

Red Cross issues safety tips for hot weather

BALTIMORE — It's that time of year when the temperature goes up, and heat and humidity make the outdoors very uncomfortable and sometimes deadly.

The Red Cross reports some people are more at risk of developing a heat-related illness, including adults age 65 and older, those with chronic medical conditions, people who work outside, infants, children and athletes.

"It's important for everyone to realize that warm weather can be dangerous," said ARC Greater Chesapeake Region CEO Scott R. Salemme. "The Red Cross has steps you can follow to make sure you and your loved ones are protected when hot weather hits your area."

According to the Centers for Disease Control, more than 600 people in the United States are killed by extreme heat every year. There were five heat-related deaths in Maryland in 2017.

Here are steps you should take in hot weather:

- Hot cars can be deadly. Never leave children or pets in your vehicle. The inside temperature of the car can quickly reach 120 degrees.
- Stay hydrated by drinking plenty of fluids. Avoid drinks with caffeine or alcohol.



PHOTO BY AMERICAN RED CROSS

In times of excessive heat, remember to check on those who may be alone and do not have on access to air conditioning.

- Check on family, friends and neighbors who do not have air conditioning, who spend much of their time alone or who are more likely to be affected by the heat.
- If someone doesn't have air conditioning, they should seek

relief from the heat during the warmest part of the day in places like schools, libraries, theaters and malls.

- Wear loose-fitting, lightweight, light-colored clothing. Avoid dark colors because they absorb the

sun's rays.

- Slow down, stay indoors and avoid strenuous exercise during the hottest part of the day.
- Postpone outdoor games and activities.

- Use a buddy system when working in excessive heat. Take frequent breaks if working outdoors.
- Check on animals frequently to ensure they are not suffering from the heat, and make sure they have plenty of cool water.

Excessive heat can lead to sunburn, heat cramps, heat exhaustion and heat stroke.

If someone is experiencing heat cramps in the legs or abdomen, get them to a cooler place, have them rest, lightly stretch the affected muscle, and replenish their fluids with a half a glass (about 4 ounces) of cool water every 15 minutes.

If someone is exhibiting signs of heat exhaustion, move them to a cooler place, remove or loosen tight clothing and spray the person with water or apply cool, wet cloths or towels to the skin. Fan the person, and if they are conscious, give small amounts of cool water to drink.

Make sure the person drinks slowly, and watch for changes in

condition. If the person refuses water, vomits or begins to lose consciousness, call 911.

Signs include hot, red skin that may be dry or moist; changes in consciousness; vomiting and high body temperature. Call 911 immediately if someone shows signs of heat stroke.

The Red Cross app, "Emergency," can help keep you and your loved ones safe by putting vital information in your hand and settings for more than 35 different severe weather and emergency alerts, including heat advisories and excessive heat warnings.

The Red Cross First Aid App puts instant access to information on handling the most common first aid emergencies at your fingertips, including heat-related emergencies. Download these apps by searching for "American Red Cross" in your app store or at redcross.org/apps.

The Red Cross responds to nearly 64,000 disasters every year, most of which are home fires. Each day the Red Cross also provides lifesaving blood to area hospitals, teaches lifesaving skills, and supports military members and their families. For more information or to donate, visit RedCross.org/gcr or follow it on Twitter @RedCrossGCR.

St. Michaels Farmers Market turns 20

ST. MICHAELS — The St. Michaels Farmers Market is turning 20, and it will be a busier-than-usual beehive of activity from 8:30 to 11:30 a.m. Saturday, June 30, to celebrate.

There will be free tastings from guest chefs, including longtime Talbot County resident, Michael Rork; birthday cake from Ariene's Creations; ice cream donated by Justine's; and a raffle for a market baskets full of tasty goodies donated by vendors.

Everyone is invited to come together to shop, and celebrate summer and yummy foods. On the special market birthday, customers will be treated to music by Cambridge-based band Blackwater, which will offer its repertoire of rock, blues, reggae and bluegrass.

The new leadership for



CONTRIBUTED PHOTO

St. Michaels Farmers Market will celebrate its 20th birthday on Saturday, June 30.

the market has grown in several new directions this year. Its "producer-only" focus — meaning every-

thing sold at the market is

grown or produced by the person selling — makes the St. Michaels Farmers Market a unique asset for the Mid-Shore community.

To keep up with the St. Michaels Farmers Market and the celebration, check it out at www.facebook.com/loveyourfarmer.

Benedictine receives \$150K grant

RIDGELY — The Harry and Jeanette Weinberg Foundation is supporting adults with developmental disabilities who live and work on Maryland's Mid-Shore through a \$150,000 grant given to the Benedictine School. This two-year grant will help fund and expand Benedictine's adult programs and services.

"At Benedictine, we are dedicated to providing opportunities for people with intellectual and developmental disabilities to gain competitive, integrated employment, community volunteerism and meaningful life experiences," said Beth Mathis, director of Benedictine's Adult Services. "In addition, those supported have opportunities to plan and participate in community, leisure and recreation activi-

ties of their choice."

The Weinberg Foundation is one of the largest private charitable foundations in the U.S., assisting low-income and vulnerable individuals and families through non-profit grants to direct-service providers.

Benedictine offers programs and services that support more than 100 adults with intellectual and developmental disabilities including autism, through its main campus in Ridgely, a community office in Easton and area group homes.

Benedictine's adult services range from in-home support and care, to employment, volunteer, community and meaningful day programming. Benedictine offers training and work opportunities at its Ridgely campus and has established

relationships with more than 100 community employers and training partners.

"We at Benedictine are always looking to expand our network of community partners and employers," Mathis said. "Our mission is 'Helping children and adults with developmental disabilities achieve their greatest potential.' We thank the Weinberg Foundation for helping us to fulfill this mission."

The Benedictine Community Services and Training Center in Easton serves adults and students through a partnership with the Maryland Division of Rehabilitation Services. Through this partnership, Benedictine finds unique ways to provide classroom training and employment field experiences relating to specific vocations.



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TEAM FOURSOME
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for winning teams in each division
Mallard 0-61
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(with hamburgers and hotdogs)
At

VFW Post #7460
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\$10,000 Cash Prize For Hole-In-One

Registration: 8:00 to 9:00 a.m. 9:30 a.m. Tee Off Time
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