

# The Courier

July  
11  
2018

Volume 18 Number 45

## ***Cathell to speak at anglers meeting***

The Ocean Pines Anglers Club will meet on Saturday, July 14 at 9:30 a.m. in the Ocean Pines library. The speaker will be retired State Supreme Court Judge Dale Cathell, author of several books including award winning "Empires of The Crab" detailing the life of the legendary Phillips restaurant family and his current book "Draining the Swamp" chronicling the era from WWII to present. This will include his time as an outlaw hunter and poacher, and also the time spent in the sport fishing industry on the Atlantic Coast. Judge Cathell will share some unusual fishing stories and discuss some of the history of Ocean City. All are welcome.

## ***Humane Society celebrate Christmas in July***

Worcester County Humane Society is celebrating Christmas in July all month at the West Ocean City Petco. During the month of July Petco will be collecting donations for the no kill shelter from their kitten/cat wish list. There is a Christmas tree set up in the entrance of the store where customers can take an ornament from the tree that will have a photo of an adoptable shelter animal as well as the specific item that animal is wishing for. The customer will then purchase the item and put it in the decorated donation bin.

The shelter takes in nearly 200 kittens every summer and with that, often comes the need for specific items such as KMR kitten formula, Royal Canin Mother and Baby dry cat food, and Friskies Turkey and Giblets pate canned food just to name a few. Throughout the year there is always the need for items for the adult cats also such as Purina naturals dry cat food, all flavors of canned Friskies food, and scoopable kitty litter.

The shelter always has cats available for adoption in the kitty condos at the Petco, but adoption events are also held the first Saturday of every month from 10 a.m. to 2 p.m.

Worcester County Humane Society is a private, nonprofit, no-kill animal shelter located at 12330 Eagles Nest Road, Berlin. The shelter is open every day except Mondays from 11 a.m. to 5 p.m.



## **Ocean Pines resident wins grill raffle**

Ocean Pines resident Ray Daly, 86, said he participated in the Newport Kitchen and Bath raffle as a way to support Coastal Hospice. The day after he bought a raffle ticket for a new grill, he was surprised by a call telling him he had won.

Newport Kitchen and Bath held a drawing for the raffle benefiting Coastal Hospice on June 30. The raffle raised \$2,050 to help with the campaign to build the Macky and Pam Stansell House of Coastal Hospice at the Ocean. The Stansell House will be the first hospice residence for the Lower Shore, serving hospice patients from Dorchester, Somerset, Wicomico and Worcester counties who are in need of a safe home in their final months of life. The house, located in Ocean Pines, is set to open to patients in early 2019.

Daly said he wanted to participate in the fundraiser not for the grill, but because Coastal Hospice staff provided such compassionate care for his wife who died one year ago from Leukemia.

"Coastal Hospice staff came by every day and were such a big help," Daly said. His wife was cared for by Coastal Hospice for three years.

The owner of Ocean Pines-based Newport Kitchen and Bath, Don Fiedler, is married to Coastal Hospice team leader Jocelyn Fiedler. The couple decided to hold the raffle to support the Coastal Hospice employee pledge to raise \$30,000 for the Stansell House. Coastal Hospice employees have raised more than \$20,000 toward their goal to date.

Above: **Ray Daly** will his newly won grill.



Mary Beth  
**CAROZZA**

FOR STATE SENATE

By Authority: Friends of Mary Beth Carozza, Pat Schrawder, Treasurer



# Community Calendar

## JULY

### Annual book sale to return

The Friends of the Ocean Pines Library (FOPL) will hold its annual book sale July 27 through July 30.

Taking a look back at the *New York Times* best seller list 10 years ago, you will see that authors writing then are still writing today. Most prolific, of course, is James Patterson with four books on the 2008 *Times* list. Janet Evanovich had two books and others such as Stephen King, John Grisham, Jodi Picoult, Lee Child and Michael Connolly had at least one. If you are interested in these writers and their other works, the FOPL book sale is the place to find them.

If fiction is not your cup of tea, visit our newest section on hard to find, collectible and autographed books, as well as first editions. Nonfiction categories include gardening, sports, travel, history, family, biography, reference, home school/ education, large print, westerns, classic, poetry, humor, religion, animals & nature and science fiction. Looking for holiday gifts, visit our holiday-related, craft and cook books.

The very large and popular children's section will return, as will sections with music CDs, DVDs and audio books. Again, many coffee table books covering films, photography and art as well as thousands of paperback books will be available.

The sale will begin at 6 p.m. on Friday, July 27 for the Friends of the Ocean Pines Library, although you will be able to join at the door for \$5 (individual membership) and \$10 (family membership). On Saturday, July 28 the sale will be open to the general public from 9 a.m. to 4 p.m. with books ranging from 50 cents to \$2 (specials as marked) and on Monday July 30 from 10 a.m. to 4 p.m., all books will be sold at half price. Cash and checks only.

This sale is the single biggest source of income for the friends. The funds are used to help the Ocean Pines library in many ways, including the purchase of books, upgrades of the computer system and electronic system, as well as providing funds for the children's and adult programs.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <small>Canada Day</small>	2	3	4 <small>Independence Day</small>	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

### Hogan, Carozza rally scheduled

On Saturday, July 14, from 10 a.m. to noon, a Rally to Re-Elect Governor Hogan and Elect Delegate Mary Beth Carozza to Maryland's State Senate will be held. Supporters and volunteers will gather at the Worcester County GOP Headquarters located at the Ocean Gateway Plaza, 11934 Ocean Gateway in West Ocean City. Candidate Carozza and Governor Hogan's campaign staff will speak with supporters and lead volunteers in knocking on doors in promote their campaigns. For more information call 443-397-2479.

### Monday

**Ocean Pines Poker Club**  
Poker players wanted in Ocean Pines area for Monday evenings. Call 410-208-1928.

**Sweet Adelines**  
The Delmarva Sweet Adeline Chorus meets from 7 to 9 p.m. in the Ocean Pines Community Center. Call 410-641-6876.

**Monday/Tuesday**  
**Sanctioned Duplicate Bridge**  
Open bridge games Monday at 12 p.m., Tuesday at 10 a.m. at OP Community Center. Call Mary Stover 410-726-1795.

**Tuesday**  
**Families Anonymous**  
From 7 p.m. to 8:30 p.m. at room 37 in the the Community Church at Ocean Pines on Rte. 589. For more information call Carol at 410-208-4515.

**Tuesday/Thursday**  
**Poker Players** wanted for Gentlemen's Poker in North Gate area Ocean Pines. Game played every Tuesday & Thursday evening 5:45 p.m. to 10:45 p.m. on Pinehurst Rd. Ocean Pines. Call 410-208-0063 for more information.

**Wednesday**  
**Kiwanis Club Meeting**  
Weekly meetings at 8 a.m. on Wednesdays in the Ocean Pines Community Center. Doors open 7 a.m.

**Elks Bingo**  
Ocean City Elks in Ocean City (behind Fenwick Inn) open at 5:30 p.m. Early birds at 6:30 and bingo at 7 p.m. Call 410-250-2645.

**Rotary Club**  
Ocean City/Berlin Rotary Club meetings are held at 5:45 p.m. at the Captains Table in Ocean City. Contact Stan.Kahn@carouselhotel.com.

**Square Dancing**  
The Pinesteppers have introduction to square dancing at the OP Community Center at 7 p.m. Call Bruce Barrett at 410-208-6777.

**AL-Anon/OP-West OC-Berlin**  
Wednesday Night Bayside Beginnings Al-Anon family meetings are held at the Ocean Pines Community Center at 7:30 p.m.

**Thursday**  
**Story Time**  
Stories, music and crafts at 10:30 a.m. for children ages 3-5 at Ocean Pines library. Call 410-208-4014.

**Beach Singles**  
Beach Singles 45 for Happy Hour at Harpoon Hanna's at 4 p.m. Call Arlene at 302-436-9577 or Kate at 410-524-0649 for more activities. BeachSingles.org.

**Legion Bingo**  
American Legion in Ocean City opens doors at 5:30 p.m., games begin at 7. For information call 410-289-3166.

**Gamblers Anonymous**  
Group meets at 8 p.m. at the Atlantic Club, 11827 Ocean Gateway, West Ocean City. Call 888-424-3577 for help.

**Friday**  
**Knights of Columbus Bingo**  
Bingo will be held behind St. Luke's Church, 100th St. in Ocean City. Doors open at 5 p.m. and games begin at 6:30 p.m. Refreshments available. Call 410-524-7994.

**First Saturday**  
**Creative Writing Forum**  
Every first Saturday of the month at 10 a.m. at the Berlin Library. Novice and established writers gather to share their fiction, non-fiction, and creative writing projects. Program includes critiques and appreciation, market leads, and writing exercises.

### Pines to host free first-time home buyer seminar

First-time buyers are invited to learn tips and tricks of the home-purchasing process from local experts at a free seminar hosted by the Ocean Pines Recreation and Parks Department on Wednesday, July 18 from 7 p.m. to 8 p.m. at the Ocean Pines Community Center.

Shamrock Realty Group and Draper & Kramer Mortgage Corp. will present the seminar, which will explore why buying a home makes financial sense for many individuals.

Topics will include why now is an ideal time for home ownership, the

steps needed to buy a home, down payment assistance, loan options and more.

This seminar is free and open to the public, but spaces are limited and advance registration is required. To register, call the Ocean Pines Recreation and Parks Department at 410-641-7052.

### Public invited to STEM ceremony

The public is cordially invited to attend the Worcester County Economic Development (WCED) STEM (science, technology, engineering, and math) summer programs ceremony at Worcester Technical High

School in Newark on July 26 at 2 p.m.

"This program is all about connecting Worcester County students with STEM businesses and opportunities right here on the shore," WCED Deputy Director Kathryn Gordon said. "We want these students to know that they don't have to move away to chase down their dreams because area businesses offer a multitude of STEM career opportunities to utilize their individual interests and talents right here at home."

The ceremony will highlight the individual and group experiences of 49 Worcester County middle school, high school, and university students and how their experiences may affect their future academic and career

goals.  
RSVPs are appreciated but not required and can be made to STEM Program Director Fawn Mete at fawnmete@gmail.com or 410-458-1325.

### Church to host indoor yard sale

The Church of the Holy Spirit will hold an indoor yard sale on August 25 from 7 a.m. till noon. The church is located at Coastal Highway and 100<sup>th</sup> St. Call the church office at 410-723-1973 for more information.



## County to receive Children's Cabinet Fund grant

The Hogan administration recently announced \$19.6 million in statewide grant awards to Maryland's Local Management Boards. Located in all 23 counties and Baltimore City, the Local Management Boards (LMBs) bring together resources at the local level to strengthen services to children, youth, and families. These non-competitive grants will fund more than 120 child- and family- focused community-based programs in Fiscal Year 2019.

Worcester County will receive a total allocation of just over \$832,000.

"Our administration is committed to ensuring Maryland's families in need are better equipped to achieve economic stability and have access to greater opportunities," said Governor Larry Hogan. "These grants enable our network of Local Management Boards to assist thousands of families by providing life-changing resources including anti-hunger initiatives, job readiness programs, and parenting workshops."

Through an extensive planning process that involved input from hundreds of community members in every jurisdiction, the LMBs identified strategies that will address critical needs for children, youth, and families in their jurisdictions and are aligned with Governor Hogan's goal of an economically secure Maryland. These awards continue Maryland's commitment to improv-

ing outcomes and positions Maryland as a leader in developing solutions to issues that have far-reaching impacts for children and families in communities across the State.

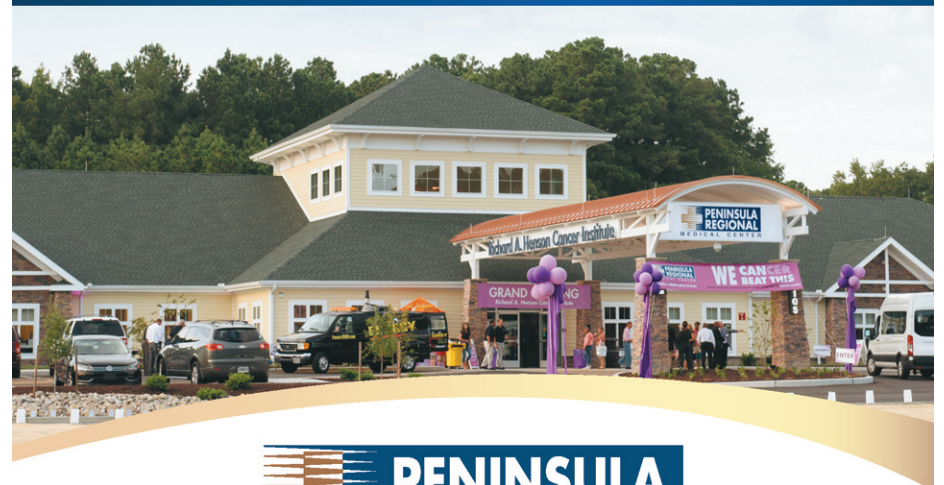
"The Governor's Office for Children recognizes and appreciates the unique role of the Local Management Boards in understanding the specific concerns of their communities and developing corresponding programs for children, youth, and families," said Jaclin Warner Wiggins, acting executive director of the Governor's Office for Children. "These crucial groups are at the front lines to identify the most pressing needs of our children and their families. We are grateful to be able to fund the many promising programs for the coming year."

The FY19 programs and strategies proposed by LMBs focus on interventions for some of Maryland's most vulnerable populations to include families and children impacted by caregiver incarceration, disconnected or "opportunity" youth between the ages of 16 and 24 who are neither working nor attending school, children and youth who are food-insecure, and youth who are experiencing homelessness. These interventions represent new pathways to opportunities and a push for systemic change that will further Governor Hogan's vision of ensuring an economically secure Maryland for all.

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## Concert on the Lawn series begins

The Berlin Heritage Foundation announces the second performance in the 2018 Concert on the Lawn series sponsored by Harrison Orchards and Patricia & Paul Dufendach. Randy Lee Ashcraft & the Saltwater Cowboys will perform on Sunday, July 8 at 6 p.m. at the Calvin B. Taylor House Museum, 208 North Main Street.



Bring a chair and a picnic to enjoy this free concert. Concerts are held at 6 p.m. on the second Sunday of the months of June through September.

The Taylor House Museum is open from Memorial Day weekend through the end of October on Mondays, Wednesdays, Fridays and Saturdays from 11 p.m. to 3 p.m. Group tours are available anytime by appointment. For more information contact the Taylor Museum at 410-641-1019 or visit our website at [www.taylorhousemuseum.org](http://www.taylorhousemuseum.org).



# The Courier

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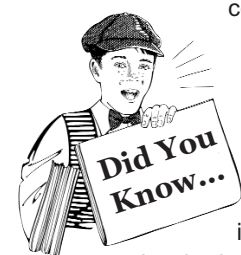
Robert B. Adair 1938-2007

## 2012 Business of the Year

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According to the Anxiety and Depression Association of America, anxiety disorders are the most common mental illnesses in the United States. Roughly 40 million adults in the United States, or 18 percent of the

country's population, has an anxiety disorder. Developing from a complex set of risk factors, including genet-



ics, brain chemistry, personality, and life events, anxiety disorders are highly treatable. Unfortunately, the ADAA notes that less than 40 percent of those suffering from anxiety disorders receive treatment. Treatment of anxiety disorders can be highly effective and can even help people deal with other disorders, as the ADAA says nearly one-half of people diagnosed with depression are also diagnosed with an anxiety disorder. People living with anxiety disorders who seek treatment may find they also are suffering from depression, compelling them to receive treatment for that disorder as well and further improving their quality of life.

## Camp Safe Harbor helps children who have experienced loss

Camp Safe Harbor, a bereavement day camp held at Salisbury University for children ages 6 to 12, became a safe and loving place last week for children to heal and open up about their loss.

Coastal Hospice staff and volunteers, as well as staff and students from SU's Social Work Department, worked together to make the fourth annual camp a successful program. Counselors experienced in grief support helped the children work through the loss of a parent, grandparent, sibling, or loved one. Fun activities such as video making, support circles, poetry, art, and sports activities helped each child heal in their own unique way.

Rose O'Neill of Salisbury sent her three children to Camp Safe Harbor after she heard about it in the Coastal Hospice newsletter.

"I've dealt with Coastal Hospice both personally and professionally and have had an outstanding experience," O'Neill said. "My kids have done great, I felt like they could really use the additional support from people who aren't emotionally attached to the loss. They greatly enjoyed it. I think they've gotten tips and help with dealing with the loss."

Camp organizers from both Coastal Hospice and Salisbury University praised the benefits of the camp and the partnership between the two organizations.

"Children who have lost someone close to them grieve in a very different way from adults," said Sharon Hutchison, manager for Spiritual Care Services



at Coastal Hospice and an organizer of the event. "They often find it harder to express their feelings. At Camp Safe Harbor, by joining other children who have experienced a similar loss, we saw the children work at dealing with their grief, as they were able to talk about it rather than hold it inside."

Dr. Kimberly Van Vulpen, assistant professor of social work at the university said she continues to be inspired by the collaborative team running the camp and by the strength and resilience of the children.

"The connections that are made between the children and all the camp staff are what make Camp Safe Harbor so helpful," Van Vulpen said. "The children arrive each day to camp, share, have lots of fun, and know that everyone there understands a bit of their story. They no longer have to feel different."

Camp Safe Harbor will be available again for children in June 2019. Please contact Coastal Hospice for more information.

## Church to hold auction

The Church of the Holy Spirit is having a Quarter Auction at the church on August 7. The doors will open at 6 p.m., and the games start at 7 p.m.

Food will be available for purchase. Tickets are \$10 and include a paddle. Additional paddles are \$2 each, or three for \$5. They are limited, so get yours now.

The church is located at 100<sup>th</sup> St. and Coastal Highway in Ocean City. Call the church office at 410-723-1973, Monica at 443-235-8942 or Martha at 302-36-2550 for further information and for tickets.

## Pines history panel slated

Behind the color and music of the 50<sup>th</sup> Anniversary yearlong celebration lies a history filled with interesting twists and turns. Ocean Pines, in its infant stage, was a small coastal development with unpaved streets and pine trees that outnumbered residents. Decades later, the hidden gem has grown in national significance, gracing the pages of popular publications like "Forbes Magazine." The community's historic journey to become a highly sought-after destination for year-round and seasonal residents takes center stage at a scheduled panel discussion this summer.

"Ocean Pines' olden days are both fascinating and enthralling for history-hungry folks," said Ocean Pines Marketing and Public Relations Director Denise Sawyer. "The golden anniversary has sparked 'Pines pride' and a collective effort to preserve the community's rich history."

To understand the community's growth, it is necessary to understand the roots of Ocean Pines itself, going back to 1968.

Construction had started on the first phase of Ocean Pines on July 12, 1968, a date that is currently circled in Sawyer's calendar. In commemoration of this day, the Ocean Pines 50<sup>th</sup> Anniversary Committee will host a panel discussion, titled "Timeless Tides: The Ocean Pines History Panel," at 3 p.m. on Thursday, July 12, in the Assateague Room of the Ocean Pines Community Center.

The panel will feature residents who will discuss the evolution of Ocean Pines. The panel's mission is to assist the community in preserving and honoring early developers and families of Ocean Pines. In support of that mis-

*please see panel on page 15*



# I'll get to it

There's no question about it that at times I've been guilty of turning a blind eye to something that needs to be done around the house. It's not that I can't do something it's just that I don't feel like doing something. There have been times I

prep and clean-up which begs the question: who really sees the unpainted trim anyway? Is the effort really worth it? If history provides any guide the answer is no.

Not long ago one of the three bulbs in our bathroom light fixture went dark. I'll get to it soon I thought to myself each time I flicked the switch to illuminate two of three bulbs. About a week later a second bulb went dark. Despite the obvious evidence that it was becoming necessary



## It's All About. . .

By **Chip Bertino**

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haven't felt like doing something for years. And there's really no rhyme or reason to what tasks I'll tackle quickly and those that can linger undone longer than the aroma of Limburger cheese on a warm day.

For instance, I'll more quickly tackle remodeling a bedroom to include fresh paint, installing hardwood floors and adding crown molding than I will fixing an electrical cord on a lamp even though it would take maybe fifteen minutes for the cord and a couple weeks for the bedroom. A reason for such behavior escapes me. Maybe it has to do with preferring that which is adventurous to the mundane. Of course, you may think that my defining the experience of redoing a bedroom as an adventure is a reason to broaden my horizons. You may think otherwise if you witnessed my remodeling methods.

There is a piece of front door trim that has been screaming for a coat of paint for I can't tell you how long. It would take no more than a couple minutes to apply the paint, yet there it remains uncoated because, well, I have no good reason. I know it's a quick project. I say that to myself each time I go out or come in through the front door. However, another part of me, the lazy part, has convinced the rest of me that going into the garage to search through the paint cabinet to find the trim paint and then to take time stirring the paint in the can that hasn't been opened in years is just not worth the hassle. Not to mention the fact that although it would take no more than four strokes of the brush to coat the trim, so much more time would be required for

to change the bulbs, I still lacked the motivation to take on the task. Well, about a week or so after the second bulb blew out, the third and final bulb finally gave up the ghost. So, there I was plunged into darkness while conducting business. Although disoriented at first, I was able to complete my intended transaction without complication. You might think that the experience of being captured by darkness while in the bathroom would hasten my pace to resolve the situation. You would be wrong. In the interest of full disclosure once I left the bathroom I quickly forgot about the dead bulbs. It was not until the next, more urgent time I entered the bathroom that I remembered what I had forgotten to take care of previously. Let's just say my motivation to replace the bulbs was quite high. The bulbs were finally replaced, just in the nick of time.

Gutter cleaning is another one of those tasks that I know needs to be undertaken regularly but I sometimes let slip longer than I should. There's only one person who suffers as a result of my procrastination – me. However, over the years that lesson has not sunk in. Usually by the time I get up on the ladder to remove the debris the gutters are packed with sappy leaves and pine cones. There is sometimes a stench that makes aforementioned Limburger cheese on a warm day preferable. There is no one to blame but me for my having to endure such hardship.

You would think after all these years I would learn. Well, one of these days I'll get around to doing just that. Eventually.



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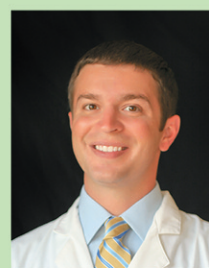
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## Annual AGH golf tourney scheduled

The Atlantic General Hospital Foundation announced the 2018 Robert E. Warfield Memorial Tournament to benefit Atlantic General Hospital will be held Thursday, September 20, rain or shine, at Ocean City Golf Club.

The AGH Fall Golf Classic, celebrating its twenty-fifth year, was renamed in 2016 in recognition of the generous commitment and loyal service of the late Robert E. "Bob" Warfield, Sr. Bob dedicated his busy life to giving to others in service and in spirit. He was an integral member of the AGH Fall Golf Classic Committee since he joined the Foundation's Board of Directors in 1999. A founding member of the hospital's Board of Trustees, former Chairman of the Board of Directors for the AGH Foundation, he was also a member and served on the board of directors for the Ocean City Golf and Yacht Club and on the board of directors for the Maryland Economic Development Corporation and Chesapeake Bay Restoration Fund.

For local golfers this tournament has become an annual tradition, with last year's event raising \$110,000 to expand health care services and programs for our community through our local hospital. Registration begins at 11 a.m. with a 1 p.m. shotgun start. Player entry fee includes cart and greens fees, boxed lunch

and buffet dinner as well as snacks and beverages on the course. Deluxe giveaways and impressive tournament awards are also included. Additional excitement includes a variety of on-the-course challenges with fabulous prizes and Harborside's famous orange crush bar.

As in years past, each team can choose their course/format: Newport Bay/Best Ball or Seaside/Scramble. Team reservations can be submitted via our website and must be received by September 13. Space is limited and earliest entries are accommodated first. Non-golfers can still join the fun. Dinner and awards will begin at 5 p.m. This year's lunch will be provided by Bad Monkey OC Bar & Grill, the reception sponsored by Shenanigan's Irish Pub & Grille, and dinner by an anonymous sponsor.

Service sponsorship opportunities are also available and include ad space in the event program and ample signage at the event.

For more information about the tournament, how to become a sponsor or register a team, visit [www.atlantic-general.org/golf](http://www.atlantic-general.org/golf), text WARFIELD to 41444 on your mobile phone, or contact the Foundation Office at 410-641-9671 or [foundation@atlanticgeneral.org](mailto:foundation@atlanticgeneral.org).



**Saying goodbye** - Jean and Marlin Wert are leaving Ocean Pines to be closer to their children. The couple was recently honored with a party planned by Joan and Tim Mullen that took place at the Ocean Pines Yacht Club on June 13.

Above are (L-R) **Teresa and Jack Salinardo, Tim and Joan Mullen, Nancy Engleke and Jean and Marlin Wert** (seated). Photo by Anna Foulz.

## Public Works drop-off site to reopen

The Public Works Department in Ocean Pines will soon reopen its yard for residents to drop off yard debris such as leaves, branches, trimmings and brush, beginning Saturday, July 14.

The drop-off site, located at 1 Firehouse Lane in Ocean Pines, will open only on Saturdays from 8 a.m. to 4 p.m., July 14 through November 17. It will be closed on Labor Day weekend.

No garbage, construction materials or bulk trash will be allowed. Bagged leaves and yard debris in paper bags will be accepted, but no plastic bags.

"We have the need to make sure that residents only are using the Public Works yard for disposal of yard debris," said Ocean Pines General Manager John Bailey. "This has been an issue in the past with contractors bringing debris to our yard instead of taking it to proper disposal sites in the county. Thus, residents will be required to show their ID from Ocean Pines so we can ensure that the service is utilized by residents only and not contractors."

Bailey said the yard was closed in May to save money. During last year's budget process, among many expense reductions, \$30,000 was cut from the Public Works budget for providing the yard service during the month of May.

"The actual cost to open on Saturdays only is not known because of the unknown volume of material that will be dropped off," said Bailey. "However, we do have space in our yard to stockpile leaves and debris throughout the summer and then dispose of them in the fall, which may save on some of the costs."

Many of the branches dropped off at the yard by residents are recycled into mulch by the Public Works department and then used at the dog park and along walking trails in the community.

"We will certainly monitor the costs for providing this service, and if we need to stop the Saturday operations before November, we can do so," said Bailey. "Furthermore, by instituting the Saturday-only operations now, we can gather data for determining how to expand such a program into other months of the year and incorporate those numbers into next year's budget recommendation."

The yard will operate as usual in the fall, from 8 a.m. to 3 p.m. Monday through Friday and 8 a.m. to 4 p.m. on Saturdays, November 19 through December 22.

"Thank you to everyone for doing your part to keep Ocean Pines clean and beautiful," said Bailey.

### Pine'er event scheduled

The next meeting of the Pine'er Club will be July 19 at the Ocean Pines Community Center. Refreshments will be served at 9:45 a.m. and the meeting will begin at 10 a.m.

The annual Pine'er Artisan and Craft Festival is August 7, at White Horse Park, Ocean Pines, from 9 a.m. to 3 p.m. rain or shine.

There will be artisans and crafters from surrounding area states showing and talking about their crafts.

The event will feature all handcrafted items such as art, glass, wood, embroidery cross stitch and much more.

Member Barbara Stilwell has made and donated an afghan of Many Colors. Food will be available and there will be a bake sale.

There are still some spots available, if your item is handmade please send your requests to email address [op9tee@gmail.com](mailto:op9tee@gmail.com).

### Museum to celebrate anniversary

Join the Delmarva Discovery Museum as it celebrates its tenth anniversary with an evening of free admission, special programs and activities, refreshments and fun on Friday, July 27 between 5 p.m. and 8 p.m.

Receive 10% off museum store purchases.

The Delmarva Discovery Museum (formerly the Delmarva Discovery Center & Museum) is open 361 days a year Monday through Saturday from 10 a.m. to 4 p.m., and Sunday from noon to 4 p.m. The museum is located at 2 Market Street in Pocomoke City. For more information call 410-957-9933.





**Friends** - Artist **Mary Jane Hastings** and **Hope McCabe** of the Art League have been friends for 70 years. They were at DeNovo's Trattoria, recently for lunch. Photo by Anna Foulz.

## Chamber music festival planned

Continuing its mission to introduce internationally acclaimed classical musicians to Eastern Shore communities, Chamber Music by the Sea is pleased to announce its 2018 festival. Chamber music concerts featuring ensembles of varying sizes, as well as community engagement activities, will take place August 14 through 19 in a variety of settings across Berlin and Snow Hill, Maryland. Events include intimate salon concerts in private homes, public concerts, and a day of free educational activities and masterclasses for local young musicians.

This year's roster of festival musicians includes renowned soloists and chamber musicians from the US, UK, and Germany: violinists Elena Urioste

and Bella Hristova, violist Vicki Powell, cellist Guy Johnston, clarinetist Anthony McGill, and pianist Tom



Poster. This esteemed group includes Avery Fisher Career Grant winners, BBC Young Musicians of the Year, and BBC Next Generation Artists, who bring their considerable talents to the Eastern Shore from illustrious venues

please see **festival** on page 15

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Ocean Pines Community Center Gym  
Come and let us entertain you!  
Free home made desserts and beverages  
Door Prizes - 50/50 Raffle  
Donation: \$10.00

Find good food and pleasant company  
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Kiwanis Club of Greater Ocean Pines–Ocean City

### PANCAKE BREAKFAST

Saturday, July 14, 2018 ♦ 8 to 11 a.m.  
Ocean Pines Community Center Assateague Room

**Donation:**

\$6 Adults

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Under 12

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Proceeds to benefit the youth of our community

Contributions or gifts to Greater Ocean Pines–Ocean City Kiwanis Club are not deductible  
as charitable contributions for federal income tax purposes.

## Knowing beer terms enhances the experience

The craft beer business is booming. While overall beer volume sales in the United States decreased by 1 percent in 2017, the Brewers Association notes that craft brewery sales continued to grow at a rate of 5 percent. In fact, the Brewers Association notes that retail dollar sales of craft beer now account for more than 23 percent of the \$111.4 billion U.S. beer market. No two beers are the same, and the following beer terms, courtesy of BeerAdvocate.com, can help craft beer aficionados better understand the beers they love.

**Top-fermenting yeast:** Two types of yeast are used in brewing, and this type works better at warmer temperatures. Top-fermenting yeast, sometimes referred to as “ale yeast,” is better at tolerating high-alcohol concentrations than bottom-fermenting yeast. Because it is unable to ferment some sugars, top-fermenting yeast often produces fruitier, sweeter beers. Altbier, Kolsch, stouts, and wheat beers are some examples of beers brewed with top-fermenting yeast.

**Bottom-fermenting yeast:** The other type of yeast used in brewing, bottom-fermenting yeast ferments more sugars than top-fermenting yeast, producing a crisp, clean taste. Bottom-fermenting yeast is often referred to as “lager yeast,” and the eventual flavor of beers produced with this yeast will depend a lot on the strain of lager yeast chosen and the temperatures at which it was fermented. Pilsners, bocks and dortmunders are some examples of beers brewed with bottom-fermenting yeast.

**Hops:** People just beginning to explore craft beer will no doubt hear the word “hops” a lot. Hops refers to the herb added to boiling wort or fermenting beer to impart a bitter aroma or flavor.

**IBU:** Expressed as a number, sometimes on the bottle or can in which the beer is sold, IBU stands for “International Bitterness Units” and indicates the hop bitterness in the fin-

ished beer. The higher the IBU, the more bitter the beer.

**ABV:** ABV stands for “alcohol by volume” and indicates the amount of alcohol in beer in terms of percentage volume of alcohol per volume of beer.

**IPA:** IPAs are incredibly popular among craft beer drinkers. An IPA is a style of beer and stands for India pale ale. These beers boast a strong hop bitterness, and many provide a piney, floral flavor. IPAs tend to be high-ABV beers and come in different varieties. American IPAs, Imperial or Double IPAs and English IPAs are popular styles.

**Shelf life:** Shelf life might not have been a consideration years ago, but craft beer drinkers often want to know this information, which indicates the number of days a beer will retain its peak drinkability. Some craft brewers indicate the date the beer was bottled on the beer’s label, and Beer Advocate notes that the shelf life for commercially produced beers is usually no more than four months.

## Cancer center opening planned

Atlantic General Hospital officials have announced that a grand opening celebration will be held for the new John H. ‘Jack’ Burbage, Jr. Regional Cancer Care Center on Wednesday, July 11.

The center, which is the new home for radiation oncologist Manoj Jain, MD, and medical oncology specialists Rabindra Paul, MD, and Roopa Gupta, MD, and their clinical teams, opened on schedule on June 27.

Patients and the community are invited to attend the grand opening, from 4 p.m. to 6 p.m. on July 11, to meet the cancer care team and tour the facility. A formal ribbon cutting will be held at 4:30 p.m.; refreshments will also be available.







**Dreamcoat** - The original costume for Worcester Prep's production of "Joseph and the Amazing Technicolor Dreamcoat," designed and custom made by Worcester Preparatory School founding board member Lynne Taylor Murray, was placed on permanent display in the Guerrieri Library rotunda in June. Hugh and Susan Cropper generously donated the display case to exhibit the colorful coat that was worn by students in the original 1988 WPS production and again in the 2006 revival.

(L-R) **Susan Cropper** and **Lynne Taylor Murray** are pictured with the original, custom made costume from the WPS production of Joseph and the Amazing Technicolor Dreamcoat now on permanent display in the WPS Guerrieri Library rotunda.

## Birds for first-time bird owners

Birds are friendly, loyal and intelligent pets that can learn to replicate human speech and interact with their owners in very unique ways. Such attributes have helped make birds increasingly popular pets.

Interest in pet birds has risen, as statistics from the American Pet Products Association National Pet Owners Survey 2017-2018 show that 7.9 million American households have pet birds, and roughly 20 million birds reside in homes across the country.

Although there are many different bird species that can make wonderful pets, certain birds may make better companion animals, particularly for first-time bird owners, because of their amenable personalities. Before getting a feathered friend, prospective owners are urged to learn about bird care, including researching the type of caging, exercise, food, and attention required to care for birds. This education can help bird lovers find companions who will get the care they deserve.

When considering birds, here are some of the more popular species, courtesy of PetMD and PetSmart.

**Parakeets.** The average parakeet has a life span of seven to 10 years, and their docile personalities make parakeets great companion birds. Also known as Budgies, parakeets are good for people new to bird-keeping. Parakeets are quite intelligent and can learn a few basic commands. Some may be able to pick up some human words. Parakeets thrive on interaction with their owners and should be han-

dled for around a half-hour or more per day. Early socialization and handling is advised to raise a parakeet that

is part of the family.

**Cockatiels.** These personality-heavy birds can also be great pets for first-timers. Well socialized cockatiels recognize and respond to their

owners. Cockatiels are a bit larger than parakeets and require medium-sized cages. They can benefit from socializing time outside of their cages and require mental stimulation to stay healthy.

**Finches.** For people who like to watch birds more so than handle them, finches might be the ideal fit. These little birds thrive in small flocks and are content to pay more attention to their cage mates than humans. They will flit from perch to post, and their delicate tweets can fill a room with vitality.

**Conures.** Conures are social and

*please see **birds** page 15*



## Kiwanis welcomes new member

Cheryl Care is a new member of the Kiwanis Club of Greater Ocean Pines - Ocean City. Cheryl was sponsored by Kiwanian Kitty Wrench and inducted at the June 27 meeting by membership Chair Pat Winkel-mayer. (L-R) **Kitty Wrench**, **Cheryl Care**, **Pat Winkel-mayer** and Kiwanis Club President **Ralph Chinn**.



**The LORD will surely save me  
So we will play my songs on  
stringed instruments** Isaiah 38:20



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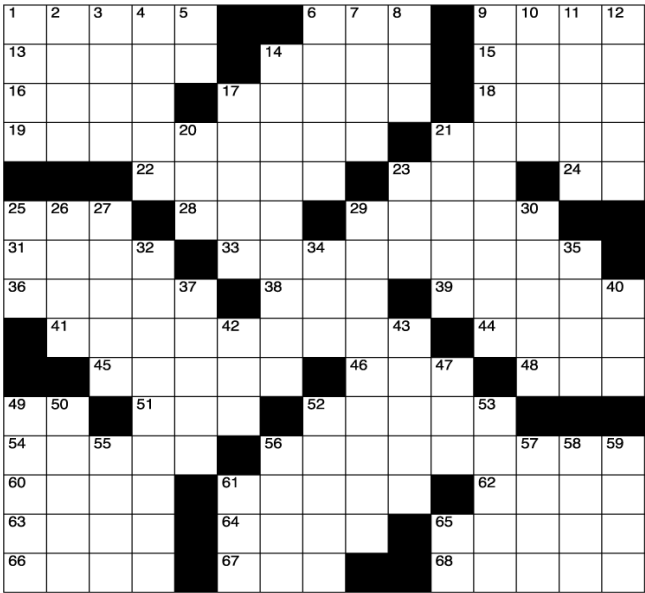
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CLUES ACROSS

1. Begetter

6. Arrived extinct

9. Lacking the power to hear

13. Epic

14. Aboriginal Japanese

15. Jar used for cooking

16. British nobleman

17. Smart

18. Israeli stateswoman

19. Outer space matter that reaches the ground

21. Instrument

22. Infections

23. Holiday (informal)

24. Spanish be

25. Not even

28. Chewie’s friend Solo

29. Garments

31. Geological times

33. Music City

36. Cubes

38. Important Chinese principle
39. Closes tightly

41. Forms a boundary

44. Knife

45. Plants of the lily family

46. A turn around the track

48. Midway between northeast and east

49. Type of degree

51. Midway between north and northwest

52. Profession

54. Musical note patterns

56. Deeply cuts

60. Muharraq Island town

61. Emaciation

62. Weaver bird

63. One point east of northeast

64. Scherzer and Kershaw are two

65. Rice dish

66. Nasdaq code

67. Danish krone

68. Enzyme

CLUES DOWN

1. Carpe —

2. Wings

3. Loose soil

4. Earnhardt and Jarrett are two

5. 3 feet

6. Fasts

7. Erstwhile

8. Diving seabird

9. Houses

10. Ancient Greek City

11. Type of skirt

12. Greek village

14. Estranges

17. Scottish island

20. Express delight

21. Cosmopolitan city

23. Letter of Hebrew alphabet

25. Largest English dictionary (abbr.)

26. Flow

27. Shoal-forming fishes
29. Footwear parts

30. Schedule of events

32. Songs to one’s sweetheart

34. Test for high schoolers

35. Enthusiasm

37. Streets have them

40. One point east of due south

42. Cut the grass

43. Rattling breaths

47. For each

49. Marketing term

50. One who challenges

52. Sword

53. Polio vaccine developer

55. Film version of “Waterloo Bridge”

56. Want

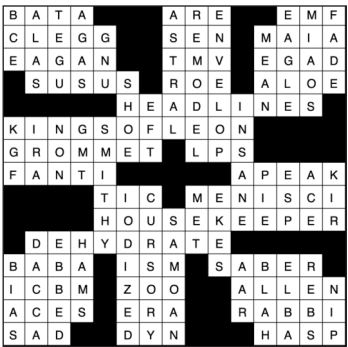
57. Rhythmic pattern in Indian music

58. Young hawk

59. Harmless

61. Small amount

65. Palladium



Answers for July 4

Some thoughts about marriage the second time around

Taking a chance on love and marriage for the second (or third) time is certainly worthy of celebration. The Pew Research Center reports that at least four in 10 new marriages now include at least one partner who has been married before, a trend that is on the rise.

Planning a second wedding can be challenging, as individuals may be worried about proper etiquette, superstitions or meeting the expectations of others. But there are no hard rules governing second weddings. Now that couples are older and a bit more experienced, wedding planning may be met with greater enthusiasm and patience. These tips can help the process along.

Dress it up. Brides need not eschew white if they prefer to wear it for their second weddings. White, cream, ivory, or other shades are perfectly acceptable. Also, brides can make their gowns as lavish or as simplistic as they desire. The length and style of the dress should reflect the formality and scope of the event.

Make it unique. Couples who have been married before may want to set this new occasion apart from their previous weddings. “Brides” magazine experts suggest discussing previous celebrations and what can be done differently this time around. Couples can use this opportunity to get to know each other more intimately by personalizing their festivities.

Don’t feel beholden to intimate affairs. Second weddings tend to be more intimate, as guest lists tend to be smaller and couples tying the knot again may prefer more intimacy and less hustle and bustle. But couples should not avoid inviting people simply because second weddings are typically small affairs. Invite as many friends and family as you want and as your budget allows.

Set up a registry. Established couples may have the household basics already in place, but registries can include fun or entertaining gifts

that speak to couples’ interests. These may include home theater systems, fancy cookware, athletic equipment, or even funds for travel.

Involve the children. Couples who have children can make them a special part of their second wedding celebrations. Kids can play any role in the ceremony, depending on their age. If the second marriage comes after an amicable divorce, couples can invite their former spouses to provide support to their children so they can feel comfortable in the wedding.

Be prepared. The marriage application process is similar the second time around, but additional documents, such as a divorce decree or



death certificate, may be necessary. These legal documents also will be needed for men and women who intend to change their last names after getting married.

A second marriage deserves as much celebration as the first and gives couples an opportunity to express their love for each other and their appreciation to their friends and families.

Fall weddings claim the top spot

According to Zola, a free suite of wedding tools, summer has been upstaged by autumn as the most popular time of the year to tie the knot. For the first time, this year 40 percent of all weddings will take place during the months of September and October. Additionally, the site identified October 20, October 13 and September 29, each a Saturday, as the most popular wedding dates, respectively, of 2018.



# Tips for parents of would-be babysitters

Many tweens and teenagers babysit to earn money. Babysitting can instill responsibility in children as they are on the cusp of becoming more independent. Would-be babysitters who have cared for younger siblings may know what to expect, but parents of prospective babysitters with no such experience may want to heed the following tips before their youngsters agree to look after a friend's or neighbor's child.

Discuss the responsibility of babysitting. Babysitting is a big responsibility, and parents can discuss this with their children before they accept any babysitting gigs. Children old enough to babysit should be old enough to understand the trust others are placing in them when paying them to look after their children. If would-be babysitters cannot recognize that or downplay just how big a responsibility they are taking on, then they might not be ready to be a babysitter.

Ask your child if they have any

questions about babysitting. Prospective clients will no doubt



feel more comfortable with babysitters who ask thoughtful questions, and one sign that a child is ready to accept the responsibility of babysitting is asking such questions. If kids are hesitant, parents can quiz them about what to do in certain situations, such as how to respond to a baby crying or what to do if a child is asking for his or her parents. Going over these topics before kids begin seeking babysitting jobs can help parents gauge if their children are ready to babysit while also helping them prepare for interviews.

Get the contact information for guardians of the child your child will be babysitting. Before kids accept their first babysitting job, their parents should not hesitate to ask to meet the parents or guardians of the

child they will be babysitting. This can calm parents' nerves about sending their children to look after a stranger's children. Such a meeting also provides an opportunity for parents to get the contact information, including name, address, home, and mobile phone numbers, of their children's clients. In addition, visiting a client's home in advance gives kids a chance to learn how to use home security systems if necessary.

Program emergency numbers into babysitters' mobile phones. Parents trusting their children to neighborhood babysitters may or not leave a list of emergency contact numbers on their refrigerator doors. But parents of would-be babysitters

can exercise caution and program such numbers into their children's mobile phones in advance. This ensures babysitters will have access to the numbers no matter what.

Arrange for transportation home. Arrange transportation home in advance. If a child's clients will be going out for a night on the town where they expect to consume alcohol, parents can pick up their own children so they recognize the importance of never getting into a vehicle with someone who has been consuming alcohol. If clients will not be consuming alcohol, sitters' parents can speak with them directly to ensure they will provide a ride home at the end of the night.

## How teens can cope with stress

No one is immune to stress. When chronic, stress can have long-lasting negative effects on a person's overall health, potentially contributing to high blood pressure and weakening sufferers' immune systems, thereby making them more vulnerable to a host of ailments.

Stress may be most often associated with adults, but teenagers are no strangers to stress. In the 2014 Stress in America™ survey from the American Psychological Association, teens reported that their stress levels during the school year far exceeded what they believed to be healthy. In fact, teens'

reported stress levels during the school year (5.8 on a 10-point scale) actually exceeded adults' average reported stress levels.

In addition to the pressures of school, teens must contend with social pressures. Balancing the two can be difficult, but the APA offers the following tips to teenagers looking to keep their stress levels in check.

Embrace physical activity. The APA notes that being physically active is one of the most effective ways to combat stress. Teens are urged to find activities they enjoy. For example, non-athletes need not try out for the baseball team or another organized sport simply because physical activity is an effective way to reduce stress. Teens are more likely to have fun and relieve stress when participating in a physical activity they enjoy, especially when such activities include their friends.

Don't overlook the importance of sleep. The National Sleep Foundation notes that teens need between eight and 10 hours of sleep per night to function best. But the Stress in America survey found that teens sleep an average of just 7.4 hours on school nights. Operating on insufficient sleep can compound existing stress, so teens who are not getting enough rest should make a concerted effort to get more sleep each night.

Schedule time for fun. The APA recommends that teenagers not over-

Tides for Ocean City (Fishing Pier)				
Day		High /Low	Tide Time	Sunrise /Sunset
Th	12	Low	1:26 AM	5:47 AM
	12	High	7:16 AM	8:25 PM
	12	Low	1:24 PM	
	12	High	7:49 PM	
F	13	Low	2:19 AM	5:48 AM
	13	High	8:10 AM	8:24 PM
	13	Low	2:17 PM	
	13	High	8:43 PM	
Sa	14	Low	3:11 AM	5:48 AM
	14	High	9:05 AM	8:24 PM
	14	Low	3:11 PM	
	14	High	9:36 PM	
Su	15	Low	4:03 AM	5:49 AM
	15	High	10:00 AM	8:23 PM
	15	Low	4:06 PM	
	15	High	10:28 PM	
M	16	Low	4:54 AM	5:50 AM
	16	High	10:54 AM	8:23 PM
	16	Low	5:03 PM	
	16	High	11:20 PM	
Tu	17	Low	5:47 AM	5:50 AM
	17	High	11:49 AM	8:22 PM
	17	Low	6:02 PM	
W	18	High	12:12 AM	5:51 AM
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	18	High	12:45 PM	
	18	Low	7:03 PM	



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# Defining hardscape and how to use it

Curb appeal is beneficial in various ways. Curb appeal can make a home more attractive to prospective buyers and give existing homeowners a place they want to come home to. In its study of the worth of outdoor remodeling projects, the National Association of Realtors found standard lawn care and overall landscape upgrades were most appealing to buyers, as well as the most likely to add value to a home.

Although plants, grass and other items can improve curb appeal, homeowners should not overlook hardscaping.

Hardscaping is an industry term that refers to the non-living features of a landscape.

These features can include everything from decks to walkways to ornamental boulders. Introducing paths or paver walls to a property helps develop that home's hardscape. Hardscape and soft elements often work in concert to create inspiring landscape designs.

DIY landscape designers can heed certain tips to make the most of hardscape features on their properties.

Choose materials. As with many landscaping projects, homeowners must first determine what types of additions they would like on their properties. Common hardscape features include patios, decks, walkways of pavers or bricks, and retaining walls. Hardscape elements can be functional or simply decorative features that add whimsy to the yard.

Choose a theme. The right style allows hardscaping and softscaping materials to work together. For example, homeowners may want to give their yards an eastern feel, complete with a koi pond and decorative bridge or trellis. A formal English garden, however, may include mani-

cured paths with stepping stones and ornate topiaries. Mixing too many styles together can take away from the overall appeal.

The pros suggest looking at the overall plan of the design, even if all of the work cannot be completed at once. This way the eventual finished project will be cohesive.

Think about the purpose. Hardscaping can look good but also serve key purposes. Pebbles or gravel can mitigate trouble areas that do not grow grass or plant life well. Retaining walls hold back soil in yards with sharply inclined hills. Mulch can set perimeters around trees and shrubs, as well as planting beds. Fencing, an-



other form of hardscaping, is essential for establishing property boundaries and adding privacy.

Consult a professional. While many hardscaping additions can be handled by novices, large-scale projects, such as patios and decking, can change the grading of the yard. Professionals can map out how to handle drainage issues and meet building codes. In addition, professional installation can ensure hardscaping features last for years to come.

Hardscaping should blend with the nature around it and take its cues from the surrounding environment. This can help softscaping and hardscaping work as one.



**Appointments** - On July 7, members of the 2018 - 2022 Democratic Central Committee of Worcester County met at their campaign headquarters to approve appointments to the committee.

Pictured left to right, (1st row) **Tom Butler** (At Large), **Kathy Emmert** (Auxiliary), **Whitney Palmer** (At Large), **Judy Davis** (At Large), **Laurie Brittingham** (Auxiliary), **Joshua Nordstrom** (District 1), **Judy Butler** (Auxiliary), **Dr. Dennis Acholonu** (Vice Chair/ District 2), **Lanny Hickman** (Treasurer/ District 5), **Teri Lojewski** (Secretary/ District 3), and Candidate Register of Wills **Nicole Caudell**.

Rear row: **Jerry White** (At Large), **Jim Richardson** (Auxiliary), guest **Barbara Richardson**, **Vicky Wallace** (Auxiliary) and **Christina Hulslander** (District 4).

## Obituaries

### Ida J. Bredehorst

Ida J. Bredehorst, 72, of Ocean Pines, died Friday, July 6, 2018 at Peninsula Regional Medical Center in Salisbury.

She was born August 28, 1945 in Paterson, New Jersey, a daughter of the late Placid Jerome Baron and Mildred Louise (Sewell) Baron.

On September 16, 1967 Ida married Roger and together they celebrated 50 years of marriage last August. Through the years they moved from New Jersey to Chicago to Connecticut to South Jersey and settled in Ocean Pines, and she cherished friendships made at each stop. She was a wonderful homemaker and an excellent cook. She was an active member of St. Paul's Episcopal Church in Berlin where she served on the altar guild and volunteered for many years at the Church Mouse Thrift Shop at St. Paul's. She enjoyed giving back to her community doing volunteer work when able and was instrumental in starting the thrift shop at Atlantic General Hospital. Teaming up with her husband, she played golf with the Ocean Resorts Thursday Scramble group. She loved the beach and taking day trips to Assateague to see the wild ponies and spend time outdoors. As you always said to us, we say to you "Miss you already."

She is survived by her husband of 50 years, Roger Bredehorst; a daughter, Toni Thompson and husband, Joe; a grandson, J.T. Thompson; sister, C.B. Wisniewski and husband, Bob and sister, Mary Berry; a niece, Lisa Wisniewski; a nephew, Erick Berry and wife, Debbie; and a great niece, Maddie. She is also survived by the entire Bredehorst Clan and a host of Ocean Pines friends.

A memorial service to honor Ida's life will be held on Thursday, July 12, 2018 at 11 a.m. at St. Paul's Episcopal Church, 3 Church Street, Berlin, MD 21811.

Memorial contributions may be made in Ida's memory to St. Jude Children's Research Hospital by visiting <https://www.stjude.org>

Arrangements are in the care of Short Funeral Home in Delmar. Online condolences may be sent to the family by visiting [www.shortfh.com](http://www.shortfh.com).







### Fireworks

Photographer Dan Collins photographed the July 4th Ocean City fireworks display while aboard the USCG Auxiliary patrol boat that, along with the USCG 47 foot boat, was responsible for keeping seafaring fireworks watchers at least 800 feet off shore of Ocean City.

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### What to do after suffering a sunburn


Summer fun routinely involves days spent soaking up some of the sun's rays. Relaxing days at the beach, barbecues in the backyard or picnics at the park can make for fun summer activities that create lasting memories.

While spending time in the great outdoors is a great way to take advantage of summer weather, it is important that revelers take steps to prevent sunburn when spending days beneath the hot summer sun.

Sunburns may seem temporary, but the Skin Cancer Foundation (SCF) notes that sunburn can cause long-lasting skin damage. In addition, the SCF notes that a person's risk for melanoma, the most dangerous form of skin cancer, doubles if he or she has had more than five sunburns.

It can take several hours to notice the full damage of a sunburn, though some people may notice mild symptoms of sunburn more quickly than that. The SCF recommends that people get out of the sun at the first sign of

please see **sunburn** on page 14



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**sunburn**  
from page 13

sunburn, and then take the following steps to treat their skin.

Cool the skin down quickly. People sitting near cool water, whether it is the ocean or a backyard pool, should take a quick dip to cool their skin. Make this dip quick so your skin is not further exposed to the sun. After taking a dip, cover up your skin and get out of the sun, continuing to cool the skin with a cold compress.

Do not apply ice directly to sunburned skin. Some people may want to take a cool shower or bath after suffering a sunburn. While that is alright, the SCF recommends keeping the bath or shower short, as long baths or



showers can dry the skin, and avoiding harsh soap that can be irritating.

Moisturize skin while it is still damp. Apply a gentle moisturizing lotion while the skin is still damp, and continue doing so to affected areas for a few days. Avoid petroleum- or oil-based ointments, as they can trap the heat and make burns worse.

Decrease inflammation. A non-steroidal anti-inflammatory (NSAID) like aspirin, ibuprofen or naproxen can help sunburned men and women manage the pain and discomfort associated with their sunburns. Symptoms such as redness and swelling may be mitigated with a 1 percent over-the-counter cortisone cream applied as directed for a few days.

Wear the right clothing. Tight clothing can rub up against sunburned skin and irritate it even further. Until sunburned skin returns to normal, wear loose, soft and breathable clothing to keep irritation to a minimum.

Make a conscious effort to stay hydrated. Sunburns draw fluid to the surface of skin, taking it away from the rest of the body. So, it is important that men and women who have suffered a sunburn make a conscious effort to drink more fluids until their skin heals so they can avoid becoming dehydrated.

Report severe sunburns to a physician. Symptoms of severe sunburn include blistering of the skin, fever, chills, wooziness, and/or feelings of confusion. Report such symptoms to a physician immediately, and avoid popping blisters, as doing so can lead to infection.

Sunburns can always be avoided. Men, women and children planning to spend time in the sun should take every measure to avoid sunburn, which can produce long-lasting damage to the skin.

### Anglers to again host fishing contest

The Ocean Pines Anglers Club will host the 22nd annual Art Hansen Memorial Youth Fishing Contest on Saturday, July 21 at the South Gate Pond in Ocean Pines. Registration is from 8:30 a.m. to 9:30 a.m. and the contest will be from 9 a.m. to 10:30 a.m. Youths should bring their own fishing rod and reel. Bait is provided. three age groups; 4-7, 8-11, 12-16. A trophy will be awarded for the biggest fish in each age group with special awards for the top three. Children younger than age four can fish but will not be eligible for a trophy. This is a free event. All registrants will receive a prize compliments of the Anglers Club and the Ocean City/Berlin Optimist Club. For information call Walt Boge at 410-208-2855.

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**stress**  
from page 11

book their schedules, leaving little time to enjoy themselves. While it is important to focus on school, teens also should schedule time to have fun, during which they should attempt to avoid worrying about school.

Discuss stress. The APA notes that stress is more easily handled when those coping with it welcome the assistance of others. Teens can speak about their stress with their parents, teachers or other trusted adults, many of whom likely dealt with similar stress when they were teens. Such adults may even share how they manage their own stress, which can be useful to teens.

Teens deal with stress every day. In an effort to manage such stress, teens can embrace various strategies. More information about how teens can manage stress is available at [www.apa.org](http://www.apa.org).



**birds**  
from page 9

outgoing and love to hang out with people. They tend to be loud birds, so owners should keep this in mind. Conures can live 20 to 30 years, so they require a lengthy commitment. Mental stimulation is important to a conure so it does not get bored and begin to pluck feathers. Toys, foraging puzzles and time outside of the cage can help keep conures healthy and happy.

Canaries. Canaries are another type of bird that can be watched instead of cuddled. They are popular thanks to their prolific, operatic songs. Some are even bred to perform specific songs. When properly provided for, canaries can live from five to 10 years.

Those interested in pet birds can speak with employees at local pet stores or avian specialty shops to get detailed guidelines on caring for these increasingly popular pets.

**panel**  
from page 4

sion, the Anniversary Committee strives to provide Ocean Pines residents and nonresidents with an appreciation of the growth of the community and ensure the legacy of Ocean Pines endures for future generations.

“We hope that lots of people will come by and participate on July 12,” said Jennifer Cropper-Rines, chairperson of the Ocean Pines 50<sup>th</sup> Anniversary Committee. “July 12 marks the date in 1968 that the lot sales began. The entire sales team met for the first time and the following day Boise Cascade started bringing in potential buyers. It should be very interesting to hear about those days.”

Panelists include John Talbott, a member of the original Boise Cascade sales team and “community-proclaimed” historian; Edie Brennan, the first female sales associate for Boise Cascade in Ocean Pines and active member of the board of directors for the Ocean Pines Players Community Theater Group; Tim McMullen, who founded the Ocean Pines summer youth program in 1974 with his late wife; Ginny Reister, the founder of the Ocean Pines Hammerheads swim team in 1975; Marty Groff, a lot salesman for Boise Cascade who went on to start his own real estate and construction company in 1979 that has built more than 1,000 homes in the area; and Marlene Ott, an associate broker at Shamrock Realty with

more than 35 years of experience in Ocean Pines and one of the first residents of Ocean Pines.

The panel will be moderated by Dan O’Hare, who is believed to be the first resident child born in Ocean Pines. The opening remarks will be presented by Cropper-Rines.

The Ocean Pines Association will video-record the oral histories of Ocean Pines that will be presented at the panel discussion and included in a time capsule that will be buried at White Horse Park on Saturday, August 12.

The Association will donate the unedited footage to the Worcester County Library - Ocean Pines Branch and make the recordings accessible on its website, [www.oceanpines.org](http://www.oceanpines.org), in the coming months.

The event is free and open to the public. The Anniversary Committee encourages attendees to bring their questions for the panel.

“The 50th Anniversary of Ocean Pines has been so important and interesting,” said Cropper-Rines. “It’s my goal as the chairperson of the Committee to both share information today and preserve information for future residents.”

For more information on the panel discussion, contact Ocean Pines 50<sup>th</sup> Anniversary Committee Chairperson Jennifer Cropper-Rines at [jennifer@cropperrines.com](mailto:jennifer@cropperrines.com) or Denise Sawyer, director of marketing and public relations for the Ocean Pines Association, at (410) 641-7717 ext. 3006 or [dsawyer@oceanpines.org](mailto:dsawyer@oceanpines.org).

# Running of the bulls

Each year, the fiesta of Saint Fermin (Sanfermines) is celebrated in a region of Navarra, Spain called Pamplona/Irunea. This festival typically runs from July 6 through July 14 and celebrates Saint Fermin, who is the patron saint of Navarra. Fermin is believed to have been the son of a Roman of senatorial rank who was converted to Christianity. Upon being ordained a priest, Fermin returned to Pamplona as its first bishop. Fermin was killed while traveling and preaching and is considered a martyr in the Catholic Church.

While celebrating Saint Fermin is at the heart of the celebrations that take place in July, secular fairs and other medieval events gave rise to a combination fiesta. Musicians, tournaments, theater, dances, fireworks, and much more became ingrained in Sanfermines festivals. In the 17th century, bull-running first appeared. The Encierro, or the running of the bulls,



has since become the heart of the Sanfermines and is an amazing spectacle that occurs nowhere else in the world.

After launching two chupinazo, or rockets, at 8 a.m., bulls charge behind runners from the bull corral to the bullring. The entire race takes between three and four minutes on average. When the bulls are safely ensconced in the bullring, additional rockets will sound. According to the website [www.BullRunPamplona.com](http://www.BullRunPamplona.com), those who run the Encierro should have cool nerves, quick reflexes and be physically fit. Anyone who does not meet these requirements should not take part in the running of the bulls. Thousands flock to Pamplona to watch the race as well as participate in the Sanfermines festivities even if they are not running with the bulls.

**festival**  
from page 7

ranging from Carnegie Hall and the Lincoln Center to the Wigmore Hall and Royal Albert Hall.

As described by festival Artistic Director Elena Urioste, Chamber Music by the Sea, sponsored by the Worcester County Education Foundation, is “a completely symbiotic festival, the musicians deriving as much joy from the gorgeous scenery and warmth of the local community as the audience does from the world class musicianship infusing Maryland’s Eastern Shore each summer.”

2018 festival schedule is as follows:  
August 14, 7 p.m.: house concert, Snow Hill

August 15, 7 p.m.: house concert, Berlin

August 16, 11 a.m.: educational activities, Zenna Wellness, Berlin

August 17, 7 p.m.: concert at Buckingham Presbyterian Church, Berlin

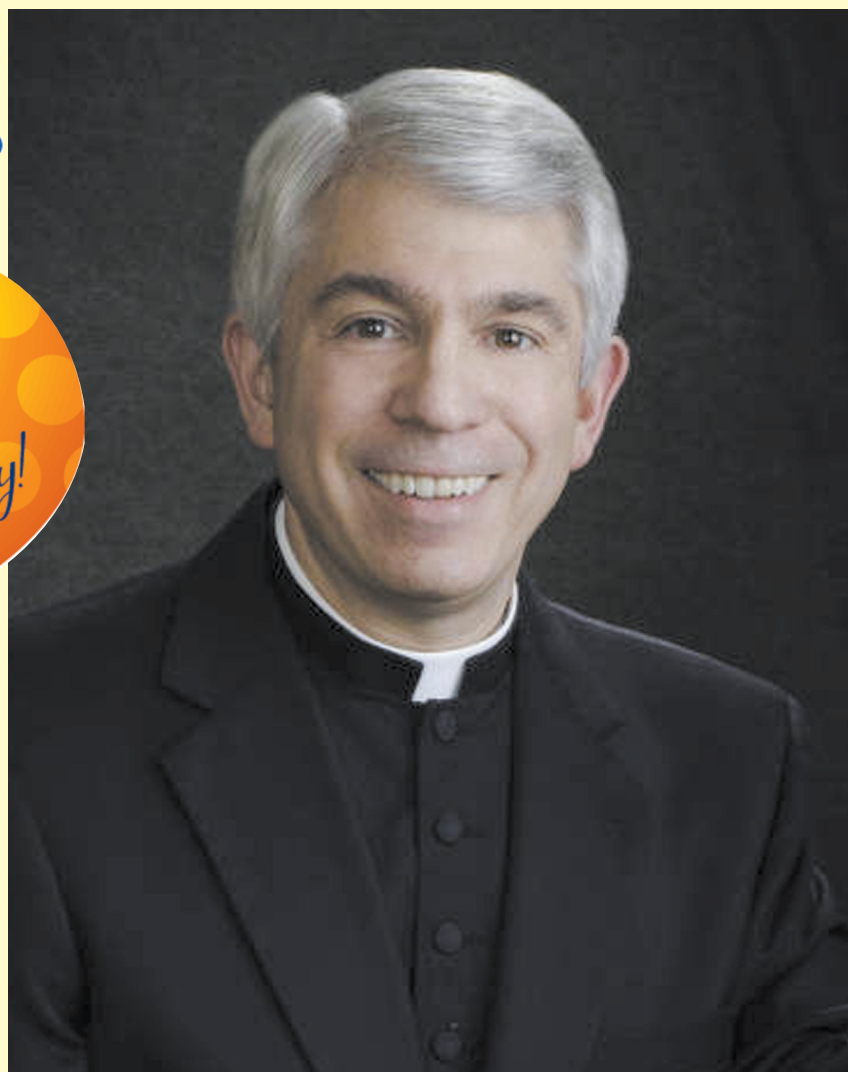
August 19, 7 p.m.: concert at All Hallows Episcopal Church, Snow Hill

Additional details, including ticket and artist information, can be found at [www.chambermusicbythesea](http://www.chambermusicbythesea) or [www.wced.foundation](http://www.wced.foundation). To arrange an in-person, telephone, or email interview with Artistic Director Elena Urioste, please contact her at [ebu@comcast.net](mailto:ebu@comcast.net).





## Father Joseph Cocucci



*Many happy returns  
on your landmark birthday!*