

The Courier

December 16, 2020 Volume 21 Number 15



Holiday cheer - Ravens Roost #58 helped a local family with some holiday joy this year. Treasurer **Jeanette Deskiewicz** is pictured giving the gifts to **Debbie Smullen** of Worcester Youth and Family Counseling for delivery.

County Rec Center is a Toys for Tots drop-off center

Worcester County Recreation and Parks staff have again joined with Toys for Tots to serve as a public donation drop-off location. Local community members are invited to donate new, unwrapped toys now through Friday, December 18, which can be dropped off in the lobby of the Worcester County Recreation Center (WCRC) in Snow Hill. WCRP hours of operation are as follows: Monday through Thursday 6 a.m. to 9 p.m., Friday 6 a.m. to 6 p.m., Saturday 9 a.m. to 2 p.m. and closed on Sunday.

The region's 2019 campaign dis-

Church service to be held

The Church of the Holy Spirit will celebrate Christmas with a church service at 6 p.m. on Christmas Eve, December 24. Masks and social distancing are required.

The church is located at Coastal Highway and 100th St. For more information, call 410-723-1973.

tributed 16,903 toys to 9,814 children. By joining together, we can spread hope to even more families this holiday season. To learn more about this organization visit www.toysfortots.org or contact Recreation Superintendent Lisa Gebhardt at 410-632-2144, ext. 2500 or lgebhardt@Maryland-SCoast.org.

Kiwanis offers free membership

Like most clubs, Kiwanis has annual dues, but due to COVID-19, Kiwanis International has allowed clubs all over the world in 80+ countries to have new members join for free for a year, as long as they join by December 31, 2020. Call Kiwanis Club of Greater Ocean Pines-Ocean City President Steve Cohen at (301) 667-3099 or by email at steve-cohenjd@gmail.com to apply. This is an opportunity to join free for a year and experience what Kiwanis is all about.



Winning anglers - The Atlantic Coast Sportfishing Association (ACSA) recognized its 2020 Angler of the Year in both Bay and Ocean divisions at the Ocean Pines Yacht Club. ACSA mugs, a certificate of recognition and a cash award were presented to each top angler by ACSA Secretary John McFalls. Angler of the Year is awarded to the fisherman who catches the biggest fish of most species during the year. Shown in photo from Left are Angler of the Year, Ocean Division, **Dale Christensen** of Ocean Pines; ACSA Secretary **John McFalls**; Angler of the Year, Bay Division, **Budd Heim** of Ocean Pines.

OP Police: report suspicious activity right away

Ocean Pines Police are reminding residents that, if they see something suspicious, to call police right away at 410-641-7747.

If there is an emergency, always call 9-1-1.

Chief Leo Ehrisman said the Police Department is there to protect and serve the community of Ocean Pines, but that the public also needs to do its part to form a strong partnership.

Ehrisman said residents can be the eyes and ears for officers when police are not in the immediate area, and notifying police right away is always the best approach.

Police, he said, "can't take action for something reported tomorrow that happened last night."

"Call the police anytime something looks out of place in your neighborhood," Ehrisman said. "We have to get there when it's happening, not a day later."

Lt. Greg Schoepf also offered helpful public safety tips for residents:

-Get to know your neighbors. You don't have to be best friends or share coffee every morning, but at least be aware of who they are.

-If you are having a problem with your neighbors, try to speak to them about what is bothering you. Often times

people don't realize that what they are doing is disturbing to someone. In Ocean Pines, we have folks from many different places with different customs and habits. So, what seems perfectly normal to them is not normal for someone else.

-If a neighborly discussion does not resolve the issue or takes a negative turn, call the police and we may be able to mediate a solution that is acceptable to both parties.

-Any kind of violation of the law requires an immediate notification of the police. We are here 24/7 and 365 days a year and are at your service. It is not mandatory that you give your name, but it is helpful for follow-up of the situation.

-Join the Ocean Pines Neighborhood Watch. They are very involved in the community and are in regular contact with the members of the police department. Contact Jim Hamlin at jim1127@mchsi.com for more information on joining this worthwhile community involved group.

"In short, we are here whether it is a loud party, barking dog, parking complaint, or an occurrence of a crime," Schoepf said. "Our officers are highly trained and dedicated to the residents of Ocean Pines. Keeping our neighborhoods safe and secure is our top priority."





Special delivery - For more than a dozen years, every November around Thanksgiving the Color Guard of Ocean City American Legion Post 166 has been delivering warm clothing and socks to veterans hospitalized at the Perry Point, Maryland, VA Hospital. COVID did not prevent the delivery this year, although it curtailed how it was carried out. Usually, several members of the Color Guard drive to Perry Point and make the presentations in person to hospitalized veterans. This year they were allowed only to drop off the packages for the hospital to distribute. As a result, only **Johan Nykvist** (left) and Color Guard Captain **Glen Reely** (right), driven by Post Member **Tom Bussard**, (center) filled an SUV with boxes containing 177 heavy, winter hooded sweatshirts, and made the 5-hour round trip from Ocean City to Perry Point to deliver the goods.

Kiwanis adds new members

Great news for the Kiwanis Club of Greater Ocean Pines - Ocean City, Maryland. COVID cannot stop new members from joining. During the December 9 meeting, conducted virtually, Kiwanis International President Art Riley inducted Doreen O'Connor, Joan Esworthy, Kathryn A. Hill and Steve Greco.

Doreen O'Connor is a retired elementary school counselor from Queen Anne's County. In that capacity, she was responsible for working directly with students and families as well as organizing and administering many of the service projects that our school participated in. She is currently a substitute teacher for Worcester County schools. She is a certified yoga instructor. Through her membership with the Kiwanis, she hopes to continue to be of service to others and to help children in her retirement years.

Joan Esworthy and husband Paul moved to Ocean Pines in 2018 from Sykesville, MD. It has been a great move for them as they enjoy the beach, fishing, and all of the activities in the area. Before retiring Joan worked remotely from Sykesville as an installation manager for a California based company. She was responsible for in-

stalling GPS equipment in fleet vehicles throughout the US and Canada. Since their move, Joan has been able to connect with many old friends that have moved to the shore and she keeps busy with a volunteer work with the Worcester County Humane Society. She belongs to several other organizations.

Kathy Hill lived the first 21 years of her life in Northern New York. After college, she moved to Maryland where she and her husband Tim brought up their three boys. She worked for the Carroll County Family YMCA for about 32 years and Carroll County Public schools (CCPS) for 20 years. The years at the YMCA enhanced her love of fitness while the years teaching child development at Winters Mill High School enhanced her love of children. Upon her retirement from CCPS in June of this year, she and her husband were able to find more time to be in Ocean Pines. Making jewelry, refinishing furniture, designing flower arrangements, creating mosaic artwork, golfing and going for relaxing walks are things that keep Kathy busy daily. She is also a member of the

please see **members** on page 4

Officials take part in intensive firefighting drills

Several Ocean Pines officials took part in a "Fire Ops 101" event last Friday in Newark, to get a first-hand taste of what firefighters experience during an emergency call.

Participants took part in firefighting, search and rescue, vehicle extrication and CPR drills in simulated environments and while wearing authentic fire department gear.

The International Association of Fire Fighters, Local 4916, hosted the event and Ocean Pines participants included Association President Larry Perrone, Association Vice President Colette Horn, and General Manager John Viola.

Worcester County Commissioner Chip Bertino also participated.

Melissa Bragg, president of the Worcester County Professional Fire Fighters Association, said she was happy with how the event turned out.

"It was fantastic," she said. "We were able to show our elected officials and media that attended what it's like to do our job."

The drills were so realistic, she said, that some participants seemed overwhelmed at times. She said one person was fitted for protective gear first thing in the morning, and then took it off to put civilian clothes back

on.

"When I came to them and said, 'OK, it's time to get started and get ready for the day, go ahead and put your gear on,' this person in particular lost it and said, 'But I just took it off!' And I said, 'Yeah, I know. And that stinks, but that's exactly what it's like in a day with us,'" Bragg said.

Having to put on cumbersome and uncomfortable equipment and leave at a moment's notice is typical for a firefighter, Bragg said.

"There is no break. Sometimes you don't get meals. Sometimes you have to hold it and you can't pee for hours,



because if someone's having an emergency you don't have time to say, 'Well, I really wanted to run through the drive through and get something.' You don't have time when an emergency happens, and I think that was the No. 1 biggest takeaway for them," she said.

"Sometimes it's literally going from fighting a fire, to doing CPR on some-

please see **ops** on page 4

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ops
from page 3

one,” she continued. “I always like to say the fire department is like hours of monotony interrupted by moments of chaos. You could go for hours where you’re just cleaning and checking equipment and doing chores all around the firehouse. You could even be asleep at night, and then all of the sudden you’re woken up and you have to be on your A-game and hurry and move fast and get yourself together.”

Bragg said on TV and in movies, first responders will often go into a bright, well-lit area during an emergency.

“That’s not what it’s truly like in a fire,” she said. “In a fire it’s usually very dark and you’re usually feeling your way around. One of the people

asked me about wearing your glasses and I said, ‘You don’t need your glasses – you can’t see in a fire.’ It’s part of the job and we learn to adapt to everything in a totally different way than most people expect.”

Bragg said about 14 people attended the event, and everyone she talked to afterward told her what a revelation it was.

“Every single person that attended told me, ‘I had no idea. I can’t believe you guys do this every day,’” she said. “But we’ve just become used to what we’re doing. We know what to expect, whereas they were just completely taken aback.

“It’s really the most fantastic opportunity to get someone in there to try it and let them see it for themselves. They were all so excited about it, so I couldn’t have been happier with how it went,” she continued.

“Hopefully, we’ll do it again!”

“I thought it was very well done and a good experience, and I came away very impressed. I’m grateful to have been invited,” said Ocean Pines General Manager John Viola.

“It was a great experience and I want to thank all those who made it happen and, in particular, Melissa Bragg,” said Larry Perrone, Ocean Pines Association president.

“I appreciate having been given the opportunity to participate in the Worcester County International Association of Fire Fighters’ 2020 Fire Ops 101. It was a fun and informative experience that gave the participants the opportunity to suit up and walk in the boots of firefighters and EMS professionals for a few hours,” said association Vice President Colette Horn.

“The event gave insight into the challenges, responsibilities and pre-

paredness of firefighters,” said Bertino. “It was very humbling for me to walk in their boots – literally – and experience just a minute fraction of what each of these volunteer and career male and female firefighters/EMTs face and endure each time they are called out. Unless you have been the focus of their attention during an actual emergency/life-threatening situation, most people may not fully appreciate the high level of training, professionalism and selflessness instilled within these first responders.

“The Fire Ops training was well organized and well thought out, giving each participant an opportunity to experience going into a burning building, attempting to save the life of a patient in distress and using the jaws of life to extract a car accident victim.”

members
from page 3

Pine’er Craft Club, where she helps set up displays in the new gift shop. One thing she says she lives by, “I taught my boys and all the students I worked with over the years, is the theme or moto I try to live by: ‘In a world where you can be anything... be kind.’”

Steve Greco and his wife Trish have lived in Ocean View, DE since July. Prior to that, they lived in Sayville, NY (Long Island) for over 20 years. They have two children who still live and work in the Greater New York area. Steve retired earlier this year from the company he

owned, Selectro Corporation, which that supplied automotive lighting products to auto parts stores and warehouses across the country. He sold the company in December 2019. Steve enjoys running, biking and spending time with family and friends. Steve’s dad was a Kiwanian up until his death in May 2018, and Steve looks forward to continuing his legacy of serving the children of his community through Kiwanis.

To join the organization, contact Ocean Pines - Ocean City President Steve Cohen at (301) 667-3099 to get information and an application. Membership is free if you join before December 31.

Courier Almanac

On December 16, 1960, two airplanes collided over New York City, killing 134 people on the planes and on the ground. The improbable mid-air collision is the only such accident to have occurred over a major city in U.S. history.

It was a snowy morning in New York when a United DC-8 from Chicago was heading for Idlewild Airport (now John F. Kennedy International Airport) in southern Queens. At the same time, a TWA Super Constellation from Dayton, Ohio, was heading to LaGuardia Airport in northern Queens. Due to the weather, the United flight was put into a holding pattern. When the pilot miscalculated the location of the pattern, the plane came directly into the path of the TWA flight.

According to the World Health Organization, an estimated 250 million preschool children are vitamin A deficient. That’s a significant concern, as children who are not getting enough vitamin A are at greater risk for severe visual impairment and blindness. Vitamin A deficiency also increases a child’s risk of severe illness, and even death,



from common childhood infections, including diarrheal disease and measles. The WHO notes that breast milk is a natural source of vitamin A and urges mothers of infants to breastfeed to ensure children get ample amounts of vitamin A. Parents of older children can look to various healthy foods to make sure youngsters are getting enough vitamin A. The National Institutes of Health notes that foods such as sweet potatoes, carrots and fortified cereals typically contain substantial amounts of vitamin A. The U.S. National Library of Medicine reports that various animal products, including meat, fish, poultry, and dairy products, also contain significant amounts of vitamin A. Parents can speak with their children’s pediatricians to determine the healthiest, most effective ways to ensure their youngsters are getting enough vitamin A.

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Chip Bertino Publisher/Editor

Mary Adair Comptroller

Linda Knight Advertising Representative

Contributing Writers

Dan Collins, Victor Fernandez, Ron Fisher, Douglas Hemmick, Jean Marx

Robert B. Adair 1938-2007

P.O. Box 1326 Ocean Pines, MD 21811

410-629-5906

thecourier@delmarvacourier.com

www.delmarvacourier.com

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Those traditions of ours

Christmas is a canvas upon which family traditions are painted and forever cherished. Our family is no different. Through the years we've



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

enjoyed particular activities in a certain way that in time they've become traditions from which we are loathe to deviate. There are some things that have become so embedded in our family psyche that we just take them for granted. Whether it's sausage stuffing or the reading of "Twas the Night Before Christmas," Christmas just wouldn't be the same without them.

purchased it at a dramatic discount. Nothing says the holidays like a good buy. He has a ceramic head and a flowing red gown which is illuminated. In his hands, St. Nick holds two lighted candles. He has adorned our tree Christmas since. For a couple years during the late 2000s he remained dark due to faulty lighting. I eventually rewired him and he continues to glow with the joy of Christmas. Interestingly our children were quite happy to hear Old St. Nick was once again all lit up. We hadn't realized how much they missed his illuminating presence at the top of the tree. It's odd, but when I saw him lit up again, it made me feel good, like things are once again right with the world, or at least at the top of our tree.

Between Thanksgiving and Christmas, it is tradition for my wife and I to enjoy several Christmas movies. Our favorites include the original "Miracle on 34th Street" with Maureen O'Hara and John Payne and the 1994 remake with Richard Attenborough as Kris Kringle. It's become habit that we watch the 1951 version of "A Christmas Carol" with Alastair Sim either on Christmas Eve or Christmas day. Of course, "It's A Wonderful Life" with James Stewart is a must which we watch either Christmas Eve or Christmas day depending on when we watch Scrooge endure the ghosts of Past, Present and Future. In recent years, Will Ferrell's "Elf" has been added to the roster as well.

Usually we sit on the sofa with a mug hot chocolate topped with a rather large dollop of whipped topping to watch St. Nick bring the magic of Christmas to a little girl and

her mother who don't believe in Santa or laugh as an elf named Buddy reconnects with his long lost father and brings the magic of Christmas to those who don't believe or witness a man faced with ruin think about ending his life only to

save his guardian angel from drowning, see how his loved ones would have fared had he never been born and in the end experience the magic of Christmas. It's not unusual that halfway through at least one of the films that I fall asleep, waking up just in time to see the magic of Christmas save the day. That too has become part of family lore.

The decorations we place on our tree have, in their own way, become part of our family story. Among the ornaments are macaroni framed self portraits made by our children when they were in grade school as well as decorations we have purchased through the years at different places we've visited. One of the oldest is a wooden goose we bought in Stone Harbor when we were living in New Jersey. Another is a glass replica of the

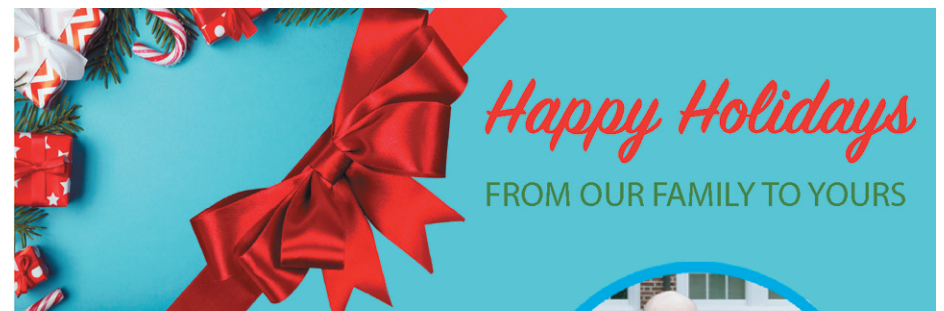


Pentagon we purchased when our son was commissioned during a ceremony there. There's also a wooden sailboat we picked up when we vacationed in St. Michael's several years ago. Seeing these and many other ornaments on our tree bring life to many happy memories and make me mindful of how quickly time passes.

I'm asked quite often by family what I want for Christmas. It's not complicated. What I want this Christmas and for many more to come is to see old St. Nick at the top of our tree, watch Christmas movies while sitting next to my wife, enjoy familiar decorations on our Christmas tree and last but not least be surrounded by my family. However, I wouldn't balk if someone wanted to get me a new pair of slippers.



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Breakthrough treatment could help depression sufferers

Major depression is a serious illness that is estimated to affect roughly 13.3 million adults in the United States. While medication can be helpful in managing its symptoms, millions of depression sufferers are experiencing unwanted side effects from current therapies without receiving adequate benefit.

The clinical literature states that as a patient tries more antidepressant medications, the likelihood of achieving remission declines, while the likelihood of the patient stopping treatment due to difficult side effects increases.

These patients are looking for effective alternatives.

The Behavioral Health team at TidalHealth Peninsula Regional in

Salisbury is helping by now offering transcranial magnetic stimulation (TMS) for the treatment of Major Depressive Disorder (MDD). TidalHealth Peninsula Regional is the first behavioral health provider to offer the NeuroStar® Advanced Therapy service in this region.

NeuroStar Advanced Therapy TMS uses magnetic pulses to awaken areas of the brain that are underactive in depression. With its advanced technology, NeuroStar Advanced Therapy offers doctors real-time feedback and delivers enhanced care with its precise and accurate targeting, providing reliable and consistent treatment.

In an open-label clinical trial, 58% of patients significantly responded to treatment, and 37% achieved complete

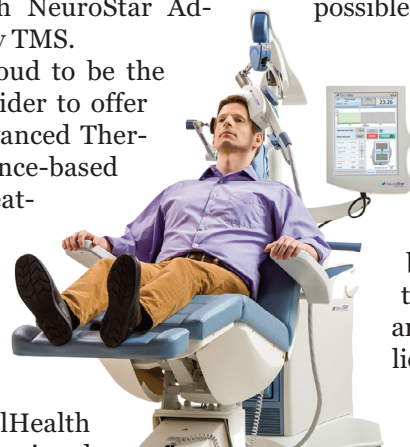
remission of their depression symptoms with NeuroStar Advanced Therapy TMS.

“We are proud to be the first local provider to offer NeuroStar Advanced Therapy, an evidence-based alternative treatment, backed with the most clinical studies for TMS in depression,” said Ovais Khalid, MD, TidalHealth Peninsula Regional Outpatient Behavioral Health Clinic adult psychiatrist. “We are excited to bring this breakthrough treatment to our patients because we

know it works and provides the best possible chance at long-term remission from depression.”

Since receiving FDA clearance in 2008 as a safe and effective treatment for adult patients with MDD, NeuroStar Advanced Therapy has become a game-changer in the treatment of depression and offers hope to the 5.5 million adults in the U.S. treated for depression who do not achieve remission with antidepressant medication.

With widespread insurance coverage by most commercial and government health plans, the



please see treatment on page 14

Four financial tips for women

Presented by **Stephanie P. Brown,**



Stephanie P. Brown, MBA

While women face a unique set of circumstances when it comes to retirement planning, being more aware of these challenges is the first step to helping overcome them. I strive to empower my female clients to be engaged and commit to prudent financial decisions and at Schwab, we highlight four key considerations to help women properly prepare for their retirement.

Keep in mind, this information should not be considered personalized investment advice or recommendations. Because each situation varies, it's important to review for your own particular situation.

Women may have a lengthier retirement. Women tend to outlive men by an average of five years, according to the National Center for Health in 2016. Though a longer retirement means more time to travel the world and spoil grandchildren, it also means women will have to save more money to last them through their longer lifespans.

Tip: Stocks are an important part of most portfolios, even during retire-

ment. Though you may want to gradually reduce your exposure as you get older, consider maintaining a portion of your savings in stock investments to help counteract the impact of inflation.

Women may have a more expensive retirement. Not only do women have to plan for more years in retirement, but they often have to anticipate higher expenses. Longer life expectancies can translate into increased medical expenses and a higher likelihood of entering a nursing home or assisted living community, or hiring formal home care.

Tip: Medicare benefits cover some medical costs during retirement but supplemental insurance is also critical to helping assure there are no uncovered gaps.

Women potentially have to save more to make up for earnings loss. On average, women still earn lower salaries than their male counterparts. In 2018 women still earned only 82 cents for every dollar men earned, according to the U.S. Census Bureau. Plus, over the course of their working years, women spend more time out of the workforce to care for their families, according to the AARP Public Policy Institute. To counteract the forces that are weighing on their ability to accumulate sav-

ings, women can focus on socking away as much as possible during the years they are working.

Tip: Your level of savings is the biggest factor in determining whether you will meet your retirement financial goals, so start early. Consider max out your 401(k) & retirement savings contributions. One way to do this is by setting up, an automatic deposit feature so you don't even have to think about it. Review your living expenses periodically to look for ways to save more.

Women may receive less in Social Security benefits. Lower salaries and fewer years in the workplace also put women at a disadvantage when it comes to Social Security benefits. In fact, women 65 years and older earned on average about 20% less in Social Security than men in 2017, according to the Social Security Administration. While this may be difficult to accept, women who may become widows due their longer life expectancies should consider how they can maximize their Social Security survivor benefits.

Tip: Consider delaying the start of your Social Security benefits. If you choose to start cashing in your Social Security checks before your normal retirement age, your benefits are reduced. Use Social Security Administration's calculators to help calculate and maximize your benefits.

Women are often faced with difficult life altering events – caring for an aging loved one, the loss of a spouse or partner, divorce and the associated financial issues that accompany these events. Having assisted many women investors during difficult times, as well as during successful and joyous times is my passion. I get it, I've been through several of these crossroads myself. My goal is to educate and collaborate with clients and help them feel confident about their life choices and financial future.

Stephanie P. Brown, MBA is an Independent Financial Consultant at the Charles Schwab Independent branch located in Rehoboth Beach, DE. Stephanie has more than 16 years of experience helping clients achieve their financial goals. “Our goal is to help clients understand how their money is invested and provide the tools and resources they need to be successful.” Stephanie is life-long Sussex county resident and enjoys spending time with her two children and extended family.

She can be reached at 302-260-8731 or atwww.schwab.com/rehobothbeachstephanie.brown@schwab.com

Information presented is for general informational purposes only and is not intended as personalized investment advice as individual situations vary. Where specific advice is necessary or appropriate, Schwab recommends consultation with a qualified professional. Investing involves risk including the potential loss of principal. (1220-08Fo)(12/2020).

How to host virtual holiday celebrations

The 2020 holiday season figures to be vastly different than seasons past. The novel coronavirus COVID-19 has transformed daily life in many ways. The public has become accustomed to wearing masks while shopping, limiting the number of people in public venues and keeping their distance from friends and loved ones. Many events have been reimagined as virtual celebrations because of social distancing protocols. For those with large families or people with inherent risk factors that make them more susceptible to illness, sharing the holidays over video conferencing apps may be the safest way to go in 2020.

The following tips can help holiday hosts make the most of a virtual holiday experience.

Pick a bright, festive spot. Set up your tablet, smartphone or computer in a bright area with a festive backdrop. You'll want others who join the virtual hangout to be able to see you clearly. A Christmas tree or a decorated fireplace in the background can set the scene.

Choose the right conferencing app. Certain programs may work better than others depending on your needs. For example, if everyone has the same operating system platform (iOS or Android), you may be able to use an app inherent to that system, which won't require a separate download or login.

Apps also may be chosen depending on how many people can be invited in, as some set limits. Do your homework and conduct a test run prior to the holidays.

Keep props nearby. If the goal is to open gifts virtually, be sure to have everyone gathered and gifts nearby so no one is scrambling in and out of view.

Position the camera at eye level. Try to set up the camera so you're not looking up or down. Practice looking straight into the camera instead of at yourself in the minimized window or even others on the screen. This way you'll appear engaged.

Use mute when not speaking. Muting yourself (and encouraging others to do the same) when you are not speaking will limit the amount of background noise. As the host, serve as the moderator and encourage everyone to speak one

at a time. Choose a visual cue to signal when someone has the floor to speak, such as raising a hand or even showing a festive picture.

Tune into virtual worship. While some places of worship have reopened to some capacity, others may still be offering hybrid services. If your place of worship offers services via YouTube or another video platform, gather around and watch together and participate just as if you were there in person. Better yet, share the link with other family and friends so they can tune in as well.

Share dinner "together." Set up your camera source so it captures the holiday table. All parties gathering virtually can then sit down to the holiday meal as one and enjoy one of the season's more endearing traditions.

Virtual celebrations may continue through the holiday season. Adapting with some video conferencing tips can ensure everyone enjoys the festivities.



Wishing you a healthy and prosperous holiday season.



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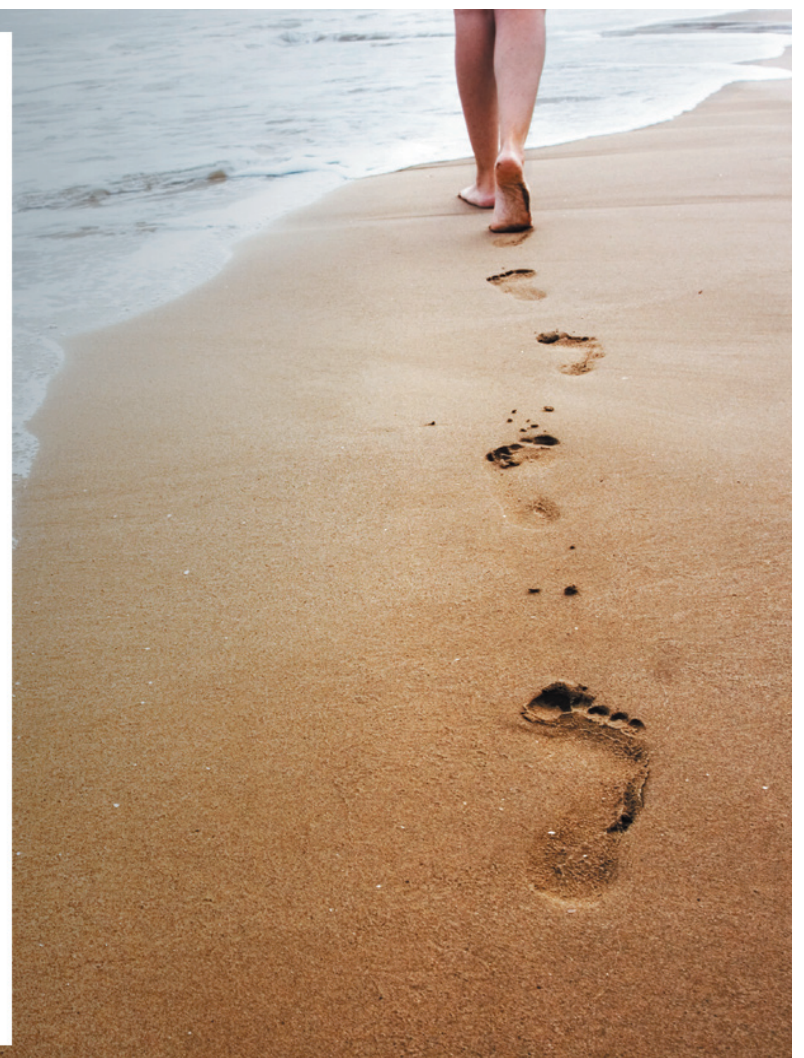
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Help isolated loved ones this holiday season

A phenomenon called “cabin fever” tends to set in around late autumn or in midwinter. Long hours of darkness coupled with cold, inclement weather often is a recipe for increased time spent indoors. For people who live alone, the effects of cabin fever might be more pronounced.

In addition to seasonal cabin fever, this year another factor comes into play: social distancing and voluntary quarantine as a result of the novel coronavirus COVID-19. Even those who may venture outside to socialize, particularly around the holiday season, may be hesitant or unable to do so to help prevent the spread of the virus. In these instances, friends and loved ones can mitigate feelings of isolation in various ways.

Schedule video chats. Video conferencing apps have become the communication vehicles of choice during the era of social distancing. Different applications and services continue to evolve and help people stay in touch. Plan regular chats, either once or twice per week with isolated or vulnerable people. Try to organize a large group chat on the holiday itself so no one has to spend Christmas or Chanukah alone.

Why are Christmas colors red and green?

Many people may not get in the holiday spirit without decorations and all the trimmings. Chances are strong that if you have containers full of items just waiting to see the light of day again this holiday season, those items are red or green or some combination thereof.

Red and green have become the traditional colors of Christmas, just as blue and white symbolizes Chanukah. But how did this color palette come to evolve?

Just like many traditions of Christmas, the red and green scheme has origins that pre-date the Christian celebration. Christmas has borrowed from many of the customs of winter solstice celebrations of ancient peoples, including the Celts. Ancient Celtic people revered holly plants, believing they brought

Drop off supplies. Even though supermarket shop-from-home and other delivery services have normalized somewhat since the start of the pandemic, treat individuals who may be isolated to some personalized attention. Put together care packages of supplies or holiday treats and deliver them in person so you can see the smiles that result from being able to visit with someone familiar.

Send uplifting messages. Children or even adults can make personalized cards and mail them to loved ones at home or those who may be in long-term care facilities. Send new mailings every week or two so that residents always have something to look forward to in the mail.

Start a virtual club. A book club or another shared interest can be the catalyst for more frequent communication. A club puts everyone on the same page and enables them to come together, via phone or video chat, for a discussion.

Ask for help learning a new skill.

Along the same vein as a virtual club, lessons on everything from woodworking to crochet to making favorite holiday recipes can be conducted online. Give an isolated individual daily purpose and distraction by engaging him or her with online lessons.

Isolation and feelings of loneliness can affect anyone who normally suffers from cabin fever. However, this

year it may be more pronounced, as it could be coupled with social distancing precautions that have already been in effect for some time.

Board meeting to be held virtually

The Ocean Pines Board of Directors will hold their Regular Board meeting on Saturday, Dec. 19, starting at 9 a.m. virtually.

Board members will use Microsoft Teams to conduct the meeting.

To join the session, use the invite link: <https://tinyurl.com/yxff535d>. If prompted, use the web browser plug-in only and not the full client.

Public comments may be made during the meeting, or by emailing comments ahead of time to directors@oceanpines.org.

Following the meeting, the video will be posted to the Association YouTube channel and links will be announced on the Ocean Pines website, www.oceanpines.org.

OPA worker tests positive for COVID-19

Ocean Pines Association General Manager John Viola last Tuesday issued a statement about a worker who tested positive for COVID-19.

The statement follows:

“A member of our Rec Department recently tested positive for COVID-19. The employee was last at work on Dec. 4, and also passed through the Administration Building for a brief period on Dec. 3.

“The employee has not returned to



their homes with the plants, which feature shiny, serrated leaves and bright, red berries, as a way to guarantee a prosperous new year. Holly also came to be associated with the crown of

please see **colors** on page 14

please see **worker** on page 14



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Tis the season

Fishing Report:

What a start to the month: 4” of rain, wind and cold temperatures. When the weather allows they are doing well offshore on the head boats with good catches of sea bass, blues and some door mat flounder. Inshore as few nice keeper stripers have been caught around the Rt. 50 Bridge and the inlet. Tautog fishing has been good along the rocks at the Jetty on sand fleas.

Maryland Fishing License:

Just FYI Recreational fishing licenses, stamps and angler registration are now valid 365 days from the date of sale. DNR has issued a reminder that the grace period in place for existing license holders whose recreational hunting and fishing licenses expired during the state of emergency for the pandemic. That grace period will end on January 1, 2021.

Don't forget to winterize your boat:

If you are planning to winterize yourself there are many good articles on the internet and also a great publication titled The Boater's Guide to Winterizing published by Boat U.S. and distributed in partnership with West Marine. The Guide includes: Storing Your Boat, Winterizing Checklist, Engines and Drives The dos and don'ts and Plumbing Getting the water out. Of course, the other option is to have it winterized by a local Marine Service Center. But in any case, don't forget to do it!

Winterizing your Fishing Gear

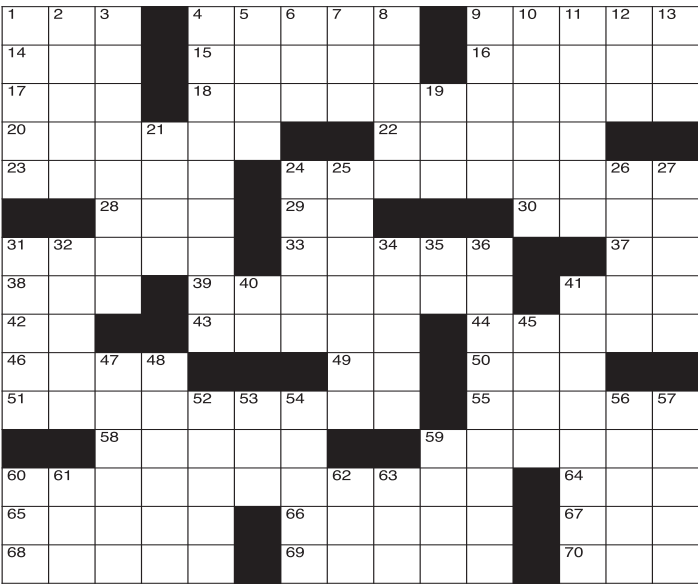
Winter gear storage: A few days ago, I received an e-mail from a fellow fisherman wondering how I store my fishing gear during the winter months. I am glad he asked because I am behind this year and need to get started. Like most fishermen I have far too much fishing equipment. Surf rods, boat rods, standard spinning and level wind outfits as well as ultra light spinning

and fly rods and reels. Not to mention terminal tackle. I use most of this equipment over the year as the reels have different lb. test lines and are used for different fish species including both fresh and saltwater. The same for terminal tackle as this includes; hooks, spinners, plugs, flies, and other rigs that I feel will catch the species I am pursuing at the time.

Rod & Reel: I begin by stripping all monofilament line from all my fishing reels. This line has been exposed to the elements, stretched and abused all summer. Other lines I will likely leave on for another year. Scrub all rods and reels with soap and water to remove saltwater residue and be certain to dry them well. Next, I will oil or grease my reels according to manufactures directions. I will caution you to not disassemble your fishing reels without having a manufactures instruction booklet or I can guarantee you will be going to the repair shop to have it put back together properly. I complete the process by spraying my fishing reels with Reel Lube that can be purchased in most tackle shops and retail stores. After this dries, I will usually cover each rod and reel in a rod and reel case that I purchase from Cabellas and Bass Pro shops.

Terminal Tackle: Again, I scrub all terminal tackle to remove any saltwater residue and dry carefully before storing. This also gives me an opportunity to sort and check the condition of my rigs and discard any that have seen better days and also to know what I need to make as replacements over the winter months in preparation for next years action. Don't forget however to keep out your gear for some winter fishing fun.

Happy Holidays and remember to take a kid fishing,
Capt. Ron

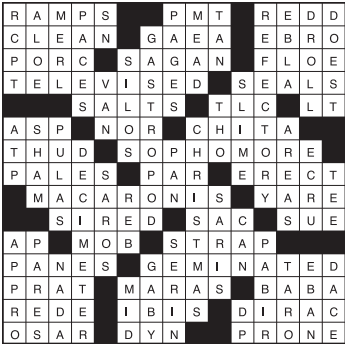


CLUES ACROSS

- 1. Popular pickup truck
- 4. Profoundly wise men
- 9. Camera company
- 14. Folk singer DiFranco
- 15. Passerine birds
- 16. Plum-shaped fruit used for preserves
- 17. Popular kids channel
- 18. Dodgers' skipper
- 20. Removes
- 22. The Atlantic is one
- 23. Badgerlike mammal
- 24. Foulness
- 28. Luke's mentor ___-Wan
- 29. Commercial
- 30. A type of gin
- 31. Temptress
- 33. Shuts in an enclosed space
- 37. Milligram
- 38. Actress Adams
- 39. Strive to equal or match
- 41. Health insurance
- 42. A detective's source
- 43. Small American rails
- 44. Alfred __, Brit. poet
- 46. Crest of a hill
- 49. Atomic #52
- 50. __ Caesar, comedian
- 51. Breaks apart
- 55. Register formally (Brit. sp.)
- 58. Worker
- 59. Chemical compound
- 60. Disgraced newsman
- 64. Born of
- 65. Chemical substance
- 66. Supernatural powers
- 67. Clothes
- 68. Indy footballers
- 69. Moves forward
- 70. Midway between south and southeast

CLUES DOWN

- 1. Driver
- 2. Bone cavities
- 3. Menacing
- 4. Where coaches patrol
- 5. Greek mythological figure
- 6. War-based board game
- 7. Midway between northeast and east
- 8. 18-year period in astronomy
- 9. Mid-century term used to describe Japanese-Americans
- 10. Large bodies of water
- 11. Eurasian ryegrass
- 12. Perform on stage
- 13. Greek island
- 19. 10th month of the year (abbr.)
- 21. One point east of southeast
- 24. Belgian city
- 25. Praise excessively
- 26. River in France
- 27. Edible lily bulbs
- 31. Quarterbacks take them
- 32. Organic compound
- 34. Tears down (Brit.)
- 35. Beloved Hollywood alien
- 36. Unconscious
- 40. Missouri
- 41. Firemen use them
- 45. Pig noise
- 47. Greatly dismay
- 48. Imitator
- 52. Moves by turning over
- 53. Boxing's GOAT
- 54. Swarms with
- 56. Margarine
- 57. Feudal superior
- 59. As fast as can be done
- 60. Reciprocal of a sine
- 61. Chinese city
- 62. Tell on
- 63. United



Answers for December 9

AGH to offer antibody therapy for COVID infection

Atlantic General Hospital announced last week it is one of the first six treatment sites within the state of Maryland to offer the monoclonal antibody therapeutic bamlanivimab for high risk patients with mild to moderate COVID-19 infection.

Bamlanivimab is an infusion therapy granted emergency use authorization by the U.S. Food and Drug Administration for treatment of individuals with COVID-19 before severe symptoms occur, to reduce the chances of the infection worsening and requiring hospitalization.

Due to the limited doses available nationwide, treatment is only offered for adults and children ages 12 and older at greatest risk of progressing to severe COVID-19, based upon specific criteria established by the FDA.

These criteria include being over the age of 65, having an underlying chronic condition like diabetes or severe obesity, and/or having a compromised immune system.

Bamlanivimab should be administered as soon as possible after a posi-

tive COVID-19 test, as it is most beneficial when given early in symptom progression. It is administered via a single intravenous infusion and mimics immune system antibodies that block viruses.

Not all individuals who test positive for COVID-19 are recommended to receive bamlanivimab. Bamlanivimab infusion is provided through physician referral only, after it is determined that a patient is a good candidate and at high risk of severe onset.

Individuals with COVID-19 symptoms should contact their primary care provider or visit the Atlantic ImmediCare clinic in Ocean City for testing and referral.



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SHAPE UPS

Tue/Thu | 8-8:50am
Dec 15-Jan 21
Sports Core Pool
\$45 swim members,
\$50 OP residents, \$65 public
Drop in: \$5, \$6, \$7

Enjoy a fun workout set to music using pool noodles, foam barbells & more. The class will finish with a spirited march! Call 410.641.5255 to register.

SWIMMIN WIMMIN

SHALLOW
Mon/Wed/Fri | 8-8:50am
Dec 14-Jan 22
\$55 swim members,
\$65 OP residents, \$81 public

OR
DEEP
Mon/Wed/Fri | 8-8:50am
Dec 14-Jan 22
\$55 swim members,
\$65 OP residents, \$81 public

Drop in: \$5, \$6, \$7

Ocean Pines' longest-running water aerobics class. It's not just for women! Call 410.641.5255 to register.

CREAKY JOINTS

I: Mon/Wed/Fri | 11-11:50am
Dec 14-Jan 22
\$55 swim members,
\$65 OP residents, \$81 public

OR
II: Tue/Thu | 11-11:50am
Dec 15-Jan 26
\$40 swim members,
\$45 OP residents, \$57 public

Drop in: \$5, \$6, \$7

This minimum-impact class works all joints of the body to improve balance & flexibility. Suited for anyone with impaired movement. Call 410.641.5255 to register.

NEW! HYDRORIDER DROP IN

Dec 29, Dec 31 | 5-5:45pm
\$8 swim members,
\$10 OP residents, \$12 public

Take a spin on our popular water bikes! Call 410.641.5255 to reserve your space.

WET WORKS (DEEP WATER)

Mon/Wed/Fri | 9:30-10:20am
Dec 14-Jan 22
\$55 swim members,
\$65 OP residents, \$81 public
Drop in: \$5, \$6, \$7

A fun, lively water exercise class using kickboards, noodles, barbells & stretch cords. Must be comfortable in the deep end. Call 410.641.5255 to register.

Ocean Pines Aquatics is now hiring trained & certified lifeguards!
Visit oceanpines.org/web/pages/work-here for more information.

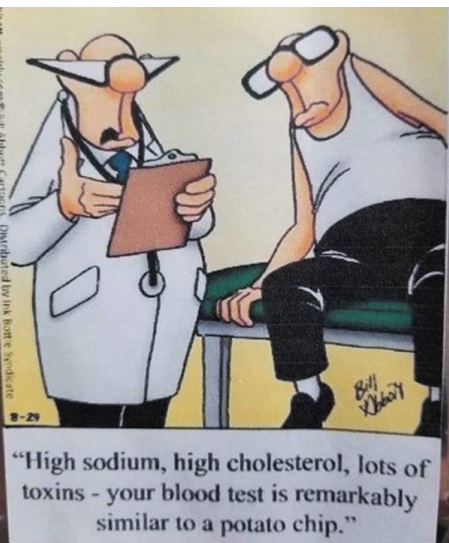
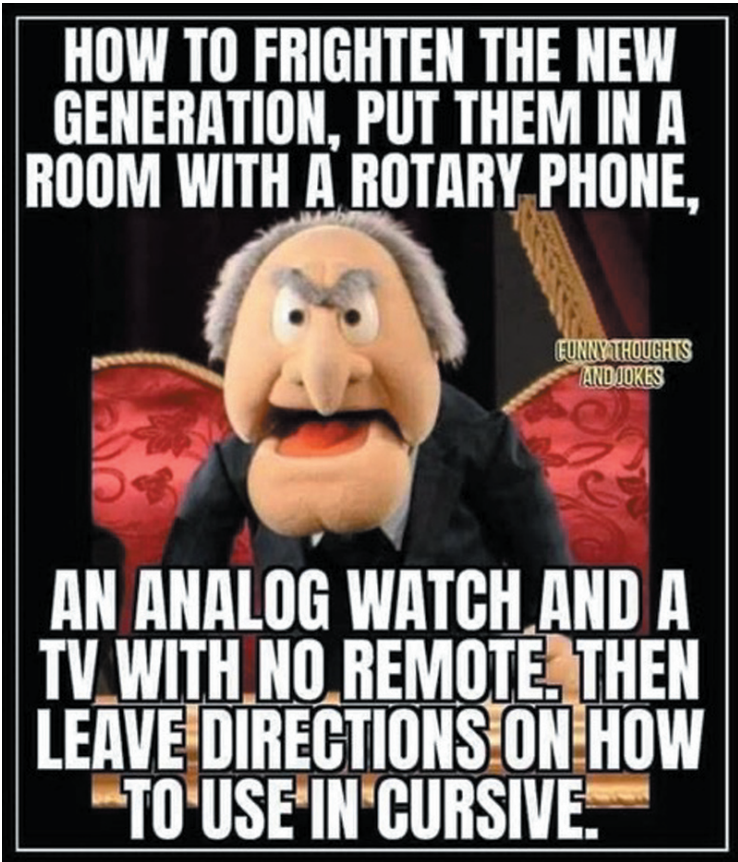
Got up this morning and ran around the block 5 times. Then I got tired, so I picked up the block and put it back in the toy box.

I just paid for a 12 month gym membership. My bank called to see if my credit card was stolen.

Apparently, it's only appropriate to say "Look at you! You got so big!" to children. Adults tend to get offended.

Some things to think about

Gathered from the internet by Jack Barnes



I never thought I'd be the kind of person who'd wake up early in the morning to exercise ...
And I was right.



Guys I need your help. I'm in the middle of an argument with my wife and she just told me that I'm right. What the hell do I do next?!

Holiday gifts for four-legged family members

Holiday shoppers who are busy making lists and checking them twice should make sure they don't overlook the family pet. Christmas has gone to the cats and dogs, as a greater number of people include their companion animals when selecting gifts each year.

A study by OnePoll conducted by Rover.com, the nation's largest network of dog sitters and walkers, found that 95 percent of pet owners have bought holiday gifts for their pets. Gifts can range from everyday needs, like food and treats, to more lavish extravagances like spa treatments.

Pet owners who plan to get their pets gifts this year may want to consider some of the emerging pet trends as they browse wares and services. The Balance, a business, career and industry information site, says pet industry trends point toward these segments seeing growth.

Natural pet products. Just as people are interested in protecting the health of the planet and their own personal health, so, too, are they extending this concern to companion animals. Natural pet products, which

can include natural flea and tick remedies, holistic foods, organic items, and all-natural grooming products, can make great gifts.

Specialty pet services. The American Pet Products Association says the demand for high-end pet grooming and other services is substantial. In addition, personalized training, behavioral consulting, portrait photography, dog sitting, and upscale spa treatments like pet Reiki and massage are booming.

Mobile pet grooming. Mobile pet grooming has become the norm in many areas. Mobile pet grooming can reduce the potential stress on animals, and tends to be very convenient for customers, particularly seniors and others who have mobility issues.

Beyond these growing trends, pet owners have a bevy of other ideas from which to choose. Here are just a few different suggestions:

- tests to detect pets' DNA and trace breed and ancestry,
- interactive puzzles to keep pets engaged and banish boredom,
- stylish storage baskets for pet toys,
- hidden cat litter or dog crate items that camouflage

- commonly used pet items,
- heated pet bed for cozy nights and mornings, and
- signature vests, coats and sweaters to look good and remain comfortable.

Pet gifts are popular this time of year, ensuring all members of the family have a treat to open.



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- Adults and children 8 years and older
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treatment
from page 6

non-drug therapy is available by prescription and typically administered daily in a doctor’s office for four to six weeks, with treatment sessions performed in as little as 19 minutes.

Unlike electroconvulsive therapy (ECT), NeuroStar Advanced Therapy is non-invasive, allows patients to resume daily activities immediately following treatment sessions and is free from systemic side effects often associated with antidepressant medications.

TidalHealth abides by a thorough and robust COVID-19 safety and cleanliness policy that provides protection to patients and staff alike during all clinical interactions. To learn more about transcranial magnetic stimulation or any of the behavioral health services offered by TidalHealth, please call 410-543-7119. In addition, there are immediate openings for general psychiatric services for children, adolescents and adults in the outpatient behavioral health clinic. Please call 410-543-7119 to make an appointment.

colors
from page 8

thorns Jesus Christ was forced to wear during his crucifixion.

The custom of using red and green continued into the 14th century. Dr. Spike Bucklow, a research scientist at the University of Cambridge, says red and green also were used to paint medieval rood screens, which were partitions installed in churches to separate the congregation from the priest and altar. Dr. Bucklow notes that Victorians also extended the association of these colors as a physical boundary to another boundary: the marking of the end of the old year and the beginning of a new one at Christmastime.

While red and green had associations with Christmas in early times through holly and other sources, the connection was perhaps best solidified thanks to a man named Haddon Sundblom. Sundblom was an artist commissioned in 1931 by the Coca-

Cola company to create an image of Santa Claus for the company’s upcoming holiday ads. Until this point, versions of Santa were rarely consistent, with his clothing vacillating between green, blue and red. He also wasn’t the plump, jolly fellow associated with Christmas as we know him today, but rather thin and elf-like. Sundblom portrayed him as a chubby man wearing red robes, likely as a nod to Coca-Cola’s own red logo, even though the company denies the connection. Santa was featured in front of a green background. The ads proved popular and Sundblom’s Santa became the preferred depiction. Santa’s red robes perfectly complemented the green background and other green components of the holiday, such as Christmas trees and holly, that already had been solidified as Christmas imagery.

Color plays a strong role in creating Christmas nostalgia. Red and green are put on vivid display throughout the season.

worker
from page 8

work and will not until it is safe to do so consistent with CDC protocols. We notified the local health department of the situation and will cooperate fully with public health officials. In addition to reporting the positive test to the Health Department, we were able to determine who had close contact with the employee in question and communicated directly with those individuals.

“We continue to stress the need to practice sound hygiene by frequently washing hands thoroughly, maintaining 6 feet of separation between others, and wearing masks when indoors or social distancing is not possible.”



Successful drive - On December 10, staff members of the Art League of Ocean City (left to right: **Katie Brown, Cassie Wait, Rina Thaler, and Megan Burak**) delivered 21 bags containing 146 winter coats plus a box of hats, gloves, and scarves to Diakonia for their annual coat drive. Members of the Art League and other community members donated the coats.



DAR Donates lap robes to Coastal Hospice

The General Levin Winder Chapter, Daughters of the American Revolution (DAR) donated lap robes for Coastal Hospice “We Honor Veterans” program. Lap robes were donated at the Macky and Pam Stansell House in Ocean Pines.

Above: **Gail Weldin**, Chapter Regent; **Bob Miller, Sr.**, Coastal Hospice Director Business Development.

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Winter solstice is Monday

The winter solstice is considered the shortest day of the year. This year the solstice is Monday, December 21. The solstice is when the sun's path has reached its southernmost point, producing the fewest available hours of daylight all year long. The winter solstice marks the first day of winter. Also, on this day, the sun is directly overhead at high noon on the latitudinal point called the Tropic of Capricorn. "The Farmer's Almanac" says that some historians surmise Stonehenge was built to correspond with the use of solstices and other solar and lunar events.

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.

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.

The Ocean Pines Anglers Club announced the winners of the 2020 Walt Boge Fishing Tournament. Even though the COVID put a damper on the season and meetings were cancelled for the year a few dedicated fishermen persisted and are recognized as follows.

Bluefish	31"	Harry Winand
Tautog	18"	Budd Heim
Flounder	23"	Budd Heim
Croaker	10-1/2"	Budd Heim
Weakfish (trout)	22"	Jillian Donahue
Tuna	68"	Adam Thompson
Red Drum	18"	Greg Donahue
Black Drum	18-1/2"	Kevin Welkner
Black Sea Bass	16"	Jim McWinney
Sheepshead	18-1/2"	Budd Heim
Large Mouth Bass	25"	Chuck Tornetta
Fresh Water Trout	12-1/2"	John Jewer

Tides for Ocean City Inlet

Day	High /Low	Tide Time
Th 17	Low	3:02 AM
17	High	9:45 AM
17	Low	4:03 PM
17	High	10:04 PM
F 18	Low	3:53 AM
18	High	10:34 AM
18	Low	4:54 PM
18	High	10:54 PM
Sa 19	Low	4:46 AM
19	High	11:23 AM
19	Low	5:46 PM
19	High	11:46 PM
Su 20	Low	5:42 AM
20	High	12:13 PM
20	Low	6:37 PM
M 21	High	12:41 AM
21	Low	6:39 AM
21	High	1:04 PM
21	Low	7:25 PM
Tu 22	High	1:39 AM
22	Low	7:37 AM
22	High	1:58 PM
22	Low	8:12 PM
W 23	High	2:38 AM
23	Low	8:36 AM
23	High	2:53 PM
23	Low	8:57 PM

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