

The Courier

September 18, 2024 Volume 25 Number 3

Living 50+ Edition



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Work on new Golf Course irrigation system begins

Work has started on a multiyear irrigation improvement project at the Ocean Pines Golf Club that will effectively replace a failing 50-year-old system.

The new system is said to be longer lasting, and more efficient both in terms in coverage and water usage.

General Manager John Viola said the new irrigation system is just the latest example of Ocean Pines investing in its amenities. Phase one of the project is expected to cost about \$650,000. The remaining phases of the four-year project are estimated at \$25,000 per year.

Golf Course Superintendent Justin Hartshorne said the disruption for golfers will be minimal, with work scheduled around the shoulder season, and the 19th hole being utilized whenever one of the primary holes is unavailable.

He said the first phase of what will likely be a four-year project will include the pump station, the first and ninth holes, and the driving range.

Hartshorne said the project is getting an early start and will focus on perimeter areas so as not to be disruptive for golfers.

“We’re going to try to run the mainlines that are out in the rough areas and the perimeters of these holes, so it’s not going to be extremely disruptive to play,” he said. “When we shut down the pump station when we’re done watering for the season, we’ll be working more in the winter, and we’ll certainly have the 19th hole

in play then.”

Hartshorne said the original system is around 53 years old. He said most irrigation systems have a lifespan of around 25 years.

“It’s well overdue,” he said. “We do a lot of maintenance on it every year, and we’ve actually been seeing pinhole leaks forming in the pipes – they’re literally just falling apart and deteriorating. So, we’re long overdue for a replacement and we’ve more than exceeded the lifespan of the current system.”

Hartshorne said golfers will see some work being done off to the sides, with pipes being fused aboveground and some trenching work being done in preparation.

“They’ll see some equipment, and some excavators on just a few holes,” he said. “Eventually, we’ll scape up the sod, trench it out, put the pipe in the ground, and then they’ll backfill everything and tamp it down. It will be very clean when the whole process is done.

This contractor has a lot of experience with these kinds of projects, so it should be limited disruption.”

For the average golfer, playing nine or 18 holes at the Ocean Pines Golf Club won’t be much different. What will be noticeable are the long-term benefits to the course.

“It’s a big investment, but it’s a huge part of the infrastructure and it’s my most vital maintenance tool for keeping a high quality of grass out here,” Hartshorne said. “It’s a very important system for keeping everything alive through the summer months.

“The irrigation systems are something you don’t see,” he continued. “It’s underground, so you walk right over it, but there’s miles and miles pipes and wires underground that help operate the system that you don’t notice on a daily basis.”

Hartshorne said the project will continue to run in phases, during the shoulder months, likely over the next four years. When it’s done, the Ocean

Pines Golf Club will have a much more efficient system, with much better coverage over the whole course.

“We’re going to be able to really control where we’re putting the water out,” he said. “We’ll also probably reduce our water usage, because it’s going to run more efficiently, so it will help us save water as well as get water to some areas that we don’t have the ability to get to now. We’ll have wall-to-wall coverage across the golf course, so we’ll be able to maintain pretty much every bit of acreage that we have.

“It’s certainly going to help make the quality of the course even better,” he added.

What’s more, Hartshorne said the new system is said to be longer lasting and more durable.

“These pipes are certainly going to be able to hold up well beyond what our original system was built with,” he said.

Arts Council accepting grant proposals

The Worcester County Arts Council Grants Review Committee is seeking applicants for local art events and projects to be presented in Worcester County from January 1 through June 30, 2025.

The Worcester County Arts Council’s Community Arts Development Grants program is designed to assist local, non-profit community-based groups in producing and presenting art projects and activities in Worcester

County. The program, funded and supported by the Maryland State Arts Council, aims to foster excellence, diversity, and vitality in arts offerings for Worcester County residents and to broaden opportunities for Worcester County audiences, artists, and arts organizations.

The deadline for application submission is October 15.

Grant projects are evaluated based on the overall quality of cultural excel-

lence, community outreach and public impact, and financial/administrative merit.

During the first six-month grant cycle of fiscal year 2025, the Worcester County Arts Council has awarded \$26,000 in the Community Arts Development Grants program to 10 art projects and events to be presented by local nonprofit organizations in Worcester County.

The grant application form and Guidelines are available on the Arts Council’s website: www.worcester-countyartscouncil.org

For grant technical assistance, please contact Anna Mullis, Executive Director: anna@worcestercount-artscouncil.org.

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Harbingers announcing a change of season

By **Robert Pellenbarg**

As summer wanes, one can see evidence that the shorter days do, indeed, hint at a change of season. So far, the landscape is awash in summer's vibrant green. Trees are fully leafed out, the pines stand tall with a full complement of needles, but . . . upon looking closely, there are subtle visual cues in the forest, that, yes, indeed, seasonal change has begun.

The pines have set this year's crop of pine cones, much to the delight of resident squirrels. These critters will pluck a green, spikey pine cone, from high in a pine tree. Then, attacking the pine cone like it were an ear of corn, the squirrel will strip away the scales on the cone to access and eat the pine seeds nestled deep in the cone. How the squirrels accomplish this 'pine-cone-cob' dining without injury is a mystery, but spikes or not, the cones are dismembered. In fact, this year, the ground under some pine trees is littered with a blanket of pine cone scales. It seems the pine trees presented the squirrels with a bumper crop of cones.

Now, a bit after the squirrels ate their fill of pine seeds, the pine trees have been responding to the pending change of season by dropping massive amounts of now brown needles. Indeed, the needle carpet has succeeded in covering much of the debris from the pine cones generated by the munching squirrels. Further, the needles have changed many of our paved streets to a medium brown color. Pine needles? Yes, indeed, pine needles!

Even though the pines have dropped last season's needles, most of the deciduous trees about are still solid green. Yet, there are a few select trees which hint at the leafy colors to come as fall advances. By now, many tulip poplars have turned a bright yellow, and stand, almost flame-like, on the edge of the woods. Additionally, many maples will show a small branch or two which sports yellow, red, or even orange foliage. Soon enough, though, entire maple trees will morph into raging, flaming fires, deeper into the Fall season.

Closer to the ground, there are several fall blooming plants of note. Goldenrod offers fingers and heads of brilliant yellow flowers. The plants often clump together, and can present a sheet of color a few feet off the ground. There is a vine visible on occasion which now sports small blue flowers arranged horizontally on the vine. This vine can be seen climbing, and blooming, on the now - drying corn stalks on the edges of the corn fields in the area, where there is more light for the vining plants.

There is another vining plant which is in bloom now, creating spectacular mounds and clouds of white across the landscape. While pretty, this non-native clematis is a very real threat to our landscape. Look closely, and notice how the clematis covers large areas of vegetation, which will, given time, be smothered completely by the inexorable creep of this interloper. Its only saving quality is that it provides copious nectar late in the season, but there is a bill due, which will be paid.

This year presents a new, unexpected look for the American hollies which are abundant in the local forest. For the last two years, a nearby female holly featured massive crops of red berries, but this year, not one berry is to be seen. Clearly, the holly is in a 'rest' mode, and may berry-up next year. Time will tell.

Well, as described above, there are many signs in the forest and on its edges which foretell a coming change in the seasons. Some signs are subtle, like the squirrels gathering six inch or eight inch tips of tree branches, often falling to the ground, to add to their nests in anticipation of the colder weather to come. Other signs, like banks of colorful fall bloomers, are clearly more obvious, but whether subtle or bold, the hints of seasonal change are worth seeking out.

*Some signs are subtle.
Other signs are more obvious*

Plein Air competition underway

Through Friday, September 20, skilled plein air artists from four different states will paint outdoors in various locations around Worcester County, including Assateague Island, and compete for attractive cash prizes in the annual event organized by the Worcester County Arts Council.

The event will culminate with the sale and open to the public exhibit on Friday, September 20 at the Berlin library between 5 p.m. and 7 p.m. showcasing artwork created during the week.

The sale offers art lovers the opportunity to purchase an original piece of art, fresh off the easel, and meet the artist who painted it.

Entries submitted for the competition will be reviewed and winners will be selected by the guest judge, award-winning plein air artist, Jim Rehak. The Paint Worcester County competition offers \$2,550 in total cash prizes including the Maryland Legislators' Award, Worcester County Commissioners' Award, Berlin Mayor's Choice, and the Library Foundation Choice awards.

Originally started in 2010 as Paint Berlin, plein air, this event has expanded its boundaries in 2021 to become Paint Worcester County, plein air. This expansion, said Anna Mullis, the Arts Council Executive Director, allowed us to meet an important and ongoing goal of the Arts Council to focus on and include all geographic areas of the County.

Paint Worcester County empowers artists to explore and interpret the historic sites, architecture, landscapes, marshes, seaside, and street scenes of the County. It also encourages residents and visitors alike to view our landmarks through the eyes of these artists while they work at their easels in public spaces. To the viewer, this art form can be very exciting because it invites you into the creative process, the sight, the sound, and even the smell of the artist's world. We invite visitors of all ages to observe the entire process, from the first brush stroke to the final flourish.

By making people more aware of the beauty of Worcester County, and by weaving art into the social fabric of our community, Paint Worcester County hopes to inspire an interest in Plein air painting, its origins, and its history.

"En Plein Air" is a French phrase

that translates to "in the open air," describing outdoor painting in inspiring settings. Plein air is an admired and well-known approach to art, encouraging painting wherever artists can find a creative spark.

Selection of Paint Worcester County artwork will be on display at the Berlin library (13 Harrison Avenue) until October 22.

For more information, please contact the Worcester County Arts Council: at 410-641-0809 or curator@worcestercountycouncil.org.

Dylan, Cash, Young concert at library

Jerry Lee Adkins returns to the Ocean Pines Branch of the Worcester County Library on Thursday, October 3, to perform classics made famous by three rebels who redefined modern music: Bob Dylan, Johnny Cash, and Neil Young. The program starts at 2 p.m.

Adkins, who performed Jimmy Buffett hits at the branch last February, was brought back by popular demand. He is a staple of the Delmarva music scene, performing tributes to artists from Jim Croce to Willie Nelson, and has appeared at Burn Pizza in Berlin, The Brick Room in Salisbury, and Tall Tales Taphouse in Parsonsburg, among many other establishments.

The event is part of the Ocean Pines Branch's "Rocktober" series, which includes a Monster Mash featuring DJ Dino Fradelos' 1950s favorites on October 21 and a number of rock documentaries throughout the fall.

For more information, check out Worcester County Library's Events page at worcesterlibrary.org.



Jerry Lee Adkins

A memory illuminated

During antique shop excursions my wife and I often come across items that conjure up memories. It was during one such outing that I found a small item that triggered recollections from four decades ago. The item? A small

lost, it was always great theater. I learned from her that sometimes the best way to negotiate is to determine everything you want and then throw out an offer for the entire lot. Say the individual items had a total asking price of \$10; you offer \$5 with the likelihood you'd settle on seven or seven fifty. I also learned that sometimes you just have to walk away. And there were many times when that occurred.



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

kerosene lantern painted green with a green lens perched on a shelf in the corner of an interesting store in Onancock, VA.

For whatever reason, I have a fascination with lanterns, especially those associated with the railroads. I have not collected many. This particular lantern stands about eight inches tall. Discovering this little treasure took me back to a time long ago.

During the 1970s and early 1980s flea markets and yard sales were a big part of my life. My mother, brother and I were either visiting them or selling at them. There were two markets of particular interest to us: one at an old drive in theater in Langhorne, PA which if memory serves, was open Wednesdays and Saturdays and one located on Roosevelt Blvd. in the Roosevelt Mall parking lot. This one I think was open just Sundays and not as large as the one in Langhorne.

When we were selling, we took turns manning our table so that each of us could explore and maybe find a treasure or two or three.

Many an hour I scavenged around those markets finding all sorts of junk or treasure depending on one's perspective. I was most interested in tools, stereos, car parts and anything related to boats. I always walked passed the vendors selling clothes and doll items.

It was during these flea market experiences that I learned the art of negotiation. It was a real education to listen to and participate in the back-and-forth, dickering to agree on a sale or purchase price of an old set of dishes or a painted cast iron dog or something else. Although a petite woman, whether as the seller or the buyer, my mother was no shrinking violet in these encounters. She held her ground for a nickel. Regardless whether she won or

Getting back to the lantern. During one of my explorations at the drive-in market, I found in a dilapidated cardboard box an old lantern. It had a red lens and its black paint was flaking. I don't think I paid more than a dollar or two for it. What did a 13-year-old need with an old lantern? My brother thought it was a stupid purchase. For many years it silently sat on a shelf in the garage, never having been illuminated. When I got married it moved with me, again sitting on a shelf. Finally, about ten years ago, I retrieved it, cleaned it up, replaced the wick and filled the reservoir with kerosene. Its warm glow is now often a regular feature during evenings when we're in the backyard.

Through the years I've searched for other lanterns. Many I've found have been priced much higher than I'm willing to pay. So, when I discovered that little green lantern, I didn't think twice about purchasing it. And, channeling my mother of years ago, I negotiated with the clerk on a bulk purchase that included the lantern and an interesting old jug my wife wanted. The negotiations were a success.



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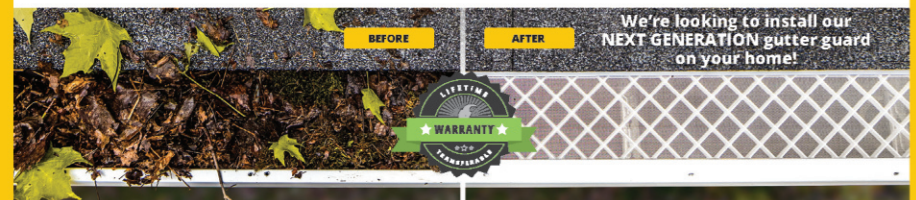
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Commentary

By Joe Reynolds
OceanPinesForum.com

Profiles in courage

John F. Kennedy wrote a book called "Profiles in Courage" wherein he addressed the topic of political courage.

The Kennedy Library says, "In the preface to Profiles in Courage, Senator Kennedy discusses the problems of political courage in the face of constituent pressures."

Kennedy suggested those in political office are under pressure to be liked, to be re-elected, and to be pressured by their constituencies and interest groups.

Kennedy wrote: "This is a book about that most admirable of human virtues – courage. 'Grace under pressure,' Ernest Hemingway defined it."

Members of the OPA Board of Directors are certainly not faced with the same measure of responsibilities as those elected to the United States Senate, as were the eight Profiles in Courage Kennedy addressed, but OPA board members do face making decisions where they must choose a path they believe is best as opposed to making an easy decision based on pressure from association members.

OPA issues don't rise to a "Profiles in Courage" level of those Kennedy addressed. However, the news release

below is an example of an OPA Board of Directors making a decision many in the community may not like. Regardless, it is the right decision. It is a courageous decision.

Matt Ortt Companies turned around OPA Food & Beverage operations since it took over in 2018. With a contract up for renewal, it would be easy for the board to take the easy course and sign a new contract with Ortt without investigating options.

However, based on OPA governing documents and the board's fiscal responsibilities, opening the door for management proposals from other qualified firms, as well as from Ortt, was the courageous action and the board took it - knowing full well that many association members would not be happy with that decision.

Political signs debate

Political office signs arrive on an even-year schedule. For some, they are the epitome of free speech. For others, they are like crabgrass sprouting up in the middle of a beautiful lawn or a roadside clothesline with wet underwear swaying in the breeze.

The Supreme Court says they are protected speech - except there seems to be some proviso related to proper-

ties in HOAs that allow some restrictions on when signs can go up on private lots and when they must be removed.

In the State of Maryland, the current law says HOAs may limit the period for display of political office signs to 30 days before the primary election, general election, or vote on the proposition; and 7 days after the primary election, general election, or vote on the proposition. OPA recently passed new sign guidelines limiting when association members may place political signs on their lots to the above Maryland law time frame.

Many association members are ignoring the new political signs Guideline.

The 2024 election date is November 5, 2024. Thus, no political signs can be placed on OPA lots until around October 6th.

As of September 12, OPA's CPI department had issued 77 violation notices for political sign violations, 34 of those in the last 10 days. Reliable sources say most violators have quickly removed the signs after receiving the first violation notice letter.

Three individuals refused to do so and have received a second notice.

Refusal to comply could result in the lot owner requesting a hearing before the Board of Directors and the possibility of OPA seeking to force Guideline compliance in Court.

When the political sign Guideline was passed, this commentator predicted it was useless as written since CPI inspectors lacked the authority to remove the signs when issuing a violation. That prediction may now prove accurate, depending on what action the OPA Board of Directors eventually takes on violations.

The rub is that the long, painfully involved process of OPA sending multiple notifications to sign violators, the new Maryland HOA act requirements granting association members the right to a hearing before the Board of Directors, and possible subsequent court filing, means an obstinate lot owner may refuse to remove the sign and little or nothing can be done before the date when the signs are allowed to be placed.

please see commentary on page 8

Courier Almanac

Future President Jimmy Carter files a report with the International UFO Bureau on September 18, 1973, claiming he had seen an Unidentified Flying Object (UFO) in October 1969.

According to Worldwide Cancer Research, an organization that helps to supply funding to pioneering cancer research, blood cancers are the fifth most common types of cancers across the globe. The American Society of Hematology notes that blood cancers affect the production and function of blood cells. When a person is diagnosed with blood cancer, oftentimes his or her normal blood cell development process is interrupted by the uncontrolled growth of an abnormal type of blood cell. The

ASH reports that leukemia, lymphoma and myeloma are the three main types of blood cancers. Leukemia is marked by the rapid production of abnormal white blood cells. Lymphocytes are a type of white blood cell that fights infection. Lymphoma occurs when abnormal lymphocytes become lymphoma cells and multiply in the lymph nodes and other tissues. Over time, lymphoma cells impair the immune system, making individuals vulnerable to infections and other adverse health outcomes. Myeloma is a cancer of the plasma cells, which the ASH

NOTES are typically responsible for producing disease- and infection-fighting antibodies. Myeloma prevents the normal production of those antibodies, leaving patients vulnerable to infection.



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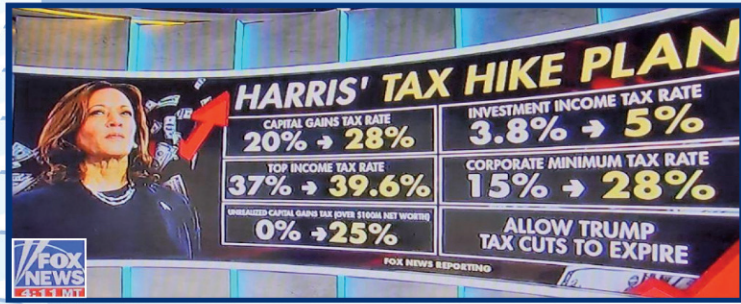
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Will received a President's Merit Scholarship to attend the University of Miami where he earned an undergraduate degree in Microbiology and Immunology, and minors in Spanish, Chemistry and Psychology. He was on the Dean's List all four years, and graduated Magna Cum Laude. Will is now a first-year medical student at the University of Miami Miller School of Medicine.



commentary
from page 6

OPA legal counsel Bruce Bright made this clear in his post to *OceanPinesForum.com* where he wrote: "If owners choose to deliberately 'game' that process, knowing that their continuing violation might end before the M-01 [OPA Resolution on Guidelines Violations] process runs its course, that's disappointing and would say more about that owner than it would about the enforcement process."

Bright also confirmed the view of this commentator as to the issue of when the 30-day clock starts ticking. Board member Elaine Brady also posted her view agreeing with Bright.

Bright wrote: "The allowable time for posting political signs under OPA sign regulations (within ARC Guidelines) is 30 days before and 7 days after the general election. This is consistent with State law. Under section 8-301(a) of the Election Law Article of the Maryland Code, the statewide 'general election shall be held on' the Tuesday following the first Monday in November, in each even-numbered year. Accordingly, in my view, the 30-day time period runs (backwards) from the day on which the general

election occurs under State law, rather than from the day that early voting begins."

This was in response to opinions expressed in the long forum discussion by former board member John McLaughlin and former chair of the By-Laws & Resolutions Committee Jim Trummel that the 30-day period begins on the first day of early voting.

The entire discussion makes for some interesting reading, including former board member Marty Clarke disagreeing with attorney Bright about whether or not CPI inspectors have any right to go on private lots for inspection purposes.

Bright wrote: "The authority that CPI has (as stated in M-01) to go onto properties, reasonably and when absolutely necessary, to inspect for violations, is (in my opinion) legally implicit, based on the restrictions and prohibitions contained in the DRs and the associated enforcement powers. Without the ability to ascertain whether, where, and to what extent violations exist on properties, which in some cases might require entry to conduct an inspection, violations might continue unabated, might be hidden from view, and enforcement of the DRs might be rendered impossible in some cases. I believe a Court would agree."

The Board of Directors should enforce the political signs Guideline and take violators to court even if the case is heard after the period when signs can be legally placed. To do otherwise would allow violators to "game" the system. Whether OPA attorney Bright would approve such an approach is currently unknown.

Safe boating course offered

The US Coast Guard Auxiliary is offering the Safe Boating Course at the Ocean Pines library on October 8, 9, and 10 from 6 p.m. to 9 p.m. The cost is \$20 for all three evenings. Register or get more information by calling Barry Cohen at 410-935-4807, or Email: CGAUXOC@Gmail.com.



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Trails & Waterways

Experience the Wicomico River at Pirates Wharf Park

By **Linda Scharle**

The name “Pirates Wharf” conjures up visions of a pirate-themed amusement park, but Pirates Wharf Park in Wicomico County is far from an “Arrrgh”-filled tourist trap. In fact, nobody really knows where the name originated. The land on which it was built is right on the Wicomico River and appeared under that name on a map in the 1940s.

The park is managed by the county and its grand opening was about a year ago. It is a gem on the lower shore and making the trek to the area of Quantico on the Wicomico River will not disappoint. The park features a playground, restrooms, a picnic pavilion and just over two miles of ADA-accessible walking trails. The largest walking trail loop is about 1.8 miles, with several connector trails allowing for visitors to walk shorter loops. The trail system is constructed entirely with a crushed stone surface and the terrain is very flat, making it suitable for strollers, bikes and wheelchairs. There is no shade across the entire trail system, so bringing sun protection is a

must. The trails are also dotted with benches, trail markers, and educational panels that interpret the history of the land. Visitors can learn about everything from native tribes of Delmarva, African American history on the eastern shore, English settlement in the area, and information on the cemetery located near the river.

While most of the park’s amenities are open to the public, some are still under construction. Currently, there is no access to the water, but that will soon change. When the park is completely finished, there will be a boat ramp, soft launch, and fishing pier. This is a big deal as there is currently no public access to the Wicomico River between Pemberton Park in Salisbury and the kayak launch at the end of Clara Road in Nanticoke. That’s over 14 miles of river that is currently inaccessible to most people. Luckily, Pirates Wharf Park is located smack dab in the middle, about seven miles upriver from Clara Road and seven miles downriver from Pemberton Park.

Visiting Pirates Wharf this time of

year can be gorgeous. The heat of the summer is (hopefully) behind us and the meadows surrounding the walking trails are abuzz with singing grasshoppers and migrating butterflies. Another thing to keep an eye out for is boat traffic. From time to time there are some huge barges and tugboats that travel up and down the river between downtown Salisbury and the Chesapeake Bay.

If the river itself intrigues you to explore the area further, there are two ferries that cross the Wicomico. The Upper Ferry is located upstream from the park and the Whitehaven Ferry can be found downstream. Both ferries are operated by the county and are free to use. Each ferry can accommodate a maximum of two cars and 6 passengers and the crossing takes a few minutes. Pirates Wharf Park even showcases a little bit about the history of Whitehaven and indicates the ferry began operating in 1685, making it one of the oldest, continuously run-

ning ferries in the country.

Next time you’re traveling on the west side of Salisbury on Route 50, consider taking a detour down Rockawalkin Road and enjoy the many amenities of Pirates Wharf Park.



Laura Scharle enjoys all things outdoors and is an avid kayaker. She resides in Ocean Pines with her husband and son. Laura developed www.DelmarvaTrailsandWaterways.com to connect people with trails, beaches, piers, and public lands across the peninsula.



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Weaving project aims to interconnect community

By Elaine Bean

The Ocean City Community Weaving Project came to life in June 2024, born from artist Beth Deeley's need for a more connected experience with her art.

"The bigger purpose is connecting people together," Deeley said. "The year-long project goal is to bring weaving and fiber art projects into the community to create connection and emphasize the power of group effort."

The end result will be a large Seascape Tapestry that was created piece by piece by the public at events around the community. Throughout the year, local students will make small sea-related objects that will be attached to the larger tapestry.

The project is an outreach program of the Art League of Ocean City. Filmmaker Candice Spielman of Ocean Pines is documenting the process as Deeley and the weaving travel around the community and plans to show her film at the Ocean City Film Festival in March 2025.

"My end goal is to bring my art into the community," Deeley said. "People can see and participate in the meditative nature and peace that weaving and all fiber art brings. The goal is also to have as many individuals as possible participate within our community. I don't know where this beautiful project will ultimately live, but we will thoroughly enjoy the process of creating it together along the way."

Deeley invites any group – book group, senior living center, local organization, etc. - that wishes to have her bring the Community Weaving Project to their neighborhood to contact her at bdeeley67@mac.com.

The artist was born and raised in New Hampshire and moved to Ocean City in college and stayed, achieving a BA degree in communications from Salisbury University. She came to the Shore permanently in 1986 when her parents moved to Ocean Pines.

"I am a full-time creative person," Deeley said. "I've been married for 27 years to my best friend, and we are very fortunate to have much of our family close by."

"I started pursuing my fiber art with more enthusiasm in 2018 when I started weaving. I connected with the Art League of Ocean City through their online artist registry on their website Ocart.org. Someone saw my art there and asked me to show my work at an upcoming show. That changed everything."

Fiber art is Deeley's medium. She weaves on a floor loom in her home, also creating macrame and macro-weave, a combination of the two. She'll take over the dining room for larger projects and normally has several projects things going at once.

"My art is portable, I always travel with a project," she said. "Weaving is a meditative slow-down for me. You need two hands so you have to let go of everything you bring with you to the loom, literally. Weaving is freeing for me because there is no set design, and it allows me to be daring and take chances in a way I might not otherwise do in everyday life."

"It sounds cliché but I feel like I get my daily dose of nature through all my senses," Deeley continued. "I listen and smell and take pictures of things that make me happy that day."

These are the things that inspire me when I create. I am also inspired by other artists and mediums and always trying to figure out ways to add a different element to my work."

Now Deeley wants her neighbors in the community to experience the joy of a hands-on weaving and create



a small piece of a larger whole. The Seascape Community Weaving Project will be coming to the locations on the dates below. There is no cost to participate in the weaving project.

Schedule of events at the Ocean City Center for the Arts, 502 94th St. bayside, except December 7:

- October 4 First Friday, 5-7 p.m.
- October 25 Creative Engagement Caregiver Symposium, 11 a.m.-1 p.m.
- December 6 First Friday and Holiday Artisan Fair, 5-7 p.m.
- December 7 Worcester Preparatory School Christmas Bazaar 10 a.m.-2 p.m., 508 S. Main St., Berlin
- December 13 Kids' Night at the Gallery, 5-7 p.m.

Deeley's Facebook page - OC Community Weaving Project - will list the latest opportunities to participate, as well as photos from past weavings.

Living 50 Plus



Men and women may have more free time after 50 than they had in previous decades. As children grow more independent and even leave the house, parents look to various activities, including travel, to fill their free time. Travel is often seen as a luxury, but heading off for parts unknown can produce some serious health benefits. A joint study from the Global Coalition on Aging and the Transamerica Center for Retirement Studies found that women who vacation at least twice a year have a lower risk for heart attack than those who travel once every six years. The study also found that men who do not take annual vacations are at a significantly higher risk of death (20 percent) and heart disease (30 percent) than those who make who take time to get away each year. Vacations don't even need to be long to produce significant, positive results. A 2018 study published in the *International Journal of Environmental Research and Public Health* found that a four-day long weekend vacation positively affected well-being, recovery, strain, and perceived stress for as long as 45 days.

Making the switch to early-morning workouts

One of the common complaints among people who want to be more active is that they can't seem to fit exercise in when work, school or family responsibilities get top billing. According to the Better Health Channel, lack of time is a common perceived barrier to physical activity, with men age 30 to 50 saying they are typically too busy with work and family commitments to exercise regularly. And when leisure time is limited, they'd much rather choose recreational activities over heading to the gym.

There are many ways to make exercise fit into a busy schedule, and one of

them is to switch when you exercise. Opting for early-morning workouts can free up time later in the day. Plus, there are some benefits to getting a fitness fix in while the sun is rising. Get started with these tips.

Skip afternoon caffeine and evening alcohol. Getting up early to exercise will likely require an adjustment period. One way to make it easier to rise and shine a few hours earlier is to limit behaviors that can make it hard to get out of bed. Coffee and other caffeinated products can make it challenging to fall asleep at night if consumed too late in the day. Al-

coholic beverages, while they may cause you to fall asleep faster, adversely affect sleep quality. When sleep is compromised, you may be more inclined to hit the snooze button.

Gradually move your wake-up time. Progressing slowly by waking up about 15 minutes earlier each week can help you achieve your goal without it being a big shock to the system. As you build up to the new wake-up time, fit in short workouts in this newly acquired free time.

Consider a home gym setup. If the thought of venturing out to a gym or another facility in the wee hours of the morning his unappealing, think about outfitting a space in your home with workout equipment. Doing so may facilitate an early fitness routine.

Prepare workout gear the night before. The lifestyle experts at Real Simple suggest laying out workout gear and other items needed for the day the night before. This way you can get up and out quickly without forgetting things.

Enlist a buddy to exercise as well. Having someone to whom you are accountable can help keep early workouts

on the docket. A workout pal can motivate you to get exercise in, and you can do the same for your partner. If someone



How it pays to spend time in nature

Few things can be as distracting as a beautiful day. When the weather outside is welcoming, it can be hard to focus on indoor activities, including work and tasks around the house. Though it's not advisable to ignore responsibilities at work and at home when the weather outside beckons, it can be beneficial to spend ample time in nature when circumstances allow.

People tend to flock to the great outdoors in spring, summer and fall, and some are even so devoted that they bundle up and head outside throughout winter. Whether they know it or not, people who love to spend time in nature are doing their mental and physical health a lot of good by embracing the great outdoors.

Mental health benefits. The National Alliance of Mental Illness notes that a growing body of research supports the idea that time in nature is good for mental health. A 2015 study from researchers at Stanford University found that people who walked in a natural area for 90 minutes exhibited decreased activity in a region of the brain associated with depression compared to those who walked in high-traffic urban settings.

The United Kingdom-based Mental Health Foundation also touts the mental health benefits of the great outdoors. According to the MHF, research shows that people who are connected with nature are more likely to report their lives are worthwhile than those with no such connectedness. In addition, the MHF notes time in nature has been shown to generate positive emotions, including calmness and joy, and promote greater creativity.

When seeking to capitalize on the mental health benefits of time in nature, people should know that where they

spend time outdoors matters. As the Stanford study indicated, time outside in high-traffic urban settings may not produce as profound an effect as time spent in natural settings, like forests, that tend to be more serene. People who live in cities or other densely populated areas can still benefit from time outdoors, but they might experience even greater health gains if they make consistent efforts to spend time in more natural settings.

Physical health benefits. The physical health benefits of time in nature are equally notable. Perhaps the most obvious physical benefit is related to physical activity. People tend to embrace physical activity when spending time in nature. Hiking, jogging, walking, nature-based recreational activities like kayaking, and playing sports like basketball or pickleball all involve physical activity, which can help people avoid the consequences of a sedentary lifestyle, such as an increased risk for chronic diseases. More specifically, the New York State Department of Environmental Conservation notes the physical health benefits of spending time outside include:

- A stronger immune system
- Lower blood pressure
- Increased energy levels
- Improved sleep

Each of those benefits contributes to greater overall health, making time outdoors among the more beneficial behaviors a person can embrace.

There's no shortage of benefits to spending time in nature. That's something to keep in mind the next time welcoming weather beckons you to get some fresh air.

is counting on you, you'll be less likely to skip a workout.

There are benefits to early workouts. Healthline says that early morning workouts are best when the heat rises during the day and you'll be doing outdoor activities. A 2018 study published in the International Journal of Obesity found that those who exercise first thing in the morning often choose healthier foods and eat less the rest of the day. Many who exercise early report greater overall energy and focus throughout the day as well.

The link between sleep and healthy aging

A good night's rest can be just what the body needs to feel revitalized and ready to tackle a new day. Indeed, rest is important for people of all ages, including seniors.

The National Council on Aging notes the brain needs sleep to regulate the body, restore energy and repair damage. Recognition of that is vital for aging men and women, some of whom may be more vulnerable to sleeping problems than they realize. In addition to being more vulnerable to age-related health problems that can interrupt their sleep, thus affecting its quality, aging men and women may find their sleep routines change over time. For example, a 2019 study published in the journal BMC Geriatrics found that active elderly people reported it took them longer to fall asleep as they got older.



The NCOA says it's a misconception that older adults need more sleep than younger people, noting adults of all ages require the same amount of nightly rest. However, things may change for seniors in regard to how much time they need to spend in bed. The NCOA notes this is because adults may be more likely to experience poor sleep quality and continuity. When that occurs, adults still need the recommended minimum of seven hours of nightly sleep, but they may need to spend more time in bed since it's taking them longer to fall asleep.

It's important that aging adults recognize that they can spend too much time sleeping as well. A 2019 study published in the Journal of the American Geriatrics Society found that too much

please see link on page 14

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Senior-friendly interior renovations

Home is where the heart is. That sentiment may be especially true for seniors who have spent decades living in their homes. A lot of hard work goes into home ownership, and seniors who have lived in the same space for a while undoubtedly have countless memories within the walls of their homes.



A lifetime of experiences in a home can make it hard to leave, but many seniors experience diminished mobility as they age. Mobility issues can make it hard for seniors to traverse their homes, but aging homeowners can make var-

ious renovations to make a home more accessible.

Revamp entryways and staircases. A 2020 study of 1,000 adults in the United Kingdom found that 28 percent of individuals age 65 and older who don't exercise regularly struggle with activities like walking up stairs. The study, commissioned by Total Fitness, also found that 14 percent of men and women over 65 who regularly engage in moderate exercise still find it challenging to climb up and down a flight of stairs. Seniors facing similar challenges can install a ramp at their home's entryway so they can comfortably go in and out. Inside, a chair lift can ensure seniors are not struggling to move from one floor to another.

Raise the outlets throughout the

home. They're easily overlooked, but outlets, particularly those outside the kitchen, tend to be close to the floor. AARP notes that's no accident, as outlets are generally placed at a height equal to the length of a hammer to save time with measuring when buildings are being constructed. Outlets close to the floor can be difficult for seniors with mobility issues to reach. Relocating the outlets a little higher off the floor is not an expensive renovation, but it can make a home more accessible for seniors who have difficulty bending down or getting down on one knee.

Install door knob extensions. Verywell Health notes that nearly half of all people age 65 and older have arthritis or another rheumatic condition. Arthritis can make it difficult for seniors to grip and turn door knobs. Door knob extensions can make it easier for seniors with arthritis to open the doors in their homes. Such extensions are roughly five-inch levers that can be installed over an existing door knob, making it easier to grab and pull down. Extensions save

seniors the hassle of turning the knob, which some may find painful and almost impossible.

Renovate the bathroom. Bathroom renovation projects can be costly, but seniors with mobility issues should know that bathrooms can pose a particularly dangerous threat. The Centers for Disease Control and Prevention notes that roughly three million older adults are treated for fall injuries in emergency departments each year. A 2019 analysis published in *The Journals of Gerontology* noted that 22 percent of in-home falls resulted in a change in the person's walking ability. Replacing a step-over shower with a zero-step alternative can make it easier for seniors with mobility issues to get in and out of the shower, thus reducing their risk for falls. Grab bars along shower walls and a chair inside the shower can make it easier to bathe and towel off safely.

Seniors with mobility issues can make their homes more accommodating through an assortment of simple, yet effective renovations.

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sleep is linked to the same health problems as too little sleep, issues that include an elevated risk for heart disease and falls.

Sleep issues affecting older adults also may be a byproduct of various contributing factors. The NCOA notes that frequent contributors to sleep concerns include:

- Pain that affects the back, neck, or joints
- Mental health issues, including anxiety and depression
- Neurodegenerative disorders that are more frequent among aging populations, such as dementia and Alzheimer's
- Sleep apnea or disordered breathing at night

-Restless leg syndrome, a condition that tends to worsen with age and is characterized by an urge to move limbs often

-Nocturia, a condition marked by a need to urinate at night

- Stimulating medications or medication interactions
- Decreased exposure to sunlight
- Sedentary lifestyle

Aging men and women who are experiencing difficulty sleeping should know that such issues are treatable and not something that needs to be accepted as a normal part of growing older. For example, individuals whose sleep is routinely interrupted by a need to urinate



can avoid certain beverages, including alcohol and caffeinated drinks.

Sleep and healthy aging go hand in hand. Aging adults experiencing difficulty sleeping can consult their physicians and visit ncoa.org to learn more about overcoming sleep-related issues.

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Signs a loved one might need assisted living

Assisted living facilities provide an invaluable service. When a medical condition, developments associated with aging or another variable affects an individual's ability to live independently, assisted living facilities can ensure such men and women get the help they need to live as fully and actively as possible.

It's not always easy to identify when an individual may need to move into an assisted living facility. Some individuals

choose to do so on their own, but families often make such decisions together. As families work to determine if a loved one should move into an assisted living facility, they can look for various signs that suggest the time is right to do so. According to the Elder Care Alliance, signs that an individual may benefit from assisted living include:

- Requiring routine reminders to take

medication

- Noticeable changes in weight, including weight loss or gain

- Loss of mobility or increase in falls
- Signs that household maintenance is being neglected

- Difficulty with daily tasks like grooming and meal preparation

- Increased isolation

- Loss of interest in hobbies

It's important for families to recognize that some of the signs noted above might suggest the presence of a condition or disease that would not, if treated successfully, compromise an individual's ability to live independently. For example, the SilverSneakers program offered through Tivity Health notes that weight gain among seniors may be attributable to slower metabolism, a less active lifestyle or menopause for women. Each of those conditions can be addressed

without requiring a relocation to an assisted living facility. Family members are urged to discuss anything that seems to be affecting a loved one's ability to live independently with that person's health care team before they consider if a person needs to move into an assisted living facility. It's equally important to ask a loved one's health care team which type of facility they think might be most beneficial if, in fact, they think it's in an individual's best interest to relocate. No two facilities are the same, and the Elder Care Alliance notes many specialize in specific types of care, such as tending to individuals with cognitive issues like dementia or physical issues like limited mobility.

Assisted living facilities help millions of individuals every day. Families can work together to decide if a loved one can benefit from moving into such a facility.

Dating later in life

People are living longer, a reality that can be traced to a number of factors, including advancements in medicine and greater dissemination of information regarding preventive health care. According to data from the United Nations Population Division, the average life expectancy in the United States is 81.65 for women and 76.61 for men. Canada has even higher life expectancies, at 84.74 for women and 81.15 for men.

As people live longer, some may outlive their significant others and ultimately find themselves once again interested in sharing experiences with a special someone. Seniors ready to re-enter the dating pool may find that things are quite different from what they experienced as naive teenagers or young adults. Dating used to be about hanging out with friends and meeting people at shared events, such as school dances or work parties or even while enjoying a night out with friends. Nowadays, dating often begins in cyberspace. This can be confusing and anxiety-inducing for adults who didn't grow up with technology guiding their every move.

According to a report in *The Atlantic*, more than one-third of baby boomers are not currently married, and this generation has had higher rates of separation and divorce and lower rates of marriage than the generations that preceded them. Many boomers have years ahead of them to devote to new relationships. Here's what they may want to know before navigating twenty-first century dating waters.

You're not in this alone. While online dating may be portrayed as a young person's game, plenty of older adults are

now finding connections online. In fact, many different dating apps are geared toward the senior set, including SeniorMatch, eHarmony, Singles50, OKCupid, and Silver Singles, among others.

You have more time for fun. As a senior, you may have more time to devote to recreation and leisure. This can be a great opportunity to get out and meet someone who shares your passions and interests.

Online dating has its advantages. While online dating apps and websites may have certain things working against them, particularly if their algorithms for pairing people are not fine-tuned, they also can be helpful. Online dating can expand social circles beyond local neighborhoods or even states, provinces or



countries. You're casting your net over a much larger body of water. Furthermore, dating app profiles typically spell out exactly what another person is seeking, which can save seniors from having to revisit awkward dating moments from years past.

Seniors may have to navigate new waters in modern dating. But with a good mindset and a little persistence, it is possible for seniors to find a special someone in cyberspace.

A look at inherited breast cancer

Individuals can make various changes to their lifestyles to help reduce their chances of developing certain types of cancer, including breast cancer. One thing they cannot change is their genes, prompting curiosity about the role of family history in relation to breast cancer risk.

First-degree connection. Parents pass down many things to their children, including hair color, height, and various other traits. Parents also can pass on an increased risk for breast cancer. Cancer Research UK says some people have a higher risk of developing breast cancer than the general population simply because other members of their families have had cancer. The organization says having a mother, sister or daughter (also referred to as a first-degree relative) diagnosed with breast cancer approximately doubles a woman's risk for breast cancer. This risk grows even higher when more close relatives have breast cancer, or if a relative developed breast cancer before reaching the age of 50.

Inherited damaged genes. Johns Hopkins Medicine says about 10 percent of breast cancers are related to inheritance of damaged genes. Several genes are associated with elevated breast cancer risk, including BRCA1 and BRCA2. Additional genes associated with an increased risk for breast cancer include PALB2, ATM, CHEK2, CDH1, STK11,

PTEN, TP53, and NF1. People who have inherited a damaged gene may have a particularly high risk of developing breast cancer or other cancers, depending on the specific gene and their family history.

Getting tested. Johns Hopkins says individuals can be tested for genes that put them at risk for cancer. That is a decision that merits ample consideration, and one that should be carefully discussed with a doctor and family members. Genetic counseling can look for inherited mutations in the BRCA1 and BRCA2 genes, the two most notable for increasing breast cancer risk. A blood test is typically covered by insurance companies and analysis can take a couple of weeks. More can be learned about genetic counseling and testing at www.cancer.org.

Whether or not to get genetic testing is a personal decision. However, learning the outcome may help protect future generations. Someone with a genetic mutation has about a 50 percent chance of passing that trait on to children.

Additional risk factors. Heredity is just one risk factor for breast cancer. The American Cancer Society says White women are slightly more likely to develop breast cancer than some other races and ethnicities. Studies have found that taller women have a higher risk of breast

Reverse mortgages explained

As long as there have been homes for sale, there have been financial vehicles designed to alleviate some of the financial pressures associated with owning a home. A reverse mortgage is another way homeowners can borrow money based on the value of their homes, but it doesn't need to be repaid as long as those individuals are still living in their residences.

Eligibility and basics. The Federal Trade Commission's Consumer Advice says a reverse mortgage is an option for

those age 62 or older who can borrow money based on their equity, or how much money one could get for the home if sold after what is owed on the mortgage is paid off. At least one owner must live in the house most of the year. Reverse mortgages may be paid as a cash lump sum, as a monthly income or as a line of credit that enables the homeowner to decide how much is desired and when.

Determining eligibility. There is a misconception that a loan that requires no monthly repayment of principal or inter-

est will not come with any eligibility considerations. Premier Reverse Mortgage says there are some things to know before doing reverse mortgages. To prevent homeowners using reverse mortgages to avoid downsizing due to financial shortcomings, certain eligibility parameters must be met, including a credit history analysis, income requirements, age requirement, and property stipulations. These criteria may differ from lender to lender.

Differences between traditional

mortgages and reverse mortgages. Unlike a traditional mortgage where payments are made to principal and interest and the balance goes down over time, with a reverse mortgage, borrowers do not make any payments right away. The loan balance goes up over time and the loan is repaid when the borrower no longer lives in the home. The homeowners or their heirs will eventually have to pay back the loan, usually by selling the home. However, as the loan balance

please see reverse on page 18



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reverse
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increases, the home equity decreases with a reverse mortgage. This can affect a surviving spouse or other family members. The FTC advises homeowners to confirm the reverse mortgage has a “non-recourse” clause, which means that the borrower or the borrower’s estate cannot owe more than the value of the home when the loan becomes due and the home is sold.

Additional considerations. Due to fees and other requirements, a reverse mortgage may be a more expensive way to borrow money. Other ways to borrow against equity may be a better fit, such as a home equity line of credit. Furthermore, since reverse mortgages are for older adults, scams are prevalent. Some include contractors who approach sen-

iors about getting a reverse mortgage to pay for repairs, or scams targeting veterans.

Borrowers considering reverse mortgages should first speak with a qualified financial planner. Homeowners in the United States can access information through the Consumer Financial Protection Bureau. All options, costs and interest rate information should be confirmed before signing on the dotted line.



look
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cancer than shorter women, although the reasons for that are not exactly clear. In addition, women with dense breast tissue have a higher risk of breast cancer than women with average breast density. Women who began menstruating early (especially before age 12) have

a slightly higher risk of breast cancer. That risk can be attributed to a longer exposure to the hormones estrogen and progesterone. The same can be said for women who experienced menopause later (typically after age 55).

Various factors can increase the risk of developing breast cancer, including genetic markers and family history of the disease.

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Health Watch

Colorectal cancer awareness month: what are your screening options?

By **Connie Collins, RN**
Atlantic General Endoscopy Center

Colorectal cancer (CRC) is the second deadliest cancer in the United States, and 1 in 24 people will be diagnosed with CRC in their lifetime. In the past 10 years, there has been an increase of younger Americans being diagnosed with colon cancer. The reason for this increase has not been determined, so the recommendation has been changed to begin screening at the age of 45. But, if there is a family history of CRC, first-time screening needs to be determined by your primary care physician. Colon cancers begin as small growths/polyps that do not produce any symptoms, and if they are identified and removed early, the diagnosis of CRC is significantly reduced.

The gold standard for CRC screening is a colonoscopy. It only needs to be done once every 10 years for people of average risk. Other screening tests include:

- fecal immunochemical test and stool DNA which has a 92% detection

- rate
- guaiac-based fecal occult blood test

- flexible sigmoidoscopy
- CT colonography (virtual colonoscopy)

Each of these tests have different frequency requirements. Please keep in mind, positive results from any of these tests will require a follow up colonoscopy. If a polyp is discovered during the follow up colonoscopy, future stool exams are not acceptable screening tests.

Which one is right for you? Each test has advantages and disadvantages, so to determine which test is right for you, speak with your primary care physician. Together, you and your physician will determine which screening modality is appropriate. No matter what age, if you experience a sudden change in bowel habits, notice blood in your stool, have new onset of abdominal pain or a family member has been diagnosed with CRC, you need to seek medical advice immediately. Screening saves lives!

Pink Ribbon Pickleball Round Robin scheduled

The Ocean Pines Pickleball Club, in partnership with the American Cancer Society, is set to host the 2024 Pink Ribbon Pickleball Round Robin event on Friday, October 4 at the Ocean Pines Racquet Center.

Proceeds from the event will benefit the American Cancer Society's Making Strides Against Breast Cancer campaign.

In addition to the pickleball tournament, attendees will enjoy various activities throughout the day. Gift baskets, basket raffles, and free giveaways will be available, with a new option for electronic raffle ticket purchases for immediate payouts. However, the 50/50 raffle will still require cash payment, with tickets ranging from \$5 to \$25, depending on the selected items.

This year, the event will feature a Vendor Village, where local artisans will showcase their products. The club encourages everyone to visit and support the vendors as they contribute to the day's festivities. For more information, contact Becky Ferguson at 410-446-1816.

'Dining with Docs' event scheduled

The Atlantic General Hospital Foundation announced its upcoming 'Dining with Docs' event, to be held Wednesday, September 25, at 12:30 p.m. at Dockside Pocomoke Restaurant.

The event gives participants the opportunity to connect with a medical provider in an informal, relaxed setting, in which they can ask questions and learn about the provider's area of expertise. The featured provider is Dr. Nikki, PharmD, BC-ADM, CDCES, Atlantic General Hospital's diabetes education coordinator, who will discuss diabetes management techniques, common myths surrounding diabetes and examples of low-carb snacks and drinks. Dr. Nikki will be open to questions throughout the entirety of the lunch.

Participants will be treated to a buffet-style lunch catered by the host Dockside Pocomoke Restaurant. Admission is \$20 per person, and RSVPs can be sent to AGH Foundation's Michael Cyle at duckltd@aol.com.

Understand the menopause transition

The human body is capable of various amazing feats, but many will attest that the ability of women to nurture and grow what will become another person is the body's most impressive characteristic.

Healthline states a woman can get pregnant and bear children from puberty, when they start getting their menstrual periods, to menopause. The average woman's reproductive years are between ages 12 and 51. While puberty and pregnancy are topics widely discussed in a woman's life, the same may not be said for menopause.

What is menopause? The World Health Organization characterizes menopause as the end of a woman's reproductive years. After true menopause, a woman cannot become pregnant naturally. Menopause is marked by the end of a monthly menstrual cycle often referred to as a period. Natural menopause is deemed to have occurred after 12 consecutive months without menstruation. Menopause can occur for other reasons, such as if the reproductive organs are damaged due to illness or removed for the treatment of a certain condition. This is called induced menopause.

What happens during menopause? During menopause, the ovaries stop producing reproductive hormones and stop releasing eggs for fertilization, says the Cleveland Clinic.

What is perimenopause? Some people incorrectly describe the years leading up to the last menstrual period as menopause. However, menopause only occurs after the last period has occurred. It is a finite date. The menopausal transition before that takes place is actually called perimenopause. It is a period of time that most often begins between ages 45 and 55. The National Institute on Aging says perimenopause traditionally lasts seven years, but it can go on for as long as 14 years. The duration may depend on lifestyle factors, race and ethnicity.

During perimenopause, production of estrogen and progesterone made in the ovaries varies greatly. That can mean menstruation can be heavy at times or light. It may occur once a month or even multiple times per month. The menopausal transition affects each woman differently. It is a good idea for women to use a menstruation tracker and remain aware of symptoms to discuss with the gynecologist.

What is postmenopause? Postmenopause is the time after menopause has happened. Women will remain in postmenopause for the rest of their lives. While many symptoms ease up in postmenopause, there still may be mild symptoms attributed to the low levels of reproductive hormones.

What are common symptoms of the menopause transition?

As one transitions from childbearing years into postmenopause, certain symptoms can occur.

- Irregular periods
- Hot flashes/night sweats
- Vaginal dryness
- Urinary urgency
- Difficulty sleeping
- Emotional changes
- Dry skin, eyes or mouth
- Worsening premenstrual syndrome symptoms
- Breast tenderness
- Headaches
- Racing heart
- Joint and muscle aches
- Weight gain
- Trouble concentrating
- Changes in libido

Women are urged to discuss their symptoms and concerns about menopause with a health care professional. Various treatments can alleviate symptoms and make the transition more comfortable.



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Captain Ron's
Fish Tales

By Ron Fisher

Fall tautog fishing

Fishing Report: Flounder fishing is still good in the bays. It should improve again as the water clears after all the Labor Day weekend boat traffic. I have had some reports of nice catches in the East Channel, South Bay and the Inlet around the Rte. 50 Bridge. Pearl White Swimming Mullet Gulp and live spot seem to be the hot bait for big flounder. Spot, croaker, bluefish and striped bass are also being caught in the bays. Seabass and flounder fishing is also good at the offshore wrecks and reefs. Inshore, some good size flounder are being caught at the lumps and reef sites. Now that summer is winding down its time to start thinking about doing some tog fishing.

Tautog Regulations: Always check the DNR website for any updates to the regulations.

Catching tautog: I continue to stress 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 thereby 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' to 7' 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 which ever 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 inches to 24 inches long. This is attached to the main line via a barrel swivel.

What about bait? The popular baits are green crab quartered, sand crabs which I prefer, or clams. Keep in mind that your bait when fishing for tog should always be fresh as 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 inches in length and weigh up to 25 pounds.

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. I prefer the bulkhead from 2nd to 4th streets in Ocean City. Charter boat fishing is also great as the tog bite is hot at the wrecks.

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

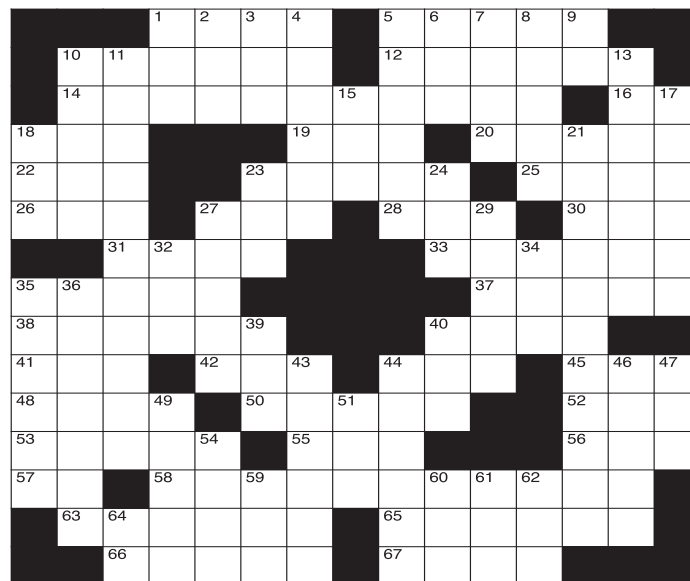
Tautog Chowder:

- 1 lb. Tautog fillets
- 1 bay leaf
- 1/4 tsp. black pepper
- 2 cups water
- 4 tbsp. butter
- 1 medium chopped onion
- 4 tbsp. flour
- 2 1/2 cups evaporated milk
- 1 1/2 cups fish broth (reserved after cooking fish)
- 1/4 tsp thyme leaves
- 1/4 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 1/2 cups of broth.

In another medium saucepan sauté butter, chopped onion and stir in flour. Add evaporated milk, stirring constantly, then add 1 1/2 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

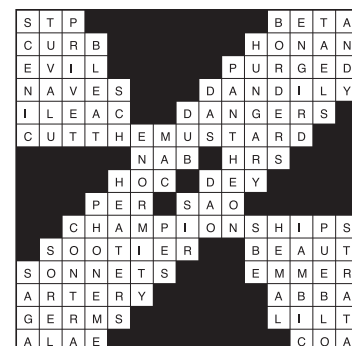


CLUES ACROSS

- 1. Wrest
- 5. Russian river
- 10. Grupo Montparnasse founder
- 12. One who quits prematurely
- 14. Related to the nature of being
- 16. Early multimedia
- 18. Indigenous Tibetan religion
- 19. Tease
- 20. J.M. __, Irish dramatist
- 22. Pounds per square inch
- 23. Surrendered
- 25. Notable Dallas Cowboy Leon
- 26. Dash
- 27. Man who behaves dishonorably
- 28. British Air Aces
- 30. Data executive
- 31. Spiritual leader
- 33. Flower cluster
- 35. Of the cheek
- 37. Tears down
- 38. Uncoordinated
- 40. Touches lightly
- 41. Soak
- 42. Founder of Babism
- 44. Not good
- 45. Inches per minute (abbr.)
- 48. Type of casino game
- 50. Skills assessments for adults
- 52. Check
- 53. Gives a job
- 55. Fifth note of a major scale
- 56. Small, faint constellation
- 57. Thou
- 58. Reduce
- 63. Another recording
- 65. Removes for good
- 66. Jill and Catherine are two
- 67. Cruise

CLUES DOWN

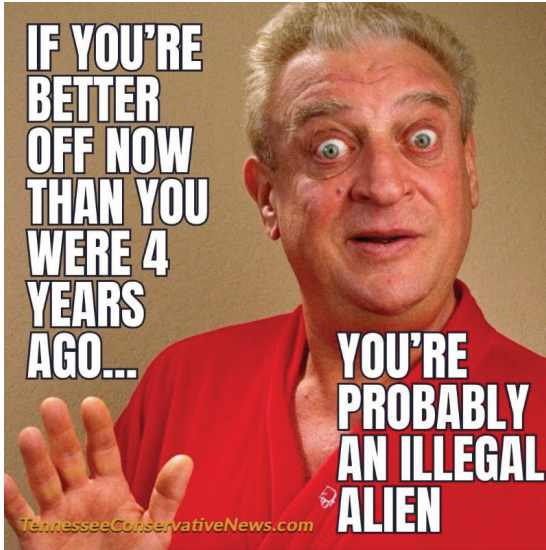
- 1. Greenwich Time
- 2. Metropolis
- 3. Complete
- 4. Scheduled
- 5. One who obeys
- 6. Resinlike substance secreted by certain lac insects
- 7. Days (Spanish)
- 8. Unsaturated hydrocarbon radical
- 9. Region of the U.S. (abbr.)
- 10. Tributary of the Alabama River
- 11. One who eliminates
- 13. Ballroom music
- 15. Officer in the Book of Mormon
- 17. Denies
- 18. Barrels per day (abbr.)
- 21. Make vital
- 23. Former NFLer Newton
- 24. Kashmiri tribe
- 27. Indigenous S. American person
- 29. Capacitance unit
- 32. MLB great Scherzer
- 34. Taxi
- 35. Boggy
- 36. Artist's workroom
- 39. Feline
- 40. Prosecutors
- 43. Freshwater perches
- 44. Young ladies
- 46. Whittles
- 47. Licensed for Wall Street
- 49. Type of gene
- 51. Express displeasure
- 54. Fly high
- 59. Norwegian krone
- 60. Investment account
- 61. Chinese surname
- 62. Language
- 64. By the way (abbr.)



Answers for September 11

Some things to think about

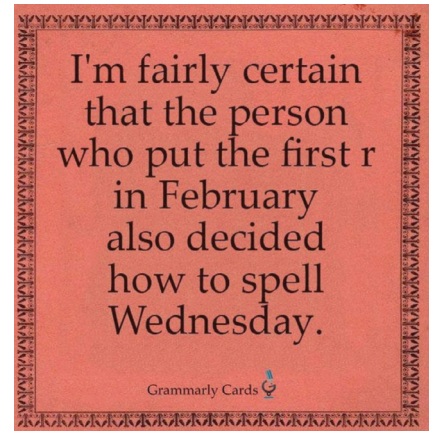
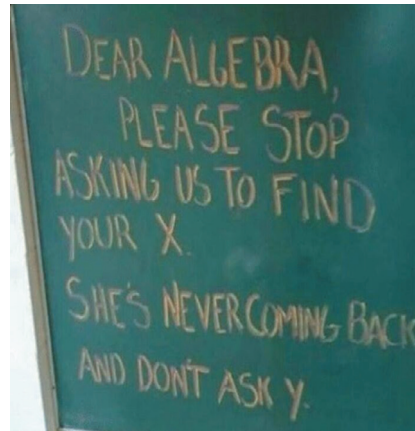
Gathered from the internet
by **Jack Barnes**



At a girl's college hostel, dates were permitted only on Saturday nights. One young man showed up on a Tuesday evening, explaining to an older woman in the lobby of the dorm that it was imperative he see a certain young lady immediately. "I want to surprise her. You see, I'm her brother." "Oh, she'll be surprised all right," said the woman. "But think of how surprised I am! I'm her mother!"



My grandma talking to my mom about her new hearing aid, "it's the most expensive one you can buy, it cost me \$4,000"
My mom: "What kind is it"
My grandma: "it's 4:15pm"



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