

Local Publishes Book on Wine

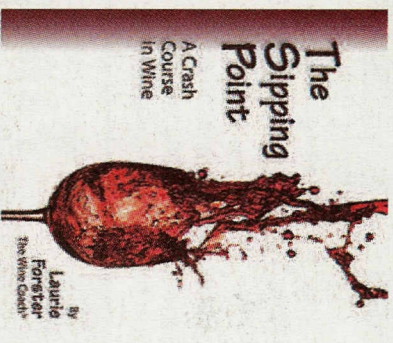
Are you tired of weeding through long wine books wishing they would just get to the point? Cut to the chase with *The Sipping Point: A Crash Course in Wine*, a new book by Laurie Forster, The Wine Coach®.

Skip the snobbery and debunk the jargon with Laurie's unique and empowering approach to the simple and complex theories of wine. The book discusses practical and entertaining tips - from how to handle snobbish sommeliers and intimidating wine lists, to simplifying wine/food pairings, to removing a broken cork from a bottle, and even giving a memorable toast.

Experts and novices alike will find answers to their most pressing questions, even those they were afraid to ask. With 125 pages of wine knowledge, foreword by Jim Berrau, founder of Willamette Valley Vineyards, and stunning color photographs, this is a must-have reference for the bar or kitchen, or the perfect gift for any wine lover.

A recent consumer study conducted by Constellation Wines USA shows that wine

drinkers tend to fall into one of six consumer segments: Enthusiast, Image Seeker, Savvy Shopper, Traditionalist, Satisfied Sipper, and Overwhelmed; with the largest number of wine drinkers selecting the "Overwhelmed" category. Whether you are



among the bewildered, a savvy sipper, or resolutely uncategoryizable, Laurie's book can take readers to the next level in understanding and savoring the fruit of the vine.

Rob Berkey, Executive Coach and co-author of *Speaking of Success*, says, "The Sipping Point is the wine mentor I always wished I had when I was learning about

wine. Smart, wise, and to-the-point, Laurie Forster's book holds the answers that anyone,

even someone who has loved wine for years, can use to better enjoy the nectar of the gods."

After a successful career in software sales, Laurie decided she was ready for a life change. Through working with a life coach, Laurie began to realize that her biggest passions - wine and people - could be parlayed into a new career. In 2002, she began her wine career in Manhattan where she studied with the American Sommelier Association to obtain her certificate in Viticulture and Vinification. Laurie also trained at the Culinary Institute of America in Napa Valley and later became a member of the Society of Wine Educators.

Concurrently, she trained as a life coach with Coach U, the leading global provider of coach training programs and is presently a member of the International Coaching Federation. Laurie is also dedicated to furthering her learning about wine by going to its source. Laurie travels regular-

ly to wineries and vineyards in Australia, New Zealand, Italy, California, Maryland, Virginia,

Oregon and New York.

As The Wine Coach®, Laurie creates unique corporate team building events, group tasting seminars and culinary tours. She is dedicated to demystifying wine - one glass at a time, helping build successful teams as well as ensuring that everyone has an inspiring time at her events. Her seminars introduce would-be oenophiles to the enchanting world of wine, while inspiring them to explore their own personal development goals, passions and purpose.

Laurie's weekly radio show "Something to Wine About®" can be heard on WCEI 96.7 FM and WBAL 1090 AM. Laurie is also serving as

Thursday in the Park

The Queen Anne's County Arts Council presents Thursday in the Park, offering free concerts at various locations throughout the county during the summer. On July 20 the Satyr Hill Band plays at Millstream Park in Centreville.

Hot weather means hot bands and this bluegrass machine delivers music that will make listeners forget about the heat

national spokesperson for the "Pour on The Joy" campaign, sponsored by Lindemans® Wines, where she is helping people increase their happiness by making the wine-joy connection.

Copies of *The Sipping Point* are available at www.TheSippingPoint.com, [www.amazon.com](http://www.ama-zon.com), or at selected retailers. Laurie will be a featured speaker at the Baltimore Chefs and Wine Experience on July 13, as well as at the Great Grapes Wine & Food Festival at the Anne Arundel Fair Grounds on July 26 at 2 p.m. For a complete schedule of Laurie's events, visit www.thesippingpoint.com or contact Laurie at 410-820-4212.

outside. Then, on July 24, Smooth Play will perform at the Chesapeake Exploration Center in Chester.

Concerts begin at 7 p.m. Admission is free, but donations are graciously accepted. Lawn chairs, blankets and picnics make for a great evening with family and friends. For more information, call 410-758-2520.