

# The Courier

April 20, 2016 Volume 16 Number 34

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### ***Pines to offer free racquet sports trial***

The Ocean Pines Association has announced that it will offer free one-week trial memberships for tennis, platform tennis and pickleball effective May 1 and continuing through April 30, 2017.

The offer, which is available to both Ocean Pines residents and nonresidents ages 16 and older, includes one free instructional clinic for any of the three racquet sports and a week-long membership in the chosen sport. The week-long membership is valid for any seven consecutive days and can start at any time during the promotional period.

The free week may be used for any or all of the racquet sports during the same week or for different weeks. There is a limit of one free week per sport per person.

Registration forms are available at the Ocean Pines Community Center, located at 235 Ocean Parkway and at the administration building. They may also be found at the Manklin Meadows Racquet Sports Complex and online at OceanPines.org.

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

### ***Health fair to be held***

Atlantic General Hospital, the Town of Ocean City, AARP Ocean City Chapter #1917, American Legion Post #166 and the Blood Bank of Delmarva will hold the Ocean City Community Health Fair, a free event, on May 3 from 8 a.m. to 12:30 p.m. at the Roland E. Powell Convention Center in Ocean City.

This free health fair is open to the public and will offer free screenings including carotid, skin, respiratory, bone density, foot checks, hearing, blood pressure checks and clinical breast exams as well as the expertise of over 100 health and wellness vendors. Free lipid panel and blood glucose lab draws will also be offered (a 12 hour fast is required).

The Blood Bank of Delmarva will be holding a blood drive throughout the event as well. To make an appointment with the Blood Bank call, 888-8BLOOD (888-825-6638).

At 7:45 a.m. there will be a Ride-In by the American Legion motorcycle riders and at 7:55 a.m. a presentation of the colors by the American Legion Post #166, followed by a ribbon cutting at the ballroom doors by Ocean City, Atlantic General Hospital and AARP officials.



### **Economy savvy**

Stephen Decatur High School economics teacher Kurt Marx stands with the third place finishers in the state in the Maryland Council on Economic Education Econ Challenge. The challenge is an opportunity for students to demonstrate their knowledge of economic literacy by competing with other students across the state. Pictured top row: Kurt Marx, Zohar Omer. Bottom row: Cole Mumford, Jonathon Hanley, Allison Shumate.

# County incubator earns recognition

Worcester County Economic Development (WCED) is proud to announce that *The Baltimore Business Journal* recently named the Worcester County Small Business and Technology Incubator as a Top 20 Incubator in Maryland.

“This incubator, and our partnership with David Landsberger, has brought forth five new companies and 8 new jobs in this Worcester County location alone,” WCED Director Merry Mears said. “Low cost rent, free internet and mentoring from a seasoned entrepreneur helps entrepreneurs keep their operating and capital costs down, so they can focus on taking their businesses to the next level, thereby growing our local economy.”

In 2014, the Incubator was established and recognized as the first of its kind on the Lower Shore, and was formally recognized by the Technology Development Corporation (TEDCo) through its membership in Maryland Business Incubator Association (MBIA). The 5,300-square-foot Incubator is located in the Pocomoke City

Industrial Park and is made possible through a public-private partnership with entrepreneur and business mentor David Landsberger. The venue is designed to accelerate job growth and success of companies in the start-up or early stages of development.

The incubator currently houses five businesses in the bio-energy to telecommunications realm. Tenant amenities include business mentoring, a shared work area, conference room, free WIFI and 24/7 access.

In 2015, last-mile broadband was connected to the Incubator through tenant Eastern Shore Communications, and presently, the Incubator houses high-speed internet service capability that reaches businesses in the industrial park and well beyond.

Office and industrial space is available in the incubator to emerging growth companies displaying the potential to create quality job opportunities. For further information, visit [www.chooseworcester.org](http://www.chooseworcester.org) or contact Mears at 410-632-3112.



## Students donate gift of life

Stephen Decatur High School (SDHS) senior **Marley Rakow** awaits preparation for her blood donation during the second Key Club sponsored blood drive this year for the Blood Bank of Delmarva. SDHS is vying to be the top donation site this year for blood donations in the tri-county area.

### ATTENTION WORCESTER COUNTY RESIDENTS ONLY!!!

**FREE – Household Hazardous Waste & Electronics Recycling**

Saturday, April 23, 2016 – 10 AM – 2 PM – Collections to be held at the OCEAN CITY PARK & RIDE – RT. 50 – W. OCEAN CITY

## Household Hazardous Waste Collection

### WHAT WILL BE ACCEPTED:

Gasoline, gas/oil mixtures, Fuels, Acids, Cleaners, Solvents, Automotive fluids, Bleach, Ammonia, Pool Chemicals, Pesticides, Dark Room supplies, CFL light bulbs, batteries, Insecticides, Herbicides, Oil-based Paints, Thinners, Turpentine, Wood Preservatives, Wood Strippers, Etc.

(dispose of **solidified** paint in trash – to solidify – add dirt, sand, kitty litter, mulch, etc.)

**All of these materials will go to a HAZ MAT disposal site.**

\*\*\*\*\*

### WHAT WILL NOT BE ACCEPTED:

Explosives, Ammunition, Medical Waste, Radioactive Materials, Picric Acid, Asbestos.

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

**THESE ITEMS WILL BE ACCEPTED AT THE PARK & RIDE LOT – RT. 50 – W. OCEAN CITY**

**APRIL 23, 2016 – 10 AM – 2 PM**

## Electronics Recycling

### Televisions

Any Size TV  
TV Remotes

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Printers  
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Scanners  
Cables  
Misc. Computer Parts

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Fax Machines  
Misc. items

**THESE ITEMS WILL BE ACCEPTED FOR ELECTRONIC RECYCLING AT PARK & RIDE LOT – RT. 50 – W. OCEAN CITY**

**APRIL 23, 2016 – 10 AM – 2 PM**

**TRASHING OLD ELECTRONICS DOESN'T MAKE SENSE**

**For more information on this event. Please call – Ron Taylor, Worcester County Recycling Coordinator 410-632-3177 or e-mail at [rtaylor@co.worcester.md.us](mailto:rtaylor@co.worcester.md.us)**

# Pines resident recognized for charitable efforts

By **Kelsey Reichenberg**

Stan Gibson, an Ocean Pines resident since 1984, has recently been recognized and awarded for his generous contributions to charity. Gibson, originally a musician from Baltimore, expressed his love for music by starting a Facebook page in 2012 called "Baltimore Bands from the 70s 80s 90s." After he launched the page, other musicians quickly came on and joined, eventually leading to a membership of around 7,300 musicians.

After gaining so many members, Gibson wanted to use the popularity for good and wondered what he could do with the musicians to make a difference. He decided to ask if any of the members would be interested in playing for a charity event to raise money. "The response was overwhelming," Gibson claimed. "I had over 200 bands ask to play."

With so many bands wanting to participate, Gibson decided the event should have two stages, one inside and one outside, where the bands would play continuously. Gibson, with help from friends and volunteers, successfully put on the event for the first time in October 2013 and named it Stanstock. The event has been held three times now and has raised over 100,000 dollars for various charities.

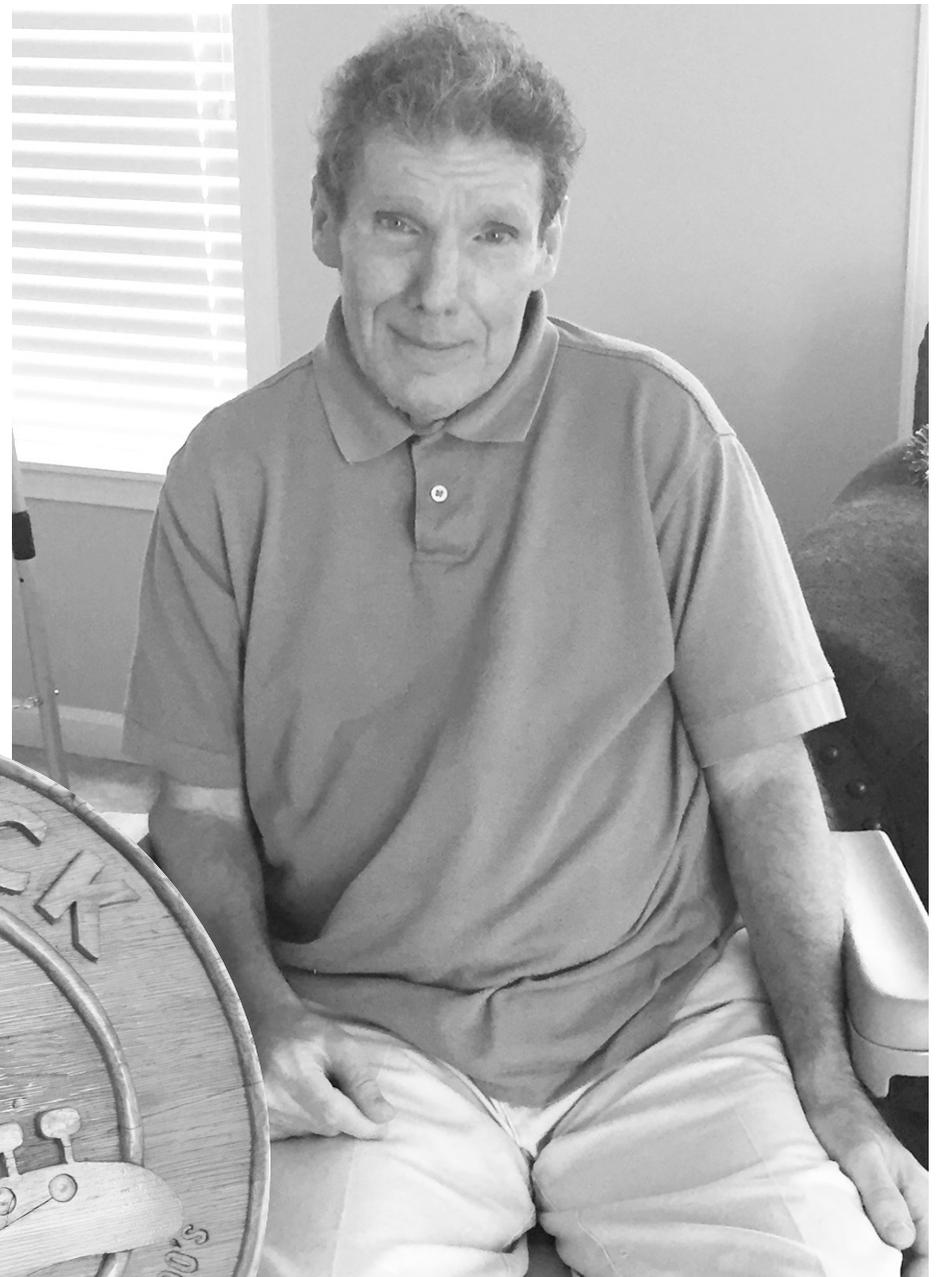
"The main charity we donate to is the Nicole Van Horn Foundation," Gibson explained. In 1993, Nicole Van Horn was 11 years old when she was diagnosed with cancer on her spine. She passed away at the age of 14, and ever since, her foundation has taken presents to terminally ill children at John Hopkins Hospital who will never go home again. "Each year we are able to give them 10,000 dollars."

Catch a Lift is another beneficiary of the Stanstock event, which serves to help wounded post 9-11 service members start and maintain their healing process, both mentally and physically, through physical fitness by providing them with gym memberships or home gym equipment. Catch a Lift was presented 500 dollars from the Stanstock event in 2014.

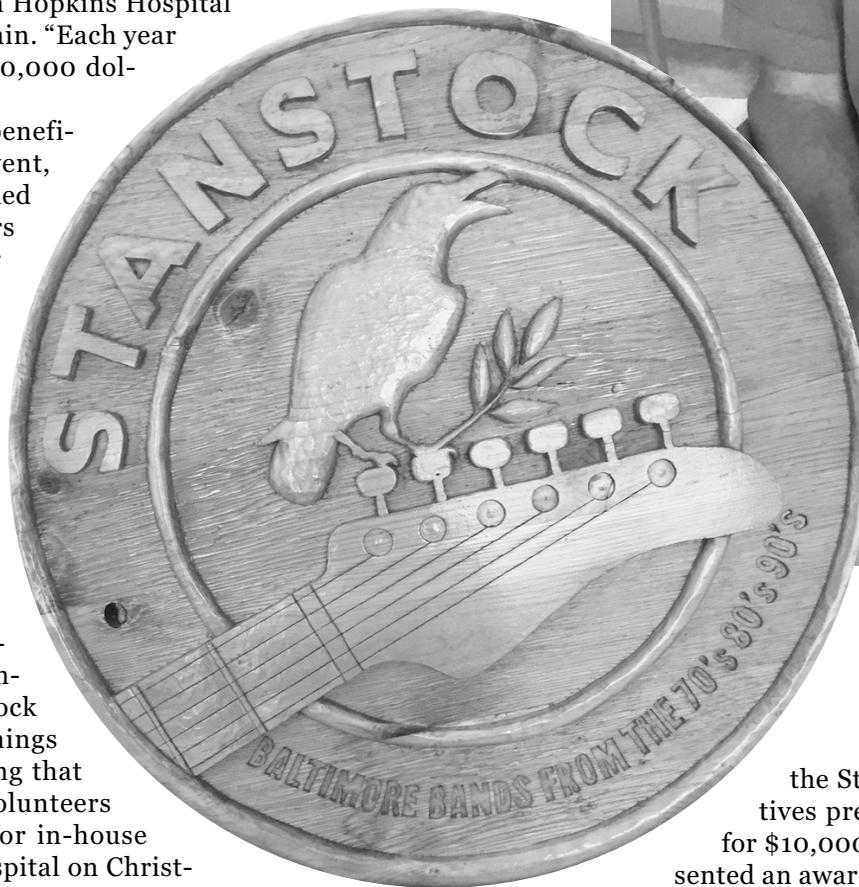
The Nicole Van Horn and Catch a Lift foundations are just two of the beneficiaries of the Stanstock event. "We do smaller things too," Gibson said explaining that he and other Stanstock volunteers wanted to do something for in-house residents at a veterans' hospital on Christmas. "We asked what they wanted, and they said they wanted a coffee pot that was accessible 24 hours. So we bought coffee pots for the whole hospital as well as a year supply of coffee, sugar, and cream. We do little things like that on the side."

Despite all of his accomplishments, Gibson does not plan to stop striving towards new goals. He wants to bring the Stanstock event to the Eastern Shore in the near future. "When I finally accomplish this goal, I plan to donate to the Small Miracle Foundation located in Berlin," Gibson said. The foundation helps disabled individuals remain in their homes by helping them make their homes more handicap friendly.

Gibson's charitable efforts have not gone unnoticed. He has received several awards through the years for his contributions on behalf of



Above: **Stan Gibson**  
Left: **Stanstock logo**



the Stanstock event. On April 1, after Stanstock representatives presented the Nicole Van Horn foundation with a check for \$10,000 at the 2016 Maryland Music Awards, Gibson was presented an award for 26 years of outstanding sponsorship to the Nicole Van Horn Trust Fund.

Instead of bragging about himself, he talked nonstop about his volunteers and everything they have done for him. "At the first Stanstock event, one of the raffle items was the Stanstock logo carved into a large piece of wood," Gibson explained. "The volunteers outbid someone to be able to give it to me. That meant a lot." Gibson said that without his volunteers and staff, he could not succeed in holding the annual Stanstock event and raising so much money for charity.

The next event will take place in Baltimore on September 10 and 11. "There will be a 9/11 tribute on Sunday night," Gibson shared. "There will also be two surprise bands at the event."

# The Courier

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Robert B. Adair 1938-2007

## 2012 Business of the Year

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

We tend to think of sleep as a period of recuperation, giving us enough down-time to enable our muscles and thought processes to operate effectively. However,

sleep can also have an active function. As far back as Aristotle, the fact that we dream has suggested to people that sleep could enhance the mind's self-communication. And, more recently, there's been a surge of research into the consequences of sleep as an active process, rather than just a rest. We now know that sleep has profound implications for lots of human tasks. Sleep improves our memory, and enables us to consolidate new information with the knowledge we already have. Sleep also changes the quality of our stored information. We are more likely to adjust our memories slightly so that they fit better with our previous experiences after sleeping. And we are more likely to avoid misleading background information in making decisions and judgements.

But sleep also has a positive effect on problem solving. It's common to feel you can gain inspiration for something overnight. You may have even woken up in the middle of the night with the solution to a problem, whether it be trivial or life-changing. These intuitions turn out to be absolutely correct.



# Platform tennis spring tournament held

The Platform Tennis group held their annual spring tournament on Saturday morning of April 16 at the Manklin Meadows Racquet Complex. The sunshine and sixty-five degree weather made for a perfect day. The format included two teams with each team comprised of twenty players. Each individual was assigned three twenty-five minute games which lasted until noon. All four courts were filled with spirited players while the remaining competitors watched and cheered for their team. The teams were evenly matched, making for hard play and lots of good drives, lobs and screen shots. The Reds defeated the Blues by a narrow margin of 145 to 136. Following the matches, everyone enjoyed a luncheon of pulled pork and chicken, salad, fresh fruit, homemade macaroni and cheese, Betty's baked beans, and dessert. As usual, the members brought their hardy appetites and good company.

A special thanks goes to June and



**Betty Biondi, John Biondi, June Freeman, Jim Freeman**

Jim Freeman, Betty and John Biondi and Linda Horst for running the tournament. Anyone interested in trying platform tennis can come to the Manklin Meadows Racquet Complex

at noon on any Saturday. Paddles and balls will be available. If you would like more information, call Jim Freeman at 215-704-4592 or email at jimisfree-man@verizon.net.

## Mental health training offered

Would you know the signs of a mental health disorder if you saw them? Would you know how to respond to a mental health emergency? If you would like to learn, Mental Health First Aid (MHFA) is an evidence-based training that teaches the signs and symptoms of mental health disorders and provides individuals with tools to respond to a mental health emergency until professional help arrives. MHFA also provides action steps to help someone experiencing early signs of a mental health disorder.

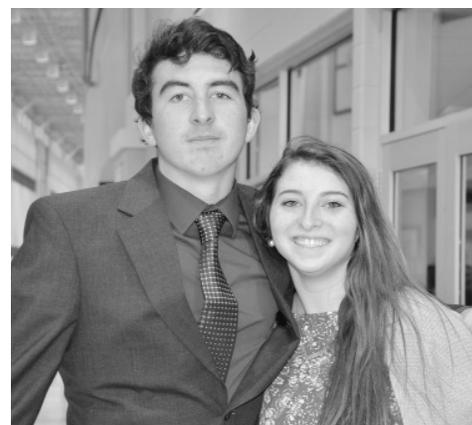
The Worcester County Health Department's Berlin office will host the 8-hour training course on April 22, 2016 from 8:30 a.m. to 5 p.m. Training is provided by state-certified instructors, and class sizes are limited to a maximum of 25 participants. The course is offered free of charge thanks to support from the Worcester County Core Service Agency and from the American Foundation for Suicide Prevention.

Participants will learn about the major mental health disorders, including anxiety, post-traumatic stress, substance abuse, depression, psychosis and suicide prevention. Feedback from

*please see training on page 11*



**Happy Birthday -** At the **Tuesday Night Bridge Club** in Ocean Pines, Peggy Krach (seated) celebrated her birthday with a party. (L-R) **Phil Reed, Jean Dickson, Frank Krach, Peggy Krach, Iris Carey, Jo Smith and Lee Tilghman.** Photo by Anna Foulz.



**Honors -** Nearly 100 juniors and seniors were inducted into the Stephen Decatur High School (SDHS) chapter of the National Honor Society during a special evening ceremony on April 6. Students gained admission by demonstrating excellence in the four principles of the organization: character, scholarship, leadership, and service. Celebrating their induction into the National Honor Society together were brother and sister duo **Tucker and Ally Cordial.**

# Doodles, square knots and a moving foot

Have you ever found yourself doing something aimlessly, giving absolutely no concentrated thought to what it is you're doing? No, I don't mean simply

is a part of who we are. For instance some women nervously brush aside the hair over their foreheads with the backs of their forefingers while others absently twist their hair around a finger. I once worked with a woman who would chew on her long locks. Maybe she had a protein deficiency.

Strumming fingers on a desktop can go unnoticed by the person doing the strumming, unaware that

people nearby are shooting unkind looks in their direction. Sometimes these finger strummers will begin tapping a foot and may even start to hum. Their only hint that they're doing anything bothersome is when they wake up hogtied in the dumpster out back.

Some people have a tendency to snap their gum between their teeth while chewing; others like to blow bubbles over and over and over again. This becomes a problem when you unfortunately find yourself sitting in front of one of these people in a movie theater. How nice it would be to just turn around and give them a random punch in the dark.

Now there's a mindless pursuit.

For the most part these afflictions, if you can call them that, occur mindlessly; they're just a subconscious action. For instance I know someone who when sitting down constantly moves her foot in a circular motion. It seems like an innocuous thing but it can be most distracting. And believe me I have been distracted by this for nearly 30 years. I'm not going to name names because I believe the guilty individual should remain anonymous; not so much for her sake but for mine. If I were to reveal the name of this person, this woman who shares my last name, it would not be good, especially for me. I could wake up hogtied in the dumpster out back. Let's just call it an "endearing quality" and move on.

Are you finished with that straw wrapper?



## *It's All About. . .*

By **Chip Bertino**

chipbertino@delmarvacourier.com

stumbling through life. I mean for instance, doodling is something a lot of people do when they are talking on the phone, are sitting in a meeting or when they are doing nothing at all. It requires very little concentration and can be a release of nervous energy. It's just something that happens like a bee being attracted to honey. Some folks unconsciously fill in the white spaces in letters on a printed notepad. The letters "B" and "D" are easy targets for such distractive blackening efforts.

I have found myself aimlessly doodling on pieces of scratch paper from time to time. Some of my creations are real masterpieces worthy of framing but instead find their way into the trash



*A doodle from the pen of President Ronald Reagan*

can. Such a shame too because I'm sure with the right management my artistic stick figure renderings could be sold at auction as "primitive impressionism" for big bucks. The ones wearing cowboy hats would certainly find their way into the private collection of a European recluse. Oh well, I guess there's still time.

I also find when sitting at a restaurant having luncheon conversation that I often twist tightly the wrapper removed from the drinking straw, fashioning it into a crude rope and then making square knots. I can only make about two or three before the paper rips. It's not something I think about, it just happens. Sometimes I'll even steal the discarded wrapper of the person I'm with to continue this mindless exercise.

I guess all of us have some sort of unconscious habit or idiosyncrasy that

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# OPA board discusses reserve study

By **Kelsey Reichenberg**

On Monday, April 11, the Ocean Pines Association (OPA) board of directors held a special meeting in the Administration Building to discuss the current standing of OPA's reserve study and its components.

The reserve study involves the analysis of the physical status and the repair/replacement cost of the major common area components OPA is obligated to maintain as well as the evaluation and analysis of the OPA's reserve balance, income, and expenses.

Doug Green, a representative of the Design Management Association (DMA), has been working with General Manager Bob Thompson on the study. He was present to provide the

board with a current draft of the study which consists of four individual studies on Ocean Pines' bulkheads, roads, the golf course, and general reserves.

Green began his presentation by explaining the bulkhead portion of the reserve study. He provided the board with spreadsheets which include a schedule for the replacement of bulkheads throughout the community over time as well as the projected cost associated with each replacement.

Green went on to explain how to utilize the spreadsheet to prepare for the bulkhead replacements. OPA is able to fill in the actual cost of the replacement once its received and compare it to the previous estimate. Green explained that as the board updates the financial information on the spreadsheet over time, the tool will become a significant historical document that will allow them to plan better for future cost projections. Green encouraged the board to ask contractors how many linear feet they replaced along with its costs, which would allow OPA to fill in the information into the spreadsheet accordingly.

Green discussed the financial information associated with bulkhead replacement. He looked at the current status of OPA's reserve account which showed OPA is currently considerably underfunded for bulkhead replacements. He then showed the board a graphing tool that allows them to put in hypothetical numbers and better prepare for the next 30 years. The graph is quickly and easily updated as long as OPA consistently renews the spreadsheet. After playing around with the numbers for a while,

Green moved on to the roads portion of the reserve study.

The roads study involves resurfacing roads that need repair throughout the community. Green explained that the roads study can be done the same way bulkheads is, using the spreadsheet and graphing tools. The spreadsheet includes information on the last service date, the last time the road was resurfaced, the lifespan of the road, the date it should be resurfaced again, and DMA's projected costs.

Green warned once again that the prices may vary by bid and depending on what tasks need done on each road. The board discussed the funds that are currently available for road repair and the difficulty of depending on the Casino's tax money for the funds. "We are dependent on an external source that we can't control," board member Dave Stevens commented. However, Bob Thompson assured that the tools Green was presenting will serve as a funding solution for both the bulkhead and roads studies.

Next, Green discussed the golf course, which is the third component of the reserve study. The golf course portion of the study involves rebuilding the golf course, which is already underway and nearly halfway completed in Ocean Pines. Thus, Green provided projected costs for moving forward on the remaining portions of the golf course. He said that OPA is better funded in this category. However, if the rest of the golf course is built according to schedule, there will not be enough money to finish it. "You can either defer the project or put in more money," Green stated. As the board discussed plans for com-

pleting the golf course, Green plugged hypothetical numbers into the graphing tool to help them predict the necessary funding.

Lastly, Green and the board looked at the general reserves portion of the reserve study which includes many subcategories such as the Country Club, the Yacht Club, bridges, and more. Green explained that the reason he broke the last category down into subaccounts was due to the fact that different people are in charge of each facility and it would be too much information to pack into one category. The board is able to use the spreadsheet and graphing tools to look at scheduling and financial standing of each of the facilities individually.

The purpose of the meeting as described by Bob Thompson was to "give the board a snapshot of where they stand with the study now as well as show them how to use the tools provided to better prepare for the future." The meeting consisted of dense discussion, but no motions or decisions were made.



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**Thursday:** Steak Night with choice  
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**Friday:** Fried Shrimp with fries,  
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**Saturday:** Crab Cake Platter served  
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## Choral concert is Sunday

The public is invited to attend the Worcester County Choral Concert to be held at the Community Church at Ocean Pines, Route 589 on Sunday, April 24 starting at 3 p.m. The program will include a selection of traditional and contemporary choral music. Jean Anne Shafferman of the Lorenz Music Corporation will be conducting the concert choir. Accompanist is David Leahy, who has performed in recitals for various members of the Royal Family as well as at the White House, the Blair House and Washington's National Cathedral.

The LORD will surely save me  
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# Suicide Awareness Walk scheduled

The Worcester County Health Department, in partnership with the American Foundation for Suicide Prevention and other local agencies, will host the 5<sup>th</sup> Annual Out of the Darkness Suicide Prevention Walk at the Ocean City Boardwalk this September. Out of the Darkness in Ocean City began in 2012 with more than 200 participants and over \$20,000 raised. Since then, turnout and fundraising have steadily increased.

“Each year we see growth and improvement in different aspects of the Walk,” said Walk Co-Chair Brittany Hines, of the Worcester County Health Department.

The 115<sup>th</sup> Military Police Unit out of Salisbury Maryland led the 2015 Walk along with members of the Worcester County Health Department team. More than 400 people came out last year to promote mental health

awareness and suicide prevention. We hope even more people will join us on the boards this year for the 2016 Walk.

The four previous Out of the Darkness Suicide Prevention Walks held in Ocean City have brought in over \$126,000 to support local and national efforts to reduce suicide. Planning for the 5<sup>th</sup> Out of the Darkness Walk has already begun with the event scheduled for September 24 at Caroline Street and the Ocean City Boardwalk. Volunteers are welcome to join the Planning Committee and assist on the day of the event. Individuals interested in volunteering can contact Brittany Hines at [brittany.hines@maryland.gov](mailto:brittany.hines@maryland.gov).

To create a team, join a team, register, and/or donate, please visit <http://afsp.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=3882>.

# County offers after school canoeing

Children in grades four through eight will have the opportunity to enjoy some canoeing on the Pocomoke River with the new After School Canoe Program offered by Worcester County Recreation & Parks.

This program will run on Tuesdays, May 3 through June 7, from 3:30 to 5:30 p.m. at the Pocomoke River Canoe Company in Snow Hill. Transportation will be provided from Snow Hill Middle School to Pocomoke River Canoe Company.

This after school program is made possible due to funding provided by the Community Foundation of the Eastern Shore. Middle school students will learn about our local wa-

tershed as well as experience multiple canoeing adventures on the Pocomoke River. Participants will be introduced to the basics of canoeing, kayaking and will even get the chance to experience a paddle board.

The fee for this fun-filled, six-week program is \$30 per child, and \$25 for each additional child. Financial Aid is available to those who show a demonstrated need. Proof of eligibility is required. Space is limited for this program, with only 15 spots available.

For more information on the After School Canoe Program, contact Program Manager, Lea Cataggio at 410-632-2144 ext.2509 or [lcattaggio@co.worcester.md.us](mailto:lcattaggio@co.worcester.md.us).

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*"In the Rear View Mirror"*

# Dodge Charger: *Roots of the modern muscle*

By **Bruce Palmer**

This year, one of the great examples of automotive muscle is quietly celebrating a golden anniversary. While 50-year celebrations in recent years have honored greats from the Chevy Corvette to Ford's Mustang, Dodge Charger soldiers on, quietly racking up the years as one of America's favorite land-borne rocketships. And while other contemporary muscle cars from Mustang to even the Charger's sister "Challenger" more clearly carry their heritage in looks, Today's Charger bears little resemblance to the first Chargers that hit the road for 1966.

Actually, Charger started out as a "concept car" in 1964, based on the then full-size Dodge Polara, altered into a permanent convertible with a chopped windshield and a host of gimmicky features, most of which were mere engineering exercise. But the public's imagination was piqued. A year later, the actual name appeared as a special option package offered on the compact Dodge Dart GT, but with

the growing trends of the era: hide-away headlights that spun around to leave a full-width, un-interrupted grille. The only engines offered were V8s.

This first design lasted two years with unimpressive sales: 37,000 in 1966 and less than half that for 1967. Some said it was the awkward roof-line, less-flowing than competing fastback cars while others said Charger was just too big in a "pony car" market that showed a preference for smaller vehicles. Something had to change or our story would've ended right here.

But, the engineers went back to work and came out with a winner for 1968. Charger's new "Coke-bottle" styling (outward-curving fenders on either end of a narrow center) was shared with its fellow Dodge mid-sizers, but now Charger had a larger and more usable trunk, traditional full-sized back seat and the standard engine would be scaled back to a 6-cylinder by mid-year, but at the same time, variety expanded with



1969 Charger

260 were equipped as such for 1969).

Moreover, the '69 Charger would be forever immortalized with its arrival, 10 years later, as the "star car" for CBS-TV's "Dukes of Hazzard." For six seasons, the "General Lee" (a highly-equipped '69 in hemi orange) raced across the backroads of fictional Hazzard County performing incredible leaps and stunts which in reality destroyed nearly 300 original Chargers over the lifespan of the show. Charger for 1970 was the last of this style cycle as increasing market competition cut production in half over 1969.

The last design of the original muscle era Charger came with the 1971-74 cars. These were more bloated, in following the current automotive market trends, including a rounded, airplane-inspired fuselage shape and some of the wildest graphics packages ever offered during the period. Dodge did away with any differentiation between Charger and the basic Coronet by naming the body Charger if it had two doors and Coronet if four. This was the best-selling Charger style with around 100,000 leaving the factory each year.

This is where our history of Charger muscle drew to a temporary end. During the second half of the 1970s, the Charger name was grafted onto the personal-luxury car that Chrysler called Cordoba. While sales were respectable, gone was the pas-

sion for performance, a fact underscored by the early 1980s placement of the Charger name on a tiny, anemic front-wheel drive hatchback originally called Omni. With four cylinders and a maximum power of 160 horses, it



2005 Charger

was a far cry from where Charger's journey had begun.

Following a 20 year hiatus, Dodge brought back the Charger a decade ago. V8-powered rear wheel drive performance from the roots of American muscle returned. The reception has been warm. In fact, 2007 saw the highest single-year Charger production figure ever with nearly 125,000 built. Sales have remained as strong as those early 1970s cars which, at one point, we thought would be the last muscle Chargers we'd ever see. So while the physical appearance may not be so similar these 50 years hence, just turn the key on a late-model Charger and you know the roots of muscle are still there. You can hear it.



The "General Lee"

the arrival of the '66s, Charger finally became its own model.

Folks watching the Rose Bowl on New Year's Day got their first look with a "Dodge Rebellion" ad campaign. Charger was a racy fastback crafted from the more-traditionally designed Dodge Coronet of the day. It featured four bucket-seats and full-length center console, a highly-styled full body-width tail-light and one of

Charger choices all the way up to a 440- (cubic inch) "Magnum" or a 426- "Hemi."

This new Charger was a huge hit with sales vaulting to near 100,000 units in 1968 alone. Left largely unchanged for 1969 sales remained steady. Sure, there were a few alterations from a tweaking of the grille and tail-lights to a first-ever sunroof option (that was rarely ordered. Only

## AGH provides weekend hours at walk-in clinic

Atlantic General Hospital announced that community members can now receive immediate care for injuries and sudden illnesses on the weekends at their Atlantic ImmediCare clinic in Berlin.

The walk-in clinic, located within the Atlantic Health Center on the hospital's main campus, has been operating as an Atlantic ImmediCare location, 8 a.m. to 6 p.m., Monday through Friday, since November.

Effective this month, the clinic is now open 10 a.m. to 5 p.m. on Saturdays and Sundays as well.

With the new name comes expanded services for the community. In addition to treatment for common maladies such as cold, flu, ear infections and UTIs, the clinic now also treats injuries requiring stitches or splinting.

Atlantic General Hospital expanded the services provided at this location and altered the fee structure to make care more accessible to individuals who need care *now*, when their regular provider is not available.

"Whether it's because their established doctor doesn't have any appointments available, they can't leave work for an appointment, or an illness crops up 'after hours,' individuals need an affordable and appropriate alternative to an ER visit," said Michael Franklin, CEO of Atlantic General Hospital. "Atlantic General is focused on the '5 Rights of Care' to improve the overall

health of our community. Offering care in the "Right Place" is a critical part of those efforts."

Atlantic ImmediCare in Berlin is one of two Atlantic ImmediCare clinics serving the community. The other is located within the Townsend Medical Center on 10<sup>th</sup> Street in Ocean City. For more information, visit [www.atlanticgeneral.org/immediare](http://www.atlanticgeneral.org/immediare).



**Penny success** - Students from the Berlin Intermediate School's 6th grade Leopard Shark and Tiger Shark teams competed in a penny race to support our community service learning partner. In nine days, students raised \$1,500 to donate to the Worcester County Humane Society.

## Birding Weekend starts Thursday

The 2016 Delmarva Birding Weekend is set to bring hundreds of nature enthusiasts to the shore starting Thursday through Sunday. Registration for the popular event is now open at [www.delmarvabirding.com](http://www.delmarvabirding.com).

Birders can register for just one field trip, or multiple field trips each day of the four-day event. On Thursday, you can get an early start to the weekend with shorebirds along the Delaware Bayshore at Bombay Hook National Wildlife Refuge and the Mispillion Harbor. On Friday, you can start your morning searching for rails by kayak on Delaware's inland bays, and enjoy a songbird and shorebird spectacle at Prime Hook National Wildlife Refuge in the afternoon.

Exploring the bald cypress swamps by kayak around Snow Hill on Saturday morning will add several warbler species to your list, and a boat trip behind Assateague and Ocean City in the afternoon can increase your tally for the weekend to

more than 100 species. You might choose to take an all-day boat trip to Smith Island on Saturday to welcome back breeding pelicans and herons, and enjoy a slice of Smith Island cake with lunch.

Several field trips have sold out, so interested birders are encouraged to register soon.

Guided by local birders with decades-long experience on the peninsula, the walking tours, boat trips, and canoe and kayak paddles will accommodate visitors from the curious nature lover to fowl fanatics. Every year, birdwatchers from surrounding states flock to the event.

Additional sponsor and registration information, field trip descriptions and other resources for Delmarva Birding are available at [www.delmarvabirding.com](http://www.delmarvabirding.com). For additional information, contact Jim Rapp (443-614-0261) or Dave Wilson (443-523-2201) at Conservation Community Consulting at [conservationcc@gmail.com](mailto:conservationcc@gmail.com).

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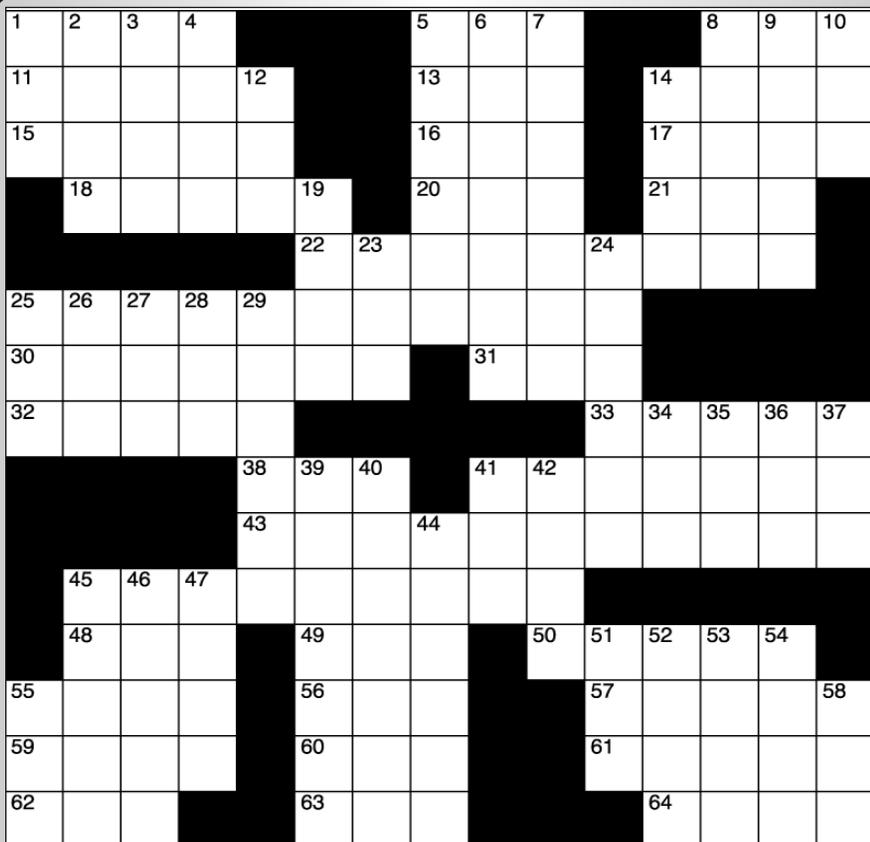
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**ACROSS**

- 1. Crooned
- 5. Luck
- 8. Cosecant function
- 11. Rock bands play here
- 13. Surrounds the earth
- 14. Jessica
- 15. A type of clique
- 16. No seats available
- 17. Greek sophist
- 18. Stiff hair
- 20. Recipe measurement (abbr.)
- 21. Legal periodical
- 22. Saloons
- 25. He tricks you
- 30. Closing over
- 31. Man's best friend is one
- 32. Distinguish oneself
- 33. Immoralities
- 38. Marsh elder
- 41. Blasts
- 43. A discerning judge
- 45. Avenge for a wrong
- 48. Doctors' group
- 49. Jerry's friend
- 50. Type of sword
- 55. Swedish rock group
- 56. Black tropical American cuckoo
- 57. Blatted
- 59. Cain and
- 60. Strong liquor flavored with juniper berries
- 61. Cocoa bean
- 62. Get free of
- 63. Cardio-graph
- 64. A cargo (abbr.)
- 8. Thick rope made of wire
- 9. Imposters
- 10. Central nervous system
- 12. Pie \_\_ \_\_ mode
- 14. Robert \_\_, poet
- 19. Dwelt
- 23. Firewood
- 24. Voices
- 25. Water in the solid state
- 26. Superman's foe
- 27. Chris Paul's team (abbr.)
- 28. Employ
- 29. Mineral
- 34. Vessel
- 35. Nigerian City
- 36. Romania
- 37. Sirius Satellite
- 39. Potential difference
- 40. A class of synthetic detergents
- 41. Drunkard
- 42. Doesn't win or lose
- 44. Appellative
- 45. Spiritual leader
- 46. Implant
- 47. Language (Afrikaans)
- 51. Basics
- 52. A one-time Giants center
- 53. Every one of two or more
- 54. A way to gather
- 55. Swiss river
- 58. Small spot

**DOWN**

- 1. A baglike structure in a plant or animal
- 2. Bird genus
- 3. One point east of northeast
- 4. A type of fly
- 5. Hurry
- 6. Lighter-than-air craft
- 7. Ask to



Answers for Apr 13



Sponsored by Peninsula Rehab and Sport Medicine

**Catching tautog (tog)**

**Fishing Report:** Small rockfish are being caught around the Route 90 Bridge according to a recent report from the members of the Ocean Pines Anglers Club. Most are being caught on bucktails and while trolling. Captain Monty Hawkins of the *Morning Star* has reported some good tautog catches on green crabs. There are also reports of some big bluefish being caught in the bay around Assateague Island. As of this writing there have been no reports of any big rockfish being caught. The water temperature has been below 50 degrees given the cold weather and wind so there have also been no reports of flounder being caught.

**Understanding the tautog:**

The tautog (tog) is also known as a blackfish. It is an ugly fish with large teeth which it uses to crush the shells of clams, crabs, barnacles and other shell fish that it normally feeds on. There are times however that tog will also bite on squid. It is a bottom feeder and likes to hang around rock piles, wrecks and piers making it a difficult fish to catch since it also likes to dart into the rock piles after grabbing your bait and thus snagging the fishing line unless you set the hook and pull them out quickly before they snag your line in the rocks or wreck. Unlike flounder which are an ambush fish and pursue their prey by sight, the tog pursue their prey mostly by scent.

**What kind of gear should I use?** Your will require a fairly stiff rod 6' to 7' in length so you can set the hook and pull the fish out of the rocks quickly. The gear can be either spin-

ning or a conventional level wind reel depending on your preference. At a minimum you will require 20lb test line. I prefer 30lb test and also prefer to use monofilament.

**What type rig should I use?** I recommend using a 4' monofilament leader of 40-50 lb. test attached to your line with a swivel. A sinker should be at the bottom of the rig when fishing slack tide which is the best time to fish for tog. A dropper should be tied 8-10 inches above the sinker. To the dropper attach a long shank Mustad size 3 or 4 Pacific Sea Bass Hook on approximately 6 to 8 inches of leader. If you don't want to make your own rig visit your local tackle shop and ask for a tog rig.

**What about bait?** Everyone has their own favorite bait but some of the most popular baits are green crab, clams and my favorite sand crabs. When tog fishing the bait should always be fresh as frozen baits do not have the scent necessary to attract tog. Also, I would highly recommend that if you are new to tog fishing that you ask your local tackle shop where you purchase the bait to demonstrate how the bait is to be hooked. This is very important as the hook must be hidden for tog fishing.

**Where should I fish for tog?**

Head boat fishing is great as the tog bite has been hot at the offshore wrecks. If you have your own boat and want to fish inshore seek out rocky structure such as the inlet jetties or tie up to some pilings and fish right down along the piling. This is done best at slack tide. If you are bank fishing

please see **tog** on page 11



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# An incident in Italy

By **Joseph Palmisano**

A patient of mine recounted the following story about when he was a pilot flying bombing runs against the Ploesti oilfields in Romania during World War II.

Between runs, the crew members sought some rest and relaxation at a medium-sized city in Northern Italy. On one occasion, a group of three officers entered a night club and each ordered a drink at the crowded bar.

An attractive young lady sidled up to them and said, "Want to see something special?" They looked at each other, shrugged, and said, "Okay."

She led them up a narrow staircase to a room upstairs and asked them to sit down around a small table. In a few minutes, a man entered the room brandishing a pistol. He said, "All right, gentlemen, put your wallets and watches on the table, and you may leave safely." They did as they were told but vowed retribution.

Sometime later, the three men were again able to seek relaxation, and they returned to the same club in the same town. After a drink or two, the same young lady, who didn't recognize them, asked the same ques-

tion as before. Again, they followed her upstairs to the same room with a table and chairs. In a few moments, the same man appeared with his gun and mouthed the same instructions as before. This time, each of the three men swiftly drew a .45 caliber revolver and pointed it at his head. Then my patient said, "Now it's our turn, place your gun on the table along with your watch and wallet."

Seeing he was outgunned, the man did as he was told. While one of the crew held him at bay, the others searched the rooms and turned up a pile of wallets, empty of money, along with numerous watches and other valuables. Then they marched him downstairs and presented him and their evidence to the

military police.

After that, they peacefully enjoyed their "R and R" between bombing runs. Thankfully, my patient survived the war and was able to share this story and others with me.

*Dr. Joseph Palmisano resides in Ocean Pines and is the author of "Doctor Joe, A Family Doctor in the Twentieth Century."*



**Donation** - Judith Duckworth donated two of her husband's violins to Music Director Jo Fran Falcon of Stephen Decatur High School. The presentation was made at the Mid-Atlantic concert on Sunday March 20. If anyone would like to donate any musical instruments, please call 410-430-5743. Photo by Anna foltz.

**tog**  
from page 10

there is some great fishing along the inlet jetties but I prefer the bulkhead from Second to Fourth Streets in Ocean City. Again the best time is slack tide so watch your tide charts and have plenty of rigs as you will likely lose a few in the rocks.

**What about eating tog?** They are a great tasting fish and here is one of my favorite recipes.

Broiled tautog (tog) steaks

Ingredients:

4-6 fish steaks (about 1-inch thick)

2 tablespoons olive oil

Salt and freshly ground black pepper to taste

2 tablespoons chopped fresh pars-

ley

Lemon wedges, for garnish

Directions:

1. Preheat the broiler to high, brush or drizzle the olive oil on the fish steaks, then sprinkle them with salt and pepper.

2. Place fish steaks in a broiler pan and broil, turning them once with a spatula until the steaks are golden on the outside and done to taste inside, about 4-6 minutes per side. Serve immediately, garnish with the parsley and lemon wedges.

**Upcoming Events:** Don't forget the MSSA Spring Rockfish Tournament April 29-May 1; for more information call 410-255-5535.

Remember to take a kid fishing.

**training**  
from page 4

past participants included:

- "This class helped me to understand the behaviors and signs of mental illness,"

- "Excellent- All school-based staff should take this course,"

- "Love the interacting and the hands on activities," and

- "Best presentation! Thank you so much! So much information!"

Continuing Education Units are available for social work, and counseling.

Please call or write Denise Connor at 410-632-1100 or [Denise.Connor@maryland.gov](mailto:Denise.Connor@maryland.gov) for more information or to register for this training.

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., April 21	7:48 a.m. 8:05 p.m.	1:49 a.m. 1:55 p.m.	6:15 a.m.	7:43 p.m.
Fri., April 22	8:27 a.m. 8:44 p.m.	2:27 a.m. 2:30 p.m.	6:14 a.m.	7:44 p.m.
Sat., April 23	9:06 a.m. 9:23 p.m.	3:04 a.m. 3:06 p.m.	6:13 a.m.	7:45 p.m.
Sun., April 24	9:45 a.m. 10:02 p.m.	3:43 a.m. 3:43 p.m.	6:11 a.m.	7:46 p.m.
Mon., April 25	10:24 a.m. 10:42 p.m.	4:23 a.m. 4:22 p.m.	6:10 a.m.	7:47 p.m.
Tues., April 26	11:05 a.m. 11:24 p.m.	5:06 a.m. 5:04 p.m.	6:09 a.m.	7:47 p.m.
Wed., April 27	11:48 a.m.	5:52 a.m. 5:51 p.m.	6:08 a.m.	7:48 p.m.

# Earth Day is Friday

The first Earth Day took place in 1970, giving a voice to a growing movement that espoused the importance of addressing environmental issues and adopting eco-friendly lifestyles. This year, Earth Day takes place on April 22. The late Wisconsin senator Gaylord Nelson is credited with coming up with the idea for a day devoted to focusing on environmental issues affecting the entire planet. Nelson was reportedly inspired by the vehement student anti-Vietnam War movement that took root in the United States in the late 1960s and continued into the 1970s. Senator Nelson felt that if he could inspire similar passion among



the masses about environmental issues, then those issues would force their way into the national agenda. Senator Nelson's intuition proved correct, and on April 22, 1970, 20 million Americans gathered in streets, parks and auditoriums to demonstrate against policies and practices that contributed to the deterioration of the environment. Today, Earth Day has spread far beyond U.S. borders and is now observed in 192 countries across the globe. New initiatives continue to be proposed as the world population grows increasingly aware of the effects of climate change and the role ordinary citizens can play to protect the environment every day.



## Key Club hosts Kiwanis members

Nearly 100 Kiwanis members and other distinguished guests attended the annual Stephen Decatur High School Key Club breakfast on April 13. Pictured: Key Club Officers **Dakota Maykrantz**, **Zainab Mirza**, and President **Olivia Kurtz** recognize Kiwanis school liaison **Roy Foreman** for his service.

# CLASSIFIEDS

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*If you live in Ocean Pines, be sure to contact The Courier if you want the paper each week in your driveway. Call 410-641-6695*

**SELL IT FAST IN THE CLASSIFIEDS!**

# 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 10:45 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. & 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.

## Players to hold auditions

The Ocean Pines Players will be holding auditions by appointment for the "Odd Couple, Female Version." The auditions, to take place at St. Peter's Lutheran Church located at 10301 Coastal Highway in Ocean City, will be held Sunday, April 24 beginning at 4 p.m. and Friday, May 5 beginning at 5 p.m.

All roles are available. The troupe seeks two men and six women (adults, all ages) for this Neil Simon play, to be presented the last two weekends in July at St. Peter's Lutheran Church.

There may be cold reads from the script and informal interviews and improv. Although not essential, preference will be given to actors who prepare a brief monologue of any kind.

Contact the director Jerry Gietka, for appointments and information (443-668-3072 or [jerrygietka@hotmail.com](mailto:jerrygietka@hotmail.com)). Rehearsals will begin as soon as casting is completed. Rehearsals should be held Sunday, Monday and Tuesday evenings. Additional information on characters and audition tips can be found on the website ([www.oceanpinesplayers.com](http://www.oceanpinesplayers.com)) or on the Facebook page ([facebook/oceanpinesplayers](https://www.facebook.com/oceanpinesplayers).)



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# WINE about it

by Jean Marx

There is a lot more to offer at the Heston Farm Winery in Fairmont, West Virginia than just wines. The winery is nestled within the boundaries of Morgantown's I-79 interstate and the Tygart Valley River. It features an on-site restaurant, gift shop, winery, and outside venue to host a variety of special events like weddings, anniversaries, and reunions. According to owner Michael, "Mickey" Heston, Jr., the beautiful grounds hosted 34 weddings alone last year. This is a worthy achievement that Mickey's ancestors would be proud of, considering the winery's humble and rather legendary beginnings.

Mickey's grandfather and great-uncle made their own moonshine during the Prohibition years, selling it from the grandfather's home and the uncle's general store. This isn't the extent of the legend, as the family lore is that when federal agents raided the grandfather's house, he jumped from a window in an attempt to escape. Mickey continued, saying "In a panic, one of the children threw a couple of bottles into the fireplace which caught the house on fire. Needless to say, my grandfather and his brother went to jail for a time for this."

These same grounds still boast liquor sales in the form of 10 varieties of moonshine-style whiskeys, five delicious red wine varieties, four scrumptious white wines, a rosé, two "fortified wines," (that is, wine with added spirits) and a brand new brandy named for a confederate general ("Grumble" Jones) who marauded through the Fairmont area and plundered from the locals, including the Heston family. Although the farm now concedes to the state and federal laws, the spirit of moonshining is still alive and strong in this mountain getaway.

To add to the winery's fun story, many of the wines have been named after the menagerie of animals the family has had on the farm over the years. Barbara Pavel-Alvarez is one of several gracious hosts who provides wine tastings in the tasting room adjacent to the restaurant. Before relating her tales of these animals, Barbara has a nice connection to our Ocean City area that she shared with us. She worked along the

Boardwalk in Ocean City from 1969-1972 at the Sandpiper Restaurant, and she remembers a certain fondness for drinking Annie Green Springs Apple Wine. This intriguing coincidence and our shared fondness for Ocean City provided a wonderful backdrop for our wine tastings followed by an excellent dinner at the restaurant.

The winery's "Siggy" wine is so named after the farm's pet goat named Siegfried. He was one of several goats that may have enjoyed the art of entertaining too much. Siggy and his friends apparently liked to climb on top of the

customers' cars. This didn't sit well with the customers, so the goats were relocated. Siggy is a delicious Riesling (a semi-sweet wine with a pear finish). Another excellent choice is "Jade's Sweet Reward," a sweet rosé similar to a White Zinfandel. Barbara describes the wine as "great to serve guests when you don't know what kind of wine they like to drink." Jade is still living and is a retired bomb-sniffing German Shepherd who served several tours during the Iraq War. Other whimsical names of wines are "Prudence & Penelope," named after two pigs on the farm from Mickey's childhood, and the "Dolly Llama," named after the various llamas who roam the property. As Barbara says, "The llamas are in the field adjacent to the pavilion and they probably enjoy watching the weddings."

The "Dog and Pony Show" is sug-

gested as a good table wine. Others to try are the "Spring Peeper," a Merlot with aromas of currants and blackberries, the "Bastion," a semi-sweet red blend of the Cabernet Franc and Chambourcin grapes, and "The Little Red Train" made from the Concord grape. There's something for everyone's taste at the Heston Farm Winery.

The Heston Farm is far more than a farm, a winery, or even a venue to host special events. They grow Angus cattle, operate a distillery, and produce wines from grapes grown locally and from the Shenandoah Valley encompassing Pennsylvania, Virginia and West Virginia. They crush their own grapes, purchase grape juices, and sometimes have the skins returned along with the juices. The farm is as fun a menagerie as the animals many of the wines are named after!

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# Dog walking offers many benefits

Dog owners with fenced-in backyards may think their furry friends are getting all they need during their nightly exercise sessions in the

learn to socialize on daily walks, older dogs may or may not reap the same rewards. But daily walks can help dog owners instill better behavior in their dogs. The AHS advises that owners of older dogs use walks as opportunities to teach dogs to behave calmly in public. Bring treats to reward dogs for sitting quietly when encountering other dogs and new people along the walk.



behavior in their dogs. The AHS advises that owners of older dogs use walks as opportunities to teach dogs to behave calmly in public. Bring treats to reward dogs for sitting quietly when encountering other dogs and new people along the walk.

**-Exercise:** Of course, daily walks provide great exercise for dogs. Dogs

backyard. While such yards provide safe places for dogs to relax and run around, the American Humane Association (www.americanhumane.org) notes that even dogs that run wild in their backyards each day can benefit from daily walks. The following are a handful of ways dogs benefit from daily walks.

**-Socialization:** The Animal Humane Society (www.animalhumane-society.org) notes that puppies between three weeks and 20 weeks old are generally accepting of other dogs, and nightly walks can provide the perfect opportunity for puppy owners to acquaint their furry friends with their fellow dogs. Continued exposure after 20 weeks can help further the socialization process for young dogs.

**-Behavior:** While puppies can

who are let out in the backyard each night but are not played with may not be getting the exercise their owners think they are. Dogs left alone in a backyard may briefly run around before plopping down in the grass and enjoying the fresh air. That is not enough exercise for

many breeds, and it is certainly insufficient for dogs that may be overweight or obese. Nightly walks can help dogs lose and/or maintain healthy weights, and the AHA notes that such walks also help dogs build strength and endurance.

**Stimulation:** According to the American Kennel Club (www.akc.org), dogs need both physical and mental stimulation to stay healthy and happy. Walks obviously provide physical stimulation,

but they can stimulate dogs mentally as well. Dogs often interrupt walks when their curiosity gets the better of them, stopping to observe or investigate something while on walks, and that is mentally stimulating. Resist the temptation to pull the leash when dogs want to stop to check something out, affording them a little time to do some mental exploration before continuing the walk.



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## K of C breakfast is Sunday

The next Knights of Columbus All-You-Can-Eat Breakfast will be this Sunday, April 24 at the Columbus Hall located at 9901 Coastal Hwy. in Ocean City, behind St. Luke's Church. The cost is \$10 per adult, all you can eat, and \$ 6 per child, age eight and under. The breakfast will occur between 8:30 a.m. and 11:30 a.m. For more information call 410-524-7930.





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