

# The Courier

December 31, 2014 Volume 16 Number 18

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### Commentary

## Unselfish sacrifices for public safety

By **David C. Massey, Ed.D**

Having been in the active law enforcement profession for nearly 40 years, I feel compelled to comment on the current state of law enforcement that I have observed during my career. America's police are some of the most educated, professionally trained and highly regulated police officers in the world. I never cease to wonder at the dedication and selflessness of our sons and daughters who have volunteered for public service in a profession that, at times, is under-appreciated.



David Massey

The loss of two New York City Police Officers to a cowardly assassin should be a time of reflection on the many sacrifices our police officers make to protect the public. In my career, I have witnessed incredible bravery and sacrifice by our police officers to bring to justice criminals who break our laws. It grieves me to see some of our highest elected officials create an atmosphere that fosters distrust of our police. Yes, our profession is not without a very small percentage of personnel who have proved unfit for service.

Yet the solution of some of our elected officials is to paint, with a broad brush, that our police are untrained and insensitive. Indeed, some legislators want to force police to carry around video cameras to monitor behavior. Really? There is no need for video-profiling of police, and I would hope our legislators understand that police are not the enemy, but our sons and daughters who have made many unselfish sacrifices to keep our public safe.

When law enforcement officers die, as recently happened in New York City, the very fabric of society is torn. Many wonderful citizens have spoken to us voicing their support for the police. I would hope that our elected officials are listening.

*David Massey is Chief of Police of the Ocean Pines Police Department.*



**Ugly in a fun way** – Sixth grader **Gavin Connor** show off his “ugly” holiday sweater at Berlin Intermediate School on the last day before winter break.

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### AARP to meet

The next meeting of AARP is January 5 and will be held at the Ocean Pines Community Center. Social time begins at 9:30 a.m.; the meeting begins at 10 a.m. This month's guest speaker will be Roberta Baldwin of the Worcester County Department of Social Services who will discuss Maryland Access Point for senior citizens.

### Church breakfast set

On Wednesday, January 7 between 7 a.m. and noon the Grace Parker All You Can Eat Breakfast will be held at First Presbyterian Church located at 13th St. and Philadelphia Ave. Breakfast includes eggs any style, pancakes, buckwheat pancakes, Milton sausage, country ham, homemade biscuits, hash brown potatoes, grits, coffee and tea. The cost is \$8 and \$6 for carry out. For more information call 410-289-9340.

### Ceremony set for YC flag raising

On Saturday, January 10, at 11 a.m., a flag raising ceremony will be held at the Ocean Pines Yacht Club. The first flag to be raised will be the official ceremonial flag from the Worcester County Veterans Memorial at Ocean Pines. This flag was first flown over the American Ceremony at Normandy, and was the first flag raised at the Veterans Memorial in Ocean Pines. It is only fitting that this flag will also be the first flag to be flown at the new Ocean Pines Yacht Club. Eventually the Normandy ceremonial flag will be on permanent display at the Yacht Club.

A brief ceremony will be held at 11 a.m., and will feature two local survivors of the Normandy Beach landings, Elmer Muth and John Sauer. They will have the honor of raising the first flag. An Honor Guard will be in attendance, and all are invited to join the join us as we pay special tribute to these two WWII survivors.

Light refreshments will follow the ceremony in the Ocean Pines Yacht Club.

For more information call Sharyn O'Hare at 410-603-4777 or Marie Gilmore at 410-726-2881.



**Things are changing** — Not only is the calendar changing, so is the trash and recycle company that will handle Ocean Pines. Ocean Pines resident **Dan Collins** sent in this picture of the Waste Management recycling containers lined up along his street probably for the last time.

## Carozza appointed to Appropriations Committee

District 38C Del.-Elect Mary Beth Carozza (R-Worcester and Wicomico) was appointed to the Appropriations Committee in the Maryland House of Delegates by Speaker of the House Michael Busch (D-Anne Arundel). The appointment was made with the full support of House Minority Leader Nic Kipke (R-Anne Arundel).



Mary Beth Carozza

Carozza will be one of 12 freshman delegates on the 26 member Appropriations committee, which will be involved in crafting the state's annual budget and in state spending decisions across the board. The Appropriations Committee, like all House Committees for the upcoming session, was balanced to reflect the demographic, geographic and party makeup of the House of Delegates.

Carozza's appointment to the Appropriations Committee also is of huge importance to the Eastern Shore given the departures of incumbent Appropriations Committee Chairman Norm Conway (D-Wicomico) and Del. Addie Eckardt (R-Caroline, Dorchester, Talbot and Wicomico) with her election to the State Senate. Following the appointment of

Carozza to the Appropriations Committee, Kipke said, "I encouraged Speaker Busch to appoint Del.-Elect Mary Beth Carozza to the House Appropriations Committee, and I am delighted that Mary Beth will serve there. She is in a key position to work on the priorities of the Shore while being a responsible steward of Maryland taxpayer dollars as we meet the challenge of closing the State's \$1.2 billion deficit."

After receiving news of her appointment, Carozza said, "I am excited and looking forward to the challenge of serving our Shore community on the House Appropriations Committee. I am committed to putting Maryland's fiscal house in order while supporting our Shore priorities by focusing on cost-effective, efficient and outcome-based results."

Carozza also is committed to working with her colleagues on both sides of the aisle and the Hogan-Rutherford Administration in closing the state's \$1.2 billion deficit.

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# The Courier

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## 2012 Business of the Year

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The drive-in movie theater was the brainchild of Richard Hollingshead, Jr., an auto products sales manager at his father's Whiz Auto Products store. Hollingshead wanted to combine his passion for automobiles with his love of films. After testing different parking configurations and imitating weather conditions in his own driveway to simulate the drive-in movie experience, Hollingshead filed for a patent for the drive-in theater. He received the patent on May 16, 1933. The first drive-in was opened on June 6, 1933, in Camden, N.J. The price of admission was \$.25 for the car and each person inside. Drive-in theaters peaked in popularity in the 1950s, when there were roughly 5,000 drive-ins operating across the United States and Canada. According to Drive-Ins.com, currently there are about 365 drive-ins remaining in the United States and 55 in Canada.

## Youth basketball leagues forming

The Ocean Pines Recreation Department announces it will host the Hoopsters Basketball league for winter 2015. League/teams will be broken up by ages. The following are the age breaks: 7-8 years old; 9-11 years old; and, 12-14 years of age. Participation fee for both the practice and games is \$45 for Ocean Pines residents and \$55 for non-residents.

Boys and girls of all skill levels and experience can participate in this opportunity to learn the basics of the game and then compete against their peers in weekly games. Instructional skills sessions begin January 10. Games will begin January 24.

This session is extremely hands on; coaches and parent volunteers will be critical. Coaches will be required to be fingerprinted by the Ocean Pines Police Department at no cost to the coach.

It is suggested that children dress in comfortable clothes or layers. Tennis shoes are required on the gymnasium floor.

For more information or to register, call the Ocean Pines Recreation & Parks Department at 410-641-7052.

## Stop smoking classes offered

The Worcester County Health Department is committed to helping smokers establish new behavior patterns that lead to a tobacco free lifestyle. Smoking cessation aids (CHANTIX, gum, patch, lozenges) are available through a voucher program.

Join one of the FREE smoking cessation group classes that are available throughout Worcester County starting in January. Classes will be held at the following locations:

-Berlin Health Center, 9730 Healthway Drive, Tuesdays from 5-6 pm, January 6-March 24.

-Pocomoke Health Center, 400 A Walnut Street, Thursdays from 5-6 pm, January 8-March 26.

A "Motivation to Quit" class will be held on January 6 from 5-6 pm at the Berlin Health Center and on January 8 from 5-6 pm at the Pocomoke Health Center. Interested parties can register at these sessions or by calling the Worcester County Health Department

please see **classes** on page 11



**Lower Shore graduates** — Lower Shore law enforcement officers who graduated in the 73rd entrance-level class of the Eastern Shore Criminal Justice Academy operated by Wor-Wic Community College in Salisbury are shown in the front row, from left, **Paul T. Bissman** of the Salisbury Police Department, and **Jacob R. Judd** and **Christopher A. Parr** of the Wicomico County Sheriff's Department. In the back, from left, are **Nicolas C. Aungst** of the Delmar Police Department, **Heather L. Shellenberger** of the Fruitland Police Department, **Hannah E. Mills** and **Michael W. Newcomb** of the Ocean City Police Department, and **Charles D. Tyler** of the Somerset County Sheriff's Department.

## Volleyball programs offered

Spike Express Youth Volleyball is back for another session this winter. This Youth Volleyball program will be held every Tuesday, January 6 through March 24 for participants ages 9 -14. Players will work on volleyball skills each week from 5:30 to 6:30 p.m. Time will be allotted during each session to allow for teaching, practice and game play. Beginners and all skill levels are welcomed. The cost for this twelve week program is \$25 per person (\$20 for each additional child). The registration deadline is Friday, January 2. An additional \$5 will be applied after the registration deadline.

The Men's 6 on 6 Volleyball League is designed for the player who wants to experience hard-hitting action and skilled competition. The league will meet on Tuesdays, January 6 through March 24, 2015 from 7 - 9 p.m. and is open to participants ages 14 and older.

The cost for this exciting volleyball league is \$210 per team, all payments must be received prior to participation. The registration deadline is Friday, January 2.

Team representatives are required to attend the pre-season meeting and agree to act as a liaison between the Recreation Department and their players. Divisions and schedules will be determined based on the number of registered teams (4 team minimum is required). A \$25.00 deposit is due at the team meeting Friday, January 2 at 6 p.m. at the Recreation Center in Snow Hill.

For more information on the volleyball programs, contact Chris Roberts at 410-632-2144 ext. 106 or croberts@co.worcester.md.us.

*The Courier* welcomes letters for publication. Preference is given to letters addressing community and county topics and have not appeared in another publication. Letters must be signed and include a phone number where the author can be reached to verify authenticity. Letters are not corrected for spelling or grammar and can be no more than 300 words. E-mail letters to:  
**thecourier@delmarvacourier.com**

# The joys of a rainy day

Tippy tap. Tippy tap. Tippy tap.

There's just something about a rainy day that is very attractive especially if you have no plans and don't have to go out. Rainy days can

rainy miserable days.

Another by-product is the importance of food. What to eat, especially for dinner, is a very important consideration on days like these. By their very nature, rainy days are much more laid back so taking the time to prepare a nice meal, enjoying the process of preparation while drinking a glass of wine (or two or three) is a natural



## It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

really set a mood for laziness, kicking back and not getting dressed until later in the day. Days like these provide an opportunity to read a good book while curled up in a comfortable chair or for watching favorite old movies.

Waking up on a Saturday morning, hearing the rain hit the leaves outside and listening to the rhythmic beat as the drops beat against the window pane lull me into a rather comfortable, cozy frame of mind.

At times like these I have lain awake in my gray lit room, under the covers just absorbing nature's performance. It's a soothing experience akin to listening to waves crashing upon the shore. I could stay this way for hours. Of course I can't spend the entire day in bed, snug as a bug in a rug. Prolonged attention to the sounds of falling rain stimulates a need to answer nature's call.

Eventually I roll out of bed, slip into my comfortable slippers and slide into my robe. Then I amble into the kitchen to make myself a cup of tea. I'm in no hurry for the tea water to churn to a boil as evidenced by the fact that I take time to scan the junk mail on the counter.

There are several movies I enjoy watching when the weather outside is gray, damp and wet. For me nothing says bad weather favorites like "The Godfather," "The Godfather Part II," "Mr. Blandings Builds his Dream House," "Patton" and "Citizen Kane." "Tora, Tora, Tora!" and "Waking Ned Devine" also make the list. Usually I'm good for the first 15 to 20 minutes before I fall asleep in the recliner, waking up just before the climactic final scene. It's been my experience that napping is a frequent by-product of

fit. Truthfully in my house it's my wife who does the meal prepping and me who does the drinking. It's a division of labor that works for us. There are certain meals that fit hand in glove with a rainy day. My all-time favorite meal is my wife's pot roast. I guess it's my comfort, feel good all over, food. Who doesn't like to feel all warm inside by sopping up the remnant gravy with a buttered oven roll when it's so nasty outside?

Once dinner is over it's time to pop in another movie, settle into the recliner and slide comfortably into a light slumber as the wet darkness outside grows even darker.

I've heard some people say they've occupied their time on a rainy day by doing odd, often pushed off as long as possible jobs around the house. Jobs such as cleaning the stove top, taking down and washing the curtains or cleaning the chandelier fall into this category. Obviously these people don't enjoy watching "The Godfather" for the umpteenth time. Occasionally I've attempted to tackle an odd job around the house. The problem I've found is that there are so many odd jobs stacked up on the "to do" list that I don't know where to begin. To avoid wasting a perfectly good, dreary, very wet day, I set aside the list and gaze out the window watching the rain come down and the tree limbs sway. On days like these such lazy idleness is more fulfilling than crossing something off the "to do" list. At least that's what I've convinced myself and have almost convinced my wife.

Now if you'll excuse me, Michael is about to tell Fredo he knows that it's him.

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# There's a lot that goes into naming a baby

By **Dolores E. Pike**

Three baby girls were born toward the end of this year, each to a couple in the greater United States: residents of Massachusetts, Montana and Ohio. Well, you say, "So what?" For those who find numbers intriguing and sequences fascinating, these babies were born at 10:11 a.m. on 12-13-14. This represents the last sequential calendar date for at least 20 years and will not occur until January 2, 2034. (Even more interesting is that one baby's birth weight was 7.84 pounds, which almost moved into place with the other numbers. A fraction of an ounce more and she would have weighed 7.89 pounds.)

And what is the birth of a baby without all the thought beforehand

that goes into the decision of the most suitable name for that offspring? After all according to the Social Security Administration a boy born now will live until age 84 and a girl until age 86 while one out of those 10 will live past 95 so the name will be around for quite awhile. Naming a child presents a momentous decision for young parents. Some agonize on this until the moment of birth while others spend very little time. Society's newest members do not need preposterous names nor ones that are unpronounceable and a spelling nightmare, yet many parents want a name that will stand out in the crowd.

Laws regulating the choice of both first names and surnames are common around the world. Most countries ban names spelled in foreign alphabets as well as restrict the use of foreign diacritical marks. And many countries publish banned and approved name lists. Governments argue that all rules are meant to protect children from being saddled with names that may cause problems in later life and to block names that might cause offense to others. In comparison to other countries, America has the most tolerant naming laws: what can be spelled with standard letters (however eccentrically) is allowed.

Celebrities like to push this advantage. In the high-lighted past there was Frank Zappa who named his child Moon Unit and Gwyneth Paltrow who named her daughter Apple. More recently rapper Jay-Z and his wife Beyonce named their daughter Blue Ivy. He tried to trademark the baby's name for future use but the U.S. Patent Office turned down his petition.



But everyday Americans look for the unusual or outrageous too. For instance there is the couple in New Jersey who had named their boy Adolph Hitler and was reported to Social Services. (It is the state governments that impose restrictions and officials will step in when they consider a child "vulnerable.") According to Social Security records for girls in 2009, 328 of them across the nation were named ABCDE.

Special names will always be heard along with the more familiar ones like John and Mary. Back in 1954 a baby girl was named Condoleezza because it was similar to "musical direction meaning to play with sweetness." And in the early 1960s a boy, now Chief White House Correspondent with CBS News was named Major Garret. It is his proper name and does not indicate

any military rank.

The trend for the last few years has been toward using surnames as first names for either girls or boys and so we have Madison and Hunter. But according to Social Security records for 2013 the most popular names for boys, in descending order were, Noah, Liam, Jacob, Mason and William. And for girls it was Sophia, Emma, Olivia, Isabella and Ava.

As for the names of the 10:11 12/13/14 girls they are: Clare Elizabeth (Uxbridge, Massachusetts, which has a state law limiting any name to 40 characters), Hazel Grace (Cleveland, Ohio) and Quincy (Billings, Montana).

But then it was William Shakespeare through a character named Juliet many years ago who first asked that big question, "What's in a name?"

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*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.*



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## Lifestyle Balance returns

The Lifestyle Balance Program, a year-long, healthy eating, physical activity and weight loss initiative, returns to the shore this January with group sessions offered in both Snow Hill and Berlin. The program has been proven effective in reducing the risk for type 2 diabetes and other chronic diseases, assisting in weight loss and maintaining a healthy bodyweight while also decreasing the risk for heart disease and stroke.

The first session with certified lifestyle coaches will be offered in Snow Hill beginning January 5. It will be sponsored by the Worcester County Health Department (WCHD) and Snow Hill Volunteer Fire Department. A session will also be offered in Berlin beginning January 14 and will be sponsored by WCHD.

Lifestyle Balance helps participants improve their food choices and increase their activity levels. Those diagnosed with pre-diabetes or with a family history of gestational diabetes can especially benefit from Lifestyle Balances; potentially losing 5- to 7-percent of bodyweight and cutting the risk for type 2 diabetes in half.

Since beginning the program in 2009, participants working with WCHD have lost a combined total of over 3,000 pounds and improved aspects of their health such as blood pressure and cholesterol levels. Some recent participants have stated that they "truly believe [Lifestyle Balances] helped save" their lives.

The Lifestyle Balances Program is taught by CDC National Diabetes Program Prevention trained instructors including a certified exercise specialist, registered dietitian and a health educator. The first group session will be held at the Snow Hill Volunteer Fire Department, 4718 Snow Hill Road, Snow Hill, starting Monday, January 5. The program will meet Mondays from 6 to 7 p.m. for 16 weeks. After that period, sessions will meet once per month for the following six months.

The Berlin sessions will be held at St. Paul's United Methodist Church, 405 Flower Street, Berlin, starting Wednesday, January 14, 2015. It will meet Wednesdays from 5 to 6:30 p.m.

*please see **balance** on page 15*



**Recognition** - The Atlantic Coast Chapter of the Maryland Saltwater Sportfishing Association held its 2014 Annual Holiday Party at the Lion's Club in West Ocean City. During the celebration several awards were given out. Above: President **Ron Smith** awards **Gavin Connors** the 2014 Youth Angler of the Year Award. Gavin received a new fishing rod and reel for his accomplishments along with a certificate.

## Ocean Pines Chamber of Commerce

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**Dec 11 - Business After Hours**  
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### T-shirts for good cause

Members of the Stephen Decatur High School Connections Club collected over 500 T-shirts and donated them to the Ocean City Pillowcase Dress Makers, who turned them into dresses and shorts for children of five different third world countries. The Pillowcase Dress Makers will host demonstrations on January 17 from 1 to 3 p.m. at the Ocean City library.

*Pictured: Back row, Barbara Entwistle, Shane Cioccio. Middle row: Trent Chetelat, Brooks Holloway, Brennan Holloway, Tyler Keiser. Front row: Zainab Mirza, Aurelyn Arevalo.*

### County in solid financial standing

Worcester County Treasurer's Office officials recently completed the County's Comprehensive Annual Financial Report (CAFR) for fiscal year 2014. This format, which adheres to the guidelines recommended by the Government Finance Officers Association, provides full accountability to Worcester County citizens and others with an interest in government finances. The CAFR outlines County finances and reflects a long-established history of prudent fiscal management practices.

Chris Hall of TGM Group, LLC, Certified Public Accountants met with the Commissioners on December 16, to review Worcester County Government's annual financial report for the year ending June 30, 2014. He advised that the findings of TGM's Independent Audit Report reveal that Worcester County's financial statements are both complete and accurate due to the exercising of tight internal controls, assuring that this required information remains compliant with generally accepted accounting principles.

Worcester County Government remains compliant with the internal policy requiring that a reserve fund be maintained at a level equal to 10% of budgeted annual General Fund expenditures.

For more information about the CAFR, contact Finance Officer Phil

Thompson or Assistant Finance Officer or Jennifer Swanton at (410) 632-0686.


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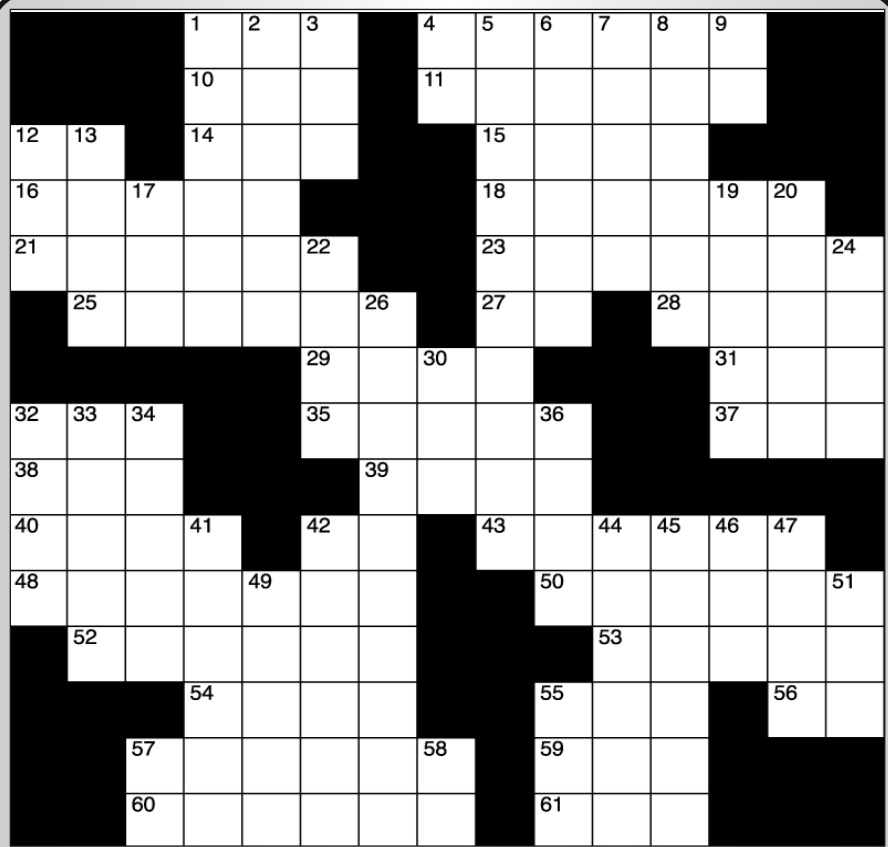
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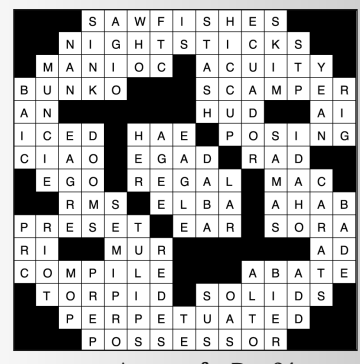
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- ACROSS**
- 1. Humbug
  - 4. Meaningless talk
  - 10. Conceit
  - 11. Not studied
  - 12. Megabyte
  - 14. When born (abbr.)
  - 15. Placed on a golf ball stand
  - 16. Melekeok is the capital
  - 18. Mischievous
  - 21. Mason's mortars
  - 23. Spain's former monetary unit
  - 25. Small fries
  - 27. Article
  - 28. Capital of Yemen
  - 29. Type of Theater companies
  - 31. Plastic, paper or shopping
  - 32. Electronic countermeasures
  - 35. Language along the lower Yenisei River
  - 37. Institute legal proceedings against
  - 38. Beam
  - 39. Old World buffalo
  - 40. Latch onto
  - 42. Physical therapy
  - 43. Conditions of balance
  - 48. Half pro
  - 50. Resounded
  - 52. Sales event
  - 53. Separates seating areas
  - 54. N.M. Pueblo people
  - 55. Bridge building degree
  - 56. Fullback
  - 57. Peyote
  - 59. Afflict
  - 60. Rests on one's knees
  - 61. Having negative qualities
- DOWN**
- 1. Besmear
  - 2. Genus dasyprocta
  - 3. A male ferret
  - 4. Unit of volume (abbr.)
  - 5. Italian hors d'Œuvres
  - 6. N.W. German city & port
  - 7. Signal sounds
  - 8. Adult fe-
  - 9. - \_\_, denotes past
  - 12. Gas usage measurement
  - 13. Fishhook point
  - 17. Mauna \_\_, Hawaiian volcano
  - 19. In a way, thrusts
  - 20. Grimm brothers birthplace
  - 22. Withered; dry
  - 24. Genus salvia
  - 26. About senator
  - 30. Livestock enclosure
  - 32. Work units
  - 33. Hebrew name meaning
  - 34. A tumor composed of muscle tissue
  - 36. Satisfy to excess
  - 41. Third mast
  - 42. A horse's strut
  - 44. Tree producing gum (Arabic)
  - 45. Armour carried on the arm
  - 46. Winged goddess of the dawn
  - 47. Ego
  - 49. Hesitancy
  - 51. Young woman of society
  - 55. Founder of Babism
  - 57. Mark (abbr.)
  - 58. Jeans maker's initials



Answers for Dec 24

# County Connection

If you are looking to stay fit, boost energy and maintain or improve your overall health over the winter months, Worcester County Recreation & Parks (WCRP) staff invites you to take part in the many activities starting the first week of January at the Worcester County Recreation Center (WCRC) in Snow Hill. WCRP offers a variety of classes that caters to those of all fitness

and mobility,” Program Manager Lea Cataggio said. “The goals of this program are to improve both static and dynamic postural stability, mindful control of body positioning in space, functional walking activities, movement symmetry and coordination, and to increase range of motion around the ankle joints and build lower-extremity strength.”

## Look toward a health lifestyle in 2015

Stroller Fitness will be offered Thursdays from 10:00 - 11:00 a.m. This class is for parents or expectant parents and their stroller-age child. The class will include

levels, from novice through the experienced fitness enthusiast.

Early Bird Morning Fitness Class takes place Mondays, Wednesday & Fridays from 9:00 - 9:40 a.m. for participants 45 years of age and older. This class includes warm-up, cardio activity, strength training, dynamic stretching, and balance activities for older adults.

Tai Chi will return for a second session after a very successful introductory fall season. The winter session runs Mondays & Wednesday from 10:00- 11:00 a.m. Tai Chi is an evidence-based fall prevention program and is open to those ages 45 and older.

“We have an older population in our community, and it will only benefit them by gaining, strength, balance, and confidence with fall prevention

warm-up, power walking, stretching, and toning.

Total Body Bootcamp will be added to our winter fitness line-up. This class is open to those ages 18 and older and takes place Tuesday and Friday evenings from 5:45 - 6:45 p.m. This total body, high-intensity style program, utilizes free weights, resistance, and body weight exercises, to help you attain and maintain your physique in ways that are fun, safe, and extremely effective.

“Combining cardiovascular exercises, muscle conditioning moves, and a host of athletic drills, our Bootcamp experience will leave you strangely wanting more,” Program Manager Myro Small said.

*please see health on page 11*

| <h2 style="margin: 0;">Tide and Sun Chart</h2>                              |                        |                          |           |           |
|---|------------------------|--------------------------|-----------|-----------|
| * tide is for Ocean City Fishing Pier. Add two hours for Isle of Wight tide |                        |                          |           |           |
| DATE  | HIGH TIDE              | LOW TIDE                 | SUNRISE   | SUNSET    |
| Thur., January 1  | 4:16 a.m.<br>4:28 p.m. | 10:44 a.m.<br>10:39 p.m. | 7:17 a.m. | 4:51 p.m. |
| Fri., January 2   | 5:08 a.m.<br>5:19 p.m. | 11:39 a.m.<br>11:29 p.m. | 7:17 a.m. | 4:51 p.m. |
| Sat., January 3   | 5:55 a.m.<br>6:05 p.m. | 12:26 a.m.               | 7:18 a.m. | 4:52 p.m. |
| Sun., January 4   | 6:39 a.m.<br>6:50 p.m. | 12:15 a.m.<br>1:09 p.m.  | 7:18 a.m. | 4:53 p.m. |
| Mon., January 5   | 7:21 a.m.<br>7:33 p.m. | 12:58 a.m.<br>1:48 p.m.  | 7:18 a.m. | 4:54 p.m. |
| Tues., January 6  | 8:02 a.m.<br>8:15 p.m. | 1:39 a.m.<br>2:26 p.m.   | 7:18 a.m. | 4:55 p.m. |
| Wed., January 7   | 8:42 a.m.<br>8:57 p.m. | 2:20 a.m.<br>3:04 p.m.   | 7:18 a.m. | 4:56 p.m. |



## SDHS National Honor Society gives back

Members of the Stephen Decatur High School National Honor Society raised money throughout the fall to support two local non-profit organizations, Believe in Tomorrow and Worcester G.O.L.D.

Above: Members of the Stephen Decatur High School National Honor Society holiday committee adopted a Worcester G.O.L.D. family to support throughout the holidays. Back row, **Delaney Iacona**, President **Jake Gaddis**, **Matthew Scott**, **Mallory Rolleston**, **Chelsea McLane**. Bottom row, **Brooke Davis**, **Kaylen Johnson**, **Conor May**, **Gabrielle Evans**, **Jennah Lupiwok**.

### health

from page 10

Fitness class costs are \$35 per person, per class. Classes start the week of January 5, 2015 and run for 12 weeks.

Those not looking for an organized fitness class are invited to walk, jog or personalize their own fitness routines at the WCRP. Include an early morning jog, use the shower facilities, plan a lunch time walk or take a stress free run after work. The track is open to everyone during the hours of operation.

Make WCRP part of your healthy lifestyle for 2015. Learn more about our winter fitness classes by calling 410-632-2144 or visit us on the web at [www.WorcesterRecandParks.org](http://www.WorcesterRecandParks.org). You can also join our online mailing list to receive email notifications about our programs, and don't forget to like us on Facebook.

### classes

from page 4

ment at 410-632-0056.

Professionally trained instructors can help participants create a supportive environment to break the smoking addiction. Each individual will learn how to develop a customized plan for quitting. The smoking cessation course consists of seven sessions covering topics such as stress management, weight control, assertive communication, how to develop a quit plan, relapse prevention and physical activity.

Vouchers are available if a participant would like to add nicotine replacement therapy to their behavior change efforts. Nicotine replacement therapies covered by the voucher program include the patch, gum and lozenge. Vouchers are also available to help offset the cost of CHANTIX for individuals meeting specific program requirements.

Instructors will teach a step-by-step method for changing behavior and quitting smoking. A registered dietitian will teach participants how to reduce weight gain when quitting smoking. The group approach uses positive thinking, alternative behaviors and group support to help participants stop smoking.

As part of the course, the participants will learn how to identify triggers for relapse and how to develop a plan to prevent it. The course will teach you how to quit smoking and how to stay quit.

# 'Auld Lang Syne' is a New Year's tradition

New Year's Eve festivities peak when the official countdown of the clock begins. After the ball drops and midnight has arrived, revelers cheer to the new year and exchange kisses and well wishes.

Once such wishes have been exchanged, many people begin to sing "Auld Lang Syne." But few know what "Auld Lang Syne" means or why it is sung on New Year's Eve. Confusion regarding this song is almost as notable as the tradition of singing it. Many people mumble through the lyrics because they never bothered to learn them.

"Auld Lang Syne" is a Scottish composition that is well over 200 years old. Written by Robert Burns in the 1700s, the author never intended for the song to become a staple of the holiday season. It was originally a poem that was later put to the tune of a traditional folk song. The title translates roughly in English as "old long since," or "long, long ago." The song pays homage to times gone by and past experiences.

The song has been performed at group jamborees, funerals and other special occasions all over the world, but it is best known for its affiliation with New Year's festivities. The man behind that affiliation may be Canadian musician Guy Lombardo, whose band used "Auld Lang Syne," as a bridge between two radio programs during a live New Year's Eve performance in 1929. Coincidentally, the song was played directly after the clock struck midnight, laying the groundwork for a New Year's Eve tradition. Now "Auld Lang Syne" has forever been tied to well-intentioned resolutions and sappy slaps on the back. Despite selling millions of records, Lombardo became more famous for his New Year's Eve song than anything else.

Confusion over "Auld Lang Syne" remains to this day. It has been the butt of jokes in popular culture, even

earning a nod in the movie "When Harry Met Sally." Harry laments to Sally that he never quite understood what the song meant and ponders whether it is about forgetting about friends or remembering them. Sally

sums it up by saying the song is simply about old friends.

That is the interpretation many New Year's Eve celebrants embrace as they toast to the new year and sing their hearts out. For those who never bothered to learn or have forgotten the words to this staple of New Year's celebrations, here is the

popularized English translation sung most often.

## "Auld Lang Syne"

Should old acquaintances be forgotten,  
and never brought to mind?  
Should old acquaintances be forgotten,  
and days of old lang syne.

### Chorus:

For auld lang syne, my dear  
For auld lang syne,  
We will take a cup of kindness yet  
For auld lang syne.

We two have run about the hillsides  
and pulled the daisies fine,  
But we have wandered many a weary  
foot for times gone by.

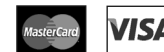
We two have paddled (waded) in the  
stream from noon until dinner time,  
But seas between us broad have  
roared since auld lang syne.

And there is a hand, my trusty friend,  
And give us a hand of yours,  
And we will take a goodwill drink  
For auld lang syne.

And surely you will pay for your pint,  
and surely I will pay for mine!  
And we will take a cup of kindness yet  
for auld lang syne.



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# The origin of Baby New Year

People from around the world celebrate to mark the arrival of the new year. One New Year tradition that has survived through the centuries is that of Baby New Year and its image of a toddler wearing only a diaper, sash and top hat.

Baby New Year can be traced to 600 B.C. in Greece and Egypt. Historians note that Greeks believed Dionysus, their God of fertility and wine, was reborn every New Year as a spirit of fertility and luck. Greeks would celebrate with parades featuring a baby in a cradle to represent the birth of Dionysus.

Ancient Egyptians used a baby as a symbol to represent rebirth as well. The child symbolized the birth of the new year and the passing of the old one.

Over the years, the tradition of Baby New Year has taken on

another meaning as well. Some people believe the baby begins as an infant in January and then quickly ages until he is elderly at the end of December. Some stories even suggest Baby

stood behind the imagery of a baby representing rebirth. The Christian Church allowed members to celebrate the new year with a baby, and it was believed the practice symbolized the birth and hope offered by baby Jesus.

Baby New Year symbolism has even been used for marketing purposes. Retailers realized the cherubic image would attract consumers, which is why it is now used to promote New Year's sales.

But Baby New Year is more than just a successful marketing tool. Each year, many cities and villages name their own Baby New Year, which is the first child born on January 1. Some attempts to name a Baby New Year for an entire country have been made, but there have been no official pronouncements, as so many children have been born around midnight on New Year's Eve that it has been too close to call which baby arrived first.



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# Community Calendar

When submitting items for the calendar please include the event name, date, where held, time and a little about the event. Items being considered for the calendar need to be in by noon on Friday. E-mail to [thecourier@delmarvacourier.com](mailto:thecourier@delmarvacourier.com)

## Mondays

### **Ocean Pines Poker Club**

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

Open every Monday through October: **Historic St. Martin's Church Museum.** 1-4 pm. 11413 Worcester Highway, Showell, MD. For more information, call 410-251-2849

### **Sweet Adelines**

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

## Mon. & Tues.

### **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

## Mon., Wed. & Sat.

### **Church Thrift Shop**

OC Baptist Church's Thrift Shop by Seaside Christian Academy behind White Marlin Mall open 10 a.m.-2 p.m. Mon. & Wed., 9 a.m. to 3 p.m. Sat. Call 410-251-6971.

## Tuesdays

### **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.

**Take off Pounds Sensibly Meeting.** Berlin group No. 331, Worcester County Health Center 9730 Healthway Dr., Berlin, 5:30-7:00 p.m. TOPS is a support and educational group promoting weight loss and healthy lifestyle. It meets weekly on Tuesdays. Info: [jean-duck47@gmail.com](mailto:jean-duck47@gmail.com)

## Tuesdays and Thursdays

**Poker players** wanted for Gentlemen's Poker in North Gate area Ocean Pines. Game played

every Tuesday & Thursday evening 5:45 p.m. to 11:45 p.m. on Pinehurst Rd. Ocean Pines. Call 410-208-0063 for more information.

## Wednesdays

### **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@delmarvahanddancing.com](mailto:info@delmarvahanddancing.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](mailto: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.

## Wed., Thurs. & Fri.

### **Church Thrift Shop**

Stevenson United Methodist Church in Berlin is open Wed. - Fri. 10 a.m. - 2 p.m. Sale Fridays. Call 410-641-1137.

## Wed., Thurs., Fri. & Sat.

### **Church Thrift Shop**

The Shepherd's Nook at Community Church at Ocean Pines is

open 9 a.m. to 1 p.m. Call 410-641-5433.

### **Diakonia Thrift Shop**

'Used to be Mine' offers clothing, furniture, household items and more. Proceeds benefit Diakonia shelter and pantry. Located at Rte. 611 and Sunset Ave. Open 10 - 4. Call 410-213-0243.

## Thursdays

### **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.

## Fridays

### **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.

## Sundays

Sunday Night Serenity **Al-Anon Family Group** at The Woodlands/Independent Living Apt. Bldg. 1135 Ocean Parkway-Ocean Pines, Md. 21811

## Third Sunday

### **Sharing Sunday**

Bring non-perishable groceries and paper goods to the Ocean Pines southside fire hall 1 -3 p.m. to benefit local food banks.

## Third Monday

### **Democratic Women**

The Democratic Women meet 9:30 a.m. for coffee followed by a meeting at 10 a.m. at the Ocean Pines Community Center. Guests and new members are welcome.

## Third Tuesday

### **Widows & Widowers Social Club.**

Group meets in Ocean Pines at 1 p.m. for luncheon meeting. Call 410-208-1398.

## Third Wednesday

### **Survivors of Suicide Meeting**

Starts at 6 p.m. at the Worcester County Health Department. 9730 Healthway Drive, Berlin. Open to anyone who has lost a friend or loved one to suicide. Quiet listening, caring people, no judgment. For more information, call 410-629-0164 or visit [www.choosetoliveMaryland.org](http://www.choosetoliveMaryland.org).

## Fourth Wednesday

### **Marine Corps League**

First State Detachment Marine Corps League raises funds for a variety of charities and meets at 7 p.m. in VFW Post 8296, 66th St. Ocean City. Open to all fellow Marines and FMF Corpsmen. Visit [www.firststatemarines.org](http://www.firststatemarines.org).





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### Student honored by American Legion

Volunteerism and organizing charity drives are familiar grounds for Stephen Decatur High School senior Katie Bear, but Ms. Bear received a special surprise distinction on December 17: American Legion Junior Auxiliary Member of the Year for the state of Maryland.

In addition to organizing the Veterans Day Project at Stephen Decatur High School for American Legion Unit 166, Ms. Bear assists with the "Metals for Miracles" campaign, collects coupons for military families, and helps with several American Legion Unit 166 functions.

Ms. Bear is a member of the National Honor Society, Connections, and the Leo Club. Bear's future plans include attending a four year university and majoring in Speech and Language Pathology and Early Childhood Development.

Pictured: Assistant Principal **Kathy Cater**, **John Bear**, **Dawn Bear**, **Katie Bear**, Department of Maryland American Legion Junior Activities Chairman **Starr Purnell**, American Legion Unit 166 Activities Chair **Rosie Garlitz**, American Legion Unit 166 Auxiliary 1st Vice President **Tina Preziotti**, and American Legion Unit 166 Americanism Chairman **Ellen Salafia**.

**balance**  
from page 8

for 16 weeks. After that period, sessions will meet once per month for the following six months.

All sessions will include an education component as well as physical activity. Participants in Lifestyle Balance will receive their own personal lifestyle change coach to assist with goal setting, progress and overcoming barriers. Additional incentives like step counters, resistance bands, cook books and more will also be provided.

To learn more about the Lifestyle Balance Program or to determine if you qualify please call 410-632-0056.



**And the winners are -** The Ocean Pines Anglers Club announced the 2014 fishing contest winners at their final meeting of the year. Winners were presented a cash prize and certificate. Shown in the photo are L to R: **Eric Bruder**, 20" Large Mouth Bass; **Larry Eberly**, 27 1/4" Flounder; **John Jewer**, 19" Bluefish [tie]; **Bill Bundy**, 15" Fresh Water Trout, 19" Bluefish [tie]; **Kevin Welkner**, 19" Tautog, 19 1/4" Weakfish.

### Dodgeball offered

The Ocean Pines Recreation Department announces annual adult dodgeball team signup.

Dodgeball will be back in full swing from January 8 at 7 p.m. The season will end on March 5. Each team must be made up of males and females (at least 2 team members must be female). The fee is \$300 per team.

For more information or to register, call the Ocean Pines Recreation & Parks Department at 410-641-7052.

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

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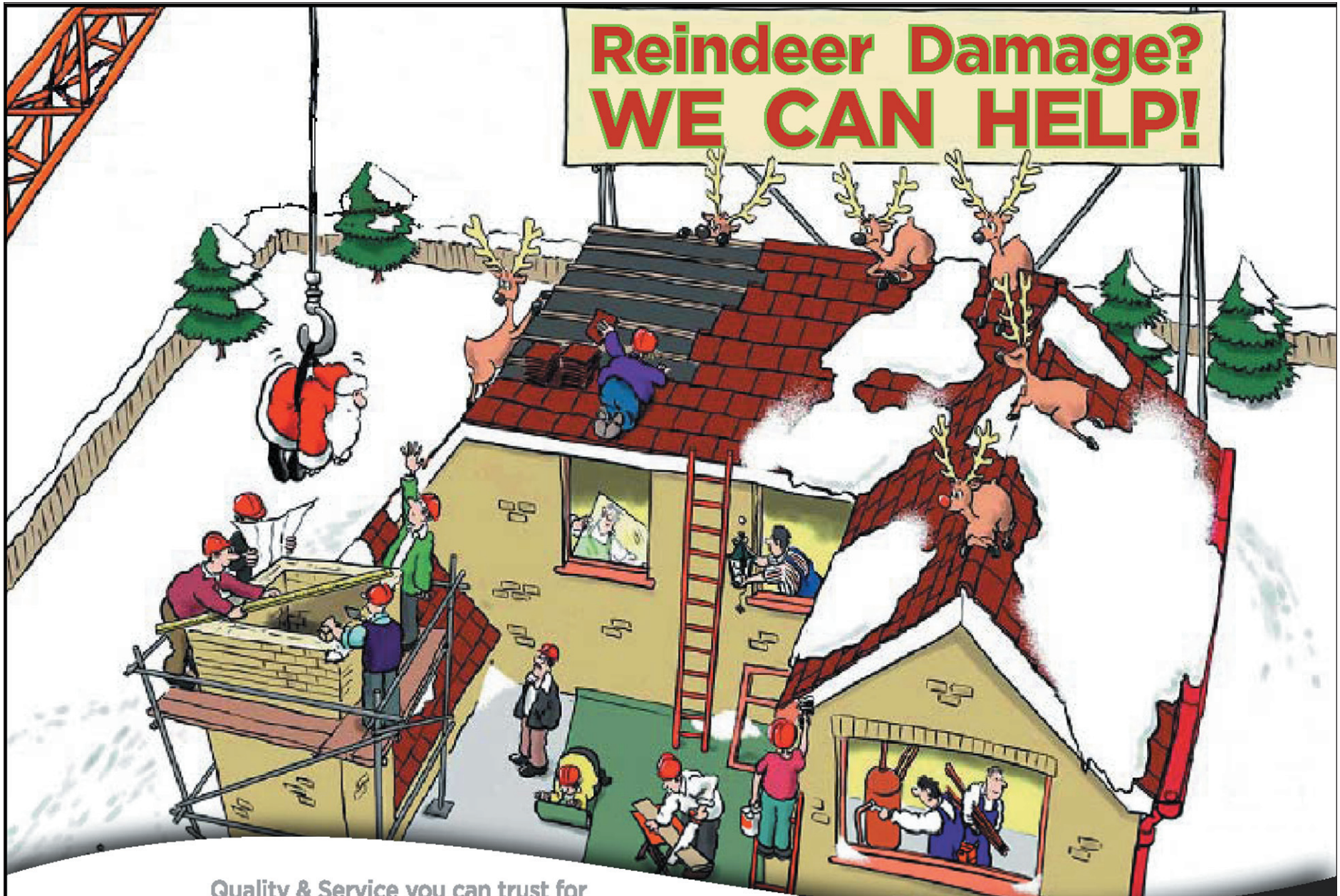
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