



# Neighborhood Newsletter

Winter 2012

Volume 2, Number 4

## Long Creek

By Paul Wellborn

Yes, Virginia, there really is a Long Creek. The namesake of our community actually exists and can be visited. Long Creek is one of many creeks and rivers that flow into the Chesapeake Bay rather than the Delaware River or Atlantic Ocean. The name "Long" Creek is a bit of a misnomer because the creek is actually only a few miles long at best. The creek starts at the entrance of Rose Hill on Frazier Road and empties into the Delaware and Chesapeake Canal in North Chesapeake City. I have not been able to find out the origin of the name but it could be a family associated with the area or maybe it is "long" compared to nearby Perch Creek which lies to the north and flows into the Northeast Creek.

There are two major lines which divide Delaware from Maryland on a North South axis. One is man made, and famous - The Mason-Dixon Line- and the other is a natural watershed line which has had an equally significant effect on the state particularly as you go south and the watershed line moves further east from the Mason - Dixon Line. The differences can be very pronounced in Sussex County where the watershed line divides the eastern and western parts of the county. In our area, the watershed line runs approximately down the line of Frazier Road moving to the area of Summit just east of the Summit Bridge. The name "Summit" refers to the highest point along the Canal.



The beginning of Long Creek.

For those of you who are interested in a scenic drive followed by a lunch and tour of the historic area in Chesapeake City, the directions are as follows: Leave VOLC and turn right and go to 0.3 mile to the intersection of Old County Road. Turn right and go to the next stop sign and turn left on Frazier Drive. Go 0.4 mile to the entrance of Rose Hill (this is the start of Long Creek). Continue to the next stop sign at Denny Road – turn right and go 1.1 miles past the Cook farm to a dead end and turn right (it is Wood Road but there is no sign). Go about 0.3 mile to a bridge over Long Creek (you have crossed the Mason-Dixon line).

Continue to a stop sign and turn right and go north on Kings Corner Road to the next stop sign and immediately turn left on MD Route 213 South. Go south 1.6 miles to a little bridge – Long Creek is on the left. Now go about 0.1 mile and follow signs to North Chesapeake City (State Rt. 285). Follow 285 to Biddle St.

*Continued on Page 2*

### In this Issue

|                       |   |
|-----------------------|---|
| Long Creek.....       | 1 |
| This & That.....      | 2 |
| The Winter Blues..... | 3 |
| 2012 Resolutions..... | 4 |

Send comments and suggestions to Sharon at [sdickol@verizon.net](mailto:sdickol@verizon.net)  
OR  
Call 836-8575

### Long Creek (continued from Page 1)



and turn right. Go 0.6 mile to the entrance of Canal Place, cross the bridge, make a U-turn and go back on the bridge. This is the spot where Long Creek enters the Canal.

Long Creek from the bridge.

If you want to explore South Chesapeake City, retrace your steps and go over the Chesapeake City Bridge (big bridge). Follow signs to the Historic District.



Long Creek empties into the C&D Canal.

You can get back home by taking Rt. 285 East out of South Chesapeake City to the traffic circle at Choptank Road. Go ¾ of the way around and follow the road to Route 896. Turn left and go over Summit Bridge to get home.

## VOLC Happy Hours

- January:** Judy & Jim Davis (5), 1/20 @ 6pm
- February:** Christine & John Killian
- March:** Jo Ann Skidmore & Richard Cutone
- April:** Sharon & Bob Dickol
- May:** Peg & Paul Wellborn
- June:** Hopefully, the new CLUBHOUSE!!

## Senior Legal Hotline

### For Delawareans Age 60+

Advice is provided by volunteer attorneys. If the issue requires more than advice, the caller will be screened for free legal services and, if eligible, will be referred to Community Legal Aid Society, Delaware Volunteer Legal Services or the Legal Services Corporation of Delaware. There are no income requirements for the hotline.

Call 478-8850 Monday - Friday, 9a.m. - 4:30p.m.

## Good News!

**C**ongratulations to Donnie Thompson, who has made a full recovery and is now back to work full-time! Donnie reports that he is feeling terrific, and is glad to be on the job again. The Thompsons want to thank everyone who helped Donnie get to his therapy sessions for all the get well wishes.

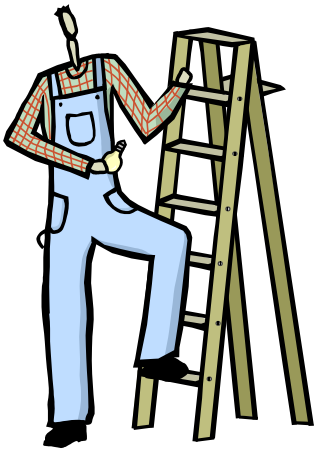
Also on the mend following recent illness are Marty Lyon, Maria Tricarico, Don Hobson and Peg Wellborn. Best wishes to all for continued recovery and a complete return to good health!

## Need a Handyman?

Ginger Murani sent the following:

Handyman services (storm doors, painting, lifting, flooring, odd jobs, etc.) for those who need help with things around the house. Rich Lauser is very reliable and very good.

Contact Rich @ 302-528-5775.



# Welcome!

## To our newest VOLC Neighbors:

- Jim & Coleen Haefner
- Ken & Penny Riley
- Thomas Novak

# Dealing with the Winter Blues

Not feeling the same good cheer as your friends? Winter time offers shorter days with less sunshine, cooler temperatures, questionable weather and perhaps some holiday stress and absence of family and friends. This can intensify feelings of loneliness, sadness, isolation, anxiety and cause the “winter blues.” An estimated 2 million adults 65 and older have a depressive illness and it is often experienced more during the holiday season.

People experience the winter blues beginning in the fall and suffer a depressed mood lasting until spring. Those with winter blues experience changes in their mood, energy level and ability to concentrate brought on by a decrease in exposure to sunlight that affects our bodies’ hormone production. The winter blues can also lead to a more severe illness like Seasonal Affective Disorder or even long-term depression.

Here are some tips to reduce your risk or better manage your symptoms of winter blues:



- ✓ Make healthy food choices and avoid sugary, empty-calorie foods.
- ✓ Get a good night’s sleep and expose yourself to morning sunshine.
- ✓ Exercise! Many studies show that aerobic exercise decreases the feelings of depression, reduces stress, aids in sleep and improves your overall health.
- ✓ Make regular social outings, contacts with family or friends or enjoy a new hobby.

## VOLC Book Club

Looking for something new and interesting? The VOLC Book Club meets at 6:30

the second Mon-

day of each

month. Each

member takes a

turn hosting and

selecting a book

for the group to

read and dis-

cuss. We currently

have a few spaces

open for new

members. If interested, contact

Kitty Heston (#73).



# RECYCLE!

These recycling centers accept used motor oil, filters, household batteries, and textiles:

**1. University of Delaware - Hollingsworth Parking Lot**

33 W. Cleveland Ave., Newark, DE 19716

*This center is located behind Deer Park Restaurant.*

**2. Phillips Park/Newark Maintenance Yard**

400 Phillips Avenue

Phillips Ave and B Street

Newark, DE 19715

*This center is located parallel to the railroad tracks just off of Ritter Lane.*

For info on disposing of hazardous, chemical household waste or electronics refer to this Delaware Solid Waste Authority site online:

[http://www.dwsa.com/programs\\_centersearch.asp](http://www.dwsa.com/programs_centersearch.asp)

## Neighbors Helping Neighbors

### Volunteer List

|                                  |       |          |
|----------------------------------|-------|----------|
| Patti Abernethy                  | (31)  | 836-8447 |
| Barb Carter                      | (49)  | 836-3023 |
| Sharon & Bob Dickol              | (62)  | 836-8575 |
| Barb & Joe Doto                  | (37)  | 836-3362 |
| Nancy Ferrara                    | (25)  | 834-3205 |
| Bob Greenblatt                   | (41)  | 838-7769 |
| Kathy Karthaeuser                | (119) | 365-6067 |
| Kitty Heston                     | (73)  | 595-2902 |
| Don & Grace Hobson               | (24)  | 838-1771 |
| Dennis & Joann Sabato            | (43)  | 365-6713 |
| Peg & Paul Wellborn              | (55)  | 836-8524 |
| Dick & Lois Hallett              | (50)  | 838-0652 |
| Ginny Pelachick                  | (59)  | 834-8504 |
| Lenny & Maria Tricarico          | (9)   | 595-2712 |
| Richard Cutone & Joanne Skidmore | (18)  | 595-4348 |

For more information, contact  
Barb Carter at 836-3023 or  
[bcarter19720@aol.com](mailto:bcarter19720@aol.com)

# 2012 VOLC Resolutions

Thanks to all of you who were brave enough to share your New Year's resolutions with the rest of us. Most folks believe it's best not to make resolutions because they are so quickly broken or forgotten. As Mary Legreid (39) put it, *"I no longer break my New Year's resolutions - ever since I kept the one resolving not to make any more New Year's resolutions. It really takes the pressure off the holidays!"*

And, there are a few among us strong enough to make a personal vow for positive change in 2012. Nancy Weldin (121) is determined to stop making excuses, and I am just one of many who pledge to lose some extra pounds this year -- *AGAIN*. And then, there are those who like to poke a little fun at people like me. Bob Greenblatt (47) has resolved -- *"To gain the weight everybody else thinks they're going to lose."*

Ouch.

Now, Kathleen Karthaeuser (119) may have come up with one that is actually achievable: *"Now that I am older I know pretty much what resolutions I can and cannot keep. Just today I told my husband that I am going to resolve to lighten my purse. Now to appreciate this you have to have watched "Let's Make a Deal"; I could win that hands down. People at work throughout the years have come to me for band-aides, files, Crystal-Lite packets, etc. You also need to know that I travel now for business and in lieu of a briefcase I have everything I might need in my purse. It usually takes quite a while for security to scan my purse at the airport. I could survive in the wilderness for days just on what is in my purse. You would think the Swiss Army CARD would suffice but no, it is probably better equipped than any of your kitchen junk-drawers BUT very organized. I can drive and put my hand in my purse and without looking pull out just the item I need. Think I can "down-size" this year? We will see..."*

Well, good luck, Kathleen, and as for you, Bob, may you be 20 pounds heavier one year from now!

-- Sharon Dickol (62)

