



# The Courier

December 18, 2019

*We wish you a very*  
**Merry Christmas!**

*The Courier wishes you and yours an enjoyable Holiday Season.  
We'll see you in 2020!*

# A Time To Remember

On December 18, 1620, the British ship Mayflower landed at modern-day Plymouth, MA, and its passengers prepared to begin their new settlement, Plymouth Colony.

The famous Mayflower story began in 1606, when a group of reform-minded Puritans in Nottinghamshire, England, founded their own church, separate from the state-sanctioned Church of England. Accused of treason, they were forced to leave the country and settle in the more tolerant Netherlands. After 12 years of struggling to adapt and make a decent living, the group sought financial backing from some London merchants to set up a colony in America. On September 6, 1620, 102 passengers—dubbed Pilgrims by William Bradford, a passenger who would become the first governor of Plymouth Colony—crowded on the Mayflower to begin the long, hard journey to a new life in the New World.



## Diabetes prevention program offered

Small changes often lead to major results and Worcester County Health Department's Medicaid Diabetes Prevention Program (MDPP) aims to help residents eat healthy, be active and lower their risk for type 2 diabetes with easy-to-follow tips and tools.

Beginning January 15, the Medicaid Diabetes Prevention Program will be held from 1:30 p.m. to 2:30 p.m. every Wednesday at the Pocomoke Health Department at 400 Walnut Street, Pocomoke City and from 5:30 p.m. to 6:30 p.m. at the Snow Hill Health Department, 6040 Public Landing Road, Snow Hill. The program is a covered benefit for eligible Medicaid participants. The program is for individuals with prediabetes or at-risk for type 2 diabetes.

MDPP is a year-long intervention program proven to prevent type 2 diabetes among individuals with prediabetes or those who are found to be 'at risk' for the disease. The program consists of 16 weekly sessions followed by once a month support sessions for the remainder of one full year. Participants receive individual coaching from a certified Lifestyle Change Coach and have the opportunity to work with their peers in developing new healthy lifestyle behaviors. Those who take the classes will learn about healthy eating, physical activity, stress management, weight loss, time management, and more.

"We are excited to provide the Medicaid Diabetes Prevention Program in our County. Research has proven that healthy eating, physical activity, and a 5-7% weight loss can prevent type 2 diabetes in those with prediabetes or those who are 'at risk' for the disease," said Mimi Dean, Director of Prevention Services at the Worcester County Health Department.

All participants receive their own personal lifestyle change coach who will assist them with goal setting, progress, and overcoming barriers. Program participants also receive incentives. Please call 410-632-1100 option 4 to discuss program enrollment, eligibility, and to request a registration packet.



# Community Calendar DECEMBER

## Monday

### Ocean Pines Poker Club

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

### Delmarva Chorus

The Delmarva Chorus meets every Monday evening at 7PM at the Ocean Pines Community Center in Ocean Pines, Md. Women of all ages are invited to sing with us. Please contact CAROL at 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

### Quilting Club

Quilters by the Sea meets most Wednesdays at the Ocean Pines Community Center. First Wednesday of the month is Volunteer Day, from 10 a.m. to 3 p.m., when the group sew or tie quilts for charity. The second and fourth Wednesdays are free sewing or workshops from 10 a.m. to 3 p.m. The third Wednesday of the month is the business meeting, followed by Show & Tell, from noon to 3 p.m. Open to the public.

### 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.

## Second Wednesday

The Polish American Club of Delmarva meets at the Columbus Hall, behind St Luke's Church, 100th St & Coastal Hwy, Ocean City, from 2 p.m. to 4 p.m. the second Wednesday of the month. Come join us if you are of Polish or Slavic descent. No meetings.

June, July, August. Call Helen Sobkowiak 410-723-2639 or Maryann Lula 410-250-2548 for more information.

## 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.

### 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.

## Something of interest...

The history of Christmas trees predates Christmas itself. According to history.com, from ancient times, people have hung decorative evergreen boughs over their doors and windows—and in many countries, they were believed to ward off evil spirits and illness. Study.com cites the Christmas tree tradition as originating in 16th century Germany, where evergreen trees were decorated with apples at Christmastime. They were called "paradise trees" because the decorative apples represented the Biblical forbidden fruit. Later in Germany trees were decorated with candles and pastries in the shape of angels, flowers, hearts, and stars.

# Local man helps solve decades-old model boat mystery

The restored three-mast model schooner on permanent display at the Ocean Pines Yacht Club is familiar to many, but few know the true story of its origin.

When members of the 50th Anniversary Committee hosted a dedication and unveiling of the restored and newly encased model in November, they told the large crowd present that Boise Cascade gave the boat to Ocean Pines during the opening of the first Yacht Club in 1975. Committee member Sharyn O'Hare said her research suggested the boat originated during the mid 1950s, but its builder was unknown.

As chance would have it, Farrell John Lynch read local newspaper coverage of the dedication and reached out to Ocean Pines with surprising new information.

"My father built that boat," he said. "My father's name [was] Farrell Wren-

del Lynch and that boat was built right over here on Gum Point Road."

As evidence, he produced a faded clipping from an old newspaper that shows the model boat. The size of the model and shape of the bow, bowsprit



and stern line up, as does the location of the cabin. Mark Hordeman added the sails during a restoration, years later.

The clipping's caption reads: "The result of an interesting hobby of Farrell Lynch is pictured above...a

please see *mystery* on page 23



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# CELEBRATE THE Season

in Ocean Pines, Maryland!

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[OceanPines.org](http://OceanPines.org)



**Father-Daughter Swim**

**January 3 | 6-8pm** Price includes Dad & all of his daughters!

**Sports Core Pool**

A special night of swimming, crafts & pizza just for dads & their daughters!

\$10 OP swim members | \$12 OP residents  
\$15 non-residents

**"Light Up the Pines"**  
Holiday Display Event

**Register at**  
[info@oceanpines.org](mailto:info@oceanpines.org)

Help light up the Ocean Pines community by registering your home! View the online map at [https://drive.google.com/open?id=1sAvmTC7hgxb0iXW21\\_83hrGxRDM3Nb8h&usp=sharing](https://drive.google.com/open?id=1sAvmTC7hgxb0iXW21_83hrGxRDM3Nb8h&usp=sharing)



**50% Off Food**  
Lunch & Dinner

**January 1**  
Beginning at 11am  
Yacht Club



The Yacht Club is saying "thank you" for a fabulous 2019 with 50% off all food items, all day long!

**Santa in the Park**



**December 19, 21 | 6-8pm**  
**December 22 | 12-2:30pm**  
White Horse Park

Visit Santa Claus in his little red cottage in White Horse Park. Be sure to bring your camera for this FREE event!



**Youth Yoga**  
at the Community Center

**Saturdays | Jan 11-Feb 15**  
Ages 3-4 | 9-9:45am  
Ages 5-9 | 10-11am

\$45 OP residents  
\$50 non-residents  
\$8 drop-in



Call 410.641.7052 to register.

**Tai Chi Classes**  
at the Community Center

**Tai Chi - The 24 Forms**  
Tuesdays | Jan 7-Feb 25  
10-11 am

**Tai Chi for Arthritis II**  
Thursdays | Jan 9-Feb 27  
3:30-4:30pm

Call 410.641.7052 to register.


For all ages.  
\$65 OP residents | \$81.25 non-residents

**Children's Line Dancing**

**Saturdays**  
January 4-25 | 10:30-11:45am  
Community Center

Learn simple, modified line dances including the Cotton-Eyed Joe, Electric Slide, Circle Dances & more. For boys & girls ages 7-13.

\$40 OP residents  
\$50 non-residents



Call 410.641.7052 to register.

**Gingerbread Cookie Decorating**

**December 20 | 4-6pm**  
Community Center

Bring your creativity & craft some festive gingerbread people! All materials & instruction provided. For ages 3-12.



\$8 per child  
Drop-ins accepted as space allows.

Call 410.641.7052 to register.

**Dive-In Movie**  
"Toy Story 4"



**January 11 | 6pm**  
Sports Core Pool

Splash & swim while a movie plays on our giant inflatable screen. Plus, meet Woody & Buzz from the movie!

\$3 OP swim members  
\$5 OP residents | \$7 non-residents  
\$20 families

# A child's question captivates the imagination; the answer resonates throughout history

By **Chip Bertino**

During the 19th century, newspapers were the predominant news media. Newspapers published numerous editions each day that were sold by scores of newsboys hawking them on street corners. Newspapers



played a critical role in forming public opinion. The power of newspapers across the United States was unsurpassed as they held sway over politicians and readers alike. So it was in 1897, when the *New York Sun* received a rather unique letter from a young reader, Virginia O'Hanlon, wanting to know whether or not there was a Santa Claus.

The letter ended up on the desk of veteran editor, Francis P. Church. Mr. Church was the son of a Baptist minister. He had covered the Civil War for the *New York Times* and had worked for the *New York Sun* for 20 years becoming the paper's anonymous editorial writer. Mr. Church realized neither he nor the paper could ignore the child's question. He must answer it and answer it truthfully. His response became one of the most memorable editorials in newspaper history.

Again this holiday season, *The Courier* thought it would be interesting to step back in time when things seemed a little simpler and the answer to a child's question could captivate and resonate through time.

*Editor:*

*I am eight years old. Some of my little friends say there is no Santa Claus. Papa says "If you see it in The Sun it's so." Please tell me the truth, is there a Santa Claus?*

*Virginia O'Hanlon.*

Virginia,

Your little friends are wrong. They have been affected by the skepticism of a skeptical age. They do not believe except what they see. They think nothing can be which is not comprehensible by their little minds. All minds, Virginia, whether they be men's or children's, are little. In this great universe of ours, man is a mere insect, an ant, in his intellect as compared with the boundless world about him, as measured by the intelligence capable of grasping the whole of truth and knowledge.

Yes, Virginia, there is a Santa Claus.

He exists as certainly as love and generosity and devotion exist, and you know that they abound and give to your life its highest beauty and joy. Alas! how dreary would be the world if there were no Santa Claus! It would be as dreary as if there were no Virginias. There would be no childlike faith then, no poetry, no romance to make tolerable this existence. We should have not enjoyment, except in sense and sight. The external light with which childhood fills the world would be extinguished.

Not believe in Santa Claus! You might as well not believe in fairies. You might get your papa to hire men to watch in all the chimneys on Christmas Eve to catch Santa Claus, but even if you did not see Santa Claus coming down, what would that prove? Nobody sees Santa Claus, but that is no sign that there is no Santa Claus. The most real things in the world are those that neither children nor men can see. Did you ever see fairies dancing on the lawn? Of course not, but that's no proof that they are not there. Nobody can conceive or imagine all the wonders there are unseen and unseeable in the world.

You tear apart the baby's rattle and see what makes the noise inside, but there is a veil covering the unseen world which not the strongest man, nor even the united strength of all the

strongest men that ever lived could tear apart. Only faith, poetry, love, romance, can push aside that curtain and view and picture the supernatural beauty and glory beyond. Is it all real? Ah, Virginia, in all this world there is nothing else real and abiding.

No Santa Claus? Thank God he lives and lives forever. A thousand years from now, Virginia, nay 10 times 10,000 years from now, he will continue to make glad the heart of childhood.

Merry Christmas and a Happy New Year!!!

Mr. Church's editorial was an immediate sensation and was published every year until the paper folded in 1949. Mr. Church married shortly after the editorial appeared. He died in April 1906, leaving no children.

Virginia O'Hanlon went on to graduate from Hunter College with a Bachelor of Arts Degree at the age of 21. The following year she received a Master's degree from Columbia. In 1912 she began teaching in the New York school system and later became a principal. After 47 years as an educator she retired. Throughout her life she received a steady stream of mail about her Santa Claus letter. Virginia O'Hanlon Douglass died in 1971 at the age of 81 in a nursing home in Valatie, NY

Christmas carols and festive songs help make the holidays complete by setting the mood for the festivities to come. Songs resonate differently with people during the holiday season. For example, some celebrants find certain holiday tunes or lyrics especially poignant. Those who might be missing home or planning on visiting friends and



relatives who live far away during the holiday season often find the words to "(There's No Place Like) Home for the Holidays, are an accurate portrayal of the sentiments of holiday traveling. Composed by Robert Allen, with lyrics by Al Stillman, "(There's No Place Like) Home for the Holidays" was published in 1954. The best-known recordings of the song are by Perry Como, who recorded it twice, once in 1954 and then again in 1959 with a different musical arrangement. The first

version reached #8 on the Billboard magazine chart in the United States. The Carpenters recorded another popular version of the song for their 1984 album, "An Old-Fashioned Christmas." Nora Jones and Cyndi Lauper also recorded a duet version of the song in 2011.

## TRIVIA

"A Christmas Story" was mostly filmed in Canada, although it takes place in Indiana. Only two of the nine weeks of filming occurred in Ohio. The Santa Claus visit inside Higbee's; the parade that opens the film; and exteriors of Ralphie's house were filmed in Cleveland. The school scenes were shot at Victoria Public School in St. Catharines, Ontario. The children who appeared in the classroom scenes were actual students at the school and received \$1 each.

-esquire.com

**The Courier**

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# I believe because

Never have I glimpsed Santa's sleigh riding across a darkened sky. Yet, in this crazy, topsy-turvy world much can be gained if we allow ourselves to believe in the spirit embodied in a bright red suit and adorned with whiskers white as snow. Hope and warmth is found when we keep ourselves open to a presence that embraces the best of who we are. Simply, I believe in Santa Claus and the older I get, the more I need to believe.



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

By **Chip Bertino**

chipbertino@delmarvacourier.com

There's something wonderful about fairy tales, four leaf clovers and the magic of watching a child sit on Santa's knee for the first time. There's a lot of joy and happiness that can be shared by simply believing.

I believe in the attraction of mistletoe, the magic of a first snow and the whimsy of making a wish beside a well. I believe in these things and more, just because.

I believe in good cheer and good times and good friends. I believe in wonder and hope and fond memories yet to be held. And I believe in the charity of the man who rides in a red sleigh sharing joy.

I believe a child's smile, and ours as well, becomes more vibrant in the presence of Santa Claus. The spirit embodied by the twinkle in his eye is more powerful than a skeptic's glance. It's a spirit that soars upon the unfettered wings of who we'd like to be; it nourishes our souls, giving us strength to become our very best.



I believe much is gained when we unfurl our imaginations, let go of despair and allow a little "Ho, ho, ho" to resonate in our hearts.

Santa Claus is alive and well. During this time of year he goes about his business as he has for centuries. Trends and fads concern him not, because what he has to offer is pure and unadulterated for those willing to believe. For you see the passage of time cannot alter or dull that which is timeless: the pure, honest emotions we feel when we embrace the ones we love, when we toast the health of those around us and remember those who are not. Opening our minds to what we don't fully understand but nonetheless believe is a lasting gift.

The good cheer Santa Claus spreads is worn handsomely by those who believe. It is as comfortable as a well warm sweater. For those who have faith it can protect the soul from sadness, heal scars of despair and wipe away tears shed of pain. For inasmuch as some would like to believe otherwise the spirit of Santa Claus doesn't have to be left behind in childhood. It can stay with us, although sometimes it is buried beneath the weight of everyday living. But it's there. We just need to look. We just need to believe.

When we allow ourselves to believe in the spirit of Santa Claus we reveal the part of our soul that glows most brilliantly, most warmly and most honestly. It's the very best gift we can give to those around us.

I believe.

I believe.

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## Lobecker named crafter of the month

The Pine'er Craft Club of Ocean Pines announced the crafter of the month for December is Terry Lobecker.



Terry was born in Kansas, but raised in Bucks County, PA. She has been married to Bill for 45 years. They have two children. Their daughter Nicole is a Lt. Commander on the *USS Ronald Regan* in Japan. Their son was a Navy Corpsman. They have a five-year-old grandson whom they love to spoil.

Before retiring, Terry was a gastroenterologist. Upon retirement, the couple sold their house and moved to Ocean View, DE.

"We started a wood working sign shop with their son and daughter-in-law, where I made wreaths and did shows," said Terry. "Our son got into wholesale, so since we loved doing shows, we started our own business and expanded the wreaths and started making candles and other items, which have been added to the Pine'er Artisan and Gift Shop. I like selling in the shop and meeting new people."



**Gingerbread construction** - Students in Faith Murray's fourth grade class at Ocean City Elementary School constructed gingerbread houses during their geometry unit in math. They used their knowledge of area, perimeter, lines, angles, and symmetry to build their houses and write about the attributes of each element. Pictured from left to right are **Ricky McFarland, Jayden Ye, Gabe Rodriguez, Payton Oates, Arriana Dempsey, Mrs. Murray, Mekayla Copenhaver, and Samantha Chavarria-Aguilar.** Front row are **Sage Sturgis, Vincent Zheng, Ana Gigauri, Israel David, Gabriel Harkness, and Aiden Wilk.**





# 20th Annual Ocean Pines Community

# Candlelight Christmas Eve Service

8:00 PM - December 24th  
Ocean Pines Community Center

Sunday Morning Service at  
Showell Elementary School at 9 a.m.

Come as you are...  
casual dress welcomed.



# Saturday marks the Winter Solstice

Nocturnal animals and human night owls may rejoice during the winter solstice. On the winter solstice, people can witness the Earth's longest night and shortest day of the year for their respective hemispheres. For individuals living in the northern hemisphere, the winter solstice generally occurs between December 20 and 23 each year. Those in the southern hemisphere experience the winter solstice between June 20 to June 23.

In 2019, the northern hemisphere's winter solstice occurs on December 21. The solstice may come and go unnoticed, but it's an interesting day on the calendar.

Not only will the winter solstice occur on a specific date, it also occurs at a specific time when the Earth's semi-axis tilts furthest from the sun. This corresponds to when the North Pole is aimed away from the sun on the 23.5 degree tilt of the Earth's axis. At this point, the sun also shines directly

over the Tropic of Capricorn. The information and trivia site Mental Floss says the solstice happens at the same moment for everyone on the plane.



However, the hour it occurs depends on your time zone.

Areas of the Northern Hemisphere can have varying lengths of day and night on the solstice. For example, New York City may have nine hours and 15 minutes of sunlight on the winter solstice. If that upsets New Yorkers, they may be happy to be outside parts of Finland, some of which get less than six hours of sunlight on the solstice.

The word "solstice" is derived from Latin and means "sun stands still." It was chosen to describe this cosmic phenomenon because the solstice sun seemingly appears in the same position at noontime for several days before and after the winter solstice, at its lowest point in the sky.

It is easy to mistake the solstices for the equinoxes, which also occur twice a year. However, the equinoxes occur in fall and spring and mark when the sun is directly above the equator and night and day are of equal length.

Despite the winter solstice indicating the beginning of the astrological winter, it may not be the coldest time of the season. Usually those temperatures are reserved for January and February.

The Farmer's Almanac reports that many cultures marked the arrival of the solstice as a time of death and rebirth. Early man also kept track of the days by observing the sun's position in the sky. In fact, historians believe Stonehenge was created to monitor the sun's yearly "movement."

Many traditions associated with Christmas originated during Pagan celebrations for the winter solstice. For example, Scandinavians would burn a juul (yule) log in the hearth in honor of the god Thor. Thor's job was to bring the sun's warmth back to the people.

While the winter solstice and the lack of sunlight synonymous with it may not be something everyone looks forward to, there is a silver lining. Following the winter solstice, the hours of sunlight gradually increase by the day, eventually paving the way for the spring equinox.

## Something of interest

Kwanzaa traces its origins to Africa and is celebrated across North America and other nations that have large populations that trace their heritage to Africa. The holiday begins on December 26 and continues until January 1. The main components of the celebration include family, community and culture. Kwanzaa was not designed to replace Christmas. In fact, many Kwanzaa celebrants also celebrate Christmas. The word "kwanzaa" is from the Swahili phrase "Matunda ya kwanza," which means "first fruits." Maulana Karenga, the professor who created the holiday in 1966, chose Swahili as the language associated with the holiday because it is not affiliated with a particular African region or tribe. At the heart of the holiday are seven principles that celebrants embrace and follow: unity, self-determination, collective responsibility, cooperative economics, purpose, creativity, and faith. Even though the holiday was created for African Americans, many other ethnic groups are inspired by the foundations of Kwanzaa and choose to join in the festivities.

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# Thank You!

*The mission of The Worcester County Veterans Memorial at Ocean Pines Foundation is to create and maintain, in perpetuity, a suitable memorial to honor and preserve the unselfish contributions to the security and freedom of our country by the men and women of our military services.*

*The Memorial benefits greatly from the financial donations of individuals and businesses. Additionally many individuals volunteer countless hours throughout the year to assist in the numerous programs like student visitations to events such as the Memorial and Veterans Day celebrations.*

*Our community is indebted to the men and women who have and are currently serving our country.*

*Our Memorial is indebted to our community and those it honors.*

*Thank you to the businesses and individuals that have supported the Memorial during this year.*

*May the blessings of the season touch all those who support our service men and women.*



**Help illuminate the legacy of our men and women who have served our country.  
Become a Foundation member for just \$15 per year.**

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(Manklin Creek & Ocean Pkwy)



**Winners** - The Ocean Pines Anglers Club presented its 2019 Angler of the Year Awards at the December meeting. Winners were Bruce Polley (bluefish 24 1/2"); Budd Heim, Kevin Welkner, (tie tautog 17"); Budd Heim, (flounder 24"); Dave Rippy, (weakfish 21"); Tom Nelson (black drum 27 3/4"), Budd Heim (sheepshead 22 3/4"); Becky Clark (large mouth bass 29"); and, Walter Klein, fresh water trout 15").  
Above are (L to R) **Dave Rippy, Tom Nelson and Budd Heim**

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## Winter birding weekend returns

The 2020 Winter Delmarva Birding Weekend invites hundreds of nature enthusiasts to the shore January 24-26 to enjoy memorable winter experiences including a near-shore maritime boat cruise, waterfowl, seal, and eagle-watching trips, and jaunts through some of the most pristine habitats on the East Coast in Delaware and Maryland.

You can sign up for a trip or two on the award-winning weekend at [www.DelmarvaBirding.com](http://www.DelmarvaBirding.com). Last fall, Maryland Governor Larry Hogan issued an acclaimed Transactional Tourism Award for the popular event. Organizers have again planned an exciting schedule of field trips to showcase Delmarva's incredible diversity of winter wildlife.

"This event is so popular," said guide and event co-organizer Jim Rapp. "Folks all over the East Coast are starting to realize just how much nature is still thriving in winter on Delmarva."

Harlequin Ducks, eiders, Purple Sandpipers, falcons and more than 25 species of duck, goose and swan are on full display in the mid-Atlantic for about four months a year. More than 100 species were tallied in 2019 during the winter weekend. Seals are a huge draw too for the Lewes Boat Tour with some 65 Harbor and Gray Seals

seen during one of our winter 2019 trips. The boat has a warm and cozy interior.

Guided by fun-loving local birders with decades-long experience on the shore, the walking tours and boat trips accommodate visitors from the curious nature lover to fowl fanatics. Last year, birdwatchers from more than a dozen states flocked to the winter event.

"We enjoy such an abundance of bird species in winter and spring that it just made sense to host winter birding trips," said Worcester County Tourism Director Lisa Challenger.

"Most folks have no idea how spectacular the winter birding is down here," said Rapp. "The sheer number of Bald Eagles and ducks is mind boggling. We host the event on the weekend between the NFL playoffs and the Super Bowl, so we hope you'll get off the couch, bundle up, and get outside. Eagles and ravens are best seen outdoors!"

The Delmarva Peninsula is one of the country's premier birding areas, thanks to an extensive variety of habitat protected by coastal parks, refuges, and wildlife management areas. More than 400 bird species have been recorded in the region and some Weekend tallies have topped 200

please see **weekend** on page 12



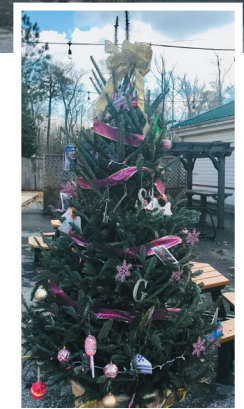
**Election** - The Democratic Central Committee of Worcester County (DCCWC) attended the Maryland State Democratic Central Committee Meeting at the IBEW Local 26 Union Hall in Lanham, MD. At issue was the election of a new state chair to replace Maya Rockey Moore Cummings, who resigned to pursue her husband's Congressional seat. Yvette Lewis, of Prince George's County, was elected to follow Mrs. Cummings.

Pictured are DCCWC members: **Laurie Brittingham**, Vice Chair **Whitney Palmer**, **Tim Tarr**, and Chair **Dr. Roxie Dennis Acholonu**. Rear row: **Justin Butler**, Maryland Democratic Party Lower Shore Lead.

## VOTE FOR YOUR FAVORITE TREE



*Our staff has decorated Christmas trees. Which one do you like best? Cast your vote through December 21!*



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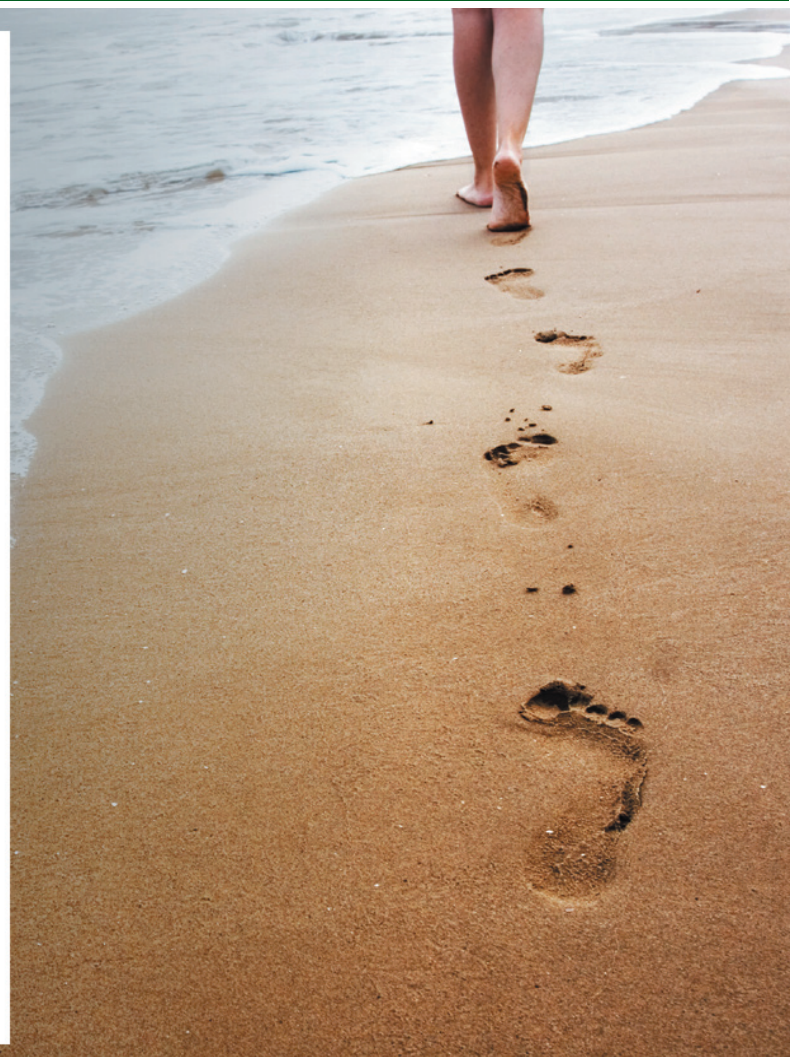


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## Christmas Eve service returns

The 20<sup>th</sup> annual Ocean Pines Community Christmas Eve Candlelight Service will be held in the Ocean Pines Community Center on December 24 at 8 p.m.

The service will last one hour and, as in years past, will conclude with the lighting of the candles. Refreshments will be served immediately following the service and everyone is invited to linger and min-

gle. As always, dress is casual.

“It is hard to believe that this service has been held for twenty years,” stated Pastor Mik Megary. “This is a great time to worship with neighbors as we celebrate the birth of Jesus. It doesn’t matter what church you attend, or what denomination you are part of, we all celebrate together,” he added.

## Hanukkah recalls historic victory

Hanukkah is a Jewish celebration that lasts for eight days and nights and commemorates the victory of the Maccabees over the Greek-Syrian ruler Antiochus IV Epiphanes roughly 2,200 years ago. It begins this year on December 22. Hanukkah is called the “Festival of Lights” in recognition of the day’s supply of oil that somehow burned in the temple for eight days. Hanukkah celebrations are rife with tradition. Families eat latkes and sufganiyot, which are fried in oil to com-

memorate the miracle of the oil. Children are rewarded for their Torah studies by receiving Hanukkah money and presents during the eight-day celebration, which also includes a recitation of the entire Hallel. Individuals light a special nine-branched candelabrum called a menorah. In ancient times, oil was used to light the menorah, but nowadays many Hanukkah celebrants use candles to light their menorahs, which are typically placed in prominent spots in their homes.



**Collection** - At their recent meeting, the Democratic Women’s Club of Worcester County collected new and gently used throws and blankets for several local charitable organizations including Joseph’s House, Coastal Hospice and the Worcester County Commission on Aging. They also collected gifts and gift wrapping for “Santa Sacks” for the detainees of the Worcester County Detention Center in Snow Hill so those detainees could provide Christmas gifts for their children.

Above are **Karen Matheson, Priscilla Zytkowicz, and Vicky Wallace** collecting for the Santa Sacks.

*weekend*  
from page 10

species.

Indeed participants recount the event in terms of experiences rather than simply observing birds – thousands of Snow Geese lifting off a farm field, a majestic Bald Eagle soaring over the marsh, Long-tailed Ducks bobbing on the waves at the inlets, or the lazy nap of a seal on the Delaware Bay breakers. An outdoor experience is the true draw.

“Delaware is teeming with bird species in winter,” said Southern Delaware Tourism Director Scott Thomas. “And this is a great place to experience them.”

If seeing so many bird species isn’t enough, participants should feel even better knowing that they’ve helped Delmarva’s birds by promoting birding and habitat conservation. Birders, both novice and experienced, make an important statement about the economic value of birds and their habitats through the money they spend in local hotels, restaurants, and shops.

Sponsors for the event include Worcester County Tourism, Boardwalk Hotel Group, Jolly Roger Amusement Park, the Delmarva Almanac, and Southern Delaware Tourism. Event registration and sponsorship information can be found at [www.DelmarvaBirding.com](http://www.DelmarvaBirding.com).

## Bingo event set

The Bishopville Volunteer Fire Department Auxiliary will be holding a cash bingo at their main station on Friday, January 3. Tickets are \$25 in advance or \$30 at the door. Doors open at 5 p.m. and early birds begin at 5:45 p.m. Regular games begin at 7 p.m.: 20 regular games, 2 specials and jackpot. 50/50. Food and beverages will be available for purchase. Call 619-922-9950 for tickets.

### Tides for Ocean City Inlet

Day	High /Low	Tide Time	Sunrise /Sunset
Th 19	High	1:16 AM	7:12 AM
19	Low	7:16 AM	4:42 PM
19	High	1:40 PM	
19	Low	7:55 PM	
F 20	High	2:22 AM	7:13 AM
20	Low	8:22 AM	4:43 PM
20	High	2:43 PM	
20	Low	8:51 PM	
Sa 21	High	3:26 AM	7:14 AM
21	Low	9:29 AM	4:43 PM
21	High	3:44 PM	
21	Low	9:45 PM	
Su 22	High	4:25 AM	7:14 AM
22	Low	10:34 AM	4:44 PM
22	High	4:41 PM	
22	Low	10:39 PM	
M 23	High	5:19 AM	7:15 AM
23	Low	11:34 AM	4:44 PM
23	High	5:34 PM	
23	Low	11:30 PM	
Tu 24	High	6:10 AM	7:15 AM
24	Low	12:28 PM	4:45 PM
24	High	6:25 PM	
W 25	Low	12:19 AM	7:15 AM
25	High	6:58 AM	4:46 PM
25	Low	1:17 PM	
25	High	7:13 PM	

### Tides for Ocean City Inlet

Day	High /Low	Tide Time	Sunrise /Sunset
Th 26	Low	1:05 AM	7:16 AM
26	High	7:45 AM	4:46 PM
26	Low	2:02 PM	
26	High	8:00 PM	
F 27	Low	1:50 AM	7:16 AM
27	High	8:30 AM	4:47 PM
27	Low	2:46 PM	
27	High	8:45 PM	
Sa 28	Low	2:34 AM	7:16 AM
28	High	9:14 AM	4:47 PM
28	Low	3:29 PM	
28	High	9:30 PM	
Su 29	Low	3:18 AM	7:17 AM
29	High	9:57 AM	4:48 PM
29	Low	4:12 PM	
29	High	10:14 PM	
M 30	Low	4:03 AM	7:17 AM
30	High	10:40 AM	4:49 PM
30	Low	4:55 PM	
30	High	10:59 PM	
Tu 31	Low	4:49 AM	7:17 AM
31	High	11:23 AM	4:50 PM
31	Low	5:39 PM	
31	High	11:45 PM	
W 1	Low	5:40 AM	7:17 AM
1	High	12:09 PM	4:50 PM
	Low	6:25 PM	

### Tides for Ocean City Inlet

Day	High /Low	Tide Time	Sunrise /Sunset
Th 2	High	12:36 AM	7:17 AM
2	Low	6:33 AM	4:51 PM
2	High	12:56 PM	
2	Low	7:09 PM	
F 3	High	1:29 AM	7:18 AM
3	Low	7:27 AM	4:52 PM
3	High	1:47 PM	
3	Low	7:53 PM	
Sa 4	High	2:25 AM	7:18 AM
4	Low	8:23 AM	4:53 PM
4	High	2:41 PM	
4	Low	8:39 PM	
Su 5	High	3:20 AM	7:18 AM
5	Low	9:20 AM	4:54 PM
5	High	3:34 PM	
5	Low	9:27 PM	
M 6	High	4:11 AM	7:18 AM
6	Low	10:17 AM	4:55 PM
6	High	4:25 PM	
6	Low	10:15 PM	
Tu 7	High	5:00 AM	7:18 AM
7	Low	11:10 AM	4:56 PM
7	High	5:14 PM	
7	Low	11:04 PM	
W 8	High	5:47 AM	7:18 AM
8	Low	12:01 PM	4:57 PM
8	High	6:02 PM	
8	Low	11:53 PM	



### Kiwanis wins Red Kettle Award

The Salvation Army in Salisbury, kicked off its 2019 Red Kettle Campaign at their recognition breakfast on Thursday November 21. Many organizations were recognized for their dedication to man the collection Red Kettles, among which was the Kiwanis Club of Greater Ocean Pines-Ocean City. They won 3rd place, "2018 Bell Ringer Civic Group Award" of the Salvation Army of the Lower Eastern Shore.

The local Kiwanis Club will be seen again this year manning the same location at the Berlin Walmart on Rte. 50, collecting for the 2019 campaign.

Pictured are Kiwanis members who attended and accepted the award (L-R) **Ralph** and **Wilma Chinn** and **Roy** and **Candy Foreman**. Pat Winkelmayer also attended.

### Christmas tree recycling

When choosing a real Christmas tree for holiday celebrations, consumers should think about the many ways that trees can be repurposed after the holiday season. Some towns collect discarded trees to use them for various purposes. However, homeowners can get in on the action as well. The Old Farmer's Almanac offers these great ideas for post-holiday tree use.

Prop up the tree near a bird feeder to provide another perch and shelter to birds that stick close to home in winter, such as chickadees and finches.

String the tree with various treats for birds and put it in a sheltered location. Ideas include homemade suet,

cranberries and millet.

Mulch the tree and use it in the garden in the spring.

Use boughs to insulate perennials in the garden.

Keep some branches to use as kindling in a wood stove or fireplace, or as aromatic logs for next year's yule fire.

Sink an old tree in a personal pond. Fish and tadpoles will live and lay eggs around this sheltered area.

Collect some pine needles and sew them into fabric packets to make scented sachets for closets or drawers.

There are many imaginative ways to come up with handy uses for Christmas trees once the holiday season ends.

### Celebrating Midnight Mass

Many families have their own unique holiday traditions, but one tradition that unites millions of Christians all over the world is the celebration of Midnight Mass. In many parishes, Midnight Mass is the first celebration of Christmas Mass. The origins of Midnight Mass are not exactly known. However, certain monks and nuns attended liturgical services at midnight every day in ancient times, and the Christmas Midnight Mass very well may have been adopted from these practices. Regardless of the basis behind the celebration, it can be a breathtaking and emotional service thanks to the memorable passages read and the inclusion of church choirs. Many Midnight Mass celebrants feel the Mass serves as an impressive reminder as to the true meaning of Christmas.

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## Openings available on county boards, commissions

Worcester County Government (WCG) is currently seeking interest from county residents to volunteer to fill open seats on 24 boards and commissions.

Volunteers are the heartbeat of Worcester County. In the event that WCG receives more individuals interested in volunteering for a particular committee than there are available seats, the Commissioners will maintain an interest list to help fill future vacancies.”

There are current vacancies on the following boards and commissions: Adult Public Guardianship Board (4), Commission on Aging Board (4), Agricultural Preservation Advisory Board (2), Building Code Appeals Board (2), Drug and Alcohol Abuse Council (4), Economic Development Advisory Board (1), Board of Electrical Examiners (3), Ethics Board (1), Housing Review Board (2), Board of Library Trustees (2), Local Management Board/Initiative to Preserve Families Board (1), Local Development Council for the Ocean Downs Casino (4), Lower Shore Workforce Development Board (1),

Planning Commission (2), Recreation Advisory Board (1), Social Services Advisory Board (1), Solid Waste Advisory Committee (5), Tourism Advisory Committee (2), Water and Sewer Advisory Councils - in Mystic Harbor (2), Ocean Pines (1), and West Ocean City (2), Commission for Women (5), and Board of Zoning Appeals (2). Members of these boards and commissions are appointed by the Worcester County Commissioners.

There is currently one vacancy as an alternate on the Worcester County Property Tax Assessment Appeal Board. Members are nominated by the County Commissioners, with final appointment by the governor of Maryland.

Please send a letter of interest, along with a resume or cover letter outlining any pertinent experience, to [kmoses@co.worcester.md.us](mailto:kmoses@co.worcester.md.us) or Worcester County Administration at One West Market Street, Room 1103, Snow Hill, Maryland 21863. Visit [www.co.worcester.md.us](http://www.co.worcester.md.us) and under Important Links click on County Boards and Commissions to learn about the duties and responsibilities for each board.



**List checking** – Between meetings with his transportation staff and Toy Production Crew, **Santa Claus** doublechecked and updated *The Naughty and Nice List*. “Revisions are made to the list as we receive messages from parents and teachers,” said Santa. “We don’t want to miss anyone.”

Santa said he expects to depart the North Pole at his regular time again this year. He’s pleased that his chief Elf Meteorologist is forecasting pleasant traveling weather. “Weather’s not really a concern but it’s always nice to be guided by the stars, especially the one that’s westward leading.” Photo by Mrs. Claus

## Smoking cessation classes offered

Temperatures are dropping and it is a season for fresh starts. The Worcester County Health Department’s free winter smoking cessation classes begin in January. Worcester Health is committed to helping smokers establish new behavior patterns that lead to a tobacco free lifestyle. With the smoking cessation class, Chantix, gum, patch, lozenges and other aids to help individuals quit tobacco are available through a voucher program for individuals meeting specific requirements.

Join one of the smoking cessation classes available throughout Worcester County starting next month:

-From 5 p.m. to 6 p.m., Tuesdays (Jan.14-March 31) at the Snow Hill Health Center, 6040 Public Landing Rd.

-From 4-5 p.m., Wednesdays (Jan. 15-April 1) at the Pocomoke Health Center, 400 Walnut St.

-From 5-6 p.m., Thursdays (Jan. 16-April 2) at the Atlantic Club, 11827 Ocean Gateway

Professionally trained instructors can help participants break the smoking addiction. The smoking cessation course consists of seven sessions covering stress management, weight control, assertive communication, how to develop a quit plan, relapse prevention, and physical activity.

For more information or to register, call 410-632-0056.



**For the love of reading** - Showell Elementary School students from different grades met with their ‘Buddy Reader’ from a different grade to dive into a good book together.

Above are **Dylan Eisemann** and **Liam Ryan**.

# The history of holiday lights

**H**oliday celebrants employ holiday lights in various ways. Certain individuals may be content to hang lights on their Christmas trees and call their decorating complete. Others may get their holiday jollies by making sure each square inch of their home is covered in twinkling lights. Still, other people prefer the more subdued effect of lights framing one picture window of the house.

The tradition of Christmas lights stretches back to early modern Germany when people used candles to decorate Christmas trees in Christian homes. Those candles were harbingers of what would come when electric lights replaced gas and other open flame illuminating devices that were commonplace prior to the 20th century.

Thomas Edison, the inventor of the first successful practical light bulb, also created the first strand of electric

lights that would be used in holiday decorating. By 1880, Edison had standard incandescent light bulbs well sorted out and desired a way to better advertise his invention, so he decided to make the most of the holiday season and put his light bulbs on display. According to a 2003 article in "American Heritage" magazine titled "The Wizard of Your Christmas Tree," Edison strung incandescent bulbs all around the compound of his Menlo Park, NJ, laboratory. Edison constructed an eight-mile underground wiring system in order to power this grand light display. Because the laboratory was situated along the railroad that passed between Manhattan and Philadelphia, thousands of people were able to see the display.

The concept of electric holiday

lights took a bit of time to catch on. Edison's friend and associate Edward Johnson was tasked with stringing to-

illuminated by multi-colored electric light bulbs.

In 1903, when General Electric began to offer pre-assembled kits of holiday lights, strung lights were reserved for the wealthy and electrically savvy. For example, in 1903 a single string of electric lights cost \$12, or around \$300 today.

It would take several more years before holiday lights became a national tradition. On Christmas Eve 1923, President Calvin Coolidge began the country's celebration of Christmas by lighting the National Christmas Tree on the Ellipse located south of the White House with 3,000 electric lights.

Today, illuminated strands of lights have become a large part of holiday celebrations and have even been adopted for use during various year-round events. Such lights can be a beautiful and festive addition to many celebrations.



gether colored lights in 1882 and placing them on an evergreen tree. Johnson hand-wired 80 red, white and blue light bulbs. In 1895, President Grover Cleveland requested the White House family Christmas tree be

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# *Twas the night before Christmas*

*This poem was written by a Marine stationed overseas.*

He lived all alone,  
In a one bedroom house made of  
plaster and stone.

I had come down the chimney  
With presents to give,  
And to see just who in this home did  
live.

I looked all about,  
A strange sight I did see,  
No tinsel, no presents, not even a  
tree.

No stocking by mantle,  
Just boots filled with sand,  
On the wall hung pictures of far dis-  
tant lands.

With medals and badges,  
Awards of all kinds,  
A sober thought came through my  
mind.

For this house was different,  
It was dark and dreary,  
I found the home of a soldier, once I  
could see clearly.

The soldier lay sleeping,  
Silent, alone,  
Curled up on the floor in this one  
bedroom home.

The face was so gentle,  
The room in such disorder,  
Not how I pictured a United States  
soldier.

Was this the hero  
Of whom I'd just read?  
Curled up on a poncho, the floor for a  
bed?

I realized the families  
That I saw this night,  
Owed their lives to these soldiers who  
were willing to fight.

Soon round the world,  
The children would play,  
And grownups would celebrate a  
bright Christmas Day.

They enjoyed freedom  
Each month of the year,  
Because of the soldiers, like the one  
lying here.

I couldn't help wonder  
How many lay alone,  
On a cold Christmas Eve in a land far  
from home.

The very thought  
Brought a tear to my eye,  
I dropped to my knees and started to  
cry.

The soldier awakened  
And I heard a rough voice,  
"Santa don't cry, this life is my  
choice;

I fight for freedom,  
I don't ask for more,  
My life is my God, my country, my  
corps."

The soldier rolled over  
And drifted to sleep,  
I couldn't control it, I continued to  
weep.

I kept watch for hours,  
So silent and still  
And we both shivered from the cold  
night's chill.



I didn't want to leave  
On that cold, dark night,  
This guardian of honor so willing to  
fight.

Then the soldier rolled over,  
With a voice soft and pure,  
Whispered, "Carry on Santa, it's  
Christmas Day, all is secure."

One look at my watch,  
And I knew he was right.  
"Merry Christmas my friend, and to  
all a good night."

## *A special Christmas poem*

By **Bob Lassahn**

*'Twas the night before Christmas and the stockings weren't  
hung,*

*The presents weren't wrapped and the cookies weren't  
done.*

*The floor was all covered with paper and tape,  
A swath of destruction was left in the wake.*

*The lights weren't working and the tree took a lean,  
There was so much to do I just wanted to scream.*

*Christmas was coming, of that I was sure,  
But I wondered if I'd have the strength to endure.*

*And just as my spirit had sunk to a low,  
The tree lights blinked on and it started to snow.  
As I gazed through the window came a sight so serene,  
For out on the lawn was a small manger scene.*

*I came to my senses as I took in the sight,  
And I remembered the reason for this most holy night.*

*Decorations and presents and turkeys and hams,  
Cannot hold a candle to God's gift to man.*

*I remembered the story of that first Christmas night,  
The birthday of Jesus and the star that shone bright.*

*The gifts of the Magi, and a poor Shepherd boy,  
And instead of despair, my heart filled with joy.*

*I stood there a moment and gave it some thought,  
That the meaning of Christmas is easily lost.*

*How Santa and reindeer and presents of toys,  
Overpower the true reason for Christmas joy.*

*I knew at that moment that all was all right,  
I'd finish my chores and get through that night.*

*My list was long; I knew that was true,  
But to it I added one more thing to do.*

*There was one more present I still had to send,  
A prayer for peace and good will to all men.  
And a special prayer on this Christmas day,  
For those who defend us in lands far away.*

This poem was originally  
published in *The Courier* in 2003.





# Ways to show seniors how much they're appreciated

Grandparents and seniors can share wisdom and a lifetime of experience with the young people in their lives. Expressing gratitude for such lessons is a great way to show the seniors in your life, whether it's a grandparent, mentor or family friend, how much they're appreciated.

Some seniors live alone, while others may be living with their adult children and grandchildren, offering care and support to help make the household function. Whether grandparents, aunts and uncles or older friends live close by or elsewhere, there are many ways for their loved ones to show them how much they're appreciated.

Become pen pals. Seniors may have limited mobility or opportunities to get out of the house. Receiving mail is one

way to connect with the outside world. Regularly send letters to a grandparent or other senior, sharing tales of daily life and key moments that will bring them joy. Chances are they'll return the favor with a letter of their own.

Explore technology together. Younger generations can introduce seniors to available technology that can bring them closer. This may include digital assistants that enable them to share videos, tablets to send email or access social media, mobile phones for calling and texting, and anything else families can customize to their needs.

Offer companionship. Spending time with younger generations can motivate seniors to stay active and engaged. Have games and activities at the ready or simply provide a listening ear.

Shop and run errands. Help aging loved ones perform the tasks that they may not be able to tackle on their own. This can include picking up groceries or prescriptions or taking them to appointments. Simple work around the house, like doing laundry or light clean-up, also can be a big help.

Start a hobby together. Develop a hobby that seniors and young people can enjoy together. Watching classic movies, painting ceramics, going to sporting events, or gardening are just a



few of the many hobbies that seniors can enjoy with their young loved ones.

There are many ways to bridge the generation gap and spend meaningful time with aging loved ones.

## Connect with faith this season

Reading scripture can be an integral part of participating in one's religion and bringing a faithful community together. Scripture is an essential component of weekly faith services, but the Bible can be embraced any day of the week.

Many may be surprised to discover that President Franklin Delano Roosevelt first declared the week of Thanksgiving as National Bible Week in 1941. National Bible Week encourages people to read the Bible or listen to its verses. The event is sponsored by the National Bible Association and the US Catholic Council of Bishops. National Bible Week 2019 marks the 78th commemoration of the event.

The timing of National Bible Week was perhaps intentional. The end of November marks the beginning of the season of thanks, faith and family. It's a time of year full of community- and family-centric holidays. Incorporating faith into the mix can make the celebrations even more complete.

Even though National Bible Week may have a decidedly Christian slant, people of all religions can choose to rekindle or fully embrace their respective faiths and make them a priority this time of year. The following are just a few ways to be more faithful in honor of this event.

Pair youth with older adults and encourage them to read religious passages together.

*please see faith on page 18*



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## How to prepare your family when an aging loved one is moving in

No man or woman, regardless of his or her age, wants to consider that a day may come when they need to rely on loved ones to help them perform everyday activities. But every day tens of millions of people serve as unpaid caregivers for their aging friends or family members.

A 2015 survey from the National Alliance for Caregiving and AARP found that approximately 34.2 million people had provided unpaid care to an adult age 50 or older in the last 12 months. Many unpaid caregivers are pulling double duty, caring for their aging parents while also raising families of their own.

While there's no guarantee that aging men and women will require care, caregivers figure to become more necessary as life expectancies increase. In fact, recent years have seen the senior population in the United States exceed 50 million for the first time in the country's history, and figures from the U.S. Census Bureau suggest that figure will continue to rise until 2029.

Men and women who are preparing to welcome an aging loved one into their homes may wonder how to make that transition go smoothly, especially if they have young children at home. The following are some tips that can help families prepare to welcome an aging friend or family member into their homes.

Speak with your loved one's physicians. Speak with an aging loved one's physicians so you can get a complete picture of their physical and mental condition. This can give you an accurate depiction of how much care your loved one needs now and how much they might

need in the future if their condition worsens.

Discuss forthcoming changes as a family. Once you gain a full understanding of your loved one's physical and mental condition and before this person moves into your home, discuss it with your family. Adding a new member to your household will affect everyone, so each member of the family, including young children, should be included when discussing how the family dynamic will change. Parents must recognize that even young children may be asked to make sacrifices to accommodate aging loved ones.

Explain these sacrifices in advance and how important it is to make an aging loved one feel welcome when they move in.

Discuss conditions with children. Children may recognize their grandparents or elderly loved ones have physical limitations, but they likely won't understand conditions such as dementia or Alzheimer's disease. Parents can ask a physician about how to explain cognitive decline to young children. Children may not recognize cognitive decline as readily as adults, so parents may need to discuss these conditions with their children periodically and/or if the conditions worsen.

Millions of people across the globe welcome aging loved ones into their homes when they can no longer care for themselves. Such caregiving changes family dynamics, and these changes should be discussed before and after a loved one moves in.

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### faith

from page 17

Attend a religious service one or more times during National Bible Week and throughout the holiday season.

Choose a favorite piece of scripture and share with others why it is so meaningful to you.

Get a head start on the Christmas season by rediscovering Biblical passages that refer to the birth of Jesus Christ.

Visit services with a member of a different religion and learn about their texts and traditions.

Share God's word in social media or exemplify it by being more patient, loving and supportive of people in your community.



## Celebrating the holidays as a blended family

Emotions run deep come the holiday season. Holiday planning can be hectic, especially for blended families.

Today's families are increasingly blended, meaning they're a combination of families due to divorce or death. Even though the holidays are meant to be joyous, navigating traditions and accommodating the unique needs of all involved, including cultural traditions, visitation schedules, rituals, and religious beliefs, can be challenging. But blended families need not fret as they attempt to negotiate Christmas, Chanukah, Kwanzaa, or New Years.

**Logistics.** The first step to holiday planning is to keep in mind predetermined custody or visitation agreements. Although there can be hope for holiday flexibility and generosity, try to stick as close to existing arrangements as possible. Some families choose to divvy up particular holidays throughout the year in advance. Others may do it as plans get arranged. As long as the arrangement is fair to everyone, the choice is up to the families. The plans should be made known to all involved.

**Discuss expectations.** The Stepfamily Association of America says that communication during the holiday season is vital, especially for children so they know what to expect. Writing down specific itineraries can help alleviate the stress of not knowing where they will be at a given time.

All members of the family should vocalize how they feel about particular aspects of the holidays so that no one is disgruntled. Do not expect others to be mind-readers. Perhaps one person is focusing a significant amount of energy on trimming the tree when that isn't as important to others. Discussing expectations can make planning that much easier.

**Create new traditions.** The holidays without everyone under the same roof enjoying traditions that have been part

of celebrations for years can contribute to feelings of anxiety for people accustomed to these annual traditions. Draw the focus away from how things used to



be done and create new traditions that all can anticipate. Host a holiday movie night if this isn't the year to have the kids for Christmas. An annual outing to see a concert or show might be a new tradition the entire blended family can enjoy.

Don't expect perfection. Putting too much emphasis on trying to make the holidays perfect can backfire. Blended families must recognize that holiday celebrations will change. It can take time to find a new celebratory rhythm, and comparisons always will be made. It's acceptable to have mixed feelings about new traditions, but each member should go into the season with a positive attitude.

Blended families may face additional challenges during the holidays. Working together, such families can restore joy to the season and create new traditions.

### TRIVIA

**Cary Grant** was set to star in the Christmas classic "It's A Wonderful Life." When RKO purchased the rights, they did so with the plan of having Grant in the lead. But, as happens so often in Hollywood, the project went through some ups and downs in the development process. In 1945, after a number of rewrites, RKO sold the movie rights to Frank Capra, who quickly recruited **Jimmy Stewart** to play George Bailey.  
-mentalfloss.com

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## Tips for safe holiday entertaining in pet-friendly households

The holidays are a time to spend with friends and family. Celebrating and entertaining are large components of what makes Thanksgiving, Christmas, Chanukah, and New Year's festivities so enjoyable. Holiday hosts with pets must consider companion animals when planning the festivities.

The holiday season brings added dangers for pets. The American Veteri-

caution when baking sugar-free desserts. The artificial sweetener xylitol can cause dogs' blood pressure to drop to dangerously low levels. Xylitol is found in some toothpastes and gum, so tell overnight guests to keep their toiletries secure to avoid accidental exposure.

Be cautious with cocktails. If the celebration will include alcoholic beverages, the ASPCA says to place

unattended adult beverages where pets cannot reach them. Ingested alcohol can make pets ill, weak and even induce comas.

Be picky about plants. Mistletoe, holly and poinsettias can be dangerous in pet-friendly households. These plants can cause gastrointestinal upset and may lead to other problems if ingested. Opt for artificial replicas instead. If guests bring flowers, confirm they are nontoxic to



nary Association notes that, by keeping hazards in mind, pet owners can ensure their four-legged friends enjoy the season as much as everyone else.

Secure the tree. Securely anchor the Christmas tree so that it won't tip over on anyone, including rambunctious pets. Also, stagnant tree stand water can grow bacteria. If a pet should drink the water, it may end up with nausea or diarrhea. Replenish the tree basin with fresh water daily.

Skip the candles. When creating mood lighting, opt for electronic or battery-powered lights instead of open flames. Pets may knock over candles, and that can be an instant fire hazard.

Keep food out of reach. Situate food buffets beyond the reach of hungry and curious animals. Warn guests to promptly throw out their leftovers so that dogs and cats do not sneak away with scraps that may cause stomach upset or worse. Real Simple magazine warns that fatty foods can promote pancreatitis, a potentially dangerous inflammation of the pancreas that produces toxic enzymes and causes illness and dehydration. Small bones can get lodged in a pet's throat or intestines as well.

Avoid artificial sweeteners. Exercise

pets before putting them on display.

Watch the door. Guests going in and out may inadvertently leave doors open. In such instances, pets who get scared or are door dashers may be able to escape the house. Put a note by the door to watch for escaping pets.

Designate a safe space for pets. If the holiday hustle proves too much for cats, dogs, birds, and more, give the pet a safe, quiet spot away from the crowds.

Holiday hosts should factor in pet safety when they open their homes to guests.

## TRIVIA

Many folks assume that "White Christmas" originally came from the movie with the same name. In reality though, Bing Crosby first performed the now-iconic tune 13 years before "White Christmas" came out, on the radio show The Kraft Music Hall. Then, he sang it in Irving Berlin's 1942 classic, "Holiday Inn" as well as "Blue Skies" in 1946. Still, most will agree that the "White Christmas" movie version is the best one.

-goodhousekeeping.com

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## Risk factors that can compromise mental wellness

At the dawn of a new year, much is made about the popularity of resolutions focusing on improving physical fitness. While it's important to be physically fit, a new year also marks a great time to examine one's mental wellness.

The World Health Organization defines mental wellness as "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her society." Men and women who are mentally unwell may find it difficult if not impossible to achieve their other goals, including those pertaining to their physical fitness.

No one is immune to mental health problems, which the American Mental Wellness Association notes are never the result of a single risk factor. Many people whose mental wellness has been compromised are dealing with a variety of risk factors. The AMWA breaks down those risk factors into four categories: biophysical, psychological, social, and spiritual. Learning these risk factors can help people learn more about themselves and might even compel them to seek help before their mental wellness is compromised.

### Biophysical

- Family history of mental health problems
- Complications during pregnancy or birth
- Personal history of traumatic brain injury
- Chronic medical conditions, such as cancer or diabetes. Hypothyroidism or other brain-related illnesses, such as Alzheimer's or Parkinson's disease, also can compromise mental wellness
- Use of alcohol or drugs
- Poor nutrition
- Lack of sleep

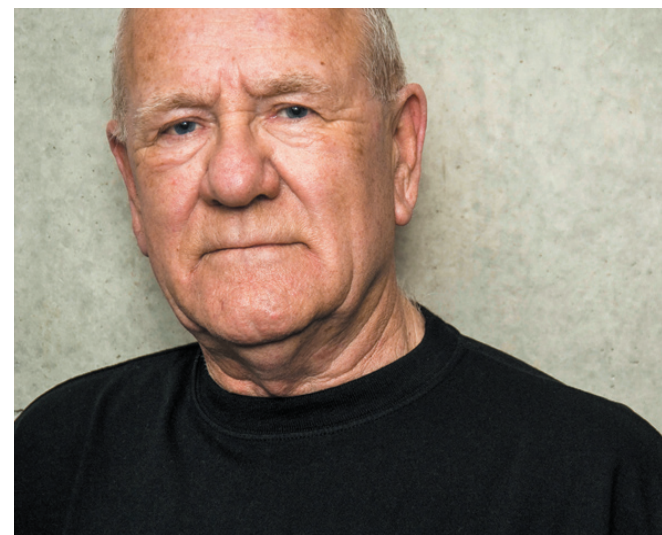
### Psychological

- Stressful life situations, such as financial problems or breaking the law
- Traumatic life experiences, such as rape or serving in the armed forces
- Low self-esteem, perceived incompetence and/or a negative view of life

-Poor academic achievement

### Social

- Being abused or neglected as a child
- Being in an abusive relationship or friendship
- Having few friends or few healthy relationships
- Recent loss, either by death, divorce or other means



-Bullying; both victims of bullying and perpetrators can be at risk for mental health problems

- Growing up, or currently living, in poverty
- Poor social skills, poor communication skills
- Discrimination
- Lack of access to support services

### Spiritual

- Perception of being irredeemable or inherently flawed beyond repair
- Perception of insignificance
- Conflicting thoughts or doubts surrounding deep religious beliefs

The good news for people who think their mental wellness has been compromised is that various treatments are available. Talk therapy or speaking with a peer who has had similar life experiences can help some people as they confront problems regarding their mental wellness. Information about additional treatments, including specialized therapies, is available at [www.american-wellness.org](http://www.american-wellness.org).

Fitness goals are popular New Year's resolutions. But the start of a new year also marks a great time to consider one's mental wellness.

# Captain Ron's Fish Tales

By Ron Fisher




**Fishing Report:** December is here and although the temperature has been mild there has not been much activity for striper fishing until recently. They are catching some nice fish inside the three-mile limit. They were holding in the New Jersey area and are just starting to migrate in our direction. There have been some good size blues being caught within the three-mile limit and some nice tog along the jetties from the 2<sup>nd</sup> to 4<sup>th</sup> street bulkhead on crab and sand fleas. Also there are a few reports of small rock and blues being caught from the surf at Ocean City and Asateague on cut bunker and mullet. No one can predict this fishing from day to day you just need to go fishing and hope for good luck. Offshore fishing is hot with limits of sea bass being caught when the weather cooperates. Let's hope for some continued mild and calm weather? That being said its time to think about going Crappie Fishing.

**Let's try Crappie Fishing:** It's this time of year I like to start crappie fishing. In our area we have white and black crappie many times they are the same colors and most can't tell them apart. Black crappie have seven or eight dorsal spines and white only six. They also have many different names such as calico bass, white perch, cripie, and papermouth to name a few. They grow three to five inches their first year and to seven to eight their second year. Most Crappie caught are in the range of one half to one pound.

**Where to go?** One area I found to be a hot spot is the Pocomoke River at Shad Landing Just off MD Route 113. You will need a Maryland Freshwater Fishing License to fish this area. Check the current regulations but usually there is no closed season and no size requirement. Also you are allowed 15 fish per day or 30 possession

in aggregate

**What equipment do I need?** An ultra light spinning outfit spooled with 4lb test monofilament line is best. The rod can be five and a half or six foot. You will also need a good assortment of fine quality bobbers and size 6 and 8 short shank hooks.

**What bait should I use?** Crappie feed primarily on small minnows and insects. The bait of choice in my opinion is small live minnows of one to two inch maximum. These can be hooked through the lips on a size 8 hook with a bobber a couple feet above the minnow. Some fishermen prefer to jig for them and an assortment of crappie jigs can be found at local tackle shops.

**Where should I fish?** They prefer structure. Drop your minnow or jig next to boat docks, trees or cypress roots and wait for the bite with minnows are move you jig in a jigging motion slowly so it looks like a minnow. Don't hesitate to move around until you find them. They are a schooling fish so when you catch one there are likely to more in the area.

**What about eating? How can I prepare them?** Crappie are one of the best eating fish around. Here are a few recipes.

Pope's Texas Crappie provided by Russell Pope – This recipe uses the whole fish cleaned and scaled

-Coat crappie in sour cream (don't thin the sour cream)

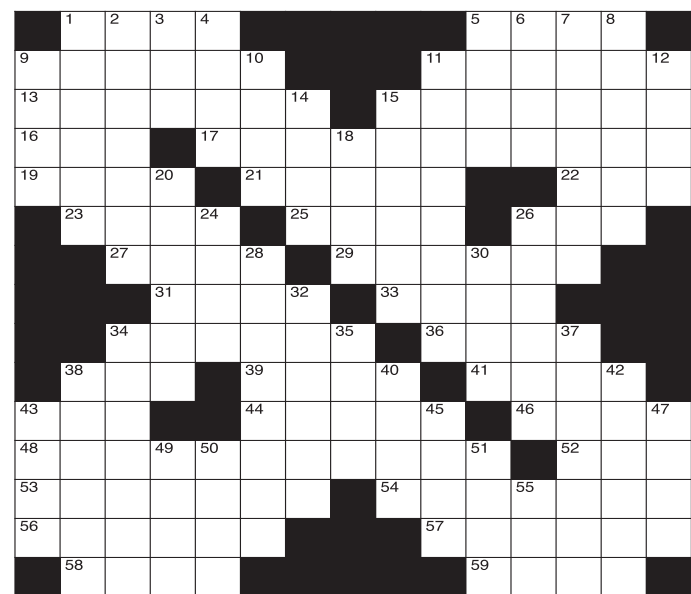
-Roll in mixture of salt pepper and corn meal

-Deep fry or skillet fry till light brown

Get out of the way or your own loving kin and friends will run over you to get to it.

Sharp's Crappie Recipe provided by Douglas Sharp – Uses fillets

-Fillet your catch the way you like them

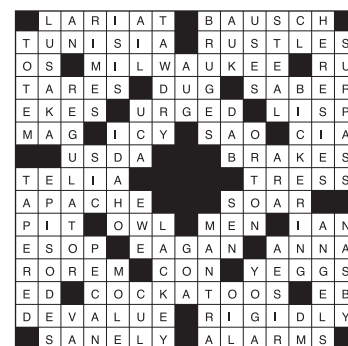


### CLUES ACROSS

- 1. No longer on the market
- 5. W. African language
- 9. A way to open
- 11. A type of pigeon
- 13. Japanese warrior
- 15. Pelvic areas
- 16. No seats available
- 17. Not working
- 19. In a way, soaks
- 21. Growing outward
- 22. Ritzy local \_\_ Air
- 23. Telegraphic signals
- 25. Metric units
- 26. Large wine cask
- 27. Fiber from the husk of a coconut
- 29. Gets up
- 31. French river
- 33. Witnesses
- 34. They make great neighbors
- 36. The sun does it
- 38. Used to store ashes
- 39. First Chinese dynasty
- 41. Network of nerves
- 43. Word element meaning ear
- 44. Metric unit of length (Brit.)
- 46. Tributary of the Danube
- 48. Off-limits
- 52. Appeal earnestly
- 53. It's good to have them
- 54. Commercial flying company
- 56. Acted out in protest
- 57. Took to the sea
- 58. Cuckoos
- 59. Drove fast

### CLUES DOWN

- 1. Trapped
- 2. About osmosis
- 3. Romanian monetary unit
- 4. Form of Persian
- 5. Cold wind
- 6. Leave out
- 7. Small vehicle
- 8. A little off
- 9. Soviet Union
- 10. A narrow path or road
- 11. Contrary beliefs
- 12. One who speaks Gaelic
- 14. Private school in New York
- 15. Jackson and Townshend are two
- 18. Soldier in an airborne unit
- 20. Taken illegally
- 24. Capital of Valais
- 26. Male reproductive organs
- 28. State capital
- 30. One with supernatural insight
- 32. Starts all over again
- 34. Jai alai arena
- 35. Star Wars antagonist
- 37. Freestanding structure
- 38. The ideal place
- 40. The extended location of something
- 42. Made level
- 43. Distinctive smell
- 45. Greek goddess of discord
- 47. Got older
- 49. Type of monkey
- 50. Travels to
- 51. Geological times
- 55. Edge



Answers for December 11

please see *fishing* on page 23



**Pajama gathering** - The student council at Berlin Intermediate School coordinated the third annual pajama drive, collecting over \$650 and 85 pairs of pajamas to donate to local shelters this winter.

## Canada Goose season set to begin

The Maryland Department of Natural Resources announced the state's migratory Atlantic Population (AP) Canada goose hunting season will take place in two segments, December 20 through January 4 and January 14 through January 31. Hunters can bag one goose per day in Maryland's AP Canada Goose Hunting Zone.

"Canada goose hunting is a time-honored Maryland tradition that gives friends and family a chance to reconnect as they enjoy the sights and sounds of a day in the field," Wildlife and Heritage Service Director Paul Peditto said "We

encourage all hunters to bring a new or novice hunter along on a trip to their waterfowl blind."

More information about waterfowl seasons, regulations and license requirements, is available online.

Licenses, stamps, and permits may be purchased by phone at 855-855-3906, at a Department of Natural Resources Service Center or at any one of the more than 250

Sport License Agents statewide.

Hunters with questions may contact the Maryland Department of Natural Resources Wildlife and Heritage Service at 410-260-8540.



### fishng

from page 22

- Take equal parts of yellow corn meal and parmesan cheese
- Add a Tablespoon of Dill Weed (freeze-dried or fresh)
- Salt and Pepper to taste

Mix the above according to how much you'll need to cover your fillets.

Heat your frying oil to at least 375 degrees, drop those fillets in, and let'em fry till brown. Take'em out and squeeze some fresh lemon on them! Your tongue will slap your face!! Hope you enjoy.

**Did you know?** Many rockfish can live hundreds of years. Rougheye rockfish are the longest known living fish on earth and can live over 200 years! That means that a rockfish on your dinner plate could have been alive when Lewis and Clark set out on their famous expedition in 1804 to explore unknown territories in the United States.

Have a great holiday and remember to take a kid fishing,  
**Capt. Ron**

### mystery

from page 3

*three-masted schooner 7 feet long. The model boat took nearly two years to complete. On the table below the model are pictures of Farrell, Jr. a paratrooper at Fort Bragg and Ronnie, a navy man on the destroyer USS Blue."*

"That picture was taken right in my mom and dad's house on Gum Point Road," Farrell said. His uncle, Roland B. Powell (no relationship to the former Ocean City mayor), took the photo around or just after 1965.

"My dad was very handy at crafts," Lynch said. "He could carve decoys, but he was an exceptional boat builder. A lot of my dad's family on his side and his mother's side were all boat builders, back in the day. My dad, somehow, inherited skills to build boats and whittle and carve."

Farrell Wrendel Lynch was born in 1914 in Taylorville, right behind the church. The elder Lynch was a fisherman who occasionally worked for the Martin Fish Co, according to his son. He also was a carpenter for E.S. Adkins & Company and owned the campground formerly on Gum Point Road, and he was a veteran of the U.S. Coast Guard and served during World War II in the Navy. He passed away about 20 years ago.

The younger Lynch, now 74, recalled as a child hunting on what's presently Ocean Pines. The community wasn't developed until 1968.

"There was nothing here when I was growing up, nothing but a forest and a swamp," he said.

Lynch said his father built the model boat in the garage next his childhood home, near the present location of the Worcester County Boat Ramp.

"We used to live in an old farmhouse up in the field. All of that's gone now," he said. "Almost everything we're talking about's long gone. There's hardly anybody living [from] the family except for myself and my brother. You're lucky you got us before we died, or you'd never know where that boat comes from!"

His best guess is his father built the model during the late 1950s and early 1960s.

"I went into the Army in 1963 and I kind of remembered that boat being in the house when I left," he said.

After building the first 7-foot schooner, Lynch's father crafted a sister boat to the model, which his

brother, Ronnie, still has.

Lynch said he's uncertain of the details, but the boat somehow changed hands and became a display piece in a local bar.

"This boat went from mom and dad's house ... to the Yankee Clipper Motel in Ocean City, which is no longer there," he said. "The boat ended up at the Yankee Clipper Motel in the Pirate's Den lounge. I can't tell you whether somebody bought that boat from dad. I can't tell you if dad gave it to them. I can't tell you if it was family.

"My father was the type of person, he probably never would sell you this boat - he'd probably give it to you before he'd sell it to you," he added.

Lynch also is unsure how the boat might have traveled from the motel to Ocean Pines, but more than half a century after he last saw it in person, he opened up a newspaper in November and recognized the model that once sat in a chicken house next to his childhood home.

His first reaction?

"Jesus, I know who built that boat! That's dad's boat," he said.

Lynch said he talked it over with his wife, and later called his brother to ask what he should do: reveal the boat's origin or "let it be a mystery forever."

"He said, 'I want them to know where it came from ... Ocean Pines probably deserves to know and dad needs to get the recognition,'" Lynch said of the conversation.

Lynch was not surprised the boat became a showpiece in Ocean Pines.

"I figured it would end up on display somewhere," he said. "I always knew where the sister boat was, but I kind of lost track of the first one dad built."

As for those missing years between the Pirate's Den and the Yacht Club, Lynch believes someone, somewhere has a clue to what happened.

"Whoever had it in the Pirate's Den, who knows what they did with it. Where did it go all those years from when it left mom and dad's house, I don't know," Lynch said. "It could have traveled all around different places until it ended up in your Yacht Club ... it just didn't sail over there, I'll tell you that!"

The model boat amassed many other stories between 1975 and the present day, but exactly how it traveled from the Pirate's Den to Ocean Pines remains a mystery.

If anyone has more information, email [info@oceanpines.org](mailto:info@oceanpines.org).

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