

# The Courier

June 21, 2023 Volume 23 Number 35



**Diane Denk**

is Crafter of the Month  
*story on page 6*



**THE ART LEAGUE OF OCEAN CITY** presents



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art matters art matters art matters art matters art matters art matters art matters art matters art matters

# Potter celebrates Clay-a-Palooza month in Ocean City

By **Elaine Bean**

As the former director of the Office of Grants Management for the National Endowment for the Arts, Nicki Jacobs was often exposed to the best in ceramic arts and was inspired to become an accomplished ceramicist herself. Today, she's part of The Clay

clay. The process can be long depending on where one is working. A personal studio with appropriate materials and the normal required items (e.g., a pottery wheel, kiln for firing) allows for a quicker process that is long, but ultimately the potter knows what to do. Once the process is

Business Administration from UCLA. She and her husband retired to Ocean Pines in 2020, and the ceramicist immediately joined the Clay Guild of the Eastern Shore, a group of ceramic artists who are celebrating together during June in Clay-a-Palooza, an annual exhibition and marketplace of pottery at the Ocean City Center for the Arts.

"I joined the Clay Guild the first year I moved to Ocean Pines," she said. "The Art League of Ocean City offered a free exhibit called Clay-a-Palooza, and it was fantastic and fun. I continued to help with this exhibit over the past two years as well, and since I had been working at the Rehoboth Art League's pottery studio, I encouraged some folks to join the Clay Guild and/or the Art League to participate in the Clay-a-Palooza exhibits ... This year in particular helped bring more people into both entities, and I think it will continue in the future."

Jacobs also joined the Art League of Ocean City in 2021 as a donor, and then became more deeply involved with the nonprofit organization. "The Art League is, of course, a strong supporter of many art

forms with wonderful opportunities for people to get involved, from children to adults," Jacobs said. "And I was excited to find that it strongly supports the Clay Guild. Getting closer to the community that I love, I joined the Ocean Pines Pine'er Craft Club, which helped me connect with all kinds of crafters. In 2022, I was invited to put some of my pottery items in the club's Craft Shop."

"I think it's still early for me, having moved here a couple years ago, to see and feel what works. But I do think I'll get more involved with the Art

League of Ocean City, because of so many different art opportunities, which crosses over health issues as well. The Art League offers so many options for children, students, adults. The building is gorgeous, and the staff is so helpful and friendly. The two-dimensional pieces really penetrate one's feelings and sense of art. Three-dimensional items work that way, as well. People heal with art. I'm so glad the Art League is there. And I'm lucky that it's not too far away from where I live."

Jacobs finds living on the Eastern Shore to be inspirational.

"The Eastern Shore is beautiful," she said. "I feel like I can drive up and down Coastal Highway and never get tired of seeing the ocean on one side and the bay and rivers on the other. I



Guild of the Eastern Shore and exhibiting her work during the annual Clay-a-Palooza event happening through June at the Ocean City Center for the Arts.

"I had moved to Washington, D.C. to start a fellowship at the National Endowment for the Arts in 1987," Jacobs said. "I ended up living around the corner from a pottery studio and thought I'd try it. The woman who owned Hinckley Pottery, Jill Hinckley, became my best teacher and fun mentor for 25 years. And being around other potters was incredibly meaningful and fun."

Working with clay and getting her hands dirty are part of an artform Jacobs is passionate about.

"There's something about putting your hands in and on clay," she said. "And there are so many things one can make with clay. I have been lucky to make so many pieces and have so many people enjoy them, whether giving as gifts, selling, and even helping others learn about and have fun with

completed and the kiln is opened, potters feel the excitement of getting their pieces out. However, the pottery mantra is: 'Don't get attached to your pot'."



Jacobs was born and raised in Massachusetts and received her BA in fine arts from the University of Rhode Island and her Master's Degree in



stop when I want, especially off-season, to see the beauty and enjoy its peacefulness. I like the many markets up and down the Shore, and that there are so many small and independent entities."

But wherever she is living, Jacobs believes that art matters in people's lives.

"The arts bring so much to people," Jacobs said. "Whether they want to make art, help others make art, find ways to bring joy and support to those in need — we can see it every day, if we choose. Bring more people into the 'art matters' circles. It can help with understanding emotions, cultures, and education. People will be amazed."



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## Water taxi, shuttle back for second year in Ocean Pines

The OC Bay Hopper water taxi and water shuttle service will return to Ocean Pines next week, starting on Monday, June 19.

The water shuttle – like a bus on the water – makes regularly scheduled stops throughout the day at several locations along the bay, including Ocean Pines. The water taxi – like an Uber on the water – is a point-to-point service that riders can schedule at their convenience.

OC Bay Hopper cofounder Steve Butz said the water transportation services provided by the company make it easy for people to get to and from Ocean Pines.

"It takes the hassle out of driving and parking in Ocean City. The water shuttle and taxi services can pick-up or drop-off at most restaurants and bars on the bay," he said.

Butz said the response last year – the first in Ocean Pines – was very positive.

“Ocean Pines had more traffic in and out on our boats on Saturday than any other location by far. People seem to be eating it up,” he said.

This summer, the water shuttle is scheduled to travel from Ocean Pines to locations southbound each day at 12:45 p.m., 3:45 p.m. and 6:45 p.m. Boats will return to Ocean Pines heading northbound at 2:15 p.m., 5:15 p.m. and 8:15 p.m. The shuttle will make stops in Ocean City and West Ocean City.

One-way shuttle tickets cost \$15 per person and round-trip tickets run \$30 per person.

This year, OC Bay Hopper has ex-

panded its Water Taxi service by adding an additional boat and expanding service to every night of the week. The boats travel as far north as Fenwick Island and south to Assateague Island.

There is an \$80 minimum for the water taxi, which will cover up to four passengers for a one-way trip. For groups of five or more, there is an added \$15 charge for each additional passenger. There is also a small surcharge per passenger.

OC Bay Hopper also offers a sight-



seeing trip from Ocean Pines to Assateague Island on Monday, Wednesday and Friday mornings. These trips are bookable online at [www.ocbayhopper.com](http://www.ocbayhopper.com), or through the OC Bay Hopper app.

"We pick up riders at the docks in Ocean Pines at 9 a.m. and whisk them down to Assateague for a tour of the island by water," Butz said. "They'll get an amazing view of the wildlife and then return to the Yacht Club at about 11:15 a.m., just in time for lunch."

For more information or to book a seat on the OC Bay Hopper, download the OC Bay Hopper Mobile App. The OC Bay Hopper Mobile App is available for both Apple and Android devices.



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# My little girl turning sixteen

*Author's Note: This week my daughter and her family are visiting. In fact, all my kids and grandchildren are together for the first time in a while. I'm enjoying my time with them so I thought I'd reach into the archive and republish this 2004 column.*



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

By **Chip Bertino**

chipbertino@delmarvacourier.com

Absent my being able to conjure up magical powers that would allow me to roll back time, my daughter, my little girl, will turn 16 this week. Just like every other father I am helpless to do anything about it, relegated to watch from the sidelines.

It's easy to wonder how time went by so quickly. How did I go from holding a bright-eyed baby in my arms to watching a young woman climb into the driver's seat of my car learning to drive?

Sixteen years ago I was excited and, honestly, scared about becoming a father for the first time. Would I be a good father? Would she come to hate me if I made her eat all her vegetables?

I think fathers worry more about this than mothers do. Mothers start being mothers from the time of conception. They have nine months of "mothering" experience before the baby is born. Fathers don't really become fathers until the moment the nurse gently places our babies in our arms. That's when fatherhood becomes very real.

I was in the delivery room when my little girl was born. I wasn't sure what to expect. Everyone in the room had a function to perform. Aside from giving support to my wife, my role was limited to waiting. Truthfully, I couldn't help think that I was pretty much in the way. It wasn't until I saw my little girl and more importantly when she

looked at me for the first time that I felt something deep inside me click into place. Fathers before me, and those after me, know what I'm talking about.

My little girl, my only little girl, isn't little anymore. Her crooked tooth smile is no more thanks to braces. She talks about going to and graduating from college. She talks about moving away from home, living far from where she has grown up. She talks about her future with a gleam in her eye that makes her father proud and wistful at the same time.

Long gone are the rainy Saturday afternoons when she would climb up on my lap and "force" me to watch "The Rescuers" over and over again. Gone are the days when she would wrap her little hand around my finger when we'd take a walk.

Where was I when all this change transpired? Despite the reality that she's gone from pigtails to style cuts, I still harbor some of the same concerns I did before she was born, except in past tense. Did I go

to enough of her softball games? Probably not. Did I go to all her school performances? I tried. Was I there for her when she needed someone to tell her to keep trying? Did I teach her how to think for herself? I think I succeeded on this last one.

Turning 16 is a milestone in a person's life. It's just one of many that all of us reach during our lifetimes. However, as my little girl reaches this milestone, I too am reaching a milestone in my life: the realization that I am no longer the father of a little girl.

Well, just for the record, regardless of how many milestones my daughter reaches, no matter how far away she moves when she leaves home, she will always be my little girl.

*Author's Note 2: My daughter is now married with two children. She teaches high school English in Meade County, KY. And, she's still my little girl.*



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## New WCDC director announced

Rae Record, president of the board at the Worcester County Developmental Center, has announced that Stephanie James has been named the new Executive Director replacing the retiring Jack Ferry.

Ms. James received her B.S. in Deaf Studies and Family Science from Towson University. She started her career as a Page/Legislative assistant to Senator Robert Venables, where she was responsible for researching, drafting and managing bills and the senator's schedule.

After that stint, she moved into the disability field as a job coach/direct support professional at the Deaf Independent Living Association (DILA) in Salisbury. Her job duties included helping individuals find, secure and maintain community employment. Within a short period, she was named as the program manager at DILA and assumed administrative oversight of the residential program as well as personnel management of direct support staff and lower-level management staff. In December 2017, she was promoted to Director of Community Programs where she assumed administrative oversight of all agency programs including residential, employment, interpreting and ASL classes. She worked as a member of the executive team and supervised mid-level management. In October 2019, she was named Acting Executive Director and led the executive team, managed agency funds, and reported directly to

the board of directors.

Ms. James' next career move led her to become a Coordinator of Community Services. As a case manager, she helped individuals and their families connect with community disability providers and other needed resources.

Currently, she is the Associate Director at United Needs and Abilities (UNA) in Salisbury and has administrative oversight of the residential, personal supports, employment and housing support services. She is also responsible for supervision of mid-level management staff, delegating R.N.'s and employment specialists.

Ms. James recently received her Master of Legal Studies from American University, Washington College of Law, Washington, D.C.

Stephanie was born and raised on the Eastern Shore and is the 4<sup>th</sup> generation of her family who grew up on the family farm in Delmar. Stephanie enjoys spending time with her family and friends, going to the beach and searching out new restaurants in the area. She is a devoted dog mom to her long-haired Chihuahua Jaxon.

Ms. Record and the board are thrilled to present Ms. James as the new Executive Director and look forward to working with her to empower the clients of WCDC to be inclusive members of the community and live rich, meaningful lives.

Ms. James will begin her career at WCDC July 1.

## Denk named Crafter of the Month

The Pine'er Craft Club announced that Ocean Pines resident Diane Denk as the June 2023 Crafter of the Month. Diane relocated in 2017 after retiring from the Philly and Wilmington areas. She had a long career as an Executive Administrator and is thrilled to enjoy the crafting time that retirement affords her.

Diane's craft is crocheting. And since she started working with this craft in her twenties, she has been perfecting her art for some time. Diane's signature shop piece is 100% cotton CRAB coasters. They are very popular in the artisan gift shop. Other handcrafted crocheted pieces include many great baby and birthday gifts like hooded baby blankets, octopus, headbands, prayer squares, ponchos, water bottle holders, hats, scarves, cowls, fingerless gloves, tooth pouches, girls capelette, shawls, mermaid cocoons, toddler sweaters, cosmetic bags, washcloths, Swiffer dry mop covers, and more.

Diane joined the Pine'er Craft Club almost as soon as she moved to the area and is a former craft shop manager. She is very active in the OP community; Diane is also a member of Kiwanis of Ocean Pines/Ocean City, Pinochle in the

Pines, Widow and Widowers Club, Line Dancing Group, Fiber Friends, and a former Secretary of Delmarva Dancing.

"Two years ago, I initiated Desserts in the Park in connection with Rec and Parks "Concerts in the Park" every Thursday night from June 22 through August 24, from 7 p.m. to 9 p.m.," Diane said. "Our talented club members bake individual delicious homemade goodies to be purchased by concert goers. It means you can enjoy something yummy while listening to great music, and we can raise more money for the club and community!"

To see Diane's crocheted works and more creations, stop by the Pine'er Artisan Gift Shop. We are open every Saturday from 8 a.m. to 3 p.m. and Sunday from 10 a.m. to 3 p.m., except holidays.

The club is always seeking new crafters and our meetings are open to the public. If you are an artisan who would like to sell your creations at the shop, contact Debbie Jiwa or Barbara Herzog, shop managers or email opcraftclub@aol.com for more information.

Since its inception, the craft club has donated nearly \$179,000 back to Ocean Pines.

## Courier Almanac

Released on June 21, 1965, the Byrds' debut album, *Mr. Tambourine Man*, marked the beginning of the folk-rock revolution. In just a few months, the Byrds had become a household name, with a #1 single and a smash-hit album that married the ringing guitars and backbeat of the British Invasion with the harmonies and lyrical depth of folk to create an entirely new sound.

According to the National Weather Service, the summer solstice, which marks the official beginning of summer, occurs at the moment the earth's tilt toward the sun is at a maximum. As a result, on the day of the summer solstice, which in 2023 occurs on Wednesday, June 21, the sun appears at its highest elevation with a noontime position. The precise moment the solstice occurs is when the sun is directly over the Tropic of Cancer. This year the sun will reach that point at 10:57 a.m. Though it's not always sunny on the summer solstice, when the sun is out throughout the solstice people in the Northern Hemisphere can expect more hours of sunlight than any other day of the year. That provides yet another reason to welcome the official arrival of summer.



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## Trails & Waterways

# Ocean Pines: a bicycling paradise

By **Ralph Ferrusi**

Let me count the ways. First off, there are about 80 miles of roads in Ocean Pines, and excepting the broad 7.6-mile mostly-divided Ocean Parkway, with a 35 miles per hour ((mph) speed limit, the speed limit on all the remaining 72.4 miles of back streets is 25 mph. You never have to deal with vehicles roaring inches away from you at 55, or more, mph.

And the entire 7.6 miles of Ocean Parkway has bicycle/walking lanes on all but a couple of feet on both sides. And, there isn't a single traffic light to worry about in the entire community: the only two traffic lights are at the 589 intersections at the North and South Gates.

Finally, in my multi-thousand miles of bicycling in Ocean Pines in 2022, I am very impressed, and, astounded at how courteous 99.99% of the drivers who pass me are: swinging wide to the left around me both on the Parkway and the back streets.

Now a few words about bicycling safety. Always wear a decent, lightweight helmet. Years ago, a speeding car ran a red light and I hit the back fender and flew over my handlebars and hit the pavement smack on the top of my helmeted head. When I regained consciousness, a Good Samaritan said, "Here's your eyeglasses, sir."

And, be as visible as possible: wear bright yellow, or Day Glo orange or light green tops. Please, never black, dark grey, or grey. And, get some high-intensity front (clear) and rear (red) lights, and, set them both in the most eye-catching flashing mode.

And, ride with traffic: this minimizes the closing speeds of passing cars: if you're doing 15, and they're doing 25, it's a ten mile per hour difference. If you are doing 15, and they are coming at you at 25, it's a forty mile per hour difference.

Give hand signals to let vehicles behind you know what you intend to do: I stick my whole right arm out to indicate a right turn, and do the same with my left arm to indicate a left turn. Just about any time I have to swing out from the side of a road into the traffic lane, I give a quick glance back over my left shoulder. And, remember, you can quite clearly hear vehicles coming up behind you: the thrum of the tires.

Very Important: never Drop Your Guard: be alert at all times. Make eye contact with drivers that might pull out in front of you. And, be especially aware of vehicles that might *back out* in front of you.

Here are some Ocean Pines neighborhood bike rides where if you just keep making right turns, you'll come right back out—or very close to—where you began. You can get lost in some complicated Ocean Pines neighborhoods. These are nice because you don't have to think about which way you should turn.

1) Turn onto Battersea Road from Drawbridge Road, then keep turning right, and, miles later, you'll be back to Drawbridge.

2) Turn onto Seabreeze from Ocean Parkway, toward Swim and Racquet. Keep going right until you arrive back to Ocean Parkway and turn right, then right on Windjammer. Keep turning right, and you'll be back to Ocean Parkway.

3) Turning onto Whaler Lane from Saint Martin's Lane and then keep a'turning right and you'll eventually come out on Ocean Parkway, though a bit of a distance from Saint Martin's.

4) Entering Tern's Landing and Wood Duck Isles I and II from Ocean Parkway, right turns will get you back out to the Parkway.

Enjoy! And, safe riding!

*Kathy and Ralph Ferrusi are avid hikers, bicyclists, canoeists, world travelers, and, readers. They live in Ocean Pines' Bay Colony, where they enjoy fine—and some not-so-fine—wines.*

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# It's not early to think about croaker fishing

**Fishing Report:** Croaker should be showing up at any time. They are fun to catch and good to eat. Fishing has been pretty good when the weather cooperates. In the surf Kingfish, Sea Trout and a few big Stripers are being caught on fishbites, bloodworms and cut bait. Flounder fishing has been pretty good in the back bays when the water is clear and offshore the party boats are reporting some excellent Sea Bass fishing.

**What is a Croaker?**  
The Atlantic croaker is one of the most abundant fishes in North American coastal waters and is important as a commercial fish as well as an important sport fish. Locally they can be caught from fishing piers as well as the surf and by boat in both the Ocean and Coastal Bays. They usually arrive in our waters in early to mid July or as late as

August. Just keep up to date with the fishing reports to find out when the action starts. Croaker will not remain in the bays for long. Usually, two to three weeks at the most then they will migrate offshore to the shoals.

Croakers are bottom feeders and a close relative of Spot and red drum. They are given their name because of the unique sound they make when caught. However, they are fun to catch and good to eat. Kids love to catch them because when they are biting it can be non-stop action.

**Maryland Regulations:** In the state of Maryland Croaker must be a minimum of 9 inches in length to keep and the limit is 25/per person/per day. There is no closed season. I must admit I usually do not keep Croaker less than 13 inches as I like to fillet Croaker and you need larger fish for a reasonable size fillet.

**What type rig should you use?**  
Croakers are one of the easiest fish to catch as they are bottom feeders. The best way to catch them is with a standard two-hook high-low rig with a 2 – 3 oz bank sinker. Hook size is important as you need to use a smaller hook

in the size 4 – 6 range. Usually either a wide gap or (long shank) hook will do the job.

**What bait should you use?** Expensive bait is not necessary when fishing for croaker. A small piece of squid, shrimp, cut bait such as spot or mullet or a piece of clam will do just fine for these hungry fish but like any other fish if you want a bigger fish put on a bigger piece of bait. If you are also fishing for flounder, you can also catch them on frozen shiners and squid combination.

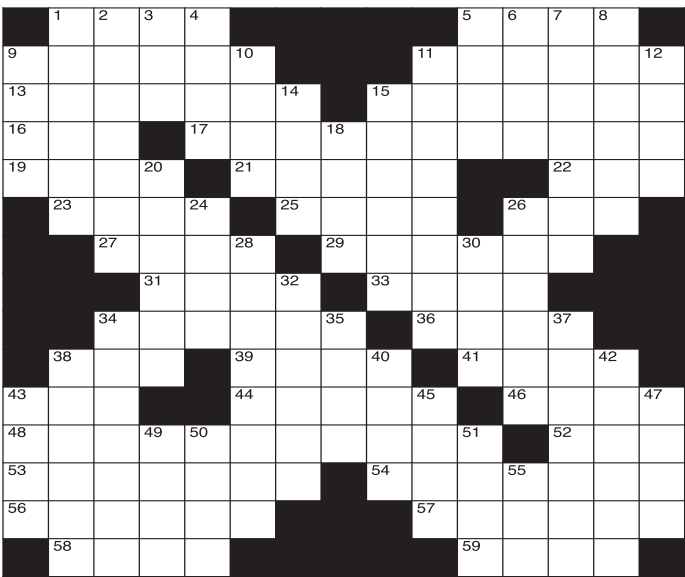
**When is the best time to fish?**  
I personally have had my best luck on the early outgoing tide but most fishermen feel you should fish the same tide as you would for flounder. That is the last two hours of the incoming tide and the first two hours of the outgoing tide.

**Where is the best place to fish?** Any of the local fishing piers, Rte. 50 Bridge or surf but if you are surf fishing be certain to comply with local regulations as to when and where you can fish. Behind the convention center and along the bulkhead from 2<sup>nd</sup> to 4<sup>th</sup> streets. Also, check with your local tackle shops as they will give you great advice as to where the bite is best. If fishing by boat, try the area around Harbor Island in 12 to 15 feet of water. Also, the thoroughfare, around the convention center and the south bay behind Assateague Island is a great location. Move around and watch for the concentration of boats as this is a good indication someone found a school of croaker.

**My favorite Croaker Recipe:**  
Croakers make great fish and chips and they are a good tasting fish. I will cut the small fillets off each side and use the following simple recipe.

- Ingredients:  
1 small onion sliced thin  
2 cloves garlic  
Juice of 1/2 fresh lemon  
1 cup Bread crumbs

please see **fish** page 11

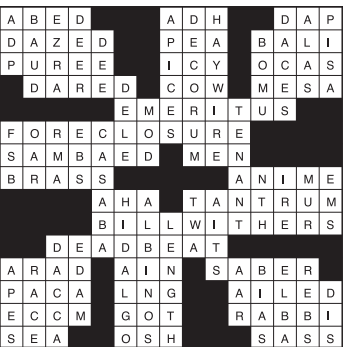


## CLUES ACROSS

- 1. Understand intuitively
- 5. Two of something
- 9. Not involving computer tech
- 11. Acclaimed
- 13. Undermine
- 15. The condition of being concealed or hidden
- 16. Irritate
- 17. The process of developing a theory
- 19. Ceramic jar
- 21. Not fresh
- 22. Dad's fashion accessory
- 23. Popular review site
- 25. New Mexico county
- 26. '\_\_\_ death do us part
- 27. Fees
- 29. Takes with force
- 31. One-time Yankees rookie sensation
- 33. Gordon and Snider are two
- 34. Body parts
- 36. Arranges
- 38. Fiddler crabs
- 39. Mimics
- 41. Witnesses
- 43. They \_\_\_
- 44. Lasso
- 46. Runs down
- 48. In response to
- 52. Bird-like dinosaur
- 53. Metamorphic stages
- 54. Conditions of incapacity
- 56. Sodas are sold in these units
- 57. Break away from
- 58. Ethereal
- 59. Boggy

## CLUES DOWN

- 1. Mangled
- 2. Ruffled some feathers
- 3. Not young
- 4. Lakers legend
- 5. Nocturnal S. American rodent
- 6. Direction (Scottish)
- 7. Intestinal inflammation
- 8. Spring back in fear
- 9. Owl genus
- 10. Girls
- 11. Unbeliefs
- 12. Force unit
- 14. Expired trade agreement
- 15. Went alone
- 18. Animal noises
- 20. Woman who graduated from a specific school
- 24. The very top
- 26. Organs in males
- 28. Earnings
- 30. Z Z Z
- 32. Reddish browns
- 34. A salt or ester of acetic acid
- 35. A place to get off your feet
- 37. More disreputable
- 38. Kidney condition
- 40. Cease moving
- 42. Quick
- 43. Extra seed covering
- 45. "Survivor: Panama" winner
- 47. Six
- 49. One who inspects lamps
- 50. Small parrot
- 51. Primordial matter of the universe
- 55. \_\_\_ fi (slang)



Answers for June 14



# Officials remind Ocean Pines residents to keep ditches clear

Ocean Pines and Worcester County officials are reminding residents to keep their ditches clear of leaves and other debris.

Ryan Presock, a Natural Resources Inspector for Worcester County, said clogging one ditch can cause drainage problems that impact multiple properties, or even an entire neighborhood.

“It has come to our attention that homeowners are still filling ditches with leaves, specifically in the ditches that run parallel with Beauchamp Road,” Presock said. “If you are caught doing this illegal operation, Worcester County will impose citations up to \$1000 to the homeowners.

“Filling ditches with leaves or any other debris or materials can impede flow,” he continued. “If this causes property owners upstream a hardship and areas get flooded on their property because of this illegal operation, the violator can be sued civilly under Maryland Common Drainage Laws.”

Presock said Worcester County and Ocean Pines will be working together to rectify the issue, so nearby home-

owners are not impacted.  
For questions or to report an issue, call 410-641-7425.

## fishing from page 10

- 1 tsp. Old Bay or Cajun Seasoning
- 1 dash salt
- ¼ lb. butter or margarine

Preparation: Sautee the onion and garlic in butter in a medium size frying pan until tender, add the lemon juice to the pan. Combine the Bread crumbs, Old Bay or Cajun seasoning along with a dash of salt in a bowl. Dip the fish in the butter mixture and roll in the bread crumbs. Arrange the fillets in a greased baking pan. Drizzle the remaining butter mixture over the fish and bake in a 350-degree oven until done and the fish flake easily usually 15 to 20 minutes but check it frequently. Serve with French fries and you will come back for more.

*Remember to take a kid fishing.*  
**Capt. Ron**

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## Tides for Ocean City Inlet

Day	High /Low	Tide Time
Th 22	Low	5:33 AM
22	High	11:36 AM
22	Low	5:20 PM
22	High	11:59 PM
F 23	Low	6:15 AM
23	High	12:20 PM
23	Low	6:08 PM
Sa 24	High	12:41 AM
24	Low	6:57 AM
24	High	1:07 PM
24	Low	6:59 PM
Su 25	High	1:26 AM
25	Low	7:39 AM
25	High	1:57 PM
25	Low	7:52 PM
M 26	High	2:13 AM
26	Low	8:21 AM
26	High	2:49 PM
26	Low	8:48 PM
Tu 27	High	3:04 AM
27	Low	9:05 AM
27	High	3:43 PM
27	Low	9:45 PM
W 28	High	3:58 AM
28	Low	9:52 AM
28	High	4:36 PM
28	Low	10:43 PM

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## Health Watch

# Living with irritable bowel syndrome

By **Terry Moore, RN,**  
Director, Atlantic General  
Endoscopy Center

People who suffer from irritable bowel syndrome (IBS) know it is a highly unpleasant chronic condition that can trigger abdominal pain, diarrhea and constipation. It's a common disorder targeting the gastrointestinal tract, encompassing the stomach and intestines. This condition manifests through a range

It's a common disorder targeting the gastrointestinal tract, encompassing the stomach and intestines.

of distressing symptoms, including cramping, abdominal pain, bloating, excessive gas and the frustrating duo of diarrhea and constipation, which may occur individually or even simultaneously.

But, let's explore some of the causes and treatments.

Dealing with IBS requires a long-term management approach to address its persistent impact on daily life effectively.

The exact causes of irritable bowel syndrome remain uncertain. However, it is believed that a combination of factors contributes to its development. IBS is considered a functional gastrointestinal (GI) disorder involving the intricate interaction between the brain and the gut.

The causes of IBS can vary among individuals, highlighting this condition's complexity. Here are some potential causes and factors that may play a role in IBS:

- Problems with brain-gut interaction. Brain and gut communication can impact the body's functioning, triggering IBS symptoms. This can include abnormal food movement through the digestive tract, resulting in changes in bowel movements, and experiencing pain even with average amounts of gas or stool in the gut.

- Stressful or difficult early-life events. Traumatic experiences during childhood, such as physical or sexual abuse, have been associated

with an increased risk of developing IBS.

- Mental disorders. Conditions like depression, anxiety and somatic symptom disorder are more common among individuals with IBS and may contribute to its onset.

- Bacterial infections. Infections of the digestive tract caused by certain bacteria have been linked to developing IBS.

- Small intestinal bacterial overgrowth. In terms of increased numbers or changes in the bacterial type, an overgrowth of bacteria in the small intestine has been associated with IBS.

- Food intolerances or sensitivities. Some individuals with IBS may experience digestive symptoms triggered by specific foods, indicating intolerances or sensitivities to certain dietary components.

## IBS symptoms

While some studies suggest potential differences in the prevalence and severity of IBS symptoms between men and women, it is worth noting that the core symptoms are relatively similar:

- Abdominal pain or cramping. This is one of the hallmark symptoms of IBS. The pain is often described as a lower abdominal discomfort or cramping sensation that may vary in intensity.

- Bloating and distention. Many individuals with IBS experience bloating, a feeling of increased pressure or fullness in the abdomen. This can be accompanied by visible abdominal distention or swelling.

- Altered bowel habits. IBS can lead to changes in bowel movements. These changes can include diarrhea, characterized by loose or watery stools, and constipation, characterized by infrequent or difficult bowel movements. Some individuals may alternate between episodes of diarrhea and constipation.

- Excessive gas. Many people with IBS may notice increased gas production, leading to bloating, belching or flatulence.

- Urgency or an incomplete bowel movement. Some individuals with IBS may experience a sense of urgency to have a bowel movement or feel as though they haven't fully emptied their bowels after a bowel

movement.

- Mucus in the stool. In some cases, people with IBS may notice the presence of mucus in their stool.

Can a specific diet for IBS help with symptoms?

When managing symptoms of IBS, changing your diet can play a significant role. Here are some common dietary recommendations for individuals with IBS:

- Increase fiber intake. Focus on incorporating sources of soluble fiber, such as oats, bananas, carrots and psyllium husk, into your diet.

- Avoid gluten. Avoiding gluten-containing grains like wheat, barley and rye may be beneficial for individuals with gluten sensitivity or celiac disease. Opt for gluten-free alternatives like quinoa, rice and gluten-free oats.

- Follow a low-FODMAP diet. Following a special diet known as the low-FODMAP diet may provide relief for some individuals with IBS. FODMAP stands for fermentable oligosaccharides, disaccharides, monosaccharides and polyols, which are short-chain carbohydrates (sugars) that are more difficult to digest. This diet for IBS involves temporarily restricting certain high-FODMAP foods, such as onions, garlic, wheat and fruits such as apples, cherries, nectarines, pears and watermelon, or juice containing any of these fruits, then gradually reintroducing them to identify specific triggers.

## IBS treatments

Living with IBS can be challenging, but there are ways to manage its symptoms and improve your quality of life. Depending on your symptoms, your health care provider may recommend different approaches on how to treat your IBS, including medication and IBS self-care strategies.

Working closely with health care professionals allows you to explore dietary modifications, medication options and self-care strategies tailored to your needs.

If you are suffering from symptoms of IBS, speak with your health care provider or make an appointment with Atlantic General Gastroenterology by calling 410-629-1450.

## Hydrating is key in summer heat

Summer is a season to enjoy some fun in the sun, but it's imperative that people remember to take steps to reduce their risk for heat illness. Those measures should include efforts to hydrate and remain hydrated throughout the day. The Centers for Disease Control and Pre-

vention report that water will almost always help people remain hydrated even when they're working in the heat. But food also plays a vital role in preventing heat illness, as the CDC notes eating regular meals can help to replace the salt lost through sweat. It's also important that individuals avoid energy drinks and alcohol when spending time in the hot summer sun. Many energy drinks contain more caffeine than standard servings of coffee, tea and soft drinks, and excessive caffeine consumption can contribute to dehydration. The same can be said for alcohol, and the CDC reports that consuming alcohol within 24 hours of working in the heat can increase the risk of heat illness.







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# Some things to think about

Gathered from the internet by **Jack Barnes**

## Bad Drivers

A senior citizen is driving on the highway. His wife calls him on his cell phone and in a worried voice says, “David, be careful! I just heard on the radio that there was a madman driving the wrong way on Route 280!”

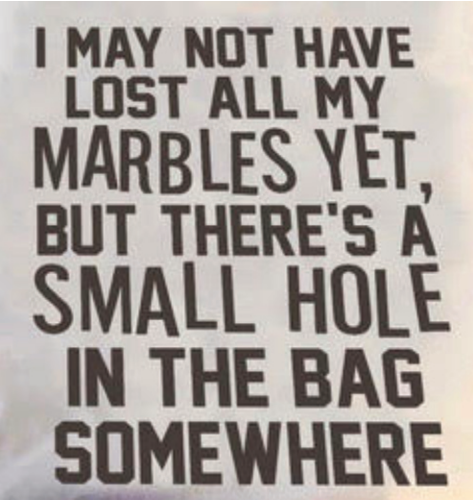
David says, “I know, but there isn’t just one, there are hundreds!”

## Medication

A distraught senior citizen phoned her doctor’s office. “Is it true,” she wanted to know, “that the medication you prescribed to me has to be taken for the rest of my life?”

“Yes, I’m afraid so,” the doctor told her.

There was a moment of silence before the senior lady replied, “I’m wondering, then, just how serious is my condition because this prescription is marked ‘NO RE-FILLS’.”



**We all know  
mirrors don’t lie...**

**I’m just grateful  
that they don’t  
laugh.**



## Scholarships awarded

The Ocean Pines Children’s Theater awarded scholarships to students attending summer theatre camps and college. Ara Kang, who portrayed Te Fiti in “Disney’s Moana, Jr.,” will attend the Salisbury University’s Theatre Tech Summer Camp, and Seidon Shaffer, who portrayed the Left Claw in “Disney’s Moana, Jr.,” will attend two weeks of Stephen Decatur High School’s Summer Theatre Program. Cayden Wallace, who had many roles in the Ocean Pine’s Children’s Theater productions, will attend Catholic University of America this fall majoring in Musical Theater and minoring in Digital Arts.

Above (left to right): Xanthe Lewis, Paulette DeRosa-Matrona, Ara Kang, Seidon Shaffer, Cayden Wallace, Tina Nichols and Sharon Sorrentino.

## Unique opportunity to support the Grace Center

The Grace Center for Maternal and Women’s Health located in Berlin is offering the community a unique way to help the environment and support women in the community at the same time. The Grace Center is involved in an on-going athletic shoe fundraiser drive until the end of June. The Grace

Center will earn funds to support their programs based on the total quantity of gently worn, used, and new sneakers collected during this time period. The shoes will be shredded and recycled into materials for building roads.

GotSneakers has developed this program that encourages people to reach into their closets, not their pockets! The sneaker recycling program helps keep sneakers out of landfills, which has harmful effects on the environment, and helps charity organizations like the Grace Center earn funds to sustain operations and programs available to women of the local community.

It’s certainly better to donate sneakers rather than throw them away. Your donations can help support the Grace Center and help the environment. It is a win – win for everyone.

Your donations of used sneakers can be dropped off at the Grace Center for Maternal and Women’s Health located at 10226 Old Ocean City Blvd., Unit 2, Berlin, MD 21811 - across from AGH. Please call 443-513-4124 if you have questions or need directions.

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