

The Courier

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ANNUAL MEETING

The Ocean Pines Association annual meeting is this Saturday, August 8 at 10 a.m. in the Community Center. The results of the Board of Directors election to fill two open board seats will be announced.

Board gives GM bonus

Oceanpinesforum.com reports that in a closed session last Thursday afternoon, the Ocean Pines Association (OPA) Board of Directors voted to give General Manager Bob Thompson a bonus of \$5,000. According to the Forum, the vote was 5-2 with directors Marty Clarke and Jack Collins voting against. The general manager's annual base salary is \$165,000. Last year the board approved a \$12,000 bonus.

Angler's Club to meet

The Ocean Pines Anglers Club will meet on Saturday, August 8 at 9:30 a.m. at the Ocean Pines library. Speaker Mike Healy, author of several books on Ireland will present "Fishing In Ireland" with a whirlwind photographic journey to the hot fishing spots of Southwest Ireland. Irish charter boat fishing excursions, angling styles and fish populations in the bays, lakes, rivers and streams will be discussed. All are welcome.

Dems to collect items

On August 16, between 1 p.m. and 3 p.m. the Democratic Women's Club of Worcester County will collect non-perishable food, toiletries and paper products at the South Fire Station, located on Ocean Parkway (South Gate). Supplies will be shared with a local food ministry. Call 410-641-8553 for additional information.

Grief support offered

Coastal Hospice will hold grief support sessions during August. The sessions are free and open to anyone who has lost a loved one. The sessions will take place each Thursday during the month and begin 11 a.m. They will be held at the Ocean Pines library. For more information call 410-251-8163.

Chicken BBQ to be held

The St. Paul United Methodist church Men's Ministry will hold a barbecue chicken sale this Saturday, August 8 starting at 11 a.m. The cost is \$8 per person for half a chicken and roll. The event will be held at the St. Paul United Methodist Church located at 405 Flower Street in Berlin. For more information contact Patrick Henry at 410-641-0450.



Celebration - Ocean Pines residents **Robert** and **Dorothy Danchik** recently celebrated their 60th Wedding anniversary with family and friends at Annie's Paramount Steak and Seafood House on Kent Island.



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APPLE DISCOUNT DRUGS

Public invited to watch 'Artists Paint OC'

The Art League of Ocean City invites the public to view art being created on the spot during the 10th annual plein air event, "Artists Paint OC," between August 6 and 9 at picturesque locations around the resort. All events are free and 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."

The annual event brings in 50 plein air painters and features many popular regional artists as well as painters from as far away as California and Chicago.

Artists will paint all day on Thursday and Friday, August 6 and 7, from 9 a.m. until dark. A map showing approximately where the artists are

painting will be posted at the Ocean City Center for the Arts at 502 94th St. bayside. Artists also may post their locations on the Facebook page, "Artists Paint OC," and watchers are encouraged to friend the page to receive updates.

On Saturday, August 8, the artists will paint outside from 9 a.m. to 4 p.m., then return to the Arts Center to prepare for judging and the Wet Paint Sale that evening. The artists will select one of their works to be entered into the gallery show judged by Laura Era of Easton's Troika Gallery, and the Art League will award prizes.

The Wet Paint Sale from 6 to 8 p.m. is open to the public and offers an opportunity to collect original artwork of local scenes at affordable prices. The Wet Paint Sale continues at the Arts Center on Sunday, August 9 from 11 a.m. to 4 p.m.

Sunday morning's Quick Draw Contest wraps up the event. Artists will gather in downtown Ocean City on the boardwalk at South Division Street

please see art on page 8



Investing in our community's future BEGINS WITH OUR BRIGHTEST RESOURCES

When the Worcester County School Board launched their digital conversion initiative across all our public schools, we couldn't sit idly by. We donated \$100,000 to help put a laptop or tablet into the hands of every student by 2018. You see, it's not just about becoming "digital." It's about increasing student engagement, improving teaching, and preparing our kids for college and careers. After all, we've always believed that our community's future is only as strong as the strength of our youth.



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GM reports to board

During the Thursday, July 30 meeting of the Ocean Pines Association (OPA) Board of Directors, General Manager Bob Thompson briefed the board several projects and issues.



Bob Thompson

All permits for the new pool fence at the Beach Club have been obtained. Work on the project was expected to be finished within a couple days.

Mr. Thompson requested that a project that included resurfacing the Sports Core Pool and improving the decking be postponed until next July. The reason for the request was due to fewer than anticipated bidders for the project and a slow state permitting process. The board agreed with the recommendation. As a result of the postponement extra time will be available to consider new bidders, whether to go with a liner or diamond brite finish and whether to replace the slide. Also, the delay will mean the pool, which is the only covered pool in the community, is closed during the summer season when the other pools are open.

The house purchased by Ocean Pines at a tax sale, 37 Tail of the Fox, has been listed with local real estate agent Marlene Ott for \$174,900.

Mr. Thompson reported that discussions with Sandpiper Energy about converting the community to natural gas are continuing. He said the talks have been "engaging and positive." No final agreement has yet been reached.

Golf revenue and expenses were lower than budgeted for June. The op-

eration closed the period with a positive variance to budget of \$3,168, a \$63,000 improvement over the same period last year.

Revenue at the Yacht Club was down \$80,500 for June; expenses were down \$72,286. Overall the facility finished the month \$8,224 below budget. Mr. Thompson points out though that the operation has realized a year over year improvement of \$126,636 over the same period last year.

The end of month net result of Aquatics was \$18,298 ahead of budget. Revenues were ahead of budget and expenses were below.

-Chip Bertino



Scout Honor - On Saturday August 1, a Court of Honor was held at the Ocean City Elks Lodge #2645 for Eagle Scout Christopher Buhrt. Christopher earned his status of Eagle Scout in Boy Scout Troop #225 which is sponsored by OC Elks Lodge #2645. Mrs. Hightower, widow of an Elk, presented Chris with an American Flag which was given to her in honor of her husband being a World War II Veteran.

Pictured are Scout Master **Matt Norman**, **Jeff Buhrt**, **Chris Buhrt**, **Dawn Leonard**, **Mrs Hightower**, and Exalted Ruler **Chris Graf**.

Making Strides Against Breast Cancer kickoff scheduled

The American Cancer Society will host a Making Strides Against Breast Cancer kickoff rally and informational meeting at 5 p.m. on August 6 at The Restaurant at the Lighthouse Sound to share details about its upcoming community walk.

Making Strides Against Breast Cancer is a powerful event to raise awareness and funds to end breast cancer. Since 1993, more than 11 million supporters have raised more than \$685 million nationwide. Last year, 1,100 walkers in Ocean City helped to raise more than \$324,000. This kickoff will provide community members the opportunity to learn how to get involved in the Ocean City walk slated for October 18.

Funds raised through Making Strides Against Breast Cancer walks enable the American Cancer Society to

finish the fight against breast cancer by investing in groundbreaking research; providing free, comprehensive information and support to those touched by breast cancer; and helping people reduce their breast cancer risk or find it early when it's most treatable.

"Uniting with others in the Making Strides walk gives us power to make a real difference in the fight to end breast cancer," said Beverly Furst. "At the event we celebrate survivorship and pay a meaningful tribute to those affected by the disease. Thanks to participants, the American Cancer Society is there for those who are currently

*please see **kickoff** on page 8*

Markets Change. Are You Prepared?

When you stop and look back at what's happened in the markets, it's easy to realize how quickly things can change. That's why we should schedule some time to discuss how the market can impact your financial goals. We can also conduct a portfolio review to help you decide if your should make changes to your investments and whether you're on track to reach your goals.

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Robert B. Adair 1938-2007

2012 Business of the Year

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1. Did you know that 94 percent of life on Earth is aquatic? That makes us land-dwellers a very small minority.

2. About 70 percent of the planet is ocean, with an average depth of more than 12,400 feet. Given that photons (light) can't penetrate more than 330 feet below the water's surface, most of our planet is in a perpetual state of darkness.

3. Fifty percent of the United States (in terms of our complete legal jurisdiction, which includes ocean territory) lies below the ocean.

4. The deep sea is the largest museum on Earth: There are more artifacts and remnants of history in the ocean than in all of the world's museums, combined.

5. We have only explored less than 5 percent of the Earth's oceans. In fact, we have better maps of Mars than we do of the ocean floor (even the submerged half of the United States).

Travel benefits for those ages 50 and up

One of the best things about aging is being able to enjoy the fruits of your labor without as many obligations as you might have had when you were a

fund a recreational lifestyle. Travel companies and other businesses understand that Baby Boomers and other seniors are valuable customers and are



Here are some other ways to secure deals on travel and other services.

-Do some networking. Fellow seniors who log in to chat rooms or who are members of social clubs may have the inside scoop on age-based travel deals. Learn the ropes from others who have been there before you and take notes on which companies offer the best deals.

-Read the fine print. Understand the details of senior discounts and compare them to other promotions offered to anyone, regardless of age. You may be able to get a better deal or combine offers if you're not locked into a senior plan. Also, check the dates when deals are valid to ensure you can travel when you want to.

-Always carry proof of age. Whether it is a driver's license, AARP card, passport, or birth certificate, carry proof of your age at all times. You do not want to miss out on a discount because you cannot verify you are 50 or older. Though being mistaken as younger could be a boost to your ego, it will not benefit your bottom line.

-Explore airline perks. Men and women 55 and older may be eligible for 'golden-agers' discounts at major airlines. Such deals are not typically advertised, so you may need to speak with an airline representative to secure the discount. Seniors also can request special services, such as baggage assistance, priority seating and a ride to the gate, at the airport.

-Try negotiating with vendors. If you cannot find a senior discount, consider negotiating with vendors for deals. Local hotels or businesses may prove more flexible than national chains. It never hurts to ask for a senior discount.

-Embrace flexibility in scheduling. Unlike students or business travelers, seniors tend to have freedom with regard to the days of the week when they can travel. You have the flexibility to go and come as you please without having to coordinate with vacation time or school breaks. Use this to your advantage and travel during off-peak times when crowds will be small and rates may be lower.

Don't feel down if you're approaching another milestone birthday. Entering into your golden years gives you access to a variety of perks and discounts that can save you time and money on travel.

younger adult. For example, many men and women have a lot more freedom to travel once they turn 50.

Many of today's older adults have a wealth of discretionary time, and those who focused on retirement planning from an early age have the money to

rolling out the red carpet with a bevy of discounts and perks.

AARP Services, Inc. has long been a trusted resource in senior-based information and resources. The organization continues to broker relationships with various companies to arrange deals on travel-related services and products for older men and women. Members of AARP can link directly to deals through the organization's website.

In addition to companies that work with AARP, many other travel companies have discounts or other perks available to men and women over 50. All consumers need to do is inquire about such benefits. When in doubt, log on to the company's website or give their customer service department a call.

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



a telephone number where the author can be reached to verify authenticity, if necessary. Letters are not corrected for spelling or grammar and priority will be given to letters of 300 words or less. Letters must be received by Friday at 5 p.m. They can be e-mailed to:

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That perennial question

Qu'est-ce qu'on mange (French)? Was ist für Abendessen (German)? Gani kwa chakula cha jioni (Swahili)? Eh bugga bugga uh (Caveman)?

From the time prehistoric man roamed the earth scavenging for sustenance, a single question has reverber-

ated through history, culture and language: "what's for dinner?" It is a question that has been asked by king and pauper alike.

for spaghetti. That was the range of my culinary expertise. I'm proud to report that over time I've developed my repertoire to include more than boiled fare. I do very well with food on the grill.

From the beginning my wife and I agreed on a couple of meals that would not be served in our home. For me it is liver and onions; for her it's stuffed peppers. Liver with fried onions was a regular staple in my home growing up. I hated it and would do my best to hide cut-up pieces

of liver in the mashed potatoes. Rarely did I succeed in getting away with not eating what was given to me. Over the years I've heard people talk about how they enjoy liver and onions and the processes they go through to prepare it. They speak with such enthusiasm! I would sooner starve than eat liver regardless of how it is prepared. Yuck!

I very much like stuffed peppers, at least from what I can remember of them. They have haven't been served on my plate since Reagan's second term. My wife detests peppers, yet she will cook with them as long as they are not a main ingredient. I'm okay with the arrangement. I've had to sacrifice stuffed peppers for not having to eat liver. It was one of the best deals I ever made.

Our kids, like all kids, freely used to ask, "What's for dinner?" It was a question that would pluck strenuously at my wife's last nerve. She hated hearing the question, a lesson that our children learned not always the easy way. In time they realized that it was best to just sit down at the dinner table and be surprised.

Rarely when the kids were younger did we have dinner at a restaurant or order take-out. It just didn't fit into the family budget and too it was difficult to coordinate with after school activities, homework, bath time and the like. Now though my wife and I find ourselves more and more alone at the dinner hour. As a result we have taken to a little more frequently going to a restaurant or picking up takeout. Sometimes it's just easier that way than to remember to plan ahead.

Dov'è il cinese take-away menù? That's Italian for, "Where's the Chinese take-out menu?"



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

ated through history, culture and language: "what's for dinner?" It is a question that has been asked by king and pauper alike.

When asked in my home, it can elicit varying responses and reactions depending on who is asking the question, who is answering the question and what time of day it is.

Usually plans are made just before the dinner hour. With everyone's schedule more often going in different directions, it can be difficult to plan what to have, when to have it and who will be available to partake of what we've decided to have when we've decided to have it. We, and when I write "we" I am referring to my wife and me, try to make a decision before we leave for work. This way if something needs to be defrosted, it has time to thaw. There have been times when I've pulled from the freezer what I thought was ground beef or a pork roast only to discover, after it's too late, that I defrosted old chicken that had been designated for crab bait.

Other times though we don't start discussing dinner ideas until evening and that's when answers and reactions become, shall I write, more spirited.

"What do you feel like?"

"I don't know. What do you feel like?"

"I don't know. What do you feel like?"

And on it goes until one of us falls asleep, usually me by 8:30.

When our children were younger my wife prepared practically all the dinners we enjoyed. Although not written down, at least as far as I know, she had a plan of what she would serve on a particular day. Very rarely, and when I write "very rarely" I mean "hardly ever," did I make a dinner. At the time I could boil water for spaghetti and I could, um, boil water

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Growth in Pocomoke Industrial Park

The Pocomoke Industrial Park, which is the manufacturing hub of Worcester County, is experiencing new growth.

As a partner with the Town of Pocomoke and the State of Maryland, Worcester County Economic Development (WCED) is excited about expansion activities in the park by Hardwire, LLC.

The role of WCED officials in the Pocomoke Industrial Park centers around strategic planning to promote the advantages of doing business in the park. WCED recently assisted Hardwire and the Maryland Department of Business and Economic Development with lease negotiations, which resulted in the company opting to expand locally and open its third facility in a 42,000-square-foot building in the park.

“We are thrilled that Hardwire LLC has chosen Worcester County for the expansion of its armor system manufacturing operations,” WCED Director Bill Badger said. “We know that they had the opportunity to locate this facility in other

states, and we can keep those new, family-supporting jobs right here in Worcester County.”



For those who may not be familiar with the Pocomoke Industrial Park, it sits on roughly 98 acres of land on Broad Street near the Pocomoke Beltway and on the mainline of the Norfolk-Southern Railroad.

The park is located within a half mile of the intersections

of U.S. Rte. 113 and U.S. Route 13 and is strategically located near The Wallops Island Flight Facility in Wallops Island Virginia. This location serves to attract manufactures that specialize in the fields of science, technology, engineering and math (STEM). These manufactures play a vital role in economic development by creating family sustaining jobs in our communities.

Several large manufacturing businesses make their home in the Pocomoke Industrial Park. These include Mid-Atlantic Foods; Bel-Art Products, a large

scale plastics manufacturer; Ricca Chemical, a manufacturer of analytical testing solutions and offerer of extensive custom manufacturing capabilities; Cobb Vantress, a poultry research company engaged in the development, production and sale of broiler breeding stock; Benelli, a weapons service center; and the Worcester County Small Business Technology Incubator, which provides a common location and an array of business supports and services (including free internet access and networking opportuni-

ties) designed to accelerate job growth and the success of companies in the start up or early stages of development.

Those interested in discovering more about the advantages of establishing or expanding a business in the Pocomoke Industrial Park or elsewhere in Worcester County are invited to visit us on Facebook, Twitter and on the web at www.chooseworcester.org or contact Badger at 410-632-3112 or bbadger@co.worcester.md.us.

Field hockey camp offered

Worcester County Recreation & Parks (WCRP) is bringing Field Hockey Camp back for another summer. This week long camp is open to youth entering 1st – 8th grades.

Camp will take place at the Worcester County Recreation Center in Snow Hill beginning Monday, August 10, and will run from 9 a.m. to noon at a cost of \$75 per participant. Campers will learn field hockey fundamental skills and play modified games

during the week. Space is limited, so hurry and register for this great youth summer camp today. Financial Aid is available for those who show a demonstrated need.

For more information about Field Hockey Camp, contact Kelly Rados at 410-632-2144 x102 or krados@co.worcester.md.us. Visit our website at www.WorcesterRecandParks.org for more information or to sign up for email announcements.

Free antiques appraisal to be held at Community Center

Find out if Grandpa's coin collection is worth some cash at a free antiques appraisal show hosted by the Ocean Pines Recreation and Parks Department on Thursday, August 6 from 3 p.m. to 4:15 p.m. and 4:30 p.m. to 5:45 p.m. at the Ocean Pines Community Center.

Todd Peenstra, a nationally known antiques and art appraiser, will offer free appraisals, consultations and advice on furniture, glass, porcelain, paintings, silver, bronze, coins, toys and documents.

Participants at this event, which is

open to the public, should arrive up to 30 minutes early per session. Advanced registration is suggested but not required. Call 410-641-7052 for more information or to register.

The Ocean Pines Recreation and Parks Department offers a variety of classes, activities and seminars throughout the year. Information about these programs, including an online version of the Ocean Pines Spring/Summer 2015 Activity Guide, is available at OceanPines.org.

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Tickets available for duck race

There are less than four weeks left until Kiwanis Duck Race Day on August 28 at Frontier Town at 6 p.m. The Duck Race Team was spotted selling chances in White Horse Park in Ocean Pines at the Pine'er Arts and Crafts Show. (L-R) **Ron Graybill, Jim Spicknall** and "K-Duck." Tickets are \$5 or three for \$10. Proceeds are used to fund college scholarships. To purchase tickets call 410-208-0479. The cash prizes are \$1,000, \$300, \$200. Winners do not have to be present to win.

AGH launches new website

Atlantic General Hospital and Health System launched a new, mobile responsive website this week as part of their continued mission of providing access to quality care, personalized service and education to improve individual and community health.

In its twenty-two years of service to the residents and visitors of Berlin and the surrounding community, Atlantic General Hospital and Health System has seen much growth and continues to evolve to provide the right path to good health. With the 5 Rights of the hospital's 2020 Vision 5-Year Strategic Plan in mind – *Right Care, Right Place, Right People, Right Partners,*

Right Hospital – the new www.atlanticgeneral.org provides an improved tool for finding health care providers, health education opportunities, and information for truly coordinated care.

Some enhancements include:
Engaging Design: Updated graphic elements and an intuitive website structure help site visitors quickly find what they need.

Community Calendar: The improved calendar of events will continue to list our ongoing support groups, health screenings and other community events of interest. Online

please see website on page 8

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Maintaining bird feeders, baths essential to avian health

Bird watching is a pastime enjoyed by people of all ages. While many people trek into the woods to see their favorite birds, homeowners can take steps to entice these fascinating and feathered friends right to their backyards.

Homeowners who want to attract birds to their properties can do so by providing the birds food, shelter and places to wash up or cool off. Installing a bird feeder and a bird bath in your yard is one way to attract a bevy of winged creatures that can provide hours of enjoyment.

Establishing a bird-friendly environment may seem as simple as hanging a feeder on a pole or tree and erecting a bird bath nearby. But a certain level of maintenance is needed to keep birds healthy and happy.

According to the experts at the Bird Watcher's Digest, recent research indicates feeders can sometimes be a source of disease for the birds visiting them. The Audubon Society echoes that warning, saying that bird feeders and baths can serve as transmission stations for diseases such as aspergillosis, avian pox and salmonel-

losis. Recently, scientists noted that the spread of trichomonad protozoan parasites is on the rise, especially among mourning dove and band-tailed pigeon populations.

Such warnings are not meant to deter budding birding hobbyists. Organizations like the Audubon Society hope that such warnings send the message that disinfection and maintenance is necessary to maintain sanitary environments for birds. Doing so is relatively easy and well worth the time for birding enthusiasts.

The Humane Society of the United States advises cleaning hanging feeders once every two weeks or more often if they're heavily used. Ground-feeding designs should be cleaned every two days. Feeders can be immersed in a very-diluted solution of bleach to water (nine parts water to one part bleach). Let soak for a few minutes, and then scrub the feeder with a stiff brush or scouring pad before rinsing. Allow the feeder to dry completely before refilling it with seed.

Bird baths should be emptied of water each day. Brush or wipe the bath clean, then rinse and refill with fresh water. Do not leave standing water overnight; otherwise bird baths can easily become a breeding ground for mosquitoes and other parasites.

Frequently collect discarded seed hulls and clean bird droppings from beneath feeders. If the area around the feeder has become especially soiled, relocate the feeder elsewhere and clean its initial location.

Follow proper instructions with regard to seed and other bird food. For example, reduce the amount of suet

offered in hot weather. Heat can cause suet to spoil, and sticky suet can become stuck in birds' feathers and make it hard for them to keep clean.

Try to provide more than one



Locate feeders and baths at least 30 feet away from windows so birds do not get confused by reflections and collide with the glass.

Store seed in a dry container with a tight-fitting lid to prevent mold from forming and moisture from getting in.

Creating a thriving habitat for bird watching is easier than one might think. But once birds begin visiting a yard, homeowners must diligently maintain clean feeders and bird baths to ensure the birds stay as healthy as possible. Any questions about wild-bird care can be directed to a local Audubon Society chapter or by visiting a pet store or bird hobby center.

Free concert on Sunday

Bryan Russo and Bargain Scotch will perform at the Berlin Heritage Foundation's third concert on the lawn this season on Sunday, August 9 at 6 p.m. The music will feature vintage blues, jazz and swing.

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 1-4 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.

Kick-off

from page 3

dealing with a breast cancer diagnosis, those who may face a diagnosis in the future, and those who may avoid a diagnosis altogether because of education and risk reduction."

For additional details about the 5th annual Making Strides Against Breast Cancer walk at 9 a.m. on October 18 at the Boardwalk at the Inlet visit [makingstrideswalk.org/oceancitymd] or call the American Cancer Society at 1-800-227-2345.

art

from page 2

and paint against the clock from 9 to 11 a.m. when their work will be judged and winners announced. The Ocean City Development Corp. sponsors the Quick Draw Contest.

The plein air artwork will be on exhibit at the Ocean City Center for the Arts through the end of August.

More information about the event is available online at www.artleagueofoceancity.org or by calling the Ocean City Center for the Arts at 410-524-9433.

The Ocean City Center for the Arts at 502 94th St. 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.

feeder and bird bath to prevent overcrowding. Crowding can contribute to the spread of disease.

Do not situate feeders and bird baths under perches where they can be soiled by droppings.

If you notice birds look sick or are not acting strangely, halt feeding and bathing to prevent healthy birds from becoming ill. Wait a week before resuming feeding and notify wildlife officials if you find dead or sick birds around your property.

website

from page 7

registration will be offered in the near future for those events that require pre-registration.

Improved Form Functionality: Forms for online bill pay and donations to the Foundation are enhanced and will operate whether on a mobile device or desktop computer. The job application process has been improved as well.

Device Responsiveness: The layout of the website will shift to preserve legibility and ease of navigation, regardless of the device – desktop computer, tablet or smartphone – on which it is being accessed.

Updated Physician Directory, Locations and Services Listings: Content features allow for posting of secondary locations for provider practices as well as board certifications, fellowship training, links to videos and, in the near future, the capability to email providers' offices to request more information or an appointment.

Searchable Library of Health Information, Quizzes and Recipes: A wealth of content to improve health literacy and understanding of what it takes to be healthy, including recipes for quick, healthy meal planning.

To sign up for the free email newsletter with health topics you can choose specific to your needs – visit www.atlanticgeneral.org/keepingwell.

Donahue wins flounder tourney

The Ocean Pines Chamber of Commerce hosted the 8th Annual Flounder Fishing Tournament last Saturday, August 1. More than 250 anglers participated. to the Pines Point Marina in Ocean Pines. This year's event was a huge success!

The first place winner was Greg Donahue with a 26 5/8" flounder. He won a total of \$1700 including the Calcutta. The second place winner was Brian Snyder with a 22 1/2" flounder. He won \$700. Ron Fisher was the third place finisher with a 22" flounder, taking home \$300. Mr. Fisher, known also as Captain Ron, is the founder of the Chamber of Commerce Flounder Tournament. The tournament weigh-in was held at Pines Point Marina. Next year's tournament will be held on the first Saturday of August.

If you have any questions, please feel free to contact the Ocean Pines Chamber office at 410-641-5306 or E-Mail: info@OceanPinesChamber.org.

Team Green Submarine, Finn McCabe, Brian McCabe, 1st Place Winner Greg Donahue and Captain Brad McCabe. Photo by Ginger Fleming





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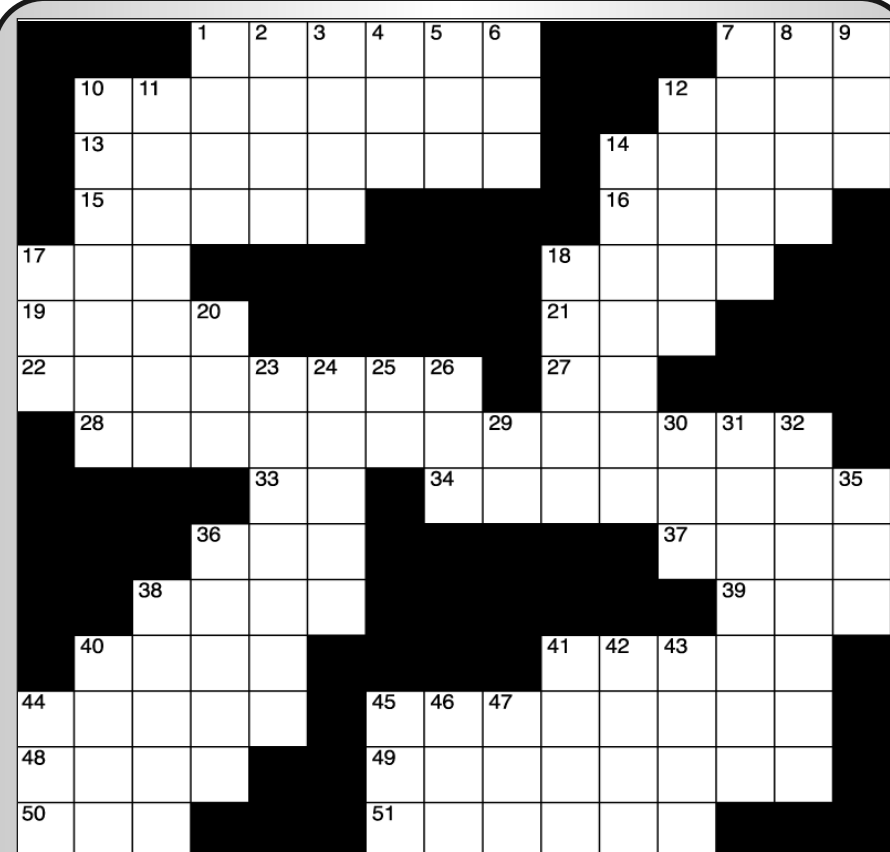
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ACROSS

1. Molten rocks
 7. More (Spanish)
 10. Artists' workrooms
 12. Radiant light around an object
 13. More threadbare
 14. Moses' elder brother
 15. Become aware of
 16. Exclamation of relief
 17. Swiss river
 18. Mimics fabric
 19. Colored fabric
 21. A bunch of bills
 22. Despised Roker
 27. "Today's" host
 28. "Twilight Zone" host
 33. Three-toed sloth
 34. Actor
 36. Lawyer's organization
 37. Maldives capital
 38. In bed
 39. Wedge-like metal fas-

tener
 40. Winglike structures
 41. Mesoamerican resin
 44. Glasses
 45. Green
 48. Large South American burrowing rodent
 49. Shoulder blades
 50. Noah's boat
 51. A female ogre

DOWN

1. Unkind
 2. Vestments
 3. A derisive remark
 4. Japanese apricot
 5. They ___
 6. Soviet Socialists Republics
 7. Arad river
 8. Lined up one beside another
 9. Diego, Francisco or Anselmo
 10. One who analyzes met-

11. To that place
 12. Expressed pleasure
 14. Fills with horror
 17. Find a sum
 18. Cognizant
 20. Female making debut in society
 23. Members of U.S. Navy
 24. A group of three
 25. And, Latin
 26. Fall back time
 29. What was that?
 30. Inches per minute (abbr.)

31. American/Canadian falls
 32. North Palestine region
 35. Bird beak
 36. Manila hemp
 38. Smart
 40. Three-banded armadillo
 41. Short cloak
 42. Scops owl genus
 43. 100 = 1 afghani
 44. A health resort
 45. Equal, prefix
 46. Microgram
 47. Make imperfect



Answers for July 29

Eyes on the Skies

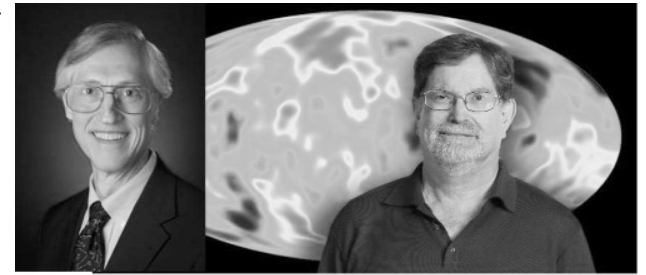
Origins of the Cosmic Structure

By Douglas Hemmick, Ph.D.



As August arrives, so can those hot and humid dog-days. While midday walks could become an ordeal, the milder evening temperatures may be perfect for a late-night session with meteors, or for enjoying the stars of the summer triangle.

The topic for August is how modern astronomers have learned the structure of the early cosmos. Readers may recall the initial discovery of the cosmic microwave background (CMB) was made by Penzias and Wilson, who were awarded the Nobel Prize in 1978. This cosmic microwave back-



Mather and Smoot with Map of COBE's Data

ground radiation offers a snapshot of the universe in its infancy a relatively short time after its fiery birth in the big bang. Further research using the satellite telescopes COBE and WMAP have yielded exciting conclusions regarding the early universe.

In its very earliest history, the universe, as a newborn was a boiling inferno so extreme that an impenetrable fog existed, trapping any potential rays of light. As cooling occurred, about 400,000 years after the big bang, stable atoms were forming and light rays could move freely, thus the cosmic microwave background (CMB) was released. However, it would take hundreds of millions of years for the matter to compress into the first stars and galaxies.

While this picture may seem complete, a research problem still remained. Penzias and Wilson observed a perfectly "smooth" CMB in all directions, everywhere at a temperature of 3 degrees Kelvin. The science of cosmology needed some degree of variation in the cosmic background, i.e., it ought to be slightly higher temperature in some directions and cooler in others.

This reflects a basic property of gravitating systems. If the cosmos contained "uneven" distributions of atoms, then regions with greater numbers of atoms would pull more

strongly than regions with fewer, thus leading to clustering. Atoms would be gravitationally attracted towards the regions of greater density.

Over the long ages, gravitation would cause atoms to "pile up" and accumulate in the regions of higher density, and to "run away from" more

rarefied zones. Ultimately, high density regions would achieve nuclear fusion and "turn on" thereby creating the first stars. On still longer time scales, regions with more stars would aggregate into galaxies.

Therefore, astronomers were seeking to find some variations in those early times of the CMB, as a link to evolving stars and galaxies.

In 1989 research on the microwave background received a boost with the launch of a new satellite called the "Cosmic Background Explorer" (COBE). From its orbit at 547 miles high, COBE performed a sweep across the entire sky, measuring the temperature of incoming microwave radiation in each direction. COBE's instruments were sensitive enough to detect variations as small as one millionth of a degree above and below the average CMB temperature of 2.725 Kelvins. As anticipated by astronomers, a pattern was observed, and the temperature variations were recorded and mapped. This breakthrough resulted in the 2006 Nobel Prize being awarded to astrophysicists John C. Mather and George F. Smoot for their work with COBE.

In 2001, the microwave studies continued with a space launch of the Wilkinson Microwave Anisotropy

please see **eyes** on page 11

Make timely adjustments to your 529 plan

By **Ben Ogle**

If you have school-age children, you might greet the arrival of June with some relief — for at least a few months, you don't have to worry about “encouraging” kids to do their homework, study for tests, give you their permission slips for field trips, and so on. But one day, these obligations will give way to a substantially bigger one — paying for college. If you've already begun preparing for that day with a tax-advantaged college-savings vehicle, such as a 529 plan, you're taking a positive step, because higher education is expensive. But it's not enough to just set up your 529 plan — you may also need to adjust it over time.

Up until this year, you were only allowed to change the investments in your 529 plan once a year. This caused concern among some investors, who wanted the freedom to change their 529 investments in response to movements in the financial markets. But late in 2014, President Obama signed into law the Achieving a Better Life Experience (ABLE) act, the key purpose of which was to create tax-free accounts allowing people to save for disability-related expenses. And one provision of the ABLE act also allows 529 plan investors to change their investments twice a year, rather than once.

If you invest in a 529 plan, you might welcome this additional freedom to adjust your investments. Still, keep in mind that a 529 plan is a long-term vehicle that's not really

designed to accommodate frequent “tweaking.” And, as is true with any investment account, such as your IRA and 401(k), you don't want to over-react to short-term market fluctuations by making radical changes to your investment mix.

Nonetheless, you will almost certainly want to adjust your 529 plan investments somewhat — at least in the long term. If you've opened a 529 plan when your children are young, you have many years until you need to tap into the money — which means your account has more time for growth potential and more time to “smooth out” those periods of market volatility, which will certainly occur. Consequently, you may be able to afford to invest somewhat more aggressively when your children are young.

However, as your kids near college, you will probably want to revisit the level of risk in your 529 plan. So, during the last couple of years before you need to access your plan, you may want to consider moving some of your investment dollars to more conservative allocations. By doing so, you'll cut back on your growth potential, but you'll also lessen the risk of taking a big hit if you have to start taking withdrawals during a “down” market.

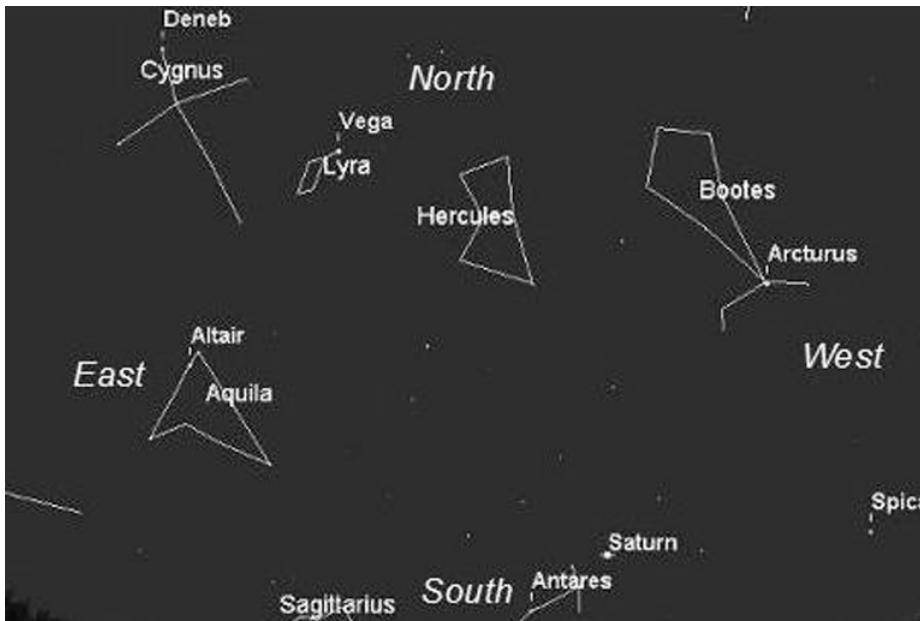
Some 529 plans offer an option that automatically adjusts your investment mix toward a more conservative approach as your children near college age. But you may want to make your own adjustments, possibly with the help of a financial professional, to ensure that your 529 plan accurately reflects your own preferences and risk tolerance.

As you save for your children's college education, you may find a 529 plan to be a great help. Just be sure to keep a close watch on your plan's investments as the years go by.

This article was written by Edward Jones and is provided by Ben Ogle, financial advisor with Edward Jones, 11200 Racetrack Road, Suite A102 The Pavilions, Ocean Pines, MD 21811. Phone: 410-208-9083; Website: www.edwardjones.com.



Ben Ogle



eyes
from page 10

Probe (WMAP), which offers more than 30 times better the angular resolution and temperature sensitivity than COBE.

Stargazers venturing outside about 9:15 p.m. may see Sagittarius the Archer and Scorpius the Scorpion close to the southern horizon. Just to the west of Scorpius, the planet Saturn can be seen. The summer triangle is composed of three of the evening's brightest stars. Deneb appears in the northern part of the sky in the constellation Cygnus the Swan, Vega is also high up in the sky and Altair appears somewhat lower and close to the southern horizon.

A special treat for stargazers will arrive mid-month, as the Perseid meteor shower appears. The shower reaches its peak of activity on the night of August 12 between the hours of 3 and 5 a.m. (technically the morning of August 13). Even the moon is cooperating this year, appearing in its more subdued waxing crescent phase, which will not outshine the shooting stars.

For those with binoculars, the planet Mercury may be visible about 6 degrees to the right of the crescent moon on August 16 at around 8 p.m. Stargazers are cautioned that Mercury is a very dim planet and may be difficult to spy in the twilight glow. In 1543, before the invention of the telescope, astronomer Nicolaus Copernicus expressed the difficulty in detecting the elusive planet. Copernicus said, “This ‘star’ tormented me with its many twistings and toilings, in trying to explore its motions.”

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 6	12:35 a.m. 1:13 p.m.	6:57 a.m. 7:39 p.m.	6:07 a.m.	8:05 p.m.
Fri., August 7	1:32 a.m. 2:16 p.m.	7:53 a.m. 8:44 p.m.	6:08 a.m.	8:04 p.m.
Sat., August 8	2:35 a.m. 3:22 p.m.	8:51 a.m. 9:51 p.m.	6:09 a.m.	8:03 p.m.
Sun., August 9	3:40 a.m. 4:27 p.m.	9:50 a.m. 10:57 p.m.	6:09 a.m.	8:02 p.m.
Mon., August 10	4:43 a.m. 5:24 p.m.	10:49 a.m. 11:57 p.m.	6:10 a.m.	8:01 p.m.
Tues., August 11	5:38 a.m. 6:14 p.m.	11:45 a.m.	6:11 a.m.	7:59 p.m.
Wed., August 12	6:27 a.m. 6:58 p.m.	12:47 a.m. 12:36 p.m.	6:12 a.m.	7:58 p.m.

Call me to set up a free consultation.



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 IN THE CLASSIFIEDS!**

How to foster a love of reading in children

Today's parents know that it's not always easy to instill a love of reading in children. Whether they are watching television, dabbling with their smartphones, toying with their tablets or engaging in social media, youngsters now have more distractions at their disposal than ever before. So it's no surprise that many youngsters may not be too enthusiastic about abandoning their gadgets in exchange for curling up with a good book.

But instilling a love of reading in kids early on can pay a lifetime of dividends. Children learn at a much faster pace during their first six years than at any other time in their lives, and the right kind of stimulation during these years can provide the foundation for future learning. In addition, reading at an early age can inspire a child's creativity and imagination. Though many parents can recognize these benefits, that recognition does not make it easier to get kids to embrace reading. No two kids are alike, so parents might need to employ different strategies to get each of their kids to embrace reading. But the following are a handful of ways parents can foster a love of reading in their youngsters.

* Embrace their hobbies. When encouraging kids to read parents may find it easier to get them to pick up a book if that book's subject matter pertains to a favorite hobby or something a youngster has expressed interest in. A seven-year-old boy with a passion for baseball will likely be more inclined to read an age-appropriate novel about America's pastime than he will a book about fishing. Use youngsters' enthusiasm about a given hobby or interest to lay the foundation for a love of reading.

* Don't limit reading to books. Books are not the only reading materials that can foster a love of reading in kids. Local newspapers and magazines have sparked many kids' initial foray into reading, and such source materials can be just as inspiring as novels or short stories. Magazines made for youngsters give kids some-

thing they can start and finish reading in the same day. Young boys might want to read the sports page in the daily newspaper or visit a favorite team's website to learn all about last night's game, while young girls might be more inclined to read the arts and entertainment sections. Parents should encourage such exploration, even if it means leaving novels on the bookshelf for the time being.

* Read to youngsters. Another way to foster a love of reading in youngsters is to read to them every day. Many young kids just learning to read may be discouraged if their reading skills aren't progressing rapidly. Reading to kids every day can inspire them to work harder at reading so they can be just as good at reading as Mom and Dad.

* Discuss reading materials with your children. Many people enjoy talking about books they have read as much as they enjoy reading the books, and kids are no different. Parents who want their youngsters to embrace reading can initiate discussions about what their kids are reading, discussing the plot of novels or the details of newspaper or magazine articles kids read. Ask them what they like and dislike about a book or ask for a recap of a story they read in the newspaper or an article they read in a magazine.

* Extend the reading experience. After they have finished a novel, adults often find it enjoyable to watch films based on that novel. Doing so extends the reading experience and gives men and women a chance to see if their interpretations of a given story were similar or different from someone else's. Kids enjoy such extensions as well, so reward kids by taking them to the movies to see the film version of a favorite book or to a museum that's displaying an exhibit that's relevant to a book a youngster just read.

Though their youngsters may have many distractions at their disposal, there are still many ways for parents to foster a love of reading in their children.

**Courier Classifieds
 410-641-6695**

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

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 pm. 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

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

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.

Wed., Thurs. & Fri.

Church Thrift Shop

Stevenson United Methodist Church in Berlin is open Wed. - Fri. 10 a.m. - 2 p.m. Sale Fridays. Call 410-641-1137.

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.

Sundays

Sunday Night Serenity **Al-Anon Family Group** 7:30 p.m. at The Woodlands/Independent Living Apt. Bldg. 1135 Ocean Parkway-Ocean Pines, Md. 21811

Third Sunday

Sharing Sunday

Bring non-perishable groceries and paper goods to the Ocean Pines southside fire hall 1 -3 p.m. to benefit local food banks.

Third Monday

Democratic Women

The Democratic Women meet 9:30 a.m. for coffee followed by a meeting at 10 a.m. at the Ocean Pines Community Center. Guests and new members are welcome.

Third Tuesday

Widows & Widowers Social Club.

Group meets in Ocean Pines at 1 p.m. for luncheon meeting. Call 410-208-1398.

Third Wednesday

Survivors of Suicide Meeting

Starts at 6 p.m. at the Worcester County Health Department. 9730 Healthway Drive, Berlin. Open to anyone who has lost a friend or loved one to suicide. Quiet listening, caring people, no judgment. For more information, call 410-629-0164 or visit www.choosetoliveinmaryland.org.

Fourth Wednesday

Marine Corps League

First State Detachment Marine Corps League raises funds for a variety of charities and meets at 7 p.m. in VFW Post 8296, 66th St. Ocean City. Open to all fellow Marines and FMF Corpsmen. Visit www.firststatemarines.org.



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Grandmother's Bread Bowl

Do you have a favorite dish or bowl or even a cook pot that belonged to a member of your family that you cherish? One of my favorite things is my Grandmother's bread bowl. I use it frequently and think of her every time I make something in it. She was my paternal grandmother and I visited her often as a child and through the years. Her love of gardening and cooking was instilled in me at an early age. We would go to the garden and pick vegetables and fruits and then prepare them. She was an old fashioned cook and the only things she purchased at the store were basics like flour, sugar, rice and spices. Everything else she grew or made. Her shelves were lined with homemade canned vegetables, fruits and pickles. I remember when frozen foods first came available, she did not like them and said fresh was better. Now I wish I had her recipe for homemade root beer which she made every summer and the whole family looked forward to that. Of course she made homemade ice cream to go with it.

Grandmother made all her own bread and it was a nightly ritual to make the dough before bedtime and let it rise and then bake it in the morning. She didn't keep many recipes and I never could find one for her raisin bread. When my Dad was still living, I took a bread making course and tried different raisin breads and he was the taster. I remember that she put lemon extract in it so I finally made one that he agreed was like hers and now my whole family enjoys it during the holidays. We used to make cherry pie from fresh cherries and she taught me how to pit the cherries which was a job in itself. Now I use the canned ones as they are so much easier and of course your hands are not all red afterward. She had a grape arbor that I dearly loved except for all the bees that enjoyed it too. Homemade jellies and jams were the products from the arbor.

Raisin Bread

2 cups dark raisins (floured)
2 cups scalded milk

2 T. Crisco
2-1/2 T. sugar
1 t. salt
1-1/2 packages of dry yeast
1/2 cup lukewarm milk
6-1/2 cups sifted bread flour
1-1/4 t. lemon extract
Add sugar, lemon extract, salt and shortening to hot milk. Let sit until lukewarm. Add the yeast which has been dis-

solved in 1/2 cup lukewarm milk. Add about 4-1/2 cups flour, then raisins and mix well. Add remaining flour and knead. Place in large bowl, which has been greased and allow to rise (about 1 to 1-1/2 hours) or until doubled. Punch down and knead again. Let rise again. Put in lightly greased loaf pans (fill half full) and let rise. Bake for 30 to 45 minutes at 375 degrees. Remove from pan

and brush top with Crisco. Cool on wire rack. Makes two loaves.

Tips: When preparing for loaf pans, flatten dough on board and roll up to form smooth loaf. Also be sure dough has been kneaded well before each procedure. This recipe does take time to make so when you have an afternoon to spare, try it.

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