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VERSE OF THE WEEK-Psalm 34:18

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Rebecca Smith, Sparrows Point High grad, killed in newsroom shooting



Smith's fiancé DJay Poling's softball team paid tribute to Becca Smith during a softball game Friday, June 29. Photo from Poling's Facebook page.

- By Marge Neal -

Rebecca Smith loved the water and considered the beach her "happy place."

The Edgemere native and Sparrows Point High School graduate had a sarcastic and witty sense of humor and was kind, thoughtful and considerate to her friends, family members and colleagues.

"She was my best friend and the love of my life," her fiancé, DJay Poling, told the East County Times Friday, June 29. "I can't believe she's gone."

Smith, 34, who started as a sales assistant with the Capital Gazette in November, was one of five employees killed June 28 in a targeted mass shooting at the newspaper's Annapolis office. Also killed in the attack were assistant managing editor and columnist Rob Hiaasen, Op-Ed page editor Gerald Fischman, sports reporter John McNamara and writer and editor Wendi Winters.

The massacre was allegedly carried out by Jarrod W. Ramos, a 38-year-old Laurel man with a longstanding grudge against the paper.

Poling was gracious in his offer of an interview with the *Times*, in spite of losing the love of his life less than 24 hours prior.

He said he was not used to "putting our private business out there" and was

avoiding his house to dodge the media trying to talk to him, but was willing to talk to the Times because he wanted "people to know who Rebecca was and how wonderful she was."

The couple had been dating six or seven years, he said, and met through the usual channels: friends of friends.

"We hit it off instantly and started hanging out," Poling said. "She was sarcastic, witty, funny, liked to pull pranks; her sense of humor was exactly like mine. We 'got' each other."

Smith was open about her physical struggle with endometriosis, a reproduc-- see **SHOOTING** on page 5 -

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ENTERTAINMENT

- By Teddy Durgin -

If you've lived in the Baltimore metro area long enough and have ever geeked out to any of the voyages of the Starships Enterprise, imagined an umbrella as a lightsaber, had spirited debates about who should be the next Batman or watched an episode of "Stranger Things" and got every single reference ... you've likely been to a Shore Leave. It's the annual sci-fi and fantasy convention put on by fans, for fans, in Hunt Valley.

This year, the show is celebrating its 40th anniversary with an array of cool movie and TV stars, authors and actual scientists. There will be a poker tournament, an art show, the annual Ten Forward Saturday night party and much more.

I sat down recently with Mike Schilling, one of the event's organizers, to talk about Shore Leave's storied history and what to expect at this year's show, which is scheduled to run Friday, July 6, through Sunday, July 8. What follows is our chat:

Teddy Durgin: Shore Leave is celebrating 40 years and has become a regional tradition for many genre fans. What has been the biggest contributing factor to the annual show's longevity?

Mike Schilling: Perhaps it's the great guests we have every year. Maybe it's the fact that so many of our committee members have been doing this for so many years, which brings a certain degree of similarity and professionalism to what 'Shore Leave' turns the big 4-0

b. Perhaps a larger reason is that moment for us as well. Experiencing the

we do. Perhaps a larger reason is that no matter how much Shore Leave, and fandom itself, has grown and changed through the years, we're still that "little-group-of-fans-that-could" at heart, still going up against the big boys and somehow holding our own.

TD: What are the challenges of being a fan-run convention?

MS: Fan expectations! It used to be 20 or 30 years ago, you could sign one or two "Star Trek" co-stars, throw in a few local pro writers to fill out the schedule, run the "Trek" blooper reel and you'd draw thousands of people. Now, with the greater acceptance of genre entertainment and the proliferation of gigantic conventions such as the Las Vegas Grand Slam and the San Diego Comic-Con, people want more and more choices for their hard-earned money.

TD: In terms of guests, you've had some big names over the years. Is there an actor/actress/other and a moment involving that person that has stood out for you personally?

MS: Seeing one of Leonard Nimoy's last public appearances via Skype, just months before his passing, was a true high point for many of us. Even through the computer terminal, he still was able to connect with each one of us in that ballroom in a very personal and real way. William Shatner on the Shore Leave stage just a few short years ago was a very proud

moment for us as well. Experiencing the humor and charm of Robert Picardo on a few different occasions has also been a great treat.

TD: How has social media changed the way you promote Shore Leave?

MS: Social media has definitely had a major impact on how Shore Leave is publicized, and most certainly on how we keep track of our fan base year to year. Although we still maintain our mailing list and a phone information line, most of our attendees find out what's happening in the world of Shore Leave year to year by going to our official website, www. shore-leave.com, or by taking a look at our Facebook page or going on Twitter, most especially by our younger fans where getting their information in this way is

as natural as breathing.

TD: Finally, what are you most excited about for this year's show?

MS: Well, it's a pretty amazing thing that we've been able to "Live Long and Prosper" for 40 years now, so I'm sure there will be much discussion of that topic during the weekend. Also, this year happens to be the 25th Anniversary of "Star Trek: Deep Space Nine" and its long time sci-fi rival "Babylon 5," plus the 40th anniversary of "Superman: The Movie." That, along with the steamroller that is the ever-expanding "Star Wars" and Marvel Comics universes, should make for lively discussion all weekend long!

View the full interview online at <u>eastcountytimesonline.com</u>.

'Uncle Drew' shoots and scores

- By Teddy Durgin -

"Uncle Drew" certainly has a LOT going against it. It's not high-brow cinema; it's junk-food cinema. In fact, it's actually produced by the Pepsi corporation! And you're not going to get a cast of Denzel Washington, Viola Davis, Don Cheadle, Chadwick Boseman and Angela Bassett. The players and supporting players here are comedians and basketball players past and present like Kyrie Irving, Shaquille O'Neal, Chris Webber and Reggie Miller. So, you ain't gettin' Michael Jordan OR Michael B. Jordan!

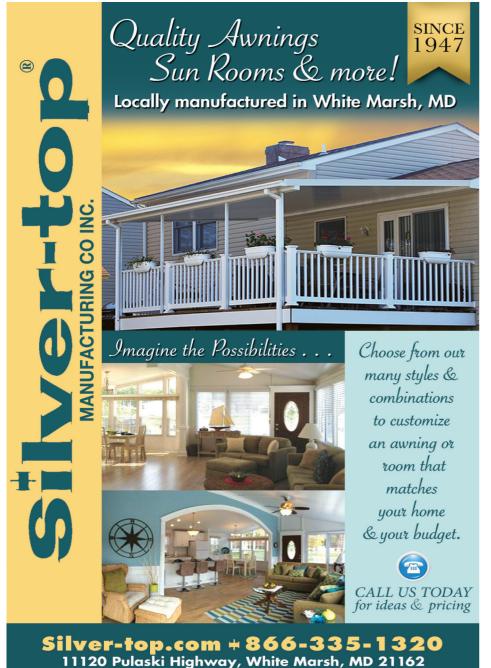
But what you will get if you pay to see this flick is an afternoon or evening of goofy fun. I could tear this movie from reel to reel with spot-on critical commentary. But it would only hurt me. I would feel bad after writing such a review, because the movie is just so darn likable and undemanding. No, I never once believed it for a second. The old-age make-up that makes Irving and Shaq and others to look like seventy-somethings is cheesy as all get out. Rick Baker did a more convincing job 30 summers ago turning Eddie Murphy and Arsenio Hall into barbershop geezers in "Coming to America.".

The film follows a series of viral Pepsi commercials in which Irving stars as the title character, an old-school basketball player still able to flash moves on the court, sink the three, drive to the hole and throw down a dunk. The

man became a legend back in his day for hitting the winning shot in a game ... while eating a ham sandwich. How can you not be endeared?!

"Uncle Drew" is basically that sequence in "Cocoon: The Return" where Wilford Brimley and his Greatest Generation pals fresh off a return trip from outer space flat-out school a bunch of young Gen X'ers in a pick-up basketball game ... only it's stretched out over 90 or so minutes. The plot involves Harlem shoe salesman Dax (Lil Rel Howery) needing money and entering the annual Rucker Classic as coach of a team headed by star-in-the making Casper (Aaron Gordon). But his longtime rival Mookie (Nick Kroll) steals both his team and his girlfriend (Tiffany Haddish). Dax is forced to look elsewhere for players and happens upon the 75-year old Uncle Drew, who then goes about reuniting his old crew of teammates for one final hoop dream.

"Uncle Drew" is cheaply made and there's never any doubt how it's all going to end. But for an hour and a half, this flick made the cares of the outside world dissolve away with its winning formula and committed cast. It's easy to extol the virtues of Perrier, a fine wine or the latest trendy juice drink. But sometimes you just want a Pepsi. And when it's served all chilled and fizzy on a hot summer day like the ones we've been having, it'll just make you smile and go "Ahhhhhhhh!"





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Patricia Ann Rybarczyk March 23, 1937 - June 25, 2018

Patricia Ann (Brandt) Rybarczyk passed away peacefully on June 25 at 10:00 a.m. after a lengthy illness. She is survived by her loving hus-

band of 64 years, Edward Rybarczyk. Also survived by children Robyn, Steven and Michael; granddaughter Stacey (Scott); great-granddaughter Avery, and sister Dorothy Drost. She was preceded in death by sisters Gloria Vitek and Constance Langkam.

Patsy was a beautiful soul with a great love for her family and animals, and will be greatly missed!

Services are private, and a celebration of life is being scheduled for a later date. Tributes may be made in her name to: Baltimore Humane Society, 1601 Nicodemus Road, Reisterstown, MD 21136.



Kaczmarek, Gerard M.

On June 23, Gerard M. Kaczmarek passed away. He was the loving husband of Mary Kaczmarek; beloved father of Michael Kaczmarek and wife Stephanie, and the late Cynthia Cohen and her husband David; dear grandfather of Emma and Jason Cohen.

Gerard served in the United States Air Force and is a Korean War veteran. After receiving an honorable discharge he joined the Baltimore City Fire Department in 1963 where he worked for the next 35 years, retiring in 1998.

Gerard was a numismatic, avidly collecting coins throughout his life. He also enjoyed playing bingo, both calling the numbers and playing the cards himself.

Services provided by Kaczorowski Funeral Home of Dundalk. Interment to follow at St. Stanislaus Cemetery. In lieu of flowers, donations in Gerard's name may be made to the Baltimore City Fire Foundation.

Ricko, Gary Tom

On June 29, Gary Tom Ricko, beloved husband of M. Christine Ricko (nee Wareheim); devoted father of Chantelle Wildberger and her husband Andy, Dani Krahling and her husband Scott; loving son of Dorothy Poust (nee Zakroczymski) and the late Tom Ricko; dear brother of Rick Ricko and his wife Cindy, Tommy Poust and his wife Judy, the late Deborah Grace and the late Dawn Ricko; cherished grandfather of Maura and Cooper Wildberger, Reagan Krahling, Logan and Laney Goldrick. Also survived by many nieces, nephews, and a large extended family and friends.

A funeral service will be held at the family owned Duda-Ruck Funeral Home of Dundalk, Inc. 7922 Wise Avenue on Saturday, July 7 at 10 a.m. Friends may visit on Friday, July 6, from 2 - 4 and 6 - 8 p.m. Interment at Sacred Heart of Jesus Cemetery.

Zampini, Linda D.

On June 28, Linda Diann Zampini, beloved wife of Robert John Zampini; devoted mother of Denise L. Parsons and her husband Jay D., Holly L. Knight and her husband Paul, Michelle J. Guinn and her husband Patrick, Tracey L. Doyle and R.J. Zampini, II and his wife Rachel; loving daughter of Pearl L. Gintling and the late Nevin J. Gintling; dear sister of Carolyn B. Aronson, Louise M. Semancik and her husband Andrew and Karen J. Gintling and her life partner Gary Howard. Also surviving are 14 grandchildren and four great-grandchildren.

The family will receive friends at the family owned Duda-Ruck Funeral Home of Dundalk, Inc. 7922 Wise Avenue on Thursday, July 5 from 2 - 4 and 6 - 8 p.m. The funeral service will be held at the funeral home on Friday, July 6 at 10 a.m. Interment at Leeds Methodist Church Cemetery. The family would appreciate memorial contributions to the American Cancer Society, 8219 Town Center Drive, Nottingham, MD 21236.

Gentile, Nicholas Sr.

On June 27, Nicholas Gentile, Sr., beloved husband of the late Marie C. Gentile (nee Cwik); devoted father of Marie Diane Gentile (Nora), Nicholas Gentile, Jr. (Nancy), Amy L. Gentile, Michael Gentile (Loretta), and the late Carolyn Gentile. Also survived by eight grandchildren and three great-grandchildren.

Services provided by Duda-Ruck Funeral Home of Dundalk. Interment at St. Stanislaus.

Locklear, Frances Carr

On June 27, Frances Carr Locklear, beloved wife of James Earl Locklear; devoted mother of Deborah Wininger and her husband Earl, Pamela Jacobs and her husband Joseph, Loretta Gentile and her husband Michael; dear sister of Ann Matthews and her husband David, Ruth Pressley and her husband Michael and the late Evelyn Sparks; cherished grandmother of Michael Gentile, Gabriel Gentile and his wife Jessica, Joshua Gentile and his wife Kathryn, Virginia McClurg and her husband Caleb, Joseph Jacobs III, Amariah Gentile and Michaela Gentile.

Services were provided by Duda-Ruck Funeral Home of Dundalk.

Silver, Lillian J.

On June 30, Lillian J. Silver, beloved daughter of the late John C. and Barbara Silver (nee Havranek); loving sister of the late Katherine M. Silver, Marie Dillard, Barbara and Emil Urban, Agnes and Louis J. Tauber, and John Silver; loving aunt of Louis J. Taber, Jr. and the late Anna Marie Tauber, Agnes and Charles Ziegler. Survived by loving nephew Francis D. and Patricia A. Tauber. Also survived by numerous great- nieces and nephews; and great-great- nieces and nephews. She was a devoted lifetime parishioner of St. Wenceslaus Roman Catholic Church, and avid supporter of Defenders of Animal Rights. She was a pioneer retiree from Verizon and liked to travel and spend time with her dogs.

Services provided by Cvach Funeral Home.

Fuller, Shirley Joan

On June 27, Shirley Joan Fuller (nee Schriefer), beloved wife of the late Henry W. Fuller, fiance of the late Donald J. Beichler; devoted mother of Sharon L. Bem and her husband Stephen, and Deborah A. Rush and her husband Albert; loving grandmother of Kellie Jackson and her husband Christopher, Heather Capezio and her husband Mark, Leslie Rush and Ryan Bem and his wife Lauren; cherished great-grandmother of Brady Copp, Jayde Jackson, Sean Capezio, Ella Bem and Joshua Capezio and dear sister of Wayne Schriefer.

Services provided by Duda-Ruck Funeral Home of Dundalk.



Gross, John Leo



On June 27, John Leo Gross Sr., beloved husband of Helen M. Gross (nee Thompson) of 68 years; loving father of John Gross, Jr., Joseph Gross, Lisa Courtney, Maria Hartnett and Linda Rosenkilde. Also survived by nine grandchildren and

13 great-grandchildren.

Services provided by Bruzdzinski Funeral Home of Essex. Entombment at Gardens of Faith Cemetery.

Porter, Linda Ann

On June 26, Linda Ann Porter (nee Barnes), beloved wife of Norbert L. Porter; loving mother of Kimberly L. Porter and her husband Benjamin Hewitt and Norbert M. Porter and his wife Sandra Ann Porter; cherished grandmother of Norbert J. Porter, Joshua M. Porter and Kyle M. Porter. Also survived by her loving grand-dog Sydney.

Services provided by Bruzdzinski Funeral Home of Essex. Cremation private.

Smith, Rebecca Ann

On June 28, Rebecca Ann Smith, cherished fiancée of Dewayne Poling, Jr. and his daughter Rileigh; loving daughter of Beth Ann Rittenour; devoted granddaughter of the late Willian and Catherine Malinowski; dear sister of Steven, Jamie and Cindi Rittenour; godmother of Grace and Sophia Kaskel. Also survived by a large loving extended family and many friends.

Services provided by Duda-Ruck Funeral Home of Dundalk.





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POLITICIANS

ELECTION - continued from page 3 -

Legislative District 7

In the Seventh District, incumbent delegate and House Minority Whip Kathy Szeliga earned a commanding victory in the crowded race for Del. Pat Mc-Donough's open seat. Szeliga was the top vote-getter in the field of 13 Republican candidates running for the district's three seats. She garnered 7,002 votes, topping the next highest - fellow incumbent Rick Impallaria - by about 2,600 votes.

Szeliga had typically been the second-highest performing of the incumbents in that district, taking a back seat to McDonough who gave up his seat to run for Baltimore County Executive.

The third finisher in that race was Harford County Resident and community organizer Lauren Arikan.

The deep-red Seventh does not traditionally elect Democrats, and only two blue candidates - Allison Berkowitz and Gordon Koerner - even filed to run for the three seats.

Legislative District 8

While there were some competitive races in Baltimore County, the Republican and Democratic races for District 8 House of Delegates went exactly as expected, with the "All Joe" ticket of Delegate Joe Cluster, former delegate Joe Boteler and Joe Norman securing the Republican nominations. Cluster was the top vote getter for the Republican trio, pulling in just over 25 percent of the vote, while Boteler received 21

percent of the vote. Norman pulled in just under 18.5 percent of the vote, edging out Norma Secoura by just over 800 votes.

For the Democrats, Del. Eric Bromwell was the top vote getter, with the incumbent receiving 31.2 percent of the vote. Bromwell was trailed by Harry Bhandari with 28.2 percent, and Carl Jackson, who finished with 24.75 percent.

With the primary election now in the past, the main focus in District 8 will shift to the state Senate race which has incumbent Kathy Klausmeier going up against Hogan-endorsed Delegate Christian Miele. With Hogan cabinet member Redmer taking the county executive nomination and Baltimore County crucial to Hogan's reelection campaign, it is expected that Hogan will be spending a decent amount of time in Baltimore County over the next few months. Hogan's popularity across the aisle could prove to be a big boost for Miele and down-ticket Republicans in the district.

County Council District 5

Incumbent Councilman David Marks easily fought off a primary challenge from Jay Payne, securing the Republican nomination with just under 83 percent of the vote. Marks, a highly popular figure in his district, was never really in jeopardy in the primary, but he did face an onslaught of attacks over the last year or so from the Libertarian group Baltimore County Campaign for Liberty (BCCL). Despite the attack effort, Marks glided to victory, setting up a race against Alex Foley, who took the Democratic nomination with almost 70 percent of the vote in the primary.

County Council District 6

The council's Sixth District was another race that saw a crowded field of Republicans vying for the nomination. However, the field of five candidates looked more competitive than it was.

Frontrunners Ryan Nawrocki and Deb Sullivan far outpaced Erik Lofstad, Allen Robertson and Glen Geelhaar, and Nawrocki held a strong lead over Sullivan by the end of the night with just over 50 percent of the total vote and 2,366 votes to her 1,467.

Democratic incumbent Cathy Bevins was unchallenged in her primary.

County Council District 7

Incumbent Republican County Councilman Todd Crandell easily held off a challenge from Dave Rader, winning the primary contest by an 80.3-percent to 19.7-percent margin.

Democrat Brian Weir gathered 70.8 percent of the votes cast to defeat Richard Davis, 3,684 to 1,520. Weir will challenge Crandell in November.

District 7 Board of Education

For the first time in Baltimore County history, the Board of Education will have the majority of its members elected by citizens.

The board that gets seated in December will have seven popularly elected members - one from each of seven councilmanic districts - and four at-large members appointed by the governor.

On the county's east side, only voters in the 7th District had a primary decision to make for the school board. Only districts with three or more candidates faced a primary runoff, with the top two advancing to November's general election. The two candidates from each of the 5th and 6th districts automatically

In the 7th District race, Rod McMillion, a Baltimore County Public Schools educator, and Will Feuer, a Baltimore County Department of Aging employee, finished first and second and will advance to the



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SPOTLIGHT

Rotarians Host Search Dog Group



The Middle River Rotary Club recently hosted members of the Chesapeake Search Dog organization. Jody Rosoff and Jay King presented an informative program to members and gladly accepted a check for \$270 to support their efforts. Pictured (from left) are Rotarian Bill Bafitis, Jody Rosoff, Rotarian Mark Humphrey and Jay King with search dogs Sammy and Pyro. For more info. about the Rotary Club, call Humphrey, 410-931-2317.

Orems UMC Hall Closet

Orems United Methodist Church, 1020 Orems Road in Middle River, will hold its monthly Hall Closet thrift shop from 8:30 a.m. to noon Saturday, July 7. Adult and children's clothing, collectibles, toys, books, jewelry, housewares and bedding will be available at reasonable prices. Pit beef sandwiches will be sold. Info: 410-687-9483.

Holy Trinity VBS

Holy Trinity Episcopal Church, 1131 Mace Ave. in Essex, will hold vacation Bible school from 6 to 8:15 p.m. July 11-13. The presenter will be Steve Gambrill Jr., known as the "Extreme Balloon Man." The program is faith-based with a different theme for each day. Activities will include a mix of illusions, puppets and balloons. Each evening will begin with a light dinner. The program is open to children from age 3 (must be potty-trained) through fifth grade. There is no cost. Space is limited. Call 410-687-5531.

'Neighbors in Need' Breakfast

Middle River Baptist Church, 610 Middle River Road, will hold a free "Neighbors in Need" breakfast from 9 to 10 a.m. Saturday, July 14. The meal will include eggs, sausage, waffles, cereal, fruit cup, orange drink and coffee. Info: 410-686-8810.

'The Lion King Jr.' at Cockpit

Cockpit in Court Summer Theatre, in residence at CCBC Essex, 7201 Rossville Blvd. in Rosedale, will present "The Lion King Jr." from July 6-15. The show will be staged at 7 p.m. July 6, 7 and 13; at 1 p.m. July 7, 8, 14 and 15; 11 a.m. July 10, 11 and 12; and at 4 p.m. July 14. Tickets cost \$10. Group rates are available. To order tickets, call the CCBC box office, 443-840-2787.

Todd's Inheritance Open House

Todd's Inheritance Historic Site, 9000 North Point Road in Edgemere, will hold an open house from 10 a.m. to 3 p.m. Saturday and Sunday, July 14 and 15. The theme is "Parks and Trails" and will feature speakers from the Department of Natural Resources and the Maryland Park Service. The historic homestead is part of North Point State Park. Admission is \$10 for adults 16 and older; \$7 for senior adults 60 and older and free for children 15 and under. Annual family memberships that allow unlimited visits cost \$30.

Dinner on the Bay

Knights of Columbus Bethlehem Council 2605, 7401 Bay Front Road in Edgemere, will hold its monthly Dinner on the Bay from 1 to 4 p.m. Sunday, July 15. The menu will include fried chicken, stuffed Italian shells, pork loin and gravy, kielbasa and sauerkraut and a variety of soups, salad and side dishes, and coffee, tea and soda by the cup. The cost is \$14 for adults and \$7 for children ages 8-12. Reservations are strongly recommended. Call 410-477-5225.

Gunpowder VFW Dinner

Gunpowder VFW Post 10067 Auxiliary, 6309 Ebenezer Road in Middle River, will hold its monthly dinner from 5 to 7 p.m. Friday, July 13. The meal will include fried boneless chicken breast, picnic salads, watermelon, dessert and drinks. The cost is \$10 person. The event is open to the public. For more information, call 410-335-8933.

SHM Vacation Bible School

Sacred Heart of Mary Church, 6736 Youngstown Ave. in Dundalk, will hold its vacation Bible school, "Jesus Teaches Us Through His Parables," from 9 a.m. to noon July 9-13, in the lower church hall. The program is free for children in pre-K through eighth grade. To register, call 410-633-2828 by July 7, or visit Facebook.com/SHMparish. Advance registration is needed for class planning.

Dundalk Legion Karaoke

Dundalk American Legion Post 38, 3300 Dundalk Ave., will host Fun Time Karaoke with Annette and Wild Bill from 8 p.m. to midnight Friday, July 6. For more information, call 410-288-2297.





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Summer Luau Party

Victory Villa Senior Center, 403 Compass Road in Middle River, will hold a summer luau party at noon Wednesday, July 25. Music provided by Lee Glab. Hawaiian lunch catered by Glenmore. Tickets: \$10.



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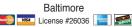
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Baltimore Humane Society is in dire need of foster families. If you or anyone you know is interested in doing so, please contact Wendy at goldband@bmorehumane.org or visit our website at www.bmorehumane.org

Baltimore Humane Society's PETS OF THE WEEK

and click on "Foster A Pet!"



me, Grotto. There are a few things I want you to know about me. The first being - I LOVE toys! Squeakies, stuffed, nylabones, tennis balls, you name it, I'll play with it. I also love attention. Belly rubs are my favorite I think. Sometimes when you pet me, I will melt ind your lap. I also love treats, but who doesn't — am I right? I am an all around wonderful dog with a one of a kind personality, I think that's why I quickly became a staff favorite. If you're looking for a dog who can always make you smile, then come to the Baltimore Humane Society today and ask for mel



ere, I'm Coco Puffs and my siblings and I are looking for our er homes. You can call us the cereal kiltens if you want. Wo o play together and look out the big windows here to see at's going on outside in the world. We need a home where will get TLC and attention. Do you want to give us that? If so

COCO PUFFS

fee is \$100 for Grotto and free for Coco Puffs as part of the Maryland 2000. For more information visit www.bmorehumane.org.



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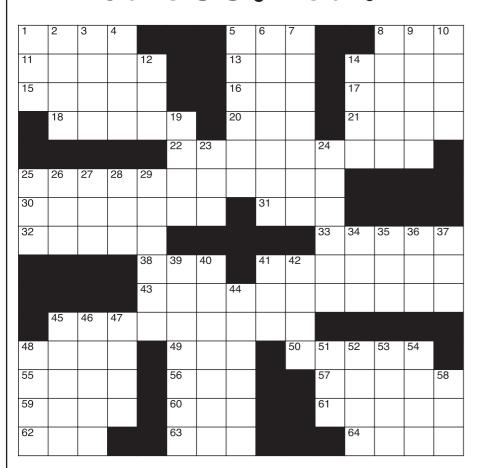
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CLUES ACROSS

- 1. Guinean seaport
- 5. They ___
- 8. Electromotive force
- 11. "McVicar" director
- 13. Monetary unit
- 14. Mother of Hermes
- 15. Broadway actress Daisy
- 16. Tobacco mosaic virus
- 17. Expression of surprise
- 20. Fully ripe egg
- 21. Soothes the skin
- 22. Editors write them
- 25. Nashville-based rockers
- 30. Surgical tube
- 31. Lasting records
- 32. Member of Ghanese tribe
- 33. Being in a vertical position

- 38. Spasmodic contraction
- 41. Cartilage disks
- 43. Domestic help
- 45. A way of drying out
- 48. Small sponge cake
- 49. Distinctive practice or philosophy
- 50. Sword
- 55. Type of missile (abbr.)
- 56. Home to various animals
- 18. African financial intermediaries 57. American comedian Tim
 - 59. Scores perfectly
 - 60. A major division of geological time
 - 61. Spiritual leader
 - 62. Unhappy
 - 63. Unit of force (abbr.)
 - 64. Door part

CLUES DOWN

- 1. Academic degree
- 2. Expression of sorrow or pity
- 3. Large, stocky lizard
- 4. Romanian river
- 5. Stellar
- 6. A way to change
- 7. Surround completely
- 8. A Philly footballer
- 9. Dinosaur shuang aurus
- 10. Slowly disappear
- 12. Large antelope
- 14. Not nice
- 19. Piece of footwear
- 23. Newt
- 24. Seriously mentally ill
- 25. Kilogram force (abbr.)
- 26. Terrorist group
- 27. Negative 28. Time zone

- 29. A blacksmith's workshop
- 34. Baked dessert
- 35. A way to perceive uniquely
- 36. Breeze through
- 37. Dry white wine drink
- 39. Treated with iodine
- 40. Not thorough
- 41. Famous museum
- 42. Supplements with difficulty
- 44. Polynesian language
- 45. Bangladesh capital (var. sp.)
- 46. and flowed
- 47. Excessively theatrical actors
- 48. Prejudice
- 51. Swiss river
- 52. Nonsense (slang)
- 53. "Luther" actor
- 54. Resist authority (slang)
- 58. Pinch

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Answer: Kevin Hart

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to vacations.

EUSIRC



Answer: Cruise

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Carroll Island power plant shuts down in preparation for conversion to natural gas

- By Devin Crum -

The owners of the Charles P. Crane Generating Station in Middle River have ceased all coal-fired operations as of June 1 and are now working toward converting the plant to use natural gas instead.

The plant's owner, Avenue Captial Group, and operator, Middle River Power, began the process on May 31 when they filed their application with the Maryland Public Service Commission and continued it this week with a hearing Monday, July 2, before the PSC to establish a review and permitting schedule.

Dennis Corn, development director for Middle River Power, said at a June 28 meeting shutting down the plant's coal operations was mainly due to economics.

"The marketplace has changed, plus these are very old units that utilize an older technology that was not as efficient as what is now available today," he said.

The C.P. Crane plant, located off Carroll Island Road along Seneca Creek, was constructed in the 1950s and began operation in 1961.

Corn said the re-powering project for the plant is one that will be more efficient and more reliable than previous operations and will be able to use fuel other than coal.

In addition to burning natural gas, the upgraded facility will have the capability to burn diesel fuel as a backup when not enough gas is available.

"That should mean that it will be a cleaner facility and more reliable in the sense of it has less mechanical parts as-

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sociated with it," Corn said.

The new plant will be comprised of three aero-derivative combustion turbines which will burn the fuel to produce electricity.

"Basically what this is is a jet engine that's been modified for a land-based application," Corn said, noting that the size is similar to those seen on aircraft such as the Airbus A380 or Boeing 787. "Rather than sitting underneath a wing it's been modified to sit on the ground and has a generator attached to it, and it's what will combust the natural gas to make electricity."

The new plant will also include two 500,000-gallon storage tanks for ultralow-sulfur diesel fuel which will hold enough fuel to power the plant as a backup for up to three days, according to Corn.

The diesel would be used in the event of shortages in availability of natural gas, such as in the winter when more people use it to heat their homes.

"So if there's an event of an extended outage or natural gas not being available because of an extreme cold period of time, we'll still be able to produce electricity for three days continuously," he said.

One combustion turbine has existed on the site since the 1970s, Corn said, and although it is smaller than the new ones will be, it will be recommissioned for use with the new facility since it still meets the new criteria for being more efficient and/or less costly to run

The C.P. Crane site is currently served. by an eight-inch gas line which was previously used only to ignite the coal, according to plant manager Ken McGreevy.

That line will be used to supply the new plant and will not be upgraded because of the considerable investment required to do so, Corn said. However, the new plant is designed to make use of all the capacity afforded by the existing line, and gas compressors will be used since the pressure from the line is slightly lower than they need to run the turbines.

Although the new plant would likely be running continuously during an extended power outage, its normal operation would be only as a "peaking service."

It would typically only run during the peak times," Corn explained. "So in the summertime that would be in the middle part of the day when all the air conditioning is running."

In the winter, he said, there are two daily peaks caused when people are getting ready for work in the morning and when they come home in the evening to cook dinner and other such activities.

Overall, Corn estimated the plant would only run a maximum of about 30 percent of the time and may only use one or two of the turbines at any given time, depending on demand.

That compares to only about 10 percent of the time this year prior to June 1 when the coal plant was operational, according to McGreevy, and in 2017 when they were "lucky to be in the teens," he said.

Corn said a "peaker" operation can be cost-efficient and profitable because there is demand for that type of power. And because of the peaks and valleys in power consumption, the grid needs equipment that can respond quickly to high demand.

When peak periods happen, facilities like the one planned can come up to full power in just 10 minutes, whereas the coal plant could take between 20 and 24 hours to become fully operational, McGreevy said.

Corn said they can also charge more for the power generated during peaks because of the high demand.

"That's where we make our money is

during the peak periods," he said.

The new plant is also designed to be remote started and operate with a minimal staff of just five workers. It will sit on less than five acres of land whereas the current plant sits on more than 150 acres, much of which was used for storage of coal piles and other materials related to the operation.

The company estimates the traffic impact during peak construction of the new plant to be about on par with the highest periods the plant saw last year. The plant had about 55 employees at the site last year with as many as 75 coming in during major outages. That is compared to the 150 regular employees it had during its peak operation under BGE ownership and up to 300 during outages.

Likewise, Corn said the noise from the plant would be heavily managed with insulated enclosures around the turbines since Maryland regulations limit them to 55 decibels at the nearest residence.

"This will not sound like a jet engine taking off," he said.

Should Middle River Power be granted all the necessary permits and approvals, Corn said the plant could potentially be operational by the end of 2019. They have asked for the permits to be granted by the end of this year and would then finalize equipment supply and construction contracts. After that they estimate 10 - 12 months for construction followed by testing.

In the meantime, workers at the site are currently carrying out the demolition needed to make way for the new facility and removing any remaining coal and fly ash - a byproduct of burning coal - from the site. To be demolished is a dust collector or "backhouse," and potentially urea tanks, an air heater and an electrical controls and vacuum blower building.

Corn said it has not yet been decided whether they will remove the iconic 300-foot-high smokestacks that tower over the plant, though some residents joked that it would be a loss for boaters as a beacon if they did.



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Only 42 votes separate Olszewski and Brochin after first batch of absentee ballots counted

- By Patrick Taylor, Devin Crum & Marge Neal -

Former Delegate Johnny Olszewski Jr.'s lead in the race for the Democratic nomination for Baltimore County executive was cut to just 42 after the first round of absentee ballots were counted on Thursday, June 28. Olszewski entered Thursday leading State Senator Jim Brochin by 346 votes.

While Olszewski and Brochin are separated by just 42 votes, Councilwoman Vicki Almond remains in contention, though she trails Olszewski by 1,059 votes. On July 5, approximately 2,400 provisional ballots will be counted, with more absentee ballots being tallied on July 6.

A few dozen observers representing the three Democrats watched closely as the ballots were counted last Thursday, and despite the tight race, representatives for each candidate remained optimistic. Even with that optimism, Brochin campaign manager Marc Lazerow told the *East County Times* he expects the race is heading for a recount, regardless of the winner.

"It just seems like that's the direction that this is heading," said Lazerow.

The deadline to petition for a recount is July 12. The winner of the Democratic primary will go on to face Maryland Insurance Commissioner Al Redmer in the general election in November.

While Redmer secured the nomination last Tuesday, his opponent,

Delegate Pat McDonough, refused to concede. After telling *The Baltimore Sun* that Redmer did not deserve his support, endorsement or concession, McDonough went a step further, sharing a post on his official Facebook page Thursday night that urged supporters to write in his name in November. Calls to McDonough for comment went unreturned by press time.

While the post has since been deleted, reception was relatively negative from both the public and elected Republican officials who view this election as the first real opportunity to flip the county executive seat to Republican for the first time since Roger Hayden held the office from 1990 - 1994.

Councilman David Marks (R-5) said that "Pat McDonough ran a spirited and strong campaign, but Al Redmer won and the party will line up behind him."

Joining Marks was Delegate Robin Grammer (R-6), who told *The East County Times* that McDonough and Redmer needed to make amends, given that they are on the same side of the issues.

"I'll tell you for me the primary is both a great and bad thing. It was very refreshing because you had both Pat and Al talking about the issues I've been trying to talk about for a long time - like Section 8 housing and community blight," said Grammer. "Both spoke to those issues frequently - that was their platform - and I think they agreed on most of those issues.

"The bad thing is I have to see two people that have worked with me and people I liked duke it out," Grammer continued. "I thought it was going to be much closer, thought Pat was going to take it and was a bit surprised. They both predominantly ran on the same platform and from here on I'll definitely be supporting Al. He is speaking directly to the concerns I have for Baltimore County."

In his victory speech last Tuesday night, Redmer tried bridging the divide between he and McDonough, telling the crowd at his election night party that he appreciated McDonough's service during his time as a delegate in the Maryland General Assembly.

"His term ends at the end of this year, and we appreciate his service," Redmer told a crowd of about 100 at Columbus Gardens. "Equally as important, he has for years been a strong conservative voice, and I hope that we will continue to have him fill that crucial role."

In a video shared on his Facebook page on June 28, McDonough told his supporters that he intends to continue being that conservative voice by utilizing his radio show and starting a newsletter for his grassroots populist movement.

McDonough also reiterated that he has no plans to endorse or support

Redmer, saying he didn't respect the campaign Redmer ran.

"I put principle and people over party politics," said McDonough.

Legislative District 6

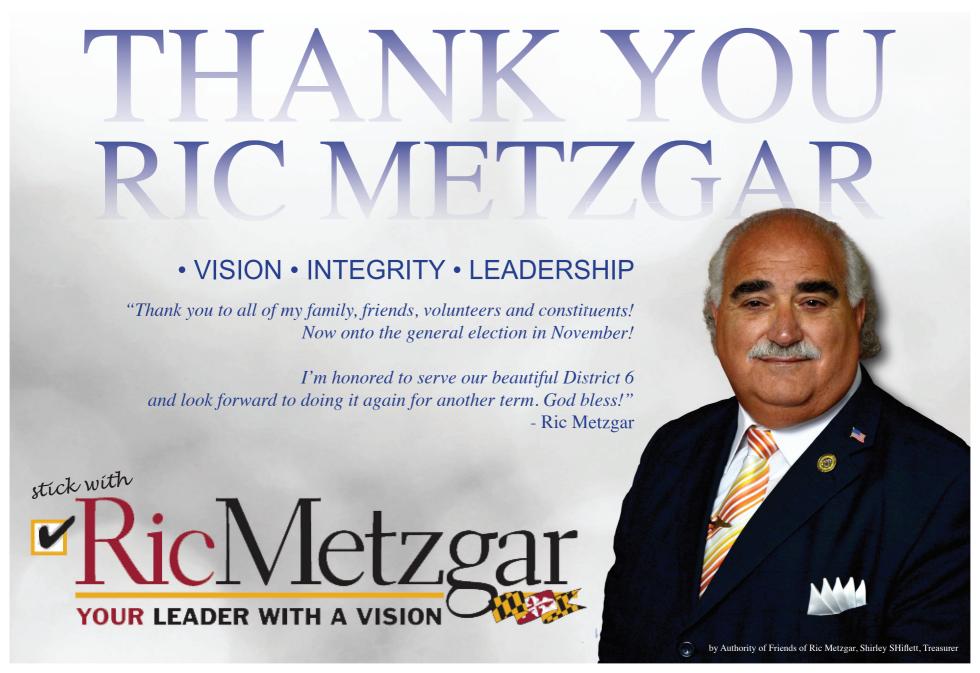
In the Sixth Legislative District, incumbent Republican State Senator Johnny Ray Salling easily defeated challenger Janice L. Dymowski by a 75.3-percent to 24.7-percent margin. Before provisional and absentee ballots were counted, Salling had 3,168 votes, compared to 1,038 for Dymowski.

On the Democratic side of the Senate race, Buddy Staigerwald, with 2,988 votes, maintained a 420-vote lead over Russ Mirabile (2,568 votes) before provisional and absentee ballots were counted.

In the House of Delegates race, Republican incumbents Robin L. Grammer (2,890 votes), Bob Long (3,296 votes) and Ric Metzgar (3,267 votes) all secured spots in November's general election, easily handling a challenge from former delegate and new Republican Jake Mohorovic (1,302 votes).

Five Democratic candidates filed to challenge the incumbents, with the top three of Nicholas C. D'Adamo Jr., a former Baltimore City Councilman; Diane DeCarlo, a former delegate and state senator; and Megan Mioduszewski, a Democratic State Central Committee member, advancing to November's general election.

- see **ELECTION** on page 12 -



NEWS

Homeowners, volunteers benefit from mission effort

- By Marge Neal -

Many school students count down to the last day of school, looking forward to the carefree days of summer vacation, with trips to the beach, mountain camping or just chilling at the neighborhood pool on the agenda.

But for the youth group TELOS of the Ellington Congregational Church in the Connecticut town of the same name, the heralded countdown to the first week after school ends refers to a week of community service, complete with the sweat, toil and occasional blood that comes from doing repair work on the homes of people they do not know.

Thirty young church members - 23 high school students and seven youth leaders - spent the week of June 25 in Dundalk, partnering with Rebuilding Together Baltimore to provide some much needed repairs to eight homes in the community.

While the mission trip itself lasts just seven days, the project is a labor of love that plays out over most of a year, according to the volunteers.

It costs the group about \$15,000 each year to take the trip, according to group leader Eric Romeo. The group pays for its travel, lodging, food and any other incidental expenses.

And while the volunteers do not directly buy building and renovation materials for the project, they do contribute to projects, according to RTB Executive Director Bonnie Bessor.

"They made a very generous donation to Rebuilding Together Baltimore out of the money they raised," Bessor said.

Over the course of the week, the church volunteers installed cabinets and countertops, new flooring, insulation and fire safety equipment; performed ceiling, wall and door repairs; painted home exteriors and fixed minor plumbing and electrical problems, according to Bessor.

Several youth leaders spoke with the *East County Times* during a lunch break June 28. Seated at red, white and blue picnic tables at Dundalk's American Legion Post 38 - the work of a recent Rebuilding Together blitz - they talked about looking forward to being old enough to join the mission trips and the benefits they get from helping others.

"Many of the homeowners we've helped this week are veterans and they have interesting stories," Jaimee DelPiano, 16, said. "They're so grateful that we're doing this hard work for them and they're very appreciative."

Even the daily crew assignments are made so that youth group members get to interact with as many different people as possible.

"We switch up each day so kids can work with different kids and hang out with kids they don't know as well," youth leader Leah Cawthorn said.

The Ellington congregation is a "relatively small congregation where we know everyone," Ryan McKiernan, 18, said. "But still, we are encouraged to greet

church members and encourage them to support our project, and this trip allows us to get to know each other better."

In story after story about the week's work and unexpected challenges, the leaders bragged about how their teams worked together, problem-solved, brainstormed and came up with creative approaches to get each task done.

"In one of the houses we worked on, we were replacing some flooring and the kids kept cutting one last piece of wood wrong," Cawthorn said. "They were getting frustrated but they thought about it, and worked through it - they worked as a team to figure it out."

Courtney Binkowski told of a house where several people were living in the attic space, which was filled with several beds, lots of toys and other personal effects, with little room to maneuver.

"We were painting and we tore up the carpet, and it was great to see everyone work together - three people would lift up a bed while another would yank back the carpet," she said. "It was great to see them work together and figure it out."

The attic project turned out to take more than one day, and the crew "begged" to return the second day because the volunteers wanted to finish what they started, according to Binkowski.

If there was a down side to the trip, it was that there was not enough to do, according to McKiernan.

"There sometimes wasn't enough for us to do, because we have a strong work

ethic and marched through the projects," he said. "We work hard the entire day and we could have done more than was on the list. We're only here for a week and we just want to make the biggest impact we can make."

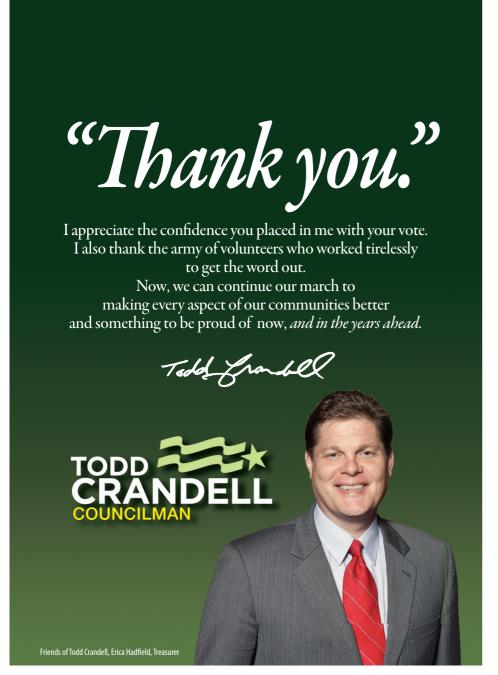
The leaders said they are grateful to finally experience the mission trip that many heard older siblings talk about.

"I had older sisters who always talked about this trip and how amazing it was, what a life-changing experience it was," DelPiano said. "And I thought she was exaggerating; how could something like that possibly be life-changing? And then I went on my first trip and she was more than right - it is life-changing."

While the church youth members consider the trip a privilege and a life-changing experience, Bessor sees the altruistic event as just as life-changing for the beneficiaries of the volunteers' hard work.

"These repairs help keep older residents in their homes as they age, and helps us meet our goal of having people live in safe and healthy homes," Bessor said. "And it's very meaningful to us to have these kids who don't know us or Baltimore give of themselves in this manner - to provide community service while also getting a learning experience."

"And to have 30 energetic, strong, young people spending a week with us helps us leverage our dollars by using volunteer help," she said. "We get more out of our dollars and are able to provide more services."





SHOOTING

- continued from page 1 -

tive organ disease that causes considerable pain and can be a leading cause of female infertility, according to information she had posted on her Facebook page.

But Smith continually rose above her pain to care for others, Poling said.

"No matter how much pain she was in, no matter how sore she was, no matter what her disease was handing out, she was always trying to make someone else's day better," he said.

Capital Gazette supervisors were "very good" to Smith and worked with her as she negotiated her way through the multiple doctors' appointments necessary to treat a chronic disease, according to Poling.

Advertising director Marty Padden, Smith's supervisor, referred to the new employee as "kind and considerate" and a "very thoughtful person" who was likable and had a good sense of humor, according to a *Baltimore Sun* article.

Poling said Smith also became a second mother to his daughter Rileigh, 9.

"My daughter adored her," Poling said.

"And there isn't anything Becca wouldn't have done for Rileigh - she planned family vacations, she set up play dates; she would spend her last dime on stuff for Rileigh's bedroom."

He said his daughter was "devastated" when he delivered the news Friday morning that Smith had died.

Poling was understandably emotional as he described how the events of June 28 played out. He said heard about the shootings and immediately called Smith on her cell phone. When there was no answer, he got in his vehicle and headed to Annapolis.

"Family members were told to go to the Lord and Taylor at the mall near there for more information about people," Poling said. "While I was on the way, something told me to call Shock Trauma so I did."

Poling was told an unidentified woman from the *Capital Gazette* shooting was being treated there, and after offering a description of Smith, including the details of a couple of tattoos, he determined she was indeed that unidentified patient.

But throughout the profound shock of suddenly losing the love of his life, Poling said he has been lifted by the outpouring of the community and his friends and family members.

"It's been a media nightmare but the community has been wonderful," Poling said. "My softball family has started a softball tournament in her memory and my buddies are all looking out for me."

A local horseshoes league has also established a memorial tournament to honor Smith.

A local GoFundMe.com account set up specifically for expenses related to Smith's unexpected death has raised \$10,320 (exceeding the original goal of \$8,000) by early Monday morning.



Rebecca Smith was a recently-hired sales assistant at the Capital Gazette and was one of five killed in the June 28 shooting at that paper's Annapolis office.

The Capital Gazette Families Fund, an account set up by Tronc (formerly known as The Tribune Co.) will provide financial assistance for the families, victims and survivors of the shooting, as well as create a scholarship memorial fund for journalism students, according to a *Baltimore Sun* article. The Michael and Jacky Ferro Family Foundation will match up to \$1 million in donations, according

to the *Sun*. As of Monday, the fund had already received a \$100,000 donation from the Merrill Family Foundation, founded by the late Phillip Merrill, former owner and publisher of the *Capital Gazette*, according to the *Sun*.

Across the country, the names of the five victims are being remembered in many ways, including multiple poignant, touching editorial cartoons published in newspapers, magazines and websites. The *Capital Gazette's* desk in the press box at Oriole Park at Camden Yards was decorated with a copy of Friday's paper and five lilies, one for each person killed, according to a photograph posted on Facebook by the baseball team.

While Poling is grateful for the support from his community, as well as that from across a grieving nation, he wants to make sure people remember the Rebecca Smith he knew and loved.

"I just want people to know how wonderful she was, how caring she was," he said. "She was loved by everyone and loved more by me."

"While we did OK, we weren't rich in money," he said. "But in love, friendship and family, I don't think I knew anyone richer than us."

Funeral services for Rebecca Smith will be held at 7 p.m. Sunday, July 8, at the Duda-Ruck Funeral Home of Dundalk, 7922 Wise Ave. Visitations will be held the same day from 2 to 4 p.m. and 6 to 7 p.m.



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Plan Ahead: You know what to expect if your vacation spot is a family favorite, but what if it is a new or distant destination? Ask your doctor about health issues and health care in those regions. Vaccinations or certain medications may be necessary. Research the area for medical facilities such as hospitals, urgent care centers like Patient First and pharmacies. A little preparation can save you a major headache when traveling places you have never visited.

Pack Smart: Remember to take any prescription and nonprescription medication you might need. Pack the medicine in a carry-on bag if you fly so it does not take a separate vacation if your luggage gets lost.

On The Road: Wash your hands frequently to protect against viruses and bacteria. Also, buckle-up and take frequent breaks if you travel by car. It helps keep you alert behind the wheel and gives everyone a chance to stretch their muscles.

Sun Protection: Do not forget sun safety during your vacation and throughout the year. Before going outside, protect your skin from the sun's damaging ultraviolet (UV) rays. No single step will fully protect you from overexposure to UV rays. Patient First suggests that you combine these five tips to save your skin:

1. Always use a broad-spectrum sunscreen with a minimum of 30 SPF, even when it is cloudy. Apply sunscreen

15 to 20 minutes before leaving home. Reapply it at least every two hours and after swimming.

- 2. Wide-brimmed hats help shade your neck and face but do not offer complete protection. Use sunscreen on these sensitive skin areas.
- 3. Wear light-weight sun-protective clothing. Long sleeves and long pants help protect skin.
- 4. Wear sunglasses that block UV rays.
- 5. Take advantage of shade whenever possible. Remember the sun's UV rays are most intense between 10 a.m. and 4 p.m.

Basic Safety: Limit the amount of alcohol you drink. Do not drink and drive. Make sure that you carry any important medical history with you along with the name, address and phone number of an emergency contact.



The connection between energy and eating is significant. A healthy diet and approach to eating can vastly improve energy levels, while a poorly planned diet that lacks nutrition can contribute to feelings of fatigue and increase a person's risk for various ailments.

The Harvard Medical School notes that different kinds of foods are converted to energy at different rates. That's why some foods, such as candy, provide quick boosts of energy while foods such as whole grains tend to supply the body with energy reserves that it can draw on throughout the day.

It's not just what people eat but how they eat that can affect their energy levels. In addition to choosing the right foods, men and women can try the following strategies as they look to eat to boost their energy levels.

• Eat smaller, more frequent meals. - see ENERGY on page 7 -



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Lifestyle choices that can decrease cancer risk

The United Nations estimates that the world is home to 7.6 billion people. None of those people, regardless of their ethnicity, race or gender, are immune to cancer.

According to the World Health Organization, cancer is the second-leading cause of death across the globe. Responsible for nearly nine million deaths in 2015, cancer is a formidable foe but one that can be defeated. For example, the SEER Cancer Statistics Review released in spring of 2018 indicated that cancer death rates among women decreased by 1.4 percent between 2006 and 2015.

Various factors have contributed to the decline in cancer death rates. While advancements in treatment protocols and education programs that have emphasized the importance of cancer screenings have had profound impacts, individuals avoiding unhealthy lifestyle choices also has made a difference in reversing cancer death rates. Research into cancer prevention is ongoing, but the following are some healthy lifestyle choices that may help people reduce their cancer risk.

• Avoid tobacco. The U.S. Department of Health and Human Services reports that cigarette smoking kills almost half a million people in America alone each year. Nearly 10 percent of those deaths occur due to exposure to secondhand smoke. Lung cancer

is not the only type of cancer that smoking has been linked to, as the Mayo Clinic notes smoking also has been connected to cancers of the mouth, throat, lar-ynx, pancreas, bladder, cervix, and kidney.

- Eat right. The WHO notes that many countries have implemented programs encouraging the consumption of five or more portions of fruits and vegetables per day. Those programs are a result of studies showing the potential relationship between a healthy diet and a reduced risk of cancer. For example, the National Cancer Institute says studies conducted on animals have shown that antioxidants, which can be found in various fruits and vegetables, can prevent the type of cell damage associated with the development of cancer.
- Protect skin from the sun. In 2018, the American Cancer Society notes that more people are diagnosed with skin cancer in the United States each year than all other cancers combined. While overexposure to the sun is not the only way a person can develop skin cancer, protecting skin from the sun is a great way for people to significantly reduce their risk for the disease. The Mayo Clinic recommends people avoid the sun between 10 a.m. and 4 p.m, when the sun's rays are strongest. People also should apply and reapply generous amounts of sunscreen when spending time outdoors.

Protect your aging relatives from heat exhaustion and dehydration this summer

Of the 8,000-plus heat-related deaths reported annually in the United States, 36 percent are among those age 65 and older, according to a Centers for Disease Control Heat-Related Illness Survey. Hospitalizations for heat-related symptoms increase for those over 85.

Everyone wants to ensure their loved ones are comfortable and safe during the hot weather, but checking up on neighbors and non-relatives can go a long way toward stemming the tide of heat and dehydration deaths. Griswold Home Care of Baltimore/Howard Counties offers the following advice:

Perform an air conditioner check. Air conditioning is the top protection against heat-related illness. If the home is not air conditioned, buy a room unit or encourage your loved one to go to a public place during the hottest hours of the day, like a library or senior center.

Avoid dehydration. Non-alcoholic beverages will replace the body's salts and minerals released from

sweating. Put a glass of water in every room, and encourage sipping from them throughout the day. Frequently drinking small amounts is the best way to stay hydrated. Check your loved one's urine; light yellow means they are getting enough to drink; darker yellow means they are not. Other symptoms include very dry skin, dizziness, rapid heartbeat or rapid breathing.

Know the signs of heat exhaustion. Too much heat can cause heat exhaustion or, even worse, heat stroke. Heat exhaustion happens when you become dehydrated and your body is unable to replace the fluid and electrolytes it has lost. The signs of heat exhaustion include heavy sweating, nausea and feeling light-headed and faint.

If body temperature continues to rise, it can result in heatstroke, a serious medical condition. Signs of heatstroke include fainting, a body temperature above 104 F, confusion, flushed skin, irritability and acting delirious. If you are around someone with signs of heat exhaustion, call 911.

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ENERGY

- continued from page 6 -

Avoiding the traditional three-meals-per-day approach may help improve energy levels, especially for people who tend to eat sizable meals once, twice or even three times every day. According to the Cleveland Clinic, the metabolisms of people who do not eat regularly will slow down, as the body absorbs and stores more of the food it eats. Those stores include cholesterol and fat, which can be unhealthy and contribute to weight gain. However, by eating small meals more frequently, one's metabolism speeds up and more calories are burned.

· Avoid a big lunch. The Harvard Medical School notes that, while the reasons are unclear, research has indicated that the circadian rhythms of people who eat big lunches indicate a more significant drop in afternoon energy levels than the rhythms of people who eat smaller midday meals. Men and women who eat big lunches and find their energy levels waning later in the workday can try to eat smaller midday meals to boost their energy.

· Be careful with caffeine. The foods people eat are not the only components of their diet that can affect their energy levels. Caffeinated beverages can provide a temporary boost of energy as well. However, men and women who drink coffee or other caffeinated beverages to boost their energy levels should avoid doing so in large amounts after 2 p.m. That's because caffeine can cause insomnia, and insufficient sleep can dramatically affect energy levels.

· Choose the right snacks. Eating smaller, more frequent meals may compel some people to snack. The Academy of Nutrition and Dietetics notes that snacks are important as long as they're the right snacks. Avoid snacks that are just empty calories in favor of foods that contain protein and fiber-rich carbohydrates. Such snacks, which may include fruits such as apples and fresh berries or protein sources like nuts and Greek yogurt, can provide lasting energy.





COMMUNITY

Overlea Farmers Market

Visit the Overlea Farmers Market outside the Natural History Society of Maryland, 6908 Belair Road, to buy healthy produce, eggs, honey and more while supporting local businesses in your own neighborhood. Coffee, breakfast, desserts and free kids activities also available. The markets will be held rain or shine every other Saturday, 9 a.m. to 1 p.m. Market dates are July 7 & 21, Aug. 4 & 18 and Sept. 1 & 15. For more information, visit OverleaOnline.org/farmersmarket.

Volunteers Needed

Holt Park and Center for the Arts is looking for volunteers interested in helping with programs, special events and taking care of the park. Day and time is flexible. If interested, call 410-887-5307 for more information or find us on Facebook at www.facebook.com/HoltCenter.

Free Mammograms

Baltimore County Womens Cancer Protection is currently offering free mammograms to those who wish to be screened. Call 410-887-3432 to schedule an appointment or for more information.

GRASP Meeting

Grief Recovery After Substance Passing First Maryland Chapter meetings will be held the third Wednesday of every month at 7 p.m. in Camp Chapel United Methodist Church, 5000 E. Joppa Road in Perry Hall. Pre-register by contacting Toni at 443-554-6150.

Armchair Travel

On Thursday, July 19, at 11:30 a.m. Visit Victory Villa Senior Center, 403 Compass Road in Middle River, experience Armchair Travel with Yvette to the Galapagos Islands. Learn about the Galapagos Islands and see the beautiful scenery. This program is free, but pre-registration is requested. For more information, call 410-887-0235.

Tell Your Story

On Thursday, July 19, at 2 p.m., visit Victory Villa Senior Center, 403 Compass Road in Middle River, to hear Guest Author Sue Batton Leonard tell her story. Join us as we learn the value of sharing our memoirs and learn how to get started. For more information, call 410-887-0235.

Collecting for Comrades

The Military Order of the Cootie Pup Tent 4 is collecting toiletries for male and female hospitalized veterans at the Loch Raven VA Community Living and Rehabilitation Center in Baltimore to be distributed during the monthly visit with the veterans. Items requested include onegallon zip-lock bags, liquid hand soap, shampoo, disposable razors, shave gel, deodorant, toothbrushes, toothpaste, denture cleaner, non-alcoholic mouthwash, nail clippers, combs, socks, feminine sanitary products and wordsearch/ crossword puzzles. Items can be brought to the Essex-Holly Neck Memorial VFW Post 2621, 206 Riverside Road.

Youth Fishing Derby

The annual catch-and-release Youth Fishing Derby will be held Saturday, July 21, at North Point State Park. Registration begins at 8 a.m., the derby runs from 8:30 - 11 a.m. and a contesting commences at 11:30. Prizes will be awarded for the most fish, the biggest fish and the most unusual fish. Registration is \$3 per child and the park entrance fee is \$4 per vehicle. Bring your own bait and rods. For more information, call NPSP at 410-477-0757 or visit the North Point State Park Volunteers on Facebook.

Help Supply Our Troops!

The Angels Supporting Your Troops, Inc. is asking for snacks and other goodies to fill care packages for troops overseas. Needed supplies include beef jerky, nuts, trail mix, cookies, jelly, crackers, tuna or chicken in pouches, drink mixes, Little Debbie cakes, Nutella, Slim Jims, microwave popcorn, Pop Tarts, Pringles, granola bars, gum, mints, toothpaste, toothbrushes, dental floss, bars of soap, deodorant, foot powder, Chapstick, baby wipes, feminine products, razors, shave cream (no aerosols), wash cloths, Frisbees, basketballs, footballs, wordsearch books, aspirin, Band-Aids, cough drops, any size Zip-Loc bags and dog food. Monetary donations also greatly appreciated. For more information, contact Irene Spatafore at 410-284-5275 or drop items off on the picnic table at 7914 Diehlwood Road in Dundalk.

Medicare Basics

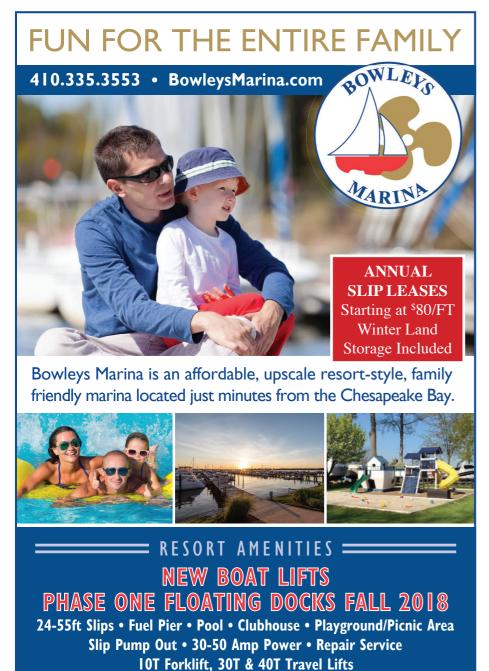
On Thursday, July 26, at 2 p.m. visit Victory Villa Senior Center, 403 Compass Road in Middle River, for Medicare Basics presented by the State Health Insurance Program. Learn the ins and outs of Medicare: when to enroll, what does Medicare cover and more. Pre-registration at the senior center. For more information, call 410-887-0235.

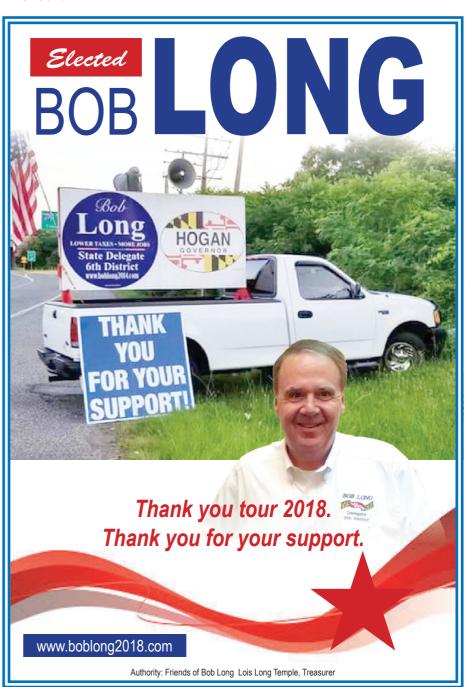
Meals on Wheels Volunteers Needed

Are you looking for an easy and rewarding way to serve your community? Meals on Wheels of Central Maryland is seeking caring, reliable people to help deliver meals to your homebound neighbors. Give us about one hour of your time to deliver nutritious meals on any weekday (Monday-Friday) beginning at 11 a.m. Volunteers needed at our Main Office in Highlandtown for meal deliveries in Highlandtown, Canton, Butcher's Hill and Fells Point. In sharing a smile along with a little of your time you will make a lasting difference in the life of a homebound senior. To get started please call Volunteer Services at 443-573-0925 or email us at volunteer@mowcm.org.

Food Pantry

Dundalk Church of the Nazarene, 1626 Lynch Road, has a food pantry with nonperishable food items. If you are in need or are interested in donating, please call the church at 410-288-5136.





Suspect leads police on pursuit with stolen car

Baltimore County Police responded to a stolen vehicle call on Friday afternoon that ended with a short pursuit and subsequent crash. The vehicle struck a BGE transformer, a light pole and a traffic signal box, leaving the area near Rossville Boulevard at Kelso Drive without power.

A woman who had just finished washing her white Dodge Journey at Canton Car Wash, 10051 Franklin Square Drive in Nottingham called police at 1:07 p.m. on June 29 after she stepped out of her vehicle and watched helplessly as a male suspect got in and drove off.

Officers saturated the area and soon spotted a vehicle matching the description, following it at a distance along with Baltimore County Air support, until it could be confirmed that it was the stolen Dodge. The vehicle drove around the White Marsh Precinct area onto Interstate-695 and onto Eastern Boulevard heading toward Baltimore City, then back onto I-695 into Essex at Route 702.

Once the vehicle was confirmed to be the stolen Dodge, officers attempted to make a traffic stop, but the vehicle fled, ultimately driving back onto I-695 and exiting onto Pulaski Highway. The vehicle fled into the parking lot of the Sonic Drive-In at 8733 Pulaski Highway, where it struck another vehicle, causing minor damage, and then fled back onto Rossville Boulevard. The driver attempted to turn left onto Kelso Drive when it left the roadway and drove up a slight embankment and overturned, striking a BGE transformer, a light pole, and the traffic signal box on the corner of Kelso Drive and Rossville Boulevard. As downed wires were arcing, officers assisted the suspect out of the vehicle and placed him under arrest at 1:28 p.m.

The suspect, only identified as an adult male at this time, was taken to an area hospital with minor injuries, pending criminal and traffic related charges.

Pedestrian struck crossing Pulaski Highway

Baltimore County Police continue to investigate a fatal pedestrian-involved crash in White Marsh on the night of June 28.

Police were called to the scene around 9:20 p.m. after a man attempted to cross eastbound Pulaski Highway west of Stevens Road, stepping in front of a truck traveling eastbound in the left lane. The man, identified as Ronald Kevin Hardin, 49, of the 2400 block of Highway 590 East in Seminary, Miss., was pronounced deceased at the scene. The driver of the truck remained at the scene.

The Baltimore County Police Crash Investigation Team continues to investigate this crash.

Current crime trends

Since June 3, there have been four residential burglaries that appear to be related in the Mansfield Woods and Essexshire communities in the Essex Precinct. Cases occurred during the early morning to late afternoon hours. Rear windows and doors were targeted in all cases. Items taken from the homes include purses, jewelry, computers and more.



Officer Amy Caprio awarded Officer of the Month

Officer Amy Caprio has been posthumously awarded the Parkville Precinct May 2018 Officer of the Month award.

Officer Caprio quickly achieved the assignment of a permanent post after transferring from the Essex Precinct to the Parkville Precinct just eight months earlier. Officer Caprio possessed a strong work ethic and consistently conducted quality investigations, routinely resulting in a high number of case clearances. Her supervisors describe her as highly motivated, professional and compassionate, with an ability to communicate and connect with the variety of citizens she encountered daily. She was efficient in balancing her responsibilities of patrol response and investigation, while still maintaining a high level of visibility through proactive patrol in an effort to deter crime.

Officer Caprio carried these exceptional qualities through to her last call on May 21. Dispatched to a suspicious condition on Linwen Way at 1:58 p.m., Officer Caprio obtained additional information regarding the suspect vehicle, a black Jeep, and four suspects that may be attempting to commit a burglary. Officer Caprio was aware of additional burglaries previously occurring in the area, and searched for the suspect vehicle, which she found. Recognizing a potentially dangerous confrontation could ensue, she called for clearance of radio transmissions as she approached the suspect stopped at the end of the cul-de-sac on Linwen Way. The suspect, 16-year-old Dawnta Anthony Harris, refused to comply with Officer Caprio's demands to exit the vehicle, and instead accelerated directly toward where she was standing in front of her patrol car. Officer Caprio was able to fire a single round into the windshield of the Jeep before Harris struck her, causing fatal injuries, and fled the scene.

While this was a dark day in the history of the Baltimore County Police Department, the work that Officer Caprio did that day ultimately led to the clearance of her own murder, as well as six additional burglaries, including the following:

Well done, Officer Caprio. You were an asset to this department and a shining example of the core values of the Baltimore County Police Department.

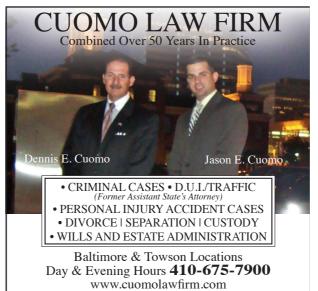
Attorney, G. Randolph Rice, Jr.

(Former Assistant State's Attorney)

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Man charged with double homicide in Rosedale case

Homicide detectives arrested a man in connection with the murder of Cindy Berdina Testerman after the Office of the Chief Medical Examiner ruled the cause of death to be homicide by trauma inflicted by an edged weapon on June 26.

Ryan Michael McGuire, 32, with no permanent address, is charged with two counts of First Degree Murder and two counts of Second Degree Murder after a second victim was located during the execution of a search warrant of a home across the street from Cindy Testerman's home. Video surveillance was recovered that implicated McGuire in Cindy Testerman's death, leading detectives across the street to the home of the second victim, with whom McGuire had been staying recently.

Judy Elizabeth Slebzak, 66, of the 7900 block of Roseland Avenue in Rosedale, McGuire's stepmother, was discovered hidden in a cedar chest in her home during the search following McGuire's arrest. McGuire admitted his involvement in both women's deaths during a post-Miranda interview.

Police now believe that McGuire may have murdered Judy Slebzak up to a few weeks ago, then used her vehicle for transportation while selling some of her possessions to obtain money for illicit narcotics. When Cindy Testerman began questioning him about her whereabouts, police believe he responded to her home on Saturday, June 23, and murdered her, as well.

McGuire is currently held without bail at the Baltimore County Detention Center..

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