

The Courier

July 19, 2023 Volume 23 Number 39



Support - Pictured (L-R) are Kiwanians **Jan** and **Bob Wolfing**, president, with Worcester County Youth & Family Services (WYFS) Executive Director **Dr. Jennifer Leggour** at the recent annual Luau fundraiser. Kiwanis Club of Greater Ocean Pines - Ocean City Maryland supports WCYFS.

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Ocean Pines Police to present National Night Out

The Ocean Pines Police Department announced the return of National Night Out, scheduled to take place on Tuesday, August 1.

This free event will be held from 6 p.m. to 8 p.m. at White Horse Park, welcoming the public to join in the festivities.

National Night Out is an annual initiative observed across local communities since its establishment in 1984. Taking place on the first Tuesday in August, the event aims to foster positive police-community partnerships and enhance neighborhood camaraderie, ultimately working towards creating safer and more secure neighborhoods.

Residents and visitors of Ocean Pines are invited to partake in this occasion, filled with entertainment and valuable opportunities to engage with law enforcement.

97.1 The Wave will provide music

throughout the event, and Ocean Pines Police will host various games to entertain and engage participants.

Attendees will also have the chance to indulge in complimentary food offerings and free giveaways.

“Ocean Pines has consistently been recognized as one of the safest communities in Maryland and the United States, and the Ocean Pines Police Department takes immense pride in its commitment to ensuring the safety and security of its residents,” Lt. Shakhan Toppin said. “National Night Out is a testament to that dedication. The event promises an evening of fun and enjoyment for all, while also providing an opportunity to connect with your local law enforcement personnel.”

For more information about National Night Out, contact the Ocean Pines Police Department at 410-641-7747.



Donation - Rina Thaler, executive director of the Art League of Ocean City, accepted a donation of \$4,500 from B.J. Summers representing the Women's Fund of the Community Foundation of the Eastern Shore. The grant will fund Art League residencies for three women artists to create work that will be exhibited in March 2024 in conjunction with Women's History Month.

Stansell House to offer general inpatient care

As the premier and local hospice residence located in Ocean Pines, MD, the Macky & Pam Stansell House of Coastal Hospice is now licensed to offer General Inpatient Care (GIP) to our community of Dorchester, Somerset, Wicomico, and Worcester counties.

On top of providing hospice-eligible individuals with a specialized, comforting, and safe long-term residential plan, starting mid-June we will offer short-term acute care intervention for hospice patients who need intensive symptom management including but not limited to pain, anxiety, and shortness of breath. Along with that, we are now offering respite care, which provides caregivers with much needed breaks.

GIP facilities provide:

- 24-hour nursing services,
- A home-like atmosphere where patient areas provide comfort and privacy for patients and their families.

-Accommodations for family members to remain with the patient throughout the night.

With this licensure, Coastal Hospice now has two facilities able to provide GIP care and respite for the community, including Coastal Hospice

please see **stansell** on page 14

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Buongiorno - Take a good look at these smiling faces and if you see one during your visit to Ocean City the thing to say is "Buongiorno."

These are Italian students from all over Italy on their annual journey to the vacation city to work for the summer at almost a dozen establishments. They are pictured here before sitting down to a welcome dinner hosted by the Ocean City chapter of the Sons and Daughters of Italy (SDOI).

As tasty as Italian foods are, there was none of that for these young men and women. Instead, they were treated to a typical American Summer BBQ of pulled pork and chicken and the usual sides, something they never see in Italy. The students come from throughout Italy, from big cities such as Bologna and Milano, and small towns like Caserta and Suave. They are working at the Original Green Turtle, Fagers Island, Telescope Pictures, De Lazy Lizard, and more locations.

Ocean City's SDOI Chapter hosts a welcome dinner for the students, who have been coming here for years. If you look closely, on the far right, bottom, there's one person who doesn't look young enough to be a student. That's Vinnie Mollicone, president of the SDOI chapter. Tucked away in the back row partially hidden, 4th from the right, is SDOI Vice President Joann Ward

The Sons and Daughters of Italy is always looking for new members to join in our fun and mission to preserve our Italian heritage in America. Visit our website at sonsofitaly-oceancity.com for more information and our membership application.

Fun facts about July

July is synonymous with fun in the sun. In the northern hemisphere, July is typically characterized by sunny days, warm weather and long hours of daylight, making it an ideal month to enjoy a little rest and relaxation. Though it might be a great time for some R&R, July also boasts an interesting history. As revelers soak up some sun this summer, they can ponder these fun facts about the month of July.

July is named after a person whose been famous for thousands of years. According to the Farmer's Almanac, Roman dictator Julius Caesar developed the precursor to the Gregorian calendar used today. Though that made him worthy of a month named in his honor, it didn't do much to protect him during his life, as Caesar was famously assassinated in 44 B.C.

July is a celebratory month for fans of revolution. American Independence

Day (July 4) and Bastille Day (July 14), which commemorates the storming of the Bastille and the dawn of the French Revolution in 1789, are among the notable revolutionary moments celebrated in July.


Baseball historians know that many significant events in the game have taken place in July, and some records set in the month have withstood longer than others. On July 12, 1931, Mel Ott of the New York Giants hit his 100th career homerun, becoming the youngest player to reach that milestone. Ott was 22 years and 132 days old when he set the mark, which still stands today.

One of the more famous statements in United States history was uttered in July, though it wasn't within American borders or even on the planet Earth. On July 20, 1969, Amer-

please see **July** on page 8

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Pause for the pause

On a morning, early, just as the blue of night welcomed the gold of day, I stood on my back deck, Yeti mug in hand, soaking in the near quiet around me. Dew coated the deck rail. The air was crisp. In the near distance, a woodpecker labored earnestly.

As dawn emerged from the shad-

The experience of that dawn's emergence brought reflection, child-like awe and affinity toward simple pleasures. So often, life is a conflict between push and pull that allows little room for pause. I don't believe I'm alone in this view. The reality is that the here and now can eclipse what's

going on around us. Family and work matters consume attention. Health issues sap resilience. Loneliness drowns enthusiasm. That's why moments of awareness are gifts. We all have moments, unique to us. Whether taking in the

garden in early morning or meeting friends for lunch, reading a favorite book again or taking a walk around the neighborhood, it's important to embrace these opportunities when they appear and pause to savor their impact before they fade from our sight.

For me, on that early morning, I paused for the pause and I'm the better for it.



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

ows, so too did my garden, a splendor this year, lush with color, variety and texture. The roses glowed in the day's new light. A pair of bees alternately hovered over and landed on the orange Mexican sunflowers. Dew-laced flowering begonias glistened. Marigold buds were soon to bloom.

I stepped from the deck toward the garden, absorbing it all as if for the first time. Infant green tomatoes were on the tomato plant and the purple leaves of the coral bells shone deep. Buds were forming on the shasta daisies while the yellow day lilies prepared to open. The tall shafts of the canna lilies still were not quite ready to bloom. The bunches of sedum were full but not yet flowering.

While taking a sip of tea, from the corner of my eye I caught sight of a prize elusive for years. The passion vine, planted years ago and which had spread in many directions but had never flowered, had finally done so. A purple flower revealed itself through the tangled vines and leaves, serene and beautiful. The revelation was stunning. I just stared.



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Commentary

By Joe Reynolds
OceanPinesForum.com

Ghost Forests come to Ocean Pines

Rising tides and sinking land are killing pine trees along the Atlantic Coast and Chesapeake Bay. Ocean Pines is no exception. These areas of dead trees are called "Ghost Forests."

The dead, gray, stalk-like, near-limbless remains of once flourishing pine trees are a stark reminder of the fragility of this place we call home. The expanding ghost forests are visible along Mumford's Landing Road as one travels to the Ocean Pines Yacht Club. They are visible along low-lying land adjacent to marshes in places like Jake's Gut off Manklin Creek.

Higher than traditional tides (perhaps only a few inches) and the related increased intrusion of salt water into low-lying pine forests are root causes of the dying trees, along with a sinking land mass in the mid-Atlantic and southern coastal states.

A 2021 article in the Smithsonian magazine references a study of The Alligator National Wildlife Refuge on the Albemarle-Pamlico Peninsula, an area of 152,000 acres it says are untouched by logging or development.

The results were shocking, with a Duke University ecologist writing, "I was surprised not just by the amount of ghost forest, but the amount of area

that was forest in the '80s and no longer is." Between 1985 and 2019, more than 10 percent of the area's tree cover became ghost forest.

Unfortunately, ghost forests are caught up in emotional political battles associated with what is now called global warming. Debating the reasons for ghost forests and whether human activity is or is not causing tidal changes and melting glaciers may make for interesting political battles, but let's not be blind to what we can see happening with our own eyes - if we actually look.

Heading toward Ocean City on Route 50, look at the ghost forest on the east side of the Nanticoke River Bridge. Japanese cherry trees around the Tidal Basin in Washington, D.C are dying, as in more recent years the higher tides are flowing over the retaining walls around the basin with regularity.

Writing in 2020 about ghost forests in Dorchester County's Blackwater National Wildlife Refuge, author Sarah Laskow observed, "Needles long fallen, bark sloughed off, these stands of trees resemble fleets of ship masts slanted along the water's edge. Sea-level rise is a slow-moving calamity, and the trees here are among its early victims. Ghost forests like these are appearing up and down the eastern seaboard of North America, from Florida, through the Carolinas, Virginia, Maryland, and New Jersey, on into Canada."

What can humans do about it? Perhaps nothing, but humans should at least recognize and acknowledge what is happening and the potential longer-term impact - especially those of us living in areas visited twice each day by rising and falling tides.



Appreciation - Members of the Worcester County Garden Club recently attended an event to celebrate and thank those who made the new garden at Gull Creek Senior Living possible. The club has previously provided floral arrangements to residents and will coordinate garden therapy programs at the facility during the coming year.

Above are (L to R) Karen Trigger, Glenda Clarke, Ellen Howse, Mary Ellen Jefferson, Joan LaHayne, Suzy Young and Pat Arata.

Courier Almanac

Although there is some debate about the exact date, on what was likely July 19, 1799, during Napoleon Bonaparte's Egyptian campaign, a French soldier discovered a black basalt slab inscribed with ancient writing near the town of Rosetta, about 35 miles east of Alexandria. The irregularly shaped stone contained fragments of passages written in three different scripts: Greek, Egyptian hieroglyphics and Egyptian demotic. The ancient Greek on the Rosetta Stone told archaeologists that it was inscribed by priests honoring the king of Egypt, Ptolemy V, in the second century B.C. More startlingly, the Greek passage announced that the three scripts were all of identical meaning. The artifact thus held the key to solving the riddle of hieroglyphics, a written language that had been "dead" for nearly 2,000 years.

Students entering high school have two different paths they can choose: public or private. Attending a public high school in the United States generally comes with few out-of-pocket costs because the running of the school is subsidized by local property taxes. Private schools charge tuition because they likely do not receive any oversight or assistance from government agencies. As a result, private high schools may be able to set their own curricula, policies and costs of attendance. Tuitions to attend private high schools vary greatly. Secular schools may cost more than Catholic and other religious schools. Also, location can affect the cost of attendance. According to U.S. News & World Report, Connecticut



is home to the most expensive private schools, with private high school there costing twice the national average. Wisconsin is the lowest for private high school, with that tuition being half the national average. As of March 2023, Education Data Initiative reported the average tuition at a private high school in the U.S. came in at \$15,645 per year. Private high schools in New England tend to cost more than schools in other parts of the country.

Letters sent to The Courier for publication consideration must be signed and include



a telephone number where the author can be reached to verify authenticity, if necessary. Letters are

not corrected for spelling or grammar and priority will be given to letters of 300 words or less. Letters must be received by Friday at 5 p.m. They can be e-mailed to:

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Obituary



Cathleen Anne Habeger

Early on the morning of July 9, 2023, a beautiful and loving lady took her last breath.

Cathleen (Cathy) was born at Walter Reed Hospital on August 30, 1946, to George Francis Henigan, Jr. and Palma Lucente Henigan. Cathy grew up in Northern Virginia, attending Lee High School in Springfield, VA. After gradu-

ation from the Washington School for Secretaries, Cathy held successive positions with Atlantic Research Corporation and Civil Service jobs with the U. S. Navy.

While working at Atlantic Research, Cathy met the love of her life, Steve Habeger. Following Steve's Virginia Tech graduation, they were married on June 21, 1969, at St. James Catholic Church in Falls Church, VA. They settled in King George, VA where both were employed by the Navy at the Dahlgren (then) Naval Weapons Laboratory. Steve and Cathy then expanded their family with Scott Steven, adopted from Seoul, South Korea. Cathy enjoyed being a mother and creating a warm and loving environment for her family.

Upon the time of Steve's appointment as Director of the Dahlgren Detachment at Wallops Island, Virginia in 1980, the family relocated to Pocomoke City, Maryland. Cathy quickly embraced her new community through lasting friendships, and in 1983, they completed their family when their daughter Kelly Cathleen joined them from Daegu, South Korea.

In the small southern Delmarva community where the family resided

for twenty-four years, Cathy was able to cultivate her love of the visual and performing arts. She exposed countless young minds to the world of art through her volunteer work at Pocomoke Elementary School as "the picture lady" in the early 1980s. Her artistic and decorative gifts were showcased in both her civic and faith-based organizational involvement. She shared her love of the performing arts with her daughter through their joint love of dance during Kelly's formative years. As Cathy's children grew older, she began to work in floristry and honed her trade of decorative painting. Soon, it was clear she had found her niche. Her passion for creating beautiful works led her to become a Certified One Stroke instructor and her media choices expanded. To her, any surface could serve as a canvas. Cathy had a true gift for vibrant and lively color schemes as well as amazing palettes and a definitive style.

In 2005, following Steve's retirement, he and Cathy moved to The Parke at Ocean Pines. She continued her love of community support through her role as co-chair of the Social Committee at The Parke and her work at the Atlantic General Hospital Thrift Store. She also resumed her painting classes with local friends and students who loved her creativity and talent.

Cathy was, first and foremost, a devoted wife and mother, taking her greatest pleasures from her family. Cathy is survived by her beloved husband, Steven Richard Habeger, and her two children Scott Habeger (Amy) and Kelly Habeger Bald (Sheryl). She is also survived by her brother Dennis Henigan (Tara), nephew Matthew, and niece Kylie. She is also survived by three grandsons, Jacob Scott Habeger

(24), Noah Richard Habeger (21), and Spencer Steven Bald (10).

Arrangements: A Celebration of Life will be held to honor Cathy's life and legacy on Wednesday, July 19 on the Upper floor of the Ocean Pines Yacht Club. The Yacht Club is located at 1 Mumford Rd, Ocean Pines, MD 21811. Doors will open at 1 pm and a program will begin at 2 pm. As she lived with style and verve, we will remember her at this event by wearing bright and colorful county club attire with pizzazz. She would not wish for this to be a sad event.

In lieu of flowers, the family requests that contributions be made to either Coastal Hospice or Atlantic General Hospital.

Donations to Coastal Hospice can be addressed to them at P.O. Box 1733, Salisbury, MD 21802

Donations for Atlantic General Hospital and Health System can be made online at www.agh.care/give by choosing "other" in the My gift is in support of box, typing Cathleen Habeger in the comment box, and selecting In memory of in the My gift is a tribute box or donations by mail can be addressed to Atlantic General Hospital Foundation, 10320 Old Ocean City Boulevard, Berlin, MD 21811 with In Memory of Cathleen Habeger in the comments section.

July

from page 4

ican astronaut Neil Armstrong, after stepping onto the surface of the moon, declared, "That's one small step for man, one giant leap for mankind."

Two men who played integral roles in the American colonies gaining their independence from Great Britain both passed away on July 4th, the day that celebrates that very independence. On July 4th, 1826, former presidents John Adams and Thomas Jefferson, who were once friends, then political rivals and, finally, friends again, passed away within hours of each other.



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How will you exit your business?

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

If you own a business, you've always got a lot on your mind. But no matter how busy you are today, you need to think about tomorrow. Specifically, you'll want to create an exit strategy for the day you want to move on from your business to a new phase in your life.

To develop this strategy, you'll need to address these key questions:

How much do you need (or want) for your business? Ideally, you'll want the sale of your business to meet your

retirement and estate-planning goals. So, you'll need to think carefully about these goals and what costs they may entail. And these issues aren't just financial — for example, when you think about how you may want to spend your time in retirement, you might realize that you don't really want to exit your business completely. So, you might decide to sell just part of it, or sell it entirely, but stay on to help manage it or possibly do some consulting for the new owners.

How much is your business worth? You may want to calculate your business' value three to five years before your planned exit. You could do this on your own, but it's typically advantageous to use professional valuation services. If you're gifting or selling your business to family members, selling it to an employee

stock ownership plan (ESOP) or settling an estate, you'll need to get a more formal qualified appraisal to meet IRS standards.

How can you close the gap between what you need and what your business is worth? The amount you need from the sale of your business to support your retirement goals may be more than what your business is actually worth. To help close this gap, you could try to boost your business's profits through the usual means, such as introducing new products, raising prices or cutting costs. But you might also try to lower the amount you need from the sale by working longer, reducing your personal spending and saving more outside the business.

Who will take over your business? When planning for a successor for your business, you have several choices, including selling to a family member or an outside buyer. Going public or liquidating the business are also options. These are distinct paths, but depending on your circumstances, one might be more appropriate for you than another. To cite just one factor, if you don't have

an obvious choice for a family member to take over the business, you might have to consider other buyers. In any case, you'll need to explore all the economic and personal factors involved in the choice of successor.

Who can help you with your exit strategy? Exiting a business can be complex. To ensure you're making the right moves for your overall financial and family situations, you may want to build an exit strategy team, possibly consisting of your financial, legal and tax advisors. You may also need to enlist the services of a commercial banker and a business evaluation expert. Each of these professionals can bring a different area of expertise to your exit decisions, and together they can help address all the issues related to your exit strategy.

Exiting your business will take a lot of planning and decisions — but if it's done right, it can be worth the effort.

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

Sneaker drive extended through August

The new or used athletic shoe fundraiser drive to support the programs offered at the Grace Center for Maternal and Women's Health located in Berlin held during May and June was such a success that it has been extended through the end of August. Any gently worn, used, or new sneakers may be donated to be turned in for cash by the Grace Center and benefit the environment when they are shredded and recycled to be used in road construction. Your donations are a win – win for everyone.

As children get ready to return to school, it's the perfect time to get rid of their outgrown sneakers rather than simply throwing them out, no matter what condition they are in. This is something everyone in the community can participate in.

Your sneaker donations may be

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dropped off at the Grace Center for Maternal and Women's Health located at 10226 Old Ocean City Blvd., Unit 2, Berlin, MD 21811 - across from AGH. Please call 443-513-4124 if you have questions or need directions.

Courier Cuisine

Chicken fingers make picnics fun



Picnics are a fun way to bring people together to enjoy food and conversation. While there are no limitations to what a picnic may entail, when it comes to food, it may be best to pack items that are portable and do not require many accoutrements for eating. That is why finger foods make such great picnic fare.

Fried chicken long has been a popular picnic menu item, but other

chicken dishes can fill in for this staple quite easily. For example, this recipe for "Sesame Chicken Fingers with Honey Dip" can be enjoyed by kids and adults on a picnic or even at casual events at home. This recipe, from "125 Best Chicken Recipes" (Robert Rose) by Rose Murray, features a sweet honey dip, but other dips can complement the meal as well.

Sesame Chicken Fingers with Honey Dip

Serves 4

- 1/3 cup light mayonnaise
- 3 tablespoons liquid honey
- 1 tablespoon fresh lemon juice
- 1/4 cup light mayonnaise
- 2 tablespoons Dijon mustard
- 2 tablespoons fresh lemon juice
- 1/3 cup dry bread crumbs
- 3 tablespoons sesame seeds
- 1 teaspoon dried Italian herb

seasoning

1 pound skinless boneless chicken breasts cut into fingers, 2 inches long by 1 1/2-inch wide

1. Honey Dip: In a small bowl, stir together the 1 1/3 cup mayonnaise, honey and 1 tablespoon lemon juice until well combined. Refrigerate if making ahead.

2. In a small bowl, combine the 1 1/4 cup mayonnaise, Dijon mustard and 2 tablespoons lemon juice.

3. On waxed paper or in a shallow bowl, combine the bread crumbs, sesame seeds and Italian seasoning.

4. Coat chicken with mayonnaise mixture, then with bread crumb mixture. Place on prepared cookie sheet. Bake in preheated oven for 15 to 20 minutes or until golden brown and the chicken is no longer pink inside, turning once. Serve hot with the honey dip and potato wedges, if desired.



Captain Ron's Fish Tales

By Ron Fisher

Fishing hot spots

Reminder - The Ocean Pines Chamber of Commerce Annual Flounder Tournament at the Ocean Pines Marina and Yacht Club. Saturday August 5. Applications can be downloaded direct from their web site or obtained at the Chamber Office.

Important information: Please remember that fishing the Inlet and Bay areas of Ocean City and Assateague are difficult due to the numerous channels, shallows and shoals. In addition, the bottom contour changes each year with storms that impact the Eastern Shore during the winter months. A depth finder is essential, follow the markers and buoys.

South Bay – Sinepuxent Bay along Assateague: You want to fish here during the high tide. Once the water starts boiling out, it gets dirty, too warm. Best drift is from marker 3 to 11. 3 starts just south of the inlet and 11 ends at the airport. Try to stay in the channel or on the West side. East side very shallow. Also, good drift from marker 12 to 14. 12 starts just before Frontier Town Campground and 14 ends just below Grays point.

Inlet: Best on incoming tide. Fish close to the sea wall. Also drift the south side of the jetty. Don't overlook a drift close to the entrance of the Commercial Harbor at the end of the Inlet. Stay just to the west of the markers and try a drift from the Inlet to the Rte. 50 bridge. Don't go too far west or you will be on a sandbar. Watch your depth. As long as you stay just west of the markers you will be okay.

What to use? A three-way swivel with a 30" to 36" leader of 20-30lb test. Have available two to four ounce sinkers to keep your bait on the bottom when fishing for bottom feeding fish and adjust the weight to tide movement. Use peeler, green crab or sand crabs to catch tautog, triggerfish, and sheepshead close to the rocks.

or 2/0 or circle hook and frozen shiners and squid strip or gulp. I prefer frozen shiners over live minnows because they seem to be a better attractor. Also, if you want to catch sea bass and croaker use bloodworm or shrimp with a 4 or 6 long shank hook. At night use live eels or live spot for Rock fish (Striped Bass). Use a 3/0 or 5/0 Octopus hook or circle hook. See helpful hints below for more details.

East Channel: Lots of action. The water is swift and deep 20 feet to 30 feet. You need to play the tides carefully here. From the draw of the Rte. 50 bridge to 9th Street is very good. Good through incoming tide and a few hours after. You will notice to the left a protected island followed by a green marker #3 & red #4 marking the entrance to the main channel for the north bay. Drifting just to the west of marker 3 and between the marker and the island is a great spot on incoming tide. Also, just to the north of marker 4 where the townhouses jut out is a great place to drift back toward marker 3 and 4 and the East Channel. This area also holds croaker and a few trout.

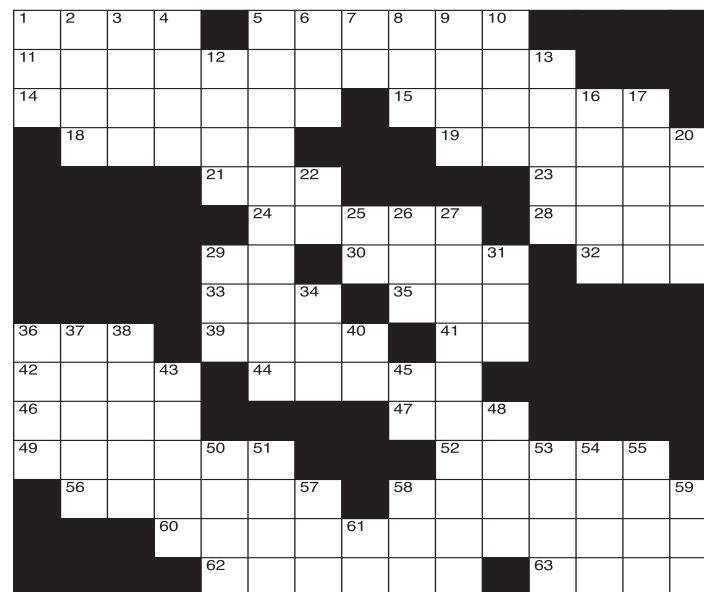
Convention Hall Channel: Around 33rd St. Good for flounder July and August. Stay in the deeper water on the East side of the Markers.

Thorofare: Work the areas around buoys #2, #6, #8 and #10. You can drift on the West side by the marshes all the way to #16. Use your depth finder as the east side of the channel becomes very shallow quickly. Best to fish during high tide.

Helpful hints. Many varieties of fish can be caught in the Inlet and bays. I will concentrate my comments to two of the most popular, flounder and rock or (striped bass). Obviously, there are many lures and baits for these two species as well as techniques. I will simply give you hints based on my personal experience and preference.

Flounder: Flounder enter the inlet and bays in the early spring usu-

please see **capt. ron** page 12



CLUES ACROSS

- 1. Commoner
- 5. Tea leaf
- 11. They save you a table
- 14. Submissions
- 15. Secretly revealed
- 18. Personification of the sea (Norse)
- 19. Unreal
- 21. No seats available
- 23. Bangladeshi currency
- 24. Leaders
- 28. Famed garden
- 29. Denotes past
- 30. Not living
- 32. Midway between south and southeast
- 33. Small island (British)
- 35. Woman (French)
- 36. Wife
- 39. Two-toed sloth
- 41. Blood group
- 42. Soaks
- 44. Biu-Mandara language of Cameroon
- 46. Japanese prefecture
- 47. Place to be during a rock concert
- 49. Fully grown humans
- 52. Emaciation
- 56. Sparkling
- 58. Fruits you peel
- 60. Derived from a noun
- 62. Popular items to grill
- 63. Port in Yemen

CLUES DOWN

- 1. Before
- 2. Actress Dunham
- 3. This (Spanish)
- 4. Director Peter
- 5. Dominant
- 6. English artists' society (abbr.)
- 7. NY Giants legend
- 8. It's in the ground
- 9. No No No
- 10. Pesky insect
- 12. Danish-American muckraking journalist
- 13. Kids love to do it
- 16. Good Gosh!
- 17. Fakes
- 20. A citizen of Denmark
- 22. Mystic syllable
- 25. Commercial
- 26. Letter of the Hebrew alphabet
- 27. Helpers
- 29. Water (French)
- 31. Young woman
- 34. Red-brown sea bream
- 36. Messenger ribonucleic acid
- 37. Comprehends
- 38. Walk with confidence
- 40. Home of the Flyers
- 43. Appetizer
- 45. News organization
- 48. Source of the Nile
- 50. A way to march
- 51. Soluble ribonucleic acid
- 53. Egyptian bull-god
- 54. Children's author Blyton
- 55. Baseball pitching stat
- 57. Rude young person
- 58. Table napkin
- 59. Monetary unit in Asia
- 61. One-time AL MVP Vaughn



Answers for July 12

Visiting Kapama River Lodge in South Africa

By **Kurt and Jean Marx**

In our last article on South Africa, we began describing our first safari experience in Hoedspruit at the Kapama River Lodge. This article continues where we left off, to describe more about the safari schedule as well as some of our other amazing animal encounters.

Our day at Kapama started with a 5:30 a.m. wake-up call. We then dressed for the morning safari, got coffee or tea and a pastry, and then met up with our guide and tracker. If it was especially chilly, our tracker, Give, handed us blankets and hot water bottles to ward off the cold. As we had traveled to South Africa last July, this was during their winter, and as such the temperatures usually ranged from the 40s – 60s Fahrenheit.

On our first morning safari, Give spotted some lion tracks and we followed them until we came upon a pride of lions eating a Cape Buffalo. While most of the pride slept with their bellies distended due to the meat they had consumed, there were two lionesses still feeding on the buffalo's carcass. It was amazing! After seeing the lions, we came to a small lake with 7 hippos relaxing in the water. The highlight was seeing a small juvenile hippo standing on a small island in the middle of the water. The juvenile almost looked like he was smiling because his mouth stood open.

We then returned from our safari and had breakfast. Breakfast at Kapama is delicious with a buffet of meats, cheeses, and fruits and ala carte choices. After breakfast, you have a few hours until lunch. You can go to the gym, spa, pool, your room, or roam the grounds. While we were eating lunch, a group of Nyalas (in the antelope family) came to the watering hole below the patio.

On our evening safari which began around 4 p.m., we came upon a herd of Cape Buffalo. One young male kept rubbing against a branch, which we found very funny. Typically, the evening safaris last until 6:30 p.m., and you will get the chance to see breathtaking sunsets and enjoy an evening cocktail on the savanna. Upon returning to the lodge, you are treated to a delicious dinner with a few choices of unique appetizer, entree, and dessert combinations.

We were at Kapama for five days and it was spectacular. If you have had similar ideas of one day going on a safari, we can't say enough good things about the Kapama River Lodge. We could write page after page about our experiences; however, two were very memorable.

We hadn't seen any rhinos yet, and our guide, Ruan, and Give put to use their excellent tracking skills. We finally came upon some rhino tracks, and we followed them until we saw three by a watering hole. Ruan indicated that he thought the rhinos would walk up a hill to the left of the water, and so we drove over and waited. Ruan reminded us to be still, seated and quiet. We did and were rewarded with the rhinos walking right by the jeep. It was awe-inspiring.

Another awesome experience was the day we were planning to go on a bush walk with Ruan and another guide named Clayton. We first headed out of the lodge by jeep, but as soon as we left the gate, we immediately saw a lioness. We followed her for about 10 minutes and then stopped to exit the jeep to begin the walk. At that point, we heard roaring. Ruan asked if we wanted to follow the sound in the jeep and we agreed. He then drove through the bush and we came upon a male lion facing off against three hyenas. There was roaring and shrieking between the animals and we were able to witness it from a distance. Ruan then said he thought there were more lions ahead. We drove a short distance and we

saw the pride of seen lionesses lying about looking like large house cats. Then the male arrived and joined the lionesses. After the earlier excitement, seeing the pride lounge together was very serene.

We can't say enough about the Kapama River Lodge as well as our talented



guide and tracker. Ruan and Give showed us an outstanding time, with memories and laughter that we will carry with us always.

In our next article, we will wrap up our trip to South Africa by describing the other safari lodge we visited, Rhino Ridge. It was a little different than Kapama but had its own charm and incredible animal sightings.

Tides for Ocean City Inlet

Day	High /Low	Tide Time
Th 20	Low	4:20 AM
20	High	10:26 AM
20	Low	4:10 PM
20	High	10:50 PM
F 21	Low	4:57 AM
21	High	11:07 AM
21	Low	4:52 PM
21	High	11:27 PM
Sa 22	Low	5:34 AM
22	High	11:48 AM
22	Low	5:37 PM
Su 23	High	12:05 AM
23	Low	6:12 AM
23	High	12:30 PM
23	Low	6:25 PM
M 24	High	12:45 AM
24	Low	6:51 AM
24	High	1:15 PM
24	Low	7:16 PM
Tu 25	High	1:28 AM
25	Low	7:33 AM
25	High	2:04 PM
25	Low	8:11 PM
W 26	High	2:18 AM
26	Low	8:19 AM
26	High	2:59 PM
26	Low	9:10 PM



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Health Watch

When it comes to diabetes, know your ABCs

By **Darlene Jameson**, MPH, RD, CDCES
*Atlantic General Diabetes
Education Coordinator*

People with diabetes are twice as likely to die from cardiovascular disease (heart attack, stroke and heart failure) as people who do not have diabetes. It is the leading cause of death for people with type 2 diabetes.

High blood pressure, elevated cholesterol and blood sugars, obesity and inadequate physical activity, which are common in people with diabetes, all contribute to the risk of developing heart disease. Smoking is also a significant risk factor. Although heart disease is a concern for people with diabetes, the good news is that you can reduce your risk.

First, if you smoke – quit! It will cut the risk for heart disease, repeat heart attacks, and heart disease related death in half. Next, pay attention to your diabetes ABCs!

A stands for A1C – a blood test that measures a three-month average blood sugar. The standard goal is to keep it below 7%.

Blood sugars will be more consistent if you eat about the same amount of carbohydrates each meal and if you eat your meals at about the same time each day, ideally four to five hours apart.

capt. ron
from page 10

ally around mid April when the fishing starts and obviously improves during the heat of summer during the months of June, July, August and September. I usually monitor the water temperature in April and when it hits 54 degrees I go fishing for flounder. During this early season I prefer to fish outgoing tide as the water is usually warmer returning from the marshes. I will start with a rig with a three-way swivel two or three ounce sinker depending on the tidal flow and 30" of monofilament about 20lb. test using three pearl beads, a white spinner blade, squid strip-split tail and frozen shiner at the end with a wide gap hook 1/0 or 2/0. Remember: Whatever you use you must keep the bait on the bottom. Be certain to use enough weight. If this rig does not attract them I will go to a pink version with a pink skirt of hair and mylar cut to the edge of the hook. Most of these skirts are too long and include a good look at the minnow. Finally, if neither of these work I may go

Carbohydrates include starches (i.e., cereal, rice, pasta, peas, corn) and sugars (sweets, desserts and natural sugar in fruit, milk and yogurt). Carbohydrates high in fiber, such as whole fruit with skin, raw vegetables, soup beans and 100% whole grains are best since they promote a lower and slower rise in blood sugar.

B stands for blood pressure – the goal for people with diabetes is 130/80 mm Hg or lower. The best way to lower blood pressure is weight loss. Consider making just one or two changes and sticking with them. When you are ready, add one or two more until you've reached your goal. Small changes add up. And losing even 10 pounds can lower your blood pressure!

C stands for cholesterol – total cholesterol includes both 'good' (HDL) and 'bad' (LDL) types. Thinking of them as the as the 'hero' (HDL) and as 'loser' (LDL) can make it easier to remember which is which.

The HDL goals are a little different for men and women. Aiming for an HDL above 50 mg/dL meets the target for both. The LDL goal for people with diabetes, updated in January 2023, is now less than 70 mg/dL. If you have diabetes and a personal history of heart disease, the goal is below 55 mg/dL.

to a plain hook or one with just a couple red beads. Drift the same areas described above. In mid-May or certainly June when the bay really warms up, I switch to a chartreuse color. This rig has three beads, a spinner blade and either a skirt of hair and mylar or a chartreuse artificial squid. Also, use a frozen shiner and strip of squid split for action. Also, don't forget to try Gulp it's an excellent bait.

Rock or (striper): The best time for rock is in the early spring and fall although they can be caught all summer long in deep water usually in the evening. I prefer to fish the high slack tide and first two hours of outgoing. I will usually drift the East Channel or deeper areas of the inlet and next to the Rte. 50 bridge. Although artificial baits work well such as Rattle Trap, Gotcha lures etc. I still prefer live bait usually fished on a 30" to 36" leader with a fish finder rig with two to three ounce weight and a 3/0 to 5/0 octopus or circle hook baited with peeler crab, live eels, or live spot.

Remember to take a kid fishing,
Capt. Ron

To improve your numbers, choose heart healthy fats more often. Dietary cholesterol matters, but the type of fat you eat matters more. Plant based fats like avocados, canola oil and nuts, and omega 3 fatty acids found in walnuts, flaxseed and fatty fish like salmon and tuna are healthy. Saturated fats (i.e., whole milk, cream, poultry skin, highly marbled and fatty cuts of meat) and trans fats are not. Aim to keep saturated fat intake no more than 15 – 20gm per day and to eliminate trans fat. Also known as hydrogenated oils, trans fats are in processed foods like margarine, chips, crackers and snack foods. Not all brands have them, so check the ingredient list for hydrogenated oils to know for sure. Keep in mind that, regardless of type, fats should be eaten in small amounts to help prevent weight

gain.

High fiber foods and regular physical activity, including aerobic, strengthening and balance activities totaling 150 minutes per week, can also improve cholesterol levels.

Taking care of yourself mentally, emotionally and socially also help decrease the risk of heart disease. Getting enough sleep, staying hydrated, maintaining connections with others, doing at least one thing daily that makes you happy and learning to let go of things you can't change are all vital to your health.

For additional information, www.diabetes.org and www.heart.org are great resources. For information about the education services at Atlantic General Diabetes and Endocrinology Center, please call 410-208-9761.

Potential dangers of mixing herbal and prescription meds

Medications improve the lives of billions of people across the globe every day. Without access to medication, millions may die while countless others would experience a dramatic decline in their quality of life.

Though there's no denying the positive effects of medication, the efficacy of herbal supplements and prescription drugs does not mean each are risk-free. Risks may even be compounded when individuals take herbal supplements and prescription medications concurrently. According to the Mayo Clinic, herbal supplements do not always interact well with prescription medications. For example, herbal supplements can interact with medicines utilized to treat issues affected the heart and blood vessels. That includes conditions like high blood pressure, which estimates from the World Health Organization indicate affects nearly 1.3 billion adults between the ages of 30 and 79.

Mixing medications has always been risky, but a growing reliance on herbal medicines has potentially elevated that risk. That's perhaps due to perceptions of herbal supplements as wholly natural, leading some to conclude that a substance that's wholly natural cannot jeopardize the human body. However, an analysis published in the British Journal of Clinical Pharmacology detailed more than a dozen instances of adverse drug reactions affecting individuals who took herbal medicines alongside various pre-

scription medications. The medications taken, some of which were antidepressants, were prescribed to treat various conditions, including HIV, epilepsy and heart disease.

The potential dangers of mixing herbal and prescription medications underscore the need to engage in honest and open discussions with a physician before taking any herbal or prescription medications. Individuals currently taking a prescription medication should consult with their physician before taking any herbal supplements, while those who take herbal medicines and supplements should bring that up with their physicians if they are prescribed a new medication.

What are some symptoms of herbal and prescription interactions? The Mayo Clinic notes that a fast heartbeat and changes in blood pressure are two indicators of drug interactions. But many additional side effects can indicate a potentially dangerous or unhealthy interaction is taking place. For example, the U.S. Food and Drug Administration notes that increased dryness or irritation of skin when taking more than one topical acne drug at the same time indicates an unhealthy interaction is taking place.

Herbal and prescription medication interactions can be dangerous. Individuals are urged to contact their physicians before combining medications and to bring up their existing medication regimen whenever they are issued a new prescription.

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Some things to think about

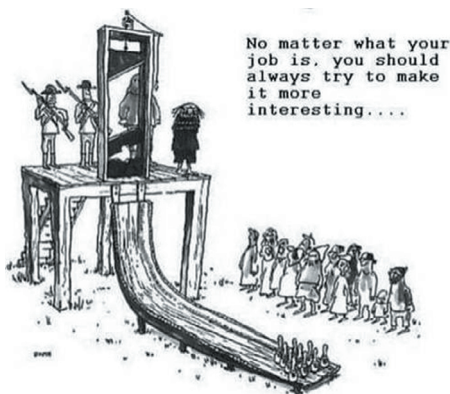
Gathered from the internet by **Jack Barnes**

George Carlin on how to stay young

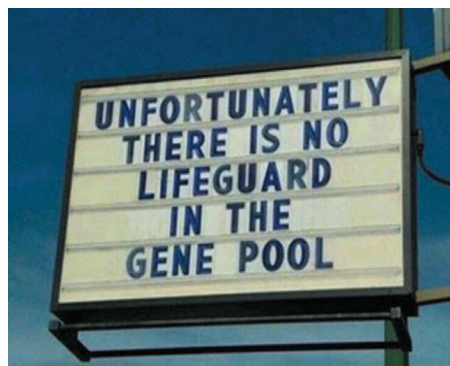
- Throw out nonessential numbers. This includes age, weight and height. Let the doctor worry about them. That is why you pay him/her.
- Keep only cheerful friends. The grouches pull you down.
- Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. "An idle mind is the devil's workshop." And the devil's name is Alzheimer's.
- Enjoy the simple things.
- Laugh often, long and loud. Laugh until you gasp for breath.



- The tears happen. Endure, grieve, and move on. The only person who is with us our entire life, is ourselves. Be ALIVE while you are alive.
 - Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.
 - Cherish your health. If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
 - Don't take guilt trips. Take a trip to the mall, to the next county, to a foreign country, but NOT to where the guilt is.
 - Tell the people you love that you love them, at every opportunity.
- And always remember, life is not measured by the number of breaths we take, but by the moments that take our breath away.



My favorite part of attending a marathon is watching the reaction of runners who grab my plastic cup of vodka.



Art League announces new 50/50 raffle fundraiser

As a 501c3 nonprofit organization, the Art League of Ocean City depends on fundraisers to keep its services going and the doors of the Ocean City Center for the Arts free and open for all. To further that mission and to celebrate its 60th anniversary, the Art League announced a new 50/50 raffle where ticket holders can win up to \$30,000.

Raffle tickets are \$20 each or six for \$100. The Art League will only sell 3,000 tickets. The winner will be drawn at the Art League's 60th Anniversary Gala on November 4. Ticket holders do not need to be present to

win.

"This is a good opportunity to support a worthy cause and maybe take home a jackpot of cash," Rina Thaler, executive director of the Art League, said. "Our community's support has been strong over our 60 years here, and we're encouraged to see it continue into the future."

Tickets are available online at OCart.org or at the front desk of the Ocean City Center for the Arts, 502 94th St. bayside. More information is available by calling the Arts Center at 410-524-9433.

Book sale returns to the library

Well, that event that many readers look forward to each year is arriving shortly at the Ocean Pines, MD library no matter what the weather brings. The Annual Ocean Pines Library Book Sale, sponsored by the Friends of the Ocean Pines Library (FOPL) will take place on Friday, Saturday and Monday, July, 28, 29 and 31. All proceeds go to the Ocean Pines Library for events, equipment, projects and special needs.

The sale of over 20,000 books, CD's, DVD's and audio books that are in very good to new condition will began on Friday, July 28 from 6 p.m. to 8 p.m. and is for FOPL members only. Not a member? You can join at the door for \$5 for an individual membership, \$10.00 for a family or \$25 as a business or patron. Dealers, collectors and Book Store owners are more than welcome. More details can be found on the Web at Book Sale Finder.

The sale will continue on Saturday, July 29 from 9 a.m. to 4 p.m. and open to all at no cost. Books will range from 50 cents to \$2.50 each with no limits. Cash or checks with ID only, no credit cards. Monday, July 31 the sale continues from 9 a.m. to 4 p.m. with all remaining books at half price.

The sale will also feature a Specials Room where signed, rare, collectible, antique, odd, older first editions, collections and sets can be purchased as marked. This room will have a sneak preview on Tuesday, Wednesday and Thursday

from 1 p.m. to 4 p.m. with purchases available of books from this room only. The Specials room will also be open during regular book sale hours with half price available on Monday.

Please contact the Ocean Pines library during business hours at 410- 208-4014 of you have questions.

stansell
from page 3

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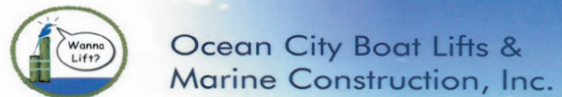
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