



The Courier

January 13, 2016 Volume 16 Number 20

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Pines to host cooking classes

Learn how to prepare delicious treats with Ocean Pines Yacht Club Executive Chef Tim Ulrich at two cooking classes offered by the Ocean Pines Recreation and Parks department this winter.

On Saturday, January 30 from 2 to 3:30 p.m., gear up for the big game by learning how to make your favorite football foods. Chef Ulrich will assist in the preparation of dips, wings and more. The class fee is \$40 for Ocean Pines residents and \$50 for non-residents and includes all materials and food.

Mothers and daughters are invited to join Chef Ulrich for an afternoon of bonding, learning and making appetizers and desserts at a cooking class designed just for them on Saturday, February 20 from 2 to 3:30 p.m. The class fee is \$40 for Ocean Pines residents and \$50 for nonresidents and includes all materials and foods.

Both of these classes will be held at the Ocean Pines Community Center. Preregistration is required.

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

DWC holds events

The Democratic Women's Club of Worcester County (DWC) will collect nonperishable food, toiletries and paper products at the South Fire Station on Sunday, January 17 between 1 p.m. and 3 p.m. Supplies will be shared with a local food ministry. Call 410-641-8553 for additional information.

Also Dr. Timothy Dunn, professor of Sociology at Salisbury University will speak about immigration during DWC meeting on Monday January 18. DWC meetings are held the third Monday of each month at the Ocean Pines Community Center. Coffee and conversation at 9:30 a.m. followed by the 10 a.m. meeting. All women are welcome to attend these informative and friendly meetings. Please call 814-322-2119 for more information.

Dem club to meet

The Democratic Club of Worcester County will meet at 6:30 p.m. on Thursday, January 28 in the Ocean Pines Community Center Assateague Room. After refreshments, the Worcester County Election Board will introduce and demonstrate the new voting machine, which will first be used in the April primary election. All interested Democrats are welcome, and should attend this important event.



Roses for the birthday girl

Anna Fultz had a special visit from her niece, Marilou Regan from Philadelphia, PA who drove to Ocean Pines on Saturday to deliver 90 roses to commemorate Anna's 90th birthday which she celebrated on Monday, January 11.

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'Light up the Pines' winners announced

The winners of the 2015 Light up the Pines outdoor display contest, sponsored by the Ocean Pines Association and Choptank Electric Cooperative, have been announced. Twenty-one homes, which were decked out with lights and other decorations, participated.

Guest judges from Choptank chose the winners in three of the contest's four categories, including "Top-Notch All-Around," "Most Creative" and "Most Lights." The "People's Choice" winner was decided by popular vote via email and the Ocean Pines Facebook page.

The home of Caryn and Justin Horn, located at 29 Liberty Street, was the winner in the "Top-Notch All-Around" category. The home of Ann Holtz, located at 10 Leigh Drive, won in the "Most Creative" category and the home of Lee and Barb Phillips, located at 76 Ocean Parkway, won in the "Most Lights" category.

The "People's Choice" winner was also 29 Liberty St. Over 2,000 votes

were cast in this category, the most ever.

The winners in each category received a \$50 gift certificate to The Cove at the Ocean Pines Yacht Club and a \$25 Choptank electric bill credit. All contest participants received two free LED lightbulbs courtesy of Choptank.

Blood drive event returns

Blood Bank of Delmarva (BBD) will return to the Ocean City Convention Center (for the 18th Annual Beach Blanket Blood Drive on Wednesday, January 20 from 8 a.m. to 6 p.m. Four to five hundred individuals are expected to donate blood during this annual one day event.

This year will continue with the "OC Cares!" theme as we pay tribute to the thousands of donors who help save lives throughout the year and continue to help hospital patients in our community by donating blood.

"The OC Cares Blood Drive is very important in helping us maintain the local blood supply. BBD serves 18 hospitals and approximately 20,000 patients a year, across Delmarva," Michael Waite, Blood Bank of Delmarva's Director of Marketing and Community Relations, said. "This is our largest drive of the year on the lower eastern shore, and it comes at a crucial time of year. With many of our neighbors battling flu and other illnesses during the winter, and others just getting back into their normal routine after the holidays, the blood collected at this drive is critical to helping

please see drive on page 4

MBS to host open house

Most Blessed Sacrament Catholic School will host an open house Sunday, January, 31, between noon and 2 p.m. There you will have an opportunity to tour facilities, meet the teachers and speak to administrators on hand regarding enrollment possibilities for the 2016-2017 academic year. The school is located at 11242 Race-track Road. Any questions or for more information, please contact Lisa Edmunds, director of admissions at 410-208-1600.

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Beginner pickleball clinics offered

If you are new to pickleball, Ocean Pines will be offering two-session clinics this winter for beginners and advanced beginners interested in learning how to play the fastest growing sport in America.

Pickleball, which combines elements of tennis, badminton and Ping-Pong, is played with a Wiffle ball and wooden paddles on a surface half the size of a tennis court. The game is family-friendly and accessible to almost everyone, regardless of age or athletic ability.

The first of three scheduled Friday clinics will be held on January 15 and 22. Other clinic dates are February 19 and 26 and March 18 and 25. All clinics will be held from 2:30 to 3:30 p.m. at the Ocean Pines Community Center, located at 235 Ocean Parkway in Ocean Pines.

The cost is for each clinic is \$10 per person, and preregistration is required.

Call the Ocean Pines Recreation and Parks Department at 410-641-7052. Each clinic will be limited to 12 players.

In addition to instruction, Ocean Pines offers drop-in indoor pickleball at the community center now through May 31. Drop-in times are 1:30 to 5:30 p.m. on Sundays, 7 to 9 p.m. on Mondays and 1:30-4:30 p.m. on Tuesdays and Thursdays. The cost is \$5 per person.

Ocean Pines pickleball courts and programs are open to the public; membership is not required to participate. For more information or to register, call the Ocean Pines Recreation and Parks Department at 410-641-7052.

American Legion to hold meeting

The American Legion Auxiliary Unit 166 will hold its monthly meeting on Tuesday, January 19 at 7 p.m. The meeting will be held at the American Legion Synepuxent Post 166, 23rd Street in Ocean City. Current members and those interested in becoming a member are encouraged to attend.

SDHS to host festival

The sixth annual Arts R Magic festival celebrating the visual and performing arts will be held at Stephen Decatur High School on January 14 from 6 to 8 p.m. The festival, sponsored by the After School Academy and the English and art departments, showcases student photography, painting, drawing, crafts, as well as student dances, and musical and theatrical performances. Displays and events will be located along the main hallway, in the Media Center and the auditorium.

Simple supper scheduled

The Knights of Columbus have their next simple supper scheduled for January 27, 5 p.m. until 7 p.m. in Columbus Hall, 9901 Coastal Highway in Ocean City. It costs \$5 per person, and there will be a cash bar. For more information call 410-524-7994.



Pictured from L to R: Gifts Fulfilled owner **Kim Shanahan**, WCDC program participants **Melinda Cropper**, **Betsy Bernier** and **Tracy Fields**

WCDC partners with new local business

The Worcester County Developmental Center (WCDC) recently partnered with Gifts Fulfilled, a new business in Worcester County, to have the clients assemble gift baskets at the center. WCDC empowers individuals with intellectual disabilities to achieve economic and social independence by providing work opportunities and supports.

Gifts Fulfilled is new to the Eastern Shore, but owner Kim Shanahan is an industry expert with more than 17 years of experience in the gift industry. Having spent the last seven years visiting Ocean City each summer for family reunions, Shanahan was thrilled when her husband's next military move got them close enough to Ocean City to live here permanently. Finding out about the WCDC through her local business networking group (BNI) was the icing on the cake.

"I first started thinking about employing disabled adults five years ago when I was pregnant. As a mature woman in pregnancy there are more

risks, and I began to wonder how I would help my child if it were born with a disability. I realized my business could be set up in such a way as to employ disabled people, and the fire was lit in my heart to make that happen," said Shanahan.

"The partnership with the WCDC has been amazing. Having the extra hands during the holidays helped us fulfill over 100 orders for our Holiday Favorites gift box that would have been impossible to get done without them," said Shanahan.

Next up for the WCDC and Gifts Fulfilled will be Valentine's Day gifts created with love by the clients at the WCDC.

For more information about Gifts Fulfilled, contact Kim Shanahan at 877-800-2665 or at Kim@BookBouquet. For more information about WCDC and its programs, contact Jack Ferry, Executive Director of WCDC, at 410-632-2809 ext 117 or ferry@wcdc-services.org.

Still time to register at Wor-Wic

The student services office at Wor-Wic Community College is still accepting spring credit registrations. In addition to the regular 14-week spring semester that begins January 15, Wor-Wic offers one seven-week session and a 10-week session that also begin January 15, as well as a three-week session that begins January 19 and a second seven-week session beginning March 4.

Students interested in taking classes offered during the first seven-week session, as well as the 10-week and 14-week sessions can register through Jan. 14. Registration for the three-week session ends January 18, while registration for the second seven-week session continues through March 4.

Admissions, registration and financial aid services are available Mondays and Thursdays from 8 a.m. to 8 p.m., and Tuesdays, Wednesdays and Fridays from 8 a.m. to 4:30 p.m.

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

For more information or a credit class schedule, visit the college website at www.worwic.edu or call the college at (410) 334-2895.

The Courier

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2012 Business of the Year

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Born in 1907, Hungarian physician Hans Selye is credited with coining the medical term "stress" in 1936. While studying medicine at the German Medical School in Prague, Selye, at the ripe old age of 17, observed that patients suffering from various diseases had a tendency to exhibit identical signs and symptoms. According to the American Institute of Stress, Selye tested animals with various physical and emotional stimuli, noting that, regardless of the stimuli, the animals all exhibited the same pathologic changes, namely enlargement of the adrenals, shrinkage of lymphoid tissue and ulcerations of the stomach. Selye would go on to discover General Adaptation Syndrome, which he described as the body's response to the demands placed on it. That syndrome noted how stressful situations induced involuntary hormonal responses that contributed to a host of negative side effects, including high blood pressure and arteriosclerosis, that are still associated with stress today



Penguin Swim surpasses expectations

With 2015 just hours behind them, more than 1,000 revelers donned their penguin gear and ran into the Atlantic Ocean at 91st Street in Ocean City for the AGH Penguin Swim. The turnout for the 22nd annual New Year's Day event was fantastic, far surpassing previous attendance numbers.

"This was the largest crowd I've ever seen for the Penguin Swim," said Michael Franklin, president and CEO of Atlantic General Hospital, and also an annual participant. "It's a great event to bring our community and visitors together to have a lot of fun doing something a little crazy, and at the same time help one of the most important assets in our community."

The success of the event is due, in great part, to Penguin Swim co-chairs Sal Fasano and Madalaine How as well as the support of the communities and resort visitors Atlantic General Hospital serves.

The record-breaking crowd arrived decked-out for the event, if not as penguins then as Minions, mermaids, bananas, characters from the hit 80's movie, "The Goonies," and more.

At last tally, the 2016 Swim has raised \$104,000 for the not-for-profit hospital, but that number may increase as final donations make their way to the AGH Foundation.

The top fundraisers were:

Individual

- Craig Kettler (Leesburg, Va.), \$3,510
- Butch "Woody" German (Baltimore, Md.), \$1,837
- Gary Miller (Berlin, Md.), \$1,150

Team – Business Category
 Bull on the Beach (Ocean City, Md.), \$28,000*

AGH Poppin' Penguins (Berlin, Md.), \$4,000

Fisher's Popcorn (Ocean City, Md.), \$1,000

*The Bull on the Beach team has contributed more than \$400,000 to the AGH Penguin Swim since it started.

Team

Community Groups Category

Ocean City Ravens Roost #44 (Ocean City, Md.), \$12,350

The Parke at Ocean Pines (Ocean Pines, Md.), \$4,550

The Jamboys (Baltimore, Md.), \$2,160

Individual

18 & Under Division

Benjamin Kettler, age 16 (Leesburg, Va.), \$525

Lilliana Franklin, age 18 (Berlin, Md.), \$500

Nicholas Franklin, age 13 (Berlin, Md.), \$500

Team

18 & Under Division

Stephen Decatur High School (Berlin, Md.), \$705

2 Beach Cuties (Reisterstown, Md.), \$265

Team Ty (Reisterstown, Md.), \$240

Prizes were also awarded for the youngest and oldest swimmers and winners of the costume contest.

Youngest Penguin: Vincent Fasano (Ocean City, Md.) (3 months and 20 days old)

Oldest Penguin: Papa Joe Gaffney

(Selbyville, De.) (82 years and 10 months young)

Costume Contest

Best Overall Costume - "The Goonies" led by JJ Roth, Ocean City, Md.

Most Spirited - Tom Maly, Addie Aker & Maggie Miller from Ravens Roost 44, Ocean City, Md.

Most Creative - "Pirates Rule" from Bethany Vikings, Selbyville, Del.

Best Little Penguin - "3 Little Mermaids" from It's 5 O'clock Somewhere, McKenna, Sienna & Keera, Effort, Pa.

Special thanks to the AGH Penguin Swim sponsors, including WBOC-TV 16, Jolly Roger Amusement Parks, AGH Auxiliary, D3Corp, Bull on the Beach, Princess Royale, Trond's Pool Care, Clear Channel Outdoor, Casino at Ocean Downs, Bluewater Development, OC Wasabi, Comcast Spotlight, Chris Parypa Photography and Direct Media USA.

Genealogy group to meet monthly

The Genealogy Group meets the third Tuesday of every month. The next meeting is January 19, from 10:30 to noon at the Ocean Pines library. There will be a short presentation on "Getting around the Missing 1890 Census" followed by an open discussion. Everyone from beginning researchers to experienced genealogists are welcome. The session is moderated by Tom Dempsey, past cice president, SCGS, and life-long researcher.

drive

from page 2

save the lives of patients all across the Peninsula." When separated into individual components, each unit of blood has the potential to save up to three lives.

Donors will receive a free "OC Cares!" t-shirt and will be entered to win a 60 inch flatscreen TV as part of BBD's Winter Blood Challenge. The event is open to the public and appointments are recommended. Donors may schedule their appointment online at www.DelmarvaBlood.org, by calling 1 888 8-BLOOD-8 or by using the Blood Bank's free mobile app.

What's good is G.O.L.D.



The Stephen Decatur High School National Honor Society adopted a family for the holidays through Worcester G.O.L.D. Members of the organization raised money by raffling off four gift card trees filled with donations from local businesses. The NHS will also be making a donation to Believe in Tomorrow with the proceeds.

Pictured Top Row: **Summer Vinson, Elle Bargar, Marley Parsons, Allison Summate, Hailey Williams.** Bottom: **Caroline Hammond and Alexis McDonough.**

Projects of the home

During this time of year when outside activities are limited because of winter weather, my wife and I look within our home to determine what projects we want to undertake. Some are less involved than others. For instance we recently changed up the placement of

that we should like something that we don't.

We'll soon undertake a project in our family room. The idea for the project was sparked while my wife was watching a television drama. She was attracted to design elements of a room in one of the character's homes which was accented with shelving. She spent a couple months trying to locate the right corbles. Although she found a couple designs that were okay, they just weren't right. So the project was delayed. Just by happenstance we were roaming through a store before Christmas when we turned down an aisle and came face to face with corbles that instantly grabbed our attention. We saw them at the same time and both uttered, "That's them."

Finding the desired corbles was only part of a project that will require repainting the entire room. The next big decision was what paint color to choose. Initial suggestions by my wife and me did not elicit enthusiastic support from the other. Tired after several days of making suggestions, we went to the paint store and collected scores of paint card samples. Selections from across the color spectrum were gathered. Once at home it literally took several hours for us to narrow the selection to an agreeable color, an agreeable shade and an agreeable finish. You might say we have too much time on our hands. The truth of the matter is that now that our children are grown and our grandchildren are two thousand miles away, this is the best way for us to occupy our time. When we were younger we'd find other ways to occupy our time but that was a long time ago.

We've lived in our house for more than two decades. It has grown with us and has changed as our tastes have changed. We don't have the funds to undertake everything we'd like to do to our home all at once. But that's fine because the enjoyment for us comes through the process of thinking of and refining ideas. And besides there's only so much painting I want to do at any one time.



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

our living room furniture, removing one chair and a cabinet. We like the result but realized we'll need to repaint the walls. The sofa was hiding a couple of wall blemishes that are now visible because the sofa has been moved to another wall hiding other marks.

My wife and I spend a lot of time thinking about and conceptualizing changes to our house. I guess that's the price we pay for watching the various fixer upper cable shows on Saturday mornings. Some of the projects we have in mind are complicated and will require outside professional help. Those projects are on a wish list and when we have the money, we'll move forward with them someday. It's not uncommon for either my wife or me to every once in awhile be found standing in one of the rooms seemingly staring off in the distance. To the uninformed spectator it would appear that one or the other of us is zoning out. That's not the case at all. We're processing ideas for the room; visualizing different wall colors or furniture or maybe the addition of a fireplace. Or too, we could be envisioning the time when our last child moves out and his room will become a blank canvas of possibilities.

Regularly my wife visits websites gathering ideas on fabric designs, room decor and color schemes. She's very good at melding what she finds with our mutual tastes. We sort of have an unwritten rule that we're completely honest with one another when we see an idea sample. If one or the other doesn't like it, we move on. After many years of being together we know it's fruitless to attempt to convince the other

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Girl Scouts cookie sale begins

Girl Scouts of the Chesapeake Bay will start taking orders for Girl Scout Cookies starting Saturday, January 9. This year local Girl Scouts will offer eight cookie varieties: Thin Mints, Samoas, Tagalongs, Trefoils, Do-sidos, Savannah Smiles, Rah-Rah Raisins and gluten-free Toffee-tastic. All Girl Scout Cookies are \$4 per box with the exception of Toffee-tastics at \$5 per box.

Cookie booth sales begin on Friday, February 12, at local businesses throughout the Delmarva Peninsula. Girls also take donations of Girl Scout cookies for "Operation Taste of Home" and local community groups. Operation Taste of Home cookies are donated to the Armed Forces and local agencies, such as food banks and pantries, blood banks, cancer centers and youth programs.

Individuals interested in purchasing cookies or donating to Operation Taste of Home can call the Cookie Hotline at 1-800-YUM-YUM2. To locate a cookie booth sale in your area go to www.GSCB.org.

The Girl Scouts Cookie Program is about more than just great tasting cookies. By participating in the Girl Scout Cookie Program girls learn five skills that last into adulthood such as goal setting, decision-making, money

management, people skills and business ethics. Every girl is encouraged to set and work toward achieving both a team and personal goal. It also raises funds to support troop and council activities. The benefits of the cookie program have been hailed by many of today's businesswomen who cite selling Girl Scout Cookies was their first step toward successful careers.

All of the proceeds from a local council's cookie activities remain in the area where the cookies are sold. The revenue is used to benefit girls, some of it directly by remaining in the Girl Scout troop treasuries, and some of it indirectly by funding council-led programs for Girl Scouts. Each year, more than 9,000 Girl Scouts from the Delmarva Peninsula participate in the cookie program, selling over one million boxes of cookies to the community.

One hundred years ago, the first Girl Scout troop was founded on the Delmarva Peninsula. With nearly 10,000 girls supported by 4,300 amazing adult volunteers, Girl Scouts of the Chesapeake Bay helps girls discover their strengths, passions, and talents. To volunteer, reconnect, donate, or join, visit www.GSCB.org or call 410-742-5107 or 1-800-374-9811.

Adaptations help feathered friends adjust to sever weather

By **Kathy Reshetiloff**

Some Americans dread winter and, if they have the time and the means, will travel to warmer parts of the country to wait it out. Others enjoy the cold temperatures and cannot wait for the first snow. Most just adapt to the season, adding layers to keep them warm or staying indoors in front of a warm fire. Birds, it turns out, face the winter season similarly.

Many birds, about 340 species, do leave North America to winter in the tropical regions of Mexico, Central America, South America and the Caribbean. But plenty of birds remain here year round.

Look outside on a blustery winter day and you will still see songbirds flitting at feeders and ducks swimming in icy creeks. Nearly one million waterfowl fly to the Chesapeake region from northern breeding grounds each year. They find that the winters here suit them just fine. How do they do it?

Birds, like mammals, are warm-blooded, meaning they must maintain a constant body temperature as the temperature around them changes. To do this, they spend much of their time feeding so they can generate enough heat.

Meat-eating birds, like hawks and owls, may stay put if enough prey is available.

Birds that can switch from a primarily insect diet to a seed diet can stay put throughout the winter. And many people love to help them out. In fact, the 2011 National Survey of Fishing, Hunting and Wildlife-Associated Recreation found that more than 50 million Americans reported feeding wild birds around their home, making it the most popular wildlife watching activity.

But the available food is not enough. To survive severe weather, birds have developed adaptations.

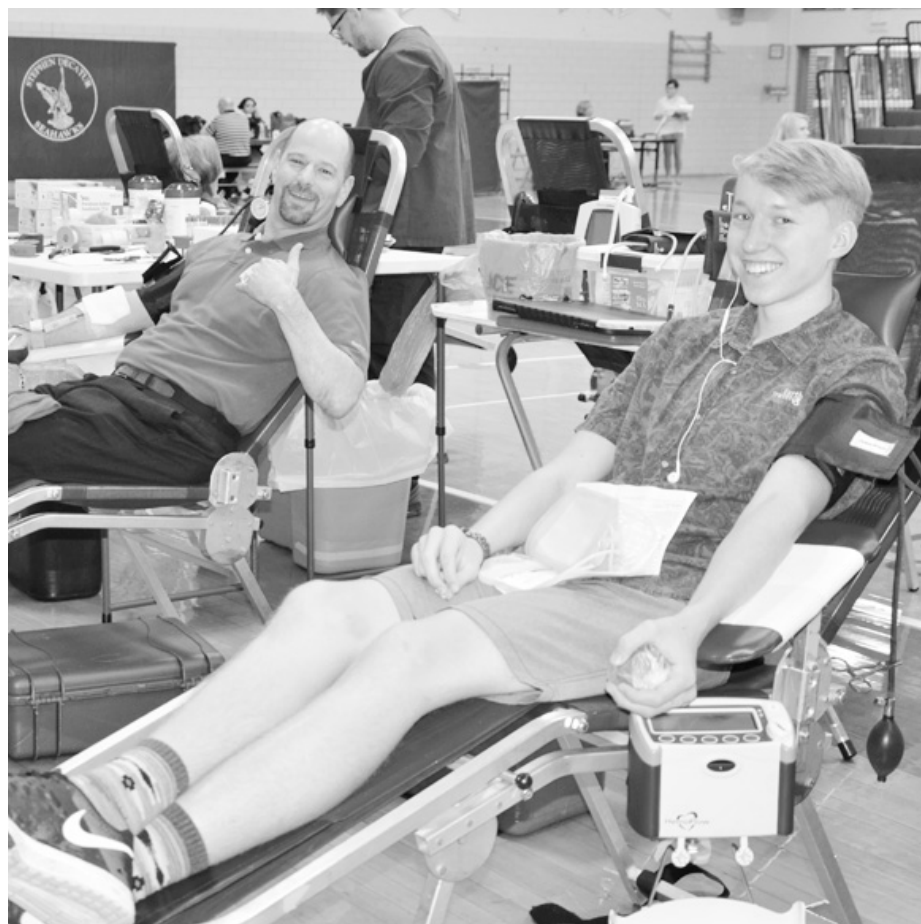
*please see **birds** on page 8*



SDHS women's soccer kicks up for a cause

Stephen Decatur High School women's soccer presented \$1,300 to Women Supporting Women, a local non-profit organization dedicated to helping women in the midst of battling cancer, after raising money from selling socks during Breast Cancer Awareness month. Since 2011, the women's soccer program has raised nearly \$3,000 for the organization.

Pictured top row: Assistant coach **Dale Krantz**, Principal **Tom Zimmer**, **Lexi Van Kirk**, **Christina Romano**, **Victoria Kerkovich**, head coach **Maggie Berke**, and Women Supporting Women representative **Mary Henderson**. Front row: **Lia Leggour**, **Alexis McDonough**, **Holly Nicolle**.



Key Club hosts annual blood drive

Stephen Decatur High School teacher **Kurt Marx** and senior **Luke Warrington** were two of the more than 70 people who gave blood during the annual Key Club Blood Drive on December 14. The Key Club has been participating with the Blood Bank of Delmarva for over two decades.

Winter prompts heating, carbon monoxide warnings

With the winter months upon us, the National Fire Protection Association (NFPA) is reminding homeowners about the fire dangers associated with heating equipment. Improper use of such equipment like portable or stationary space heaters, wood burning stoves and fireplaces can be incredibly dangerous, and their misuse is a leading cause of U.S. home fire deaths.

According to NFPA, half of home heating equipment fires are reported during the months of December, January, and February. More than half of the home heating fire deaths resulted from fires that started when something that could burn, like upholstered furniture, clothing, blankets and bedding, was too close to heating equipment.

During the colder months there is also an increased risk of carbon monoxide (CO) poisoning. Fuel-burning equipment, including vehicles and generators running in an attached garage, can produce dangerous levels of CO and should be vented to the outside to avoid it from building up in

your home. In a 2012 NFPA report, U.S. fire departments responded to an estimated 80,100 non-fire CO incidents in which carbon monoxide was found, or an average of nine such calls per hour in 2010. The number of incidents jumped 96 percent from 40,900 incidents reported in 2003. This surge, according to NFPA, is most likely due to the increased use of CO detectors, which alert people to the presence of CO.

Some heating equipment requires proper installation to reduce the risk of fire injuries. When installing wood burning stoves or gas heaters, NFPA recommends following the manufacturer's instructions or having a professional perform the installation.

Installing and maintaining CO alarms can also help reduce the risk of carbon monoxide poisoning. If you smell gas in your gas heater or other appliance, do not light it. Leave the home immediately and call your local fire department or gas company.

To ensure a safe and cozy winter

please see warnings on page 13

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To reserve your spot in *Living 50 Plus*, contact **Chip Bertino** at 410-641-6695 or 410-251-2082 or Email at chipbertino@delmarvacourier.com before the Friday, March 18, 2016 deadline.

Living **50** PLUS

Berlin woman leaves legacy to Hospice

The kindness of one woman will help create a home for many people she will never meet.



Elinor Adkins

Elinor Adkins Fields died in October 2014. In her will she included a contribution that will help build Coastal Hospice at the Ocean. In recognition of that gift, a patient room will be named in her honor.

Fields was a professional hairdresser and not a wealthy woman. After her husband, Cleveland Fields, died 25 years ago, she lived alone. Her neighbor, Colin McAllister, started helping her with chores. As the 96-year-old woman became frail, McAllister made her a promise: He would make it possible for her to stay in her home, even in her final days.

"Because of Coastal Hospice," McAllister said, "we were able to do that."

McAllister recalled his neighbor as a "fiercely independent" person who was proud to be a Berlin native and

help the community she called home.

"She was a classic Eastern Shore woman," he said. "She loved cooking and crafts, and she was a huge dog lover."

Both Fields and her husband were patients of Coastal Hospice when they died. Like many women in their 90s, Fields had lost friends over the years and made modest donations to Coastal Hospice in their memory. She continued her commitment to the non-profit with a generous gift in her estate.

"We are honored by Mrs. Fields' generosity," said Alane Capen, Coastal Hospice president. "I wish I could thank her in person."

"By including Coastal Hospice in

her estate, she will be helping us care for people who don't have the kind of support she received from Mr. McAllister. When we complete construction of Coastal Hospice at the Ocean, patients will receive medical, emotional and spiritual support in a room that bears her name."

Coastal Hospice is in a capital campaign to build Coastal Hospice at the Ocean, a hospice residence and outreach center in Worcester County that will serve the four counties of Maryland's Lower Eastern Shore. The campaign includes a variety of naming opportunities: A gift of \$50,000 can be memorialized in the naming of a patient room.

birds
from page 6

One feature that sets birds apart from other animals is feathers. Birds' bodies are covered with an outer layer of fairly stiff but flexible contour feathers and an under layer of fluffy down feathers. The contour feathers provide protection against wind, rain and snow. The down feathers act as a layer of insulation.

Tightly knit together and overlapping, feathers protect the skin and hold a layer of air over the bird's body. Because birds control the position of their feathers through muscular movements, they are able to "puff" themselves up. By adjusting their feathers, birds create and trap larger pockets of warm air near their skin, enhancing insulation.

Many birds have an oil gland located at the base of their tail. Secreted oil is rubbed over the feathers with the beak or bill. This is known as preening. Preening creates a shield that helps block wind and repel water. Ducks, geese and swans can survive in water that is close to freezing because the amount of oil in their feathers makes them waterproof.

Waterfowl and other waterbirds also have a layer of fat that keeps them warm.

Anyone who has ever gone outside on a cold, windy day without a hat

knows that uncovered body parts lose heat quickly. The same is true for birds. But they can adjust to this in several ways. Often birds will stand on one leg, tucking the other up among their feathers. Birds are also observed with their beaks tucked under their feathers. Smaller birds often drop on the ground to cover both legs with their fluffed up bodies.

To minimize heat loss from legs, the arteries and veins in legs of many birds lie in contact with each other and function to retain heat. Arterial blood leaves a bird's core at body temperature while venous blood in the feet is cool. Heat is conducted from the warmer arteries to cooler veins.

Waterfowl have fleshy feet with little blood circulation so they are less sensitive to cold. Constricting blood vessels reduce the amount of blood flow to the feet at low temperatures. Thus the core temperature of a duck or gull standing on ice may be 104 degrees Fahrenheit but the temperature of their feet may be just above freezing.

Winter songbirds, waterbirds and waterfowl are often the only types of wildlife easily seen (and enjoyed) this time of year. Just imagine how the dull the landscape would be without these bright and hardy souls.

Kathryn Reshetiloff is with the U.S. Fish and Wildlife Service's Chesapeake Bay Field Office in Annapolis. Distributed by Bay Journal News Service.



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Courier Bookshelf

by Dolores E. Pike



'American Pain' by John Temple

When the housing boom came to a thudding halt in Florida, contractor Chris George looked around for a new start-up business. He immediately recognized the potential in the operation of a pain management clinic and opened his first of several in the Sunshine State. He began dispensing oxycodone, a highly addictive opioid to people who could not otherwise (here read legally) obtain it. He discovered a well so deep with money he had no trouble lowering the bucket time and again.



His "personal history and characteristics made him perfectly suited to conquer this market" notes author John Temple in his non-fiction piece "American Pain." It documents Chris's rise along with the efforts of those who finally compiled enough evidence to prosecute and bring him down, sending him and many of the clinic's doctors and staff to jail. The book, subtitled "How a young felon and his ring of doctors unleashed America's deadliest drug epidemic" is a sad commentary relating an initial failure of the authorities in battling addiction. Mr. Temple points to three main reasons why this happened...loopholes in Florida law in 2007 which:

- lacked a prescription database that many states already had;
- did not license pain clinics; and
- allowed doctors to sell narcotics without benefit of pharmacy.

A staff member from the clinic summed it up saying, "The thing isn't that we did this. Of course we did. The thing is that we were *allowed* to do it."

As Chris established his pain mill he changed the name several times and moved it to different locations in South Florida, much as a gambler might work a floating crap game. He continued searching for a name that would highlight and describe his clinic

and finally settled on "American Pain." Suffice to say he was blind to the impact of that name and the magnitude of pain being dispensed rather than cured.

The first clinic was a dilapidated building Chris and his construction buddies renovated in a strip mall. The waiting room was too small to accommodate the patient load, provide proper ventilation and adequate bathroom facilities. As people waited they tended to spill outside forming a long line snaking around the building, but many of them just loitered in the parking lot where "everything you could imagine took place." They caused major overflows in the clinic's bathroom as

please see bookshelf on page 11



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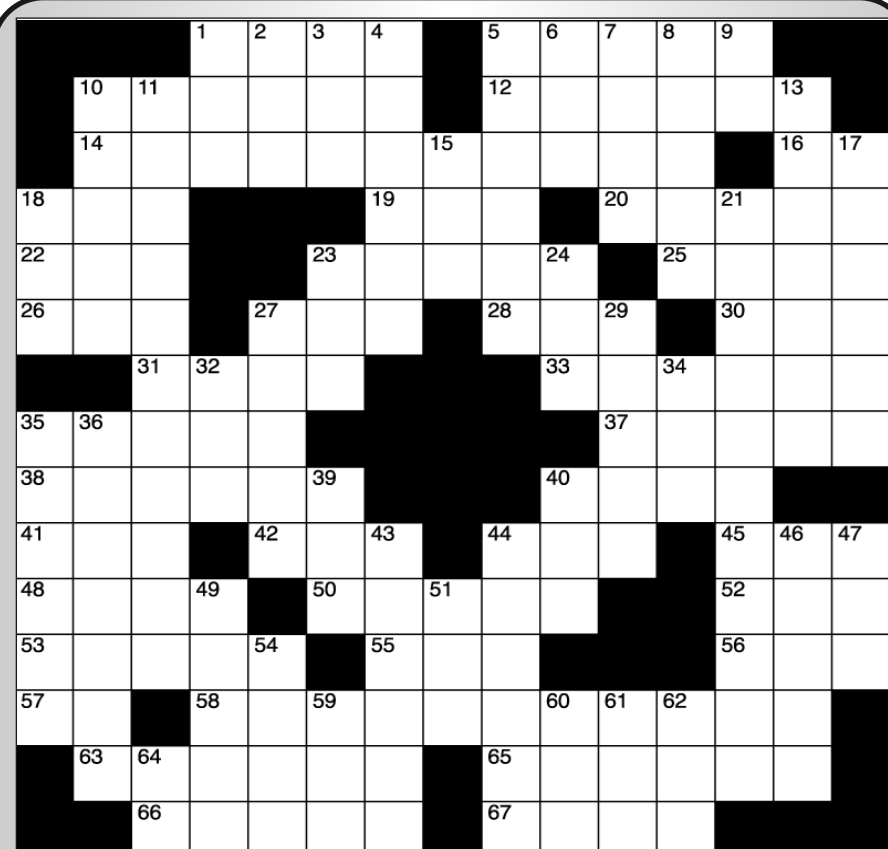
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ACROSS

1. Color properties
5. Arabian greeting
10. Frozen spike
12. Levels
14. Tear down social stiffness
16. Rapper Hammer's initials
18. Midway between E and SE
19. Shooting marble
20. Edward ____, British composer
22. Largest English dictionary (abbr.)
23. Cygnus's brightest star
25. Goidelic language of Ireland
26. Midway between N and NE
27. Auditory organ
28. Last month (abbr.)
30. Indicated horsepower (abbr.)
31. Mediation council
33. Aussie crocodile hunter
35. Sylvan deity
37. Clears or ties

DOWN

1. Go quickly
2. Fiddler
3. Crabs
3. Cervid
4. Gundog
5. Gushed forth
6. Caliph
7. Shoe cord
8. Give extreme unction to
9. Of I

38. In a way, emerges
40. Whimper
41. G. Gershwin's brother
42. Begetter
44. Seated
45. Old world, new
48. Girls
50. Song of triumph
52. A covering for the head
53. Attack
55. Norwegian krone
56. Coach
Parseghian
57. No good
58. Task that is simple
63. A way to move on
65. In a way, advanced
66. Loses weight
67. Shift sails

10. ÓA Doll's House author
11. Documents certifying authority
13. Drunk
15. Principal ethnic group of China
17. Crinkled fabrics
18. Longest division of geological time
21. Pancake
23. Small pat
24. A garden plot
27. Strayed
29. Surgical instrument
32. No. French river
34. Modern
35. Now called Ho Chi Minh City
36. Set into a specific format
39. Exhaust

40. Individual
43. Moves rhythmically to music
44. D. Lamour's Road picture costume
46. Having earlike appendages
47. Certified public accountant
49. Outermost part of a flower
51. Supplement with difficulty
54. Plains Indian tent (alt. sp.)
59. Electronic warfare-support measures
60. Displaying a fairylike aspect
61. Taxi
62. They ____
64. Syrian pound



Answers for Jan 6

That's how my garden grows...



By Betty McDermott

Hello Fellow Gardeners,

Wow! What a mild and warm Christmas Holiday we all enjoyed. I hope all of you stayed healthy and experienced a memorable holiday with family. A local friend reported to me that her zinnia plants that escaped the earlier frost were in full bloom again, boasting vibrant red blossoms over the holiday season. That is a first.

Well, it may be January and a bit colder but there are chores which can be done in January. So, if and when the spirit moves you, here is your "to do" list for the month.

*Fertilize dormant plants, especially those acid-loving plants, such as azaleas, holly, laurel, leucothoe and rhododendron using oak-leaf compost, manure, or organic fertilizer rated 5-10-5 if you did not do this in the fall.

*Avoid walking on frozen grass which may cause bare spots later.

*Spray broadleaf evergreens with an antidesiccant if you did not do this in the late fall. This will help to prevent foliage dehydration when temperature is above 40 degrees.

*Shake or sweep snow from evergreens but let icy covering melt naturally.

* Use sand or ashes on icy walks as salt damages plantings and lawns.

*Decide on a good site for your new vegetable garden and consider if the area chosen is sunny (at least two thirds of the day), also if the area is level and accessible to water.

*Make a garden plan and layout. File these in a garden notebook or garden journal and start recording ideas and different layouts. Order seed catalogs if you don't get them automatically in the winter or spring. Before you order new seeds, check your leftover supply of seeds. Remember, many seeds are viable even if they are three to five years old, if kept in a dry, cool place. Try some unusual or heirloom varieties. They are fun!

*This is a good time of the year to clean your garden tools. Clean the rust from your garden tools, such as spades, forks, hoes and shovels, using steel wool pads and water.

To prevent rust, apply a coating of mineral oil or used motor oil with a cloth.

*Bulbs, such as, tulips, narcissus, hyacinths and other spring flowering bulbs will begin (if they haven't already) to push through the soil this month. Don't worry about the cold weather to come. They will tolerate it because the flowers are still tight buds. Some of the small early bulbs, such as crocuses and snowflakes will bloom in spite of the cold. Mother Nature will take care of it, so just relax.

*Now, last, but not least, is my final suggestion and request. Please feed the birds. Yes, feed the resident birds by providing a constant supply of mixed seeds and other treats. Also, provide a constant water supply for

please see **garden** on page 11

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., January 14	10:33 a.m. 11:01 p.m.	4:19 a.m. 4:59 p.m.	7:16 a.m.	5:02 p.m.
Fri., January 15	11:24 a.m. 11:58 p.m.	5:16 a.m. 5:51 p.m.	7:16 a.m.	5:03 p.m.
Sat., January 16	12:19 p.m.	6:17 a.m. 6:46 p.m.	7:16 a.m.	5:04 p.m.
Sun., January 17	12:59 a.m. 1:19 p.m.	7:21 a.m. 7:42 p.m.	7:15 a.m.	5:06 p.m.
Mon., January 18	2:04 a.m. 2:23 p.m.	8:27 a.m. 8:40 p.m.	7:15 a.m.	5:07 p.m.
Tues., January 19	3:10 a.m. 3:26 p.m.	9:34 a.m. 9:39 p.m.	7:14 a.m.	5:08 p.m.
Wed., January 20	4:11 a.m. 4:26 p.m.	10:39 a.m. 10:37 p.m.	7:14 a.m.	5:09 p.m.

bookshelf
from page 9

well as those of the local McDonald's. The few parking spaces of the mall overflowed with cars ferrying in the patients from far away states like West Virginia, Kentucky and Tennessee where opioid restrictive laws were already on the books. "The trail of death stretched up the East Coast and into Appalachia."

Chris's brazen use of billboards advertising his Florida pill mill were strategically placed right off the interstates. The doctors necessary to staff the clinic were recruited from "Craigslist" and the office assistants from the same source. Chris barely scanned resumes for his staff...he merely wanted "hot girls" and "muscle guys" to work in the office. Doctors were paid according to the number of patients seen each day plus a weekly sum of \$1,000 for the use of each doctor's DEA license. In that way Chris could order the drugs directly and fill the scripts (prescriptions) at the clinic rather than let the patients wander off to a local pharmacy and be subjected to too many questions. The DEA never raised an eyebrow at the large numbers of pain pills being ordered from the national supply houses. The pharmaceutical firms were "too aggressive" as they stressed that Americans needed more and more medication to

relieve them from any pain they MIGHT suffer and too many doctors complied.

Chris's girlfriend, a former lap-dancer, dispensed the drugs at the clinic following each 4-5 minute doctor's visit, barely enough time to write the scripts. No cash-drawer could hold the money collected through the day so as each nine gallon black trash bag became full the office staff would cart it into Chris's office for temporarily storage. Local banks became skittish about handling such large sums of money and Chris began storing it in safes he conveniently placed in his mother's attic.

Even Chris George's long-time girlfriend recognized that he loved money more than he loved her and she left him only to return and marry him so she would not have to testify against him as jail finally beckoned. Chris George was sentenced to 17 years in a federal prison.

Readers will be struck by the humor displayed throughout Mr. Temple's book right up until the sobering moment they realize the full tragedy that he is unfolding before them. In researching and writing this tragedy Mr. Temple merely hitches those twin themes of greed and weakness to the wagon of indifference and rolls it into town where the sad truths finally emerge.

garden
from page 10

them. Walmart has a huge supply of bags of bird seed and suet as well as The Tractor Supply Store. Here are some additional ideas for foods they enjoy. Hang some small powdered-sugar coated donuts, or dried apple slices or strings of popcorn outside. Hang orange halves filled with peanuts, raisins, grape nuts, or sunflower seeds. Use foil baking cups filled with peanuts, raisins, grapenuts or sunflower seeds. Take pine cones and roll in melted suet, then roll in birdseed. Take pine cones and spread with peanut butter mixed with cornmeal or bread crumbs. Birds can not swallow plain peanut butter, so roll in bird seed, or the above. Hang those suet feeders out and be entertained for hours. Just remember to keep those feeders filled as well as a good supply of water.

If you are feeling ambitious in January and the weather remains

balmy, you can always go outside and pull weeds which are in great abundance with all the rain we had in December. Since the soil is still so wet, the weeds can be pulled out easily with roots and all. Just think, when spring comes, you will be way ahead of the game and you will be so pleased with your early efforts. Have happy thoughts of gardening and see you next month.

"Adapt the pace of nature; her secret is patience"

- Ralph Waldo Emerson

**The LORD will surely save me
So we will play my songs on
stringed instruments** Isaiah 38.20



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Mentors make a difference in young lives

The Worcester County Commissioners recently partnered with Kara Neel of Big Brothers/Big Sisters (BBBS) of the Greater Chesapeake to recognize January as National Mentoring Month and to challenge caring, responsible adults to start something big this year in a little person's life by becoming a mentor. There are roughly 75 children and 80 adults matched on the Eastern Shore through the BBBS and about 80 children are still awaiting mentors.

Time need not be a concern when considering whether mentoring is the right option for you. Mentors volunteer on average four to six hours a month.

"Spending just one hour each week can make a big impact in a child's life, and all you have to do is spare a small amount of time," said Neel, a BBBS program specialist. "Don't just talk about change, Do something that will truly impact your community!"

Mentoring has proven, long-term benefits on youth, and it is a key factor

in helping to increase their chances of graduating from high school and college and in decreasing the negative risk factors they face, such as struggles with alcohol and other drugs, gangs, and teen pregnancy. Because every child needs someone he or she can look up to, BBBS works to pair at risk youth with caring adult volunteer mentors with common interests, compatible personalities and who live within convenient distances from each other. Volunteers are recruited and assigned based on background checks, interviews, and references.

"We are always encouraging men

please see **mentoring** on page 12

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mentoring
from page 11

to volunteer with us, as there is a great need on the Eastern Shore for male mentors," Neel said.

BBBS is a solid option for those looking to volunteer. They have child safety insurance and provide professional support services to ensure the safety and protection of both the mentor and the child in our program.

The impact mentors can have is real. They are essential sources of inspiration and help youth find the courage to pursue their dreams. Mentors impact children's lives in immeasurable ways, providing them with confidence, encouragement and the skills and drive they need to succeed in all areas of life.

Research shows that after just one year of mentoring children in the BBBS of the Greater Chesapeake program show an 80% increase in school performance, while 83% avoid risky behaviors, 85% develop a positive view for their future, and 88% experience increased confidence.

The Commissioners recognize the influence that mentoring programs, like BBBS, have on the lives of area youth, and we encourage area residents to invest a few hours a month to be someone who makes a difference in a young person's life.

Learn more about BBBS of the Greater Chesapeake at www.biglittle.org or call BBBS Outreach Coordinator Addie Cropper at 443-521-3028. Visit them on Facebook too at www.facebook.com/BBBSSES.



The Worcester County Commissioners with Kara Neel of Big Brothers Big Sisters



Arctic learning - Second grade student, **Tyler Walsh**, uses an i-Pad to learn more about the arctic during Deb Schrawder's lesson at Showell Elementary School.

CLASSIFIEDS



Display Ads: \$15 per column inch **Deadline:** 5 p.m. Friday **Prepayment required.** **Cash or check accepted**

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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

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

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

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

Rotary Club

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

Square Dancing

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

AL-Anon/OP-West OC-Berlin

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

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** 7:30 p.m. 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.choosetoliveinmaryland.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.

warnings

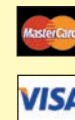
from page 7

this year, NFPA offers some easy tips to follow:

- Use your oven to cook food only. Never use it to heat your home.
- Hire a qualified professional to clean and inspect heating equipment and chimneys every year.
- Turn portable heaters off when leaving the room or going to bed.
- Place a sturdy screen in front of your fireplace to prevent sparks from flying into the room, and burn only dry, seasoned wood. Allow ashes to cool before disposing them in a metal container, and ensure that they are kept a safe distance from the home.
- If you need to warm a vehicle, remove it from the garage immediately after starting it. Do not run a vehicle or other fueled engine or motor indoors, even if garage doors are open. Make sure the exhaust pipe of a running vehicle is not covered with snow.
- During and after a snowstorm make sure vents for the dryer, furnace, stove and fireplace are clear of snow build-up.
- Test smoke alarms and CO alarms monthly. Properly maintained alarms can save lives in the event of a fire.

Service DIRECTORY

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Up-and-coming wines, vintners and regions

The New Year is here, giving us a clean slate and fresh start. One way we can traverse 2016 together is to look for some wines, winemakers, and wine regions that have been on the rise in the last few years. I did some research and hope this list inspires

Meli Carignan is from the Maule Valley of Chile and comes from the black-skinned Carignan grape. This wine has a long finish with tastes of blackberry, currant, tobacco, and licorice. The Luca Malbec from Argentina is also from a black-skinned grape. Fla-

WINE about it

by Jean Marx

you to try out one – or more – of these ideas. You may even come up with a new favorite to recommend to your friends.

First up are wines from South America. “Forbes” derived this list with wine recommendations from Chile, Argentina and little-known Uruguay. The Viña Falernia Syrah Reserva from the Elqui Valley in Chile is a 100% Syrah wine with a bold, spicy flavor of white pepper and rosemary that has a silky texture. The

vors of this varietal are typically black cherry, cocoa, roasted plum, and dark chocolate. A red blend rising in popularity from Uruguay is the Tannat-Viognier blend from the Alto de la Ballena winery in the town of Maldonado. The owners, Paula and Alvaro Lorenzo, call their elevated winery location “Heights of the Whale” named for the Southern Right whales that sometimes breach in the Atlantic Ocean during their migration south.

Wounded Soldiers Fundraiser is a success

By **David Landis**

Star Charities held its annual Beef ‘n Beer Fundraiser to benefit Maryland Wounded Soldiers last Friday night at the Ocean Pines Community Center. More than 130 people enjoyed food catered by Monty Jones of the Lazy River Saloon and live entertainment. There was a large Basket of Cheer raffle, as well as a 50-50 raffle and auction. All money raised benefited the soldiers.

Lt. Charles Kohler of the Maryland National Guard spoke about the wounded soldiers and the importance of the Star Charities donation.

Sharon Sorrentino performed several patriotic songs, including “God Bless America.” The Ocean Pines Youth Theatre, which was rehearsing in an adjacent room, performed some scenes from their upcoming play, “Beauty and the Beast.”

Following the beef and beer event, the children volunteered to take down the tables and chairs.

Sharon Sorrentino performing



Lt. Kohler hugs Anna foltz



The “San Francisco Chronicle” developed a list of winemakers to watch in 2015. Angela Osborne from New Zealand has an affinity for the Grenache grape which thrives in the desert climate located north of Santa Barbara, California. Grenache wines are medium-bodied along the red wine spectrum. Characteristics of Grenache wines are fruity tastes from strawberries, black cherries, and raspberries, and other tastes that can include cinnamon, anise, and citrus rind. Ms. Osborne started her own label in 2007 called “A Tribute to Grace,” named after her grandmother. Today she sells Grenache wines from several wineries beyond her first, the Santa Barbara Highlands Vineyard; you can purchase these wines going back to her 2008 vintage. Todd and Kelly Bostock also come highly recommended by the “San Francisco Chronicle” for their Arizona-based wines under the Dos Cabezas label. The site of the Bostocks’ winery is in the small town of Sonoita, Arizona situated 4,900 feet above sea level. The Bostocks are considered pioneers in Arizona with an impressive array of over a dozen wines, many of which are red wine blends such as the 2013 Toscano and the 2012 El Norte. The 2014 Meskeoli is one of their white wine blends.

Finally, CNN.com identified in August 2015 “10 Up-and-Coming Wine Regions,” several of which may come as a surprise. The first on the list is the country of Moldova. In fact, approximately a quarter of all Moldovans are involved in the wine-making industry. Most of the wines produced here are white wines from grapes such as the Sauvignon Blanc, Riesling, Pinot Gris, Traminer, and

Chardonnay. Excellent red wines can also be found from the dry southern part of the country. A couple Moldovan wine suggestions are the Riesling de Rhein Late Harvest 2010 and the 2009 Cabernet Mezalimpe.

Tasmania, the island located off the coast of Australia, is making a name for itself with whites such as Riesling, Sauvignon Blanc, and Chardonnay produced in the northern Tamar Valley as well as bold reds such as Cabernet Sauvignon, Pinot Noir, and Shiraz produced in the warmer southern part of the country. A couple wine suggestions are the 2014 Pinot Grigio from the Pooley winery and the 2014 Pinot Noir from the Josef Chromy winery.

Another little-known area that is rising in popularity is Swartland, South Africa. In 2010, an organization called the Swartland Independent Producers banded together to improve the quality of their wines. Every November, this group hosts a week-end-long wine festival called the Swartland Revolution with delicious local wines, foods, and music. Look for their range of crisp, fruity whites made from Chenin Blanc, Grenache Blanc, Clairette Blanc, and Viognier grapes. A couple suggestions are the 2013 Mullineux Kloof Street Chenin Blanc and the 2014 A.A. Badenhorst Secateurs Rosé.

As you are making your New Year’s resolutions, might I suggest trying out a new grape varietal or wine from a new country? These wines, winemakers, and regions just scratch the surface of the fresh, exciting wine blends that are available and the new avenues and wine regions opening up for our exploration. Cheers to a healthy, happy, and promising 2016!



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Two birding weekends slated for 2016

Due to the popularity of the annual Delmarva Birding Weekend, organizers are now offering two of the celebrated birding extravaganzas in both January and April.

"We enjoy such a big difference in bird species in winter and spring, it just made sense to open up two weekends," said Worcester County Tourism Director Lisa Challenger. Now duck, raptor, and shorebird lovers can get a winter taste of Delmarva, January 29-31 during the first Delmarva Birding Weekend of 2016.

Travelling thousands of miles, the harlequin ducks, razorbills, swans, shorebirds, and falcons are on full display in the mid-Atlantic for about four months a year. And the only way to see these birds is to shed those winter blues, dust off the binoculars, and get outside.

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

"If participants thought the April weekend was spectacular, wait 'til they see what winter has to offer," said guide and organizer Jim Rapp. "The sheer number of bald eagles and ducks will blow people away."

Boasting patient and fun-loving guides, the new winter trips will feature a near-shore maritime boat cruise to enjoy pelagic and arctic migrants, eagle-watching trips, and jaunts in Delaware and Maryland through some of the most pristine habitats on the East Coast. Indeed participants recount the event in terms of experiences rather than simply observing birds – a majestic Bald Eagle soaring over the marsh, a loon catching fish in a shallow bay, or the eerie hoot and shadow of a barred owl at dusk. An outdoor experience is the true draw.

"Delaware is teeming with bird species in winter," said Southern Delaware Tourism Director Scott Thomas. "And this is a great place to experience them."

The Delmarva Peninsula is one of the country's premier birding areas, thanks to an extensive variety of habitat protected by our coastal parks, refuges and wildlife management areas. More than 400 bird species have been recorded in the region and previous Weekend tallies have topped 200 species.

If boasting that many species isn't enough, participants should feel even

better knowing that they've helped Delmarva's birds by promoting birding and habitat conservation. Birders, both novice and experienced, make an important statement about the economic value of birds and their habitats through the money they spend in local hotels, restaurants, and shops. Participants are encouraged to remind local businesses that they are here to enjoy Delmarva's natural areas and the birds that inhabit them.

"It's our vast shallow bays and large tracts of protected marshes and bald cypress forests that make the Delmarva Peninsula one of the finest birding regions in the nation," said Rapp. "During the Weekend, our guests will hike on private farmland and woodland that are normally off-limits to birders, and our waterborne trips go where the birds are.

"In late April there will be more brightly colored warblers and wading birds either arriving to breed or moving north. In the winter we are overwhelmed

by an incredible diversity of ducks, shorebirds, and raptors by the hundreds of thousands, and winter will get you great looks at larger birds" he said.

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