

# The Courier

November 22, 2017 Volume 18 Number 12

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## Santa's Open golf tournament returns

Area golfers can enjoy golf, fun and holiday cheer at the 25<sup>th</sup> annual Santa's Open golf tournament to benefit Big Brothers Big Sisters of the Eastern Shore on Saturday, December 2 at Ocean Pines Golf Club.

The day will include golf as well as Mrs. Claus' Breakfast, Santa's Cheer Cart, Rudolph's Reception and contests. Registration will begin at 9 a.m. and the tournament will begin at 10 a.m. with a shotgun start. A reception and awards will follow at 3 p.m.

The fee per golfer is \$75 if registration is received by November 27 or \$85 at the door. The fee includes 18 holes of golf, cart, breakfast, contests, golfer gift and post-tournament reception. Each golfer is also asked to bring a new, unwrapped gift for a child ages 7-17.

Registration forms are available at [OceanPinesGolf.org](http://OceanPinesGolf.org). Registration may also be completed by calling 410-543-2447.

Ocean Pines Golf Club is the only Robert Trent Jones championship course on Maryland's Eastern Shore. Nestled in the heart of the Ocean Pines community, it is open to the public year-round and offers annual memberships for individuals, families and juniors.

For more information about Ocean Pines Golf Club, contact John Malinowski, PGA director of golf at Ocean Pines Golf Club, at 410-641-6057 or [jmalinowski@oceanpinesgolf.org](mailto:jmalinowski@oceanpinesgolf.org).

## Indoor yard sale set

The Bishopville Volunteer Fire Department Ladies Auxiliary will hold an indoor yard sale at the main station on Saturday December 2. Tables are \$15 or two for \$25. The sale will take place between 7 a.m. and noon. Breakfast sandwiches and beverages will be available for purchase. Call 443-880-6966 for more information or to rent a table.



**Retirement** - A Cub Scout walks a flag to the fire pit during the flag retirement ceremony held Saturday at the Worcester County Veterans Memorial at Ocean Pines. Photo by Dan Collins

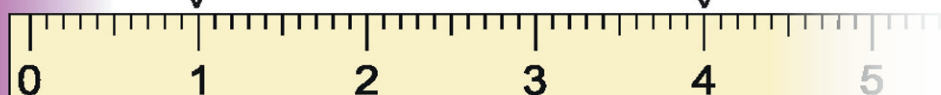
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Community Calendar

November

AYCE breakfast offered

The Grace Parker All You Can Eat Breakfast will be held on Wednesday, December 6, between 7 a.m. and noon at First Presbyterian Church of Ocean City located at 13th St. and Philadelphia Ave. Eggs any style, pancakes, buckwheat pancakes, sausage, ham, biscuits, hash browns, grits, coffee and tea will be available. The cost is \$8 and carryout is \$6. Milk, soda, orange juice will also be available. For more information call 410-289-9340.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAURDAY
			1	2	3	4
5 <small>Harpoon Hanna's</small>	6	7 <small>Harpoon Hanna's</small>	8	9	10	11 <small>Harpoon Hanna's</small>
12	13	14	15	16	17	18
19	20	21	22	23 <small>Thanksgiving</small>	24	25
26	27	28	29	30		

Household hazardous waste collection day set

The Worcester County Public Works Recycling Division will host Household Hazardous Waste (HHW) Collection Day on Saturday, December 2, from 10 a.m. to 2 p.m. at Showell Elementary School on MD Rte. 589 (Racetrack Road). HHW and computers/laptops may be dropped off, but no other electronics will be accepted.

HHW includes pesticides, pool chemicals, gas and other fuels, oil-base paints, thinners and everyday hazardous wastes accumulating in and around the home for safe disposal. Computers and laptops will be collected and later recycled.

Collecting HHW for safe disposal saves valuable landfill space and helps protect the environment, as many of these items do not degrade and contain poisonous materials that could seep out of the landfill and contaminate surrounding soil and groundwater.

HHW Collection Day is open at no

charge to Worcester County residents only. This event is hosted in conjunction with Maryland Environmental Services and the Maryland Department of the Environment (MDE). A representative from MDE will be on-site checking vehicle registration. Clean Ventures of Baltimore will be responsible for the safe disposal of all hazardous waste collected. For more information, contact Worcester County Recycling Coordinator Mike McClung at (410) 632-3177.

Service offered

A Dark Night Worship Service will take place Sunday, December 17 at 7 p.m. For those who are coping with troubles and loss, a special service of prayers, scripture, and music will be offered. All are welcome. The service will occur at Bethany United Methodist Church located at 8648 Stephen Decatur Highway in Berlin. For more information call 410.641.2186 or email bethany21811@gmail.com.

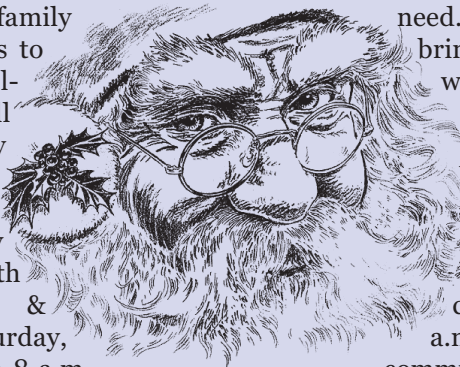
Santa to bring holiday magic to the Pines

If your children have always wondered what it looks like inside Kris Kringle's cozy cabin here's their chance. The jolly man will be taking a break from toy making and relocating his toy-lover's dream home from the North Pole to Ocean Pines.

Santa's House will be open for visits on Saturdays, December 2, 9 and 23 from 4 p.m. to 7 p.m. Children are encouraged to write a letter to Santa with their holiday wishes. Those letters can be delivered to Santa's special mailbox located inside the Ocean Pines Community Center, located at

235 Ocean Parkway in Ocean Pines. There is no charge for this Santa experience.

Before your family visits Santa Claus to tell him how well-behaved you all have been, stop by the Ocean Pines Community Center to enjoy "Breakfast with Santa Claus & Friends" on Saturday, December 2 from 8 a.m. to 11 a.m. The cost is free for children ages three and under, \$5 for children ages four to 10 and \$7 for ages 11 and



up. Attendees are encouraged to bring an unwrapped, new gift or nonperishable food items for local families in need. Families can also bring a new, unwrapped toy to donate to The Children's House by The Sea.

The Reindeer Lane Gift Shop, also held on December 2 from 8 a.m. to 11 a.m. at the community center, is a holiday "store" where children will be able to purchase gifts for family and friends. Items for children and

adults, all \$5 or less, will be available. Gift donations for the shop are now being accepted.

Kris Kringle is ditching the holiday-famed Santa suit for a pair of swim trunks and flip-flops at the annual "Swim with Santa" on Saturday, December 9 from 11 a.m. to 1 p.m. at the Sports Core Pool. The fee is \$6 for swimmers and \$3 for non-swimmers. Donations of food and unwrapped toys will also be accepted on behalf of the Worcester County Sheriff Office's "Christmas for the Needy" program.

Santa will wrap up his stay in Ocean Pines by running in the first

please see **Christmas** on page 15

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.

**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.

**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 or Kate at 410-524-0649 for more activities. BeachSingles.org.

**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.

First Saturday

**Creative Writing Forum**  
 Every first Saturday of the month at 10 a.m. at the Berlin Library. Novice and established writers gather to share their fiction, non-fiction, and creative writing projects. Program includes critiques and appreciation, market leads, and writing exercises.





**It's official** — Maryland State Delegate Mary Beth Carozza (R 38C) announced Sunday to a full house of supporters at Ocean City Elementary School that she is a candidate for State Senate to represent District 38 which includes Worcester, Wicomico and Somerset counties. Carozza was elected to the House of Delegates in 2014. Maryland Governor Larry Hogan introduced Carozza at the event. Carozza will oppose incumbent State Senator Jim Mathias (D). Above Governor **Larry Hogan** with Delegate **Mary Beth Carozza**. Photo by Chip Bertino

## Blood Bank to kick off Giving Tuesday

On #GivingTuesday, November 28, the Blood Bank of Delmarva will be joining the global giving movement that inspires and unites millions of people in the U.S. and around the world for one common purpose: to support and champion the causes they believe in by donating and fundraising on their behalf.

The Blood Bank of Delmarva is set to start its annual fundraising campaign to aid in fulfilling its mission to keep the Delmarva Peninsula sufficiently stocked with vital blood products necessary for emergencies and scheduled surgeries throughout the holiday season.

In 2016 BBD supplied more than

100,000 blood products to 19 hospitals throughout the Delmarva region.

It costs \$70,000 per day to run operations, including blood collection, testing and manufacturing. That includes \$5,000 to hold each community blood drive and \$70 to collect, process and test one unit of blood. BBD has state-of-the-art lab testing facilities that ensure the blood supply in the Delmarva region is safe.

“Our mission is all about helping people like Emily Yeatman, a senior at Conrad Schools of Science, who received blood transfusions a year ago to help her combat a rare, blood disorder called hereditary spherocytosis,” BBD

please see **giving** on page 15

## ‘Light Up the Pines’ set again this year

It will soon look a lot like Christmas in Ocean Pines. The community’s annual ‘Light Up the Pines’ house decorating contest is back for a bright seasonal show of lights.

The contest, which is sponsored by Choptank Electric, is free to enter and open to any resident within the community limits of Ocean Pines who registers by emailing their name and address to [info@oceanpines.org](mailto:info@oceanpines.org) or calling 410-641-7717 ext. 3006 by the deadline, Friday, December 8 at 5 p.m.

Lights and decorations should be visible when Ocean Pines Marketing and Public Relations Director Denise Sawyer swings by to photograph the homes on Saturday, December 9 from 6 p.m. to 8 p.m.

Entries will be judged by residents and non-residents on social media. Voters would have to like/follow the Ocean Pines Association’s Facebook page, look for the “Light up the Pines 2017” photo album, find your favorite

home displays in the photo album and give your thumbs-up. The three photos with the most ‘Facebook Likes’ will be named the first, second and third place winners.



Ocean Pines Association will also organize the entries in an online map for those looking to enjoy a festive stroll

or drive through the community. The map will be made available on Saturday, December 9 at 9 a.m. on [www.oceanpines.org](http://www.oceanpines.org).

Voting is to take place from Monday, December 11 to Friday, December 22 on Facebook. Those new to the contest as well as previous contestants are encouraged to enter.

Winning entries will be published in the spring edition of the “Ocean Pines Report,” the community’s quar-

please see **lights** on page 15

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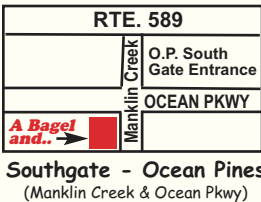
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# The Courier

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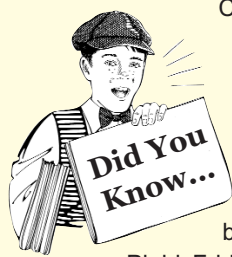
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Robert B. Adair 1938-2007

## 2012 Business of the Year

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Plaid Friday is an effort to encourage holiday shoppers to shop local on the day after Thanksgiving, a day that many know as "Black Friday." Conceptualized in Oakland, CA, Plaid Friday has spread beyond northern



California to cities across the United States. While Black Friday is often associated with big box retailers, Plaid Friday focuses on small, locally owned businesses. But why plaid? According to Oakland-Grown.org, an organization that celebrates and supports independent business leaders, artists and activists in the city of Oakland, plaid symbolizes the weaving together of a creative and diverse community of small businesses. Consumers interested in learning about Plaid Friday events and sales in their communities can contact local businesses or small business organizations in their areas to find out more and learn the various ways to support locally-based businesses this holiday season.

## Musical Mallards to make their debut

Worcester Prep's new Lower School Music teacher, Joanie Brittingham, has created an after-school club called The Musical Mallards (M & M's) for students in grades three through five. The singing and dancing troupe of more than 40 boys and girls meet weekly to rehearse their routines, many written and choreographed by Brittingham, to perform in school and around the community.



Lower School Music teacher, **Joanie Brittingham**, plays the keyboard which is part of a new hands-on music station she created in her classroom.

To kick off the holidays, the M & M's will make their debut in the O.C. Christmas Parade on December 2, followed by the Berlin Christmas Parade on December 7. Brittingham was a piano major and holds a BA degree in music education K-12 from Salisbury University. Prior to WPS, she taught in Worcester and Wicomico counties schools from 2008-2015 and was recognized as Pocomoke Middle School Teacher of the Year in 2015, and Maryland State Music Teacher of the Year in 2016.

## Register 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 Friday, January 12. Early registration is encouraged for the best selection of classes. The payment deadline is Thursday, December 14.

Admission, registration and financial aid 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.

Wor-Wic offers traditional classes on campus, as well as a variety of online, hybrid and virtual classes, and a variety of session lengths.

In addition to the regular 14-week



**Reward - Brandon Ely**, (left) general manager of Ripley's Believe It or Not in Ocean City honored three fourth grade students from Berlin Intermediate School. Students received a certificate and tickets to the museum. The students honored for November were **Nicholas Perella**, **Caydence Walter**, and **Nate Winklbauer**. These students showed a positive attitude towards learning every day.



## Guest speaker

Beth Rodier, president-elect of the Republican Women's Club, was the guest speaker at a recent meeting of the General Levin Winder Chapter of the Daughters of the American Revolution (DAR). Her patriotic remarks included a recitation of the poem "I Am the Flag" by Ruth Apperson Rous. Carole Kreuger, chairman of the chapter's Flag of the United States of America committee, also presented various flag facts and trivia. **Beth Rodier**, left, is pictured with chapter Regent **Patricia Ayers**.

spring term that begins January 12, Wor-Wic offers one seven-week session and a 10-week session that also begin January 12, as well as a three-week session that begins January 16 and a second seven-week session beginning March 2.

For more information or a credit class schedule, visit [www.worwic.edu](http://www.worwic.edu) or call 410-334-2895.

## 'King Gimp' to be shown

Wor-Wic Community College will host a showing of "King Gimp," an award-winning documentary of the life of artist Daniel Keplinger, on Wednesday, November 29, at 6 p.m. in Guerrieri Hall at the college campus in Salisbury.

The documentary chronicles

Keplinger's life from the age of 12 to 25 years old. The film won both an Academy Award and a Peabody Award. According to [cerebralpalsy.org](http://cerebralpalsy.org), the film begins with Keplinger as a self-conscious teen with severe cerebral palsy and ends with him as a college-educated artist and self-sufficient independent adult.

Following the showing, Keplinger will share his story and conduct a live art demonstration.

This event is sponsored by Wor-Wic's cultural diversity committee and funded by a grant from the Maryland Developmental Disabilities Council.

For more information, call Dr. Dornell L. Woolford, evening and weekend administrator, at 410-334-2850.



# Thanksgiving memories

Tomorrow is Thanksgiving. A wonderful holiday if ever there was one. Good food. Good company. Good conversation. But as good as it is, and for me it's the best, Thanksgiving is more than food, company and conversation. It is a reminder of change.

Time does what it does best, moves on. So, it only follows that the holiday

**YOUR SISTER CLEAN UP THE KITCHEN!!** Those were special times that I would love to go back and relive.

Our youngest son lives in the South now. He's doing very well and we're very happy for him. He'll be doing his own thing on the holiday, working mostly. At some point during the day we'll talk. But it won't be the same as having him sitting across from the table making faces, teasing his older brother and sister and performing unique antics that got his mother laughing uncontrollably. Truthfully there were times when he would do or say things at the table that drove me to distraction. He

could be so irreverent. The more I expressed my dissatisfaction, the more he kept it up. It was a lost cause when his brother joined in. I was a goner and they knew it. At the time those situations were frustrating but the memories of those times make me smile.

All is not lost though. Fortunately, we'll have one of our children with us this holiday. Our oldest son and his lovely girlfriend will join us after dining with her family. It will be a small contingent around the table, no reason to put the table leaves in. But that's okay. I'm glad they'll be with us.

Some images and voices from Thanksgiving past: My brother and I watching on television (WCAU Channel 10) the parade and waiting for Santa Claus to appear; my grandfather picking either my brother or me to help him break the wishbone; my mother putting the turkey in the oven at six in the morning and taking it out when it was "ready" at 4 p.m.; throughout the meal, my wife's grandmother asking each of

us repeatedly whether we felt the draft; deciding who sat at the kids' table; complaining when I was seated at the kids' table; never eating the cranberry gel that came from a can (no one ever ate it but it was on the table every year); and, falling asleep not long after the dishes were cleared from the table.

Happy Thanksgiving to you and yours!



## It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

too would evolve despite our sometime wish that it wouldn't. The table may be set as it has been in the past with a golden crisp turkey, dressing and mash potato casserole, a favorite family recipe. But the faces around that table change and even the number of faces crowding around the table ebbs and flows. We get older. Our children grow up. Grandchildren are born. Family and friends move or pass away. The aroma of food being prepared remains but the sweet aroma of a pipe being smoked in the living room is no more.

My grandchildren live in Texas so they'll not be home for the holiday. We'll Facetime at some point during the day which is nice to be sure but just not the same as having one or both of them on my lap or watching one of them sneaking a finger into the cheese cake resting on the counter.

Where did the time go? It seemed like the times of getting our three kids rounded up to the Thanksgiving dinner table would go on forever. "Did you wash your hands?" "No toys at the table." "Hold your fork correctly." "Don't talk with your mouth full." "Don't chew with your mouth open." "Take your plate into the kitchen." "Help your sister clean up the kitchen." "Help Your Sister Clean Up The Kitchen." **HELP**



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## PRMC, MAC honored as innovators

Project Living Well, a partnership program of Peninsula Regional Medical Center (PRMC) and MAC, Inc., both located in Salisbury, MD, has been chosen as a Health Quality Innovator of the Year award winner.

Presented by Health Quality Innovators (HQI), the awards recognize the innovative efforts of seven health care organization programs in Maryland and Virginia that are designed to improve health in four categories: Collaboration, Health IT, Patient-Centered Care and Population Health. Project Living Well received the Innovator of the Year award in the Population Health category.

Since 2015, MAC and PRMC have

co-lead Project Living Well, an initiative focused on expanding access to self-management programs on the lower Eastern Shore of Maryland. Patients who participate in Project Living Well classes for chronic disease management learn, as part of a peer led team, how to read medicine bottles, what questions to ask their doctor, how to get appointments, the importance of a healthy diet and exercise and how to add both to their day, when to call their doctor's office, how to talk about advance directives, how to problem solve, and many other skills necessary for managing chronic disease.

Project Living Well leaders take information and healthcare services directly into communities known to have higher rates of chronic disease and healthcare disparities. Research shows that our own personal behaviors have a significant impact on our overall health. Our personal behavior impacts 60% of our health outcomes and our ability to manage chronic diseases such as high blood pressure, heart failure, diabetes or respiratory diseases such as COPD.

"Partnership with MAC is critical for this community," said Kathryn Fidler, DNP, RN, NE-BC, Executive Director of Population Health at PRMC. "Health care systems do a great job of diagnosing and prescribing a treatment plan. Where they fall short, is in the ability to help patients understand the treatment plan and how to make it happen. Our coordination with MAC, Inc. and their evidence based programs is the key to making this connection between a clinician's medical plan and successful health outcomes

*please see prmc on page 15*



**Getting ready** - Members of the Pine'er Craft Club gathered after their monthly meeting to create holiday wreaths to sell in the Artisan & Craft Shop opposite the Ocean Pines Community Center in White Horse Park. The wreaths will be featured in the shop during the Ocean Pines Hometown Christmas Celebration and Tree Lighting on Friday, November 25 from 5:30 p.m. to 8 p.m. The shop will also be featuring decorated LED candles and their other handcrafted items.

The Artisan & Craft Shop will be open every Friday night in December from 4:30 p.m. to 7:30 p.m., and every Saturday from 9 a.m. to 3 p.m. and Sunday from 10 a.m. to 3 p.m. year-round. Stop in to get a jump on your holiday shopping with unique, handcrafted items for everyone on your shopping list.

## Outreach aimed at diabetes education

A local alliance of health care and public health professionals has relaunched its efforts in conjunction with National Diabetes Month this November. The Tri-County Diabetes Alliance (TCDA) is committed to helping residents of Somerset, Wicomico and Worcester counties prevent, manage and learn more about diabetes.

The TCDA has a new website, tridiabetes.org, to provide resources, information and healthy recipes for individuals who are pre-diabetic, living with diabetes, or who are simply trying to maintain a healthy lifestyle.

Tri-County residents are being diagnosed with diabetes at an alarming rate. Many residents have pre-diabetes and do not know it. The mission of the alliance is to raise awareness and im-

prove the health of people with prediabetes and diabetes by creating and sustaining an effort to inform, educate and assist individuals to improve their health.

Local organizations of the alliance include Atlantic General Hospital, Chesapeake Health Center (previously known as Three Lower Counties), Deer's Head Center, Peninsula Regional Medical Center, Salisbury University, Somerset County Health Department, University of Maryland Eastern Shore, Wicomico County Health Department and Worcester County Health Department, Apple Drug and volunteer citizens from the Lower Eastern Shore of Maryland.

Visit the tridiabetes.org for contact information for TCDA partners and information about classes, lectures and events in the area. Connect with Tri-County Diabetes Alliance on Facebook.

**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**



### Monday

Chicken Parmesan over Pasta \$9.95  
Lg. Cheese Pizza \$8.50 (carry-out only)

### Tuesday

Burger and French Fries \$6  
Lg. Cheese Pizza \$8.50 (carry-out only)

### Wednesday - Pasta Night

### Thursday - Steak Night!

**Friday- Fried Shrimp with French fries  
& cole slaw \$14.75**

**Saturday - Crabcake Platter with 2  
sides and a choice of a soup or salad \$17**

## Drink Specials

Drink of the Month \$7.50

Rum Harvest Cocktail

With Captain Morgan, Cranberry & Lime

Martini of the Month \$7.50

Pumpkin Pie Martini

Margarita of the Month \$6.50

Thanksgiving Martini

With Cuervo Gold & Maple

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**Installed** - On Thursday evening, November 15 at the Dunes Manor in Ocean City, Congressman Andy Harris installed the 2018 officers for the Republican Women of Worcester County. Standing from left to right are **Jean Delcher, Mary Adair, Loretta Spinuzza, Sandy Zitzer, Congressman Harris, President-elect Beth Rodier, Vanessa Alban and Kahy Vornlocker.**

## County holiday hours set

Worcester County Government (WCG) offices, including the Worcester County Recreation Center (WCRC) and all five branch libraries, will be closed Thursday and Friday, November 23 and 24 in observance of the Thanksgiving holiday. In addition, the libraries and WCRC will be closed Saturday, November 25.

The Central Landfill in Newark and the Berlin, Pocomoke, and Snow Hill Home Owner Convenience Centers

(HOCC) will be closed Thursday, November 23. Standard hours of operation at these facilities will resume Friday, November 24.

The libraries, WCRC and all other WCG offices will resume standard business hours on Monday, November 27.

## Cookie Walk scheduled

A Christmas Cookie Walk will take place Saturday, December 9, between 8 a.m. and 1 p.m. Home-made fancy holiday cookies and candy will be sold by the pound. Make your own selection. Christmas decorations and ornaments will also be for sale. The Walk will take place at Bethany United Methodist Church located at 8648 Stephen Decatur Hwy in Berlin. For more information call 717-658-4227.

Letters sent to The Courier for publication consideration must be signed and include a telephone number where the author can be reached to verify authenticity, if necessary. Letters

are not corrected for spelling or grammar and priority will be given to letters of 300 words or less. Letters must be received by Friday at 5 p.m. They can be e-mailed to:

[thecourier@delmarvacourier.com](mailto:thecourier@delmarvacourier.com)

## Falcon honored for involvement

By **Jack Barnes**

The Mid-Atlantic Symphony (MSO) Board of Directors honored JoFran Falcon during a luncheon at Lighthouse Sound, showing appreciation for her music-outreach to students on the Eastern Shore.

Falcon focused on ways to introduce symphony music to students by becoming involved in the music departments in Maryland and Delaware schools.

Her vision is, "I feel music is so important to young people; they should have the opportunity to be introduced to a world of classical culture."

So this could be realized, she solicited funding which allowed monies raised through her efforts to be in addition to MSO orchestra performance funds.

Through Falcon, the MSO is thankful to The American Legion, private donors, local civic organizations, and local art councils who have made contributions specifically to the MSO Education and Outreach Programs. Also, a special music patron was so impressed with her dedication and Jo Fran's organization of the program

that he offered to underwrite the MSO outreach programs several times a year in Maryland and Delaware schools. It is through his involvement MSO could seek a matching grant from the Community Foundation of the Eastern Shore.



**JoFran Falcon**

Through this music outreach, the MSO has had programs in ten schools, introduced twelve different symphony instruments to students, had 88 pre-

*please see **falcon** on page 8*

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**Saturday, December 2, 2017  
10 AM-2 PM**

Collections to be held at  
**SHOWELL ELEMENTARY SCHOOL  
RACETRACK RD., BERLIN**

**Household Hazardous  
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**WHAT WILL BE ACCEPTED:**

Computers & Laptops (No Other Electronics)  
Gasoline • Gas/Oil Mixtures • Fuels • Acids  
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All of these materials will go to a  
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Dispose of **solidified** water based paint in trash.  
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**THESE ITEMS WILL BE ACCEPTED AT  
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DECEMBER 2, 2017, 10 AM - 2 PM**

**WHAT WILL NOT BE ACCEPTED:**

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Radioactive Materials • Picric Acid • Asbestos  
Televisions • TV Remotes • CPU's • Keyboards  
Mouse • Printers • Modems • Scanners • Cables  
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**ELECTRONICS WILL NOT BE ACCEPTED**

**For more information on this event, Please  
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mmcclung@co.worcester.md.us**

**No Materials will be accepted from  
Business, Industrial or Commercial Sources.**



**Kollar named Crafter of the Month**

By **Louise Lassiter**

Jacki Kollar has been selected by the Pine'er Craft Club as Crafter of the Month. Jacki moved to Ocean Pines in April, 2005 from the Baltimore area. Shortly thereafter a neighbor invited her to a Pine'er Craft Club meeting, and the rest, as they say, is history.

Jacki has served on the club's Executive Board for ten years and has held many different positions. Currently she is the Assistant Shop Manager of the club's

Artisan & Craft Shop in White Horse Park, co-chair of the Winter Wonderland Artisan and Craft Festival, and contributes to the club's Facebook page.

Jacki enjoys sewing – items such as purses, pillows, coasters, and eyeglass cases. In addition she embellishes wine glasses and creates wine gift baskets. Visit the Artisan & Craft Shop opposite the Ocean Pines Community Center on Saturdays 9 a.m. to 3 p.m. and Sundays 10 a.m. to 3 p.m. to see her creations.

Jacki is an invaluable member of the Pine'er Craft Club and one who can be counted on to help with the club's many activities.

**Turkey Talk ...**

*According to the Food Network, thawing a frozen turkey takes several days. The popular food-based television channel says it can take roughly four to five days for a frozen 20-pound turkey to fully defrost. Thanksgiving hosts who plan to cook turkeys that weight more than 20 lbs. should afford their turkeys even more time to fully defrost. The Food Network also recommends that cooks who want their turkeys to have crisp skin leave the bird uncovered in the refrigerator overnight. The time it takes to cook a turkey depends on whether or not the bird was purchased fresh. The Food Network advises cooking fresh turkeys for 10 to 15 minutes per pound in a 350 F oven, while frozen turkeys need roughly 20 minutes per pound at 350 F. And while stuffing is a Thanksgiving Day staple, the Food Network recommends going easy with the stuffing. Turkeys that are not densely stuffed will cook more evenly than turkeys whose cavities are overflowing with stuffing.*

**falcon**

from page 8

sentations by MSO musicians, and reached at least 4,920 students.

Solely through Falcon's work, from a diverse pool of applicants, Yale University selected the partnership between the MSO and Worcester County Public Schools to participate in the 2015 Symposium on Music in Schools and receive the Yale Distinguished Music Educator Award. The Symposium, which occurred on the Yale campus in New Haven, CT, focused on connections between professional music organizations and public school music programs, and facilitated high-level discussion about the importance of music in young people's lives and the role music can play in the development of a better world.

In 2015, Falcon was selected as one of the Gems on the Eastern Shore and was so honored at a banquet acknowledging her contribution to the music arena.



# Hikers to tackle Appalachian Trail to raise awareness

By **Ron Pilling**

Two intrepid young women will begin a 700-mile trek on the Appalachian Trail in mid-December to bring awareness about suicide's risk and its prevention. They will hike to raise funds for the Jesse Klump Suicide Awareness & Prevention Program, a local suicide prevention outreach organization.

The two hikers have already completed the section of the Trail from Springer Mountain, Georgia to Pine Grove, Pennsylvania. Jean Schrecengost, a Snow Hill resident, and Melissa Ordway will start in New Hampshire, and will end the adventure in Western Pennsylvania about seven weeks later. "The last four weeks are likely to be the coldest, so we wanted to be in the southernmost leg before the dead of winter," Schrecengost said.

Along the way they will be distributing suicide prevention material to those they meet, and posting their progress on social media. A Facebook page at which donations can be made and the pair can be followed and encouraged, "On the Trail to End Suicide," is already in place: Donations can be made directly to the suicide prevention effort at <https://jessespaddle.donorpages.com/OntheTrail-toEndSuici>.

"We want to help others see the possibilities in life. We're a couple of regular women seeking to fulfill our dreams, and along the way inspire others to do the same. If we can instill this in just one person suffering from depression and thinking about suicide, or if just one person we meet along the trail realizes that a friend or loved one is suicidal and steps in to keep that person safe, we will have accomplished our mission," the women said.

The Jesse Klump Suicide Aware-

ness & Prevention Program has taught hundreds of lower Eastern Shore residents to recognize the risk factors and warning signs that might lead someone to make an attempt on their life. "We take the message that suicide affects almost everyone in one way or another to schools, churches, community groups and health fairs — anywhere people gather who may have a friend or loved one at risk of suicide," said JKMF Board member Ron Pilling. "The funds raised by these two courageous women will provide 'suicide prevention first aid' training free of cost to more of our friends and neighbors."

"When Jean related the personal experience with suicide loss in the life of her hiking companion Melissa, I knew that we had found partners for

**Melissa Ordway** (left) and Snow Hill resident **Jean Schrecengost** (right) are braving winter temperatures to hike 700-plus miles of the Appalachian Trail to support the Jesse Klump Suicide Awareness & Prevention Program.



our own outreach work," said JKMF President Kim Klump. "Being outdoors, distant from the technology that so envelops young lives, reaching for a personal goal, is an important

way to escape the stress in life that too often ends in depression and suicide. Jean and Melissa's wintertime hike brings life to that fact."

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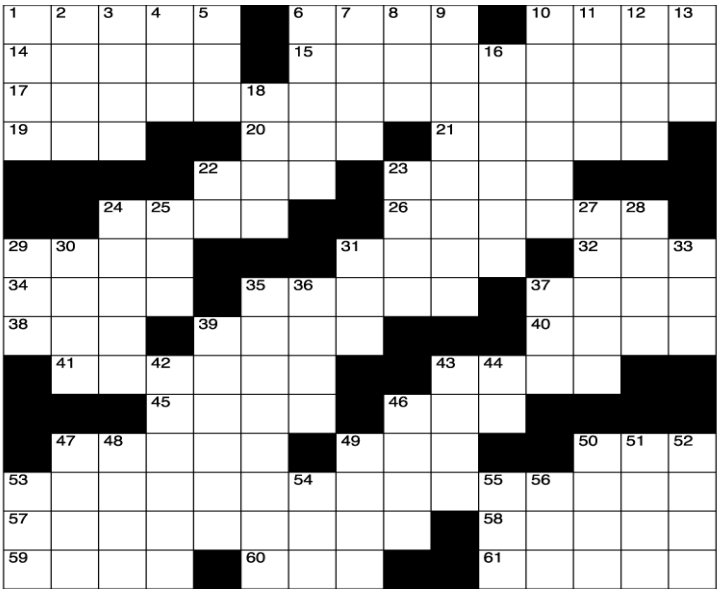
### Thanksgiving Trivia...

The woman behind "Mary Had a Little Lamb" is also responsible for Thanksgiving's recognition as a national holiday.

In 1863, writer and editor Sarah Josepha Hale convinced President Abraham Lincoln to officially declare Thanksgiving a national holiday. She wrote countless articles and letters to persuade the president — and the rest is history!

-Good Housekeeping





CLUES ACROSS

1. Emaciation

6. Exchequer

10. Sacs where fungi develop

14. First letter of the Hebrew alphabet

15. Unexplored waters

17. Berkeley athletes

19. Norse giantess

20. Crater on the moon

21. Resembles velvet

22. Pearl Jam's debut album

23. Hair-like structure

24. Turfs

26. Put in advance

29. First son of Lot

31. Native American language

32. Furry family member

34. Vedic God of fire

35. Genie
37. German city

38. Acquire

39. Cambodia currency

40. A person from a Balkan republic

41. More simple

43. Bleats

45. "The other white meat"

46. \_\_\_ student: learns healing

47. 04492, town in Maine

49. Paddle

50. Airline once owned by Howard Hughes

53. Big 10 athlete

57. Inflammation of the intestine

58. Key's comedic partner

59. Chamomile and black are two

60. Distress signal

61. Assn. for translators

CLUES DOWN

1. Measures engine speed (abbr.)

2. Wings

3. Founded a phone company

4. Upon

5. Superhigh frequency

6. Colorless liquid

7. Hostelries

8. \_\_\_ fi (slang)

9. One who accompanies

10. Where rockers play

11. "\_\_\_ the Man" Musial

12. Waxy cover on some birds' beaks

13. Software that monitors for malicious activity (abbr.)

16. Becomes less intense

18. Lyric poems

22. Touchdown

23. From end to end

24. \_\_\_ Claus

25. Jedi Master Kenobi

27. Fencing swords

28. Famed child psychiatrist

29. Gossip
30. S-shaped lining

31. '\_\_\_ death do us part

33. Bar bill

35. Placed over a vowel to indicate sound

36. Steve Martin was one

37. Low paid educator (abbr.)

39. One who rampages

42. Backbones

43. "Friday Night Lights" director

44. Anno Domini

46. One-time Yankees sensation Kevin

47. Fermented grape juice

48. Peruvian province

49. Former Braves outfielder Nixon

50. Entertainment award

51. Feeling good

52. Greek god of war

53. Famed NYC museum

54. Of the ears

55. Select

56. Friend to the carrot



Answers for Nov. 15

For the Love of Travel...

# Xiamen, China

By **Kelly Marx**

From my introduction to Xiamen last month, I figured you already are in the process of packing for Xiamen, so I needed to get an itinerary together for you. After five months of living here, I've developed a list of my favorite things to do. I'll present Day One and Day Two in today's article and will save Day Three and Day Four for next month.

Day One:

After flying in to Xiamen International Airport, you can take a taxi to almost anywhere on the island for no more than 45 RMB (a little less than \$7). Asia Gulf Hotel is a good choice for a hotel at around \$55 per night. Included in the rate is access to the pool and the beach. The pool is a good value, since a day pass goes for 130 RMB (about \$20). However, I would not recommend swimming at the beach. When even locals don't swim in a body of water, beware. After you settle in, cross the street and catch Bus 47 to the Taiwan Cultural Village. Fill up on street food such as a squid on a stick. People will line up for them, but it's worth the wait, especially if you get the spicy version. Milk tea is a must and I recommend it for dessert. Get the loaded version, which comes with beans, taro, bubbles, grass jelly, and peanuts.

With your full belly, make your way to the cat café and cuddle up with 20 cats of all varieties and colors. What better way to relax and ease in to the inevitable jet lag than to curl up and take a cat nap? When you eventually rouse yourself, hail a cab and direct the driver to Hulishan Fort. The fort is one of the few historical sites in Xiamen and is worth a visit for the views of the city (even if all of the museum signs are in Chinese characters). After the fort, cab down to Shapowei. This is an up-and-coming art district. Old warehouses are being revitalized and craft beer bars, coffee shops, cafés, art studios, and Western-style eateries are moving in (remember what I said about gentrification?). The area hasn't been completely Westernized yet, and you can still find Mom and Pop hole-in-the-walls if that's more your style. I recommend heading to Mojito's Mexican Bar for free beer from 8-9 pm every day and, of course,

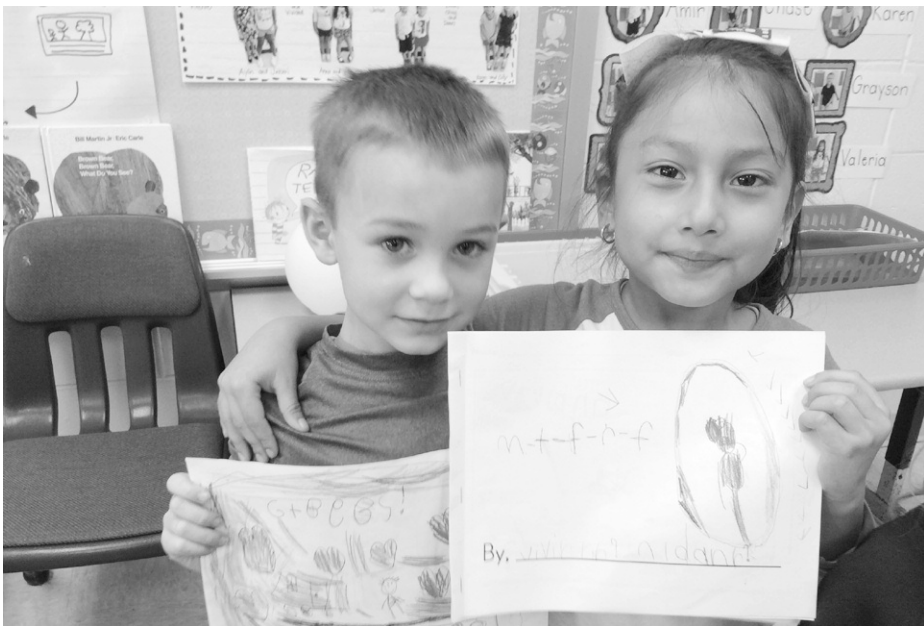
tacos. Then, head next door to the craft beer bar, Fat Fat Beer Horse. Order a flight and head to the roof where you will be greeted with views of the Xiamen skyline that includes the two iconic Conrad Buildings known for their sail-like shape. Practically every photo of Xiamen includes these unique twin buildings.

Day Two:

Take a walk along the beach in the morning and then follow it up with a bike ride along the "world's longest elevated bike path," ("Business Insider 2017"). The path stretches for five miles and you might meet friends along the way considering the path can accommodate around 2,000 bikes at a time. Once you've worked up an appetite, you can head over to Mother's Home Cooking, affectionately known as Grandma's, near the Ruijing Mall. You are likely to see at least one of my co-workers eating 2 RMB tofu (less than \$1 USD), cabbage, shredded pickled potatoes, and of course, rice. Feel free to scan their literary selections... this is a joke considering all of the books are empty and are actually just shells with names "similar" to popular titles, (e.g. "The Scarlett Letter," otherwise known as "The Letter Red"). Next, hike up Moxin Mountain. You will see a small squatter settlement in the hillside where rapid development and affordable housing shortages have literally forced marginalized people to go the only place that they can—up. The views from the top are spectacular and you are likely to be serenaded by an opera singer who practices up there. Lots of old men also congregate at the top and spend time smoking and stretching. I usually want to tell them that they would probably get more out of the stretching without the cigarette in their mouth, but then I remember I don't speak Mandarin and they made it up to the top faster than me.

After descending, grab a taxi and head to the Marco Polo area. This is the ex-pat capital of Xiamen. There are lots of choices, but my suggestion is to hit Coyote Mexican Bar for a cocktail and then have an Italian dinner at Strada 22. Afterward, take a stroll to enjoy the multi-colored light show and finish the night dancing at Havanna's. Days 3 and 4 are up next month, so stay tuned!





**Story sharing** - Students in Liz Engh's Kindergarten class at Ocean City Elementary shared their stories with their Writing Coach Partners during a recent Writer's Workshop Celebration. Writing Coach Partners are a special part of the writing process; they listen and compliment the writer on things they did well. Pictured are **Chase Burgey** and **Viviana Aldana-Almaguer**.

## Strategies to avoid holiday weight gain

Staying fit during the holiday season can be quite challenging, even for the most ardent fitness enthusiasts and disciplined calorie-counters. Between Thanksgiving and New Year's Day, many people are offered a wide assortment of foods, beverages and other indulgences Ñ typically in mass quantities.

According to researchers at Stanford University, although the average person only gains around one pound during the holiday season, quite frequently that pound sticks around, and those extra pounds add up year after year. As a result, it does not take too many years of holiday bundt cakes to gain a considerable amount of weight.

Holiday season weight gain is not unique to the United States and Canada. Investigators at Tampere University of Technology in Finland tracked weight gained in the United States, Germany and Japan during those countries' festive times and found that each country's participants gained weight, particularly during the holiday season. Annual holiday weight gain can contribute to weight-based problems such as obesity, heart disease and Type 2 diabetes.

The holiday season might not be the best time to start a diet, but holiday eating does not have to derail healthy lifestyles. The following are

Please see **weight** on page 15

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., Nov. 23	10:24 a.m. 10:45 p.m.	3:59 a.m. 4:52 p.m.	6:51 a.m.	4:43 p.m.
Fri., Nov. 24	11:08 a.m. 11:33 p.m.	4:45 a.m. 5:40 p.m.	6:52 a.m.	4:43 p.m.
Sat., Nov. 25	11:56 a.m.	5:37 a.m. 6:28 p.m.	6:53 a.m.	4:42 p.m.
Sun., Nov. 26	12:26 a.m. 12:48 p.m.	6:32 a.m. 7:18 p.m.	6:54 a.m.	4:42 p.m.
Mon., Nov. 27	1:23 a.m. 1:44 p.m.	7:29 a.m. 8:08 p.m.	6:55 a.m.	4:41 p.m.
Tues., Nov. 28	2:21 a.m. 2:40 p.m.	8:28 a.m. 8:58 p.m.	6:56 a.m.	4:41 p.m.
Wed., Nov. 29	3:16 a.m. 3:34 p.m.	9:27 a.m. 9:49 p.m.	6:57 a.m.	4:41 p.m.

## How did Black Friday begin?

Black Friday is seen by many as a shopping extravaganza that begins in the wee hours of the morning on the day after Thanksgiving, offering deep discounts on various items, doorbuster deals and other specials that have customers anxious to raid the aisles.

Many believe Black Friday was named for the day retail companies would become profitable for the year (retailers would record losses in red and profits in black), but other accounts of the origins of Black Friday differ.



Gold Rush. One story attributes the name of Black Friday to September 24, 1869, when two speculators created a boom and subsequent bust in the gold market. According to the History Channel, rebel speculators Jay Gould and Jim Fisk attempted to control the nation's gold market. They hoped to drive the price of gold sky high, relying on a corrupt network that extended from Wall Street and

## Hometown Christmas is Saturday

Ocean Pines will hold its annual Holiday Tree Lighting at the "Hometown Christmas" event on Saturday, November 25 at 6:30 p.m. at White Horse Park.

The event will feature Santa and his helpers from the North Pole and entertainment by Delmarva Chorus, a 23-member a capella ensemble that is led by choral director Carol Ludwig.

Trees, which range in size from eight to 10 feet, are sponsored and decorated by area businesses, clubs, families and individuals. The sponsored holiday trees will be on display from November to January and illuminated at the November 25 event.

Those interested in sponsoring a holiday tree can now do so by visiting the Ocean Pines Community Center to pay \$50. The sponsors' names will be on prominent display at the frequently visited park. Trees will be in place and ready for decorating by Nov. 20.

This event is open to the public. For more information, call the Ocean Pines Recreation and Parks Department at 410-641-7052.

the government of New York City all the way to the family of President Ulysses S. Grant. Eventually, the conspiracy unraveled on what became known as "Black Friday."

Brotherly Love. Other historians say that Black Friday has ties to Philadelphia. According to Bonnie Taylor-Blake, a neuroscience researcher at the University of North Carolina, in the 1950's stores around Philadelphia promoted big sales the day after Thanksgiving when many people were off from

work. The sales also were held in advance of the Army/Navy football game that traditionally took place in Philadelphia on the Saturday after Thanksgiving. Stores knew that suburban shoppers and football fans would be milling about town during the extended weekend. As a result, traffic cops and other law enforcement personnel had to work 12-hour shifts to corral the extra foot and vehicle traffic around the city. These cops referred to the day as "Black Friday." Despite city officials' best efforts to remove any negative connotations and rename the day Big Friday," the name Black Friday stuck and even spread to other areas of the country.

Black Friday is a phenomenon that marks the unofficial start of the holiday shopping season, though its history might be rooted in more than just buying gifts for loved ones.

## Handy joins Wor-Wic

Wor-Wic Community College recently welcomed Camesha Ann Handy of Parksley, VA., as director of student engagement.

Prior to joining Wor-Wic, she was a student success coach and part-time faculty member at Eastern Shore Community College in Melfa, VA., for the past five years. She has 12 years of experience working in the community college environment. Handy holds a bachelor's degree from the University of Virginia in Charlottesville and a master's degree from Old Dominion University in Norfolk.



**Camesha Ann Handy**



# The Pilgrim role in Thanksgiving traditions

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

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

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

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

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

The people of this era were greatly influenced by spirits, demons, witches, herbal potions, seasonal festivals and folklore. This was all a part of daily life. As the Separatist movement grew certain themes became evident. The government of England began to look on these groups as treasonous and supported their move toward the borderland regions of the kingdom. At the same time the common folk began to blame these groups for everything bad that occurred.

The Pilgrim sect originated in the village of Scrooby in north Nottinghamshire. They formed their own church for the reasons described above, and in doing so were immedi-

ately considered traitors to the government. After two failed attempts to flee the country the group finally reached a safe haven in Amsterdam. The congregation did not get along with other British dissident groups in Holland and finally received permission to move to the manufacturing town of Leyden.

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

for providing the Pilgrims assistance in reaching the new world.

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

sengers signed the famous agreement known as the "Mayflower Compact."

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

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

The Pilgrims had no plants to harvest so they existed on what they could find and hunt. The settlers lived aboard *Mayflower* for most of that first year. The local Indian tribes did little to support these aliens that had appeared on their shores. In fact, it was not until the middle of March 1621 when any contact was made between the two groups.

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

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



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

By 1617 they had obtained approval from the Virginia Company to settle within its jurisdiction and a promise from the government not to molest them in America. The crown turned against them in 1619 for publishing "seditious tracts" and the Pilgrims had all but given up on the project when an investment group led by John Weston placed itself between the Separatists and the crown.

This business venture had its own arrangement for land in Virginia territory and they saw the opportunity to turn a profit with cheap labor in return

to the leaks found in *Speedwell*, it was left in England and some of the passengers transferred themselves and their belongings aboard *Mayflower*, which finally left port on September 16 with 101 passengers aboard.

After nine weeks at sea, completely at the mercy of the North Atlantic storms, land was sighted on November 9, 1620. The land turned out to be Cape Cod. The next day the ship encountered treacherous shoals just off the weather side of the Cape and the captain decided to come about and seek shelter on the lee side of the Cape rather than attempt to find their original destination, which was the mouth of the Hudson River.

The *Mayflower* dropped anchor in what is today Provincetown harbor on November 11. That night all male pas-





## Worcester County Veterans Memorial at Ocean Pines Foundation

**www.OPVETS.com**

### WREATHS ACROSS AMERICA

Please join the Worcester County Veterans Memorial Foundation in its initiative to cover the graves of all veterans at the Eastern Shore Veterans Cemetery at Hurlock Maryland.

Members of the Foundation will be taking part in the placing of wreaths at the cemetery on **Saturday, December 16, at 10 a.m.** There are more than 8,500 gravesites at the cemetery in Hurlock.

Last year only 2,500 graves were covered. Our initiative sponsored over 470 wreaths last year. We are hoping to cover over 500 this year. With your help we can! **Just \$15 sponsors a wreath.**

Fill out the form and mail to:  
Worcester County Veterans Memorial,  
P.O. Box 1576, Ocean Pines, MD 21811.  
*Make checks payable to Wreaths Across America.*

**DEADLINE EXTENDED**  
**ALL ORDERS MUST**  
**BE RECEIVED BY**  
**December 1**

**Volunteers are welcomed to join us at Hurlock**

Wreaths will be placed following a brief ceremony in the chapel at 10 a.m.

**SPONSOR A WREATH - \$15 for each wreath sponsored.**

I would like to sponsor a wreath to be placed at Eastern Shore Veterans Cemetery at Hurlock, MD on December 17, 2016. Please enter my order for:

\_\_\_\_\_ WREATHS @ \$15.00 EA.      TOTAL ENCLOSED \$ \_\_\_\_\_

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**pilgrim**

from page 12

Humiliation and Fasting, and the Day of Thanksgiving.

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

**lights**

from page 3

terly newsletter, and in the Christmas edition of the weekly email-newsletter.

All contest winners are invited to redeem their winnings at the New Year's Eve celebration at Mumford's Landing in Ocean Pines on Sunday, December 31.

The winners will be given a gift bag filled with goodies, including a gift certificate good at The Cove at Mumford's in Ocean Pines and a gift certificate for a Choptank Electric Cooperative bill credit.

Choptank Electric, a Touchstone Energy Cooperative, is a not-for-profit, member-owned, electric distribution co-op located on Maryland's Eastern Shore serving over 53,000 members. Choptank Electric Cooperative exists to provide reliable and cost-effective electricity that improves the quality of life for our member-owners. For more information about Choptank Electric Cooperative, visit our website at [www.choptankelectric.coop](http://www.choptankelectric.coop) or call our Member Service Center at 877-892-0001.

If the community went through a period of trouble and strife a Day Of Humiliation and Fasting could be declared, once again on a weekday. This holy day did not end with a festive repast.

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

According to information provided by Plymouth Plantation, Inc.,

**prmc**

from page 6

for those in our community."

Over the last two years, nearly 700 patients have participated in the program, which targets seniors and minority populations including African-Americans, Hispanics and those living in rural areas. Project Living Well also provides wrap-around services that address and remove barriers to significantly improve the quality of life and care of older adults.

Each of the recognized organizations displays a strong commitment to providing the best care to their patients and implementing quality improvement strategies that align with the Triple Aim: better care, better population health and lower health care costs.

"We commend PRMC and MAC, Inc. for their commitment to helping patients and families improve their health and quality of life," said Donald A. Glozer, MHA, FACHE, President and Chief Executive Officer of HQI. "These organizations are demonstrating innovative approaches to solving our most pressing healthcare challenges."

"The first actual declared Thanksgiving occurred in 1623, after a providential rain shower saved the colony's crops."

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

Many dates are given as the origin of "Thanksgiving." In 1777, the Continental Congress declared a "National Thanksgiving," and other days were so named over the years. In 1863 there were two national days of thanksgiving, one celebrat-

ing the victory at Gettysburg on August 6 and the other national Thanksgiving Day to be celebrated on the last Thursday of November.

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

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

**By Robert Adair**

**weight**

from page 11

ways to avoid holiday weight gain and still enjoy all of the parties, adventures and time spent with friends and family.

Focus on festivity instead of food. When hosting holiday festivities, make the bulk of the celebration about an activity rather than food. If guests are focused on fun, such as a sing-a-long, dancing or tree-trimming, they may be less likely to overeat.

Do not show up starving. Eat a light, healthy snack before participating in any holiday revelry. Hunger pangs may drive one straight to the buffet table.

Survey your options prior to eating. Guests should scope out the food choices and then make the smartest selections possible. Avoid creamy sauces, greasy foods and those that are heavy on cheese. Fill up on vegetables and then you will not feel bad about

splurging on a dessert.

Go sparingly on alcohol. People seldom realize how quickly calories from beverages can add up. A 12-ounce glass of beer has about 150 calories, a five-ounce glass of red wine has about 125 calories and a 1.5-ounce shot of gin, rum, vodka, whiskey, or tequila has about 100 calories, according to the National Institute on Alcohol Abuse and Alcoholism. Furthermore, alcohol lowers inhibitions, so you may

be more likely to overindulge in more spirits or extra food when intoxicated.

You cannot buy back calories with exercise. Putting in a marathon exercise session the next day probably will not undo the

damage done from overeating the night before. Maintain a consistent workout schedule all through the holidays.

Holiday weight gain is not inevitable for those who take control and exercise discipline.



**christmas**

from page 2

annual SantaCon 5K Fun Run on Saturday, December 16 at noon. The family-friendly race benefits Achilles International Maryland Chapter, an organization that works to enable people with all types of disabilities to participate in running events.

The pre-registration fee for the fun run is \$25. Registration may be completed online at [raceentry.com/races/ocean-pines-santa-con-5k-fun-run/2017/register](http://raceentry.com/races/ocean-pines-santa-con-5k-fun-run/2017/register) or at the Ocean Pines Community Center at 235 Ocean Parkway. In-person registration on the day of the event is \$35. The first 100 registered runners are guaranteed an event t-shirt.

All of these events are open to the public. For more information, call the Ocean Pines Recreation and Parks Department at 410-641-7052.

**giving**

from page 3

Chief Executive Officer John Ferretti said. "Or we can go back seven years to when Elizabeth 'Lee Lee' Cauffman had just graduated from Delmar High and got into a terrible accident. Blood transfusions saved her life. Both Emily and Elizabeth have their whole lives ahead of them thanks in part to our mission.

"Our work is a vital cornerstone to public health," Ferretti said. "Your financial contribution will help us fulfill our mission. And in this month of thanksgiving, we cannot forget to thank all of our donors."

Donors can help in a number of ways. They can donate directly to BBD by calling 1-888-8-BLOOD-8 or by going online to Make a Financial Gift. For those not in a position to give money, they can start a fundraising campaign of their own for BBD on Facebook by going to our Facebook page and clicking on Fundraisers.



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