

The Courier

December 20, 2023 Volume 24 Number 15

*Merry Christmas &
Happy New Year!*



D.A. Kozma Jewelers

Prompt, Friendly & Affordable Service



*Large Selection of
Fine Jewelry at
Irresistible Prices*



Check out our
website!
kozmajewelers.com

*Watch Battery Replacements
Custom Designs
Bridal Design & Consultation
Repairs
Custom Work Welcome*

WE BUY

*Gold & Silver Coins Gold Jewelry
Silver Jewelry Silverware*

*Immediate Evaluation & Payment
Highest Prices Paid*

Welcoming and Friendly Service since 1978

Open Regular Hours Monday through Saturday 10 a.m. to 6 p.m. Closed Sunday
Appointments Welcome But Not Necessary

410-213-7505 410-524-GOLD

www.kozmajewelers.com

on Route 611 at Route 50 in the Food Lion Shopping Center

MD #2294

Holiday cheer sent to U.S. troops overseas

Operation We Care, working with American Legion Post 166, recently rallied more than 50 volunteers to prepare 226 care packages for U.S. troops deployed overseas.

The event, held at the American Legion Post in Ocean City on Dec. 10, included several members of the Ocean Pines Association Board of Directors and the Worcester County Veterans Memorial Foundation.

Memorial Foundation President and event chairperson Marie Gilmore said care packages were filled with personal hygiene essentials, snacks, food items, and messages from home for the holidays.

“The turnout was overwhelming and included members of our own Ocean Pines Board of Directors, John Latham and Jeff Heavner,”

Gilmore said. “I was very happy to have the support of our OPA Board members and I look forward to continuing this relationship between Ocean Pines and Post 166. It was a truly heartening show of support for our troops!”

Gilmore said Veterans Memorial Foundation Board members Sharyn O’Hare, Ken Ingram and Kyle Hastings also helped pack boxes.

“Thank you to all who joined us,” Gilmore said. “Your support ensures that our deployed troops know they are remembered, appreciated and loved – especially during this holiday season.”

For more information on the American Legion Synepuxent Post 166, visit www.alpost166.org.

El nino winter:

What does it mean?

Meteorologists are saying with some confidence that people should prepare for an El Nino winter in 2023-2024. Late summer water temperatures indicated a strengthening El Nino event. Many have heard of El Nino, but may not entirely understand what it signifies.

According to the National Ocean Service, El Nino and La Nina are climate patterns in the Pacific Ocean that can affect weather worldwide. Typically, these weather patterns last nine to 12 months, but sometimes can last for years. The weather events occur every two to seven years, but not on a regular schedule. El Nino is more common than La Nina.

The National Oceanic and Atmospheric Administration (NOAA) notes that, during normal Pacific Ocean conditions, trade winds blow west along the equator, moving warm water from South America toward Asia. Cold water rises from the depths to replace that warm water. During El Niño, trade winds weaken and warm water is pushed east toward the west coast of the Americas.

South American fishermen are credited with discovering El Nino in the 1600s. They named it “El Nino de Navidad” because it typically peaks around December. During an

El Nino, weather is affected, says the NOAA. Areas in the northern United States and Canada are dryer and warmer than usual, but the Gulf Coast and Southeast experience wetter conditions with more flooding.

La Nina has the opposite effect, with stronger trade winds that push more warm water towards Asia, and the cold waters in the Pacific push the jet stream northward. This causes drought in the southern U.S. and heavy rains and flooding in the Pacific Northwest and Canada. During a La Nina year, winter temperatures are warmer than normal in the South and cooler than normal in the North.

However, all of these factors also are affected by the patterns’ degree of severity. Fox Weather says strong El Ninos produce warm signals across much of the Lower 48, while more moderate events can lead to warmth or extreme cold. Weaker El Ninos tend to produce the coldest winters out of the three stages. There hasn’t been an El Nino since the 2018-19 season, which was controlled by a weak El Nino pattern. Change is coming, though the extent of that change remains difficult to predict.



Marlene Ott

Associate Broker, CRS



Marlene@MarleneOtt.com

www.MarleneOtt.com

c: 410-430-5743

o: 410-208-3500



11001 Manklin Meadows Lane
Ocean Pines, MD 21811



**BERKSHIRE
HATHAWAY**
HomeServices
PenFed Realty

art matters art matters

Pines artist teaches ancient art form

By **Elaine Bean**

Have you ever wanted to learn an ancient art form? Alicia Rappold can teach you the most ancient textile art form –

It is still used in some cultures for everyday living, being made into warm, heavy fabrics for the creation of housing and clothing. Think Mongolian yurts and Nepalese clothing.

Today, felting has transformed into modern art, and Rappold has adapted felting into an exquisite contemporary art form, one that she teaches for the Art League of Ocean City. She's holding beginner felting classes through the winter. January 9's theme is Valentine's gardens and bouquets, and Jan. 23's is a smiling snowman.

She has a goal of developing more advanced classes. "I would like to develop classes to include more advanced projects and establish a community felting presence including guest felters, working with local wool suppliers, and developing a local felters guild,"

she said. "I can picture a felting event that challenges local felters to present 'Shore Life in Felt'."

Rappold started felting five years ago when her daughter asked her to make felted soaps as a fund raiser for her grandchildren's school.

"I have continued felting ever since then," Rappold said. "Felting has become very popular and is receiving a lot of attention. It is an extremely versatile craft that uses wool to both paint a picture and sculpt a shape. Felters make a large variety of work including pictures, figures, animals, dolls, bowls, vases, sculptures, wall hangings, and clothing. I don't think I will ever be bored."

Rappold is a retired nurse who was born in New York City but raised in Maryland. She first came to the Shore in high school, living in a trailer in Montego Bay and working at Laws Market.

"My boyfriend, soon-to-be husband, lived on Robin Drive and worked on a crew building the Capri," she recalled. "One day at work, concrete splashed into his eye, and he had to wear an eye patch for a few days. We bought a parrot stuffy and put it on his shoulder and had fun

walking the boardwalk as pirates. We honeymooned here but then jobs in other places took us away. We raised three children and helped with six grandchildren until they entered school. Finally, we were able to permanently move here two years ago."

The Rappolds became permanent Ocean Pines residents because of their genuine love of the area. "Ocean Pines is a top-ten safest place to live, and Berlin is the coolest small town in America," she said. "We love Ocean City entertainment, Assateague Island, people watching, local farms, farmers' market, restaurants, indoor miniature golf, the Boardwalk, and best of all the people! Everything about living here inspires me. The beauty of the ocean, the smells of Thrasher's fries, the seagulls diving for those fries, yikes!"

The felter works in a home studio with two four-foot tables, a wall of shelves for large bundles of wool, and over-the-door shoe holders filled with smaller wool amounts. "Did I mention that I have a lot of wool?" she jokes.

Rappold is also a member of the Ocean Pines Pine'eer Club and Shop. She

also loves "active neighbors-tailgating, corn hole and helping each other. I always have my eyes open for what's next."

"To me, a large part of promoting art and felting in particular is the hours that I spend getting better at my craft" Rappold said. "The best way to encourage people to love art and felting in particular is to refine my skill and display surprisingly beautiful pieces that draw an emotion or memory out of the viewer."

Art matters in Rappold's life. "I don't walk around thinking 'art matters' because I have the business of daily life on my shoulders. I don't realize how heavy that can be until something beautiful comes into view and lifts me up. When beauty touches me, I feel lighter, happier. Sometimes I find beauty by surprise. But there are times I go for quite awhile without. Art, that is something produced intentionally, has the ability to lift me up or draw me in a predictable way. Every time I go to a museum, I am touch or inspired. I mean it, every single time."

Anyone interested in learning felting can register for Rappold's classes at OCart.org.



Alicia Rappold

felting – at the Ocean City Center for the Arts over the winter when a creative indoor activity is just what we need.

Felting is the activity of making wool or other cloth into felt by rolling and pressing it, and has been used for centuries, predating spinning and weaving.



*Wishing you a joyous
Christmas and Happy New Year!*

Spend \$50 and
get a **free \$10**
gift card to spend
the next time you
come in!
exp. 12/23/23

*We close at 5 p.m. on Saturday.
Open Dec. 26, 27, 28 & 29
Closed Dec. 30. Reopen Jan. 2*

We're all about birds and more!
Tuesday-Saturday
10 am - 5 pm

My Backyard

South Gate Ocean Pines 11312 Manklin Creek Rd. 410-208-1479

Believe

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 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 offers is timelessly pure and unadulterated for those willing to believe. For you see the passage of time cannot dull the pure, honest emotions we feel when we embrace the ones we love, when we celebrate

those around us and remember those who remain in our hearts. Opening our minds to what we don't fully understand,

but nonetheless believe, is a gift everlasting.

The good cheer Santa Claus spreads is received warmly by those who believe, comfortable like a well-worn sweater. For those with faith it shields the soul from sadness, heals scars of despair and wipes 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 if we desire, even when buried beneath the weight of everyday living. It's there. Just look. Just believe.

When we 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.

The Courier will be on hiatus during the holidays returning January 10.

Merry Christmas & Happy New Year



It's All About...

By **Chip Bertino**

chipbertino@delmarvacourier.com

warmth are found when we keep ourselves open to a presence that embraces the best of who we are and the best of what others embody.

I believe in Santa Claus. I need to believe the older I get.

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 displayed in a first snow and the whimsy of making a wish beside a well.

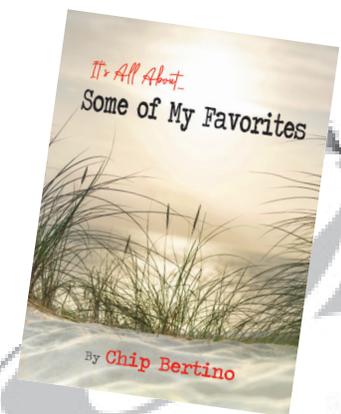
I believe in these things and more, just because.

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

I believe a child's smile, and ours as well, radiates more brightly in the presence of Santa Claus. The spirit embodied in his eye's twinkle is more powerful than a skeptic's glance. It's a soaring spirit upon the unfettered wings of who we'd like to be, nourishing our souls, empowering our very best selves to emerge.



GREAT STOCKING STUFFER



Author and columnist Chip Bertino's book, *It's All About... Some of My Favorites*, is a collection of some of his favorite columns written during the past two decades.

Humorous and poignant, the book chronicles experiences of raising children, getting older, being (and staying) married and just living life. The stories resonate with readers who will visualize their own similar experiences.

To order call

410-629-5906

email

chipbertino@delmarvacourier.com



"I hope you find the book interesting, at times humorous and be able to visualize yourself and your family in similar situations."

- Chip Bertino

A unique holiday gift idea

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

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 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.

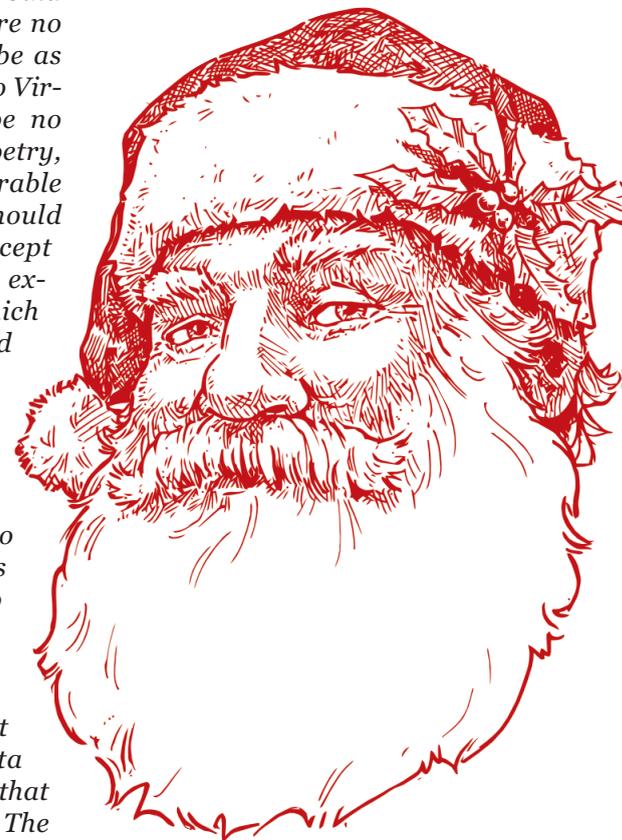
Not believe in Santa Claus! You might as well not believe in fairies. You might get your papa to hire men to watch in all the chimneys on Christmas Eve to catch Santa Claus, but even if you did not see Santa Claus coming down, what would that prove? Nobody sees Santa Claus, but that is no sign that there 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.

Courier Almanac

On December 20, 1957, while spending the Christmas holidays at Graceland, his newly purchased Tennessee mansion, rock-and-roll star Elvis Presley received his draft notice for the United States Army.



Aside from safety guidelines established by local authorities, there are not many rules when it comes to decorating for the holidays. Some individuals prefer a more understated look marked by a Christmas tree in their front windows, while others go all-out and cover their homes in colorful lights. Luminarias is one of the lesser-known ways to decorate for the holiday season, but it can be awe-inspiring and even help to bring communities together during this special time of year.

A luminaria is a Christmas lantern that consists of a votive candle placed inside a small paper bag. The bag is weighted with sand. Communities or neighborhoods that decorate with luminarias typically place the luminarias at the end of their driveways or along sidewalks on a predetermined night, such as Christmas Eve. When all the candles have been lit, the result is an awe-inspiring and uniform display.

Chip Bertino Publisher/Editor

Mary Adair Comptroller

Linda Knight Advertising Representative

Contributors

Jack Barnes, Dan Collins, Ron Fisher, Douglas Hemmick, Jean Marx, Joe Reynolds
Robert B. Adair 1938-2007

98 Nottingham Lane Ocean Pines, MD 21811

410-629-5906

thecourier@delmarvacourier.com

www.delmarvacourier.com

[facebook@TheCourierofOceanPines](https://www.facebook.com/TheCourierofOceanPines)

The Courier

The birth of Jesus is shared through the ages

Christmas traditions focus on several different aspects of family and spiritual life. While many stories are shared around Christmastime, perhaps none bears more significance than the origin of the Christmas celebration. Sharing the Christmas story is an integral part of holiday gatherings, reminding families that faith is foremost during this festive time of year.

The Conception of Jesus

Mary was a woman living in the Galilee area of Nazareth. She was engaged to a Jewish carpenter named Joseph. An angel visited the Virgin Mary and told her that she would conceive a child — a son — by the power of the Holy Spirit. When the son was born, she would name him Jesus. Mary questioned the angel, who reassured her that anything was possible by God and that Jesus would be God's own son.

Joseph was troubled when he found out Mary was with child and even considered breaking their engagement, which was allowed under

Jewish law. But God soon sent another angel, this time to Joseph, in a dream. The angel reassured Joseph that his marriage to Mary and the birth of this child were His will. Joseph awoke from his dream and took Mary as his wife soon after, ready and willing to raise the child despite the public humiliation he may experience.

The Census

During this time the Romans had control over many parts of the world, including where Joseph and Mary resided. Ruler Caesar Augustus decreed that every person living under Roman rule had to return to his town of origin to participate in a census so everyone could be taxed accordingly. Joseph, hailing from Bethlehem, had to return to this town with his very pregnant bride.

They traveled for many days and, upon arriving in Bethlehem, found that the inns were full and there was no available lodging. Mary and Joseph took shelter in a stable and prepared to welcome their son.

Jesus' Arrival

According to the Gospel of Luke, Mary gave birth to her firstborn, a son, while in the stable. She wrapped him in cloth and placed him in a manger because there was no guest room available for them.

And there were shepherds living out in the fields nearby, keeping watch over their flocks at night. An angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were terrified.

But the angel said to them, "Do not be afraid. I bring you good news that will cause great joy for all the people. Today in the town of David a Savior has been born to you; he is the Messiah, the Lord. This will be a sign to you: You will find a baby wrapped in cloths and lying in a manger."

Suddenly a great company of the heavenly host appeared with the angel, praising God and saying, "Glory to God in the highest heaven, and on earth peace to those on whom his favor rests."

When the angels had left them and gone into heaven, the shepherds said to one another, "Let's go to Bethlehem and see this thing that has happened, which the Lord has told us about."

So they hurried off and found Mary and Joseph, and the baby, who was lying in the manger. When they had seen him, they spread the word concerning what had been told them about this child, and all who heard it were amazed at what the shepherds said to them. (Luke Chapter 2)

Many people visited the baby Jesus, including three wise men from the East who traveled by following a guiding star to bestow gifts of gold, frankincense and myrrh on the baby king.

When Joseph and Mary had performed all the things necessary according to the law of the Lord, they returned to Nazareth with Jesus, who was growing strong in spirit and filled with wisdom and the grace of God.

Away In A Manger

*Away in a manger, no crib for a bed,
The little Lord Jesus laid down his sweet head.
The stars in the sky looked down where he lay,
The little Lord Jesus asleep in the hay.*

*The cattle are lowing, the baby awakes,
But little Lord Jesus no crying he makes.*

*I love Thee, Lord Jesus, look down from the sky
And stay by my cradle til morning is nigh.*

*Be near me, Lord Jesus, I ask Thee to stay
Close by me forever, and love me, I pray.
Bless all the dear children in thy tender care,
And take us to heaven, to live with Thee there.*

**Open Enrollment during February
for the 2024-2025 School Year**

seasidechristianacademy.com
(410) 213-7595

Church, Home and School working together in West Ocean City since 1999.



Merry Christmas

Happy New Year

Catered Living
at Ocean Pines

Assisted Living Memory Care
A Home-Like Setting with Peace of Mind

Call 410-449-4090 today
for more information or to
schedule a visit to
our on-site showroom.

1135 Ocean Parkway Ocean Pines, MD 21811 410-449-4090



Honored - The Ocean City Sons and Daughters of Italy (SDOI) Lodge #2474 awarded its 2023 Distinguished Citizen of the Year award to Anthony (Tony) Parisi, Jr. of Ocean View, Delaware. The SDOI selected Tony based on his of significant contributions to the SDOI. As the SDOI Lodge #2474 Treasurer for the past ten years, Tony set up and managed the tax collection process, obtained all required permits and gaming licenses for its annual St. Joseph's Festival and established procedures for cash handling, accounting and oversight of the SDOI funds. In Tony's local community, he founded the Architectural Committee and served as its chairperson, and he served for seven years on the Home Owners Association Finance Committee, five of those as Vice-Chairperson. Outside his community, Tony is currently active with the Friends of the South Coastal Library, a nonprofit affiliate of the South Coastal Library in Bethany Beach, where he has served on Finance Committee, a Board member and the Treasurer. Apart from volunteering his professional expertise, he has also been a promoter of bocce for the SDOI, the Bay Forest community and the Five Points community in Lewes, Delaware.

Above left to right: **Vincent Mollicone**, OC SDOI President, **JoAnn Ward**, OC SDOI Vice President and Award Committee Chairperson, **Anthony (Tony) Parisi, Jr.**, 2023 Recipient of Distinguished Citizen of the Year Award.

Remembering why Christmas exists

The following is the homily given by Bishop Henry Brougham played by David Niven in the final scene of the 1947 movie, "The Bishop's Wife."

wanted an orange squeezer. And Uncle Henry could do with a new pipe. We forget nobody. And on to a child. And all the stockings are filled.

Tonight, I want to tell you the story of an empty stocking.

Once upon a midnight clear there was a child's cry. A blazing star hung over a stable and Wise Men came with birthday gifts. We haven't forgotten that night down the centuries. We celebrate it with stars on Christmas trees with sound of bells and with gifts. But especially with gifts.



All that is except one. And we have even forgotten to hang it up. A stocking for the child born in a manger. It's his birthday we're celebrating. Don't ever let us forget that. Let us ask ourselves what he would wish for most. And then let each put in his share. Love and kindness. Warm hearts and a

You give me a book. I give you a tie. Aunt Martha had always

stretched out hand of tolerance. All the shining gifts make peace on Earth.

A long night's journey is the winter solstice

Nocturnal animals and human night owls may rejoice during the winter solstice. On the winter solstice, people can witness the Earth's longest night and shortest day of the year for their respective hemispheres. For individuals living in the northern hemisphere, the winter solstice generally occurs between December 20 and 23 each year. Those in the southern hemisphere experience the winter solstice between June 20 to June 23. This year it begins December 21.

The solstice may come and go unnoticed, but it's an interesting day on the calendar.

Not only will the winter solstice occur on a specific date, it also occurs at a specific time when the Earth's semi-axis tilts furthest from the sun. This corresponds to when the North Pole is aimed away from the sun on the 23.5-degree tilt of the Earth's axis. At this point, the sun also shines directly over the Tropic of Capricorn. The information and trivia site Mental Floss says the solstice happens at the same moment for everyone on the plane. However,

the hour it occurs depends on your time zone.

Areas of the Northern Hemisphere can have varying lengths of day and night on the solstice.

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

The word "solstice" is derived from Latin and means "sun stands still." It was chosen to de-

scribe this cosmic phenomenon because the solstice sun seemingly appears in the same position at noontime for

several days before and after the winter solstice - at its lowest point in the sky.

It is easy to mistake the solstices for the equinoxes, which also occur twice a year. However, the equinoxes occur in fall and spring and mark when the sun is directly above the

equator and night and day are of equal length.

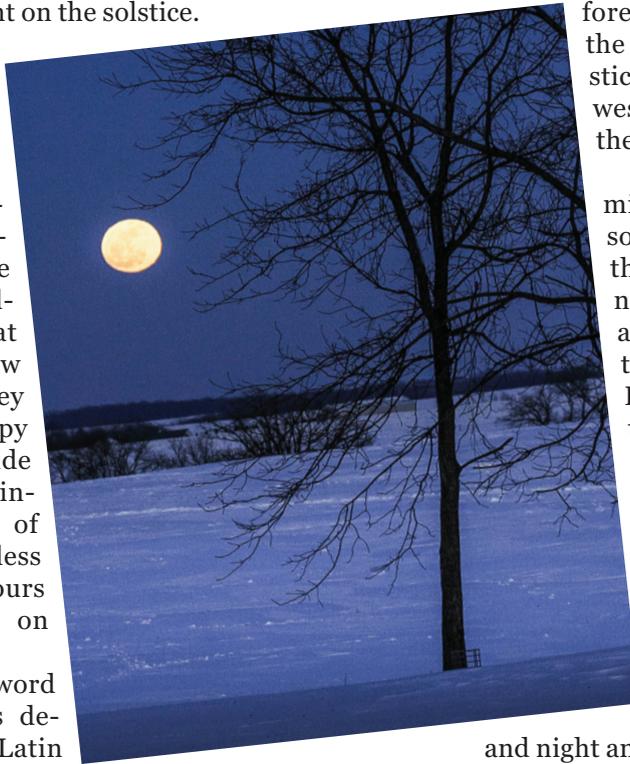
Despite the winter solstice indi-

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

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

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

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



Merry Christmas & Happy Holidays

As we celebrate our Christmas and holiday traditions with our family and friends, let us also remember and honor those who are not with us today. Blessings to you and your family during this special time of year.

Senator
Mary Beth Carozza
District 38
Worcester Wicomico Somerset

*Friends of Mary Beth Carozza,
James R. Bergey, Jr, CPA, Treasurer*



Captain Ron's
Fish Tales

By Ron Fisher

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 a few nice keeper stripers have been caught around the Rte. 50 Bridge and the inlet. Tautog fishing has been good along the rocks at the Jetty on sand fleas.

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.

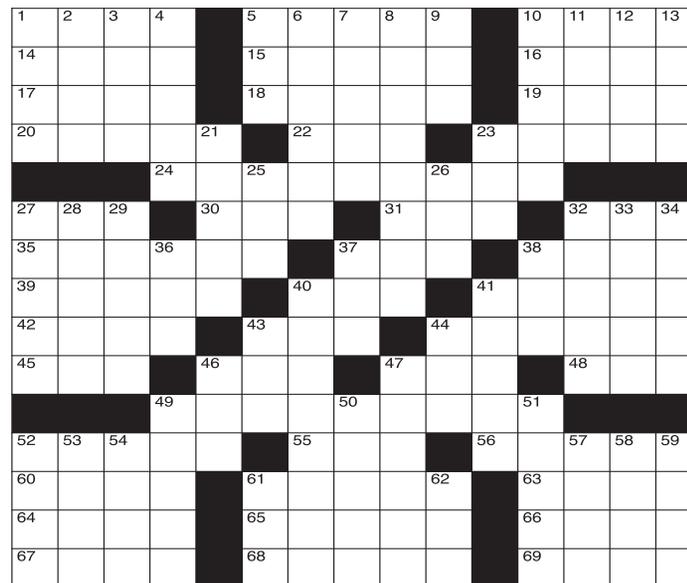
Rod & Reel: I begin by stripping all monofilament line from all my fishing reels. This line has been exposed to the elements, stretched and abused all summer. Other lines I will likely leave on for another year. Scrub all rods and reels with soap and water to remove saltwater residue and be certain to 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.

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

The Courier will be on hiatus over the holidays and will return January 10.

Merry Christmas & Happy New Year!

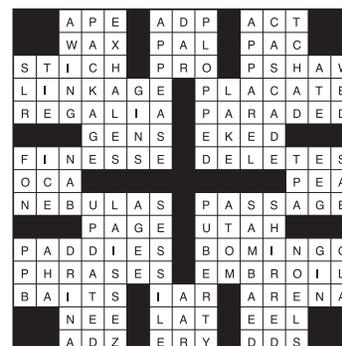


CLUES ACROSS

- 1. Droops
- 5. Subatomic particle
- 10. Not in danger
- 14. Nursemaid
- 15. Black band worn in mourning
- 16. Long song in opera
- 17. Edible seed of a Philippine tree
- 18. Chicago political family
- 19. Pursues pleasure from one place to another
- 20. Appetizer
- 22. Hill (Celtic)
- 23. Simple shoe
- 24. Songs to one you love
- 27. Secret activities
- 30. Upset
- 31. Popular hot drink
- 32. Body art (slang)
- 35. Fired
- 37. Blood relation
- 38. Identical
- 39. Porticos
- 40. Partner to cheese
- 41. Type of sword
- 42. Enough (archaic)
- 43. Surface layer of ground
- 44. Cotton fabric woven like satin
- 45. Choose for a post
- 46. Father
- 47. Tell on
- 48. Indian title of respect
- 49. Fonts
- 52. Fencing sword
- 55. Mock
- 56. Vaccine developer
- 60. Atmosphere surrounding a person or place
- 61. Marten with a short tail
- 63. Chinese temple
- 64. Invests in little enterprises
- 65. Popular cut of meat
- 66. Charity
- 67. Iron-containing compound
- 68. River in Northern Europe
- 69. One point east of southeast

CLUES DOWN

- 1. Exhausts
- 2. Genus of fish related to gars
- 3. Impudent behavior
- 4. Adherents to Islam
- 5. They come after A
- 6. Spoke
- 7. Room to receive guests
- 8. About opera
- 9. End-blown flute
- 10. Heroic tales
- 11. Member of a Semitic people
- 12. Dog's name
- 13. Opposite of west
- 21. Political divisions in ancient Greece
- 23. Ocean
- 25. Cool!
- 26. Young woman about to enter society
- 27. One from central Caucasus
- 28. Indian city
- 29. A way to serve ice cream
- 32. Emaciation
- 33. Escort aircraft carrier
- 34. Italian city
- 36. Mythical settler of Kansas
- 37. Unhappy
- 38. High schoolers' test
- 40. Measured in pace
- 41. Satisfies
- 43. Gullible person
- 44. Enclosed space
- 46. Substance used to color something
- 47. Shirt type
- 49. Discover by investigation
- 50. ___-Castell, makers of pens
- 51. Semitic Sun god
- 52. Grads wear one
- 53. French river
- 54. Part of a cap
- 57. Digestive fluid
- 58. Metrical foot
- 59. Body part
- 61. Very fast airplane
- 62. Supplement with difficulty



Answers for December 13



**RESIDENTS WORKING TOGETHER
to Oversee Their Community Where
Communication, Information & FACTS MATTER!**

Stay Informed

**We Deliver
Transparency**

We Do The Research

We Share The Facts



Residents

Family

Friends

**2,900+ Members
& Counting!**

Join Ocean Pines ROC

**Listen to ROC BUZZ Online
www.OceanPinesROC.com**



PODCAST



PODCAST



**Ocean Pines ROC Inc. | 11202 Race Track Road | Suite 105 | Ocean Pines, MD 21811
info@OceanPinesROC.com | 856-873-6029**

FOR RESIDENTS. BY RESIDENTS. Ocean Pines ROC Inc. is independent and NOT affiliated or part of the Ocean Pines Association: OceanPines.org

Celebrating Midnight Mass

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



Swearing in

Jonathan Pearl has been sworn in as Jr. Vice Commandant of the First State Detachment of the Marine Corps League. Pearl retired as a Colonel after 33 years as a Marine Corps aviator, flying a variety of Marine aircraft. He was sworn in as Jr. Vice Commandant at the detachment's recent membership meeting. Pearl and his wife, Kim, live in Ocean City.

Above: **Al Soto** (R), Commandant of the First State Detachment, administers the oath of office to **Jonathan Pearl**.

A BAGEL
and...

410-208-0707

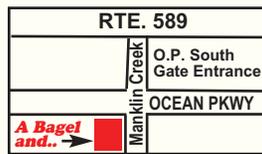
Open 6 a.m. - 2 p.m.
Wednesday - Sunday

Free
Wireless
Internet

Serving Breakfast and Lunch

Pastries and Cookie Trays

Boar's Head Meats



Southgate - Ocean Pines
(Manklin Creek & Ocean Pkwy)



Using natural gas
in your home or at
your business
can reduce your
carbon footprint.

Learn more at
sandpiper-energy.com



Tides for Ocean City Inlet

Day	High / Low	Tide Time
Th 21	High	2:48 AM
21	Low	8:52 AM
21	High	3:06 PM
21	Low	9:08 PM
F 22	High	3:50 AM
22	Low	9:59 AM
22	High	4:05 PM
22	Low	10:00 PM
Sa 23	High	4:46 AM
23	Low	11:03 AM
23	High	5:00 PM
23	Low	10:52 PM
Su 24	High	5:37 AM
24	Low	11:59 AM
24	High	5:50 PM
24	Low	11:42 PM
M 25	High	6:25 AM
25	Low	12:49 PM
25	High	6:38 PM
Tu 26	Low	12:28 AM
26	High	7:11 AM
26	Low	1:34 PM
26	High	7:24 PM
W 27	Low	1:13 AM
27	High	7:56 AM
27	Low	2:16 PM
27	High	8:08 PM

Three Kings Day celebrates the visit of the magi

January 6 marks the close of the Christmas celebration for many Christians. On this day, known as the Epiphany or Three Kings Day, people celebrate the visit of the magi to the Christ child. While some people are very familiar with this feast day and the customs surrounding it, others are less so. Here are some facts about Three Kings Day.

Three Kings Day also goes by the names Little Christmas, Denha, Theophany, D'a de los Reyes, and the Bap-

tism of Jesus.

The Epiphany marks the twelfth day of Christmas, falling 12 days after December 25.

It is customary for some celebrants to bake ring-shaped cakes and hide a plastic baby figurine representing the baby Jesus inside. In Latin cultures, the cake is known as Rosca de Reyes, or "The King's Ring."

The Bible does not specifically mention the number or names of the magi who visited Jesus. However, oral

tradition has it that there were three and their names were Gaspar, Balthasar and Melchior.

The gifts given to Christ were gold, frankincense oil and the resin myrrh. The gifts are symbolic of Jesus's importance. The gold represents his royal standing, frankincense his divine birth and myrrh his mortality.

Children may leave their shoes out on the Epiphany for presents, similar to the way stockings are hung. The shoes are filled with hay or treats for

the Three Wise Men's camels. In exchange, candies and toys are left for the children.

Three Kings Day is one of the most significant religious holidays in Latin America, where the magi are more prominent figures than Santa Claus.

In Britain and elsewhere, Twelfth Night is the evening that precedes the Epiphany, and Christmas decorations should remain up until then. Also,

*please see **magi** on page 23*



At PAM Health Georgetown we provide hospital level rehab care for patients following strokes, orthopedic injuries, and more. We would like to thank our local community for one year in service to our patients!

to learn more please contact us today

(302)440-4866



Trails & Waterways

All we want for Christmas are... *more trails please Santa!*

By **Patti Stevens**

On community surveys in 2022, residents of Ocean Pines, Worcester County, and five other Eastern Shore counties all ranked trails as their number one priority for parks and recreation. When asked what investments should be made in recreational amenities, a majority said longer places to bike, walk, and run safely. Data on active transportation from STRAVA shows that more people are taking more trips on bike and foot, here and across the country. Those age 55+ are the fastest growing segment of bicyclists, partly due to increasing popularity and lower cost of e-bikes.

The Worcester County Bike and Pedestrian Coalition, which formed in 2019, includes town and county staff, nonprofit leaders, and citizens interested in creating more trails and safer crossings so people of all abilities can get where they want to go for recreation, fitness, and daily needs. The 2050 Maryland State Bicycle and Pedestrian Plan released in November noted that Eastern Shore roads have

higher levels of traffic stress and lower levels of accessibility for all but “strong and fearless.” These road confident athletes come by the thousands to events like Maryland Coast Bike Festival in May (700+), Iron Furnace Fifty Ride in August (450+), the Seagull Century Ride (6,000+) and the inaugural Ocean City Running Festival (2,000), both held in October.

But for the majority who are not comfortable on the roads, Worcester County has fewer miles of shared-use paths suitable for biking and walking than anywhere else in the state: 2.25 miles of boardwalk and the 4.5 miles of trail between Assateague State and National Parks. To address this deficit the Bike and Pedestrian Safety Coalition collaborated with Worcester County to secure state funding to develop a Greenways and Trails Plan as recommended in the 2006 Comprehensive Plan. The firm Mead & Hunt was awarded the contract and began work in November. The county-wide plan will draw from bikeway plans already completed by Berlin and Snow Hill and

from work that is underway on the 4.5-mile Pocomoke River Wildlands Trail. Look for opportunities to provide input to the plan early in 2024.

An important potential resource for trails on the Eastern Shore is the many miles of low-activity and abandoned rail lines. Last summer Tracks and Yaks launched a rail-bike excursion on Maryland Delaware Express (MDDE) lines in Berlin offering routes of six miles to Newark and 13 miles to Ironshire Station. MDDE executives have indicated they would consider a future trail along the rail line between Berlin and Snow Hill. In 2020 neighboring Somerset County completed 4.5 miles of Terrapin Run Trail on former rail lines along Route 413 and was awarded federal and state funds in 2022 to complete eight additional miles of trail to Westover. County officials made safe transportation for pedestrians and cyclists a priority in their consolidated transportation plan (CTP), recognizing that it will improve community health, attract tourists, and foster economic development.

The author, Patti Stevens, chair of the Worcester County Bike and Pedestrian Coalition and Eastern Shore representative to the Maryland Bike and Pedestrian Advisory Committee, worked with Eastern Shore Land Conservancy (ESLC) in Easton to convene active transportation advocates, staff, and elected officials from eight counties, many towns, and the Beach to Bay Heritage area with shared interest in expanding trails. The vision of an Eastern Shore Regional Trails Network was introduced at a workshop hosted by ESLC at Chesapeake College in April 2021. This year the project was selected for a National Park Service technical assistance grant to develop a mission and sustainability plan to make the vision a reality. To learn more about local and regional trail efforts, follow the Worcester County Bike and Pedestrian Coalition Facebook page or email: wcbikepedsafty@gmail.com.

Patti Stevens lives in Ocean Pines and enjoys cycling with her husband Pat Trate on the Shore and on their RV Travels around the country.



GET A HEAD START ON YOUR 2024 RESOLUTIONS

Start physical therapy today and enter the
new year stronger and healthier.

Scheduling gym and aquatic patients
within 24-48 hours.

Call 443-513-3910 or go to www.aquacarephysicaltherapy.com

AQUACARE
PHYSICAL THERAPY

WHEN YOU'RE HERE,
YOU'RE FAMILY.

Kwanzaa has been celebrated nearly 60 years

In 1966, California State University, Long Beach professor Dr. Maulana Karenga sought a way to bring African Americans together as a community. Dr. Karenga ultimately settled on Kwanzaa, a holiday that has now been celebrated for nearly 60 years.

According to History.com, Kwanzaa gets its name from the Swahili phrase “matunda ya kwanza,” which means “first fruits.” Kwanzaa is a week-long celebration during which seven principles are discussed.

Those principles serve as the foundation of Kwanzaa, and each night of Kwanzaa emphasizes a different one of these foundational tenets.

1. Umoja: The Swahili word for “unity,” umoja is focused on maintaining and striving for greater unity in the family, community, nation, and race.

2. Kujichagulia: The principle of kujichagulia focuses on self-determination and is designed to inspire Kwanzaa celebrants to discuss how

they define themselves, name themselves, create for themselves, and speak for themselves.

3. Ujima: Ujima focuses on collective work and responsibility. When discussing ujima, celebrants focus on how they can work together to build and maintain their communities. In addition, ujima is dedicated to communities solving problems together by making one member’s problem everyone’s problem.

4. Ujamaa: Ujamaa is dedicated to cooperative economics and how celebrants can build and maintain their own businesses and how they can all profit from the success of those businesses.

5. Nia: “Nia” is the Swahili word for “purpose.” The principle of nia is meant to encourage celebrants to make the building and development of their communities a collective vocation.

6. Kuumba: Creativity is the basis for the principle of kuumba, which encourages celebrants to do everything they can to make their

communities more beautiful and fruitful for all.

7. Imani: The Swahili word for “faith,” imani promotes believing fully in one’s people, parents, teach-

ers, and leaders.

Kwanzaa is an annual celebration that begins on December 26 and ends on January 1.



DANCE CLASSES FOR ALL AGES

**Give the gift of dance this year
Purchase a gift certificate!**

Our South Point Private Studio offers **Weekly Classes and Special Rates In Private Lessons Including Duo's & Trio's**





**443-994-8561 • Jeanne@JeanMarieDanceStudio.Com
JEANMARIEDANCESTUDIO.COM**

Eastern Shore Assisted Living Facilities - Our Homes Are Here For You...



Mention this ad for 1/2 Off the application fee!

Chesapeake Manor Willards chesapeakemanor.com

Chesapeake Cottage Snow Hill chesapeakecottage.org

Catered Living Ocean Pines cateredliving.com




• Assisted Living • Memory Care
A Home-Like Setting with Peace of Mind

We Offer:

- 24 Hour Awake Staff
- All Private Rooms & Baths
- Three Meals a Day: Home-Cooked Meals
- All Inclusive Pricing
- In-House Doctor Visits
- VA and MAC Subsidy Approved
- Respite Care and Hospice Care

Let us help you navigate through this difficult decision.

Call 410-449-4090 Today for more information or to schedule a visit to our on-site showroom.

Our Staff is Regularly Tested for Covid-19

1135 Ocean Parkway • Ocean Pines, Maryland 21811 • 410-449-4090



Simple ways to prolong the life of poinsettias

Poinsettias and their rich red, white or variegated color schemes are the ideal backdrop for Christmas celebrations. In fact, poinsettias are among the most popular decorative flowers during the holiday season.

According to the 2013 USDA Floriculture Statistics report, poinsettias accounted for about one-quarter (23 percent) of all flowering

potted plant sales that year. Roughly 34 million poinsettia plants are sold in a given season. Indigenous to Central America, the plant was introduced to North America in the 1820s when Joel Roberts Poinsett, the first United States Minister to Mexico, brought the red-and-green plant back with him from a trip abroad.

While millions of poinsettias will be purchased for the holiday season, many mistakenly think their utility ends once New Year's Day has come and gone. But with proper care poinsettia plants can continue to thrive and bring warmth and beauty to a home long after the holiday decorations have been tucked away.

Choose a hearty plant. Experts with the University of Vermont Extension Department of Plant and Soil Science say that many people mistake the plant's leaves for its flowers. The red, white or pink bracts are actually modified leaves. The flowers of the plant are the yellow clustered buds in the center called "cyathia." Choose poinsettia plants that have buds which are, ideally, not yet open.

Keep the temperature consistent. Poinsettias prefer a room temperature between 60 and 68 F during the day and 10 degrees cooler at night. Humidity levels between 20 and 50 percent are ideal. Group plants on water-filled trays full of pebbles to help increase humidity levels.

Place near sunlight. The United Kingdom-based Perrywood floral company advises placing poinsettia plants near a bright windowsill but not in direct sunlight. Do not let a poinsettia touch cold window panes.

Avoid drafts. The plants are sensitive to drafts and changes in temperature. So, it's best to keep poinsettias away from drafty doors, windows, radiators, or fireplaces.

Don't drown the roots. Wait until the surface of the compost dries out before watering the plant anew. Also, the decorative foil wrapper that covers pots can trap water and lead to root rot. Remove it or poke holes in the bottom to allow for drainage.

Cut back plants. Come mid-March, cut back the plant by half to encourage new shoots, suggests the University of Illinois Extension. The plants also can be placed outside in the spring after the risk of frost has passed. Bring poinsettias back in around mid-September to early October to force them to bloom again.



Ocean Pines Association, Inc.
www.oceanpines.org

Shop Ocean Pines for the Holidays!

Ocean Pines Yacht Club
Give the gift of good taste with a gift card!

\$5-\$500

Plus.....Save NOW on 2023 Yacht Club apparel!
Longsleeves \$25.99 Hoodies \$35.99
T-Shirts \$20.99 Tanks \$14.99/\$20.99 Koozies \$3.00
Limited quantities. Shop early for best selection.

\$25-\$200
Custom amounts available in store!

Ocean Pines Golf Club
Gift cards are the perfect gift for any golfer!
Purchase online or in the Golf Shop.

Plus.....Shop in store for our BIG holiday sale on apparel, shoes, accessories, equipment & more!

Gift Card
The Time is Now! 410.641.6953 oceanpinesgolf.org

YACHT CLUB
OCEAN PINES, MARYLAND
Purchase online or in person!

OPYACHTCLUB.COM | OCEANPINESGOLF.ORG

Christian holiday season traditions endure

Many adjectives can be used to describe the holiday season, including festive, jolly and religious. Another word that may come to mind is tradition. Traditions factor heavily into holiday celebrations of faith and family.

According to The Public Religion Research Institute's "2020 Census of American Religion," 70 percent of Americans identify as Christian. Data from the Pew Research Center indicates that 55 percent of Canadians identified as Christians in 2018. Millions of Christians will be celebrating Christmas this year, and many of those celebrations will feature cherished traditions. Here are some popular Christian traditions during the holiday season.

Advent calendars and wreaths

The word "Advent" is derived from Latin and means "coming forward." Advent is the four-week period preceding the Christmas celebration. Advent wreaths and calendars typically are part of Christmas in Christian households. Advent calendars are sold

in stores or can be made as craft projects. Most of them contain small prizes like chocolate treats or other trinkets behind each date on the calendar. Advent wreaths have four candles (three purple and one pink). One is lit each Sunday of Advent. The evergreen wreath signifies continuous life.

Nativity scene

Another popular religious tradition is setting up a nativity scene. A nativity scene places the focus on Jesus Christ. One tradition involves moving nativity figurines closer to the manger leading up to Christmas, and placing the infant Jesus in the manger on Christmas Day.

Some churches and towns also put on living nativity scenes, in which adults and children dress up, and together with live animals, depict the manger scene.

Christmas caroling

Caroling has a long history and was originally tied to winter solstice celebrations. Christians started singing carols to celebrate the birth of Jesus.

Many of the songs carolers sing are traditional religious hymns. During Advent, carols will herald the coming of Jesus. After Christmas, carols are even more joyous in nature.

The three masses

Midnight Mass is a special celebration that takes place in the late hours of the evening on Christmas Eve. It is the first liturgy of Christmas that begins at midnight. It originated in 430 AD under Pope Sixtus III in the Basilica of St. Mary Major. The popularity of Midnight Mass grew by the 12th century, when the celebration of three Masses on Christmas day was granted to all priests. Midnight Mass is treated as a solemn High Mass, which involves singing and praying by the light of candles. A Mass at dawn is the second Christmas mass, followed by Mass of the Day, which is the midmorning Mass of the Christmas celebration.

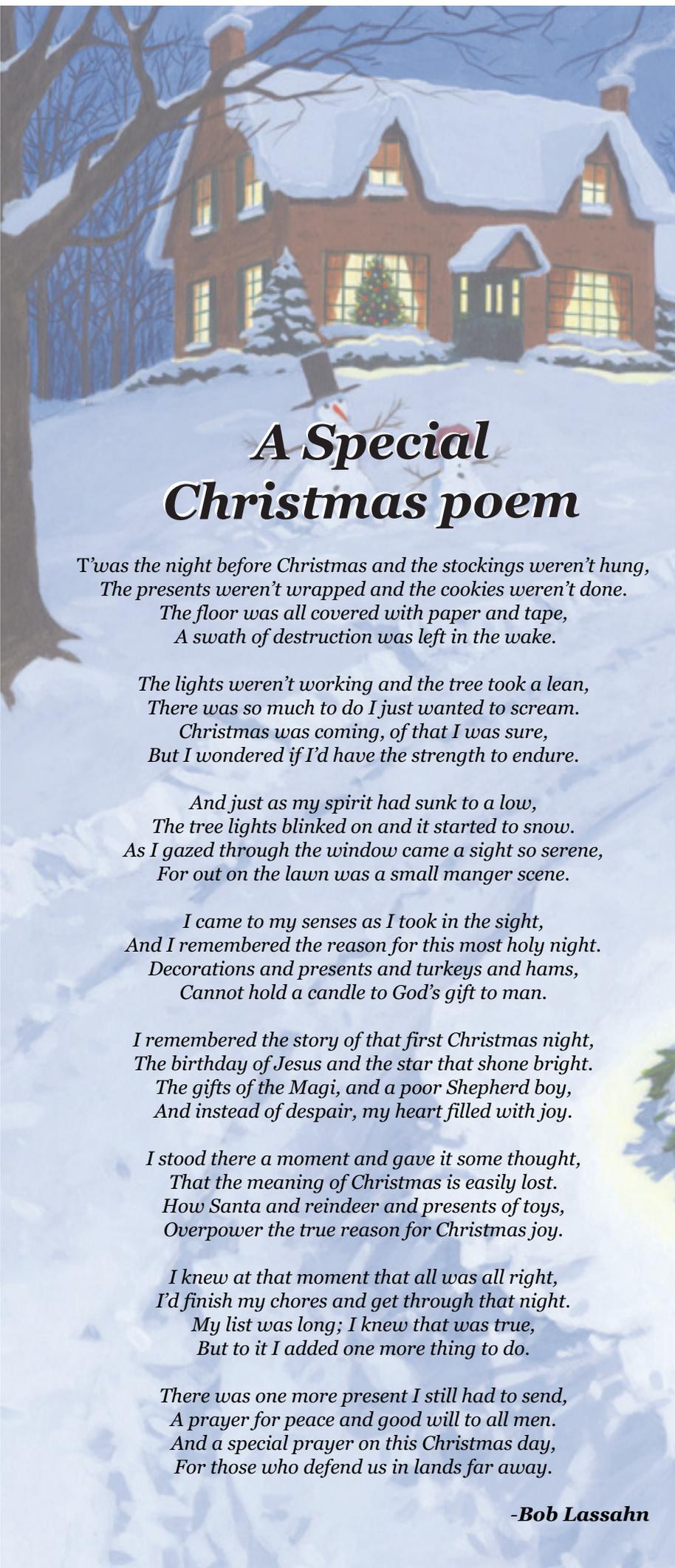
Christmas is steeped in tradition. While the secular traditions are well known, Christians also embrace various religious traditions at this time of year.



*Wishing everyone a
blessed and Merry Christmas,
a joyful Holiday Season
and peace and happiness in the New Year.*

The Republican Women of Worcester County





A Special Christmas poem

*T'was the night before Christmas and the stockings weren't hung,
The presents weren't wrapped and the cookies weren't done.
The floor was all covered with paper and tape,
A swath of destruction was left in the wake.*

*The lights weren't working and the tree took a lean,
There was so much to do I just wanted to scream.
Christmas was coming, of that I was sure,
But I wondered if I'd have the strength to endure.*

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

*I came to my senses as I took in the sight,
And I remembered the reason for this most holy night.
Decorations and presents and turkeys and hams,
Cannot hold a candle to God's gift to man.*

*I remembered the story of that first Christmas night,
The birthday of Jesus and the star that shone bright.
The gifts of the Magi, and a poor Shepherd boy,
And instead of despair, my heart filled with joy.*

*I stood there a moment and gave it some thought,
That the meaning of Christmas is easily lost.
How Santa and reindeer and presents of toys,
Overpower the true reason for Christmas joy.*

*I knew at that moment that all was all right,
I'd finish my chores and get through that night.
My list was long; I knew that was true,
But to it I added one more thing to do.*

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

-Bob Lassahn

Health Watch

Ways to sneak microbursts of activity into your day

By **Tracey Mullineaux**, BSN, RN
Atlantic General Hospital Employee Health

Are you struggling to make time in your busy life for fitness? Rest assured, you're not alone. While the CDC recommends aiming for a minimum of 150 minutes of moderate-intensity physical activity, such as brisk walking, each week, plenty of people find it difficult to cram those pockets of "free time" into their already jam-packed schedules.

Instead, take a new approach and sneak "microbursts" of activity into your day. Break up your daily activity goal into smaller amounts of time. For example, you could break the 30-minute a day recommendation into three to 10-minute sessions or two 15-minute sessions. Whatever works best for you. Just make sure the shorter sessions are at least 10 minutes long. Research shows that even brief amounts of exercise can help you fortify your heart and lung health, manage your weight, and simply boost your overall well-being. The best part is that you may be more likely to stick with your fitness plan because it's easier to fit into your hectic day.

Your fitness mission, if you choose to accept it, (and I hope that you do) is to take a stealthy approach to fitting in more fitness with these sly (and simple) techniques:

Schedule physical activity just like you

would any other appointment. Set a reminder on your phone calendar so you remember to get up from your chair and stretch or go for a walk.

While watching TV, resist the urge to morph into a couch potato. Get up on your feet to walk or jog in place, practice yoga, lift weights, or walk on a treadmill.

Take a few minutes to pull weeds or do other yardwork. You'll increase your heart rate and at the same time boost your home's curb appeal. (It's a win-win)

Tackle that to-do list. Paint the bathroom, organize your closet, or clean out your garage. You'll be amazed at how much physical energy these tasks require. (An hour of painting can burn between 200 and 300 calories.)

Toss a ball outside for a few minutes with your kids, friend or dog.

Walk or bike ride through a park or neighborhood you've never explored before.

Take as many opportunities as possible to travel by foot, such as walking to restaurants or local attractions.

Even though we live in a fast-paced society, finding time for exercise is possible – we just have to make ourselves a priority. So...get started, you are worth it!

Remember to check with your doctor before starting any new exercise program, especially if you have any health concerns.

The origins of Rudolph the red-nosed reindeer

Adults and children alike are familiar with the tale of "Rudolph the Red-Nosed Reindeer." As the lyrics of the song illustrate:

*Rudolph the red-nosed reindeer had a very shiny nose / And if you ever saw it,
you would even say it glows.*

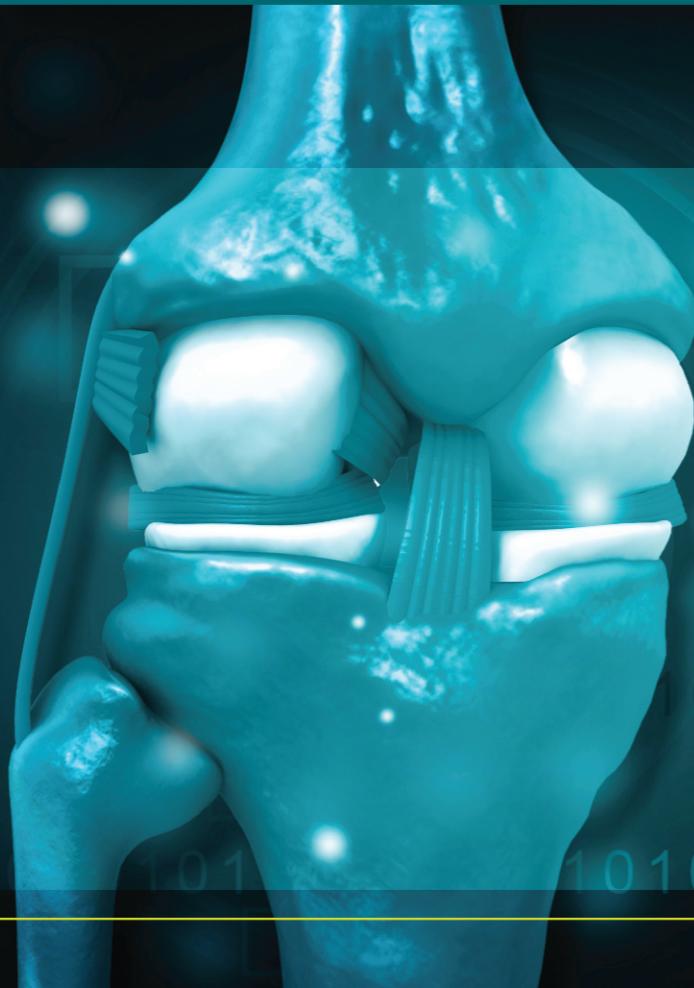
Popularized by the song written by Johnny Marks and sung by Gene Autry, "Rudolph the Red-Nosed Reindeer" dates back to 1939. A copywriter named Robert L. May created the story of the misfit reindeer in 1939 when working for Montgomery Ward. The retail giant was producing marketing holiday coloring books for children and wanted to come up with a clever character.

Although Rudolph is now beloved, May's original ideas included Rollo and Reginald. Also, Rudolph's famed red nose almost did not come to be. Because a red nose at the time was viewed as a sign of alcoholism, Montgomery Ward was hesitant to be on board with the bulbous, red snoot. A blue nose was considered, but later changed. In its first year of publication, Montgomery Ward had distributed 2.4 million copies of Rudolph's story.

The catchy tune came thereafter, followed by a cartoon short in 1948. In 1964, the stop-motion animated television special further propelled Rudolph to celebrity and became the most recognizable Rudolph adaptation.

Today, Rudolph is known across the globe as the reindeer responsible for navigating Santa's sleigh through tricky weather on Christmas Eve. He continues to be loved by many, young and old.

EXPERT CARE. EVERY DAY.



The AGH Difference in Orthopedics

- Fellowship-trained, board-certified surgeons
- Technologically advanced treatments
- Less recovery time

ADVANCED ORTHOPEDIC SERVICES ARE HERE

Rely on the expertise of AGH's top-quality medical specialists for faster healing of knees, hips and shoulders. We provide advanced treatment procedures including robotic surgery options, the latest, most effective hip resurfacing, and more.

Certification achieved for total hip, knee & shoulder replacements.



Expert care is here. ➤ agh.care/orthopedics

Conveniently located – always accessible.





We want to wish our patients and community a Healthy and Happy Holiday season from our family to yours! Hamilton Physical Therapy is here to help you with your physical therapy and hand therapy needs. We are also happy to offer **DIRECT ACCESS** for physical therapy services - no referral needed.



To schedule an appointment, call (410) 208-3300.

410.208.3300 • HamiltonPTcares.com
11007 Manklin Creek Road, Berlin
info@HamiltonPTcares.com

¡ Se Habla Español!

Located in Pennington Commons, just steps away from Food Lion

Holiday songs with storied pasts

The holiday season is not complete without music. Holiday hits play in shopping malls, and families often trim the tree to their favorite albums.

Even if Elvis' "Blue Christmas" or Johnny Mathis' "Do You Hear What I Hear" reign supreme in your household, it can be interesting to learn about some of the other songs made famous this time of year.

Modern classics. Classic carols may be the first Christmas songs that come to mind. However, less than a quarter century ago a pop singer managed to contribute to the holiday music pantheon. Mariah Carey's "All I Want for Christmas is You," released in 1994, is considered to be the most popular modern Christmas standard. With global sales exceeding 16 million copies, the song is one of Carey's biggest hits.

Sad Origins. "Santa Claus Is Coming to Town," with its warning to children to be nice since Santa is keeping tabs on kids' behavior, has helped children tow the line for decades. Songwriter James "Haven" Gillespie was asked to pen the tune during one of the darker times in his life. Gillespie was

jobless and poor and his brother had just passed away, hardly inspiration for a Christmas tune. However, after thinking about the memories he shared with his brother, Gillespie was able to pull together an upbeat and catchy classic, changing his life for the good.

Bestseller. Even though "Silent Night" is the most recorded Christmas song in history, another tune holds the title of the best-selling holiday standard of all time. "White Christmas" was written in 1942 and reminisces about an old-fashioned Christmas celebration. The version recorded by Bing Crosby has estimated sales in excess of 100 million copies worldwide, according to "The Guinness Book of World Records." There are various accounts as to when and where Irving Berlin wrote the song. Some state he did so at a hotel in Hollywood, while others say it was the Arizona Biltmore. Wherever Berlin happened to be when writing the tune, there is no doubt he was pinning for the quintessential white Christmas.

please see songs on page 21

CLARKSVILLE CONSTRUCTION SERVICES, INC. EST. 1999

CALL NOW 443-389-3099

Licensed, Bonded, Fully Insured MHIC #78947

CLARKSVILLECONSTRUCTION.NET

\$2500 OFF

Full **Basement**, Full **Kitchen** & 5-Piece **Bath** Remodels*. Expires 1/31/24

\$2500 OFF

New **Deck** or Complete **Deck** Replacement: 500 SF or More*. Expires 1/31/24

\$2500 OFF

Complete **Screen Room** or **4-Season Room** Projects*. Expires 1/31/24



*Minimum purchase applies. Cannot be combined with other promotions, single use.

OPA commends state champion SDHS football team

The Ocean Pines Association Board on Nov. 16 presented a plaque and commendation to the Stephen Decatur High School Football team for winning their first-ever state championship.

The SDHS Seahawks finished the season a perfect 14-0, capping off the campaign with a 21-13 win over the Huntingtown Hurricanes on Nov. 30 to capture the MPSSAA 2A Football State Championship title.

Seahawks Head Football Coach Jake Coleman said it was an honor to be recognized. He added that “an un-

defeated season is great,” but equally impressive was the resilience shown by his team over their last two games.

Coleman reflected on the 2022 season that ended with a 40-33 loss to Milford Mill Academy, despite having the lead with just 42 seconds left in the fourth quarter.

“That, I think, told us a lot about ourselves,” he said. “We took what we learned ... and what we needed to do, and then we approached it for the next 365 days to make those improvements.”

The team once again met Milford Mill late in the season, on Nov. 24. This time, Decatur prevailed 35-34.

“We found ourselves behind after having an early lead. And these guys stuck together, they fought it out, and they ended up defeating the defending state champion,” Coleman said. “That victory right there just says so much about the group of guys and their commitment to each other, their passion and love for each other.”

A week later, the Seahawks faced off against the Huntingtown Hurricanes for the state championship.



OPA Board President Rick Farr reads commendation to team.

“We had our share of calls that didn’t go our way, but these guys never wavered. They stuck together. They are true champions,” Coleman said.

After the title game, Coleman said he talked to his team about what it means to be “a true champion.”

“We love that you guys recognize us ... but we want to be humble in these moments and be thankful and be grateful, and we want to conduct our-

selves so that we continue to honor you and the community.”

Coleman also thanked members of the community for donating to a Go Fund Me that raised more than \$20,000 for state championship rings for all the players and coaches.

“We just appreciate all of your support ... it’s been amazing,” he said. “And now we’re going to try and go back-to-back!”

songs

from page 20

The song was written for the 1942 movie “Holiday Inn,” starring Crosby and Fred Astaire. It became an instant classic and remains Crosby’s best-selling recording. Some of the most recent versions of the song have been recorded by Pentatonix, Sara McLachlan and Laura Pusini.

Christmas songs remain near and dear to people’s hearts, and a few of these beloved songs have interesting back stories.



Throughout the year, service to and the safety of the boating community is our mission.

During this holiday season we wish for peace and happiness for all those we serve.

Help Us Make Boating Safer

For more information about Safe Boating Classes, other activities or joining the Coast Guard Auxiliary, email us at cgauxoc@gmail.com or phone 410-935-4807.

magi
from page 13

until as recently as the 1950s, Twelfth Night was a time for was-sailing. Wassailers went house to house singing and wishing neighbors good health.

Until the 19th century, the Epiphany was more important than Christmas Day.

Roast lamb was traditionally served on the Epiphany.

Three Kings Day is an important holiday in the Christian faith, and one that brings the holiday season to a close.

Carozza receives MACo recognition

The Maryland Association of Counties (MACo) presented Senator Mary Beth Carozza (R-District 38) with a Legislative Recognition Award at the annual MACo Winter Conference Awards Banquet. The award recognizes Carozza as a strong advocate in supporting local government.

"I am humbled and grateful to be the recipient of MACo's legislative award, and am proud to be a staunch advocate for local flexibility and decision making for our local governments," said Senator Carozza who represents Worcester, Wicomico and Somerset Counties. "I will continue to work with MACo and local elected leaders in each of the three counties that I represent and across the State of Maryland to advance policies local authority and flexibility."

MACo is the non-profit, non-partisan advocacy organization for the elected officials and governments of all 24 Maryland counties. MACo's membership consists of county elected officials and representatives from Maryland's 23 counties and Baltimore City, and its members determine the organization's policy and positions on executive and legislative proposals through an elected Board of Directors and a volunteer Legislative Committee. Through MACo's advocacy, training, education programs, and annual conferences, county-elected officials and staff use these opportunities to improve their capacity to serve Maryland residents.

Worcester County Commissioners congratulate Senator Carozza upon receiving this year's MACo Legislative Recognition Award. Pictured left to right are Worcester County Commissioner **Diana Purnell**, Senator **Mary Beth Carozza**, Commissioners **Chip Bertino** and **Eric Fiori**.



Support Local Businesses

To place your business card call
410-629-5906

BOAT LIFTS



Ocean City Boat Lifts & Marine Construction, Inc.

Jessica Short

12010 Industrial Park Road Unit 11
Bishopville, MD 21813

oceancitylifts@aol.com
410-352-5095
MHIC 133392

DANCE

Jean Marie OC Dance Studio

Private Dance Studio in South Point KIDS & ADULT CLASSES

Ballet Pointe Jazz Hip Hop Lyrical
Contemporary Senior Moves
Wedding & Partner Moves Small Group
Private Lessons



443-994-8561
www.jeanmarietdancestudio.com



DENTISTRY



Gerard Ott, D.M.D., PA
Jeremy Masenior, D.D.S.
Family Dentistry

1 Pitts Street
Berlin, Maryland 21811

(410) 641-3490

ott.masenior@gmail.com

FINANCIAL SERVICES



MITCHELL AND HASTINGS FINANCIAL SERVICES

STEVEN E. SWEIGERT, CRPC

CHARTERED RETIREMENT PLANNING COUNSELORSM
INVESTMENT ADVISOR

9927 STEPHENECATUR HIGHWAY, SUITE 18, OCEAN CITY, MD 21842
410-213-2150 800-647-8727 Fax 410-213-2151

FINANCIAL SERVICES



Consulting & Business Services



• Tax Debt Relief

• Credit Repair

• Tradelines for Individuals & Businesses

• Tax Lien Removal

• Full Service Accounting

• Business Credit

We get results!

434-219-6692

www.AMAconsultingbusiness.com

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

Call 410-629-5906

MEDICAL

Chesapeake UROLOGY

Leading Providers.
Convenient Locations.
The Superior Care You Need.

chesapeakeurology.com

Seaford, DE
220 Pennsylvania Ave.
Seaford, DE 19973
302-628-4222

Berlin, MD
314 Franklin Ave, Ste 302
Berlin, MD 21811
410-641-3735

PATIO

PAVER PATIOS & DECKS

Brick Paver Patios Fire Pits Decks
Call for a FREE ESTIMATE

Decks, Patios & Improvements - Family Owned & Operated

410-390-1499

PHOTOGRAPHY

OC BEACH PICS

- Portraits (Senior Class Photos)
- Family Portraits
- Event Photography

443-365-9428

www.OCBeachPics.com



OC Beach Pics
PHOTOGRAPHY

The
Courier

Place your
business card here!
Call Linda Knight



443-366-4184

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 support our service men and women.



**Help illuminiate the legacy of our men and women who have served our country.
Become a Foundation member for just \$25 per year.**

To learn how to join, make a donation to the Memorial or to purchase a brick or paver go to www.WOCOVETS.org.