



## OPA targets fire pits

By **Chip Bertino**

A member complaint letter sent a few weeks to the Ocean Pines Association (OPA) Board of Directors prompted a somewhat convoluted statement late Friday by General Manager John Bailey addressing the use of, or more to the point, the prohibition of fire pits within the community.



“While fire pits are not prohibited in Ocean Pines, Paragraph 8(s) of the community’s Declaration of Restrictions clearly prohibits the outside burning of wood, leaves, trash and garbage. Therefore, fire pits can be approved, but not for the open burning of wood, etc.,” Bailey said.

When asked about the origin of the statement, Bailey said, “this issue came to the forefront just a few weeks ago. We have a resident who lives beside someone with a fire pit; she 1) knew the rules, and 2) has a breathing problem. That person sent a letter to the Board wanting the issue addressed. And while the association has evidently, but perhaps unknowingly beforehand, allowed by default open burning pits to be built in the hundreds over the years, the covenant language is very clear cut that no open burning is allowed. So, after conferring with counsel, the fire chief, and the police chief, I crafted a memo on the issue.”

Because open burning includes the “ignition and subsequent burning of any combustible material (garbage, leaves, grass, twigs, litter, paper, vegetative matter involved with land clearing or any sort of debris),” according to Bailey, the only allowed fuel for a fire pit is gas. Gas fire pits can be permitted, with approval of the community’s Architectural Review Committee (ARC), under Paragraph 5(a) of the Declaration.

*please see pits on page 4*



**Donation** - The Synepuxent Post #166 American Legion and Unit #166 American Legion Auxiliary of OCMD have donated to Atlantic General Hospital’s community flu clinics.

Rosie and Sarge Garlitz presented the checks for the second year in a row at an Atlantic General Hospital community flu clinic being held at Holy Savior Catholic Church on Thursday, October 25. Rosie Garlitz is the chair of community service for Unit #166 of the American Legion Auxiliary of OCMD. Sarge Garlitz is the public relations officer for post #166 OCMD and the commander of the American Legion’s South Eastern Shore District. Together, Rosie and Sarge presented donation checks in the amount of \$1,100.

Above: **Rosie Garlitz**, chair of community service for unit #166 American Legion Auxiliary of OMCD; **Tracey Mullineaux, BSN, RN**, employee health and wellness coordinator; **Sarge Garlitz**, public relations officer for post #166 OCMD and commander of the American Legion South Eastern Shore District.

**Nov. 24 Ocean Pines Christmas Tree Lighting**  
at 6:30pm PUBLIC EVENT White Horse Park, 235 Ocean Parkway, 410-641-7052



# Community Calendar

# NOVEMBER

## Ireland RnR Tours to host ribbon cutting, open house

Ireland RnR Tours, a local veteran-owned small business, and the Greater Ocean City Chamber of Commerce are jointly hosting a Ribbon Cutting Ceremony and Open House, welcome at 1:30 p.m. and ribbon cutting at 2 p.m. on Friday, November 30 at the Greater Ocean City Chamber of Commerce Eunice Q. Sorin Visitor & Conference Center located at 12320 Ocean Gateway, to launch Ireland RnR Tours' three new Ireland small group boutique tour packages: the Ireland RnR Golf Tour, the Ireland RnR Women Wellness Retreat, and the Ireland RnR Educational Gourmet Food Experience Tour.

Ireland RnR tours are for U. S. college alumni classes, golfers, gourmet organic food enthusiasts and chefs, knitters, professional business women, Irish American clubs, fraternal organizations, 55+ communities, travel groups, garden clubs, and other groups whose members have always had a strong desire to vacation in Ireland. An Ireland RnR tour delivers:

- an intimate, relaxing travel experience, with full exposure to an entire range of Ireland's beautiful towns, villages, scenery, traditions, entertainment, and culture;

- an educational experience with Irish history and Irish genealogy talks by experts in those fields,
- intimate escorted sightseeing day trips conducted by very friendly, knowledgeable, entertaining, local bus drivers and tour guides; and,

- rich, fulfilling opportunities to renew old friendships and make new friends, and excellent value and full disclosure on the total tour package price, with no additional costs, VAT taxes, surcharges, and fees hidden in the small print.

Local Delmarva residents who are interested in learning more about Ireland RnR tours are invited. Refreshments will be served. For more information, contact Ireland RnR Tours at 877-224-5535.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4 <small>Daylight Saving Time Ends</small>	5	6 <small> Election Day</small>	7	8	9	10
11 <small>Veterans Remembrance Day</small>	12	13	14	15	16	17
18	19	20	21	22 <small> Thanksgiving</small>	23	24
25	26	27	28	29	30	31



On this day in 1976, "Rocky," starring Sylvester Stallone as the underdog prize-fighter Rocky Balboa, debuted in New York City. The movie, which opened in theaters across the United States on December 3, 1976, was a huge box-office hit and received 10 Academy Award nominations, including Best Actor and Best Original Screenplay for the then-little-known Stallone. "Rocky" ultimately took home three Oscars, including one for Best Picture, and made Stallone one of the biggest stars in Hollywood.

### Monday

**Ocean Pines Poker Club**  
Poker players wanted in Ocean Pines area for Monday evenings. Call 410-208-1928.

### Sweet Adelines

The Delmarva Sweet Adeline Chorus meets from 7 to 9 p.m. in the Ocean Pines Community Center. Call 410-641-6876.

### Monday/Tuesday

**Sanctioned Duplicate Bridge**  
Open bridge games Monday at 12 p.m., Tuesday at 10 a.m. at OP Community Center. Call Mary Stover 410-726-1795.

### Tuesday

**Families Anonymous**  
From 7 p.m. to 8:30 p.m. at room 37 in the the Community Church at Ocean Pines on Rte. 589. For more information call Carol at 410-208-4515.

### Tuesday/Thursday

**Poker Players** wanted for Gentlemen's Poker in North Gate area Ocean Pines. Game played every Tuesday & Thursday evening 5:45 p.m. to 10:45 p.m. on Pinehurst Rd. Ocean Pines. Call 410-208-0063 for more information.

### Wednesday

**Kiwanis Club Meeting**  
Weekly meetings at 8 a.m. on Wednesdays in the Ocean Pines Community Center. Doors open 7 a.m.

### Elks Bingo

Ocean City Elks in Ocean City (behind Fenwick Inn) open at 5:30 p.m. Early birds at 6:30 and bingo at 7 p.m. Call 410-250-2645.

### Rotary Club

Ocean City/Berlin Rotary Club meetings are held at 5:45 p.m. at the Captains Table in Ocean City. Contact Stan.Kahn@carouselhotel.com.

### Square Dancing

The Pinestepers have introduction to square dancing at the OP Community Center at 7 p.m. Call Bruce Barrett at 410-208-6777.

### AL-Anon/OP-West OC-Berlin

Wednesday Night Bayside Beginnings Al-Anon family meetings are held at the Ocean Pines Community Center at 7:30 p.m.

### Thursday

**Story Time**  
Stories, music and crafts at 10:30 a.m. for children ages 3-5 at Ocean Pines library. Call 410-208-4014.

### Beach Singles

Beach Singles 45 for Happy Hour at Harpoon Hanna's at 4 p.m. Call Arlene at 302-436-9577 or Kate at 410-524-0649 for more activities. BeachSingles.org.

### Legion Bingo

American Legion in Ocean City opens doors at 5:30 p.m., games begin at 7. For information call 410-289-3166.

### Gamblers Anonymous

Group meets at 8 p.m. at the Atlantic Club, 11827 Ocean Gateway, West Ocean City. Call 888-424-3577 for help.

### Friday

**Knights of Columbus Bingo**  
Bingo will be held behind St. Luke's Church, 100th St. in Ocean City. Doors open at 5 p.m. and games begin at 6:30 p.m. Refreshments available. Call 410-524-7994.

### First Saturday

**Creative Writing Forum**  
Every first Saturday of the month at 10 a.m. at the Berlin Library. Novice and established writers gather to share their fiction, non-fiction, and creative writing projects. Program includes critiques and appreciation, market leads, and writing exercises.

## Hometown Christmas tree lighting returns

A highlight of the holiday festivities in Ocean Pines will be a traditional Christmas tree-lighting ceremony that is set for Saturday, November 24 at 6:30 p.m. at White Horse Park.

Organized and sponsored by the Ocean Pines Recreation and Parks Department, the free annual event marks the start of the "holly, jolly season" in the largest residential community in Worcester County.

Event organizer Katie Goetzinger said a full schedule of special activities is planned during Hometown Christmas, including the lighting of 45 Christmas trees that will be decorated by area businesses, social clubs and residents who have sponsored the trees.

Before the traditional Christmas tree-lighting ceremony, entertainment at the Memorial Pavilion located within White Horse Park will feature a local choir of homeschool students from the Berlin/Ocean Pines area. The Little Dreamers Home-

school Choir is a new addition to the special event.

The Delmarva Chorus, a chapter of Sweet Adelines International - a non-profit organization of approximately 30,000 members in choruses and quartets worldwide - will also offer a musical performance.

The winner of the "Pup of the Pines" photo contest will be named at the holiday event, followed by a visit from Santa Claus. Saint Nicholas will be taking Christmas gift wishes and posing for photos.

Santa's little helpers will have hot chocolate and cookies available at no cost for attendees. The cookies will be generously donated by the Kiwanis Club of Ocean Pines- Ocean City.







**Packages** - Stephen Decatur High School (SDHS) students and staff as well as the organizations of Connections, Leo Club, and NJROTC, joined forces with American Legion Post #166 for the 6th annual presentation of "Packages for our Troops." With a timely presentation on the day following Veterans Day, SDHS filled two trucks with various toiletries and other amenities for the U.S. military.

## Ditches are OPA responsibility

The Ocean Pines Association Board of Directors has received an opinion letter from its legal counsel addressing the maintenance of the community's drainage ditches.

A memorandum released on Friday, November 16 reveals that Ocean Pines' Declarations create a distinction between who is responsible for maintaining the drainage channels themselves and the areas generally, according to the opinion prepared by Lerch, Early and Brewer, Chtd., the firm that provides legal representation for the Association.

"In summary, the answer is that the Association is responsible to maintain and repair the drainage courses (i.e. the slope at the bottom of the ditch) and to maintain and ensure the stability of the slopes that run along the roadway," the memorandum states.

In preparing the opinion, counsel considered responsibility of the drainage channels for Sections 1-14 that run along the roadways and the areas between those specific channels' slope and the roadways.

Responsibility for areas outside of the ditches themselves in Sections 1-14, such as landscaping of the drainage ditches and the area between the drainage channels and the roadways, does not lie with the Association, according to the memorandum.

"The Association is not responsible to perform landscaping, including mowing, in these areas, unless it is nec-

essary to ensure the functionality of these specific drainage courses or the slopes," it states.

The memorandum also states that because of ongoing litigation related to a separate drainage-related claim, the counsel's formal opinion will not be released at this time.

Counsel's legal opinion will, according to the memorandum, be considered as future drainage program plans, including the finalization of the community's Drainage Report, are made.

## Art League sponsors trip

The Art League of Ocean City is sponsoring a bus trip to Longwood Gardens in Kennett Square, PA. on Tuesday, December 18. Proceeds from the trip will benefit the programs of the Art League.

This season, Longwood Christmas pays homage to the Christmas tree with an imaginative display featuring traditional favorites and inspiring new twists.

The bus will depart the Ocean City Center for the Arts, 502 94<sup>th</sup> St., bay-side in Ocean City at 8:30 a.m. and return at 8 p.m. The cost per person is \$70. Guests may bring their own lunch or lunch at one of the cafes at the Gardens. Tickets may be booked online at [artleagueofoceancity.org](http://artleagueofoceancity.org) or by calling 410-524-9433.

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## 2012 Business of the Year

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The Pilgrims trip to the New World aboard the *Mayflower* lasted 65 days. It was a cold and damp journey, and since the ship was wooden, passengers were not allowed to light a fire for warmth or for cooking their food.



Half of the 110 Pilgrims who had left England in 1620 survived that first year in the New World.

In their second year, however, the Pilgrims flourished with plentiful food sources, thanks in large part to the friendship and guidance of an Abnaki Indian named Squanto.

The first Thanksgiving took place in December 1621, when the Pilgrims held a three-day feast in Plymouth Rock, Massachusetts to celebrate their bountiful harvest.



## The history of Black Friday

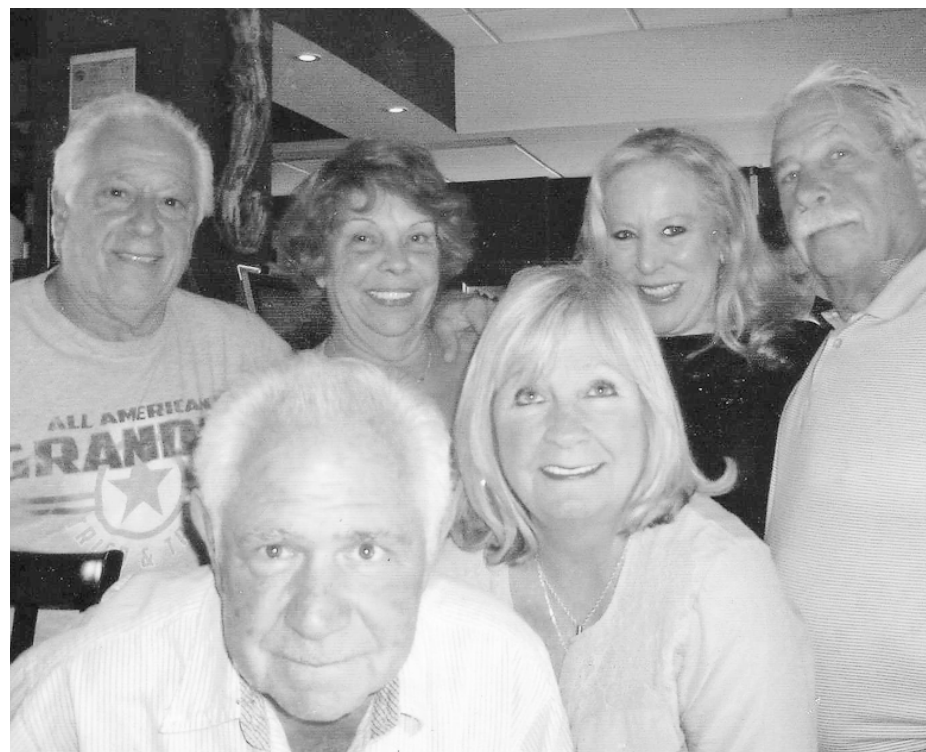
Black Friday marks the unofficial start of the holiday shopping season. Come Black Friday, shoppers strive to get the lowest prices on gifts for their loved ones.

Much of the focus of Black Friday is on finding the best deals, but it can be interesting to take a breath and learn how this phenomenon developed and how it has evolved over the years.

Black Friday. The term “black Friday” was originally associated with gold prices and manipulation on the part of speculators Jay Gould and James Fisk. This scandal occurred in September 1869. Commodity prices plummeted 50 percent as a result, and the term “black Friday” was coined to refer to that drop.

The phrase “black Friday” also became famous for all the wrong reasons in 1966. Philadelphia police used it to

*please see history on page 15*



**Planning session - Michael and Camille Petito, Debbie and Charles Gallo and Marie and Joseph Lunczynski planning their golf fundraiser for “Catch A Lift” at the Southgate Grill. Photo by Anna Foulz.**

**pits**  
 from page 1

Bailey cautions that according to Paragraph 8(i) of the Declaration, every tank for storage of fuel installed outside any building must either be buried below the surface of the ground or screened to the satisfaction of the committee by fencing or shrubbery.

“Placing a refillable propane tank in conjunction for the use of a fire pit would not be considered ‘installed’ for the purpose of Paragraph 8(i) of the Declaration, which it should be understood as intended to address large propane, oil or natural gas tanks for the heating of the homes,” Bailey said.

To be safe, Bailey said, ARC can grant a variance to this particular screening restriction in order to overcome practical difficulties and to prevent unnecessary hardships in the application of the restrictions, in accordance to Paragraph 9 of the Declaration.

Bailey’s memorandum indicates that the ARC will need to decide whether to continue to allow the open burning fire pits that currently exist. Bailey said ARC was expected to discuss the topic at its meeting that was held yesterday (Tuesday).

Bailey recommends that the committee should “seek to comply with

the terms of the Declaration going forward with regard to new requests for fire pits or for fire pits that are installed without ARC approval. The ARC can grandfather in existing open burning fire pits if it is impractical to enforce this prohibition now or just address each violation as it becomes known.”

In the meantime, however, Bailey said that, practically speaking, all users of open burning fire pits in existence prior to November 16, 2018, should be mindful that such open burning in Ocean Pines is indeed prohibited.

Bailey acknowledges, however, that the Association has no formal, quick response to enforce the prohibition.

Said Bailey, “The result of using one’s fire pit may be a visit from the fire department. If it is determined by the fire department that using one’s open burning fire pit has created a health and/or safety hazard for neighboring properties, then the fire department may direct that the use of the open burning fire pit be immediately halted.”

When contacted late Friday by *The Courier*, Ocean Pines Fire Chief Steve Grunewald said the fire company was not going to go out searching for in-use fire pits. “If we get a complaint, we’ll respond,” Grunewald said.

So, would violators be fined? “Unfortunately, it’s not that simple,” Bailey said. “OPA has no fining authority in its governing documents, so no fines can actually be levied. Furthermore, based on what I know of local and state law (which I could be inaccurate about) the use of recreational fire pits is not prohibited by county or state law except during formal burn bans; thus it’s not a matter for the police.”

Bailey also noted that all fire pits should abide by any issued burn ban.

He said ARC will continue to address the issue of fire pits in Ocean Pines. For now, the summary points are:

Fire pits can be permitted, but only gas fueled; no new “open burning” fire pits are allowed.

If one wants to have a gas fire pit added to one’s property, the owner must get the approval of the ARC prior to installation/construction.

Existing “open burning” fire pits may be grandfathered by the ARC and are subject to additional regulation.

Whenever using any fire pit, it should never be left unattended, and owners should always be mindful and courteous of one’s immediate neighbors, and the community at large, for health and safety reasons.



# Tradition

Oooooooh! As I sit here writing this column I'm daydreaming about the wonderful aroma that fills our home during my favorite holiday that

charged you can almost hear it crackle.

When we were together on the holiday, I was usually their prime foil. My oldest son would sit across from me at the other head of the table (or as I like to say, the foot of the table). There he had a direct shot at being the first one to make me laugh. It usually didn't take him long. He'd make a face or a gesture, or just ask for the salt to be passed his way,

and I would begin biting my lip trying to stave off the inevitable. When that happened I better understood how Harvey Korman felt when Tim Conway went off script on the "Carol Burnett Show."

In very short order the other two, my daughter and youngest son, would pile on throwing out one-liners (original one liners I must say) or would begin doing some physical comedy that just smashed any reservoir of resistance I had. In short order I was a goner with tears running down my cheeks, my sides hurting and my food getting cold. The more I laughed, the more they added fuel to the fire. They were merciless and would take a great deal of pleasure in making dear old Dad "go squinty," which meant I was laughing so hard that my cheeks were pulled back tight and my eyes were open just a slit. Kids can be so cruel.

My wife, their mother, was only a little less likely to hold off cracking up. She usually waited a few seconds after I lost it so it looked like I was the "weaker one."

Thanksgiving traditions are as unique as the families who celebrate the holiday. Traditions can be defined by a special, handed-down recipe or the use of a family knife to carve the turkey. Those are all fine. But it is my hope that as my family continues to grow and my children have started to create their own family traditions, that laughter and good conversation is prominent.

As time goes on I plan to do my part to make this happen. There will come a time in the hopefully distant future when I'll be sitting at the table in a corner chair wearing a paper Pilgrim hat and an adult diaper (I hope I don't confuse the two), with gravy dripping from the side of my mouth cascading over the dried mashed potatoes stuck to my chin. That should certainly give them something to laugh about.

Happy Thanksgiving!



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

By **Chip Bertino**

chipbertino@delmarvacourier.com

is Thanksgiving. Oh, how I love the smell of my wife's cooking, a love that is surpassed only by eating what she makes. As Jackie Gleason used to exclaim, "How sweet it is!"

Without exception Thanksgiving is my favorite holiday. Why? Because it's a holiday that doesn't require gift buying. It's a holiday that requires only great food, great company and great conversation. In my book that's the way to spend a holiday. Throw in some after dinner port or brandy and cigars and you've really got something going on. Add a slice of my wife's cheese cake to the mix and I can tell you honestly that if the world were to end the following day, I would die a very, very satisfied man. Not that I want the world to end. There are turkey sandwiches still to make and leftover pumpkin pie still to eat.

The Thanksgivings I've enjoyed the most were the ones we've had at our own table, not having had to travel hither and yon. Over the years my wife and I have made a conscious effort to celebrate the holiday in our home, inviting others to join us. The best have been, and I mean no offense to those who have joined us, the ones we spent with just our children. What a funny group they are!

From the time they arrived on the scene sitting around the dinner table with my kids has always been a treat. Although slightly different, the humor of each is broad and at times sophisticated. When they're in sync, firing on all cylinders, doing what we call in our family, "material," you dare not put a forkful of food in your mouth for fear convulsions of laughter will project it across the room. My kids are downright hilarious as they do take-offs of how they were raised, impersonations of my wife and me, and humorous commentary about whatever has caught their attention at that moment. On holidays, especially Thanksgiving, their delivery and material is so

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# Worcester is part of new Opportunity Zone Program

The U.S. Treasury recently released the proposed regulations on the new Opportunity Zone Program created under the 2017 Tax Cut and Jobs Act. An Opportunity Zone is an economically-distressed community, and this program is an economic development tool designed to spur economic development and job creation in distressed communities by providing preferential tax treatment. The newly proposed regulations are intended to provide investor and fund sponsors with the information they need to confidently enter into new business arrangements in designated Opportunity Zones.

Worcester County Economic Development (WCED) is proud to announce that three communities are included in the Opportunity Zone Program locally.

“Snow Hill, Berlin, and downtown Ocean City are three of the 149 Opportunity Zones designated in the State of Maryland,” WCED Deputy Director Kathryn Gordon said. “This program allows for private sector-led economic growth to take advantage of federal tax incentives for their investment in development opportunities in these des-

ignated areas. If an investor holds their capital gains in the Opportunity Fund for at least 10 years, that investor would pay no capital gains taxes.”

These new tax incentives are designed to drive long-term investment, offering investors opportunities to defer and even reduce their federal tax liability on the sale of assets if they place their gains into an Opportunity Zone Fund. A Qualified Opportunity Fund is an investment vehicle that is set up as either a partnership or corporation for investing in eligible property that is located in an Opportunity Zone and that utilizes the investor’s gains from prior investment for funding the Opportunity Fund. The difference between Opportunity Zones and past federal tax incentives for economic development is this: the program is flexible and capable of supporting different types of investment, including tangible/intangible property, such as buildings, land, and stock and partnership interests.

There is no cap on the amount of capital that can flow into Opportunity Zones in any given year, and these funds do not compete for public sector financing, and, as a result, can lower the cost and time to business transactions, and encourage broad participation.

“These investments into Worcester County’s designated Opportunity Zones will support business and real estate development, improving our communities and the quality of life for our residents,” Gordon said.

For more information about the Opportunity Zone Program, visit Maryland Department of Housing and Community Development website [www.dhcd.maryland.gov/opportunity-zones](http://www.dhcd.maryland.gov/opportunity-zones).



**Donation** - On Friday, November 2, at the monthly meeting of Star Charities, the charity donated \$1500, from its “Western Night at Ocean Downs” held in July, to the Marine Corps League of Ocean View/Ocean City.

Above: (L - R), Janet Ackerson, Sue Walter, Sandy McAbee, Sharon Sorrentino, Anna Fultz, Frank Del Piano, Commandant of the Marine Corps League, Mary Evans, Lee Tilghman, Barbara Peletier, Paulette Mari, and Irmgard Heinecke. Photo by Anna Fultz.

## More people on the roads this holiday

AAA projects 54.3 million Americans will journey 50 miles or more away from home this Thanksgiving, a 4.8 percent increase over last year. The 2018 holiday weekend will see the highest Thanksgiving travel volume in more than a dozen years (since 2005), with 2.5 million more people taking to the nation’s roads, skies, rails and waterways compared with last year. For the 48.5 million Americans planning a Thanksgiving road trip, INRIX, a global mobility analytics company, predicts travel times in the most congested cities in the U.S. could be as much as four times longer than a normal trip.

“Consumers have a lot to be thankful for this holiday season: higher

wages, more disposable income and rising levels of household wealth,” said Bill Sutherland, AAA Travel senior vice



president. “This is translating into more travelers kicking off the holiday season with a Thanksgiving getaway, building on a positive year for the travel industry.”

The Thanksgiving holiday period is defined as Wednesday, November 21 to Sunday, November 25.

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# Worcester County Veterans Memorial at Ocean Pines Foundation

[www.OPVETS.org](http://www.OPVETS.org)

## WREATHS ACROSS AMERICA

Please join the Worcester County Veterans Memorial Foundation in its initiative to cover the graves of all veterans at the Eastern Shore Veterans Cemetery at Hurlock Maryland.

Members of the Foundation will be taking part in the placing of wreaths at the cemetery on **Saturday, December 15, at 10 a.m.** There are more than 8,500 gravesites at the cemetery in Hurlock.

Last year only 2,500 graves were covered. Our initiative sponsored over 470 wreaths last year. We are hoping to cover over 500 this year. With your help we can! **Just \$15 sponsors a wreath.**

Fill out the form and mail to:  
Worcester County Veterans Memorial,  
P.O. Box 1576, Ocean Pines, MD 21811.  
*Make checks payable to Wreaths Across America.*

**ALL ORDERS MUST  
BE RECEIVED BY  
November 26**

**Volunteers are welcomed to join us at Hurlock**

Wreaths will be placed following a brief ceremony in the chapel at 10 a.m.

**SPONSOR A WREATH - \$15 for each wreath sponsored.**

I would like to sponsor a wreath to be placed at Eastern Shore Veterans Cemetery at Hurlock, MD on December 15, 2018. Please enter my order for:

\_\_\_\_\_ WREATHS @ \$15.00 EA.      TOTAL ENCLOSED \$ \_\_\_\_\_

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ADDRESS: \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_

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# Chamber Community Connection

By **Kerrie Bunting**  
Executive Director,  
Ocean Pines Chamber of Commerce

This is exciting! My first *Courier*

article.

Having only been the Executive Director two months, I am still learning the ropes but I am very fortunate to

have an active Board of Directors, wonderful Ambassadors and our bookkeeper of ten years, Sherri, to show me the way.

I am also seeing just how strong the dedication to the community is among our Chamber membership. The economic growth and expansion in our once quiet hamlet is astounding. So many new businesses and those we've embraced for years are expanding their footprints as well.

As our business community expands, so does your Chamber. At our annual Awards & Installation Harvest Ball last week, we installed three new members and welcomed back a familiar face. Wes McCabe is rededicating himself and joining us in welcoming Scott Gardener of FYZICAL Therapy

and Balance Centers, Olive Mawyer of OLEA Event Planning & Marketing and Allen Duncan with GSB Media.

We say a grateful thank you to Patty Dundore of American Granite and Tile for her Board tour of duty and wish her well! We also thank Michael Mathers for his leadership as Board President this past year. He promises to stay close and guide us into a year full of changes.

In 2019, we will be bringing back old favorites like the Free Raffle and creating new ways for our members to stay engaged and increase their bang for their membership buck! Make sure you are taking advantage of all the Chamber has to offer and stay alert for the upgrades coming soon.

Personally, I want to thank everyone who has reached out to me, welcoming me to the Chamber. I look forward to working for you and am always open to hear suggestions. Contact me directly at Kerrie@oceanpineschamber.org.

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### Strategies to avoid holiday weight gain

Staying fit during the holiday season can be quite challenging, even for the most ardent fitness enthusiasts and disciplined calorie-counters. Between Thanksgiving and New Year's Day, many people are offered a wide assortment of foods, beverages and other indulgences, typically in mass quantities.

According to researchers at Stanford University, although the average person only gains around one pound during the holiday season, quite frequently that pound sticks around, and those extra pounds add up year after year. As a result, it does not take too many years of holiday bundt cakes to gain a considerable amount of weight.

Holiday season weight gain is not unique to the United States and Canada. Investigators at Tampere University of Technology in Finland tracked weight gained in the United States, Germany and Japan during those countries' festive times and found that each country's participants gained weight, particularly during the holiday season. Annual holiday weight gain can contribute to weight-based problems such as

*please see **weight** on page 15*





### BIS brings attention to diabetes

Berlin Intermediate School (BIS) rallied around World Diabetes Day last Wednesday by wearing blue. Students and staff talked about the signs of type 1 and type 2 diabetes and the effect it has on the families and lives of the BIS community.

"We have a very compassionate and informed community," said principal Ryan Cowder. "We have students who manage their type 1 diabetes every day, though you would never know it. They are brave and resilient and carry a positive attitude that inspires us all."

For more information on the signs and effects of diabetes visit <http://discoverdiabetes.idf.org/>.

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### Hospice to host Giving Tuesday event

Coastal Hospice invites the public to celebrate Giving Tuesday and to show their support of the project with a first look at the new Macky and Pam Stansell House of Coastal Hospice at the Ocean.

Construction of the Stansell House is near completion and is expected to open to patients in early 2019. This state-of-the-art facility located at The Point in Ocean Pines is the first hospice house to serve the Lower Eastern Shore. As a hospice house, the facility will provide quality end-of-life care with the comforts of home. The house will serve the most vulnerable hospice patients who are no longer safe in their own homes.

The open house event will take place 5 p.m. to 8 p.m. on Tuesday, November 27 at the site, 1500 Ocean Parkway in Ocean Pines.

"We are excited to open the doors of the Stansell House to the public for a first look," said Alane Capen, president of Coastal Hos-

*please see event page 15*

# SANDPIPER ENERGY

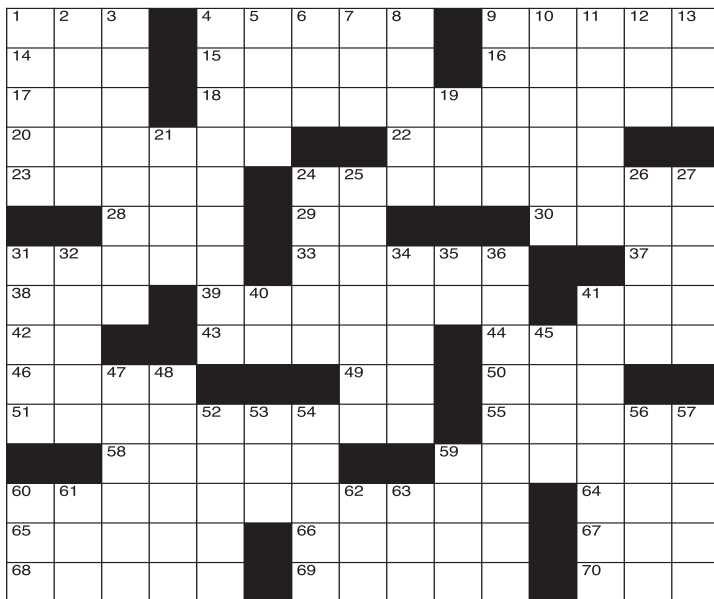
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**CLUES ACROSS**

- 1. Taxi
- 4. Long periods of time
- 9. Boiled cow or sheep
- 14. Ottoman military commander
- 15. Pig
- 16. Don't go near
- 17. Benin inhabitants
- 18. Pop star
- 20. Removes
- 22. Your sibling's daughter
- 23. Trade
- 24. Dabbled
- 28. Tax collector
- 29. Atomic number 73
- 30. Russian emperor
- 31. Broad-winged bird of prey
- 33. Pale brownish yellow
- 37. A type of bill
- 38. One or a sum of things
- 39. Stiff, untanned leather
- 41. Naturally occurring solid material
- 42. Promotional material
- 43. Beer mug
- 44. Nostrils
- 46. Very rich
- 49. Atomic number 10
- 50. Not even
- 51. Pulls apart
- 55. City in western Finland
- 58. Wing shaped
- 59. Paddling
- 60. Player
- 64. Japanese classical theater
- 65. S-shaped lines
- 66. Coined for one occasion
- 67. Pitching stat
- 68. "M" actor
- 69. Some are noble
- 70. Lair

**CLUES DOWN**

- 1. Places to eat
- 2. Marketplace
- 3. Unoriginality
- 4. Administrative officials
- 5. Female sheep and a loch in Scotland
- 6. Something to drill for
- 7. Midway between north and northeast
- 8. Cassia tree
- 9. Founder of medical pathology
- 10. Long-legged wading bird
- 11. \_\_\_ and goes
- 12. Go quickly
- 13. Used to cut and shape wood
- 19. Small island (British)
- 21. Dry or withered
- 24. "Last of the Mohicans" actress
- 25. Manufacturers need one
- 26. Tidal bore
- 27. Makes free of moisture
- 31. Semitic titles
- 32. Inappropriate
- 34. Gregory \_\_, US dancer
- 35. \_\_\_, denotes past
- 36. Makes nicer
- 40. Indicates position
- 41. Made a priest
- 45. Sixth month of Jewish calendar
- 47. One who refrains
- 48. Type of top
- 52. Pay increase
- 53. Curved shape
- 54. Keeping down
- 56. Sleep sound
- 57. Tiny Iranian village
- 59. Only one time
- 60. Elected official
- 61. Before the present
- 62. Genus of grasses
- 63. Autonomic nervous system



Answers for November 14

# Travel safety tips for holiday travel

The week of Thanksgiving is a busy time of the year to travel that is marked by a large number of people traveling to see loved ones.

According to the National Highway Traffic Safety Administration, Thanksgiving is the most dangerous holiday for driving. The most recent data available from NHTSA's Fatality Analysis Reporting System indicates that there were 764 crashes involving a fatality during Thanksgiving 2012. In comparison, there were 654 crashes involving a fatality during Christmas that year.

This Thanksgiving, drivers should make it a point to follow these tips to ensure they get to their destinations safely and soundly.

Check the forecast before you go. Weather can be unpredictable around Thanksgiving. Conditions may be sunny one day and then cold and icy the next. Stay up-to-date on the latest weather forecasts and road conditions as you prepare for your trip, making sensible decisions about traveling if there is inclement weather.

Get your vehicle inspected. Have your vehicle inspected in the days before you hit the road. A mechanic's diagnostic checkup and routine servicing, such as topping off fluids and changing windshield wipers, can make driving safer.

Keep your fuel tank more than half-full. FEMA suggests keeping the tank full when temperatures are ex-

tremely cold. This is because condensation can build up in near-empty gas tanks, potentially freezing fuel lines and leaving you stranded.

Opt for airline updates. Flights can be delayed or canceled when weather is poor. Many airlines will now text travelers who are subscribed to updates or frequent-flyer programs and apps. That is a convenient and free bonus.

Plan for stops. Drowsy driving and distracted driving are extreme dangers across North America. Take breaks to avoid drowsiness, and only use a mobile device when safely pulled over at a rest stop.



Leave plenty of time. There are bound to be many travelers come Thanksgiving week. Build extra time into your trip so you do not have to speed or rush to make it on time.

Thanksgiving is a big travel holiday. Make it to family dinner safe and full of smiles by following various safety trips during your travels.

## Sausage sale offered

The Bishopville Volunteer Fire Dept Auxiliary will hold a fresh sage sausage fundraiser. The cost is \$20 for a five-pound package; either mild or hot. Call 443-735-7473 by November 15 to reserve your package. The sausage will be available for pickup on December 1 at the main station from 8 a.m. to noon.

## Glass ornament fundraiser offered

The Bishopville Volunteer Fire Dept Auxiliary will hold a fundraiser to learn to blow your own glass ornament at Jeffrey Auxer Designs studio in Berlin on various dates in November and December. The cost is \$30 per person for one ornament. Call 443-880-4944 to reserve your space today. The dates available are November 27 and 28, December 4, 5, 11 and 12. All sessions begin at 6 p.m.





### Holiday turkeys for Diakonia

Walmart and Kiwanis worked together to provide 2018 holiday turkeys for Diakonia. Pictured is **Eddie Marvel**, Walmart Meat Manager who helped Kiwanis Club of Greater Ocean Pines-Ocean City chair **Barb Peletier** load the turkeys for her to deliver to Diakonia.

## Model railroading takes center stage

At noon on Sunday, December 9, the trains leave the station puffing and whistling at Corrdry Crossing, Snow Hill's home of model railroading and one of the town's biggest holiday attractions. Corrdry Crossing is above the Pocomoke River Canoe Company, where Route 12 crosses the Pocomoke River.

No one needs a ticket. The Big Day of Trains is free to all visitors, and there will be cookies and cocoa served in the canoe shop. Two of Delmarva's leading model railway shops will have tables and experts to answer model railroading questions,

and there will be door prizes.

Throughout the afternoon the manifests call for both passenger and freight trains to depart the station for many miles along tracks that wind through the (scale model) state of Maryland. Brought to you by the Corrdry Company Crossing Model Railway Club, the exhibit features four tracks with a working roundhouse, many switches and railway yard features, and trains of all vintages including "Thomas the Tank Engine," a kid's favorite.

The Big Day is the culmination of a full weekend of model railroading. On Friday December 7, the trains will be running with a visit from Santa and refreshments sponsored by the Snow Hill Elementary School PTA from 5 p.m. until 8.

Saturday afternoon, from 1 p.m. to 4 p.m. features demonstrations and workshops of DCS wi-fi, a system that provides "engineers" with control over their tracks by downloading a DCS w-fi app. "If you have a MTH PS2 or PS3 engine and have never used DCS, bring it with you (and your smart device) and we will show you how to run it," said Corrdry Crossing Chief Engineer Frank Deuter.

Also on Saturday one train will be hauling a specially-constructed freight car for smart phones. So, visitors can mount their phones to make a realistic 2-minute video as the train rounds the tracks, from countryside, through the city, around the base of Maryland mountains, and back to the station.

## Coastal Hospice celebrates recognize month

Hospice is not a place but is high-quality care that enables patients and families to focus on living as fully as possible despite a life-limiting illness. Palliative care brings this holistic model of care to people earlier in the course of a serious illness. November is National Hospice and Palliative Care Month and hospice and palliative care programs across the country are reaching out to help people understand all that hospice and palliative care offer.

This year, a number of notable Americans have died. They include Senator John McCain, the queen of soul Aretha Franklin, and former first lady Barbara Bush. In many media reports, they were described as having "given up" on curative care late in their lives. Ms. Franklin opted for hospice care; Mrs. Bush received what was described as "comfort care."

"It is essential that people understand that hospice and palliative care is not giving up, it is not the abandonment of care, it is not reserved for the imminently dying," said Alane Capen, president of Coastal Hospice. "Hospice is a successful model of person-centered care that brings hope, dignity and compassion when they are most needed."

Every year, nearly 1.5 million

Medicare beneficiaries receive care from hospices in this country, reports the National Hospice and Palliative Care Organization. Hospice and palliative care programs provide pain management, symptom control, psychosocial support, and spiritual care to patients and their family caregivers when a cure is not possible.

Central to hospice care are patient care volunteers. Kevin Hughes has been a volunteer for Coastal Hospice for approximately 11 years and said that he gets more out of volunteering than he gives.

"I like to educate people and help them through the process," Hughes said. "We all go through this, and the end stage is so hard for a lot of people to go through and talk about. It is important to talk to people about all the services of Coastal Hospice and that it is not about dying."

Throughout the month of November, Coastal Hospice will be joining organizations across the nation hosting activities that will help the community understand how important hospice and palliative care can be.

More information about hospice, palliative care, and advance care planning is available from Coastal Hospice at [www.coastalhospice.org](http://www.coastalhospice.org) or from NHPCO's CaringInfo.org.

## AGH DAISY award bestowed

Atlantic General Hospital awarded the DAISY Award for excellence in nursing to Guy Gross, RN, BSN, at a recent presentation held at the John H. 'Jack' Burbage Jr. Regional Cancer Care Center.

Gross has been a nurse for three years, one and a half of which he has spent with AGH at the Regional Cancer Care Center. He is BSN prepared and has been dedicated to the oncology specialty since he began the profession. He recently began to pursue a doctoral degree to become a nurse anesthetist.

Of his nomination, Gross said, "I am so honored and proud to have been chosen to receive the DAISY award. I am

beyond grateful for my patients and their families who felt that I was deserving of this award. Caring for oncology patients has made me the caring and



From L to R: **Tim Whetstine**, vice president of practice administration; **Jonathan Bauer**, vice president of information services and CIO; **Guy Gross**, RN, BSN; **Kelly Fox**, RN; **Colleen Wareing**, RN, vice president of patient care services; **Cheryl Nottingham**, vice president of finance and CFO.

Please see **award** on page 15

Tides for Ocean City (Fishing Pier)			
Day	High /Low	Tide Time	Sunrise Sunset
Th 22	Low	12:02 AM	6:49 AM
	High	6:20 AM	4:44 PM
	Low	12:43 PM	
	High	6:39 PM	
F 23	Low	12:46 AM	6:50 AM
	High	7:06 AM	4:43 PM
	Low	1:31 PM	
	High	7:25 PM	
Sa 24	Low	1:30 AM	6:52 AM
	High	7:53 AM	4:43 PM
	Low	2:19 PM	
	High	8:13 PM	
Su 25	Low	2:17 AM	6:53 AM
	High	8:42 AM	4:42 PM
	Low	3:09 PM	
	High	9:03 PM	
M 26	Low	3:06 AM	6:54 AM
	High	9:32 AM	4:42 PM
	Low	4:03 PM	
	High	9:55 PM	
Tu 27	Low	4:00 AM	6:55 AM
	High	10:25 AM	4:41 PM
	Low	4:59 PM	
	High	10:50 PM	
W 28	Low	4:59 AM	6:56 AM
	High	11:21 AM	4:41 PM
	Low	5:58 PM	
	High	11:50 PM	





Ocean Pines platform tennis players honor their veterans with play and a special cook-out.

## Giving Tuesday to support MCBP

Come out and celebrate Giving Tuesday at West Ocean City's West O Bottle Shop November 27 from 5 p.m. to 8 p.m. to support the Maryland Coastal Bays Program (MCBP) while enjoying a wine tasting and oyster sampling.

Giving Tuesday is a national campaign where individuals are encouraged to donate to area non-profits. Community Foundation of the Eastern Shore (CFES) has created the Giving

Tuesday online giving day to consolidate local end of year charitable fundraising opportunities. For one day, there is a link provided to donate to over 60 area non-profits, including MCBP. It's an

easy one-stop shop to donate to local charities. The effort is known locally as "Shore Gives More" and you can access it online at [www.shoregivesmore.org](http://www.shoregivesmore.org).

MCBP Staff wants to celebrate the spirit of giving and encourage donors to give while having fun on Giving Tuesday. Morgan and Proud Pour Wines will be hosting a wine tasting at the event, South Point Oyster Farm will be providing fresh local oysters and there will be appetizers from local restaurants including Carrabbas Italian Grill and Chipotle. Each person that donates as little as \$10 during the event will receive a raffle ticket for a basket of goodies.

Today in the United States, a child spends an average of 7 hours a day in

front of a screen, and only 7 minutes a day engaging in unstructured outdoor play. The Maryland Coastal Bays Program is working hard to change this behavior.

In 2018, over 7,000 children and their families participated in Coastal Bays' education programs such as community activities, service trips, and summer camps. These enriching programs encouraged environmental values and provided hands-on experiences to help create strong coastal bays' stewards. All proceeds to MCBP from Giving Tuesday will go directly to funding these educational programs.

MCBP works with local, federal and state agencies to help protect and preserve the Coastal Bays. For more information, visit [www.mdcoastalbays.org](http://www.mdcoastalbays.org).

For more information on this event contact Sandi Smith at [sandis@mdcoastalbays.org](mailto:sandis@mdcoastalbays.org) or at 410-213-2297 ext. 106.

## AYCE breakfast scheduled

The Grace Parker All You Can Eat Breakfast will be held on Wednesday, December 5, 7 a.m. to noon at First Presbyterian Church of Ocean City located at 13th St. and Phila. Ave. Eggs any style, pancakes, buckwheat pancakes, sausage, ham, biscuits, hash brown potatoes, grits, coffee, tea. The cost is \$8 and carry-out \$7. Milk, soda, orange juice available. A Christmas Bazaar will be held during the breakfast featuring baked goods, handmade items, jewelry, cards and much more. For more information call 410-289-9340 and please leave a message.



## American Education Week

Stephen Decatur High School tutorial interns and members of the Future Educators of America served as greeters during American Education Week, November 12 -16. Teachers celebrated the week with fun-filled, engaging, and service-oriented activities including poetry readings, science labs, a canned food drive, and a military drive. Additionally, SDHS opened its doors to over 100 parents and community members.

Above: Stephen Decatur High School seniors **Ian Albert, Ally Jones, and Connor Carpenter** were on hand to welcome guests.

## Improve crossword-solving skills

Crossword puzzles are an integral component of newspapers. In addition to their entertainment quality, crossword puzzles can help improve cognition and brain health in individuals of all ages.

The first known crossword puzzle to be published was created by a British journalist named Arthur Wynne, who is often credited as the inventor of crosswords. The first puzzle appeared in the *New York World* on December 21, 1913. The original crossword was diamond-shaped and did not feature the familiar black squares.

Throughout the 1920s, crossword puzzles became a standard offering in

many newspapers. During this period, puzzle shapes evolved to the more familiar form, and certain puzzle standards were established. Puzzles now appearing in most North American newspapers and magazines feature solid areas of white squares. Each letter is usually part of both an "across" word and a "down" word, and usually each answer must contain at least three letters. In these puzzles, shaded squares are typically limited to about one-sixth of the total.

It is estimated that around 50 million people see **skills** on page 14







### Kiwanis receives Red Kettle Award

Through the years, the Kiwanis Club of Greater Ocean Pines - Ocean City has manned Salvation Army Red Kettles at the Berlin Walmart. On November 14, the Salisbury Salvation Army kicked off its 2018 campaign with a breakfast celebration in the Civic Center in Salisbury. Over \$247,000 was collected in 2017. The goal for 2018 is \$260,000. The money collected helps local people.

Many organizations and individuals were recognized for their 2017 contributions and efforts. Again this year, the Kiwanis Club received an award. They were recognized with the 2017 Bell Ringer Award for Civic/Group Locations - 3rd Place. Pictured are (L-R) Kiwanian **Pat Winkelmayer**, Kiwanis Chair for Red Kettle **Stella Hartington** (hold plaque) and Kiwanian **Tom Southwell**. Starting Black Friday November 23, Kiwanis will again be at the Berlin Walmart ringing the bell through Christmas Eve Day.

### Maryland's most popular hunting season starts Saturday

The Maryland Department of Natural Resources announces that the two-week firearm hunting season for sika and white-tailed deer opens November 24 and runs through December 8.

"The two-week firearms season remains our most popular hunting opportunity in the state," Wildlife and Heritage Service Director Paul Peditto said. "More than one-third of the harvest occurs during this two-week season, which helps manage the state's deer population."

Sunday deer hunting is available in all but three counties and remains a critical component to deer population management and recreational opportunities for all resident and visiting hunters.

Hunters are encouraged to consult the 2018-2019 Maryland Guide to Hunting & Trapping for recent changes to bag limits, regulations and registration procedures.

During firearms season, Maryland requires deer hunters and their companions to wear daylight fluorescent orange or daylight fluorescent pink in one of the following manners: a cap of solid fluorescent daylight orange or pink; a vest or

jacket containing back and front panels of at least 250 square inches of fluorescent daylight orange or pink; or an outer garment of camouflage daylight fluorescent orange or pink worn above the waist and containing at least 50 percent daylight fluorescent color.

Hunters should carefully inspect all tree-stands and always wear a full-body safety harness while climbing in or out and while in the stand. The department strongly recommends using a sliding knot, commonly known as a prussic knot, attached to a line that is secured above the stand that allows the hunter to be safely tethered to the tree as soon as they leave the ground.

Maryland hunters are encouraged to donate any extra deer they may harvest to Farmers and Hunters Feeding the Hungry. New this year, hunters may claim a tax credit of up to \$50 for each legally harvested deer that is processed and donated to a nonprofit food sharing program. The maximum credit in any one tax year is \$200 per hunter. The approved form to claim this credit is available online.



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**puzzle**  
from page 12

lion people in America routinely partake in crossword puzzles. Each year, one best-of-the-best is crowned in the American Crossword Puzzle Tournament.

Everyone wants to improve his or her crossword-puzzling skills. These tips can help.

Practice, a lot. Practice makes perfect, even with crossword puzzles. Start with simple puzzles and work up to the more difficult ones.

Divide and conquer. Divide the puzzle into smaller sections and complete each cluster before moving on. It is easier than completing all of the across or down clues.

Watch "Jeopardy." Puzzles used to be comprised largely of definitions, but they now incorporate just about every subject. Improving general knowledge and perhaps watching trivia shows can help with puzzle completion.

Learn repeat offenders. Over time you may recognize certain words appear in puzzle after puzzle. You will soon be able to match the clues to these repeat words.

Familiarize yourself with multiple word meanings. Remember to think like a puzzle creator, who is probably trying to stump you. The word "flower" may not imply the blooming plant. It may represent something that "flows."

Take a break. Taking a few moments to step away from the puzzle before returning to it can clear the mind and make answers more apparent.

Crossword puzzles are a popular component of daily and weekly newspapers. They are fun to fill out and boast a rich history.



**Service volunteers honored**

Stephen Decatur High School (SDHS) students **Ryan Boyle, Maeve Donahue, Alex Bean, Allison Hunter, and Jude Al-Hamad** received the Presidential Service Gold Award during the annual Presidential Awards ceremony on October 18. To receive this distinction, students must have completed at least 250 volunteer hours during a calendar year. Overall, 63 sophomores, juniors, and seniors were honored for their nearly 12,000 hours of service. In 13 years, SDHS students have accumulated over 114,000 community service hours. Superintendent Louis Taylor, SDHS Class of 1978, served as the guest speaker.

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**Celebration** – One of the original property salesmen in Ocean Pines, **John Talbott**, is pictured with his wife at the November 10 Ocean Pines 50<sup>th</sup> Anniversary Gala, which was held at the Ocean Pines Yacht Club. Photo by Ted Page.

**award**  
from page 11

compassionate nurse that I am today and I will always be thankful for them.”

The nomination stated, “He is so special – kind, caring and takes such good care of his patients. His smiling face always greets you. Nothing is too much for him to do for his patients.”

“Guy is such a unique employee as he is a constant ray of joy and positivity in any room that he walks into. His uplifting attitude is exactly what our cancer patient’s need while going through their infusion treatments. The nomination says it all; nothing is too much for him to do for his patients,” stated Colleen Wareing, vice president of patient care services at Atlantic General Hospital.

The DAISY Award, created by The DAISY Foundation in Memory of J. Patrick Barnes, honors the extraordinary work nurses do for patients and

families each day. Hospital leadership brought the awards program to Atlantic General to recognize the compassion and high level of care its nurses provide to residents and visitors of the community.

Patients and visitors can nominate an Atlantic General Hospital and Health System nurse for the DAISY Award at any time. Nomination forms are available in every hospital department and health system physician office. Awards are bestowed quarterly.

**event**  
from page 9

“This beautiful facility has been a long time coming and is so critical for end-of-life care on the Eastern Shore. We could not have completed this project without the generous support of our community, our committee and board members who have worked tirelessly for a decade to see this vision become a reality.”

The Stansell House preview coincides with Giving Tuesday, a global giving event following the widely recognized shopping events after Thanksgiving - Black Friday and Cyber Monday - to kick off the charitable giving season. Giving Tuesday is also in conjunction with Shore Gives More 2018 presented by the Community Foundation of the Eastern Shore. Shore Gives More brings together the community to raise money and awareness for local nonprofits during a 24-hour online giving challenge.

**weight**  
from page 8

obesity, heart disease and Type 2 diabetes.

The holiday season might not be the best time to start a diet, but holiday eating does not have to derail healthy lifestyles. The following are ways to avoid holiday weight gain and still enjoy all of the parties, adventures and time spent with friends and family.

Focus on festivity instead of food. When hosting holiday festivities, make the bulk of the celebration about an activity rather than food. If guests are focused on fun, such as a sing-a-long, dancing or tree-trimming, they may be less likely to overeat.

Do not show up starving. Eat a light, healthy snack before participating in any holiday revelry. Hunger pangs may drive one straight to the buffet table.

Survey your options prior to eating. Guests should scope out the food choices and then make the smartest selections possible. Avoid creamy sauces, greasy foods and those that are heavy on cheese. Fill up on vegetables and then you will not feel bad about splurging on a dessert.

Go sparingly on alcohol. People seldom realize how quickly calories from beverages can add up. A 12-ounce

glass of beer has about 150 calories, a five-ounce glass of red wine has about 125 calories and a 1.5-ounce shot of gin, rum, vodka, whiskey, or tequila has about 100 calories, according to the National Institute on Alcohol Abuse and Alcoholism. Furthermore, alcohol lowers inhibitions, so you may be more likely to overindulge in more



spirits or extra food when intoxicated.

You cannot buy back calories with exercise. Putting in a marathon exercise session the next day probably will not undo the damage done from overeating the night before. Maintain a consistent workout schedule all through the holidays.

Holiday weight gain is not inevitable for those who take control and exercise discipline.

**history**  
from page 3

refer to the Friday traffic jams and crowding in downtown stores from tourists and shoppers who flooded into the city in advance of the Army-Navy football game held the Saturday after Thanksgiving each year. Bigger crowds and rowdiness contributed to long hours and stressful shifts for local police.

Black Friday reinvented. The retail industry started using the term “Black Friday” in the late 1980s. Spin doctors turned previously negative connotations into positive ones by associating the phrase with stores turning a profit and moving accounting ledgers from “red to black” thanks to big year-end sales. Retailers and consumers rallied around low-cost “doorbusters” and other discounted prices.

Interestingly enough, according to the National Retail Federation, Black Friday really has not been the most lucrative day for retailers over the years. In fact, greater profits and larger crowds are often seen on the last Saturday preceding Christmas.

Shopping weekend evolves. While Black Friday may have been the catalyst, in recent years shoppers have made the entire weekend of Black Friday a lucrative one for retailers. Many stores now open on Thanksgiving and extend sales through the entire weekend. Small Business Saturday and Sunday promote patronizing mom-and-pop stores. Cyber Monday emerged when online shopping became a popular way to grab deals, and it marks the close of the opening weekend of the holiday shopping season. In 2017, Black Friday weekend attracted 174 million shoppers who spent an average of \$335.47, according to the NRF.

Letters sent to The Courier for publication consideration must be signed and include



a telephone number where the author can be reached to verify authenticity, if necessary. Letters

are not corrected for spelling or grammar and priority will be given to letters of 300 words or less. Letters must be received by Friday at 5 p.m. They can be e-mailed to:

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