

# The Courier

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## Candidates give thoughts before results announced

By Kelsey Reichenberg

The meetings and campaigning are coming to an end and the Ocean Pines community and the eleven candidates will discover who will fill the three open seats on the Ocean Pines Association (OPA) board of directors.



Brett Hill

This year's election has focused on the management of the association and in particular the effectiveness of general manager Bob Thompson, whose tenure in that role could be affected by who is elected.



Larry Perrone

With just a few days before the election results are announced at Saturday's annual meeting, *The Courier* reached out to the candidates to get their thoughts as the election winds down. The candidates were asked two questions: Do you have any thoughts leading up to the results being announced; and what have you learned during the campaign process?



Steve Lind

*The Courier* reached out to each of the eleven candidates for comment. Only four responded to our request by press time: Brett Hill, Larry Perrone, Steve Lind and Frank Daly.



Frank Daly

In response to the first question, Hill commented, "The election process has been a great experience. Seeing so many people, both other candidates, and members of the community, who are participating in the process shows how much people in our community care about protecting its value going forward. I truly hope the election results reflect that passion

that I am seeing every day in Ocean Pines. As a new full time resident, I can fully relate to the part time residents and investors who might not be fully engaged in the daily activities of the com-

please see **candidates** page 3



**Flounder Tournament** - The ninth annual Ocean Pines Chamber of Commerce Flounder Tournament attracted 201 fishermen last Saturday. Above are top finishers: **Preston Walls** (3rd place), **Vince Cannuli** (2nd place) and **Robert Densmore** (1st place). Photo by Chip Bertino

9th Annual OP Chamber Flounder Tournament			
<i>Calcutta</i>			
1st	\$852		
2nd	\$284		
3rd	\$142		
Name	length	weight	
1st Densmore	21 1/8	C	3.44lb
2nd Cannuli	19 3/8	C	3.61lb
3rd Walls	19 3/8	C	3.36lb
4th Cropper	19 3/8	C	3.22lb
5th Pinca	18 7/8	C	2.49lb
Morning will clean fish! \$5/fish			
Tournament Food Sprouts!!			

## Anglers to meet

The Ocean Pines Anglers Club will meet on Saturday, August 13 at 9:30 a.m. in the Ocean Pines library. A Power Point presentation of the Teach A Kid To Fish and Youth Fishing Contest will be shown as well as a special video presentation demonstrating the advantage of using circle hooks in both inshore and offshore fishing. All are welcome.4

## Free concert on the lawn

The Chesapeake Silver Cornet Brass Band will perform at the Berlin Heritage Foundation's third concert on the lawn this season on Sunday, August 14 at 6 p.m. This concert is co-sponsored by Berlin Main Street.

Bring a chair and a picnic to enjoy this free concert on the lawn of the Calvin B. Taylor House Museum at 208 North Main Street in Berlin.

The Taylor House Museum is open through the end of October on Mondays, Wednesdays, Fridays and Saturdays from 1 p.m. to 4 p.m. Group tours are available anytime by appointment.

For more information contact the Taylor Museum at 410-641-1019 or visit our website at [www.taylorhousemuseum.org](http://www.taylorhousemuseum.org).

## Jolly Roger tickets available

Join the fun at Jolly Roger Amusement Park and Splash Mountain on Sunday, August 14. Purchase a wrist band for \$25 to enjoy unlimited access to Splash Mountain between 10 a.m. and 6 p.m.; unlimited amusement rides from 2 p.m. to 6 p.m. and one round of mini-golf at either golf course from 10 a.m. to 6 p.m. Wrist bands are available at St. Luke-St. Andrew Parish Office at 14401 Sinepuxent Avenue in Ocean City between 9 a.m. and 3 p.m. Monday through Thursday; Friday from 9 a.m. to noon and after masses (4 p.m. and 5:30 p.m.) on Saturday, August 13 after and Sunday masses (8:30 a.m., 10 a.m. and 11:30 a.m.) on August 14 at both St. Luke and St. Andrew. Wristbands are non-refundable. Call St. Luke's Parish Office at 410-250-0300 for additional information.

## WCCW to meet

The Worcester County Commission for Women (WCCW) will meet on Tuesday, August 16, between 5 p.m. and 6 p.m. at the Worcester County Board of Education located at 6270 Worcester Highway in Newark. The purpose of the WCCW is to promote social, education, and economic equality for women in Worcester County. The meeting is open to the public and women of all ages are invited to attend.

The group seeks volunteers for short-term assignments such as grant writing, fundraising, and event planning. For information, contact Chair L. Eloise Henry-Gordy at 443-235-3124.

## Church to hold yard sale

The Church of the Holy Spirit will hold a yard sale on September 24 from 7 a.m. till noon. The church is located at Coastal Highway and 100<sup>th</sup> St. Call the church office at 410-723-1973 for more information.



**Honoring Heroes** - Hogs & Heroes recently donated 75 American flag blankets to Coastal Hospice. The non-profit organization presents them to the veterans in their care as part of their "We Honor Veterans" program. Funds for the blankets were raised by Professor Paula Morris' Advertising and Promotions class at Salisbury University, who asked Hogs & Heroes to use the donation for a worthy cause. Pictured left to right: Hogs & Heroes members Marc "Joker" Pixley, Stacy "Gypsy" Pixley, Leisha "Shutterbug" Alley, Brice "Brewster" Long, Michael "Sandman" Sandoe and Joe "Lil Joe" Abbot with Nancy Stewart, coordinator of the We Honor Veterans program for Coastal Hospice.

## Rackliffe House to present evening of music

On Friday, August 26 at 7 p.m., Rackliffe House Trust will present an evening of chamber music in Berlin. The concert at Buckingham Presbyterian Church in downtown Berlin will feature internationally acclaimed musicians Elena Urioste (violin), Benjamin Beilman (violin), Matthew Lipman (viola), and Nicholas Canellakis (cello), performing a program of classical chamber music with an American theme. Tickets (\$20 adults, \$10 children under 12) are on sale now online at [www.rackliffe-house.org](http://www.rackliffe-house.org), The Atlantic Hotel, Dazzle in Ocean Pines, and The Dunes Manor in Ocean City. Proceeds from ticket sales will benefit the continued restoration and community program development of historic Rackliffe Plantation House near Assateague Island.

"We are delighted to partner with violinist Elena Urioste, who has family roots here, and her colleagues to create a special evening of chamber music for the community," said Carolyn Cummins, president of the Rackliffe House Trust. "Chamber music is an up-close and personal

music experience, and we are thrilled to be able to share the evening with our Eastern Shore neighbors and guests," she noted.

## Acclaimed violinist to perform in Berlin

Violinist Elena Urioste was recently selected as a BBC New Generation Artist and has been featured on the cover of Symphony magazine. She has given acclaimed performances with major orchestras throughout the United States including the Philadelphia and Cleveland orchestras; New York and Buffalo philharmonics; Boston Pops; and the Chicago, National, Atlanta, Baltimore, Detroit, Pittsburgh, Richmond, and San Antonio symphony orchestras. Abroad, Elena has appeared with the London Philharmonic Orchestra, Hallé Orchestra, BBC Symphony, BBC Philharmonic, BBC National Orchestra of Wales, Edmonton Symphony, Würzburg Philharmonic, and Hungary's Orchestra Dohnányi Budafok and MAV Orchestras. She has regularly performed as a featured soloist in Carnegie Hall's Stern Auditorium and given recitals in such distinguished venues as the Wigmore Hall in London, Carnegie Hall's Weill Recital Hall, Konzerthaus Berlin, the Sage Gateshead in Newcastle, and Bayerischer Rudfunk Munich.



"It has long been a dream of mine to bring a chamber music series to Berlin, Maryland, and through this di-

please see **music** on page 4

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**candidates**  
from page 1

munity, and I hope that they not only took the time to vote, but understand the importance of their vote and choosing the right candidate. Saturday the 13<sup>th</sup> could be a very exciting day for Ocean Pines, and I am honored to be a part of the process.”

When asked about what he learned during the campaign process, Hill responded, “The campaign process has taught me that there are really a lot of great, talented people that have a lot to offer our community, and that they really just need someone to be open to suggestions. The Board of Directors, regardless of individual opinions, needs to be open to the feedback from the community, and take action on that feedback as necessary. Communication is the key to success whenever multiple parties are involved, and in the case of Ocean Pines, you have over 8000 parties as members. The Board of Directors are supposed to represent that entire body, not just their own individual opinions. I hope that wherever the election results fall, we can get back to an organization that has open communications, and take advantage of the valuable resources in our community. Meeting so many of my neighbors over the last 3 months has been enlightening for me, and I hope the dialogue established during the election process continues with the new board.”

Perrone said, “My thoughts are that there are several candidates that will make good Directors. I am concerned about the candidates that are one issue (fire the GM) candidates. I hope whomever is elected will be able to work together as a team and avoid the childish majority vs. minority factions. The goal of every director should be to do the best thing for the entire community not just their benefactors or groups supporting them.

The coming few years will be very important for restoring the aging amenities to usable facilities.”

In response to the second question, Perrone stated, “I have learned that the politics for an unpaid, volunteer position is crazy. It is unbelievable that the election of board members is such a major deal. The community interest is excellent and assures that the community should get their concerns addressed if the elected candidates do what they say

they will do.”

Lind also commented on his thoughts leading up to the results of the election being announced. He said “I am glad that the campaign phase is over, and I’m looking forward to going to work for the property owners if they see fit to elect me. I’m cautiously optimistic about my chances. I have a huge local core of support but I guess that the unknown factor is the segment of the population that does not reside here.”

Lind also remarked, “Money (out of pocket and donations) plays a big part in the campaigns, and as we see on every level of politics, money can win an election. More signs, more

newspaper ads, more mailing to non-residents can mean votes. The sad truth is that some voters simply will not take the time to read the candidate statements, thus ‘name recognition’ plays a big part in getting elected. Another question is does money (donations) equal influence?”

Daly said “I would say that of the eleven candidates there is a fairly common agreement that the performance of our amenities and the maintenance of our existing facilities and infrastructure has been unacceptable and need to be addressed. As a homeowner I would hope that these issues become a top priority of the new Board.”

Daly also commented, “Our community of 8400+ homeowners is very diverse and this diversity contributes to the strength of our community. OP is a great place to live and the vast majority of the homeowners want to make it an even better place to live. There are a lot of ideas amongst the homeowners on how to make this happen; it is incumbent on the Board and the HOA management to listen to and understand the will of the owners and to implement their priorities.”

The results of the election will be announced during the annual meeting this Saturday at 10 a.m. in the Ocean Pines Community Center.

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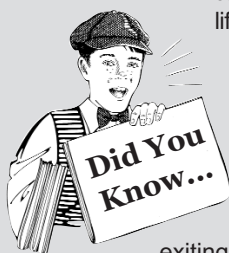
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## 2012 Business of the Year

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Jellyfish are a creature to look out for — many varieties have tentacles that can discharge venom-filled stingers into your skin, causing a sting. These can vary greatly in severity: They usually result only in a painful, red, irritated mark, though some types can cause severe and life-threatening injuries. Most jellyfish stings can be treated at home: If any tentacles remain stuck to the skin after exiting the water, remove them using a flat object (like a credit card). Do *not* rub them off with your hands (you don't want more stings!) or a towel (which can aggravate the sting even more). Rinse the sting with seawater (using fresh water may activate stingers that have not yet released venom). Next, deactivate the stingers: Rinsing with vinegar for at least 30 seconds works for some species, while a paste of baking soda and seawater works for stings caused by Portuguese man-of-war and sea nettle jellyfish. Finally, relieve pain by soaking the sting in hot water for at least 20 minutes. (Note: Despite the folklore, urinating on a jellyfish sting may actually cause the stingers to release more venom, rather than providing relief. Keep your pee to yourself, people.)



## Pickleball clinic scheduled

Worcester County Recreation and Parks staff announced that USA Pickleball Association Ambassador Vicky Sierber Keefer will be visiting the Worcester County Recreation Center (WCRC) in Snow Hill to put on a Beginner Pickleball Clinic & Demonstration.

Pickleball is a paddle sport created to be fun for all ages and skill levels. The rules are simple. The game is easy for beginners to learn, but can easily develop into a quick, fast-paced, competitive game for experienced players. Pickleball combines many elements of tennis, badminton, and ping-pong. The game is played with a hard paddle and a smaller version of a wiffle ball.

The clinic will take place on Wednesday, August 31, 2016 from 10:00 a.m. - 12:00 p.m. All equipment will be provided. The cost to participate is \$3, and the clinic is open to those ages 18 and older.

"The great thing about Pickleball is that it takes such little time to learn how to play," Program Manager Trudy Porch said. "After your first twenty minutes of instruction, you are well on your way to enjoying a new recreational sport that's great for all ages."

For more information, contact Program Manager Trudy Porch at 410-632-2144, ext. 2520 or tporch@co.worcester.md.us.



**Picnic fun** - The NARFE (National Association of Retired Federal Employees) Chapter 2274 held a successful picnic on Thursday July 28. The food was prepared by Monty Jones of the Lazy River Saloon at Frontier Town. **Arlene Page** (seated) is past president and organized the event. She is surrounded by fellow members. Photo by Anna Foulz.

## OPGCC to host championship

Ocean Pines Golf & Country Club will host its annual Men's Senior Championship on Saturday, August 20 with an 8 a.m. shotgun start.

The tournament is open to all men ages 50 and over who are Ocean Pines residents or Ocean Pines golf members. Players will be placed in flights according to age and will play from the gold tees.

Prizes will be given for low gross and net, flight low gross and net and closest to the pin. A prize will also be awarded for

the gross score closest to the golfer's age.

The cost for Ocean Pines golf members is \$35 per person plus applicable cart fees. The cost for nonmembers is \$70, which includes a cart. The entry fee also includes greens fees, donuts, drinks, beer, lunch and prizes.

Registration may be completed online at OceanPinesGolf.org or in person at Ocean Pines Golf & Country Club, located at 100 Clubhouse Drive in Ocean Pines. The deadline for registrations is Monday, August 15. For more information, call Ocean Pines Golf & Country Club at 410-641-6057.

## music

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verse, thoroughly enjoyable program, we look forward to beginning a beautifully symbiotic relationship between classical music and the people of Berlin," said violinist Elena Urioste. "At the same time, we are delighted to come together in support of Rackliffe House and its mission to show-and-tell the history of colonial Eastern Shore life. When various art forms converge the impact of each is made even greater, and we are so excited to share our art form with such an historic, charming place."

The Friday evening public concert will be preceded by a donor event on Wednesday, August 24 at the Isle of Wight Bay home of Kathy and Mark Clark. Violinist Elena Urioste and cellist Nicholas Canellakis will play a program of violin/cello duos. A champagne and dessert reception will provide patrons with the opportunity to meet and converse with the musicians and fellow attendees. A limited supply of 60 tickets (\$100 each) are available at [www.rackliffehouse.org](http://www.rackliffehouse.org).

For accomplished young string players, a free master class will be conducted by Elena Urioste on Thursday, August 25. The location and time of the class will be determined based on participation. For more information and to register, contact RackliffeHouse@gmail.com.

Rackliffe House is a notable 18th century plantation house overlooking Sinepuxent Bay, recently restored and furnished to tell the story of the early seaside merchant-planters life on Maryland's Eastern Shore. The Berlin, MD historic home is managed by The Rackliffe House Trust, a private non-profit foundation, in partnership with the Maryland Department of Natural Resources.

## Crab, chicken feast scheduled

The Church of the Holy Spirit is having a crab/chicken feast on October 9 from 2 p.m. to 6 p.m. at the church. Food will be served until 5:30.

The feast includes crabs, fried chicken, hush puppies, cole slaw, iced tea, lemonade and coffee. Do bring your own mallets. Desserts will be available for \$1.

There will also be a Chinese auction, with lots of interesting bid items.

Tickets are \$35 for ages 10 and above; \$15 for those 10 and younger. Tickets, available at the church, are limited.

The church is located at 100<sup>th</sup> St. and Coastal Highway in Ocean City; call the church office at 410-723-1973 or Monica at 443-235-8942 for further information.



# The pre-K coed

It was a big, big occasion on a recent Monday when my granddaughter started pre-K. For many days before she was excited, counting the days remaining to the start by the number of “sleeps” she had left.



## It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

She and her mother had shopped for school supplies, a memorable mother-daughter excursion I'm sure. By the time my wife and I arrived for a visit, the supplies were at the ready on a table in the garage. Boxes of crayons and tissues and wet naps and, of all things, Play Dough were waiting, a tantalizing reminder of the big day to come.

Several days before the “big day,” my daughter and granddaughter visited the school to meet the teacher. The visit apparently went well because when she returned, my granddaughter spent considerable time recounting the visit to me and my wife. She even spent time telling her soon-to-be two-year-old brother who listened very intently as if being told the secrets of life. However, once the movie “Cars” flickered on the television, his attention was diverted.

Although it is a public school, students are required to wear uniforms. These are not uniforms in the traditional sense that I remember as youngster at St. Albert the Great School when suit jackets and ties were worn by the boys and purple gray plaid skirts or jumpers were worn by the girls. Fortunately for the current crop of pre-K students at my granddaughter's school, uniforms consist of red sports shirts and khaki shorts or skirts. My granddaughter donned her shirt and shorts with great pride the first morning. As a special present, she was allowed to select her own shoes. Her choice? A pair of sneakers with lights that flashed with each step. Her teacher will love that, I'm sure. Once her hair was coiffed by her mother, our little girl was bursting with excitement, antsy to get the day started.



It was 6:45 a.m.

Always a trouper, she posed for many pictures, probably too many but that's what grandparents do. Not to be pushed aside, our grandson slowly but surely made his way into the pictures, smiling his cheesy grin that is endearing to his grandparents, but not so much to his sister who knew she was the star of the morning.

It was soon off to school; mother and daughter made their way out the door and into the car. We waved them off. When her mother arrived home, we were told the new co-ed bounced out of the car and sprang toward the school doors with hardly a good-bye to her mother.

A couple hours later, my wife and daughter picked up the newly minted school girl who was a chatterbox once at home, telling us about her teacher and all the new friends she made. Despite the glow of excitement about her adventures, she was disappointed that she wasn't able to use many of the supplies she and her mother had purchased. Her mother explained several times that she has all year to use the crayons and Play Dough. It didn't seem to assuage her disappointment.

The following morning, the getting-ready-for-school activity abounded sans photo session. My granddaughter had the routine mastered. Upon her return home, she seemed a little tired compared to the day before and in fact when

she was greeted by her brother who was excited to hear the day's report, our granddaughter, seemingly exasperated, held out her hands in front of her, palms out, and told her brother in a very businesslike sort of way, “I just got home. I'm not ready to talk now.” Without missing a beat, our grandson turned and headed off in another direction to see what mischief he could get into.

It's been a lot of years since my little girl went off to school for the first time. That day, so many years ago was a big one in our house. So big in fact that my wife and I, with our son in the backseat, followed the school bus to school. Pathetic, I know but ...

Watching our daughter's daughter head to school for the first time was very special. It seems like only yesterday when she was being given baths in the kitchen sink.

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## 'Wet Paint Sale' is Saturday

The paint may still be a little tacky on the canvasses, but the opportunity to buy original art created locally just hours before and meet the artists who created it is out of the ordinary on August 13 at the Ocean City Center for the Arts.

More than 50 artists will paint the picturesque spots of the Ocean City area during the annual "Artists Paint OC" plein air event Thursday through Saturday, August 11-13. They will then gather at the Arts Center on Saturday to hang their best work and offer it for sale from 6 p.m. to 8 p.m. at a free reception open to the public.

"En plein air" is a French expression that means "in the open air," used to describe the art of painting outdoors. Plein air events take place wherever the scenery is inspirational, artists congregate to paint it, and watchers gather to see the painters make art right before their eyes.

"Baltimore Magazine" recently listed "Artists Paint OC" in their "50 Reasons Why We Love Our Beach."

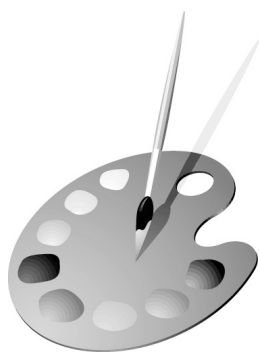
In 2015, a crowd of over 300 gathered at the Ocean City Center for the Arts for the opportunity to collect local, original art at affordable prices.

"We have people who come every year to see what their favorite artist created this time, as many artists return year after year," said Rina Thaler, executive director of the Arts Center. "Then we also welcome first-time visitors who may be decorating a home or condo and want something more original and local than a poster for their walls."

The entries for the Wet Paint Sale will continue on display at the Arts Center through August 27. All major credit cards are accepted, and Art League of Ocean City members received a discount on all purchases, including art.

The Ocean City Center for the Arts at 502 94<sup>th</sup> Street is the home of the Art League of Ocean City, a non-profit organization dedicated to bringing the visual arts to the community through education, exhibits, scholarship, programs and community art projects.

More information is available at 410-524-9433 or [www.artleagueofoceancity.org](http://www.artleagueofoceancity.org).



**Having fun -** (L-R) **Vic Scango, Lee Tilghman, Rose Scango and Agnes and Bill Shepard** at the South Gate Grille. Photo by Anna Foulz.

## Adult softball league to begin

Play some fall ball by joining the Ocean Pines Recreation and Parks Department's coed slow-pitch softball league.

This long-running adult league will be held on Wednesday evenings September 14 through October 26. Games will be played at the ball fields at Manklin Meadows Park.

A league meeting will be held on Wednesday, September 7 at 6:30 p.m. at the Ocean Pines Community Center. Team representatives are required to

attend.

Team rosters are limited to 20 players and must include at least two females, who are required to be on the field at all times.

The cost to participate in the league, which is open to Ocean Pines residents and nonresidents, is \$300 per team.

For more information or to register, please call the Ocean Pines Recreation and Parks Department at 410-641-7052.

## Sons of Italy to honor Foulz

Anna Foulz, a fixture in the Ocean Pines community, has been recognized by the Sons of Italy and will be awarded the organization's American Award. The award is presented to an individual who demonstrates extraordinary performances in public and private endeavors. The award will be presented to Anna during a gala on

October 22 in Hunt Valley, MD.

Anna and her late husband Carl founded Star Charities nine years ago. Anna has been recognized as being the longest living Girl Scout in the United States.



**Anna Foulz**



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## Federal laws protect bird nests

Be advised that tampering or disturbing bird nests is a federal offense under the Migratory Bird Treaty. All but three bird species, house sparrows, pigeons and starling, are protected by this federal regulation.

A local hotel was fined \$450 last month by the Natural Resource Police for removing nests and gathering over 40 gull eggs, which were well established and sadly, some were beginning to hatch.

During the next few weeks the Least Tern will start building nests on rooftops in Ocean City. This bird is on the Maryland threatened species list and is federally protected as well. The penalty for tampering with this species is significant.

## One-day safe boating class offered

Due to the interest of many boaters who wish to attend the state mandated Recreational Safe Boating Course but cannot attend during the standard three-week night sessions, the USCG Auxiliary will conduct a special, one day, Safe Boating Class.

The course will be held at the Ocean City library located at Coastal Highway and 100th Street on Saturday, August 27, from 10 a.m. to 6 p.m.

If you boat in Virginia, all personal watercraft operators age 14 and older and all motorboat operators regardless of age need to take a boating safety course.

This course meets the requirements of the Maryland Boating Safety Education Act that requires anyone born after July 1, 1972 to possess a Maryland Basic Boating Safety Certificate to operate a boat in the state of Maryland. Those attending and pass will receive a Maryland Boating Certificate.

Perhaps you are starting out in boating, or coming back to it, this is a great chance to brush up on your general boating knowledge and get practical boating insight and advice from Coast Guard Auxiliary Instructors. Besides the Maryland boating regulations, learn about safely navigating and piloting our local Ocean City waters, basic nautical knots, trailering a boat, safety equipment and maintenance.

Cost for the course is \$15 and includes all course materials. To register, or if you have questions, contact Barry Cohen at 410-935-4807 or by Email at CGAUXOC@Gmail.com.

Maryland Coastal Bays Programs is asking business owners and homeowners that find bird nests on their property to refrain from tampering with the nests. Should you have any questions or concerns in regards to a nesting event on your property, please contact either MCBP or the OCPD Animal Control Unit should the event be in Ocean City.

The US department of Agriculture USDA wildlife management services are allowed to destroy a certain amount of eggs and nests a year of certain species such as the herring and black back gulls. They will send their biologist to access a situation and remove eggs and nests. The number for this agency is 1-877-463-6497.

The Maryland Coastal Bays Program works with local, federal and state agencies to help protect bay species. Should you have a question or concern in regards to our local wildlife, contact Sandi Smith at sandis@mdcoastalbays.org or call 410-213-2297 ext. 106, and she will connect you to the correct organization to address your concerns.

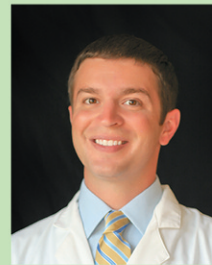
The Maryland Coastal bays watershed enjoys over 360 different types of birds.

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## Benefit set to benefit Klump program

"A Broadway Melody," a dinner and musical revue will be held Thursday, August 11 to benefit the Jesse Klump Suicide Awareness & Prevention Program. The event will feature local talent, a full dinner and silent and live auctions. It will take place 6:30 p.m. at The Blue Dog Café located at 300 N. Washington St. in Snow Hill. The cost is \$50 per person. For reservations call (410) 251-7193.

## Pines tennis camp to be held

The Ocean Pines Recreation and Parks Department will hold the final session of its All Aces Tennis Camp August 15 through 19 at the Manklin Meadows Racquet Sports Complex.

The five-day camp for ages 5-14 will be taught by Coach Erika Cook of Delmarva Beach Tennis. Cook was recently named "Best Youth Sports Coach in Worcester County" by "Coastal Style" magazine.

Participants will be individually evaluated and placed into groups by age and ability. They will need to provide their own age-appropriate tennis racquets; tennis balls will be available for use.

Camp will be held from 9-10 a.m. for ages five and six, 10:15-11:15 a.m. for ages seven through nine and 11:30 a.m.-1:30 p.m. for ages 10-14.

The cost for ages five through nine is \$90 for Ocean Pines residents and \$100 for non-residents. The cost for ages 10-14 is \$130 for Ocean Pines residents and \$140 for non-residents. Preregistration is required.

For more information or to register, call the Ocean Pines Recreation and Parks Department at 410-641-7052.

## Free women's heart screening offered

In the United States, one in four women dies from heart disease; screening and understanding of lifestyle and risk factors can help to reduce that number. That's why Peninsula Regional Medical Center's Guerrieri Heart & Vascular Institute is coming to the Ocean Pines on Tuesday, August 30 from 8 a.m. to noon to offer a free heart disease risk assessment for women on August 30. The screening includes: Fasting lipid profile (total cholesterol & HDL, glucose); ankle/brachial index; resting 12 lead EKG; body fat and body mass index; waist to hip ratio; blood pressure testing; pulse oximetry testing; grip strength test; risk factor analysis; review of current medications; follow-up care plan; exercise/nutrition recommendations.

The screenings will be aboard PRMC's Wagner Wellness Van at the Delmarva Health Pavilion Ocean Pines, located outside the North Gate. Call 410-543-7026 to schedule a free Women's Heart Screening appointment.

## Boating course offered

Ocean City Power Squadron, a unit of the United States Power Squadrons, will present America's Boating Course. The boating course will be given at the Ocean Pines library, on Thursday evenings starting September 1.

This is an eight hour course and will given each consecutive Thursday on September 1, 8, 15, 22 plus an exam on September 29. On the first day registration will be at 6:30 p.m., followed by the class starting at 7 p.m. the same evening. The course will be from 7 p.m. to 9 p.m. each evening. There is a \$15 fee for the course and material. Middle school and high school students are free.

Anyone born after July 1, 1972 must satisfactorily complete a safe boating class to operate a recreational vessel or personal watercraft in the State of Maryland.

This course covers basic boat handling, navigation, Federal and State regulations, rules of the road, aids to navigation, required equipment and much more.

For more information and a recommended early registration call 410-726-1509, 410-641-6535, 410-641-8040 or 410-208-9747.

## Courier Bookshelf

by Dolores E. Pike



### The Broken Shore

When searching the stacks at the Ocean Pines library for a summer read I wanted a detective novel but something different from the typical American authors I enjoy. I happened upon "The Broken Shore" by Australian Peter Temple and I was drawn to give it a try. The front cover blurb of the book intrigued me and made me want to know more about cops and a "cop-shop" from down under. Aussie terms will dominate the book such that the author posts a glossary at the back to help readers.

Detective Joe Cashin likes opera, his dogs and has a crush on a long lost love who has reentered his life but not all necessarily in that order. He is posted to a small coastal station in the area where he spent summers as a child. He is continuing a painful recovery from an attack by a perp driving his car as a weapon wherein Cashin's young deputy is killed. Needless to say his recovery needs both physical and mental healing. But that has to go on hold when a wealthy man is brutally beaten on his nearby estate and Joe is made senior in charge of the investigation. The only thing of value determined stolen is an expensive watch. Later when three Aboriginal youths try to pawn it in Melbourne the police believe they have their attackers. But before they can make an arrest one boy is shot, one dies in a car crash and the third commits suicide. Case over. Or is it? As Joe prepares to close the file a sordid story begins to emerge going back over 25 years. With this new information Joe is determined to clear the names of the boys.

What I liked most about this book was the construction of a multi-faceted main character, Joe, of whom readers learn about through a series of subplots. There is corruption within the force; drugs in the community; a renewed romance; rebuilding his crumbling property; an unexpected

friendship and old and new issues with his extended family. However Mr. Temple does begin one sideline story of Joe's brother, which I believe is never fully fleshed out. Naturally the subplots involve multiple characters roaming in and about and I'm not sure I fully positioned them all into the proper pigeon-holes.

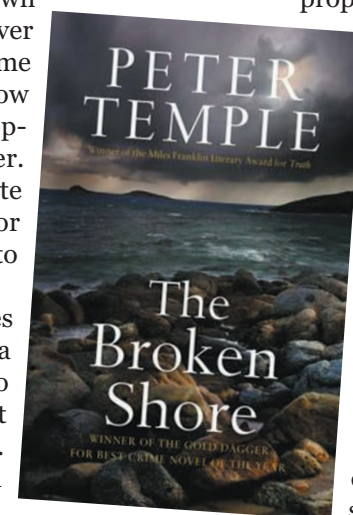
A man who clearly knows and loves dogs, the author paints a wonderful picture of Cashin's companionship with his two big black dogs, rescued from a grim existence. They brighten the story with their playfulness and mute an underlying darkness. For instance, "Cashin

looked at the dogs, splendid by the fire. They felt his gaze, raised heads, looked at him, sighed and sagged." And also, "A dog rose on the sofa and in an indolent manner put its paws on the floor and did a stretch, backside high above its head. The other dog followed suit." The undeniable love and loyalty of the dogs serves as a perfect balance to the seamy side of life that the man must face as a cop. Anyone who has ever owned a dog will recognize the affection and impatience of dog to master as portrayed here.

Tangential to the story the author moves freely around a major social issue in Australia - the burning hatred of some for the Aborigines. As described here they are contained in their own menacing side of town known as the "Daunt." As one character puts it, "...going into the Daunt...is like inviting a small "Black Hawk Down." And this prejudice is why Joe's bosses are eager to charge the three youth but then two of the deaths are ultimately laid figuratively on their doorstep.

As usual for me, I object to the lan-

please see **review** on page 13





*On the Road*

# Carlsbad Caverns, New Mexico

By **Chip Bertino**

We headed out shortly after 8 a.m. on Route 180 toward southeastern New Mexico from El Paso, TX. The destination: Carlsbad Cavern. I was joined by my wife, daughter and two grandchildren. Our drive was a fairly lonely one with few vehicles on the road. Before crossing into New Mexico we had to pass through a federal border patrol checkpoint.

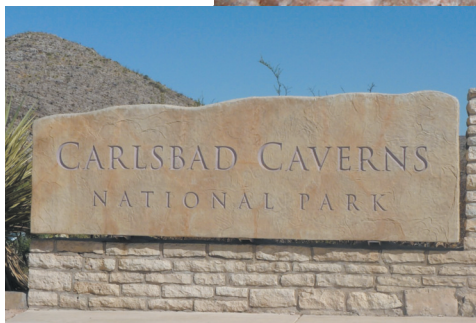
We climbed the Guadalupe Mountains, a breathtaking scene. The entrance to the cavern is at an elevation of 4,600 and offers spectacular vistas. The entrance fee to the National Park was reasonable, \$10 for each adult, the children were free.

There are four elevators that take visitors to the depths of the cavern, 750 feet below the Visitor Center. As we descended the thermometer made its own descent, dropping more than 40 degrees by the time the elevator doors opened.

The cavern's splendor is on view immediately. Calcite formations decorate the cave in the form of columns and what look like large icicles, known as stalactites. Because we had the children, we took the self-guided tour along meandering walking paths that stretched for about a mile and a quarter. The path was mostly flat and took us more than an hour to cover. We stayed mostly in what is named the Big Room, the largest chamber within the cavern sprawling more than eight acres. I overheard a Ranger say that more than six football fields could fit within the cave.

The features within the Big Room had names such as the Hall of Giants, the Totem Pole, the Doll's Theater and the Bottomless Pit which I learned goes

down about 140 feet. There were areas where pools of water glowed clear and bright thanks to low wattage lights placed strategically within the cavern.



According to literature about the site, Carlsbad Cavern is one of over 300 limestone caves in a fossil reef laid down by

an inland sea 250 to 280 million years ago. Twelve to fourteen thousand years ago, American Indians lived in the Guadalupe Mountains; some of their cooking ring sites and pictographs have been found within the present day boundaries of the park. By the 1500s, Spanish explorers were passing through present-day west Texas and southeastern New Mexico. Spain claimed the southwest until 1821 when Mexico revolted against her and claimed independence. Mexico, fighting the west-

ward expansionist United States in the late 1840s, lost the southwest to the U.S. In 1850, New Mexico Territory

was created, and for the next 30 years the cultural conflict between American Indians and the U.S. government continued. Eddy, New Mexico, the future Carlsbad, was established in 1888 and New Mexico became a state in 1912.

is the most famous and is fully developed with electric lights, paved trails, and elevators. Slaughter Canyon Cave and Spider Cave are undeveloped, except for designated paths for the guided "adventure" caving tours.

Lechuguilla Cave is well known for its delicate speleothems and pristine underground environment. Guano mining occurred in the pit below the entrance in the 1910s. After gaining permission from the national park managers to dig into a rubble pile where wind whistled between the rocks when the weather changed, cavers broke through into a room in 1986.

**A view in the Big Room**

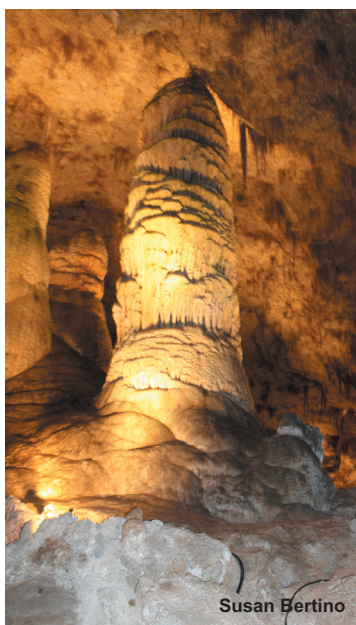
Photo by Susan Bertino

Over 120 miles of cave passage has been explored and mapped. It has been mapped to a depth of 1,600 feet, making it the second deepest limestone cave in the U.S.

The park is home to 17 species of bats, including the Mexican Free-Tail bat which is the most prominent. These bats emerge from the cave in a dense group around sunset between April to early November. No bats were sighted during our visit.

About 90 minutes after we entered the cave, we got on the elevator for the ascent to the Visitor Center. The hot air pressed against us as soon as the doors opened. We made the obligatory stroll through the gift shop to purchase an ornament for our Christmas tree and splurged a little on the grandchildren.

When describing Carlsbad Cavern, humorist Will Rogers said it was like "the Grand Canyon with a roof over it." Thinking of his comment on the drive home, I could not help but agree.



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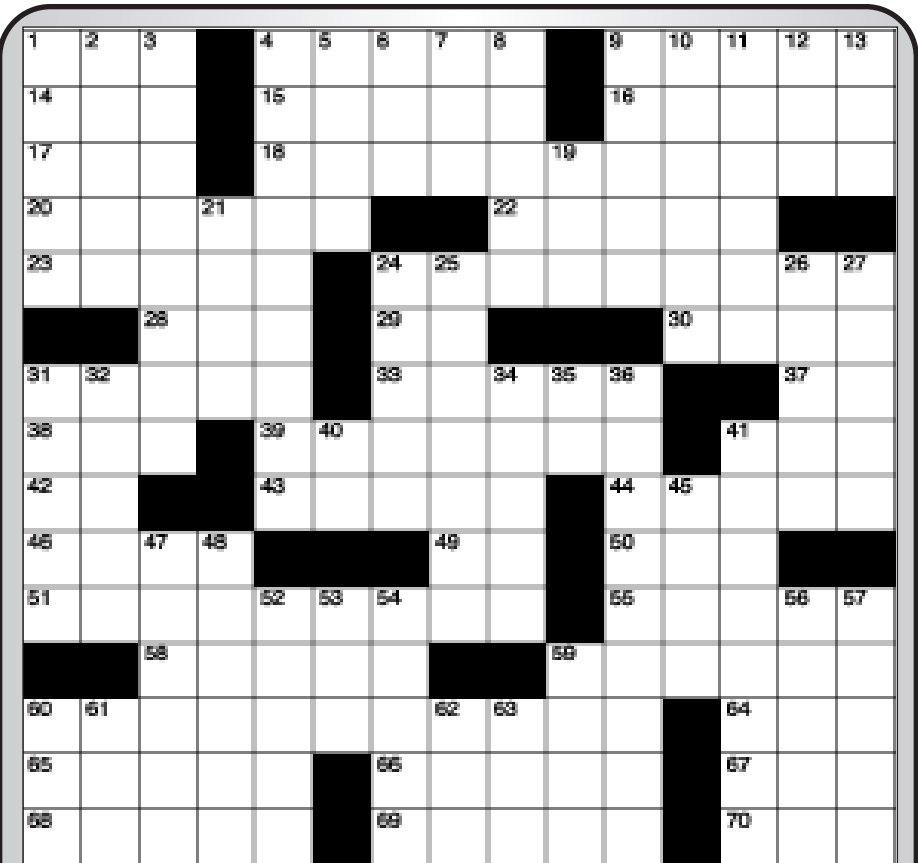
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OCEAN PKWY	Mankin Creek
A Bagel and...	

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**ACROSS**  
1. Greenwich Time  
4. English sailor mission-ary  
9. Type of wheat  
14. Wreath  
15. Hesitate  
16. Hollyhocks  
17. Not even  
18. Former talk show host  
20. Rugged mountain range  
22. Greek muse  
23. Ancient Greek comedy  
24. Jeopard-izes  
28. Singer DiFranco  
29. Calcium  
30. Employee stock ownership plan  
31. Gemstones  
33. Got the job  
37. Tantalum  
38. Red deer  
39. Not a pro  
41. Coffee al-ternative  
42. Aluminum  
43. Northern Italian language  
44. Smart \_\_: Wiseacre  
46. Sanskrit rulers (pl.)  
49. \_\_ hoc

50. Mousse  
51. Closures  
55. Russian lake  
58. Small lunar crater  
59. Appear with  
60. Beginning  
64. Type of Chinese lan-guage  
65. Jewish composer  
66. Sensation of flavor  
67. Payment (abbr.)  
68. High-class  
69. Clocked  
70. Midway be-tween east and southeast

**DOWN**  
1. Shine  
2. They spread the news  
3. Indicates water limits  
4. Determines value  
5. Capital of Okinawa  
6. Chinese river  
7. Sign lan-guage  
8. Passover feast and cere-mony  
9. Yemen cap-ital

10. A tributary of the Missouri River  
11. Sounds  
12. Andorra-La Seu d'Ourgell Airport  
13. Korean name  
19. A metal-bearing mineral valuable enough to be mined  
21. Outer layer  
24. African na-tion (Fr.)  
25. From Haiti  
26. Polish river  
27. Paul Henri \_\_, Belgian statesman  
31. Retailer  
32. Supreme being  
34. Tears into pieces  
35. European Union

36. Coerced  
40. She ran the Barker gang  
41. Send wire  
45. Optical de-vice  
47. \_\_ Bond, civil rights leader  
48. Cigar  
52. Spiritual being  
53. Possess  
54. Thomas \_\_, English poet  
56. Dials  
57. Sharp mountain ridge  
59. Pigeon shelter  
60. Month  
61. Letter of the Greek al-phabet  
62. A citizen of Thailand  
63. Suffix

S	A	M	P	S		P	E	T		P	A	R	D
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Answers for Aug 3

# That's how my garden grows...

By Betty McDermott



## Hello Fellow Gardeners,

Well, we have experienced a bit of a heat wave so far this summer but also have been blessed with a lot of rain. The weeds grow like “Topsy” and, of course, the vegetable plants are producing very well. I picked my first ripe tomatoes the third week in July and have more coming. My one cucumber plant is another story. It produced many blossoms but I could never find a cucumber. I blamed it on the bees as there is such a scarcity of them this year. As I was getting ready to hand pollinate the blossoms, I discovered a very large yellow-green cucumber that weighed at least two pounds. Cutting it open, the seeds were huge and upon tasting it, it was too bitter to eat. The very large leaves had hidden it very well from me. So, I guess I will have to look more carefully.

Some good news. My hummingbird friends have returned. They seem much smaller than the ones I had last year. Maybe they are the offspring of the pair I had last year. I am so happy they are back because they were not around through May, June and most of July this summer. They are very territorial and put on a show, dive bombing each other when around my two feeders.

Some gardening tips for August are as follows:

\*Fertilize roses monthly as well as any plantings in containers.

\*Fertilize chrysanthemums weekly until buds show color.

\*Continue summer rose care program of dead heading, spraying (for aphids and black spot) and watering at the base of the plant or bush as needed.

\*Cut older petunia stems back by two thirds and fertilize the plants for that last burst of color.

\*Order bulbs, roses, perennials, such as, day lilies, iris, peonies, ornamental grasses, shrubs, and bushes, if needed.

\*Continue to cut flowers and herbs for drying.

\*Remove weeds before they set seed and multiply.

\*Pull and compost spent annuals (you will be able to tell if “they have had it”).

\*Cut back early perennials and annuals to promote fall re-bloom.

\*Keep a sharp look-out for aphids,

Japanese beetles, lace bugs, mites, and whiteflies, and treat accordingly.

\* The beginning of September, sow cool season vegetables and salad green seeds so you can enjoy fresh spinach, lettuce, and kale.

\*Whatever plants show evidence of powdery mildew, water the soil rather than the plant. Our area is very prone to powdery mildew because of the high humidity level. Another common disease or blight is black spot and you may find the following information useful on both of these diseases.

Powdery mildew and black spot are common diseases of roses and other flowering plants, such as bee balm. Both diseases are very common here on the Eastern Shore of Maryland. For those homeowners who have irrigation systems, if the spray of water from these systems reaches these plants, spraying the leaves only adds to the problem. These plants prefer to be watered at the base and not on the leaves. Water on their leaves can cause powdery mildew and/or black spot on the leaves of such plants. What to do? First, allow plenty of spacing between plants for good air flow and light penetration. Remove any leaves affected or showing evidence on the plant as well as those which have fallen on the ground. Clean the area under the plant, add an inch or two of compost and fertilize the plant.

Cornell University has found that the following mixture is a good application for the problem. Mix one tablespoon of baking soda with a teaspoon of insecticidal soap, or light weight horticultural oil in a gallon of water; mix well and then apply as a spray early in the morning. Apply at the first sign of the disease and repeat weekly through the rest of the season. Neem is also a good organic control; follow the directions on the container.

Who said it is easy to be a good gardener and not have gardening problems? Just think of all you learn as you face each challenge and the pride you take in learning how to deal with each one.

“At the heart of gardening there is a belief in the miraculous.”

~Mirabel Osler





**‘Dawg Team’ in action**

The Kiwanis Club of Greater Ocean Pines - Ocean City was hard at work at the Pine’er Craft Show on Saturday August 6 at White Horse Park selling hotdogs, hot and sweet sausages with peppers and onions, hamburgers and other snacks and drinks to raise money in support of local youth. Shown L-R are **Joe Logisz, Ralph Chinn, Mary Logisz, Barb Peletier, Mary Evans, Joe Beall and Mike Evans.**

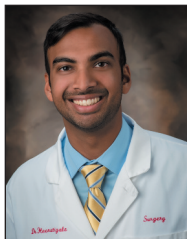
**Surgical associate joins AGH**

Atlantic General Hospital and Health System announced that Meshach Heenatigala, MD will join Atlantic General Surgical Associates in Berlin in the James G. Barrett Medical Office Building.

Dr. Meshach Heenatigala joins Atlantic General Surgical Associates from York Hospital in York, PA, where he completed a rural track surgical residency. He completed his medical degree at Albert Ein-

stein College of Medicine and his bachelor’s in chemical engineering at Columbia University. Dr. Heenatigala is a member of the Society of American Gastrointestinal and Endoscopic Surgeons and is an associate member of the American College of Surgeons. His passion lies in serving the local community, providing up to date care, and using minimally invasive techniques. He started seeing patients at Atlantic General Surgical Associates in Berlin on August 8.

Appointments with Dr. Heenatigala can be made by calling 410.641.9568.



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**Should schools reinforce cursive writing skills?**

Cursive writing lessons were once mandatory in schools. Many adults can remember cursive writing lessons on lined paper and time spent practicing this aesthetically appealing style of writing.

But thanks to technology and a growing reliance on computers to complete school assignments, handwriting skills are no longer stressed as much as they once were. In fact, some children never receive cursive writing instruction.

The absence of cursive writing lessons has led to a heated debate. Some people feel cursive writing is archaic and a waste of time, while others believe it is a relevant skill. Here is a look at both sides of the debate.

The pros of cursive writing Various experts and educators have weighed in on the lasting benefits of cursive handwriting. Here are just a few of the benefits proponents of cursive writing point to.

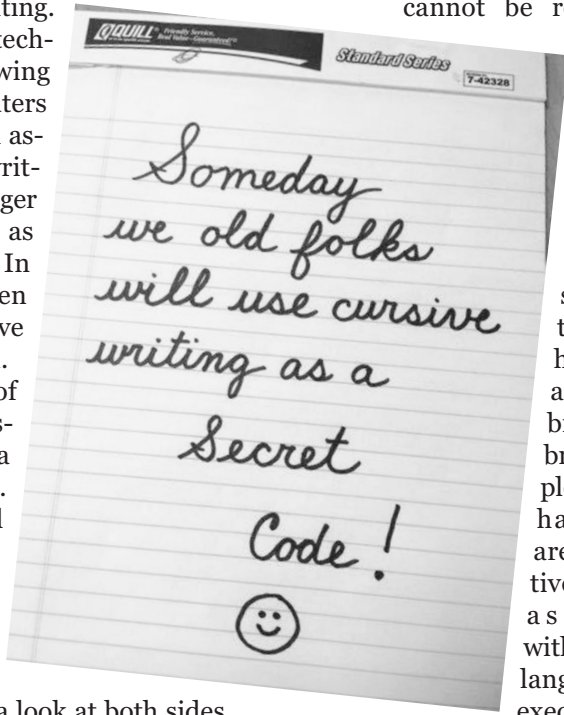
Cursive writing stimulates the brain. “Cursive writing helps train the

brain to integrate visual and tactile information, and fine motor dexterity,” Dr. William Klemm said in an article in “Psychology Today.” The skills developed from learning cursive writing cannot be replaced by

using a keyboard. In addition, MRIs have revealed an interesting relationship between handwriting and the brain. The brains of people with good handwriting are more active in areas associated with cognition, language and executive function than the brains of those with poor handwriting.

Cursive writing may promote focus. Writing things down by hand forces a person to slow down and formulate his or her thought. Handwritten notes may hold the advantage over computer-typed notes in terms of rec-

please see **cursive** on page 12



Tide and Sun Chart				
* tide is for Ocean City Fishing Pier. Add two hours for Isle of Wight tide				
DATE	HIGH TIDE	LOW TIDE	SUNRISE	SUNSET
Thur., August 11	2:01 a.m. 2:41 p.m.	8:15 a.m. 9:02 p.m.	6:12 a.m.	7:59 p.m.
Fri., August 12	2:57 a.m. 3:38 p.m.	9:05 a.m. 9:59 p.m.	6:13 a.m.	7:57 p.m.
Sat., August 13	3:53 a.m. 4:32 p.m.	9:58 a.m. 10:54 p.m.	6:14 a.m.	7:56 p.m.
Sun., August 14	4:47 a.m. 5:22 p.m.	10:51 a.m. 11:46 p.m.	6:15 a.m.	7:55 p.m.
Mon., August 15	5:38 a.m. 6:10 p.m.	11:43 a.m.	6:15 a.m.	7:54 p.m.
Tues., August 16	6:26 a.m. 6:56 p.m.	12:34 a.m. 12:33 p.m.	6:16 a.m.	7:52 p.m.
Wed., August 17	7:13 a.m. 7:41 p.m.	1:19 a.m. 1:21 p.m.	6:17 a.m.	7:51 p.m.

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**cursive**  
from page 11

collection of facts.

Cursive writing may help students with dyslexia. Dyslexia is a language processing disorder that can hinder reading, writing, spelling and sometimes even speaking. According to the International Dyslexia Association, when writing cursive, the words jotted down become a unit, rather than a series of separate strokes, and that may contribute to better spelling. And since all lowercase cursive letters begin on the line, fewer of them are likely to be reversed.

The cons of cursive writing  
There are various reasons why peo-



ple think lessons in cursive writing are unnecessary. Cursive writing is only used in signatures. Cursive writing is seldom used except for signatures. Even then, e-signing and online transactions have removed the need to write in cursive. Typing on a keyboard should take precedence. Many parents and educators believe that cursive writing les-

sons do little to prepare young students for an increasingly digital world. Such opponents of cursive writing suggest keyboarding lessons should take precedence over teaching handwriting skills. Teachers have admitted that cursive writing lessons take a lot of time, and many simply cannot devote classroom time to them. Digital texts make it obsolete. Some argue that those who do not know how to read in cursive can never understand historical texts or early manuscripts. However, so much has been transcribed into digital texts that this argument is seen by many as outdated. Cursive writing may be going the way of the dinosaur. But the debate about the value of cursive writing figures to continue.



**Honors** - Berlin resident **Tameya Dashae Tingle**, a Salisbury University student majoring in Respiratory Therapy, was recently named to the University's Dean List for the Spring semester. To achieve the dean's list distinction, students must carry a full program of at least four courses, have a quality point average of 3.5 or greater out of a possible 4.0 and carry no single grade lower than a C during the college career. During the fall semester Tameya will do her clinicals at PRMC.

# CLASSIFIEDS

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Or email to [weremember@jessespaddle.org](mailto:weremember@jessespaddle.org)

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# Community Calendar

When submitting items for the calendar please include the event name, date, where held, time and a little about the event. Items being considered for the calendar need to be in by noon on Friday. E-mail to [thecourier@delmarvacourier.com](mailto:thecourier@delmarvacourier.com)

## Mondays

### **Ocean Pines Poker Club**

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

Open every Monday through October: **Historic St. Martin's Church Museum.** 1-4 p.m. 11413 Worcester Highway, Showell, MD. For more information, call 410-251-2849

### **Sweet Adelines**

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

## Mon. & Tues.

### **Sanctioned Duplicate Bridge**

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

## Mon., Wed. & Sat.

### **Church Thrift Shop**

OC Baptist Church's Thrift Shop by Seaside Christian Academy behind White Marlin Mall open 10 a.m.-2 p.m. Mon. & Wed., 9 a.m. to 3 p.m. Sat. Call 410-251-6971.

## Tuesdays

### **Families Anonymous**

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

**Take off Pounds Sensibly Meeting.** Berlin group No. 331, Worcester County Health Center 9730 Healthway Dr., Berlin, 5:30-7:00 p.m. TOPS is a support and educational group promoting weight loss and healthy lifestyle. It meets weekly on Tuesdays. Info: [jean-duck47@gmail.com](mailto:jean-duck47@gmail.com)

## Tuesdays and Thursdays

**Poker players** wanted for Gentlemen's Poker in North Gate

area Ocean Pines. Game played every Tuesday & Thursday evening 5:45 p.m. to 10:45 p.m. on Pinehurst Rd. Ocean Pines. Call 410-208-0063 for more information.

## Wednesdays

### **Kiwanis Club Meeting**

Weekly meetings at 8 a.m. on Wednesdays in the Ocean Pines Community Center. Doors open 7 a.m. October through April.

### **Elks Bingo**

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

### **Delmarva Hand Dancing**

Dancing at The Fenwick Inn in Ocean City from 5:30 to 9 p.m. Contact 302-934-7951 or [info@delmarvahanddancing.com](mailto:info@delmarvahanddancing.com)

### **Rotary Club**

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

### **Square Dancing**

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

### **AL-Anon/OP-West OC-Berlin**

Wednesday Night Bayside Beginnings Al-Anon family meetings are held at the Ocean Pines Community Center at 7:30 p.m.

## Wed., Thurs., Fri. & Sat.

### **Church Thrift Shop**

The Shepherd's Nook at Community Church at Ocean Pines is open 9 a.m. to 1 p.m. Call 410-641-5433.

### **Diakonia Thrift Shop**

'Used to be Mine' offers clothing, furniture, household items and more. Proceeds benefit Diakonia shelter and pantry. Located at

Rte. 611 and Sunset Ave. Open 10 - 4. Call 410-213-0243.

## Thursdays

### **Story Time**

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

### **Beach Singles**

Beach Singles 45 for Happy Hour at Harpoon Hanna's at 4 p.m. Call Arlene at 302-436-9577, Kate at 410-524-0649 or Dianne at 302-541-4642.

### **Legion Bingo**

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

### **Gamblers Anonymous**

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

## Fridays

### **Knights of Columbus Bingo**

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

## PRMC to offer diabetic classes

Peninsula Regional Medical Center is sponsoring Wednesday evening and Thursday afternoon diabetes self-management education class sessions start to discuss healthy eating, activity, monitoring, medications, healthy coping, risk reduction and other self-management skills to help assist with diabetes control.

The evening class session will meet at the Medical Center on five consecutive Wednesdays from 6:30 to 8:30 p.m. beginning August 17. The afternoon class session will meet at the Medical Center on five consecutive Thursdays from 1:00 to 3:00 p.m. beginning August 18. All classes are taught by certified diabetes educators.

*please see **prmc** on page 15*

## review

*from page 8*

guage that authors feel they must employ to either inject a note of reality or make their work acceptable to more readers. Certainly that is the case here and mentioned to alert sensitive readers, especially as the story winds to a close with some sadists whose villainy made me out and out wince.

In "The Broken Shore" itself we uncover a lot that is broken here and in need of mending – a man, a culture, a house, a love affair, family relationships, etc. Even with the glossary, this book can be a challenge as you work through Aussie references and characters, though speaking English, put a different spin on our shared language. But overall the book presents an exciting and well-constructed read.

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:

[thecourier@delmarvacourier.com](mailto:thecourier@delmarvacourier.com)

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## Preventing sunburn and skin cancer

Sunburn can be a painful, unsightly consequence of too much unprotected time spent in the sun. But sunburn is more than just a temporary nuisance. According to the Skin Cancer Foundation, sunburn can cause long-lasting damage to the skin and increase a person's risk of developing skin cancer.

Sunburn tends to be so common, particularly during the warmer months of the year, that many people may consider it a relatively harmless byproduct of spending time outside under the sun. But the United Kingdom-based charitable organization Cancer Research UK notes that getting painful sunburn just once every two years can triple a person's risk of developing melanoma, the most dangerous form of skin cancer. A better understanding of sunburn and its relationship with skin cancer may encourage more people to prioritize protecting their skin when spending time in the sun.

What is sunburn?

Sunburn occurs when the DNA in skin cells has been damaged by UV radiation. Many people associate sunburn with skin that peels or blisters, but any skin that turns pink or red in the sun has been sunburnt.

Am I always vulnerable to sunburn?

Though many people may only get sunburns on hot days, that is not because the skin is not susceptible to sunburn year-round. In fact, sunburn can occur any time of year because it is caused by ultraviolet radiation, which has nothing to do with the temperature. Many people only spend time outdoors on hot

days; hence, the reason they may only suffer sunburn in late spring and summer. Since sunburn can occur at any time of year, it is imperative that skin is covered up and sunscreen is applied regardless of what time of year a person is enjoying the great outdoors.

Am I out of the woods once my skin peels?

People who have experienced sunburn may have noticed their skin peeling in the days after they were burned, though not every sunburn victim's skin peels. Peeling is how the body rids itself of the damaged cells that can lead to cancer. But just because a sunburn victim's skin peels post-sunburn does not mean that person has necessarily dodged the skin cancer bullet. Some damage may remain after skin peels, and that remaining damage can still make sunburn sufferers vulnerable to skin cancer.

I've been sunburned. Now what?

A sunburn, even a particularly bad sunburn, does not guarantee a person will develop skin cancer. But frequent sunburns increase a person's risk of the disease, so people who have been sunburned, whether it is just once or several times, should revisit what they are doing to protect their skin before going back out in the sun. Wearing protective clothing, including long sleeve shirts and protective hats, and applying strong sunscreen with a minimum sun protection factor, or SPF, of 30 are just a couple of ways to protect skin from sun damage.

More information about sunburn and skin cancer prevention is available at [www.skincancer.org](http://www.skincancer.org).

Wine About It...

## Vermont Wines from the Boyden Valley Winery

By **Jean Marx**

What is a summer vacation without a road trip? As with last summer, my family and I ventured to the Northeast, but this year we hit some new stops along the way. As a way to commemorate each new stop, we purchased some local wines. It made the long road trip a little more festive when we knew we had some new wines to look forward to at the end of our drive.

Our first destination in our vacation was the lovely state of Vermont. All the photographs you see of green pastures with cows on the rolling hills are true. Vermont is not only a green state in its lush pasture land but also in its organic farming practices. One such family calling Vermont home for over 100 years is the Boyden family who owns the Boyden Valley Winery.

We were first attracted to these wines by the distinctive name of one of them, the "Cow Tipper." This label made us smile, and in reading the wine's flavor profile, we knew we wanted to try it. It is a semi-dry white wine similar to a Riesling with flavors of apricot and pear. The light, refreshing taste it suggested is exactly what the wine delivered. We enjoyed it with a peppered chicken dish we were serving that evening; its light, semi-sweet taste was a great compliment to the chicken.

The second wine we tried from the Boyden Valley Winery was the Cranberry. This is a semi-dry rosé blending grapes with cranberries that are grown in Fletcher, Vermont. We enjoyed its tart, crisp flavor with cheese, salami, and crackers. Again, it was a very light flavor that fit right in with sitting out on the porch enjoying happy hour. The wine's label offered a serving suggestion in line with last month's column, and that was to add a lime seltzer to the

*prmc*  
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Registration is required. The cost of the five-week program may be reimbursed by insurance or Medicare. For more information or to register, please call the Peninsula Regional Diabetes Education Program at 410-543-7061.

wine over ice for a refreshing spritzer.

The Boyden Valley Winery boasts a total of ten wines as well as hard ciders and cream-based liqueurs. Three wines similar to the Cranberry are the Rhubarb, Blueberry, and Vermont Maple Reserve.

They are sweet wines using fresh, local ingredients grown on the winery grounds. The grounds encompassing the farm and winery cover over 800 acres. Frederick and Phila Boyden purchased the farm in 1914, and they cultivated the land along with



their nine children. Today, it is the great-grandchildren of Frederick and Phila — David, Mark, and Stephanie — who are continuing the family's farming traditions. The winery was one of the first licensed wineries in Vermont when David and his wife Linda successfully transplanted hybrid grapes from Minnesota in 1996. It was while waiting for the first harvest that David and Linda tried creating fruit-based wines that included the Cranberry wine we enjoyed.

The winery is open year-round where guests are invited to witness the entire wine-making process. The winery even hosts weddings in their "wedding barn." As you stroll the grounds, you can see where the wines are fermented in stainless steel tanks that are carefully temperature-controlled. Many of these tanks have been converted from their original use as milk tanks when the farm had dairy cows. The red wines offered by the winery, including the Big Barn Red and the Riverbend Red, are aged in French Oak casks.

As with any road trip, there are bound to be bumps in the road — in our case it was a flat tire as we made our way across the state. Fortunately we were on our way again in a short time, and with fun memories, views of beautiful countryside, and a couple of empty bottles of delicious wine to mark our excursion.



## Use caution when encountering animals on the road

In the summer of 2015, a video of dozens of cars swerving to avoid a family of ducks crossing a busy Minnesota freeway went viral. While no people or ducks were injured in that incident, impromptu animal crossings are a potential hazard on roadways where drivers are unaccustomed to sharing the road with four-legged counterparts. In the wake of the video, state officials urged drivers not to stop for animals because of the hazards posed by sudden stopping.

Drivers may have mixed feelings on whether or not to put their lives in jeopardy to save an errant animal, but sometimes there is little time to make a decision. As more neighborhoods and roadways infringe on natural habitats, incidents of animals on the roadways figure to increase. Deer, moose, elk, and smaller animals can wander out onto busy roads, and there is no foolproof way to prevent it.

According to State Farm Insurance, roughly 1.5 million animal-car accidents occur each year, resulting in 10,000 injuries, 150 deaths and \$2,500 in property damage on average. Knowing what to do when encountering animals on the road

can help drivers avoid accidents and injuries.


Experts advise drivers to remain in their lanes and to attempt to slow down as quickly as possible when encountering animals on the road. Move slowly in the direction the animal was coming from if it is safe, as animal instinct is to dart out in the direction it was going.

Be aware of your surroundings at all times. Scan the edges of the road to see if animals are present. Dawn and dusk are key times for animals to be on the move looking for food. Autumn is both hunting and mating season for deer, and they tend to travel a lot during this time of year.


Obey speed limits and take signs warning of animal crossing hotspots seriously.

Should you hit an animal, do not exit the car and approach it. Injured animals can be dangerous, with pain driving them to flail, kick or bite.

Sharing roadways with animals is tricky. Remaining alert, slowing down in highly populated wildlife areas and avoiding swerving can reduce risk of accident or injury.




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