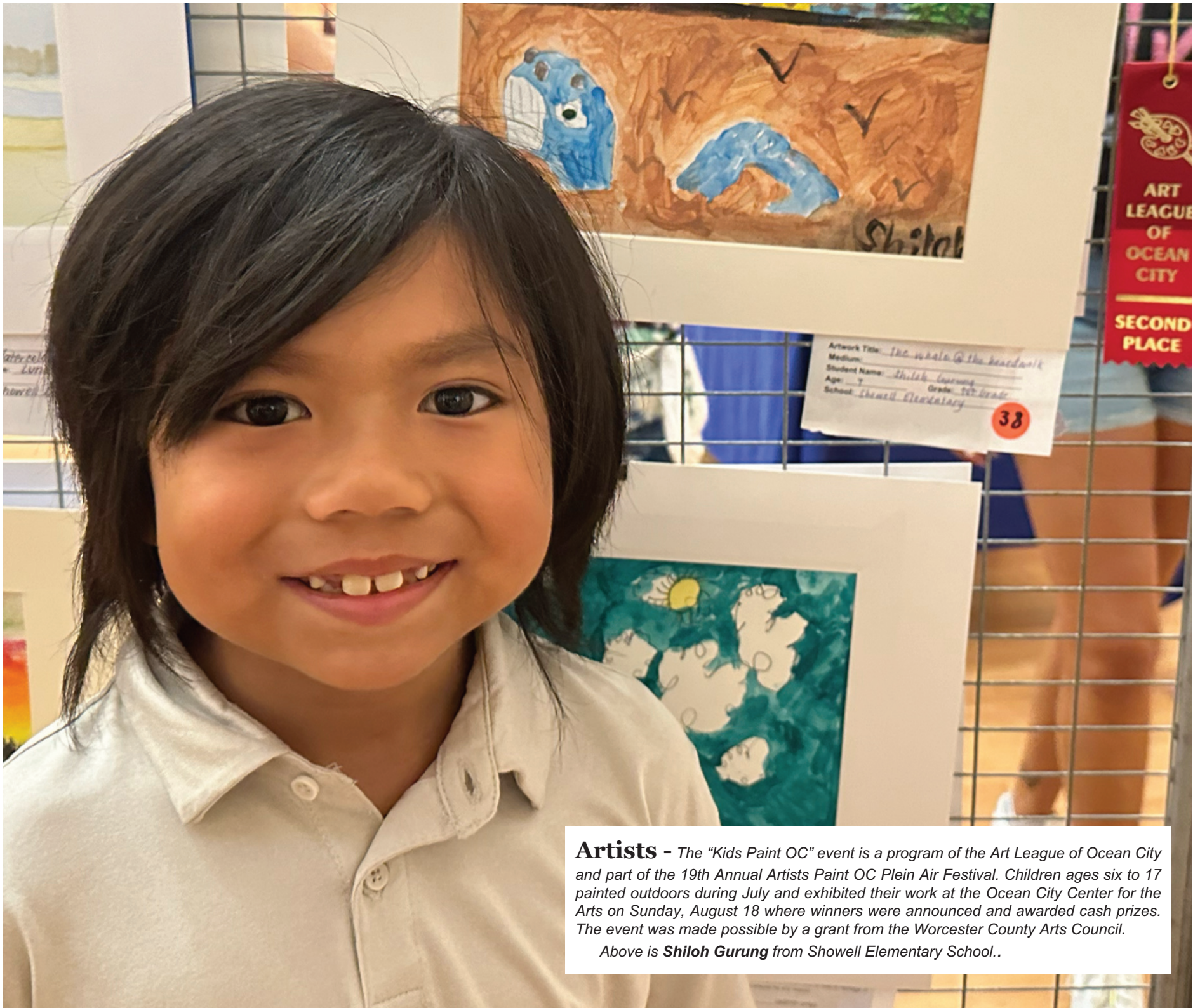


The Courier

August 28, 2024 Volume 24 Number 47



Artists - The "Kids Paint OC" event is a program of the Art League of Ocean City and part of the 19th Annual Artists Paint OC Plein Air Festival. Children ages six to 17 painted outdoors during July and exhibited their work at the Ocean City Center for the Arts on Sunday, August 18 where winners were announced and awarded cash prizes. The event was made possible by a grant from the Worcester County Arts Council.

Above is **Shiloh Gurung** from Showell Elementary School..

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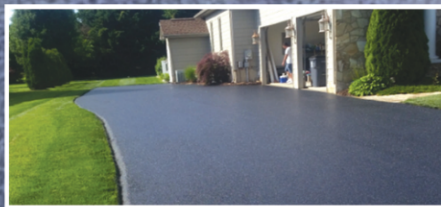
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Lakernick to serve as president, Farr as vice president

Dr. Stuart Lakernick will serve as Ocean Pines Association President after a unanimous vote during an organization meeting, Friday, August 23 at the Administration Board Room.

Also decided during the meeting, Rick Farr will serve as Association Vice President, John Latham will be secretary, and Monica Rakowski will be the treasurer. Each was a unanimous selection.

Other Board appointments included Linda Martin as assistant secretary, Steve Phillips as assistant treasurer, UHY as the auditing firm, Bruce Bright (Ayres, Jenkins, Gordy &

Almand) as legal counsel, and Doug Parks as parliamentarian.

Contacted following the meeting, Lakernick told *The Courier*, "I am one voice of seven. We look to continue the positive results that our GM, and operations have provided. The collaboration between the board and the GM has produced great results for our community. I continuing to encourage members of our community to give feedback to our board on ways we can better improve."

Directors also set the regular Board meeting schedule for the next year: September 28, October 26, November 23, December 21, January 25, February 22, March 29, April 26, May 24, June 28 and July 26. The annual meeting is scheduled for August 9.

-Chip Bertino



Stuart Lakernick



New member — Kiwanis inducted new member Tim McMullen on August 14 during its weekly meeting.

Above: **Tim McMullen** (center) is flanked by his dual sponsors (L) **John Hulit** and (R) **John Hanberry**.

MCBP to host community meetings

The Maryland Coastal Bays Program (MCBP) is hosting three public meetings throughout the month of September to provide information and seek public input on the program's proposed new ten-year management plan beginning in 2025.

The 10-year management plan, referred to as the Comprehensive Conservation Management Plan (CCMP), is MCBP's strategic plan for actions to be implemented by the Program and its partners over the next decade.

This will be the third plan since the program's inception. The current plan can be reviewed on the MCBP website, mdcoastalbays.org

The draft proposed plan includes four key themes, including: providing healthy waters; protecting fish, wildlife and their habitats; enhancing coastal resiliency; and conducting outreach and education to the community.

Meeting schedules are as follows:

Sunday, September 15
Ocean Pines Parks and Rec/ As-sateague Room
235 Ocean Pkwy
Ocean Pines
2 p.m. to 4 p.m.

Tuesday, September 18
Worcester County Rec and Parks
6030 Public Landing Road
Snow Hill
6 p.m. to 8 pm

Thursday, September 26
Holiday Inn Conference Center
6600 Coastal Highway
Ocean City
5:30 p.m. to 7:30 p.m.

Contact Sandi Smith at sandis@mdcoastalbays.org for more information or any questions you may have.



Members of the Atlantic General Hospital Foundation gather to present a check for \$1.5 million to Atlantic General Hospital for the purchase of new MRI equipment.

AGH Foundation presents check

The Atlantic General Hospital Foundation recently presented a check for \$1.5 million to Atlantic General Hospital, a celebratory gesture to commemorate generous community donor support that has allowed the healthcare facility to purchase a new SIGNA Artist Evo MRI solution for their imaging department.

The new system will utilize the magnet from the facility's existing MRI unit, thereby reducing the environmental impact of a complete replacement. The magnet will be paired with a wider 70 cm bore to reduce the risk of claustrophobia and GE Healthcare's AIR™ Recon DL technology, which produces better image quality than typical 1.5T

MRI systems and reduces scan times.

"We are incredibly grateful to the community for continuing to support Atlantic General Hospital and Health System. Our current MRI unit is reaching end of life, and we would not have been able to make this investment for our patients without donor contributions," said Don Owrey, president and CEO of Atlantic General Hospital. "In addition to the patient comforts afforded by a more spacious bore and shorter scan times, the new system is MARS capable, so we will be able to accommodate scans for individuals with metal implants as well."

The SIGNA Artist Evo MRI system is due to be installed this fall.

Auxiliary fundraiser set

The Bishopville Volunteer Fire Department Auxiliary will hold a Chicken Salad and Shrimp Salad Carryout at the main station on Saturday, September 7 between noon and 2 p.m. Pints of homemade chicken salad are \$8 and homemade shrimp salad is \$15. Please preorder in advance by September 1. Call 619-922-9950.

Mary Mac Foundation to host fundraising event at Manor Hill Brewery

The Mary Mac Foundation, a nonprofit organization dedicated to supporting low-income and homeless children, will host its primary fundraising event of the year on Saturday, September 21, from noon to 3 p.m. at Manor Hill Brewery in Ellicott City.

The Foundation each year supports local and regional youth programs to honor Mary McMullen (1948-2012), a special education instructor at Severna Park High School and Ruth Eason School in Millersville, Maryland.

During the 1970s, she also helped establish the Ocean Pines Recreation and Parks Department.

“Although the Mary Mac event will not be held until late September in Ellicott City, we’re hoping that the Ocean Pines community will continue to support us as they have in the past,” foundation co-founder Tim McMullen said.

McMullen said Mary, his late wife, inspired many local people through her unwavering generosity. The Foundation aims to continue her mission of helping others in need.

“The money that we’re raising right now will be for backpack programs to provide meals for children through an organization called MidShore Meals til Monday,” McMullen said. “During the week, there are breakfast and lunch programs in the schools, but many local children struggle with food insecurity on weekends. Through MidShore Meals, we have teachers and volunteers that put together care packages of nonperishable items to help bridge that gap.”

Tax-deductible donations can be made through the Foundation’s PayPal account at www.paypal.me/marymacfoundation or by mailing a check to 174 Nottingham Lane, Ocean Pines, MD 21811.

The event will include a cash bar, a food truck vendor on-site, and a chance for attendees to gather and support the Foundation’s ongoing efforts to alleviate food insecurity among local children. While the event is free to attend, donations are encouraged, and RSVP is required by Sept. 10.

For more information about the Mary Mac Foundation or to RSVP for the event, visit www.marymac.org or contact Tim McMullen at tim.p.mcmullen@gmail.com.

Health Dept., MVA partner

The Worcester County Health Department is partnering with the Maryland Department of Transportation Motor Vehicle Administration to empower teens to make healthy choices, focused on preventing impaired driving. Beginning Monday, August 26, those who pass their driving test at the Motor Vehicle Administration (251 Tilghman Rd. Salisbury) will receive a Teen Health Bag. The bags contain health information like “*Decisions Matter*” and “*Your Choices Equal Your Future*”, which aim to address the negative effects of drug and alcohol use. The Teen Health Bags also include connections to resources, freebies, and more.

“We are all very aware of the profound impact that alcohol and drug use have had on the youth and families across our state and the deadly consequences that come from being impaired and driving,” said Maryland Motor Vehicle Administrator Chrissy Nizer. “With back-to-school season now underway, the MVA wants to do its part to help young people have a healthy and successful school year. We are grateful to the Worcester County Health Department for this valuable opportunity and to help make a difference in the community that we serve.”

This new partnership between the organizations is anticipated to have a positive impact on the community. “We are excited about this innovative partnership because it gives us the opportunity to expand our reach with prevention education. We hope the materials will spark conversations between parents/guardians and teens about healthy choices and healthy futures,” said Worcester County Health Officer, Rebecca Jones.

For more information about teen health, visit worchesterhealth.org or call 410-632-1100 and select option 5 for Prevention Services.



Winner - Dennis Young won 1st place for his painting of the Ocean City Life Saving Station Museum during the 19th Annual Artists Paint OC Plein Air Festival, a program of the Art League of Ocean City. Young created the painting on The Boardwalk in just two hours during the Quick Paint Event on Sunday, August 18, sponsored by the Ocean City Development Corp.

Art League announces fundraising drive

The Art League of Ocean City, a nonprofit organization, is holding a raffle where the winner receives \$5,000 towards travel or cash. The raffle supports the many community programs of the Art League.

Raffle tickets are \$100 each or six for \$500, and a limited number of tickets will be sold. The Art League will announce the winner at their annual “pARTy of the Year: Wonderland” on October 9 at the Embers Restaurant in Ocean City. Ticket holders do not need to be present to win.

“This could be your lucky day, a chance to check that vacation you have always dreamed of taking off your bucket list, thanks to our sponsor, Oasis Travel,” Rina Thaler, executive director of the Art League, said. “The good news is that we all win, because when you take a chance on hitting it big, you’re also supporting your local nonprofit arts organization.”

“Your purchase of raffle tickets helps us keep the doors of the Ocean City Center for the Arts open and free to all,” Thaler continued. “It allows us

to go into our community’s schools with enriching art programs, assist those with disabilities in expressing themselves through art, and provide a safe and nurturing space for everyone to express their creative sides.”

Raffle tickets may be purchased at OCart.org, by calling the Art League at 410-524-9433, or by purchasing them in person at the front desk of the Ocean City Center for the Arts, 502 94th St. bayside, Ocean City.

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Class of 2025 jumpstart college application process

On August 12, the Worcester Prep Class of 2025 hit the ground running in preparation for their college application season this fall.

Rising seniors attended a four-day College Application & Essay Writing Workshop held in the Guerrieri Library, hosted by the WPS Office of College Counseling. The students worked one-on-one with the WPS Director of College Counseling, Vickie Garner, writing and reviewing college applications and essays, refining their college lists, and navigating the scholarship search process.

Additionally, college admissions representatives shared expertise and practical advice with seniors regarding the importance of effective communication with colleges and how to tell their stories through authentic and well-written personal statements. Senior Associate Director of Admissions at College of Charleston Rebecca Drewry and Admissions Counselor at the University of Delaware Dan Hammer also conducted mock interviews with students.

Above: WPS Seniors **Briar Parsons**, **Frank Miller** and **Ryan Mann** are excited to enter their senior year at Worcester Prep.

Wor-Wic to host arts showcase

Wor-Wic Community College will hold a Community Arts Showcase of Excellence event on Thursday, September 19, from 5 p.m. to 7:30 p.m. at the college campus at the corner of Route 50 and Walston Switch Road in Salisbury.

The event will feature renowned local artists, musicians, poets and other creators who will perform or exhibit their work throughout the evening. These will include nationally known writer and illustrator Bryan Collier, a Pocomoke City native and four-time Caldecott Honor recipient; noted Berlin painter Patrick Henry; Eastern Shore serigraph artist Erick Sahler; Maryland master carver and world-champion decoy maker Rich Smoker; manga artist Diontraye Brat-

ten; the Eastern Shore Ballet Theatre; the Heart & Sole step team and the Salisbury Children's Choir, among many others.

"This is a celebration of our Eastern Shore community and all of its richness. It's a wonderful opportunity to experience so many varied expressions of art in one setting," said Dr. Tiffany Kotra-Loos, clinical coordinator and associate professor in the physical therapist assistant program, and one of the organizers of the event.

The arts showcase is free and open to the public, and no registration is required. The event is part of several weeks of celebration in honor of the inauguration of Deborah Casey, Ph.D. The Community Arts Showcase of Excellence is made possible, in part, by a grant from the Salisbury Wicomico Arts Council, awarded by the Maryland State Arts Council and the National Endowment for the Arts. For more information, visit worwic.edu/inauguration.

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The origins of the Labor Day holiday

Observed the first Monday in September, Labor Day is an annual celebration of the social and economic achievements of American workers. The holiday is rooted in the late nineteenth century, when labor activists pushed for a federal holiday to recognize the many contributions workers have made to America's strength, prosperity, and well-being.

Before it was a federal holiday, Labor Day was recognized by labor activists and individual states. After municipal ordinances were passed in 1885 and 1886, a movement developed to secure state legislation. New York was the first state to introduce a bill, but Oregon was the first to pass a law recognizing Labor Day, on February 21, 1887.

During 1887, four more states – Colorado, Massachusetts, New Jersey and New York – passed laws creating a Labor Day holiday. By the end of the decade Connecticut, Nebraska and Pennsylvania had followed suit. By 1894, 23 more states had adopted the holiday, and on June 28, 1894, Congress passed an act making the first Monday in September of each year a legal holiday.

Who first proposed the holiday for workers? It's not entirely clear, but two workers can make a solid claim to the Founder of Labor Day title.

Some records show that in 1882, Peter J. McGuire, general secretary of the Brotherhood of Carpenters and Joiners and a co-founder of the American Federation of Labor, suggested setting aside a day for a "general holiday for the laboring classes" to honor those "who from rude nature have delved and carved all the grandeur we behold."

But Peter McGuire's place in Labor Day history has not gone unchallenged. Many believe that machinist Matthew Maguire, not Peter McGuire, founded the holiday.

Recent research seems to support the contention that Matthew Maguire, later the secretary of Local 344 of the International Association of Machinists in Paterson, New Jersey, proposed the holiday in 1882 while serving as secretary of the Central Labor Union in New York.

According to the New Jersey Historical Society, after President Cleveland signed the law creating a

national Labor Day, the *Paterson Morning Call* published an opinion piece stating that "the souvenir pen should go to Alderman Matthew Maguire of this city, who is the undisputed author of Labor Day as a holiday." Both Maguire and McGuire attended the country's first Labor Day parade in New York City that year.

The first Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City, in accordance with the plans of the Central Labor Union. The Central Labor Union held its second Labor Day holiday just a year later, on September 5, 1883.

By 1894, 23 more states had adopted the holiday, and on June 28, 1894, President Grover Cleveland signed a law making the first Monday in September of each year a national holiday.

Many Americans celebrate Labor Day with parades and parties – festivities very similar to those outlined by the first proposal for a holiday, which suggested that the day should be observed with – a street parade to exhibit "the strength and esprit de corps of the trade and labor organizations" of the community, followed by a festival for the recreation and amusement of the workers and their families. This became the pattern for the celebrations of Labor Day.

Speeches by prominent men and women were introduced later, as more emphasis was placed upon the economic and civic significance of the holiday. Still later, by a resolution of the American Federation of Labor convention of 1909, the Sunday preceding Labor Day was adopted as Labor Sunday and dedicated to the spiritual and educational aspects of the labor movement.

American labor has raised the nation's standard of living and contributed to the greatest production the world has ever known and the labor movement has brought us closer to the realization of our traditional ideals of economic and political democracy. It is appropriate, therefore, that the nation pays tribute on Labor Day to the creator of so much of the nation's strength, freedom, and leadership – the American worker.

-US Department of Labor



Commentary

By Joe Reynolds
OceanPinesForum.com

OPA commemorative plaques

The resurrection of the Ocean Pines golf course from a major yearly financial loss to a major financial operational profit is unprecedented.

General Manager John Viola attributes this success to decisions made by prior OPA boards to invest the needed funds in course improvements and the construction of a new Golf Clubhouse and cart barn. OPA president Rick Farr called attention to this renaissance at the recent OPA Annual Membership Meeting when he said it is now a “destination golf course.”

After the completion of the new clubhouse, the golf course’s bottom line began to improve, first under Director of Golf John Malinowski and recently accelerated under new director Bob Beckelman.

Maybe it is time to give credit to the OPA Board of Directors who voted

to spend a couple of million dollars for the new clubhouse and cart barn in the face of some strong opposition over the bidding process and whether or not a referendum was required.

Fortunately, a majority on the Board of Directors prevailed, authorizing both projects as individual projects not requiring a referendum and with an adequate process to hire a design/build contractor.

Who were these board members who made the tough decision in the face of some political opposition, thus setting the stage for a financial turnaround some now call “the miracle on Clubhouse Drive?”

One might assume any commemorative plaque at the facility would recognize the Board of Directors who voted to move forward with the project. This is not the case.

A plaque outside the entrance to the pro shop thanks the following board members:

Doug Parks, Steve Tuttle, Colette Horn, Larry Perrone, Camilla Rogers, Frank Daly, and Tom Janasek.

The bottom of the plaque thanks “Former Board Members” Esther Diller and Ted Moroney. Apparently, these two individuals were not on the original plaque but were added rather recently.

The list is not representative of the board that voted to construct the clubhouse. Finding out who actually voted to spend the money was not easy. The board vote took place during a meeting on April 6, 2019. For some reason, the OPA website no longer contains board meeting minutes back further than 2020. Considerable search on YouTube will produce the video of that momentous meeting in the Assa-teague Room.

The video shows the seven board members voting on the new clubhouse and cart barn. They are:

Slobodan Trendic, Frank Daly, Esther Diller, Doug Parks, Steve Tuttle, Colette Horn, and Jeff Knepper.

The vote to build the clubhouse was 6-1 with Trendic in opposition. Was a decision to credit a subsequent board on the commemorative plaque a political decision to prevent Trendic’s name from appearing? Perhaps, but the Board of Directors acts as an entity, not as individuals. The board members at the time of the vote represent the board decision, not any members of some subsequent board.

Diller, added as an afterthought, was a sitting board member who voted to build the new clubhouse on April 6, 2019.

Moroney, also added as an afterthought, was a strong supporter of the project but resigned his board position before the April 6, 2019 vote.

Larry Perrone, Camilla Rogers, and Tom Janasek are thanked as board members on the commemorative plaque but were not elected to the board until August 2019, and none of the three were involved in the vote of April 6, 2019.

Jeff Knepper, not mentioned at all on the commemorative plaque, was appointed to the board to replace Moroney who resigned earlier in March 2019. Knepper was a board member present at the April 6, 2019 meeting and voted to approve the clubhouse construction. Knepper’s name is nowhere to be found on the commemorative plaque.

A similar plaque exists at the Yacht Club. Board members thanked include Sharyn O’Hare, Marty Clarke, Bill Cordwell, and Jack Collins — none of them were on the board when it voted to pick a contractor and send the Yacht Club to referendum. Interestingly, Marty Clarke was a strong opponent of building a new Yacht Club. Clarke says he asked to have his name removed from the Yacht Club plaque but his request was refused.

Dave Stevens, Pete Gomsak, Dan Stachurski, Bill Wentworth, and Ray Unger were on the early 2012 board that approved a motion sending a new Yacht Club to referendum. Their names are not mentioned.

Much ado about nothing? Perhaps. However, these commemorative plaques reflect important moments in OPA history. They should reflect the names of board members who were on the board that actually pushed or approved these important projects, not the names of subsequent board members who just happened to be on the board years in the future during some ceremony.

Looks like this self-promotion was started by Bob Thompson, GM when the Yacht Club was built. Perhaps that is why the General Manager’s name is listed before all others.

The Clubhouse plaque and the Yacht Club plaque should be removed and, if desired, replaced with plaques accurately thanking the boards that voted to do these important projects. While at it, the self-serving plaque recently erected on a post on the Yacht Club deck commemorating a minor tiki-bar expansion should be relegated to the nearest trash bin - even though it accurately reflects the board that approved the minor project.

Courier Almanac

After four years of separation, on August 28, 1996, Charles, Prince of Wales and heir to the British throne, and his wife, Princess Diana, formally divorce.

The Kansas City Chiefs will be chasing history when they open the 2024 National Football League season against the Baltimore Ravens on Thursday, September 5. The Chiefs won their second consecutive Super Bowl a season ago, and this year they will attempt to become the first team in NFL history to win three consecutive Super Bowls. That flirtation is perhaps one reason why sports bookmakers designated the Chiefs as the favorites (+600) to win Super Bowl LIX at the Caesars Superdome in New Orleans prior to training camp. Though the Chiefs were installed as the lone favorites for much of the offseason, some oddsmakers have installed the team Kansas City defeated in last year’s Super Bowl, the San Francisco 49ers, as co-favorites. Much can, and likely will, change between Week 1 and the second weekend in February when the Super Bowl is played.

But there’s no denying all eyes will be on Patrick Mahomes, Travis Kelce and the Chiefs as the team looks to accomplish something no team in league history has ever pulled off.



The
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The first days of school

The start of the school year reminds me of those bygone, sepia tone years when summer pursuits of reckless abandon gave way to early morning wake-up calls, school bus rides, warm lunches in warm lunch boxes



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

and adjusting to the yoke of conformity only found in a Catholic grade school under the watchful eyes of humorless nuns, those creatures of habit.

Back in my day, Catholic school education was more a pursuit of survival than academic endeavor. From the time I entered first grade until the evening I walked in tight formation down the aisle at eighth grade graduation, the first days of school were pretty much the same.

The yellow bus came to a stop in the large playground in the shadow of

the stone-faced St. Albert the Great Church. We kids disembarked in a riotous mass despite warnings from the bus driver. Once on the playground we gathered with friends, many of whom we hadn't seen since

the last day of school. Very quickly the boys were sitting on their knees flipping baseball cards: "Flip you colors last, wins on first, everything in it but tops!" The girls were jumping rope or playing hopscotch. Yelling and screaming

abounded. And then the noise screeched to a halt when Sister Rosemary, our principal, clanged the brass bell whose harsh sound echoed off the church and rectory. We froze in place. God help anyone who kept yelling or running around after the bell clanged. When satisfied that we were quiet and motionless, Sister rang the bell a second time and we dashed madly to our grade lines.

Each grade had its own lines at the head of which waited the teachers for that grade. We assembled in grade

groups. Then each homeroom teacher read from a roster, calling out the names of kids in her class. Cheers were heard from the kids whose names were called by a preferred teacher. Solemn, muffled utterances of profanity could be heard when a kid's name was called by a less popular teacher.

Once the classes were identified, we lined up like little soldiers waiting to be led through the church doors within sight of the crucified Savior, and then turned to the right into the school. Grades one through four were on the first floor; grades five through eight on the second. It was a rite of passage to be guided to the second floor. The hallway floors gleamed on the first day of school. They actually gleamed throughout the year. Walt the janitor made it his life's work to polish those floors to a reflective sheen. Some kids thought it amusing to scuff their heels on the floor leaving a mark. The laughter subsided quickly when they found themselves after school removing their scuff marks with a tooth brush.

The hallway floor was comprised of big square tiles with lines down the middle. To ensure tidy formations, we

had to, as Johnny Cash sang, walk the line. There was little tolerance for kids who didn't walk the straight and narrow. It wasn't unusual for Sister Rosemary to walk the halls inspecting our lines. That woman was everywhere. She had no compunction about yanking a wayward kid from the line and directing him, or on those rare occasions her, to walk beside the teacher. Oh, the embarrassment and shame reflected on the kid's face. Truth be told, I was never pulled from the line. As I look back so many years later, I realize I was too much of a goodie two-shoes. But in my defense, I didn't want wayward line walking indelibly scrawled on my permanent record.

Once inside our classrooms, we stood in the back of the room as our new homeroom teacher called our names in alphabetical order to take our seats at one of the desks that were lined up straight as an arrow. There was a rigidity in Catholic school that unless experienced, is hard to explain. I usually sat in the second or third seat in the first row behind Paul Aceto and Dominic Anzideo. What I would have given to have had my last name start with a "Z."

Those were the days.

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Wor-Wic receives EARN Maryland Cybersecurity grant

Wor-Wic Community College has been awarded a \$150,000 cybersecurity grant from EARN Maryland, a program by the Maryland Department of Labor. It is the only organization that has been awarded this type of grant for cybersecurity, as well as the first on the Eastern Shore.

The two-year grant will support the college's CyberEARN project, which offers scholarships for education and certification in cybersecurity areas. The primary beneficiaries will be incumbent workers living or working on the Lower Shore who need additional training to advance in their field.

"We are thrilled to receive this EARN Maryland grant to provide our industry partners with a pathway for their employees to acquire essential cybersecurity training to meet increasing demands in this field," said Deborah Casey, Ph.D., president of Wor-Wic. "One of our strategic priorities is to enhance institutional effectiveness through a high-quality workforce, and this funding will assist the college in achieving our mission to serve our local communities."

The CyberEARN project offers a streamlined enrollment process for students and scholarship funding for cybersecurity-related credit courses. Successful students will receive vouchers for industry certification exams through CompTIA, including

A+, Network+, Security+, CySA+ and others as the program evolves. Wor-Wic serves as a Pearson testing center, where students can take their CompTIA certification exams.

"Over the two-year period, our goal is to enroll 100 students in cybersecurity courses that provide timely skills related to system, network and application security," said Kevin Justice, project director and assistant professor of computer studies. "The EARN grant enables us to help address the high demand for cybersecurity professionals across the region. If state funding continues for EARN, we hope to renew this grant yearly after the initial term of the project."

To learn how your business can participate in this program, email CyberEARN@worwic.edu for information.

EARN Maryland is a state-funded, competitive workforce development grant program that is industry-led, regional in focus and a proven strategy for helping businesses cultivate the skilled workforce they need to compete. Wor-Wic is leveraging this innovative approach by using existing credit-based courses to meet workforce training needs.

This project is funded by the State of Maryland's EARN Maryland Grant Program, administered by the Maryland Department of Labor.



NASA team visits Wor-Wic children's camp

Volunteers from NASA Wallops Flight Facility in Wallops Island, Va., recently visited Wor-Wic Community College to share the fun of science and engineering with children in the college's Camp Jordan summer program for young children.

The NASA team helped children make soda bottle rockets, then used pressurized air to launch them.

Valerie Gsell, an engineer at Wallops, said, "Outreach is an important part of our job. We've been coming to Wor-Wic for 15 years. Our helping children make rockets here has led to us doing it all over the shore."

Gsell said the project is a good way for children to learn aerodynamics – and helped demonstrate that as she explained to students why some rockets spun or went higher than others.

Casey Elliott, director of the child development center, said she appreciated the enrichment and experience NASA Wallops brought to the children. "It's learning through exploration," she said.

Above: **Casey Elliott**, right, director of the Wor-Wic Community College child development center, helps students make rockets.

Waterway film to be screened

The Lower Shore Land Trust, Delmarva Restoration and Conservation Network, US Fish and Wildlife Service and USDA are collaborating to host a showing of an award-winning film, *Water's Way: Thinking Like a Watershed* at Pemberton Historical Park in Salisbury on Tuesday, September 24 from 6 p.m. to 8 p.m.

Beaver ponds and dams work to keep wetlands in the Chesapeake Bay beautiful. Due to their ability to filter, slow, and spread water that goes into the bay. This reduces flooding and keeps water cleaner. Unfortunately, beavers have grown absent in the Chesapeake region since 1750. As a result of the absence

of beavers, their benefits to the bay are often overlooked. This film brings light to how the Chesapeake Bay operates and the important role of beavers.

The film showing will be followed by a Q&A panel with the writer of the film, Tom Horton. Horton has been researching the Chesapeake Bay for 52 years.

Snow cones and a raffle are also available at the event.

Register online at: LOWER SHORE LAND TRUST - Free Film Screening - *Water's Way: Thinking Like a Watershed* (networkforgood.com) or call the Lower Shore Land Trust at 443-234-5587.



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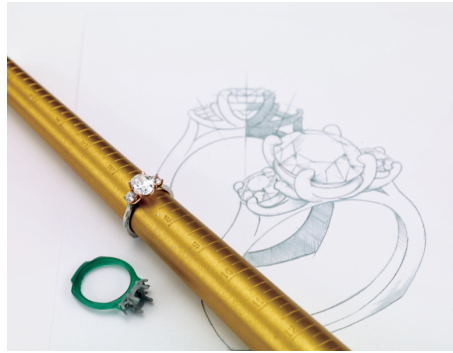
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How families can get ready for a new school year

Children will soon be trading in the chimes of neighborhood ice cream trucks for the bells of school as summer vacation gives way to the start of a new academic year. August through September is prime back-to-school season, with children all across the country stocking their backpacks and shopping for new school wardrobes.

There is more to getting ready for the start of school than making sure pencils are sharpened and tablets are charged. Parents and children can work together to ensure the transition back to the classroom is as seamless as possible.

Adjust sleep and wake times. Summer vacation often means letting loose of schedules for a while, and that may translate into later-than-normal bedtimes and rising a little later in the morning. Everyone in the household will have to reacquaint themselves with schedules that ensure kids get to school on time. A few weeks before the first day of school, start incrementally going to bed at an earlier time and start waking up earlier each morning. Try to plan out the increments so that by the time the last few days of summer vacation wind down, the family is on target with a waking schedule that mirrors the school schedule.

Acclimate to being around people. Although summer vacation may involve trips that bring children in contact with other people, it may have been some time since they've spent five or more hours per day around 20 to 30 people their age. It may take a transition period to get used to being around a bunch of peers, so families can visit places where there tend to be crowds of kids, such as zoos, aquariums, parks, and trampoline centers. These can be low-pressure locations to dust off social skills.

Know the route or plan for school transportation. Students may be driven independently, ride the school bus, walk or bike, or carpool with others to and from school. Families can

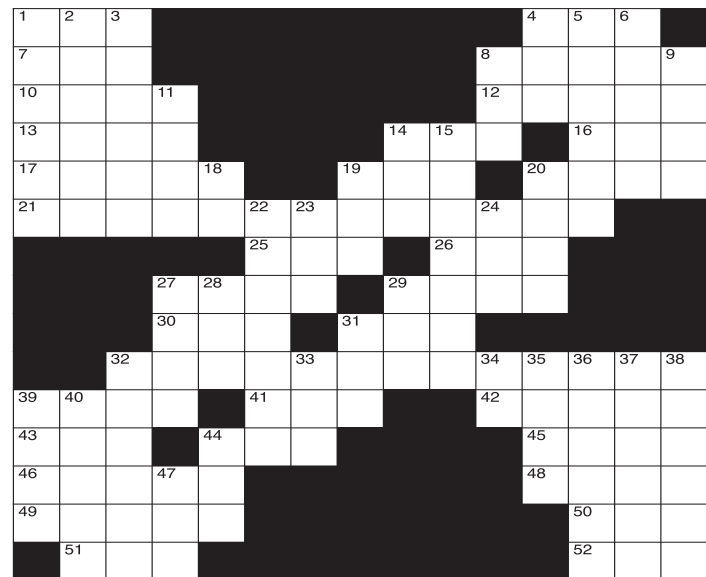
establish plans so that getting to and from school is not something kids need to worry about. Practice routes and timing, taking into consideration that when schools open there will be much more traffic. Parents can reassure children that there will be a learning curve, but all of the kinks generally get worked out during the first week.

Avoid "summer slide." Most students don't want to think about studying, homework and testing while on summer break, but it can be beneficial to stay current on some lessons. Summer slide refers to the loss of some of

the learning achieved during the previous school year over the summer break. Some experts say summer slide is overstated, but it can't hurt for students to refresh their memories on some math, science and language arts concepts over break so that they will be ready to hit the books when the new school year begins.

Prep for school lunches. Children and adults can work together to map out healthy eating options for school lunch. Many school districts have lunch plans that can be purchased through an online account. Participating students simply enter a number or swipe a code at checkout. School lunches are built to be nutritionally diverse and have options that even picky eaters will like.

School is right around the corner, and families should get ready for the routine and needs that go with the academic year as the first day draws closer.

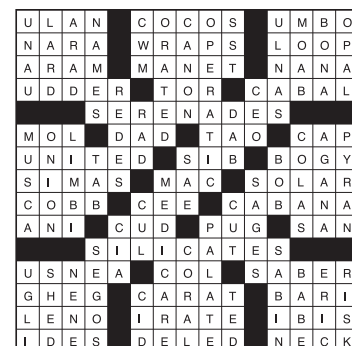


CLUES ACROSS

- 1. Microgram
- 4. After B
- 7. Everything
- 8. An unfortunate development
- 10. Coat with sticky substance
- 12. Cylinder of tobacco for smoking
- 13. Minimum interval take off
- 14. Yuck!
- 16. NBA sensation Jeremy
- 17. Where some rockers work
- 19. Midway between northeast and east
- 20. Snake-like fishes
- 21. Groups of homes
- 25. Swiss river
- 26. Useful towel
- 27. "The Wire" character "Moreland"
- 29. Oafish creature
- 30. A major division of geological time
- 31. Bird-like Chinese dinosaur
- 32. Sporting events
- 39. Body part
- 41. Clerical vestment
- 42. Shows data
- 43. Some are "special"
- 44. Expression of disappointment
- 45. Students' rights document (abbr.)
- 46. Vacation locale Costa ___
- 48. Pop singer
- 49. Distract outside a city
- 50. Mark Wahlberg comedy
- 51. Coniferous tree
- 52. Midway between south and southeast

CLUES DOWN

- 1. Lunatic
- 2. Actress Danes
- 3. Buttock muscles
- 4. The 22nd letter of the Greek alphabet
- 5. Popular 70s rockers
- 6. Electronic communication
- 8. Trigraph
- 9. Sea eagles
- 11. Low-pitched, resonant sound
- 14. Northeastern US university (abbr.)
- 15. Home of the Bulldogs
- 18. Exclamation of surprise
- 19. Make a mistake
- 20. Advantage
- 22. Monkeys love them
- 23. Wood
- 24. Paddle
- 27. Past participle of be
- 28. Tall, rounded vase
- 29. Device manufacturers
- 31. Financial institution (abbr.)
- 32. Paper product
- 33. A type
- 34. Atomic #43
- 35. Red Hot Chili Peppers' drummer
- 36. Behaviors
- 37. Decays
- 38. Walked confidently
- 39. Voice (Italian)
- 40. Class of adhesives
- 44. Bar bill
- 47. One-time aerospace firm



Answers for August 21

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10:30 a.m. – 2 p.m.

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Elevate your golf game with proper stretching

By **Lynn Martin**, PTA, CKTP

August is National Golf Month, a time to celebrate the game of golf and take advantage of the long summer days to hit the links. Whether you're a seasoned pro or a casual weekend golfer, this month offers the perfect opportunity to refine your skills, improve your technique, and, most importantly, focus on the often-overlooked aspects of fitness that can significantly enhance your game. Proper stretching and strengthening exercises are crucial to optimizing your golf performance and preventing injuries.



Lynn Martin

The importance of stretching in golf

Golf is a game of precision, flexibility, and endurance. It requires a full range of motion in the shoulders, hips, and spine to execute a perfect swing. However, many golfers overlook the importance of stretching, leading to stiffness and a limited range of motion that can negatively impact their performance.

Warm-up stretches. Before you start your round, it's essential to warm up your muscles to prevent injuries and improve your flexibility. A good warm-up routine should include dynamic stretches that mimic the movements you'll make on the course.

-Shoulder rotations: Stand with your feet shoulder-width apart and rotate your shoulders forward and backward. This exercise loosens the muscles around your shoulders, reducing the risk of injury during your swing.

-Hip swings: Hold onto a stable surface, such as a golf cart or a wall, and swing one leg forward and backward. Repeat with the other leg. This movement helps to loosen the hip flexors and improve your swing's range of motion.

-Torso twists: Stand with your feet shoulder-width apart, hold a golf club across your shoulders, and gently rotate your torso from side to side. This stretch improves your spine's flexibility, allowing for a more fluid swing.

Post-game stretches. After a round

of golf, it's just as important to stretch your muscles to prevent stiffness and promote recovery. Focus on static stretches that target the muscles used during your game.

-Hamstring stretch: Sit on a chair or bench with one leg extended and the other bent. Reach forward towards your toes, holding the stretch for 20-30 seconds. This stretch helps to release tension in your lower back and hamstrings.

-Quad stretch: While holding onto something stable, stand on one leg, and pull your opposite foot towards your glutes, holding onto your ankle. This stretch targets the quadriceps, which can become tight after walking the course.

-Lower back stretch: Lie on your back with your knees bent. Pull one knee towards your chest while keeping the other foot on the ground. Hold for 20-30 seconds, then switch legs. This stretch helps alleviate tension in the lower back, a common area of discomfort for golfers.

Strengthening Exercises for Golfers

Strength training is another key component of a successful golf game. By building strength in the right muscles, you can generate more power in your swing, maintain better control, and reduce the risk of injury. Here are some essential exercises to incorporate into your routine.

-Core Strength. A strong core is the foundation of a powerful golf swing. Your core muscles, including the abdominals, obliques, and lower back, help stabilize your body and transfer energy from your lower body to your upper body during the swing.

-Planks: Start in a push-up position, then lower yourself onto your forearms. Keep your body in a straight line from head to heels, engaging your core muscles. Hold for 30-60 seconds. This exercise strengthens your entire core, improving your stability and power.

-Russian Twists: Sit on the ground with your knees bent and feet flat. Lean back slightly, keeping your back straight, and hold a weight or medicine ball in your hands. Rotate your torso to the right, then to the left, engaging your obliques. This exercise

please see **golf** page 16



Getting the "dawgs out" - The Kiwanis "Dawg" Team prepares and sells the hotdogs, burgers and concessions for many Ocean Pines events. Pictured are some of the team.

LSLT welcomes Haight

Tasha Haight joins the Lower Shore Land Trust as their Communications Coordinator. She holds a Masters of Business Administration degree from Loyola University Maryland and has a passion for conservation. Tasha owns Mermaid Tasha LLC, a mermaid entertainment business, and has published several conservation-focused children's books in the Mermaid Tasha series. Haight said, "I'm excited to bring my dedication to the environment and marketing expertise to the position with Lower Shore Land Trust."

Lower Shore Land Trust assists landowners who wish to protect, in perpetuity, habitat necessary to sustain a diverse and healthy wildlife population, working agricultural lands, natural buffers that maintain water quality, and preserve scenic vistas and landscapes surrounding sites of

historical and cultural importance. They wish to ensure that sufficient lands remain to support forestry and agriculture as viable industries on the Lower Eastern Shore.

In her new role, Haight will serve to help implement and promote annual events, such as the Flannel Formal on November 9 at Coulbourn Farm in Snow Hill as well as work closely with network partnerships, such as Delmarva Birding Weekends for the OktoBIRDFest on October 11. She also looks forward to starting more engaging communication channels involving local community members and LSLT supporters via blogs and podcasts.

More information can be found online at www.LowerShoreLandTrust.org.

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Signs of ADHD in children

Rates of attention deficit/hyperactivity disorder (ADHD) among children are high. A 2022 survey from the Centers for Disease Control and Prevention found that more than 11 percent of children between the ages of three and 17 have been diagnosed with ADHD. Though ADHD is slightly less common among youngsters in Canada, affecting between 5 and 7 percent of the nation's children according to the Centre for ADHD Awareness, Canada, it's still considered one of the most prevalent neurodevelopmental disorders in the country.

The name alone sheds light on the potential impact ADHD can have on students' academic performance. Children who struggle to remain attentive and/or sit still are likely to have problems in a traditional classroom setting. But students and their families are not helpless against ADHD. The first step parents can take is to learn the warning signs of ADHD in children. The United Kingdom-based National Health Service reports that symptoms of ADHD can be categorized into two types of behavioral problems: inattentiveness and hy-

peractivity and impulsiveness.

Inattentiveness

Inattentiveness is marked by difficulty concentrating and focusing. Children experiencing inattentiveness as a byproduct of ADHD may exhibit the following symptoms:

- A short attention span and being easily distracted
- A tendency to make careless mistakes in schoolwork or when engaging in other tasks
- Forgetfulness and a propensity to lose things
- An inability to continue performing tasks that are tedious or time-consuming
- Difficulty listening to or carrying out instructions
- Constant pivoting between activities or tasks
- Difficulty organizing tasks

Hyperactivity and impulsiveness

Symptoms that fall under the category of hyperactivity and impulsiveness can adversely affect academic performance and also lead to difficulties with so-

cial interaction with other children and adults. Such symptoms may include:

- An inability to sit still, especially in calm or quiet surroundings, such as a classroom
- Constant fidgeting
- An inability to concentrate on tasks
- Excessive physical movement
- Excessive talking
- An inability to wait one's turn
- Acting without thinking
- Interrupting conversations
- Little or no sense of danger

Parents who suspect their child has ADHD are urged to speak with the child's physician before drawing any conclusions. Many youngsters, particularly those experiencing classroom settings or other disciplined, highly structured environments for the first time, may exhibit some of the aforementioned symptoms but not have ADHD. A frank discussion with the child's physician can help parents determine if their child is exhibiting typical childhood behaviors or perhaps showing signs of ADHD. More information about ADHD is available at cdc.gov.

WANTED

The Courier seeks an individual interested in writing an "Around the Pines" feature. Individual should have an interest in and understanding of the Ocean Pines community. Good written communications skills required. If interested, please email Chip Bertino at

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Know the risks of investing — and *not* investing

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

Investing involves risk — and so does *not* investing. You should know how both these types of risk can affect your ability to reach your financial goals.



John Bennish

Let's start with the risks associated with investing. There's not a single investment risk because different types of investments carry different types of risk. Here's a look at three investment categories and some of the risks connected with them:

- **Stocks** — When you invest in stocks or stock-based mutual funds, you will incur the risk that the value of your investments may decline. Stock prices can fall for any number of

reasons — lower-than-expected earnings, a change in management, change in consumer tastes, and so on. Although the historical trend for stocks has been positive, there will always be periods when prices are down. One way to help defend against this volatility is to hold stocks for the long term, rather than constantly buying and selling, and to own a mix of stocks from different industries and even different countries.

- **Bonds** — When market interest rates rise, the value of your bonds can decline because investors won't pay full price for them when they can get the newer ones that offer higher rates. Another type of risk associated with bonds is credit risk, which essentially describes the risk that the bond issuer may default, potentially disrupting your flow of interest payments. However, you can help mitigate this risk by purchasing investment-grade

bonds that receive the highest credit ratings from independent rating agencies.

- **Certificates of deposit (CDs)** — Although CDs are generally considered safe because

their principal is guaranteed, they do carry reinvestment risk — the risk that you won't be able to reinvest the proceeds of a maturing CD at the same interest rate. To help protect against this risk, you could own CDs of varying maturities. When market rates are low, you'll still have your longer-term CDs paying higher interest, and when market rates rise, you can reinvest the money from your maturing shorter-term CDs into the new, higher-paying ones.

Now, let's turn to a completely different type of risk — the risk of not investing. And this risk is easy to understand: If you don't invest, or if you consistently invest only in the most conservative vehicles, your money may not grow enough to allow you to reach your important long-term goals, such as a comfortable retirement.

Of course, this doesn't mean you should never own conservative investments, including CDs and some

types of bonds. When you're saving for a short-term goal, such as a down payment on a house, a wedding or a long vacation, you want the money to be there when you need it, so an investment that offers protection of principal may be appropriate, even if it doesn't provide much in the way of growth.

For those long-term goals, though, you may need to build an investment portfolio that contains growth potential and that reflects your personal risk tolerance and time horizon. Over time, your risk tolerance may change. As you get closer to retirement, you may want to take a somewhat more conservative approach — but you'll always need some elements of growth.

When you invest, risk can't be eliminated, but it can be managed. Keeping this in mind, consider a long-term investment strategy that allows for risk but also offers the possibility of reward.

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

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Wor-Wic to host celebration of science and arts

Wor-Wic Community College will hold its inaugural STEAMposium event on Tuesday, September 17, from 5 p.m. to 7 p.m., in the Dr.

Ray Hoy Assembly Hall in Guerrieri Hall on the college campus at the corner of Route 50 and Walston Switch Road in Salisbury.

The event is a showcase of exemplary work in the areas of science, technology, engineering, art and math (STEAM). Wor-Wic students and faculty will be featured, and light refreshments will follow the presentations.

"We look forward to highlighting the advanced knowledge and diverse body of scholarly work our faculty and students are pursuing at Wor-Wic," said Dr. Amy Oneal-Self, professor of English.

The STEAMposium is free and open to the public, and no registration is required. The event is part of several weeks of celebration in honor of the inauguration of Deborah Casey, Ph.D. For more information, visit worwic.edu/inauguration.

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Letter to the Editor

Be careful what you wish for

Editor:

We've all heard the expression "Be careful what you wish for - you just might get it!"

This has come across my mind a few times lately when pondering the Board of Education race here in Worcester County.

Worcester is blessed with a darn good public education system (best in the state by most metrics), which is largely due to parents, the school leadership, including the superintendent and staff, and the elected Board of Education. We also receive, by far, the lowest funding from the state.

That said, do we have problems? Yes. Are some things happening that concern me and others? Yes.

The vast majority of the problems are created by overbearing state and federal "involvement" in what is, constitutionally, a local matter. The fact is that, for the last few decades, this extra-constitutional involvement has increased to the point that local school districts have very little control over much of anything, from discipline to curriculum. This involvement (a better word is, perhaps, control) has created a situation that leaves the parents out of a process and decisions that are absolutely within the parents' purview, and not the concern of the

public school system. We also, unfortunately, have a great number of parents who really don't "parent", which puts the school system in a bad situation. It is difficult, if not impossible, to teach children who are undisciplined and have no respect for authority or rules.

In 2016, a search for a new superintendent of schools was initiated, coordinated by the Maryland State Board of Education. The applicant pool was whittled down over time to two finalists. I volunteered to serve on the citizen committee considering the qualifications of the applicants. The MSBE's preference was Dr. Michael Martirano. We (and the other local committees) chose Lou Taylor. Thank God. Mr. Martirano later took the job of Superintendent of the Howard County school system and a couple of years later was instrumental in adopting a redistricting plan based on family wealth. Yes, I said family wealth.

I believe this is where I point out that Worcester County dodged a very large bullet.

We could very easily have been saddled with Mr. Martirano with his radical ideas and he would have had the full support of the State of Maryland. Think about that for a few minutes.

In closing, I ask - is any school system perfect? No. Is any superintendent, staff member, teacher, board member perfect? No. Are there problems? Yes. But the accusations and criticisms leveled by some county commissioners and citizens and BOE candidates against the school leadership and Board of Education members has been outrageous. I don't think some of the candidates for the Board of Education understand the delicate dance our Board members must undertake to keep from running afoul of the all-powerful state agencies.

Sometimes I wonder if these candidates understand that we live in Maryland. If you have ever run a business, tried to make a living at farming or commercial fishing, run a local government (such as a County Commission) you should understand. The state government is

all-powerful and has its hands on everything. Add to that the most left-wing Federal Government we have ever had that issues executive orders like toilet paper.

For years I bragged on Worcester County because we always seemed to work together for the best interests of the residents and taxpayers. There was a cohesiveness that was really refreshing. I can't say I feel that way anymore. Some of the things that have been said to and about leaders in the school district and some board members have been painful to witness. And, in my opinion, completely uncalled for.

Voters should carefully consider their votes in November. The state and federal governments do not take kindly to being challenged, and we could find ourselves in the position of "getting what we asked for".

Carol Frazier
Ocean Pines

Back to school can mean the return of lice

The start of a new school year often means shopping for supplies, making new friends and getting acclimated to the teaching styles of new teachers. Unfortunately, a new school year also can mean head lice.

The Centers for Disease Control and Prevention says there is no precise data regarding how many people get head lice each year. However, an estimated six to 12 million infestations occur each year in the United States among children between the ages of three and 11.

What is head lice? The Minnesota Department of Health says a head louse is an insect that can infest people. Lice make their homes in human hair and feed on blood. Head lice multiply rapidly by laying small, gray-colored, oval-shaped eggs known as nits. The nits are sticky and attach to the base of the hair close to the scalp. Unlike other blood-sucking insects, such as mosquitoes or ticks, head lice are not known to spread disease.

Who gets head lice? Head lice do not discriminate when they choose a person. They are equal opportunity feeders and will hop on just about any

scalp for a meal. Head lice are not indicative of a lack of hygiene.

The CDC says infestation with head lice is most common among preschool- and elementary school-aged children and members of their household, including caretakers.

What are the signs of head lice? Itching is the most common symptom of head lice, says the Mayo Clinic.

A louse bite causes an allergic reaction. Itchiness may occur on the scalp, neck and ears. During visual inspections of the hair and scalp, one may be able to see lice and nits. However, both the eggs and the lice themselves are very small, so it can be challenging to spot them.

Parents and caregivers who suspect a child has lice should consult with a school nurse or a pediatrician.

Studies show that many children are treated for head lice with home remedies or nonprescription medications when they didn't even have lice. Dandruff, residue from hair products, scabs, or even dirt can be mistaken for lice.

How can head lice be prevented?

please see lice page 16



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The Courier, a weekly community newspaper seeks experienced advertising sales individuals with strong interpersonal skills to build advertising relationships and assist in publication growth.

You must be professional, well-spoken, deadline and customer oriented, and highly motivated with strong communication and organizational skills. Work from home.

This is a commission-based position with considerable income growth potential. Enjoy flexible working schedule.

Send cover letter and resume to
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EOE

What causes acne in adolescents and adults?

Acne is a common skin condition that often appears for the first time during adolescence. However, acne can develop at any age. In fact, Intermountain Healthcare notes that it's even possible for people who never had acne as a teen to develop it later in life.

Even though acne is quite common, misperceptions about it persist. For example, consuming chocolate or greasy foods like French fries will not lead to a bout of acne. Various factors directly contribute to acne, offers Harvard Medical School, and such factors include:

Bacteria: Bacteria contribute to inflammatory lesions in acne. At various times, including during puberty, bac-

teria on the surface of the skin can increase. Antimicrobials can suppress certain bacteria in patients with acne.

Hormones: Fluctuating hormones, including fluctuations that occur during pregnancy and menopause, can lead to acne. Stopping or starting birth control also can lead to acne. Hormones that increase in boys and girls during puberty can cause sebaceous glands to enlarge and make more sebum as well, says the Mayo Clinic.

Excess oil production: Some people may produce more sebum than others. When coupled with skin care

lice
from page 15

The most common way to contract head lice is through head-to-head contact. Children should avoid head contact during play and other activities at school and home. Although transmission through shared brushes, combs, towels, hats, and clothing is less common, it is still possible, so sharing of these items should be discouraged.

The CDC says using a hot water cycle in the laundry and the high heat drying cycle can kill head lice on clothing and other items. Seal items that cannot be washed in a plastic bag and store them for two weeks.

Vacuum the floor and furniture to remove any nits or lice that have fallen off the head. Fumigant sprays or fogs, which can be toxic if inhaled, are not necessary to control head lice, indicates the CDC.

A new school year may compel families to think about lice. Although lice is a nuisance, infestations can be treated.

products and makeup that can clog pores, this may lead to acne.

Inflammation: Inflammation caused by diet can lead to inflammation throughout the body, and that may result in acne.

Underlying medical condition: Certain conditions, such as polycystic ovarian syndrome in women, are often accompanied by chronic or difficult-to-control acne.

Medications: Medications people take for various conditions may actually cause acne as a side effect. This includes drugs that

contain testosterone, lithium or corticosteroids. Changing medications may reduce breakouts.

It's important to note that acne is not caused by dirty skin. Scrubbing skin too harshly with chemicals or soaps may actually make acne worse by irritating the skin. Though makeup will not contribute to acne, opt for oil-free, non-comedogenic products and remove makeup each night before going to bed.

Acne is often tied to adolescence, but it also can persist into or even first appear during adulthood. Learning the causes of acne can help people of all ages successfully confront it.



WANTED

The Courier seeks an individual interested in writing a regular "Around the Pines" feature. Individual should have an interest in and understanding of the Ocean Pines community. Good written communications skills required. If interested, please email Chip Bertino at chipbertino@delmarvacourier.com

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golf
from page 12

enhances rotational strength, crucial for a powerful swing.

Lower Body Strength

Your legs provide the foundation for your swing, generating the force needed to drive the ball. Strong legs also help maintain balance and stability throughout your game.

-Squats: Stand with your feet shoulder-width apart, and lower your body as if sitting back into a chair, keeping your chest up and knees behind your toes. Push through your heels to return to the starting position. This exercise targets the quads, hamstrings, and glutes, essential for power and stability in your swing.

- Lunges: Step forward with one leg, lowering your hips until both knees are bent at a 90-degree angle. Push back to the starting position and repeat with the other leg. Lunges strengthen the glutes, quads, and hamstrings while also improving balance and coordination.

Upper Body Strength

Your upper body plays a significant role in controlling the golf club and generating speed during your swing. Strengthening these muscles

can help you achieve greater distance and accuracy.

-Push-ups: This classic exercise targets the chest, shoulders, and triceps. Start in a plank position, lower your body until your chest nearly touches the ground, then push back up. Push-ups build upper body strength and improve the stability needed to control your swing.

- Bent-over rows: Stand with your feet shoulder-width apart, holding a dumbbell in each hand. Bend at the waist with a slight bend in your knees, keeping your back flat. Pull the weights towards your ribcage, squeezing your shoulder blades together, then lower them back down. This exercise strengthens the upper back and shoulders, improving your posture and control.

In conclusion, National Golf Month is an excellent opportunity to focus on the aspects of your game that might not get as much attention. Incorporating proper stretching and strengthening exercises into your routine can significantly enhance your performance on the course, help prevent injuries, and allow you to enjoy the game for many years to come. So, as you celebrate this month, take the time to improve your fitness, and watch your game reach new heights

Notable games on the 2024 National Football League schedule

The National Football League is wildly popular. That popularity is evident not only during the season, but also throughout professional football's offseason, when events like the start of free agency, the NFL Draft and even the annual release of team schedules garner significant interest.

As the NFL season draws closer, here are five notable games on the 2024 schedule.

1. Baltimore Ravens at Kansas City Chiefs, Thursday, September 5: All eyes will be on GEHA Field at Arrowhead Stadium come the first Thursday in September, when the reigning Super Bowl champion Chiefs begin their quest to win a third straight championship. Reigning NFL Most Valuable Player Lamar Jackson and the Ravens, who fell to the Chiefs 17-10 in the AFC Championship Game a season ago, will be looking for revenge in this season-opening clash.

2. New York Jets at San Francisco 49ers, Monday, September 9: The season ended in euphoria for the Chiefs a year ago, and it began in agony for the Jets, who lost their newly signed quar-

terback Aaron Rodgers to a ruptured Achilles tendon just four snaps into his first game for Gang Green. Week 1 comes to a close on Monday Night Football with this battle that Jets fans hope will mark the return of Rodgers and Niners fans see as an opportunity to put the memories of a Super Bowl defeat behind them.

3. Chicago Bears at Washington Commanders, Sunday, October 27: The top two picks in this year's NFL Draft, quarterback Caleb Williams of the Bears and his signal-calling counterpart Jayden Daniels of the Commanders, square off in this late-October matchup. Adding to the intrigue of this battle at Commanders Field in Landover, Maryland, is it marks a clash between the two most recent Heisman Trophy winners. Williams took home his statue as college football's best player two seasons ago, while Daniels earned his during his final season at Louisiana State University in 2023.

4. Detroit Lions at Houston Texans, Sunday, November 10: Perhaps no teams did more in 2023 to

renew confidence among their fans than the Lions and the Texans. Led by their beloved head coach Dan Campbell, the Lions had their most successful campaign in decades, finishing 12-5 to win the NFC North before advancing all the way to the conference title game, where they lost a 34-31 heartbreaker to the Niners. The Texans also won their division a year ago, thanks in no small part to rookie sensation C.J. Stroud, who won Offensive Rookie of the Year after throwing 23 touchdowns and just five interceptions before leading his team to a blowout win over the Cleveland Browns in the opening round of the playoffs.

5. Miami Dolphins at Green Bay Packers, Thursday, November 28: Once the turkey's been devoured and the pumpkin pie has become a distant memory, fans can find the nearest couch and settle in for this Thanksgiving night thriller. The Dolphins feature a high-powered offense centered around speedster Tyreek Hill. Across the field is Packers quarterback Jordan Love, who established himself as a legitimate star during his first full

season under center, throwing for 32 touchdowns in the regular season before playing a near perfect playoff game in his postseason debut, a 48-32 victory over the Dallas Cowboys.

The NFL will return before fans know it, and these are just five of the many memorable matchups in the coming season.

Art League issues call for 'Seeing Sound'

The Art League of Ocean City invites artists to submit their artwork for the upcoming "Seeing Sound" exhibition. The group show will hang in the main Thaler Gallery at the Ocean City Center for the Arts on 94th St. bay-side during September, with an opening reception on First Friday, September 6.

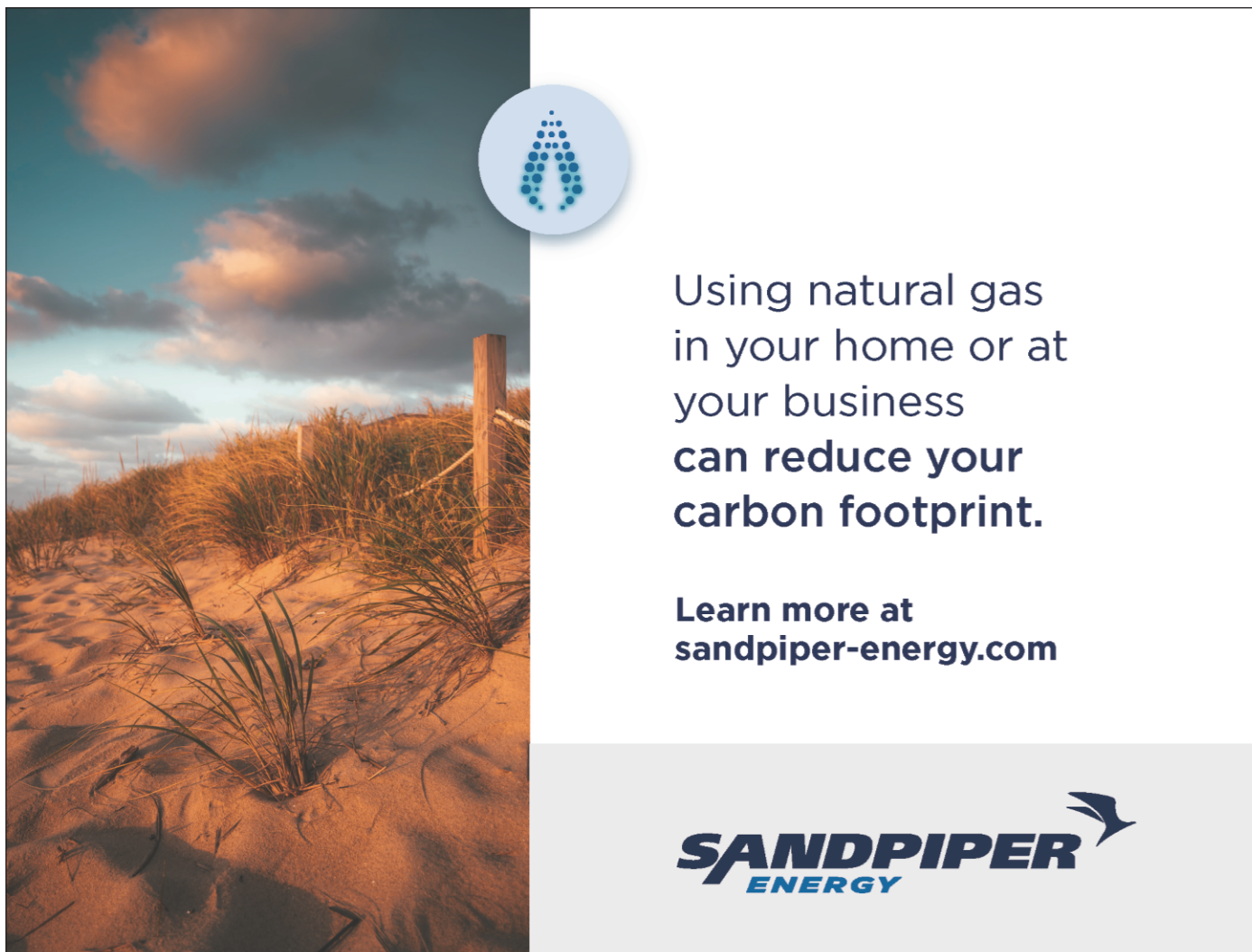
The show's theme encourages the visualization of music through art, including song lyrics, musical instruments, performances, and sound. All media will be accepted including paintings, drawings, photography, mixed media, sculpture, fiber art, and more.

Artists may submit up to two pieces with a \$10 entry fee per piece for Art League members; \$20 entry fee per piece for non-members. Artists must be 18 years or older to enter. Artwork must be framed, if applicable, and ready to hang. Exhibit requirements are posted at OCart.org/call-for-entries.

Artists must make an appointment to drop off their artwork on September 1 through September 3 at OCart.org/call-for-entries or by calling the Ocean City Center for the Arts. Exhibit dates are September 6-28.

The Art League will judge the artwork and award cash prizes to the winners. Judges for the "Seeing Sound" show are Eric Shuster, a classical percussionist and Lecturer of Music at Salisbury University, and Tara Gladden, a performance artist who was formerly SU's art gallery manager and is currently their Cultural Affairs and Engagement Specialist. The Art League will also invite the winners to participate in the year-end "Best of 2024" Show in December.

Drop-off appointments and more information are available at OCart.org/call-for-entries or by calling 410-524-9433.



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Some things to think about

Gathered from the internet
by **Jack Barnes**



FACT Hub

DID YOU KNOW?

Out of the millions of creatures on Earth, humans are only 1 of 3 species capable of laughter, the other 2 being Chimpanzees and Rats.

How to please a woman:

- Love her
- Die for her
- Take her to dinner
- Miss the game for her
- Buy her jewelry
- Be interested in what she has to say...

How to please a man:

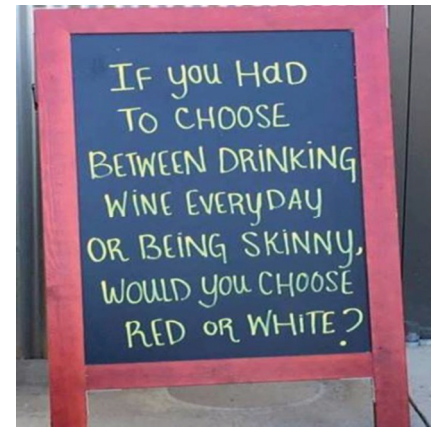
- Show up naked.
- Bring Beer.

I don't think I get enough credit for the fact that I do all of this unmedicated.

People say that drinking milk makes you stronger.
Drink 5 glasses of milk and try to move a wall.
Can't?
Now drink 5 glasses of wine.
The wall moves all by itself!




The more I get to know people, the more I realize why Noah only let animals on the boat.



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