

# THE PAC UPDATE

*The latest news & updates from your public access channel, PAC 14*



## **Your Way at the YMCA!**

*by Mark Grutkowski*

Summer is just around the corner, and you know what that means – shaking off the winter and enjoying everything the region’s vast natural resources have to offer: the beach, the bay, bathing suits, barbecues, boats, and boardwalks. In normal years, the approach of bathing suit season can stir a certain amount of anxiety and urgency in folks to get in shape. But after the last year, many people are experiencing a whole new level of beach body anxiety. COVID has done more than put the brakes on social gatherings and physical contact. Physical fitness regimens have ground to a halt for many people. Have no fear. The Richard A. Henson Family YMCA is here to help.

With strict COVID safety protocols in place, the Y is ready to help set you back on the path of physical wellness. And PAC 14 is here to help spread the word. Our new program, Your Way at the YMCA spends each episode focusing on a unique feature of the Y. The first program airing in April features youth programs. Group Executive Deanne Harrell gives us a tour of the facility, highlights their COVID prevention efforts and talks about the youth programs available year-round at the YMCA. The YMCA is packed with signage and cleaning stations. In locker rooms, social distancing means that only every other locker is available for use. Floor stickers throughout the YMCA remind visitors to main-

tain a six-foot berth. Ms. Harrell says, “Prior to COVID, we had a few hundred kids coming through each day. Today we’re about two-thirds of the way back.”

The sprawling 65,000-foot facility features a variety of youth offerings including basketball courts and three pools. The youth basketball program has recently wrapped up for the year, but aquatics is still going strong. Among their swimming programs, the YMCA offers Fourth Grade Water Safety, a free course open to any fourth-grade student in Wicomico County. “Being that we live on a peninsula surrounded by water, it’s a really important program,” said Ms. Harrell.

Ball fields are situated outside of the physical facility for Spring and Summer youth programs. Team Long Run, a new youth running initiative at the YMCA, utilizes a network of trails behind the facility for cross-country competition. Team Long Run enters its second season this fall.

Stay tuned for future episodes of Your Way at the YMCA when we focus on other features of the Richard A. Henson Family YMCA. In the meantime, get out and get fit, your way at the YMCA!

**For more information about the YMCA, please visit:**  
[ymcachapeake.org](http://ymcachapeake.org)



## Local Producer Spotlight

by Emili Hibbitts

This week's local producer spotlight is Ginny Rosenkranz from Delmarva Gardens. Delmarva Gardens is an educational series all about horticulture on the Eastern Shore, MD. Ginny has been the host of Delmarva Gardens since 2000. Her long career list consists of being a Commercial Horticulturalist, Botanist, and Master Gardener Coordinator at the University of Maryland Extension. She says 80% of her job is working with the green industry-landscape contractors, nurseries, garden centers, and golf courses -while the other 20% is working with and teaching master gardeners.

In our interview, I asked Ginny, "What inspired you to pursue a career in Horticulture?" Without hesitation she says, "Oh my gosh. I can remember when I was 2.5 or 3 years old and my mom was planting pansies. She was showing me the faces on the pansies and I remember thinking they were so *beautiful*. As she was planting them, I started to pick the flowers out of the ground thinking I was helping her. She says, 'No, let me show you' and shows me that they had roots. She talked about how people have feet and plants have roots. I have loved plants ever since."

Ginny said she started at PAC 14 when Creig Twilley-former Assistant Director of PAC 14-called and asked her to be on Delmarva Gardens to give the previous host some help. She was such a natural in front of the camera that when the previous host moved away, Creig suggested she take over as host. Ginny loves to help people with their plant problems and will always get people in the grocery store that come up to ask questions. She doesn't mind she says. She joked that her husband laughs and says, "Give me the cart." Even someone from California recognized Ginny

## Community Calendar

The PAC 14 Community Calendar is a beneficial resource to find local events in Wicomico County. Citizens can submit events or browse on our website at [pac14.org/community-calendar](http://pac14.org/community-calendar). Our office makes custom slides to display events so feel free to send a picture with your submission to [pac14sby@gmail.com](mailto:pac14sby@gmail.com). This resource is free and easy to use. Try it out for yourself!



when she was in public because they were moving to Maryland and were researching local plants. The couple said they had been watching Delmarva Gardens for three years and loved the show. Ginny says, "That was so cool and that is what I do this for."

You can watch new and past episodes of Delmarva Gardens on Thursday's at 9 a.m. on PAC 14 or on our YouTube channel when you search 'PAC 14 Delmarva Gardens'. In addition, stay tuned for a **LIVE Q&A with Ginny on May 1st, 2021 at 10 a.m on Facebook Live**. Ginny will be answering plant questions live and providing valuable education for gardeners.

## Fun Fact of the Month

PAC 14 is one of the **32,000** 501(c)3 nonprofit organizations in Maryland. Nonprofits employ nearly **263,000** people, representing **10.6%** of the state's workforce.