


The Courier

November 24, 2021 Volume 22 Number 12


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Ancient products - Sixth grade students at Berlin Intermediate School have been exploring and discovering Ancient Egypt in their Social Studies classes. After learning that many products in that region were made from vegetation the students tried to their hand at weaving. **Daniel Kishtykova** and **Gary McCabe** share their project.

Opportunity to support the Grace Center

On Giving Tuesday, November 30, the Grace Center for Maternal and Women's Health in Berlin will be participating in this annual event sponsored by the Community Foundation of the Eastern Shore. Your donations are needed in order for the center to continue providing support for women in need from the community. Throughout the pandemic the center has continued to provide services such as hospital grade pregnancy tests, ultrasound examinations, parenting classes, counseling referrals and support groups free of cost. In addition, the center is currently in the midst of an expansion. All monies received during this fundraiser will be used to continue with the mission of the center as well as to help with expenses related to the expansion.

You can help the cause by going to www.shoregivesmore.org on Giving Tuesday, November 30 and enter Grace Center to make your donation to the center. There will be a Watch Party that evening at DeNovo's on Manklin Creek Road from 4 p.m. to 7 p.m. The public is invited. Names of any donors through-

out the day will be entered in a drawing for prizes from several business supporters of the center which include, but are not limited to: Fager's Island, Captain's Table, Hilton, Comfort Inn, Atlantic Sands and Candy Kitchen. The drawings will take place live at the event at DeNovo's throughout the evening. Winners do not need to be present to win.

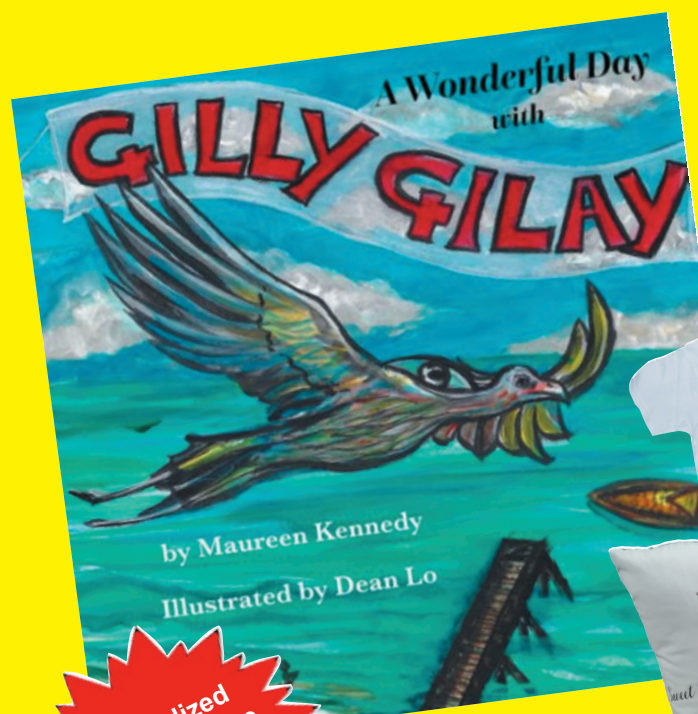
Chamber to host Santa

The Ocean Pines Chamber of Commerce announced that Santa Claus will be available for photos at the Ocean Pines Beach Club on 49th Street in Ocean City on December 18 from 9 a.m. to 11 a.m. Bring the family, bring your pets, Santa loves visits from all!

Free parking and goody bags for the kids. A donation of \$10 to the Chamber is requested. Cash or Venmo are accepted.

For more information, call the Ocean Pines Chamber at 410-641-5306 or email info@oceanpineschamber.org.

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Make Chanukah special with these traditions

Sunday, November 28 begins the Jewish holiday Chanukah. For eight nights each winter, candles burn in commemoration of a miraculous and joyous event. Chanukah, often referred to as the Festival of Lights, commemorates an ancient miracle that occurred after the Jewish people waged a hard-fought battle against religious oppression.

A small contingent of Jewish warriors led by Judah Maccabee rebelled against Syrian Greek rulers who desecrated the holy Second Temple in Jerusalem and tortured and persecuted those who did not adopt their religious beliefs. After the Maccabees came out victorious, they set out to rededicate the Temple, which included lighting a menorah. They could only find enough oil for the candelabra to burn for one night. Miraculously, the oil burned

for eight nights and the Temple was kept holy. This miracle is the inspiration for Chanukah.

Various iconic Chanukah traditions have been borne out of that evening in 164 BCE. Below are some of the most prominent traditions associated with Chanukah festivities.

Lighting the menorah. The menorah is traditionally a seven-branched candelabra lit by ritually-pure olive oil used in Jewish places of worship. However, in commemoration of the Chanukah miracle, a special menorah, called a hanukkah, is used. This menorah is a nine-branched version that enables a candle to be lit for each day the rededicated Temple candles burned. The middle, highest candle from which the others are lit is called she shamash. The hanukkah is traditionally placed in a visible

space, such as the front window of celebrants' homes.

Playing with the dreidel. Jews were forbidden from studying their own religious texts like the Torah, but they found ways to do so anyway. They would quickly hide their books and take out spinning tops to pretend to be playing with them when the Greeks were watching. In commemoration, these little tops, or dreidels, are taken out on Chanukah. The dreidels are marked with four Hebrew letters, which represent the phrase "nes gadol haya sham," or "a great miracle happened there."

Eating fried foods. Frying foods in olive oil has become tradition and a way to acknowledge the miraculous Temple oil burning. Jelly-filled doughnuts called "sufganiyot" are popular, as are latkes, which are fried potato pancakes.

Donations and gifts. In addition to Chanukah gelt (small chocolate coins) and money given out to children and adults, many Jewish fami-



lies make "tzedakah" (donations) to nonprofits and other charitable organizations during Chanukah. The sixth night of Chanukah has recently become associated with charitable giving and other gifting.

Family time. In addition to these traditions, Chanukah is an ideal opportunity for Jewish family members to gather under one roof. It also may be an opportunity for them to share their celebrations and religious customs with non-Jewish friends.

Chanukah is a celebratory time that looks back to a significant miracle in Jewish history. It's an opportunity to engage in many different traditions with family and friends.

Courier Almanac

At 12:20 p.m., in the basement of the Dallas police station, Lee Harvey Oswald, the alleged assassin of President John F. Kennedy, is shot to death by Jack Ruby, a Dallas nightclub owner.



The meaning of the menorah

Menorahs are a prominent symbol of Chanukah. Menorahs are seven-branched candelabras that have been used in Jewish worship since ancient times. The seven branches refer to the seven days of creation. The menorah is the traditional symbol of Judaism and the emblem of the state of Israel. For Chanukah, a nine-branched candelabra called a hanukkah is used, but the word "menorah" has become interchangeable. The Chanukah menorah consists of nine candles. The center and ninth candle are referred to as the Shamash. It is used to light all the other candles. The Shamash is raised above the other candles to make it kosher. The lighting of the menorah over the eight days of Chanukah symbolizes the miracle that occurred during the rededication of the Second Temple in Jerusalem at the time of the Maccabean revolt. The sacred oil, of which there was only enough for one day's lighting, miraculously lasted for eight days.

Indebtedness is often discussed in terms related to debtors' short- and long-term financial health, but debt also can have an adverse effect on individuals' mental health. A 2014 study published in the journal BMC Public Health examined the effects of debt in the aftermath of the global financial crisis that began in 2007 and extended into 2008. The authors of the study found that individuals with unmet loan payments had suicidal ideation and suffered from depression more often than those without such financial problems. The 33 peer-reviewed studies examined by the authors of the 2014 study covered various types of debts, including medical debts, mortgages and credit card debt. Each type of debt produced negative health consequences, though individuals who failed to pay their mortgage or had their homes repossessed reported an especially high prevalence of mental and physical health impairments.



The
Courier

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Gramps' car

Just about two months ago, the topic of what to do for Thanksgiving came up as my wife and I were sitting in the sunroom during an overcast Sunday afternoon. Very quickly

Our border collie Brandy jumped in from time to time as well.

We enjoyed Thanksgiving dinner in the kitchen. Our one-month-old son sat in an infant chair in the middle of the table as we ate. Although I've long forgotten what we talked about that evening, the warmth of that holiday memory remains.

Many Thanksgivings memories of my youth are faded but there are some

that remain vibrant. My brother and I would lay on the living room floor, heads propped on our hands as we watched the Philadelphia parade on WCAU-TV Channel 10, screaming out when Santa Claus appeared. When the parade was over, our mother would ask (force) us to get dressed. It wasn't uncommon for her to ask (force) us to wear the sweaters or vests our grandmother had knitted for us the Christmas before. They were usually too small and very itchy. My mother was unmoved by our pleas to wear something comfortable.

For my brother and me, the big event of the day wasn't the appearance of Santa or even the turkey set on the table. The big event came when we sat on dining room chairs looking out the front window watching traffic go by on Verree Road waiting to see Gramps' car turn into the driveway. When we'd see the familiar Plymouth Gold Duster, we'd scream and holler and do our best to be the first one to burst through the front door, race across the front yard and down the hill to meet his car. We'd jump all over him as if he was playground equipment. He loved it. I'd cling to his back and my brother would hang from his neck while Gramps carried us into the house. The luckier of the two of us would snatch his fedora wearing it around the house pretending to be Tony Vicino. For my brother and me, when we were kids, Gramps *was* every holiday we celebrated.

As I write this, the anticipation of this year's holiday, with our children and their families under our roof makes me very happy. It's like watching for Gramps' car all over again.

Happy Thanksgiving!

It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com



my wife decided we would host the holiday, something we haven't done in many years. Now that our three children are grown, two with families of their own, the holiday baton has passed to the next generation. We've traveled to Virginia, Alabama, Florida and within Ocean Pines to partake in the holiday meal with our children. Each time we enjoyed ourselves immensely. In the interest of full disclosure and not to detract in any way from our "Road Thanksgivings," I was very pleased with my wife's decision.

My wife contacted the children to invite them to our home for the holiday. Invitations went out as well to our children's in-laws. We were very happy when in short order, each of the invitations, save two, was accepted and offers to help were extended.

My daughter and daughter-in-law are planning to spend the day before the holiday, also known as Prep Day, in the kitchen with my wife. It's been a while since the girls have been together so I suspect there will be a lot of laughing and carrying on. How much actual prep work actually gets done remains to be seen. It would not be surprising if many Orange Crushes are consumed. It's certainly not for me to judge. As long as there is a pumpkin pie and a cheese cake the following day, no complaints will come from me.

Thanksgiving has always been my favorite holiday. One of my favorites was more than thirty years ago when my wife and I with our two children (our third child wouldn't arrive for another five years) celebrated the holiday ourselves. My daughter, who was two at the time, and I spent the afternoon raking leaves into piles and then jumping into them.

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What's your story?



The Pilgrim role in Thanksgiving traditions

By **Robert Adair**

Who were the Pilgrims? Where did they originate? Why would anyone sail across the Atlantic Ocean in September, chancing a high probability of storms and rough seas? Why did they pick the New England area to establish their plantation? Did they believe they were celebrating the first Thanksgiving in the new world, the forerunner of today's holiday or is this just another of the many myths that have emerged as a result of that exodus from Europe?

The last quarter of the 16th century and the first part of the 17th century witnessed the reform of the Elizabethan Church of England, and concurrently, the rise of several radical sects that believed the state church was too ritualistic, too institutionalized for what they believed they needed in their spiritual lives.

These "Separatist" groups emerged as early as the 1670s. They formed pure and primitive churches, stripped of all rituals and institutional ties, unaffiliated with each other except in their desire to practice their faith outside the Church of England.

Such covenanted brotherhoods remained loyal to the English state but were castigated for their break with the Church of England. Since the Church and State were inseparable at that time it was difficult to be seen as loyal to the crown but totally at odds with the church.

The Pilgrim congregation was one of these groups. A more radical wing of Separatists was the Puritans, known for their fiercely energetic drive to make the world God-fearing and righteous. Both these groups shared some of the same ideals but should not be considered as one group.

The people of this era were greatly influenced by spirits, demons, witches, herbal potions, seasonal festivals and folklore. This was all a part of daily life. As the Separatist movement grew certain themes became evident. The

government of England began to look on these groups as treasonous and supported their move toward the borderland regions of the kingdom. At the same time the common folk began to blame these groups for everything bad that occurred.

The Pilgrim sect originated in the village of Scrooby in north Nottinghamshire. They formed their own church for the reasons described above, and in doing so were immediately considered traitors to the government. After two failed attempts to flee the country, the group finally reached a safe haven in Amsterdam. The congregation did not get along with other



British dissident groups in Holland and finally received permission to move to the manufacturing town of Leyden.

They lived there for 12 years and the church membership grew in number. However, they did not fit into the landscape and they saw their sons kept in the most menial labors and their offspring drawn into the Dutch way of life.

The group considered moving to many other places such as Guiana on the north coast of South America, or the Magdalen Islands in the gulf of the Saint Lawrence River but finally turned their attention to Virginia.

By 1617 they had obtained approval

*please see **thanksgiving** on page 16*

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How to make the most of Small Business Saturday

Gifts and gatherings take center stage come the holiday season. The holiday season begins on Thanksgiving and continues until New Year's Day. During that time, families gather to exchange gifts, break bread, celebrate their faith, and toast the year to come.

The good times and gatherings that are such a big part of the holiday season were absent from many celebrations in 2020. Though the COVID-19 pandemic is ongoing, the successful rollout of various vaccines should make the coming holiday season feel more normal. That means gift exchanges and gatherings are back in play. Savvy celebrants recognize the benefits of shopping early, and Small Business Saturday is a great chance to

get back in the holiday swing of things while supporting the local businesses that make communities so unique.

Plan ahead. Small Business Saturday takes place each year on the Saturday after Thanksgiving in the United States. Since its inception in 2010, Small Business Saturday has grown in popularity. American Express estimates that 110 million people participated in Small Business Saturday in 2019, which underscores how shoppers can benefit from planning ahead. Research sales and inventories of local businesses you want to support so you're ready to go come Saturday morning. Doing your homework can make it easier to navigate the crowds.

Reserve a table at your favorite restaurant. A great meal with friends and family can be an ideal way to cap off a day of shopping, and it's a great way to support a local restaurant. It's worth noting that a National Today survey of 1,000 shoppers that focused on Small Business Saturday shopping habits found that food and groceries were the most popular things to buy local. Saturday is traditionally a popular night to dine out, and that popularity is even greater on Small Business Saturday. Shoppers can ensure they aren't waiting for a table by booking a reservation in advance.



Check your social media feeds. Many small businesses have recognized the value of communicating directly with consumers through their social media feeds. Throughout the day, shoppers can keep an eye on Facebook, Twitter and Instagram to learn about special sales or events. In addition, shoppers can share their shopping experiences via their own feeds. Many small businesses rely on word-of-mouth from existing customers, so this can be another way to show your support for the establishments that call your community home.

Small Business Saturday is a great way to begin the holiday shopping season on the right foot.



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The Lower Shore Health Insurance Assistance Program is hosting **in-person** events to assist Somerset, Wicomico and Worcester County residents with enrollment into health & dental plans!

Somerset County **Health Department**

8929 Sign Post Road, Westover, MD 21871

Friday, November 5th, 4:00pm-8:00pm

Friday, December 3rd, 4:00pm-8:00pm

Friday, January 7th, 4:00pm-8:00pm

Lower Shore **American Job Center**

31901 Tri-County Way
Salisbury, MD 21804

Saturday, December 4th, 9:00am-2:00pm

Saturday, January 8th, 9:00am-4:00pm



Berlin **Health Department**

9730 Healthway Drive
Berlin, MD 21811

Saturday, November 6th, 9:00am-2:00pm

Saturday, December 4th, 9:00am-2:00pm

Sunday, January 9th, 10:00am-3:00pm

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Honored - The Worcester County Commissioners honored Ocean Pines Club-house Bar and Grille Bartender Rob Ruszin and Manager Judie Scotti for their roles in saving the life of a male patron exhibiting symptoms of cardiac arrest in October. Ruszin and Scotti utilized an automated external defibrillator (AED) to shock the individual and then continued to provide lifesaving assistance until public safety professionals arrived. Those pictured include Ocean Pines Association General Manager **John Viola** (front row from left), **Rob Ruszin**, and **Judie Scotti**; Ocean Pines Volunteer Fire Department President **David Van Gasbeck** (second row from left), and Commissioners **Chip Bertino** and **Jim Bunting**; and Commissioners **Ted Elder** (third row from left), **Bud Church**, **Diana Purnell** and **Josh Nordstrom**.



Wreath laying

The General Levin Winder Chapter, Daughters of the American Revolution (DAR) placed a Wreath on the Veterans Memorial in Berlin.

The DAR is a women's service organization dedicated to promoting patriotism, preserving American history, and securing America's future through better education. For more information, visit www.dar.org.

Above: **Jane Bunting**, **Pat Arata**, **Sharon Moak**, **Jackie Spurrier**, **Patricia Ayers**; Regent **Gail Weldin** and **Barbara Rusko**.

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Kiwanis supports Cricket Center

On November 17 Wendy Myers, executive director of the Cricket Center and her service dog Josiah spoke at the Kiwanis weekly breakfast meeting. The Cricket Center provides child and non-offending family members support, crisis intervention, trauma-based therapy and medical intervention. The term C.R.I.C.K.E.T. stands for Child Resource Intervention Center Kids Empowerment. It is located at the Atlantic General Hospital in Berlin.

Above: Kiwanis Club of Greater Ocean Pines-Ocean City President-Elect **Bob Wolfing** presents a \$500 check to **Wendy Myers** as **Josiah** takes it all in.

WPS holiday bazaar returns

Kick off your holidays at the annual Worcester Preparatory School (WPS) Holiday Bazaar on Saturday, December 4, from 11 a.m. to 4 p.m. Admission is free and the event is open to the public. All ages are sure to get in the holiday spirit at this merry event!

Held in the WPS Field House, the bazaar is a festive family affair where you may fulfill all your holiday needs and have your photo taken with Santa! Take a stroll through our pop-up holiday village, which includes one-of-a-kind decorated wreaths and trees, holiday décor, decadent homemade desserts, handmade gifts, local vendors, the ever-popular ticket auction and so much more. Don't miss your chance to win a Peloton Bike+ or Treadmill!

Children will have a chance to enjoy fun games and have their photo taken with Santa from noon to 2 p.m.

For more information about the event including links to purchase raffle tickets and a complete list of local vendors, visit our website at worcester-prep.org/bazaar.

The Courier

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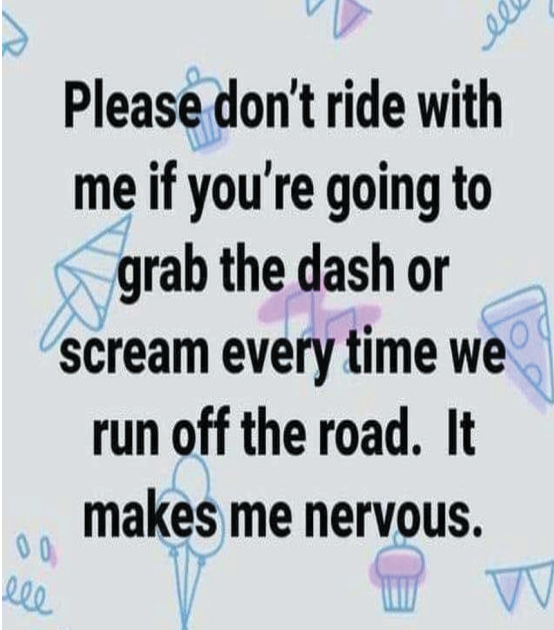
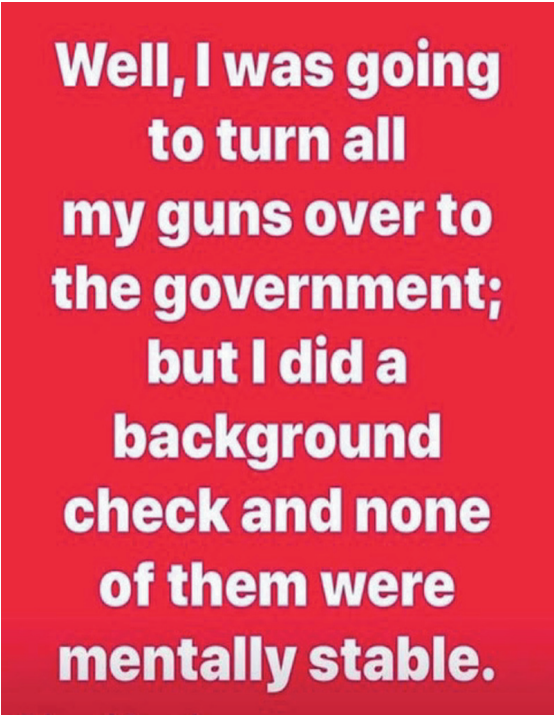
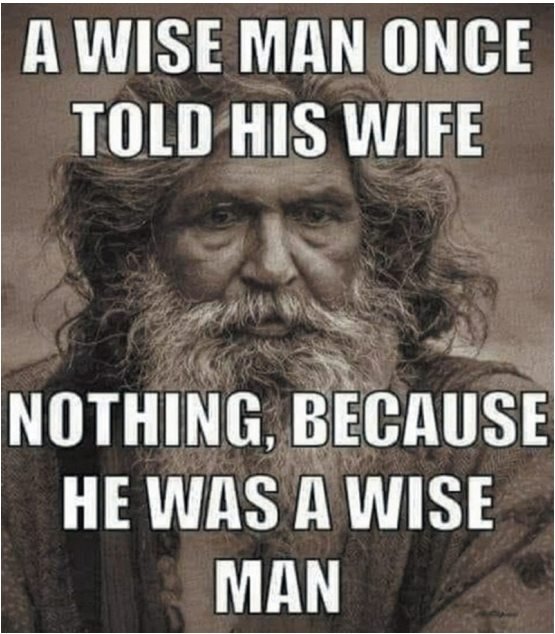
FAMILY OWNED AND OPERATED

Some things to think about

Gathered from the internet by **Jack Barnes**



I have a pencil that used to be owned
by William Shakespeare.
But he chewed it a lot. Now I can't tell
if it's 2B or not 2B.



**The Weather Channel said dress
for the mid 70s today.**



What is Green Monday?

Black Friday was once the biggest day of the holiday shopping season for shoppers and retailers alike. However, in recent decades, retail holidays like Small Business Saturday and Cyber Monday have become popular in their own right. And even more recently, Green Monday has thrown its hat into the ring.

What is Green Monday? Green Monday is so called because it is one of the most profitable days of the year for retailers. The origins of the name “Green Monday” are debated, as both eBay and Shopping.com have been credited with creating the moniker.

When is Green Monday? Green Monday is the second Monday in December and will take place on December 13.

Where does Green Monday rank for retailers? Retail holidays like Black Friday and Cyber Monday still generate more sales for retailers than Green Monday. A 2016 report from Statista.com noted that Green Monday sales figures totaled around \$1.6 billion in 2016, while Adobe Analytics figures indicate Black Friday spend-

ing, including in store and online purchases, totaled \$9 billion in 2020. However, Green Monday sales grew by 31 percent between 2018 and 2019. That suggests consumers are increasingly looking to Green Monday as a



day to score deals on products that will still arrive in time for Christmas. Industry experts predict that retailers will acknowledge that growing popularity by offering more and more Green Monday sales in the years to come.

What kind of deals can be found on Green Monday? An analyst with DealNews.com noted that, in 2019, Home Depot offered up to 60 percent off with

a coupon code for an extra 10 percent off as part of its Green Monday promotions. Discounts with other retailers ranged from 20 percent to 50 percent off, and popular online retailers, including Amazon, have offered their own Green Monday deals. So as the day becomes more popular, shoppers can expect more deals.

Green Monday is the latest retail holiday to take place in December. Patient and last-minute shoppers may find great deals this December 13.

Bells ring in holiday season

Community Church at Ocean Pines rings in the holidays with over 200 bells and hand chimes on Saturday December 4 at 7 p.m. Capital Ringers will present favorite traditional Christmas tunes as well as special presentations of “Winter Wonderland,” “Wizard in Winter,” and their theme song for the season, “We Need a Little Christmas.” Open to the public, this free live concert will include a free will offering at intermission.

Tides for Ocean City Inlet

Day		High /Low	Tide Time
Th	25	Low	5:02 AM
	25	High	11:45 AM
	25	Low	6:07 PM
F	26	High	12:08 AM
	26	Low	5:57 AM
	26	High	12:35 PM
	26	Low	6:57 PM
Sa	27	High	1:04 AM
	27	Low	6:55 AM
	27	High	1:30 PM
	27	Low	7:47 PM
Su	28	High	2:04 AM
	28	Low	7:56 AM
	28	High	2:27 PM
	28	Low	8:37 PM
M	29	High	3:03 AM
	29	Low	8:58 AM
	29	High	3:24 PM
	29	Low	9:27 PM
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W	1	High	4:51 AM
	1	Low	10:59 AM
	1	High	5:10 PM
	1	Low	11:08 PM

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The map shows the locations of Chesapeake Manor Willards and Chesapeake Cottage Snow Hill. It includes major roads like 13, 50, 113, and 350, and landmarks like Salisbury-Ocean City Wicomico Regional Airport and Potomac River State Park. A circular inset shows a smiling couple.

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Tips to keep your tree fresh this holiday season

Christmas trees are often the piece de resistance of holiday decor. Few things draw the attention of holiday guests quite like an awe-inspiring Christmas tree, especially when that tree maintains its fresh, healthy sheen throughout December.

Many families purchase fresh trees over Thanksgiving weekend or during the first weekend of December. Though the weeks between Thanksgiving and Christmas Day may seem like a long time to keep a tree looking great, there are a handful of ways for holiday celebrants to help their trees maintain that undeniable appeal for the long haul.

Pick the right tree. Choosing the right tree is one of the simplest ways to keep a tree looking good throughout the holiday season. A freshly cut tree that buyers choose and cut down themselves or have cut down can reassure them that the tree is likely to stay strong throughout December. Trees purchased from a tree lot may have been cut down long before they made it to the lot, which can make it harder to keep them looking good until Christmas Day.

Cut an inch off the base of any tree that is not freshly cut. MSU Extension at Michigan State University notes that all Christmas trees are

conifers, which means they have resin canals in their trunks. Once a tree is cut, the resin can block the pores and make it harder for the tree to take in water. Cutting an inch off the base of a tree that was not freshly cut just before putting it in the stand can help ensure it gets the water it needs to stay healthy and firm. MSU Extension notes that this approach should be taken with any tree that was not cut within six to eight hours of being put in a stand.

Replenish the water supply every day. Fresh tree veterans recognize that Christmas trees can be very thirsty, especially within the first week or so of being cut and brought home. Fill the stand with water each morning and, if necessary, refill it each night before going to bed. The more water a tree gets and drinks, the more likely it is that the tree will look healthy all the way to Christmas Day. MSU Extension notes that many decorative or antique tree stands do not hold much water, so anyone with such a stand may need to replenish the water supply more than once or twice per day.

Keep the tree away from a heat source. For safety's sake, trees should be kept away from heating vents, fireplaces and space heaters. But keeping trees away from such heat sources, and ensuring they are not spending the daytime in direct sunlight, also decreases the chances they will dry out before Christmas Day.


A handful of simple strategies can help holiday celebrants keep their Christmas trees looking good throughout the month of December.

If you live in Ocean Pines, be sure to contact The Courier if you want the paper each week in your driveway.


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Visiting

Eau Claire, Wisconsin

By Kurt and Jean Marx

Eau Claire, Wisconsin is a city of about 70,000 people, located at the confluence of the Eau Claire River (Clear Water) and the Chippewa River. We visited the city this as part of a summer vacation to a few Midwestern states and we found it to be an easy 90-minute drive from the Minneapolis Airport. On the drive from Minneapolis, we stopped at the Northwest Community Park for a relaxing and moderately challenging hike. We ate lunch at the fast food restaurant called Culver’s, a Wisconsin sensation. The staff were very courteous and the butter burgers were delicious.

Eau Claire is a fun and very walkable city. As you are walking about the city you will see various sculptures. Some harken back to nature (bears are a favorite topic), some make cultural statements (importance of reading), and some are just kind of bizarre.

Eau Claire has two breweries - The Lazy Monk and The Brewing Projekt. We went to the Lazy Monk which is located along the river and it was a lot of fun. It has both indoor and outdoor seating and a wide selection of beers. While it does not serve food, you can bring your own. We didn’t go to the Brewing Projekt, but judging by the cars in the parking lot, it is very popular.

If you like outdoor activities, Eau Claire has walking trails along the rivers, hiking and disc golf in Mount Simon Park, and on a hot day people enjoy tubing on the rivers. Pumps for the tubes are provided by the city for your convenience.

Carson Park on Half Moon Lake is a great place to visit. You can drive but it is an easy walk from downtown Eau Claire. The park offers fishing opportunities, has hiking trails and a fun, quirky museum about the logging industry. The Wisconsin Logging Museum, complete with statues of Paul Bunyan and Babe the Blue Ox, details the history of the logging industry with historical reproductions, displays, a movie, and an energetic and knowledgeable staff. Carson Park is also the home of the Eau Claire Express baseball team. This is a college wooden bat team, so the caliber of play won’t be up to major league standards but it is a fun

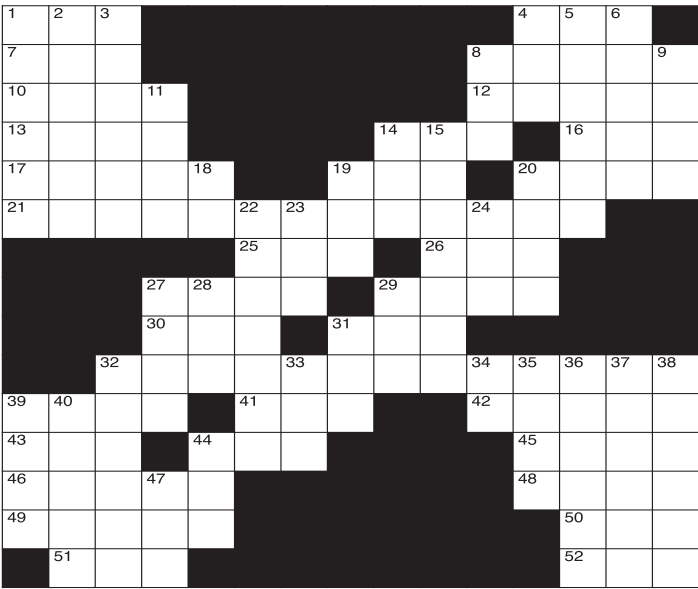
and inexpensive outing. There are numerous games and activities between the innings and opportunities to win various prizes. Be prepared to shout WHOO!!!! after any good plays the Express make. The food offered is typical minor league baseball fare with a Wisconsin flair - Leinenkugel’s beer, Sprecher’s root beer, and bratwursts with fabulous brat mustard. Bring a jacket as the temperatures can get chilly even in summer.

If you are looking for a snack, you might want to try Star Cup where you can have bubble tea or Ramone’s for ice cream. Ramone’s is owned by an Eau Claire couple who thought the city needed a great ice cream shop. They have delivered. You can get malts, sundaes, and waffle cones. Their outdoor seating area is the perfect place to sit on a summer evening to enjoy your treat.

There are numerous places to get coffee in the city including The Goat Coffee House, Eau Claire Downtown Coffee, and Shift Cyclery and Coffee Bar. Our favorite was the Acoustic Cafe. It is an inviting and friendly place to get your favorite cup of coffee. They also have great sandwiches and some of the best chili I have ever had.

There are numerous restaurants, pubs and bars in Eau Claire. Three unique ones are Egg Roll Plus, The Informalist, and The Lakely. Egg Roll Plus offers Hmong cuisine, while The Informalist is a farm-to-table operation. The Lakely is located in The Oxbow Hotel and has outdoor seating with fire pits and cornhole. Our personal favorite was Burrito Express. This is an inexpensive restaurant, but don’t be fooled. The food is amazing, the staff is solicitous, and the venue offers sports from around the world. We went there at the urging of the staff from the Logging Museum. We had a fantastic late lunch and were getting ready to leave when a thunderstorm hit. Our server said to take our time. She brought us additional complimentary chips, salsa, and water and we enjoyed an hour’s downtime while watching the Orioles play on a big screen. It was a great way to ride out the storm.

We found many nice cities during our two-week jaunt to Midwestern states, and Eau Claire provided a fine representation of its home state.



CLUES ACROSS

1. FDNY’s union

4. Hideout

7. Trent Reznor’s band

8. Old World tropics plants

10. Places to stay

12. Group of organisms from a common ancestor

13. TV character Goodman

14. Not around

16. Title of respect

17. Ceramic jars

19. British legal authority (abbr.)

20. A companion (archaic)

21. Where groups of people live

25. Indigenous person of NE Thailand

26. Red-brown sea bream
27. Ridge of jagged rock

29. Meat from a pig (French)

30. A way to save for the future

31. Opposite of bottom

32. A term of endearment

39. Weight used in China

41. You need it to hear

42. Frighten

43. Basics

44. Computer data collection (abbr.)

45. The best point of something

46. Jewelled headdress

48. Spoke

49. Mammary gland of female cattle

50. Midway between north and north

51. Defunct European economic grou

52. Foul-mouthed Hollywood bear

CLUES DOWN

1. In tune

2. Ending

3. Ring-shaped objects

4. Equal to 10 liters (abbr.)

5. Removes from record

6. The lowest point

8. Plant cultivated for its tubers

9. Dry or withered

11. Stony waste matter

14. Speedometer reading

15. Each of two or more forms of the same element

18. A baseball stat

19. Corporate PR exec (abbr.)

20. Insures bank’s depositors

22. Made dim

23. Uncultured person

24. Paddle
27. Currency of Cambodia

28. Pitching stat

29. A place to put mail

31. God of battle (Scandinavian)

32. 10 years

33. Resinous substance secreted by insects

34. Losses

35. S. American plants

36. Void of thought or knowledge

37. Stout-bodied moth

38. Transferred property

39. Russian pop act

40. Accept

44. A retrospective military analysis (abbr.)

47. A type of center

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Answers for November 17

How to participate in Giving Tuesday

The period between Thanksgiving and New Year's Day is widely referred to as the holiday season. Holidays such as Chanukah, Christmas and Kwanzaa all take place in this typically six-week window. During this period, there's another, possibly lesser known, event that can elicit many of the same warm feelings generated by more recognizable holidays.

Giving Tuesday is held on the Tuesday after Thanksgiving every year. Though that typically means the day is celebrated after the calendar turns to December, this year

Giving Tuesday takes place on Tuesday, November 30.

What is Giving Tuesday? Giving Tuesday organizers describe the event as a "movement that unleashes the power of radical generosity around the world." Giving Tuesday is often characterized as hashtag activism, which involves social media users employing Twitter hashtags to show support for a cause. Twitter hashtags do not utilize spaces between words, so Giving Tuesday references adhere to this practice.

How can people participate in

Giving Tuesday? The organizers behind Giving Tuesday note that the day is about all types of giving. Individuals who want to participate can donate money, food and/or clothing; start an advocacy campaign; help a neighbor; or commit an act of generosity. Participants need not make their Giving Tuesday efforts part of any official event associated with the day, but those who want to can visit [VolunteerMatch.org](https://www.volunteermatch.org) to look for volunteering opportunities in and around their communities. Employers and even local governments also may sponsor or host events on Giv-

ing Tuesday. Twitter users also can use the hashtag [#GivingTuesday](https://twitter.com/GivingTuesday) to promote causes and/or encourage donations throughout the day. Some organizations may match users' donations up to a predetermined dollar amount, and users can enter [#GivingTuesday](https://twitter.com/GivingTuesday) into the Twitter search engine to discover such efforts. Parents can even help children find ways to participate by visiting [GivingTuesdaySpark.org](https://givingtuesday.org).

Giving Tuesday is a global effort that emphasizes the power of generosity. Individuals can learn more at [GivingTuesday.org](https://givingtuesday.org).

thanksgiving
from page 6

from the Virginia Company to settle within its jurisdiction and a promise from the government not to molest them in America. The crown turned against them in 1619 for publishing "seditious tracts" and the Pilgrims had all but given up on the project when an investment group led by John Weston placed itself between the Separatists and the crown.

This business venture had its own arrangement for land in Virginia territory and they saw the opportunity to turn a profit with cheap labor in return for providing the Pilgrims assistance in reaching the new world.

In July 1620, 35 of the 238 members of the Leyden congregation left for Southampton, England aboard their own ship, the *Speedwell*, which turned out to be unseaworthy. The plan was to establish a plantation in the new world and then bring the rest of the congregation to their new home. Upon reaching Southampton they were joined by other Separatists (such as the Puritans) and non-Separatist laborers hired by the merchants who would sail on the larger ship, *Mayflower*. After two false starts due to the leaks found in *Speedwell*, it was left in England and some of the passengers transferred themselves and their belongings aboard *Mayflower*, which finally left port on September 16 with 101 passengers aboard.

After nine weeks at sea, completely at the mercy of the North Atlantic storms, land was sighted on November 9, 1620. The land turned out to be Cape Cod. The next day the

ship encountered treacherous shoals just off the weather side of the Cape and the captain decided to come about and seek shelter on the lee side of the Cape rather than attempt to find their original destination, which was the mouth of the Hudson River.

The *Mayflower* dropped anchor in what is today Provincetown harbor on November 11. That night all male passengers signed the famous agreement known as the "Mayflower Compact."

Three expeditions were sent to explore the surrounding countryside to determine the most suitable site for a plantation. They used a small craft carried between decks on the *Mayflower* called a shallop. Sixteen men under the leadership of Miles Standish set off on November 15 to explore the immediate area. They discovered signs of Indian habitation and a buried cache of Indian corn. The second expedition found more signs of an Indian population but no suitable location to meet its needs. It was the third expedition that finally landed at Plymouth Harbor on Monday, December 11 and discovered cleared lands and fresh running water.

Mayflower was moved to Plymouth harbor and dropped anchor on December 16, 1620. Two people had died during the crossing; one was a sailor and the other was a passenger. No celebration was held in 1620 because all thoughts and energy were concentrated on basic survival. The winter of 1620-1621 was not severe with reference to weather, but it became known as the "starving year."

The Pilgrims had no plants to harvest so they existed on what they

could find and hunt. The settlers lived aboard *Mayflower* for most of that first year. The local Indian tribes did little to support these aliens that had appeared on their shores. In fact, it was not until the middle of March 1621 when any contact was made between the two groups.

Over half of the people, settlers and crewmen, that came across the Atlantic died that winter. Crops were planted in fields suggested by the Indians and houses rose on the hillside selected to be the center of the settlement. The surviving crew of *Mayflower* was anxious to return home. The ship sailed for England on April 5, 1621.

The Pilgrims had good and sufficient reason to hold a festive occasion as the summer of 1621 ended. But it was not their "thanksgiving." Years before, as part of their stand against the Church of England, the Puritans had rejected celebrating Christmas, All Saint's Day and Easter. They substituted three other days to be celebrated by Separatists: the Sabbath, Day of Humiliation and Fasting, and the Day of Thanksgiving.

The Sabbath was celebrated on a regular basis. The other two were celebrated only when events dictated the need for one celebration or the other. If the community had prospered it indicated that God was pleased and a Day of Thanksgiving would be held on a weekday, thereby setting two days that week aside for prayer and praise to God. It was appropriate to end the day with a meal.

If the community went through a period of trouble and strife a Day of Humiliation and Fasting could be declared, once again on a weekday.

This holy day did not end with a festive repast.

The three days of celebration, feasting, recreation and games with Indian guests present did not meet the criteria for a Day of Thanksgiving according to the Pilgrim creed. The event was probably a secular festival to celebrate mere survival of the group.

According to information provided by Plymouth Plantation, Inc., "The first actual declared Thanksgiving occurred in 1623, after a providential rain shower saved the colony's crops."

It was two hundred years later, after the decline of the Puritan reign, that people looked back to that event that sponsored food, games and congeniality and claimed it to be the "first" thanksgiving.

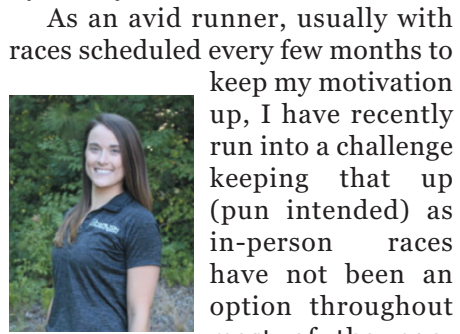
Many dates are given as the origin of "Thanksgiving." In 1777, the Continental Congress declared a "National Thanksgiving," and other days were so named over the years. In 1863 there were two national days of thanksgiving, one celebrating the victory at Gettysburg on August 6 and the other national Thanksgiving Day to be celebrated on the last Thursday of November.

Over the years Thanksgiving has come to represent the importance and significance of family reunions, the sharing of time and the traditional dinner has come to symbolize Thanksgiving in the minds of most people rather than the Pilgrim celebration of 1621.

Whatever the origin, or whatever your own beliefs dictate, Thanksgiving remains a great time to be thankful for our blessings.

Fuel your recovery

By **Molly Sullivan, DPT**



Molly Sullivan

As an avid runner, usually with races scheduled every few months to keep my motivation up, I have recently run into a challenge keeping that up (pun intended) as in-person races have not been an option throughout most of the pandemic. I'm sure most people can relate to this as we are all continuing to learn a new "normal" these days. While trying to get myself back into a steady workout routine, I recently came across a podcast called "Nail your Nutrition" which focuses on discussing the importance of nutrition for both endurance and strength athletes. This has always been a subject of interest for me that I have not always had time to explore, so I felt this was a great opportunity since I truly believe nutrition and the food choices we make truly have an impact on all aspects of our lives. As I was listening to one particular episode, they dove into not only the importance of nutrition for this population, but also the timing of refueling to optimize performance and recovery. So, I thought to myself— why couldn't this topic apply to our patients going through recovery as well.

They may look a little different for these two populations when initially hearing the term "recovery", but they are actually more similar than we think. As physical therapists, we are great at addressing the physical components of rehabilitation such as strength and mobility, but we often overlook one of the less apparent components: nutrition. Proper nutrition plays a vital role in the healing process and can either enhance or hinder rehabilitation.

During recovery from a musculoskeletal injury, nutritional needs are very similar to those required during muscle growth as our bodies can burn anywhere from 5% to 50% more calories per day after an injury or surgery. Although caloric excess while injured can result in increased fat deposition, limiting calories can actually decrease protein stores, inhibiting the body's ability to repair injured tissue and therefore prolonging the rehab process. Although musculoskeletal injuries are usually accompanied by a reduction in the muscle's ability to synthesize pro-

tein, usually resulting in muscle atrophy, nutrition is an effective intervention to attenuate this process. By maintaining an energy balanced diet with moderate protein intake (1.0 g/ kg of body weight), you can actually prevent this decline in protein synthesis and maintain more strength throughout your recovery.

Another important aspect to mention is nutrient timing. After a workout, or in our case a physical therapy session, it is important to restore all of the energy you just burned. Although diet composition throughout the day is important, post-workout nutrition is considered the most important part of nutrient timing. It has been shown that delaying consumption by just two hours could decrease protein balance by as much as 50%. But that is just one half of the equation. Most think that they should focus mainly on protein after a workout, however it is just as important, if not more important to have carbs as well. So why do we need both? After a workout our cells are extra sensitive to carb intake, meaning there is a window of time that our muscles can rapidly take up the carbs we con-

sume to maximize storage of energy for later. When combined with protein intake, we can even enhance this process of carb uptake, attenuate muscle soreness, build our immunity after the "stress" of our workout, and improve our overall net protein balance to prevent muscle breakdown.

So, in summary, if possible, it is best to try to get a good balance of carbs and protein throughout our day, but especially after a workout and/or physical therapy session! Of course, if you have specific dietary needs, it may be best to also consult a registered dietician. My goal with this was just to touch on how our nutritional choices truly have a direct effect on our healing and overall health. For basic nutritional questions, concerns and how it might be beneficial to your recovery, I would be more than happy to discuss this topic further. Feel free to stop into the clinic to see us!

Molly Sullivan, DPT works at Hamilton Physical Therapy (Ocean Pines). She can be reached at 410-208-3300 or via E-mail at: Molly@hamiltonptcares.com.

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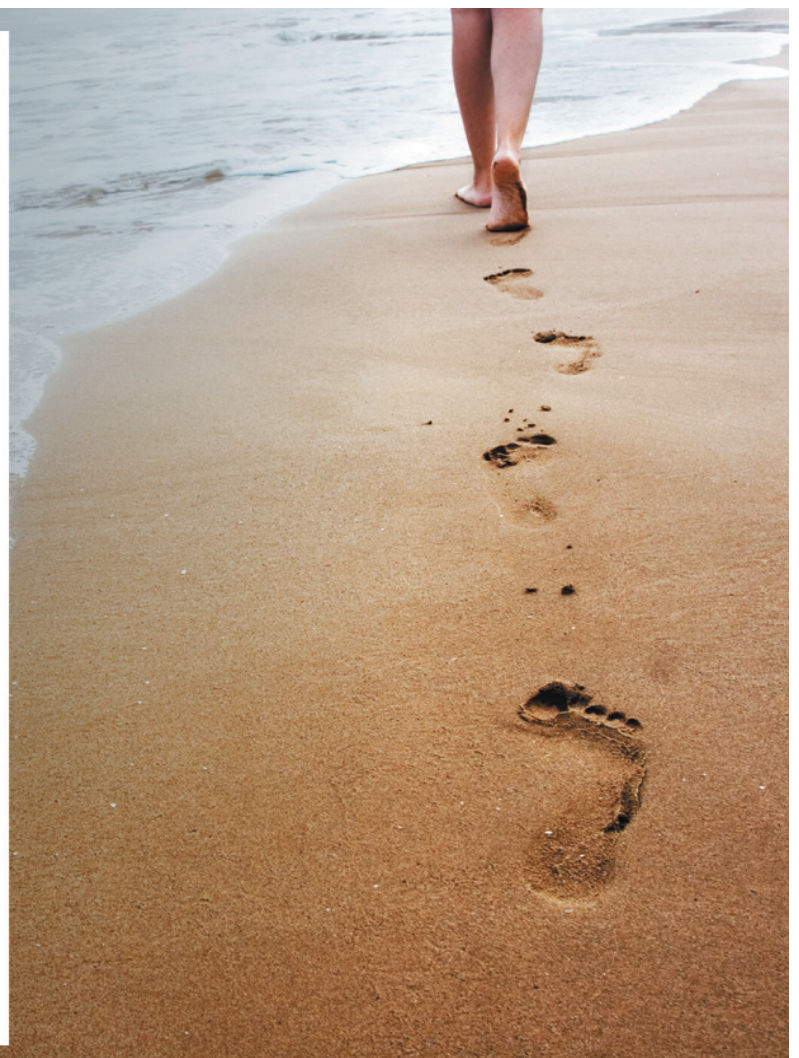
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A last kiss

THE MORNING SCENE EVOLVED from a rain storm the previous day. A saturating rain, falling over several hours. The rain, combined with cold night temps, produced a shrouding dew, a damp morning, setting the stage for the end of a season. But one needed to ascend the stage, to wander through the props, and thus to savor the presentation. The effort to wander was minimal, the rewards were unprecedented. A walk was in order, as the Sun rose.

The sun shown on a wet, dewy landscape. Trees were dripping, streets were damp, and a thin mist had condensed some 30 feet overhead. The Walker noticed scattered small black spots on the pavement. These spots were the impacts of water droplets shed by the wet trees. Indeed, once in a while, as an occasional light breeze drifted, the Walker, like the road, was pelted by these residual water drops.

A day had passed since the storm, and a season had passed since the lush green of Summer. As the Sun continued its climb, bold, vibrant colors bloomed on trees reaching for dormancy, shedding leaves. Sassafras groves were a dirty, dusky yellow, occasionally a smoldering orange. Hickory trees were a bright, bold, pure yellow. Scattered tulip poplars were a more subdued, but still spectral yellow. The occasional dogwood, an understory tree, held on to a few, last red leaves. Dogwoods drop their leaves early on. Some oaks were brown, some still green, some showed tiny bare branches high in the crown. Sweetgums presented fireworks explosions of red, or yellow, or orange stars. Various striking trees, as yet nameless to the Walker, individually displayed brilliant, shiny small oval leaves of burnished red, or orange, or vibrant yellow, even a mix of these flaming colors on the same leaf.

Along the walk, tall pines served as a high backdrop for the fiery forest. Loblolly pines provided an upper backdrop for the colors below. Trunks, like massive masts on tall ships, lifted deep green brushes of needles upward. In spite of being evergreen trees, the loblollies shed needles on a seasonal basis. The Walker passed carpets of these needles which were a uniform tan, or carpets mixed with the colorful leaves of deciduous trees such as the oaks or maples, giving a pleasing dappled appearance.



In contrast to the towering green pines, closer to the ground, understory bushes and shrubs presented a largely uniform bright yellow. An occasional bright red shrub added contrast. These colorful mixed plants were a crashing wave, in contrast to the towering, colorful presence of forest trees. Now, there is a species of tree that bridges the various strata of the forest with bold colors. Maples stood alone in variety, intensity, and color they presented to the Walker. Some maples were a dirty, splotchy brown and yellow, very subdued.

Some presented a bright, clear yellow. But, most spectacularly, an occasional maple, usually a small understory specimen, was a crystalline red, aglow in the looming sunlight. One noteworthy maple, totally bedecked in clear, pure yellow foliage, became an immense towering candle flame when backlit by the Sun. Further, the Walker viewed an ornamental Japanese maple of the purest, brightest red. The roughly spherical tree appears to be aflame, a great, but ephemeral, ball of fire.

Now, of course, if one looked closely, there were myriad sights, subtle in nature, in addition to the flaming forest. Why, here is a female holly tree bedecked in bright red berries. Another tree, mostly bare now, displayed branches festooned with water droplets from the dew, water drops which were jewels of incalculable worth when backlit by the Sun. Poison ivy, yes, poison ivy, displayed the most intense garnet red color on its triads of leaves. Look, savor, ponder, but don't touch! On the ground, damp leaves and pine needles became colorful carpets, with the mixed hues intensified by the moisture. Ah, here, a large, porcelain - white mushroom thrust through one leafy carpet. Other mushrooms appeared as red spheres poking above the wet carpets of leaves.

Thus, the Walker was assailed by a cacophony of colors popping in the early morning sunlight. Yet, the most subtle aspect of the walk was the ethereal sound of falling leaves. The leaves were heavy with dew, and fell to the ground as a gentle flurry, especially when coaxed by a breeze. The Walker occasionally paused on the road, and listened as leaves gently brushed the macadam.

More subtle yet was the hushed sound of falling leaves which landed on the leaves already on the ground. Here, in both instances, on contact with the ground, a gentle, scratching, crunching sound was faint, but clearly apparent. There was a barely audible whisper, a faint last kiss for a season passing away in a blaze of color.

By Robert Pellenbarg
Ocean Pines

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