

# The Courier

June 26, 2024 Volume 24 Number 39



**Visit** - Margaret Mudron of the Ocean City - Berlin Rotary Club finished out the school year with the club's adopted kindergarten class at Ocean City Elementary. Mrs. Santoni's class enjoyed popsicles from Jun & Juice. The Club meets the 1st and 3rd Wednesday of the month at Don's Seafood at the South Gate of Ocean Pines. For more information email [ocberlinrotary@gmail.com](mailto:ocberlinrotary@gmail.com)

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## Chief addresses speed complaints, Fourth of July road closures

Ocean Pines Police Chief Tim Robinson on Saturday addressed a recent rash of speed complaints in the community.

Robinson, during an OPA Board meeting, said he's received many phone calls, Facebook messages and emails about speeding drivers. He said police are responding by conducting additional speed enforcement.

"Sometimes you'll see me out myself running radar," he said. "I pulled over somebody just the other night speeding on Mumford's Landing Road, and we are going to address [speeding] as best we can."

Robinson said recent accidents were also caused by distracted drivers, and those driving under the influence.

He said police have removed many unnecessary road signs, but may also add signage to areas where there are potential dangers, such as sharp or blind curves in the road.

He also said there is a wide discrepancy of house numbers in the community, which can hamper emergency response times if they're not easy to read.

"When seconds count, we need to get there. So, make sure that your house

number is conspicuously displayed by where it can easily be seen," Robinson said.

Robinson said police are working with the Fire Department, and the Recreation and Parks and Public Works departments, on upcoming Fourth of July events.

"We're all going to be working for you to make sure that we have a safe July 4 event," he said. "The one thing I want to let everybody know is that we're going to be having [different] traffic patterns on both Cathell Road and Ocean Parkway, because at various times we're going to have to close those roads for safety."

Robinson said Police and OPA will communicate any road closures, closer to the events.

"We're hoping for a very fun evening on July 4. You'll see me and probably almost my entire team out there that night," he said.

For more information on the Ocean Pines Police Department, including employment opportunities and easy ways to contact police, visit [www.oceanpinespolice.com](http://www.oceanpinespolice.com).



**Flounder pounders** - The Ocean Pines Anglers Club recently held their club flounder tournament with 29 anglers fishing from 7 a.m. to 3 p.m. Above are first place winners Capt. Larry Wilkens (17-7/8), Ted Glick and Judy Schaible.

## Summer fire safety tips and update on OPVFD fundraisers

Ocean Pines Volunteer Fire Department President Joe Enste spoke on June 15 about summer safety and recent fundraising efforts.

Enste said Ocean Pines is a tight-knit community – literally and figuratively – with most lots being close together and heavily wooded.

"We need to make sure that if we're having our bonfires and grilling and things like that, we are complying with all the regulations," he said. "If you go to the Fire Department website, there's a long list of regulations as far as how to be in compliance."

Each year, he said, there are multiple complaints and issues with bonfires and campfires.

Enste also had a word of caution about using fireworks on and around the Fourth of July holiday.

"Everyone loves fireworks ... but let's leave it to the professionals," he said.

Enste said Maryland allows certain types of ground-based sparklers and other small fireworks, but most of those are not ideal for heavily wooded areas like Ocean Pines, especially during the hotter and dryer parts of the year.

"Even the things that they sell at Walmart that are legal [are] not really a great thing to have in our community," he said. "With all the brush that we have and as close as our community is to one another, it could cause problems."

He added the community has had issues with fireworks accidents before, including starting fires and individuals becoming injured – or even losing fingers.

"Please be careful. Leave the fireworks to the professionals," Enste said.


Enste also spoke about ongoing fundraising efforts of OPVFD that support everything from vehicle replacement and staffing to replacement of the South Fire Station.

The Fire Department's annual truck raffle this year features a 2024 Ford F-150 valued at \$54,045. Tickets are \$100, and that includes all taxes and other expenses associated with winning the vehicle – a potential savings of \$18,000 for the winner.

"Keep in mind we're only selling 2,500 tickets and, as soon as we sell those 2,500 tickets, we'll do the raffle,"

*please see tips on page 16*


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# MCBP seeks public input

The Maryland Coastal Bays Program, a consensus environmental program dedicated to protecting the five Coastal Bays behind Ocean City and Assateague Island through partnerships, is working on their 10-year management plan, and is seeking community input.

The 10-year management plan, referred to as the Comprehensive Conservation Management Plan (CCMP), is a grant requirement for the program and it is an essential component to the program's success.

This will be the third plan since the program's inception. The current plan can be reviewed on the MCBP website at [www.mdcoastalbays.org](http://www.mdcoastalbays.org).

The goal for this updated plan is to reduce action items focused on the previous plans to make each one more impactful and serve as the basis for a more detailed Annual

Work Plan. This plan will also include a new component of Resiliency and Environmental Justice and Community Engagement actions that relate to Infrastructure Funding.

MCBP has launched a questionnaire for public input that can be found on their website. You can also access it directly through this link <https://forms.gle/c7F22eMhjxqh6wr9>.

The survey will be open until August 15, as the final plan needs to be completed by the end of the year to be submitted to the EPA for final approval.

This is your opportunity to assist MCBP and its partners on future initiatives to protect our Coastal Bays.

Please contact Sandi Smith at [sandis@mdcoastalbays.org](mailto:sandis@mdcoastalbays.org) for more information or for any questions or comments you may have on the new CCMP.



**Fundraising** - This year's annual American Heart Association Kids Heart Challenge at Ocean City Elementary School (OCES) raised \$30,775. This will make the grand total donated by OCES students and their families throughout the years, to over \$535,000. Top fundraisers were given the bonus of throwing slime and ice water all over PE teacher, Mrs. Drocella and custodian, Mr. Mills.

## Hospice to open new thrift shop

Coastal Hospice Thrift Shop announced the grand opening of its new location in Berlin will take place July 10 at 11 a.m. and will feature a ribbon cutting ceremony with special guests and community members.

Located in 10716 Ocean Gateway the new store offers a wide variety of new and gently used clothing, household items, and unique treasures at unbeatable prices. A custom designed mural by Abby Curtis Design will be showcased. The new store is designed to provide an exceptional shopping experience, which includes a holiday room, two custom built dressing rooms, and easy and fast checkout.

"We are delighted to open our new location," said Monica Escalante, president and CEO of Coastal Hospice. "Thanks to our community we are able to continue offering quality goods and support the care that Coastal Hospice provides at the Macky and Pam Stansell House, located in Ocean Pines, MD".

Coastal Hospice Thrift Shop invites the community to join the celebration and take advantage of the special offers and festivities. This is a perfect opportunity to explore the new store, meet the team, and enjoy a day of fun and savings. The first

100 shoppers receive a reusable shopping bag.

To learn more about Coastal Hospice Thrift Shop, please visit <https://www.coastalhospice.org/thrift-shop>.

Follow us on Facebook and Instagram @CoastalHospiceThrift.

## RWWC fashion show returns

The Republican Women of Worcester County will hold their 15<sup>th</sup> Annual Patriotic Fashion Show and Luncheon on Thursday, October 3 at the Ashore Resort & Beach Club in Ocean City. The theme this year is United We Stand.

Fashions this year will be presented by Bruder Hill and L'ete & Co. There will be \$10 Lucky Surprise Boxes, a silent auction, vendors, a plated luncheon more. For more information, please call Kris Barron at 443-614-8445. There will be tables for 10. For group seating, please call Jennie Allen at 410-973-2385. The cost of the event is \$45 (including tax and gratuity). Checks should be made out to RWWC and mailed to P.O. Box 1292, Ocean Pines, MD 21811. For group seating, all checks and reservations are to be submitted together.



**Chopper** - The Worcester Prep School Pre-K and first grade classes take a photo with MSP Aviation Command and Town of Berlin representatives following a presentation of the Trooper 4 helicopter and its role within the state's police department.



**Youth fishing** - Over 60 youth plus parents and grandparents recently attended the Ocean Pines Anglers Club (OPAC) Teach A Kid To Fish day at the South Pond in Ocean Pines. Young aspiring anglers were introduced to tackle, bait selection, regulations, casting and safe environmental practices. Many young anglers tried out their newly acquired skills and were rewarded with several nice catches. A free drawing was held for a Rod & Reel. OPAC would like to thank the Ocean City-Berlin Optimist Club, ACSA and Ocean Pines Recreation and Parks for their assistance in hosting the event.

Above: Anglers having fun with Andrew at bait table.

# 37 years and counting

Not long ago my wife and I celebrated our anniversary. It wasn't a milestone year. By that I mean it wasn't an anniversary ending in a five or a zero. Nonetheless, it was



## **It's All About. . .**

By **Chip Bertino**

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significant for us, 37 years. Even as I type that number, I'm taken aback by how much time has passed since we walked hand in hand down the aisle of St. Matthew's church toward the sunshine of a new life together.

Like so many other just-hitched couples we expected our fairy tale life together would be endless days sunshine, never a cloud in the sky. Truth be told there have been sunny days, stormy days, overcast days, hot and cold as well.

Marriage is hard work. It certainly isn't for the faint of heart. Ask my wife who I am sure will tell you that being married is indeed hard work. I think she'd also tell you that it's been worth it. At least I hope she would. Let me know if she doesn't.

From my limited perspective as someone married to only one woman seemingly all his life, I'd like to share some observations which

may resonate.

There's no such thing as never going to bed angry. I remember in the pre-nuptial class we were required to attend in order to get married in the church, the couple leading the discussion stated that we should never go to bed mad with the other; that we should work through the problem and then go to bed. Well, now being more than three dozen years into marriage, I can

say with quite some experience and perspective that sometimes the only available option is to go to bed angry. A new dawn inevitably illuminates a new path toward resolution. Not go to bed angry? Give me a break. That's why living room sofas were invented.

Marriage is give and take. Sometimes one or the other takes more than gives, but over time, a balance is struck. Again, I chuckle reflecting upon those pre-wedding counselors who instructed that marriage isn't a 50/50 endeavor but rather each person giving one hundred percent - I don't think so. There are days when 5% is pushing it. Take it or leave it. I'll sleep on the couch.

There's an adage that silence is golden. Not in marriage. Silence is not golden. Silence is deafening especially when it continues through the weekend and into the following week.

Once kids arrive on the scene, marriage sometimes becomes a battle of wills, a practical exercise in survival and episodes of late-night feedings, lunch making, little league games and homework battles. Life, the house and daily (and nightly) schedules are turned upside down. And then before you realize it, it's over. Looking back, that period in our lives when our children were young is a blur but I treasure the "Greatest Dad" cups still in the cabinet and the school art projects resting on my bureau. They were the happiest years of our lives as a married couple. I can admit that now that we survived the experiences. Having admitted that, it's also nice to be just a couple again. Although there's no one around to blame when my wife asks why the dishwasher hasn't been emptied.

As the years pass, our marriage has evolved. We have grown up together and I guess it's accurate to say we're growing old(er) together. We've both mellowed somewhat. Situations that back in the day would have set one or the other one of us off like a volcano, usually now illicit just an exasperated smile or a shrug of the shoulders - not always but usually.

We've endured very, very dark days through the years yet we've enjoyed many more bright days. Our experiences, good and bad, have made us more patient, empathetic and more in sync with one another.

They've also given us topics to reminisce about when we're sitting out back sipping an adult beverage. We've gotten better at not sweating the small stuff. Admittedly, we still have our moments.

We've shared the joy of holding our newborn grandchildren in our arms. And we've taken great joy in watching our children raise their children. We're proud of all of them. A smile does cross my face when I hear one of my kids say something to their children that I used to say to them when they were growing up. It's part of the circle of life I suppose.

While walking along the Cape May beach one afternoon a year or two into our courtship, we envisioned our future along the lines of how many children we'd have and where we'd travel. At one point we etched into the sand with a broken twig the layout of our dream house. Time has shown that we didn't have as many children as we thought we would (I'm not complaining) and we haven't traveled to the places we dreamed (yet). Nor, have we yet built that house in the sand. Those were not the major takeaways of that afternoon.

After all these years, we still envision our future, talk about the things we'd like to do and places we'd like to go. That's not bad at all for 37 years and counting.

## **Thoughts about Marriage**

*"Look, you want to know what marriage is really like? Fine. You wake up, she's there. You come back from work, she's there. You fall asleep, she's there. You eat dinner, she's there. You know? I mean, I know that sounds like a bad thing, but it's not."*

—Everybody Loves Raymond

*"Marriage is like a tense, unfunny, version of Everybody Loves Raymond, only it doesn't last 22 minutes. It lasts forever."*

—Knocked Up

*"If you're thinking of getting married, you might as well learn right now that you have to let women be women."*

—Hello, Dolly!

*"I love that you get cold when it's 71 degrees out. I love that it takes you an hour and a half to order a sandwich. I love that you get a little crinkle above your nose when you're looking at me like I'm nuts. I love that after I spend the day with you, I can still smell your perfume on my clothes. And I love that you are the last person I want to talk to before I go to sleep at night."*

—When Harry Met Sally

*"But the thing is this, after a while, you just want to be with the one that*

*makes you laugh."*

—Sex and the City

*"I'm not a smart man, but I know what love is."*

—Forrest Gump

*"Getting married is like trading the adoration of many for the sarcasm of one."*

—Mae West

*"My most brilliant achievement was my ability to be able to persuade my wife to marry me."*

—Winston Churchill

*"Keep your eyes wide open before marriage, half shut afterwards."*

—Benjamin Franklin

*"The trouble with some women is that they get all excited about nothing—and then marry him."*

—Cher

*"Marriage is not just spiritual communion. It is also remembering to take out the trash."*

—Dr. Joyce Brothers

*"The best way to get most husbands to do something is to suggest that perhaps they're too old to do it."*

—Anne Bancroft

*"Before you marry a person, you should first make them use a computer with slow internet to see who they really are."*

—Will Ferrell



## Assessments: the future

OPA is doing great financially, perhaps the best ever. Board members in recent years tout lowering the assessment amount due to increased profits from business amenities. They credit OPA General Manager John Viola for this financial success story. The credit, well deserved, should also go to prior boards over the last five or so years who had the foresight to approve a number of projects forming the foundation for OPA's current financial success.

Left undiscussed by any board members or board candidates at this point are potential assessment increases in the not-too-distant future. Several factors could drive an

increase of as much as \$75 to \$100 a year just for "safety" related increases.

One cost increase is inevitable when the OPA Police Department is fully staffed, and staffed with salaries at a sufficient level to attract and keep highly qualified officers. In recent years, department budgets, set at a level for a fully staffed force, but in reality only half or less staffed, resulted in real dollar savings when later comparing actual costs to the budgeted dollars. Those savings, for lack of a better description, will no longer exist as the force becomes fully staffed.

Other major expenses to impact the budget and the assessment in-

volve the Ocean Pines Volunteer Fire Department. OPA may be on the cusp of an agreement with OPVFD for OPA to borrow about \$3 million towards a new southside firehouse to be owned by OPA. OPA will also contribute a rather large amount for needed new OPVFD equipment. A referendum will be required, at least for the \$3 million, but there is little doubt association members will approve in overwhelming numbers.

Association members strongly support the Ocean Pines Police Department and Ocean Pines Volunteer Fire Department.

Floating out there in the misty financial future is also a possible change in the Maryland HOA Act that could set some high fixed percentage requirement for reserve funding, or even some requirement

for a greater percentage based on the interpretation of existing law by the company handling OPA reserve funding studies. This has the potential to require OPA to add millions to reserve funds.

Whether future increased amenity income will be enough to offset all these additional costs is problematic. The good news? Probable assessment increases will only take us to about the same rate as prior to the decreases that began with \$100 when Colette Horn was OPA president in 2022.

Have no immediate fears. The likelihood of the OPA Board of Directors, regardless of the election result this year, passing any substantive assessment increase before the 2025 Board of Directors election next year is slim and none.

## Kids paint contest announced

In 2023, the Art League of Ocean City began a new program, "Kids Paint OC," to encourage the next generation of plein air artists – artists who paint outdoors to capture iconic local scenes. The event was a success with more than 50 children participating.

In 2024, the Art League is continuing their "Kids Paint OC" program during July and welcomes children to take part. Children ages 6-17 can paint outdoors from July 1-31, 2024, have their work exhibited at the Ocean City Center for the Arts, and be eligible to win cash prizes. There is no charge to participate.

"We encourage every kid in the resort and beyond to get outdoors and paint in July," Kacie Neeb, Art League Kids Paint OC coordinator said. "And we have the supplies and inspiration they need to create their own masterpiece."

Children who register receive a free art kit and a Kids Paint OC t-shirt, while supplies last. Every child who enters will have their artwork displayed during an exclusive art show at the Ocean City Center for the Arts on Sun. Aug. 18, from 12-3 p.m. A panel of judges will select the winners and

award \$500 in cash prizes.

Kids Paint OC is made possible by a grant from the Worcester County Arts Council.

Kids Paint OC is part of the annual "Artists Paint OC: A Plein Air Festival" now in its 19<sup>th</sup> year. In mid-August, more than 50 professional artists will paint around Ocean City and the surrounding area, culminating in Wet Paint Sales at the Arts Center on 94<sup>th</sup> St. on Aug. 17<sup>th</sup> and 18<sup>th</sup>.

More information about Kids Paint OC and registration is available at [ocart.org/kids-paint-oc-a-plein-air-event/](http://ocart.org/kids-paint-oc-a-plein-air-event/) or email [kacie@artleagueofoceancity.org](mailto:kacie@artleagueofoceancity.org).

## Courier Almanac

On June 26, 1807, lightning hit a gunpowder factory in the small European country of Luxembourg, killing more than 300 people. Lightning kills approximately 73 people every year in the United States alone, but victims are almost always killed one at a time. The Luxembourg disaster may have been the most deadly lightning strike in history.

Inflation has garnered countless headlines in recent years, and much of that news has focused on the notably higher cost of food. Though the cost of some items at the grocery store has gone down in 2024, many items remain significantly more expensive than they were as recently as three or four years ago. In an effort to overcome rising food costs, some consumers have thought about gardening. According to Washington State University, the average household with a food garden spends around \$70 per year on seeds and garden supplies. The reward for that small investment is roughly \$600 worth of food. Though the financial investment associated with a food garden might be minimal, it's important for prospective gardeners to recognize that the commitment of time required to establish and sustain a food garden can be significant.



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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The  
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# Immediate burn ban in effect

Effective immediately, Worcester County Fire Marshal Matt Owens issued a burn ban, and ALL outdoor burning is banned for an indefinite period of time in Worcester County.

The ban applies to all outdoor ignition sources, with the following exceptions: proper use of gas and charcoal grills, campfires at the County's commercial, State, and Federal campgrounds, permitted official Ocean City bonfires, private property recreational campfires that

are limited to a fire area of two feet with a height of three feet, public fireworks displays, and volunteer fire company training exercises.

"Due to the County's current dry conditions, the burn ban is effective immediately," Fire Marshal Owens said. "This ban should reduce the number of out-of-control outside fires, which cause safety concerns for area residents, visitors, and especially responding fire personnel."

The ban will remain in effect until the dry conditions dissipate.

All existing outdoor burn permits have been rescinded," Environmental Programs Director Bob Mitchell said. "Our water tables are extremely low, and this is confirmed by County and USGS monitoring well networks. We have extremely low precipitation totals, and the US drought monitor has the county under a moderate drought category."

For further information, contact Fire Marshal Owens at 410-632-5666.



**New members** - The Ocean City - Berlin Rotary Club recently installed two new members. Pictured from left to right - Past District Governor **Cliff Berg**, **Colleen Nichols**, **Jay Warrington** and President **Gina Shaffer**. The Club meets the first and third Wednesdays of the month at Don's Seafood at the South Gate of Ocean Pines. For more information and meeting time email [ocberlinrotary@gmail.com](mailto:ocberlinrotary@gmail.com).

**The Courier**

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A photograph of a large, green leather armchair with a white cushion, positioned in front of a store. The store's sign reads "THAT'S Furniture Outlet" and lists services like "Showroom Samples", "Closeouts", "Overstock", "Scratch & Dent", and "Custom Sh". The chair is on a paved area, and a white car is partially visible in the background.

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*Wild Blue Yonder*

# USAAF Staff Sergeant Russell Joseph Kiggins

By **Ralph Ferrusi**

USAAF Staff Sergeant Russell Joseph Kiggins, my wife's "Uncle Joe," is buried in the Netherlands American Cemetery and Memorial, Margraten, Netherlands, Plot O, Row 21, Grave 10, Memorial ID 155 284 256. The Cemetery covers 65.5 acres, and contains 8,300 graves.

In 1945, an official of the village of Margraten suggested that each of the graves and memorial names be adopted by families and individuals. Each grave has remained adopted into the 21<sup>st</sup> century. Many adoptions by citizens of the Netherlands and Belgium are passed down through family generations, and in 2021 there was a waiting list of those who wished to take up lapsed adoptions.



Thursday morning, October 14, 1943 sixteen 305<sup>th</sup> Bomb Group, 364<sup>th</sup> Bomb Squadron B-17's lifted off the runway in Chelveston, England, destination Schweinfurt, Germany. Sergeant Kiggins was the flight engineer/top turret gunner on the B-17F *Sizzle*. This was his sixth mission.

Thirteen of the 364th's B-17's never even reached Schweinfurt, lost to machine guns, cannons, and rockets fired by swarms of German fighters. The *Sizzle* was the first to go down, shot down over Maastricht, Holland, by FW-190 pilot Oberstleutnant Johannes Seifert. Five men bailed out and survived. Five, including Sergeant Kiggins, didn't. The *Sizzle* crashed and exploded, it still had a full bomb load, near Limmel, Holland. Only two of the 364<sup>th</sup> Squadron's B-17's returned to Chelveston that evening.

On April 1, 2024 we flew to Holland to visit Sergeant Kiggins' grave.

We learned that the current caretaker of his grave is Mr. Henk Bouwels, and we exchanged e-mails with him. From a February 1, 2024 e-mail from Henk:

*These men are heroes and died for our freedom. That's why I adopted his grave. I think that's the least I can do. I am extremely grateful.*

We also contacted Dedee Bouwens, Interpretive Guide at the Netherlands American Cemetery, who e-mailed us all kinds of useful information.

Getting by train from Amsterdam's Schiphol Airport to Margraten took a very complicated two hours and 49 minutes. We ultimately ended up at the

Hotel Botterweck in ultra-charming, very peaceful Valkenburg. The entire village center is pedestrians only, and there were canals, caves, and the remains of a huge hilltop castle, and, about 700 restaurants.

On Tuesday, April 2, we met Dedee and Max in the Visitor Center at the cemetery. They were both very welcoming, extremely knowledgeable and helpful. They briefed us on what to expect, and led us to Sergeant Kiggins' grave. Words cannot describe what it was first like to see those thousands and thousands of white crosses. It was gut-wrenching, and very emotional.

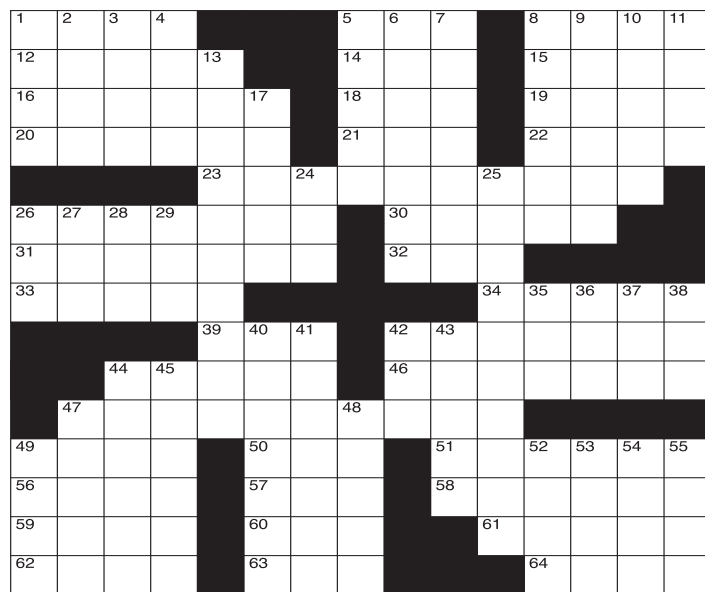
It was a long walk to Sergeant Kiggins' grave. The cemetery is divided in two by a roadway and his grave is in the next to the last row on the right side. On the way the graves of two more of the *Sizzle's* crew were pointed out: Lieutenant John Manahan, navigator and Sergeant Tony Dienes, left waist gunner.

It was like a brick between the eyes to be standing right in front of the white cross with RUSSELL J. KIGGINS, S SGT 364 BOMB SQ 305 BOMB GP, NEW YORK OCT 14 1943 inscribed on it. Max performed a very moving ceremony, rubbing sand from Omaha Beach in Normandy into the inscription. This lets other visitors know that the grave site has been visited. They then placed two flags in front of the cross; an American flag and a Dutch Flag.

In retrospect, it's remarkable how many Dutch people appreciated, and were thankful for what Sergeant Kiggins, and 8,299 other American airmen and soldiers did for them; liberating them from five years of German/Nazi occupation.

As an American soldier, Honorably Discharged Radio Sergeant, 156<sup>th</sup> Field Artillery, this ceremony choked me up. They said we could take the flags home. We did.

*Ralph Ferrusi is a World War II aviation enthusiast. His all-time favorite aircraft is the North American P-51D Mustang. He has actually flown in a P-51D, and, a B-17G and B-25H. Born and raised in New York, he and his wife currently reside in Ocean Pines. Questions, comments; rjferrusi@frontiernet.net*

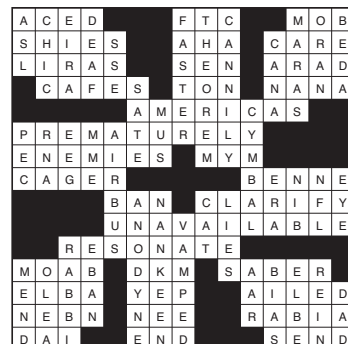


**CLUES ACROSS**

- 1. Volunteer school groups
- 5. Cash machine
- 8. Title of various Muslim rulers
- 12. Indian hand clash cymbals
- 14. Scarf
- 15. Easily manageable
- 16. Cry
- 18. Financial term
- 19. Reactive structure in organic chemistry (abbr.)
- 20. Clean out a riverbed
- 21. Seaport (abbr.)
- 22. English seascape painter
- 23. Bring back again
- 26. Subtracted from
- 30. Related on the mother's side
- 31. Mooches
- 32. Commotion
- 33. Boer War general
- 34. Silklike nylon fabric
- 39. CNN's founder
- 42. Sarcastic in a bitter way
- 44. Minute reproductive unit
- 46. Nourishment
- 47. Large predatory tropical fish
- 49. Small, rich sponge cake
- 50. Drink a small amount
- 51. Golfer Rodriguez
- 56. Norse personification of old age
- 57. Large flightless bird
- 58. Capsized
- 59. Convicted American spy
- 60. Music genre
- 61. Makes tractor
- 62. Undergo cell disintegration
- 63. Patti Hearst's captors
- 64. Selfs

**CLUES DOWN**

- 1. Post-traumatic stress disorder
- 2. Goat-like mammal
- 3. Swiss river
- 4. Slithered
- 5. Humiliate
- 6. Tumbled
- 7. Popular alcoholic drink
- 8. Small round hole in a leather cloth
- 9. Fertilizer
- 10. State of affairs that seems deliberately contrary
- 11. Count on
- 13. One who discriminates against
- 17. New Hampshire city
- 24. One who cares for teeth
- 25. Sent off
- 26. Mutual savings bank
- 27. Initial public offering
- 28. Denial
- 29. Northeastern institution of higher learning (abbr.)
- 35. A doctrine
- 36. Consumed
- 37. Trent Reznor's band
- 38. Perform in a movie
- 40. Schoolhouse implements
- 41. Mathematical term
- 42. Man who behaves dishonorably
- 43. Expression of regret
- 44. Martens
- 45. Approval
- 47. Pleasantly warm
- 48. The Eurasian hoopoe
- 49. NBAer Bradley
- 52. Engineering organization
- 53. Horsefly
- 54. Type of sandwich
- 55. A day in the middle of the month



Answers for June 19

# Financial tips for widows and widowers

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

Losing a spouse is one of the most painful experiences anyone can have.



John Bennish

Unfortunately, widows and widowers have to deal with more than just the emotional trauma — they also must consider a range of financial issues. If you've recently been widowed, what financial moves should you consider?

For starters, don't rush into any major decisions. If you're still in the grieving process, you are unlikely to be in the best shape to make significant choices affecting your finances and your life.

But once you feel ready to look at your situation objectively and make appropriate choices, consider the following steps:

**Review your finances.** Look at your entire financial picture — your assets, investments, debts and income.

If you and your spouse had communicated well about your finances, and you shared decisions, you hopefully won't encounter any big surprises. But if your spouse was the partner who mostly handled financial matters, you may need to get up to speed quickly on what you have and what you owe. And if your spouse had provided a large amount of your household income, you will also need to determine what changes you may need to make to your lifestyle.

**Address insurance issues.** If you will receive a death benefit from your spouse's insurance policy, what will you do with the money? It may prove helpful in funding your own retirement or meeting other financial goals. But you'll also want to be clear about what other beneficiaries, such as your children, might receive. And while you're looking at insurance, you also might want to look at your own policies — do you need to change beneficiaries?

**Review your Social Security options.** If you are at least 60 and you were married at least nine months,

you may be entitled to Social Security survivor benefits. (If you remarry before age 60, you typically cannot receive survivor benefits, but you can reinstate them if this subsequent marriage ends.) The amount of your survivor's benefits depends on your age and the age of your deceased spouse. You can't claim your deceased spouse's benefits along with your own retirement benefits, so if you qualify for survivor and retirement benefits, you'll receive the larger amount. Depending on your situation, you might come out ahead by delaying your retirement benefits, giving them the chance to grow, while you accept survivor benefits. For more details on receiving Social Security benefits, visit the Social Security Administration's website at [www.ssa.gov](http://www.ssa.gov).

**Review your estate plans.** The death of a spouse can certainly affect your family's estate plans. So, it's a good idea to review these plans to see what changes, if any, need to be made. When conducting this review, you'll benefit from working with an estate-planning professional.

Finally, keep in mind that you don't have to go it alone during this difficult time. If you're already working with a financial professional, they can help. If you aren't currently working with one, now might be the time to start. By looking at your finances and your family situation holistically, a financial professional can provide guidance that can help ease the stress you are naturally feeling.

Few events are as sad as losing a spouse. But when you feel ready, start taking the steps necessary to continue forward on your life's journey.

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

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**Mind in motion:**

# Alzheimer's Awareness Month

By **Nicholas Burak**

*Physical Therapist Assistant*

June is Alzheimer's & Brain Awareness Month, a time dedicated to raising awareness about Alzheimer's disease and other forms of dementia that impact millions worldwide. With the number of people affected by these conditions projected to rise, understanding and promoting brain health has never been more crucial. Alzheimer's disease, a progressive neurodegenerative disorder, affects memory, thinking, and behavior. While there is currently no cure, there are steps individuals can take to potentially delay the onset or progression of symptoms. One key strategy in maintaining a healthy brain is regular physical exercise, which research shows can play a significant role in reducing the risk of cognitive decline.

Physical activity offers numerous benefits for the brain. When you exercise, your heart works harder, pumping more blood throughout your body, including your brain. This increased blood flow delivers more oxygen and nutrients to brain cells, helping to keep them healthy and functioning well. Additionally, exercise triggers the release of chemicals such as endorphins and serotonin, which enhance mood and reduce stress. These chemicals also help protect brain cells and improve cognitive functions like memory and learning.

Aerobic exercises, such as walking, swimming, and cycling, are particularly beneficial. They have shown significant benefits in managing Alzheimer's disease by improving cognitive function and slowing down its progression. Regular aerobic activity enhances blood flow to the brain, promoting the growth of new blood vessels and nerve cells, which can help in maintaining brain health and function. Exercise also reduces inflammation and oxidative stress, both of which are implicated in the development and progression of Alzheimer's.

Strength training and balance exercises also contribute to brain health. A combination of aerobic and resistance training exercises has been shown to improve executive functions, which include planning, decision-making, and multitasking abilities. Yoga and tai chi, which emphasize both physical movement and mental focus, can help reduce stress and anxiety, further supporting cognitive health.

Beyond the physiological benefits, exercise promotes social engagement, which is vital for mental health. Participating in group exercise classes or walking with friends can provide a sense of community and reduce feelings of isolation and depression, factors that are known to adversely affect brain health.

For those already living with Alzheimer's or other dementias, regular physical activity can help manage symptoms and improve quality of life. Exercise routines tailored to individual abilities from physical therapists can enhance mood, reduce agitation, and promote better sleep. Good sleep is crucial for brain health, and physical activity helps regulate sleep patterns and improve sleep quality. During sleep, the brain clears out toxins that can build up during the day, including beta-amyloid, a protein that forms plaques in the brains of people with Alzheimer's.

As we recognize Alzheimer's & Brain Awareness Month this June, let's take the opportunity to incorporate more physical activity into our daily lives. Whether it's a morning walk, an afternoon yoga session, or an evening swim, every step we take can contribute to a healthier brain. Contact your local physical therapy provider to promote a higher quality of life!

*Nicholas Burak is a physical therapist assistant at Hamilton Hand & Shoulder. He can be reached at 410-208-3300 or nick@hamiltonhand.com.*



**Nicholas Burak**



**Remembering** - Worcester County NAACP sponsored a Negro League Baseball event to keep alive the story of William "Judy" Johnson, a native of Snow Hill and to educate the community about the history of the Negro League Baseball. The event was held at Stephen Decatur Middle School.

Above are **Ernest Leatherbury, Senator Mary Beth Carozza, Linda Hilliard, NAACP President Ivory Smith and Christine Clark.**



**Welcome** - The Art League of Ocean City's welcomed families to the resort with free and creative art projects. All are welcome every summer Saturday from 11 a.m. to 1 p.m. at the Ocean City Center for the Arts located at 502 94th St. bayside. There's a new project every week.

At left is **Kayla Diepold** of Bish-  
opville .



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# One day at a laundromat

By Robert Pellenburg

Well, recently there was a convergence of need, and solution, with initial reservations, perhaps even a couple of worries. You see, there were a couple of throw rugs in desperate need of a wash. The three rugs were too big / heavy for a home washer designed for clothing, bedding, and other assorted light fabrics. So, maybe dry cleaning? Probably too pricey . . . How about just a heavy shake outside to dislodge deep dirt? Well, folks, shaking is not exactly washing, so this thought was a non-starter. . . Hmm . . . how about washing the rugs in a laundromat? Would the rugs survive?

Truth be told, the last time I patronized a laundromat was several years ago, and the facility was 'OK'. Would a contemporary laundromat be better than 'OK'? Clearly, there was only one way to find out, and that was to take the rugs, and wash them in a laundromat. A quick check showed a laundromat near Ocean Pines, so the rugs had a quick ride to be washed.

The nearby laundromat was a true revelation, way better than 'OK'. The facility was bright, clean, tidy (no rubbish about), and offered long rows of big, and bigger, HEAVY DUTY washing machines,

and driers. Overall, an excellent setting. So I loaded a smaller washer with the rugs, followed the very clear instructions on how to use the washer, added detergent, and a slew of quarters, and pressed 'start'. The sudsy wash water looked like tea pretty quickly, but the rinse water was clear. Wow! Soon, the damp rugs were in a large drier fed with more quarters, and the drier started with a push of a button.

All the while the rugs were washing and drying, I sat and leafed through the newspapers left by various other patrons. There was a very curious bit of reading material, but all was very entertaining. Of course, one could bring along something of their own to read. Also, there were a couple of TV screens with shows on display to provide a narrative while reading and washing and drying and waiting.

After about an hour, the waiting was done, the rugs were washed and dried, and folded for easy transport. The rugs came out in a wonderful state: clean, bright, and just like new again. As I walked out of the laundromat, I glanced at some words on the wall just over the door. The words stated, clearly, 'Wash your worries away' which was a fine sentiment with clean rugs in hand after a visit to a much better than 'OK' laundromat.



## Kiwanians support WCY&FS

Worcester County Youth & Family Services held their annual luau fundraiser at Sunset Grille on June 13th, 2024 and some members of the Kiwanis Club of Ocean Pines-Ocean City attended. (L-R) in back: **Tom and Skip Flanagan, Candy Foreman, Kitty Wrench, John Hanberry and Teri Westbrook.** WCY&FS is one of the organizations that the club supports. Earlier this year a \$2,000 donation was made.

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# Art League awards college scholarships

The Art League of Ocean City is celebrating 33 years of providing college scholarships, awarding 91 scholarships since 1991 to local students pursuing a college degree in the visual or performing arts. In 2024, eight Worcester Co. students received college scholarships from the Art League.

This year's scholarships include the 4th annual \$5,000 Sidney M. Beckstead Award, in honor of the entrepreneur, artist, and jeweler who passed away in 2020. The 2024 recipient is Kathryn Gordon of Berlin, Maryland, a graduating senior at Stephen Decatur High School, who will attend the Rhode Island School of Design to study painting.

The \$1,000 4th annual Eva Fox Award, in memory of the mother of the Art League's executive director, Rina Fox Thaler, went to Saylor Amos of Berlin, Maryland, who graduated from SDHS and will attend Michigan State University to study theater and physiology.

The inaugural \$1,000 James Adcock Award, in honor of the late artist, went to Aiden Clayton of Pocomoke, Maryland who graduated from Pocomoke High School and will attend Towson University to study music performance.

The Schwab family awarded a \$1,000 scholarship to Jonah Ridgely of Berlin, Maryland, a graduate of SDHS, who will study music performance at the Berklee College of Music.

Abbigale Weeks of Berlin, Maryland, graduate of SDHS, received a \$1,000 scholarship from Wayne and Virginia Outten in honor of Virginia's mother, Vera Cross. Weeks will study dramaturgy and theater performance at the University of Massachusetts.

Returning recipients also received scholarships to continue their higher education. Kayla Halbig of Ocean City, currently a student at Towson Univer-

sity studying graphic design, received the 2nd annual \$1,000 scholarship from Tuve and Tia Tuve in honor of their late wife and mother, Inga Tuve, who was a past Art League board president.

The Art League also awarded a \$1,000 scholarship, funded through the Katherine Ellen Brown Fund at the Community Foundation of the Eastern Shore and through the Art League scholarship fund, to Savannah Chisholm of Pocomoke, Maryland who will study graphic illustration at the University of Maryland Eastern Shore.

Jessica Beck of Ocean City, Maryland received the inaugural \$1,000 Macon Katherine Chandler Award to continue her education at Catholic University for architecture and civil engineering. This new scholarship honors the late artist Chandler, who grew up in Berlin, was sought after for her calligraphy and architectural drawings, and passed away in January 2024.

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## Sharpe steps into new role as legislative analyst

The Worcester County Commissioners appointed Charlene Sharpe to the newly-created position of legislative analyst. She stepped into her new role May 31, 2024.



**Charlene Sharpe**

“Charlene has earned the community’s respect for her professionalism and her fair and accurate news coverage,” Chief

Administrative Officer Weston Young said. “She can hit the ground running covering Worcester County. Her strong oral and written communications skills make her the solid choice to represent the county’s legislative interests.”

Sharpe brings nearly two decades covering Worcester County as a journalist to her new position. In 2007 she earned a degree in journalism from the University of Richmond. From 2014 to 2024 she worked as a reporter for the Maryland Coast Dispatch. Prior to that time, she worked in the news industry as a reporter for the Delmarva Media Group. For her feature story writing, the MDDC Press Association awarded her first place for excellence in news reporting.

“I’m honored to be working with local, state, and federal representatives to further the interest of Worcester

*tips*  
from page 3

he said.

For more information on the truck raffle, visit [opvfd.com/f-150](http://opvfd.com/f-150).

OPVFD is also doing a weekly “Queen of Hearts” tournament, similar to games played at local Elks Lodges or VFWs.

“Tickets are \$5 apiece and the jackpot is up over \$11,000 right now,” Enste said. “Every week that the queen of hearts isn’t located, we’re going to continue to roll those winnings over into the next week, and that jackpot will continue to grow.”

Drawings are held at 5:30 p.m. each Tuesday and are livestreamed on the OPVFD Facebook page.

For more information, visit [opvfd.com/queen-of-hearts](http://opvfd.com/queen-of-hearts).

For more information on OPVFD, visit [opvfd.com](http://opvfd.com) or call 410-641-8272.

County Government and its residents,” Sharpe said. “I look forward to the opportunity to serve my community in this new role.”

Sharpe is a Worcester County native and Stephen Decatur High School graduate who is active in the community. She previously served on the Lower Shore Land Trust Board of Directors, and she volunteers for the Great Pocomoke Fair.

## Vieira promoted to Emergency Preparedness Manager

The Worcester County Commissioners appointed Katy Vieira to serve as the emergency preparedness manager within the Worcester County Department of Emergency Services (WCDES). Vieira stepped into her new position in late 2023.



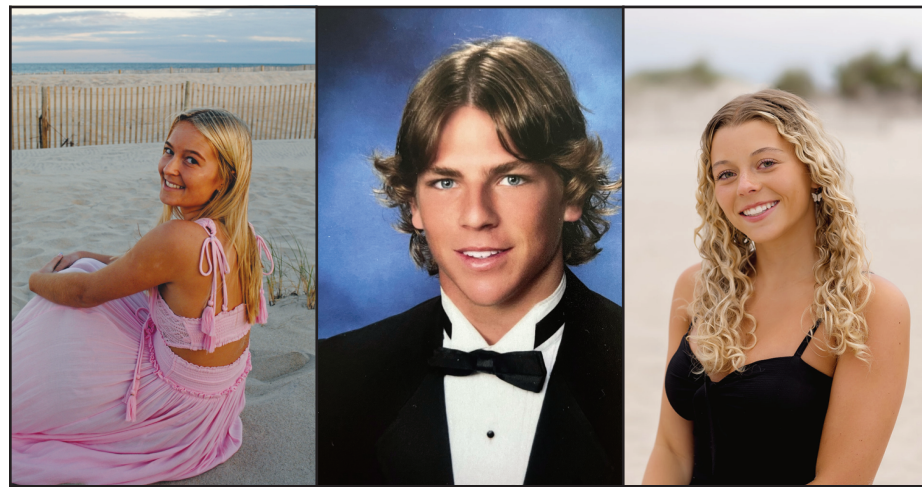
**Katy Vieira**

“Katy is a great person and brings so much to this position,” Fire Marshal Matt Owens said. “She has proven to be a valued part of a great team. She is a proven leader and always steps up to the plate, continuing her education in all aspects of the job, and being a great role model.”

Vieira, who joined Worcester County Government in 2015 as a 911 communications specialist and rose through the ranks, brings nine years of emergency management experience to her new role. She earned Emergency Management Institute Professional Development Series Certification through the Federal Emergency Management Agency, and she is a certified emergency telecommunications instructor, with certifications in quality assurance for emergency medical, fire, and police dispatch, as well as the National Incident Management System and Incident Command System. She has trained six incoming 911 communications specialist classes.

“Former WCDES Director Fred Webster influenced my passion to be a part of the county’s coordinated response team that works together to protect our community from natural

*please see promotion on page 18*



**Scholarships Awarded** - The Ocean City Lodge of the Sons and Daughters of Italy has awarded \$3,000 scholarships to three 2024 graduates of Stephen Decatur High School. The organization each year awards scholarships to graduating seniors of Italian heritage. This year’s winners were **Jamie Nicole Consigli** (left) and **Kayla Marie Rocco** (right) of Ocean City, and **Anthony (A.J.) Robert Kolb** (center) of Berlin.

Jamie Consigli will be attending the University of Maryland, Kayla Marie Rocco also has enrolled in the University of Maryland, where she will study philosophy, politics, and economics. Anthony Kolb will study business, finance, and mathematics at Towson University.

The Sons and Daughters of Italy of Ocean City hosts the annual St. Joseph’s Day Festival in March, which is organization’s major fundraiser for its charitable giving and scholarship program.

## VanDemark named Emergency Management Planner

The Worcester County Commissioners named Maurice “Moe” VanDemark as the new emergency management specialist within the Worcester County Department of Emergency Services (WCDES). VanDemark stepped into his new role on April 15.



**Maurice VanDemark**

“We are incredibly fortunate to have Moe as part of our team,” Fire Marshal Matt Owens said. “Moe brings a trove of knowledge and experience with him, and we are looking forward to what he will add to an already great team.”

VanDemark brings 12 years of experience in law enforcement, fire safety, and emergency management to this position. Prior to joining Worcester County Government, he served as a deputy within the Caledonia County Sheriff’s Office in Vermont from 2016 to 2023, while concurrently serving within the State of Vermont Division of Fire Safety as an assistant state fire marshal.

“I’m excited to bring my extensive skillset to the county and bring in fresh new ideas to help with emergency

management,” VanDemark said. “I’ve dedicated my life to protecting the communities I serve, and I will continue to do so while working here. I’m also excited to be a part of the local community and look forward to meeting the community members.”

VanDemark earned a Bachelor of Science in Criminal Justice from Western New England University and a Master of Science in Fire Science, with a concentration in emergency management, from the University of New Haven. He is an FAA certified drone pilot, National Fire Prevention Association fire inspector II, and hazardous materials technician. He has served as a member of Urban Search and Rescue within the State of Vermont’s Division of Fire Safety and also on the State of Vermont Hazardous Response Team.

In his free time, VanDemark enjoys going to the beach and spending time with family. He has coached middle school basketball and softball, and each fall he can be found rooting for his favorite football team, the Pittsburgh Steelers.

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# How to prepare for hurricane season

The National Oceanic and Atmospheric Administration notes what is often characterized as Hurricane Season begins on June 1 and ends on November 30. However, the NOAA also points out that hurricanes can, and have, occurred outside that time

a period when hurricanes are likely to strike, which makes it worth anyone's while to keep an eye on the weather forecast, particularly between June and November. Individuals also can take steps to prepare for hurricanes even if the forecast is all clear.



Identify an evacuation route and develop a plan should you need to evacuate. Certain regions are more likely than others to experience hurricanes, and such cities and towns typically have predetermined evacuation routes to ensure residents can get out of town safely if the need arises. Identify your local government's evacuation route and ensure everyone

in your household is familiar with it. If no such route has been identified by your local government, design your own evacuation plan and make

in your household is familiar with it. If no such route has been identified by your local government, design your own evacuation plan and make

sure it includes a safe and accessible route out of town. Include your destination in your evacuation plan. The NOAA notes that a destination need not be hundreds of miles away from a home. In fact, the well-built home of a nearby friend or relative built outside areas vulnerable to flooding can make for a safe place to ride out the storm.

Gather disaster supplies. The NOAA notes that disaster supplies are necessary whether individuals are evacuating or sheltering-in-place. Hurricanes have devastated many communities in recent years, and there's no telling when hurricane-stricken communities may be up and running again. The NOAA recommends individuals have enough non-perishable food, water and medicine to last each person in the family at least three days. The NOAA also advises gathering enough water to last more than three days whenever possible. Electricity and water may be out of commission for a lengthy period of time after a hurricane, so keep cash on hand to pay for food and other necessities and stock up on batteries and battery-powered flashlights prior to hurricane season.

Speak with your insurance provider. The weeks or months prior to the start of hurricane season is a good time to contact your insurance provider to ensure you have adequate coverage should your home and/or possessions be damaged during a hurricane. The NOAA notes that homeowners and renter's insurance

policies do not cover flooding, which requires a separate policy. Providers may not even write flood insurance policies, while others may do so but at a very high cost. Confirm the details of your coverage prior to hurricane season so you can purchase any supplementary insurance if necessary.

Document your belongings. Document your possessions, taking photos of appliances and other big-ticket items. The NOAA recommends documenting serial numbers and other pertinent information that can make it easier to file a claim should your items be damaged during a hurricane.

Plan with loved ones. When making a hurricane preparation plan, share all details with family members and close friends. Identify a meeting place, ideally one that is accessible for everyone. Sharing details of the plan with loved ones increases the chances everyone safely evacuates together and ensures people know where to reach you in the aftermath of a storm.

Safeguard your home. The NOAA recommends trimming trees, installing storm shutters, accordion shutters, and/or impact glass so a home can more capably withstand a hurricane. Seal outside wall openings so a home is less vulnerable to water damage.

Hurricanes can be devastating storms. Some simple hurricane preparation strategies can help individuals withstand such storms and protect their homes.

## Making the switch to early-morning workouts

One of the common complaints among people who want to be more active is that they can't seem to fit exercise in when work, school or family responsibilities get top billing. According to the Better Health Channel, lack of time is a common perceived barrier to physical activity, with men age 30 to 50 saying they are typically too busy with work and family commitments to exercise regularly. And when leisure time is limited, they'd much rather choose recreational activities over heading to the gym.

There are many ways to make exercise fit into a busy schedule, and one of them is to switch when you exercise. Opting for early-morning workouts can free up time later in the day. Plus, there are some benefits to getting a fitness fix in while the sun is rising. Get started with these tips.

Skip afternoon caffeine and evening alcohol. Getting up early to exercise will likely require an adjustment period. One way to make it easier to rise and shine a few hours earlier is to limit behaviors that can make it hard to get out of bed. Coffee and other caffeinated products can make it challenging to fall asleep at night if consumed too late in the day. Alcoholic beverages, while they may cause

you to fall asleep faster, adversely affect sleep quality. When sleep is compromised, you may be more inclined to hit the snooze button.

Gradually move your wake-up time. Progressing slowly by waking up about 15 minutes earlier each week can help you achieve your goal without it being a big shock to the system. As you

*please see workout page 18*



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# Energy levels, exercise needs consideration before adopting a new dog

Dogs add a whole new element to a family dynamic. Parents may adopt a dog not only because they love these loyal animals, but also because they hope to instill a sense of responsibility



in young children who will be tasked with helping to take care of the family's furry new friend.

## workout

from page 17

build up to the new wake-up time, fit in short workouts in this newly acquired free time.

Consider a home gym setup. If the thought of venturing out to a gym or another facility in the wee hours of the morning his unappealing, think about outfitting a space in your home with workout equipment. Doing so may facilitate an early fitness routine.

Prepare workout gear the night before. The lifestyle experts at Real Simple suggest laying out workout gear and other items needed for the day the night before. This way you can get up and out quickly without forgetting things.

## promotion

from page 16

and manmade disasters," Vieira said. "I'm grateful to the commissioners for giving me the opportunity to take on this new role within emergency management."

Vieira is part of the multi-agency coordination center command. She serves as a backup communications center manager during emergencies, disasters, and as coverage is needed; helps to manage special projects and disaster efforts; works with agencies to coordinate logistics for special events; and assists in updating emergency plans to remain in compliance with

The level of interaction dogs require can vary greatly among the breeds. There's no shortage of breeds to consider as families look for a new dog, and it can help to recognize

which dogs are especially energetic and which might be more enthusiastic about cuddle sessions on the couch. It's also worth noting that each individual dog is unique, so just because a dog is a certain breed does not mean it will automatically behave exactly the same as other dogs of the same breed. However, breed reputation can be a good barometer as families look to bring a new dog into the fold. The following are five

Enlist a buddy to exercise as well. Having someone to whom you are accountable can help keep early workouts on the docket. A workout pal can motivate you to get exercise in, and you can do the same for your partner. If someone is counting on you, you'll be less likely to skip a workout.

There are benefits to early workouts. Healthline says that early morning workouts are best when the heat rises during the day and you'll be doing outdoor activities. A 2018 study published in the *International Journal of Obesity* found that those who exercise first thing in the morning often choose healthier foods and eat less the rest of the day. Many who exercise early report greater overall energy and focus throughout the day as well.

federal and state requirements. These plans include but are not limited to the Hazard Mitigation Plan, Hazard Vulnerability/Risk Assessment, Recovery Plan, and the Worcester County Emergency Operations Plan.

Vieira, an avid reader and amateur local historian, is a county native. In 1680 her family was among 14 settlers who patented a 100-acre tract of land on the Pocumoke River that is known today as Mattaponi Landing. Vieira and her husband, Chris, are both lifelong Worcester County residents. They have three children, Maddison, Cordelia, and Marshall. The family enjoys spending time at the beach and on the Pocumoke River.

popular breeds and their corresponding exercise needs.

1. Akita: Akitas originated in Japan, and it's not uncommon to refer to this beautiful breed as the Japanese Akita. American Akitas also are popular, and these dogs may have higher energy levels than those from Japan. Akitas are large dogs and require regular walks and daily play sessions with their owners.

2. Bichon Frise: These small, cheerful pups require ample attention. Bichons typically weigh between 10 and 18 pounds, so owners are unlikely to be exhausted by daily play sessions, which are necessary to ensure the dogs do not become overwhelmed by separation anxiety.

3. Dachsund (standard): These highly affectionate dogs typically weigh between 16 and 32 pounds. Dachsunds' stature can be deceptive in relation to their energy levels, as the American Kennel Club notes these dogs love to play and can even make for fine watchdogs. Ample exercise is vital to ensure dachsunds don't gain a lot of weight, and physical activity also helps them build strong muscles that support and protect their backs, which are lengthy

and therefore vulnerable to disc damage if the dogs don't stay fit.

4. French bulldog: French bulldogs do not require an especially high level of exercise. According to the AKC, a short walk or outdoor play session should be enough daily exercise for these lovable, bat-eared pups to stay in shape. Like English bulldogs, French bulldogs are flat-faced, which means they should be monitored closely and prevented from exerting themselves in hot or humid weather.

5. German shepherd: German shepherds are large, agile and muscular, and those characteristics alone likely give prospective owners an idea of what to expect from these beautiful dogs in relation to exercise.

The AKC notes German shepherds are very active and athletic, so they will need lots of exercise. Without sufficient exercise, German shepherds may develop problematic behaviors.

Careful consideration of a breed's energy levels and exercise requirements can ensure families find a dog that will suit their situations and schedules at home.

## What happens during a concussion?

Concussions happen with some regularity during car accidents and sporting events. People may think of concussions as minor injuries, but they are traumatic brain injuries that can have lasting effects.

The Mayo Clinic says a concussion can affect brain function and lead to symptoms like headache and problems with concentration, memory, balance, and coordination. Concussion can occur when a person receives a blow to the head or the head is violently shaken. The Centers for Disease Control and Prevention says this sudden movement causes the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging brain cells. Sometimes people lose consciousness during a concussion, but many times they do not. There is no specific medical test that will show a concussion, such as an MRI or X-ray. However, doctors use diagnostic tools and patient histories to determine if the brain was concussed. Sometimes one pupil of the eye may be dilated more than the other, which could be an indication of a structural brain injury.

The brain is complex, so many differ-

ent symptoms may arise after a concussion. The Concussion Legacy Foundation says physical symptoms include balance issues, blurry vision, ringing in ears, and headaches. Some people experience sensitivity to light. Cognitive symptoms may involve memory issues, attention deficits, difficulty multitasking, and more. Some people experience sleep-related symptoms that include sleeping more or less than usual. It also is common for those with concussions to experience emotional issues like panic and anxiety, or even irritability.

Anyone who suffers a head injury should be immediately seen by a doctor. If a concussion is suspected, treatment typically involves getting plenty of rest, both sleep at night and naps or rest breaks during the day, says Johns Hopkins Medicine. A doctor will likely advise avoiding particular physical activities and sports during recovery, and may prescribe certain medicines if a headache is persistent.

Concussions require immediate medical attention. Repeated concussions can cause lasting brain injury.

*Some things to think about*

Gathered from the internet by *Jack Barnes*



I can't believe I forgot to go to the gym today. That's 7 years in a row now.



On a positive note, you are now too old to have a midlife crisis

My super power is holding onto junk for years and throwing it away a week before I need it.

AT MY AGE, ROLLING OUT OF BED IN THE MORNING IS THE EASY PART. GETTING OFF THE FLOOR IS A WHOLE OTHER STORY.

I LIKE TO MAKE LISTS. I ALSO LIKE TO LEAVE THEM LAYING ON THE KITCHEN COUNTER AND THEN GUESS WHAT'S ON THE LIST WHILE AT THE STORE. FUN GAME.

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