

WEATHER



38 | 30
SATURDAY



39 | 28
SUNDAY

SPORTS

Worcester Prep falls to Greenwood

Worcester Prep junior Kayla Baier grabs rebound against the Flames

PAGE 14



CUISINE

Carne Asada with guacamole, salsa

It can be eaten with rice, vegetables, in a taco, burrito or however you desire

PAGE 31



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GAZETTE

JANUARY 13, 2011

BERLIN ♦ BISHOPVILLE ♦ OCEAN CITY ♦ OCEAN PINES ♦ WEST OCEAN CITY ♦ SELBYVILLE

FREE

Town has new plans for power

Electric bills in Berlin could be reduced

BY TONY RUSSO
STAFF WRITER

BERLIN – Two years ago the Town Council was told that there was no way to get a fair deal for the town electric company rate payers unless they committed to a long term power purchase agreement. This week the mayor and council voted to seek a new shorter term deal after two years of paying well-over market value for electric.

Mayor Gee Williams said the town has “every expectation” that town electric bills – including commercial bills – will drop significantly after June 1 or as soon as a new agreement is in place. “We’re more than cautiously optimistic,” Williams said.

The new rates will be negotiated after the town joins the PJM, a company that “coordinates the movement of wholesale electricity in all or parts of 13 states and the District of Columbia,” according to its website.

Although the town will join PJM at a cost of around \$15,000 the rates will be negotiated through a reverse-auction process wherein bidders drive the price down. Although the reverse auction wasn’t the method endorsed by

See BERLIN, page 26



THOMAS MELVILLE/BAYSIDE GAZETTE

MALLARDS SPIRIT – Worcester Prep freshman Madison O'Malley performs with the varsity cheerleaders during half time of Monday's game.

CALENDAR 28 ♦ SNAPSHOTS 27 ♦ EDITORIAL 22 ♦ CROSSWORD 30 ♦ HEALTH 18 ♦ SUDOKU 30 ♦ CLASSIFIED 19 ♦ ENTERTAINMENT 29



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MY PROBLEM IS YOUR OPPORTUNITY

Let me explain. Every year, big manufacturers of air conditioning systems have to guess how many to build to meet the demand. Of course, they're never exactly right. They always have some inventory they must hold over until next summer season. I went to one of these companies, and contracted for the purchase of 29 central heating and cooling system – heat pumps and central air conditioners– in the most popular sizes used in this area. And, because of the quantity and time of year, I was able to buy them at drastically reduced, below wholesale, out-of-season prices. These are BRAND-NEW models. They are NOT seconds or "blem's". They are factory PREMIUM units and have a FULL FACTORY WARRANTY*.

HOW TO GET A FURNACE FOR VERY LITTLE MONEY

By putting this central heating and cooling system together, then jaw-boning the whole-saler, and committing to a do-or-die purchase agreement of 29 systems, I was able to buy the furnaces and cooling systems for less than you would pay for the cooling system alone! So, if you buy one of these 29 new packages (if one of the four sizes I have will fit your home, of course), I am giving you a gas or electric furnace FREE. All I ask is for \$628 in labor it costs to have your new furnace installed.

HERE'S HOW

Just call us anytime at 410-641-1434. I will come out and measure your home to determine the availability of the proper size. (Don't forget, I only have 29 matched systems in four sizes. When they're gone, this remarkable offer ends too.) I will show you the real world price of the heating and cooling system that fits your home so you know EXACTLY how much you're saving. My quote will include all labor and installation materials. Nothing is left out.

NO OBLIGATION

Even after I completely explain the installation, there is absolutely NO OBLIGATION. If you decide you don't want to take advantage of the spectacular savings, that's OK. I will give you a free NO OBLIGATION home and duct leakage test valued at \$289 because you were kind enough to read this letter. I want you to think of ARCTIC HEATING AND AIR CONDITIONING even if you don't buy a thing.

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You don't even have to pay me right away. I have set up a terrific financing program offering low monthly payments for your convenience. I even decided not to mark up the interest rate like most companies do. Consider this: if you decide to make monthly payments instead of paying cash, the entire amount of your payments could be more than offset by the savings on your utility bills. It's like having your cake and eating it too.

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WHY THIS OFFER CAN'T LAST

You must act FAST because of limited supply - I only have about 8 of each of the four sizes. When all the FREE furnace units are given away in a particular size, that's it. There are no more at this price. If I have any of the 29 systems left over by March 15 (*I doubt that I will*), this offer still ends.



Give us a call now at

410-641-1434

to schedule an appointment for your NO-OBLIGATION survey.

THANK YOU FOR READING THIS RATHER LONG LETTER - I HOPE YOU WILL PROFIT GREATLY BECAUSE OF IT.



Warmly,
Russell Queen, President
ARCTIC Heating and Air
Conditioning

P.S. Six months from now, this will probably be the most appreciated opportunity ever extended to homeowners in our area. Every one of the 29 proud owners will have an almost unfair advantage over the utility companies.

P.S.S. Don't forget, the home and duct leakage test is free, and there is NO OBLIGATION for this service valued at \$289!

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NEWS BRIEFS

OCEAN PINES POKER CLUBS

SEEKING MEMBERS

Two Monday night poker clubs are interested in recruiting new members in the Ocean Pines area. Seats are limited to eight at each of the two tables. Call 410-641-8351 for more information.

OPA BUDGET HEARING

The Ocean Pines board of directors' annual public hearing on the proposed budget for the fiscal year 2011-2012 will take place 10 a.m. Saturday, Jan. 22, at the Ocean Pines Community Center in the Assateague Room.

The board will present a proposed budget to the Ocean Pines Association membership. The board welcomes thoughts and input from the membership. Can't make the meeting? Email comments to directors@oceanpines.org.

AARP DRIVING PROGRAM

The Ocean Pines Chapter of AARP will be presenting a 55 Alive Safe Driving program as a one day class, 9:30 a.m. to 3 p.m. on Friday, Jan. 28. The cost to attend is \$12 if you are a national member of AARP. Otherwise, the course fee is \$14.

Many insurance companies provide a premium discount that is effective for three years. Call Dave Lloyd at 641-6278 to reserve space for this class date or a future class. You will be informed of the location and other details when you call.

NEW PLAYGROUND FOR ROBIN PARK

Robin Park is scheduled for a make over next spring. The neighborhood park located on Robin Drive west of Coastal Highway is getting a new state-of-the-art, ADA-accessible

playground. The playground will feature new climbers, slides, swings and safety surfacing designed for children ages 5 to 12 years old.

The City Council last week approved a bid from West Recreation for \$75,000 to replace the playground. While construction of the new playground will occur in the spring, the old playground equipment will be removed this week to prepare the site for construction.

TREE DROP-OFF SITE

The town of Ocean City is once again providing a Christmas tree drop-off site at the 100th Street Municipal Parking Lot. Trees can be placed in the northeast corner of the 100th Street lot through Jan. 31.

Remove all tinsel, ornaments and other non-wooden items from the tree. Trees collected at the site are taken to the county landfill where

they are ground into mulch.

GRANT FOR CO ALARMS

The Ocean City Fire Department announced that the Volunteer Fire Division was recently the recipient of a fire prevention grant from the Maryland State Firemen's Association for the purchase of carbon monoxide alarms.

The \$500 grant will help fund the purchase of approximately 40 carbon monoxide alarms. These carbon monoxide alarms will be provided to those in need, in addition to the limited supply of smoke alarms and 9volt batteries already provided by the fire department.

The Ocean City Fire Department is pleased to partner with the Maryland State Firemen's Association in its fire prevention efforts. Those residents that may be in need of a smoke alarm. 410-289-4346.



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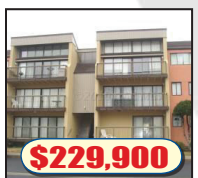
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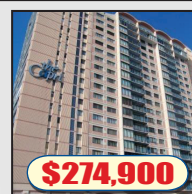
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Parrothead Club's Mardi Gras Kickoff Party on Friday

OCEAN CITY – The Ocean City Parrothead Club will present its 11th Mardi Gras Kick Off Party to benefit the PJ Aldridge Foundation and Worcester Youth and Family Counseling Services on Friday, Jan. 14, at Seacrets on 49th Street in Ocean City.

This free event will be held from 6-10 p.m. Seacrets will offer an extended happy hour and a great party atmosphere with DJ BK and DJ Batman. Come and party with a purpose.

The Mardi Gras Kick-Off Party introduces the 2011 Royal Court of Ocean City. This year's Kings are John Barrett,

Buddy Trala and Dr. Todd Bescak. The 2011 Queen candidates are Tara Gates, Tammy Cebula and Kathy Denk.

Each nominee will raise additional funds for this year's charities. The nominee with the most raised funds throughout the months of January, February and March will be crowned the night of the Mardi Gras Carnival (March 25).

At the Mardi Gras Kick-Off Party, the royal court will be available to raise extra funds by getting their friends to donate a "Royal Buck" to their campaign.

Billy Casper Golf names Cosby director of golf in Ocean Pines

VIENNA, Va. – Ocean Pines Golf and Country Club – owned by the Ocean Pines Association and managed by Billy Casper Golf (BCG) – has named Damian Cosby the new director of golf.

At Ocean Pines, Cosby will direct day-to-day operations, including staffing and training, clubhouse food and beverage, golf course maintenance, programs and special events, and golf instruction.

Most recently general manager of Eisenhower Golf Course in Crownsville, Cosby has been with BCG since 2007.

"Damian is a strong leader who will train and empower his team to deliver a high level of service," says Bob Thompson, general manager of

the Ocean Pines Association. "Ocean Pines is excited about the energy, experience and fresh perspective Damian brings to the club."

In November, BCG was selected to manage the semi-private Ocean Pines, overseeing all aspects of operations, marketing and public relations, staffing and training, merchandising, clubhouse food

and beverage, financial management, golf instruction and special events.

Open to the public, Ocean Pines Golf and Country Club is part of an 8,000-home community. It features an 18-hole, par-72, 6,927-yard layout and Delmarva Peninsula's only design by legendary architect Robert Trent Jones Sr.

Nestled amid natural wetlands and scenic woodlands with water in play on 10 holes, five sets of tees and ample scoring opportunities dare players of all abilities to challenge themselves.

The well-appointed clubhouse includes a fully-stocked pro shop, restaurant and locker rooms. A comprehensive practice area with a double-ended driving range and sheltered tees, chipping green, two putting greens and two sand areas delight even the most ardent golfers. Ocean Pines offers clinics, private lessons, club repair and bag storage.

For more information or to reserve a tee time: www.oceanpinesgolf.org, 410-641-6057.

Billy Casper Golf provides turnkey club management for public-agency and private owners, developers and investors. Founded more than 20 years ago in cooperation with professional golfer Billy Casper and headquartered in Vienna, Va., regional offices are convenient to courses' locales.



Damian Cosby

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We Now Accept:

Atlantic Hotel vinyl windows controversy still open

BY TONY RUSSO
STAFF WRITER

BERLIN – While the state and the Berlin Historic District Commission are powerless to enforce their rules it is possible that a lawsuit by a resident or interested party could force the owners of the Atlantic Hotel to replace the recently-installed vinyl windows with windows that meet the Secretary of the Interior's Standards for Rehabilitation.

Last month the commission heard a request from the owners of the Atlantic Hotel asking for special dispensation after they'd replaced the wooden windows with vinyl windows without seeking a permit.

Corey Kegerise, administrator of local preservation programs for the Maryland Historical Trust, said that while there are cases where vinyl windows may be permitted under the Standards, they are restricted to additions and new construction and would not be a replacement option for the historic hotel.

Given that the Historic District Commission was aware of this they felt they had no choice but to rule against the hotel, a ruling that would have required the removal of the vinyl windows and their replacement with wooden ones.

After it was brought to the attention of the non-profit Preservation Maryland that Mayor Gee Williams ordered the hotel exempt from the town Historic

District Commission's ruling, Eastern Shore field director Elizabeth Beckley sent him a letter requesting a reversal.

The letter, which Beckley copied to state officials, bureaucrats and other non-profit organization heads and was widely circulated beyond the addressees, argues that the property's owners knew permits were required and chose not to pursue them.

In his response letter Williams suggested that this one-time exception would spark "thoughtful consideration to the drafting of regulations that preserve our historic district while also adapting to changing opportunities that are needed to be good stewards of both our natural and physical environment."

Williams has claimed that he believed the oversight to be an honest mistake by

the hotel's owners.

While it remains to be seen what action if any might be taken against Williams by the state for the exception, Beckley said she hoped resident outrage over the exception would be enough to convince Williams to change his mind.

"I'm not at liberty to say what my next step will be," she said. Adding that what

TO PAGE 6

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Local affairs program Coastal Connection launches on 88.3 Ocean City

Weekly show to highlight elected officials, artists and musicians on the Eastern Shore

OCEAN CITY – WAMU 88.5 recently announced it has launched Coastal Connection, a weekly public issues program focusing on culture and personalities on the Eastern Shore, on 88.3 Ocean City.

Hosted by Bryan Russo, a reporter, musician and resident of the Shore for

eight years, Coastal Connection began airing on Dec. 31. The show airs at noon each Friday.

On Coastal Connection, Russo said, “I want to hold a weekly conversation about the issues and the people that make this area so appealing for millions of people to visit each year and for the

many others who call the peninsula their home.”

In his first episode, Russo featured a look at the Worcester County liquor control board, a sit-down interview with state Sen. Jim Mathias (D-Ocean City), a report on the future of the Ocean City boardwalk and the opening of Ocean Downs casino. He also highlighted a Delaware restaurant owner with some deep musical ties.

Audio from previous Coastal Connection programs is available at: <http://wamucoast.org/shows>.

Prior to hosting Coastal Connection, Russo reported Ocean City news at the Maryland Coast Dispatch. He has also covered Philadelphia sports as a stringer for the Associated Press and served as managing editor and critic at Aroundphilly.com. Russo resides in Berlin with his wife, Andrea, and his two

young children.

American University's radio station since 1961, WAMU 88.5 is the leading public radio station for NPR news and information in the greater Washington, D.C., area. With more than 735,000 listeners in the Washington-Baltimore region, WAMU 88.5 is where “the mind is our medium.”

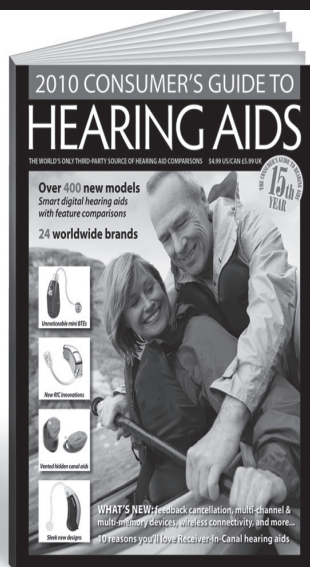
WAMU also broadcasts from 88.3 Ocean City on the Delmarva peninsula and in Washington on three HD channels — the flagship frequency at 88.5-1; WAMU's Bluegrass Country, a bluegrass and Americana station, at 88.5-2; and WAMU-3, at 88.5-3, a news and information station broadcasting international coverage from the BBC and offering public radio programs unavailable elsewhere in the Washington area. For more information, visit wamu.org.

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Windows

FROM PAGE 5

she felt was most prominently at issue was Williams' decision to neglect his executive duties.

She said it was about trust and whether the town residents believe the administration values the process or not.

Kegerise said that the Secretary of the Interior's Standards for Rehabilitation requires that applicants replace the windows in texture, color, design and, where possible, materials. Adding that his

department had no authority to enforce the guidelines.

“It doesn't mean that there aren't other state laws that remain,” he said.

Speaking on vinyl windows more broadly, Kegerise said it was a mistake to believe that they ought to be allowed or disallowed generally. “Every building, particularly an old building, is unique so the standards are not hard and fast,” he said. “That's what the review and appeal processes are for.”

They are processes the hotel ownership still have at their disposal should Williams be compelled to uphold the law.

Fire Department offers tips so fire sprinkler and home pipes do not freeze and break

OCEAN CITY – Due to the recent dip in temperatures, the Ocean City Fire Department would like to offer property owners simple maintenance tips to

ensure that fire sprinkler and domestic pipes do not freeze and break, causing thousands of dollars in water damage as well as rendering fire sprinkler systems inoperable.

Maintaining wet pipes above freezing is a key concern. Domestic water pipes can be insulated or wrapped with an approved UL-listed heat tape. In the event that a unit is unoccupied for the winter season, domestic water pipes can also be drained.

Wet sprinkler systems, however, usually cannot be wrapped with heat tape. All sprinklered areas of a building should be checked to make sure they are above freezing. Setting a unit thermostat to keep pipes around 40 degrees Fahrenheit will help prevent these pipes from freezing.

With regard to dry sprinkler systems, auxiliary condensate drains should be drained by a licensed sprinkler company or person knowledgeable about sprinkler systems. The following pictures illustrate the auxiliary drains for dry pipe sprinkler systems:

Finally, emergency contact numbers should be posted on the outside of the building.

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SUBMITTED/BAYSIDE GAZETTE

BIKE DONATION — 'Dutch' Oostveen, of Ocean Pines with the help of the Optimist Club of Ocean City/Ocean Pines and the Ocean Pines Fire Chief helped to distribute 60 bikes to underprivileged children during this holiday season.

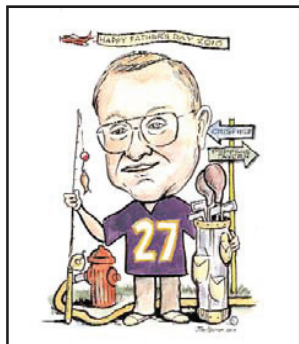


SUBMITTED/BAYSIDE GAZETTE

THE DECATUR WAY — Students at Stephen Decatur High School dressed for success on Jan. 6 to demonstrate the four principles of the Decatur Way: pride, respect, responsibility, and achievement. Junior Dan Cericola, senior Garrett Neville, sophomore Yasemin Unal, sophomore Annie Brown, sophomore Alexis Martinek, senior Shazza Lovell, and junior Nathaniel Sullivan.

CARICATURES

from your photos!



by JIM ADCOCK.

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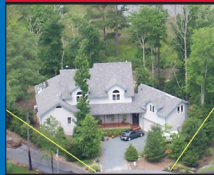
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Worcester County Developmental Center opens new facility

BY TONY RUSSO
STAFF WRITER

NEWARK — The Worcester County Developmental Center has always been about self-sufficiency in their operations as well as their training programs. So in designing the new center, which opened this week, everyone involved wanted to make sure they could not only grow, but move toward a more self-sustaining model and train their clients to do the same.

The WCDC is a non-profit organization that trains the mentally and developmentally disabled for employment either outside or inside the facility. Their clients, many of whom are Cedar Chapel Special School graduates, learn skills appropriate to their personal ability and take jobs according to their wishes.

When the old school building that housed the program burned down three years ago, the WCDC was already in the process of designing another facility and although the fire was a severe blow to the program, if there was a bright side it's that the project was fast tracked and the building that opened was in every way superior to the one that burned.

Many of the WCDC clients work in the facility itself, tending the plants in the greenhouse or doing piecework in

The Worcester County Developmental Center has raised \$4.8 million of the \$7 million it cost to open their new facility. To donate to their construction costs and to find out more about the naming fund started in former Delegate Bennett Bozman's name, contact June Walker at 410-632-2571 or visit www.wcdcservices.org.

the large workroom. Before the fire the WCDC was known almost exclusively for growing and selling poinsettias for Christmas. The new and improved greenhouse will allow them to expand their greenhouse business and run it all year.

Similarly, the piecework they used to be able to accept was often limited by space but with the now larger facility the WCDC is able to take on bigger contracts, which means more employment for their clients.

"They love getting their paychecks," said executive director June Walker.

The clients are not only paid for their work, but those who are trained to do so often accumulate enough skills to work elsewhere. During the last three years, the WCDC clients prepared lunches both for their fellows and occasionally for sale using the kitchen in Most Blessed Sacrament School, in Berlin. The new facility has a substantial kitchen

TO PAGE 11



TONY RUSSO/BAYSIDE GAZETTE

Melinda Cropper filled her piece work quota happily and efficiently during recent day on the job at the newly-opened Worcester County Developmental Center in Newark.

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New NOAA weather radio transmitter provides coverage for Eastern Shore

MAPPSVILLE, Va. – NOAA's National Weather Service has completed the testing phase for a new 1,000-watt NOAA Weather Radio All Hazards transmitter, increasing service to areas that had limited or no coverage along the Virginia and Lower Maryland Eastern Shores.

Now life-saving watch and warning services will be available to recreational and commercial mariners navigating the Atlantic coastal waters in this area.

This transmitter will serve Accomack and Northampton Counties in Virginia, including the cities of Wachapreague and Chincoteague. It will also serve Somerset and Worcester counties, including Pocomoke City and the Atlantic coastal waters between Ocean City, and Oyster, Va. The transmitter will broadcast on a frequency of 162.525 MHz, usually Channel 6 on most NOAA Weather Radio receivers.

"NOAA Weather Radio All Hazards is vitally important for both recreational and commercial boaters navigating the Atlantic coastal waters," said William Sammler, warning coordination meteorologist at the forecast office in Wakefield, Va.

"Weather can change quickly and now everyone will be able to keep tuned to the latest forecasts and watches and warnings – and take appropriate action."

The new transmitter is located in

Mappsville, Va., on a tower owned by Accomack County. Funding for the transmitter was secured by the Virginia Department of Emergency Management using a \$59,900 grant from the U.S. Department of Agriculture (USDA) Rural Utilities Service, and \$16,640 from the Department of Homeland Security's Emergency Management Performance Grant.

USDA has awarded 99 grants from its Weather Radio Transmitter Grant Program to extend the coverage of NOAA Weather Radio into rural America.

NOAA's National Weather Service is the primary source of weather data, forecasts and warnings for the United States and its territories. NOAA's National Weather Service operates the most advanced weather and flood warning and forecast system in the world, helping to protect lives and property and enhance the national economy. Visit weather.gov for information.

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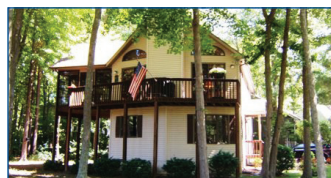


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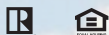
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BUSINESS

BAYSIDE

Church Mouse Thrift Shop raises funds for charities

BY TONY RUSSO
STAFF WRITER

BERLIN – The story of the Church Mouse Thrift Shop is one of transition, both for the shops customers and the shop itself. The current business grew out of a small warehouse where church members kept donated clothes and household items to be given to families who suffered from fire or some other loss or extreme need. Volunteers took turns keeping track of the inventory and eventually the church members decided to open the warehouse to the public as a way of raising funds for their other charities.

When the congregants decided to open the Church Mouse Thrift Shop downtown, it was both as a vehicle to serve the public as well as a way to raise more money to support the church's other good works. Current coordinator Helen Wiley, said that making sure they don't let the funds sit idle is one of the most important parts of her position. But before they can donate the funds to good causes they must be raised and that requires they run the shop as a proper retail business.

To that end Wiley and the more than 15 volunteers who run the shop day in and day out each week are as committed to quality and customer service



TONY RUSSO/BAYSIDE GAZETTE

Church Mouse Thrift Shop coordinator Helen Wiley is the latest leader of a long line of volunteers who run the shop.

as they would be if their paychecks depended on it, possibly more so given that the business' success is critical to other people.

"We try to be very picky," Wiley said. "We have a Goodwill pick up at least once per week."

The Church Mouse Thrift Shop has a pretty high standard for their merchandise so while

many of the donations they receive are usable and in good condition, Wiley said they only stock those donations that are both in demand and in superior condition. The idea is to have a reputation not only for using the profits for good works, but also for being a place worth visiting and visiting regularly to see what's new.

"If it sits to long we donate it to Goodwill," Wiley said.

Charities generally are dependent on others' kindness and, specifically, whether the charity in question is in line with the kind of works the donor intends. The Church Mouse Thrift Shop has to earn beyond that measure, or rather, outside of it. They donate to so many dif-

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ferent charities, from Diakonia to the Heifer Project, that the money's destination is almost secondary; many if not most of the recipients are well-known local or international charitable causes. What is important is that their customers, and they have a pretty strong group of regular customers, are satisfied with the product.

One of the other ways the Church Mouse Boutique reached out to the wider community was by joining the Berlin Chamber of Commerce. Since they're an all volunteer store a willingness to help is more important to them than a lot of business experience. Wiley said their membership has allowed the shop to participate not only in the networking mixers but more importantly in the kinds of seminars the help them improve their understanding of effective retailing.

Wiley said they are always excepting donations. Anyone interested in arranging to bring items in should call her home 410-208-2818.

FINANCIAL ADVICE

Financial resolutions



By Chip Gordy

As we start a new year, it's a good time to push forward and think about all the things you'd like to do better or differently in 2011.

As part of your planning for this year, consider taking action to better your personal finances. To get started, here are some goals for 2011 and how to achieve them:

Stick to a budget. You should know exactly where your money's going and where you might make improvements. I've written about this before, and once you get started it's not too difficult. What's not so simple for some? Following through! If you want to break out of the cycle of living paycheck-to-paycheck and learn how to spend within your means, keeping a budget is a smart first step.

Pay off debt. There are many strategies out there to help you cut away your debt. You can start by paying down the debt that has the highest interest rate first and then work your way down. Just make sure you're still making at least

the minimum payments on your other credit cards and loans.

Manage your credit. Your credit is more important than ever; it's absolutely vital to getting the best interest rates and terms for credit cards, home loans and auto loans. If you have poor credit, you may not be able to qualify for credit at all in this economic environment.

The first step to managing your credit is to check your credit report at least every three months to make sure what's there is accurate. Staying on top of your credit doesn't have to cost you a thing either. Many credit companies will give you a free credit report.

Save more. Assume you're depositing \$250 per paycheck toward your savings. Maybe you could find a way to increase your savings contribution to \$350 per paycheck. Look for ways to possibly cut unnecessary expenses. If you need a big-ticket item, do your research and look for sales. You can find ways to save more if you look for them.

Pay yourself first. This simply means that you need to save before you spend. A good way to do this is by setting up direct deposit from your paycheck into a savings account. This accomplishes two things: first your deposit is automatic and it's almost like paying a monthly bill. Second, your

deposit will hopefully go into an interest-bearing account or savings vehicle, and you'll be less likely to spend it.

Save for retirement. Here's another case where direct deposit makes it easy and effortless to save for your future. And if you're lucky enough to work for a company that matches your retirement contributions, take advantage of it. If you don't, you're essentially losing free money.

Get the proper insurance. If you have children, life insurance is of course imperative. A good rule of thumb is to have a policy with a benefit of seven to ten times your annual household income.

Chip Gordy, MBA, CRPC is an investment advisor representative with Coastal Wealth Management, LLC, specializing in wealth and retirement planning. He can be reached at 410-208-4545 or chip@coastalwealth-mgmt.com. Registered representative, securities offered through Cambridge Investment Research Inc., a broker/dealer, member FINRA/SIPC.

WCDC

FROM PAGE 8

en where clients won't only make the meals for their fellows, but serve food at the functions the WCDC rents out their space for.

The meeting space is one of the most significant upgrades in the new facility. By having it available, the WCDC can earn additional funds to support operations. Business and social groups will be able to host large lunch meetings and even small banquets in one of the facilities three meeting rooms. The rooms are divided and can be combined into a very

large meeting room for both banquets and conference-style events.

Possibly the most significant addition to the new facility, though, is the laundry room. Much like the kitchen it will serve two purposes. The first will be as a training opportunity for interested clients who can then take their skills to the hotels in Ocean City and find employment in the laundry rooms there. The second is that the WCDC will be able to accept laundry contracts and further employ their clients.

"The hope is that people who come here and are trained can go out into the community," said board of directors

president Mike Megary.

The expanded space and opportunities are easily the most important aspect of the new building. Not only did they have to turn away many clients in their older, smaller facility they also had many whose full range of potential weren't being met because of limited opportunities.

The new facility gives the WCDC the ability to serve 200 clients, as opposed to the 80 they were able to serve beforehand.

"It's a bigger place with bigger opportunities," said Walker.

BAYSIDE GAZETTE.COM

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- Calendar
- Entertainment

The screenshot shows the Bayside Gazette website. At the top, there's a header with the site name and navigation links. Below that, a large photo of a man in a red scarf is featured. To the right, there's a section for 'blog spots' with the title 'Be a Holiday Loser' and a post dated 12/2/10. Below the photo, there's a 'social' section with links to Twitter, Facebook, YouTube, and RSS. Further down, there's an 'upcoming events' section listing 'CHRISTMAS PARADE' and 'CHRISTMAS OPEN HOUSE'. At the bottom, there's a 'gallery' section with a photo of a building and a 'download' button for the current issue.

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SCHOOLS

BAYSIDE

SDHS grad has designs for her future

Worcester County Arts Council scholarship helps pave the way

BY TONY RUSSO
STAFF WRITER

BERLIN – When Grace Toulotte graduates from University of Maryland College Park this spring she'll more likely than not accept a job doing graphic design for her new alma mater. Going directly from the classroom to a paying job isn't something many college undergraduates have lined up for this spring but Toulotte's completing a nearly-lifelong mission that ends with her as a graphic designer and runs directly through the Worcester County Arts Council (WCAC).

Toulotte was one of only two recipients of the WCAC's fine arts scholarship last year and has, in fact won it for three of the years she's been eligible.

"I applied for about 60 scholarships and received four," Toulotte said. She endorsed applying for local scholarships because not only is there a smaller pool of candidates, but there's also a particular connection to the grants that comes with a little bit of extra pride.

When she came in to the WCAC offices recently she was genuinely glad to see the council's executive director Anna Mullis. Toulotte thanked Mullis for the scholarship and reminded her how much it meant to receive it.

"I know I tell you every time I see you," she said to Mullis. "But it's true."

Having won the scholarship three times was a big reason Toulotte will graduate debt-free in May.

Toulotte is one of those fortunate souls who has understood what her vocation was



TONY RUSSO/BAYSIDE GAZETTE

SDHS alumna and soon-to-be UMCP graduate Grace Toulotte at the Worcester County Arts Council recently. Toulotte has won the council's arts scholarship three times.

for the better part of her life and has worked toward it. Having grown up with a familiarity of the printing business, she set her sights on becoming a graphic designer from an early age.

Toulotte edited Stephen Decatur High School's newspaper The Hawk where she got an even better understanding of and feel for layout and design.

Given the competitive nature of the field, she'd hoped to set herself up for success by getting into the highly selective graphic design program at University of Maryland College Park.

Having won both the WCDC art scholarship as well as the

inaugural Berlin Fine Arts Scholarship, wasn't enough to gain her entry, though and Toulotte was accepted into the art program but not the design program, which was a crushing blow. She was, after all primarily interested in graphic design rather than art.

But rather than ending her bid there, Toulotte got an on-campus job doing graphic design for one department then another eventually earning enough of the staff's respect that she's all-but-assured a full time job designing for the university, an irony that's not lost on her.

Whether she'd have pushed herself as hard to excel professionally as opposed to

purely artistically if she'd been accepted into the program of her choice will have to remain one of the many "what if" story lines that we all have. But for now, as those who were accepted into the program worry about pounding the pavement in search of work this summer, the once-rejected Toulotte can focus her creative energy on her job.

That's the key to the importance of the WCAC Arts Scholarships. They don't provide access, only opportunity. The students they select, in addition to having to meet a certain level of artistic talent have to have the kind of drive that will take them where talent won't.

SCHOOL BRIEFS

GLOVER NAMED OCES TEACHER OF THE YEAR

Ocean City Elementary School recently named Liz Glover as the



Liz Glover

2011 OCES Teacher of the Year. Glover, with 11 years of teaching experience, has a bachelor's of arts in psychology and elementary education from Western

Maryland College, and a master's degree in special education from Wilmington College.

For Glover, teaching is in the blood. Her mother, father, grandmother and great grandmother are all teachers. Glover, who attended Ocean City Elementary School as a student, says she has always wanted to teach.

"I hold high academic and behavioral expectations for all students. In addition, I believe it is crucial for teachers to nurture the whole child. Students may forget what you said, but they will never forget how you made them feel." Glover will represent Ocean City Elementary School in the Worcester County WeXL Teacher of the Year program.

AZBELL NAMED TEACHER OF YEAR AT WORCESTER TECHNICAL

Worcester Technical High School recently announced its 2010 Teacher of the Year. Floyd "Butch" Azbell is described by his students as, "An excellent teacher who uses humor to motivate and educate students."

Following retirement from the U.S. Coast Guard, Butch began employment with Worcester County Public Schools and has taught HVAC/R at WTHS for the past six years. Butch received the "National HVAC/R Instructor of the Year" award and "Crystal Apple in Teaching Excellence" in 2008. He is an active Skills USA adviser and is on the academic AFG team.

POLONEY JOINS MUSICAL GROUP

For almost 100 years, Gettysburg College students have been performing in musical groups at Gettysburg.

The college has a long tradition of excellence in performance and offer a variety of music ensembles - choral, band, orchestra and jazz for students to join.

Kelsey Poloney of Ocean City, a sophomore is a member of the marching band. Auditions for membership in College performance groups are open to all students.




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Board of Education members to take oath of office next week

NEWARK – Four Worcester County Board of Education members will participate in a public induction ceremony on Jan. 18, initiating their next four-year terms, after being re-elected in November.

The 9 a.m. ceremony will be held in the Board Meeting Room at Worcester County Public School's Central Office in Newark, Maryland.

Board of Education President Robert G. Hulburd (District 6), Vice President Robert A. Rothermel Jr. (District 7), J. Douglas Dryden (District 1), and Donnie L. Shockley (District 4) will recite the Oath of Office, administered by Worcester County's Clerk of Courts, Stephen V. Hales. Collectively, the four incumbents have served the children of Worcester County for 28 years.

"Our Board of Education members are passionate about the success of our students," said Superintendent Dr. Jon Andes. "All of our Board members have either graduated from one of our high schools or have children who have graduated from or who are attending our schools. Most have both."

"They know firsthand the importance of a great education, and they work diligently and tirelessly to ensure that each generation of children has the same outstanding education and enriching opportunities."

Hulburd has served the Board of Education for eight years, holding the position of president for the last two years. From 2006 through 2008, he served as vice president. A Snow Hill High School graduate, Hulburd graduated from Western Maryland College (now McDaniel College) as a high school art teacher.

For nearly 30 years, he has owned an insurance company, representing Nationwide Insurance. He is chairman of the citizen's group C.R.A.S.H. (County Residents Actions for Safer Highways), which has lobbied for the dualization of Route 113. Hulburd has two children, both graduates of Stephen Decatur High School. He lives in Ocean Pines with his

wife Linda Jo Hulburd.

Holding the position of vice president from 2009 through 2010, Rothermel has served on the Board of Education for eight years. Rothermel graduated from Shippensburg University with a bachelor of arts degree. He owns and operates a special events services company and has served as the director of Ocean City's Department of Tourism.

Rothermel has held leadership roles in the Downtown Association, the Worcester County Arts Council, and the Ocean City/Berlin Optimists Club. He lives with his wife Amy Rothermel and two children in Ocean City. His children attend Stephen Decatur Middle and High schools.

Dryden was elected to the Board of Education for his first term in 2007. A graduate of Pocomoke High School, Dryden attended Virginia Commonwealth University and graduated with a bachelor of fine arts. He has worked as a product manager and designer for a sign company for over 30 years.

Dryden is an active member of the First Baptist Church in Pocomoke, serving as deacon. He has two children, both graduates from Pocomoke High School. He lives in Pocomoke with his wife Sharon Dryden and family.

Shockley has served the Board of Education for eight years. A Snow Hill High School graduate, he attended Salisbury University and graduated with a bachelor of science in education. Self-employed for over 35 years, Shockley is a poultry farmer, bus contractor, and an owner of Barbely's Restaurant in Newark.

He has held leadership roles with the Nassawango Ruritans and the Snow Hill Lions Club. He has two children, both graduates of Snow Hill High School. He lives in Snow Hill with his wife Janice Shockley.

The seven-member Board of Education also includes Jonathan Cook (District 5), Garry L. Mumford (District 2), and Sara Thompson (District 3).



SUBMITTED/BAYSIDE GAZETTE

PRESCHOOL HUG – For the first time in 41 years, Worcester Preparatory School's Christmas Candlelight Service had to be rescheduled because of snow. Some of the preschoolers in Jeanie Mancini's classroom give each other a big hug before they go on stage to sing. They are Brady Bischoff, Jillian Lebling, Riya Jani, and Lebby Becker.

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SPORTS

BAYSIDE



THOMAS MELVILLE/BAYSIDE GAZETTE

Worcester Prep freshman Lilly DiNardo passes the ball to a teammate under the basket during the Mallards loss to Greenwood Mennonite on Monday afternoon. (Below) Worcester Prep junior Ellie Brown drives to the basket against the Greenwood Mennonite Flames.

Mallards go down to Flames

BERLIN – Worcester Prep used its tenacious defense to stymie Greenwood Mennonite in the first half and led 13-11 at the break. But the second half was a different story.

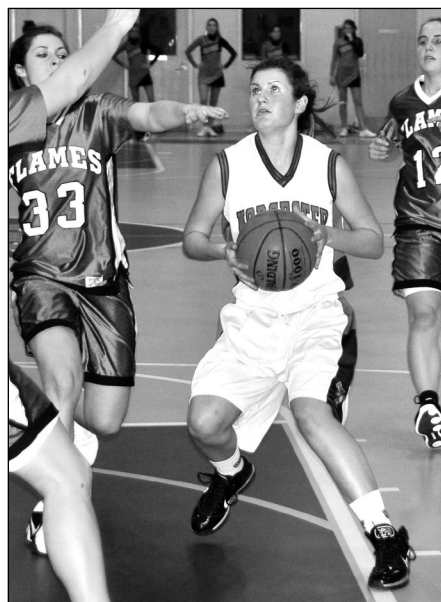
"We came out flat, I don't know why, but we did," said Worcester Prep coach Page Watts. "We struggled defensively. We have had some struggles offensively but our defense is usually a lot better."

It was the Mallards offense that just could not get on track after half time. Worcester Prep was outscored 11-1 by Greenwood in the third quarter with the Mallards lone point coming off a free throw by freshman Kristen Shriver.

But even after being down 22-14 to start the fourth quarter, Worcester Prep had a chance to pull out a win. The Mallards defense snuffed out the Flames offense and Worcester Prep chipped away at the lead.

Claire Brown and Olivia Wilgus hit free throws to make it 24-17. Then Wilgus scored Worcester Prep's first field goal of the half by converting an offensive rebound and Meredith Smith added a free throw to cut the lead to 27-20 with three minutes left. But the Mallards missed three straight layups and they ran out of time.

"We just couldn't buy a basket," Watts said. "We have to go back to the basics at practice this week."



SPORTS BRIEFS

LIFEGUARDING CLASS

A Red Cross Lifeguarding Class will be taught at Ocean Pines starting Jan. 14 and running for two consecutive weekends, (Friday-Saturday-Sunday) concluding on Jan. 23. For information and to sign up, call Ocean Pines Recreation at 410-641-7717 ext. 3050.

The instructor is Nancy Holland. She may be reached at jeepjock@comcast.net. There is an initial swim test that must be passed before joining the class. Eight candidates are required for the class to make.

Beginning in January the pool will be open to 10 p.m. every night. A new class for triathletes and masters swimmers will be offered on Sunday evenings from 7-8 p.m. starting on Jan. 16 that will be a coached session to improve swim strokes and times.

Contact Chris Klebe of OC Tri-Running Sports at 443-497-4324 for more information and sign-up. Additional nights may be added if there is interest. A half-price Winter Swim membership is being offered from Jan. 1 until May 27. To sign up, call 410-641-7717 ext. 3018.

COASTAL LACROSSE CLUB BEGINS SPRING REGISTRATION

Registration for the 2011 outdoor spring season is under way and teams are filling up quickly. Parents may access Coastal Lacrosse Club's website at www.coastallacrosseclub.com for registration forms and information. In order to maintain a low player to coach ratio, the club will limit the number of players per team, therefore, teams will be formed solely on a first come-first serve basis.

The Coastal Lacrosse Club, founded in 2009, is Worcester County's only non-profit lacrosse organization serving the youth of Delmarva. The Club offers organized, instructional, teams for both boys and girls. Kids from 5 years of age to 14 can participate in the club's 3rd outdoor season of fun and camaraderie. In addition to playing a full schedule of Sunday games, the boys and girls teams will compete in the popular and competitive DYLA tournament held at the end of the season.

For more information on how your child can become part of the lacrosse club on the shore, visit www.coastallacrosseclub.com.



Listen to Stephen Decatur Girls & Boys Basketball...

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Tue 1/25 @5:30pm: Seahawks Boys vs Snow Hill

For the broadcast schedule, visit www.sfm sports.net



Sanchez was named a freshman All-America

ANNAPOLIS – Navy men's soccer defenseman Martin Sanchez was named to the CollegeSoccerNews.com freshman All-America second team, the web-site announced recently. Sanchez was the lone Patriot League representative and was one of 33 players named to one of the three teams.

Sanchez, a freshman from Salisbury, was named to the freshman All-American second team after a stellar rookie season in the defensive end.

Sanchez, who earlier in the year was named to the NSCAA Division I All-Mid-Atlantic Region third team, appeared in all 16 games starting every one of them. Sanchez led a Navy defense that ranked 22nd nationally in team goals against average while leading the Patriot League.

The Navy defense allowed just 13 goals all season (16 games), one year after allowing 28 tallies in 19 games. Navy held 12 of its 16 opponents to one or fewer goals, while recording seven shut-outs.

In addition, Navy allowed just 11.6 shots per game. Earlier during his freshman campaign, Sanchez was named the Patriot League's Defensive Player of the Week (Sept. 13) and was selected to the UMBC / Navy Kick-Off All-Tournament



Martin Sanchez

Team (Sept. 7).

The Mids recorded their first .500 record in five years with a 7-5-4 mark and finished with a 2-2-3 Patriot League record, while finishing ranked in the top 100 in all six statistical categories (scoring offense, total goals, goals against average, shutout percentage, winning percentage and save percentage) kept by the NCAA.

Head coach Dave Brandt will lose just three seniors (Sam Lepley, Alex Foskett, Will Craven) while welcoming back players that scored all 24 goals and had 20 of Navy's 22 assists on the offensive side of the field, three starting defensemen and the starting goalkeeper for the 2011 season.

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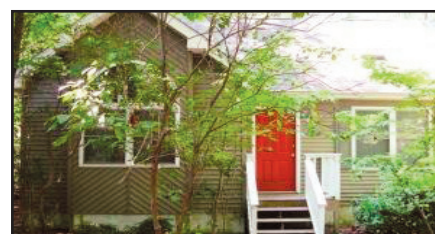
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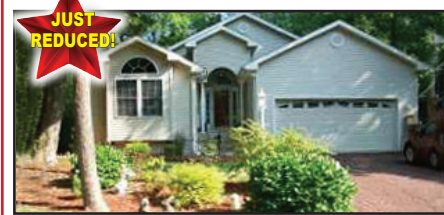
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Annual AGH Penguin Swim expected to exceed fundraising goal

BERLIN – The donations are still pouring in and will continue to do so throughout January, but event planners for the 17th Annual Penguin Swim anticipate exceeding their fundraising goal of \$80,000.

"I want to say a huge thank you to all of our Penguins, their supporters, and everyone who helped to make the 17th Annual Atlantic General Hospital Penguin Swim a success. We were blessed with incredible weather and an even more incredible turnout by participants and spectators," said Amy Unger, AGH director of development. The top fundraisers were:

INDIVIDUAL FUNDRAISERS

- 1.) Craig Kettler (Leesburg, Va.) with \$4,275;
- 2.) Woody "Butch" German (Baltimore) with \$3,750;
- 3.) Kevin Massey (Delmar, DE) with \$1,000.

TEAM FUNDRAISERS

- 1.) Bull on the Beach with approximately \$20,000;
- 2.) Ocean Pines Penguin Swim Team with approximately \$6,200;
- 3.) AGH Flapping Flamingos with approximately \$6,000.

▪Youngest Penguin: Jay Kettler from Leesburg, Va. (5 months).

▪Oldest Penguin: Pasquale Lemme from Newark, (82).

COSTUME CONTEST WINNERS FOR TEAMS

- First Place: C'mon Clarence Team

▪Honorable Mention: Porkettes Team

COSTUME CONTEST WINNERS WOMEN

- 1.) Terri "Mermaid" West (Ocean City Power Squadron Team);
- 2.) Joan "Mother Time" Gentile (Ocean Pines Penguin Swim Team);
- 3.) "1920 Thoroughly Modern" Joanie Strauss (Ocean Pines Penguin Swim Team).

COSTUME CONTEST WINNERS WOMEN

- 1.) "Rasta" Joe Hoover;
- 2.) Ed Jankiewicz (Andre Lavanceau Memorial Team);
- 3.) Barry "BK Westchester" MacFadden;

Honorable Mention: Dave "Elvis" Kelley (Bull on the Beach Team).

The community event continues to grow. While preserving the tradition of the event, Atlantic General also strives to throw some new things into the mix to keep things lively.

This year's additions included live music from local cover band, Under the Influence, throughout the event and a revised layout at the Princess Royale to better manage the large crowd for check-in.

"What an exciting year – thank you Mother Nature, Town of OC Tourism Volunteers and all the participants, spectators and sponsors," said Patricia Ilczuk-Lavanceau, chair of the Penguin Swim. "More participants and spectators than ever came for out of the local area to share in this awesome event. People love the bragging rights to be a part of

this event.

"From 10:30 a.m. on you could feel the excitement and celebration in the atrium," she said. "I have heard about people seeing all the penguin hats all over town New Year's Day. Get Wet for a Good Cause was a huge success and congratulations to Phil Houck and the Bull on the Beach Team as Phil is now the official crowned King of the AGH Penguin Swim.

"This event makes me feel so sentimental and proud as I continue to do this event in loving memory of my husband, Andre' Lavanceau."

For more information about the 17th Annual Penguin Swim or next year's event, contact the development office at 410-641-9644.



SUBMITTED/BAYSIDE GAZETTE

Craig Kettler, first place winner in the Individual Fundraiser category, stands with Atlantic General CEO Michael Franklin and Penguin Swim chair Patricia Ilczuk-Lavanceau. He raised \$4,275.

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AGH receives highest recognition from American Stroke Association

BERLIN – Stroke is the third leading cause of death in the United States – it takes credit for one of every 18 lives lost. In most cases, just a tiny blood clot blocks the flow of blood to the brain, robbing it of the oxygen supply it must receive continuously to function. Just one minute without this crucial blood flow can kill two million nerve cells and 14 billion synapses.

If proper treatment is begun immediately, however, the devastating effects of stroke can be halted, even reversed, for many patients. That is why Atlantic General Hospital has focused so intensely on the treatment of this common killer that also blinds, paralyzes, robs the memory and slurs the speech of millions of Americans.

In 2007, Atlantic General became a

primary stroke center for Worcester County and neighboring areas, designated for its ability to provide optimal care for patients who have suffered a stroke. The center has a designated staff and features a comprehensive system for rapid diagnosis and treatment of stroke patients admitted to the emergency department. The staff is always prepared to provide brain imaging scans, and neurologists are on hand to conduct patient evaluations and using clot-busting medications when appropriate.

As a result of its efforts to provide the best possible care to the rural area it serves, Atlantic General's stroke center was recently awarded the American Stroke Association's Get With The Guidelines – Gold Plus Performance Achievement Award, the organization's

highest recognition for stroke care.

To receive the award, Atlantic General needed to achieve 85 percent or higher adherence to all Get With The Guidelines–Stroke achievement indicators for at least two consecutive 12-month periods. This is the second year that the hospital has reached these benchmarks. In fact, the hospital achieved between 91 and 100 percent on all indicators.

Achievement indicators are evidence-based treatments known to result in improved patient outcomes. They include appropriate use of guideline-based care for stroke patients, including clot-busting and anti-clotting medications, blood thinners and cholesterol-reducing drugs, preventive action for deep vein thrombosis and smoking ces-

sation counseling.

The Plus portion of the Gold Plus Award also represents a minimum of 75 percent compliance with other specific quality measures for at least twelve consecutive months.

For providers, the Get With The Guidelines–Stroke program offers quality-improvement measures, discharge protocols, standing orders and other measurement tools. Providing hospitals with resources and information that make it easier to follow treatment guidelines has been shown to improve the quality of care provided to stroke patients. This can help save lives and ultimately reduce overall healthcare costs by lowering readmission rates for stroke patients.

For Atlantic General's patients, Get With The Guidelines–Stroke uses the "teachable moment," the time soon after a patient has had a stroke, when they are most likely to listen to and follow their healthcare professionals' guidance. Studies demonstrate that patients who are taught how to manage their risk factors while still in the hospital reduce their risk of a second heart attack or stroke.

Through the Get With The Guidelines–Stroke program, customized patient education materials are made available at the point of discharge from Atlantic General, based on patients' individual risk profiles. The take-away materials are written in an easy-to-understand format and are available in English and Spanish. In addition, the Get With The Guidelines Patient Management Tool gives healthcare providers access to up-to-date cardiovascular and stroke science at the point-of-care.

According to the American Heart Association/American Stroke Association, stroke is the third leading cause of death in the United States, accounting for one in every 18 deaths in the United States, and is a leading cause of serious, long-term disability. On average, someone suffers a stroke every 40 seconds and 795,000 people suffer a new or recurrent stroke each year.

For more information on Get With The Guidelines, visit www.american-heart.org/getwiththeguidelines.

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**Invest in Your
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HEALTH

BAYSIDE

Learning how to grieve and accept changes in life

BY TONY RUSSO
STAFF WRITER

FENWICK ISLAND, Del. – Sharon Welch is one of those people in whom strangers confide. She was, in fact, interrupted several times while she spoke about her approach to grief counseling over coffee at Dirty Harry's Restaurant recently by people who overheard her talking about the general misconceptions about the most effective ways to deal with loss.

Each of the people who stopped her to share their stories were women who'd lost children – one a grown child and one a miscarriage – and they stopped her at different times not so much only to show their approval and agreement but to offer a bit of appreciation that someone understands, if not their particular pain, the way their losses are misperceived by others.

Welch's particular understanding of grief is both personal and professional. Although it was a particular part of her life, it wasn't until her father's death 16 years ago that she began looking into the methods people use to deal with their own loss or discuss others' loss.

The notion of "getting over it" is something that's a big part of



TONY RUSSO/BAYSIDE GAZETTE

Sharon Welch published "The Art of Forgiveness and Self Healing" to share what she learned both in classrooms and in life about what grief truly is and how to accept it.

the reason people have lingering problems with grief. When Welch first began her study and investigation she was working in the holistic nutrition field and noticed a significant connection between people's trouble staying healthy and their trouble dealing with grief. She began to pursue an approach that would recognize not only

the part diet and exercise play in healthful living but the way a person's psychological attitude toward their inner pain affected their physical health.

As an example she cited what she believes is a significant correlation between how many of us deal with disappointment as children and poor eating habits. Put simple, comfort foods are

as much a state of mind as they are high-caloric foods.

Welch published a book, "The Art of Forgiveness and Self Healing" to share what she learned both in classrooms and in life about what grief truly is and how to accept it. She also founded The Spirit Organization, a vehicle for combining the different facets

of holistic lifestyle approaches she's studied.

"We're supposed to express feelings instead of repressing them," she said. "Our mission is to stop passing down false belief."

One of the primary misconceptions Welch uncovered is that grief is narrowly defined. As she points out, "grief" is interchangeable with "loss" even if the loss is intentional.

For example, she said that divorce is something that causes grief in both parties, even if the split is amicable and in the person who initiated it.

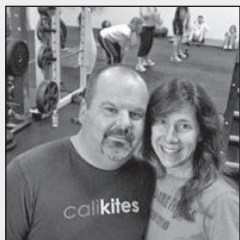
The recognition she tries to induce is that even positive change can also be grief-inducing loss. It's something that must be expected, understood and accounted for.

"Grief is about life and change," she said. And given that much of life is change, most malaise can be attributed to a degree of grief. "Grief therapy can help people discover what is the loss."

Grief therapy is one of the many services she offers at The Spirit Organization. The group holds seminars throughout Sussex County, Del. For more information, contact them at 240-876-1084 or www.thespiritorganization.com.

FITNESS ADVICE

For the hype of it all



By David & Lisa Long

I get hype and all that it entails. I don't know many business owners who don't get into it. With the business of fitness hype is kicked up to a whole new level.

Now by pointing any of this out I am in no way disparaging any for of, or modality of exercise. What do I mean? Turbulence Training says that "Cardio does not help busy people lose fat. Research proves it." What research?

Most scientific studies all agree that cardio is one of the most studies methods of losing fat. Is it the best way? The only way? NO, but to state that cardio will not help you lose fat is simply not true. One well known, and effective program states that "You want to lift and lower the weights as fast as possible with good form."

While another (also effective program) states that

"lifting weight not only slow, but SUPER slow can get you in shape in minutes a week." Some other claims are "fittest people alive," "elite fitness," "building champions of tomorrow" the list is endless.

Hyperbole is an age-old tradition and it is alive and well. We all know that "world's best coffee" is not a fact, but a conversation starter. So what's the problem? People will mix up this information for fact and swallow it whole. They will either chose to believe what they want, listen to half an argument, or cite another person who is no expert.

What can you do? Do what works for you and find what works for you by doing other things. If you like running and running suits your needs; be a runner! It isn't that complicated if you just keep it simple. A BIG pitfall is literal thinking and nit picking.

If there is no way you can never eat a carbohydrate again, find a sensible nutrition plan for you. Wouldn't you rather have some success on a halfway decent plan than continuing to fail on the best plan?

Most people will find the best results doing things they enjoy and using a program with some variety.

Running all the time can make you a faster runner, but will you really be fitter? Will you be stronger and more flexible? The reverse is true also; if you lift heavy weights in some sensible manner you are bound to become stronger, but will you be fitter? Healthier?

What about the plans that claim to do it all it a few short hours a week? This is a lofty and admirable goal for sure; to elevate your fitness markers in up to 12 categories? WOW! The bonus is by at least trying to, you will probably find your overall fitness improving. So what's the bottom line?

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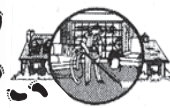
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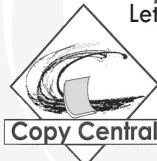
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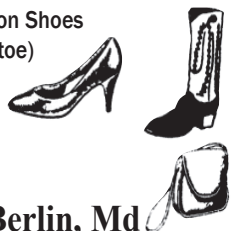
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OPINION

BAYSIDE

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-Erik Quisgard,
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EDITORIAL

Mayor Williams may need to finesse the bureaucracy more

Berlin Mayor Gee Williams' success has been his ability to bring business acumen to the office. But this same administrative skill could turn into a liability for two important reasons.

First, in the private sector it is the business owner who pays for errors in judgment. When an elected official does so, no matter how well conceived, the citizens pay the cost of correcting the mistake. This is why a more collaborative process is essential.

A second but equally important difference between mayor and CEO is that the commissions set up to advise are primarily made up of volunteers who are dedicated to civic duty.

While no one believes the administration must always abide by committee recommendation, it is crucial that the appointees and the rest of the citizenry retain faith in the deliberative process.

Williams has so far had success finessing the bureaucracy but there is some concern he could run out of goodwill. Public trust is so much easier to lose than it is to gain and whether the mayor has the political capital to withstand too many more accusations of administrative end-arounds is coming into question.

There's a fine line between being a can-do politician and being dismissive of the political process. While there is no question of the mayor's commitment, as the disconnect between intention and results widens, Williams would do well to display a more appropriate respect for the process.

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He says he doesn't believe in recycling, but I know he is on his third wife.

LETTERS EDITOR

Mayor considers HDC concerns

Editor:

(This letter was sent to Elizabeth P. Beckley, E.S. field director, Preservation Maryland / National Trust for Historic Preservation, as well as the Bayside Gazette.)

Thank you for your letter of Jan. 4, 2011 regarding your concerns resulting from my decision to not force the removal of some recently installed windows at the Atlantic Hotel in Berlin.

I made this extraordinary, and for me, unprecedented decision because of what I feel is the greater public good for our community. As the Mayor, I genuinely believe I have an intimate understanding of all of the circumstances that led to the decision by the town's Historic District Commission (HDC) to not approve the hotel's replacement windows.

While preserving the integrity of our historic district is an important town goal, so is the development of establishing Berlin as a leader in environmental stewardship and energy conservation among

rural Maryland communities.

As you noted in your letter, Berlin's historic district ordinance was written in 1975. I am confident that from this experience with the Atlantic Hotel the Berlin Historic Commission will make a carefully considered evaluation of their current regulations.

They are likely to determine if any modifications may be appropriate that would allow them to consider developments in energy saving materials and technology that also would not compromise the integrity of Berlin's historic district.

I believe that such a review would reflect the interests and widespread support of an overwhelming majority of Berlin's citizens. It is also my belief that my decision in this matter gave many of the people involved a welcome period of reflection about how the HDC should approach such situations in the future.

I have every confidence that the HDC, at their own pace, will give thoughtful consideration to the drafting of regulations that preserve our historic district while also adapting to changing opportunities that

are needed to be good stewards of both our natural and physical environment.

Wm. Gee Williams III
Mayor

Md. schools ranked No. 1

Editor:

This week, for the third straight year, Education Week Magazine has ranked Maryland public schools number one in the nation. Though our work is not yet done, together we continue to improve and reform our public education system even in tough times.

Since we received this same distinction last year, Maryland has begun integrating our data systems to better track student progress, and has won President Obama's Race to the Top competition to continually improve our school system, recruit and retain the nation's best teachers, and turn around low performing schools.

This week, we begin the 428th Legislative Session. As we push through this economic downturn, we face a challenging

OPINION

FROM PAGE 22

session with tough choices and many sacrifices.

These choices will require us to move forward while continuing to protect priorities like public safety and public education. As we come through this national recession more quickly and stronger than other states, we do so together, as One Maryland, fighting for Maryland's families.

In this changing new economy we are in a fight for our children's future. Together, we must move forward by creating and saving jobs through innovation, and that includes protecting our best-in-the-nation public school system. We must also be willing to continue making tough choices so that we can protect our shared priorities – priorities that will allow us to make this new economy ours and build a better future for our children.

Martin O'Malley
Governor

Good beaches mean good business

What does the coastal economy mean to the national economy? Plenty, according to one agency's annual look at economic energy. Add up the Gross Domestic Product (GDP) of this country's 673 coastal counties and it came to \$7.9 trillion in 2007 (the last year measured) -- more than half of the total U.S. GDP. In fact, if the country's coastal economy were broken out, it would rank second in global GDP ... behind the United States itself.

That translates to jobs: 69 million of them in 2007, paying some \$3.4 trillion in wages that year. This means more than half of the country's jobs are found in coastal counties, which could mean the seeds to an eventual economic recovery must be sown along the nation's shorelines first.

These statistics come from the National Ocean Economics Program, an arm of the National Oceanic and Atmospheric Administration (NOAA).

State-by-state breakdowns and more detail are available online at <http://www.oceaneconomics.org>.

The NOAA's "State of the Coast" report stated that, "Given the concentration of economic production, population and infrastructure along the coast, we must work to maintain the integrity of those natural resources that make these areas highly desirable to visit, live and work."

A different look at the coastal economy focused on coastal-dependent business and jobs as a way to help balance the discussion of coastal uses. This was done by contrasting the economic impact of healthy coastline activities with the economic impact of potentially harmful coastline activities.

The report, titled "Too Much At Stake: Don't Gamble with Our Coasts," was produced by the Sierra Club and Environment America. This report looked at the economic activity and jobs generated by coastal activities (primarily tourism and fishing) at a state and regional level around the country. The report found that:

- Coastal dependent business accounts for \$225 billion annually, more than 85 percent of that from leisure and hospitality (tourism) industries. Recreational fishing brings in 12 percent and commercial fishing 3 percent.

- Coastal dependent jobs total more than 4.5 million -- 86 percent in tourism, 9 percent in commercial fishing and 5 percent in recreational fishing.

- The West Coast region (Washington to California) leads in both coastal business and job totals, followed closely by the North Atlantic region.

According to the report's summary, "Not only are the oceans and coast 'worth more wild' economically, but they host an amazing variety and abundance of special places and unique wildlife. Our coasts are lined with beaches, national parks and wildlife refuges, sensitive bays and estuaries. We have an immense storehouse of biological diversity and unique marine ecosystems in our offshore waters. All these would be threatened by coastal industrialization...."

OBITUARIES

Helen Frances Tyler

BERLIN – Helen Frances Tyler, 85, died on Dec. 30, 2010. She was born in Leominster, Mass., to the late Carl and Gertrude Donahue Tyler.

She is survived by her sister, Margaret Mazzilli; niece Kathy Humphrey; nephew Michael Mitchell and his wife Christine; nephew Joseph Mitchell and his wife Regina; great-niece Francine Krivka and her husband Michael; great-nephew Tommy Scafione and his wife Gloria; great-nephew Dan Mitchell; great-nephew Matt Mitchell and five great-great nephews.

She is preceded in death by her sister, Agnes Mitchell.

A funeral mass was held on Jan. 4 at St. John Neumann Catholic Church in Ocean Pines. Memorial contributions may be made to the Joseph House, 411 North Poplar Hill Ave., Salisbury, MD 21801.

Arrangements are in the care of Burbage Funeral Home in Berlin. Acknowledgements to the family may be sent to Burbage@burbagefuneral-home.com.

Peter Kevin Donovan

OCEAN CITY – Peter Kevin Donovan, age 59, died Monday, Jan. 3,

2011 at his home in

Ocean City. Born in Bethesda he was the son of the late Merritt Peter Donovan and Jacquelyn Webster Donovan.

He is survived by his sons, Christopher Ryan Donovan and Patrick Kevin Donovan both of Arnold and Ocean City; his sisters, Pam Stansell and her husband Macky of Berlin and Debbie Donovan Holden of Chestertown; two nieces, Darby Holden and Alexandra Holden; two aunts, Carol Jane Donovan and Nelda Thomas and numerous cousins. Also surviving are his former wives, Mary Beth Donovan of Arnold and Joanne Donovan of Berlin.

Peter was a graduate of the University of Maryland. He had worked as an education assistant at Stephen Decatur Middle School and was an assistant lacrosse coach at Stephen Decatur High School. He also had worked in security at the Dunes Manor Hotel in Ocean City and had worked in the hospitality industry in Ocean City for many years.

Donations may be made to the Stephen Decatur High School Alumni Association for the Field House Fund Drive, 616 William St., Berlin, MD 21811.

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BAYSIDE



SUBMITTED/BAYSIDE GAZETTE

Collages by Peggy Warfield along with other selected works are being offered at a special price during the Water's Edge Gallery end of season sale and reception.

Water's Edge Gallery announces Friday art reception and annual sale

BERLIN – The Water's Edge Gallery is extending its local artist exhibition through January and is offering a once a year opportunity to purchase selected works on display at a discount during the gallery's annual end of season sale.

The public is invited for a special artist reception this Friday from 5-8 p.m. for a last chance look at works from the area's well-known artists.

The exhibition includes Kevin Fitzgerald, Pete Cosby, Randy Hofman, Parker Nicholls, Deborah Rolig and Peggy Warfield.

"Each artist brings his or her own style from traditional landscapes to modern interpretations," said gallery manager Gail Lewis. "This is a great opportunity to own that painting or collage you may have been eyeing up all year."

Artist in residence, Fitzgerald, is showing his latest series of landscapes along with limited edition serigraphs. Fitzgerald has been painting for over 30 years and

holds a BFA from Maryland Institute College of Art and an MFA under full fellowship from George Washington University.

Berlin artist Cosby is self-taught and paints primarily in oils and focuses on the theme of "Wind, Water and Waves." He is influenced by other local artists including Patrick Henry, who offers a distinctive painting style while exploring a diverse subject matter. Cosby's work is attracting a growing number of collectors and admirers.

Biblical sand sculptor Hofman has been painting since childhood. The Ocean Pines artist paints scenes from Assateague with interwoven religious interpretations.

In 1999, Nicholls, also from Berlin, suffered a catastrophic knee injury led to near fatal medical complications which led Parker back to painting, primarily as therapy.

This artist's diverse life experiences and

personal challenges have become a constant point of artistic reference. His soulful images inspire powerful feelings of faith, hope, family and humanity.

The narrative quality of Snow Hill-based artist Rolig's paintings combined with the juxtaposition of bits of realism on an abstract field captures a broad audience. The rich textures and many layers of color give the viewer a sense of the evolution of each painting.

Lastly, artist Warfield ventured into watercolor painting over 23 years ago later to discover collaging. She feels that the art of collage allows the viewer to become a participant by attaching his or her own meaning to the work.

The Water's Edge Gallery is located in downtown Berlin at 2 South Main St., across from the Atlantic Hotel, and is open to the public seven days a week. For more information, contact the gallery at 410-629-1784 or visit www.WatersEdgeBerlin.com.

Optimist Club's 28th Seaside Boat Show in February

OCEAN CITY – The Ocean City/Berlin Optimist Club is sponsoring the 28th annual Seaside Boat Show in Ocean City, Feb. 18-20. The show is the "boat show the works for kids."

Held at the Roland E. Powell Convention Center, this show traditionally draws thousands of water and boating enthusiasts to the resort over President's Day weekend and provides the Optimist the opportunity to raise funds to support the club programs to support local youth, which support many youth and community service programs.

The Boat Show will feature over 350 boats, 150 exhibitors and 50 boat dealers, offering numerous show prices.

On display will be the newest and most popular models and water related items. The large number of boats sold each year at the show makes it one of the most popular shows on the East Coast.

Visitors will be treated to an alluring array of sport cruisers, sport fishing, performance and "super" boats.

Exhibitors will also include marine electronics, trailers, canvas tops, motors along with jewelry, art and fishing gear. The show will also provide financing and insurance for the boater and water enthusiast.

The Optimist members are always aware of the importance and contributions of each exhibitor and are proud that no other boat show compares with the Seaside Boat Show for appeal and enjoyment.

One of the main draws of the show are the wonderful door prizes donated by North bay Marine owners, Scott and Mary McCurdy. Each person who purchases a show admission has a chance to win a boat.

The Optimists also sponsor a scholarship lottery with \$100,000 in prizes. Over 269 students have received over \$1.38 million in scholarships in the past 23 years. The lottery drawing is held at 5 p.m. the last day of the Boat Show. Chances are \$100 and can be purchased at the show.

This year's show hours are Friday, from 11 a.m. to 7 p.m.; Saturday, 10 a.m. to 7 p.m. and Sunday, 11 a.m. to 5 p.m. Admission is \$9 for adults and \$1 for kids, with a weekend pass available for \$15.



SUBMITTED/BAYSIDE GAZETTE

Youth picked up trash from the bays to the beaches for the town of Ocean City and the Maryland Coastal Bays Program as part of the Peninsula-Delaware Conference 24th Annual Youth Rally service project.

Area youth rally participants clean up with Maryland Coastal Bays

OCEAN CITY – Over 400 people picked up trash from the bays to the beaches for the town of Ocean City and the Maryland Coastal Bays Program last weekend as a service project for the young people's ministries of the Peninsula-Delaware Conference 24th Annual Youth Rally service project.

This year's conference attracted over 4,800 attendees of which 2,700 registered to participate in community service projects Saturday afternoon.

Included in the projects were the bay to beach cleanup, a potato drop where farmers donated leftover potatoes which needed to be bagged and distributed to food pantries and shelters, donation and assembly of school kits, flood cleaning kits and health kits to be distributed to areas of the world where they are needed.

Other projects included balloon flow-

ers that went to hospitals and nursing homes and a project for Diakonia, West Ocean City's homeless shelter.

The town of Ocean City and the Hopewell UMC donated trash bags of which 1,000 were distributed, totaling to approximately 25,000 pounds of trash. Even businesses like Century Carpets chipped in by donating a truck to take the bags of trash to the dumpster.

This was the first year the group added service projects to their agenda and the program was such a success, they plan making projects an annual event. The Maryland Coastal Bays Program orchestrated the clean up by contacting local businesses for property permission and providing clean up assignments for the visiting youth groups.

If you would like to become involved with the MCBP, email MCBP@mdcoast-albays.org or call 410-213-2297.

Ocean Pines Players raising funds for plan to build a future venue

OCEAN PINES – The Ocean Pines Players will be 32 years old this year. They were organized in 1978 and most performances were staged at the old community center. There a stage had to be built and then removed after each series of plays had ended.

With news that the community center would be scheduled for demolition, the Players moved performances to Most Blessed Sacrament School where they performed for five years at the school.

Finally in early 2010, the Players were able to stage performances at the Carousel Hotel in Ocean City.

Today the Ocean Pines Players, which is a non profit charitable organization, includes two additional performing groups, the Children's Theater and Radio Airwaves Productions. Together as they grow, they hope to find a more permanent home where they can further expand productions and provide

other services such as acting and script writing classes.

The first fund-raiser will be 7 p.m. on Saturday, Jan. 29, in the new Community Center. Radio Airwaves Productions will present an original play, "Complicity" written by Robert Davis and directed by Graham Caldwell.

This Agatha Christie-type mystery will be in theater-script reading format, complete with sound effects and costumes. All proceeds will go toward the Ocean Pines Players Building Fund. Tickets are \$8. Any additional contributions you wish to make are tax deductible.

To meet long range goals, they have established a building committee to oversee a building fund. The Ocean Pines Players Building Fund will be dedicated to the construction to a new and permanent community theater venue for performing arts for the Ocean Pines greater community.

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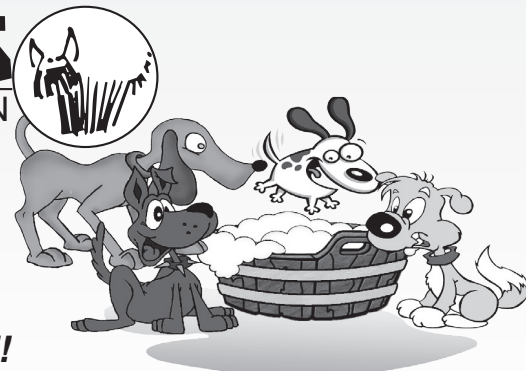
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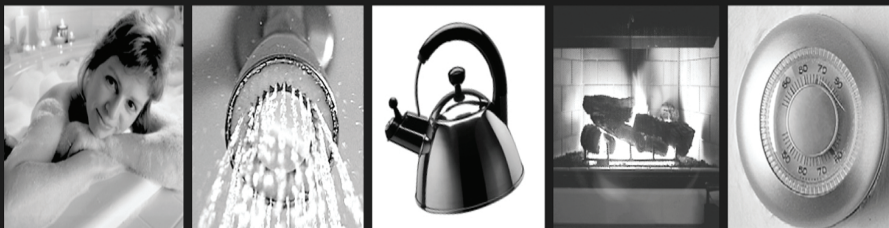
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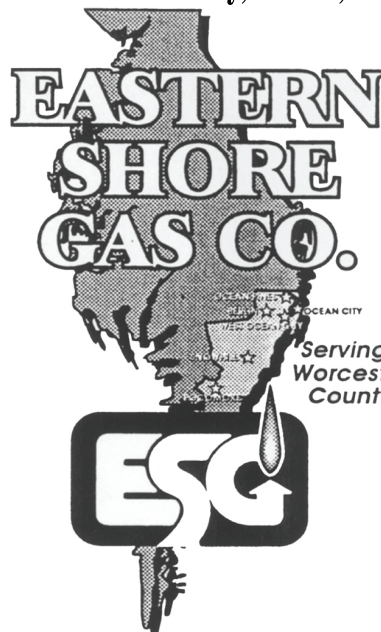
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SUBMITTED/BAYSIDE GAZETTE

THE PARKE PENGUINS — On Jan. 1 the Ocean Pines Penguin Team consisting of 21 individuals from The Parke, Ocean Pines took the icy plunge at the 17th Annual Penguin Swim. The team raised \$6,266.30 giving them the second place trophy in Team Contributions. OPA board members Dave Stevens, Ray Unger and Tom Terry with Parke board members Jim Angstadt and Tom Weber.



SUBMITTED/BAYSIDE GAZETTE

UNITED WAY FUNDING — United Way of the Lower Eastern Shore recently presented Worcester Youth & Family Counseling Services with \$62,404 to support programs that provide professional counseling services for children, individuals, couples and families. Since 1985, WYFCS has received \$883,356 in United Way funding. From left United Way board member Elaine Brady, Dina Scarpino of United Way, WYFCS board members Reena Oettinger, Carlyn Crout, Arnold Downing, WYFCS executive director Teresa Fields and board president John McLaughlin.



SUBMITTED/BAYSIDE GAZETTE

BELIEVE IN TOMORROW DONATION — The Church Mouse Thrift Shop/St Paul's Episcopal Church Berlin presented a donation to Believe in Tomorrow-The House by the Sea in Ocean City. The Mouse is located at 101 North Main Street in downtown Berlin. St Pauls is located at 3 Church St. in Berlin. Cathy Wasiuta and her daughter Julianna of Annapolis, Wayne Littleton of House by the Sea and Helen Wiley coordinator of The Church Mouse Thrift Shop.



SUBMITTED/BAYSIDE GAZETTE

DIAKONIA DONATION — Linda Franklin, Diakonia development director, Carol Martin, Quilters-By-The-Sea member and Diakonia Thrift Store volunteer, along with Claudia Nagle, Diakonia executive director. Quilters-By-The-Sea support Diakonia's daily operations through their generous donations of: money, quilts, toys for the children at Diakonia, and food to help restock the food pantry.



SUBMITTED/BAYSIDE GAZETTE

CHOPTANK ELECTRIC DONATION — Lou Taylor, principal of Stephen Decatur High School, (left) presents a plaque to Joe Sise, senior regional member service manager for Choptank Electric, in appreciation for the utility's donation of labor for electrical needs in the building of the athletic field house at Decatur's Seahawk Stadium. The field house is now under construction and is a project of the SDHS Alumni Association. For information, visit www.sdhسالumni.com.



SUBMITTED/BAYSIDE GAZETTE

FIRE DEPARTMENT INSTALLS OFFICERS — In December the Ocean Pines Volunteer Fire department installed their officers for 2011 and celebrated 25 years of EMS (Emergency Medical Services) service to the community. Pictured (L to R) being sworn in are: Fire Police Lt. Charles Judd, EMS Lt. Corey Dietrich, Fire Police Captain Jack Panuska, Career Division Lt. Harvey Booth, Board Member Steven Rosser, Captain Steve Grinwald, Second Assistant Chief Rich Angelo, First Assistant Chief Ed McNeil, Chief Tom Meadows, President Steve Rosen, V.P. Bob Gilbert, Board Member Will Gabler, Board Member Dan Healy, and Fire Police Lt. Ron Thorwart. County Commissioners Judy Boggs and Jim Bunting were also in attendance for the celebration of outstanding service to the community.

CALENDAR

BAYSIDE

Thursday, Jan. 13

GARDEN CLUB

Ocean Pines Garden Club meeting, 10:30 a.m., Yacht Club in Ocean Pines. Installation of new officers and luncheon. For more info: 410-208-2508.

BEACH SINGLES

Clarion Hotel, 4 p.m. to 7 p.m. Happy hour every Thursday for singles 45 plus. 302-436-9577.

Friday, Jan. 14

BINGO

Holy Savior/Knights of Columbus, 9901 Coastal Hwy., Ocean City – rear St. Lukes Church. Doors open 6 p.m., games begin 7 p.m. Refreshments for sale. Info: 410-524-7994.

LIFEGUARD COURSE

Ocean Pines, Sports Core pool. 2 consecutive weekends – Jan. 14, 15, 16 & 21, 22 & 23. Initial swim test must be passed. Call 410-641-7717 ext. 3050 to register.

CROP FOR A CURE

Crop-Til-U-Drop fundraiser for the American Cancer Society, 10 a.m. to 6 a.m. – stay all night if you wish. Clarion Hotel, 101st St., Ocean City. \$25 donation. Cropping space, use of all scrapbooking tools, vendors, 50/50 raffle. 443-235-2926 for space reservations.

ARTIST RECEPTION

Water's Edge Gallery, historic downtown Berlin, 5-8 p.m. This month will feature the annual end of season sale of the works of local favorite artists Kevin Fitzgerald, Deborah Rolig, Pete Cosby, Randy Hofman, Peggy Warfield and Parker Nicholls.

ART STROLL

Historic downtown Berlin, 5 p.m. to 8 p.m. Local artists works featured in galleries and shops throughout town. Shops and galleries open late. Music in the streets.

Saturday, Jan. 15

FRIED CHICKEN DINNER

New Hope United Methodist Church, Willards. \$11 adults. Carry-outs available. For info: 410-543-8244 or 443-614-6285.

EDIBLE PLANTS

Delaware Seashore State Park, 2:30 p.m. Learn about the many culinary uses of plants at the beach. Indoor program. \$6 per person – no registration required. For more info: 302-227-6991.

SQUID DISSECTION

Indian River Life Saving Station, 10 a.m. to 11:30 a.m. Participants will receive their own squid specimen to examine. \$8 per person. Space and materials are limited,

pre-register at 302-227-6991.

FAMILY WORKSHOP

Salisbury Zoo, 10 a.m. to 11 a.m. Children 10 and under. Topic: Marine Mammals. \$6 per child. For info: 410-546-3440. Children must be accompanied by an adult.

DROP-IN ART SATURDAYS

The Ward Museum of Wildfowl Art, Salisbury. Family art program, third Saturday of each month, 10 a.m. to noon. Create projects related to the museums' collections and exhibits. Free. Children must be accompanied by an adult. 410-742-4988 for info.

Monday, Jan. 17

DEMOCRATIC WOMEN

Democratic Women's Club meeting, Ocean Pines Community Center, 10 a.m. Coffee, 9:30 a.m. Speaker, Tom Wilson, from Diakonia. All welcome. 410-641-6683.

Wednesday, Jan. 19

FRIED CHICKEN DINNER

Relay for Life and American Cancer Society benefit, Decatur Diner, Rt. 611, 5 p.m. to 8 p.m. Adults \$10.99, children 3-10, \$4.99.

MAH JONGG TOURNEY

Temple Bat Yam, Berlin, MD. 9:30 a.m. check-in, games run til 3 p.m. \$25 per person, includes lunch, dessert and coffee. Players are asked to bring the current Mah Jongg card and their Mah Jongg set. Reservations suggested, 410-641-4311.

TACO NIGHT FUNDRAISER

Stephen Decatur High School, 2:30-7 p.m. School fundraiser sponsored by Berlin Area Ministries United. Beef and chicken tacos, \$1 each, drinks and dessert available.

RETIRED NURSES

Meeting for Retired Nurses of Ocean Pines, Ocean Pines Library, 3 p.m. Lavender Fields, speaker. All are welcome.

Thursday, Jan. 20

BEACH SINGLES

Clarion Hotel, 4 p.m. to 7 p.m. Happy hour every Thursday for singles 45 plus. 302-436-9577.

Friday, Jan. 21

BINGO

Holy Savior/Knights of Columbus, 9901 Coastal Hwy., Ocean City – rear St. Lukes Church. Doors open 6 p.m., games begin 7 p.m. Refreshments for sale. Info: 410-524-7994.

VOLUNTEER FAIR

Salisbury Zoo, 12:30 p.m. to 3:30

p.m. Learn how you can volunteer in your community. Temporary and ongoing options. Refreshments. Bring a friend. Call 410-546-3440 for more information.

HERITAGE LUNCHEON

Lower Eastern Shore Heritage Council annual luncheon, Carousel Resort Hotel, 118th St., Ocean City. Featured speaker Ed Okonowicz and winners of the LESHC Heritage awards. Silent auction 10:30 a.m. \$25 per person, RSVP by Jan. 15. 410-677-4706.

Sunday, Jan. 23

BREAKFAST

Knights of Columbus, 9901 Coastal Hwy., Ocean City – rear St. Lukes Church. 9 a.m. to noon. Info: 410-524-7994.

Tuesday, Jan. 25

SPEAKER SERIES

Maryland Coastal Bays Citizens Advisory Committee at the Ocean City Marlin Club, 5 p.m. to 6 p.m. Tools and tips on making homes more energy efficient. For more info: 410-213-2297.

POOPIE'S BIRTHDAY

Rescheduled 37th Birthday party for Poopie, Salisbury Zoo. Celebrate with cake and sing to the world's oldest Andean bear. 410-860-6880.

FUN DAY

School's out Fun Day, Ward Museum, 9 a.m. to 4 p.m. Students grades 1-6 for a day of fun and learning. \$25 for members, \$30 non-members. Pre-registration is required at least one week prior to program. To register 410-742-4988.

Thursday, Jan. 27

PASTA AND PURSES

Pasta -A Plenty and Purses too! All you can eat (including gluten free and vegetarian dishes) 4:45-6:45 p.m. Stevenson Church Hall 123 N. Main Street, Berlin. Adults \$10 kids 12 and under \$5. Gently used and new purses will be for sale too. All proceeds benefit The Yellow Ribbon Suicide Prevention Program. Info: 443-235-9493.

DEMOCRATIC CLUB MEETING

The Democratic Club of Worcester County will hold its meeting at 7 p.m. at the Ocean Pines Community Center. Speaker will be Charlotte Cathell who holds the elected position of the Worcester County Register of Wills. There will be time set aside for questions/answers. Refreshments will be served.

FIRESIDE CHAT

Worcester County Library, Berlin branch, 3 p.m. Discuss and recommend your favorite books while enjoying a cup of coffee by the fire.

STORY TIME

Worcester County Library, Ocean Pines branch, 10:30 a.m. Stories, rhymes, finger plays, music and crafts for children ages 3-5 years old.

REPUBLICAN WOMEN MEETING

The Republican Women of Worcester County will hold its first general meeting at the Marina Deck Restaurant at 10:30 a.m. Speaker is Lisa Pearson from Home of the Brave. For details, contact Ann Lutz, 410-208-9767, or annlutz@verizon.net.

SOUP SALES

Thursdays, Jan. 27 and Feb. 10 and 24, 11 a.m.-1 p.m. Delicious homemade vegetable beef or navy bean, fresh-made chicken salad and egg salad sandwiches, hot biscuits and homemade desserts. Dine-in or call early for carry-out, 410-289-7430. Atlantic United Methodist Church, 4th St. and Baltimore Ave., Ocean City.

BEACH SINGLES

Clarion Hotel, 4 p.m. to 7 p.m. Happy hour every Thursday for singles 45 plus. 302-436-9577.

Friday, Jan. 28

BINGO

Knights of Columbus, 9901 Coastal Hwy., Ocean City. Doors open 6 p.m., games begin 7 p.m. Refreshments available. 410-524-7994.

YOUTH CONCERT

Rewired Café, Stevenson Church, 123 N. Main St., Berlin, 7-9 p.m. \$5. Refreshments available.

TODDLERS & TYKES YOGA

Worcester County Library, Berlin branch, 10:30 a.m. Developmentally enriched yoga for babies, toddlers and their caregivers under the instruction of a certified instructor.

POLKA

Worcester County Library, Ocean Pines branch. 2 p.m. Listen to polka music, performed by Frank Nanna and The Cow Polkas.

DINNER THEATER

The Possum Point Players upcoming dinner theater performance of Neil Simon's comedy "I Ought to Be in Pictures" runs Jan. 29 and 30 with dinner at 6:30 p.m. and on Jan. 31 with dinner at 12:30 p.m. Tickets are \$40. Possum Ticketline: (302) 856-4560.

ADULT MUSICAL COMEDY

Possum Point Players presents "The 25th Annual Putnam County Spelling Bee". Dinner begins at 6:30 p.m. Performance runs January 28 & 29, February 4 & 5; Sunday matinees January 30 & February 6, 12:30 p.m. \$40 per person. Reservations, 302-856-4560.

SAFE DRIVING PROGRAM

Ocean Pines Chapter of AARP, 55 Alive safe driving one day class, 9:30 a.m. to 3 p.m. \$12 per person AARP members, \$14 non-members. Call Dave Lloyd to reserve your spot, 410-641-6278.

Sunday, Jan. 30

BREAKFAST BUFFET

Knights of Columbus, 9901 Coastal Hwy., Ocean City. All you can eat, 9 a.m. to noon, includes coffee and juice. \$9 per person, children under 9 – half price. 410-524-7994.

RED CROSS BENEFIT

The American Red Cross Lower Shore Chapter invites you to come out for a great cause at the Green Turtle. Tickets are available at the Turtle, 116th Street, 410-723-2120, gtoc@thegreenturtle.com or call Patti Miller 443-880-7795. A portion of the proceeds will go to the Lower Shore Chapter of the American Red Cross.

Monday, Jan. 31

MOMENTS IN LIFE

Worcester County Library, Berlin branch, 2:30 p.m. WBOC's Kelly Rouse presents a collection of short stories.

AARP MEETING

Ocean Pines Chapter 4507 of AARP will meet at the Community Center at 9:30 cake and coffee, 10 a.m. meeting. Speaker: Mable Rogers, of the Historical Society, on The History of Riddle Farms. Info: 410-641-7347.

POKER CLUB

Ocean Pines Poker Club meets every Monday night at 7 p.m. Players wanted. Info: 410-208-2940.

ART EXHIBIT

Foyer Gallery, Art Institute & Gallery, Salisbury. Max Perim exhibit, last year's winner of the Blooming Artist Youth Show, runs through Feb. 12. Reception Feb. 9, 5-7 p.m.

CONCERT & ART SHOW

Fulton Hall, Salisbury University. Art Department Annual Faculty Show. Reception Feb. 11. Free. Show runs Feb. 1-14.

BLACK HISTORY EXHIBITS

Mosely Gallery, UMES. Reception 5-7 p.m. Feb. 18. Free. Show runs Feb. 1-26.

Nabb Center Gallery, 'Family and Faith', show runs Feb. 1-28. Open Monday, Wednesday and Friday 1-4 p.m. Free.

SCULPTURE EXHIBIT

Ward Museum, LaMay Gallery, Salisbury. Reception 5-7 p.m. Friday Jan. 29. Bronzes by Paul Rhymer. 410-742-4988.

LIVE

ENTERTAINMENT

ATLANTIC HOTEL

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MONDAY – Earl Beardsley

BJ'S ON THE WATER

75th St. Bayside
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FRIDAY – Opposite Directions
SATURDAY – Full Circle
WEDNESDAY – Johnny on the Spot

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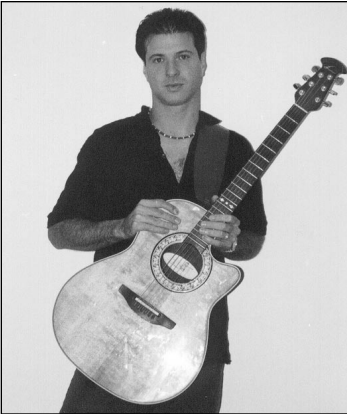
10100 Coastal Hwy. Ocean City
410-524-3535
410-524-3535
FRIDAY – New Censation
SATURDAY – New Censation

DENOVO'S

South Gate – Ocean Pines
410-208-2782
SATURDAY – Al Prescott
TUESDAY – Al Prescott
WEDNESDAY – Al Prescott
THURSDAY – Al Prescott

FAGER'S ISLAND

60th St. & the bay, Ocean City
410-524-5500
FRIDAY – DJ Hook
SATURDAY – The Loop
SUNDAY – Everett Spells



Chris Button @ Giuseppe Pub

GREEN TURTLE NORTH

11601 Coastal Hwy.
410-723-2120
FRIDAY – DJ Wax
SATURDAY – DJ Wood



Al Prescott @ Denovo's

GREEN TURTLE – WOC

Rt. 611
410-213-1500
FRIDAY – DJ Skip dixxon
SATURDAY – Under the Influence

GIUSEPPE O'LEARY PUB

Inside Sub Marina
Sunset Ave. West Ocean City
410-213-2868
TUESDAY – Chris Button

HARBORSIDE

West Ocean City
THURSDAY – Opposite Directions
FRIDAY – DJ Billy T
SATURDAY - Under The Outhouse

HARPOON HANNAS

142nd St. Bayside
WEDNESDAY – Bobby Burns

HOUSE OF WELSH

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1-888-666-0728
FRI. – SUN.– Tony Vegia
WEDNESDAY - Bob Hughes

MARINA DECK

Penington Commons – Rt. 589
Ocean Pines, 410-641-5590
FRIDAY – Barbara Claire on Piano
SATURDAY – Patrick McAllorum

PIT & PUB

28th St. Ocean City
410-289-2020
FRIDAY – Slim DeNunn & the Highrollers
SATURDAY – Open Mic Night

SEACRETS

49th & the Bay, Ocean City
410-524-4900
THURSDAY – DJ Wax
FRIDAY – 52 Pick Up
SATURDAY – Jon Maurer/Sub G

STEER INN

Rt. 589 – Racetrack Rd.
410-208-1900
THURSDAY – Tim Cypers Duo
FRIDAY – Kid Davis & the Bullets
SATURDAY – Vivid Season

WHISKERS BAR & GRILL

11070 Cathell Rd. Ocean Pines
410-208-3922
FRIDAY – Karaoke w/Donnie Berkey



Opposite Directions @ Harborside

YACHT CLUB

Ocean Pines
410-641-7501
FRIDAY – Island Sounds

MARYLAND LOTTERY WINNING NUMBERS

WEEK ENDING SATURDAY, JANUARY 8, 2011

Midday			Evening		Daily		
Date	Pick 3	Pick 4	Pick 3	Pick 4	Bonus Match 5	Bonus	
01/02/11	959	7814	698	9719	02.13.20.26.35	06	
01/03/11	239	6013	529	8555	01.07.11.30.39	28	
01/04/11	459	4801	496	6440	02.04.26.30.33	36	
01/05/11	249	7262	758	8556	16.18.24.25.33	15	
01/06/11	322	1754	629	4614	16.20.23.25.36	31	
01/07/11	994	3315	766	0800	04.33.36.37.38	24	
01/08/11	490	4263	221	5735	05.19.28.31.35	33	

Date	MULTI-MATCH
01/03/11	13.21.25.29.32.34
01/06/11	16.23.28.32.37.43

Date	Powerball	Bonus	POWERPLAY
01/05/11	22 26 32 38 40	07	5
01/08/11	06 07 26 33 52	24	2

Date	Mega Millions	Bonus	Megaplier
01/04/11	04 08 15 25 47	42	4
01/07/11	04 22 42 46 53	20	2

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Tuesday
Large 18" Pizza \$7.95
Wednesday
1/2 Price Bottles of Wine
Thursday
Ravioli Night \$8.95
Choose from 5
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Mushroom, Lobster, Crab
...Includes House Salad

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ENTERTAINMENT
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CROSSWORD

SUDOKU

THE LONG AND SHORT OF IT

By Patrick Berry / Edited by Will Shortz

Across

1 Thanksgiving staple

4 “Big ____,” 1995 Notorious B.I.G. hit

9 Some special deals

16 Entanglement

19 Beer buyers’ needs

20 Low profile maintainer

21 Purifies

22 Exclusively

23 Manic desire to make sweaters when the weekend starts?

26 Certain corp. takeover

27 Musical virtuosity

28 Uncharitable

29 One side of a shutout

30 Put away

31 “I shouldn’t have done that”

32 Contents of the Visine Gazette?

37 Empty words

38 Spot for a stream

39 Half brother of Athena

40 Naval need of old

41 Like the narrowest of wins

43 Mends

45 Hardly surprising

48 Parts of many cheerleading uniforms?

50 Where brown and white meet

51 Music category

For any three answers, call from a touch-tone phone: 1-900-285-5656, \$1.49 each minute; or, with a credit card, 1-800-814-5554.

52 Bit of chicken feed

53 Plumbing, e.g.

56 Disastrous

59 Chock-a-block

61 Author in the 1950s “angry young men” movement

62 “True Blood” network

63 Addison’s “____ to Creation”

64 Cleanup crew’s goal?

67 Badge material

68 Caterer’s vessel

69 Part of a code

70 Photography problem

71 “Ghosts of the ____” (James Cameron documentary about the Titanic)

73 Whither Cain fled

74 Furnishes

76 Musician Brian

77 ____ Rosada (Argentine presidential manor)

79 Dandy things?

81 Punchophobic?

86 Layers

87 Asks for help, in a way

88 Getting help, in a way

90 London’s Old ____

91 Unwelcome stocking stuffer

92 Like some highlighter colors

93 2006 Verizon acquisition

94 Company whose motto is “Our pilots are moderately intelligent”?

100 Black

101 Repetition

102 “Giant” in “Honey, I Shrunk the Kids”

103 Layer

104 All-too-public tiff

105 Org. that supports water fluoridation

106 “That thar was an appropriate thing to say!”?

111 Many a hand sanitizer

112 Undeniable success

113 Major-league manager Joe

114 Urban rollers

115 Message in a bottle

116 Bringing forth young, as sheep

117 Springe

118 Batiking need

12 Voldemort’s portrayer in the Harry Potter films

13 Begrudges

14 Reacts to a shock

15 Div. of a former union

16 Cronkite when at the top of the ratings?

17 The radius extends from it

18 Explodes

24 Boom markets

25 “On second thought, forget it”

30 Tie-up

32 Root of diplomacy

33 Musical featuring “The Way He Makes Me Feel”

34 Like crab apples

35 John Steinbeck’s middle name

36 Top-grossing concert act of 1989, ‘94 and ‘05, with “the”

38 “The Government Inspector” playwright

42 Home of Galileo Galilei Airport

43 ____ box (computer screen pop-up)

44 Big guns

45 Most hopeless moment

46 Jackal-headed god

47 Nonstarters?

49 Reagan-era surgeon general

50 Unexciting

54 Insurance quote

56 Water sources

57 Dexterous

58 Easily damaged major organs?

59 Tore

60 “____ Story,” 1989 best seller

64 Ethan Frome’s sickly wife

65 Wayhouses

66 Half-human counselor on “Star Trek: T.N.G.”

69 Program problem

71 Drained of blood

72 Help (out)

75 ____ Hughes, 2002 Olympic skating gold medalist

77 Brooklyn’s ____ Island

78 “Hair” hairstyles

80 Baseball Hall-of-Famer with the autobiography “Maybe I’ll Pitch Forever”

82 1940s White House dog

83 Political caller’s request

84 Covered with trees

85 “For another thing ...”

87 They deliver

89 Savoir-faire

91 Industry built around shooting stars?

94 Talks big

95 Barrel racing venue

96 Chevy S.U.V.

97 Winter windshield problem

98 Cheap booze

99 Light figures?

100 Sphere or system starter

104 “Little ____” Pea” (1936 cartoon)

106 Your alternative

107 Mumbai Mr.

108 Beer and skittles

109 Big D.C. lobby

110 Dog’s sound

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© Puzzles by Pappocom
HARD - 51

Fill in the blank spaces in the grid so that every vertical column, every horizontal row and every 3 by 3 box contains the numbers 1 through 9, without repeating any. There is really only one solution to each puzzle.

	6			4		3		
	3			9				2
7			9					
			7	5				6
	2			8		4		9
4						3	1	
							2	8
	9					5		1
			2		3			4

The answers to last week's puzzles

8	6	4	2	5	1	3	9	7
2	1	9	8	7	3	6	5	4
7	5	3	9	4	6	2	8	1
4	9	6	7	1	5	8	2	3
5	8	7	3	9	2	4	1	6
1	3	2	6	8	4	9	7	5
3	7	8	1	6	9	5	4	2
6	4	1	5	2	8	7	3	9
9	2	5	4	3	7	1	6	8

YES	M		P	L	E	A		S	T	O	R	K		S	T	O	C	K		
A	L	T	O		H	I	N	D		Y	A	L	E	U		R	E	P	L	Y
M	O	O	T		O	L	A	V		S	M	E	A	R		T	A	P	E	D
A	P	P	O	I	N	T	M	E	N	T	I	N	S	A	M	A	R	R	A	
H	E	A	R	S	E		I	R	S			O	L	A		F	E	N	G	R
A	R	T	I	S	T	E		B	A	C	K	I	N	T	H	E	U	S	S	R
			N	E	A	L	S			O	I	S			E	L	S	I	E	
O	N	E	N	I	G	H	T	I	N	B	A	N	G	K	O	K		E	N	E
H	U	R			I	N	K	Y		S	T	O	I	C		M	S	G	R	
S	N	I	F	F	S		E	E	L		B	L	O	N	D					
O	N	C	E	U	P	O	N	A	T	I	M	E	I	N	M	E	X	I	C	O
			D	R	A	C	O			P	A	L		E	D	I	T	O	R	
A	N	I	S		I	T	A	L	O		R	I	O	T		O	S	E		
V	I	M		A	N	A	M	E	R	I	C	A	N	I	N	P	A	R	I	S
E	L	W	E	S				S	A	C		S	K	O	A	L				
D	E	A	T	H	I	N	V	E	N	I	C	E		I	T	S	A	B	E	T
A	B	I	E		K	O	I			R	N	A		S	E	N	I	L	E	
A	T	R	E	E	G	R	O	W	S	I	N	B	R	O	O	K	L	Y	N	
C	S	I	N	Y		G	I	J	O	E		E	A	C	H		I	L	S	E
D	I	N	A	R		I	L	O	N	A		A	T	M	O		N	E	E	T
E	N	G	L	E		N	E	S	T	S		D	E	P	T		G	R	E	S

CUISINE

BAYSIDE

Carne Asada with guacamole and salsa roja

My wife and I love a good steak, and when it comes to Filet Mignon, I must admit with a heavy heart that it is difficult to find it done well in restaurants.



By Paul Suplee,
CEC, PC III

As such, we find ourselves (or more to the point, me) breaking down whole tenders

at home to ensure that we get perfect steaks, and when I show you the cost, you may well consider doing this yourself.

Over the holidays, we had plans for a few good beefy dinners with which to celebrate so it was off to the butcher to pick up some large chunks of meat.

I purchased a top round for our Christmas family dinner, and when I process those, I remove the cap and trim it of any films. With the cap removed, it almost, if you squint your eyes, resembles the flank steak. As such, it is great for grilling. A little marinade and you are all set.

Back to the tenderloin, it was a tail to head tender for a total cost of around \$49. As you can see in the picture, from this one piece of meat (and I won't lie a touch of practice) I was able to yield 8 picture-perfect steaks, enough trimmed chunks for at least 4 kabobs and about 10 ounces of scrap suitable enough for grinding. The grind will go into the freezer vacuum-packed until I get enough to thaw out and combine.

If I only costed (as we say it in the business) out the 8 steaks, that brings it to a respectable \$6.13 per steak, but the cost goes down as I consider the ground beef and the kabob meat, so it's hard to argue the price on this great cut. As a purchaser, if I want to buy good center-cut tenderloin steaks from a reputable purveyor, I'll spend upwards of \$22 per pound. Maybe that will help to explain why Filet is so expensive on the menu.

The beef chunks that came out of the trim and the chain were great complements to the meat-cutting foray and they came in handy on some kabobs and some carne asada, the latter



a much more suitable application for the cap from the top round.

Killing two birds with one stone is a natural byproduct when you fabricate your own meats. Yes, it takes some practice, but in the long run, two things happen. First, the meat is customized to your tastes and likes. Secondly, you can utilize practically all of the scraps in grinding and end up saving some money if you are a consistent meat eater.

In some of the better restaurants that I've worked in over the years, all of the meat scraps from beef, pork, lamb, bison, venison, et al was saved and ground together, lending itself well to meatloaf, Bolognese and other dishes utilizing ground meat as an ingredient.

Having a top round cap in the icebox this week, it was time to get away from the holiday style of cooking and make one

of my favorite grilled meats, carne asada, Spanish for "grilled meat". Tricky, isn't it? It can be eaten with rice and vegetables, in a taco, burrito or however your little heart desires.

There is one mystery ingredient in the recipes below that you may or may not be familiar with; Naranja Agria or sour orange juice. This is the juice of the Seville orange, incredibly high acid, ergo sour and great for marinades. The acid helps to break down fibers and afford fantastic flavor and tenderness to meats. It can almost always be found in the Latin section of your local store.

So practice and create your ideal cuts of meat at a great price; a frugal and tasty way to start the year.

CARNE ASADA

Meat appropriate for grilling
1 c. EV Olive Oil
½ can. Tomato Paste
1 c. Sour Orange juice (Latin sec-

tion of Market)

Generous salt & pepper
1 Tbsp. Soy sauce

1. Ensure that gristle is removed and combine with the rest of the ingredients in a marinade bag. Let sit for at least 3 hours, overnight if possible
2. Fire up the grill. Grill until done and serve. It's that easy

FRESH SALSA

(SEASON PERMITTING)

- 2 ea. Medium tomato, diced
- ½ ea. yellow onion, diced
- 1 lime, cut to squeeze
- ¼ bunch cilantro, chopped
1. Combine all ingredients and let sit for at least an hour before eating. For the cilantro, if you want to keep it authentic, use parts of the stem. This makes it much more perfumed so use at your discretion

GUACAMOLE

- 2 soft Avocados, pulped
- Juice of 1 lime
- S&P to taste
- a dash of Cayenne
- 3 Tbsp. Finely diced onion
- cilantro to taste
- 1 clove garlic, mashed

1. Combine all ingredients and

mash together. Chunks or no chunks will be completely up to you

SALSA ROJA

- 8 ancho chilies, toasted, stemmed & seeded
- 2 small dried red chilies, toasted, stemmed & seeded
- 1 qt. chicken stock
- 1 can diced tomatoes
- 3 garlic cloves, minced
- ½ ea. yellow onion, minced
- 1 Tbsp. Brown sugar
- 1 Tbsp. Vegetable oil
- 2 Tsp. ground cumin
- S&P to taste
- 1 Tbsp. cider vinegar

1. Combine everything except the vinegar
2. Bring to a simmer and cook for three minutes
3. Remove from the heat and add cider while the sauce is cooling down.

Paul G. Suplee is a certified executive chef and ProChef certified Level-3. He is a writer and culinary instructor. His ePortfolio can be found at www.heartofakitchen.com.

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