

The GOLD standard: making a difference

By **June Freeman**

The coming holidays are a time to celebrate with food, gifts, and family gatherings. But what happens to those who have no food, no money, no heat or electricity, or no place to call home?

According to 2017 U.S. Census Bureau statistics eleven percent of Worcester County citizens are living below poverty level. These statistics are just numbers but the harsh reality is that infants, the young, the old, and those in between wake up each morning in crisis mode. Evictions, urgent medical needs, lack of food, lack of basic needs for infants, children going into foster homes, disconnected utilities, and being homeless are some of the facts behind these numbers.

It is easy to lose sight of those unfortunate people who are in such great need. But there are many in Worcester County who remember and give. Worcester County GOLD which stands for Giving Other Lives Dignity has been reaching out to Worcester County residents for the last twenty-one years. This non-profit organization works relentlessly year-round to improve the quality of life for those who find themselves in dire straits.

Worcester County GOLD Executive Director Sandy Sipes talked about the kindness and generosity of the individuals, groups, and businesses that volunteer throughout the year. One of the most recent events was over this year's Thanksgiving holiday. The Worcester County Bar Association and volunteers helped make Thanksgiving a time to remember, instead of a time to forget. A total of 265 turkeys with all the trimmings were distributed to people in need.

Sipes explained what a huge impact Worcester County GOLD has on many lives. It is good day for

please see gold page 15



Sandy Sipes



Retirement - Tuesday, November 27 was the last day for Judge **William D. Shockley** to serve as Judge of the Orphans Court in Worcester County. Judge Shockley served 32 years on the Orphans Court, 28 years as the Chief Judge.

Judge Shockley is shown above with outgoing Register of Wills **Charlotte Cathell** who will end her twenty-years of service as the Register. Terry Westcott was recently elected to succeed her.

Chief Judge Linda M Hess and associate Judge Michael Diffendal both will miss the wisdom and humor that Judge Shockley brought every Tuesday to the courtroom. "He has been a great mentor and friend to all of us," said Hess.

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Community Calendar DECEMBER

Holiday donation drive underway

An annual program that collects for those in need is set to unwrap Christmas joy in the Ocean Pines area this holiday season.

The Ocean Pines Aquatics Department is once again lending a helping hand to area families through its Angel Tree program that provides toys and clothing to children and seniors experiencing financial hardship.

“The Angel Tree is such a wonderful opportunity for all of us to give to those who are less fortunate in our community during the holidays,” said Colby Phillips, the director of the Ocean Pines aquatics and recreation departments.

A Christmas tree at the Sports Core Pool was decorated with paper angels representative of a requested donation for a child or senior who without this program may not receive a gift at Christmas.

Area residents were quick to pick an angel from the tree and are set to donate a gift that will be delivered to the families on Monday, December 10.

“Our community is truly amazing and so giving,” said Phillips. “As the person who gets to see firsthand the impact, I can’t express enough how touched the recipients are of the generosity shown to them.”

Those who are looking to donate but were not able to pick an angel from the tree, can donate Walmart and/or Food Lion gift cards. For more information about the Angel Tree program at the Sports Core Pool, contact the Aquatics Department at (410) 641-5255.

Fiber Friends to meet

Are you looking for a group that shares your enthusiasm for fiber arts? If so, please bring your lap work and join Fiber Friends for informal get-togethers at the Ocean Pines library on Friday, December 7 at 10 a.m. Knitters, crocheters, embroiderers, etc. are welcomed. Questions? Please call Victoria Christie-Healy at 703-507-0708 or email moonlightknitting@gmail.com.

Celebrate Christmas charm in the Pines

Celebrate the charm of Christmas with a roundtrip sleigh ride to Ocean Pines for a look inside Kris Kringle’s cozy cabin in a magical winter wonderland at White Horse Park.

Children will soon get a chance to deliver handwritten letters and whisper holiday wishes to Santa Claus at his toy-lover’s dream home at 235 Ocean Parkway in Ocean Pines. Santa’s House will be open for visits on December 8, 20, 21 and 22 from 6 p.m. to 8 p.m. There is no charge for this Santa experience.

Families are invited to a special

showing of the 2009 movie “A Christmas Carol,” an animated adaptation of the Charles Dickens classic Christmas story, on Friday, December 7 at 7 p.m. in the gym of the Community Center. Folks are encouraged to bring a lawn chair or blanket. Drinks, popcorn and candy will be available for purchase at this free holiday movie night.

Kris Kringle is ditching the holiday-famed Santa suit for a pair of swim trunks and flip-flops at the annual “Swim with Santa” on Saturday, December 8 from 11 a.m. to 1 p.m. at the Sports Core Pool. The fee is \$6 for swimmers and \$3 for non-swimmers.



The 21st Amendment to the U.S. Constitution was ratified on December 5, 1933, repealing the 18th Amendment and bringing an end to the era of national prohibition of alcohol in America. At 5:32 p.m. EST, Utah became the 36th state to ratify the amendment, achieving the requisite three-fourths majority of states’ approval. Pennsylvania and Ohio had ratified it earlier in the day.

Prohibition, failing fully to enforce sobriety and costing billions, rapidly lost popular support in the early 1930s. In 1933, the 21st Amendment to the Constitution was passed and ratified, ending national Prohibition. After the repeal of the 18th Amendment, some states continued Prohibition by maintaining statewide temperance laws. Mississippi, the last dry state in the Union, ended Prohibition in 1966.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
	2	3	4	5	6	7
	8	9	10	11	12	13
	14	15	16	17	18	19
	20	21	22	23	24	25
26	27	28	29	30	31	

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.



All of these events are open to the public. For more information, call the Ocean Pines Recreation and

Parks Department at 410-641-7052 and the Ocean Pines Aquatics Department at 410-641-5255.

Fisher recognized for profession contributions

Editor's note: *The Physician Assistant History Society recently recognized Ocean Pines resident and Courier columnist Ron Fisher for his contributions to the Physician Assistant profession. The following story is republished here with permission from the PA History Society.*

By **Steve Wilson**

Sailor, jet mechanic, UPS driver, barber, nurse, executive, community volunteer, harbor master, columnist, and 15th President of the American Academy of Physician Assistants (AAPA).

Since his birth on January 22, 1943, Ron Fisher has not exactly chosen a life path typical to that of Physician Assistants (PA) today, but it certainly is one that exemplifies how professional success is a growth process. As a PA, Fisher has distinguished himself as president of the Pennsylvania Society of Physician Assistants (PSPA) and president of the AAPA. He championed the work of PAs as a Multispecialty Group Administrator ('83 - '93), vice president of Western Region for the Geisinger Clinic system in Pennsylvania ('93 - '95), executive director Clinic Operations NorthEast Medical Center in North Carolina ('95 - '97) and executive director, Peninsula Regional Medical Group in Maryland ('97 -08).

Fisher's work has been recognized via the Pennsylvania Society of Physician Assistants Outstanding Service Award, The Upjohn Leadership Award, and the Geisinger Clinic Award for Leadership in Division Management.

Fisher and his sister were raised in Selinsgrove, PA. After his high school graduation in 1961, Fisher married his high school sweetheart, Shirl, and entered the Navy. He was trained as a jet mechanic and left the service after four years. Fisher worked a short time as a UPS driver but then decided to attend a barber school in Harrisburg, PA. It was here that the study of head and face anatomy revealed his interest in

medical studies. Fisher was the only male student in his class at the Danville Nursing Program, and after graduation in 1968 he went to work at the Sunbury Community Hospital as an emergency room nurse. Within a year he had accepted a position to work in the dialysis unit at the Geisinger Medical Center in Danville, PA.

As Fisher excelled, he was recognized for his knowledge and capabilities by being one of two nurses selected by Geisinger Medical Center to complete Geisinger's PA certificate program in 1971. Fisher worked clini-



Ron Fisher

cally as a PA within the Geisinger system from 1972 until 1983 in emergency medicine and primary care. He also served as a deputy coroner.

Fisher was a key member of a group of dedicated PAs that led to the enactment of the Pennsylvania state statute recognizing PAs as a member of the medical community. While serving as secretary for the Pennsylvania Society of Physician Assistants, the Medical Practice Act of 1974 was amended to include physician assistants. Ron went on to serve as the Society's 2nd President from '79-'81.

During this period, Fisher served as a consultant concerning PA issues to the Pennsylvania State Board of Medical Education and Licensure and as a consultant to the State Medical Society's Committee on Health Manpower.

Fisher's involvement with the

*please see **fisher** on page 15*

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2012 Business of the Year

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Nineteenth century political cartoonist Thomas Nast was among the most influential people of his time, and chances are he is still influencing the lives of millions of young people today, more than a century after his death. In addition to his political cartoons, which historians feel are

invaluable tools in helping to understand how nineteenth century Americans felt about their country's civil war, Nast created the now-iconic image of Santa Claus. Nast, who was born in 1840, created the image in 1863 after his wife read him Clement Clark Moore's poem "A Visit from Saint Nicholas." Though the image of Santa Claus has evolved from Nast's original in 1863, he is credited with forming the basis of the popular depictions of Santa that have become synonymous with the holiday season.



Success - The Worcester County Humane Society held its annual quarter auction raising over \$10,000. Pictured are the team of volunteers that made it possible.

Wor-Wic awarded development grant

By **Chip Bertino**

Wor-Wic Community College has been awarded a state grant to assist youth prepare for college. The Maryland Higher Education Commission (MHEC) Secretary, Dr. James. D. Fielder, announced that more than \$108,000 was awarded to two Maryland higher education institutions for skills-development programs.

In conjunction with the federally funded Maryland Gaining Early Awareness and Readiness for Undergraduate Program (GEAR UP), the Workforce and Employability Skills Program (WESP) awards will benefit low-income students by offering programs in career exploration, educational planning, and job skills. Both Johns Hopkins University and Wor-Wic Community College will use these funds to create programs that will expose local students to in-school workshops that focus on communication, collaboration, teamwork, self-advocacy, as well as job exploration, experiential learning, and workplace readiness training.

"What's beneficial about this program is that many of the participants are low-income and potential first-generation college students who never thought college was in their future. Through the grant support, they are being brought to campus to see everything that's available to them," said Dr. Ray Hoy, president of Wor-Wic Community College.

"So far, we have had two groups come through," said Hoy. "They were exposed to the campus and shown different career pathways. They heard

about all the different credit programs and non-credit courses that they could take. And, college staff helped them with the admissions process, including how to apply for financial aid. We even work with them on soft skills like how to communicate and conduct themselves appropriately in the workplace."

Maryland two-and four-year institutions were eligible to apply and partner with Local Education

Authorities (LEAs) for the grant. The following two institutions were awarded for the 2019 funding cycle:

- Johns Hopkins University: \$80,000
- Wor-Wic Community College: \$28,372

This is a six-year federal grant program (2014-2020), sponsored by the U.S. Department of Education.



Spirit - Berlin Intermediate School recently held a School Spirit Day for Diabetes Awareness in November. The students and staff wore the color blue to support the four BIS Strong - Type 1 Diabetes Girls.

Pictured above are: **Ryan Cowder**, BIS Principal, **Kazia Milewski**, **Bailey Griffin**, **Aiya Hessain**, **Michelle Bankert**, BIS School Counselor, **Patty Spangler**, BIS school nurse and **Amanda Bradford**, BIS school nurse.

Tough road to a tender turkey

Bear with me on this one.

Thanksgiving is my favorite holiday. My daughter is my favorite oldest child. Put the two together and it's a dream come true. I have not been with my daughter and her family in more than a year.



It's All About...

By **Chip Bertino**

chipbertino@delmarvacourier.com

daughter was looking forward to Thanksgiving. She was planning to prepare the dishes she grew up on: mashed potato casserole, sausage stuffing and pumpkin pie. I just listened, anticipating that at some point an invitation would be offered. It wasn't.

My wife was unsympathetic to my desire for an invite. She took our daughter's side, telling me that she (our daughter) should not have to worry about having guests for the holiday so close to when they moved into their new

house. I understood but I still wasn't mollified. No sympathy was coming from any quarter; not my wife, not my sons. My son and his fiancé both told me that there wasn't a chance that I'd be travelling out of state for the holiday. Okay. Okay. I got it. No matter how subtly I hinted, no matter how many times I made comments to my daughter like, "Gee, that menu you're preparing sounds wonderful," nothing elicited from her the response I sought.

Then, *then* the opening I sought fell in my lap from an unlikely source: my youngest son. As he often does, he called me to catch up. It was six days before the big day. We were having a fine conversation about this and that when he said in passing that his sister, my one and only daughter, had invited him for Thanksgiving but that he had to work and wouldn't be able to go. Hold the phone!

"Whoa! Your sister invited you to Thanksgiving? This Thanksgiving?" I asked.

"Yes," he replied not realizing the ramifications of his comment

"I gotta go," I said and hung up.

I next hit speed dial for my daughter. She answered and we started talking; about nothing in particular at first. I wanted to ease into the topic of interest. "Oh, by the way," I said, "I was talking with your brother. It's a shame he has to work Thanksgiving." My daughter agreed.

Hmmm. She didn't bite. I pushed a little more.

"Yeah, he said he was sorry he couldn't be with you on Thanksgiving," I said nonchalantly. She agreed again. Again, nothing. She was making me work for it.

So, what's this have to do with anything? Stay with me.

My daughter and her family recently moved from Texas to Alabama, reducing by half the time and travel between my front door and theirs.

For two consecutive years, my wife and I drove cross country to El Paso to visit them. So, when the drive to visit them was shortened by 15 hours and a thousand miles, it was only natural and understandable for me to believe that I would get an automatic invitation to Thanksgiving. I mean, really, wouldn't you have the same thought?

Understandably, they had moved into their new house 14 days before the holiday and needed time to settle in. I understood. I didn't push myself on them, nor did I attempt to elicit an invitation. My soon-to-be daughter-in-law flew out to help my daughter unpack and set up the house. My son-in-law told me that the two girls went through the house like a cyclone in reverse, transforming chaos into calm. Within two days the work was done; the kitchen was set up, the bedrooms were readied and all boxes were unpacked. My daughter was very appreciative to have another female in the house getting things done. By his own admission, my son-in-law took care of the garage. That seemed right to me.

Getting back to my story. During our frequent conversations, my daughter talked about the progress realized in getting the house in order. I listened, pleased that things were going so well. What I didn't hear was my daughter saying something like, "Well, now that everything is settled, why don't you and Mom come for the holiday." No, I didn't hear that. What I heard was how my

"Mom and I won't be doing anything special. I think it'll be just the two of us this year."

Nothing.

A new tactic was needed.

"You remember that funny Johnny Carson clip when he invited Doc Severinsen to Thanksgiving dinner and Doc made a big deal about never having been asked before and then declined the offer?"

My daughter started laughing as she remembered the scene. Then the laughter stopped. "Wait a minute," she said. "You're trying to tell me something aren't you?"

"Honey, whatever do you mean," I responded innocently.

"Do you want to come for Thanksgiving?" she finally asked.

"We'll be there," I said without thinking twice or consulting my wife.

"Jeez, Dad. Why didn't you just say so. I didn't think you'd want to make the drive."

Didn't want to make the drive? Didn't want to make the drive!

I drove to El Paso – twice. I haven't seen my daughter, her husband and my grandchildren in over a year. I'll make the drive. *I'll make the drive.* And I made the drive.

And I'm so glad I did. And, so was my daughter.

I'll tell you, my daughter's turkey tasted all the better for all the effort it took to wrangle an invitation.

I'm sure my daughter would agree that it was a very nice Thanksgiving.

Tough road to a tender turkey: rebuttal

By **Caden Terlizzi**

I knew my Dad wanted to come for Thanksgiving. He started hinting around for an invite back in spring when we received orders that required us to move closer. Despite what he may think, my father is not as cunning as he thinks. Or subtle for that matter.

So why wait until six days prior? Why keep him at arms lengths for months? Anyone who has played host to my father knows it's a big production. It's as if a great king from a foreign land were visiting. Linens pressed. Silver polished. Menus and itineraries set. The works. You think I'm kidding? Before he would agree to visit my fifth-grade class on career day, he insisted on a red carpet and a drum roll when he entered the classroom. This is what I've dealt with all my life people.

He'll say he's just a simple man who doesn't want to be a bother to anyone. It's those around him who want to make a fuss. So, he goes along for their benefit. Their benefit? THEIR BENEFIT?!

My father claims he is not a bother to those around him. If only that were true. Mosquitoes on a hot, humid day are less bothersome. For example, he wasn't in my house five minutes when it was time for his adult beverage, rum and Coke. I don't drink Coke. I had no Coke. Coke is not something I keep in my house. So, there was no Coke for his drink. You would have thought I had denied him some life-saving antidote.

Later, when recounting my father's visit to my grandmother, she became very quiet and after a moment or two said in a very concerned, confused voice, "You didn't have his Coke?" It was clear by her tone that she couldn't believe such an egregious oversight had been committed.

As if cooking an entire meal from scratch for my, "I'm all about the give" father was not stressful enough, the days leading up to his favorite holiday were an ever-growing reminder of why I waited to invite him in the first place. Each day phone calls and messages came in from him stressing the importance of getting the ratio right in the sausage stuffing. My grandmother advised, "Just serve him a plate of sausage, he'll never know the difference."

Finally, the big day came and my parents arrived safely. My kids, who were unaware of the visit and had no comprehension of the importance of stuffing ratios, were ecstatic to see them turn into the driveway. And truth be told, so was I. It was the first time in seven years that I enjoyed Thanksgiving with my parents. And despite the preparations, the regular phone calls and the forgotten Coke, this particular holiday was one of my favorites. And, let the record show, I nailed the sausage stuffing ratio.

"What's that Dad? *Christmas*?! I think Nick said he'd love to have you in Florida."

Artisans fair returns this weekend

The galleries at the Ocean City Center for the Arts are filled for the holidays this weekend, with the opening art reception and live music on First Friday, December 7 and the annual Holiday Artisan Fair on Friday and Saturday, December 7 and 8.

Friday's opening reception features "The Best of 2018," original artwork by artists who received "best of" awards in shows during 2018: first, second or third place or honorable mention. Also in the galleries is the annual all-media juried show by members of The Art League of Ocean City.

The public is invited to the free event from 5 p.m. to 7 p.m. to meet the artists and enjoy complimentary hors d'oeuvres.

The Artisan Fair begins during the First Friday reception, and continues on Saturday from 11 a.m. to 4 p.m. In addition to the work of more than a dozen artists, the fair will also feature book signings, kids' crafts, and baked goods for sale. Admission to the artisan fair is free. The original work for sale includes jewelry, glass art, pottery, ceramics, fiber art, and more.

A "Small Works" show fills Studio E with original art in all media under 12 inches, at corresponding small prices.

The Spotlight Artist for December is Beverly Gordon who will be showing photographs of flowers and her photography book, "A Beautiful Life: A Memoir Through Pictures of a True Love Story," in honor of her late husband who passed away from Alzheimer's. Proceeds from sales during the month will be donated to Alzheimer's Association of America.

December's Artisan in Residence is jewelry designer Laura Ellison, who creates bold contemporary designs using mixed metals and resin. Inspired by nature, her pieces are colorful, textured and organic.

Originals Only follows the art opening on First Friday at 7:30 p.m. with live music performed by emerging musicians and artists in a safe, alcohol-free, coffee-house setting. Tyler Dark will be the emcee, and Coastal Coffee Roasting is providing free coffee. Admission is free.

On Saturday, December 8 at 1 p.m. during the Artisan Fair, Art League docent Cassie Wait will give a free gallery tour, discussing the art on the walls and answering questions. Admission is free.

More information is available at www.artleagueofoceancity.org or by calling 410-524-9433.



Storytelling - Students in Jennifer Fohner's Pre-K class at Ocean City Elementary School are working on retelling stories. Students used flannel boards, props and masks to help retell the stories, "The Three Little Pigs," "The Three Billy Goats Gruff" and "Goldilocks and the Three Bears."

Pine Tones to perform

On Friday, December 14, at 7:30 p.m. the Pine Tones Chorus will present their Christmas Concert at Atlantic United Methodist Church located at Baltimore Ave. and 4th Street in Ocean City.

The concert theme is "My Favorite (Things) — Songs" and will offer a variety of festive holiday selections.

Classical music such as Handel's "And the Glory of the Lord" and the "Hallelujah Chorus," will join Christmas selections from

Mendelsohn and John Rutter. Popular favorites will include several holiday carols. The song "My Favorite Things" from the beloved show "Sound of Music," will feature soloist Mary Price. A duet arrangement from Bing Crosby and David Bowie, "Peace

on Earth, with Little Drummer Boy," will be performed by Frank Davis and Dan Kerr.

The song "Jingle All the Way" introduces new, whimsical lyrics into that old favorite tune, "Jingle Bells." Playful new words composed by Gloria Shayne tell how the season's joys include so much shopping, mailing of



gifts, and other chores. Jim Meckley, the Pine Tones assistant director, has musically arranged the song with multiple tempos and modern harmonies to go with the new, amusing lyrics.

The Pine Tones Chorus includes more than 55 singers from Ocean Pines, Ocean City, and nearby areas. June Todd is the chorus director and Jenny Anderson is the group's pianist. Guest musicians will include Kristilyn Friese playing cello, Sally Hendon playing flute, Tom Baione on string bass, and Becca Doughty on drums.

Admission is free. After the concert, guests may enjoy

please see **performance** on page 11

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Recognized - **Barbara Southwell** (L) won the Ocean Pines Boat Club Outstanding Member Award. It was presented by Commodore **Pat Marchesiello** (R) at the club's annual Change of Watch dinner held recently at Mia Fratello's. Photo by Anna Fultz.

Give the gift of trees this holiday

This holiday season the Maryland Department of Natural Resources offers everyone the opportunity to give the Gift of Trees, a program where Marylanders purchase native trees for planting in honor of a celebration, commemoration or observation.

Trees provide ecological, economic and quality of life benefits and services, including enhancing air and water quality, reducing energy costs, increasing property values, beautifying communities, neighborhoods and highways, while also providing essential habitat for birds and other wildlife.

All trees will be planted in locations that will benefit from them the most, including parks, playgrounds and schoolyards; cities and towns; and along creeks and streams. Maryland Forest

Service staff help choose the appropriate location and species to best assure the tree flourishes well into the future.

A Gift of Trees certificate suitable for framing will be issued and mailed out within a week or two of an order. All trees will be planted in the next growing season – either spring or fall – to promote optimal growth and survival. Orders must be placed by Dec. 15, 2018, to ensure certificate delivery in time for the holidays.

Trees can be ordered online or via mail (a separate order form should be used for each recipient) along with a check made payable to: Maryland Department of Natural Resources, Forest Service, Tawes State Office Building, E-1, Annapolis, Maryland 21401.

May your home be filled with warmth & comfort throughout the coming year.
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Keeping Adults Living Independently in Their Homes

Collection - Berlin Intermediate School collected pajamas, books, and donations for their second annual Pajama Day Drive. Students donated pajamas, books and cash to take part in school-wide Pajama Day on November 30. All donations will be distributed locally before the holidays. Pictured are **Sophia Ferrante, Makakai Mason, Nicholas Morales, and Brody Olsen.**

Rec center to host Kids Night IN

Worcester County Recreation and Parks (WCRP) staff will be hosting a Kids Night IN on Friday, December 7 from 5 p.m. to 7:30 p.m. at the Worcester County Recreation Center in Snow Hill. Parents will be able to enjoy a night out, while kids enjoy a night IN.

This new event is open to boys and girls in kindergarten through sixth grade. The children will have a blast listening to holiday music, watching the movie classic "Frosty the Snowman" and decorating scrumptious holiday treats! Pizza

will also be provided for dinner.

The cost of the program is \$35 per child (\$30 for each additional child). Space is limited, so advanced registration is recommended.

For more information about Kids Night IN, contact WCRP Program Manager Trudy Porch at 410-632-2144, ext. 2520 or email tporch@co.worcester.md.us. Visit WCRP online at www.Worcester-RecandParks.org to learn more about youth programs and activities designed to keep young people active and promote healthy lifestyles.



Enhancing the quality of life for Ocean Pines, Berlin and West Ocean City residents age 65 and older by providing programs and services that promote active, independent and healthy lifestyles.



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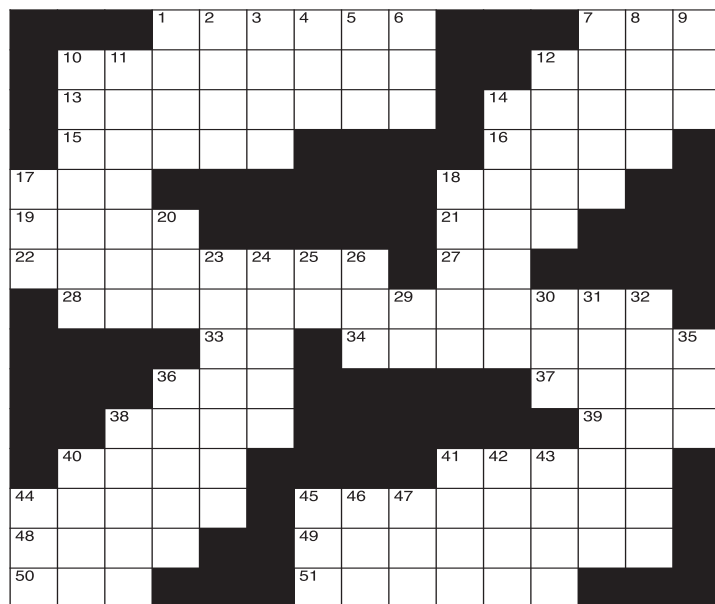
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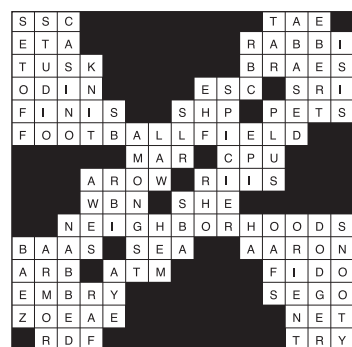


CLUES ACROSS

- 1. Doctor's clothes
- 7. NYC ballplayer
- 10. Flying vessels
- 12. Created
- 13. Convert
- 14. WWII battle
- 15. A cravat with wide square ends
- 16. Month in the Jewish calendar
- 17. Value
- 18. Brews
- 19. Child's eating accessory
- 21. Arrived extinct
- 22. Of the sea
- 27. Potato state
- 28. Leading man
- 33. Blood type
- 34. Oppressed
- 36. "Much ___ about nothing"
- 37. World's longest river
- 38. deGrom and Sale are two
- 39. Crafty
- 40. At all times
- 41. Twins great Hunter
- 44. Volcanic craters
- 45. Outpouring
- 48. Where a baby sleeps
- 49. Dancing a Brazilian dance
- 50. Unhealthy
- 51. Manufacturers

CLUES DOWN

- 1. Prevents harm to young
- 2. The Muse of history
- 3. Fascinated by
- 4. Unnilhexium
- 5. Honey maker
- 6. Soviet Socialist Republic
- 7. They hang out with papas
- 8. German river
- 9. Domain name
- 10. Type of chair
- 11. Fill someone with an urge
- 12. Sorceress
- 14. Unpleasant smell
- 17. Leg (slang)
- 18. Farewell
- 20. A life summary
- 23. Merchants
- 24. Southeastern Nigerians
- 25. Of I
- 26. Electronic countermeasures
- 29. Atomic #3 (abbr.)
- 30. A type of sister
- 31. Omission of a sound
- 32. Screaming
- 35. Ottoman title
- 36. Sour
- 38. Take advantage of
- 40. Nobleman
- 41. Cathode ray was one
- 42. Long, winding ridge
- 43. Muckraking journalist
- 44. Defunct phone company
- 45. Military telecommunications term (abbr.)
- 46. Supervises flying
- 47. Firearms manufacturer



Answers for November 28

Eyes on the Skies

A bright cluster and a galaxy

By Douglas Hemmick, Ph.D.



The month of December might not offer comfortable temperatures, but bundling up for a stargazing session should be rewarding. The winter constellations begin to make their appearances, as Taurus the Bull and Orion the Hunter enter the stage.

December focuses on the double cluster in the constellation Perseus the Hero, and the Triangulum Galaxy within the small constellation Triangulum. Readers may recall how Perseus holds legendary fame for his conquests of valor, for example the slaying of "Medusa."

The Perseus Double Cluster is known as one of the most enjoyable sites for binoculars, and might serve to attract skeptics to this form of observing. At magnitudes of 4.3 and 4.4 the pair offers outstanding binoculars targets, and may also be seen with naked eye under good sky conditions. At their location along the northern edge of the Perseus Constellation, the pair are sometimes described as jewels in the handle of the upraised sword.

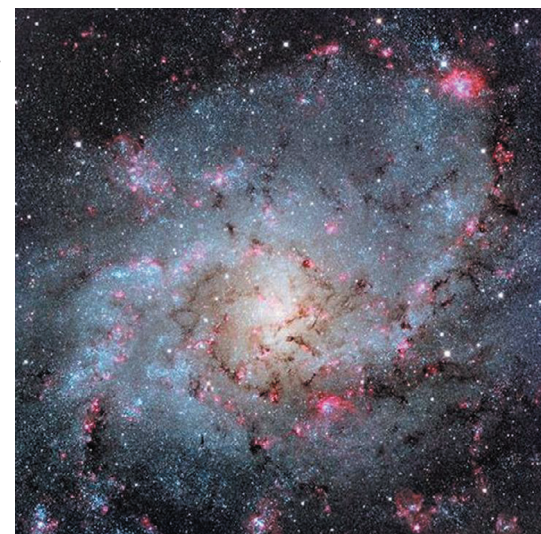
The ancients were aware of the Perseus Double Cluster, as the Greek astronomer Hipparchos noted its location as early as 130 B.C. In that historic era, its dual aspect was not yet known – such discovery came in the early 1800's by William Herschel.

The two clusters of the double are designated as NGC 869 and NGC 884 in the New General Catalog. A more recent reference system has the double cluster designated as Caldwell 14 (C14). In 1995 the British astronomer, Patrick Moore, published his collection of 109 beautiful night sky targets. Moore called this publication the "Caldwell Catalogue," selecting a portion of his full British name, Patrick Alfred Caldwell-Moore. In this way he avoided confusion with the "M" designations of Messier's work.

The two star clusters of C14 are quite young on the cosmic scale, with age estimated at about 13 million years. The relative "youth" of C14 becomes clear in comparison with the

solar system, which is 4.5 billion years old. The globular clusters are yet older, with ages ranging from 11 to 13 billion years. Astronomy fans may recall that the popular Pleiades cluster is another young example, estimated to be just 100 million years old.

December's next target is the Triangulum Galaxy, or M33. European astronomers have credited the galaxy's discovery to Italian astronomer Giovanni Hodierna, who briefly men-



Triangulum Galaxy photographed by professional astronomers

tioned its cloud-like nebulosity in his 1654 book. Then in 1764 the galaxy was rediscovered by Charles Messier. In the late 1700s, William Herschel made a further discovery, as he noted a large gaseous region inside the Triangulum Galaxy. Professional astronomers have described this area as one of the largest known stellar nurseries, with more than 200 hot blue stars.

The Triangulum Galaxy, M33 is part of the Milky Way's own "Local Group," which also includes the Andromeda Galaxy. In addition to those three large spirals, there are more than 50 dwarf galaxies in the local group. M33 is the smallest of the three spirals and contains 40 billion stars. At magnitude of 5.7, it is a good binoculars target. Triangulum is located 3 million light-years away. Astronomers believe that in two to four billion years from

please see **eyes** on page 11

agh
from page 8

which allows her to visit with patient's via telemedicine technology. Over the last year the program has tripled in size and now serves more than 150 patients at any given time.

"I want to recognize the entire Re-diScripts Pharmacy team for their help and support during the launch of this program," Bealla said.

Bealla is a graduate of Wilkes University in Wilkes-Barre, Pennsylvania, where she received her Doctor of Pharmacy degree. With more than a decade of experience in the retail pharmacy industry, she also provides medication education through the Atlantic General Diabetes Center.

performance
from page 6

refreshments in the church social hall.

The Pine Tones Chorus has been entertaining local audiences in the Ocean Pines and Ocean City areas since 1984. For additional information, call Chorus President Dave Holloway at 410-641-5672 or June Todd, 410-289-7373.

Funding for Pine Tones Chorus activities has been from individual donations and patrons as well as the Worcester County Arts Council, Maryland State Arts Council and the National Endowment for the Arts. These organizations are dedicated to cultivating a vibrant cultural community where the arts thrive.

Register now for AGH Penguin Swim

It's almost time for our 25th Annual Penguin Swim to be held on New Year's Day, Tuesday, January 1. As always, the swim will be held at the Princess Royale Hotel, Oceanfront and 91st Street in Ocean City, MD. Get ready to dunk your penguin tail in the icy-cold Atlantic Ocean! Ocean City beach will be flooded with Penguins and it's all for a good cause!

The Atlantic General Hospital Foundation is inviting individuals and teams to join in the fundraising. All Penguins will receive an official 2019 AGH Penguin Swim short-sleeve t-shirt for their \$25 registration fee. Additional incentive prizes can be earned based on individual fundraising efforts! Individual and team participants can register online now to start collecting donations. To view this year's shirts and prizes, or to register, visit www.aghpenguinswim.org or text PENGUIN to 51555.

Event day registration will begin at 10 a.m., ending promptly at 12:30 p.m., with the main event at 1 p.m. on the beach. The time in between will be chock full of fun activities the whole family will enjoy: carnival games, face painting, mermaids and more.

The Bull on the Beach team will parade down the beach at 12:45 p.m. from 94th Street to the swim area in front of the Princess Royale. Spectators are welcome!

Participants are encouraged to come to pre-registration and advance check-in at the Princess Royale in the Premier Lobby from 2 p.m. to 4 p.m. on New Year's Eve. Avoid long lines on event day and pick up shirts and prizes early. You will also receive an additional incentive prize.

Special recognition awards will be given to Oldest and Youngest Penguins. Trophies for first, second and third place will be awarded to those who raise the most money in divisions for Individuals – Adults and 18 & under, and Teams – Businesses, Community Groups/Organizations, and Youth/Family. There will also be



prizes awarded for the best costumes.

Find the event on social media using #OCPenguinSwim, like us on Facebook at www.facebook.com/penguinswim, or call the Atlantic General Hospital Foundation office at 410-641-9671 for more information.

Longwood Gardens trip planned

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 94th St., bayside 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 or by calling 410-524-9433.

eyes
from page 10

now, Andromeda will collide and merge with the Milky Way.

December's early evening skies will feature the Great Square of Pegasus, as well as the planet Mars. At about 5:30 p.m., the Great Square can be seen high overhead, with its large, distinctive shape.

After about 7 p.m., Taurus the Bull will come into view over the eastern horizon. Taurus is characterized by its familiar "V"-shaped pattern. Northwards from Taurus, the December binocular targets, in Perseus the Hero and Triangulum, are also present.

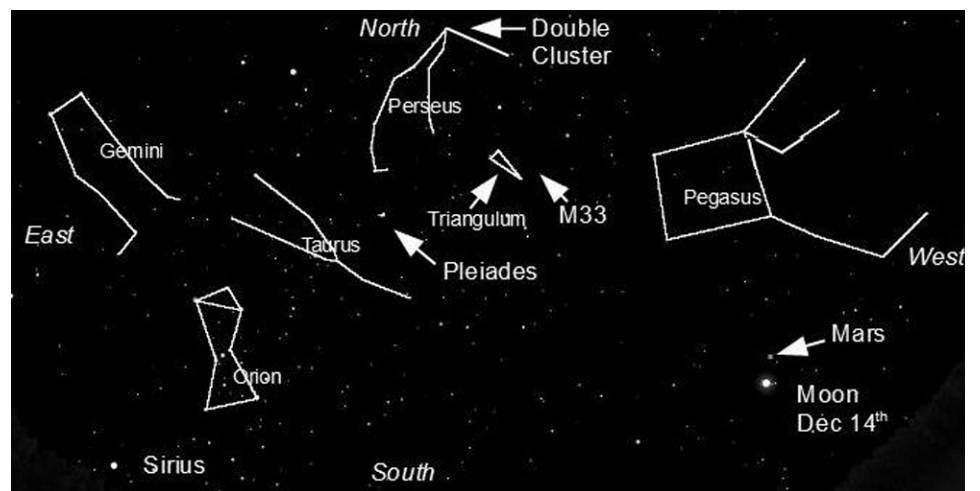
After about 9 p.m., the popular winter attraction, Orion the Hunter, appears over the eastern horizon, followed by Gemini the Twins. Orion is perhaps the most famous constellation of all with its bright stars outlining the shape of a giant human figure in the

sky. The line of three stars of Orion's belt is a prominent marker.

Finally, the winter vista becomes complete after about 11 p.m., when the dazzlingly bright star Sirius joins

four degrees north of the moon. The Geminid shower takes place between December 7 and 16, reaching peak after midnight on the night of the 13th. While most meteor showers require

Tides for Ocean City (Fishing Pier)			
Day	High /Low	Tide Time	Sunrise /Sunset
Th	Low	12:07 AM	7:03 AM
	High	6:27 AM	4:40 PM
	Low	12:57 PM	
	High	6:41 PM	
F	Low	12:48 AM	7:04 AM
	High	7:09 AM	4:40 PM
	Low	1:39 PM	
	High	7:24 PM	
Sa	Low	1:29 AM	7:05 AM
	High	7:51 AM	4:40 PM
	Low	2:20 PM	
	High	8:07 PM	
Su	Low	2:09 AM	-7:06 AM
	High	8:33 AM	4:40 PM
	Low	3:01 PM	
	High	8:49 PM	
M	Low	2:49 AM	7:06 AM
	High	9:15 AM	4:40 PM
	Low	3:42 PM	
	High	9:32 PM	
Tu	Low	3:31 AM	7:07 AM
	High	9:57 AM	4:40 PM
	Low	4:25 PM	
	High	10:16 PM	
W	Low	4:16 AM	7:08 AM
	High	10:40 AM	4:40 PM
	Low	5:10 PM	
	High	11:02 PM	



Orion, to the southeast of the great hunter.

Special events this month include a conjunction and a meteor shower. The December 14 conjunction places Mars

wee hours observation, for the Geminids, anytime after 10:30 p.m. is fine.

Wishing good luck and clear skies to all stargazers.

The relationship between health and volunteering

Volunteering is often its own reward. Helping others can be just as beneficial to the people doing the helping as it is for the people being helped.

Though it can sometimes be hard to find time to volunteer, a close look at some of the various health benefits of volunteering may compel adults and children alike to find the time they need to volunteer.

Volunteering and happiness. Veteran volunteers may have long suspected they are happier when they volunteer, and research suggests that is true. A study from researchers at the London School of Economics that was published in the journal "Social Science and Medicine" found that the more people volunteered, the happier they were. The researchers compared people who never volunteered to people who did, finding that the odds of being "very happy" rose by 7 percent among people who volunteered monthly. Those odds increased by 12 percent among people who volunteered every two to four weeks.



Volunteering and mental health. Psychologists have long known that social interaction can improve mental health. Psychology Today notes that interacting with others decreases feelings of depression while increasing feelings of well-being. Volunteering is a great way to meet new people, exposing volunteers to people with shared interests. That can be especially valuable to people who are new to a community, helping them to avoid feelings of loneliness after moving to an area where they have no preexisting social network.

Volunteering and long-term health. Volunteering that requires social interaction can produce long-term health benefits that can have a profound impact on quality of life as men and women age. A recent study published in the "Journal of Alzheimer's Disease" focused on participants without dementia who were involved in a highly interactive discussion group. Researchers compared those partici-

pants to others who participated in Tai Chi or walking or were part of a control group that did not receive any interventions. The former group exhibited improved cognitive function, and MRIs indicated they increased their brain volumes after being involved in the discussion group. Larger brain volume has been linked to a

lower risk of dementia. Many volunteering opportunities require routine interaction with others, potentially providing significant, long-term health benefits as a result.

While volunteering is a selfless act, volunteers may be benefitting in ways that can improve their lives in both the short- and long-term.

The most generous country is...

According to the Charities Aid Foundation, the most generous country in the world in 2017 was Myanmar, which earned the distinction for the fourth straight year. Perhaps surprisingly, Myanmar is classified by the World Bank as "Lower Middle Income," which means it is not among the world's wealthiest nations. One potential reason for the generosity of Myanmar residents could be the popularity of Buddhism, which is practiced by the vast majority of people who call the country home. Buddhists believe greed hinders their spiritual progress, so some Buddhists may see charitable giving as a way to reduce personal greed. Rounding out the top five most generous countries in 2017 were:

2. Indonesia
3. Kenya
4. New Zealand
5. The United States



Tree decoration - Ocean Pines Association (OPA) has a display of Christmas trees at White Horse Park. Local organizations, businesses and individuals purchase trees from OPA and decorate them. The tree lighting ceremony took place Saturday November 24 in spite of the rain.

Among the many trees is one decorated by the Kiwanis Aktion Club of the Worcester County Developmental Center (WCDC). Aktion Club is a Kiwanis program for adults with disabilities. Pictured are some of the proud members and the WCDC Aktion Club and Kiwanis Club of Greater Ocean Pines-Ocean City liaisons and members after they finished decorating their tree.



Honors - Worcester Preparatory School (WPS) students from the Classes of 2018 and 2019 captured two National AP Scholars and 29 Advanced Placement Honors from the College Board

AP Honors: Class of 2019 students honored for outstanding Advanced Placement scores (Front L-R): **Gracie Gardner, Maria Deckmann, Hailey Merritt, Maya Natesan, Hannah Merritt, Molly McCormick.** (Middle L-R): **Parker Brandt, Andrew Stickler, Cole Berry, Colin Miller, Owen Tunis.** (Back L-R): **Liam Hammond, Henry Taboh, Dominic Anthony, Jared Gabriel and Matt Durkin.** Not pictured: Grace Schwartz.



Sworn in — Terri Westcott was sworn in Saturday morning as Register of Wills in the Worcester County Court House. Above Terri Westcott with her predecessor Charlotte Cathell.

Maryland ranked fourth in giving

With a third of all annual giving taking place in December and the United States ranking Number four overall in the 2018 World Giving Index, the personal-finance website WalletHub today released its report on 2018's Most Charitable States as well as accompanying videos, along with its Charity Calculator to help donors decide whether to give time or money for maximum philanthropic impact.



To determine where the most generous Americans are inspiring others to be more selfless, WalletHub com-

pared the 50 states based on 18 key indicators of charitable behavior. The data set ranges from volunteer rate to share of income donated to share of sheltered homeless.

The State of Maryland ranked as follows:

- 19th** – Charities per Capita
- 5th** – % of Donated Income
- 26th** – % of Population Who Donated Time
- 1st** – % of Population Who Donated Money
- 18th** – Volunteer Rate
- 21st** – Volunteer Hours per Capita

For the full report, please visit: <https://wallethub.com/edu/most-and-least-charitable-states/8555/>

Model railroading takes center stage

At noon on Sunday, December 9, the trains leave the station puffing and whistling at Corddry Crossing, Snow Hill's home of model railroading and one of the town's biggest holiday attractions. Corddry 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 Corddry 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.

please see **trains** on page 15

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Sweet sangria adds fun to the festivities

The holiday season is one of the most festive times of the year as social engagements fill up many people's calendars. Seasoned hosts or hostesses often have a go-to list of foods and beverages available to ensure guests are treated to the best of the best.

One easy way to keep the beverages flowing is to have one or two signature drinks, such as sangria, at the ready that can be prepared in advance and then generously doled out as needed.

Sangria traces its origins to Spain. It is traditionally made with wine and chopped fruit. Since "sangria" is Spanish for "blood," red wine is often the vintage of choice, though lighter wines can be used based on personal preference.

Sangria is often mixed with juice, spices and sweet liqueurs, such as brandy. Sangria is a punch that can be prepared in advance and served in a decorative bowl so guests can simply refill their drinks as needed.

Even though sangria is a summertime staple, simply adjusting the flavor profile

can make this beverage perfect for any time of year. With this recipe for "Citrus Pomegranate Prosecco Punch," courtesy of Ruffino wines, the drink takes on the familiar flavors of pomegranate and orange that tend to show up in the winter months. Plus, the sparkling prosecco gives it that light and fizzy feel that evokes a festive atmosphere.

- Citrus Pomegranate Prosecco Punch**
 1/2 part orange juice
 1/2 part pink grapefruit juice
 1/4 part pomegranate juice
 1 part Ruffino Prosecco, well chilled
 Slices of assorted citrus and pomegranate seeds, to garnish

In a large pitcher or punch bowl with plenty of ice, combine the fruit juices. Pour the Ruffino Prosecco over top. Garnish generously with sliced citrus and pomegranate seeds. For best flavor, use freshly pressed juices as available. Ruffino Sparkling Rose is a great choice for this recipe too. Make available coupe cocktail glasses for serving.



Getting down to "bees"-nis - Salisbury University (SU) students, Brian Keh and Emily Sperling, joined Peggy Straight's Berlin Intermediate Schools After School Painting class to paint "bee boxes" which are habitats for local bees. As part of their Senior Seminar project, Salisbury University students are helping Berlin receive their "Bee City Certification." SU students in this group are also working on pollinator gardens, educational signage and social media blasts for the town of Berlin and Great Falls Park.

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gold
from page 1

her when she receives notes and letters telling about the difference the organization has made in people's lives. She recalled a letter from a woman in an abusive relationship who was forced to flee with her children; they left their home with only the clothes on their back. Alone and afraid, it was a time of despair. The mother's heartfelt letter recounted how GOLD's help turned hopelessness into hope for her and her children.

The organization works to provide immediate vital assistance for those in crisis, while the referring agencies work to provide assistance programs and resources until clients are back on the road to self-sufficiency. Sipes described "the wonderful collaborating relationship" Worcester County GOLD has with Worcester County departments of Social Services and Health, Maryland Access Point (seniors), and the Board of Education.

Sipes recalled the time when a case-worker asked GOLD to help a gentleman living in a car with his son. Sometimes in the freezing cold and sometimes in the blistering heat, each night the father and son slept huddled in the blackness of the cramped seats of the car. In desperation, he asked for food and gas for his car. He returned again requesting minutes for his phone as he was trying to get a job. Once again, he returned to ask for steel tipped boots, a work shirt, and jeans as

he had successfully found a job. The heartwarming part for Sipes was when she learned that father and son had moved into a warm and safe home. "It gives me cold chills to think about how just a little bit of help can have such a huge impact," she remarked.

Worcester County GOLD has one full and one part-time worker. She said, "At times it can be exhausting. There is so much to be done. I love my job and feel blessed that I can help others." She went on to state, "It would be a wonderful thing if we could get more volunteers to help us provide assistance for our neighbors in their time of need."

The coming holiday is an ideal time for those looking to give and to make a difference. There are lots of ways to help. Volunteers can donate gifts, help shop for gifts, help package gifts for children and families for delivery, pick up gifts and donated items from around Worcester County to deliver to Worcester County GOLD's office located at 229 Commerce Street in Snow Hill. Gifts also can be dropped off at Ocean City's Public Safety Building at 6501 Coastal Highway. The deadline is Tuesday, December 11. Go to www.WorcesterGOLD.org or call 410-677-6830 in order to volunteer, sign up to give gifts to a family for the holidays, or find a list of gift ideas to fulfill gift requests.

Editor's Note: Go to www.WorcesterGOLD.org to find out about the many ways throughout the year that you can help this non-profit organization.



Educating - Jackie Ball met with Berlin Intermediate School's sixth grade student body to help educate them about the harmful effects of opioids. Mrs. Ball is a member of the Worcester Warriors. She is pictured with Berlin Intermediate School's SADD members (Students Against Destructive Decisions).

trains
from page 13

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 wi-fi app. "If you have a MTH PS2 or PS3 engine and have never used DCS, bring it with you (and your smart de-

vice) and we will show you how to run it," said Corddy 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.

Corddy Crossing is a visit to the glory days of railroading. To learn more about the Big Weekend of Trains, and all of the upcoming events at Corddy Crossing, visit www.snowhillmodeltrains.com.

fisher
from page 3

AAPA began as Chief Delegate for PSPA at three House of Delegate sessions which included the first House meeting, held in Houston in 1977. He began his presidency of AAPA at the 10th Annual Physician Assistant Conference in 1982. During his term Fisher said that he was most proud of moving the profession forward through developing relationships with regulatory bodies and professional organizations. This included the AMA, American College of Surgeons (ACS), American Hospital Association (AHA), American Legion, and AARP.

Fisher says, "Working as the AAPA Liaison with the AHA to develop guidelines for the utilization of PAs was truly significant. All of this occurred during a time when the continued integration of the profession within medicine was critical to its future."

Fisher's impact on the profession does not end with his involvement with the PA professional organizations. By doing work for his community, Fisher has continued to be an example of what great assets PAs are to the health of patients and to the health of the community at large. Fisher's community involvement in Pennsylvania included being president of the Riverside Home & School Association (1972), member of the Riverside Borough Council (1972-1973), Exalted Ruler of the Danville Elks (1976), president of the Mifflin-Juniata United Way (1993), and president of the Mifflin-Juniata Chamber of Com-



merce (1994). He also served on the Pennsylvania State Board of Osteopathic Medicine from 1992-1993.

In Maryland, Fisher served as president of the Ocean Pines Area Chamber of Commerce (2007-2008), president of the Worcester County Veterans Memorial Foundation (2011), and serves as a member of the Worcester County Department of Health Advisory Council. Currently, Fisher continues to serve as a member of the Peninsula Regional Medical Center Health Advisory Council and to advocate for health care issues. He sees the PA profession

as the primary care provider of the future. He believes that PAs will provide timely access, continuity of care, patient health education, and emphasis on geriatric care. He has concerns about the current reimbursement policy for PAs and sees this as a potential issue in addressing the previously noted health care issues. He is obviously not someone to sit idle.

Fisher's "retirement" years are shared with his wife of over 56 years. He works as the Harbor Master for the Ocean Pines Marina. Fisher's love of fishing allows him to contribute a monthly column to *The Courier* titled "Captain Ron's Fish Tales." The Fishers have two children and three grandchildren.

Acknowledgments: This biography was written by Steve Wilson, with the assistance of Ron Fisher, and was submitted to the Society in September of 2018. Photographs are courtesy of Mr. Fisher.

I Love to Cook!

by *Bev Wisch*



Maddie, Savannah and Riley Ohrel

It's my favorite time of year and I get to bake cookies with my little girls. We had a great time baking turkey cookies for Thanksgiving. I get tubes of icing from Michaels for them as they are great for little hands. They were quite creative this year and were so proud to show them off on the dessert table. The recipe is my basic sugar cookie recipe and easy to make. We also made pecan puffs which are easy for little ones to do. It is a good recipe to learn as it teaches them measurements. This year they were able to do it by themselves with supervision.

Crisp Sugar Cookies

- 2 sticks butter
- 1 cup sugar
- 2 eggs
- 1 t. vanilla
- 3 cups sifted flour
- 4 t. baking powder
- 1/2 t. salt

Cream butter and sugar and add rest of ingredients. Chill, roll out on floured board. Use your favorite cookie cutters to cut out shapes. Place on cookie sheet that has been lightly greased or lined with parchment paper. Bake five to seven minutes in preheated 375-degree oven. Cool on wire rack. Do not double. Make each single recipe and use only real butter. If you aren't decorating

with icing, sprinkle cookies with plain or colored sugar before baking.

Pecan Puffs

- 1 cup butter
- 4 T sugar
- 2 t. vanilla
- 2 cups chopped pecans
- 2 cups sifted flour
- 10X sugar (after baking)

Cream butter, add sugar gradually and mix thoroughly. Mix pecans into mixture by hand. Fold in flour. Form dough into balls and place on cookie sheet that has been greased or lined with parchment paper. Bake at 300 degrees for 45 minutes. Roll cookies in 10X sugar while hot. Cool and roll again. Makes two to three dozen.

Happy Baking
bevwisch@aol.com

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