

# The Courier

November 15, 2023 Volume 24 Number 11



**Honored** - The Ocean City - Berlin Rotary Club recently honored past president Margaret Mudron with another Paul Harris tier for dedication and hard work during her year as president. Pictured from left to right are president **Gina Shaffer**, **Margaret Mudron** past president and Past District Governor **Cliff Berg**. The club meets the first and third Wednesday of the month at Don's Seafood at the south gate of Ocean Pines. For more info: [ocberlinrotary@gmail.com](mailto:ocberlinrotary@gmail.com).

## Hospice offers bereavement services

Coastal Hospice now offers grief support to family and friends of loved ones who have lost their lives due to an overdose death. This is a free program, focused on providing grief support and resources regardless of whether you were supported by Coastal Hospice directly.

Alvin Harmon, SOBS Program Coordinator explained, "With this program, families from the four counties (Worcester, Wicomico, Somerset and Dorchester) we serve will be able to receive specialized grief support for the loss of a loved one related to an overdose death. Alvin adds, "When a death of this nature happens in a family, it is often sudden, traumatic, and can be surrounded by stigma for survivors. Our goal is to provide them with a safe space to process these losses and offer them resources to help them develop coping skills to deal with grief."

Coastal Hospice Bereavement Counselors are available to provide:

- Grief support groups
- Information about ongoing support and resources
- Referrals to treatment, recovery, and/or harm reduction resources
- Referrals to long-term peer-based, local grief support
- Follow up with the family to coordinate support and resources
- Compassion fatigue and sensitivity training
- Mental health provider education

This program is made possible by The Maryland Opioid Operational Command Center in partnership with Dorchester, Somerset, Wicomico, and Worcester Counties' Health Departments.

To learn more about SOBS, please visit [www.coastalhospice.org](http://www.coastalhospice.org) or contact, Alvin Harmon, Director of Spiritual, Bereavement, and Supportive Services by email, [aharmon@coastalhospice.org](mailto:aharmon@coastalhospice.org) or by phone, 410-742-8732 ext. 440.



**Charity** - In October, Worcester Preparatory School's (WPS) Student Government Association joined forces with the Teal Bay Mitzvah Team of Ocean Pines to collect winter clothing items for local charities. Students stepped up and brought in children and adult-sized hats, gloves, and scarves throughout the entire month.

Recently members from the Teal Bay Mitzvah team stopped by WPS to pick up the donations. They delivered these essential winter items to Diakonia, Worcester County GOLD, Hope and Life Outreach, and Shepherd's Nook.

Above from the left are WPS SGA advisors **Madelyn Beebe** and **Paul Cyryca**, Teal Bay Mitzvah members **Cyndy Spicknall** and **Margit Novack**, WPS SGA President **Claire Windrow** and Head of School **Dr. John McDonald**.

## Fellowship applications sought

The Art League of Ocean City is seeking applicants for three Women's Fund Fellowships that include a \$1,500 stipend and an exhibit in the Thaler Gallery of the Ocean City Center for the Arts.

The deadline to apply is November 20 at 4 p.m. The applicant must be a female artist, 18 years of age or older, and a resident of Worcester, Wicomico, or Somerset Counties.

This Fellowship is designed to support the artistic endeavors of women through recognition, credentials, and financial support. This program is made possible by the Women's Fund at the Community Foundation of the Eastern Shore.

The selected Fellows will be artists working with a distinct voice and clear mastery of their medium of choice, in any arts discipline, including but not limited to visual art, dance, music, and film. The selection committee is interested in giving opportunity and a platform to underrepresented artists, as

well as those in the early or middle stages of their career.

After the residency is completed, the Art League will present an exhibition featuring the three Fellows in the Thaler Gallery at the Arts Center at 502 94<sup>th</sup> St., opening Friday March 1, 2024, coinciding with Women's History Month. The Fellows will also receive a complimentary membership to the Art League.

According to the National Museum for Women in the Arts, 46% of visual artists in the United States are women, yet they earn 74 cents for every \$1 earned by male artists. A data analysis of 18 major U.S. art museums found their collections are 87% male and 85% white. The Art League of Ocean City is committed to featuring a broad spectrum of artists from diverse backgrounds, including race, gender identity, sexual orientation, age, religion, and encourage all to apply.

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



## Advertising Sales Professionals

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EOE

# Banquet honors golfer, continues Toys for Tots tradition

Ninety-four people turned up on Monday night to help celebrate the Ocean Pines Golf Members Council's annual End of Season Banquet at the Clubhouse Bar and Grille.

Among other things, the Golf Members Council oversees the members' scholarship program and hosts annual events including the Ocean Pines / Taylor Bank Scramble, the

Bavarian Hops Scramble, and several social functions for the Ocean Pines golf community.

Bob Long, who assisted event organizer Don McMullen, said collecting for Toys for Tots has been a regular part of the banquet for some time, with golf member Joe Pantone overseeing that operation for perhaps two decades.

"Bunk Machen, who worked as a starter at the Golf Club and on the maintenance staff for many years, partnered with Joe," Long said. "I always enjoyed walking into the banquet and seeing the two of them in their red marine blazers."

Machen passed away last year, but the Toys for Tots support has remained steadfast, with impressive collection totals each year. Pantone said more than 80 toys were collected on Monday night.

The End of Season Banquet also served to honor Nelson Fenwick. He and his wife, Natalie, are longtime Golf Club members and also belonged to the Men's and Ladies' Golf Associations (OPMGA and OPLGA).

"Nelson was the Men's Day Tournament chair for many years," Long said. "He began the Sand Dawg program, where members help by filling divots and doing minor maintenance on the course. Members sign up and work on their hole every week or two. They also come out in force and help out on course aeration days. Nelson is the one who got this program started and oversaw its operation for many

years."

Long said the couple are moving out of the area to be closer to family.

Other guests of the banquet included Ocean Pines Association General Manager John Viola, Police Chief Tim Robinson, Golf Director Bob Beckelman, and Director of Golf Maintenance Justin Hartshorn.

Up next, the Ocean Pines Golf Members Council will host a tree decorating party as part of the Ocean Pines Hometown Christmas celebration.

On January 19, the council will host a pizza party for members and friends of the Golf Club. Next spring, the group will celebrate the beginning of a new golf season with an Opening Day Shamble on April 6 that's open to all Ocean Pines residents.

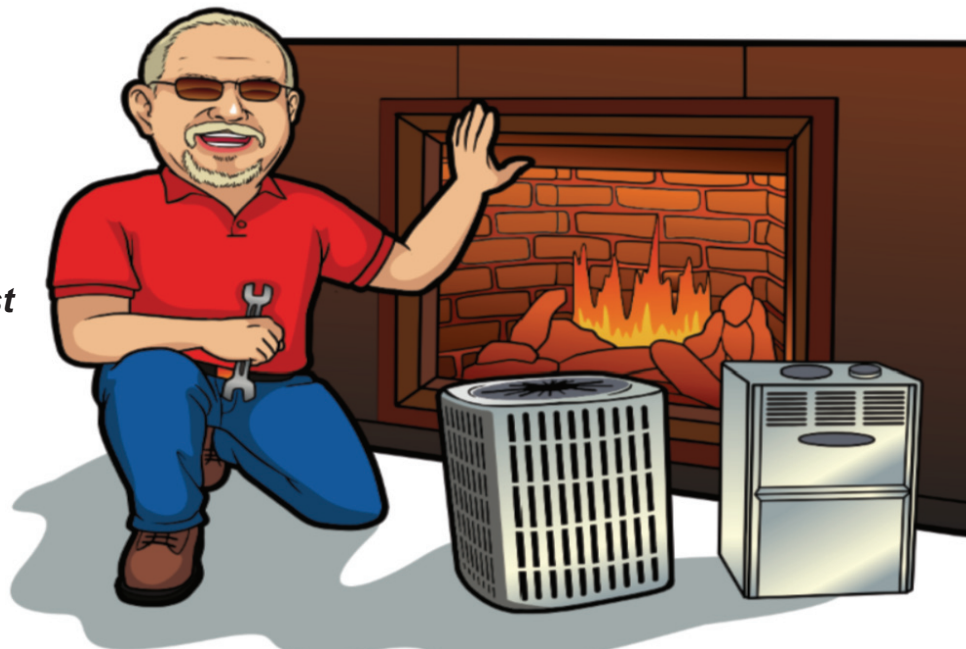
For more information on member-run golf groups in Ocean Pines, contact Bill Bavis (Ocean Pines Golf Members Council) at [williambavis@comcast.net](mailto:williambavis@comcast.net); Tammy Banachowski (OPLGA) at [tj.bano@gmail.com](mailto:tj.bano@gmail.com); and John Ferinde (OPMGA) at [johnferinde@aol.com](mailto:johnferinde@aol.com).



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## Obituary

### Dolores Neuland

Dolores Stearn Neuland (aka Dodie/Dee/GaMa), age 86, passed away on Tuesday, September 26, 2023, at Bay Health Hospital in Dover, DE. Born in Washington, DC, she was



the daughter of the late Herbert Preston Stearn and Veola Frances Jones.

Dee grew up in historic Potomac, MD with her parents, grandpar-

ents, and sister Joanie. They lived right in the heart of town. Her grandparents (Grammy and Poppy) ran the local general store in Potomac for many years. Music was always a passion for Dee as many in her family sang in the choir at Potomac United Methodist Church, which the Stearn family was founding members of. This love of music followed her to Ocean Pines where she was a member of the choir at St. John Neumann and sang with the Pine Tones Chorus of Ocean Pines. Her love of sports came from her father who was a lifelong Washington football fan, and she loved attending games with him. She passed this love of sports onto all her daughters and grandchildren, several of whom played sports in college. She was quite proud of this. Dee raised her 4 daughters in College Park, MD with the help of her close-knit family. It was at this time that she became immersed in tennis - as she was already a wicked ping-pong player. When her daughters were older, she began her next chapter of life with her second husband, Fran. His love of sailing

brought to her a new passion for life on and near the water. They spent many years sailing the waters all around the Chesapeake and beyond. Once retired, Dee and Fran settled in Kinsale, VA on the water and sailed on their boat "Otiose" as much as they could. When Fran passed, Dee decided to move back to MD and landed in Ocean Pines following her little sister Joanie. In Ocean Pines her tennis, paddle, and anything with a racquet really took off and any day on the court, win or lose, was a great day for Dee. Dee's greatest love was spending time with her family - whether at the beach, at the ballpark, at a swim meet, dance recital, lacrosse game, or traveling with them wherever they went.

Those who will treasure their memories of her most are her sister Joan Stearn, her four daughters, Deborah Adler, Constance Safford (Keith), Angele Valentine (Ronald), and Janelle Foster (Kevin), grandchildren Sarah (Sean), Janelle (Gabriel), Ryan, Julia, Magdalena, and Christina and 4 great-grandchildren.

In addition to her parents, she was preceded in death by her husband, Francis Neuland.

A Mass of Christian Burial will be held on Friday, November 17, 2023, at 1 PM, at St. John Neumann Catholic Church in Ocean Pines. Interment will be held on Saturday, November 18, 2023, at 11:00 AM, at St. Mary's Cemetery in Washington, DC. Letters of condolence can be sent to the family via [www.burbagefuneralhome.com](http://www.burbagefuneralhome.com). In lieu of flowers, donations may be made to the St John Neumann Choir or the Most Blessed Sacrament Catholic School at St. John Neumann. Arrangements are in the care of The Burbage Funeral Home.

## WCPS opens early learning center

On November 7 officials from Worcester County Public Schools and the Maryland State Department of Education officially celebrated the establishment of The Nest Early Learning Center at a ribbon cutting ceremony.

Welcoming attendees, Superintendent of Schools Lou Taylor explained, "The Nest Early Learning Center is not only providing a valuable service to our community but is providing an incredible apprenticeship opportunity for students here at Worcester Technical High School (WTHS) through the Early Childhood Youth Apprenticeship program."

Coordinator of Instruction Brian Phillips shared how students in WTHS's program will be career-ready after successfully completing their apprenticeship through acquiring a Child Development Associate (CDA) credential. "With the CDA credential, students who graduate from us can immediately begin working in the childcare field, which will in turn help to stimulate our local economy as our students will be fulfilling a critical need for many of our families here on the eastern shore."

The Nest's Director Stephanie Timmons and Coordinator of Early Childhood Diane Shorts also shared with attendees how the childcare program is

readying our youngest children (ages 2-3) for a successful entry into kindergarten.

"We at The Nest believe we can promote school readiness, academic achievement, and wellness by providing a safe and caring educational environment," Timmons said. "As the children in our program explore their own creativity, they are also developing critical social de-



velopment skills and a love of learning."

The Nest Early Learning Center is currently accepting two- and three-year-olds into its full and half day programs. Families seeking more information about The Nest's childcare services are encouraged to visit its website at <https://nest.worcesterk12.org>. Students interested in the Early Childhood Youth Apprenticeship program can speak with their school counselor to potentially pursue this pathway during their high school learning experience.

## Arts Council features small treasures

During the months of November and December, the Worcester County Arts Council will feature "Small Treasures", a juried art competition. This exhibition includes 27 entries of original artwork submitted by 17 established and emerging artists, with work in all media.

Although the subject of this show was open to artists' inspiration and interpretation, the main objective was to encourage and challenge artists to become involved in the exciting world of miniature art.

The guidelines required works not to exceed seven inches for three-dimensional works and 11 inches for two-dimensional works. Despite the size limitation, artists submitted works that incorporate a diverse range of materials to communicate this thoughtful concept.

The winning artwork in this competition will be selected by Dr. Cynthia Byrd, Executive Director of Julia A. Purnell Museum in Snow Hill.

The winners will be announced and awarded at 5:30 p.m. during an open to the public exhibit reception on November 10th at the Arts Council Gallery located at 6 Jefferson Street in Berlin. Light refreshments will be offered.

The exhibit is on display until December 31. Artwork is available for purchase.

To learn about the Worcester County Arts Council's programs and community services, please visit [www.worcestercountyartscouncil.org](http://www.worcestercountyartscouncil.org).

## The Courier

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# Paper versus hot air

Our world is filled with things that for the most part make our lives easier.

Computers, microwaves and smart phones certainly fall into this category. However, in mankind's pursuit to create high tech conveniences, low-tech

Second, the dryers turn off before my hands are dry. It's not unusual to have to go through multiple cycles just to get my hands semi-dry. I realize that does not seem like much of an inconvenience but if there were paper towels available, I could be out the door with dry hands in just a few seconds.

There are instructions on the dryer. If not scratched over with indecent commentary, the directions are simple and straightforward: Push button. Rub hands under

blower. What is not disclosed is that you may need to cancel your 1:30 appointment because the process will take time.

Often, I end up wiping my hands on my pants just to speed the process. Actions such as these won't endear me to Miss Manners but it will get me out of the bathroom before day turns to night.

I could walk out with wet hands but then I feel everyone is staring at me. Or, worse, I'll bump into someone I know and won't be

able to shake hands.

There's no getting around the fact that some people prefer the dryers. To each his own. But for the rest of us, can we please have paper towels? Is that too much to ask? Some public restrooms offer a choice. This seems like a reasonable approach.

One final observation. There is one thing worse than not having paper towels available: a blow dryer that does not work. From personal experience I know that toilet paper does not work well as a substitute. It decomposes quickly and gets clumpy.

The last time I encountered a faulty blow dryer I wound up waving my hands frantically in the air before wiping them on my pants. When I was finished, I walked out of the bathroom, too slow to realize what the people around me had noticed seconds before. I had more water on my hands than I realized when I dried them on my pants. The result? I looked as if I had bigger problems than someone unable to get the blow dryer to work.

## It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com



necessities sometimes get overlooked.

A case in point is something as simple as paper towels in public restrooms.

Have you ever gone into a public restroom to wash your hands only to find no paper towels in sight? You know what I mean. You wash your hands, rinse them off and when you try to dry them there are no paper towels, just a blow dryer attached to the wall.

You know what comes next. You hit the button and stand there for what seems

like an eternity wringing your hands trying to dry them. The velocity of the forced air coming from the machine is less effective than a 98-year-old man blowing out the candles on his birthday cake – only he finishes more quickly.

There are many reasons why public restrooms do not have paper towels: cost, paper conservation and facility cleanliness are just some that come to mind. I'm all for cutting expenses, saving trees and keeping public restrooms clean. Hand dryers do accomplish all of the above. Unfortunately, they don't always dry hands in a timely manner.

My frustration with these machines exists on several levels.

First, they do not blow warm air, they oftentimes blow cool air. They remind me of the heating system in the 1972 Volkswagen 411 we had growing up. No matter how long the engine ran in that car, the best we could hope for was tepid air coming from the heating vents.



# Congratulations

*Maureen Kennedy, owner of My Backyard,*  
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# Commentary

By Joe Reynolds  
OceanPinesForum.com

## A fine kettle of fish

Members of the Ocean Pines Volunteer Fire Department (OPVFD) are angry over a front-page article in the *Ocean Pines Progress* newspaper, an article where OPA President Rick Farr is quoted as saying OPVFD rescinded what Farr said was a “gentleman’s agreement” that would see the OPVFD turn over ownership of the southside fire station to OPA in return for funding of a new fire station.

That anger was palpable during a November 7th meeting at the southside station between representatives of OPA and about 50 or so members of the OPVFD. Representing OPA were President Rick Farr, General Manager John Viola, OPA Director of Public Relations Josh Davis, and former board member Ted Moroney.

Farr made a major public relations blunder in agreeing to a newspaper interview about issues related to the construction and financing of a proposed new southside fire station while nego-

tiations were ongoing. That blunder was compounded by Farr publicly saying the OPVFD reneged on a “gentleman’s agreement” for OPVFD to turn over ownership of the southside fire station to OPA.

One woman making comments during the November 7th meeting said, “That article made us look like idiots for going back on our word.” She demanded a front-page retraction. OPVFD Chief Steve Grunewald then said, “I was really upset with the article. People in this room now don’t trust us.”

Farr said that he and OPVFD President Dave VanGasbeck talked several times. Apparently, this was on the deck at the Yacht Club Tiki Bar. At one point during the meeting Farr also said, “I did not say ‘gentleman’s agreement.’” He suggested he was misquoted in the paper.

Unfortunately, Farr again blun-

*please see commentary on page 7*

## Response to Frazier’s commentary

### Editor:

A response to Carol Frazier’s opinion titled, “America is not just another country” [Courier, November 9]. Frazier’s first



dislike in her trademark scattergun approach is America’s 33 trillion-dollar debt. Along with Frazier and me the majority of Americans think America’s debt is too much. That doesn’t mean any of us know what to do about it. Frazier blames it on somebody she calls the Left and their buddies: mainstream media, academia, entertainment industry, social media, and most of the administrative state. All entities that help keep Ocean City private businesses, and the administration of Ocean City itself, in the black.

In a recent third debate two people, one named DeSantis, and the other, Haley, repeated previous attacks on a ninety-one-time indicted former president about his presidential record including that he helped expand the national debt and failed to make Mexico pay for the border wall like he promised us.

A group of congressmen are refusing to give Israel 16 billion dollars unless we take the 16 billion away from the IRS that was to help them do a better job of making rich tax cheats pay up.

The Peter G. Peterson Foundation says

there are three big drivers of our debt. They are aging baby boomers, rising healthcare costs, and a tax system that does not raise enough cash.

There are a lot of problems, but I am going to keep my faith that one day us baby boomers with our health conditions will be gone and our American family inheritors will wonder what to do with their new windfall.

Frazier is all about shrinking government to reduce the debt. This time her whipping boy was Homeland Security, along with other law enforcement. The DHS is the very organization that has worked hard protecting us since they were formed after Saudi terrorists flew American planes into the World Trade Center and the Pentagon. After which we went on an expensive tour of Afghanistan and Iraq before our first Black president had our SEALs go to Pakistan and send that Saudi leader devil to ... the bottom of the sea.

As for Frazier’s terrorist from Senegal, our American law enforcement rounded him up with little fuss. He is wanted for terroristic activities in Senegal, not here. Based on my reading what he might be wanted for in Senegal is violation of recently passed counterterrorism laws being used on peaceful protesters to

*please see letter on page 7*

Hoarding disorder is a mental health condition characterized by a persistent need to hold on to items that have little or no monetary value. It appears hoarding affects men and women at similar rates, and there are consistent clinical features across all races, ethnicities and cultures worldwide. The International OCD Foundation says hoarding disorder affects an estimated two to six percent of the population, and the condition is nearly three times more common in older adults between the ages of 55 and 94 compared to younger demographics. Valor Technical Cleaning lists these as the five stages of hoarding.

1. Some clutter, but not enough to be of concern.
2. Deteriorating hygiene may be noticeable and overflowing garbage points, dirty dishes, possible pet feces, and an important exit is blocked by clutter.
3. Extreme disorganization, which includes piles of objects, as well as pest infestations, could indicate a likely hoarding disorder.
4. Professionals should be contacted if clutter is preventing access to many exits, stairs and rooms. Structural damage to a home and general disrepair, as well as rotting and expired food, are causes for concern.
5. Severe unsanitary conditions with no ventilation, unusable spaces, pervasive mold and mildew, and animal health risks are indicative of an issue that requires immediate intervention.



## Courier Almanac

On November 15, 1965 at the Bonneville Salt Flats in Utah, 28-year-old Californian Craig Breedlove set a new land-speed record—600.601 miles an hour—in his car, the Spirit of America, which cost \$250,000 and was powered by a surplus engine from a Navy jet. He actually drove across the desert twice that day, since international world-record rules require a car to make two timed one-mile runs in one hour. (Officials log the average speed of the two trips.) During his first trip, Breedlove traveled at a rate of 593.178 mph; during his second, the first time any person had officially gone faster than 600 mph, he traveled at a rate of 608.201 mph. "That 600 is about a thousand times better than 599," he said afterward. "Boy, it's a great feeling."

**commentary**  
from page 6

dered at the meeting by suggesting he and his board majority wanted the OPVFD to have “skin in the game” before committing any funds for the station or new firefighting equipment. This was a bad choice of words. As one firefighter put it, “We literally put our skin in the game every time we leave this station.” Furthermore, members of the OPVFD and members of OPA need to keep in mind that the president of OPA does not speak for the Board of Directors unless authorized by the board to do so. The OPA Board of Directors has taken no formal position on this issue.

Regardless, while Farr may have blundered from a public relations standpoint with the newspaper interview, he is absolutely committed to making sure the OPVFD has what it needs to maintain its high quality of service for both fire and EMS services. He made a mistake. He is human. Hopefully, we see no more newspaper negotiations, rather the two parties moving forward in an amicable manner. One reliable OPVFD source says they are ready to do so. It is time for OPA and OPVFD to start trusting each other. They are in this together. We are all in this together.

There may be some unresolved legal issues, but it looks like essentially two viable options at this time with regard to financing a new fire station. OPA General Manager John Viola, working with some community volunteers, pre-

**letter**  
from page 6

shrink democratic space.” Not every country has our freedoms.

Frazier says she could tell “similar horror stories about every federal agency... rife with waste, fraud and abuse.” I am glad she didn’t as I am running out of time and space.

Had she bemoaned domestic terrorists, I would have sadly empathized. As I write there are 531 incidents of mass shootings in 2023, a six-year-old boy was killed with 26 knife stabs by a 71-year-old White American male and much more.

After writing the above paragraph it is harder to say that “America is not just another country.” Still, I know it is not. I was born here. Raised here. Live here. One day I will die here, and leave this unique, wonderful, opportunity in the care of my heirs.

**George Timothy Mason**  
Salisbury, MD

sented a construction plan to satisfy the specified needs of the OPVFD at an estimated cost of about \$4.5 million. Roughly \$2.5 million is already available. Thus, an additional \$2 million must be found. Incredibly, Viola was able to provide the needed improvements for almost \$4 million less than the over \$8 million originally estimated by OPVFD.

If the OPVFD can obtain a loan for the \$2 million, then it can bill OPA each year for the needed funds as a part of the fire department’s annual budget request to OPA. No referendum would be necessary.

On the other hand, if the OPVFD cannot obtain the \$2 million loan and the money has to come directly from OPA, a referendum would be required. The sticky legal part here is that even if association members approved the \$2 million, there is a question as to whether OPA could legally invest \$2 million to build a new structure on property it does not own. Thus, the OPVFD might be required to turn over ownership to OPA for any referendum-approved money to be used for construction.

The first option, OPVFD obtaining a loan of \$2 million, is the best course of action for all involved. It is clear - the

membership of the OPVFD does not want to give up ownership of the south-side fire station. They are proud of the OPVFD, and rightfully so. Hopefully, the money can be obtained without the need to give up ownership.

Even if things proceed along the lines of an OPVFD loan, the department should entreat OPA to handle the bids and overall supervision of the construction on behalf of the OPVFD. Under Viola’s excellent management, OPA is good at this and can handle all the necessary management at less cost than if the OPVFD chose to do it all themselves.

Finally, there was a discussion of

some sort of a new contract between OPA and OPVFD. That is not necessary. Few people even understand the current, long-standing agreement. In a nutshell, the agreement says the OPVFD shall make every effort to obtain as much income as possible from any and all sources. If that income comes up short of covering operations or other needs, then OPVFD may request the difference be made up by OPA - with an important caveat that OPA is not legally obligated to do so. Regardless, every board over the past 35 or more years has included needed requests from OPVFD in the OPA budget each year.

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**HEALTH WATCH**

# Medicare open enrollment: what you need to know

By **Jeff Kukel, Pharm.D**  
Manager

*AGHRx RediScripts Pharmacy*

If you're 65 or older, make sure the Medicare Open Enrollment period, which runs from October 15 to December 7, 2023, is on your calendar. It is an important time of year to review your current medical coverage and healthcare needs — and select the most appropriate Medicare plan for the new year.

Even if you're already enrolled in Medicare, it's still a good idea to review your plan, since coverage — and your health needs — may change from year to year. The *LA Times* found that only five percent of Medicare Part D patients were enrolled in the lowest-cost plan and those who switched plans saved almost \$700. Many patients are unaware that they will automatically be re-enrolled in their current plan if they take no action, which could expose them to changes in benefits and premiums.

The good news is the pharmacists at AGHR<sub>x</sub> RediScripts Pharmacy at Atlantic General Hospital offer free

Medicare Part D plan comparisons to help you make an informed decision about your Medicare drug coverage.

If you will become eligible for Medicare coverage for the first time in 2024, now is a good time to start learning about the different types of Medicare and what this means for you.

Here's what you need to know about Medicare Part D open enrollment.

Medicare is an insurance plan provided by the federal government and overseen by the Centers for Medicare and Medicaid Services (CMS). Medicare coverage is divided into four general sections, each of which covers different services. *Medicare Part D* is a supplemental form of Medicare that specifically covers prescription drug services. If you are enrolled in Parts A and B, then you can enroll in a Part D plan for prescription coverage. *Medicare Part C* — also known as Medicare Advantage — is a type of supplemental Medicare coverage offered by private insurance companies to anyone who is enrolled in Medicare Parts A and B. Medicare Advantage plans cover not

only the services provided by Parts A and B, but may also offer dental, vision and/or prescription drug coverage.

Why is Medicare Part D so important? Medicare Part A only covers medications that you receive while you are in a hospital or a skilled nursing facility. Medicare Part B only covers a limited number of medications — and typically only if they are administered in an outpatient setting (such as a doctor's office or clinic.) Examples include vaccines, injectable medications and medications given by IV.

The lack of regular prescription coverage can be a significant problem for older adults. According to a report published by the CDC, more than 90 percent of adults 65 or older are taking at least one prescription drug each month. More than 42 percent are taking five or more prescription drugs monthly. Additionally, most older adults (76%) think the cost of prescription drugs are unreasonable.

Once you are enrolled in Medicare Parts A and B, you can sign up for Medicare Part D coverage on the

Medicare Plan Finder page found at [www.medicare.gov](http://www.medicare.gov). If you are already enrolled in a Medicare Part D plan, your plan will automatically renew, so technically, you'll only need to visit the website if you want to change plans. However, it's still a good idea to review your plan every year in case your current plan has changed — or to see if a different plan would better fit your current needs.

Staff at AGHR<sub>x</sub> RediScripts Pharmacy are ready to help. Simply call at 410-641-9240, email us at [Rediscripts@atlantic-general.org](mailto:Rediscripts@atlantic-general.org), or visit us on the first floor of Atlantic General Hospital near the cafeteria. The pharmacists have been trained to review your medication list and help you make informed decisions about your Medicare Part D plan. Just provide pharmacy staff with a copy of your medication list and staff will prepare a personalized Medicare Part D plan comparison for you. The pharmacists will make this available for your review and are happy to schedule a consultation with you to discuss the results right here at the pharmacy. Gather your medication lists and come in before December 7 to start saving on your prescription medications in 2024.



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# Captain Ron's Fish Tales

By Ron Fisher



## Let think about catching tautog

**Fishing Report:** A few flounder are still being caught in the East Channel and Inlet. Tautog and sheepshead are the hot item along the south jetty.

**Catching tautog:** I continue to enforce how important it is for you to understand the fish before you can really be good at catching them. The tautog or (tog) also known as a blackfish is an ugly fish with large teeth which it uses to crush the shells of crabs, barnacles and other shell fish that it normally feeds on. At times the tog will also bite on squid when available but it is not my bait of choice. It is pretty much a bottom feeder, and likes to hang around rock piles, wrecks and piers making it a difficult fish to catch since it also likes to dart into the rock piles after grabbing the bait and snagging the fishing line unless you set the hook and pull them out quickly avoiding the snag. They pursue their prey a great deal by scent unlike flounder who are site feeders.

**Fishing Equipment:** I recommend a 6-foot to 7-foot stiff rod as you will need this to set the hook and pull the fish out of the rocks quickly. The gear can be spinning or level wind whichever you prefer. Use at least a minimum of 20lb test line of your choice. I prefer monofilament. Also, the bite of a tog is light so you must pay attention.

**What type rig should I use?** Use a length of mono or fluorocarbon usually 40-50lb. test with a dropper loop in the middle and a perfection loop at the end for the sinker. A hook usually a J-hook from 1/0 – 4/0, is attached to the dropper loop. The finished rig is usually 20-24” long. This is attached to the main line via a barrel swivel. Also, another rig of choice is a Tog Jig. They come in various weights from 1/2oz to 1.5oz.

**What about bait?** The popular baits are green crab quartered, sand crabs which I prefer, or clams. Keep in mind that your bait should always be fresh because frozen baits do not provide the scent necessary to attract Tog. I would also recommend that if you

are new to tog fishing that you ask the salesperson at the tackle shop where you purchase the bait to demonstrate how the bait is to be hooked. This is very important as the hook must be hidden for Tog fishing.

**Did you know?** Tog can grow up to 35” in length and weigh up to 25 lbs.

**Where should I fish for Tog?** If you are in a boat, seek out rocky structures such as the inlet jetties or tie up to some pilings and fish right down along the piling. This is done best at slack tide. If you are bank fishing, there is some great fishing along the inlet jetties but I prefer the bulkhead from 2<sup>nd</sup> to 4<sup>th</sup> streets in Ocean City. Charter boat fishing is also great as the tog bite is hot at the wrecks. Also, don't overlook the rocks along Stinky Beach and the pilings along Harbor Island.

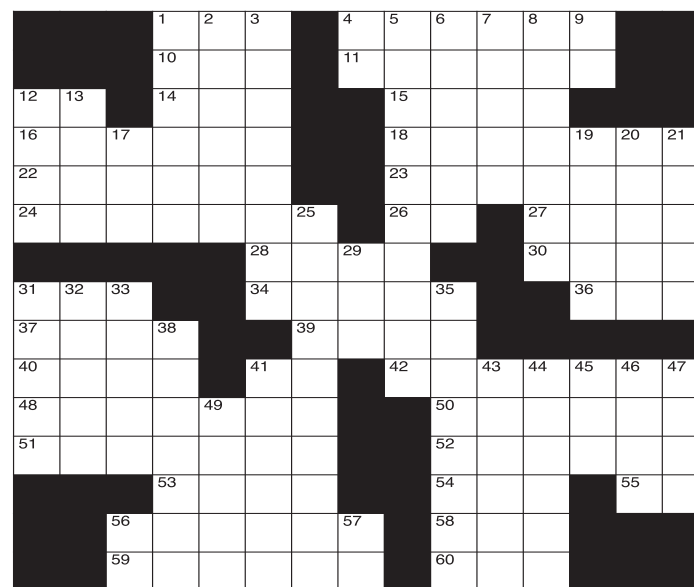
**Are tog good to eat?** They are an excellent eating fish. Here is one of my favorite recipes. Give it a try.

### Tautog Chowder:

- 1 lb. Tautog fillets
  - 1 bay leaf
  - ¼ tsp. black pepper
  - 2 cups water
  - 4 tbsp. butter
  - 1 medium chopped onion
  - 4 tbsp. flour
  - 2 ½ cups evaporated milk
  - 1 ½ cups fish broth (reserved after cooking fish)
  - ¼ tsp thyme leaves
  - ¼ tsp. oregano leaves
  - 1 tsp. parsley
  - 4 oz. grated Monterey Jack Cheese
- In a medium saucepan add fillets, 2 cups water, bay leaf and black pepper, cover, cook on low heat until fish flakes easily. Remove from heat, drain and reserve 1 ½ cups of broth.

In another medium saucepan sauté butter, chopped onion and stir in flour. Add evaporated milk, stirring constantly, then add 1-½ cups of reserved fish broth. Add flaked fish, thyme, oregano and parsley, and grated cheese. Simmer at least 15 min; add salt and pepper to taste. Enjoy.

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

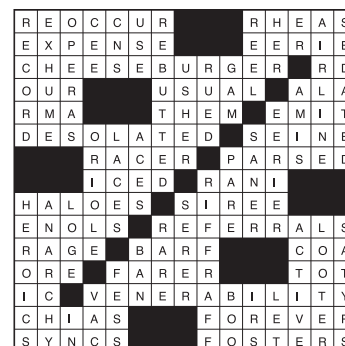


### CLUES ACROSS

- |                                |   |
|--------------------------------|---|
| 1. Beats per minute            | 37. One of two equal parts of a divisible whole |
| 4. Hindu deity                 | 10. Polynesian garland of flowers               |
| 11. Not chained to             | 40. Cold appetizer                              |
| 12. Metric ton                 | 41. Yes   |
| 14. Tall, rounded vase         | 42. Peninsula                                   |
| 15. Musical composition        | 48. Of that                                     |
| 16. St. Francis of ___         | 50. A way to divide                             |
| 18. Discover the location of   | 51. Relating to the physical senses             |
| 22. Compact group of mountains | 52. One who makes money                         |
| 23. Mend                       | 53. ___ Spumante (Italian wine)                 |
| 24. Not current                | 54. Inconvenience (abbr.)                       |
| 26. Atomic #64                 | 55. South Dakota                                |
| 27. Young hawk                 | 56. Snow sport                                  |
| 28. Or ___                     | 58. The products of human creativity            |
| 30. Pouches                    | 59. Change mind                                 |
| 31. Southern Thailand isthmus  | 60. Born of                                     |
| 34. Mends with yarn            |   |
| 36. Downwinds                  |   |

### CLUES DOWN

- |  |                                   |
|--|-----------------------------------|
| 1. Similar to the color of a clear unclouded sky | 25. Clearing up                   |
| 2. Former name of Iran                           | 29. No seats available            |
| 3. Made smaller                                  | 31. Leaves of an Arabian shrub    |
| 4. Type of meter                                 | 32. Groove in organ or tissue     |
| 5. Revolt  | 33. Not of this world             |
| 6. Killed with rocks                             | 35. Cooking device                |
| 7. Gregory __, US dancer                         | 38. Forget                        |
| 8. Nullifies                                     | 41. Operational flight            |
| 9. Home to the Flyers                            | 43. Actress Danes                 |
| 12. Female parent                                | 44. Poke holes in                 |
| 13. Pre-1917 Russian emperor                     | 45. A way to discolor             |
| 17. Outsourcing (abbr.)                          | 46. Shouts of welcome or farewell |
| 19. Regal  | 47. Pharrell's group              |
| 20. Line   | 49. Red fluorescent dye           |
| 21. Hermann __, author of "Siddhartha"           | 56. Jr.'s dad                     |
|  | 57. Electronics firm              |



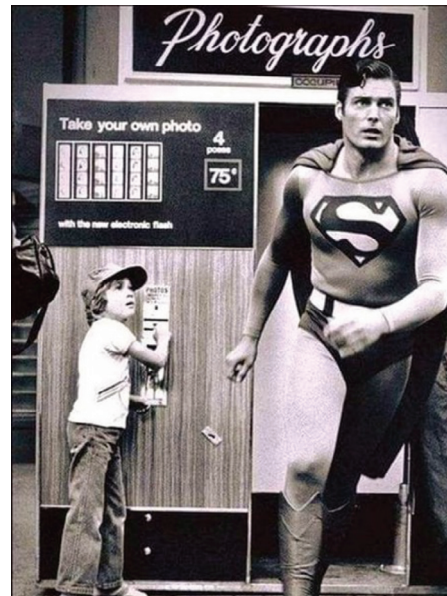
Answers for November 8

## Some things to think about

Gathered from the internet by **Jack Barnes**

**I pretended to be asleep and then I fell asleep. Now I'm going to pretend I'm skinny.**

I'm so confused. If Mr. & Mrs. Potato Head are no longer male and female, does this mean there will be no more tater tots?



What Comes To Mind Seeing This Relic?

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