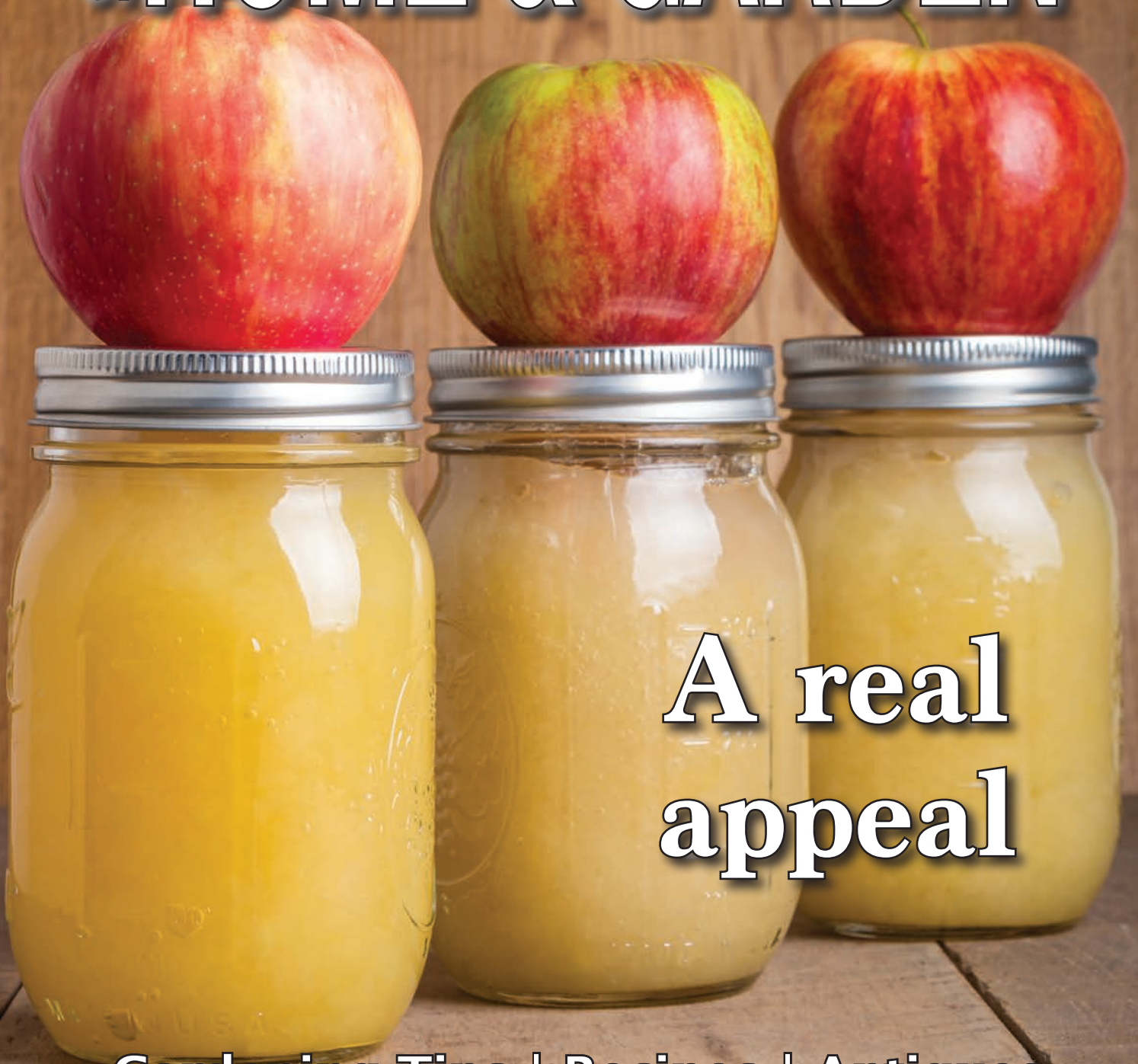


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12 Clutter situations

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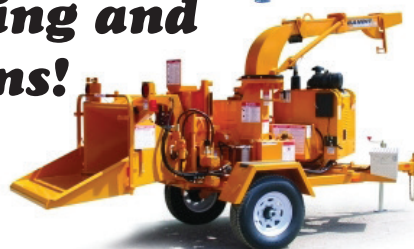
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Ease your transition from ‘summer mode’

The lazy rhythms of summer are starting to fade, and the school year is suddenly here.

Whether you're a parent, a teacher, or a student yourself, shifting from “summer mode” to “school mode” can feel a little jarring.

Even if “back to school” means nothing more to you than a few extra sales on office supplies, the end of summer can stir up some complicated feelings.

The long, unstructured days are behind us, and there's a twinge of sadness as the pace of life shifts.

Whether you're heading into a classroom, back to campus, or just back to business as usual, fall always asks us to re-find our rhythm.

Sweet Simplicity



By Kristine George

1. Soak up the sunlight (while you can). As the days grow shorter, many of us start feeling the lack of sunlight without even realizing it. That drop can affect your mood and energy, thanks in part to lower vitamin D levels. Make it a priority to spend at

least 10–15 minutes outside each day — whether that's a walk on your lunch break, morning coffee on the porch, or reading a book by a sunny window. If you struggle to get enough daylight, talk to your doctor about safe Vitamin D supplements or consider using a light therapy lamp to help brighten those darker days.

2. Keep a little summer alive.

The end of summer doesn't have to feel like slamming a door shut.

Just because the calendar flipped doesn't mean you need to abandon the things that made the season joyful. Think about small ways to weave summer into your September routines — an outdoor dinner once a week, Saturday morning (PAGE 19)



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There are other fall options than mums

When gardeners think about adding fall color to the landscape, chrysanthemums usually are the first thing that comes to mind.

Extensive plant breeding programs in recent years, have produced a number of new exceptional varieties of fall blooming plants, some of which could last until spring.

Ornamental cabbages and kale can be attractive alternatives to mums.

Both plants are colorful and long lasting, however ornamental cabbages and kale offer a good growth habit and very nice foliar

Ken-Do Attitude



By Ken Morgan

coloration.

The color will begin to intensify after several days of night temper-

atures cooler than 50 degrees, at which time the leaves lose chlorophyll and reveal the coloration.

Colors range from white to pink, reds, and purples.

The intensity of the coloration depends on the length of time the plants are exposed to cooler temperatures.

The deep, intense foliage coloration usually begins two to four weeks after planting.

Unlike mums that lose their flowers after the first frost, ornamental cabbages and kale will last until spring if the winter is on the mild side.

(PAGE 24)

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Blue mistflower ideal for local wetlands

Gardening Tips



By Ginny Rosenkranz

Blue mistflower is a native herbaceous perennial (*Conoclinium coelestinum*) that looks like the annual *Ageratum*, and sometimes even called a hardy *ageratum*.

When you see photos of the flowers you see drifts of tiny sky-blue fuzzy flowers held above the green foliage, and you think that it would be perfect in your garden.

It thrives in full sun to partial shade and organically rich moist soils.

As a native plant it can be found growing in moist ditch banks as a border around a pond.

What could be a better plant for our wetlands or on the edges of our ponds, creeks and rivers?

Reading a bit more about the plant can give a few clues to think twice about planting this beautiful plant that flowers from July to October, it has a very aggressive rhizomatous root system and can spread swiftly.

Those beautiful sky-blue flowers should be trimmed back directly after flowering, or you will discover how quickly the seeds of



The Blue mistflower's flat top cluster of disc flowers are made up of small tubular blue flowers that sit on top of a 1-2-foot-tall downy purplish stems.

this lovely native plant can spread. Many articles stress not to plant in small gardens due to its aggressive nature.

On the other hand, if you have a large area, a meadow or naturalized area, a freshwater restoration site that needs color and the blooming flowers with nectar to provide our native pollinating butterflies, moths and bees, the Blue mistflow-

(Photo by Ginny Rosenkranz)
er is the perfect choice.

There are also native insects that feed on the Mistflower as well including the Clymene Moth the lined Ruby tiger Moth and the Three Lined Flower Moth.

Each flat top cluster of disc flowers are made up of small tubular blue flowers that sit on top of a 1-2-foot-tall downy purplish stems.

The clusters of star (PAGE 25)

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According to a survey, 54 percent of Americans are overwhelmed by the amount of clutter they have, but 78 percent have no idea what to do with it.

De-cluttering isn't just for spring

Professional organizer identifies four personas on how we deal with it

Story by Sean Clougherty

Spring may be the most popular time to de-clutter the house, but, after a summer of vacations, carnivals, camps and crab pickings, the accumulation of stuff around the house can rival the end of winter.

The truth is anytime is a good time and that includes now.

According to a survey from the National Association for Profes-

Shore Home & Garden • September 2025



sional Organizers, 54 percent of Americans are overwhelmed by the amount of clutter they have, but 78 percent have no idea what to do with it.

That struggle generates needless stress says Maryland-based professional organizer D'nai Walker.

"The more things you have around you, the more decisions you have to make," Walker says. "That's where I think the stress comes from, is just too many decisions throughout the day."

It's why we stand in our closet full of clothes and tell ourselves we have nothing to wear. It's why our countertops and tables pile up with papers, trinkets and the things we collect in daily life or get out and don't have time to put away.

It's why we collectively spend an average total of 2.5 days a year looking for misplaced stuff and then \$2.7 billion dollars replacing the items we can't find, according to a study from the location app Pixie.

But, Walker adds, with emotional attachment to so many things, it's not as easy as boxing things up for the landfill and there's not a one-size-fits-all fix for everyone's clutter condition.

"We have a lot of identity in the things we have," she says. "The way we dress, the car we drive ..., so taking those things away can sometimes feel like you're taking your identity away."

Growing up in a military family and having to move every few years, Walker said de-cluttering became second nature so when clients contact her when they're at the end of their organizational rope, she's able



According to Walker, the Shifter "tries to be organized but they're moving a million miles an hour and things just land where they land."

to come in, give perspective, and help them break down the real and metaphorical piles standing in their way to less stress.

"If you can take a weight off of someone's shoulders, or help take something off of their to-do list, it's very gratifying to be able to help

them out at home or help them in their office," she says.

As Walker worked with different clients through D'Clutter by D'Nai, she noticed most falling into one of four persona categories — which she coined the "Legacy Keeper," the "Shifter," the "Stasher" and

the “Sorter” — each with different motivations for accumulating items and struggles to let them go.

Knowing which best fits you is key, she says, “then you can create solutions that work with that style.”

The Legacy Keeper has strong emotion tied to the items, whether it’s sentimental value or guilt if it were tossed away.

“These people tend to really struggle with letting go because they feel like they’re not honoring the person that gave it to them and they’re hurting someone’s feelings,” Walker says. “I know it can be a hard conversation sometimes, and you feel bad, but it’s not fair to feel burdened of holding on to everybody’s stuff in your house.”

Don’t assume you’re the only person who can have a certain item, Walker says, and recommends talking to others in the family to see if someone else would have better use for an item.

“Think about who else it can make happy,” she says.

Failing that, finding and donating it to a someone or some place that will get real use and value out of it could be the best way to honor a relative.

The Shifter “tries to be organized but they’re moving a million miles an hour and things just land where they land.”

For this group, Walker focuses on easy and efficient systems that don’t require a lot of extra time. For example, using open bins where items can be tossed in versus bins with lids stacked on each other that have to be disassembled every time an item goes in.



Professional organizer D’Nai Walker says that clutter can be conquered by setting and respecting boundaries in your living space.

(Photo courtesy D’Nai Walker)

The Stasher’s house is in good shape except for one room or one closet that catches all the things they choose not to deal with.

“It’s not that they’re inherently messy,” she says. “I think they just get overwhelmed and they want everything to look beautiful but just can’t figure out how to put the pieces together and so they see the piles and get overwhelmed and just shove it behind the door.”

The Sorter is hyper-organized, to a fault.

Perfection becomes the enemy of good for these folks and nothing gets finished because each little detail becomes a really big deal.

No matter which category a client lands in, Walker said the top priority in an organization project is creating boundaries and holding

fast too them. That means taking a hard line on overflow, “and not trying to magically create new space with things you have.”

She’s a proponent of the one-in-one-out rule in many cases to keep strong boundaries, but admits it’s not a fix for everyone.

For all the personas, Walker says it’s key to take things slow. Start a box in a corner of the room for things you can part with and move it out when the box is full.

While decluttering can seem like a daunting task, she said it doesn’t have to mean a huge investment.

“There’s always someone who can help and that you can find support within your budget,” she says.

That might make it a less stressful decision than what to wear each day.



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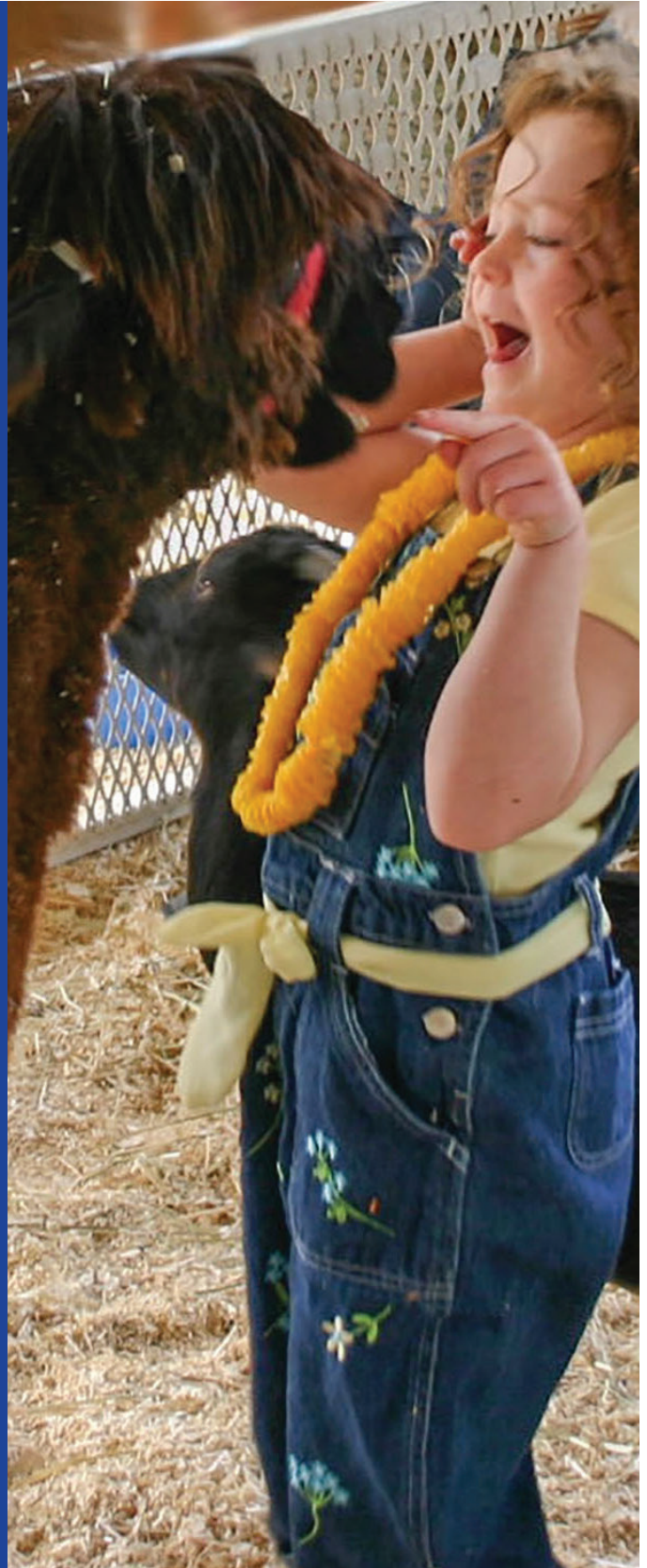
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American Goldfinch

(Editor's note: Suzette Stitely is a member of the Talbot Bird Club and travels extensively for birdwatching.)

One of our most visible summer birds is the American Goldfinch. If you grow sunflowers, coneflowers or zinnias, you probably have goldfinches visiting your garden.

The males in breeding plumage are hard to miss with their vibrant yellow feathers, black wings, cap and tail and orange beak. Female color is paler and they lack the black cap.

There is white in the wings and tail and a lot of color variation between birds too.

In fall, goldfinches molt into muted tones and identifying the sexes is more challenging.

Primarily seed eaters, American Goldfinch only eat insects if they happen upon them while eating seeds.

Unlike most birds (even other seed-eaters), goldfinches feed their nestlings regurgitated seeds. Something rather unique in the bird world.

If Brownheaded Cowbirds parasitize the nest, this seed diet lacks enough protein for the cowbird nestlings to survive thus increasing the success of the goldfinch nestlings.

Ensuring flowers are "going to seed" is perhaps why they nest later in the summer than other birds.

In our area they nest mid-June to

Backyard Birds



By Suzette Stitely

early July and usually only have time for one brood.

The female builds the cup shaped nest and the average clutch size is seven eggs.

The female incubates the eggs and is fed regurgitated seeds by the male while she's on the nest.

After about two weeks, the eggs



American Goldfinches are regular winter visitors to bird feeders in Maryland and they prefer niger or shelled sunflower seeds.

(Photo by Suzette Stitely)

hatch and the young are ready to fledge in another two weeks.

The young remain dependent on their parents for three more weeks or so and then loosely remain as a family group joining larger flocks in the fall.

American Goldfinch breeding in northern Canada migrate to the southern U.S. for the winter, however many reside all year in one location.

They are regular winter visitors to birds feeders in Maryland and they prefer niger or shelled sunflower seeds.

They will suffer from mycoplasma conjunctivitis (carried by House Finches) so bring your feeders in for a few days if you notice sick birds.

It's good to feed them though as heavy winter storms can result in starvation.

Their maximum longevity is 11 years with males outliving females for reasons unknown.

Learn more about birds, including the American Goldfinch, by joining the Talbot Bird Club.

The Talbot Bird Club welcomes anyone who has an interest in birds, whether a novice or experienced ornithologist, and whether you enjoy watching birds at your feeder or traveling throughout the world.

Our members learn from one another and are willing to share their knowledge. The Talbot Bird Club is part of the Maryland Ornithological Society and also has a Facebook page. 🐦

(FROM PAGE 6)

trips to the farmers' market, or even keeping that beach play list in rotation during your commute.

These small holdovers act as a gentle bridge between seasons, reminding you that joy doesn't belong to just one time of year.

The trick is to carry forward what fills you up, even as the air cools and schedules tighten.

3. Create intentional routines (with a little tech help). Fall is a natural reset point, but routines don't always fall into place on their own. Luckily, there are tools that can help. A shared digital calendar — like Google Calendar or Cozi — has all schedules in one place, so practices, meetings, and appointments don't sneak up.

For meals, apps like Mealime, Paprika, or Plan to Eat take the stress out of "What's for dinner?" by letting you plan ahead, generate grocery lists, and even save family favorites. Whether it's planning out your week or streamlining mealtimes, the right tools make routines easier to build — and easier to stick with. The start of the school year is as good a

"new year" as January.

4. Keep the conversations and quality time going. I miss the lazy days of summer when my kids and I could stay up late to connect, binge watch our favorite show or just enjoy time as a family without the pressure of school schedules. Transitions can take weeks, and open communication is key. Instead of the usual "How was your day?" (which almost always gets a shrug), try more specific prompts like "What made you laugh today?" or "What was the hardest part of your day?"

If you need inspiration, resources like TableTopics: Family Edition (a deck of conversation cards) or the Big Life Journal (which has prompts for resilience and growth mindset) can spark meaningful discussions. Even free printable lists of "after-school questions" are widely available online. The important part is showing kids you're truly listening.

5. Make room for joy — and embrace the season. As schedules tighten and to-do lists grow, joy can slip quietly to the bottom of the list. The truth is, it doesn't take much to build it back in.

Schedule a weekly ritual that brings you happiness — Friday night pizza, a Sunday walk, or a midweek coffee catch-up with a friend. Joy is often found in the little things, not the big events.

And while summer has its charms, fall offers its own magic if you pause long enough to notice it: the crunch of leaves underfoot, the golden glow of earlier sunsets, cozy sweaters, or the smell of something baking in the oven.

The cooler weather also makes it easier to tackle chores that were unbearable in the heat — like cleaning out the garage, tackling yard work, or refreshing outdoor spaces. When you pair those accomplishments with moments of seasonal joy, the shift from summer to autumn feels less like an ending and more like an invitation to reset and thrive.

The end of summer doesn't have to mean the end of joy — it just means a shift in focus. With a bit of intention, the transition from summer to fall can feel less like loss and more like a new start. ➡

(Editor's Note: Kristine George is a freelance journalist who resides in Easton.)

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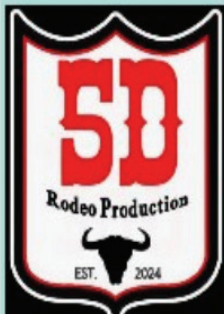
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(FROM PAGE 8)

Other plant considerations for fall color in the landscape as well as for container planters, are many colorful varieties of celosia, dianthus, ornamental peppers, and snapdragons.

These plants are like mums in that they are long lasting but will fade with the first frost.

The newer varieties and uniqueness of each plant make them a consideration as a mum replacement.

As with ornamental cabbages and kale, pansies and violas plants offer a variety of colors, from white, shades of yellows, blues, purples, violets, burgundies oranges, and many other mixed colors.

Find healthy well-rooted plants, planting them in well-drained soil enriched with compost with a pH of 6.0 to 7.0.

Plant in full sun to partial shade to encourage blooming and growth.

Keep soil consistently moist, especially just after planting, good drainage is important, so avoid soggy locations.

Use a balanced organic fertilizer, such as Espoma's Flowertone, and use as directed.

You can boost the plants with a liquid fertilizer every-other week to encourage a faster re-blooming.

Remove spent blooms regularly to encourage more flowers and keep the plant looking neat and tidy.

Finally apply a light layer of mulch to retain moisture and help to insulate the roots from the cold, and it also aids in reducing weed competition.

By doing these things most pansies will survive the winter and will continue to provide flowers in early spring.

September is spring bulb planting time.

They are easy to plant, require a minimum of care, and will reward you with beautiful displays of color in the spring.

Good drainage is essential for all spring bulbs, so select a location with no standing water.

Bulbs are heavy feeders, especially of phosphorus and potash.

I suggest using an organic fertilizer such as Bulb-tone or Bone-meal, both of which are excellent slow release form of phosphorous and will result in a bigger flower bloom, with more intense color.

When planting be sure that each hole is three times as deep as the bulb is tall, and apply one tablespoon of fertilizer in each hole, before covering the hole with soil.

September is a great time to plant those cold crop vegetables for fall harvesting.

There is still time to sow the seeds of some lettuces and other greens in early September.

They will come up and give you a nice beginning for salads in October and if the weather is mild, maybe even longer.

Also seed root crops like beets, carrots, radish, turnips and parsnips for fall harvesting.

While they may not get as big as they do in the spring, they will be tender and the cooler temperatures allow for a more enjoyable flavor as well.

Consider seeding more of these seeds, as they do over-winter well, just simply cover them with some

straw for spring harvesting.

Don't forget those vegetable plant starters, that are available now.

Selections of different varieties of broccoli, brussels sprouts, cauliflower, cabbage, collards, kale, lettuce and spinach are a great way to jump start your fall vegetable garden, while still being able to harvest these crops up to and even after some frost.

Some of the best tasting broccoli I have ever harvested was in the fall.

There are some cool season herbs that can be planted for harvest and can be used through the fall.

Cilantro germinates quickly, it thrives in cool weather.

The leaves should be harvested before temperatures drop.

Parsley is slower to germinate and may be a better choice to use as a starter plant.

It can survive light frosts and in some cases it can overwinter if mulched well.

Dill is another herb that does well in cooler weather and be planted in early September from seed or from starter plants.

Be sure to harvest the leaves before a heavy frost. Thyme and oregano can be planted from starter plants.

They will produce for fall harvest and sometimes can be overwintered if mulched properly.

Be sure to plant all vegetables and herbs in areas of at least six hours of sun each day to be productive.

Happy Gardening! 

(Editor's Note: Ken Morgan is the owner of Robin's Nest Floral and Garden Center in Easton, Md.)



if you have a large area, a meadow or naturalized area, the Blue mistflower could be the perfect choice.

(Photo by Ginny Rosenkranz)

(FROM PAGE 10)

shaped flowers can hold 35-70 flowers per cluster, almost covering the foliage with their blue color.

Having a flat top for the clusters of flowers creates perfect landing pads for the nectar loving pollinators.

The green leaves are arranged opposite each other on the stems with a serrated or coarsely toothed margin, growing up to 3 inches long and 2 inches wide.

The plants can be planted with other natives for a lovely fall garden including cut leaf coneflower, sunflowers, Goldenrod and White Woodland Asters. ➡

(Editor's Note: Ginny Rosenkranz is a commercial horticulture specialist with the University of Maryland Extension.)



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Which is the apple of your eye?

Story by Leslie Milby

There is no need to be bored eating an apple a day to keep the doctor away! With a variety of varieties, there's a perfect fit for however you enjoy and prepare your apples.

Canning and baking can be daunting if a recipe gives you a vague "two cups of diced apple" as an ingredient as texture, tartness and sweetness can vary greatly.

With more than 7,500 apple varieties grown in the United States, knowing a few basics of what to look for will help you pick the perfect match or create a blend of a few for the perfect flavor.

According to the U.S. Apple Association, Red Delicious apples are the most popular apple produced and eaten. While they are indeed delicious to crunch on whole or freshly sliced, they and their cohorts Golden Delicious are not ideal

candidates for other apple projects. Their mealier texture does not lend well to holding shape and they tend to also lose flavor when heated as well.

Coming in as the third-most popular, the lovely green Granny Smith is a very versatile option. They are great for snacking, and offer a crisp and tart taste.

Their firm skin also adds to their longevity and makes them a top pick for baking and preserving. The



tartness is an excellent compliment to the sweetness of caramel and chocolate for dunking as caramel apples or creating apple nachos!

Galas, Fujis, Pink Lady, and the red-orange Brayburn are also firm do-all options but are more on the sweet than tart side. These are also among the best varieties for dehydrating as slices.

Topping off a salad or adding some apples and dips to a charcuterie board? Some apples such as Pink Lady brown slower than others, making them good bets.

To stretch the life of your variety,

soaking apple slices for 5 minutes does wonders. Depending who you ask, they may suggest vinegar or lemon juice or water with a sprinkle of baking soda or even plain water to slow the browning process.

Looking to make some batches of applesauce? Varieties that are sweet and juicy, rather than tart work best. With minimal ingredients, applesauce relies heavily on the apple flavor to be the star of the show and doesn't require added sugar if the apples add sweetness already.

You could also take a hint from

commercial producers, who often use a blend of Golden Delicious, Rome, Red Delicious and York. Popular brand Mott's on the other hand, exclusively uses Honeycrisp apples.

Apple Butter often uses a variety as well, Rome and McIntosh being among the most popular.

For canning slices or stewed apples, go for tart and firm varieties so the apples do not turn mushy.

Canning slices are great for baking into apple muffins, pies and crisps and as well as for topping off oatmeal, waffles and other dishes.



Pick a variety where your preferred sweetness and tartness will show through in the months ahead!

Is canning a bit intimidating to you? Another option is flash freezing apple slices. Peel and slice into usable sized chunks.

Ideally, this short cut will have your fruit ready to serve, so cut bigger slices for pies or smaller cubes if you are using it more as a topping or to be baked into recipes such as muffins or crumbles. Properly frozen apples will last up to a year, though you'll probably find that your family eats them more quickly!

If you know you'll be using your apples in holiday pies and the like, portion plenty into your preferred pie plate and then mix in your other ingredients such as flour and cinnamon and freeze into an airtight bag.

If you are really ambitious in your holiday preparation or are gifting a pie, make your entire pie ahead of time. Wrap it tightly in tin foil until ready to bake, and then unwrap and bake from frozen.

Looking to store up whole apples to last you a while? Avoid stocking up on apples with a soft skin as they can bruise and then rot quicker. In past times, a root cellar was the spot to store apples, but if your home doesn't have one, a chillier space like a garage works well.

If you have space in a fridge, that is your best bet!

Weed out any that are bruised as it will lead to rot of not only that apple, but the ones around it. Space them out if possible so they are not touching.

For enjoying apples right away,



Looking to make some batches of applesauce? Varieties that are sweet and juicy, rather than tart work best.

follow along with their growing season. While some varieties like Gala ripen in late August, others like Fuji, won't ripen until late October.

You'll also notice that some apples are significantly more expensive than others for a variety of reasons.

Honeycrisp are notoriously expensive as they are a finicky variety to grow but a popular variety to buy. Gala on the other hand, are easier to produce and usually among the cheapest to buy.

Of course, the best apples are

going to be the fresh ones!

Head over to Redemption Farms of Denton for you-pick and pre-picked apples, or Blades Orchard in Federalsburg for pre-picked.

If you have time to make a day of it, head to Fifer's Orchard for both picking and other family activities. To keep up with which varieties are ready or what hours are, give the farms a follow on social media.

However you enjoy your apples, be sure to savor the season and preserve some for later! be coming around to like them. ➡

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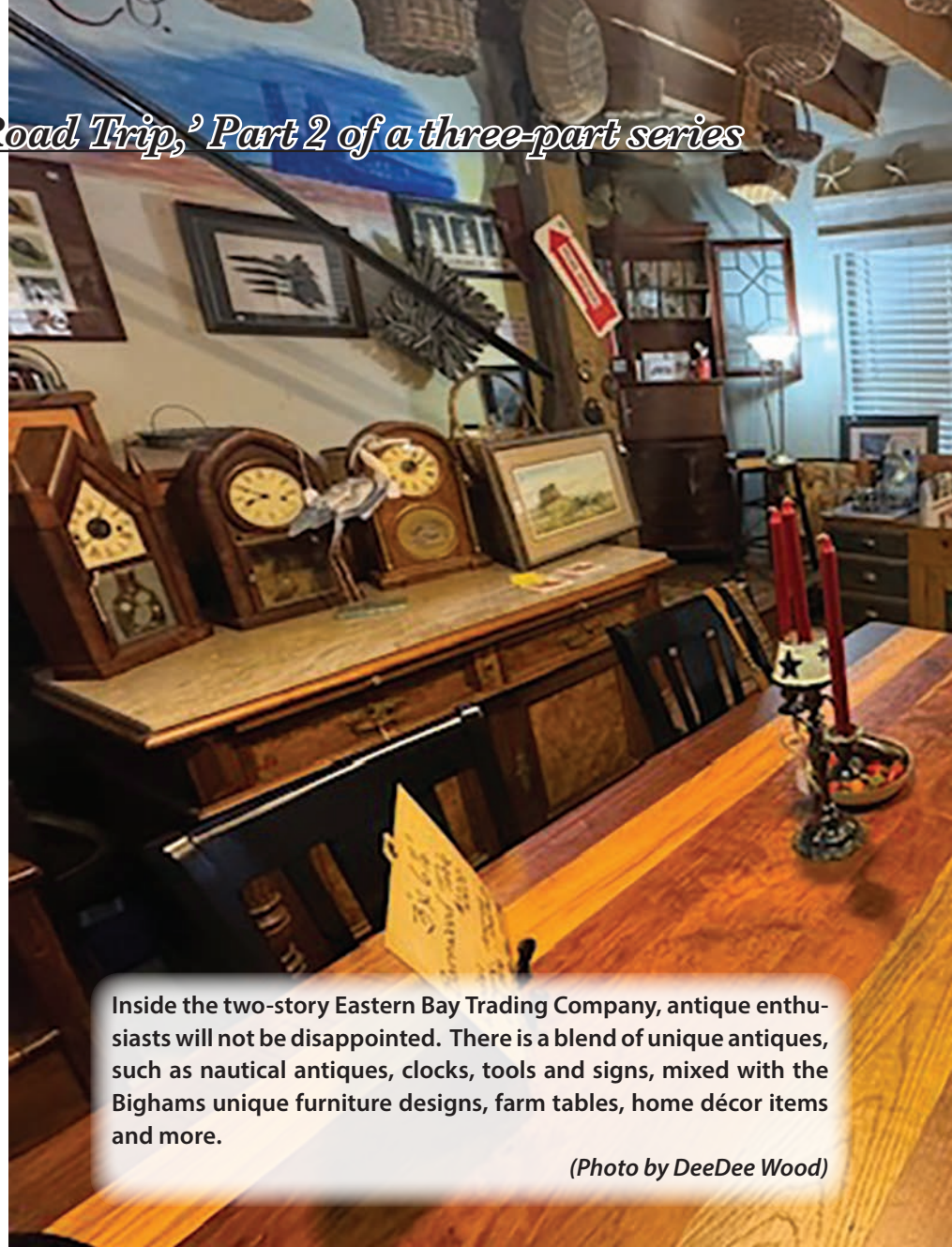


By DeeDee Wood

(Editor's note: DeeDee Wood is the owner of Black Cat Curiosities, an online antiques research and sales venue.)

Eastern Bay Trading Company is situated on Main Street in Grasonville, off of Route 50, very near the Queenstown outlet malls. Owned and operated since 1991 by Brian and Linda Bigham, the business offers a blend of antiques, home décor and a custom-built furniture business that offers many unique items designed on the premises.

The business has a farm-like, rural feel, with an owner-built red barn housing the antiques and home décor business, and to the rear of the property, a large barn with a custom woodworking/furniture making business. Brian Bigham, a skilled



Inside the two-story Eastern Bay Trading Company, antique enthusiasts will not be disappointed. There is a blend of unique antiques, such as nautical antiques, clocks, tools and signs, mixed with the Bighams unique furniture designs, farm tables, home décor items and more.

(Photo by DeeDee Wood)

carpenter and furniture maker, beams with pride as he showed me around the facility. "One of the things we depend upon a lot is making farm tables," he explained. "We use some reclaimed barn wood, and some lumber out of Pennsylvania."

Inside the two-story shop, antique enthusiasts will not be disappointed.

There is a blend of unique antiques, such as nautical antiques,

clocks, tools and signs, mixed with the Bighams unique furniture designs, farm tables, home décor items and more.

Beautiful shelves are filled with unique treasures and home décor needs, such as handmade soaps, candles, dish towels, and more.

Great care has gone into selecting items that blend together for a very home-friendly vibe that mixes with delights in the antiques realm, in a



setting that showcases the couple's talent for furniture and barn door sliders, among other creations.

Walking around the shop, one can find decoys, antique outboard motors, old locks and other unique antique items, and Linda states the items are always changing and rotating in and out of the shop.

"We shop for unique antiques to sell," she pointed out, "and we also mix the items in with our custom

farm tables and barn doors, as well as our home goods and soaps and products that are for the bed and bath, such as the candles and dish-towels."

Upstairs, there is a continued variety of items for purchase, such as old and reproduction signage, taxidermy, more unique antiques, and many more choices in custom tables, some with benches.

An example of barn doors as

part of the building, and showcasing how they can be used, they are set on a slider that open and close around the main window upstairs.

The Bighams took me back to their woodworking shop barn on the back of their property and showed an impressive display of professional woodworking equipment and tools of the trade. Sawdust and the smell of creation awaited as more unique items were in view, in various stages of creation.

They offer custom products, designs and consultations to create a unique farm table, accompanying benches, barn doors that usually go on tracks as interior or exterior doors, and more.

The talent of these artisans is apparent as you view all of their endeavors, and the displays inside their shop, such as a gorgeous table in the store, made out of English Chestnut from a barn, among other woods, will delight and impress the seeker of such décor.

Unique shops such as Eastern Bay Trading Company offer the antique shopper that retail experience, as well as wonderful home décor and custom farm table and handmade furniture needs.

They are located at 4917 Main St. in Grasonville, and their hours of operation are 11 a.m. to 5 p.m., and by appointment on Tuesdays and Wednesdays.

They can be reached at 410- 827-9286, or by emailing linda@eastern-baytrading.com to join their mailing list or inquire about designing a custom barn table or other creation.



Bayshore Iris Society to hold Iris Rhizome sale

EASTON — The Bayshore Iris Society, an affiliate of region 4 of the American Iris Society, will be holding its annual Iris Rhizome sale to the public

The event will be held on Saturday, Sept. 6 at the Easton Farmers' Market from 8 a.m. to 1 p.m.

The group will be selling iris rhizomes by color and/or cultivar name.

Members are available to offer planting and growing instructions with all customers, while stressing that now is the best time to plant an iris in your gardens.

Irises are an extremely hardy perennial plant that grow very well on the Eastern Shore.

Members of the Bayshore Iris Society consist of professional growers and gardeners who appreciate the beauty and splendor of iris blooms in their gardens.

The cultivar names alone can also be quite amusing and enticing.

There are many types of irises from dwarf to tall-bearded varieties that grow to various heights and sizes from underground root structures called rhizomes.

While there are iris species that grow from bulbs, the society promotes rhizomatous iris.

Many of the members of the group have divided their iris from their personal gardens, including three Iris Display Gardens at Pres-

ton Elementary School and Wye Mills, and the Iris Display Garden at Wicomico County Memorial Park Garden on Route 13 in Salisbury.

These irises come in a vast array of colors including whites, yellows, oranges, purples, to almost black bloom colors with many variations of color, shade, form, markings and beard colors and some with re-blooming capability.

There are thousands of different irises that are named and registered with the American Iris Society with about 1,000 new introductions each year.

For more information about the Bayshore Iris Society contact r-riti81@yahoo.com. 🐸



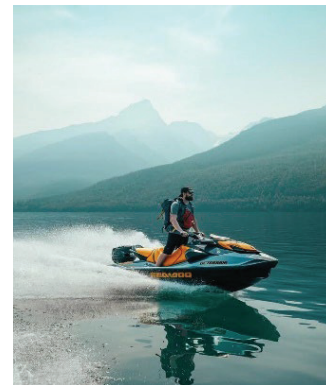
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Savor the vanishing tastes of summer

(Editor's note: Deborah Walker is the author of "An Eastern Shore Special: Recipes from the Heart." She has written about food and recipes for 15 years, She resides in Ocean City.)

Crystal prisms shimmer as the sun's offspring smiles with anticipation of another glorious day.

Much deserved tranquility is reflected on the warm sand of the Eastern Shore.

Waves exchange conversation as Mother Nature senses the kids will

Food For Thought



By Deborah Walker

soon be back to school.

The hustle and bustle of the summer is coming to a close.

Beaches are no longer packed and locals finally get a break.

My stomach signals the familiar tune, "I am starved."

It senses the time has come to venture to the boardwalk for my annual "pig-out day."

Visions of French fries, pizza, funnel cake, ice cream and lemonade play havoc on the gas pedal; it does not take long to reach Ocean City's Boardwalk.

I'm going to savor this experience.

After all, I have only been waiting

364 days for this annual occasion.

So, I decide to prolong the culmination of flavors by taking a brief walk along the beach.

My bottomless pit is no longer the center of attention. Waves doing an about face and heading out to sea take me back to a time with my little niece, Ashley.

The past is walking hand and hand; for a moment the present does not exist.

The frolicking surf creates a dazzling mirage of dancing clowns. Images of Ashley splashing in the water bring a chuckle.

Screams of delight ride each wave and every passing swell.

This massive ocean has many faces just like life has many facades.

The yin-yang of reality can be cruel but I dearly hope my little niece is spared. Comprehension at the age of four is just commencing.

As the saying goes, all good things

Secret ingredient is 'Criticism.'

"To avoid criticism, do nothing, say nothing, and be nothing."

— **Elbert Hubbard**

must come to an end; I signal it's time to go. Ashley's tiny feet get consumed by the white, silky powder.

As we trudge ahead, the aroma of potatoes sizzling in peanut oil tickles our taste buds. The pungent zing of vinegar will be my choice of condiment, Ashley prefers ketchup.

Not a word was spoken; just two generations of the Walker family munching on French fries.

No matter where destiny takes us, I will always remember the special times shared together.

It was at that moment a choco-

late lab approached me, stood on his hind legs, and demanded my upmost attention.

I could not resist showering him with affection. In a split second, present-day washed ashore and images of Ashley gently went to sea.

I realize my stomach is talking to me and my first stop is going to be French fries. The line is dwindling down and soon I will be able to devour my first course.

I have a few girlfriends coming over this weekend and I have been trying to come up with an alternative to tortilla chips and salsa. As I am standing in line it suddenly dawns on me, "How about veggie fries with marinara ketchup?"

Panko bread crumbs will ensure crispiness and the marinara sauce is a refreshing twist to traditional ketchup. My menu is finalized and the girls will love it. Oops, I'm next in line and must go. Enjoy! 🍴

Veggie Fries with Marinara Ketchup

Marinara Dipping Sauce

- quarter-cup extra-virgin olive oil
- 1 small yellow onion, finely chopped
- 2 cloves garlic, minced
- 1 (32-ounce) can crushed tomatoes
- half-cup chicken stock
- half-cup dry white wine
- 1 stalk celery, finely chopped
- 2 bay leaves
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- A few pinches of crushed red pepper seeds
- A couple pinches of baking soda
- kosher salt to taste

1. In a large sauté pan over medium-high heat, cook garlic and onions in olive oil for 10 minutes.
2. Add the remaining ingredients

except for the baking soda. Reduce heat and simmer uncovered until sauce thickens. Remove from heat, discard bay leaves, and stir in baking soda. The sauce will form a foam-like texture and this indicates the baking soda is neutralizing the acid in the tomatoes.

Veggie Fries

- 1 small raw yellow squash
- 1 small zucchini
- half-eggplant
- 1 cup flour
- 2 cups plan panko breadcrumbs
- 2 large eggs
- 2 teaspoons cold water
- Eight to 10 cups canola oil depending on the size of your sauté pan wire racks
- kosher salt and freshly ground black pepper to taste

1. Salt eggplant fries for 30 minutes and rinse thoroughly to remove the bitterness.

2. Cut veggies into long strips resembling steak fries.

3. Dip fries in flour and shake off any excess flour. The flour will act as a glue for the egg mixture.

4. Whisk eggs and water together in a small bowl. Repeat dipping process: again, shake off any excess egg mixture.

5. Press individual fries into panko crumbs, try to cover entire surface.

6. Heat oil in a large sauté pan over medium-high heat. When fries are golden, turn and fry the other side. Cool fries on a wire rack to ensure crispiness. While fries are still hot, season them with salt and pepper, and serve marinara ketchup on the side.

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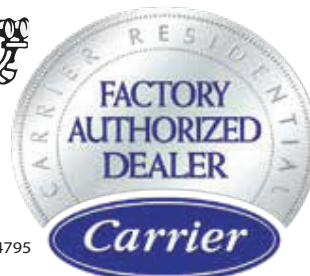
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Mark your Calendar for Fall Fun at Wrights Market in Mardela Springs

COMMUNITY YARD SALE

Saturday, September 27, 2025
7:30 a.m.-Noon



Lots of vendors and Treasures... Join us!

All vendors must be set-up by 7:30 a.m. Gates open at 6:30 a.m. for set-up (just \$5/space)
*see cashier for registration form and for more details)
Please return registration form by Thursday Sept. 25th.

410-742-8845



SWEET POTATO PALOOZA

Saturday, September 20, 2025
10 a.m. - 2 p.m.

EVERYTHING SWEET POTATO
Pies, ice cream, biscuits & other goodies.

LOCAL VENDORS - REGISTER ONLINE OR AT THE MARKET
MARDELA BBQ CHICKEN.

FALL HARVEST FESTIVAL

September 27 & 28, 2025
10:00 a.m. to 4:00 p.m.

Get your fall decorations and fall treats after having family fun in our fun zone.




Fun Zone Includes:
Pumpkin bounce pad, zip line, corn maze, tricycle track, straw maze, petting zoo, train rides, tether ball, wagon b-ball & more!
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We Need Volunteers!

By joining our Caring Community of Amazing Volunteers not only are you impacting the life of an Older Adult today, but you are banking time to ask for assistance when you may need it in the future.

Hurlock Fall Fest & Train Ride

Saturday, October 4, 2025

Parade down Main Street at 10 a.m. Train Rides \$10.00 per person
Train Departures from: Hurlock Train Station - Gay Street
11:00 a.m., 12:30 p.m., 2:00 p.m., 3:30 p.m., 5:00 p.m.

CRAFT VENDORS 8AM-4PM
AROUND THE TRAIN STATION

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TICKETS ON SALE AT THE HURLOCK TOWN OFFICE 8 A.M. TO 4 P.M. MON.-FRI.
Limited tickets can be purchased at the train station the day of the event first come, first served.
Town of Hurlock, 311 Charles Street, PO Box 327, Hurlock, MD 21643 Phone: 410-943-4181

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EAST NEW MARKET VFD

FALL CASH BASH

Grand Prize 7 PM - \$5000

October 11, 2025

Doors Open 2 pm – Drawing begins 4 pm

\$50 Ticket to include Food, Drinks, and Draft Beer

Drawing Every 5 Mins from 4 pm – 7 pm

4:00-\$750	4:30-\$250	5:00-\$750	5:30-\$250	6:00-\$750	6:30-\$250
4:05-\$500	4:35-\$750	5:05-\$500	5:35-\$750	6:05-\$500	6:35-\$750
4:10-\$2000	4:40-\$1000	5:10-\$1000	5:40-\$1000	6:10-\$1000	6:40-\$1000
4:15-\$250	4:45-\$500	5:15-\$250	5:45-\$500	6:15-\$250	6:45-\$500
4:20-\$1000	4:50-\$250	5:20-\$1000	5:50-\$250	6:20-\$1000	6:50-\$250
4:25-\$500	4:55-\$750	5:25-\$500	5:55-\$750	6:25-\$500	6:55-\$750

- Must sell at least 1000 tickets to hold the event.
- ENMVFD Reserves the right to cancel the event at its sole discretion and provide a full refund for ticket purchases.
- Must be 21 to enter, do not need to be present to win, can win more than once. **NO REFUNDS**
- Contact 410-463-2757, 410-330-8179.
- Ticket stub must be presented to enter.

For more information or to purchase tickets call 410-463-2757
You can also ask any member or visit our website www.eastnewmarketvfd.com





Come Cruise With Us Fall Gala

October 4th 2025 at 5:30PM

All aboard!!!

Prepare to set sail for an evening of grandeur. Our fall gala invites you to embrace the elegance of ocean travel. Feel the magic in the air! Enjoy an evening of cocktails, delicious cuisine provided by Mark Salter's Chesapeake Gourmet, music by The Bachelor Boys band and dancing.

More information and RSVP at oxfordec.org

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Simple Recipe Swaps for a *Healthier You*

FAMILY FEATURES

If the idea of overhauling your family's menu is stopping you from making healthier choices in the kitchen, you might find relief in knowing simple swaps are all it takes. Instead of sweeping changes that require all new recipes, just changing an ingredient or two in your favorite dishes can put you on a path toward better nutrition.

You can boost the nutritional value of meals and support your heart health by making smart substitutions – like using whole grains, healthy oils and lower-sodium options – to reduce saturated fat, added sugars and sodium while adding beneficial nutrients like fiber, protein and healthy fats.

Another nutrition-conscious swap you can make easily is opting for fat-free or low-fat plain Greek yogurt in place of full-fat sour cream and other dairy products. A single serving typically provides 10 or more grams of protein and roughly 13% of the daily recommended value of calcium. In fact, according to the American Heart Association, a balanced diet that includes regular consumption of unsweetened, nonfat, plain yogurt for individuals with hypertension may help improve blood pressure outcomes.

Start doing your heart a favor with these favorites that replace full-fat ingredients with low-fat or nonfat Greek yogurt, helping you reduce calorie intake and fat content without compromising flavor.

Mango and Pineapple Tropical Parfaits capture the flavors of ripe fruit, silky yogurt and crunchy granola in every spoonful of paradise while ruby-red pomegranate and coconut top off this island treasure.

Fruity Oatmeal Yogurt Parfaits provide a protein-packed breakfast to start busy days while Frozen Yogurt Bark – a chilled delight with less than 100 calories per serving – helps you indulge without overdoing it.

A diet that involves smart swaps like these may contribute to heart health, per the American Heart Association, by providing essential nutrients and supporting healthy blood pressure levels – meaning you're just a few ingredient substitutions away from enjoying a more nutritious, yet still delicious menu.

These yogurt-inspired recipes were developed as part of the American Heart Association's Healthy for Good Eat Smart initiative, which is nationally supported by Danone.

Discover more easy, flavor-packed ways to make your favorite recipes healthier for your heart at heart.org/eatsmart.



Mango and Pineapple Tropical Parfaits

Recipe courtesy of the American Heart Association
Servings: 4 (1 parfait per serving)

- 1 medium mango, peeled and chopped
- 2 cups nonfat plain Greek yogurt
- 1/2 cup low-fat, no-added-sugar granola
- 1/2 cup diced pineapple
- 1 medium banana, sliced
- 1/4 cup pomegranate seeds or arils

2 tablespoons unsweetened flaked coconut

In each parfait glass, layer 1/4 mango, 1/4 cup yogurt, 1 tablespoon granola, 2 tablespoons pineapple, 1/4 banana slices and 1/4 cup yogurt. Top with remaining granola. Sprinkle with pomegranate seeds and coconut.

Serve immediately for peak flavor and texture.

Nutritional information per serving: 230 calories; 6 g total fat; 82 mg sodium; 33 g carbohydrates; 5 g fiber; 24 g total sugars; 13 g protein.



Frozen Yogurt Bark

Recipe courtesy of the American Heart Association
Servings: 8

- 1 1/2 cups low-fat, no-sugar-added vanilla Greek yogurt
- 2 tablespoons honey or pure maple syrup
- 2 tablespoons chopped unsalted almonds
- 1/2 cup finely chopped mango
- 1/2 cup blueberries
- 1/4 cup blackberries or raspberries, chopped if large

In medium bowl, whisk yogurt and honey until combined.

Line 13-by-9-by-2-inch baking dish with parchment paper. Using spatula or knife, spread yogurt mixture over paper as thinly as possible.

Sprinkle almonds over yogurt mixture.

Using fingertips, gently press almonds into yogurt mixture.

Sprinkle with mango, blueberries and raspberries. Using fingertips, gently press fruit into yogurt mixture.

Cover dish with plastic wrap or aluminum foil. Freeze overnight.

For serving, remove baking dish from freezer. Gently lift parchment paper from dish and transfer to cutting board. Using hands, break bark into pieces or hit lightly on surface of cutting board. Serve immediately as bark begins to melt 15 minutes after removing from freezer.

Nutritional information per serving:

70 calories; 2 g total fat; 3 mg cholesterol; 15 mg sodium; 10 g carbohydrates; 1 g fiber; 9 g total sugars; 4 g protein.

Fruity Oatmeal Yogurt Parfaits

Recipe courtesy of the American Heart Association
Servings: 4 (1 parfait per serving)

- 2 cups fresh or frozen sliced, hulled strawberries, thawed and patted dry if frozen
- 2 cups fresh or frozen blueberries, halved blackberries or both, thawed and patted dry if frozen
- 1 tablespoon, plus 1 teaspoon, honey
- 2 teaspoons ground cinnamon
- 2 cups water
- 1 cup uncooked rolled oats
- 2 cups nonfat plain Greek yogurt

In medium bowl, gently stir strawberries, blueberries, honey and cinnamon.

In medium saucepan over medium-high heat, bring water and oats to boil. Boil 5 minutes, stirring occasionally.

In each parfait glass, layer 1/4 cup oatmeal, 1/4 cup fruit mixture, 1/4 cup yogurt and 1/4 cup fruit mixture. Repeat layers.

Nutritional information per serving: 238 calories; 2 g total fat; 6 mg cholesterol; 47 mg sodium; 42 mg carbohydrates; 6 g fiber; 21 g total sugars; 16 g protein.



September events

Caroline Co. Library hosting honey celebration

DENTON — The Caroline County Public Library is hosting “Honey-Tasting: Explore Nature’s Sweetest Gift” on Friday, Sept. 19 from 10:30-11:30 a.m.

The library is located at 100 Mar-

ket Street.

The event is intended to celebrate the sweet world of honey.

Visitors are invited to taste and explore a variety of honey flavors and infusions using honey straws

and tasting sheets.

Participants will learn how to identify honey by color, taste and aroma, and discover simple, creative ways to incorporate honey into your everyday cooking and lifestyle. ➤



Rock Hall Yacht Club hosting Cruise In Car Show

ROCK HALL — The Rock Hall Yacht Club is hosting the Cruise In Car Show on Friday, Sept. 26 from 4 p.m. to 8 p.m.

The event will take place at 22795 McKinleyville Rd.

There is no charge to attend.

The public is urged to bring classic or cool cars or just to enjoy witnessing these beauties showcased along the scenic Chester River.

The club will be open serving

food and drinks.

A disc jockey will also be on hand to entertain those in attendance.

For more information, call 410-639-7074 or e-mail Manager@rockhallyachtclub.org. ➤

Waterman's Rodeo Boat Docking set for Sept. 7

FISHING CREEK — The Hoopers Island Volunteer Fire Company is hosting its annual Watermen's Rodeo Boat Docking contest on Sept. 7 at the P.L. Jones Marina and Boatyard on Old House Point Rd.

The event will go on from 11 a.m. to 5 p.m., and is free to the public.

Festivities consist of watermen competing against each other by backing their boats into a slip as they do every day for their work.

After backing into the slip, they hoop four lines on four separate poles. The fastest time wins.

There is also a team competition which consists of two extra mates.

At the end, there is a grand finale with everyone competing against each other for the fastest overall time. Prizes and awards go to the winners.

No coolers or drinks are allowed to be brought into the event.

For information, call 410-397-3631. ➡

Native American Festival on Sept. 13

VIENNA — The Nause-Waiwash Band of Indians will host the 33rd Native American Festival, scheduled for Sept. 13 from 10 a.m. to 6 p.m.

The event will be held at 214 Middle St., at the ball field and under the water tower.

Admission is \$10 per person, but children 4 years old and younger get in for free.

Food will be available, and Native American performances will be featured.

Special events include a silent auction, a bake table and a 50-50 raffle. ➡

www.shorehomeandgarden.com



Farm to Market Dinner slated for Sept. 11

QUEEN ANNE — A “Farm to Table Dinner” is scheduled for Sept. 11 at 5 p.m. to 7:30 p.m. It will be held at 1905 Ruthsburg Rd.

The festivities will highlight the

bounty of local farms and waterways, at Mason’s Farm, 1905 Ruthsburg Rd.

The entire dinner and all the wine will be donated from various Queen

Anne’s County purveyors.

Humble Hearts Catering is also donating its expertise for this fundraiser. The featured speaker will be Bill Mason. 🍷

Federalsburg Historical Society hosts open house

FEDERALSBURG — The public is invited to join the Federalsburg Historical Society for a series of open houses on Saturday Sept. 13, from 10 a.m. to 2 p.m.

Exeter (408 Old Denton Road), one of the oldest remaining structures in southern Caroline County and “has been placed on the National Register of Historic places by the United States Department of the Interior circa 1808.”

Admission is free, but donations are welcome. 🍷



Annual Frederick Douglass Day scheduled for Sept. 27

EASTON — Frederick Douglass Day will be held on Saturday, Sept. 27 at 11 North Washington St.

The Frederick Douglass Honors Society is inviting the public to town for a celebration of Talbot County’s most famous son.

The festivities start at 10 a.m. with a parade beginning at the Easton Elementary School that is scheduled to make its way to the county courthouse.

All Frederick Douglass Day events are free and open all. 🍷

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