

The Courier

December 28, 2016 Volume 17 Number 16



AGH to host addiction meeting

Atlantic General Hospital is partnering with the Worcester County Sheriff's Office and New Castle County Delaware's Heroin Alert program, "The Heroin Trap" to offer a free program, "Addiction Hurts: Struggles Facing our Families and Community." The event will take place Tuesday, January 17 at Stephen Decatur High School starting at 6 p.m.



Free and open to the entire community, the goal of this event is to raise awareness about the risk of addiction and to provide resources for addiction rehabilitation, counseling and family support. According to the Worcester County Health Department:

-In 2012, there was only one reported opioid use related death in Worcester County. In 2015 that number rose to 11 reported overdose deaths tied to heroin / opioid use.

-Admissions to treatment for Heroin doubled in Worcester county; whereas statewide the number remained constant (2009-2011)

-Opioid-related admissions to treatment tripled in Worcester county, while the number increased by less than 2% statewide

Representatives from the Heroin Alert Program and the Worcester County Sheriff's Office will provide valuable information about the heroin epidemic, the effects on our community and how people can get help overcoming addiction. Marie Allen, author of "Dope Help," will share her personal story of losing a child to addiction. Allen has set her personal goal to tell as many people as possible about her daughter and the dangers of heroin addiction.

For more information contact Donna at 410-629-6820 or dnordstrom@atlanticgeneral.org.



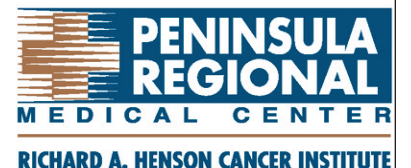
Success - Worcester Prep's (WPS) 45th Christmas Bazaar, was a successful fundraiser for future school and program updates. The Christmas Bazaar hosted an abundance of unique gifts, vendor boutiques, homemade treats, original greens and decorations, silent auctions and photos with Santa.

Above **Jenna** and **Corey Hoch** shop in the Festival of Trees and Wreaths with their children (L-R) **Keller** and WPS second grader **Laney**.



Leading Delmarva's Cancer Fight for 50 Years
New Comprehensive Cancer Center
Coming Soon to Ocean Pines

Visit peninsula.org/opcancer



December

Community Calendar 2016

Brought to you by *Law Offices of Patricia Cleary*

Beef and Beer scheduled

On Friday, January 27 from 5 p.m. to 9 p.m. Star Charities will hold its Annual Beef & Beer at the Ocean Pines Community Center. Tickets are \$25 per person. This event supports wounded veterans in Maryland. There will be many items for auction as well as music for your listening and dancing pleasure. For tickets and information please contact Anna Foulz at 410-641-7667 or Larry Walton at 443-831-1791.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6 <small>Hanukkah begins at sundown</small>	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21 <small>First day of winter</small>	22	23	24 <small>Christmas Eve</small>	25 <small>Christmas</small>	26 <small>Kwanzaa begins at sundown</small>
27	28	29	30	31 <small>New Year's Eve</small>		

A gift epiphany for Three Kings' Day

Although many people are ready to take down their trees and pack away their holiday decorations once December 25 has come and gone, millions of people wait to remove such decorations until the Epiphany, which occurs on January 6 each year.

The Epiphany, also referred to as Three Kings' Day, celebrates the day the Three Magi visited the baby Jesus and presented Him with gifts of gold, frankincense and myrrh. Although any Christian can celebrate the Epiphany, the holiday is most embraced by the Hispanic community in the United States and in Spanish-speaking countries. In Latin America, for example, many children receive gifts on Three Kings' Day, rather than Christmas.

Certain traditions are essential to Three Kings' Day. In the week preceding,

children may write letters requesting gifts they would like, especially if they have behaved well over the last 12 months. Children also are urged to share how they intend to improve their behavior or practice good deeds to others in the upcoming year. Figurines of the three wise men are placed in nativity scenes on January 5, and children may leave out grass or other food to feed the animals of the magi, particularly the camels.

Those visiting another person's home on Three Kings' Day may want to bring the gift of a "King's Ring," also known as a Rosca de Reyes. This is a sweet bread shaped like a wreath that is adorned with candied fruit. A figurine of baby Jesus may be baked inside. Tradition states the person who finds the figurine is expected to host a party on Candlemas on February 2.



Monday

Ocean Pines Poker Club

Poker players wanted in Ocean Pines area for Monday evenings. Call 410-208-1928.

Sweet Adelines

The Delmarva Sweet Adeline Chorus meets from 7 to 9 p.m. in the Ocean Pines Community Center. Call 410-641-6876.

Monday/Tuesday

Sanctioned Duplicate Bridge

Open bridge games Monday at 12 p.m., Tuesday at 10 a.m. at OP Community Center. Call Mary Stover 410-726-1795.

Tuesday

Families Anonymous

From 7 p.m. to 8:30 p.m. at room 37 in the the Community Church at Ocean Pines on Rte. 589. For more information call Carol at 410-208-4515.

Tuesday/Thursday

Poker Players

wanted for Gentlemen's Poker in North Gate area Ocean Pines. Game played every Tuesday & Thursday evening 5:45 p.m. to 10:45 p.m. on Pinehurst Rd. Ocean Pines. Call 410-208-0063 for more information.

Wednesday

Kiwanis Club Meeting

Weekly meetings at 8 a.m. on Wednesdays in the Ocean Pines Community Center. Doors open 7 a.m. October through April.

Elks Bingo

Ocean City Elks in Ocean City (behind Fenwick Inn) open at 5:30 p.m. Early birds at 6:30 and bingo at 7 p.m. Call 410-250-2645.

Delmarva Hand Dancing

Dancing at The Fenwick Inn in Ocean City from 5:30 to 9 p.m. Contact 302-934-7951 or info@delmarvahand-dancing.com.

Rotary Club

Ocean City/Berlin Rotary Club meetings are held at 5:45 p.m. at the Captains Table in Ocean City. Contact Stan.Kahn@carouselhotel.com.

Square Dancing

The Pinesteppers have introduction to square dancing at the OP Community Center at 7 p.m. Call Bruce Barrett at 410-208-6777.

AL-Anon/OP-West OC-Berlin

Wednesday Night Bayside Beginnings Al-Anon family meetings are held at the Ocean Pines Community Center at 7:30 p.m.

Thursday

Story Time

Stories, music and crafts at 10:30 a.m. for children ages 3-5 at Ocean Pines library. Call 410-208-4014.

Beach Singles

Beach Singles 45 for Happy Hour at Harpoon Hanna's at 4 p.m. Call Arlene at 302-436-9577, Kate at 410-524-0649 or Dianne at 302-541-4642.

Legion Bingo

American Legion in Ocean City opens doors at 5:30 p.m., games begin at 7. For information call 410-289-3166.

Gamblers Anonymous

Group meets at 8 p.m. at the Atlantic Club, 11827 Ocean Gateway, West Ocean City. Call 888-424-3577 for help.

Friday

Knights of Columbus Bingo

Bingo will be held behind St. Luke's Church, 100th St. in Ocean City. Doors open at 5 p.m. and games begin at 6:30 p.m. Refreshments available. Call 410-524-7994.

Gamblers Anonymous

Group meets at 8 p.m. at the Atlantic Club, 11827 Ocean Gateway, West Ocean City. Call 888-424-3577 for help.



LAW OFFICES OF
Patricia Cleary, Esquire

Office Hours by Appointment | Free initial consultation

Your Neighborhood Lawyer

General practice law firm
with an emphasis on...

Wills, Trusts, Powers of Attorney

DWI/DUI, MVA Hearings

Personal Injury

Small Business
Counsel/Advising

Real Estate



240-304-6058

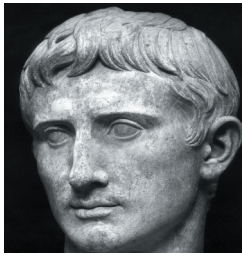
pattyclearyl@ gmail.com

www.pattyclearyl.com

January 1 more than just New Year's Day

January 1 marks the first day of the new year according to the Gregorian calendar, which is the most widely used calendar across the globe. The arrival of January 1 is a cause for celebration in many countries, but the first day of the year has also played host to its fair share of history. This year, New Year's revelers might want to reflect on some of the more notable events that have taken place on January 1 as they pop some champagne corks and count down to the dawn of 2017.

42 B.C.: Julius Caesar becomes the first historical Roman to be deified. This honor is bestowed posthumously by decree of the Roman Senate.



1068: Romanus IV is crowned Byzantine Emperor. His reign would prove to be relatively brief, as he was captured and held prisoner by the

Turks in 1071. Romanus IV was eventually released, only to be overthrown by a coup and forced to retire. Despite agreeing to retire to a monastery, Romanus IV suffered one additional indignity when he was intentionally blinded. The injuries ultimately became infected, costing Romanus IV his life in 1072.

1502: Present-day Rio de Janeiro is first encountered by Portuguese explorers. The timing of this discovery contributed to the city's name, which translates to "January River" in English

1515: Francis I succeeds to the French throne. Francis I's reign lasted 32 years, during which he is credited with initiating the French Renaissance that brought many Italian artists, including Leonardo da Vinci, to France.

1772: The London Credit Exchange Company issues the first traveler's cheques. The cheques, which can be



used in 90 European cities, were designed to offer travelers more financial security than cash.

1773: The lyrics to "Amazing Grace" are used in a prayer meeting for the first time. The lyrics were written by Englishman John Newton, who worked as a captain of slave ships and had a reputation for being profane.

1804: French rule in Haiti ends. This makes Haiti the first independent nation of Latin America and the only

nation in the world that was established thanks to a successful slave revolt.

1863: The Emancipation Proclamation, an executive order that immediately changed the federal legal status of more than three million enslaved persons in the United States, goes into effect. The proclamation was issued during the American Civil War and proclaimed the freedom of slaves in 10 states that were still rebelling against Union forces.

1908: The Times Square Ball is dropped for the first time to commemorate the dawn of a new year. The ball has dropped every year since with the exception of 1942 and 1943, when blackouts related to World War II had been instituted.

1959: Cuban dictator Fulgencio Batista is ousted by Cuban revolutionaries led by Fidel Castro. Remarkably, Castro would retain his leadership until 2008, when his deteriorating health led him to retire. Castro's brother, Raoul, unanimously won election as president in February of 2008.

1990: David Dinkins is sworn in as Mayor of New York City, becoming the city's first black mayor. To date, he is the only black man or woman elected to that position.

Different ways to help resolutions stick this year

In the heat of the New Year's Eve countdown, fueled by enthusiasm and possibly a few glasses of champagne, resolutions may roll off the tongue. But come the morning of January 1, such resolutions may not hold the same appeal.

Between 40 and 45 percent of the American population will make a New Year's Resolution, according to polling by researchers at the University of Scranton. Research suggests that only about 8 percent of people stick with those resolutions and achieve their goals. The outlook is similar for Canadians, 31 percent of whom set New Year's resolutions. Among those that do, three-quarters will break them, according to a poll from Ipsos. A survey of online shoppers who visited the website FreeDeliveryLand.co.uk revealed that the average length of time a person can expect to pursue their New Year's resolution is around three and a half weeks, or 24 days.

Maintaining resolutions can be a resolution in and of itself. For those who want to push through the fail point this year and stay strong in the

face of tempting desserts and the craving to light up a cigarette Ñ these suggestions may help resolutions stick.

Start small when picking resolutions. Rather than resolving to lose 50 pounds, start with a more manageable goal, such as losing 10 pounds. When you reach the goal, you will feel more confident and then you can up the ante.

Set a reasonable time frame. Be realistic when determining how long it will take to achieve your goal. Achieving a difficult goal can take time, so don't expect overnight success.

Practice self-control in all aspects of life. Some researchers believe that the self-control necessary to help people maintain their resolutions is like a muscle that needs to be exercised. When self-control is revved up across many different activities, it is easy to realize one particular resolution. For example, in an experiment at the University of Albany, researchers asked 122 smokers who were trying to quit to practice extra self-control for two weeks, either by avoiding sweets or by

*please see **ways** on page 4*

Exploring the origins of New Year's resolutions

For millenia, people around the world have commemorated the arrival of a new calendar year by adhering to various traditions. Once such tradition is making resolutions for the year ahead. Resolutions are promises to oneself geared around personal fulfillment and betterment.

Resolutions are widely practiced, but some people may not understand the origins of New Year's resolutions and why they have become the norm.

Some historians tie the practice of making resolutions to the ancient Babylonians. More than 4,000 years ago, the Babylonians celebrated the New Year in March rather than January. The spring harvest was in March, and a festival called Akitu, which lasted 12 days, was celebrated. An important part of the festival was the crowning of a new king. Special rituals also affirmed a connection to the gods. The Babylonians made promises to the gods, which included vows to return borrowed objects and pay outstanding debts.

Resolutions can also be traced to ancient Rome. The Romans were instrumental in creating a more formal calendar, and the start of the new year was moved from March to January (January and February were added to the Roman calendar under the rule of Numa Pompilius). Julius Caesar wanted to honor January's namesake, Janus, the Roman god of beginnings. Janus' two faces enabled him to look back into the past and forward into the future. Sacrifices to Janus were made, and worshipers exchanged gifts with one another. A custom of setting resolutions began during this period as well, with Romans promising to be good to one another.

*please see **resolutions** on page 4*

The Courier

P.O. Box 1326
 Ocean Pines, MD 21811
 410-641-6695 • fax: 410-641-6688
 thecourier@delmarvacourier.com
 www.delmarvacourier.com

Chip Bertino

Publisher/Editor
 chipbertino@delmarvacourier.com

Susan Bertino

General Manager

Mary Adair / Comptroller

Contributing Writers

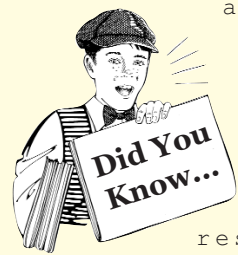
Ron Fisher, Steve Habeger
 Douglas Hemmick, Jean Marx, Dolores Pike,
 Kelsey Reichenberg and Bev Wisch

Robert B. Adair 1938-2007

2012 Business of the Year

The Courier is published Wednesday morning by CMN Communications, Inc. Contents copyright 2016. News release items and calendar entries should reach us *Friday noon* prior to publication date. The advertising deadline is *Friday at 5 p.m.* Read **The Courier** online at delmarvacourier.com

Each January 1, people all over the world make resolutions for the new year. Many of the same resolutions pop up on popularity lists each year. According to a study by GoBankingRates, which in December of 2015



asked 5,000 people what their New Year's Resolutions would be for 2016, the top resolutions included:

- Enjoy life to the fullest.
- Live a healthier lifestyle.
- Lose weight.
- Spend more time with family and friends.
- Save more, spend less.

A study by Thomas Cook UK, a United Kingdom-based travel company, indicated many people in Britain planned to cut back on social media as a top resolution as well. It should be interesting to see which resolutions play out upon the arrival of 2017.

New Year's celebrations across the globe

Much of the world rings in the new year in grand fashion. Celebrations may include fireworks, concerts and, of course, champagne. But while there might be common elements to New Years celebrations regardless of geography, the parties can vary greatly depending on where celebrants happen to be. The following are some of the more raucous places in the world to ring in the new year.

New York, NY

Times Square is in the heart of midtown Manhattan and is a sight to behold any time of year. But the New Year's celebration in Times Square is a truly unique event that many people insist they must experience at least once in their lifetimes. Each year, roughly one million revelers gather at the intersection of Broadway and Seventh Avenue, so anyone planning to attend the celebration should aim to get there long before midnight if they want to see the famed ball drop.

Paris, France

Fireworks dominate the Parisians'

ways

from page 3

squeezing on a grip strengthener for as long as they could twice a day. Twenty-seven percent of those who were diligent about practicing their self-control exercise successfully kicked their cigarette habit in the following month, compared with just 12 percent of volunteers who did not maximize self-control.

Get support or talk it out. Speaking about what you are going through and getting reassurance from other people can work wonders to strengthen resilience. When the desire to quit sneaks up, you can consult with a friend or consider a support group. For example, taking a group class at the gym may be a more effective motivational tool than working out solo.

Set up an accountability system. Institute a rewards system for your success. You might even use a monetary system as a double-bonus. When you stick to a resolution over a predetermined period, put a dollar in a jar. If you fall off course, take a dollar away. Find the incentive that works for you.

Resolutions are made and broken every year. Make this the year you realize your resolution.



The famed London Eye is at the center of one of the world's most stunning New Year's celebrations.

celebration of the dawn of a new year. The world renowned Champs-Élysées is lined with revelers who cannot wait to catch a glimpse of the fireworks that explode from the Eiffel Tower at the stroke of midnight.

Sydney, Australia

Fireworks fanatics who cannot make it to the City of Light might want to book a trip down under to Sydney. Each year, revelers in Sydney gather to witness awe-inspiring fireworks displays that explode from the Sydney Harbour Bridge and some surrounding buildings. The Sydney waterfront adds to the celebratory ambiance.

London, England

New Year's waterfront celebrations are not exclusive to Sydney, as London

also hosts celebratory fireworks displays along the River Thames. When the fireworks are finished exploding from the tower around Big Ben, one of the world's most recognizable tourist attractions, the magic then continues at another of London's famous landmarks, the London Eye. Fireworks explode from the famed ferris wheel as Londoners ring in the new year in style.

Rio de Janeiro, Brazil

New Year's revelers who want something slightly different might want to try Rio, where residents take to the beaches to celebrate the dawn of a new year. Flowers are thrown into the waves at the stroke of midnight before the city erupts into parties loaded with dancing and music.

resolutions

from page 3

Eventually, these resolutions were funneled into prayers and fasting when Christianity was adopted by the Roman Empire. Other religious parallels include the Jewish holiday of Yom Kippur, which is a day of atonement and reflection as celebrants examine their wrongdoings and seek forgiveness and to behave better moving forward. Yom Kippur follows Rosh Hashanah, Judaism's own new year.

Resolutions also may be loosely tied to Medieval times. During this time, knights took a "peacock vow" at the end of the Christmas season. Each year, these knights would reaffirm their commitment to chivalry.

Today New Year's resolutions are largely a secular tradition, but they are still connected to a desire to be a good person and put one's best self forward.

Put a lid on it

Three plastic bowls filled with leftovers sit on the counter after dinner. One is square, one is round and one is sort of oblong. The problem?



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

Finding the correct lid for each. It sounds like a simple enough task doesn't it? All that is required is to put a square, round and oblong lid on the respective bottom. Yeah, well things aren't always as easy as they look.

Part of a deep drawer in our kitchen is dedicated to storage lids and covers. Without exaggeration we must have seventy-five to a hundred lids of varying shapes and sizes. We have dark red ones and light red ones. There are pink ones and multiple shades of blue ones. Some are white, some are clear. All are lined up on their sides jammed into a cardboard box. In a nod toward hoped-for organization and simplification, small ones are in the front and large ones are in the back. Sort of like the recess line at St. Albert the Great elementary school back in the old days when nuns who wore full habits used measuring sticks to ensure conformity.

Over the years my wife has purchased various sets of storage "systems," ultimately discarding the collection of Cool Whip containers that once served as our leftover holders. We have several Tupperware containers as well as an array of Glad, Rubbermaid and Ziploc. Each bottom requires its respective lid; there is no uniformity among the different brands so using a Ziploc lid on a Rubbermaid bottom is out of the question even if they're both round. I miss the good old Cool Whip bowl days: one size container and one universal size lid. Bada bing, bada boom!



Thinking back, the whole endeavor of saving food as leftovers has often been a struggle for me. Not just finding the proper lid to go with the correct receptacle bottom but also judging the appropriate size to use based on the volume of food to be saved. Saving a half pint of string beans in a quart container has not been an uncommon occurrence for me. Also not uncommon has been my wife's reaction to my poor judgment. "Really? That's just like you to think in far grander sizes than reality."

There are ways to get around the whole finding the right lid for the appropriate bottom debacle. Aluminum foil is very forgiving when it comes to storing leftovers. There is no need to match a top and with a bottom. If you tear off too large a sheet, all you have to do is fold it over a couple times. If the sheet is too small, tear off another one. Either way is quicker than finding the right lid. However, saving soup and other liquid leftovers in foil is messy. Zippered plastic bags offer a solution of sorts. They're fast and easy to use (think yellow and blue make green) but from experience I know the difficulty in pouring spaghetti sauce into them.

Of course the ultimate solution is to not have any leftovers at all at the conclusion of a meal. But that's really not practical as it would no doubt lead to waste. Which brings me to another point. For all the hair pulling time spent attempting to find a lid that is proper in size and shape, let's face it, often once a container is placed in the refrigerator, it is forgotten and lost, pushed further to the back with each successive leftover container that is stored. Is it any wonder why I can't find the exact lids I need? I'm looking in the wrong place. Instead of scavenging through the kitchen drawer I should be rummaging through the back of the refrigerator. Not only will I find sought after lids but I'm sure I'll be able to find a science project or two.

Winter To-Do List

1. Remember to get flu shot at Apple
2. Check with Apple pharmacist for other vaccinations that are not up-to-date
3. Sign up for Apple MedSync & make refills of routine RX's more convenient by having one refill appointment day each month.
4. Stop worrying about loved ones' adherence to medication schedules. Sign them up for Apple PAX, prescription packaging service.
5. Download the FREE Apple app for your smart phone. Search "Apple Discount" on the Apple or Google Play store.
6. Find all of the healthcare services I need under one roof at Apple Discount Drugs!

Route 13 South and Cedar Lane
FRUITLAND ♦ 410-749-8401
 314 Franklin Ave., Berlin Prof. Ctr.
BERLIN ♦ 410-641-3130
 1210 Nanticoke Rd., Pecan Square
SALISBURY ♦ 410-543-8401

APPLE DISCOUNT DRUGS

Caring for you and about you for 45 years!

D.A. Kozma Jewelers



In-house jewelry service include:

- Watch Battery Replacement
- Watch Band Link Adjustments
- Jewelry Reconditioning & Cleaning
- Jewelry Repair
- Ring Sizing
- Stone Setting
- Custom Jewelry Design
- Bridal Consultation



Prompt, friendly & Affordable Service

410-213-7505 410-524-GOLD
www.dakozmajewelers.com

at our new address on Route 611 at Route 50
 in the Food Lion Shopping Center

Creative ways to reuse Christmas cards

Roughly 1.6 billion Christmas cards, including boxed cards, are purchased in a given year. That is quite a lot of cards to address and mail, and many festive greetings for recipients to read and display.

With so much money and effort put into sharing Christmas greetings, some people may wonder how they can prolong the merriment offered by these cards. Here are some creative ways to put Christmas cards to new use once this holiday season has come and gone.

Make your own gift tags. Christmas card stock is the perfect medium to turn into gift tags for presents. Cut the cards into squares or rectangles or use a stencil to create whatever shape you desire. Then use a hole punch to cre-

ate a space for ribbon or another tie. Use the tag to dress up gifts with something more unique than self-stick tags.

Get magnetized. All it takes is a scissor, some glue and sheets of magnet for a decorative and fun craft project. Turn favorite Christmas cards into mementos that can be saved

year after year, which also will dress up refrigerators or other magnetic surfaces. This idea works well for photo greeting cards as well.

Make Christmas card ornaments. Use the cards to create uniquely shaped ornaments for the tree. Cards can be turned into block shapes and hung with ribbon. Another idea is to punch out circles or ovals from the cards and tile them on a foam egg to



look like a multicolored pine cone. Explore your creative side and decorate your tree at the same time.

Create greeting card garlands. Display cards by stringing them together and hanging them from the mantle or another prominent area. If cards are too large, punch out large circles from the cards and then attach those disks to heavy thread.

Decorate your packages. Instead of overspending on preprinted gift bags,

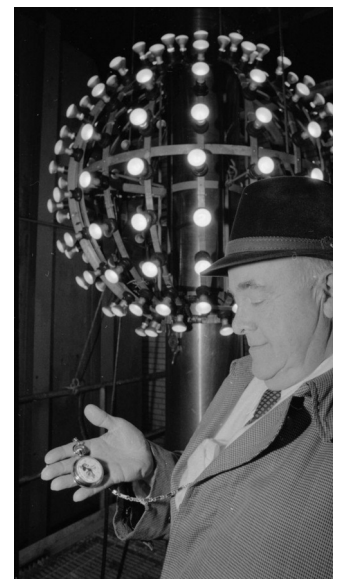
make your own. Buy plain bags in a solid color and then embellish them with cutout patterns or pictures from Christmas cards.

Frame favorite cards. Make greeting cards a permanent part of holiday decor by framing the most decorative ones you receive. Use these frames year after year and put them on display with other holiday decorations.

Make a wine bottle gift tag. Use a 1 1/4-inch hole punch to create an opening for the neck of a wine bottle on a piece of folded card stock. Glue a greeting card to the portion of the card stock that will lay flush with the wine bottle and you have a decorative wine tag.

New Year's Trivia

Many people consider the Times Square section of midtown Manhattan the epicenter of North American New Year's Eve celebrations. While there are plenty of places throughout North America to ring in the new year, few, if any, can compare to Times Square, where revelers have been celebrating the dawn of a new year for well over a century. According to the Times Square Alliance, New Year's Eve was first celebrated in Times Square in 1904. But the New Year's Eve ball, an iconic symbol of the holiday across the globe, did not make an appearance until 1907, when it descended from a flagpole atop One Times Square. Made of iron and wood, that first ball weighed 700 pounds and was outfitted with 100 25-watt light bulbs. One hundred light bulbs might have seemed like a lot back in 1907, but a century later the special ball made to mark the centennial celebration was illuminated with more than 32,000 Philips Luxeon LED bulbs, which organizers felt greatly increased the brightness and color capabilities of the ball.



Monday

Chicken Parmesan over Pasta \$9.95
Lobster Tail \$14

Tuesday

Burger and French Fries \$6

Wednesday

Meatloaf with mashed potatoes and a vegetable \$6.95
Add a soup or a salad \$9.95

Thursday

Steak Night! \$13.95

Friday

Fried Shrimp with French Fries & cole slaw \$14.75

Saturday

Crabcake Platter with 2 sides and a choice of a soup or salad \$15

\$2.50 Bottles

While supplies last
Excluded from \$1 off happy hour special
Leinenkugel Summer Sandy
Bud Lime Sams Summer Ale

— \$5 Lunch Specials thru December —

Bar Only

Buy One Dinner Entree or Pasta Dish from regular menu and get a second at 1/2 price. (of equal or lesser value, excludes specials)
Monday - Saturday 8 p.m. to closing

OPEN Mon-Sat at 7:30 am
Breakfast Lunch Dinner
Sunday Brunch 8 am - 1 pm
410-208-2782

The origins of popular winter sports

Many people spend winter huddled indoors. For winter sports enthusiasts, however, the arrival of snow and chilly temperatures means the start of a season of outdoor fun. Those who see winter as a time to embrace their love of sport may appreciate learning more about some of the sports that are most popular during the colder months of the year.

Ice hockey

Hockey is one of the most popular winter sports. In 1994, Parliament passed the Canada's National Sport

Act, which declared hockey the official national winter sport of Canada. The origins of ice hockey are somewhat uncertain, though some historians claim the first set of rules to govern the sport were written by students at Montreal's McGill University in the 1870s.

Downhill (Alpine) skiing

Snow Sports Industries America indicates that, in the 2014-2015 season, more than nine million American Alpine skiers took to the slopes, and

please see **sports** on page 7

STEVEN W. RAKOW

Attorney at Law

General Practice / Civil Litigation / Criminal Defense
Contracts / Construction Law

- President, Worcester County Bar Association
- Former Assistant State's Attorney, Worcester County
- Retired Marine Officer • 19 Years Legal Experience

410-600-3075

STEVE@STEVERAKOWLAW.COM www.STEVERAKOWLAW.COM

All Major Credit Cards Accepted



sports
from page 6

the sport continues to attract new devotees each year.

Historians state that skiing evolved as a method to cross the landscape in the winter when marshlands froze over. Cave drawings suggest that man used skis during the last Ice Age in the Palaeolithic period. Yet the birth of modern downhill skiing is often traced to the 1850s when Norwegian legend Sondre Norheim popularized skis with curved sides and made skiing a sport instead of just a mode of transport. Skiing ultimately became quite popular in Russia, Finland, Sweden, and Norway. Today there are various types of downhill skiing, including mountain skiing, extreme cat skiing and heli skiing.

Curling

Curling may now be seen as a largely Canadian sport, but it is widely believed to be one of the world's oldest team sports, tracing its origins to Great Britain. The World Curling Federation states paintings by the 16th Century Flemish artist Pieter Bruegel portrayed an activity similar to curling being played on Scotland's frozen ponds. The earliest known curling stones came from the Scottish regions

What are the differences between sparkling wines?

As midnight approaches on New Year's Eve, revelers anxiously anticipate toasting the arrival of a new year with a glass of something bubbly. Once the cork is popped and the drinks are poured, the party can truly begin. Although revelers may assume any fizzy beverage they are served is champagne, by the true definition of the word, they actually may be drinking something else, one of many varieties of sparkling wine.



True champagne

Authentic champagne is named

please see *differences* on page 8



of Stirling and Perth, dating all the way back to 1511.


Ice skating

Speed skating and figure skating are derivatives of early ice skating, which is believed to have started in Finland more than 3,000 years ago. Skates were sharpened, flattened bone strapped to the bottom of a shoe and glided on top of the ice. The Dutch added edges to steel blades around the 13th or 14th centuries. Eventually, skating was brought to England from the Netherlands.

Winter sports draw millions of participants each year, giving people a reason to leave the house even when temperatures dip below freezing.

TEXT PENGUIN TO 51555 TO REGISTER NOW!

GET WET FOR A GOOD CAUSE AT ATLANTIC GENERAL HOSPITAL'S 23RD ANNUAL PENGUIN SWIM



NEW YEAR'S DAY!
SUNDAY, JAN. 1, 2017
REGISTRATION - 10:00 AM - 12:30 PM
SWIM TAKES PLACE AT 1:00 PM

WHERE?
PRINCESS ROYALE - 91ST STREET & THE OCEAN
OCEAN CITY, MD

For Sponsor & Team Benefits - Contact AGH Foundation at 410-641-9671 or email penguinswim@atlanticgeneral.org

PRE-REGISTRATION and ADVANCE CHECK-IN
SATURDAY, DEC. 31, 2016 - 2:00 PM - 4:00 PM


All participants will receive an official 2017 AGH Penguin Swim short-sleeve t-shirt for their \$25.00 Registration Fee

INCENTIVE PRIZES ~ AWARDS
DOLLAR CARNIVAL GAMES

FUN for All Ages!



Register online and begin fundraising today!
www.AGHPenguinSwim.org

THANK YOU TO "THE EMPEROR PENGUIN"



OUR LEGACY SPONSOR
FOR 23 CONSECUTIVE YEARS AS TITLE SPONSOR!

#OCPENGUINSWIM
Spread the Word On Social Media!

All proceeds benefit Atlantic General Hospital Foundation. AGH is a 501(c)3 organization. Gifts are tax-deductible as allowed by law.





BRINGING NATURAL GAS TO WORCESTER COUNTY

Over 3,500 New Natural Gas Customers and Growing!

800-427-0015

www.sandpiper-energy.com

Worcester students graduate from Wor-Wic

The following Worcester County students completed their program requirements to graduate with a certificate (CT), associate of applied science (AAS), associate of arts in teaching (AAT), associate of science (AS) or associate of arts (AA) degree from Wor-Wic Community College this past summer.

Berlin: Asiya Abdrakhmanova, AA, Business; Zachary Bounds, AA, General Studies; Morgan Brown, CT, Nursing; Lauren Buckman, AA, General Studies; Kelly Renae Clary, AA, Business; Timothy J. Coyle, AAS, Computer Studies; Michelle Lynn Craig, AAS, Occupational Therapy Assistant; Trent Crame, AA, General Studies; Christopher Alan Denny Jr., CT, Criminal Justice; Nathan Alan Denny, CT, Criminal Justice; Logan Brooke Duncan, CT, Nursing; Elizabeth Espinoza Fonseca, AAT, Education; Allyson M. Grinnan, AS, Nursing; the late Jill Jenkins, AAS, Office Tech-

nology; Brooke E. Johnson, AAS, Office Technology; Kirsten Elizabeth Jones, CT, Nursing; Cory Lee King, CT, Nursing; Rachel Arlene LaBrunda, AA, General Studies; Stacey M. Landrie, AAS, Chemical Dependency Counseling; Kayla L. Lantz, AAT, Education; Brittany Nicole Mumford, CT, Nursing; Megan A. Newcomer, AS, Nursing; Alana Purnell, AAS, Criminal Justice; Krasimira N. Purnell, CT, Nursing; Bobbi Sue Sadler, AS, Nursing; Danielle Louise Sanders, AS, Nursing; Amber Nicole Shaffer, AAS, Chemical Dependency Counseling; William G. Shea, CT, Emergency Medical Services; Kristina L. Smith, AS, Nursing; Abigail Taylor, AAS, Education; Arielle L. Toulotte, AS, Nursing; and Krista Young, CT, Nursing.

Bishopville: Jessica Anne Collins, AAS, Criminal Justice; Rita Sue Godfrey, AS, Nursing; Nate Langan, AS, Science; Christian J. Rodden, AAS, Criminal Justice; and Gabriella

Thompson-Riviere, AAS, Hotel-Motel-Restaurant Management.

Newark: Brandi Sierra Rush, CT, Nursing; and William Daniel Tyndall, AAS, Emergency Medical Services.

Ocean City: Kiley Cooke, AA, General Studies; Dragana Donovic, AAS, Hotel-Motel-Restaurant Management; Jennifer Lee Hetherington, CT, Nursing; Catherine Marie Hunter, CT, Nursing; Monique Jeanne Maher, AAS, Occupational Therapy Assistant; Jessica Anne Malicki, CT, Nursing; Alexis Reynolds, CT, Nursing; Bruss Jersey Saldana-Aldazabal, AAS, Hotel-Motel-Restaurant Management; Julia Kathryn Shockley, CT, Nursing; Anna Rae Smith, CT, Nursing; and Daniel Benjamin Townsend, AA, General Studies.

Pocomoke City: Nichole L. Adams, AS, Nursing; Ashley Lynn Blake, AAS,

Chemical Dependency Counseling; Ryshaela Dionne Donaway, AAS, Office Technology; Tyler Forrest-Hill Gillespie, CT, Criminal Justice; Gabriel Lucas Holland, CT, Emergency Medical Services; Leah Rose Pettitt, AAT, Education; Kiara Pinder, AS, Nursing; and Melissa Ann Webster, CT, Nursing.

Snow Hill: Jonathan Clark Adams, CT, Criminal Justice; Tennille M. Gear, AS, Nursing; Sara Howell, AA, General Studies; Claire Maria Klingenberg, CT, Nursing; April Danyielle Powell, AAS, Office Technology; Zachary J. Shenal, AA, General Studies; and Curtis A. Shockley, AAS, Computer Studies.

Stockton: Christine J. Kuhner, AA, General Studies.

Whaleyville: Samantha Lynn Burton, AA, Education.

differences

from page 7

after Champagne, France, the region where the grapes used to make it are grown, fermented and bottled. According to European law, the only labels that are allowed to include the name "Champagne" must be bottled within 100 miles of this region, which is close to Paris.

The taste of champagne is unique thanks to the soil in which the grapes are grown. It is a mineral-rich soil and imparts that flavor into the beverage. Champagne is made from a unique base of grapes that include Pinot Noir, Pinot Meunier and Chardonnay grapes. Experts with Wine Country also say that roughly 90 percent of all blended champagnes use a ratio of 2:3 red and 1:3 Chardonnay mixes.

Another component that sets champagne apart is the process by which it is made. It is strictly controlled by the Appellation d'Origine Controle. This certification dictates how a producer may grow the grapes and how the grapes can be harvested and processed. Champagne is produced by methode champenoise, a process that is said to have been invented by a monk named Dom Perignon. This procedure involves double fermentation in bottles and creates an earthy, yeasty flavor.

Sparkling wines

Champagne is sparkling wine, but not all sparkling wines are champagne. Other notable types of sparkling wine include Italian Prosecco and Spanish Cava. Sparkling wine is produced in regions of France as well as in the United States and Canada. But sparkling wine can be made just about anywhere grapes are grown. Sparkling wines are often double-fermented in steel containers instead of bottles.

People are drawn to other sparkling wines besides champagne for various reasons. For some, cost is a heavy consideration, as authentic champagne can be considerably more expensive than sparkling wine. In addition, some people find less expensive champagnes are not as palate-pleasing as sparkling wines.

Few things are more universally associated with celebrations than a bottle of bubbly. Subtle differences set sparkling wines apart from champagne, but personal preference is oftentimes the deciding factor when choosing which beverage to choose for a special occasion.

How to turn a hobby into a career

The end of the year tends to be a time to reflect on the previous 12 months. Many people are inspired to find a new career at the dawn of a new year. Some might find it possible to turn hobbies and other interests into ventures that can make money or even serve as new jobs.

Earning a living doing something you love is the ultimate goal for many people. However, before a person tries to turn a hobby into a career, he or she first needs to analyze the situation and give such a momentous decision ample consideration. All hobbies cannot be adapted into lucrative businesses, especially those that are very niche-oriented. The following techniques can help people turn their hobbies into careers.

Streamline and perfect your skill. Before trying to turn a hobby into a career, obtain further training or education, if necessary. Just because you are qualified to do something as an amateur does not mean you can do it as a professional. Research if you need

more schooling and pursue that schooling if you find you do.

Appeal to other hobbyists. Hobbyists tend to be quite enthusiastic and



passionate about their work. Therefore, your first client base may very well be other hobbyists. Attend street fairs, carnivals and any other gatherings that tend to bring hobbyists together. This can help spread the word about your ventures and open up your work to an extended network of like-minded individuals.

Listen to all feedback. Take criticism and other feedback from as many people as you can. This will help you to

please see **career** on page 9

In the Rear View Mirror

Exner ushers in the Forward Look

By **Bruce Palmer**

As World War II ended, American inventiveness had become understandably stagnant. Four years of focusing all energy on the battle overseas simply stalled advancement. The sec-

come arrived with the all-new Cadillac. General Motors Design Chief Harley Earl, inspired by WWII's fighter aircraft tails (particularly the P38 Lightning), put small up-turn at the trailing edge of the rear fender.



ond half of the 1940s would demand leaps and bounds as we moved on. It was time to look forward.

Nowhere was this more evident than the auto industry. As assembly lines cranked back up in the autumn of 1945, new cars and trucks were just warmed over pre-war design. Yet, sales boomed as years of pent-up demand were released in a torrent. Still...a new look had to be on the way.

One hint of advanced style-to-

While few could afford the luxury of a Cadillac, clearly the public and the press were enthused.

By the mid-50s, other automakers had adopted this trend, making their cars look futuristic for the fast-approaching space age. Oldsmobiles and Buicks, Fords, Mercurys and others started sprouting small but definite tailfins. All the while, there was one man waiting in the wings (forgive the pun) who wanted to take that look a

big step further.

His name was Virgil Exner and he was a Michigan native who had started working for the Studebaker corporation just before the war ended. Exner was a design man with great vision for the cars of the future. Never interested in "waiting a few years" by introducing dramatic styling changes gradually, he wanted to drive tomorrow's cars today. Internal strife at Studebaker drove Exner out and straight through the doors of Chrysler Corporation where the company's cars had always been fashioned by engineers. That made no sense to Virgil, and he set about changing this in a big way. His impact would soon explode.

Ford and GM had always outsold Chrysler and Exner knew, it would take a bold move to change it. From the time he first saw that tiny Cadillac tailfin nearly a decade earlier he sensed it was the future of automotive design, and so with Virgil in charge of design at Chrysler, he set to the task of giving the number three automaker a different and unique look. In fact it would soon become known, officially, as "the Forward Look."

Exner's first design examples arrived with the 1955 Chryslers, Plymouths and Dodges. It wasn't yet a dramatic difference from the divisions' previous cars but the signs were there. Bolder side-trim designs, forward-leaning headlight brows and even chrome-surrounded tail-lights mounted atop rather than "in" the back end of the rear fenders.

With 1957 Chrysler design took a bold leap. While Ford's fins had become more pronounced and the year's Chevy remains an icon even today, the look of the '57 Plymouths and Dodges

was breath-taking. Long, swooping rear fenders that went not only up, but outward in a canted tail-fin was like nothing else on the road. The ad department joined in with the slogan "Suddenly, it's 1960." Chrysler insisted it was the automaker that was (and would remain) three years ahead of the competition.

Chryslers had the "Million Dollar

please see forward on page 10

NOW HIRING!

RN ADMINISTRATOR

Full time. BSN or MSN preferred. Excellent nursing, customer service, time management and organizational skills. Previous experience with and demonstrated success in managing a team of clinicians including supervision, coaching and mentoring. Oversees budget and ensures department meets compliance with all regulatory requirements. Member of Leadership Team, and sits on various interdepartmental committees. Participates in RN Management on call.

Candidates responding by December 30th will be considered.

Apply by visiting our website

www.coastalhospice.org

EOE
JC Accredited

 **Coastal Hospice**
& Palliative Care

career

from page 8

really fine tune and professionalize your hobby. Try brainstorming with people, remaining open to what others have to say about your potential business.

Start small and simple. Getting your feet wet in the business world takes an investment of time and money. It is easy to follow the mentality "go big or go home." But with the goal of turning a hobby into a career, you may want to start slowly, taking the bunny hills before skiing down the expert-level slopes. Start selling items or services in the community. Expand to a website. Keep track of your profit margin before you grow your business even further. You must be realistic in your ability to make money that can fully support you and your business.

Write about your interests. You may be able to make money through your hobby without performing the hobby. Become a freelance writer and share expertise through a blog or by contracting with newspapers and magazines. Sharing your expertise can be a lucrative and less costly way to turn a hobby into a new career.

Turning a hobby into a profession may not result in instant success. But with dedication, the dream may come true.

A BAGEL
and...
Free Wireless Internet

410-208-0707


Winter Hours
Open 6 a.m. - 2 p.m. Daily

Serving Breakfast and Lunch

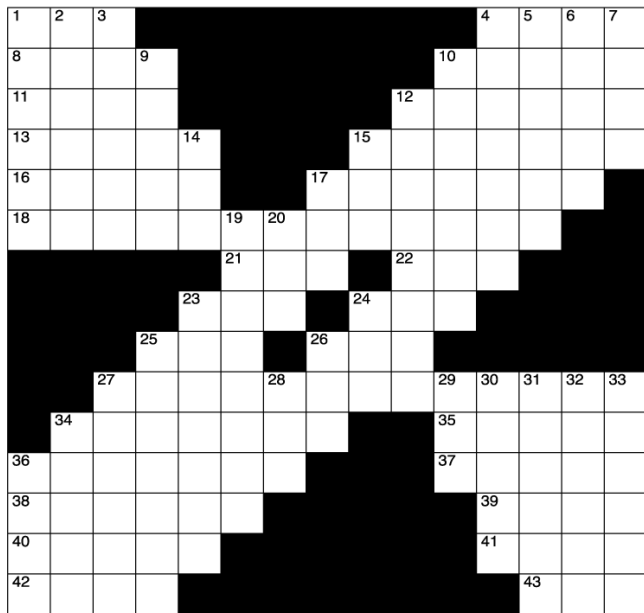
Pastries and Cookie Trays

Boar's Head Meats

Mon., Wed., Thurs., Fri: 6 a.m. - 4 p.m.; Tues, Sat. and Sun: 6 a.m. - 2 p.m.

RTE. 589	
Manklin Creek	O.P. South Gate Entrance
OCEAN PKWY	
	

Southgate - Ocean Pines
(Manklin Creek & Ocean Pkwy)



CLUES ACROSS

- 1. Way to fish
- 4. Not us
- 8. "M*A*S*H" actor Alda
- 10. A store of valuable things
- 11. Bring on
- 12. Gave birth to horse
- 13. British poet Hunt
- 15. Swine-like
- 16. Asteroid 1532 ___
- 17. Devout
- 18. A boost
- 21. Licensed for Wall Street
- 22. Tooth caregiver
- 23. Political action committee
- 24. Make a soft murmuring sound
- 25. Porky is one
- 26. Taoism
- 27. 1950s sex symbol
- 34. Imprisonment
- 35. Small freshwater ducks
- 36. Happening later than it should have
- 37. Unit of measurement
- 38. Coen Bros' "The Dude" does this
- 39. The destroyer (Hindu)
- 40. Kids take these to school
- 41. Flow or leak through
- 42. East Greenwich High School
- 43. Midway between south and southeast

CLUES DOWN

- 1. Many-colored flower
- 2. Strangers
- 3. One who is outcast
- 4. Transmitters
- 5. Theory of interconnection
- 6. Happening
- 7. Native of ancient Asian kingdom
- 9. Black (Span.)
- 10. Destructive storm
- 12. Condemn beforehand
- 14. Baseball players do this
- 15. Exclamation that denotes disgust
- 17. When you expect to get there
- 19. Dreams up
- 20. Peacock network
- 23. Robbers
- 24. Beverage container
- 25. Celebrations
- 26. A way to change color
- 27. Bullheaded
- 28. Type of visual display
- 29. Easily purchased type of medication
- 30. City along the western Rhine
- 31. Animal disease
- 32. Martinis have these
- 33. Run away
- 34. Remove errors from
- 36. Slugger Ruth



Answers for Dec. 21

Safely avoid potential winter hazards

Winter can be a beautiful time of year, particularly when freshly fallen snow blankets the landscape. However, winter is also a time fraught with potential peril. The same winter weather that makes landscapes so pristine can make roads and walkways, and even being outside, dangerous.

The U.S. Department of Transportation says weather-related vehicle crashes killed 6,253 people last year and injure more than 480,000 per year. These accidents most often occur when roadways are wet, snowy or icy. Yet, winter driving is not the only seasonal hazard. Here are some common winter activities and how to avoid get-

ting hurt when engaging in them.

Driving

Exercise extra caution when driving on roadways during the winter, as they may contain ice or snow. All it takes is a small coating of precipitation on roadways to make driving treacherous. Wet-looking roadways may be wet, or they may be covered by ice, and it is difficult to tell the difference with the naked eye. Always slow down and assume you are driving on ice. Make every effort to improve visibility. This includes checking windshield washer fluid levels and ensuring windshield blades are in good working order.

Snow removal

please see winter on page 11

forward

from page 9

Look," Dodges were "Swept-Wing" and the jingle for Plymouth sang "It's the car that's ahead for keeps...the star of the Forward Loooook !" Longer, lower, wider and as dynamic as a car ever was: that was Chrysler Corporation for 1957, 1958, 1959 and into the new decade.

Sure, there were engineering advancements to be trumpeted; push-button transmissions, torque-bar suspensions, even swivel seats but those sweeping body-shells with the long hoods and short deck-lids started to shake up the other car companies who quickly altered plans for the following year's designs to stay up with Chrysler. Yes, they were caught a little off-guard.

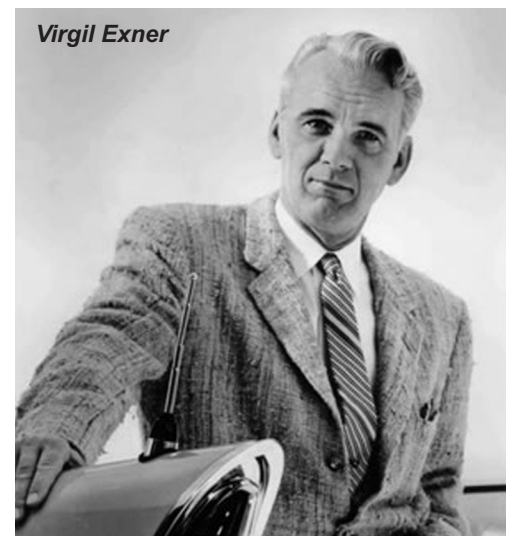
More changes were on the way and soon after the arrival of the '60s, Chrysler's top brass got wind that GM was planning on downsizing. Americans, they reasoned, were becoming more conscious of how fuel-thirsty these massive machines were.

Exner disagreed and feared shrinkage would make his cars "ugly." The few that would remain larger simply had their fins designed off. Exner referred to these as the "plucked chickens." Rumors about GM turned out to be false and indeed, the smaller Chrysler offerings wound up on the homely side, dramatically decreasing sales.

Exner seemed the perfect scapegoat and he was fired by 1963, bringing the end of an era in automotive design. Today, it's not hard to think that perhaps the man who brought a Forward Look to the automotive world also had greater vision than those who were making the final decisions. And those tall and proud tail-fins will always be a welcome sight "in the rear view mirror."



Virgil Exner





Guest speaker - *Kiwanis Club of Greater Ocean Pines - Ocean City Programs and Speakers Chair J. Graham Caldwell, guest speaker Heidi McNeeley, president of Worcester County Warriors and president of the Kiwanis Club Barbara Peletier after Heidi addressed the club about local opiate overdose prevention programs.*

winter
from page 10

Shoveling or removing snow by various methods can be strenuous work, taking even those who feel they are in good shape by surprise. A 2011 study conducted by researchers at the Center for Injury Research and Policy of The Research Institute at Nationwide Children's Hospital found that an average of 11,500 snow-shoveling-related injuries and medical emergencies were treated in U.S. emergency departments each year from 1990 to 2006.

Lower back injuries, falls, injuries to the arms and hands and cardiac-related injuries account for many of the incidents sustained while removing snow. There's also the risk of injury from collisions with pedestrians and snow plows. Plows and bobcat-type devices can cause serious injury. Exercise caution when operating such machines.

Roof snow removal

Removing snow from a roof can be a dangerous prospect. Always use the appropriate equipment, which includes telescoping poles, rather than climbing on slippery roofs. This may be a job best left for a professional, who will have fall-arrest systems and nonslip safety boots.

Dressing for conditions

Venturing outdoors for winter fun may be enticing, but never put your health at risk for the sake of fun. The Mayo Clinic says hypothermia is a medical emergency that occurs when the body loses heat faster than it can produce heat, causing a dangerously low body temperature. Wear appropriate clothing to prevent hypothermia, which may not produce any initial symptoms. If shivering stops or confusion and slurred speech set in, severe hypothermia is in effect and a person should be moved indoors and gently warmed. Mild hypothermia is also possible indoors, typically when the elderly spend several hours in poorly heated homes.

Winter may be beautiful, but it also can be hazardous. Taking precautions and using common sense help avoid dangerous situations.



Keep poinsettias looking great through the holidays

Along with the fragrant evergreens and twinkling lights synonymous with the holiday season, poinsettias make up a key component of holiday decorating.

Unlike holly and some of the other greenery that is commonly associated with the holidays, poinsettias do not naturally thrive in the colder temperatures. These plants originate in southern Mexico and were considered an exotic plant when first introduced to the United States by Joel Robert Poinsett, the first American ambassador to Mexico.

Poinsettias can be fickle plants and ones that gardening novices may find challenging to maintain. The plants are comprised of green foliage, colorful (often red) flower bracts, and the actual flowers of the plants, which are the red or green buttonlike parts nestled in the center of the bracts.

Because they are a tropical plant, poinsettias can be damaged by exposure to low temperatures, even if they are only exposed for short periods of time. They should be wrapped and protected against the elements when brought home. For maximum plant life, poinsettias need to be placed near a warm, sunny window, or another area that has ample amounts of light. They thrive in temperatures between 60 and 75 F and should be kept away from warm or cold drafts.

Water the plant whenever the surface feels dry to the touch. Water until it drains out the bottom, but do not let the

plant sit in water. Over- or under-watering can cause leaves to drop prematurely and wilt. If your home lacks in humidity, you may need to water the plant more frequently. Poinsettias do not need to be fertilized while the plant is in bloom.

The Ohio State University Extension says poinsettias can be reflowered the following Christmas, but unless a year-long schedule of care is observed, the results usually are not good. You can speak with a gardening expert or consult online resources for the proper care schedule. Caring for a poinsettia year-round involves gradually drying out the plant and storing it in a cool location. The plant later will be moved outdoors and then back inside and pruned to keep a full shape.

Poinsettias are short-day plants, which means they flower about 10 weeks after the daylight shortens to about 12 hours or less. Therefore, to have the plant in full flower by Christmas, it will have to be kept in complete darkness between 5 p.m. and 8 a.m. from the first part of October until Thanksgiving. Many people find the affordability of poinsettias makes it more convenient to buy new ones each year than try to foster regrowth.

Contrary to popular belief, poinsettias are not poisonous to humans or animals, but they should not be ingested due to the potential for allergic reactions. Poinsettias can help remove pollutants from indoor air, which is advantageous during the winter months when doors and windows are typically kept closed.

Select plants that have dark green foliage and no low or damaged leaves. This ensures the best success for keeping poinsettias looking healthy and vibrant throughout the holiday season.



Tide and Sun Chart				
* tide is for Ocean City Fishing Pier. Add two hours for Isle of Wight tide				
DATE	HIGH TIDE	LOW TIDE	SUNRISE	SUNSET
Thur., December 29	7:20 a.m. 7:35 p.m.	12:56 a.m. 1:42 p.m.	7:17 a.m.	4:49 p.m.
Fri., December 30	8:01 a.m. 8:17 p.m.	1:36 a.m. 2:22 p.m.	7:17 a.m.	4:49 p.m.
Sat., December 31	8:42 a.m. 8:59 p.m.	2:17 a.m. 3:02 p.m.	7:17 a.m.	4:50 p.m.
Sun., January 1	9:24 a.m. 9:42 p.m.	2:59 a.m. 3:46 p.m.	7:17 a.m.	4:51 p.m.
Mon., January 2	10:06 a.m. 10:28 p.m.	3:44 a.m. 4:31 p.m.	7:17 a.m.	4:52 p.m.
Tues., January 3	10:51 a.m. 11:17 p.m.	4:34 a.m. 5:19 p.m.	7:18 a.m.	4:53 p.m.
Wed., January 4	11:39 a.m.	5:30 a.m. 6:09 p.m.	7:18 a.m.	4:54 p.m.

Understanding seasonal affective disorder

The tail end of Daylight Saving Time in 2016 occurred on November 6, when millions of people turned their clocks back one hour. Few people enjoy turning the clocks back in autumn as much as they enjoy turning them forward in spring. Turning the clocks forward affords many people, in particular working professionals who spend much of their weekdays working indoors, a chance to enjoy some sunlight when leaving their offices each day. However, once the clocks are turned back, professionals typically find themselves leaving their offices under a cover of darkness.

Some people easily adjust to less daylight, while others experience a condition known as seasonal affective disorder, or SAD. SAD is a disorder related to changes in seasons. According to the Mayo Clinic, the majority of people with SAD begin to experience symptoms in the fall and continue battling those symptoms throughout the winter. The end of Daylight Saving Time occurs in early November, and the onset of SAD symptoms is no doubt related to the decreased exposure to daylight many people experience once clocks have been turned back. Those who

suspect they might be susceptible to SAD can get a better grasp of the condition so they are capable of recognizing and responding to it should any symptoms appear.

What is SAD?

Mental Health America, a leading community-based non-profit dedicated to addressing the needs of those living with mental illness, defines SAD as a mood disorder associated with depression and related to seasonal variations of light. Though many people may be saddened when the clocks are turned back and the sun sets earlier than it does in the warmer months, MHA notes that a diagnosis of SAD can only be made after the symptoms of SAD have appeared for three consecutive winters and have gone into remission once spring and summer have arrived.

What are the symptoms of SAD?



Simply feeling bummed out that winter is on the horizon does not mean a person has SAD. The following are some of the more common symptoms of the disorder:

Depression marked by feelings of misery, guilt, hopelessness, despair, and apathy. A loss of self-esteem may also occur.

Feelings of anxiety that include tension and an inability to tolerate stress

Mood changes that are sometimes extreme; some SAD sufferers experience feelings of mania in spring and summer.

Changes in sleeping habits, such as a desire to oversleep and difficulty staying awake. Some people may experience disturbed sleep and find themselves waking up in early morning when they are unaccustomed to doing so.

Feelings of fatigue and an inability to adhere to one's normal routine

Who is most likely to suffer from SAD?

The Mayo Clinic notes that SAD is diagnosed more often in women than in men, and MHA notes that three out of four SAD sufferers are women. Young people are more likely than older people to get winter SAD, with MHA reporting that the main age of onset of SAD is between 18 and 30. Symptoms of SAD may worsen among people who have already been diagnosed with clinical depression or bipolar disorder.

More information about seasonal affective disorder is available at www.mentalhealthamerica.net.

CLASSIFIEDS



Display Ads: \$15 per column inch **Deadline:** 3 p.m. Friday **Prepayment required. Cash or check accepted**
410-641-6695 Fax 410-641-6688 P.O. Box 1326 Ocean Pines, MD 21811

ANNOUNCEMENTS

Acorn Stairlifts. The AFFORDABLE solution to your stairs! **Limited time - \$250 Off Your Stairlift Purchase!** Buy Direct & SAVE. Please call 1-800-410-7127 for FREE DVD and brochure.

SOCIAL SECURITY DISABILITY BENEFITS. Unable to work? Denied benefits? We Can Help! WIN or Pay Nothing! Contact Bill Gordon & Associates at 1-800-208-6915 to start your application today!

Got Knee Pain? Back Pain? Shoulder Pain? Get a pain-relieving brace - little or NO cost to you. Medicare Patients Call Health Hotline Now! 1-800-419-3684

A PLACE FOR MOM. The nation's largest senior living referral service. Contact our trusted, local experts today! Our service is FREE/no obligation. CALL 1-800-880-1686

Lung Cancer? And 60 Years Old? If So, You and Your Family May Be Entitled To A Significant Cash Award. Call 800-897-7205 To Learn More. No Risk. No Money Out of Pocket.

ANNOUNCEMENTS

SPECTRUM TRIPLE PLAY TV, Internet & Voice for \$29.99 ea. 60 MB per second speed. No contract or commitment. We buy your existing contract up to \$500! 1-800-806-5909.

Stop OVERPAYING for your prescriptions! SAVE! Call our licensed Canadian and International pharmacy, compare prices and get \$25.00 OFF your first prescription! CALL 1-800-254-4073

Promo Code CDC201625

BUSINESS OPPORTUNITY

Drive with Uber. No experience is required, but you'll need a Smartphone. It's fun and easy. For more information, call: 1-800-354-4313

BUSINESS TO BUSINESS

Advertise to 500,000 Homes with a business card size ad. You choose the area of coverage in free community papers...we do the rest. Call 800-450-7227 or visit macnetonline.com

EVENTS

Holding a Carnival! Fair! Festival! Jubilee! Promote it to over 1 Million readers for only \$200!!! Visit www.midatlanticevents.net for more details or call 800-450-7227.

FOR SALE

Safe Step Walk-In Tub Alert for Seniors. Bathroom falls can be fatal. Approved by Arthritis Foundation. Therapeutic Jets. Less Than 4 Inch Step-In. Wide Door. Anti-Slip Floors. American Made. Installation Included. Call 1-800-906-3115 for \$750 Off

Metal Roofing & Siding for houses, barn, sheds. Close outs, returns, seconds, over-run, etc. at Discount Prices. Huge inventory in stock. slateroadsupply.com 717-445-5222

Lots & Acreage

LOTS & ACREAGE ABANDONED FARM! 26 acres - \$49,900
 Gorgeous acreage with views, nice pond, in a Perfect country setting! Quiet town road with utilities! EZ terms! 888-738-6994

LOTS & ACREAGE LENDER ORDERED SALE! 39 acres - assessed value - \$95,700
 Available now for \$89,900! Catskill Mountain views, woods, fields, apple trees, great hunting! 3 hrs NY City! Owner terms! 888-431-7214

WANTED TO BUY

Cash for DIABETIC TEST STRIPS! Free Shipping, Best Prices & 24hr Payments! Call 1-877-588-8500, www.TestStripSearch.com. Habla Espanol.

Place an ad in **The Courier** and let others know what you'll be selling!

410-641-6695

Celebrating the New Year is a tradition that dates back nearly 4000 years. If you had lived in Mesopotamia and Babylon 4,000 years ago (c. 2000 B.C.), you probably would have celebrated the new year in mid-March, at the time of the Vernal (Spring) Equinox. If, however, you were an Egyptian, your new year began with the Autumnal Equinox and the flooding of the Nile. If you were Greek, the Winter Solstice began your new year celebrations.



Just Good Business...

Santa's college years

By **Jean Marx**

When I wrote to Santa this year, I enclosed some interview questions of what his life was like before he set up shop at the North Pole. It wasn't until after his big night last week that he responded to my inquiries. In his typical jovial way, he had a lot to say. Perhaps it was the sugar talking, as he



raved about just finishing a plate of the still-warm cookies Mrs. Claus had recently made. Perhaps it was a little bit of nostalgia of some good ole days. Perhaps it was a little of both.

During his upbringing, Santa told me he was raised by the Kringle family and was known as Kris. He lived with his sweet aunt, Tante Kringle, and her sons named Tingle, Dingle, Wingle, and Zingle. He often puzzled as to why he wasn't called "Kingle" instead of Kris, but that was just one of his many questions as this curious child was growing up. The Kringles were renowned for the excellent quality and craftsmanship of the toys they made. Kris loved to follow his older cousins around and pepper them with questions: *How did you do that? What are you making? Why did you do it that way?* His next question was always *Can I help?* Since Kris's

cousins were much older than he was, the answer was a resounding no until the family felt he could wield a hammer without injuring himself and that he could be trusted to do sanding, polishing, and a bit of painting. Kris leapt at the opportunity and wanted to immerse himself in everything.

The family reined in young Kris's exuberance as best they could, and they would often shoo him outside to play in the snow. To the delight of the Kringle family, Kris befriended the animals that lived in the woods all around them. Kris, the squirrels, rabbits, and reindeer enjoyed sliding down the hillsides and throwing snow on each other. Kris developed a knack for communicating with them, and the bond that developed was a sight to behold.

Kris was popular in high school with his ready laugh, good humor, and zest for learning. By this time, he had a beloved pack of reindeer friends, and he often challenged his classmates in sled pulling games with the reindeer when school let out. Soon, it was time to think about colleges. Kris decided to spend his freshman year at the University of Florida to experience the warmer temperatures he had always read about. His first of many majors was Zoology so that he could learn all about the animals in the warmer parts of the world. Whenever there were opportunities to travel to other cities, islands, and countries to see the wildlife in action, Kris was the first to sign up. One time in the Everglades, Kris accidentally stepped on the tail of an alligator. The alligator

snapped his head around quickly, but he smiled when he saw it was Kris.

After the year was up, Kris realized that his heart was in the colder climates of the world. The admissions counselor at the University of Nome, Alaska laughed at Kris saying he was the only incoming sophomore from the University of Florida. Kris launched his sophomore year with a double-major in mechanical engineering and carpentry. He wanted to learn all there was to know about the mechanics of the toys and the best tools and materials to use in building them. Now that his cousins were getting on in years, Kris promised he would build them a factory and bring in helpers to fill the Kringles' bulging gift orders.

Junior year dawned, and this time, Kris added business administration with a focus in marketing and distribution. To help him balance his ever-increasing workload, he sought the help of a beautiful, young tutor named Jessica. Jessica shared his joy for learning, animals, and spreading cheer to children. After the couple spent their senior year learning navigational skills in their world travels, Kris asked Jessica to be his bride on graduation day.

As a lasting legacy to his family, Kris and Jessica established permanent residency at a bustling North Pole complex. They employ the most talented elves as toy-builders and they've instituted the latest in computer technology to stay current with the times. As they aged gracefully, they began limiting their annual trek to give gifts to good children across the world to the night of Christmas Eve, along with the help of their trusted reindeer friends. Tante Kringle informed Kris that his birth name was actually Santa Claus, and as another tribute to his legacy, he and Jessica changed their names to the Claus family. Santa thanked me for the walk down memory lane during his treasured college years, and he wishes all a Happy New Year!

**The LORD will surely save me
So we will play my songs on
stringed instruments** Isaiah 38:20



We do that!

www.FellowshipAlliance.com
Church

Come join us this
Sunday 9:00AM

Showell Elementary School - Route 589
410-641-6000



LIVE ENTERTAINMENT!

starting at 10 pm

Karaoke with Donnie Berkey

Daily Specials

Happy Hour 2-7 pm * 7 days a week!

Monday 1/2 Price Burger Night

Wednesday 1/2 Price Hot Dogs

Lite fare served til 1:30 am
Thurs-Mon

Check out our adjacent
store for your stock of
beer, wine & spirits
open till 2 a.m.



Pines Plaza Shopping Center
11070 Cathell Road, Berlin

410-208-3922

Open 7 days a week 11 am til 2 am



Michael B. Mathers, P.A.

Estates, Trusts & Elder Law

11107 Manklin Meadows Ln. Suite 1A Ocean Pines



**Wills Probate
Medicaid VA Benefits**

mike@mbmatherslaw.com

www.mbmatherslaw.com

Call today
to make an
appointment

410-208-3331

Service DIRECTORY

To place your business card call
410-641-6695



ATTORNEYS

LAW OFFICES OF
Patricia Cleary
...*your neighborhood lawyer*
240-304-6058

Michael B. Mathers, P.A.
Estates, Trusts & Elder Law
410-208-3331
mike@mbmatherslaw.com
www.mbmatherslaw.com

STEVEN W. RAKOW
Attorney at Law
410-600-3075
STEVE@STEVERAKOWLAW.COM
www.STEVERAKOWLAW.COM

DENTISTRY

Gerard Ott, D.M.D., PA
1 Pitts Street
Berlin, Maryland 21811
(410) 641-3490

DePalma Dental, LLC
 Michael DePalma, D.D.S.
Errin DePalma, D.D.S.
500 Franklin Avenue, Unit 3
Berlin, Maryland 21811
Phone: 410-641-3222
www.depalmadental.com

ELECTRICIAN

Waterfront Electrical Service • Hot Tubs & Spas
Residential • Commercial • Interior & Exterior Lighting
Service Upgrades • Phone/Data/TV Lines • Ceiling Fans
J.T. Novak, LLC
Electrical Contracting
Prompt Service at Reasonable Rates
P.O. Box 1464 Phone: 410-208-3052
Berlin, MD 21811 Mobile: 443-235-5544
Master Electrician MD • VA • DE • PA

FLOORING

Sea Floor
CARPET HARDWOOD & MORE
The Flooring Store for Locals
11312 Manklin Creek Road **410-208-3879**
Ocean Pines

HOME IMPROVEMENT

PAUL'S HOME IMPROVEMENTS
All phases of home improvements
No job too small - No job too large
Handyman Home Services
Over 40 years experience
410-641-7548
Free Estimates
MHIC #83501

PHARMACY

Free Local Prescription Delivery
314 Franklin Ave.
Berlin
410-641-3130

POWER WASHING

ROYAL POWER WASHING
Decks Siding Walkways
Boats Roofs
Decks stained & sealed "We Can Powerwash Anything!"
FREE ESTIMATES Commercial Residential
Clifford Rosen/Owner Licensed Insured
410-641-5756 www.royalpowerwash.com

RENTALS

Do you need to rent a ...?
Just Ask RENTAL
The Adkins Company
11048 Cathell Rd.
Ocean Pines, MD 21811
410-641-5420
Contractor DIY Landscaping Party/Event Moving/Shipping

TITLE SERVICES

ACQUEST
TITLE SERVICES INC
Gwen Cordner
President
9748 Stephen Decatur Highway, Unit 113
Ocean City, Maryland 21842
410-213-7741 / 410-213-7742 fax
email AcquestTitle@comcast.net / Acquest-Title.com

WRITING SERVICES

Publishing, Memoirs & More!
 TIMEFLYS
Jean Marx
443-880-0045
jmarx.timeflys@gmail.com
www.timeflysbooks.com

The Courier



Your business card ad could
be **HERE** for as little as
\$13 a week!

410-641-6695

Place your business card
410-641-6695

The Venues at OCEAN PINES

BALLROOM

BEACHFRONT

BAYFRONT



Perfect venue
...for a perfect wedding



Ceremonies. Receptions. Dinners. Parties. Showers & More.

We offer personal attention, exceptional catering service and ideal settings for showcasing your special event. Contact us to request our FREE WEDDING GUIDES or to schedule a personal consult.

410. 641.7501 dining@oceanpines.org ClubsOfOceanPines.org 1 Mumford's Landing Rd, Ocean Pines, MD

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 to 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 illuminate the legacy of our men and women who have served our country.
Become a Foundation member for just \$15 per year.**

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