

The Courier

June 12, 2024 Volume 24 Number 37



Kiwanis does concessions

For many years the Kiwanis Club of Ocean Pines-Ocean City, MD has been doing concessions for Ocean Pines events. Pictured are some of the members of the "Dawg Team" at Bay Day in Whitehorse Park. Every time someone buys food from the Dawg Team, the proceeds support the community, especially children.

The group will work "Concerts in The Park" every Thursday evening from 6 p.m. until the concert is over, the 4th of July event and the Arts & Crafts Fair.

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Meeting - The Republican Women of Worcester County (RWWC) held their May General Meeting and Luncheon on Thursday, May 24 at the Worcester Technical High School. Eighty guests were treated to a lunch prepared by Chef Phil Cropper and his students and heard a lively talk from Amber Athey Duke, author of "The Snowflakes Revolt - How Millennials Hijacked America Media". Pictured are Amber Athey Duke and RWWC President Jean Delcher.

Songbirds of the Swamp scheduled

Nestled amidst the cypress swamps of the Pocomoke River, Snow Hill, Maryland, transforms into a haven for birdwatchers each spring. This year is no exception, as Delmarva Birding Weekends, the Lower Shore Land Trust and Furnace Town prepare to welcome birders from across the region to Songbirds of the Swamp, June 14 to 16.

The cypress swamps of the Pocomoke River and Nassawango Creek boast a unique ecosystem, designated as an Important Bird Area (IBA) by the National Audubon Society. The cool, dark forests surrounding historic Furnace Town become a breeding ground for a stunning array of neotropical migrants, including warblers, vireos, flycatchers, and tanagers. Birders will participate in field trips in and around Snow Hill and Furnace Town, as well as excursions to other birding hotspots on the Lower Shore. On Saturday evening, June 15, all are invited to attend a summer concert at Furnace Town featuring Heinz and the Red Bird.

"The birdwatching opportunities on the Lower Shore are truly world-

class," says Matt Heim, Executive Director of the Lower Shore Land Trust. "We have diverse habitats ranging from barrier island to cypress swamp, and thousands of acres of protected land. There's something here for every birder, from the casual observer to the seasoned traveler."

One field trip will be a trek on Friday morning, June 14, to Nutter's Neck at the Nanticoke River Wildlife Management Area near Hebron, MD. Here, birders will search for a bird that was once common on Delmarva, the Northern Bobwhite. Since the mid-1940s, the population of this quail species has significantly declined across most of their range mainly due to habitat loss. Northern Bobwhite represent a declining species representative of many other songbirds, pollinating insects and native grassland habitat which ultimately limits the diversity and overall health of our ecosystem. Nutter's Neck is managed by the Maryland Department of Natural Resources to provide nesting and brood-rearing cover, escape cover, and

*please see **swamp** on page 12*



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Pollinator Garden Tour returns

The Lower Shore Land Trust announced its fourth annual Pollinator Garden Tour, scheduled for Friday, June 21 and Saturday, June 22. This year's tour will feature 6 gardens located throughout Somerset County. Each garden includes native species designed to support and celebrate pollinators.

Visitors will have the unique opportunity to meet the hosts of each Pollinator Garden and learn about the benefits of incorporating native plants into any size landscape. The event promises to be an inspiring experience for all attendees, offering valuable insights into creating and maintaining pollinator-friendly environments.

Additionally, the Pollinator Garden Tour serves as an artistic backdrop for seven plein air painters stationed at each garden.

Online tickets for the Pollinator Garden Tour are available for \$30 in advance or can be purchased on the days of the event at the Welcome Centers for \$35. Welcome Centers are located at these two locations: Pocomoke's Corner Sanctuary, Clarke Ave at Willow St, Pocomoke City, or The Todd House, 30510 Antioch Avenue in Princess Anne. To secure tickets, visit

www.lowershorelandtrust.org.

Dockside Restaurant in Pocomoke and Sugar Water Restaurant in Princess Anne have agreed to generously donate a portion of their proceeds during the tour dates of June 21 and 22 to the Lower Shore Land Trust for any guests who show their garden button during the meal.

As a finale to this special community event, an artist's reception will be held Friday, June 28, from 5 p.m. to 7 p.m. at Bishop's Stock Fine Art, Craft & Wine Gallery in Snow Hill, hosted by Ann Coates. The event will showcase the paintings created during the tour, offering guests the opportunity to purchase these unique pieces. Wine, hors d'oeuvres, and live music by Everett Spells and Pete Bozick will enhance this elegant evening, which is free and open to the public.

Times for the Garden Tour: Friday 8 a.m. to 4 p.m., Saturday 8 a.m. to 2 p.m. For more information about the Pollinator Garden Tour and to learn how you can support the pollinator and habitat work of the Lower Shore Land Trust, visit www.lowershorelandtrust.org or call 443-234-5587.



Scholars - The Ocean City Berlin Optimist Club awarded 13 senior scholarships at the 2024 Stephen Decatur High School Senior Awards Ceremony May 16 totaling \$86,000. 10 students were awarded the "Friends of Youth Scholarship".

Above (l-r) Membership Chairman **Roger Pacella**, **Trevor Smith** (\$10,000), **Olivia Mazza** (\$10,000), **Faith Haddad** (\$10,000), and Optimist President **Christina Dolomount-Brown**.

Famous Idaho Potato Tour returns

The Famous Idaho Potato Tour is hitting the coast and making a stop at the Thrasher's French Fries in Ocean City on Saturday, June 22, between noon and 4 p.m. The 72-foot-long Big Idaho Potato Truck will be at the Inlet location for a "taterly" awesome time, hanging with Ocean City favorites such as Thrasher's French Fries, Jolly Roger at the Pier, and Ripley's Believe It or Not.

"Thrasher's French Fries is all about their VIPs, Very Important Potatoes, all of which come from Idaho. Thrasher's fries are made only from the highest quality Idaho potatoes and delivered the 2,500 miles to Ocean City for those iconic fries that have become a staple of the Ocean City Boardwalk. We're happy to welcome the Big Idaho Potato truck back to Ocean City and support our friends at Diakonia," said Steve Pastusak, vice president of Jolly Roger Amusement Parks.

The Tater Team will be at the Big Idaho Potato Truck in Ocean City to spread the fun and make memories with their 4-Ton Idaho potato and giveaways. In addition to spreading the word about Idaho Potatoes, the Idaho Potato Tour is

offering "A Big Helping" of \$1,000 to chosen charity, Diakonia Inc.

Stop by Thrasher's original Inlet location to enjoy an afternoon in Ocean City celebrating Big Idaho Potato Truck, the best French fries on the planet at Thrasher's French Fries, and Jolly Roger at the Pier.

Thrasher's French Fries was founded in 1929 by Mr. J.T. Thrasher. In 1974, Charles "Buddy" Jenkins purchased Thrasher's French Fries, refusing to alter the original recipe or cooking process. The unique concept of simply selling the best-tasting French fry ever eaten quickly became an Ocean City icon, and has remained a tradition for almost 100 years.

Jolly Roger Park is comprised of SpeedWorld, Splash Mountain, Jolly Roger Mini Golf, Jolly Roger at 30th Street, and Jolly Roger at the Pier. Founded in 1964 by Charles "Buddy" Jenkins, and Arnold Palmer, Jolly Roger Park now offers a wide range of family-friendly fun in Ocean City with rides, amusements, games, waterslides, and more.



Scholarship - The President of Wor-Wic Community College **Deborah Casey** Ph.D. (l) and Ocean City Berlin Optimist Club President **Christina Dolomount-Brown** (r) award **Nicholas Hernandez Lara** (c) \$1,500 to attend Wor-Wic Community College.

ORCHARD Six - 0-4-2-3

Sitting recently with friends at a local restaurant, the topic of phone numbers arose. How the conversation originated I don't remember but I do recall a friend commenting that she no



It's All About. . .

By **Chip Bertino**

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longer remembers phone numbers because everyone she calls is on speed dial in her cell phone. Interestingly, she can remember her home telephone number from when she was

ogy? How would they survive?

Many of us recited our old childhood phone numbers, numbers that rang rotary phones, usually attached to a kitchen wall. Growing up in Philadelphia, my home phone number started with the word ORCHARD. Our phone number was ORCHARD Six- 0-4-2-3 which may not have had the Big Band appeal of "TRAN-SYLVANIA Six - 5000" but still had its own sort of lyrical panache. Later it was shortened to O-R-6-0423. Later still it was just 676-0423. Finally, it did not exist at all, phased out by cell phone numbers.

More than thirty years ago, when we arrived on the Eastern Shore, we had a 6-4-1 home telephone number prefix. At the time the area code was not necessary to dial for an in-state call. Then the 4-1-0 prefix was instituted. So, instead of dialing seven numbers, ten numbers were required to connect a call. At the time it seemed like such an inconvenience to spend another fraction of a microsecond to include the area code prefix. But I adapted like so many others.

There was a time when I had a fairly good handle on what geographical location different area codes represented. For instance, 6-0-9 was New Jersey, 2-1-5 was Philadelphia and 3-0-1 was Baltimore. Now? Forget it. Where once telephone numbers and area codes remained in specific regions, people now take their phone numbers with them regardless of whether they move across town or across the country. People are more apt to leave behind a family heirloom than give up their cell phone number.

Growing up, all my friends' phone numbers were memorized. I could dial in a flash Marc or Frank or the other Frank or Joey whether I was at home or using the pay phone outside the 7-11, that is if I had a dime. Now, in order to recall my wife's cell phone number or write it on a form, I have to pause a moment and check it twice and even then I'm not always certain it's correct. If a million dollar wager rode on my being able to rattle off the phone numbers of my children, even just one of them, I'd be the poorer for the experience.

Like my friend, important phone numbers exist within the memory of my cell phone or in a cloud somewhere. **W r i t t e n** phone/address books are relics of a forgotten past. Phone numbers, addresses, emails, birthdays and much more are stored in my phone which is somewhat concerning should I lose it. It would be akin to existing on a deserted island with no way to reach out and touch someone. And if I had to find someone's phone number, where would I look? There was a time when my fingers could do the walking through either the white or yellow pages of the phone directory. But phone books with their hundreds, if not thousands of pages of single spaced, three column entries of names, addresses and seven-digit numbers have gone the way of Princess phones and collect calls.

In the large kitchen drawer, just beneath the tangled cord of the white rotary phone that hung on the wall of our home on Verree Road, could be found the hefty Bell Telephone Philadelphia directory. Each year this treasured tome was delivered to our house, jammed between the storm and front doors. The phone books of that period were versatile. Not only was the book useful to ascertain a phone number or address or the correct spelling of someone's last name, it also made for a handy children's booster seat. Stacking the phone book atop

the Sears catalog, a kid could stand and reach all the way up to the second shelf of the third kitchen cabinet to retrieve a favorite blue boot-shaped plastic mug.

Our family fingers regularly walked through pages to find the numbers for such places as Hank's service station on Krewstown Road and Joseph's pizzeria on Oxford Avenue. Many were the times as well when I paged through the book searching for the telephone numbers of the girls I liked while in grade school but was always too afraid to call.

In my late teens I bought my own phone and as a consequence I had my own phone number. The red rotary desk phone, which must have weighed 25 pounds, was installed in my bedroom and matched the fire engine red walls. Why red? Your guess is as good as mine. Owning a phone that I paid for made me feel very grown up. I really felt a sense of arrival when I thumbed through the new phone book to find my name: "*BERTINO, Anthony W. Jr.*" Wow! It may not have been the same as being listed in "Who's Who" but it was really something - to me. You know what else was really something? The very expensive phone bill I racked up calling my girlfriend who was in Germany visiting family.

Back in the days when the phone company was known maternally as Ma Bell, we could never have imagined a future when our phones would not be tethered to a wall or a cord; that it would become a camera, television, encyclopedia, bank, medical assistant, and so much more. Now we retrieve them from a pocket to stream videos and pay bills, to video chat and text messages to friends and family around the world and across the room and to capture high resolution photographs. No, we could never have imagined it. Now, it's really hard to remember slipping a coin into the slot on a public phone, interacting with an operator to make a long-distance call and dialing the phone company to get the correct time.



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"So I said to myself, 'Why shouldn't I have a workshop telephone?'"

"And the more I thought about it, the more I thought that my wife ought to have one in the kitchen, too."

"Then Joanie piped up and said, 'How about a nice blue one to go with my bedroom?'"

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growing up in Baltimore.

This led to a roundtable discussion of phone numbers in general and personal phone numbers specifically. One friend recalled that when he was a child, his family had a party line phone which was shared among four other neighborhood families, each having its own ring signal. Can you image children today coping with such technol-

Creative arts journal celebrates anniversary

Wor-Wic Community College in Salisbury recently hosted the 35th anniversary celebration of its creative arts journal, "Echoes & Visions," with a coral jubilee, including a reception and poetry reading. The evening celebrated a major milestone as Wor-Wic has continually published a volume of creative writing and artwork annually since the first issue was published on a dot-matrix printer in 1989.

The issues include work selected by an editorial board of students and faculty who evaluate submissions and select the best work each year to be included for publication. From the humble beginnings in 1989, the magazine has developed significantly. These days, the issues are glossy trade bound volumes which are distributed around campus to students and faculty for free.

In the past 10 years, "Echoes & Visions" has won more than a dozen national awards from the American Scholastic Press Association, the Community College Humanities Association and the National Council of Teachers of English.

Mindful of National Poetry Month,

nine Wor-Wic students and alumni who had been published in various issues over the past years shared their poems to a crowd of faculty, staff, students and community members. The featured readers included Robert Senesi, Tyree Price, Anna Conley, Rebecca Jones-Hochmuth, Brodie DeHart, Ryan McNiff, Waetina Tingle and Kim Vallejo. The event was also streamed online to additional audience members.

The evening showcased how Wor-Wic has always been a home for the humanities and the arts as faculty members, including Adam Tavel, professor of English, Melissa Reddish, associate professor of arts and humanities, and Charles Porter, arts and humanities department head and associate professor of developmental English, shared in reflections on the history of the magazine from its founding by Elinor Cabbage through to the future of the arts at Wor-Wic.

Those interested in supporting "Echoes and Visions" and the arts at Wor-Wic can donate to the Elinor Phillips Cabbage Endowment for the Arts by visiting www.worwic.edu and clicking "Donate."




Honored - Dr. Robert F. Jones was recognized as the 2024 recipient of the Bob and Kathy Fisher Award by the Worcester County Historical Society (WCHS) during their spring banquet. The award is given annually to an individual who has shown a love for and a dedication to the preservation of the history of Worcester County.

Above are (left to right) **Jefferson Moak**, WCHS president, **Robert Jones** and **Newt Weaver**, past WCHS president.

Courier Almanac

On June 12, 1974, Little League Baseball, Inc. announced its decision to "defer to the changing social climate" and allow girls to play ball. The change comes after the organization lost a series of lawsuits in the state of New Jersey, and faced growing legal challenges in other states.

Data from the United States Bureau of Labor Statistics indicates there were roughly 37 million providers of unpaid eldercare across the United States in 2021-22. The majority (59 percent) of eldercare providers are women, and individuals between the ages of 45 and 64 are the most likely to provide care. Unpaid caregiving also is significant in Canada, where the Canadian Centre for Caregiving Excellence reports Canadians devote 5.7 billion unpaid hours each year to caregiving. In the U.S., data from the BLS indicates that nearly half of all eldercare providers provide care every day (24.3 percent) or several times per week (24 percent). Full-time workers who provide eldercare in addition to their responsibilities at work provided an average of 2.65 hours per day of care in 2021-22.



Kiwanis breakfast returns

The Kiwanis Club of Ocean Pines-Ocean City will host its traditional pancake breakfast on Saturday, July 13 at the Ocean Pines Community Center. The cost is \$9 which includes pancakes, fresh scrambled eggs, sausages, coffee, tea and orange juice. Children under 12 eat free. The event will take place between 8 a.m. and 11 a.m.

Advance tickets are available from Kiwanis members and at the door. Payment can be made either by cash or credit. Take-out is available. More information is available at www.kiwanisofpoc.org.



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WPS graduate earns Naval Academy appointment

Dylan Simons, a senior at Worcester Preparatory School (WPS) will be inducted into the Naval Academy Class of 2028 on June 27, marking the beginning of six challenging weeks of basic midshipman training during Plebe Summer.

On Tuesday, May 21, Dylan Simons received his Certificate of Appointment from U.S. Naval Academy Blue and Gold Officer Steven Rakow during the Academic Convocation Ceremony at WPS. Dylan has signed to join the United States Naval Academy, committing to the Division I Men's Gymnastics team, and majoring in Mechanical Engineering. Throughout high school, Dylan maintained an intense 20-hour-per-week commitment to gymnastics, rising to a Level 10 Maryland State Champion gymnast.

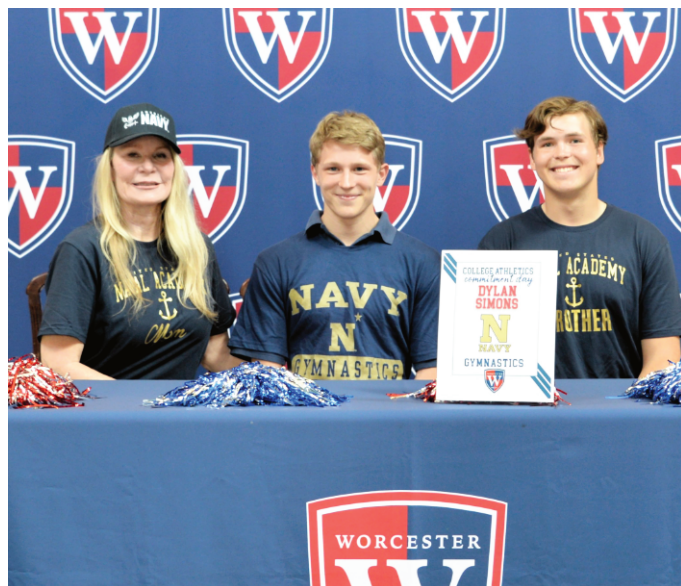
Dylan was adopted from an orphanage in Siberia, Russia, along with his brother, Hunter. Both have attended WPS since Pre-K and will graduate together on Friday. During his time at WPS, Dylan has earned his spot on the Head of School List and is a member of the Charles R. Jenkins Chapter of the National Honor Society and Spanish National Honor Society. In addition to gymnastics, Dylan has also excelled on the WPS Tennis and Cross-Country teams.

In 2020, Dylan and his brother founded a non-profit organization, Only Positive Stories, spreading positivity and awareness to programs that need support to live out their mission. Mental health support and suicide prevention programs in Worcester County have benefitted from their efforts and engagement.

Founded in 1845, the U.S. Naval Academy today is a prestigious four-year service academy that prepares midshipmen morally, mentally, and

physically to be professional officers in the naval service. More than 4,400 men and women representing every state in the U.S. and several foreign countries make up the student body, known as the Brigade of Midshipmen.

In 2024, U.S. News and World



Dylan Simons (center) with his mother, **Sharon Simons** (left), and brother, **Hunter Simons** (right).

Reports rated the Naval Academy as the #1 public school, #3 national liberal arts college, and #5 undergraduate engineering school. Midshipmen learn from military and civilian instructors and participate in intercollegiate varsity sports and extracurricular activities. They also study subjects such as leadership, ethics, small arms, drill, seamanship and navigation, tactics, naval engineering and weapons, and military law. Upon graduation, midshipmen earn a Bachelor of Science degree in a choice of 26 different subject majors and go on to serve at least five years of exciting and rewarding service as commissioned officers in the U.S. Navy or U.S. Marine Corps.

The Brigade of Midshipmen is comprised of approximately 4,400 students from every state in the union and a handful of international students. Each year, approximately 1,200 young women and men are admitted to the Naval Academy's incoming class. Last year the Naval Academy received over 14,000 applications for the Class of 2027.



Donation - At their May meeting the Ocean City-Berlin Optimist Club presented a \$1,000 check to the Worcester County Autism Support Group. Pictured (L to R): Optimist member **Mindy Ouelett**; **Melissa Esham** from the Autism Support Group and Optimist Club president **Christina Dolomount-Brown**.

Radiologic technology graduates achieve perfect test pass rate

Wor-Wic Community College graduated eight radiologic technology students in May and 100% of them passed the American Registry of Radiologic Technologists (ARRT) exam on their first attempt. The first-time pass rate national average is 84.4%. The ARRT is a national licensure exam that is a requirement to practice as a radiologic technologist in the U.S. Most of the new graduates from Wor-Wic have already secured a job in the field.

The students recently participated in an awards and recognition ceremony to signal completion of the radiologic technology program and an official invitation into the profession. This year's pinning was the first in the program's 43 years of history.

Dr. Karie Solembrino, dean of health professions and a graduate of the Wor-Wic radiologic technology program herself, shared lessons with the graduates, encouraging them to advocate for their patients and bring them comfort in addition to clinical skill as they go out into the profession. "Take every opportunity to practice and become more proficient ... the most uncomfortable situations provide impactful learning experiences that will shape you as a person."

Cynthia Ross, department head and assistant professor of radiologic technology, noted that students have learned clinical procedures and positioning, pharmacology, infection control, pathology and radiation safety



Earning their pins in a radiologic technology ceremony at Wor-Wic Community College were, in the back row, from left, **Olivia Carichner**, **Brittany Craige**, **James Hoffnagle**, **Andrea Meehan** and **Dana Walters**; and in the front row, from left, **Cole Espy**, **Ashleigh Frampton** and **Leighann Linton**.

both in the classroom and in the clinical setting, and spent nearly 1,500 hours in clinical settings performing exams on actual patients.

"As a result of your training and skilled work, lives will be saved, diagnoses will be made and treatments will be performed to better the lives of our patients," Mari Strauss, instructor of radiologic technology, told the students.



Bike rodeo - Worcester Prep, in partnership with Ocean City Police Cpl. Joe Bushnell, recently held a Bike Rodeo for grades one and four. Before the event, lower school teachers conducted classroom sessions about bike maintenance and safety, and then the students had the chance to put their skills to the test on an outdoor obstacle course.

Above: First grader **Harper Haley** practices a safe figure eight maneuver during this year's Bike Rodeo at WPS.

Marketing council honors Wor-Wic

Wor-Wic Community College received a 2023 Paragon Award from the National Council for Marketing & Public Relations (NCMPR) at the council's national conference in Seattle, Washington.

The award, for social media post, celebrates the college's communications team for its work on promoting women in the commercial driver's license program.

"When you tell your college's story well, you ensure that your students can find themselves, and the supports and services they need, at your institution," said Jeff Julian, NCMPR's 2023-24 president. "It's evident in the winning entries that our members are committed to serving their students."

The 2023 Paragon Awards drew 1,531 entries from 210 colleges across the country and were judged by 65 professionals from the marketing and public relations industry. NCMPR's Paragon Awards recognize outstanding achievement in design, strategy and communication at community and technical colleges. It's the only na-

tional competition of its kind that honors excellence exclusively among marketing and public relations professionals at two-year colleges.

Father's Day history

Each year, the third Sunday in June is a time to pay homage to fathers and the millions of other men who have stepped into the role of father. While it may seem as though Father's Day has been around forever, it didn't become a nationally recognized holiday in the United States until 1972, when President Richard Nixon signed Joint Resolution 187 into law.

Many thank Sonora Smart Dodd for making Father's Day happen. In 1909, while attending a Mother's Day sermon in church, Dodd felt fathers were equally deserving of praise. To honor her own father, a Civil War veteran and widower who raised six children alone, Dodd petitioned for a Father's Day on June 5 (the anniversary of her father's death) in her native Spokane, Wash. The celebration was deferred to the third Sunday in June. Another account says Grace Golden Clayton came up with the idea

for a Father's Day in 1908 in Fairmont, West Virginia. Clayton was inspired to celebrate fathers after 361 local men perished in a deadly mine explosion. Clayton brought the idea up to the minister of her local church.



Historians say that Father's Day may even be a much older idea. St. Joseph's Day, which was celebrated each year on March 19 in Catholic nations of Europe since the medieval era, and

later elsewhere around the world, commemorates Joseph, the husband of Mary and father figure to Jesus. It was said that Joseph should be held up as the ideal example of fatherhood. The Coptic Orthodox Church celebrates St. Joseph's Day on July 20. In the Orthodox Christian Church, the second Sunday before the Nativity is celebrated as the Sunday of the Forefathers - celebrating all of Jesus' male ancestors, with an emphasis on Abraham, the patriarch of the Jewish faith.



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By the numbers

What's the big deal about a safe boating class? It's a very straight forward six to eight hours of basic boating instructions. Just about everybody passes the test on the first try and the State of Maryland, like most states, issues the successful students a boating certificate that makes it legal for them to operate a recreational boat. Curiously, with just those limited training requirements, recreational boating is safer than driving an automobile. By the numbers (and I hope someone fact checks me and my math):

In 2022 (latest data), there were 636 recreational boating deaths on 471.8 million boating days with the average boating excursion being 3.8 hours.

In a recent year, the Department of Transportation reported Americans drove 91 billion driving hours and that there were 42.9 thousand highway deaths.

Part of the difference is that boats don't hit telephone poles at 50 mph or blow stop signs in the middle of the night but boats and autos do share some common vulnerabilities – carelessness and alcohol.

Alcohol is the primary contributing factor in recreational boating deaths. The threshold for a DUI, driving under the influence, and BUI, boating under the influence, is the same, .08% blood alcohol level. But beyond the legal chemical limit, an operator can be cited for negligent or reckless driving even if he/she is not legally intoxicated.

There is a misconception amongst boaters who think drinking a beer or two is okay because they can handle it on land. The fallacy is embedded in what are called stressors such as boat motion and extended time in the hot sun. They drain one's strength and stamina to resist the effects of alcohol and, consequentially, reduce one's cognitive ability and reaction times to operate a boat responsibly.

Studies indicate that the effect is a three to one multiplier. One beer consumed on a hot, bobbing boat feels like 3 on terra firma. In other words,

drinking two beers while your body is under siege from stressors will affect you like drinking a six-pack while watching TV or enjoying a party. Would you drive a car after consuming a six-pack?

That's why it is absolutely necessary that the designated operator be a good host and remain alcohol free while his/her passengers enjoy the boat's amenities.

The next most important threat to safety is carelessness. We refer to this as a loss of situational awareness in the Safe Boating Class. Unlike driving an automobile, mariners do not have roadways with lights, white lines, caution signs; and boats don't have brakes, energy absorbing bumpers, seat belts, and air bags.

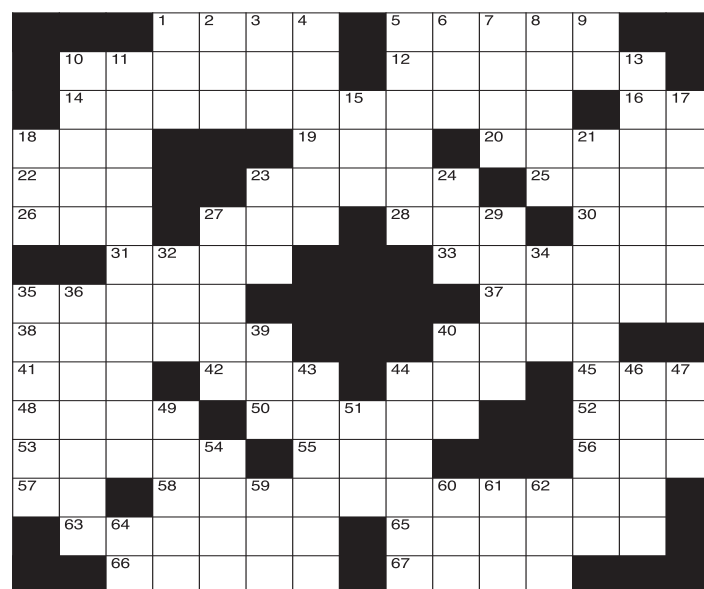
Therefore, a recreational boat operator must learn and then practice seamanship to navigate without asphalt, to maneuver in traffic without stop signs, to handle docking and anchoring in the midst of wind and current, and to do it with a 360-degree view of the world. That's situational awareness; and, for a conscientious boater, that's an exhilarating challenge and a satisfying feeling of accomplishment.

The biggest marine safety concern is the equivalent of the automobile's seat belt, the life jacket, also known as the personal flotation device (PFD). Both the seat belt and the PFD are designed with the exact same goal: to save lives. The seat belt will keep a passenger from being thrown about or ejected from the vehicle. The PFD will keep the wearer afloat if there is an unplanned swimming event.

PFDs work. The numbers bear it out. In 86% of all drownings that occurred off recreational boats, the victim was not wearing a life jacket even though there was one available on board.

I remember a public service announcement on TV from years ago. It showed a close up of a policeman with a Smokey Bear hat and enough acne pits on his face to make a golf ball jealous.

please see numbers on page 12

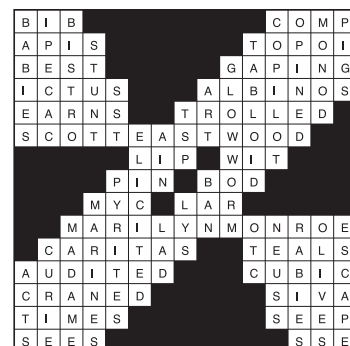


CLUES ACROSS

- | | |
|--------------------------------------|---|
| 1. Native American people | 38. Type of gasoline |
| 5. Very long periods of time (Brit.) | 40. Actor LeBlanc |
| 10. Schoolboard accessory | 41. Perform in a play |
| 12. Rods | 42. One's mother |
| 14. One who renews | 44. Prohibit |
| 16. Sculpted body part | 45. Swiss river |
| 18. Chatter incessantly | 48. Part of a banana |
| 19. ___ King Cole, musician | 50. Indian hand clash cymbals |
| 20. Plates on a turtle's shell | 52. Relative biological effectiveness (abbr.) |
| 22. University of Utah athlete | 53. Agave |
| 23. The world of the dead | 55. Noted journalist Tarbell |
| 25. Singer Redding | 56. Computer firm |
| 26. Former Yankee great Mattingly | 57. Type of record |
| 27. Prefix indicating wrongly | 58. Bacterium that can cause infection |
| 28. Unhappy | 63. Sheaths enclosing the spinal cord |
| 30. Anger | 65. A narrow opening (as in a rock wall) |
| 31. Dark brown or black | 66. Pattern |
| 33. Restaurants have a lot of them | 67. Very eager to see something |
| 35. Made a mistake | |
| 37. Damp | |

CLUES DOWN

- | | |
|---------------------------------------|---|
| 1. Witch | 29. City in India |
| 2. Utilize | 32. Furniture |
| 3. Writing utensil | 34. You have likely chatted with one |
| 4. Places to perform | 35. Pass or go by |
| 5. Subsidies | 36. Proof of purchase |
| 6. Consume | 39. A digital tape recording of sound |
| 7. Athleisure clothing brand | 40. More (Spanish) |
| 8. California town | 43. Disfigured |
| 9. Atomic #50 | 44. White (Spanish) |
| 10. The Muse of lyric and love poetry | 46. Building occupied by monks |
| 11. Creates anew | 47. Georgia rock band |
| 13. Humorous commentaries | 49. Device that generates intense beam of light |
| 15. Cool! | 51. State of agitation |
| 17. Most ignoble | 54. Make by braiding |
| 18. Soggy dirt | 59. Local area network |
| 21. Designed to be useful | 60. Unit of work or energy |
| 23. Hebrew unit of liquid capacity | 61. Indigenous person of Thailand |
| 24. High schoolers' test | 62. Liquefied natural gas |
| 27. One-time internet accessory | 64. Distance to top |



Answers for June 5

Short films sought for challenge

The Ocean City Film Festival presents the 7th Annual Ocean City Film Challenge to filmmakers and aspiring filmmakers across Delmarva and beyond. Registration is free and now open at www.OCMDFilmFestival.com.

The challenge is for filmmakers to produce an original short film about Ocean City that is no longer than 15 minutes and made between July 1 and July 31, 2024. Any filmmaker who wishes to tell a story about the resort, preferably suitable for viewing by all ages, may enter. Films must be shot in Ocean City or be about Ocean City and follow a cinematic narrative. Films also must include a secret line of dialogue and a prop that will be emailed to registrants on July 1. The deadline to register for the challenge is July 21.

“A film can be produced in Ocean City, in a way that is visible within the

film,” B.L. Strang-Moya, creative director of the OC Film Festival, said. “Or the film can be shot outside of Ocean City, but Ocean City has to be central to the premise of the film. The film must tell an actual story in the form of a fictional narrative. We cannot accept any vacation footage, music videos, or any such media that would not be considered traditional cinema.”

Final cuts are due on August 1 and submitted online along with other deliverables. The winning films will premiere on Saturday, August 10 at 7 p.m. at the Ocean City Center for the Arts and will also be screened at the Ocean City Film Festival in March 2025.

The first-place prize includes a Film Fest swag bag and an Ocean City hotel stay for the duration of the 2025 Ocean City Film Festival. The second-place prize is a swag bag and \$50 cash; third-

place, a swag bag.

“Ocean City is a beautiful landscape, and there’s so much that artists can take advantage of right here in town,” said Strang-Moya. “There are many ways to tell a story through motion picture, and our Film Challenge pushes filmmakers

to explore these boundaries.”

Contact the Film Festival at OceanCityFilmFest@gmail.com with questions.

The Ocean City Film Festival is a production of the Art League of Ocean City.

Bite into these facts about hot dogs

Hot dogs are the yin to the hamburger’s yang. Franks and burgers are a common pair at barbecues and ballparks, and rightfully so. Handheld, portable meals, they pack a convenient and flavorful punchy.



Few foods may seem as American as hot dogs. However, hot dogs are derivative of European sausages.

This fact and more can shed light on the humble hot dog, which is sure to find its way to a grill near you this summer.

Mental Floss says it’s pretentious to consume a hot dog with utensils. Hot dog etiquette experts also insist adults should not top their hot dogs with ketchup, which they suggest is a topping strictly reserved for children.

Hot dogs are often associated with New York City. However, hot dogs gained popularity across the country in the 20th century.

Hot dogs are often called frankfurters. This refers to Frankfurt, Germany, where pork sausages similar to hot dogs are believed to have originated.

Hot dogs were given their name by cartoonist Tad Dorgan. He observed a vendor selling “hot dachshund sausage

dogs” during a baseball game at New York City’s Polo Grounds. As legend has it, Dorgan couldn’t spell the name of the dog, instead writing only “hot dogs.” The name eventually caught on.

Despite several jokes as well as speculation regarding what hot dogs contain, hot dogs are cured and cooked sausages that contain mainly pork, beef, chicken, and turkey. The meats come from the muscle of the animals. If a product contains organ meats, it must be declared on the

please see hot dogs page 12

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The transformative role of pelvic floor physical therapy

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

Pelvic floor physical therapy 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.



Cara Konlian

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.

Pregnancy 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 Modifications: 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. 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 – Berlin is accepting new patients for orthopedic rehabilitation, gym-based and aquatic physical therapy, pelvic floor therapy, ReBuilder for neuropathy, sports medicine, and more. Call 443-513-3910 or schedule online: www.aquacarephysicaltherapy.com.

numbers

from page 10

ous. He stared into my eyes and said, "I've pulled lots of bodies out of car wrecks but I've never had to unbuckle one." That hit home. I have been wearing my seat belt ever since and I've carried that philosophy over to wearing a life jacket.

We don't seem to have a similar in-your-face argument for wearing a life jacket; and, like early seat belt times, it remains optional for passengers over 13 years of age.

I always wear my life jacket and encourage my crew and passengers to do the same; however, I insist that all non-swimmers wear one at all times, even

when we are anchored.

So, who can operate a recreational boat? Maryland and many other states do not have a minimum age to operate a recreational boat nor an actual driving test. Like most states, Maryland only requires a person to take a recognized safe boating class either from the US Power Squadron or the USCG Auxiliary and pass the state prepared, multiple choice test to get an operator's license.

Does it help? Of course, in 2022, 74% of recreational boating fatalities occurred on vessels where the operator did not have an operator certificate. I don't want to add to the numbers.

Stay safe. Stay dry.
Dan

hot dogs

from page 11

packaging.

In 1867, Charles Feltman made a cart with a stove on it, which he used to boil sausages. The cart also had compartments to keep buns fresh. Carts that sell hot dogs on the street are now seen in cities across the country.

Hot dogs are a NASA-approved food for astronauts.

While hot dogs are sold at many venues, data indicates that the popular convenience store chain 7-Eleven sells the most grilled hot dogs in North America, with 100 million sold annu-

ally.

Relish, sauerkraut and even ketchup are popular hot dog toppings. But mustard is by far the most popular.

Why are there typically 10 hot dogs per pack and only eight buns per bag? When hot dogs were first introduced, they were sold at varying quantities at the butcher shop. Hot dogs were eventually standardized to packages of 10, but buns are baked in clusters of four in popular pans designed to hold eight rolls.

Hot dogs are a summertime staple that have an interesting and extensive history.

swamp

from page 3

food sources for Northern Bobwhite.

The impact of these feathered visitors extends far beyond birdwatching enthusiasts. As highlighted by the 2016 National Survey of Fishing, Hunting, and Wildlife-Associated Recreation, birding generates billions of dollars in economic output, supports numerous jobs, and contributes substantial tax revenue at local, state, and federal levels. This economic engine fuels conservation efforts by fostering appreciation for birds and their habitats.

"Birdwatching is a significant economic driver for Worcester County," says Melanie Pursel, Director of the Office of Tourism and Economic Development for Worcester County. "Birders spend money on lodging, meals, guide services, and equipment, all of which benefit our local businesses and communities."

To register for field trips, please visit www.DelmarvaBirding.com.

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United States flag facts and handling etiquette

Flag Day is Friday, June 14 so it is a good opportunity to recall the history of the nation's symbol.

The United States flag was first imagined after the signing of the Declaration of Independence in 1776. The Continental Congress authorized creation of the first national flag on June 14, 1777. It was decided that the flag should have 13 stripes, alternating red and white, to represent the original 13 colonies, and that the new union be represented by 13 white stars in a blue field to signify a "new constellation." Francis Hopkinson, one of the signers of the Declaration of Independence, is most often credited with the original design.

Today there are 50 stars on the flag to represent the 50 states, while the 13 stripes still represent the 13 British colonies that became the first states. While this may be common knowledge, Public Law 94-344, known as the Federal Flag Code, may not be as widely known. The code dictates that the flag is to be treated with respect and proper etiquette. The code is ex-

tensive, but the following guidelines can help private individuals interested in displaying their flags do so in accordance with the law.

Flags should only be displayed in public from sunrise to sunset, unless the flag can be properly illuminated during darkness. In this instance, it may be displayed at all times.

When displayed with other flags, such as on a single staff or lanyard, the U.S. flag should be above all other flags. If flags are displayed in a row, the U.S. flag goes to the observer's left.

State and local flags are traditionally flown lower than the American flag.

During marching ceremonies or parades with other flags, the U.S. flag should be to the observer's left.

The flag should be displayed at every public institution and at schools during school days.

When displayed vertically and not on a staff, the union should be on the left when observed. It should be suspended so its folds fall freely as though the flag were staffed.

The flag should be hoisted briskly and lowered ceremoniously.

The flag is often displayed at half-staff on days of mourning, including Memorial Day. The flag should first be hoisted to the peak for an instant, then lowered to half-staff position, which is half the distance between the top and bottom of the staff.

On a vehicle, the U.S. flag should be displayed from a staff firmly fixed to the chassis. It should not be draped over the hood, top, sides, or back of a

vehicle.

The flag should never touch anything beneath it, such as the ground, the floor, water, or merchandise. It also should never have anything placed on it.

A flag in poor condition should be destroyed with dignity, preferably by burning. Most American Legion posts and local Boy Scouts troops will have the resources to retire flags accordingly. Many will host annual flag retirement ceremonies on Flag Day.





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FAQ about pets and microchips

Pet owners generally want to do all they can to safeguard the well-being of their companion animals. This includes taking steps to ensure that pets can be returned safely should they get lost while outdoors. Utilizing collars with identification information on them is one option, but that does not offer peace of mind if the collar comes loose and falls off. However, microchipping is a permanent solution that is ideal for pets.

What is a microchip? A microchip is a small device that is injected under the pet's skin. It is about the size of a grain of rice. Unlike collars or tags that can fall off or become illegible, a microchip always contains the data that has your

identification. Here are some common questions about microchips and answers collected from PetLink, HomeAgain, The Humane Society, and the American Veterinary Medical Association.

Does the microchip have a battery or charge? No, a microchip is simply an electronic chip enclosed in a glass cylinder. It is activated when a scanner sending out radio waves is passed over the chip, which then transmits the ID number to the scanner. The microchip is known as a transponder. You do not have to worry about replacing batteries or recharging the chip. Typically microchips last for 24 years, well past the

Signs your dog may be dehydrated

Water is essential for mammals' bodies to operate at peak capacity. The American Kennel Club says water is necessary to lubricate joints, facilitate digestion, regulate body temperature, and cushion internal organs, among many other functions. Similar to humans, pets that fail to consume enough water can face dire consequences.

Dehydration is a medical term for when the body has lost more fluid than it has taken in. Dehydration can occur at any time, but it is even more common during the warm weather months. Dogs quickly can become very sick from dehydration. That is why every pet owner should learn how to recognize the symptoms of dehydration in their dogs

-The Veterinary Emergency Group says symptoms of mild dehydration can include:

-Dry nose, although this also can be a signal of other problems, like fever.

-Excessive drooling occurs as the dog tries to cool down its body.

-A dehydrated dog can exhibit signs of fatigue, including a reluctance to move around much.

-Sticky gums

As the dog becomes more dehydrated, the following symptoms can develop:

- Loss of elasticity of the skin.
- Loss of appetite.
- Thickening of the dog's saliva.
- Gums may go from sticky to dry.
- Excessive panting may begin.
- Vomiting or diarrhea also may occur.
- Dehydration causes the body to redistribute fluid lost, and fluid may be pulled from the eyes, causing the eyes to appear sunken.

If a dog appears to be dehydrated, you can start offering small amounts of water to slowly rehydrate the animal, says Northeast Veterinary Referral Hospital. It's important to call the veterinarian and get further advice regarding how to address dehydration. Some vets may suggest offering an electrolyte-enhanced fluid like Pedialyte so electrolyte loss does not affect organs. The vet may want you to come into the office so the dog can receive intravenous fluids, says the American Kennel Club.

The best way to treat dehydration is to prevent it in the first place. Provide dogs with a constant supply of clean, clear water at all times. The amount of water needs to increase if the dog is spending time outdoors in hot weather or exercising.

Cats also are prone to dehydration and can exhibit the same symptoms as dogs. So cat owners also must be diligent in checking for dehydration symptoms in their pets.

average life span of many pets.

Is insertion of the microchip painful? Veterinarians assert that injecting the microchip is no more painful than a typical vaccination. However, the needle to place the microchip is slightly larger. The procedure can be done during a routine office visit and does not require anesthesia. Some vets will implant the chip during a procedure for spaying or neutering so that the animal will be calm and still under anesthesia.

Who can read the chip? Virtually all shelters and veterinarians have scanners that can read microchips. Beginning in 2004, the 134 kHz microchip was introduced with specifications developed by the International Standards Organization (ISO). This frequency is usually considered the global standard for pet microchips and the one that most scanners will read.

Where is the microchip placed? Most dogs and cats are microchipped along the dorsal midline, which is just between the shoulder blades. Horses are injected along the left side of the neck, about an inch below the mane. Birds receive the implant in their breast muscles because they have less mass than other animals. These locations make it easier for scanners to find the chips.

Can a microchip migrate in the body? Usually, your pet's subcutaneous tissue

will bond to the chip within 24 hours, preventing it from moving. There are rare instances when a chip migrates elsewhere in the body.

How can I register my pet? The microchip is only effective if it is pro-



grammed with the pet's contact information. Microchip registries coordinate with the chip used. You'll simply make an account and link the chip to your name, phone number and other identifying information. It is important to update this data as needed when you move or get a new phone number.

Microchips, when used in conjunction with collars and ID tags, offer the best protection for pets. the best protection for pets.

Did you know?

The American Kennel Club reports that the most popular dog names of 2023 were Luna for girl dogs and Max for boy dogs. Luna beat out Bella for the top spot while Max bested Charlie.

In a nod to the popularity of football and the personal life of the world's most recognizable pop star, Kelce was the top trending dog name of 2023 according to data compiled by the online pet ownership marketplace Rover. Kansas City Chiefs tight end Travis Kelce was already wildly popular among Chiefs fans, but he rose to even greater prominence when he began dating pop star Taylor Swift during the 2023 National Football League season. Rover reports that trending names for felines included Norbert, Soju and Snoop.



Some things to think about

Gathered from the internet by **Jack Barnes**

Procrastination is totally a good thing. You always have something to do tomorrow, plus you have nothing to do today.

Ponderings

I had amnesia once...or twice.

Protons have mass? I didn't even know they were Catholic.

I am neither for nor against apathy.

All I ask is a chance to prove that money can't make me happy.

If the world were a logical place, men would be the ones who ride horses sidesaddle.

What is a "free gift"? Aren't all gifts free?

They told me I was gullible... and I believed them.

Teach a child to be polite and courteous in the home and, when he grows up, he'll never be able to merge his car onto the freeway.

Experience is the thing you have

left when everything else is gone.

One nice thing about egotists: they don't talk about other people.

I used to be indecisive. Now, I'm not sure.

How can there be self-help groups?

Is it just me, or do buffalo wings taste like chicken?

Is the 's' or 'c' in 'scent' silent?

Why does fridge have a "D" in it but refrigerator doesn't?

Why can you drink a drink but you can't food a food?

The word queue is just a Q followed by four silent letters...

Why is a W called "double-u" when it's clearly a "double-v"?

I did some financial planning, and it looks like I can retire at 62 and live

comfortably for 11 minutes.

We all know that mirrors don't lie... I'm just grateful that they don't laugh.


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