

# The Courier

July 19, 2017 Volume 17 Number 45

Get *The Courier* delivered free to your electronic reading device each week. Go to [www.delmarvacourier.com](http://www.delmarvacourier.com) to sign-up. All the news and all the ads at your fingertips.

## Hospice achieves highest recognition

In order to better serve the veterans in hospice care, Coastal Hospice & Palliative Care has completed Level 4, the highest recognition, of the "We Honor Veterans" program to provide specialized care to veterans who are facing a life limiting illness.

The achievement of Level 4 reflects the organization's continuing commitment and dedication to delivering to veterans quality end-of-life care that honors their service and its impact on their lives.

The National Hospice & Palliative Care Organization and the Department of Veterans Affairs jointly developed the We Honor Veterans program to empower hospices and other healthcare providers across America to meet the unique needs of seriously ill veterans and their families.

"By reaching this milestone, Coastal Hospice proudly stands among those organizations dedicated to honoring our veterans with the respect and dignity they deserve," Nancy Stewart, coordinator for the We Honor Veterans program at Coastal Hospice, said.

By identifying the unique needs of veterans, Coastal Hospice is able to accompany and guide veterans and their families who face life limiting illness toward a more peaceful ending. In cases where there are specific needs related to the veteran's military service, combat experience or other traumatic events, Coastal Hospice finds tools to help support the veteran patient.

"It is time that we step up and acquire the necessary skills and fulfill our mission to serve these men and women with the dignity they deserve," J. Donald Schumacher, president and CEO of the National Hospice & Palliative Care Organization, said.

"The Veterans Administration shares a common goal with our nation's hospices, and that is to provide the best possible care specifically tailored for veterans," Thomas Edes, director of the VA's Home and Community Based Care, said.



Brigadier General USA (Ret.) **Robert A. Harleston**, who volunteers for Coastal Hospice's We Honor Veterans program, presents an American flag blanket of honor to patient **Charles Walls**, who served in the Army and Marines for 30 years. See story at left.

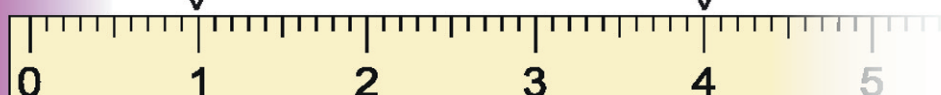
*Give us an inch,  
we'll take you miles*

[peninsula.org/courlercancer](http://peninsula.org/courlercancer)

When it comes to lung surgery, we reduce your hospital stay and the size of your scar.

Robotic Surgery

Traditional Surgery



**PENINSULA  
REGIONAL**  
MEDICAL CENTER  
RICHARD A. HENSON CANCER INSTITUTE



# Community Calendar

# July

*Brought to you by Law Offices of Patricia Cleary*

## K of C to host breakfasts

The Knights of Columbus will host an All You Can Eat Breakfast buffet on the second and fourth Sundays during June, July, August and September. Breakfast items will include scrambled eggs, pancakes, French toast, creamed chipped beef, biscuits, sausage, bacon and toast.

The cost is \$10 for adults and \$6 for children ages eight and younger. The event will occur at Columbus Hall located at 9901 Coastal Highway in Ocean City. Call 410-524-7994 with questions.



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

## Craft fair planned

Plans are underway for a craft fair in White Horse Park on Saturday, August 5. The Pine'er Craft Club has been sponsoring this craft fair in the park for 40 years. Crafters come from neighboring states as well as local areas to display and sell their hand crafted items. There is something for everyone – jewelry, decorative items, hand painted décor, stitchery items.

There are still spaces available, so if you have a handcrafted item and would like to secure a space in the fair, contact Lois Schultz at 215-888-7147. The club also sponsors a bake sale at the event with cakes, pies, and cookies for sale.

The Pine'er Craft Club operates the Artisan & Gift Shop located in the small building in front of the Ocean Pines Community Center. A peek in the windows will allow you a glimpse of the items created by craft club members. The shop is open every Saturday 9 a.m. to 3 p.m. and every Sunday 10 a.m. to 3 p.m. Credit cards are accepted.

The craft group meets on the third Thursday of each month at the Ocean Pines Community

Center. Refreshments are offered at 9:45 a.m. with a business meeting beginning at 10 a.m. During some meetings a special craft project is offered. In recent months, the group has done glass etching, created beaded watchbands, and made favors for local Meals on Wheels recipients. For additional information please contact President Sharon at 410-208-3032.

## Auction to be held

The Church of the Holy Spirit is having a Quarter Auction at the church on Monday, July 24. The doors will open at 6 p.m., and the games start at 7.

Food will be available for purchase.

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

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

## Monday

### Ocean Pines Poker Club

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

### Sweet Adelines

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

## Monday/Tuesday

### Sanctioned Duplicate Bridge

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

## Tuesday

### Families Anonymous

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

## Tuesday/Thursday

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

## Wednesday

### Kiwanis Club Meeting

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

### Elks Bingo

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

### Delmarva Hand Dancing

Dancing at The Fenwick Inn in Ocean City from 5:30 to 9 p.m. Contact 302-934-7951 or info@delmarvahand-dancing.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.

## Square Dancing

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

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

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

## Thursday

### Story Time

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

## Beach Singles

Beach Singles 45 for Happy Hour at Harpoon Hanna's at 4 p.m. Call Arlene at 302-436-9577, 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.

## Friday

### Knights of Columbus Bingo

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

## First Saturday

### Creative Writing Forum

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



 **LAW OFFICES OF**  
*Patricia Cleary, Esquire*

Office Hours by Appointment | Free initial consultation

**Your Neighborhood Lawyer**

**General practice law firm  
with an emphasis on...**

Wills, Trusts, Powers of Attorney

DWI/DUI, MVA Hearings

Personal Injury

Small Business  
Counsel/Advising

Real Estate



240-304-6058

pattyclearyl@law@gmail.com

www.pattyclearyl@law.com

# Getting to know the OPA board candidates

By **Gloria Dietz**

## **Martin Clarke**

Marty Clarke is originally from Washington D.C. and has lived in Ocean Pines since 1978. He is currently the Vice President of Caliban Realty Corporation which has been in business since 1986 (but in Ocean City since 1969). His wife passed away suddenly in 2014, but they were both blessed with two beautiful and successful daughters who were also raised in Ocean Pines. Marty also has five grandchildren who range in age from eight months to seven years old.

What he loves about this community are the people and the easy access to the ocean and bay, as well as to the resort of Ocean City. When asked why he is running for the Board of Directors he replied, "I have enjoyed serving our community on advisory committees and twice as a board member over the last thirty years. Due to that experience I am very familiar with past history. I understand the financial reports and I am the only candidate with a long history of service that brings with it an understanding of our operations and finances." He also promises to work for the best interests of Ocean Pines and would appreciate your vote.

Marty is 69 years old and has served Ocean Pines as a director and a committee member for longer than the combined tenure of the entire sitting board. He is a member of

Saint John Newman Church, American Legion, a life member of the V.F.W. and Worcester Veterans Memorial, as well as a sponsor of the Worcester County Ducks Unlimited.

When Marty is not working (which he says is a very small window), he primarily likes to sail the Chesapeake, as well as boating locally.

## **Nicole Crosariol**

Nicole Crosariol, 31, has lived in Ocean Pines since she was five years old. She started working for herself last year and is the CEO of LuLaRoe Beach Boutique. Previously working over 80 hours a week, she is now able to dedicate time to serve the community.

When asked why she is running for the Board of Directors, Nicole said she wants to help make Ocean Pines more affordable and attractive, as well as making the community amenities more self-sustaining. "Growing up in Ocean Pines and living here as an adult, I can bring a new perspective that will benefit all homeowners. With my extensive background in managing businesses (including my own,) I aim to assist in overseeing the budget, and to make sure amenities are self-supporting to create more value to the community as a whole. Hiring a new general manager should be a priority for the association. Our community needs a leader to guide and delegate the departments that are in dire need of res-

cue. I am a valuable team player and have the time and the flexible schedule to dedicate to this position; from overseeing and working with a sales team, to working side by side with dozens of other local businesses. I look forward to the opportunity to work with the current board members to make our community an attractive, affordable place to work and live." replied Nicole.

What she loves about the community is that there is something for everyone. She has so many fond memories growing up in Ocean Pines and cannot wait to share them with her future children.

Nicole has a Bachelor of Science Degree with a teaching certificate. Managing money comes easy for her given that she has done so for her retirement, business and personal endeavors since she was a teenager. Her parents are her biggest inspiration since she learned so much from her mom being a teacher for 16 years, as well as running a daycare while she went to school and took care of her and her sister. Her dad

has instilled a desire to work hard and succeed in everything she has a passion for since she is known to be a hustler. "I have always worked a lot, and have an array of abilities, and am always up for an adventure," said Nicole.

Married with two puppies, she loves going to the beach with her husband and dogs, playing tennis and traveling. Nicole is currently involved in the Ocean Pines Farmer's Market every week, and local fundraisers all over Delmarva including the cancer center, Humane Society, and Relay for life. In her spare time, she has been knitting since she was 16 years old and has sold hand-made scarves for almost half her life. Chocolate (like most women) is her guilty pleasure.

Working with others to achieve a common goal, and to put the ideas of the community ahead of her own agenda is what Nicole promises.

please see **candidates** on page 4

## D.A. Kozma Jewelers

**We BUY  
Gold and Coins**



**NEW ARRIVALS**  
Citizen Watches  
Store Special  
**30% off**

**In-house jewelry  
service include**

Watch Battery Replacement  
Watch Band Link Adjustments  
Jewelry Reconditioning & Cleaning  
Jewelry Repair  
Ring Sizing  
Stone Setting  
Custom Jewelry Design  
Bridal Consultation

**Prompt, friendly & Affordable Service**

**410-213-7505 410-524-GOLD**  
**www.dakozmajewelers.com**

at our new address on Route 611 at Route 50  
in the Food Lion Shopping Center

MD #2294

**A BAGEL and...**  
Free Wireless Internet

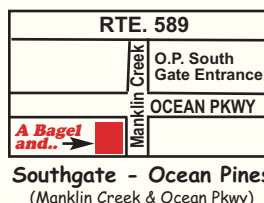
**Serving Breakfast and Lunch**

Pastries and Cookie Trays

Boar's Head Meats

**410-208-0707**

Open 6 a.m. - 2 p.m. Daily





# The Courier

P.O. Box 1326  
Ocean Pines, MD 21811  
410-641-6695 • fax: 410-641-6688  
thecourier@delmarvacourier.com  
www.delmarvacourier.com

## Chip Bertino

Publisher/Editor  
chipbertino@delmarvacourier.com

## Susan Bertino

General Manager

Mary Adair / Comptroller

## Contributing Writers

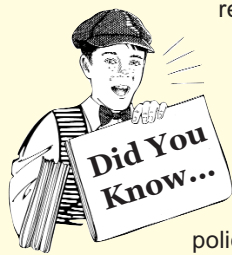
Ron Fisher, Douglas Hemmick, Jean Marx,  
Kelly Marx, Dolores Pike  
and Bev Wisch

Robert B. Adair 1938-2007

## 2012 Business of the Year

**The Courier** is published Wednesday morning by CMN Communications, Inc. Contents copyright 2017. News release items and calendar entries should reach us *Friday noon* prior to publication date. The advertising deadline is *Friday at 5 p.m.* Read **The Courier** online at delmarvacourier.com

Wedding insurance can provide couples who are about to tie the knot with some peace of mind on their big days. Many wedding venues require couples carry liability coverage in the case of accidents, injuries or incidents. But wedding insurance policies may even surprise couples with regard to what they cover. Each policy is different, and couples may be able to customize wedding insurance policies to cover a host of items. Many policies cover couples in the wake of cancellations or postponements due to weather, damage to the facility or even a change of heart on the part of the couple holding the policy. But some policies may provide coverage for couples should their photographers and/or caterers fail to appear. Policies may also cover lost, stolen or damaged items, including equipment rentals, bridal gowns, jewelry, and/or gifts. Couples should speak with their wedding venue representative to determine if the venue offers extended coverage and ultimately compare those offerings to policy estimates they receive on their own.



# Be aware of drug ingredients

By **Ray Clauson**

Drug overdose is now the leading cause of accidental death in the United States. In 2014, it surpassed both car accidents and gun violence in number of deaths.

Those with loved ones who are using opiates or heroin need to be aware that opiates are the main contributors to this problem. With drug dealers across the United States mixing new and powerful synthetic drugs into street opiates such as heroin, the chance of accidental overdose has exponentially increased.

The drug Fentanyl, U-47700, and Furanyl can be 50 to 100 times more powerful than heroin, making the risk of a fatal overdose much higher. Drug dealers have been using this drug to increase

the potency of their heroin at a lower cost.

These new drugs are increasing the risk to any who abuse drugs as drug dealers press drugs into pills and selling them under the guise of being something else. Today, those who abuse drugs truly are at risk as there is no telling what drugs they are taking.

Now more than ever, it is essential to help those you know who are addicted to alcohol or drugs. Trying to help someone with an addiction can be more than frustrating. And although you just want to help, many times they fight against you as if you were the enemy. Don't be surprised if your loved even accuses you of contributing to their addiction. Hear them out and take their words into con-

sideration but at the end of the day realize getting them sober and continuing to live is the most important thing.

These drugs have made it potentially life threatening to be an abuser of any types of drugs. Get yourself educated. If one of your loved ones is struggling with addiction, get them into treatment. Don't wait until it is too late.

There are many different approaches to the challenge of how to help a substance abuser. For free information, learn the steps of how to get someone into treatment for heroin addiction. You can also visit <http://www.narconon-newliferetreat.org/blog/are-you-an-addict.html> or call 1 800-431-1754 to get help for your loved ones.

## candidates

from page 3

### Colette Horn

Colette Horn, 65, has been married for 39 years and has two daughters.



Colette Horn

Originally from a small town in Wisconsin, Colette has been a Marylander since 1992. She has lived in Ocean Pines since 2009 and loves the water, green spaces, friendliness and helpfulness of the residents. "I love

that I can see so many stars in the sky at night and have met so many dog lovers as I walk my Labradoodle, Jack," said Colette.

After 22 years as a school psychologist, Colette is semi-retired but still provides clinical and administrative services. In her spare time she loves to read, garden, knit, travel, walk/hike, and take photographs. She also likes to re-arrange furniture. "I like to alter furniture arrangements to suit my changing notions of comfort and visual aesthetic and it drives my husband crazy," laughed Colette.

Colette earned her B.A. degree in philosophy and Master's degree in Educational Psychology at Milwaukee's Marquette University. She received her Ph.D. in Psychology at the University of Southern California. Some of her accomplishments and community involvement include research that was published in peer-review journals, board governance for a non-profit organization, director of religious educa-

tion at her church, and an advocate for safer law enforcement responses to disruption/danger caused by people with mental or developmental disabilities.

Women who push the boundaries that life presents to them are who inspire Colette. Her grandmother gave birth to her ninth and last child who was premature and told by doctors not to bring him home because he would not survive. She defied this advice and fed him with an eye dropper until he could eat on his own. "Her life modeled for me was when we see a problem, do not complain; do something about it," said Colette.

The main reason Colette decided to run for the board of directors was her belief that issues were not being addressed effectively and instead of complaining, she wants to do something about it. "I think we need a board that is made up of individuals with diverse skills and talents. We need stronger leadership that encourages each member to voice their perspective on the issues before them, and that fosters full and open discussion based on facts and data not personalities, opinions, or personal business interests," Colette exclaimed. She also feels that the general manager position needs to be filled by a strong and qualified person who is independent of the board with no conflicts of interest.

### Douglas Parks

Doug Parks is from Bowie, MD but was born in Philadelphia and lived in Wisconsin for a short time when he was younger. He has lived in Ocean Pines since 2013 after purchasing a

second home here in 2007. Married with two children and two grandchildren, Doug thinks his grandkids have the coolest names: Maximus and Ophelia.



Doug Parks

He graduated from the University of Maryland, cum laude with a degree in Information Systems Management and a minor in Business Management. Over his 30 year career, Doug has held director and executive level positions in the information technology field at various organizations including the Howard Hughes Medical Institute, the AES Corporation, and the Pew Charitable Trusts. Currently he serves as the senior IT executive for a company in Alexandria, Virginia that serves the education market.

The reason he is running for the board of directors is that he continues to have a keen interest in the issues that affect the community from both a functional and financial perspective. "My volunteer efforts have been with a number of organizations, most notably, USA Hockey at the national level, and as Chairman of the By-Laws and Resolutions Advisory Committee for Ocean Pines. Overall, serving in each of them and carrying out the related duties, has been an extremely rewarding experience for me. That volunteer spirit has carried over to my current service on the OPA Board of Directors and my strong desire to re-

please see **candidates** on page 11



# Having adult children

It's been a long time since all my children have been home at the same time. One lives nearby, one lives in Texas and the other lives in Florida. So, when they're all home together it's cause for celebration.



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

By **Chip Bertino**

chipbertino@delmarvacourier.com

Through favorable timing and a little planning such was the case for about four days recently. And my wife and I enjoyed it immensely.

When our children were young and we were transporting them from one after school event to another, or fighting with them to go to bed on time or helping them with their homework, it was easy to believe those parental endeavors would never end. But then one day they do and it seemed all too soon. The house goes quiet. The once thunderous noises of arguing siblings, or the television volume set too high or dinner time conversation become merely echoes of cherished memories.

It's a much different experience being with your kids as adults than as children. When we were together recently there were times when I enjoyed sitting back watching them interact with one another. Although they are older, taller and possess grown-up responsibilities, they were still the same with one another: cutting up, making digs, ganging up on one another and taking shots at dear old Dad. I loved every minute of it.

My wife and I are not wealthy. We did the very best we could for our children. They didn't get brand new cars when they turned 16 but they did get from us an appreciation of a sense of humor, especially when times are tough. They don't have trust funds but they know what is important in life, and much of that starts with family. My wife and I could not prevent our children from making mistakes,

and there were times when we felt it was necessary for them to misstep so they could learn. Like all of us our children have done and said things they've regretted. They were taught to own their mistakes, not to explain them away or blame others. They were taught to hold their own but also shown that strength of character comes from apologizing when you've done or said something wrong. And I believe as a result, they are far wealthier than what any trust fund could have done for them. They may think differently.

Many of the dynamics that characterized their childhood interactions, are still evident. Our daughter, the oldest, can still assert her dominance over her brothers with a certain look. Our oldest son can still make the other two convulse in laughter with an out-



rageous comment. And, our youngest son, with his smooth, march to his own drummer attitude, can still endear himself to his older brother and sister.

My children are grown and I have the silver (once black) hair to attest to my role in ensuring they made it to adulthood. I'm now at a stage in life that I occasionally look toward the future, way in the future, a time when, as difficult as it is to imagine, I will no longer be around. And it warms this father's heart to know that my children are friends and find strength in their relationships with one another.

And although we were together for only a few short days, my kids don't have to be in the same room to be there for one another. And by that fact alone, my wife and I were and are successful parents if I do say so myself, and I do.

CASINO OCEAN DOWNS PRESENTS

# \$250,000

TOWARDS A  
**BEACH HOUSE**  
giveaway

5 randomly selected carded players will win **Free Slot Dollars** and a chance to unlock the house and **WIN \$250,000 CASH** towards the purchase of a **Beach House!**

**Drawings: Every Tuesday at 8 PM**  
**Now - September 5**

10 minutes from Ocean City, MD  
Route 589, Racetrack Rd, Berlin, MD  
410.641.0600 • OCEANDOWNS.COM

**CASINO OCEAN DOWNS**  
Where the Fun Shines!

MUST BE 21 YEARS OF AGE. Please play responsibly, for help visit [mdgamblinghelp.org](http://mdgamblinghelp.org) or call 1-800-GAMBLER.

## We always have time for you!

**Before... during... and after**  
Bishop Hastings Funeral Home is here for you when you need it most. Our dedicated staff will help you and your family celebrate the memories of your loved one.

**BH**  
**Bishop-Hastings**  
FUNERAL HOME

FAMILY OWNED AND OPERATED SINCE 1896  
(302)436-8421  
[www.BishopHastingsFH.com](http://www.BishopHastingsFH.com)



# The end of the Middle Ages

**Publisher's Note:** Dan sent this to me in response to a column I wrote about going back to Philadelphia to get a Geno's cheese steak. He was kind enough to give me permission to publish it. I hope you enjoy this as much as I did. - CB

By **Dan Collins**

I'm from South Philly and I am a member of the last generation of medieval times. It ended somewhere between JFK's assassination and Watergate; but, in the old days, growing up Catholic in the nineteen fifties as an intercity kid wasn't much different than the youth of Middle Age Dublin or Rome or Paris or Oliver Twist's London of centuries ago.

Sure there were modern technologies creeping into our fiefdom. There were automobiles with stick shifts and ten inch black and white TVs with three channels – all of which signed off after playing the national anthem at eleven thirty - but South Philly was in no hurry to change its medieval mind set.

The world may have been round elsewhere but South Philly was flat and neighborhood centric. Strangers were anyone who didn't live in the parish and foreigners were those who lived on the other side of Broad Street. The permafrost line was somewhere between Spring Garden and Vine Streets making people who lived in Kensington next of kin to Eskimos. New York, New England and Canada were as real as Santa's workshop at the North Pole.

Guys glued together model airplanes, played in the streets and built skate carts (the precursory to skateboards) from a single skate, a two-by-four, some nails and a discarded wooden produce box. The more daring would hang on the back of the trolley cars to hitch a free ride for a block or two before the trolley crew – there were two, a motorman and a conductor – would chase us. We flipped baseball cards on the sidewalk, played stick ball in the street, and ate penny candy. We tried out for little league baseball on playground fields where there was more broken glass than grass; and, once a year, the Police Athletic League would sponsor a free trip to Connie Mack Stadium.

There was one enterprising kid who would come through the streets with a can on the end of a string. He would lift the storm drain covers and fish out all the pimple balls that had

gotten away from our wire ball and dodge ball games and rolled into the culverts. He would offer to sell them back to us or cut them in half for stick ball.

Girls hop scotched, jumped rope and played house. Mothers pushed baby boomer laden carriages to the park in the afternoon and fathers caught a beer at the corner taproom on the walk home from work at the Navy Yard or one of the oil refineries.

Parishioners cooed in the presence of Roman collars or nuns in their starched habits. The class bootlickers volunteered to clap chalk erasers or carry sister's books to earn brownie points. Those of us who today would be diagnosed as suffering from a touch of Attention Deficit Disorder volunteered to take the trash can to the basement incinerator DURING class hours. Everyone walked to school, walked home for lunch and knew to get under his desk when the air raid siren sounded. A school yard fist fight was just that, a fist fight.

Mummers and pizza shops and PTC trolley cars and Bob Horn's Bandstand and Robin Robert's Phillies and odors of the Atlantic Oil Refinery were South Philly. Nineteen fifties graffiti were chalk drawings that covered the streets and sidewalks and vanished under footwear or rain or the flood from an illegally opened fire hydrant.

State-of-the-art socialization was



sitting on the front stoop reading the Evening Bulletin that was delivered by a kid on a Schwinn bicycle with wide tires and a canvass bag hung over the handle bars. No one realized that starting a sentence with 'Yo' was as much South Philly lexicon as a Bostonian's struggle with 'r.' and quoting a sports writer from the Daily News was considered cerebral. Howdy Doody and Bishop Sheen may have been genuine TV celebrities but the real life celebrities were the local mobsters – Angelo "Docile Don" Bruno and Philip "Chicken Man" Testa - and their funerals were bona fide social events.

While other parts of the city were adapting to new technologies, South Philly was still being served by icemen, milkmen and produce hucksters using horse drawn carts in the early fifties. Even the trash was still being collected by horse drawn wagons followed by flocks of sparrows that picked through the piles of conveniently ignored horse manure. The garbage collectors had to walk through the narrow back allies and carry the cans out to the trucks on the streets and then return the cans to the gates of each back yard.

Specialized vendors would push their hand carts through these narrow, one way side streets when the path

please see *middle ages* on page 12



## Monday

Chicken Parmesan over Pasta \$9.95

LARGE CHEESE PIZZA  
\$8.50 (carry-out only)

## Tuesday

Burger and French Fries \$6  
LARGE CHEESE PIZZA  
\$8.50 (carry-out only)

## Wednesday

Pasta Night

## Thursday

Steak Night!

## Friday

Fried Shrimp with French Fries  
& cole slaw \$14.75

## Saturday

Crabcake Platter with 2 sides and a  
choice of a soup or salad \$15

## Drink Special

Martinis of the Month \$7.50  
Lemon Martini Roast Beer Float Martini  
Margarita of the Month \$6.50  
Blue Hawaiian

\$1 Off During Happy Hour

OPEN Mon-Sat at 7:30 am  
Breakfast Lunch Dinner  
Sunday Brunch 8 am - 1 pm  
410-208-2782



Michael B. Mathers, P.A.

Estates, Trusts & Elder Law

11107 Manklin Meadows Ln. Suite 1A Ocean Pines

Wills Probate  
Medicaid VA Benefits

mike@mbmatherslaw.com  
www.mbmatherslaw.com



Call today  
to make an  
appointment

410-208-3331

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



We do that!

www.FellowshipAlliance.com  
Church  
Come join us this  
Sunday 9:00AM  
Showell Elementary School- Route 589  
410-641-6000





# CHRISTMAS

*in July*

TUES  
25<sup>TH</sup>  
JULY

STARTS AT  
4PM



SWIM & RACQUET POOL

**\$3 POOL MEMBER. \$5 RESIDENT. \$7 NON-RESIDENT**



Open to Public. 10 Seabreeze Rd, Ocean Pines



Music by DJ | Santa Guest-Appearance| Face Painting

**(410) 641-7227**



## Ways to use less energy when the weather warms

The temperature is rising, and that can be a good thing for those people who love long days of outdoor recreational activities. Sometimes, though, there can be too much of a good thing, and consistently hot temperatures may become uncomfortable and even dangerous. Finding ways to keep cool without spending a fortune or using a lot of energy is challenging but possible.

Find your comfort zone. Determine an indoor temperature that works best for the household. Keep the thermostat set as high as possible to maintain that comfort level. If you will be out most of the day, set the programmable thermostat at a higher temperature, and then lower the temperature about an hour before you plan to return home. This reduces the number of hours the air conditioner is running.

Keep curtains closed. Draw the

blinds and close curtains on south- and west-facing windows during the hottest times of the day. This prevents the interior of the home from heating up.



Maintain air circulation. Invest in ceiling fans, which can move air through the home. This will help prevent pockets of hot air in certain spaces. According to the U.S. Department of Energy, even in homes with

*please see weather on page 11*



Above: WPS juniors **Connor Cebula** and **Josh Bredbenner**.

## Juniors build drone as part of STEM Program

As part of Worcester Prep's STEM (Science, Technology, Engineering and Math) program, juniors Josh Bredbenner and Connor Cebula built their own programmable drone quadcopter in Colleen McGuire's Digital Engineering course. Together they designed and 3D printed the frame and assembled all the necessary electronics, including the motors, GPS sensors, controller and power system. The culmination of the drone project, from the inception to the completion, made for an incredible learning experience. Next year, Bredbenner and Cebula will learn more about flying and navigating their drone as well as mentoring other students in the art of building and flying drones.

Both boys were recognized outside

the classroom as well for their academic excellence. Bredbenner received the Rensselaer Polytechnic Institute Mathematics and Science Medal Award for the Class of 2018. This merit scholarship, with a minimum value of \$25,000 per year, is guaranteed for four years for each medalist who is accepted and enrolls at Rensselaer. Bredbenner was also the recipient of the Xerox Award for Innovation and Information Technology Award for his high level of achievement in the field and The Furman Scholars Award which recognizes outstanding scholastic achievement in academics and testing. Cebula was the recipient of the Wofford Scholars Program which recognizes outstanding qualities of scholarship, leadership, and service.

## Warning ...

According to the U.S. Centers for Disease Control and Prevention and the U.S. Environmental Protection Agency, there are no safe levels of lead. Lead is particularly harmful to children's health. Exposure to lead can stunt children's growth while also contributing to behavioral and learning problems. Anemia, reduced growth of fetuses in pregnant women, cardiovascular effects, and reproductive problems also are side effects of lead exposure. Many people once came into contact with lead via lead-based paints, which have been banned in the United States for consumer use since 1978. But lead also can be lurking in water supplies. The EPA says that between 10 and 20 percent of instances of lead exposure can be traced to contaminated water. Homes built before 1986 are the biggest risk factors for lead plumbing. As of January 2014, all newly installed water fixtures, pipes and fittings must meet new lead-free requirements. But within the United States, public water suppliers and existing homes do not need to retrofit. The National Drinking Water Advisory Council found around 7.3 million lead service lines currently deliver water to customers. Homeowners can request testing through their local water supplier or conduct certified home tests.

**10<sup>th</sup> Annual Ocean Pines Chamber**

# FLOUNDER

## TOURNAMENT

**Saturday August 5<sup>th</sup> 2017**

**CASH PRIZES!**  
**PLUS New**  
**Additional Calcuttas!**

**\$500.00 1<sup>st</sup> Prize**  
**\$300.00 2<sup>nd</sup> Prize**  
**\$100.00 3<sup>rd</sup> Prize**

**\$35 per person (2 or more \$30 each)**  
**includes FREE T-Shirt to the first 150 entries!**

**OCEAN PINES**  
**CHAMBER OF COMMERCE**  
August 5, 2017

**Fish from Shore, Bridge, Pier or Boat!** (private or charter)  
Fish anywhere in MD or DE coastal waters (within 3 nautical miles from shore) bay and inland waters to the Virginia state line.  
Fish must be weighed in by 4PM with awards immediately following.

**WEIGH IN AT PINES POINT MARINA 12-4PM**  
**869 Yacht Club Drive, Ocean Pines**

Must be registered by Friday August 4<sup>th</sup> at 3PM to participate! Register online:  
**[www.OceanPinesChamber.org](http://www.OceanPinesChamber.org)**

For more information, call or stop by:  
**The Ocean Pines Chamber of Commerce**  
**11031 Cathell Road Berlin, MD 21811      410-641-5306**



# It's Christmas in July at Jolly Roger

by **Jean Marx**

Mark your calendars for this July 25 at Jolly Roger Park at 30th Street in Ocean City. It's their first-ever "Christmas in July" event, and it's sure to spread early Christmas cheer. To



commemorate this special event, Jolly Roger has teamed up with the First State Detachment Marine Corps League to set up Toys for Tots donation boxes at the front of the park. There will be Marine Corps League Representatives on hand all day from

10:00 am - 5:00 pm to accept and thank you sincerely for your donations.

The event will kick off at approximately 10:00 am with a flag raising ceremony to be led by Pocomoke High School's JROTC. The JROTC members will proudly hoist the American flag, the Marines flag, and the Toys for Tots flag. The Commandant of the First State Detachment Marine Corps League is Frank Del Piano, a former drummer in the Marine Corps Band. Commandant Del Piano will be playing the snare drum as the National Anthem is played. Next, a long convoy of jeeps will arrive, driven by members of the Ocean City Jeep Club. Each jeep will be loaded with their organization's toy donations. Local dignitaries will also be on hand to welcome everyone.

To further spread joy, anyone who makes a toy or cash donation will receive a voucher for 20% off any ticket for the 30th Street Jolly Roger parks that day. It doesn't matter if you want

to go to Splash Mountain, Speed World, Xtreme Zipline, or if you want to purchase a combination ticket. The 20% discount will apply to anything in the

park that day with the exception of food. According to Director of Sales & Marketing, Dean Langrall, the day is all about the park's continuing mission to benefit families. "We're family-owned and family-operated, and we always want to help others. This is such a worthy cause that we're happy to be part of."

For the toy donations, the Marine Corps Reserve Toys for Tots has expressed a need for more interactive and educational toys; however, all toy donations are welcome. Please make sure they are new and unwrapped. Cash donations will also be gladly accepted. Since 1947, Marines have fulfilled the dreams of millions of less fortunate children each Christmas through providing shiny new toys. The toys send numerous positive messages: that someone cares, the child hasn't been forgotten, and the magic of Christmas hasn't passed him or her by. Last year's campaign alone distributed over 7,200 toys to 4,074 children in our area.

You can be part of spreading the magic of Christmas early this year. As the Mayor of the Town of Ocean City, Rick Meehan, states about the event, "The Town of Ocean City is delighted to hear about the Christmas in July event at Jolly Roger Amusement Park. Jolly Roger has always been a generous and giving partner in the Ocean City business community. Their partnership with Toys for Tots on July 25th, to benefit those less fortunate during the holidays, is another example of just how generous the business community is here in Ocean City. I personally look forward to coming to Jolly Roger on July 25th and I hope those living and vacationing in Ocean City will join me." For more information about the event, please visit: [https://jollyrogerpark.com/christ-](https://jollyrogerpark.com/christmas-july-toy-drive/)



mas-july-toy-drive/.

In addition to this exciting event, there are other free attractions available this summer at the 30th Street Jolly Roger location. "Swimming with the Mermaids" is a great activity hosted by a small group of young ladies who come to the park dressed as



mermaids at 1:00 pm on Tuesdays through Fridays as well as Sundays. "Lollipop the Clown" performs every Monday through Thursday evening at 7:30 and 9:30. Additionally, a free circus is held every evening from now through Labor Day at 5:00 and 9:30 with acrobats and jugglers galore. And you'll want to see the "Pirate Show" on Monday through Thursday evenings at 7:30 and 8:45.

At the Jolly Roger at the Pier location in downtown Ocean City, there are two new rides this year. The Kraken, named after the mythical sea creature, will whip you around via its tentacles in a ride you won't soon forget and the Tea Cups will spin you around on beautifully-crafted tea cups that were made in the Czech Republic.

This month, in addition to thinking about all the summer activities you'd like to work into your schedule, think about Christmas, too. Visit Jolly Roger on July 25th and let the Christmas spirit and the fun of Jolly Roger fill you to the brim.



**for Atlantic General Hospital**

**Saturday, August 5**

**\$25/person if purchased before Aug. 5**  
 \$30/person if purchased on morning of Aug. 5  
 (Children under 3 FREE for Splash Mountain only)

Ticket Prices for Jolly Rogers Amusement Park (30th St. location only) include Full Admission to:

**Splash Mountain Waterpark** (10am-6pm)  
**Unlimited Miniature Golf** (10am-6pm)  
**Amusement Rides\*** (2pm-6pm)  
\*Speed World & Zip Line are not included. Limit 2 Rides on Roller Coaster.

**PURCHASE TICKETS FROM YOUR MOBILE DEVICE:**  
**BY AUG. 3: TEXT JAG TO 41444**  
**OR... ONLINE: [WWW.ATLANTICGENERAL.ORG/JOLLYROGER](http://WWW.ATLANTICGENERAL.ORG/JOLLYROGER)**  
**OR... IN-PERSON, VISIT:**

- Townsend Medical Center, 10th St, Ocean City  
 (On Aug. 5, tix will be sold here til 12pm & will NOT be available for purchase at any other location.)
- Ocean Pines Primary Care
- Atlantic General Hospital Cashier's Office

Please note: tickets are NOT available for purchase at Jolly Roger Parks.

**FOR MORE INFO, CALL MADALAINE AT 410.726.6171**

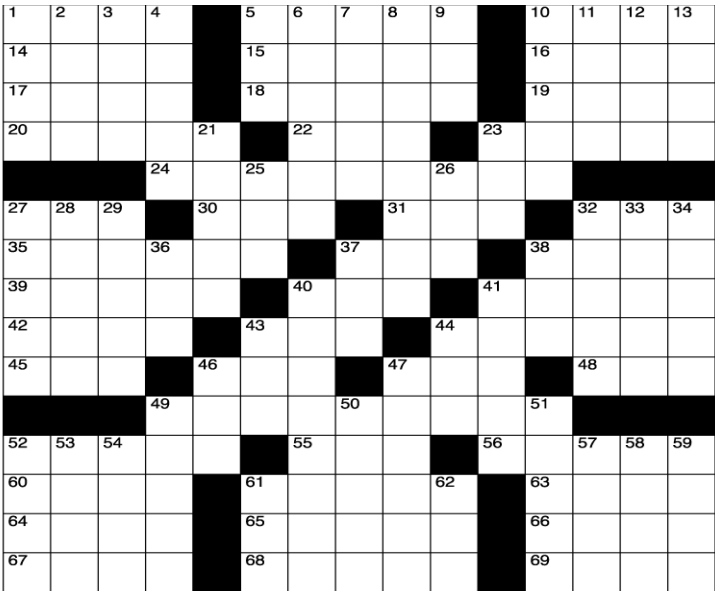


Sponsored by:



Junior Auxiliary Group





CLUES ACROSS

1. Type of ion

5. \_\_\_ N' Bake

10. At all times

14. \_\_\_ Triad: fictional cult

15. Spiked revolving disk

16. Swiss river

17. Bleat

18. Finnish lake

19. Spanish cubist Juan

20. Consumer

22. No seats available

23. Arrive

24. Upstate NY city

27. Team's best pitcher

30. Follows sigma

31. Consume

32. Congressman

35. Spider's territory

37. Conclusion

38. Female parent

39. Instruments

40. \_\_\_-bo: exercise
41. Jewish spiritual leader

42. Oil cartel

43. In support of

44. More creepy

45. Color of blood

46. '\_\_\_ death do us part

47. Radio finder (abbr.)

48. Promotions

49. Songs

52. Tony winner Daisy

55. Not just "play"

56. Affected with rabies

60. Formal group of like-minded people

61. Hold valuables

63. Male admirer

64. Actress Lucy

65. Prevents the fermentation of

66. Furniture

67. Long, winding ridge

68. Cover with drops

69. Major European river

CLUES DOWN

1. Greek goddess of youth

2. Early kingdom in Syria

3. Fortifying ditch

4. Walk into

5. Island state \_\_\_ Lanka

6. Japan's most populous island

7. Mindful of

8. Fuel

9. NY Giants' Manning

10. Very willing

11. Linear unit

12. Guitarist Clapton

13. Semitic letter

21. Habitual repetitions

23. Soak

25. Taxi

26. Small amount

27. A theatrical performer

28. 2-door car

29. \_\_\_ and flowed

32. Arabic female name

33. Implant within
34. Groups of two

36. College athletic conference

37. Body part

38. Disfigure

40. Accept

41. Allude to

43. Type of tree

44. Doctor of Education

46. Pearl Jam's first album

47. Flower cluster

49. Heavy cavalry sword

50. Arabian Peninsula desert

51. Marten

52. Type of sound

53. Expression of grief

54. Liberian tribal people

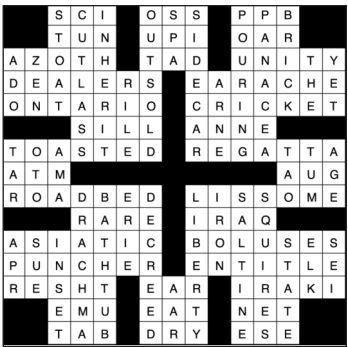
57. Wizards' shooting guard Bradley

58. Metrical foot

59. Mislead knowingly

61. Sino-Soviet block (abbr.)

62. Midway between south and southwest



Answers for July 12



Why won't they bite?

I will be the first to admit I don't know all the answers as to why fish bite one day and not the next. However, in this column I'll try to help you improve your odds of having a good day. There are just some days when you will get bites and catch many fish and other days when you may not even have a bite. Here are some handy hints to consider before your next fishing trip.

**Water Conditions:** One of the most important conditions for catching all types of fish and in particular flounder in our bays is water clarity. If the water is somewhat clean you will likely have a good day but if it is dirty and you can tell just by looking at it with a lot of floating eel grass and you can't see bottom in shallow water you will likely have a bad day of fishing. However, you can improve your odds of finding clean water by going early before all the boat traffic starts and also by fishing the incoming tide where cleaner water usually is entering the bay from the ocean. Although this is not always the case particularly if there were a number of off shore storms the day before and the ocean water is dirty. Also, fishing the outgoing tide after the first few hours increases the risk of the water getting dirty as the tide pulls sand etc. from the marshes and sandbars. It is best to fish the last few hours of the incoming tide and the first few hours of the outgoing tide to improve your odds of having good day fishing.

**Wind:** Wind can have a big impact on fishing. One old salt told me the following, "If the wind is from the east, fish bite the least, and if the wind is from the west fish bite the best." I don't necessarily agree with this. Here is one from Capt. Ron to remember. "If the wind is from the south fish will open up their mouth, but if the wind is from the west the green headed flies will bite the best." A west wind will drive the flies out of the marshes and if you don't have bug repellent it will be a miserable day on the water or beaches. I there is wind I prefer a south wind of 5-10 knots.

**Water Temperature:** Water temperature is more important in the late fall than during the summer months and has

significant impact on flounder fishing. Flounder tend to like water warmer than 54 degrees so keep that in mind when flounder fishing in the fall. It does not have as great an impact on stripers and bluefish.

**Bait:** If you want to improve your odds of catching big fish you need to use the right bait for the time of the year you are fishing. This time of year large live bait is the key to success. Fishing with live spot when they are available is my preference but if fishing for stripers eels are also a good bait. I would also rely on Berkley Gulp Swimming Mullet 4" in a Pearl White color fished on a top and bottom rig with the spot on the bottom and Gulp on the top hook. This is a good combination for striped bass and flounder.

**Note:** If fishing eels only use a single hook to avoid tangles. Of course you can use traditional baits such as live minnows, frozen shiners with a squid strip but live spot and Gulp will improve your chances of catching a keeper this time of year. Follow these tips and I am certain you will improve your Bay fishing experience.

**Fishing Report:** Flounder are being caught in the bay Pearl White Gulp seems to be the hot bait and stripers at the Route 50 Bridge mostly on eels. The tog bite is also hot on green crabs and sand fleas. Offshore the head boats are doing well on black sea bass and a few flounder. The surf has been slow mostly because of the wind recently.

**Quote of the month:** "There are two types of fishermen – those who fish for sport and those who fish for fish."

– Author unknown.

**Did you know:** American lobsters have longer life spans than both cats and dogs, living over 20 years.

**Flounder Tournament:** Don't forget the Ocean Pines Chamber of Commerce Flounder Tournament Saturday August 5. Applications can be obtained at the chamber office or by calling 410-641-5306. Also visit their Website: [www.oceanpineschamber.org](http://www.oceanpineschamber.org)

Good luck, and remember to take a kid fishing,

Capt. Ron



# Simplify flying with babies in tow

Many parents of infants resolve to avoid air travel until their tikes enter toddlerhood. But air travel is not always avoidable, as parents may need to attend family functions or other events with baby in tow.

Flying with infants can be difficult, as airplane cabins can hurt youngsters' ears and cause them to cry. In addition, parents may be nervous that something might go wrong when flying with infants, potentially making the flight less enjoyable for parents and their fellow passengers. While there is no way to guarantee infants will not shed a few tears during their next flight, the following are a handful of ways to simplify flying with kids less than two years of age.

Choose an infant-friendly flight time. Flying at a time of day or night when infants typically sleep can increase the chance that babies will sleep through much of the flight, if not the whole trip. When booking flights, keep kids' usual nap time in mind before selecting an itinerary. It also pays to familiarize yourself with the airline's policy regarding infants and carry-on bags before booking your flight.

Choose an aisle seat. You and your

baby likely will not make it through the flight without having to stand up and walk to the bathroom or simply walk the aisle to calm your baby's nerves. Choose an aisle seat so you do not have to ask your spouse or the passenger sitting next to you to stand up several times during the flight.

Feed your child and check his or her diaper before takeoff. Hunger and/or wet, dirty diapers typically make infants cry no matter where they are. If you want your baby to fall asleep the moment you board your flight, make sure he or she is well fed and has a clean diaper prior to board-

**candidates**  
from page 4

main in that role. There is still more I can do to serve the community and I have the energy and desire to continue my work as a member of the Board of Directors," illuminated Doug.

Doug and his wife chose to live in Ocean Pines based on its overall appeal, proximity to the ocean, the community amenities, and the glowing endorsement they received from friends and acquaintances already liv-

ing. Close the window if the sun is shining through, as that can make it difficult for kids to fall asleep.

Prepare for takeoff and initial descent. Pressure changes in airplane cabins tend to be most noticeable during the takeoff and initial descent. Such changes are when ears are most likely to pop. Many adults experience discomfort when their ears pop during cabin pressure changes, and infants are no different.

Speak with flight attendants upon boarding, asking for advice about managing any pain that might result from popping ears. Some parents find

ing here.

Retirement is on the horizon and he has begun his countdown of spending all of his time in Ocean Pines. In his spare time, he enjoys working on projects around the house, helping out friends and family, playing golf, and driving his classic 1967 Pontiac LeMans around town. "I also have a guilty pleasure of enjoying a good cigar and an adult beverage in my garage on a regular basis, and I am an avid fan of Washington Capitals hockey and Maryland Terrapins basketball," stated Doug.

Doug would like to share two of his favorite quotes; one is from an unknown author that he absolutely remembers his dad telling him during several of his escapades growing up (with his dad's index finger in very close proximity to his nose), "Son, if you don't have time to do it right, when are you going to have time to do it over?" The second quote is from Clarence Darrow, "If you lose the power to laugh, you lose the power to think."

that offering infants pacifiers or bottles as cabin pressure is about to change can help infants make it through such changes without crying. Keep in mind that pilots typically announce when planes are about to begin their initial descent, which may be 20 to 30 minutes before the plane is scheduled to land.

Flying with infants may be something parents prefer to avoid, but there are ways to make such travel go smoothly

**weather**  
from page 8

air conditioning, ceiling fans enable homeowners to raise the thermostats on their AC units by about 4 F with no reduction in comfort. Attic fans can draw heat out of a home through vents, also helping to reduce indoor air temperatures. These devices can reduce reliance on air conditioners, especially on moderate days or cool nights.

Cook outdoors. Put that backyard grill to good use. Plan meals around outdoor cooking so the ambient heat will stay outside and you will not have to turn on the oven or the stovetop. Include side dishes, such as salads, fresh vegetables and fruits or gazpacho, that can be served cold. If you must heat something indoors, try doing so in the microwave.

Run appliances at night. Wait until the washing machine or the dishwasher is full before turning on the cycle. Temperatures are cooler at night, and you may not notice the extra heat in the home generated by such appliances. Consult your energy bill as well. Sometimes energy rates are lower in the evening than during the peak hours of the day.

Line dry clothes. Maximize that fresh air and warm sun by hanging freshly washed clothes to dry outdoors. This also works for quickly drying swimsuits and towels used at the pool or the beach.

Rely on natural light. In the summertime, the sun stays out longer, so you will be less reliant on electric energy to keep things illuminated. Spend more time outdoors so you can read, play or chat in the sunlight while keeping indoor lights off.

Determine pool filter efficiency. Experiment with reducing the amount of water filtration time until you come up with an amount of time that still maintains water sanitation. If you think your filter and pump are no longer working efficiently, consult with a pool supply retailer.

When the heat is on, learn strategies to keep homes cool and use less energy in the process.

12 IVANHOE COURT OCEAN PINES  
**\$494,779**



Custom-Brick Waterfront Home, 3 Bed, 2 Bath, 2 Car Garage, All Appliances, Floored Storage Attic, Cathedral Ceiling, Fireplace, Skylights, 8 Ceiling Fans, Walk-In Closet, Brazilian Cherry-Planked Hardwood Flooring, Vaulted Ceiling, Recessed Lighting, Upgraded Maple Full-Panel Cabinets, Granite Counter Tops, Ceramic Tile, Black-Top Driveway, Large Screened Porch, 8X25 Foot Dock, 10,000 Pound Boat Lift, Walking Distance To Golf Course & Country Club On Quiet Cul-De-Sac. Ideal For Year-Round Living Or Vacation Get-A-Way. MLS: 509268

**John Talbott**



Associate Broker

Cell: 410-603-7373 (9 a.m. to 10 p.m.)

24 Hour Voicemail 866-666-1727

Office: 410-208-3500

johnaltbott7@gmail.com



**BERKSHIRE  
HATHAWAY**  
HomeServices  
PenFed Realty



11001 Manklin Meadows Lane  
Ocean Pines, MD 21811



## 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., July 20	5:03 a.m. 5:42 p.m.	11:14 a.m.	5:53 a.m.	8:20 p.m.
Fri., July 21	6:02 a.m. 6:38 p.m.	12:13 a.m. 12:12 p.m.	5:54 a.m.	8:19 p.m.
Sat., July 22	6:58 a.m. 7:32 p.m.	1:10 a.m. 1:08 p.m.	5:54 a.m.	8:19 p.m.
Sun., July 23	7:53 a.m. 8:25 p.m.	2:03 a.m. 2:02 p.m.	5:55 a.m.	8:18 p.m.
Mon., July 24	8:46 a.m. 9:16 p.m.	2:53 a.m. 2:54 a.m.	5:56 a.m.	8:17 p.m.
Tues., July 25	9:38 a.m. 10:06 p.m.	3:42 a.m. 3:46 p.m.	5:57 a.m.	8:16 p.m.
Wed., July 26	10:29 a.m. 10:53 p.m.	4:30 a.m. 4:38 p.m.	5:58 a.m.	8:16 p.m.



# Are there good and bad proteins?

Determining the nutritional value of certain foods can be a tricky business. Many foods can be enjoyed in moderation, and labeling them as

all in nutrition. But even seemingly infallible protein should be eaten in moderation, and even then only if the right sources of protein are selected.

Protein is an essential building block of good nutrition that is found throughout the body and makes up the enzymes that power many chemical reactions. Protein helps fuel the hemoglobin in the blood that carries oxygen throughout the body.

The Institute of

Medicine recommends that adults get a minimum of 0.8 grams of protein for every kilogram of body weight per day (or 8 grams of protein for every 20 pounds of body weight. Physicians in the United States recommend a daily protein allowance of 46 grams for women over the age of 19 and 56 grams for men. Too often, however, people are overloading on protein be-

cause they think it is a better option than carbohydrates and other food sources. But not all protein is the same.

Protein that comes from animal sources offer all of the amino acids a body needs. Unfortunately, some animal sources are less healthy than others. That is because animal-based protein sources also contain saturated fat. Consuming too much saturated fat may contribute to elevated levels of LDL, or "bad," cholesterol in the blood. LDL may lead to the formation of plaque in arteries that limits blood flow and may be a risk factor for heart disease. Fatty red meats and whole-milk products tend to contain more saturated fat than other protein sources.

The key when consuming protein is to find the right balance in protein sources. Fruits, vegetables, grains, nuts, and seeds may offer many of the required essential amino acids. The rest can be obtained by choosing smarter animal-based protein sources. Salmon and other fatty fish are good sources of protein and omega-3 fatty acids (heart-healthy

fats) and are generally low in sodium. Lentils offer 18 grams of protein and ample fiber. Plus, these legumes have virtually no saturated fat.

When looking for healthy protein sources, consumers can opt for the following selections.

**Salmon:** Wild salmon may have greater nutritional value than farmed salmon thanks to the more diversified diet consumed by wild salmon.

**Chicken:** Chicken is generally lower in saturated fat than other animal protein sources. Opt for pasture-raised chicken for the greatest nutritional punch.

**Greek yogurt:** Greek yogurt provides ample protein and can contribute to feelings of fullness, making it a more worthy snack than less healthy snacking alternatives.

**Shellfish:** Shellfish includes clams, oysters, mussels, and snails. Shellfish are sources of animal protein that also happen to be full of iron, zinc, omega-3 fatty acids, and other nutrients.

Variety is the spice of life when it comes to protein sources. Eat different foods to ensure the body gets all of the nutrients it requires.



"good" or "bad" might lead to negative connotations. In addition, food labels change from time to time as nutritionists and doctors learn more about nutrition and revise their opinions on certain items.

One food type that has remained off the bad foods radar for quite some time is protein. Protein sources are largely touted as the be-all and end-

**middle ages**  
from page 6

was not blocked by a coal truck making a delivery. One hawked Italian water ice. Another offered to sharpen kitchen knives with his peddle driven grinding wheel. Mr. Keefer's cart carried the ladders and tarpaulins he used to paint row houses. At nightfall, a government employee walked the neighborhood and manually turned on the gas lights. Later, on hot summer nights – long before global warming or window air conditioners – alley cats got something thrown at them from open bedroom windows when they moaned in the darkest hours. South Philly was wonderfully simple.

In antiquity, all roads lead to Rome. In the early nineteen fifties, all roads lead to the Ben Franklin Bridge if you wanted to go down the shore. One of those was cobble stoned Delaware Avenue where parked freight trains sat three and four abreast just waiting to be challenged by an unsuspecting drunk driver. All of South Philly vacationed in Wildwood. Only rich kids went to Ocean City and no one went to

Avalon which was believed to be a gated community or Cape May that required a visa if you were staying overnight. The really poor kids went to Atlantic City for the day.

Technology, however, did eventually come to the old neighborhood. The smelly open fires of the city dump and the adjacent drive-in theater were replaced by Veteran Stadium. The EPA stopped the Gulf and Atlantic refineries from polluting the air. The noisy trolleys were replaced by louder Boeing seven-oh-sevens. The fire alarm pull boxes mounted on telephone poles on every corner that summoned the hook and ladders with their open air driver seats and distinctly mechanical sirens were replaced by telephones – party lines at first. Likewise, patrolman and police call boxes were replaced by red police cars with two way radios, a recent War World II innovation.

However, changes in technologies are only happenstance, the trappings of humanity's pursuit of a higher standard of living. The Middle Ages ended when man decided to think and to behave differently. In this new era, kings and presidents are no

longer regal. Where philandering was once overlooked in Camelot, paparazzi and investigative reporters now make oral sex in the White House a no-no. Dress codes also have been rejected. Even politicians go tieless on the campaign trail to avoid a Bourgeois appearance.

Now, instant communications and internet data bases have made everyone informed. Barroom philosophers are now bloggers. The Sears and Roebuck catalog has been replaced by Amazon. Previously coveted academic skills such as spelling and writing have been automated.

Memorization has been reduced to a Google search. Miracles are 'Photo Shopped' on the internet daily.

As Victor McLaghen waxes so elegantly to his bartender in the movie, 'She Wore a Yellow Ribbon,' "Ah Carney, the old days are gone forever." There is no going back, except for a cheese steak.

*Dan Collins migrated from South Philadelphia in 1956 and eventually retired to Ocean Pines in 2011. He is an active member of the USCG Auxiliary and enjoys photography, writing and avoiding crab traps in the St. Martin River.*

## STEVEN W. RAKOW

Attorney at Law

General Practice / Civil Litigation / Criminal Defense  
Contracts / Construction Law

- President, Worcester County Bar Association
- Former Assistant State's Attorney, Worcester County
- Retired Marine Officer • 19 Years Legal Experience

### 410-600-3075

STEVE@STEVERAKOWLAW.COM www.STEVERAKOWLAW.COM

All Major Credit Cards Accepted





# Top tips for fun days at the beach

Millions of people visit the beach each summer. For some people, there is no better place than the beach,



where they can listen to the waves crash on the shore and smell the briny air.

The United States Lifesaving Association routinely compiles statistics on beach attendance, watercraft use and other recreational information, estimating that 367,231,142 people took to beaches across the country in 2015, the most recent reporting year. Cool coastal temps and refreshing oceans and lakes make the beach an ideal place to survive the heat.

While a trip to the beach has the makings of a great day, a few tips can help make these sun- and sand-filled days even better.

Protect electronics. Sand and surf can be calming, but not if your newest mobile phone gets doused with the incoming tide. For those bringing their phones or tablets along, steps to protect the gadgets can make the day even more calming. A zip-seal plastic bag can do the trick, and you can still access the screen through the plastic. If you plan to spend time on a boat, you may want to invest in waterproof, floating pouches.

Keep clean. Sand gets everywhere at the beach, so it can be a challenge to remain clean. Invest in a beach blanket where the sand falls through like a sieve, such as the Quicksand Mat from CGear. Pack baby powder in your beach bag, which will help loosen sand

from kids' bodies before they get back in the car. And while at the beach, use hand-decorated aluminum cans as drink cozies to keep condensing beverage bottles from becoming caked with sand.

Time beauty regimens right. Shaving legs or underarms right before heading to the beach can result in some painful irritation. It is best to shave the night before diving into saltwater or even pool water. If you need a last-minute touch-up, use mineral oil while shaving to help keep irritation to a minimum.

It is important to apply sunscreen to the skin approximately 15 minutes before heading outdoors so that it has time to absorb, advises the American Academy of Dermatology. If you wait until you get to the beach, you put your skin at risk. Use a self-tanner for bronze skin rather than soaking up the rays.

Hide your money. Leaving your money or belongings out in the open may entice thieves. Camouflage items of value by storing them in an empty sunscreen bottle nestled in a beach bag.

Stay cool. Purchase or make a vividly patterned tarp/tent to offer a shady respite. This will also help the family find their way back to your beach spot. Place sandals or flip-flops face-down in the sand or on a blanket to ensure they will not be scalding after a day at the beach.

Trips to the beach are a summertime tradition. With a few tips and tricks, the memories can be even better.

# Clean up after a day at the beach

Jaunts to the beach are par for the course come summertime. Thousands of people flock to the coasts of oceans



and lakes to enjoy refreshing dips into the water and soak up some rays on the sand. But enjoyable days can turn somewhat aggravating if sand from the beach was not washed off prior to leaving the surf and sun behind.

Ensuring sand stays at the beach and is not tracked home may require a little patience, but it is possible to hit the beach without taking sand home.

Arrive prepared. Bring supplies to the beach that will make it easy to keep sand from finding its way into your car or home. A large trash bag, some extra towels that never hit the sand and some moist wipes to clean leftover sand off your arms and legs can help you leave the sand at the beach where it belongs. Also, establish a time to leave the beach well in advance so everyone has time to clean

up.

Reserve bags specifically for the beach. Reserve bags for the sole task of transporting items to and from the beach so you are not adding to your collection of bags that have sand on them with each beach visit you make. These also can be used to store sandy kids' toys.

Protect electronics and other sensitive items. Sand can damage phones, tablets and other electronics. Zip-top bags provide ample storage and can keep devices safe from sand that can be lodged in crevices or can scratch screens.

Clean sand off clothes and chairs in the parking lot. Give clothes, beach chairs and other items exposed to sand a good shake or wipe-down in the parking lot before driving home. Give extra attention to sunblock-covered bodies. Sprinkle some cornstarch or baby powder on your skin before toweling off, as doing so can help release any sand that is stubbornly sticking to your skin. Do not forget to wipe off sandy feet as well.

Wrap up towels and sandy items. Put anything used to wipe off sand into a garbage bag and make sure it is tied tightly. After shaking the items off in the parking lot, do so again in your yard before dropping them into the hamper.

Keep dry towels in the car. Even the most ardent cleaner may still track some sand along. Placing towels over the seats in the car will catch any errant sand. Towels also protect the seats from damp swimsuits.

Do an extra cleaning at home. Hose down any chairs and items brought to the beach once you return home. This will dislodge any remaining sand and prevent it from being tracked inside.

Store belongings in a shed or garage. Avoid tracking sand indoors by keeping beach supplies in the garage or a backyard shed.

## An interesting fact ...

Sea glass are of pieces of glass that have been buffed and smoothed over time thanks to the constant tumbling action of ocean water and the sandy silt. Sea glass goes by many names, from mermaid's tears to sea pearls to beach gems. Sea glass is coveted by both amateur and professional collectors. It can be turned into many different pieces of artwork, and some designers specialize in transforming the glass into intricate jewelry. Although dumping trash in the world's oceans, bays and lakes is never a good idea, sea glass is one representation of how nature can turn something bad into a remarkable treasure. It is possible to find sea glass in all different shades. However, some colors are harder to find than others. Odyssey Sea Glass ranks deep purple, pink, peach, black, red, orange, and deep yellow as the rarest colors. Brown, green and frosted white sea glass are the easiest colors to find.



# Service DIRECTORY

To place your business card call  
**410-641-6695**



## ATTORNEYS


**LAW OFFICES OF**  
*Patricia Cleary*  
*...your neighborhood lawyer*  
**240-304-6058**

 **Michael B. Mathers, P.A.**  
Estates, Trusts & Elder Law  
**410-208-3331**  
mike@mbmatherslaw.com  
www.mbmatherslaw.com

**STEVEN W. RAKOW**  
Attorney at Law  
**410-600-3075**  
STEVE@STEVERAKOWLAW.COM  
www.STEVERAKOWLAW.COM

## DENTISTRY

 **Gerard Ott, D.M.D., PA**  
1 Pitts Street  
Berlin, Maryland 21811  
(410) 641-3490

**DePalma Dental, LLC**  
  
**Michael DePalma, D.D.S.**  
**Errin DePalma, D.D.S.**  
500 Franklin Avenue, Unit 3  
Berlin, Maryland 21811  
Phone: 410-641-3222  
www.depalmadental.com

## ELECTRICIAN

Waterfront Electrical Service • Hot Tubs & Spas  
Residential • Commercial • Interior & Exterior Lighting  
Service Upgrades • Phone/Data/TV Lines • Ceiling Fans  
**J.T. Novak, LLC**  
**Electrical Contracting**  
**Prompt Service at Reasonable Rates**  
P.O. Box 1464 Phone: 410-208-3052  
Berlin, MD 21811 Mobile: 443-235-5544  
**Master Electrician MD • VA • DE • PA**

## FLOORING

  
CARPET HARDWOOD & MORE  
*The Flooring Store for Locals*  
11312 Manklin Creek Road **410-208-3879**  
Ocean Pines

## HOME IMPROVEMENT

**PAUL'S HOME IMPROVEMENTS**  
All phases of home improvements  
No job too small - No job too large  
Handyman Home Services  
Over 40 years experience  
**410-641-7548**  
Free Estimates  
MHIC #83501

## PHARMACY


**Free Local Prescription Delivery**  
314 Franklin Ave.  
Berlin  
**410-641-3130**  
**APPLE DISCOUNT DRUGS**

## POWER WASHING

**ROYAL POWER WASHING**  
Decks Siding Walkways  
Boats Roofs  
Decks stained & sealed "We Can Powerwash Anything!"  
**FREE ESTIMATES** Commercial Residential  
Clifford Rosen/Owner Licensed Insured  
**410-641-5756** www.royalpowerwash.com

Place your business card  
**410-641-6695**

## RENTALS

**Do you need to rent a ...?**  
**Just Ask RENTAL**   
The Adkins Company  
11048 Cathell Rd.  
Ocean Pines, MD 21811  
**410-641-5420**  
Contractor DIY Landscaping Party/Event Moving/Shipping

## TITLE SERVICES

**ACQUEST**  
TITLE SERVICES INC  
Gwen Cordner  
President  
9748 Stephen Decatur Highway, Unit 113  
Ocean City, Maryland 21842  
410-213-7741 / 410-213-7742 fax  
email AcquestTitle@comcast.net / Acquest-Title.com

## WRITING SERVICES

**Publishing, Memoirs & More!**  
 **TIMEFLYS**  
Jean Marx  
443-880-0045  
jmarx.timeflys@gmail.com  
www.timeflysbooks.com

**The Courier**



Your business card ad could  
be **HERE** for as little as  
**\$13 a week!**

**410-641-6695**



## How to keep kids engaged over school breaks

Children in North America will spend, on average, more than 900 hours attending school in a given year. The average school year in the United States lasts 1,016 hours, the equivalent of 42 continuous days. According to the Organization for Economic Cooperation and Development, many developed countries begin their academic years in September and end them in June. Some, like Australia, feature four terms with two-week breaks in between each term. Others go to school for most of the year, with various holiday breaks in between, and then get the bulk of their time off during the summer.

As much time as kids spend in school, there will be times when they are left to their own devices, and during these times it is easy for them to forget classroom lessons. Sometimes called "summer learning loss" or "summer slide," this forgetfulness sees many students fail to retain all of their lessons over prolonged breaks from school. Studies indicate that students score lower on standardized tests at the end of the summer compared to their performance on the same tests at the beginning of summer. Anywhere from between one to three month's worth of educational achievement can dissipate during prolonged breaks from the classroom. To help ensure that those hard-earned lessons are not so easily forgotten, parents can help children remain intellectually engaged in various ways over school breaks.

**Stick to a schedule.** Try to maintain a schedule similar to school, with children waking at the same time each day and going to bed at similar hours. This will make it much easier to get back into a routine when a new school year begins.

**Encourage reading.** Set aside time for reading each day. All it generally takes is 15 to 30 minutes of reading per day for kids to remember their vocabulary lessons and maintain their fluency and comprehension skills. Children may enjoy picking their own books rather than having a required reading list.

**Keep a math book handy.** On long car trips or rainy days, children can do a few math problems to keep their skills sharp. This will help keep learning loss to a minimum. Math workbooks may be available at bookstores,

or parents can look online or ask a teacher for a summer to-do packet.

**Plan educational trips.** Vacations and day trips can be fun, entertaining and educational all at the same time. Science centers, museums and living history locations can bring to life information learned in the classroom, even on family vacations.

**Learn at camp.** Many children attend camp for a portion of their school breaks. Look for camps that do not simply babysit children, but engage them through enrichment activities.

**Take a class.** Children and families can learn together by exploring new skills. Enroll in something educational and enjoyable, such as a music or dance class, a STEM seminar or something else that engages the mind and body. This gives everyone a chance to learn something new and have a great time together as a family.

Parents and educators can reduce lesson loss over school breaks by encouraging families to remain intellectually engaged in any way they can.

# AUTOMATIC

## PRESCRIPTION REFILLS!



Simplify your life.



**Sign up for Apple MedSync today.**



- ▶ Apple MedSync coordinates all routine prescriptions into one pick up day per month
- ▶ MedSync gets rid of complicated refill schedules and eliminates those irritating calls to doctor's offices - Apple calls for you
- ▶ MedSync may be delivered within Apple's free, local delivery area


**APPLE DISCOUNT DRUGS**

**Rt. 13 S. & Cedar Ln.**  
**FRUITLAND 410-749-8401**

**314 Franklin Ave.**  
**BERLIN 410-641-3130**

**1210 Nanticoke Rd., Pecan Square**  
**SALISBURY 410-543-8401**

[www.appledrugs.com](http://www.appledrugs.com)



# SANDPIPER

## ENERGY

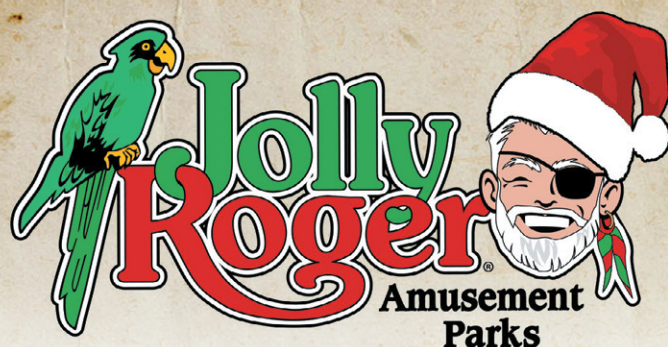
## BRINGING NATURAL GAS TO WORCESTER COUNTY

### Over 4,000 New Natural Gas Customers and Growing!

800-427-0015

www.sandpiper-energy.com





**CHRISTMAS IN JULY TOY DRIVE**

**TUESDAY, JULY 25 10AM-5PM**

Drop off an unwrapped toy and receive  
a discounted ticket and a free gift!

**Benefits:**



30th Street and Coastal Highway & 2901 Coastal Highway, Ocean City, Maryland 21842 | 410-289-3477  
[jollyrogerpark.com/christmas-july-toy-drive](http://jollyrogerpark.com/christmas-july-toy-drive)