

The Courier

December 21, 2022 Volume 23 Number 14

*Merry Christmas &
Happy New Year!*
from all of us at
The Courier

Thank You!

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

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

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

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

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

May the blessings of the season touch all those who



**Help illuminiate the legacy of our men and women who have served our country.
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***To learn how to join, make a donation to the Memorial or to
purchase a brick or paver go to www.OPVETS.org.***

art matters

From Baltimore to the Shore, artist is inspired by the ‘wooder’

By Elaine Bean

The name of Todd Lewis’s art business is “Salt Wooder Works,” a name with a double edge. It’s accurate that many of Lewis’ art pieces combine wood and metal. But “wooder” is how many Baltimoreans pronounce “water,” and the heart of that city is where Lewis grew up, in the Hamilton section, graduating from Mergenthaler Vocational High School with a degree in commercial art.

After owning an HVAC company and an antique shop and designing

Lewis seeks out recycled and reclaimed local Delmarva barn woods or building woods for use in his work “because of my passion for all things old and a chance to give life to something that would otherwise be thrown away,” he said. The artist also uses scrap sheet metal, a material he became an expert in handling during his HVAC days.

The first time Lewis entered an art show, his work won a prize. One of his large-scale wall pieces, “Sardine Can,” won honorable mention in the “Assemblage Required” exhibit in October

2022 at the Ocean City Center for the Arts. “My experience with the Art League of Ocean City has been nothing short of fantastic,” he said. “I receive honorable mention with my very first exhibit. I am a member of the Art League, and, being new at this, I’m just branching out in the art world.”

At December’s Holiday Artisan Fair at the Arts Center, Lewis offered his ready-made creations and also offered to do custom work. “I make my reclaimed Ocean Art to order and have met many people in the community through shows and sales ... I love the challenge of custom orders.”

Lewis comes from an artistic family. His father made miniature crabs in baskets and crab traps as souvenirs and sold them at Shanty Town and in small Ocean City boardwalk shops until well into his late 80s. He also built model boats and ships from scratch. Brother Raymond is a renowned abstract artist with paintings held in several museums.

Lewis is inspired by his environment, and that is reflected in the themes of his work. “I have been coming to Ocean City all of my life,” he said. “I love the ocean and the historic Eastern Shore. Fishing, fresh seafood, produce, boating and antiques, along with the history and way of life on the low, slow Eastern Shore. And seeing the joy my art brings others.”

Lewis believes art is “a mirror of the soul. Without art, there would be no individual expression.”



Todd Lewis

and building several restaurants and commercial buildings, Lewis semi-retired and moved permanently to Ocean Pines in 2020, where he has an art workshop in his garage. Salt Wooder Works was born the day he and his wife were browsing in a small shop in Berlin.

“My wife pointed out a wooden whale that was made by a local artisan and said to me, ‘You could make that.’ The owner overheard our conversation and asked if I was a local artist and could bring in something that I made. So with a table and a jig saw and an old file knife, I made my first flounder from an old pier board and some scrap galvanized sheet metal. Salt Wooder Works Ocean Art was born that day,” he said.

May the holiday season be all
that you expect and the
New Year be all that you hope.



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Rearview Mirror / Chip Bertino

Santa Claus on his “old as the imagination” Sleigh as told to Chip Bertino.

It’s quite a conundrum to properly classify my ride. Its unique propulsion system excludes it from the category of a motor vehicle. It’s not equipped with wings so it’s not really an aircraft. Although I can’t get too specific, a substance akin to Pixie Dust along with my reindeer give my sleigh a unique propulsion system.

Sleigh speed is certainly a factor in me getting my work done. Based on the Earth’s rotation it has been calculated I have about 31 hours (traveling east to west) to complete my mission in the allotted one day. I can’t share too many specifics but the sleigh can go from zero to 3,000 times the speed of sound in about one second or 650 miles per second.

As for payload, the fact that the sled’s cargo area is somewhat limited has given rise to the idea that I rely on prearranged, in-flight re-supply from orbiting toy stockpiles to complete my mission. Another idea I’ve heard is that I use a molecular transporter device sort of like the one in “Star Trek,” where perhaps an elf beams up a new supply of presents as necessary. I’m sorry I can neither confirm or deny these theories

The sleigh has undergone some modifications since its introduction. Originally powered by eight tiny reindeer, a ninth was added during the mid-20th century, primarily to provide enhanced guidance, while in addition, serving as a warning beacon as required by Federal Aviation Administration guidelines. Tested on a particularly foggy Christmas Eve, the Rudolph modification became a permanent part of the team around 1939.

If you’d like to track my progress on Christmas Eve, you can go to the NORAD website, www.noradsanta.net.

In a couple days, I’ll be making my rounds again this year. It’s likely you won’t see me so I’ll tell your readers now, “Merry Christmas!”





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**The Ocean Pines
Children’s
Theater to perform**

The Ocean Pines Children’s Theater announced its upcoming production of the musical, “Disney’s Moana, Jr., The Musical” to be performed in January.

The production will take place in the Performing Arts Center, located in the Ocean City Convention Center on 40th Street in Ocean City, Maryland on Friday, January 6 at 7 p.m. and Saturday, January 7 at 3 p.m.

This musical adaptation of the 2016 Disney animated film is a coming-of-age story following Moana as she sets sail to save her village. It features the beloved songs, “How Far I’ll Go,” “Shiny,” and “You’re Welcome,” composed by Lin-Manuel Miranda, Opetaia Foa’i, and Mark Mancina.

Tickets are \$15.00 and may be purchased online at <https://ocmd-performingartscenter.com/upcoming-events> or at the Ocean City Convention Welcome Center, Monday-Friday 8 a.m. to 4 p.m.

I believe because

Never have I glimpsed Santa's sleigh riding across a darkened sky. Yet, in this crazy, topsy-turvy world much can be gained if we allow ourselves to believe in the spirit embodied in a bright red suit and adorned with whiskers white as snow. Hope and

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

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

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

The good cheer Santa Claus spreads is worn handsomely by those who believe. It is as comfortable as a well warm sweater. For those who have faith it can protect the soul from sadness, heal scars of despair and

wipe away tears shed of pain. For inasmuch as some would like to believe otherwise the spirit of Santa Claus doesn't have to be left behind in childhood. It can stay with us, although sometimes it is buried beneath the weight of everyday living. But it's there. We just need to look. We just need to believe.

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

I believe.



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

warmth is found when we keep ourselves open to a presence that embraces the best of who we are. Simply, I believe in Santa Claus and the older I get, the more I need to believe.



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

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

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

Yes, Virginia...

By **Chip Bertino**

During the 19th century, newspapers were the predominant news media. Newspapers published numerous editions each day that were sold by scores of newsboys hawking them on street corners. Newspapers played a critical role in forming public opinion. The power of newspapers across the United States was unsurpassed as they held sway over politicians and readers alike. So, it was in 1897, when the *New York Sun* received a rather unique letter from a young reader, Virginia O'Hanlon, wanting to know whether or not there was a Santa Claus.

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

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

Editor:

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

Virginia O'Hanlon.

Virginia,

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

Yes, Virginia, there is a Santa Claus. He exists as certainly as love and generosity and devotion exist, and you know that they abound and give to your life its highest beauty and joy. Alas! how dreary would be the world if there were

no Santa Claus! It would be as dreary as if there were no Virginias. There would be no childlike faith then, no poetry, no romance to make tolerable this existence. We should have not enjoyment, except in sense and sight. The external light with which childhood fills the world would be extinguished.

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

You tear apart the baby's rattle and see what makes the noise inside, but there is a veil covering the unseen world which not the strongest man, nor even the united strength of all the strongest men that ever lived could tear apart. Only faith, poetry, love, romance, can push aside that curtain and view and picture the supernatural beauty and glory beyond. Is it all real? Ah, Virginia, in all this world there is nothing else real and abiding.

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

Merry Christmas and a Happy New Year!!!

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

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



Commentary

By Joe Reynolds
OceanPinesForum.com

Papers, please

Gavin Knupp was a 14-year-old boy tragically killed in a hit-and-run on July 11, 2022, on Gray's Corner Road in Berlin, Maryland. As of today, over five months later, no arrests have been made.

However, according to a Facebook page seeking Justice for Gavin: "On the early morning hours of Sunday, July 17, 2022, a search warrant was issued and the vehicle was located in the garage of a home on the 9400 block of Lake View Drive in the Ocean Reef community in Berlin, MD (to which it is registered) and taken into police custody."

Over 150 years ago British statesman William E. Gladstone said, "Justice delayed, is justice denied." Martin Luther King wrote from his jail cell in Birmingham, "Justice too long delayed is justice denied."

The Justice for Gavin Facebook page now has nearly 20,000 members. It also provides the following: "Information related to the Gavin Knupp Foundation, donations, related events, and merchandise can be found at www.doitforgavin.com."

Gavin Knupp lived with his mother Tiffany in Ocean Pines for over a year. Those who knew Gavin say: "He enjoyed everything outdoors. Fishing,

surfing, skateboarding, hunting, and riding anything with wheels." Tiffany Knupp approached OPA, hoping to see the skateboard park named in memory of Gavin. OPA countered with an offer of a yearly award in memory of Gavin. Things did not go well. Tiffany Knupp and her supporters were more or less outraged at the OPA Board of Directors - to put it mildly.

Many Knupp supporters called for a boycott of all Ocean Pines food and beverage operations, based on management of those facilities by Matt Ortt Companies and one now-resigned partner's supposed failure to be as open about his knowledge of the hit-and-run as the Gavin Knupp supporters believe he should be. Others say those seeking justice should focus their efforts on law enforcement. OPA and members of the Board of Directors faced disgusting slurs on Facebook. OPA was called a criminal enterprise. Protests took place at Ortt restaurants outside Ocean Pines.

OPA Director Rick Farr said he has letters from parents of children who have been bullied at school because they work at Ocean Pines Association restaurants.

Based on threats emanating from a few individuals seeking "Justice For

Gavin," the Ocean Pines Association Board of Directors decided anyone attending board meetings must now present a property owner identification card. While only allowing OPA association members to attend board meetings is not entirely unreasonable, what is unreasonable is the process the board chose to enforce their member-only mandate, the first for OPA in its over 50-year history.

Those attending board meetings are now met by a uniformed, armed, police officer who will check their identification. Papers, Please. This is an insult to the officers of the Ocean Pines Police Department. These officers are sworn to enforce federal, state, and local laws. Crowd control? Safety issues? Certainly. However, police officers are not administrative assistants for a homeowners association. OPA has no law-making authority. OPA governing documents are not laws.

One association member wrote, "Ocean Pines Police Department checking IDs is, in my opinion, outside of the statutory scope and authority of the department. It should be done by Association personnel. Having a police presence all the time or some of the time, for public safety reasons, is a different matter."

OPA's annual membership meeting requires identification for purposes of establishing a quorum and the right to vote on any association business. Members of the Election Committee do the checking, not the police.

Another interesting aspect of this is

the OPA photo IDs do not even indicate if the holder is an association member unless the card is scanned. There was no scanner in use at the last regular board meeting.

At that meeting, at least one association member was allowed to enter without papers. So too was a reporter for an Ocean City newspaper. The reporter is not an association member.

Fool's errand

There has not been much activity of late regarding the former Board of Directors' proposal to send out paperwork to every owner in every section requesting a change in the OPA Declarations of Restrictions related to short-term rentals.

The proposed Declarations of Restrictions changes would more or less incorporate Worcester County law regarding short-term rentals into the OPA restrictions. The board cannot unilaterally change the Declarations of Restrictions. They can only be changed on a vote of the lot owners and in each individual section of OPA.

Director Frank Daly, the primary proponent of these Restriction changes, said OPA would keep mailing out documents for voting on the Declarations of Restrictions changes until enough votes were obtained to change the Restrictions in each and every section. This is costly and possibly not legal. There is a good chance many sections would never approve the changes, especially since Daly wants to give the Board of Directors the au-

please see commentary on page 14

Courier Almanac

On December 21, 1996, Margret Rey, who with her husband Hans created the popular "Curious George" children's books about a mischievous monkey, died at age 90 in Cambridge, Massachusetts. The Reys, both German Jews, escaped wartime Europe in 1940 and fled to America. The following year, the first "Curious George" book was published in the United States.

Christmas Day is the most popular day to get engaged. According to the 2020 WeddingWire Newlywed Report, more couples who were married in 2019 got engaged on Christmas Day than any other day during the year. Christmas Eve was the second most popular day to pop the question, while the Sunday before Christmas Eve came in fourth (New Year's Day rounded out the top three). The appeal of Christmastime proposals helped make December the most popular month to get engaged, as more than 19 percent of couples who married in 2019 got engaged in the final month of the year. July proved the second most popular month to pop the question, as 9 percent of couples who wed in 2019 reported getting engaged in July. Tradition still has a place in wedding proposals, as 84 percent of proposers reported asking on bended knee, while 65 percent acknowledged asking parents' permission prior to popping the question.



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Walking in a winter wonderland

By **Lynn Martin**, PTA, CKTP

Keeping up with your workouts when it gets cold outside can be difficult. After all, curling up on the couch on a chilly day does sound nice. It is important not to lose motivation and let busy schedules, holiday obligations and all those tasty treats get in the way of taking care of yourself, both mentally and physically. There are plenty of benefits and advantages to training in colder weather. Without the heat and humidity, you may be able to work out longer, thus burning more calories. The cold air may also help you to feel more invigorated and awake.

According to the Center for Disease Control and Prevention, just a few minutes of exercise a day can help prevent bacterial and viral infections. It also helps your immune system work harder making it more prepared to ward off bugs and viruses, reducing the likelihood of falling victim to the common cold and flu.

When you work out in the cold, the body works much harder to keep its core temperature regulated. Your metabolism is revved up and your body burns through more fat and calories as it works to stay warm. Your cardiovascular system plays a big role in winter training. The heart works harder to pump blood around the body which in turn helps to keep it in good health. The American Heart Association recommends 150 minutes of aerobic exercise per week to improve your quality of life. If you have had a heart attack or stroke or are

at high risk, it is recommended to talk to your doctor to be sure you are following a safe program.

You can avoid the winter blues by going out for some fresh air and sunshine. Exercise can improve your mood any time of year, but can be especially important during the shorter, darker winter days. Seasonal Affective Disorder (SAD) is a type of depression that is related to the changes in seasons. Most people with SAD have symptoms that start in the fall and continue into the winter. Common symptoms include having little to no energy, sleeping too much and overeating. If walking in the sunlight a few days a week doesn't improve your mood, light therapy or vitamin D supplements may be recommended by your doctor. You can also incorporate more vitamin D-rich foods into your diet such as fatty fish, oysters, shrimp, mushrooms and/ or eggs from "pasture-raised" chickens. Outdoor activities such as hiking, jogging, raking leaves, and shoveling snow are some ways to absorb the sunlight and burn calories.

There are some important things to keep in mind before you hit the trails or grab the snow shovel. Stretching before and after exercise is a good way to keep loose and injury-free. Try to give your body enough time to warm up. Pulled muscles and strains occur when you stress the muscles too quickly. You may not feel as thirsty as you would during a hot, summer day workout but it is just as important to stay hydrated. Sweat evaporates quicker on those dry, winter days. To stay warm and safe you need to dress accordingly. It's a good idea to start your first layer with a moisture

please see walking on page 14



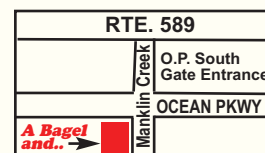
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Worcester Wellness Weigh winter classes offered

The Worcester County Health Department is kicking off the new year by offering online classes through a program titled, Worcester Wellness Weigh (WWW). This program is supported by a grant from the Maryland Community Health Resources Commission. WWW is a free, technology-based, healthy lifestyle and weight loss program designed specifically for families who are ready to work together to lose weight, eat healthier, increase physical activity, and improve their overall health.

The 12-week program includes easy-to-use online learning education lessons on healthy eating, cooking, meal planning, grocery shopping, food preservation, food budgeting, physical activity, and stress and time management. Participants will monitor their activity and nutrition using technology and apps. Members of WWW are assigned a personal Physical Activity and Nutrition Coach who will monitor and review weekly goals, successes, and challenges. Individuals will also have the opportunity to participate in virtual monthly events including grocery store tours, community

garden tours, cooking demonstrations, and virtual park tours. Participants have stated, "I love the program, especially the Polar Beat monitor and app," "As of today, I have logged over 100 miles of walking and burned over 18,000 calories!" "Thank you to the team at Worcester County Health Dept,"

Worcester Wellness Weigh is offered by Worcester Health in partnership with Chesapeake Health Care, Salisbury University, University of Maryland Eastern Shore, University of Maryland Extension, Wor-Wic Community College, Atlantic Club Garden of Hope, Atlantic General Hospital Community Garden, and Pocomoke Corner Sanctuary Community Garden. Group orientation sessions will be scheduled upon registration. Those interested in participating in the Worcester Wellness Weigh program must register by January 13, 2023. The online program is scheduled to begin on January 23, 2023. Pre-registration is required to participate.

Space is limited. For more information or to register, please contact Kelly Williams at 410-632-1100 Ext. 1113.

Wishing you a very
Merry Christmas

Thank you for making 2022 a truly outstanding year. We send you our best wishes for the year to come!

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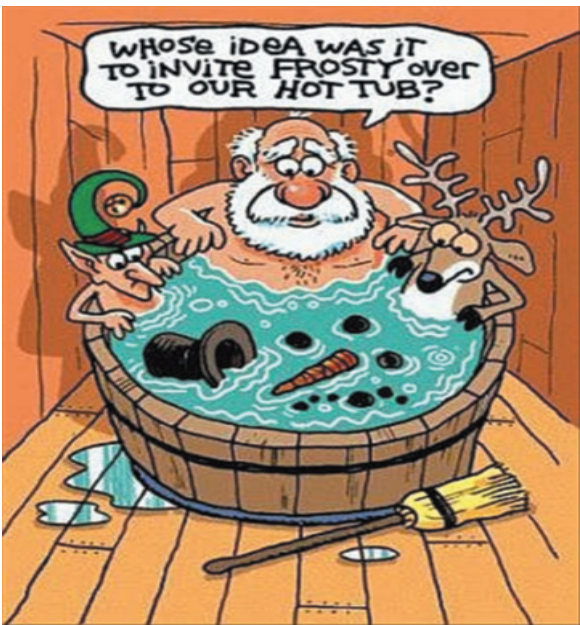
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with Girl Scout
Troop 812

Some things to think about

Gathered from the internet by **Jack Barnes**

Punny Christmas Jokes

- What did the wise men say after they offered up their gifts of gold and frankincense? Wait, there's myrrh.
- What do you get when you cross a snowman with a vampire? Frostbite.
- What does Santa suffer from if he gets stuck in a chimney? Claus-trophobia!
- What do you call Santa when he stops moving? Santa Pause.
- What do snowmen eat for dessert? Ice crispies.
- How do you help someone who has lost their Christmas spirit? Nurse them back to elf.
- What do you call an elf that runs away from Santa's workshop? A rebel without a Claus!
- What do you call a reindeer ghost? Cari-boo!
- What is it called when a snowman has a temper tantrum? A meltdown.
- Why are elves such great motivational speakers? They have plenty of elf-confidence.
- Why do reindeer like Beyoncé so much? She sleighs.
- What reindeer game do reindeer play at sleepovers? Truth or deer.
- What did Santa say when he stepped into a big puddle? It must have reindeer.
- What does Rudolph want for Christmas? A Pony sleigh station.
- What is Santa's dog's name? Santa Paws!
- Where do Santa's reindeer stop for coffee? Star-bucks!
- What's every elf's favorite type of music? Wrap!
- What's the absolute best Christmas present? A broken drum — you can't beat it!
- What happens if you eat Christmas decorations? You get tinsel-it is.
- What do Santa's elves learn in school? The elf-abet.
- What do you call an obnoxious reindeer? Rude-olph.
- What do grapes sing at Christmas? 'Tis the season to be jelly.
- What's the difference between the Christmas alphabet and the ordinary alphabet? The Christmas alphabet has Noel.
- What did the gingerbread man put on his bed? A cookie sheet!
- What do snowmen eat for breakfast? Ice Crispies.



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Tides for Ocean City Inlet

Day	High /Low	Tide Time
Th 22	High	6:35 AM
22	Low	12:53 PM
22	High	6:53 PM
F 23	Low	12:45 AM
23	High	7:28 AM
23	Low	1:45 PM
23	High	7:45 PM
Sa 24	Low	1:36 AM
24	High	8:21 AM
24	Low	2:37 PM
24	High	8:39 PM
Su 25	Low	2:29 AM
25	High	9:14 AM
25	Low	3:30 PM
25	High	9:33 PM
M 26	Low	3:23 AM
26	High	10:07 AM
26	Low	4:23 PM
26	High	10:28 PM
Tu 27	Low	4:21 AM
27	High	11:00 AM
27	Low	5:18 PM
27	High	11:25 PM
W 28	Low	5:21 AM
28	High	11:54 AM
28	Low	6:13 PM

walking
from page 8

wicking fabric. Cotton should be avoided because when it gets wet from sweat or snow the moisture gets trapped, making you feel colder and perhaps heavier. You can wear a fleece layer and, if needed, a water-proof or wind-proof layer. Sunscreen is always recommended when performing outside activities.

If the weather prevents you from getting outside, you can try to find ways to stay active inside. There are

commentary
from page 6

thority to impose fines on any and all association members.

The primary question the Board of Directors should answer, prior to spending tens of thousands of dollars on a wild goose chase that could result in no goose dinner, is why should OPA change its Declarations of Restrictions to match county law when OPA's CPI department could simply report any possible violations to the County for enforcement?

The Board of Directors should seriously consider dropping the entire

some great local gyms and yoga studios nearby. You can try taking a group dance class or head to one of the nearby indoor pools for some water aerobics. There are plenty of free online workouts that you can take advantage of in your own cozy, living room.

While you are setting goals for a healthier you this coming year, remember to try to be realistic. Change doesn't happen overnight. If you have questions regarding your health or fitness plan, or if you have aches and pains that prevent you from getting

idea of changing the Declarations of Restrictions to match County law with regard to short-term rentals.

It is a Fool's Errand, an expensive Fool's Errand.

At least one OPA Board of Directors member, Stuart Lakernick, publicly expressed some common sense on this issue, writing, "I campaigned on NOT changing our Declarations of Restrictions concerning short-term rentals. We live in Worcester County and as such are compelled by the laws concerning Short Term Rentals already in place at the county level. I will not support a motion to move forward with this."

started, it is best to consult your doctor, a physical therapist or a personal trainer. Stay safe, warm and healthy.

Lynn Martin is a Physical Therapist Assistant and Certified Kinesio Taping Practitioner with Hamilton Physical Therapy in Ocean Pines, MD. She may be reached at lynn@HamiltonPTcares.com or 410-208-3300 with any questions regarding this article.

Cash bingo offered

The Bishopville Volunteer Fire Department Auxiliary will hold its annual cash bingo on Friday, January 6, at the main station. The cost is \$30 in advance or \$35 at the door. Four early bird games begin at 5:45 p.m. There will be 20 regular cash games, two specials, one jackpot, and 50/50. Doors open at 5 pm. Food and beverage will be available for purchase. Call 619-922-9950 for early reservations.

The Courier will be on hiatus,
returning January 11.
Merry Christmas!

Wishing you a holiday season
filled with warmth and comfort!

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Tis the season

Fishing Report: When the weather allows, they are doing well offshore on the head boats with good catches of sea bass, some door mat flounder and Tautog. 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.

Don't forget: In the Atlantic Ocean and Coastal Bays non-offset circle hooks are required when fishing for Striped Bass with bait.

Check this out: Have you wanted to learn how to catch fish and how to catch more fish? Check out this web site. www.takemefishing.org/how-to-fish/how-to-catch-fish/

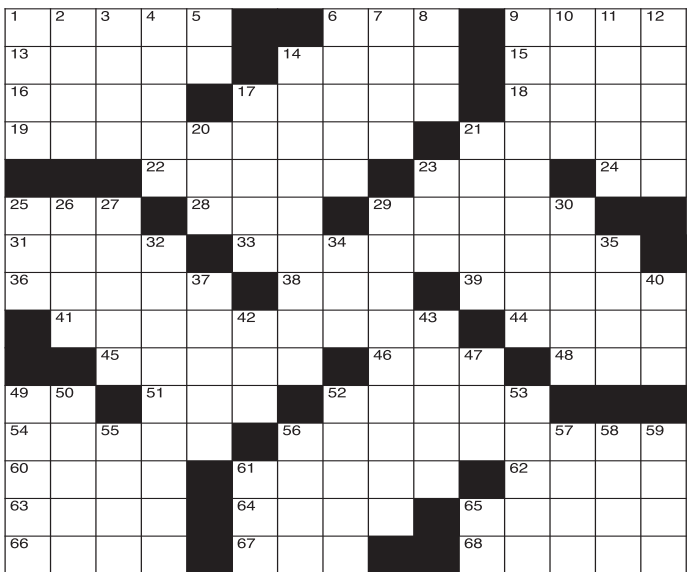
Don't forget to winterize your boat: If you are planning to winterize yourself there are many good articles on the internet and also a great publication titled The Boater's Guide to Winterizing published by Boat U.S. and distributed in partnership with West Marine. The Guide includes: Storing Your Boat, 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.

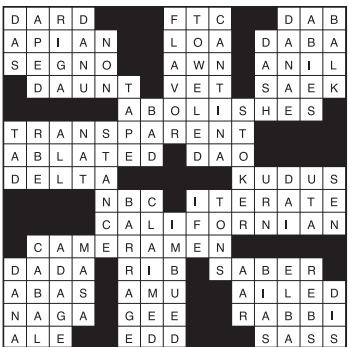


CLUES ACROSS

- 1. Take weapons away from
- 6. Soviet Socialist Republic
- 9. Most ancient Hindu scriptures
- 13. Actress Lathan
- 14. Baseball's strikeout king
- 15. British codebreaker Turing
- 16. One who lives by disreputable dealings
- 17. Tropical American plant
- 18. Opposite of right
- 19. Importance
- 21. Monetary units
- 22. Lawmen
- 23. Cool!
- 24. Affirmative answer
- 25. Thrust horse power (abbr.)
- 28. Bravo! Bravo! Bravo!
- 29. Muslim nobleman
- 31. About aviation
- 33. Scientific instrument
- 36. Protests strongly
- 38. Not polished
- 39. Grab
- 41. Alias
- 44. Large wrestler
- 45. Relative quantities
- 46. One who is big and awkward
- 48. Sunscreen rating
- 49. Atomic #90
- 51. Mock
- 52. Whales
- 54. Peoples
- 56. A state of being unclothed
- 60. Ottoman military commanders
- 61. Gatherer of fallen leaves
- 62. Norse personification of old age
- 63. Muslim mystic
- 64. German river
- 65. Measuring instrument
- 66. Have witnessed
- 67. Disallow
- 68. Proverb

CLUES DOWN

- 1. Union of Soviet Socialist Republics
- 2. The back side of the neck
- 3. A type of imine
- 4. Black bird
- 5. Partner to "Pa"
- 6. Puts together in time
- 7. Lucid
- 8. Transmits genetic information from DNA to the cytoplasm
- 9. Demonstrates the truth of
- 10. Ancient Greek City
- 11. Nishi language
- 12. Slang for fidgety
- 14. Southwestern farmers
- 17. Metric weight unit
- 20. Instant replay in soccer
- 21. Less polished
- 23. Popular pickup truck model
- 25. Slang for a cigarette
- 26. Large pile
- 27. Solid geometric figure
- 29. One from the Big Apple
- 30. Male admirers
- 32. Balsam is one
- 34. Local area network
- 35. Canadian law enforcers
- 37. Koran chapters
- 40. Cooperstown, NY museum (abbr.)
- 42. Certificate (abbr.)
- 43. An official who carries a mace of office
- 47. Briefly in fashion
- 49. Volcanic ash
- 50. Dutch city
- 52. Made of wood
- 53. Legendary golfer
- 55. Restaurant
- 56. None
- 57. Spanish city
- 58. Stony waste matter
- 59. Father
- 61. Confederate soldier
- 65. The ancient Egyptian sun god



Answers for December 14

The Courier
will be on
hiatus, returing
January 11, 2023.

Happy Holidays!

Health Watch

Is CPAP keeping you up at night?

By **Robin Rohlffing***Lead Polysomnographer
Atlantic General Hospital*

Quite often when someone is diagnosed with sleep apnea, they are prescribed continuous positive airway pressure, also known as CPAP. CPAP is the gold standard treatment for sleep apnea and usually the first choice of physicians when trying to

correct nocturnal breathing issues. Sleep apnea is usually caused by a crowding of the upper airway such as a large tongue, excessive tissue in throat, enlarged tonsils or fatty tissue around the neck. When someone with these issues goes to sleep at night, their body relaxes and the throat tends to close up on itself. This is what causes the obstruction

that prevents normal breathing during sleep. CPAP corrects this issue by providing a force of pressure using recycled room air to push this extra tissue off to the sides and reopen the airway so that normal breathing during sleep can resume.

Once an individual is treated with CPAP, their breathing becomes more regular, oxygen levels remain stable and sleep is consolidated. Some people who are treated with CPAP acclimate to it right away and are so overwhelmed by their refreshing restful sleep that they wonder how they ever sleep without it. On the other hand, it is not unusual for individuals to struggle with getting used to CPAP. Whether it is the force of the pressure or just the feeling of constriction due to having to sleep in a mask, loving your CPAP may take time.

Some basic troubleshooting is often all that is needed to help make the CPAP experience more comfortable. The majority of people who have difficulty with CPAP often just need a different interface. There are three basic types of CPAP masks. Full face masks cover the nose and the mouth and are good for mouth breathers, nasal masks either cover the entire nose or sit just under the nostrils, and nasal pillows masks have openings for each nostril. Nasal and nasal pillows masks tend to be smaller and easier to tolerate in general. However, a full-face mask may be necessary for someone who is a heavy mouth breather. There are a variety of each of these different types of masks, that although similar, have different functional features depend-

ing on what is most important to the user.

Feeling unable to completely exhale is another common complaint of CPAP users. Expiratory pressure relief (EPR), or on some machines, C-flex, can help with this issue. This is a feature that reduces the incoming force of pressure by 1, 2 or 3 cm/H₂O depending on the setting, making exhalation easier and more comfortable. This often helps the user adapt more readily to CPAP. Ramp is another option that can help CPAP users tolerate their pressure more readily. The ramp feature lowers the CPAP for a period of time to make it easier for the user to fall asleep. Ramp is set so that the pressure basically “ramps up” over a specified time window, usually 20 -40 minutes. During this time the pressure increases just a little bit each minute with the goal of the prescribed therapeutic pressure being reached after the patient has fallen asleep. The ramp feature can be invoked numerous times during the night such as after a trip to the restroom.

The key to being successful with CPAP is to not give up. Turn to friends, family, your provider or other CPAP users for support. Don't be afraid to ask questions or seek help if something does not seem to be working the way that it should. Atlantic General Hospital offers free mask fitting and education services at the sleep lab. For additional support or questions regarding your CPAP, don't hesitate to call us to set up a free appointment at 410-641-9726.

Tips to tame daily anxiety

Anxiety affects millions of people worldwide. The Anxiety & Depression Association of America indicates anxiety disorders are the most common mental illness in the United States, affecting 40 million adults age 18 and older every year, which equates to around 19.1 percent of the population.

What is an anxiety disorder? The National Institute of Mental Health says anxiety disorders include panic disorder, generalized anxiety disorder, agoraphobia, specific phobia, social anxiety disorder, post-traumatic stress disorder, obsessive-compulsive disorder, and separation anxiety disorder. Though the causes of these anxiety disorders may differ, each is characterized by excessive anxiety and related behavioral disturbances.

Anxiety disorders can range from mild to severe, and could affect daily life in various ways. Those with anxiety disorders are three to five times more likely to visit the doctor and six times more likely to be hospitalized for psychiatric disorders than those who do not have anxiety disorders, states the ADAA.

Who gets anxiety? Factors such as genetics, personality and lifestyle can determine if a person is likely to develop an anxiety disorder. According to Healthline, those in professions such as healthcare and social work, people of color and members of the LGBTQIA+ community are more likely to experience anxiety and elevated stress levels.

Addressing anxiety. There are several steps people can take to alleviate anxiety every day.

-Exercise: Moving more may help to relieve stress that can lead to anxiety. Study participants who engaged in exercise two days per week

reduced overall perceived stress. Physical activity also can improve mood.

-Sleep: Quality and quantity of sleep can affect mental health. Doctors recommend around eight hours of sleep each night. If anxiety is affecting sleep, try to establish a healthy sleep routine. Turn off screens a few hours before attempting to retire. Be sure the bed is comfortable. Keep the room's temperature on the cool side. Also, stick to a schedule.

-Supplementation: Healthline notes that some studies have found that certain dietary supplements may help with stress and anxiety. An eight-week study of 264 people with low magnesium levels found that taking 300 mg of this mineral daily helped reduce stress levels. Combining magnesium with vitamin B6 was even more effective.

-Psychotherapy: The Mayo Clinic indicates counseling or psychotherapy, such as cognitive behavioral therapy, can effectively address anxiety. CBT often includes exposure therapy, in which a person is gradually exposed to the object or situation that triggers the anxiety to eventually build confidence that he or she can manage the situation and anxiety symptoms.

-Medication: Used in conjunction with other techniques, medications may help address severe anxiety conditions. Certain antidepressants and a medication called buspirone are used to treat anxiety disorders. In limited circumstances, sedatives may be utilized, but long-term use is not recommended.

Anxiety disorders can affect anyone. Various techniques could be used to alleviate anxiety.

Did you know?

Despite what people may believe, colds are not exclusive to the cold weather months and early spring. Although a person is more likely to catch a cold during the winter, it's still possible to get a cold in the summer. During colder months, people tend to stay indoors in close proximity to others. That can make it easier for contagious cold viruses to spread. In addition, during the winter, the air is cold and dry, and these conditions are hospitable to cold viruses. In the summer, humidity can impede the common cold's easy spread, but air conditioning units with recirculated air can reverse the protective nature of this humidity. Even though people may spend more time outdoors during the summer, on especially hot days they may retreat indoors to cool off. That's when cold viruses can thrive. Symptoms of summer colds aren't different from winter colds. However, the heat and humidity of the summer months can make a person feel miserable. Also, when cold symptoms keep people from fun summertime activities, it can seem more impactful than suffering in winter when there's not much to do.



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Fun facts about Three Kings Day

The holiday season begins with Thanksgiving, and many people believe that the festivities come to a close after ringing in the new year. In fact, for the faithful, the Christmas season does not end until January 6 (January 12 in Eastern churches).

January 6 marks the celebration of the Epiphany, sometimes referred to as Three Kings Day, Little Christmas, the Baptism of Jesus, and D'a de los Reyes. The Epiphany is celebrated 12 days after December 25. In fact, that is where the phrase the Twelve Days of Christmas, and the song of the same name, originated.

Christians believe that the real celebration of the holiday season does not begin until December 24 and then continues through Three Kings Day. While the four weeks preceding Christmas, also known as Advent, are supposed to be times of reflection and prayer in anticipation of the birth of Jesus Christ, the 12 days of Christmas are times of great celebration. On the Epiphany, children may leave their shoes out for presents in a similar fashion to the way stockings are hung. Gifts are ex-

changed, reminiscent of the three gifts the magi presented to the Christ child of gold, frankincense oil and a resin called myrrh. The gold represented Christ's royal standing. The frankincense marked Christ's divine birth. Finally, the myrrh stood for Christ's mortality.

Many celebrants will bake ring-shaped cakes in which they will hide plastic baby figurines that are meant to symbolize Jesus Christ. The cake is called The Kings Ring, or Rosca de Reyes.

In Latin America, the three magi are more prominent figures than Santa Claus and are greatly revered by children and adults alike. Until the 19th century, the Epiphany may have been considered more important than Christmas day. However, those tides have largely shifted outside of Latin America and areas dominated by large populations of people who have Latin American heritage.

Christmas and New Year's garner considerable attention during holiday celebrations, but Three Kings Day also is an important date on the calendar for faithful Christians.



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