

The Courier



November 26, 2025 Volume 26 Number 12

BoHo Bungalow creates holiday gifts on-site

By Elaine Bean

"We make everything right in the back there," Amber Baker said.

Hand-crafted gifts are what shoppers will find inside BoHo Bungalow in the Manklin Creek Shopping Center in Ocean Pines. Everything in the store is either made right in the back, sourced from the local community, or created by the owner's own family.

Baker makes the candles herself for a product line named Sandy Bottom Candles that includes candles, wax melts, reed diffusers, and home fragrance. Her partner, Lois Davis, makes their spa line of scrubs, lip balms, lotion petals, and bath soaks. Both Baker and Davis work in the store and greet customers.

Baker's mother-in-law, Marva Heckert, a potter, crafts decorative wall hangings using clay and other mediums. Her father-in-law, Jeff Heckert, a woodworker, turns wood into bottle openers and pepper mills.

Ten other local artisans create work for the shop, including artwork, photographs, stationary, greeting cards, pottery, crocheted crab coasters, and other unique items.

BoHo Bungalow grew out of a love for making things. While working in another field, Baker started making candles in her home, first as a hobby, then as a small business, selling to local boutiques and at artisan fairs. When she ran out of room in her home to make candles, Baker moved into a space in the Manklin Creek Shopping Center in 2023 to spread out. She worked in the back, making candles and filling orders. The front of the shop was already set up as a retail space, and Baker quickly expanded, opening the retail area on Black Friday in Nov. 2023.

"That [front retail space] inspired us to showcase local makers and their work, and have a little gift shop in the Pines," Baker said.

It was candle making that started all of this for Baker. "I had made candles before as gifts for friends and family and for myself because they were cleaner burning. I did a ton of research on candle making ... We did a deep dive into how to source the products

*please see **bungalow** on page 6*



Craft day - The Art League of Ocean City recently held a special class, "Turkey Day Crafts," for children ages five to 13 at the Ocean City Center for the Arts. The class was taught by Art League instructor Amy Bounds. Pictured are **Jaidee** and **Jaylene Vitjathorn**.

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Donation - The Delmarva Leathernecks Foundation presented a \$1,000 donation to the nonprofit Art League of Ocean City to support their mission of providing art supplies and art classes to local students, seniors, veterans, and individuals with disabilities.

Pictured are **Don Coffin**, Leatherneck president and **Courtney Blackford**, Art League first vice-president and Resource Development Committee chair with Leatherneck members. The Delmarva Leathernecks Foundation is a nonprofit foundation with the mission to support veterans' organizations and local charities in the Delmarva area.



Pine Tones Chorus brings joy through song

The Pine Tones Chorus is bubbling with excitement for this fall's family-friendly concert, The JOY of Christmas, which will take place at 7:30 p.m. on Friday, December 12, at the Community Church at Ocean Pines. As their annual holiday gift to the community, admission is free to all, though the group will gratefully accept a goodwill offering to help defray expenses. Doors will open at 6:45 p.m., and seating for the concert is first-come, first-served.

The fall concert features a mix of full chorus and ensemble performances accompanied by live musicians and will include both sacred and secular music of the season. In addition to traditional favorites, such as "It's the Most Wonderful Time of the Year," "Let it Snow," and the "Hallelujah Chorus," listeners will be treated to some beautiful new pieces as well as some familiar songs done in surprising

and delightful new ways. The audience will be invited to join in singing "Joy to the World," "Angels We Have Heard on High, and Silent Night."

As a local, all-volunteer non-profit arts organization, the Pine Tones Chorus presents both Spring and Fall concerts every year and each season they also travel to several area senior centers to share the joy of music with those who are not able to come to the shows.

This season is supported in part by the National Endowment for the Arts, through the Maryland State Arts Council and the Worcester County Arts Council, as well as the Choptank Foundation and the E. Bowen and Frances H. Quillin Foundation.

For more information, follow Pine Tones Chorus on Facebook and Instagram @pinetoneschorus or contact Dave Holloway at 610-213-7472.



CORRECTION

In last week's edition, *The Courier* wrongly identified **Hamilton Hand to Shoulder** as Hamilton Head to Shoulder.

Billy and Jennifer Hamilton

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Presentation - Members of the General Levin Winder Chapter of the Daughters of the American Revolution (DAR) recently enjoyed a presentation by Jon Andes about his book "The Legacy of Billy Lee: An American Hero." Andes was inspired to write the book after viewing a John Trumball painting of George Washington with a shadowy figure in the background. The figure was Washington's enslaved manservant, Billy Lee. Chapter member Carol Mongelli is a direct descendant of Washington's younger brother John Augustine.

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

Pictured left to right are **Darlene Stevens, Carol Mongelli, Regent Sharon Moak, Beth Sise, Chris Nanna-Lieb, Jon Andes, Jane Bunting and Cynthia Mancuso.**

Rec & Parks brings holiday spirit

Join Ocean Pines Recreation & Parks for several fun holiday events at the Ocean Pines Community Center on Saturday, December 6.

From 8 a.m. to 11 a.m., bring the entire family to enjoy Breakfast with Santa. Santa will arrive at approximately 8:30 a.m. and will be available for photos until 11 a.m. The cost is \$6 for ages four to 10, \$10 for ages 11 and over, and free for ages three and under and includes pancakes, sausage, juice, milk, coffee, pastries, and fruit. Attendees are encouraged to bring an unwrapped gift to be donated to local charities in Worcester County, or non-perishable food to be donated to Ocean Pines families in need.

The Reindeer Lane Gift Shop will take place in the East Room from 8 a.m. to 11 a.m. This special holiday shop gives children ages 12 and under the opportunity to purchase gifts for their loved ones. All items are sold to kids for \$5 or less, with many items to choose from for both kids and adults. Admission is free, but donations of new or slightly worn items are greatly appreciated.

New this year is the Holiday Vendor Fair, happening from 8 a.m. to

12 p.m. in the Community Center Gym. Browse a variety of vendors offering great items for Christmas gifts, including products from Pampered Chef, paper crafts, jewelry, custom art, tumbler cups, candles, and more. Admission is free and open to the public.

Additionally, starting November 25, Santa's Red Mailbox will be at the Community Center for local children to send letters to Santa. The elves have supplied us with special paper just for Santa's letters. Each envelope will come with a little something special and sparkly for each child. Santa's mailbox will be available until December 20.

For more information on any of these events, contact Katie Goetzinger at 410-641-7052 or kgoetzinger@oceanpines.org.

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Holiday Open House
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Gramps' car

Thanksgiving at our house this year won't be celebrated on the actual day. Because of various work schedules we've moved the big day to Sunday so our sons, daughter-in-law, soon-to-be daughter-in-law and grandchildren as well as my wife and I can all be together. As a

jama-clad on the living room floor, heads propped on our hands as we watched the Philadelphia parade on WCAU-TV Channel 10, screaming joyously when Santa Claus appeared. When the parade was over, our mother would ask (force) us to get dressed. It wasn't uncommon

for her to ask (force) us to wear the sweaters or vests our grandmother had knitted for us the Christmas before. They were usually too small and very itchy. My mother was unmoved by our pleas to wear something comfort-



It's All About. . .

By **Chip Bertino**

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result, it will be a rather quiet, turkey-less day on the holiday proper. But at least there will still be football.

Thanksgiving has always been my favorite holiday, more so through the years. Early in our married life, my wife and I often traveled on Thanksgiving, usually consuming two dinners, an early one in Philadelphia (my family) and a late one in Alexandria (her family). It was stressful - a lot of traveling and dealing with small children who preferred to stay in one place. At some point, and I don't remember when, our Thanksgivings became less nomadic. We tried to spend one year with my wife's family and the following year with my family. Finally, we decided to host the holiday ourselves.

One Thanksgiving that really stands out for me was more than thirty-five years ago when my wife and I with our two children (our third child wouldn't arrive for another five years) celebrated the holiday ourselves. My daughter, who was two at the time, and I spent the afternoon raking leaves into piles and then jumping into them. Our border collie Brandy jumped in from time to time as well.

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

Many Thanksgivings memories of my youth have faded with time but some remain within reach. As kids my brother and I would lay pa-

able.

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

As I write this, the anticipation of this year's holiday - even though we'll celebrate it a couple days later with our children and their families under our roof - makes me very happy. It's like watching for Gramps' car all over again. Well, not quite. It's special in its own way.

Happy Thanksgiving!

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Setting Thanksgiving history straight

Thanksgiving is celebrated each fall and often serves as the entry point to the holiday season. Tradition plays a large role in Thanksgiving celebrations, as families incorporate many customs into their celebrations that some believe were once tied to the earliest Thanksgiving meals. But the truth about those customs is a lot murkier than celebrants may realize.

According to the Smithsonian National Museum of the American Indian, the “First Thanksgiving” features a romanticized depiction of a friendly harvest celebration between Pilgrims and Indians. This altered account of what took place in the seventeenth century served as a foundational story that’s been reinforced through the years. However, American Indians attest that the story is more complex than the prevailing narrative suggests. Here’s a look at some of the inaccuracies that have been revealed regarding the First Thanksgiving.

MYTH: The First Thanksgiving was the first time that settlers and Native nations interacted.

TRUTH: The Wampanoag and neighboring nations had been interacting with European explorers, traders and others for nearly 100 years prior to the English settlers’ arrival at the Wampanoag village of Patuxet in 1620.

MYTH: The American Indians’ decision to assist the English settlers was based on friendship.

TRUTH: In reality, the Wampanoags’ decision to help the English was more about forming political alliances than making friends. The Wampanoag were hoping to fend off attacks from rivals.

MYTH: The First Thanksgiving was repeated each year.

TRUTH: This initial meeting of peoples did not spark an annual tradition. There is no record of Pilgrims inviting the Wampanoag people to the harvest meal. The Wampanoag men

likely came because they heard gunfire from a hunt and investigated. And the feast wasn’t repeated. Historians note the relationship between the Wampanoag and Pilgrims ultimately deteriorated, culminating in King Philip’s War.

MYTH: The 1621 gathering was the first American Thanksgiving.

FACT: Thanksgivings actually were religious events that took place before the 1621 gathering. History News Network says that Texans claim the first Thanksgiving in America actually occurred in a community near El Paso in 1598. Spanish explorer Juan de Onate was said to have held a Thanksgiving festival after leading hundreds of settlers on a 350-mile excursion across the Mexican desert.

MYTH: Turkey was on the menu for the harvest meal shared.

FACT: The meal likely consisted of venison, wild fowl and other locally available foods, like cranberries.

MYTH: Pilgrims dressed in black with buckles and black steeple hats.

FACT: Historian James W. Baker explains that these Pilgrim depictions were formed in the nineteenth century when black and buckles helped create an emblem of quaintness. In fact, the early Pilgrims did not dress in such garb, and wore colorful clothing throughout much of the week, reserving black for Sunday services.

Inaccuracies abound regarding the first Thanksgiving. Prevailing accounts present a romanticized view of relations between Pilgrims and the Wampanoag people that has persisted through the years. Shedding light on myths can spur new discussions about this beloved holiday.

bungalow
from page 1

and get USA-made quality supplies. Then the Sandy Bottom Candle was born.”

Baker boasts that her candles are clean burning and made from all nat-



Amber Baker

ural ingredients. “We use crackling wood wicks and only 100% soy wax fragrance-infused with essential oils,” she said.

Her fragrances do not contain harmful chemicals and include beach-inspired scents as well as a “crushed” line infused with grapefruit, orange, and lemon, and seasonal scents for fall and winter.

BoHo Bungalow is decked out for the holidays, and offering free gift wrapping on all purchases.

“This is our favorite time of year,” Baker said. “We love Christmas. We love the holidays. The store is decorated and packed full of gift items, things like stocking stuffers, hostess gifts. We have a little charcuterie section where you can find little jams and spreaders and cutting boards. We have candles in holiday wrap.”

BoHo Bungalow is located at 11312 Manklin Creek Rd. in Ocean Pines. Holiday hours are Wednesday through Saturday, 10 a.m. – 5 p.m.

Special holiday events at the shop including Black Friday and Small Business Saturday celebrations with giveaways, sip-and-shop, and tastings. Events are posted on BoHo Bungalow’s Facebook page and on Instagram @shopbohobungalow. A selection of gifts offered at SandyBottomCandle.com can be shipped for gift giving.

Courier Almanac

On November 26, 1948, the first “Land Camera” – better known today as the instant Polaroid camera – goes on sale at Jordan Marsh department store in Boston for \$89.75. The invention of Edwin H. Land, who had enrolled at Harvard to study physics in 1926, but dropped out to conduct his own research, becomes an instant hit and sells out within minutes that first day.

Though modern Americans might find the notion of a turkey-free Thanksgiving hard to fathom, the idea of eating the now popular fowl did not become synonymous with the holiday until the mid-nineteenth century. According to History.com, President George Washington declared a day of national thanksgiving in 1789, but decades passed before tur-



key came to be presented as a staple of Thanksgiving celebrations. History.com notes that novelist Sarah Joseph Hale offered a lengthy description of Thanksgiving celebrations in New England in her 1827 novel, “Northwood.” Hale eventually drew on the writings of William Bradford, who served as Governor of the Plymouth Colony from 1621 to 1657. Bradford’s history of the colony

noted the abundance of turkeys around the time of the first Thanksgiving meal, and Hale ultimately drew on Bradford’s recollection and incorporated turkey into her depictions of Thanksgiving meals after expending much energy promoting the idea of a national Thanksgiving holiday throughout the middle decades of the nineteenth century.

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Choral group to perform

Vox Concordia, a choral group on the Eastern Shore, will present a program of seasonal music on Sunday, December 7 at 3 p.m. at St. Paul's Episcopal Church in Berlin.

The program, "Into the Light" under the direction of Veronica Tomanek, explores the power of light and how it captures the warmth of the season through grace, thankfulness and faith. We will feature music of all styles, from composers around the world, including seasonal music from the Renaissance, traditional carols set by contemporary composers such as Peter Warlock and Roland Carter, and music about light and warmth by Australian composer Sally Whitwell, African-American composer B.E. Boykin, American composers Eric Whitacre and Billy Joel and others.

Vox Concordia, founded in 2022, is a chamber choir dedicated to keeping the arts alive with music from all styles and periods. Members of Vox are teachers, authors, Pulitzer Prize winners, journalists, small business owners, doctors, clergy, lawyers, chemical engineers, college administrators, gardeners, and historic home renovators. This will be the group's first performance in Worcester County.

Tickets for "Into the Light" are available online or at the door. General admission is \$20, seniors are \$15 and students are \$10. St. Paul's Episcopal Church is located at 3 Church Street in Berlin.

Aquatics seeking exercise instructor

The Ocean Pines Aquatics Department is looking for an experienced, enthusiastic, and energetic Certified Exercise Instructor to lead our Aquatic Cardio/Dance classes at the Sports Core Pool.

The position schedule is Tuesday and Thursday mornings from 9–9:45 a.m. and/or 10–10:45 a.m.

Qualified candidates must be a certified exercise instructor with a passion for fitness, fun, and motivating others.

To apply, email Aquatics Director Michelle Hitchens at mhitchens@ocean-pines.org.



Visit - The Ocean City - Berlin Rotary Club has 'adopted' the six Pre-K-3 classes at Buckingham Elementary, Ocean City Elementary and Showell Elementary and using funds secured by a Rotary District grant, they made their initial visit to the classrooms, distributing snacks, water bottles, thermos bottles, paper products, Pull-Ups and storage bins. The club will visit and supply snacks and other needed supplies throughout this school year.

Pictured with the teachers and students at Showell Elementary School are Rotarians **Cliff Berg, Lou Ann Danner and Margaret Mudron**. The Club meets the first and third Wednesdays of the month at the Ocean Pines library. For more information email ocberlinrotary@gmail.com.

Swim with Santa scheduled

The community is invited to enjoy an afternoon of fun and cheer with Santa Claus in the indoor, heated Sports Core Pool, on Saturday, December 20.

The event, happening from noon to 3 p.m., will feature crafts, music, and games, with food available for purchase.

Entry is \$8 for swim members, \$10

for residents, \$12 for non-residents, and \$3 for non-swimmers.

All children ages 12 and under must be accompanied by an adult in the facility. Any children that cannot swim or wears a flotation device must be accompanied by an adult in the pool.

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Arts Council announces exhibition winners

The Worcester County Arts Council announced the winners of its Small Treasures juried art competition, celebrating the beauty, intricacy, and creativity of miniature artworks. Juror John Mosher, multidisciplinary artist and Associate Professor of Art at Salisbury University, selected pieces that best exemplify craftsmanship, imagination, and the intimacy of small-scale art.

The award recipients are:

-First Place Winner – Ellie Scott –

“Magenta Explosion” – Alcohol Ink
 -Second Place Winner – Dan Mathis – “Red Hills Road” - Watercolor
 -Third Place Winner – Judy Benton – “Distorted Blues” - Acrylic
 Honorable Mentions:
 -Jason Giusti – “Laguna Incendio” – Glass
 -Lisa Leo – “Blueprints #1” – Mixed Media
 -Rebecca Morgan – “Mallorca Way” – Acrylic and Pencil
 The exhibition features a wide va-

riety of miniature works, including tiny landscapes, delicate portraits, intricate still lifes, abstract compositions, and sculptural miniatures, showcasing the creativity of both professional and emerging artists.

The winning pieces and all submitted artworks are currently on display at the Worcester County Arts Council Gallery through December 31, and the public is invited to view the exhibition, meet the participating artists, and enjoy refreshments. All artwork is available for purchase.

The awards were presented at the opening reception on Friday, November 14, which drew artists, community members, and art enthusiasts to celebrate the talent featured in the show.

“Small Treasures highlights the extraordinary skill and creativity of artists working in miniature formats,” said Anna Mullis, Executive Director of the Worcester County Arts Council. “We are thrilled to honor these talented artists and share their work with our community.”

For more information about the exhibit or the Worcester County Arts

Council, visit www.worcestercountycouncil.org or call (410) 641-0809.

Annual Angel Tree program underway

The Ocean Pines Association is asking community members to help spread holiday cheer for a local family in need this season through the “Angel Tree” program.

The tree is on display in the Recreation & Parks building lobby and is adorned with angels representing requested items for the family. Those interested are invited to stop by, select an ornament, and return new, wrapped gifts by Monday, December 15.

OPA has again partnered with the Berlin Crisis Center to identify a family requiring assistance. Some gifts requested by the family include hand and bath towels, crafts, and games, for a single mom and three teenagers.

For more information, contact Michelle Lane-Ross at mross@oceanpines.org.



Pictured from left are **John Mosher**, juror; artists: **Rebecca Morgan**, **Jason Giusti**, **Ellen Scott**, **Lisa Leo**, **Judy Benton**, **Dan Mathis**, and **Anna Mullis**, WCAC executive director.



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There's more to turkey than you think

Thanksgiving is a time for celebrants to express gratitude for all that they have. Thanksgiving presents an opportunity for friends and loved ones to gather around a dinner table and enjoy a delicious meal together. Turkey frequently is at the centerpiece of Thanksgiving feasts. Many may be surprised to learn how turkey and other foods came to be such integral components of the Thanksgiving meal. Here are 12 facts about turkey and more.

1. When talking about turkey, getting the names for these birds right is necessary. Many people say "Tom Turkey" at Thanksgiving, but hens (female) birds are more commonly found at the table than a Tom (male) turkey. Poult are young turkeys. Toms are more likely used

for deli meats, cutlets and ground meat because they are so much larger.

2. Americans eat roughly 46 million turkeys on Thanksgiving.

3. As many as 2,500 to 4,500 calories may be consumed by a single person during the Thanksgiving meal. That's more than the recommended calorie intake for an entire day for most healthy adults.

4. The "Turkey Talk-Line" is sponsored by Butterball. Turkey experts are on call during the holiday season to answer questions.

5. It typically takes 14 to 18 weeks for a turkey to reach maturity. Heritage breeds descended from wild flocks will take longer to mature.

6. It is not confirmed that turkey

was at any "first Thanksgiving" meal. Accounts vary and only allude to "fowl" being consumed.

7. Despite being more inclined to run, turkeys, particularly wild ones, are able to fly. Domesticated turkeys may not be able to fly because they are bred to be heavy for more breast meat.

8. Dark meat in poultry is associated with muscle use because working muscles require extra blood vessels to deliver oxygen, making meat darker. Turkey predominantly run, so their thighs are known for being rich with dark meat.

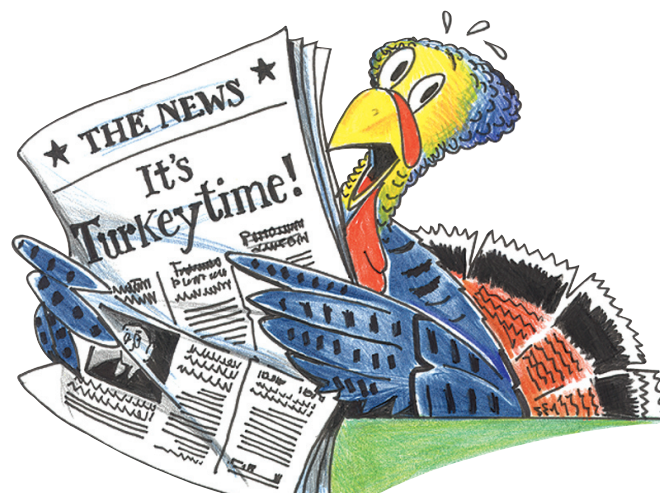
9. Around 88 percent of Americans will eat turkey for Thanksgiving dinner.

10. Television dinners were born from turkey leftovers in 1953. The

meat was packaged in aluminum trays with various side dishes.

11. Jellyed cranberry sauce is a common complement to turkey. Ocean Spray indicates more than five million gallons worth of jellyed cranberry sauce is purchased for Thanksgiving.

12. Despite eating all this extra food, the average holiday weight gain is only about four-fifths of a pound, according to the New England Journal of Medicine.



Hometown Christmas is Saturday

Ocean Pines Recreation and Parks invites community members to kick off the holiday season at the 15th annual Hometown Christmas this Saturday, November 29, at White Horse Park.

Festivities begin with the traditional tree lighting ceremony at 6:30 p.m., followed by Santa in the Park from 7 p.m. to 8 p.m.

Hometown Christmas is free and open to the public. Complimentary hot chocolate and cookies will be provided.

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The many reasons to support Small Business Saturday

Small business is big business across much of North America. According to a 2024 report from Innovation, Science and Economic Development Canada, nearly 98 percent of all businesses in Canada are small businesses, which the Government of Canada defines as firms with one to 99 paid employees. Small businesses boast an equally notable presence in the United States, where the Small Business Administration reports such establishments account for 99 percent of the nation's firms.

With such a profound presence in both Canada and the United States, it's no wonder small businesses are championed at a point in time when shopping takes center stage. Small Business

Saturday occurs each year on the Saturday after American Thanksgiving, making it part of a weekend that is often characterized as the start of the holiday shopping season. With small businesses set to take their well-earned turn in the spotlight, consumers can ponder the many reasons to support Small Business Saturday this year.

Small businesses are significant employers. The term "small business" can be misleading, particularly in terms of job creation. While small businesses are generally described as firms with fewer than 500 employees, recent data from the SBA indicated small companies accounted for two-thirds of employment growth across the U.S. over the last quarter century,

ultimately generating around 13 million jobs during that time period. Those jobs are filled by consumers' family members, friends and neighbors, and supporting these employers ensures those individuals can keep earning.

Small businesses help to fund vital local services. Another notable reason to support small businesses is their role in creating strong local tax bases. The revenue generated by successful, local small businesses strengthens communities because it translates into tax income for local towns, which benefits schools, community organizations and public safety.

Small business spending is more likely to stay in the local community. Another way supporting small businesses benefits communities relates to where consumers' dollars go once they're spent. Data from the American Independent Business Alliance indicates 48 percent of each purchase at a local independent business was recirculated locally. By comparison, just 14 percent of purchases at chain stores was recirculated locally. That means

more than three times as much money is staying in communities when consumers buy from locally owned businesses compared to chain retailers.

There's no shortage of reasons to support Small Business Saturday. This year, consumers can do their part and give local small businesses, and the communities they call home, their unwavering support by shopping local on Small Business Saturday.

Wor-Wic to host science and arts event

Wor-Wic Community College will hold its second annual STEAMposium event on Thursday, December 4, at 5 p.m., in the Dr. Ray Hoy Assembly Hall in Guerrieri Hall on the college campus at the corner of Route 50 and Walston Switch Road in Salisbury.

The event is a showcase of exemplary work by Wor-Wic students in the areas of science, technology, engineering, art and math (STEAM). The STEAMposium is free and open to the public, and no registration is required. Visit the events section of worwic.edu for more information.



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Recreation & Parks

Upcoming Events

Mark your calendars!

29

NOV

OCEAN PINES 15TH ANNUAL HOMETOWN CHRISTMAS

WITH SANTA IN THE PARK | WHITE HORSE PARK

Tree Lighting Ceremony | 6:30pm
See the dazzling lights from trees decorated by local businesses, individuals, families, community clubs & neighborhoods. Sip cocoa, admire the tree decorations, listen to local choir groups sing & welcome Santa Claus into town.

Santa in the Park | 7-8pm
Here comes Santa Claus... right down Ocean Parkway to White Horse Park! Santa will be ready to listen to all the boys and girls' Christmas wishes. Photo opportunities available.

2026 Pup of the Pines winner announcement

6

DEC

BREAKFAST W/SANTA

OCEAN PINES COMMUNITY CENTER | 8-11AM

Pancakes, scrambled eggs, sausage, juice, milk, coffee, pastries & fruit. Bring a unwrapped gift for donation to local charity or non-perishable food item for families in need. **\$10 ages 11+, \$6 ages 4-10, free ages 3 & under.** Pay at the door. Purchase photos for a \$5 donation to Ocean Pines Recreation & Parks.

REINDEER LANE GIFT SHOP

OCEAN PINES COMMUNITY CENTER | 8-11AM

Kids ages 12 & under can purchase gifts for family & friends. All gifts are \$5 or less. **Donations needed! Please drop off new or slightly worn items at the Community Center.** Free admission.

SPONSOR A TREE!

Businesses, clubs, families, and individuals are invited to sponsor and decorate a tree!

Sponsors receive a recognition sign at their tree. Trees are 8-10 ft and may be decorated in any theme.

Fee: \$75 returning sponsors | **\$100** new sponsors
Call Ocean Pines Recreation & Parks at 410-641-7052 to join!



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November is the best month to start physical therapy

By **Billy Hamilton**



Billy Hamilton

During November, we can feel the seasons shifting. The days get shorter, the temperatures drop, and many people begin preparing for the busy holiday season and colder months ahead. What often gets overlooked, though, is how much these seasonal changes impact our bodies, especially if we're already dealing with aches, arthritis, stiffness, or mobility challenges. Winter brings its own set of physical demands. From bending and lifting to decorate the home, to shoveling and raking leaves, carrying groceries, and navigating slippery sidewalks, our muscles and joints need to be ready for a higher workload. For many, colder weather also triggers an increase in pain, particularly in the hands, shoulders, knees, hips, and spine. November is the perfect time to get ahead of these challenges *before* they become limiting. That's where physical therapy comes in.

If you've ever felt more stiffness and soreness on cold mornings, you're not alone. Research suggests that cooler temperatures and changes in barometric pressure can affect joint

fluid and soft tissue. Blood flow decreases as our bodies work harder to keep the core warm. Muscles tighten, balance can suffer, and even minor movements may feel stressful. Many of our patients with arthritis notice their symptoms intensify during the winter. Strength deficits, limited mobility, and chronic inflammation often become more pronounced if we wait until pain becomes severe. By proactively strengthening and improving movement now, we can keep winter aches manageable and even prevent them altogether.

November is an ideal time to build what I like to call "functional strength" - the kind that helps you get through your everyday life with confidence and comfort. A targeted physical therapy program in this season can help reduce fall risk, improve walking and balance, build endurance, and protect your joints against strain from holiday preparations or yardwork. One of the biggest mistakes people make is waiting until an injury or flare-up forces them to slow down. The most effective care is preventive, especially this time of year.

At Hamilton Hand to Shoulder, we specialize in treating the upper extremity from elbow tendonitis to thumb arthritis to rotator cuff problems. And November is when we

start to see a surge in these conditions. Consider how much your hands and shoulders do during the holidays: lifting heavy cookware from the oven, wrapping and carrying packages, hanging lights overhead, and performing cold-weather chores such as raking leaves. Repetition, awkward postures, and cold muscles can quickly become a painful combination. Strengthening and conditioning now protects you later and helps keep those activities enjoyable rather than aggravating.

Another concern that rises as daylight falls is safety. Shorter days mean more errands in the dark, and when you pair that with wet leaves and cold surfaces, the risk of slips and falls increases substantially—especially for older adults. A physical therapist can evaluate balance, ankle strength, walking patterns, and reaction time, identifying risks long before a dangerous fall occurs. Sometimes even a small change in the way we move can make a huge difference in staying upright and independent.

The holidays are a time for family and joy not sitting out the fun because of pain. Whether your goal is to keep up with grandchildren, walk confidently into the New Year, manage arthritis naturally, return to favorite hobbies, or simply stay strong through

winter chores, physical therapy can help you feel your best. Now is the time to build up your strength, protect your joints, and stay active and independent through the colder months. A personalized PT program helps you move with confidence today—and avoid injuries tomorrow.

If you're starting to notice stiffness, struggling with daily tasks, or feeling unsteady outside, consider scheduling a movement checkup this November. At Hamilton Hand to Shoulder, we're here to help you maintain your health and keep doing what you love all season long. Stay warm, stay moving and let's get winter-strong together.

No doctor's referral needed to start physical therapy. If you're experiencing pain, weakness, or mobility issues, you can schedule directly with a physical therapist and begin care right away.

William Hamilton Jr., DPT, CHT is Owner of Hamilton Hand to Shoulder Ocean Pines and Salisbury. He can be reached at 410.208.3300 or email at Billy@HamiltonHand.com or go to the website: www.HamiltonHand.com.

Register now for spring classes at Wor-Wic

Wor-Wic Community College is currently accepting registrations for credit classes that are being offered during the spring term, which begins on Wednesday, January 21. Early registration is encouraged for the best selection of classes.

Admission, financial aid, career exploration, enrollment coaching, academic advising and registration services are available Monday through Thursday from 8 a.m. to 6 p.m., and Fridays from 8 a.m. to 4:30 p.m. Student services are also available on select Saturdays; check the events calendar at www.worwic.edu for dates and times.

Wor-Wic offers several different credit class formats, including on-campus and online, and seven- or 15-week sessions. Visit www.worwic.edu for more information and to register. New students who need help should call 410-334-2895 or email admissions@worwic.edu and include their name and a phone number where they can be reached.

Coastal Hospice invites the community to 'Be an Angel'

For many families, it's a beloved annual tradition. Each holiday season, Coastal Hospice invites Lower Shore neighbors to be "angels" by including the organization in their year-end giving.

Many residents look forward to receiving the Be An Angel mailing and its inspiring Christmas tree ornament, each one a touching way to honor or remember a loved one. Donations can be made by mail or online at www.coastalhospice.org/be-an-angel. Donors are encouraged to include the name of their "angel," which will be handwritten on an ornament and displayed throughout the holiday season.

The 2025 Be an Angel campaign launched on November 3 and will run through December 31. During this time, angel ornaments will adorn Coastal Hospice Christmas trees dis-

played across the four Lower Eastern Shore counties we serve: Dorchester, Somerset, Worcester, and Wicomico.

"Your support helps Coastal Hospice provide care that goes far beyond what Medicare or insurance can cover," said Kerrie Bunting, Donor Relations Team Leader. "Every donation ensures our patients and families receive compassionate support through Inpatient Hospice, Pediatric Care, Residential Hospice, Home Hospice, and Grief Support so that no one walks this journey alone."

While medical care is often covered by insurance, many patients with limited means face needs that aren't. The Be an Angel Appeal ensures no one is turned away from the care they deserve. In 2024, Coastal Hospice cared for 1,278 patients and their families, providing more than \$220,000 in charity care to those in need.

Beginning after Thanksgiving and continuing through the end of the year, WMDT Morning News, a long-time media partner, will share the names of some honored "angels" on-air, a heartfelt tradition eagerly anticipated by donors, families, and friends alike.

This year's Angel Tree locations include WMDT Morning News; Apple Discount Drugs; Atlantic Hotel, Berlin; Coastal Hospice Thrift Shop; Crisfield American Legion Post #16; Crisfield Elks Lodge #1044; Cypress Roots Brewery, Pocomoke; Elliott's Tavern, Snow Hill; Hurlock Town Hall; Hyatt Regency Chesapeake Bay; Sisters With A Twist Bakery, Princess Anne; and St. Mary the Virgin Episcopal Church, Pocomoke.

To learn more about Coastal Hospice and our services, please visit www.coastalhospice.org.

Health Watch

Cough, fever, fatigue - what's causing it?

By **Eugide Othepa, MD**
Atlantic General Primary Care

As cooler weather settles in, so does respiratory virus season — and many of the symptoms can look strikingly similar. Influenza (flu), respiratory syncytial virus (RSV) and COVID-19 are all contagious illnesses that affect the lungs and airways, but there are key differences in how they appear, spread and affect our health.

Flu typically comes on suddenly. One day you may feel fine, and the next you're hit with fever, chills, muscle aches, sore throat and fatigue. Most healthy adults recover in about a week, though older adults, pregnant women, and people with chronic conditions are at higher risk for complications like

pneumonia. RSV is best known for causing severe illness in infants and older adults, though anyone can get it. In children, it may cause wheezing, difficulty breathing or poor feeding. In adults, symptoms can mirror a mild cold — cough, congestion, runny nose — but for those with heart or lung disease, RSV can become serious.

COVID-19 symptoms vary widely. Some people have mild cold-like illness, while others develop fever, loss of taste or smell, fatigue, cough, or shortness of breath. COVID-19 can also lead to more serious complications, especially in older adults and people with underlying conditions.

Because these viruses overlap in

symptoms, testing is the only way to know for sure which one you have. The good news is that vaccines are available for all three, offering strong protection against severe illness.

When to seek medical attention:

- Difficulty breathing or shortness of breath
- Chest pain or pressure
- Persistent high fever or worsening cough
- Confusion or inability to stay awake

-Dehydration or signs of distress in infants (rapid breathing, bluish lips, fewer wet diapers)

If you're unsure whether to be seen, call your primary care practitioner. Early evaluation and testing can guide treatment — and help protect your family and community this respiratory season.

Dr. Othepa cares for patients at 10614 Racetrack Road, Suite 5, in Berlin, Maryland.

Pine'eer Craft Club announces extended holiday hours

The Pine'eer Craft Club has extended its Artisan Gift Shop hours during the month of December for your shopping convenience.

The extended hours are as follows:

- Fridays (before Christmas): 10 a.m. to 2 p.m.
- Saturdays 9 a.m. to 3 p.m.
- Sundays 10 a.m. to 3 p.m.

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Money Watch

Generosity meets strategy with tax-savvy donations

By John Bennish

Giving to charity feels good, but understanding the tax benefits can benefit both the charity and you. Whether you donate regularly or are planning your first gift, knowing how charitable tax deductions work can help you make informed decisions while supporting causes you care about. Here are things to consider:

The basics: Itemizing vs. standard deduction. To benefit from charitable tax deductions, you need to itemize your deductions on your tax return. Everyone automatically receives a standard deduction, which in 2025 is \$31,500 for married couples filing jointly or \$15,750 for single filers. You'll only benefit from itemizing if your total deductions, including charitable gifts, exceed these amounts.

For many people, charitable donations alone won't push them over the standard deduction threshold. However, when combined with other deductible expenses like mortgage interest or state and local taxes, itemizing can make financial sense.

If you give regularly but don't usually exceed the standard deduction, consider "stacking" your donations. Instead of donating \$5,000 annually, you might donate \$15,750 in one year to exceed the itemization threshold, then take the standard deduction in subsequent years.

Ensure your donation qualifies. To claim a deduction, you must give to a qualified charitable organization recognized by the IRS. You can verify an organization's status on the IRS website or ask the charity for their determination letter. Donations to individuals, even those in need, don't qualify for tax deductions.

Additionally, you can't receive personal benefits in exchange for your donation. If you give \$500 to a charity but receive concert tickets worth \$200, your deductible amount is only \$300.

How much can you deduct? The IRS limits charitable deductions based on your adjusted gross income (AGI). For cash donations to public charities,

you can typically deduct up to 60% of your AGI. If you donate stocks or other appreciated assets you've held for more than a year, the limit is generally 30% of your AGI.

If your donation exceeds these limits in a single year, you can carry forward the unused portion for up to five years.

What to donate. Think strategically about what you donate. While cash is easiest, donating appreciated stocks can provide additional tax benefits since you avoid paying capital gains taxes on the investment's growth.

Keep good records. Documentation matters. For donations under \$250, a canceled check or receipt works fine. Cash donations of \$250 or more need written acknowledgment from the charity. For larger non-cash donations of property exceeding \$5,000 in value, the IRS requires a qualified written appraisal. Keep these records with your tax documents in case the IRS requests proof. See IRS Publication No. 526 and No. 561 for information on charitable contributions and valuing donated property.

The bottom line: Charitable giving may start with your heart, but understanding the tax implications helps you give more effectively. Work with a tax professional and a financial advisor to develop a giving strategy that aligns with both your charitable goals and financial situation. With thoughtful planning, you can maximize both your impact on causes you care about and the tax benefits you receive.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor John Bennish, Ocean Pines. He can be reached at 410-208-9083. Edward Jones, Member SIPC.



John Bennish

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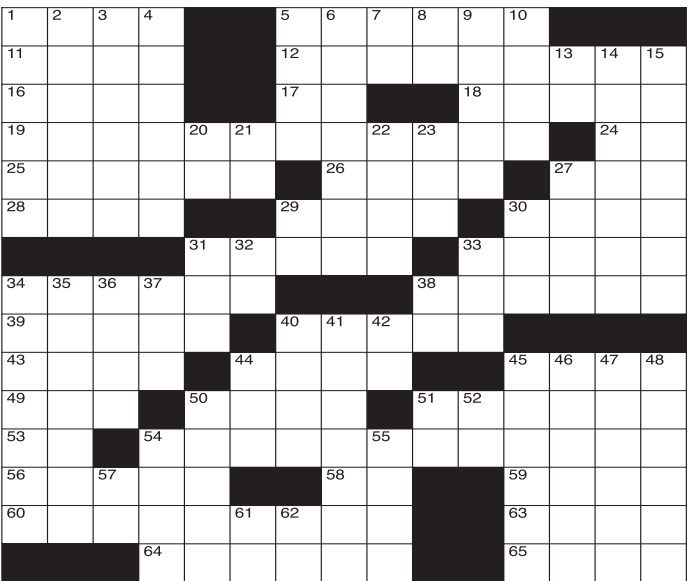
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CLUES ACROSS

1. Popular wine

5. Greatly impressed

11. ___ and that

12. Uttered with passion

16. Boats

17. Veteran actor Harris

18. Casserole with game

19. Reprehensible acts

24. They precede C

25. Says under one's breath

26. Taxis

27. It transfers genetic info

28. NFL great Randy

29. Where college students sleep

30. Major European river

31. Taco condiment

33. -frutti

34. Polish city
38. Astronomy unit

39. Khoikhoi peoples

40. Bears QB Williams

43. Scrambled, fried, boiled

44. Price indicators

45. One-time world power

49. When you hope to get somewhere

50. Farm building

51. Choose carefully

53. Magnum was one

54. One who combines

56. Nursemaids

58. Partner to Pa

59. Notable river

60. Officially honors

63. Colorless compound

64. A fancy chair

65. Email function

CLUES DOWN

1. The central area in a building

2. Religion of Japan

3. Leggings

4. Officially distributes

5. Arabian Sea seaport

6. Spanish doctors

7. It cools your house

8. Currency of Poland

9. Slowly moves into

10. Days (Spanish)

13. Unit of volume

14. Emit

15. With two replaceable hydrogens

20. Title for a man

21. Equally

22. Scarlett's home

23. One-time tech titan

27. Subway dwellers

29. One-tenth of a liter

30. Central European river

31. Distress signal

32. Expression of sympathy

33. The bill in a restaurant
34. Football equipment

35. Dance music

36. Russian river

37. Cosmetics giant Mary ___

38. Gym class

40. Automobiles

41. Roman honorific

42. Losses in sports

44. Skin tone in summer

45. Distant planet

46. Critical humor

47. Illegally obtained

48. Go back over

50. Home appliance brand

51. Unit of radioactivity

52. Home of the Flyers

54. Short official note

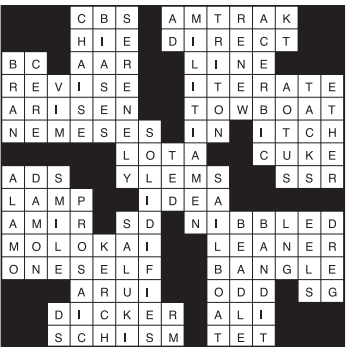
55. Emit coherent radiation

57. Anno Domini (in the year of Our Lord)

61. Most common noble gas (abbr.)

62. Toward

Answers for November 19

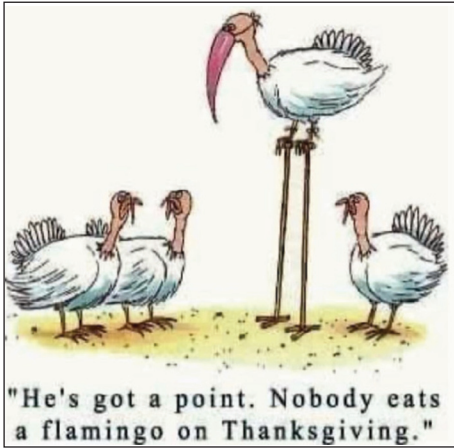
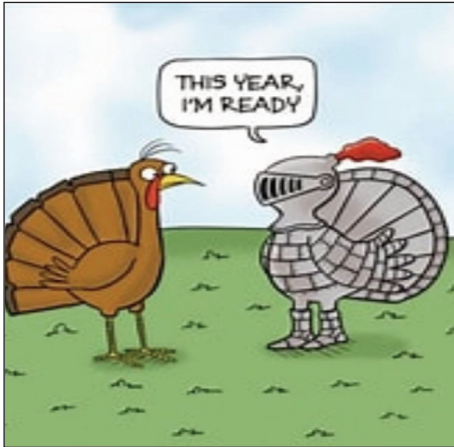
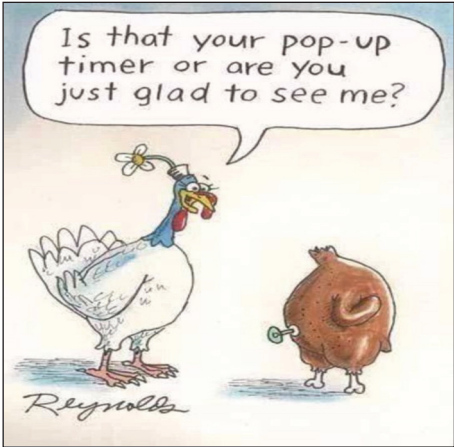


Some things to think about

Gathered from the internet
by **Jack Barnes**



Tom's family receives the horrible news.



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