are his sister and Kiwanian **Terri Ulman** who co-sponsored him, **Jug Brown**, and his brother-in-law Kiwanian **Jim Ulman**, who co-sponsored him for membership.

New Wor-Wic class schedule helps students earn more credit

Wor-Wic Community College will begin offering seven-week credit classes this fall, in addition to its 15-week classes, to help accommodate students' schedules and help them find their quickest path to graduation.

The seven-week courses cover the same material and offer the same credit hours as their 15-week counterparts, but are taught in a different way, often by adding hybrid or online components. In addition, Wor-Wic has changed its night credit class schedule so that students who attend nights only can take a full-time courseload if they wish.

"At Wor-Wic, our goal is to help students succeed. Many students have demanding schedules and by adding these seven-week courses, students have more options to achieve their goals of graduating," said Dr. Kristin L. Mallory, vice president for academic affairs. "We serve a diverse population of students, many who work full time, and may be caring for children and other family members."

The Education Advisory Board, a higher education research firm, found that courses in formats such as the seven-week term helped improve students' course pass rates by as much as 23 percentage points.

"Our faculty spent months creating

courses in this new seven-week format, working alongside staff to create a new academic calendar to meet students' needs," Mallory said. "One academic advantage is that students may need to prepare for fewer midterm and final exams at the same time, so they are better able to sharpen their focus."

Courses are offered on campus, online, virtually and in hybrid formats. Registration for the fall term opened April 1, and classes start Sept. 4. Visit www.wor-wic.edu to learn more about the seven-week classes.

NOTICE TO READERS

Home delivery of *The Courier* within Ocean Pines has been limited because of illness of our delivery person. The paper is available at bulk locations including the Ocean Pines Food Lion, the Ocean Pines library, Walmart, Southside Deli, 7-11, Royal Farms and Ocean Pines White Horse Park.

You can also read each edition online at www.delmarvacourier.com.

We regret any inconvenience.

A-P-P-R-E-C-I-A-T-E

One of the lessons drilled into me over and over and over again when I was a student at St. Albert the Great grade School was the importance of spelling words correctly and employing proper grammar



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

when writing and speaking. Such sticklers were my teachers, especially Sr. Marie Marguerite, that if I turned in an English composition with erasures or, heaven forbid, a crossed-out word, I would lose points for sloppiness. No joke.

The process at the time was excruciating. My classmates and I were forced to think through what we were going to write before ever putting pencil to paper. In retrospect, I am very thankful for that

training. I receive a fair amount of correspondence on a regular basis and it saddens me when I read something rife with poor grammar and spelling, especially a piece written by a high school student or college graduate.

Somewhere along the line, the opportunity to learn how to construct a sentence properly or spell correctly was overlooked. That's a shame. Not every student will be proficient in writing and spelling but at least they should be given a chance.

From first grade through eighth, spelling bees were a regular occurrence during my student days. We'd be lined up in front of the blackboard and the teacher would be say a word and we'd have to repeat the word, spell it correctly, say the word again and then use it in a sentence. For instance, "chapter." "Chapter. C-H-A-P-T-E-R. Chapter. I will read the next chapter of my book."

No one wanted to be the first student to return to his or her seat because of a misspelled word. It was embarrassing. Ask me how I know.

Sentence diagramming was a routine torture perpetrated by my sixth, seventh and eighth grade English teachers. They were merciless. So poor was I at diagramming that if not for the actions of my mother, I would have had to go to summer school between sixth and seventh grades. She met with my teacher and promised she would tutor me during the summer to avoid my having to go to summer school and not be able to spend the summer at the Jersey shore with my grandparents. I was very happy until I realized my mother meant to keep her promise. *Oh, the pain! Oh, the agony!*

Within sight of the incoming tide and the anticipation of getting on the boat with my brother and grandfather, my mother made me diagram sentence after sentence after sentence. And for good measure she gave me vocabulary tests. All summer long – vocabulary tests and sentence diagramming. Nouns, adverbs, adjectives, subjects and pred-

icates. The more near the incoming tide came, the more quarrelsome and impatient I became. I learned a little science during those trying times: when the force of two personalities collide, Mom always wins.

That "summer of hell" dragged on in such a manner that I yearned for the start of the new school year. When it finally arrived, I was ecstatic. Much to my astonishment, seventh grade English was a relative breeze. There wasn't a sentence I couldn't diagram. There wasn't a vocabulary word I could not spell or give a definition. I aced seventh grade English and eighth grade English for that matter. I don't know whether sentence diagramming is still taught in schools. If I were a student today, I would hope not. But as a parent and grandparent, I hope it is. Effective oral and written communication is more than emojis punctuating text messages and students (and some adults) need to recognize the difference.

Appreciate. A-P-P-R-E-C-I-A-T-E. Appreciate. I appreciate that my mother kept her promise.



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Commentary

By Joe Reynolds
OceanPinesForum.com

A board conspiracy?

Sherrie Clifford and Amy Peck, members of the self-described *Ocean Pines Resident Oversight Community*, talked about the OPA Search Committee in a recent podcast.

Clifford and Peck are correct in saying the OPA bylaws require the OPA president to appoint a Search Committee no later than March 1st of each year for the sole purpose of soliciting association members "to become candidates for the Board of Directors."

Clifford and Peck, however, went far beyond expressing a reasonable concern about the board's failure to follow the bylaws and appoint a Search Committee. Not appointing a Search Committee, they suggested, amounted

to some sort of conspiracy by the Board of Directors - an attempt to eliminate competition for Rick Farr and Jeff Heavner, sitting directors running for re-election.

First, even the bylaws acknowledge the possibility of no Search Committee, stating, "The lack of a Search Committee or a Search Committee's inability to acquire at least two (2) or more candidates than the number of vacancies will not affect the validity of the election."

Then there is the reality of the useless nature of the Search Committee over many years. When the current bylaws were revised a few years ago, then OPA legal counsel Jeremy Tucker advised the board to drop the Search

Committee. Tucker said it was essentially useless. The board ignored his advice.

It is quite possible that no board candidate was ever discovered solely as a result of any Search Committee activity.

Some years ago association member Marty Clarke pondered why a Search Committee existed. "I have no idea why that committee exists," he said. "Over the last 10 or so years, no one from any Search Committee has ever contacted me about being a candidate. I know of no one that committee contacted."

What this board should do is take immediate steps required to begin removal of the Search Committee from the bylaws.

Looking back at the Board of Directors that decided to keep a useless Search Committee in the bylaws against the advice of counsel - Amy Peck was a member of that board.

Finally, it is also worth noting that Peck, as a board member, failed to support the appointment of Search Committee applicant Stuart Laker-nick. Lackernick subsequently ran for the Board of Directors and was elected in a narrow victory over Peck, also a candidate that year.

ably, OPA will meet with each bidder and make a decision.

Funding for the design and construction of the project will come from the Maryland Coastal Bays Program, currently in the process of distributing federal grant money of nearly \$5 million it is receiving over a five-year period for such environmental projects.

The bidder selected to do the project design will also handle the actual construction work - a design-build approach with one company as opposed to a design and then seeking construction bids based on that design. This is similar to the Coastal Bays Jenkins Point Project, currently estimated to cost \$10 million, and awarded to Underwood Associates. However, as yet, there is no commitment of grant funding and no final construction plans.

OPA's Request for Proposals (RFP) asked interested companies to submit a bid on only the design of the South Gate Pond project and ballparked the total cost, including construction, at under \$500,000. Interestingly, Underwood & Associates submitted both a design cost and a construction cost.

Their estimated construction cost was \$879,115.27!

Association members can expect to hear more details about this proposed project in the near future.

Pond shoreline restoration

Ocean Pines Association recently received two bids for the design of a shoreline restoration project around the South Gate Pond.

In general, bidders were asked to provide a cost to design a plan for the landscape around the pond to enhance water quality, prevent erosion, improve esthetics, and incorporate recreational access. What the extent of those various design elements may eventually incorporate will likely be based on future discussions between OPA and the two bidders.

Underwood & Associates out of Annapolis submitted a design bid of \$50,358.56, while Vista Design, Inc. out of Showell bid \$53,070.00. Selecting a design firm based solely on bid amount is not as straightforward as it might appear since the scope of work may be different for each bid. Presum-

Anger directed at US Wind, MDE

Editor:

Forgive me if I seem angry, but I am.

I am angry at the lies coming from US Wind and the State of Maryland. I am angry that US Wind and the Natural Resources Planner of the Maryland Dept. of the Environment (MDE) apparently think we are a bunch of uneducated hicks who can be pandered to like children.

I am angry that US Wind suddenly and without notice revised its plans for its Operations and Maintenance Facility at OUR HARBOR by reducing


please see **letter** on page 8



Courier Almanac

The legendary rock band the Beatles spent the better part of three years breaking up in the late 1960s, and even longer than that hashing out who did what and why. And by the spring of 1970, there was little more than a tangled set of business relationships keeping the group together. Each of the Beatles was pursuing his musical interests outside of the band, and there were no plans in place to record together as a group. But as far as the public knew, this was just a temporary state of affairs. That all changed on April 10, 1970, when an ambiguous Paul McCartney "self-interview" was seized upon by the international media as an official announcement of a Beatles breakup.

Families have their own reasons for choosing private school over public, and class size may factor into those decisions. According to U.S. News and World Report, the student-to-teacher ratio at private schools in 2021 was 12.5 students per teacher, lower than the average 15.4 at public schools. The National Center for Education Statistics says public schools have an average class size of 25 students, compared to 19 students per class in private schools. ThoughtCo. indicates public school classes can be as large as 25 to 30 students, particularly in urban neighborhoods, while most private schools keep their classes limited to 10 to 15 students. Freemont University reports that students learn faster and perform better in smaller classes. Those in classes with fewer than 20 students often get more individualized attention, participate with greater frequency, and have better communication with the teacher.



The Courier

Chip Bertino Publisher/Editor

Mary Adair Comptroller Linda Knight Advertising Representative

Contributors

Jack Barnes, Dan Collins, Ron Fisher, Douglas Hemmick, Jean Marx, Joe Reynolds
Robert B. Adair 1938-2007

98 Nottingham Lane Ocean Pines, MD 21811
410-629-5906

thecourier@delmarvacourier.com
www.delmarvacourier.com
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Quit Smoking, Vaping Program offered

Do you have a teen that smokes or vapes? If so, the Worcester County Health Department is offering a *Youth Quit Smoking and Vaping Program*, scheduled to begin in April. Worcester Health is committed to preventing tobacco, and nicotine product use among youth and offering quit resources. This program is designed for youth ages 14 to 17. Join one of our youth quit smoking and/or vaping classes.

- Tuesdays, 3 p.m. to 4 p.m., (April 9 - June 25) at the Snow Hill Health Center, 6040 Public Landing Rd.

-Wednesdays, 3 p.m. to 4 p.m., (April 10-June 26) at the Pocomoke Health Center, 400-A Walnut St.

-Thursdays, 3:30 p.m. to 4:30 p.m., (April 11 - June 27) at the Berlin Health Center, 9730 Healthway Dr.

The program consists of 10 weekly sessions that are 50 minutes in length followed by two support group sessions. Through group support, you are able to meet with a trained tobacco coach who will support you during your quit journey. Key topics of discussion will include stress management, communication, nicotine addiction, effects of smoking and vaping, reasons for quitting, how to develop a quit plan, and relapse prevention.

Enroll today and you will receive weekly handouts, a quit kit, earned prizes for participation, quit resources, and more! To register, please visit this link <https://forms.gle/vbAvtvEg4CVmfnAc8> or call 410-632-1100 ext.1102. Pre-registration is encouraged.

Movie trivia event scheduled at library

If you enjoy the movies then this trivia event is for you. "Movies, Their Stars and Their Music" is the theme for the Trivia Contest at the Ocean Pines Library on Wednesday, April 17 at 3 p.m. Questions will delve into movies from the 1970s to present and to see how well you listened, watched and remember about your favorite stars, the music and the movies where they appeared. Prizes will be awarded to the top three teams and refreshments and snacks will be provided. There is no cost or registration. Grab a friend, relative, neighbor or form a team when you arrive. All are welcome - alone or a neighborhood. Event is sponsored by the friends of the Friends of the Ocean Pines Library. Please call the library at 410 208-4014 with any questions.



Fun - Worcester Prep School Pre-K students **Isabel Betz** and **Brooklyn Tunis** had the best time at the school's egg hunt.

letters
from page 6

the number of crew transfer ships and reducing the size of the pier extension, among other things. The good folks who attended the March 25th public hearing at Wor-Wic Community College (What? There was no place in Ocean City or West Ocean City that could accommodate?) were not aware of the changed plans until the meeting commenced, and therefore their comments were outdated. Nice, US Wind, very nice.

I am really angry that US Wind and the MDE think we are so gullible that we won't ask the obvious question - if they are reducing the number of ships used to transfer crews to the wind farm to service and repair the turbines, have they also reduced the number of turbines they

plan to erect? And keep in mind that the wind farm we're discussing is just one of at least four that are planned for off the coast of Maryland and Delaware.

I am also angry that the "public" notice by US Wind and the MDE of the "public" hearing was, apparently, only published in the "Worcester County Times", which has the poorest circulation of any of the newspapers in Worcester County. Seriously? You think they didn't know that?

On second thought, I am not asking for forgiveness for my anger - I am telling those who read this to get angry, too. You need to understand that these plans will destroy OUR HARBOR and the commercial fishing and recreational boating businesses, and eventually, Ocean City itself.

Carol Frazier
Ocean Pines



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Small Craft Advisory

It is always a good practice to check the weather before shoving off for a day of boating. Whatever you are planning - fishing, cruising, drifting, anchoring, beaching, or watching the sun set, or pulling into a friendly slip behind your favorite waterfront restaurant - unfriendly weather can take the fun out of the day (or night) and maybe put lives and boats in harm's way.

We all have a minimum check list in our minds that we go through before getting underway. Typically, you check the vessel's seaworthiness, adequate fuel supply (1/3 out, 1/3 back, 1/3 reserve), drinking water (one 12-ounce bottle per person per hour), properly fitting life jackets for all, distress signaling devices, a reliable battery and motor, and, if you are going offshore, a working marine radio, a float plan, etc. But, most of all, you need to check the weather.

Just looking up at a sunny sky at 9 a.m. does not guarantee a blissful day of boating. Intense local storms and weather fronts can roll in quickly, especially in the summer. You need a professional forecast. The two best sources are a weather app like 'The Weather Channel' or NOAA's (National Ocean and Atmospheric Agency) National Weather Service marine radio broadcasts.

The weather app is very comprehensive. It provides temperature and precipitation predictions down to the hour as well as long range forecasts, radar views, and hazard alert information.

The older system is NOAA's weather broadcast that can be heard on VHF marine radio channels 1 through 7. The Ocean City, MD, conditions are part of channel 3's messages. Along with weather conditions for the Chesapeake Bay and Virginia, the channel 3 (162.475 Mhz, transmitting from Salisbury) broadcast includes a segment for "Fenwick Island to Chincoteague and out to 20 nautical miles, ..."

Unlike 'The Weather Channel' app, the NOAA broadcast also includes

maritime specific data such as water temperatures, wind and wave heights and wave periods at various buoy locations for your personal evaluation. These observed parameters are also applied to standards and summarized in generalized weather conditions categories as follows:

No notice: Winds and seas are pretty calm.

Small Craft Advisory: Winds in the range of 21 to 38 mph with wave heights of at least 5 feet.

Gale Warning: Winds in the range of 39 to 54 mph are predicted or occurring.

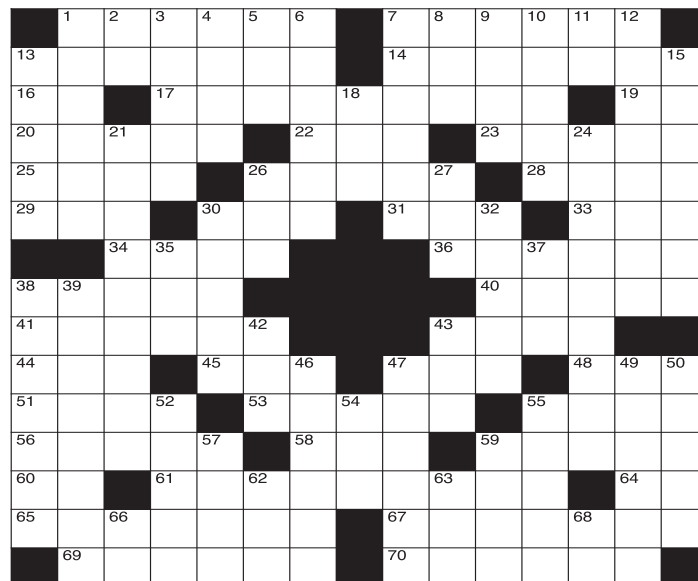
Storm Warning: Winds in the range of 55 to 73 mph are predicted or occurring.

Hurricane Warning: Sustained winds in excess of 74 mph are expected within 36 hours.

The exact criteria for issuing a Small Craft Advisory varies slightly in different regions of the country. In the Mid Atlantic a Small Craft Advisory will be broadcast if there is a prediction that the wind will blow between 25 and 33 knots (29 to 38 mph) or that the wave heights will be in excess of 4 feet within 12 hours. Remember that wave height is measured from the trough between two waves and their peaks.

The question is: So what? Or what is mandated by a Small Craft Advisory pronouncement? Or, for that matter, what is a small craft? Much like the mathematical predictability of the tides on annual tide chart publications but the unpredictability of the exact time or heights due to surge caused by winds on a given day, the term small craft advisory has similar latitude.

The spirit of the Small Craft Advisory is to 'advise' you that boating is risky today and it's probably going to be a very uncomfortable ride. However, it is not a mandate to do or not do anything. There is no legal constraint to taking a boat out under a Small Craft Advisory; and, despite the boater's foolishness, US Coast Guard will still respond to his/her true emer-



CLUES ACROSS

- | | |
|-----------------------------------|--|
| 1. Island nation | 40. Gazes unpleasantly |
| 7. Platforms | 41. In a way, traveled |
| 13. Project plan | 43. Ukraine's capital |
| 14. French fishing port | 44. Appropriate |
| 16. South Dakota | 45. Dash |
| 17. Oakland's baseball team | 47. Twitch |
| 19. Military policeman | 48. Swiss river |
| 20. Ornamental stone | 51. Data file with computer animations |
| 22. Garland | 53. City in S. Korea |
| 23. Process that produces ammonia | 55. Particular region |
| 25. Mousses | 56. They have eyes and noses |
| 26. Music notation "dal ___" | 58. Tear |
| 28. Fail to win | 59. Large Madagascan lemur |
| 29. Peyton's little brother | 60. Not out |
| 30. Not near | 61. Ornamental saddle covering |
| 31. Some cars still need it | 64. A driver's license is one |
| 33. Lizard genus | 65. Latin term for charity |
| 34. An idiot (Brit.) | 67. Rechristens |
| 36. Postponed | 69. Objects from an earlier time |
| 38. African country | 70. Hindu male religious teachers |

CLUES DOWN

- | | |
|---|------------------------------------|
| 1. Used as a weapon | 32. Ancient Frankish law code |
| 2. Yukon Territory | 35. Popular pickup truck |
| 3. Makes a map of | 37. Buzzing insect |
| 4. An established ceremony prescribed by a religion | 38. Deal illegally |
| 5. Unnilhexium | 39. Lying in the same plane |
| 6. Merchant | 42. Obstruct |
| 7. Playing the field | 43. Related |
| 8. Folk singer DiFranco | 46. Challenge aggressively |
| 9. Something to scratch | 47. Nocturnal hoofed animals |
| 10. Mexican agave | 49. Bird's nests |
| 11. Equal to one quintillion bytes | 50. Forays |
| 12. Session | 52. ___ B. de Mille, filmmaker |
| 13. North American people | 54. Title of respect |
| 15. Ranches | 55. One-time name of Vietnam |
| 18. Electroencephalograph | 57. Self-immolation by fire ritual |
| 21. A type of compound | 59. Private school in New York |
| 24. Avenue | 62. Political action committee |
| 26. High schoolers' test | 63. A way to fashion |
| 27. A type of meal | 66. Email reply |
| 30. Gradually disappeared | 68. "The Great Lake State" |



Answers for April 3

Boron, but never boring

By **Robert Pellenbarg**

Boron is a rather rare and unusual chemical element. Boron's elegant chemistry is best left to the lab but there are aspects of its chemistry and occurrence that are interesting. Most commonly, boron is used in Pyrex brand borosilicate glass. Many useful kitchen gadgets such as small dessert bowls, large baking dishes, and measuring cups are crafted of Pyrex because Pyrex is largely immune to rapid temperature changes, such as pouring a boiling fluid (pudding) into a glass vessel. In a word, Pyrex can 'take the heat' without shattering! Curiously, boric acid is widely used as an effective eye wash. Acid in one's eye? Why yes, boric acid, which is a very weak acid, is just what the doctor recommends. Further, borax is useful in conditioning water in the washing machine. Thus, unexpectedly, rare boron makes an appearance in several aspects of daily activities.

Well, if boron is so useful in the home, but is rather rare, where does the boron in Pyrex and eye wash preps come from? It turns out that there are a very few deposits of boron containing minerals which are large enough to be mined. One such deposit occurs in California, near a town named Boron. The boron mine near Boron is an immense open pit, the largest in California, the largest in the world. It is well worth a visit, if even if it is way off the beaten track in the Mojave Desert.

Despite the trek, that's exactly what my granddaughter and I did. We visited Boron one weekend in the early fall. The trip to the town was uneventful, if long, and we checked into a small but pleasant motel to stay over Saturday night. Mid-afternoon, we did visit the overlook to the open pit mine, which is mind boggling in size, and toured the small museum and visitor's center next to the mine. We returned to town, rested a bit, and went to a Mexican restaurant for dinner. The food was superb, and as we stepped out into the gathering evening, we noticed some hubbub down the street from the eatery.

We left the car at the restaurant, and strolled toward the noise only to discover a pop-up street fair in full bloom. A couple of blocks were surrounded by cars parked on both sides of the roads with all kinds of events

underway. There were vendors selling nick-knacks, T-shirts, snacks, sunglasses, and a large 60s Cadillac convertible, top down, being used, no lie, as a tattoo parlor. The scene was well populated by a quiet crowd wandering about and enjoying the unfolding venue in the fine, clear air. Various 'vehicles' putted slowly up and down the streets; there was a tall gas-powered contraption consisting of about a four-feet of bar, as in saloon, with the driver of this contraption seated on a high bar stool, facing the bar, steering wheel in hand. Needless to say this device proceeded slowly and deliberately. There was a band in attendance, and as the evening darkened, the band tuned up and filled the air with pleasant music.

There is a NASA test facility near Boron, and once, in the darkening evening, techs at the facility fired off a rocket engine. The test was amazing in that the engine was mounted horizontally, and ejected a light blue flame into the darkening evening while operating. This test engine, you see, was powered by methane, a/k/a natural gas, an unusual fuel for the time.

Well, once the evening was dark enough, the main event of the fair commenced. Suddenly, a low growling noise arose from one of the side streets hosting the fair, and people started migrating toward the commotion. Granddaughter and I followed

the crowd to behold, believe it or not, the Tire Blow, the main event of the evening. One contestant after another in highly modified hot rods lumbered onto an illuminated asphalt pad, set the front brakes to hold the grumbling beast steady, and gunned the engine. The screaming machines passed power to the rear wheels. The rear tires, mostly immense racing slicks, chugged and groaned, spun faster and faster, and spewed rubber particles, rubber dust, rubber smoke (whew!!), and noise, until . . . one of the tortured tires blew out due to suddenly thin tread. The crowd would go wild once a tire gave up.

The powerful car with one flat rear tire would limp off the asphalt pad, and another contestant would burble onto the pad for another tire blow. It was entirely unclear how, or even if, a winner was selected, but suffice it to say the event was amazing, shocking, smelly, smoky, and very impressive to watch. After the demise of about ten tires, we wandered over to a nearby

parking lot occupied by a variety of customized motor vehicles. Many had engines up and running, and in the dark, the exhaust pipes shot blue flames vertically into the night air. An amazing sight . . .

By now, the sun had long set, and the night was pretty dark. In the west, a sliver of moon danced toward the horizon in a cloudless sky. Granddaughter and I walked back to our car at the restaurant, and drove back to the motel for the night. Tire Blow . . . who could have guessed? Who could have scheduled our chance viewing? Who could forget a surreal evening precipitated by an interest in Boron? We slept with great memories of a great time in a great place to visit! Boron . . . but never boring.

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knots
from page 10

gencies such as sinking, on board fire, medical emergency, or lost man overboard but don't be too surprised if the USCG gives your boat a thorough safety inspection once the incident is resolved.

You should also note that it is illegal to operate a vessel in Maryland waters in a reckless manner that jeopardizes life and property. If the Maryland Department of Natural Resources Police deems that your behavior to operate your small craft in the prevailing poor conditions is off-the-chart-stupid, they too can contribute to your post incident paperwork.

The next question is what's a 'small craft'? Again, the definition is not precise. Technically, any vessel less than 66 feet in length or any vessel that handles poorly in Small Craft Advisory weather conditions should be considered a small craft.

The last marine hazardous weather dimension that needs to be understood is the difference between advisory, watch and warning. According to the NOAA website:

Storm Warning Flags			
			
Small Craft Warning 21-38 mph (18-33 kts)	Gale Warning 39-54 mph (34-47 kts)	Storm Warning 55-73 mph (48-63 kts)	Hurricane Warning 74+ mph (64+ kts)

An **“advisory”** indicates that a hazardous weather event is coming or imminent but does not meet warning criteria.

A **“watch”** informs mariners when a significant or hazardous weather event is possible, but not imminent during the next 12 to 36 hours. A watch is issued when conditions are favorable for a specific hazardous weather event to occur. This is the time to start preparing, not when a warning is issued.

A **“warning”** alerts mariners that a significant or dangerous weather event is likely, imminent, or occurring, and is a threat to life and property. If you are at sea, take immediate action to protect yourself and your boat.

Now you know.

Stay safe. Stay dry.

Dan Collins can be reached for comment at dancollins.oceanpines@gmail.com

Owens to lead Emergency Services and Fire Marshal's Office

The Worcester County Commissioners appointed Fire Marshal Matt Owens to lead Worcester County Emergency Services (WCES) and the Fire Marshal's Office. Owens has been leading the Fire Marshal's Office since 2022 and stepped into his expanded role March 19.

“Matt Owens is a highly respected leader in the public safety community and an incredible asset to Worcester County Government,” Chief Administrative Officer Weston Young said. “He has a comprehensive knowledge of fire and EMS and a proven record for coordinating the emergency planning, response, and recovery partnerships necessary to prepare Worcester County to address natural and man-made disasters. He is the ideal candidate to move both departments forward.”

Owens, a certified law enforcement officer, joined Worcester County Government in 1996. He also serves as a part-time certified instructor at the Police Academy at Wor-Wic Community College, where he plays a role in

training each new generation of law enforcement and correctional officers.

“The fire service has been in my blood since a young age, and I appreciate the opportunity granted to me by the County Commissioners to lead these two departments,” Owens said. “My father was a volunteer firefighter as I was growing up along with my brother, and I've aspired to follow in his footsteps. With everyone's support, we will continue striving to move public safety forward, making Worcester County an even safer place for the residents and visitors to live, work, and play.”

Owens joined the volunteer fire service at age 13 and has been a volunteer firefighter ever since. In his free time, he enjoys visiting Assateague and hunting. Owens and his wife, Kim, have two children, Tyler and Trevor.

“There are not enough words to express my love and thanks to my wife and family for their continued support,” Owens said.

The Fire Marshal's Office, which serves as the local enforcing agency for the County and three municipalities, carries out all provisions of the Maryland and Worcester County laws relating to fires, fire prevention, protection, inspections, investigations, and explosive incidents. Professionals within the Fire Marshal's Office conduct fire safety inspections, origin and cause fire investigations, hazardous materials response and planning, new construction plan reviews, and fire prevention education. They also coordinate fire prevention and fire education activities within the community and respond to and mitigate all hazardous materials and bio terrorism incidents in Worcester County.

WCES oversees all matters relating to emergency management, the County's 911 system, and the County's P25 800 MHz Radio Division. Like all other emergency services directors in Maryland, Owens has been appointed by the governor to serve as the State's emergency management designee for Worcester County. He also serves as a liaison with the county fire, ambulance, and police departments in the provision and coordination of emergency services, and he serves on the Worcester County Local Emergency Planning Committee.



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Let's turn that breech baby!

By **Katie Hogue, PT, DPT**
Aquacare - Berlin

Many women experience a breech baby during pregnancy. However, there is good news. There are several movements you can try to turn that breech baby and prepare for delivery. These movements use gravity and help relax your pelvic muscles and uterus.



Katie Hogue

A pregnancy and postpartum physical therapy specialist can help guide you through these movements. Aquacare - Berlin is hosting a four-week prenatal series of classes starting in May. To learn more, search Aquacare Birth, Body, Ready Prenatal Classes on Eventbrite, or visit our website here: www.aquacarephysicaltherapy.com/upcoming-events.

For many breech babies, you can position yourself and let gravity do some of the work.

Try the breech tilt:

-Lie on your back and elevate your hips between 9 and 12 inches above your head. The easiest way is simply to lie on the ground (bum/feet facing the couch) and prop your hips up with pillows and your feet (on couch) are at the raised end.

-Three times a day for 10 to 15 minutes each time, on an empty stomach, and during times when the baby is active.

-Try to relax & breathe deeply as you perform the exercise

-Avoid tensing the abdominal muscles.

Next, consider getting on the floor on all fours to gradually entice the baby to flip.

-Come to the floor or bed on your knees and rest your forearms on the ground. Stick your butt into the air and tuck your chin. This allows the lower part of the uterus to expand, making room for the baby's head.

-Try this two times a day for 5-15 minutes.

-Try to do it on an empty stomach, otherwise, you might feel slightly ill afterward.

-If you can feel the baby's position, it may be possible to help the turning process along. While leaning

on one elbow, use the opposite hand to exert gentle upward pressure on the baby's rear end, which is located just above your pubic bone.

-A second option is to gently rock back and forth on your forearms and knees. You also can make circles with your pelvis to promote activity.

-The woman is at risk of a stroke or has a history of high blood pressure which warrants medical supervision.

The forward-leaning inversion

-Kneel on the edge of a couch. Kneel high to see what it feels like in your body.

-Hold the edge of the couch, bed, or other surface you are kneeling on.

-Carefully lower yourself to your hands on the floor and then lower yourself more to rest on your forearms. Keep your elbows out and hands close. Use a stool if you'd like, to help you walk your hands down.

-Do your best to keep your chin tucked. Don't rest your head on the floor. Your neck may need a little movement. Straighten your shoulders to make room for your head.

-Your knees should be close to the edge, and your bottom up high. You can tilt or sway your hips if you'd like, or gently, slowly roll your spine.

-Take three breaths. Loosen your belly, but keep your shoulders strong. Tuck your chin and keep your neck long.

-Come back up on your hands, then lift yourself up to a high kneel-

ing position again using a stool, a block, or an assistant. Take two breaths here, then sit on your heels.

-Swing your feet out from under you. Keep your feet together to prevent a pull on your pubic bone and protect your pelvic stability.

-After leaning forward on your elbows, come all the way back up to a high-kneeling position. Take two breaths and then sit on your heels for one more breath. That way you let your ligaments settle into a more symmetrical location while you catch your breath.

-One to two times for 30-45 seconds (roughly three breaths).

Swimming can help

Spending time in a swimming pool and doing crouches/flips in the pool can help a baby turn into the vertex position on his or her own.

-Try the following pool exercises with a spotter nearby: Crouch on the bottom of the pool in deep water, and then push off and reach your hands up as you break the surface of the water.

-Just swimming around the pool can encourage the baby to move (and feels really good during the final weeks of pregnancy). The breaststroke is thought to be particularly effective for this.

-If you feel comfortable! Do front and back flips in deep water. This will relax your muscles and make it easier for the baby to roll over on his or her own.

Only try these exercises if you are

healthy enough for physical activity. Talk to your healthcare provider or your physical therapy team before trying exercises, especially if you have been told to limit activity or are on bed rest.

To register for Aquacare's four-week prenatal class, go to www.aquacarephysicaltherapy.com/upcoming-events or call Aquacare - Berlin at 443-513-3910.

Schedule your appointment or free consultation today.

Katie Hogue PT, DPT, is Clinical Director of Aquacare - Berlin. A native of Ocean City, she earned her bachelor's degree in Exercise Science at Towson University. She then completed her Doctorate in Physical Therapy at Howard University. She has been practicing for more than three years. At Aquacare, Katie specializes in pelvic floor therapy, receiving her training from the Herman and Wallace Pelvic Rehabilitation Institute. Katie treats bowel and bladder dysfunction, pregnancy/postpartum, and pelvic pain diagnoses for all genders. In her free time, Katie enjoys spending time outside with her family.

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Sierra Club benefit scheduled

The Sterling Tavern in Berlin holds Bingo Night every Wednesday. Often it structures the evening's fun so that a local community non-profit shares in the profit. On Wednesday, April 24 that beneficiary will be the Lower Eastern Shore group of the Maryland Sierra Club.

The group is devoted to preserving, protecting and enjoying the precious planet. A night of hilarity is planned, with \$2 Bingo cards, 50/50 and an auction. The event will take place between 6 p.m. and 9 p.m.

County hosts 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 bkeenan@co.worcester.md.us.

Program helps strengthen families

Get the whole family involved in adopting a healthier lifestyle with the Worcester County Health Department's program Healthy Worcester Families. This nine-week program uses an evidence-based curriculum to help strengthen the family bond and communication through group learning and activities. The program is designed for youth ages seven-17 and their parents/guardians to attend together.

Sessions are two hours per week over the nine-week program, and a free family dinner will be provided at the start of every session. Families have the opportunity to receive prizes and other incentives for participating in the program. Topics covered will include communication skills, healthy behaviors, financial literacy, and other skills to strengthen the family connection.

The spring session will begin Wednesday, April 17, 2024 from 5:30 p.m. to 7:30 p.m. at the Pocomoke Health Center located at 400-A Walnut Street in Pocomoke.

To register your family, call Lynn Suarez at (410) 632-1100 x1109.

South Point boat ramp reopens

The county boat ramp and parking lot at South Point, located off MD Rte. 611 in Berlin, are now open to the public.

The boat ramp was closed for roughly two months, while Worcester County Recreation and Parks contractors replaced the bulkheads at that location. A project to overlay the parking lot is tentatively planned for summer 2024.

Funding for these projects has been provided through Waterway Improvement Grants from the Maryland Department of Natural Resources and Worcester County.

For more information about the project, contact Worcester County Parks Superintendent Jacob Stephens at (410) 632-2144.

Wor-Wic offers scholarships for seniors

High school seniors from Wicomico, Worcester and Somerset counties who are planning to attend Wor-Wic Community College may apply for a scholarship through the college. Applicants should plan to upload a copy of their high school transcripts showing their unweighted grade point average through mid-senior year.

To apply, visit <https://worwic.scholarships.ngwebsolutions.com> and submit the 2024 High School Senior Scholarship application. The deadline to apply is April 15. For more information, contact the financial aid office at financialaid@worwic.edu or 410-334-2905.



Honored - Ocean Pines resident **Lillia Khmarskaia**, a science teacher at James M. Bennett (JMB) High School in Salisbury, was named a recipient of the Maitland P. Simmons National Science Teachers Association award for new teachers. The award is given to new science teachers who show promise and a commitment to the field of science education. Lillia, among other recognitions, was also a nominee for JMB 2024 Teacher of the Year.

New Wor-Wic class schedule helps students earn more credit

Wor-Wic Community College will begin offering seven-week credit classes this fall, in addition to its 15-week classes, to help accommodate students' schedules and help them find their quickest path to graduation.

The seven-week courses cover the same material and offer the same credit hours as their 15-week counterparts, but are taught in a different way, often by adding hybrid or online components. In addition, Wor-Wic has changed its night credit class schedule so that students who attend nights only can take a full-time courseload if they wish.

"At Wor-Wic, our goal is to help students succeed. Many students have demanding schedules and by adding these seven-week courses, students have more options to achieve their goals of graduating," said Dr. Kristin L. Mallory, vice president for academic affairs. "We serve a diverse population of stu-

dents, many who work full time, and may be caring for children and other family members."

The Education Advisory Board, a higher education research firm, found that courses in formats such as the seven-week term helped improve students' course pass rates by as much as 23 percentage points.

"Our faculty spent months creating courses in this new seven-week format, working alongside staff to create a new academic calendar to meet students' needs," Mallory said. "One academic advantage is that students may need to prepare for fewer midterm and final exams at the same time, so they are better able to sharpen their focus."

Courses are offered on campus, online, virtually and in hybrid formats. Registration for the fall term opened April 1, and classes start Sept. 4. Visit www.worwic.edu to learn more about the seven-week classes.

Some things to think about

Gathered from the internet by *Jack Barnes*

**The Officer Said,
"You Drinking?"
I Said, "You Buying?"
We Just Laughed
And Laughed.
I Need Bail Money.**

**So a burglar
broke into the
house...I put
the red dot on
his chest and
the cat did the
rest...**



**The fitness trainer
asked me, "What kind
of a squat are you
accustomed to doing?"
I said, "Diddly."**

If I waited until I had all my ducks in a row, I'd never get across the street. Sometimes you just have to gather up what you've got and make a run for it.


Common sense is a flower that doesn't grow in everyone's garden.

I wonder if the people paying \$300 for a colon cleanse even know about Taco Bell's \$4.99 deal.

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- **Equip Teachers For Success**
- **Pro-American Instruction**
- **Age & Content Appropriate Materials**
- **Parental Rights & Involvement**
- **Safe Environment For Students and Teachers**

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Dorothy has been in Education for 40+ years fighting for Students, Parents, and Teachers best interests! As a proud "Grammy", she passionately cares about children and their right to a Safe & Successful Learning Environment.

"Essential, Fundamental Subjects" are no longer the focus. As a result, proficiency scores suffer, leaving many students unprepared for their future, which is due to no fault of their own. It's time to re-focus on Core Subjects that equate to college & career readiness.



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