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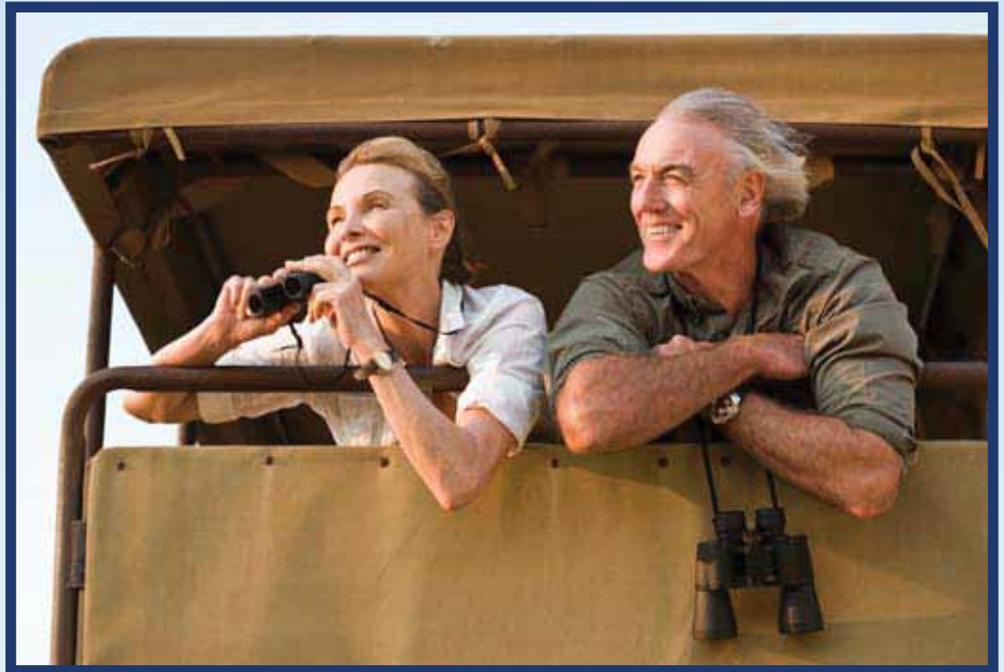
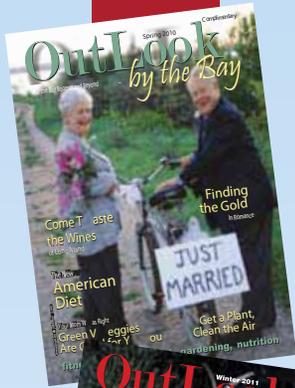
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ON THE COVER:

Chris Rott and Rodney Hill were seen recently enjoying an afternoon of paddle boarding on the Severn. The recent craze has caught on throughout the Bay area providing endless hours of quiet enjoyment and easy exercise. See our article on page 24 to learn how you can get started with the Bay's newest water sport.

OutLook

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So what's on your bucket list? After polling a few friends who are retirement age and beyond, I asked how they were doing with their lists. Surprisingly, most said they had accomplished much of what they had wanted or expected from life. Interesting. Did this mean they'd achieved fame and fortune and hit the pinnacle of success? "No" was the most common answer, but they were at peace with their lives, with how things had turned out. Not ideal in every case, but they had settled and found satisfaction in where they were and what the past had presented to them. Of course, there were a few regrets: an early marriage that didn't turn out, children who weren't measuring up to their capabilities, or time that should have been spent more productively, as in sharing with and helping others. Many had enthusiastically said it was a wonderful ride and they learned more and received more along the way than they had ever expected. With a bit of prodding, nearly all admitted to many mistakes and some regrets, but overall they were satisfied with how things had turned out. If they had to do it over, yes, they would have done things differently, but they knew there was no assurance that life would have been better had they gone a different route. Roadblocks, disappointments and regrets would have come up regardless of the direction they had chosen. They seemed to agree that it became clearer with age that that's the way life goes.



And when pushed to answer what else would they like to accomplish before they went on to their great reward? Here's a smattering of what some felt were achievable goals.

1. Organize the lifetime of photos, with labels identifying people. This was almost universal.
2. Take a three-week vacation on the beach and do absolutely nothing except walk and read good books.
3. Spend a night in a lighthouse.
4. Get published someplace - even letters to the editor.
5. Learn something totally new like landscape painting, a language or how to sail, just for the heck of it.
6. Get passionate about something: a place, a hobby, a new group, a charity and stick with it for at least three months.
7. Go to one of the Summer camps for grownups.
8. Teach a continuing education class at a resort or even on a cruise ship.
9. Make final arrangements including writing their own obituary.
10. Build something: a doll house, a dinghy, a birdhouse or an Adirondack chair.
11. Take a class at a local college or go for a semester at a school further afield.
12. Go on a very ambitious adventure like walking part of the Appalachian Trail or the Mountains to Sea trail, biking the length of the C&O or hiking up Old Rag or Mt. Washington.
13. Write a brief autobiography for the family.
14. Leave a tribute to share something like a park bench on the local walkway, a tree planted in a public park or a fund for sending a kid to camp each year.
15. Travel to a far-off country for the first time.

Regardless of the items still on their lists, and the "shoulda, coulda, wouldas" that we all seem to have, the overall feeling was that life was a trip, a trip worth taking. It wasn't necessarily a trip that they were anxious to do again, at least not exactly the same way, but it was well worth the setbacks, unexpected twists and turns and rewards that made their particular adventure so unique and ultimately worthwhile.

LETTERS to the editor

E-READERS

I want to let you know how much I have enjoyed your last two editorials on Kindles and electronics. Our home is filled with books, bookcases in nearly every room along with many stacks by bedsides, etc. I am sure that our children will not be thinking kind thoughts of us when someday they will have to go through all of them. But for now I can't imagine owning a Kindle ... only time will tell. And, yes, books still are the greatest gifts. It is hard to ever part with a book that has a thoughtful inscription written inside – they always bring back great memories. As far as electronics go, our son looks at our very old televisions and laughs. But they still work, so what's the problem? When my husband was given a Droid or whatever it is called to replace his Blackberry for work, I thought he was going to go insane trying to figure it out. We lived in the right era, definitely a simpler, quieter time.

S. Chase, Lady's Island, S.C.

GET TO KNOW STEAMPUNK

Recently I was introduced to your magazine. I have thoroughly enjoyed it; it is so authentic. I have already passed along the information from the article about the caregivers conference next weekend in Annapolis to a friend who is dealing with her husband's advancing Parkinson's. I also very much enjoyed the article about the Changing of the Guard. I recognize it as coming from Omaha.

Thank you and I look forward to your future copies.

B. Mitchell, Crownville

INFINITY THEATRE

A big thank-you for a fine article about Infinity and its 2012 endeavors. You really captured so much, and concentrated the programming and message so well. We're looking forward to the upcoming productions of "Sisters of Swing" and "Dames at Sea" this Summer in Annapolis.

AlanO., email

APP IN A SNAP

Enjoyed your article and one day maybe I can even understand it! I'm working on it!

Maureen S., Annapolis

CAREGIVER'S CONFERENCE

A splendid issue, first time I've seen it. As the widower in October 2011 of an Alzheimer's victim, I was taken by "Care-giver Conference Offers Advice." I have written a short and long version of living and dying with this ravaging illness and offered it to the American Alzheimer's Association. Eventually I may seek to publish it. We all need to share our experiences to better deal with Alzheimer's.

Anonymous, email



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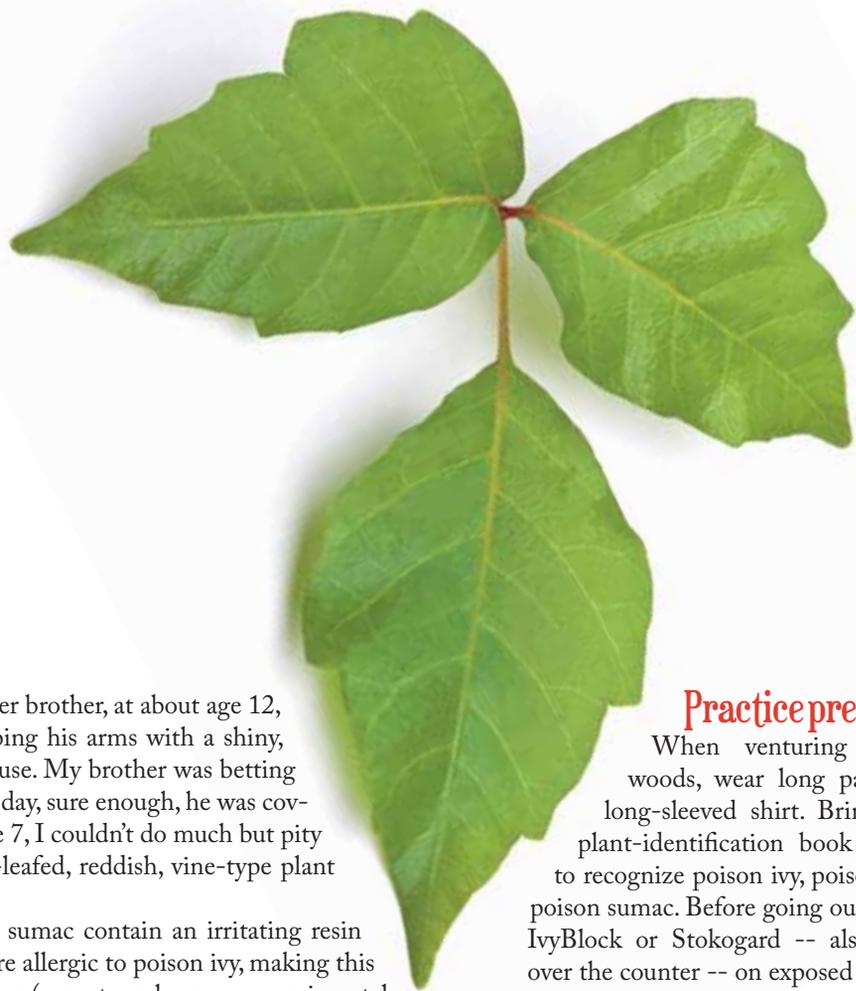
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POISON IVY:

PREVENTION IS THE BEST MEDICINE



By Louise Whiteside

I still shudder when I recall my older brother, at about age 12, accepting a dare from a friend and rubbing his arms with a shiny, red-leaved plant in a field behind our house. My brother was betting that the plant wasn't poison ivy. The next day, sure enough, he was covered with an angry, red, itchy rash. At age 7, I couldn't do much but pity him, and take a mental note of a three-leafed, reddish, vine-type plant that should be shunned.

Poison ivy, poison oak and poison sumac contain an irritating resin called urushiol. Seven out of 10 people are allergic to poison ivy, making this the world's most common allergy. No one (except, perhaps, an experimental 12-year-old) would deliberately touch such a toxic plant. But it's Summertime. And as you're hiking or wandering in the woods, even though you may be an experienced outdoors person, you may accidentally come into contact with the allergy-inducing urushiol. In case you do, here are some emergency measures to take:

Wash right away. Run for a shower if possible, or for the nearest creek and wash away the resin before the allergic reaction takes hold. (You have about 15 minutes to get rid of the urushiol.) Use soap if it's available.

In the absence of soap and water, clean your skin with alcohol, or any product containing alcohol.

Another product to keep handy is a solvent called Tecnu, which is designed to remove urushiol from the skin. It's available over the counter.

Alternatively, slice a leaf of an aloe vera plant and apply the gel to the affected area. Or pick a few leaves from the common lawn weed, plantain, mash them, and apply as a poultice to the affected skin.

Stop the spread. Wash the clothes and if possible, the shoes you were wearing when you touched the poison ivy. If your pet followed you into the woods, put on some rubber gloves and give him a bath in soapy water.

Relieve the itch.

- Use a vinegar compress (one-half cup white vinegar to one and one-half cups water) to dry the rash.
- Dab calamine lotion on the rash.
- Soak a cloth in cold milk and hold it against your skin.
- Treat your rash with witch hazel.
- Moisten a tea bag and apply it to itchy skin.
- Take a warm bath with a few tablespoons of colloidal oatmeal.
- Relax in a bath containing epsom salt.

Practice prevention.

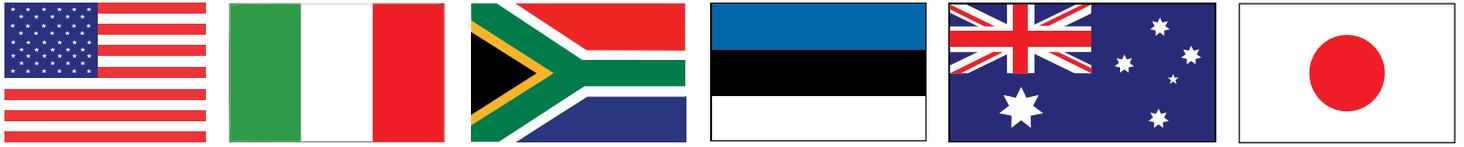
When venturing into the woods, wear long pants and a long-sleeved shirt. Bring along a plant-identification book and learn to recognize poison ivy, poison oak and poison sumac. Before going out, rub some IvyBlock or Stokogard -- also available over the counter -- on exposed skin.

Don't go near any burning brush pile. If there is poison ivy in the pile, the oil takes to the air and can get into your lungs.

Bottom line: Enjoy the outdoors this Summer, but take common sense precautions to avoid contact with allergy-inducing plants.

Bay Bytes

Our favorite top sites for tracking your ancestry are: www.archives.gov/genealogy, www.ancestry.com and us.genweb.org Some are free.



The International Club of Annapolis at 50

By Vern Penner

The International Club of Annapolis turned 50 this year, reaching the age of being a baby boomer. However, unlike another unique institution, Walmart, which just celebrated its 50th anniversary general meeting, there is no membership or stakeholder discontent to provoke policy or personnel changes. On the contrary, ICA is expected to continue to grow and run along the same successful lines established in 1962 with the very same purpose: to promote the discussion of foreign affairs, to learn about other countries and to keep the membership informed about ongoing international developments.

ICA started in collaboration with St. John's College, and its very first dinner meeting in 1962 was held in the Maryland Room at Carvel Hall. The French ambassador to the U.S. spoke to a crowd of 75, and one can only imagine that his after-dinner remarks focused on the just-built Berlin Wall and the serious uptick in East-West tensions. Dinner cost \$2.50 including tip and a hat was passed to raise money for postage to cover publicizing future events. Initially, each table had a card indicating the language that would be spoken at the table as requested by members, but this idea was subsequently dropped.

The club adopted a formal constitution and by-laws which established a president and board of directors elected by the membership. For a time, an autonomous group met twice monthly to sing foreign language songs and provide occasional entertainment at club meetings. There was also a period of "people-to-people" exchanges when club members hosted foreign guests who came on bus trips organized by the Washington International Center. Reciprocal tours were made by

members to Washington. The club venue also changed over time from Carvel Hall to the Annapolis Country Club and then stayed for 28 years at the Bay Ridge Inn. In 1999, the club began meeting at the Radisson, now the DoubleTree Hotel off Riva Road, where it currently gathers.



Guest speaker Her Excellency Marina Kaljurand, Ambassador from Estonia

The club's core activity remains a good meal and post-dinner remarks by an invited dignitary, usually an ambassador resident in Washington, followed by a question-and-answer period. Meetings are held the first Wednesday evening of every

month except July and August and club program chairpersons try to get a balance of guests from all regions of the world. All discussions are off-the-record so presentations are often very candid and the Q and A can cover contentious topics. A fact sheet drawn from open sources provides background information for members on the topic to be discussed.

The International Club of Annapolis (www.internationalclubofannapolis.com) now numbers some 400 and meetings regularly draw at least 200 members and guests. New members are always welcome and interested people should contact the current membership Chairman Irwin Silber at irv.max@comcast.net or call him at 410.266.5804 for further information. Annual membership fees are minimal and dinner costs are reasonable. What is

gained is a better understanding and appreciation of the world we live in.

Vern is a former US ambassador who retired to Annapolis. He has served on the board of directors of the International Club and can be reached at vernpenner@hotmail.com

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(chilled soups)



Summer is the time when the barbecue replaces the stove and dining outdoors provides the garnish. Why is it that grilled meat is served with cold potato salad, green salads and aspics? Simply put, because the accompaniments are *cold*. So the perfect way to start a Summer meal is with a chilled soup.

Chilled soups have much to recommend them. First of all, they can be made ahead. Second, they don't have to be reheated or served hot. Third, they are refreshing and inviting. Fourth, they taste so good. Once the soup is made and the flavors blend in the refrigerator, they bloom and delight us in a whole new way. The difference between potato soup and vichyssoise is the whole world!

Ginger Pumpkin Pear Soup (Makes eight 8 oz. servings)

Soup

1/2 cup chopped sweet onion
2 tsp. grated fresh ginger
1Tbs. butter (or margarine)
1 29 oz. and 1 15. oz can pears well drained
1 15 oz. can pumpkin
1 15 oz. can vegetable or chicken broth (or 2 chicken bouillon cubes and 2 cups water)
1 cup whole milk
Salt and white pepper (or black)

Garnish

1/4 cup sour cream
1/2 tsp. finely shredded lime peel
1 Tbs. lime juice
Lime peel grated or finely slivered (optional)

In a large saucepan, cook onion and ginger in butter until onion is tender. Stir in drained pears; cook 1 minute more. Stir in pumpkin and broth. Heat to boiling. Reduce heat, cover and simmer about 5

minutes. Cool to room temperature before pureeing. Place half the mixture at a time in a blender or processor and liquefy the mixture. Stir in milk and adjust liquid as desired. Season to taste with salt and white pepper. Chill thoroughly.

In a small bowl stir the garnish ingredients together: sour cream, lime peel and lime juice. Top each serving with a spoonful of sauce and optional grated or slivered lime peel.

Minted Green Pea Soup (Serves 12)

For a real change from the ordinary, serve a cold pea soup. This soup offers the crisp garden flavor of fresh peas and has nothing to do with the warm heartiness of Winter's split pea. The light taste of this appetizer soup is the perfect introduction to a meal and ideal when you are planning just potato salad and green salad to accompany a grilled meat.

Soup

3 10 oz. packages frozen peas (6 cups)
2 cups chopped onion
2 sliced, peeled medium carrots
2 1/2 cups shredded iceberg lettuce
1-1/2 tsp. dried mint
1/4 cup chopped fresh parsley (not dried)
3/4 tsp. salt
1/4 tsp. white pepper (or black)
7 cups canned chicken broth or 5 chicken bouillon cubes and 7 cups water
1 1/2 cups half and half

Garnish

2 Tbs. fresh chives clipped with a scissors (dried chives will not work)
3-4 Tbs. sour cream
Croutons (optional)

Heat all ingredients except half and half in a Dutch oven until boiling. Reduce

heat, cover and simmer 20 to 30 minutes. Cool to room temperature. Blend in several installments or puree in processor. Add to soup 1 1/2 cups half and half. Chill thoroughly.

Garnish with 1 teaspoon sour cream topped with 1/2 teaspoon chopped chives. If using croutons, sprinkle them around the edge of the soup dish. I make my own croutons by spreading softened butter lightly but thoroughly on Pepperidge white bread. Sprinkle lightly with garlic salt and sauté, tossing croutons in a frying pan until golden.

For a quick Summer soup, you can't beat:

Chilled Tomato Cream Soup (Serves four generously)

Soup

1 15 oz. can chicken broth--or 1 chicken bouillon cube and 15 oz. water
1 15 oz. can condensed tomato soup
1 small cucumber, peeled and chopped
1 large onion, peeled and chopped
1 1/2 Tbs. butter
8 sprigs parsley
2 Tbs. tomato paste
1 cup coffee (light) cream--reserved
1 tsp. garam masala (optional)
Red food coloring (optional)

Garnish

Minced fresh dill (must be fresh)

Sautee chopped onion in butter until soft. Blend all ingredients except cream together in processor or blender. When the soup is smooth, stir in the cream. If the color is too pale, add a few drops of red food coloring--add little by little, mixing well with a whisk. Chill well. Serve topped with minced fresh dill.

~Mat Herban



AGE-RELATED MACULAR DEGENERATION: PART II

By Michael J. Dodd, MD

In our last article we discussed the anatomy of the retina and some of the changes that take place in the retina with macular degeneration. The term “macula” refers to the central part of the retina where the light rays are focused to a small spot called the fovea. It is this critical area of the retina where the fine detailed vision we use on a daily basis is collected and sent to the brain. Things like reading this print or recognizing people at distances or reading signs while driving all require a perfectly functioning macula.

When inspecting the back of your eye, the doctor can visualize the macula and all the retina. Early aging changes in the retina which are visible are white spots known as “drusen.” These are considered precursors to age-related macular degeneration (ARMD) when noted in the macula. With time these can coalesce and cause slight blurring of vision; usually from the normal 20/20 to 20/30 or 20/40. This is not correctable with glasses.

As aging advances, pigment clumping can occur and early scar formation. In this stage the vision may drop to 20/50 or worse, say 20/100. Over more years this can progress to what is called atrophy where the normal retinal cells degenerate and no longer function. In these advanced cases vision may be worse than 20/200. This vision is considered to be functional legal blindness, and again, it is not correctable with glasses. Scarring can spread and damage most or all of the macula resulting in vision characterized as “counting fingers” at a certain distance, say at three feet. This is abbreviated “CF 3ft.” This unfortunate level of vision makes it very difficult to see printed material or recognize faces.

The description outlined above is considered under the category of “dry macular degeneration.” This means there is no fluid or blood beneath the retina. The other broad category of macular degeneration is called “wet macular degeneration.” As you can imagine, patients with this type of the disease have blood under

the macula. This type can occur rapidly; one day a patient may have 20/40 vision and after a painless sudden sub-macular hemorrhage, the vision may drop to CF 3ft. This hemorrhage will typically occur in one eye at a time and if the other eye has good vision, the patient may not immediately notice the sudden loss in one eye. The exact cause of the bleeding is still being studied.

In the past, there was little to do when this hemorrhage occurred. The blood would gradually be reabsorbed over a period of weeks, leaving a central scar with poor vision. Several types of laser treatment have been attempted with very little improvement. Today, all that has changed is that in patients with fresh macular hemorrhages, a drug can be injected directly into the eye to cause the hemorrhage to be reabsorbed in most cases. This group of chemicals are known as “anti-VEGF factors.” VEGF, or Vascular Endothelial Growth Factor, is a chemical produced by the body to stimulate blood vessel formation. The anti-VEGF drugs will block this and reduce or eliminate hemorrhaging in the retina. Many patients have dramatic improvement in vision. Multiple injections are usually required.

For the dry macular degeneration there is little treatment we can offer. Extensive research is under way. Things like transposing a patient's healthy peripheral retina over the scarred macula have been disappointing. Stem cell research is now being tried to see if new healthy retinal cells can take over the scarred area.

Most eye doctors now recommend vitamins high in vitamin A and zinc for patients who have signs of early macular degeneration. If you are over 60, a yearly eye exam is recommended.

Dr. Dodd is a practicing ophthalmologist at Maryland Eye Associates and an instructor at the University of Maryland Department of Ophthalmology. He can be reached at 410.224.4550 or mjddmd1@gmail.com

What's done is done. If it can't be undone why spend time worrying about it?

THE POWER

OF THE PADDLE –

Summer on the Area's Waterways

By Joanne R. Alloway



As the temperatures rise, it's natural to want to be on or in the water. We're fortunate to have the beautiful waterways that surround us; their calm and coolness refreshes the body and soul. But not everyone is a sailor or power boater. Paddle boating – using your own power to move through the water – is a sport and a conscious choice for many. The benefits of paddling -- rowing, kayaking and canoeing -- are considerable. Aside from enjoying fresh air, you are on top of the water seeing natural habitats, feeling the silence except for the swish of your oars, leaving no impact on the environment and getting exercise. Friendships formed while paddling are longlasting; they don't end with the season.

Clubs and group lessons for these active Summer sports are growing in popularity. You don't need your own rowboat, kayak or canoe to get started. What you do need is a friend or two, some determination to start and a plan. Here are some ideas to help:

Besides being a recreational sport, rowing has been an Olympic event since 1900 for men and 1976 for women. To get you started in rowing, the Annapolis Rowing Club (ARC) offers programs in sweep rowing (using one oar) and sculling (using two oars). For beginners, ARC's introductory program of techniques on and off the water is for eight hours over a weekend (\$150). For intermediates, the broad knowledge and practical experience program covers many topics. They meet three times in a week (\$375). There are full time, student and Winter memberships at ARC.

The active rowing season is mid-March through November. Meetings are at ARC on the South River at Gingerville Creek. ARC sponsors Strokes 4Survivors, a free program to help cancer survivors achieve better quality of life through rowing. They meet from June to October for lessons made possible through member donations and local businesses. Recreational rowing members can join a program that meets early Sunday mornings. For more information, go to www.annapolisrowingclub.com

Another rowing club is the Annapolis Irish Rowing Club (AIRC). Its goal is promoting the traditional Irish heritage of the fishing and work boats called the currach. At the club's center is coed racing and competition, with eight regattas per season, ending in October. These are against other currach clubs in cities across the country. AIRC is seeking new members of all ages. This is a different form of rowing, but a

■ ■ Friendships formed while paddling are longlasting; they don't end with the season. ■ ■

great exercise. Practices are held twice a week and on Saturdays at The Charles Carroll House at St. Mary's Church. They teach as you row. Dues are \$100 annually. Check it out at www.annapolisirishrowers.org

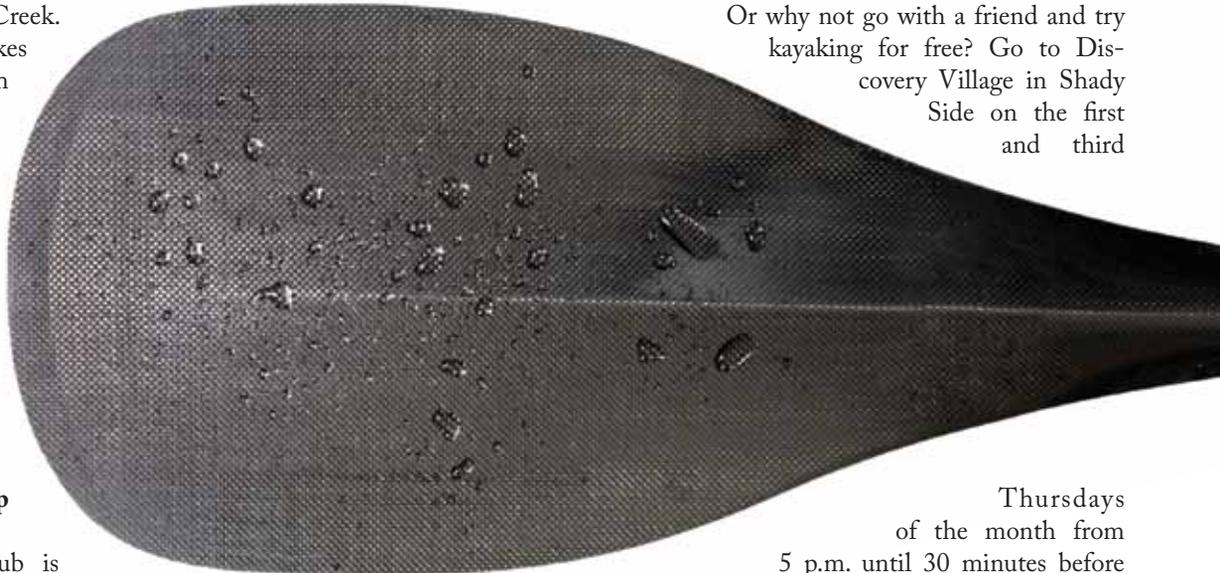
As for canoeing and kayaking, both were added as Olympic sports in 1936. At Chesapeake Kayak Adventures in Ellicott City, a club with 317 member-paddlers, canoeing and kayaking events and instruction are offered in a user-friendly environment. They offer signups, information and schedules at www.Meetup.com/Chesapeake-Kayak-Adventures/

Closer to home, Kayak Annapolis provides a unique kayaking experience: two guides, instruction on the kayak and an historic two-hour tour of the Annapolis area. It's a great way to show out-of-town friends a scenic and safe view of town! Visit www.Kayakannapolis.com

Chesapeake Paddlers Association has a beginner paddler series for those with little or no experience. The course will eventually take you on a three-to-eight-mile trip on some scenic water trails. This program lasts through October, with rentals

available. Other events for all skill levels are available. Log onto www.cpakayaker.com/

Or why not go with a friend and try kayaking for free? Go to Discovery Village in Shady Side on the first and third



Thursdays of the month from 5 p.m. until 30 minutes before sunset, through Sept. 6. At www.westrho.deriverkeeper.org click on Calendar.

Canoeing club opportunities appear less frequently, but in southern Maryland, canoeing does have a stronghold. The Calvert Marine Museum offers monthly organized excursions for canoers in warm weather to museum members. For information go to www.calvertmarinemuseum.com and click on Clubs.

At Quiet Waters Park in Annapolis, canoes are available for rent, along with row boats, kayaks, pedal and sail boats. Lessons also offered for groups if arranged in advance. Open daily except Tuesdays through September. Contact 410.271.7007.

Also, Club Crabtowne in Annapolis offers a monthly canoeing excursion among numerous other outdoor/social events. Members with expertise lead the events. Details and a calendar are available at www.clubcrabtowne.org

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Why not think of how it can be done instead of how it can't be done?

Perennials for Shade

By Neil Moran

If you think your choices are limited when it comes to perennial plants for the shady or woodland areas in your yard, follow along as I share some perennial flowers that perhaps you've overlooked. These perennials have done well for me in my garden and some of the yards I've landscaped.

"Many people have the misconception that few things other than hostas and ferns grow in shade," says Susan Miller, director of marketing communications, Walters Gardens. "The opposite is true!" she asserts.

Shade-Loving Perennials

• **Aquilegia (Columbine)**: This Spring-flowering perennial with droopy flowers comes in pink, purple and lavender. Plant at least five in a group to get them noticed in a cottage garden or foundation planting. Columbine will do OK in less-than-ideal soils, though like all flowers, will do best in a loose soil rich in organic matter (see growing tips below).

• **Dicentra (Bleeding Heart)**: This crown jewel of the (partial) shade garden is another early bloomer. It can get fairly large, so it's good for filling in large spaces. I've found bleeding heart to be a little picky about where it calls home. Once you find it thriving in a certain location, don't do as I did and move it. You may end up in the dog house with your significant other like I did.

• **Aruncus (Goatsbeard)**: Here's another perennial that will fill in a large space in a shady location. It likes a rich soil with lots of humus and will grow to six feet tall. It blooms best where it is exposed to sunlight at least part of the day.

• **Ligularia**: This is a plant I discovered at a local garden center last Summer while seeking a good shade plant for a customer's landscape. "Bottle Rocket" is one of the more compact Ligularias, producing mustard-yellow flowers atop chocolate stems. This compact, deer-resistant variety grows to just over a foot.

• **Lungwort (Pulmonaria)**: This underappreciated plant is used in the woodland garden as a border plant or to carpet a large area under a tree. It has leaves that resemble the trout lily, a native species you see often in the northern forest. It prefers moist, rich, well drained soil and will grow

from 6 to 24 inches tall. It stands out nicely when mixed in among hostas, ferns and brunneras.

• **Hemerocallis (Day lily)**: Although we usually see this one growing in the sunny locales, it is also listed as a good plant for partial shady areas. Very adaptable, day lily will grow just about anywhere under any conditions and comes in more colors than found in a box of Crayolas.

Hostas Galore!

Walters Gardens, located in New Zealand, Michigan, breeds many of the perennials that make it to the shelves of garden centers and other retailers. This year, it has introduced a half dozen new hostas which will carry the Proven Winners label.

Be sure to keep your eyes open for these new plants: Hosta 'Autumn Frost,' a frosty blue specimen with a bright yellow margin that will lighten to a creamy white during the Summer months.

It's a medium-sized hosta, spreading to about 24 inches. Hosta "Goodness Gracious," has large heart-shaped leaves and a wide spreading habit. The deeply veined leaves are dark green with a very wide, yellow margin. Hosta 'Hudson Bay, has a wide, bright blue margin and apple green jetting, which contrasts well with a creamy white center. The flowers are near white, and guess what? It's also resistant to slugs.

Cultural Requirements for Shade Plants

There is no one-size-fits-all when it comes to growing perennials in shady areas, according to Miller. However, she said most will do well in soil that is moist but not wet, slightly acidic and fairly rich in organic matter.

Here are a few tips for planting any type of perennial plant:

- For best results, plant in the Spring or Fall. If planting in the Summer, be sure to water two or three times per week until they get established. Mulch to conserve moisture and to moderate temperatures.
- Dig a hole twice as deep and wide as the root ball.
- Fill the hole with compost or well-rotted livestock manure.

• Sprinkle in a little slow-release organic or inorganic fertilizer at the time of planting and water well.

• Space properly and plant at least three in an area for best visual impact.

To find out the growing requirements for specific shade-tolerant perennials, visit www.perennialresource.com and click on "Perennial Encyclopedia."

Neil, a horticulturist and author, can be reached at moranneil@hotmail.com or visit his blog at www.northcountrygardening.neilmoran.com



More shade-loving perennials:

1. Aconitum (Monkshood) 'Blue Lagoon'
2. Acorus (Sweet Flag Grass) 'Variegatus'
3. Actaea (Baneberry) 'Misty Blue'
4. Alstroemeria (Peruvian Lily) INCA ICE™
5. Aralia (Golden Japanese Spikenard) 'Sun King'
6. Cimicifuga (Snakeroot) 'Hillside Black Beauty'
7. Helleborus (Lenten Rose) series WINTER THRILLERS™
8. Heuchera (Coral Bells) H. villosa hybrids such as, 'Caramel'
9. Lobelia (Cardinal Flower) L. cardinalis
10. Pulmonaria (Lungwort) 'Raspberry Splash'
11. Tiarella (Foamflower) 'Sugar & Spice'
12. Tricyrtis (Toad Lily) 'Gilt Edge' or 'Miyazaki Hybrids'

Source: www.perennialresource.com

Legal Insights



This column presents general information regarding estate and disability planning and probate. It is not intended to create an attorney-client relationship or constitute legal advice to its readers. Individuals with legal concerns should consult with an attorney for advice regarding their specific circumstances.

Ah, Summer, the time for travel. Perhaps you are headed to the beach? Maybe you're eyeing the good exchange rate on the euro, or even considering where to see foliage in the Fall. Whatever the destination, we can each recall the bliss of getting there smoothly, no hiccups, backups or detours. On the other hand, we also all know the frustration that comes with the inevitable delays, wrong turns and getting completely lost. Thankfully there are good maps and GPS navigation units. They minimize confusion and show us how to get where we want to go.

For anyone who's experienced a loved one's Alzheimer's or other debilitating disease, daily life for patient and caregiver alike can be like that of the traveler on the road without a map or navigation. Day-to-day decisions are full of confusion and delay. Imagine that frustration compounded for everyone involved when the condition progresses to the point of a forced court-ordered guardianship, compelling them to cede decision-making control to someone else. Completing a power of attorney and health care directive, as part of one's advance **estate planning**, can preemptively avoid, if not eliminate, much of that confusion, delay and frustration. In effect, both documents serve the same function as the map or the GPS. The choices made in advance become the way points on the route that is, managing one's personal, legal and medical affairs. When properly prepared, these documents render it like you are still in the driver's seat and the decision-maker selected is merely pursuing the course you have already made.

To begin with, the **medical power of attorney document** (MPOA), often referred to as an **advance directive**, isn't just selecting who will state one's end of life preferences. More than identifying who will be acting on your behalf individually or as co-agents, you will also dictate when it becomes effective, how much information that agent can have and share with others, how much they can interact with medical personnel, whether they can choose and change health care facilities and providers, as well as the fully unique

plan you select for the amount and type of treatment you want and what your funeral arrangements are. One can even designate when the instructions are guidelines or mandatory, depending on who is acting as your agent.

Every state should have a similar basic format of this MPOA available from the court system or hospital. However, these forms are just that: basic. They allow a person to fill a blank with their choices, but only for the most common situations. Moreover, if you get it from the hospital nearby, it is often just as one is checking in for a procedure. Nobody likes to make such decisions on the spur of the moment. Therefore, to truly take advantage of the scope and very specific detail of care you or your loved one would want to mandate, it is best to consult with an attorney who will craft an MPOA reflecting your own beliefs, preferences and choices.

Likewise, the same considerations apply to the **personal power of attorney** (PPOA) document, which can address any rights and responsibilities you or your loved one have that aren't covered by the MPOA. In short, a PPOA can, but does not have to, deal with everything legal, financial and practical. What does this mean? For the legal, you may give the agent, or co-agents authority to do some, all, or none of the following: buy, sell, borrow for and mortgage against a house and any other property you own, increase or decrease insurance coverage and premiums, change beneficiary designations on

policies. The financial mandates you give your agent can cover even more possibilities. For example, you may direct a person to borrow, or lend, from your accounts for any purpose you state, what to use your general and investment accounts for, how to manage those accounts, how and when to pay your expenses and bills. In effect, one could make the financial areas of a PPOA as broad as giving the agent all of your pin numbers or as narrow as asking them to just mail your electric bill. Lastly, the practical matters one may outline in a PPOA could, and often do, cover everything from who will cut your grass, when to hire professional help and how someone will care for your pets.

Getting the MPOA and PPOA in place can be empowering and bring great **peace of mind**. It is an empowering exercise, because dictating the choices your agent has to make and how to make them keeps you in control, even as they are acting out your instructions. It brings peace of mind because you and your loved ones know what to expect, having set the course ahead of time. So, you see, it really is mapping the route and programming the GPS of your future. What better way to get ready to hit the Eastern Shore, eastern Europe or the Far East this Summer.

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CURING the Six Most Common Travel Maladies

By Victoria Duncan

What a wonderful time of life! The kids are grown, college bills are over and you finally have a bit of disposable income in hand. Maybe you and the spouse are retired and have some extra time. Even better! Dust off that luggage, pick up some glossy brochures, and gear up for what you've been putting off as you raised a family and kept your nose to the grindstone. It's time to embrace the popular dream expressed by a majority of retirees. It's time to travel!

But before you heave that suitcase into the trunk of your car and head to the airport, be forewarned: There are some unpleasant and unexpected bites that the old travel bug can serve up. Nope, I'm not talking about infectious disease or the risk of pickpockets. Rather, I'm addressing the hurdles that arise out of the very hopes and expectations that we bring to our desire to travel.

Just like health and safety concerns, these spoilsports may ruin our travel experience. Don't let them leave you in an armchair. Just be prepared with some remedies to these potential problems so that your travel remains satisfying and restorative.

1

Multiple Travel Personality Disorder:

The problem: Your companion lights upon an adventure outfitter offering tours complete

with zip lines, extreme skiing or swimming with sharks. You pine for sunny beaches, a lounge chair, a best-seller and a fruity drink sporting a colorful paper umbrella.

The remedy: Compromise. Do not make each other miserable and resentful in

humoring the other's desires. Search for something that gives each of you a piece of what you crave. For example, find a gorgeous island and contact the hotel concierge for adventure options. Most destinations offer an extensive menu of exciting pastimes. Post a request on www.tripadvisor.com asking for a referral to local outfitters. Be flexible and allow for separate alone time which will make for interesting dinner conversation. Later, extend this a bit further and occasionally take separate vacations. This will keep your love of travel fresh, but it will also give your relationship a breath of fresh air.

2

Single Supplement Blues:

The problem: You are a widow of one year and are anxious to expand your horizons and travel to some of the places you've always dreamed of going. Yet most of your friends are married and you're intimidated about going it alone.

The remedy: Resourcefulness! Search for a travel agent who knows about options for single travelers. Also, review your interests and search for a small tour with a focus in that direction. For some ideas, peruse www.shawguides.com. Almost any tour has an interest to match yours. If you have an alma mater, many colleges offer guided trips with a group of like-minded individuals. Cruises are also a singles-friendly type of travel. Any of these options often have a roommate-matching program for single travelers. Going with a group provides a circle of comfort plus it allows you the opportunity of meeting new friends.

You may even meet a fellow traveler with whom you wish to plan future trips.

3

Packing Phobia:

The problem: You love to travel but loathe packing. The word "layering" makes your heart race, your hands sweat and

you begin to dread the whole process days in advance of your trip. When you do get packed, your suitcase is overstuffed and you find you have to pay a surcharge for extra heavy luggage.

The remedy: Perspective. Long before your trip, make up a master list of necessities. Keep a cosmetic bag packed and ready to eliminate last-minute stress. Plan your wardrobe around a basic color and take a few colorful accessories (check out www.travelsmith.com for some ideas). Lay everything out that you plan to wear and then return about one-third of it to your closet. You won't miss it! Enlist the assistance of a friend who excels at packing to help pare down so that you take absolutely no more than you can comfortably carry by yourself.

4

Traveler's Identity Crisis:

The problem: You know you need a vacation -- like desperately need a vacation --

but you don't know where to go. You're stressed out or recovering from an illness or relationship difficulty. You have limited time and resources and don't want to waste it on something that won't satisfy your needs.

The remedy: Focus. Head right to the book-

store and buy *Travel Therapy* by Karen Schaler. Whether it is life stress, boredom with your job or just needing some TLC, Shaler helps you choose the right trip for the right time. In this book, she highlights more than 100 travel options to entertain, uplift, inspire and guide your travel through life's ups and downs.

5

Overdriven Tourist Mania:

The problem: You are driven to see it all when you travel.

Your nine guidebooks take up an entire suitcase which has resulted in a pinched nerve in your shoulder. In your quest to be enriched and educated, you fear missing something, but then you return home exhausted rather than refreshed.

The remedy: Quality. An unknown scribe observed that a traveler may not know where he is going, but a tourist doesn't know where he has been. Aim to be a traveler open to experiences. But avoid being a tourist running around trying to see it all so badly that you miss where you've really been. Let's face it, we're never going to see everything in this big old world.

Instead of driving yourself to see every single attraction in those guide books, limit yourself to just one book. Choose quality experiences that allow you to take in the essence of a destination. Plan adequate down time for café sitting, beach strolling, window shopping and people watching.

**"Take two vacations.
Then call me
in the morning."
by Karen Schaler**

6

Too-much-of-a-good-thing-itis:

The problem: You've waited for what seems to be forever to fulfill your dreams of travel.

Now you're retired and for the last three years have toured extensively. Lately, you're starting to feel like you're just over the whole thing. There are lots of places that you wished to see, but you're not raring to go like you were. At home, you're feeling kind of grumpy and disconnected too.

The remedy: Balance. Lately, I'm hearing many folks sound somewhat bewildered at the way the luster is wearing off their plans

to focus retirement around travel. Yet, this isn't too surprising. Too much of anything -- even something good -- is, well, too much. When one's entire plan for retirement is summed up in one word, "travel," it is a setup for fatigue and discouragement.

Think of it this way: In retirement, travel can be like the icing on the cake. It's delicious. But in this case, the cake is a full and satisfying life at home. This may include time with family, friends, pursuing an interest, part-time work or volunteering for a cause that has meaning to you. Invest in your "real life" and travel remains a treat, something special to savor, anticipate and enjoy.

When you've got the travel bug, use these common sense remedies of compromise, resourcefulness, perspective, focus, quality and balance to keep your travels fresh, interesting and rewarding. Stay healthy in all ways and enjoy the trip!

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USE YOUR MELON

By Susan Singleton

Summer and watermelon are inseparable. Thankfully, watermelon is not only delicious, it is extremely healthy as well. Watermelon does a lot more than quench your thirst on a hot day.

Watermelon nutrition facts reveal this fruit as a jack of all trades, providing healthy amounts of virtually all essential vitamins and minerals.

One of the main health benefits of watermelon is that it provides powerful antioxidants found in vitamins A and C, which help to neutralize free radicals that can lead to inflammation, general sickness and chronic illnesses that can cause strokes and heart disease.

SOME OTHER GREAT BENEFITS OF THIS EASY-TO-LOVE FRUIT:

- Watermelon has a higher concentration of lycopene than any other fresh fruit or vegetable, providing cancer-fighting benefits.
- Watermelon is a fruit rich in electrolytes, sodium and potassium that we lose through our perspiration.
- Watermelon is rich in the B vitamins necessary for energy production. This makes it an excellent alternative to high-calorie caffeine and sugar-drenched energy drinks that cause dehydration.
- With a water concentration topping 90 percent, it aids your metabolism. With its healthy amount of fiber and protein, your body will work hard to simply process the watermelon.
- Watermelon acts as a cooling agent to your body and helps to remove ammonia from the body. It is effective in reducing your body temperature and blood pressure.
- The antioxidants found in watermelon help to reduce the severity of asthma.
- Watermelon protects against macular degeneration and glaucoma.

Whether you choose watermelons for the health benefits or simply for the good flavor, it is an excellent snack or Summer dish. And with a mere 46 calories per cup, that succulent slice won't pack on the pounds.

WATERMELON MINT POP

- 1 cup packed fresh mint leaves
- 4 1/2 Tbs. minced ginger, divided
- 3 Tbs. agave nectar
- 1/2 tsp. dried chili flakes
- 1/2 cup filtered water
- 4 cups cubed watermelon
- Seltzer or soda water
- Pinch sea salt

To make the mint syrup, place mint, two tablespoons minced ginger, agave, chili flakes, salt and filtered water in a medium-sized

saucepan. Cover and bring to a gentle boil over medium high heat, then reduce heat to low and simmer for three to five minutes. Remove from heat while mint is still a vibrant green. Let sit for 10 minutes. Pour through a strainer and discard solids.

Place remaining ginger and watermelon in a blender and puree until well blended. Pour the mixture through a strainer (preferably lined with a double layer of cheesecloth) and let stand for 15 minutes until all the liquid has dripped through. Do not press the puree. It will make it cloudy.

Mix the mint syrup and watermelon-ginger juice in a sealed glass jar and chill in the fridge. Mixture will stay fresh for up to three days.

To serve. Pour one-half cup of the mixture into a tall glass, top with six to eight ounces chilled seltzer or soda water and stir.

WATERMELON ARUGULA SALAD WITH FETA

Adapted from the Barefoot Contessa

For the vinaigrette:

- 1/4 cup freshly squeezed orange juice
- 1/4 cup freshly squeezed lemon juice (2 lemons)
- 1/4 cup minced shallots (1 large)
- 1 Tbs. honey
- 1/2 cup good olive oil
- 1 tsp. kosher salt
- 1/2 tsp. freshly ground black pepper
- 6 cups baby arugula, washed and spun dry
- 1/8th seedless watermelon, rind removed, and cut in 1-inch cubes
- 12 oz. good feta cheese diced to 1/2-inch
- 1 cup (4 ounces) whole fresh mint leaves, julienned

Whisk together the orange juice, lemon juice, shallots, honey, salt and pepper. Slowly pour in the olive oil, whisking constantly, to form an emulsion. If not using within an hour, store the vinaigrette covered in the refrigerator.

Place the arugula, watermelon, feta and mint in a large bowl. Drizzle with enough vinaigrette to coat the greens lightly and toss well. Taste for seasonings and serve immediately.

Susan, a certified holistic health counselor, is the founder of Healthy Life Consulting. She can be reached at Susan@HealthyLifeConsulting.com or visit her website at www.HealthyLifeConsulting.com

PREPPING FOR THE SUMMER ROAD TRIP

By Edree Downing

After a lifetime of long road trips all over the United States and parts of Europe, we have lamented more than once that we could have used some particular item that was left at home. Typically we travel for up to eight hours before pulling over for the night. The distances can often feel endless. With the help of a few traveling friends, we have put together the following check list of handy items as well as a few things that can relieve the monotony of a long road trip.

1 BRING YOUR ELECTRONICS. If your car doesn't have a built-in GPS, have either a portable one available or use the one that came with your iPhone and don't forget the electronic chargers.

2 PAPER MAPS are still a good backup for directions. Sometimes it's easier to see the big picture.

3 A COOLER with ice packs is invaluable. Pack with bottled drinks such as water or iced tea and snacks. We also include a couple of plastic forks, knives and spoons and two plastic plates so that we don't have to rely on road food.

4 HAVE A THERMOS for coffee on hand. Dunkin' Donuts will fill it for you. We also bring peanut butter for easy-to-make sandwiches as well as fruits and trail mix.

5 YOU CAN BORROW BOOKS on CD's from the library or purchase them for a welcome diversion. Or check the podcasts available on iTunes to download such things as NPR programs.

6 WE ENJOY our king-sized insulated cups with a lid and straw. The lid has prevented many possible spills.

7 EXTRA CLOTHING such as a rain coat, sweater and walking shoes.

8 DON'T FORGET your EZ pass. If you haven't gotten around to signing up for one yet, look at the lines at the toll booths and you'll know this is an EZ call. Log onto www.ezpassmd.com for information. Signing up will get you discounts at some of the toll booths.

9 FUN STUFF like a book of crossword puzzles or a downloaded app from iTunes such as, "Are You Smarter Than a Fifth Grader?"

10 FOR FUN we often pre-record music appropriate to our vacation destination as in our own mix of Rocky Mountain High when we vacationed recently out West. Hey, we're retired. We have time to do these things. Also, if you don't know the words, there's an app for that: download **MusicID**, which will not only identify the song, but provide the words so you'll get to sing along.

11 A ROLL of paper towels for the occasional spill or to clean the inside of the windows with Windex. Hand wipes are also a good idea.

12 A CAMERA takes up little room even if your iPhone has one. We caught a picture of a black bear last Fall crossing the Blue Ridge Parkway.

13 A MAGNIFYING GLASS for hard-to-read print. Having a flashlight is always a good idea as well. One can be downloaded to your iPhone from **Best Flashlite**. It's free.

14 AND although most phone numbers are already recorded in my iPhone, I still carry a purse-sized address book, which also has many of my hard-to-remember passwords. They're encoded should I misplace the list.

Lastly, it's a good time to get that oil changed and do that general inspection so that there won't be any unexpected emergencies along the route. And it's a small investment to join AAA, where you can avail yourself of travel information, discounts and roadside assistance if needed. Log onto <http://midatlantic.aaa.com> and discover the many benefits of membership.

Bay Nutrition SUGAR

By Leah Lancione

Sugar's bad rap isn't anything new. However, the alarming concept that sugar can be toxic to the body has recently caught the attention of the media. So why is it that sugar—whether it's labeled dextrose, sucrose, lactose, high-fructose corn syrup, glucose, brown rice syrup, evaporated cane juice, or malt syrup—is so harmful? According to medical reports, notably an article entitled "The Truth about Sugar Addiction" on WebMD, simple carbohydrates in processed foods like candy, cake, soda and syrup, etc., trigger a "surge-and-crash cycle of blood sugar." This destructive cycle is the same for complex carbohydrates, e.g., French fries, potato chips, pretzels, pasta, white bread, white rice, etc., that are quickly broken down by the body into simple sugars.

WebMD also purports that the average American eats the equivalent of about 22 teaspoons of sugar a day—well above the amount the American Heart Association recommends -- six teaspoons per day for women and nine for men. The medical site also quotes the U.S. Department of Agriculture as saying, "Americans basically consume their weight in sugar in a year's time."

NBC News' Dr. Sanjay Gupta has also recently investigated findings that reveal "beyond weight gain, sugar can take a serious toll on your health, worsening conditions ranging from heart disease to cancer." In an interview with Dr. Robert Lustig, an endocrinologist at the University of California, San Francisco, Dr. Gupta asks about his "war against sugar." Dr. Lustig says that sugar is linked to obesity, type II diabetes, hypertension and heart disease, and claims that 75 percent of it is preventable. He believes the sugary and processed foods "are toxic because they contain fructose which makes them sweet and irresistible."

Dr. Lustig and Dr. Gupta cite a five-year study conducted by Kimber Stanhope, a nutritional biologist at the University of California, Davis, that shows evidence linking excess high-fructose corn syrup consumption to an increase in risk factors for heart disease and stroke. The findings indicate that "when a person consumes too much sweet stuff, the liver gets overloaded with fructose and converts some of it into fat. Some of that fat ends up in the bloodstream and helps generate a dangerous kind of cholesterol called small dense LDL. These particles are known to lodge in blood vessels, form plaque and are associated with heart attacks."

In *The Sugar Solution: Your Symptoms Are Real—and Your Solution Is Here*, by the editors of *Prevention* magazine, outlines how refined carbohydrates can make blood sugar "skyrocket to dangerous levels." The book reveals that high-fructose corn syrup, which is an ingredient in countless food items you wouldn't expect, seems to bypass the body's "I feel full" mechanisms. Did you know that this harmful sweetener can be found in products ranging from ice cream, jelly, ketchup, peanut butter and salad dressing to pasta sauces, some cereals and yogurt? Some of these items are even labeled healthy by manufacturers.

For a list of foods that do not contain high-fructose corn syrup, visit <http://highfructosehigh.com/no-hfcs/>

Since the overconsumption of sugar triggers a damaging cycle of blood sugar highs and lows, the *Sugar Solution* rolls out a plan for "reducing blood sugar and dampening elevated levels of insulin, a key blood sugar control hormone." The book says the lifestyle change helps people get off the sugar "spike and dip roller coaster that contributes to weight gain, fatigue, moodiness and cravings." The solution entails focusing on "good carbs" by eating fresh fruits and vegetables, whole grains, healthy fats and exercising portion control.

The reason for concentrating on fruits, vegetables and whole grains is that they are low on the glycemic index and are "digested more slowly and release glucose to the bloodstream gradually. The benefit: blood sugar and insulin stay lower."

Part of the process for those wanting to control their blood sugar is consulting the glycemic index (GI), which is a ranking of carbohydrates on a scale from 0 to 100, according to the extent to which they raise blood sugar levels after eating (www.glycemindex.com/about.php). This site also features a database for searching the GI level of all foods.

It appears the notion that sugar is damaging to our bodies is catching on. According to a recent *New York Times* report, NYC Mayor Michael Bloomberg's administration is looking to pass a "far-reaching ban on the sale of large sodas and other sugary drinks at restaurants, movie theaters and street carts." The proposed ban would pertain to all sugar-loaded drinks, e.g., soda, energy drinks and sweetened teas, over 16 fluid ounces sold at fast food restaurants, delis and sports/entertainment arenas. The ban, which could take effect in March, wouldn't apply to diet sodas, fruit juice, dairy-based drinks or alcohol.

Since experts promise that people's taste buds will start craving healthier foods once they've weaned themselves off sugar and will experience a host of positive benefits, maybe it's time to at least curtail its use.

Parting with Sugar is Such Sweet Sorrow



Ask the Undertaker

By Ryan Helfenbein

Part of every funeral director's education involves studying the American history of funeral directing. Directors in training learn about the development of the industry, how embalming got started and the ever-so-interesting topics of grave robbing and devices invented to signal a "premature" burial. My studies included the use of ropes being tied from a decedent's wrist to a bell on the surface, spring-loaded casket lids, grave robberies and bombs to deter grave robbers. By some coincidence at the time, my brother and I were in the process of moving a cemetery established in the 1800s to a new location. You read that correctly. No, we didn't wear bomb suits or even use bomb detectors. Rather, my older brother controlled the backhoe and assigned me to be closest to the grave. So perhaps one could say that I was the bomb detector; yuh gotta love being the youngest.

While the modern burial enclosure has all but done away with the practice of grave robbing, many historic cemeteries have borne interesting tales. One, for example, comes from a cemetery on the Eastern Shore, located between Easton and Trappe. (Look left on your way to Ocean City this Summer and you'll see it.) It is called Whitmarsh Cemetery, or, as the locals call it, "Hole in the Wall." The story tells the tale of a woman laid to rest wearing some of her expensive jewelry. During this time, the art of grave robbing was very much a common practice. When the grave robbers reached her casketed remains, they decided that removing the ring from her finger by sliding it off would be too time consuming. Instead they made the decision to take her finger with it. When they squeezed down to make the snip, she awoke!

I am sure that almost every country cemetery has a story regarding the practice of grave robbing and the burial of individuals who were not dead. As a matter of fact, many patents were granted for devices

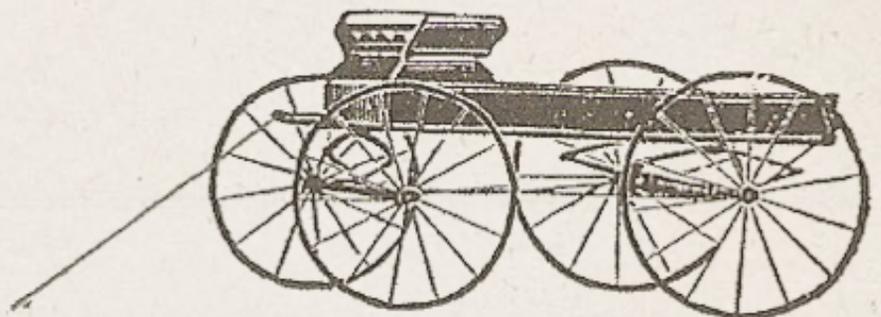
to signal, "I'm still alive down here." The very first patent was granted in 1843 to a Baltimore man by the name of Christian Eisenbrandt for his spring-loaded coffin lid. This coffin lid would fly open with the slightest movement of the head or hand from the individual inside. Great idea, right? It was until the coffin was lowered into the grave and covered with earth. Ah, well that is why Franz Vester patented a life signal for after burial in 1868. This device included a string tied to the decedent's wrist, running out of the casket, through a tube in the ground and tied to a bell on the surface. From here, the patents just get more and more elaborate, from a simple red flag rather than a bell, to an electromagnetic signaling device. Perhaps all of this was because the individual would get tired from tugging and pulling on that string in hopes that someone would come strolling by their grave, who knows?

At this point you may be wondering, what, if anything besides advances in modern medicine, stand between life and premature burial. The short answer is embalming. In the mid 1800s, embalming was very expensive and mostly used when fallen soldiers were far from home and had to be returned, usually by railroad, to their families for burial. People who lived in rural areas simply were not embalmed before they were buried. As the practice has become more widespread, the incidence of the accidental burial of the living has gone by the way side.

As for grave robberies, modern burial enclosures assisted in ending this early brand of shoplifting. The first burial enclosures were created in the 1930s by a nonprofit organization and were made from concrete formed into the shape of a box with a lid that just sat on top. Today's options are triple-lined and sealed, and can even be customized with everything from photos of the individual's hobbies to personalized plaques. In addition to the use of burial enclosures, take notice the next time you attend a burial ceremony at a cemetery and watch the funeral home staff. You will see that one of them always stays behind. They do this to be sure that the burial enclosure is closed properly and no one disturbs the decedent or their belongings.

My brother and I moved those 15 graves dating back to the 1800s and, no, we were not blown up, didn't see a bell ring or ever come across the workings of an electromagnetic thingamajig. Perhaps those individuals that we escorted to their new places of rest had undertakers staying behind after the conclusion of their services too. This proves I imagine that we don't have to be movie stars to have a "body guard" at least once while here on earth.

Ryan, owner/supervising mortician and preplanning counselor at Lasting Tributes on Bestgate Road in Annapolis, offers area residents solutions to high-cost funerals. He can be reached at 410.897.4852 or Ryan@LastingTributesFuneralCare.com



Get Your Fill ON BLUEBERRY HILL

By Leah Lancione

Blueberries are another sign of the Summer and there are plenty of farms in the Baltimore-Annapolis area that invite you to fill your buckets with this season's harvest. Not only are blueberries delicious and fairly inexpensive, ranging from \$2 to \$3 per pound, they are on nearly all super food lists.

Did you know that blueberries actually have a council? Well, they do. The U.S. Highbush Blueberry Council (www.blueberrycouncil.org) publishes a website that lists all the "noteworthy nutritional benefits" of blueberries. Not surprisingly, the site highlights the abundance of vitamin C, dietary fiber, manganese and antioxidants found in blueberries. "According to the U.S. Department of Agriculture, blueberries are near the top when it comes to antioxidant activity per serving (so says ORAC values, a comprehensive database of foods and their antioxidant levels)."

The American Dietetic Association has selected July as National

Blueberry Month. Noting that the antioxidants present in blueberries "may help fight aging, cancer and heart disease," the association recommends filling your fridge and freezer with the fruit. Proper freezing consists of putting a single layer of unwashed berries in freezer bags. Apparently, washing them only after defrosting prevents them from clumping together and keeps the skin from toughening.

If the only way you've ever acquired blueberries in the past was from the grocery store or you've never strayed from the standard recipes, the website www.pickyourown.org offers a hodgepodge of blueberry facts, a list of farms (by state) as well as picking tips and canning directions.

The website also advises selecting plump berries that are light gray-blue in color. Since blueberries hang on bushes in bunches, "the easiest and fastest way to pick them is to hold a bucket under them in one hand and to cup a ripe bunch while rubbing them with your fingers. The ripe berries will drop into the bucket."

Since June through early September is the best time for picking your own blueberries, now is the time to stock up on these

tiny health sensations and support local farmers in the process:

Hybridoma Organic Fruit Farm

in Baldwin (Baltimore County) opened for the 2012 season in June and is open Wednesdays (rain date the following Thursday) and Saturdays (rain date the following Sunday) through July (8 a.m. to 4 p.m.). The farm features 14 varieties of blueberries. For more information, call **443.902.0370** or visit www.hybridomafarm.com

Walnut Springs Farm

in Elkton added blueberry picking to their lineup in mid-June and has a "picking hotline" for updates at: **410.398.3451**.

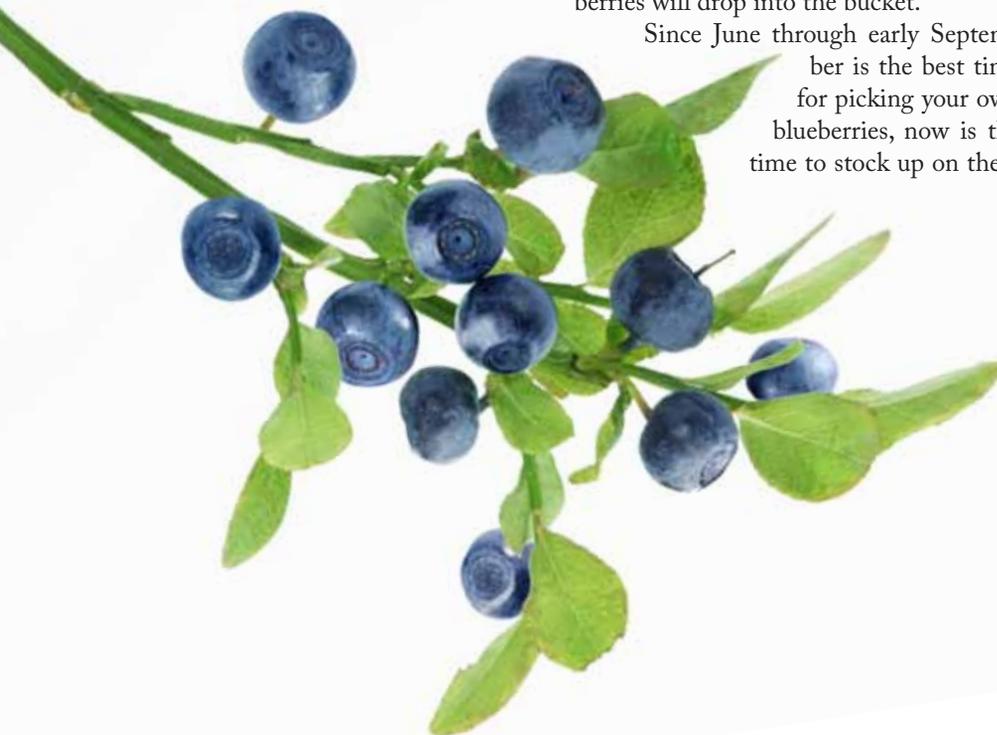
Butler's Orchard

in Germantown is a family farm that says it's "blueberry time" thanks to an "excellent crop of fresh blueberries" for picking. For more information, call **301.972.3299** or visit www.butlersorchard.com

Lockbrier Farms

in Chestertown features seven different kinds of blueberries including "U-pick blueberries" from late June through September. For more information, call **410.778.9112** or visit www.lockbrierfarms.com/fruit.htm

With just 84 calories in a whole cup of blueberries, they can be a delicious low-calorie snack or dessert in addition to adding a sweet flavor to countless recipes. For more scrumptious recipes with blueberries, visit www.eatingwell.com Recipes range from pasta dishes to I.c. bellinis and other desserts, breakfast bars, relishes and more.



If not now - when?

POCKET NEIGHBORHOODS

- finding their niche -

By Mick Rood

Downsizing? If you are, the building rage in the Pacific Northwest is spreading across the country, giving seniors another living option in their later years.

Seattle architect Ross Chapin, the acknowledge Pied Piper of the pocket neighborhood movement, describes them as neighborhoods within neighborhoods, small-scale homes on smaller sites with more than looks in mind.

Here are some common aspects of pocket neighborhoods:

Size. Used to that 2,500-plus square-foot suburban home? Cut that in half or less. Envision wood frame 1 1/2-story cottages nestled together in groups of eight or 12. Chapin says a small house “can function large” when it is designed right. That means high ceilings and good lighting, along with spacious walk-in closets and attics.

Yard. Not much of one, but get used to a large open space a few feet from your front door that links you and your neighbors. The commons can host postal kiosks, community gardens, common buildings and perhaps neighborhood gatherings that foster togetherness – an answer to the isolation of the larger suburban world. The commons is “the *locus* of the community,” Chapin says.

Cars. You won’t see much of them, as they are tucked into a parking area on the periphery of your pocket neighborhood or in attached individual garages underneath the community cottages. In some settings, you could park on the street if you prefer to use the garage space for other purposes.

Privacy. It will help to be outgoing, but it’s not a requirement. Window treatments become important, because these homes are “nested.” That is, the open side of your house with its expansive windows faces the neighbor’s closed side, which may have high windows and skylights. All residents have front-window views of the commons.

Porches. They are definitely a part of the “look” here. Chapin rhapsodizes about porches. “I grew up in a classic shingled bungalow with a wraparound porch,” he says on his blog.” He sees the porch both as a privacy buffer and as a way to welcome friends and neighbors. Never split a porch in the middle with a doorway because it will limit its use as another room, he says.

Individuality. With all this emphasis on commonality, individuality is still key. Owners in Chapin’s first pocket neighborhood development and others gave names to their homes because each had its own character. Some were festooned in

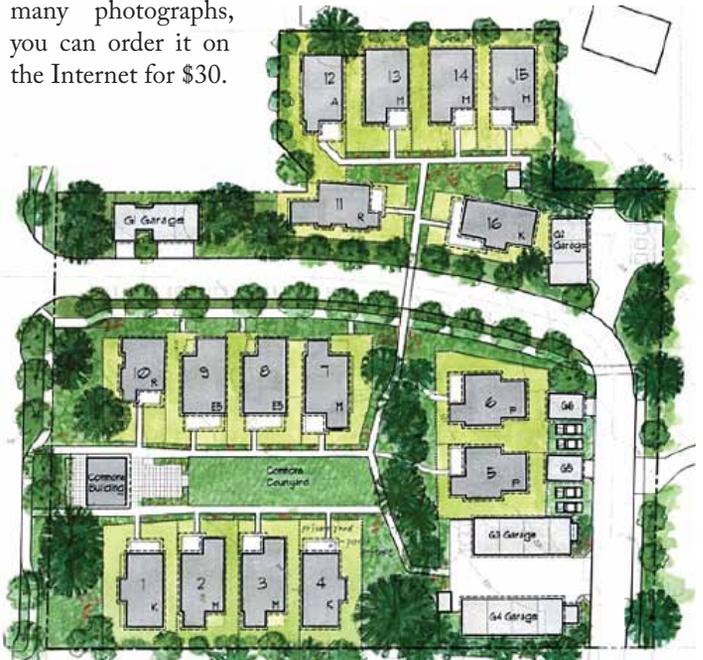
flower boxes, trellises and the like. Others, he says, were “Zen-like” in their simplicity.

Not all pocket neighborhoods have to be built from scratch. And they have not found their way in the national capitol area in a big way, although Baltimore has pioneered a cousin movement allowing what some call community greens. After the city was convinced to pass an ordinance allowing it, several neighborhood groups have converted seldom-used alleys into common areas for beautification and community activities.

If the market isn’t here in a big way and you don’t want to move to find it, Chapin suggests on his blog that you try creating community in your own traditional neighborhood. Why not:

- Plant a vegetable garden in your front yard. This conversation piece might get neighbors to join in.
- For the more ambitious, build a room-sized front porch. It could be a veritable outdoor living room, one your neighbors might enjoy on occasion.
- For the daringly innovative, tear down your backyard fence and create neighborhood-shared space for barbeques, community gardens and play areas.
- Organize Summer potluck parties in your street. Most cities will allow closure of a street on a temporary basis.

To keep track of this trend and its eventual entry into the Bay area, architect Chapin has a blog at www.pocket-neighborhoods.net/blog/ He also has a book out with a long title about short houses: *Pocket Neighborhoods: Creating Small-Scale Community in a Large-Scale World*. At 224 pages with almost as many photographs, you can order it on the Internet for \$30.



“Double-Cluster Design Pattern” Ross Chapin. www.pocket-neighborhoods.net

SMITHSONIAN AMERICAN ART MUSEUM

One of the Nation's Treasures

By Tricia Herban

We all know that the primary reason to visit a museum is to see the objects preserved and presented there and to learn about history and civilization in a new way. But in Washington, there is another reason as well. With its many free Smithsonian museums, Washington is completely set apart from sister cities on the East Coast such as New York, Philadelphia and Boston because of the free, accessible rest stops where the busy tourist and museum patron can take a moment.

One such Smithsonian gallery is the American Art Museum and the Robert and Arlene Kogod Courtyard. The American Art Museum is located right across from the Gallery Place Metro entrance. Living in Annapolis as I do, and frequenting The Shakespeare Theatre, I find the museum is the perfect rest stop upon arrival. I can snag a last-minute gift at the museum store, quench my thirst or appetite at the little snack bar and take in the newest exhibition.

From the exterior, the American Art Museum appears to be a traditional and very staid facility. When you climb the steps and enter, a large information desk is readily at hand. The shop and restrooms are equally available. But then if you continue beyond the information desk, you can exit the building into the Kogod courtyard.

Constructed just a couple of years ago, the courtyard is magnificent. This vast roofed space connects the back facades of the American Art Museum and the National Portrait Gallery. Undulating glass and aluminum grids float above the building, creating a ceiling which captures the light in a uniquely organic way. Below, polished black granite paves the ground, echoing the stone of the facades.

Large granite slab benches offer resting places for tired moms and frisky kids.

In this protected setting, beautiful green ficus and black olive trees flourish in white marble planters. And in the Summer, the ever so subtle water feature—sloping pavement covered with a thin film of moving water—delights as well.

The Courtyard Café, just inside the National Portrait Gallery offers sandwiches, salads and light fare at its cafeteria. Trays are available so diners can take their food out to the courtyard and eat at the metal tables and chairs flanking that area. The café serves from 11:30 a.m. to 6:30 p.m.

And now, what of the American Art Museum itself? This institution is one of the world's largest and most inclusive American art repositories, presenting over three centuries of American art from the Colonial period to the present. The country's cultural history is revealed through historical images of landscape, architecture, machinery, technology and people.

Among the more than 7,000 artists in the collection are John Singleton Copley, Gilbert Stuart, Winslow Homer, John Singer Sargent, Childe Hassam, Mary Cassatt, Georgia O'Keeffe, Edward Hopper, Jacob Lawrence, Helen Frankenthaler, Christo, David Hockney, Jenny Holzer, Lee Friedlander, Roy Lichtenstein, Nam June Paik, Martin Puryear and Robert Rauschenberg.

Not a staid, conservative repository for art, but a vibrant setting for innovation and inspiration, the museum showcases the largest collection of New Deal art and masterpieces from the Gilded Age as well as pioneering collections of photography, modern folk art and work by African American and Latino artists.

Current exhibitions are: "The Art of Video Games," which explores the first 40 years of this medium with a "focus of striking visual effects and the creative use

of new technologies." Eighty games are represented as well as video interviews with developers and artists, large prints of in-game screen shots and historic game consoles. The new book, *The Art of Video Games: From Pac-Man to Mass Effect* accompanies the exhibit and is available in bookstores nationwide and the museum shop. The exhibition is on view through Sept. 30.

"African American Art: Harlem Renaissance, Civil Rights Era and Beyond" presents painting, sculpture, prints and photographs by 43 black artists. The 100 works displayed are all part of the museum's collection and include paintings by Benny Andrews, Jacob Lawrence and Lois Mailou Jones and photographs by Roy DeCarava, Gordon Parks, Roland Freeman and Marilyn Nance. A catalog is available from the museum store at

AmericanArt.si.edu/shop

Additional long-term exhibits include: "Abstract Drawings" (through Jan. 6, 2013) and "Inventing a Better Mousetrap: Patent Models from the Rothschild Collection" (through Nov. 3, 2013).

Location: 8th and F sts. NW
Hours: Daily 11:30 a.m.-7p.m.
Contact: 202.633.8490 or
www.AmericanArtPrograms@si.edu
Admission: free
Getting there: Metro Gallery Place, Chinatown (Red, Yellow, and Green lines)

ELEVEN (MOSTLY) SIMPLE STEPS TO

Living Abroad

By Shelley Row

The wheels left the ground as Mike and I held hands. We were off to live our dream. With us were two laptops and four bags each weighing *exactly* 50 pounds. The bags contained everything from shorts to wool coats. Such is packing for a year abroad. Touchdown was in Germany to pick up our new car and start the drive through Switzerland toward our temporary home in Cotignac, France.

There, for 10 months, we lived like locals. We selected vegetables at the Tuesday market, harvested olives, picked grapes, attended concerts in the vineyards and danced with the Coyote Dancers of Cotignac (a country-western line dance troupe). And from Cotignac, we traveled to Spain, Italy, Switzerland, Austria and France.

Since returning, we frequently hear, "Wow! I wish I could do that." To which we say, "You can." That's when the excuses start. We've heard them all. The issues are real. We know. We lived to overcome many of them. If you really want to know how to turn this dream into reality, read these pointers:

1. Expectations. Write down what you want from the experience. This determines where you go and how you live -- city or country, rustic or high-end, to stay or roam.

2. Savings account. Based on your expectations, prepare a cost estimate, open a dedicated savings account and deposit money each month. We saved for five years.

3. Housing. Your housing depends on No. 1. Since we wanted to live the local life, we needed a house with owners who would rent for the long term. That was difficult. We searched for months via the Internet, emails and personal visits and ultimately negotiated a one-of-a-kind lease.

4. Health care. Call your insurance company. Ours had a specific phone/Internet line for out-of-country travelers. Our plan provided coverage, but required additional paperwork if serious medical attention was needed. We had no health problems that the local pharmacist couldn't fix.

5. Banking. Internet banking covers most practical needs. We also made arrangements for periodic fund transfers. Our credit card had no foreign transaction fees (Capital One) and we used our existing bank card for ATMs.

6. Communication. Simply Skype. Wi-Fi was essential for travel arrangements, banking and research. With Wi-Fi in the house, our U.S. cellphones were backup.

7. Transportation. Depending on your needs, you may be able to rely on planes, trains and rental cars, but we needed a car. Long-term car rentals are expensive and limited to six months. For us, it was better to sell our cars, buy a new car in the

U.S. for pick up in Germany, use the 10-month insurance plan, then ship the car home.

8. Your House. Consider renting. Our home in Annapolis was rented through a corporate leasing service, and we prearranged a caretaker. The caretaker was essential. We also required renters to use our cleaning service. The rent covered the mortgage.

9. Career. An increasing number of businesses allow a sabbatical or unpaid leave (see www.mysabbatical.com for resources). We were prepared to leave our careers and search for employment later. Surprisingly, my employer gave me an unpaid leave.

Congratulations on getting this far, but the next two factors will be the largest hurdles to living your dream:

10. Courage. Find the courage to embrace your dream. Intellectually, I thought of every reason why living in France was, very simply, not an option. There was the lack of money, the fear of leaving behind my hard-earned career just as I reached the executive level and concern for family members. Fortunately, my intuitive mind was saying, "But, what if it *could* happen? Would you ever forgive yourself if you never tried?" Finally, I mustered the courage to suggest it to Mike and he said, "OK." Just like that, we had our dream. For five years, I reinforced that dream through sketches, photos and mantras. *Every* morning I repeated to myself, "I am going to live in France for a year."

11. Trust. Trust is the secret to success. We focused on the dream, but trusted the timing to evolve. Trust allowed us to continue saving after the stock market crashed. It sustained us when rental agents in France said we would never find a house. And trust made all the difference when, half way to our financial goal, Mike was diagnosed with lung cancer. Mike never suggested that we give up our plan. We simply waited until he got well. There's a quote from the movie, *The Best Exotic Marigold Hotel*. "Everything works out all right in the end. If it's not all right, it must not be the end."

Eventually, we found a lovely house on a hill in Cotignac. Mike recovered from his cancer and has been healthy ever since. The money and practical plans came together. When everything worked out, we knew it was time to go.

Dreams come true -- with courage and trust. And the feeling that comes from living your dream? Well, there's simply nothing like it in the world. Start dreaming!

Shelley, resides in the Annapolis area and can be reached at shelley@shelleyrow.com

FIND OUT WHAT'S

SUP

By Leah Lancione

When a young person says, “What’s up?” you probably know they are asking in slang, “How’s it going?” Did you know, however, that if you hear someone use the word “SUP” they are referring to stand-up paddle surfing, also called paddle surfing, paddle boarding or even beach boy surfing.

According to Wikipedia, stand-up paddle surfing (SUP), or in the Hawaiian language *Hoe he'e nalu*, is “an emerging global sport with a Hawaiian heritage. The sport is an ancient form of surfing, and re-emerged as a way for surfing instructors to manage their large groups of students, as standing on the board gave them a higher viewpoint.”

The book *Stand-up Paddleboarding* by K.C. Kelley maintains that SUP is the “hottest

from these “beach boys,” as they became known—hence the name “beach boy surfing.” In 2000, world-renowned surfer Laird Hamilton and a few other professional surfers rediscovered SUP and started doing it as a way to get a workout when there wasn't much surf. The sport has experienced a continual surge in popularity thanks to the publicity these legendary surfers and celebrities have created for SUP. “Almost unknown in the 1990s, by 2009, there were two international SUP pro tours.” Virtually every beach town has surf shops that carry SUP boards or offer rentals and lessons.

Surfers, kayakers, kiteboarders and other water sport enthusiasts have taken to SUP because it is fun and easier to learn than regular surfing. It can also provide a full body workout since riders have to use their arms and legs and engage their torso to balance and paddle.

If you're now thinking this may be a new endeavor to keep your mind and body active while rousing your adventurous side, there's no need to travel to Hawaii or some other resort location to try SUP:

OCEAN CITY WHAT-SUP

Operated by Ron Gossard, WHAT-SUP (whatsupoc.com) invites new and avid SUP surfers to take advantage of their board sales and lessons that entail “paddling around the serene waters of the Bay.” According to their site, lessons cover all the fundamentals of SUP: proper stance, paddling technique, turning and more. Participants meet at Fager's Island, 201 60th St., for a private or group lesson.

Just, go to www.youtube.com on the Internet and type in “stand-up paddle boarding in Maryland” to find a WHAT-SUP video that features riders of all ages (and even a co-riding dog) enjoying the waterways of Ocean City on a SUP.

OC SUP & FITNESS

OC Sup & Fitness (www.ocsupfitness.com), operated by Dawn Ehman, also offers lessons on the basics of SUP with an expert instructor as well as rentals, fitness classes and excursions. The website vows that “SUP is the ultimate cross training discipline” and that physically benefits everyone, no matter their sport or lifestyle. Fitness classes include: Core paddle which “fuses yoga, Pilates and strength training to challenge the midsection and increase balance and muscle tone;” paddle boot camp, a total body workout that combines “paddling, plyometrics, strength training and incorporates high intensity intervals with low intensity recovery periods;” and flowga which

new sport in the water.”

It defines SUP as a blend of both kayaking and surfing as riders balance on long, heavy boards and use a long paddle to glide through the water, whether on ocean waves or calmer rivers, bays or lakes.

SUP was created in the 1960s by a group of surfers in Waikiki, Hawaii, who discovered they could take photos or instruct tourists learning how to surf while still standing upright on a board as long as they had a paddle. The craze caught on and lifeguards and surf instructors adopted this form of surfing

combines yoga routines and paddling to “develop better balance, coordination and strength by linking your breath to poses.”

Ehman admits that last year was a banner year for teaching many new people, ranging from 8 to 80 years, to SUP for the first time. She says SUP is a sport for all ages and builds because boards come in all different shapes and sizes. “We accommodate a person based on their height, weight and balance and match the perfect board to their needs.” Ehman is proud to acknowledge the success rate for participants who “stand up” is 100 percent!

Ehman also stresses the mental benefits of paddling in addition to the physical results of balance and upper and lower body and core strength. She claims many participants say that the focus required is therapeutic and a great stress reliever. Also, the entire family can participate since children can sit on the front of the board while a parent or grandparent does the paddling.

Associated with the World Paddle Association, OC SUP & Fitness hosted a paddleboard race that included competitive as well as kid-friendly and coed relay races. Another race is scheduled for Aug. 19 with an advanced paddle clinic (both out of Fager’s Island on 60th St.) on the day before. A former resident of Edgewater herself, Ehman also encourages folks to check out the many great spots to paddle in the Annapolis area. To get more information or to see pictures, visit OC SUP & Fitness on Facebook.

CHESAPEAKE BAY AREA: YK KITEBOARDING & SUP:

If a trip to Ocean City isn’t an option, YK Kiteboarding & SUP (www.ykkiteboard.com) offers the opportunity to “explore the picturesque coastline of the Chesapeake Bay” through SUP lessons at Chesapeake Beach in Calvert County. The site declares that SUP “provides a good workout, with no impact to the local ecology, and is easy and fun for all ages.” Lessons are available seven days a week, from sunrise to sunset (weather-permitting) in May through October.

ANNAPOLIS:

Stand Up Paddle Annapolis, LLC (www.supannapolis.com) is a local company “dedicated to the growth of the sport.” The site declares that participants will become “obsessed” with SUP once they “get out on the water and give it a try.” The company has a blog that keeps devotees abreast of events at <http://supannapolis.blogspot.com>

As a bonus, Stand Up Paddle Annapolis tries to accommodate clients with lessons by appointment at numerous locations throughout Anne Arundel County that are appropriate for SUP. By special request, instructors will even go directly to clients’ homes if they live directly on the water or in a neighborhood with a community beach.

The company plans to offer weekly fitness and yoga classes as well as group paddles and race-training groups this Summer. For more details visit the website or email Supannapolis@gmail.com



SUMMER QUIZ-ACROSTIC SOLUTION

The number thirteen is often skipped in the numbering of seats on airplanes, floors in skyscrapers, and city streets. Coined about one hundred years ago, what word refers to the irrational fear of the number thirteen?

ETYMOLOGY: TRISKAIDAKAPHOBIA

| | | | |
|----|-----------|----|---------------|
| A. | Ebb tide | N. | Kithara |
| B. | Terror | O. | Archers |
| C. | Yald | P. | Inherent |
| D. | Mountains | Q. | Dee Dee Myers |
| E. | Orisons | R. | Erfete |
| F. | Lineage | S. | Kalidoscope |
| G. | Offbeat | T. | Arthur |
| H. | Ghettos | U. | Phenom |
| I. | Yarrow | V. | Hurts |
| J. | Twinned | W. | Orion |
| K. | Rips | X. | Butets |
| L. | Intern | Y. | Incants |
| M. | Sports | Z. | Anter |

Procrastination is no longer an option.

Journal of a Kitchen Remodel, or Learn from Our Experience

By Pat Jurgens

June 15 - For 10 years we've lived in a 1930s log cabin in the mountains. The lovely knotty pine living room with stone fireplace needs no improvement. Front and back enclosed porches have beautiful wood paneled windows that look out into the forest. But the kitchen is "early cabin decor," an outrage of outdated white metal and Formica. So it was time for improvement.

June 30 - We want a contractor who is: 1) price-conscious, 2) schedule-conscious, 3) knowledgeable and 4) creative. Called and interviewed two for comparison.

- Chose the contractor with costs itemized in writing rather than the verbal estimate of the other.
- Designer asks what's most important to us in a new kitchen? She helps us choose cabinets, counter tops, back splash, plumbing fixtures and flooring.
- Start date: July 15. They say we will be three-four weeks without a kitchen.

July 7 - Unloaded kitchen cupboards and packed every nonessential in boxes (small electric appliances, dishes, glassware, pots and pans, spices, canned goods, linens and contents of the junk drawer.)

July 10 - Set up temporary kitchen in the bedroom:

- Two card tables covered with tablecloth
- Microwave and toaster oven
- Paper plates and bowls
- Essential utensils
- Mini-frig (purchased via Craig's List)
- Only water source is the bathroom. We're camping!

July 15 (Week 1) - Gutting the kitchen.

Contractor stripped the kitchen until its ribs were showing. Surprise! No insulation in walls or ceiling. Had new insulation installed.

July 22 (Week 2) - New electric circuits, new drywall, new window.

- Electrician discovered no primary ground from electric panel.
- New window delayed - old lead-based paint found in the frame. To install window contractor had to dress in a hazmat suit and be enclosed in a huge plastic bubble. We're finding we do have a sense of humor!

July 29 (Week 3) - Back splash and floor tile installation.

Fell for a sale of Brazilian mahogany flooring, then changed to Italian ceramic tile instead. Easier to clean and color is brighter. Mexican tile from our travels will decorate the backsplash. It's so cool!

Aug. 5 (Week 4) - Installing cabinets and counter top. We watch as the big corner cupboard is sawed off at the bottom and wedged through the living room window.

Aug. 12 (Week 5) - Installing appliances, sink and plumbing.

OMG will they get that double-door fridge through our 28-inch doorway? I can't look.

Aug. 18-20 (weekend of week 5) - Building wall shelves and painting trim.

Contractor arrives late, stays a few hours and leaves. Don't see him the rest of the weekend.

Aug. 20 - It's now Monday of week 6. We're supposed to be done. Tempers are frayed, patience is short. The dog is agitated. We're sick of microwave meals. There're still shelves, doors and painting to be done. Seven items still on the punch list to complete. No call. Where is our contractor?

* * *

It took several more weeks to get it all finished, and we soon forgot our frustrations. However, here is what we learned.

- Get a creative and flexible designer, one who you can talk with and exchange ideas.
- Ask your contractor for references.
- Be sure to have a contract outlining costs and negotiate additional charges.
- Be prepared to be inconvenienced.
- Be prepared for changes. It will not go as planned.
- Go out to eat with friends and have a few laughs.
- Get away for an overnight once or twice.

Our new kitchen is beautiful. It complements our rustic cabin with knotty alder cabinets, russet floor tile, Mexican tile backsplash and shiny new appliances. Forgetting all the aggravation we can now sit back and admire and enjoy and say it was worth all the time, money and inconvenience. But would we do it again? Hmm.

SHARE AN INTEREST at

Meetup.com

By Penelope Folsom

Do you have a special interest? Would you like to find a few like-minded people out there to get together with? It isn't easy finding someone who enjoys walking their dog at 6 a.m. or biking for 30 miles in a day or going to the theater during the week or sharing whatever it is that you enjoy. With more than 9 million members, chances are good that with **Meetup.com** you'll find at least a few people with whom you'll have something in common.

Meetup is networking at its finest. There are probably 2,000 meetings per day that have been organized through this site. It covers the gamut from investment groups, budding entrepreneurs, Rotary Clubs, avid bikers, sailors, dance masters, meditation groups, soccer teams, business groups, single parents, real estate investors, photography, golf and even those dreaming of becoming a chicken farmer. There is sure to be a group that peaks your interest and if not, why not start one? It's as easy as logging on to the site. Follow a few fairly easy instructions such as name your group, give it a category, when and where do you meet and what's the focus. People who share your interest will contact you through the **meetup.com** site. Your name and other personal information is not necessary unless you choose to share it.

More than 4,000 groups within 50 miles of Annapolis are on the site. In fact, there are so many that you may have a hard time narrowing it down to what you'd be most interested in pursuing. Some meet during the day, some at night, a few during the week and many on weekends. It's worth looking into as there's bound to be something that peaks your interest and fits into your schedule. A small service fee is charged to start a group, but becoming a member is free.

Bay Bytes

If you're looking for a few good reads for Summer, log onto www.WhatShouldIReadNext.com for a list of books in your field of interest.

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Just so you know - there are less than 150 shopping days left 'til Christmas.

SAFETY

Before Your Splash



By Melissa Conroy

Summer means water: trips to the beach, lazy days of fishing, jet skis zooming across the Bay, a quiet paddle down a creek at sunrise. However, as much fun as it is zooming around the Bay on a jet ski or going for a swim on a hot day, the water we love is a dangerous element. The Centers for Disease Control and Prevention reports that drowning is the fifth most common cause of unintentional injury death. In 2009, drowning accounted for 3,517 deaths across the U.S. Children are unfortunately particularly susceptible: On average, two children a day drown, and this is the second leading cause of death in the ages one through four.

One of the most important ways adults and children can be safer on the water is by buckling up in life jackets. Interestingly, the idea originated thousands of years ago when humans realized that a leather bladder of animal skins or a hollow gourd would help them keep afloat when traveling through water. In 850 AD, the soldiers of the Assyrian king Assur-nasir-Pal used air-filled animal skins to cross a moat, making this the first recorded use of personal flotation devices (PFDs). In 1851, Captain John Ross Ward made the world's first cork life jacket and set a standard for using cork as the main material for life jackets. However, since cork is not that comfortable, inventors turned to kapok, a fibrous material, to provide buoyancy in life jackets. This was a particular

bonus to sailors who generally slept in their life jackets.

As late as WWII, many sailors were outfitted with kapok-filled flotation devices as part of their military gear. When synthetic foam was invented in the 1960s, it replaced kapok and remains the standard buoyancy material for life jackets today.

However, it wasn't until the early 19th cen-

tury that naval sailors began receiving PFDs as part of their standard equipment. The reason? Sailors were often press-ganged onto ships, and life jackets would have encouraged them to jump overboard and float away to freedom. Improvements in both life jacket design and military recruitment tactics paved the way for the jackets to become part of standard military equipment, especially with the invention of the inflatable "Mae West" life jacket in 1928. These jackets were named after a favorite movie star of the day, for reasons that anyone from that era will easily recognize. This quickly became standard flight gear for both the Royal Air Force and the U.S. Army Air Force servicemen. Mae Wests were so popular that it led to the establishment of the Goldfish Club in 1942, a private club of airmen who escaped a watery death thanks to life jackets. The Goldfish Club is still accepting members today, and life jackets still continue to save the lives of both military members and civilians.

Today, PFDs exist in a wide variety of styles, colors and sizes. An angler can choose a life jacket equipped with extra pockets to hold lures while a water ski enthusiast can take her pick of sleek, streamlined life vests which won't obstruct her flips and jumps. Young children can wear outfits that combine a swimming suit with a life jacket. This streamlined combo keeps kids afloat and is close-fitting enough so that they won't wriggle out of it or have the suit restrict them from playing. Even your pooch can get his very own doggie life jacket to stay safe on board your boat. And if you absolutely hate being hampered by a life jacket, you can wear an inflatable one. These life jackets inflate when they touch water, so as long as you are dry, you only have a skinny, flat tube of fabric around your body rather than slabs of foam.

Regardless of the color or size, PFDs are divided into five different types to suit your water safety needs. When purchasing a PFD, you should consider which of the five is best for you:

Type I – Offshore Life Jacket. This life jacket is for extended survival in rough waters. It is designed for maximum buoyancy and will keep your head upright and out of water, even if you are rendered unconscious.



Type II – Near Shore Buoyancy Vest. This is the standard life jacket and is good for when you plan to boat and swim close to shore in calm waters. It generally keeps your head upright and out of the water.

Type III – Flotation Aid. This life jacket is similar to Type II with the notable distinction that it is not designed to keep the user's head face-up out of water. This is the jacket for when you are boating with company and can expect a quick rescue in the case of an accident.

Type IV – Throwing Device. Not technically a life jacket, this flotation device is for throwing to a swimmer who needs assistance so he can hang onto it and wait to be rescued.

Type V – Special Use Devices. These life jackets are a flotation device and work vest: dockworkers and ship workers often wear these. They are the least safe life jackets.

Once you have selected the type of life jacket that is best for you, picking a proper sized one is equally important: too small and the life jacket may pop off or not keep you afloat well, while one that's too large can ride up and restrict your movements. Adult life jacket sizes are based on chest measurements, but sizing tends to vary with the brand, so it is important that you consult the brand's sizing charts. Women are often better off purchasing a women's life jacket instead of a unisex one because the jackets usually have more allowance for the bust line and offer a better fit. When trying on a life jacket, make sure you can easily fasten all snaps and fasteners. If not, try a bigger size. When you have the life jacket fastened, have someone grab the shoulders and pull up. If the jacket rides up to your nose, it is too large. A proper-sized life jacket should be comfortable, close-fitting and nonrestrictive, so try on several styles before you find the right one for you.

Children's life jacket sizes are measured by weight, not chest size. Although it is tempting to buy a larger-sized jacket so the child can grow into it, children need a proper-fitting life jacket to be safe, otherwise it could easily slip off. To check for proper fit, put the life jacket on the child and make sure all the snaps close securely. When all the snaps are closed, tell the

child to put his hands straight over his head. Grab the shoulder portion of the jacket and lift the child off the ground. If the jacket rides up to the child's chin or ears, it is too big.

Whatever type, color or style life jacket you pick, the safest life jacket is the one you are wearing. Sadly, far too many people leave their life jackets behind at the dock or stowed under the seat of the boat. The Coast Guard reported that there were 4,604 boating accidents in 2011, and these incidents caused 3,153 injuries and 672 deaths. Almost three-fourths of the deaths were due to drowning, and 88 percent of those victims were not wearing life jackets. This is mainly because in a boating, skiing or jet ski accident, you are very likely to be jettisoned across the water, hit by something or otherwise rendered unconscious. If you are not wearing a life jacket, you'll sink and be hard to rescue. If you are a significantly larger person than your rescuer, it may be too much for them to pull you to safety unless you have a life jacket on. Also, a boating accident may not knock you unconscious, but may incapacitate you enough that you don't have enough energy to stay afloat and swim to safety.

Life jackets are not only lifesavers, but they are legally required. The United States Coast Guard has specific regulations for life jacket use aboard watercraft, and it mandates that all recreational boats must have one wearable lifejacket for each person aboard. Any boat 16 feet or longer (excluding kayaks and canoes) must also have one Type IV life jacket on board. If



your jacket is Type V, you are required to wear it at all times while on board. Adults are not required to wear Type I, II, or III life jackets while on board, but the life jackets must be easily accessible in the case of an emergency.

All states have laws regarding children and life jackets and these can vary by state. Many require life jackets during jet skiing and when using personal water vehicles. It is important that you research life jacket requirements in your state so that you know what is authorized. For rules governing all aspects of water recreation, log onto www.uscgboating.org/ Also, be aware that if you are boating in an area that is under the jurisdiction of a federal, state or local park authority or the Army Corps of Engineers, there may be further regulations you must obey.

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Easy, Elegant, Entertaining fruits of summer tarts

By Katrina Marino

Having always enjoyed a challenge in the kitchen, I recently took on the task of creating one of the beautiful and delectable tarts that had so impressed me over the years. The surprise was how easy it was to make. The sugar cookie-like shell and creamy filling topped with wonderful seasonal fruit are not only delicious, but make for an impressive presentation as well. These tarts have now become my Summertime go-to dessert to share with friends and family.

Shell

3/4 cup butter, softened
1/2 cup confectioners' sugar
1-1/2 cups flour
1/2 tsp. vanilla

1. Cream butter and sugar until light and fluffy.
2. Gradually add flour, mix well.
3. Press into ungreased 11-inch tart pan (best with removable bottom).
4. Bake on baking sheet for 25-30 minutes or until lightly browned.
5. Cool on wire rack.

Filling

1 package (10-12 ounces) vanilla chips, melted and cooled
1/4 cup heavy cream - half and half works well too

1/2 tsp. vanilla
1 package (8 ounces) cream cheese, softened

Preheat oven to 300 degrees

1. Beat together melted chips, cream and vanilla.
2. Add cream cheese, beating until smooth.
3. Spread over tart and - place in refrigerator while preparing fruit.

Fruit

Decorating the tart with fruit is the fun part. Any of the following will work well: berries, seedless mandarin oranges, pineapple, kiwi and peaches. Note: Dry after rinsing (and/or cutting) or the tart could get runny and/or soggy.

Glaze

To add an extra glistening touch, melt 3 tablespoons jelly (apple works best). Whisk with 1/2 teaspoon of water. Lightly brush over fruit.

Keep the tart chilled and bring it along to your next festive occasion or serve to your family for a special treat.

Katrina, who has enjoyed many years creating culinary delights in her kitchen can be reached at Skyflymom1@aol.com

Birds in Your Garden



By Penelope Folsom

Summer can be prime time for bird watching as the nestlings start to test their wings. In the Bay Area there are hundreds of species that can be viewed right from your kitchen window. From waterfowl to hummingbirds to eagles, the different types can offer hours of entertainment as one observes the habits and songs and chattering. To attract them and keep them coming back try any or all of the following:

Provide clean water.

Birds love to bathe and will do it in almost any shallow water; it can be a puddle in the driveway or an elaborate birdbath. They are partial to moving water so a device such as dripper, found at www.wbu.com can be easily connected for a Summer of bird watching. Our bird bath, located just outside the office window, is visited frequently by Baltimore orioles, who are an unexpected delight.

Offer food.

Check your local farm supply store for a myriad of choices to satisfy the pickiest avian feeder. Chickadees and cardinals favor sunflower seed, goldfinches are partial to niger seed and then the downy-headed woodpeckers and flickers like suet cakes, which are available in a wide selection of flavors. Robins and towhees are after worms and insects. To further encourage the hungry feeders, plant bird-attractive plants such as dogwood or elderberry or honeysuckle. Log onto www.wildbirds.com for more possibilities.

Have shelter available.

Birdhouses are always a good idea. For style of house and plans if you're a do-it-yourselfer, log onto www.woodworkersworkshop.com/birdhouses.php Placement and size help determine which birds will be attracted to take up residence. A lavishly illustrated book that provides much of that information is *Birds of North America - Eastern Region*, one of the best sources of all things bird.

Keep it natural.

Shrubs and bushes and trees all provide safety from predators such as cats, hawks and even snakes. And as we know so well, keep pesticides to a minimum, if you use them at all. Birds will take care of many of the pesky Summer insects. Did you know that a barn swallow consumes over 50 insects per hour and to top that, during the night hours, a bat will consume up to 4,500 insects in one night.

For fun, and to learn even more, download *ibirds* to your iPhone for help in identifying not only the birds that you observe, but all those unidentifiable bird calls coming from hard to see places.

Bay Bytes

If you have concerns about the safety of the sunscreen or cosmetics you're using, log onto www.CosmeticsDataBase.com which will list ingredients and any known health effects.

Get past your past. Take charge of your own destiny.



three

STRATEGIES

to Get People to
Listen
to Your Advice



y

By Terry Portis

you have a lifetime of experience of making good and bad decisions and living with the consequences. Now you are ready to share your wisdom with your children, grandchildren and any other family members who will listen. The only problem is that almost no one seems to listen. They nod their heads politely and tune you out as quickly as possible. They gladly take the money you offer, so why won't they take your advice?

Advice is ignored for many reasons. Younger people may feel that the older generation is out of touch and does not understand what life is really like in today's world. Other times people are set on finding their own way and think they know what the end result of a situation will be. "Advice sessions" seem to lead to arguments and hurt feelings.

While you can never make someone listen, you can take some steps to make it more likely that they will.



1

Create a Casual Atmosphere

Broaching a difficult subject easily can put people on the defensive, even before a conversation starts. Your first step is to avoid making people defensive. Making a telephone call and saying, “We need to talk,” causes most people to become tense. Other phrases such as, “I need to get something off my chest,” or “I know you don’t want to hear this,” are terrible ways to start important conversations.

An alternative is to bring up the difficult topic while talking casually about mundane or non-threatening issues. People sitting on the deck, drinking coffee and talking about the latest Raven’s game or sale at Kohl’s are more likely to be open to including a more difficult topic in the mix. People also feel more freedom to escape the topic by changing the subject.



2

Timing is Everything

Sometimes *when something* is said it is as important as how it is said. Talking to an exhausted daughter when she has crying babies about an “area

of concern” is probably not the best time. Speaking to a grandson who is stressed because he got cut from a baseball team is perhaps not the best occasion to discuss his disturbing study habits.

Another issue of timing is whether or not the individual already has received a lot of criticism or concerns. A good rule of thumb is that you need to express 10 compliments for each criticism. This praise should be a stand-alone compliment that does not begin with “you’re a great Dad, but ...” The truth is we are more apt to listen to someone who cares and habitually looks for the positive. People quickly grow weary of conversations that are full of suggestions and concerns.



3

Ask Questions, Don’t Make Statements

One of the strategies that professional counselors employ is asking questions that get a person to think. Sometimes people make decisions or start down a path that they have not fully thought through. They may not be fully aware about how they

wound up in their current situation. Statements such as, “You haven’t thought this through,” or “What were you thinking?” are not great conversation starters.

Instead of making statements, take the role of the curious friend. Questions such as, “What were the alternatives?” or “Tell me how you think all this happened,” are much better. If a person is in a bad relationship, you might say, “Tell me what attracted you to this person,” followed by, “Is there anything you are worried about?” If a person is making decisions that seem to be leading to some bad consequences you might ask, “Where do you see yourself three years from now?”

Staying calm and thoughtful when a person you care about is just not listening to you is often very difficult. The problem is that worry often is expressed as anger, frustration and bitterness. If your goal is to truly provide helpful advice, then take a step back, breathe and use these strategies. Make sure your goal is not to just let people know what you think.

Finally, what about those whose children or grandchildren are headed for some painful consequences? How do you deal with that?

Years ago I heard one of the greatest family counselors, Norm Wright, tell the story of his daughter who moved in with a drug dealer and started using herself. Despite his reputation as one of the nation’s most beloved and respected family counselors, she would not listen. Eventually, after some harmful consequences, she returned home and straightened out her life. During her time away, Norm Wright said his prayer was that God would send someone into his daughter’s life who not only would give the same advice he was offering, but also be someone whose advice she would take. We need to accept that sometimes, someone else will have to do the talking.

Dr. Terry Portis, director of the Center on Aging at Anne Arundel Community College, holds a doctorate in counseling psychology and can be reached at tdportis@aacc.edu

books: old, new and obscure



O.O.P.S.: Observing Our Politicians Stumble

By Stephen Frantzich

Praeger Publishers Santa Barbara (2012)

We all make mistakes. It is the nature of fallible human beings. The differences from most us and political candidates is that we are not judged in public for our slips of the tongue and duplicity. Political candidacies in America, especially at the national level, have become more and more contests won by the last man standing. Events such as candidate debates stand out as political disasters waiting to happen. Just think of Texas Gov. Rick Perry who could not remember the Cabinet departments he promised to cut. His 2012 campaign flamed out largely based on a few moments of forgetfulness. Whether the gaffe is a simple poor choice of words or garbled syntax, an embarrassing factual error, or a statement revealing ignorance or prejudice, the media and the opposing candidates are quick to jump on the misstep as representing a deep character or intellectual flaw. In a new book, U.S. Naval Academy professor of political science Stephen Frantzich outlines the nature of campaign gaffes, their impact on campaigns, how to avoid them and how they should be judged by the media and the public. *O.O.P.S.: Observing Our Politicians Stumble* places gaffes in context and offers more than 40 vignettes ranging from George Romney's "brainwashing," to Gerald Ford's "giving away of Easter Europe" and Joe Biden's profanity. Using interviews, historical context and empirical data, the book is aimed at interested citizens as well as political professionals. In a number of cases, the conventional wisdom about the nature of a particular gaffe fails to stand up to careful scrutiny. The targets for analysis are bipartisan and the analysis objective. Everyone interested in politics will find some of their political heroes and some of their alleged zeroes skewered. The book raises serious questions as to when and where these miscues should determine an election outcome.

~ Denver Compton

The King's Speech: How One Man Saved the British Monarchy

By Mark Logue and Peter Conradi

Sterling Publishing, New York/London (2010)

Most people have seen or at least heard of the Oscar-winning film, "The King's Speech," starring Colin Firth, Geoffrey Rush and Helen Bonham Carter. The novel of the same name, written by the grandson of the speech therapist, Lionel Logue, gives even more insight into the remarkable story of a nervous, stammering king who is cured by a self-taught Australian speech therapist who had been branded as a quack by the medical establishment.

This amazing partnership between the king and the unknown Australian, who had arrived in England a few years earlier virtually penniless with his wife and three sons, is the heart of the novel. "Bertie," as King George was known to his family, had

already seen numerous "experts" who had put him through many uncomfortable and useless exercises to try to cure the stammer that had hindered him since he was eight years old.

King George's wife, Elizabeth, convinced him to try this last-ditch effort and they went to consult with Lionel Logue in a rundown set of rooms at the cheap end of Harley Street in London. On the first visit, Logue described the king as being "Mental-quite normal, has an acute nervous tension which has been brought on by the defect: Physical-well built, with good shoulders but waistline very flabby." Logue prescribed for the future king a mixture of breathing exercises, along with difficult tongue twisters and some talking therapy.

After Bertie's brother, King Edward VIII, resigned to "marry the woman he loved," twice-divorced American Wallis Simpson, George faced the daunting task of being king of England during one of its darkest times, World War II. This is when the life-long friendship and partnership between the speech therapist and the King began to blossom and come into its own.

Lionel Logue guided the King through most of his speeches, either by changing words which gave him difficulty, crossing out sentences or phrases with sounds that were troublesome or just sitting nearby to give him moral support. One of the ultimate tests was the Christmas message, which carried on the tradition started by his father and which was a particular challenge for the new king. Another trying speech was his coronation address to the nation. There were many more speeches required of King George during his reign, and Lionel Logue was there to help and encourage him, along with Queen Elizabeth, his wife.

Even though Lionel Logue was 15 years older than King George, he outlived him by one year. King George died of a coronary thrombosis at age 56. His daughter, the current Queen Elizabeth, succeeded him.

When Lionel wrote his condolences to the King's widow, she answered him with what was the perfect tribute. "I know perhaps better than anyone just how much you helped the King, not only with his speech, but through his whole life and outlook on life," she wrote. "I shall always be deeply grateful for all you did for him."

This book is the icing on the cake to the award-winning film and well worth reading.

~ Peggy Kiefer

Sisters of Fortune

By Jehanne Wake
Touchstone (2010)

Sisters of Fortune follows the fortunes, in all senses of the word, of the Caton sisters, granddaughters of Charles Carroll, Annapolis grandee and signer of the Declaration of Independence. The four sisters, Marianne, Louisa, Elizabeth and Emily, were born in the Carroll house in Annapolis. All were attractive and engaging. The

pleasure in reading *Sisters of Fortune* lies partly in the historical contexts the author creates, especially Dolly Madison's Washington, which attracted the young sisters, and regency London, with its intrigues and scandals. Local readers may enjoy the account of amusements and amenities available to wealthy Annapolitans during the Federalist Era.

The Caton sisters lived through turbulent times, witnessing sudden changes in government that disrupted their husbands' careers and weathering the recurrent bubbles and crashes of unstable financial institutions. Provided with education and encouragement, they were to prove responsible stewards of the fortunes their grandfather settled on them early in life to ensure their financial security and independence. At 17, Marianne married Robert Patterson, brother of Baltimore belle Betsy Patterson Bonaparte. Like the sisters' father, who was repeatedly bankrupt, Robert would turn out to be feckless in matters of business.

Accompanied by Louisa and Bess, the couple sailed to England in 1816, a journey that was to set the course of their lives. The three American women, aided by their fortunes and beauty, remained in Europe, joining the highest ranks of

aristocracy. An early conquest was the Duke of Wellington, who became a close friend of all the sisters. Following Robert's death, after 16 years of marriage, Marianne wed Lord Wellesley, the Duke's older brother, assuming the role of first lady of Ireland. Louisa married a war hero, but, like Marianne, was widowed early in life. She eventually wed the very wealthy Lord Carmarthen and settled in Scotland, where she hosted Queen Victoria and Prince Albert. Bess, more interested in managing her fortune than in matrimony, remained single until her forties, when she married Baron Stafford, a descendant of the royal Plantagenet dynasty. Emily, the sister who stayed in America, was the only one to bring up a family. Like her sisters, she had a head for business and managed her grandfather Carroll's estate.

Their fortunes could not shield the sisters from sadness and disappointments, including early bereavement, miscarriages, difficult husbands, ill health, years of separation from loved ones and loneliness as they moved from girlhood in Annapolis to middle age and old age amid the grandest scenes of the old world.

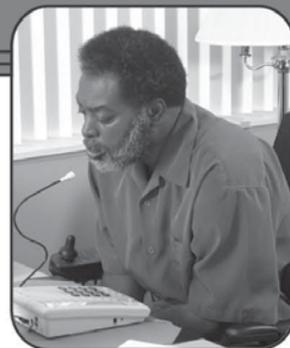
~ Sharon Furrow

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IT'S POSSIBLE

IS IT POSSIBLE TO GO MEATLESS?

By Peggy Kiefer

“What is that you’re eating?”

“It looks gross!”

“That looks interesting.”

Vegetarians or vegans often hear these comments.

Much has been written about the benefits of switching from a carnivore (meat) diet to an herbivore (vegetarian) diet. Most of us have read about or heard that eating too much beef or other meat products can result in weight gain, more chance of developing cancer, getting diabetes or other dreaded diseases and shortening your life. Many of these premises are partially true and some others mere speculation. How many times have you read that something, i.e., coffee is bad for your health, only to read a year or less later that it can actually help prevent certain diseases. It’s hard to know what to believe.

Most restaurants have now added vegetarian choices to their menus, or at least will prepare one if asked. And pretty much gone are the days that a meatless meal consisted of a plate of overcooked, tasteless mixed vegetables (sometimes from a can), or a piece of bland American cheese between two slices of white bread. I have actually been served these “meals” on more than one occasion. On perusing menus lately, I have noticed portabella mushroom meals, vegetable lasagna, eggplant parmesan, pasta primavera (pasta with vegetables and marinara sauce), vegetarian quiches and even soups that are not made with chicken stock as their base, to give a few examples. Vegans have a more difficult time, as they do not eat any dairy products or eggs, which are included in many vegetarian dishes. They often have trouble traveling, as restaurants in many parts of this country and overseas rely heavily on carnivore menus, or dishes with cheese.

Many colleges or hospitals offer courses in how to cook vegan or vegetarian meals, passing out samples and sending you home with a booklet of ideas to cook meat-free at home. For cancer survivors there is an organization called “The Cancer Project,” based in Washington, DC, that gives classes all over the country.

We probably all remember the four food groups learned when we were kids. That has been changed to the *new* four food groups. They are vegetables, legumes (examples: beans, peas and lentils), fruits and whole grains. For the best nutrition choices you will want to avoid or limit meat (including beef, chicken, turkey or fish), full-fat dairy products, added oils and high-fat foods such as potato chips and other salty snack foods. This diet

could be difficult for a large number of people, so in most cases it is easier to just cut down on the amount of high fat and meat products and add more vegetables, fruits and legumes to your diet. A good rule of thumb that has been suggested is to make a whole grain (such as quinoa), legumes or vegetables be the largest item on your plate and any meats a small portion.

Another way to ease into a healthier diet is to keep a three-day dietary record of everything you eat. This catalogues exactly what and how much you are eating. You will probably be surprised by the types and amount of food you actually consume each day. I was involved in a clinical trial that involved keeping track of everything I consumed for eight days in a month and it opened my eyes to how I could change my diet. You need to write down everything you eat, including ketchup, mustard, everything in a salad or soup and all parts of a sandwich, to give you an idea of the detail needed for this record. The only thing you don’t need to record is water unless it is flavored water. A dietician can analyze this food record for you, or you can go on to the University of Illinois Food Science and Human Nutrition Department site at www.nat.uiuc.edu/main.nat.html or even easier, www.dietsite.com

Below are a few easy and delicious ideas for meatless meals. For more ideas and actual recipes, there are many vegetarian cookbooks. One I like is *Very Vegetarian* by Jannequin Bennett, Rutledge Hill Press, 2001.

ASIAN - veggie egg rolls, Asian veggies on brown rice with low-salt soy sauce.

MEXICAN - black bean and corn enchiladas with red enchilada sauce, cheese and veggie quesadillas, bean and rice burritos, green chili and cheese tamales.

ITALIAN - meatless meatballs, marinara sauces, wheat or rice pasta, vegetable lasagna, veggie pizza, eggplant cutlets or parmesan, mushroom raviolis.

ALL-AMERICAN - corn dogs, veggie burgers, veggie chili, baked beans, sweet potato fries, macaroni and cheese, Morningstar riblets or buffalo wings, vegetable soup with beans or brown rice, veggie stir-fry, baked potato with salsa.

To make life even easier, there are many frozen entrees that are good choices for a vegetarian diet. Trader Joe’s has an excellent selection, so next time you’re there, take a minute to check out the delicious choices they have in their frozen food or deli section.

It may seem daunting at first, and you may get some grumbles from family members, but once they experience how good (and good for you) meatless meals can be, you will have them sold. One caution; Be sure to read labels to make sure the frozen or ready-made meals aren’t loaded with sodium or sugar.



Sunrise, Sunset

By Pat Jurgens

There's nothing like the magic of a soft Summer morning – a light breeze, water rippling in a shimmer of sunlight, the screech of gulls overhead. At our cabin in the hills a myriad of birds sing into the morning mist. A chipmunk emerges from her nest to sit twitching on an old wooden board. Garden perennials are cheerfully upright and green now, leaves unfurled, and wildflowers proclaim the colors of the rainbow.

When was the last time you paused to enjoy nature's grand display? Summer is the time to do it. We're programmed from school age that it is the season for vacations, leisure and the time when we can choose what we want to do. Now in our later years, it's time to take that time just to enjoy the wonders of the nearby natural world.

Rise early when the sun begins to warm the morning and take a cup of coffee outside on your porch or deck. Watch and listen. Notice what is taking place. You'll be as surprised, as I was, to see a ground squirrel stretch one tiny white paw after another in a miniature yoga pose. Hear the "dee-dee" of chickadees, the high buzz of a hummingbird. See a robin hopping across freshly cut grass. Notice the elegant design of Queen Anne's lace gently swaying. Spiders have been busy, and overnight there's a web between the slats of the deck chair.

The deck needs to be restrained, but that can wait. In other words, restrain yourself from jumping up as random thoughts from the "to do" list pop into your mind. Summer is the season when home improvements call, as do gardening and family gatherings. But take 20 minutes or so before starting the day, to sip your coffee and soak up the beauty around you.

Like most residents of this country, we've spent our lives being busy, getting things done, accomplishing the tasks that life hands us. We've been trained from childhood to use our marginal moments. When you slow down, it can be uncomfortable to just "sit there." If you've traveled to other countries, such as Mexico or India, you know that there is happiness in experiencing life at a slower pace. Take this opportunity to try it. If you need to settle the body and mind, you can do yoga breathing or meditate while sitting still. Or you can just sit there and think how lucky you are to have this precious time.

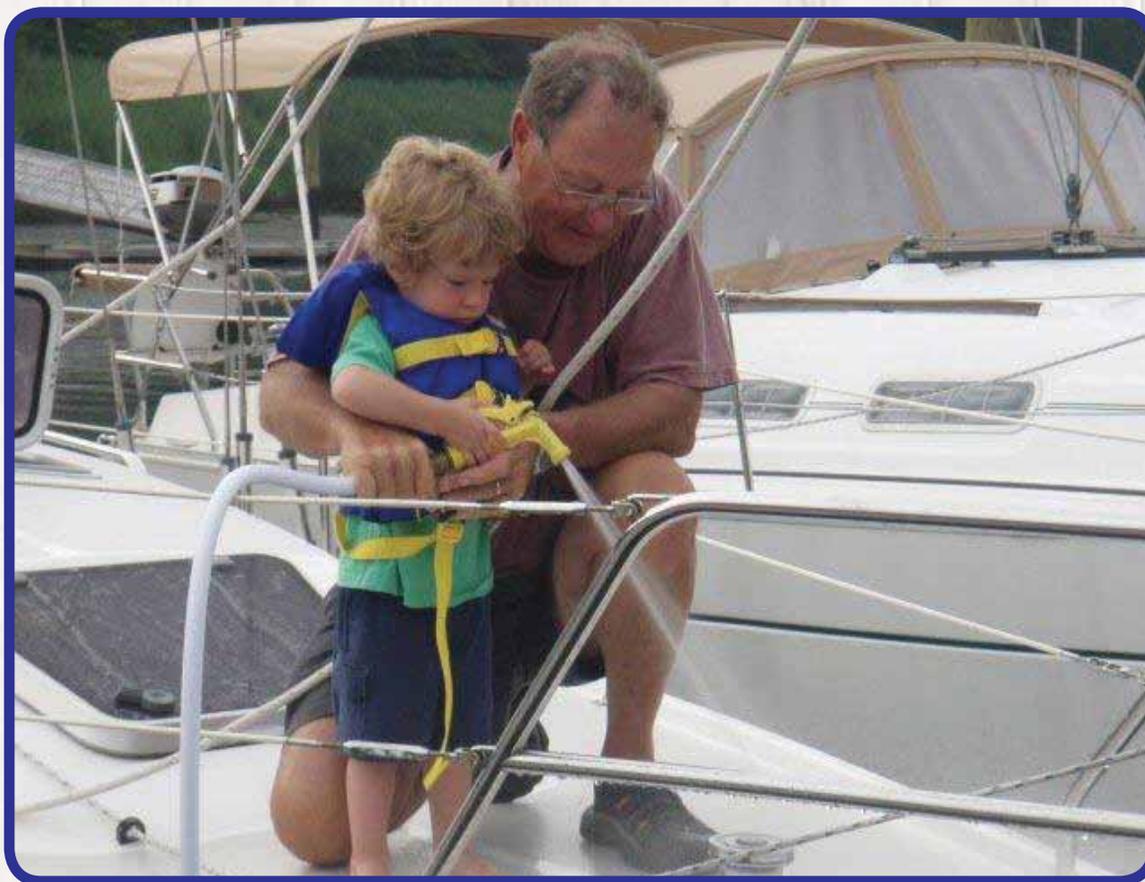
If you're not an early morning person, pull up a chair at sunset, enjoy a cool drink, and let the sun's long shadows sink into your soul. Relax as you listen to the sounds of birds settling for the evening and dogs echoing each other across neighboring fences. If sitting simply doesn't work for you, take a short walk down a side street, through a neighborhood park or along a hiking trail. The pungent aroma of earth on a warm evening, a breeze whispering through maple leaves, the chirping of crickets will all delight your senses.

Beginning or ending the day in the beauty of the outdoors is one of life's great joys. Don't risk missing nature's offerings.



SUMMERTIME BOATING:

PASS ON A LOVE OF THE WATER
TO THE YOUNGER GENERATION



By Tracy Leonard

For those who enjoy boating, spending days on the water with their young children and later their grandchildren offers a special opportunity to connect with each other, passing on lifelong skills of seamanship. Summer on the Chesapeake Bay offers a wonderful playground for family time together. Yet boating with small children aboard offers challenges along with rewards, and two top concerns are safety and worries about whether the young crew will have fun. As avid weekend sailors, we've taken some cues from safety requirements for ocean racing to make our boat safer and more comfortable for our kids and our peace of mind. Through experience, we've also come up with an arsenal of entertainment ideas and some great destinations to visit on the Chesapeake Bay. Here's what we've learned over the years:

Life jackets. In addition to being a legal requirement, life jackets make good sense. Maryland law states that children under 13 must wear a Coast Guard-approved life jacket while underway on a vessel under 21 feet in length. In addition, children under the age of four must wear a life jacket with additional safety features including a strap between the legs, a head collar and a handle. (Check www.dnr.state.md.us/boating/safety/lifejacket.asp for the full set of life jacket requirements.) In addition, skippers have to establish their own rules for life jacket usage on the docks and on the vessel when it is anchored or in the slip, based on their crew's temperament and their own comfort levels.

Safe area on the boat. We created a space on our sailboat where our children would be safe unattended when all adult hands are needed on deck. Our son's cabin is a quarter berth that can be kept clear of flying objects. When our daughter was born, we made a leeboard as high as her crib rail that fits into a berth in the salon. She can play or sleep in her berth without getting tossed out by rolling waves or rough seas. We know of families who have used a hammock in their cabin to keep their young children safe during foul weather, secured car seats to the stern pulpit or mounted hook-on table chairs to the cabin top.

Harness and tether.

In addition to a life jacket, we have a harness and tether for each of our children and clip-on points in the cockpit and on deck. We have clipped our children onto the boat in rough conditions that caused them to be seasick down below.

Entertaining young children while underway.

One great thing about boating is that you can choose to leave behind television, video games and other technology if you want. We have found that coloring in coloring books with crayons, painting with watercolors, singing songs, reading and telling stories, catching spray, staging water gun fights and enjoying special boat snacks can provide enjoyment. Throwing in some fishing and crabbing enhances the fun.

Great family destinations.

Hands down our favorite destination, the Wye River beckons with numerous coves and much unbroken natural scenery. Wye Island, most of which is managed by the state of Maryland and accessible to the public, splits the river into two branches, the Wye and the Wye East. Dividing Creek, Granary Creek, Shaw Bay and Drum Point all provide inviting spots to anchor for the day or night.

The Wye allows for a wide range of itineraries, all of which bring you closer to nature. Sometimes, we might crab or fish and marvel at the birds flying overhead without stepping foot off the boat. Other times, we'll kayak or take the

dinghy and explore some of the many shallow coves and creeks. Still other times, we'll go ashore at Drum Point and play on the beach or hike along the six miles of trails on the island. We always have a great time looking for herons, spotting bald eagles, scaring up sting rays, digging for shells and catching crabs.

The Rhode River is another great destination. With the Smithsonian Environmental Research Center (SERC) as a steward, much of the shoreline is undeveloped and hours of exploration by kayak or dinghy await. Monday through Saturday from 9 a.m. to 4:30 p.m., cruisers may tie up dinghies at SERC's boat ramp (not the docks) and check in at the Reed Education Center before hiking some of the trails.

Boating with young children takes patience and a willingness to confront the unexpected. It offers rewards in a lot of quality time sharing experiences together. Friends who took their now-grown children boating have repeatedly told me of a benefit they did not expect: The time spent together as a family on the boat forged a strong and enduring relationship among them. Perhaps with some of these ideas, some young crew will find their way aboard your boat this Summer and a new shared adventure will start.



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There are about 10,000 Boomers who turn 65 each day!



Small Town GETAWAY

By Ellen Moyer

Maryland's small towns offer an opportunity to escape, just for a day or two, from the frantic, busy world in which we live. Despite the nearby draw of urban centers like Washington, D.C., Baltimore, Wilmington and Philadelphia, small towns, only a short drive away, have their own appeal.

On Maryland's Eastern Shore, Whitehaven is one such town, offering a tranquil and historic setting. The brackish smell of marshes populated with blue heron surround this village of 100 on the Wicomico River not far from the Delmarva crossroads town of Salisbury.

About 200 years ago, however, Whitehaven was a thriving settlement of stores, a shipyard, canneries and even a hotel on the busy Wicomico River. For early settlers in the 1700s, the Wicomico was the principle navigable river to the Chesapeake Bay. At its headwaters, the busy port of Salisbury was founded in 1732 and would grow to become second in the state in commerce behind the port of Baltimore. Today, Salisbury, population of 30,000, the largest city on the Eastern Shore, is no longer a major port. And the once bustling community of Whitehaven that catered to steamships and stagecoaches is no longer a bustling town.

Whitehaven, however, still boasts a hotel that was built in 1810 and restored with its 19th century woodwork intact. In the village, all three square blocks of it, 200-year-old cottages line the riverfront. Roses climbing over the picket fences remind one of the sepia pictures with women in long dresses and bonnets with the look of yesteryear. Visiting Whitehaven is truly a step back in time.

In 1685 a ferry crossed the river carrying livestock and supplies and eventually

people to enjoy the shops of the bustling town. The ferry still runs. Today it carries two cars and is a five-minute run between Somerset County and Wicomico County. It is also free and is one of Maryland's oldest continuous running ferries.

The ferry offers the only noise in this quiet place where eagles, herons and osprey reign. When you're rocking in the chairs on the hotel front porch, mesmerized by the ferries' continuous passage back and forth, tension fostered by a more frantic existence slips away.

The Whitehaven Hotel offers eight antique-furnished rooms. In the parlor guests meet over a glass of wine or cup of tea. Above the door is the saying "May all who enter as guests leave as friends." And friendships are made here. A sumptuous breakfast is offered at the inn. But for dinner, it is dining out. Contact the hotel at www.Whitehavenhotel.com

After a night's rest, a morning gourmet breakfast and a visit to the hotel's gift shop, it is time to take the ferry across the Wicomico to explore another of Maryland's tranquil havens.

An eight-mile drive through marsh and farmland leads to Princess Anne, county seat of Somerset County. Incorporated in 1733 in Maryland's most southern county, Princess Anne, named after the daughter of King George II, was in its heyday an important market center. Three hundred structures in this town of 2,313 people are listed on the National Register of Historic Places.

Princess Anne was once a town of landed wealthy gentry. The Teackles, who made their fortune in trans-Atlantic shipping and became one of the wealthiest families on the Virginia and Maryland shore, made their home here. In 1802, Lit-

leton Dennis Teackle, a merchant, statesman and member of Maryland's House of Delegates, built a 10,000-square-foot neoclassical brick villa for his new bride. Now the home of the Somerset County Historical Society, the mansion is open for tours from 1 – 3 p.m. on Sundays. (www.teacklemansion.org)

Princess Anne boasted its share of notable Marylanders. Sam Chase, signer of the Declaration of Independence and later a Supreme Court justice, hails from here. So does Patty Cannon, who 100 years later would become notorious for kidnapping freed slaves and selling them "down the river." Forgotten American hero Charles Chaille-Long, who completed the finding of the source of the Nile in 1872, hailed from this Eastern Shore town.

If you are looking for a late afternoon lunch before heading home, try the Butter Bean Café on Main Street for good down-home cooking and superb home-baked cookies. Heading north on U.S. Route 13 is Bordelieu Winery at Eden, which is open for wine tasting until 6 p.m. It makes for a good finish to two days of relaxing in places where time stands still.

There is still plenty to see and do on the Eastern Shore. Add some time to your stay at the Whitehaven Hotel to bike, kayak and explore Eastern Shore fauna at the Blackwater Refuge, or visit the waterfowl museum or wander through the town of Berlin where the movie "Runaway Bride" was filmed. When you venture out to these getaways, you can feel the big-city tension melt away.

Ellen, currently a talk show host on WNAV, can be reached at ellenmoyer@yahoo.com or 443.370.1785



TAKING GARDENING to New Heights

By Ed De Piazza

Over the past decade, we've all heard about the need to increase the amount of fruits and vegetables in our diet. The general wisdom is that half of what we consume should be fruits and vegetables. Medical and dietary professionals inform us that these valuable foods contain vital phyto (plant) nutrients that promote general good health and help to prevent disease.

So today's consumers are more informed about the produce that reaches their dinner table. We ask discriminating questions such as: Where was it grown? How was it grown? Was it picked vine-ripened? Did the producer use pesticides and herbicides? Is it safe to eat? How far did it travel to reach my grocery store? How can I know the nutritional value of what I eat?

The answers we get to these questions lead many to seek alternatives to the status quo. Farmer's markets and the small privately owned vegetable stands throughout Maryland satisfy customer demands for fresh, nutritious and safe produce from Spring through Fall. These venues are not new, but the number and offerings of today's local markets are quite impressive.

There is no comparison in taste, color and nutritional content between local produce picked fresh to produce grown long distances away and picked prematurely. Buying locally supports the farmer who grows varieties best suited to the local climate and soils, allowing flavor and nutrition to take precedence over transportability. Buying locally means your food is better tasting, better for the local economy and better for your health.

Everyone can experience the most flavorful produce both at home and at restaurants when using ingredients grown locally. To keep up with the latest information about the farmer's market at the Maryland Department of Agriculture, log onto its website at www.mda.md.us

The "buy local" idea has also spawned new growing techniques. One such method is hydroponics, which is being successfully implemented at the local level to meet consumer demand for fresh produce.

In one variety of hydroponics, plants are grown with their roots resting in a water-mineral solution. When the required minerals are introduced into a plant's water supply, soil is no longer required for the plant to thrive. They absorb those nutrients that promote vibrant growth and yield.

Produce grown with this method is available at some retail

grocery stores and local farmers markets and is typically available all year, even in Maryland. Because of the complexity and physical space required, growing hydroponically is best left to professionals.

Aeroponics is another method gaining in popularity for both commercial and home use. This method, like hydroponics, does not use soil. Plant roots are exposed to air and water mixed with essential minerals periodically applied in a drip or spray. This technique uses less than 10 percent of the water required for soil-based gardening.

Aeroponics has been introduced to countless visitors at The Living With the Land attraction at Disney's Epcot Center as one of many emerging growing methods. When this method is combined with a vertical circulating water distribution system, "local" takes on a whole new dimension. Local becomes your back deck, patio, balcony or any other location where a "growing tower" can capture sunlight. It's easy to set up and maintain because prior experience and traditional gardening tools are not required.

Now consumers can be in control of every aspect of delivering produce to their dining table including seedling propagation, planting, pest control, harvesting, transportation and safety. What a convenient, practical and environmentally friendly way to add more fruits and vegetables into our diet.

Ed and his wife Caren enjoy gardening on their back deck. They can be contacted at tastygood@md.metrocast.net or at 301.373.5647.



Further information:

www.theaeroponics.com

www.aeroponics.com

www.astrogrow.com

www.tastygood.towergarden.com

www.growaeroponics.com

www.mda.state.md.us for farmer's market locations

A RAMBLE THROUGH

RONDA

By Melissa Conroy

SPAIN

Orson Wells, Earnest Hemingway and the German poet Rainer Maria Rilke found literary inspiration within its walls. Modern Spanish bullfighting was developed in its bullrings. Ruins and architectural structures around the city bear witness to its centuries of Islamic rule. The city of Ronda, buried in the heart of southern Spain, is rich with culture, tradition, romance, intrigue and a bit of mystery. If your travels ever lead you to Spain, take a detour to Ronda to learn its mysteries and see its past come alive.

Ronda is situated in Andalusia, the southernmost of Spain's autonomous communities, and birthplace of all tropes that people tend to associate with Spain, such as bullfighting, flamenco dancers and classical guitar. Located approximately 60 miles from Malaga City, Ronda is a tad off the beaten path and in the middle of a very mountainous region.

Like many places in Europe, Ronda has a long history. Starting in the 6th century BC the Celts settled in the area. The Romans used Ronda as a fortified post during the 2nd century and it changed hands several times until 713 when it was taken over by the Arabs. From 713-1485, Ronda was under Islamic rule, and this influence is still found around the city at the ancient Arabic Baths ruins to the Church of Santa Maria la Mayor, which was originally a mosque. Ronda was recaptured by the Christians in 1485 and for the next several centuries, people of Arabic descent in the city were heavily oppressed. During the early 19th century, the Peninsular War depleted Ronda's population and the city became a hot spot for brigadiers, bandits, guerrilla warriors and other colorful characters. The Ronda of today is a peaceful place with only museums and fortified walls as witness of its turbulent past.

Ronda's most prominent features are three bridges in the city. The *Puente Nuevo* bridge is both the most famous of the three and said to be the most photographed site in Spain. Arching over a yawning gorge with the Guadalevín River at the bottom, the *Puente Nuevo* bridge is dazzlingly beautiful. Completed in 1793, the bridge separates the *mercadillo* (the newer area of Ronda) from *La Ciudad* (the older part of town) and provides a much-needed way to cross over the nearly 400-foot gorge. Houses cluster on the edge of the gorge, and there are several restaurant patios where you may nibble on some tapas while you take in the sights.

Ronda is blessed with several interesting museums where people can learn more about the city, everything from The Bandit Museum, proudly billed as the only museum in Spain devoted exclusively to highwaymen, to The Lara Museum with an unusual collection of antiques, a small handgun with more than 10 miniature barrels for maximum impact, and a thought-provoking exhibit of torture weapons used during the Spanish Inquisition.

You need not look far to see where the Arabic culture left its mark in Ronda. In addition to the Arabic baths and the Church of Santa Maria la Mayor, visitors

can tour St. Sebastian's Minaret, which was originally part of a mosque, then later used as a church bell tower, and the impressive walls encircling the city that were built by the Arab conquerors.

Another important part of Ronda's colorful past is also one of Spain's most important and controversial cultural traditions: bullfighting. Although men have been taunting bulls to prove their courage (or perhaps foolishness) since before the time of Christ, it was in Ronda that many modern forms of bullfighting were established. Pedro Romero (1754-1839) was one of the most famous bullfighters in Spain; both his grandfather and father were celebrated as innovative bullfighters.

When you have had enough of walking and sightseeing, it is time to stop by one of Ronda's many cafes for the special Spanish treat of churros and hot chocolate. Churros, fried sweet pastries, are often called a Spanish doughnut. The dough is piped through a star-shaped nozzle, resulting in sticks of sweet goodness perfect for dipping into hot chocolate. The chocolate that is served with the churros has a thicker consistency than regular drinking chocolate, and it clings to the hot pastry to make a most delectable treat.

There are many wonderful places to visit in Spain and Ronda should top your list. It is large enough to provide many interesting diversions and areas to explore, yet small enough that you can visit much of it in a day and not feel like a hapless tourist caught in a bewilderingly huge city. The stories of bandits whisper in the hills and the old haunts of Hemingway are still there. Ronda has its secrets, come explore them.

The Power of the *WIND*

Ah, it's sailing season around the Bay waters. When the Summer winds begin to blow and the weather turns warmer, the sails are raised and the seagoers launch into the waters, letting the breezes move them into the creeks, rivers and Bay in a seemingly effortless way. Every bridge you cross, every inlet you encounter, every body of water you can see is filled with the beauty of sails atop the boats as people take advantage of our incredible natural resource.

I am not a sailor. I don't understand the mechanics of sailing, don't know the difference between port and starboard, don't routinely use words like jib, dinghy and tacking. Ah, there is a whole language and world out there in which I am ignorant. And in spite of how relaxing and enjoyable it is, I see lots of sailors straining and pulling ropes and sitting on the sides of the boat to balance it. Sailing can be hard work!

I like the sun and water and fellowship of it too, but there is one part of sailing that I do understand, and I do enjoy, and I do talk about. And that's the wind—the breeze and the air currents all over the continuum, whether there seems to be no air moving at all and the waters are still and quiet, to the violent swirling of a storm and the waves and whitecaps of the churning water, all because of the wind. I'm fascinated by the power and currents of the wind that fill a sail and move the boat through the water. There's nothing we can do to start or stop the wind, nothing we can do to control what direction it blows, nothing we can do to make it stronger or weaker. Only accept it, use it, and let it fill our sails. Sailors know that the wind is their power, and use it to move them.

It's not a big stretch to talk about the power of the wind and the power of love, kindness and goodness in the same sentence—to talk about the wind as that power which swirls around us, which moves us, sometimes in directions we didn't plan or expect to go, and about the boat which travels through the waters of life given direction and power by that power. That's in essence what life is about. Moving sometimes by our own power, but sometimes by the power of others that is offered to us. Directed in ways we think we can control, but really the pathway is not always our direction. Being drawn across the waters by something we can neither see nor control that rises and falls, not at our beck and call.

If we understand the power of the wind and recognize the power that it has to move us in the directions and places and ways, then consider the power of a random act of kindness, a gentle word of affirmation, an unexpected gift of love. Every-



thing from a plate of cookies to a new neighbor who is a stranger to their new community and neighborhood, to paying the toll for the person behind you on the bridge or tunnel, to sending a sympathy card to someone you haven't seen or talked to in years but who has suffered a loss to a smile to the cashier in the grocery store who's obviously having a tough day, to an invitation to someone who lives alone to join you for dinner at your home or a local eatery. Think about the power of simple things to blow a fresh breeze into another person's life, rather than to shutter our windows closed so that others are never blown by our goodness and kindness and love. To let the power of the heart of another be our power, rather than depend on our own control and human devices. To let the power of the heart give and the storms of life that often rage around and within us. Think of the power that is ours when we allow those powers that are around us infuse us, use us and move us into the waters of an ever-flowing fountain of mercy and grace and love. That's hard work. But rewarding work and important work for each of us to pursue for the community and humanity in relationship to one another.

It's sailing season on the Bay waters. I can see it every time I'm near the water and see them out there. But I think it's always sailing season in the hearts of we humans too. So hoist those sails up (is that how you say it?), raise the anchor that is holding you in place and let the winds of your heart be filled to move you. Stir up the waters so that it fills someone else's sails. The wind's a-blowin'! May it fill our sails so we can fill others! And our hearts and souls!

The Rev. Dr. Harold B. Wright, II is the senior pastor of Calvary United Methodist Church, 301 Rowe Boulevard, Annapolis. He can be reached at chipw@calumc.org or 410.268.1776.

Wash Before You Eat

By Leah Lancione

Every year Environmental Working Group (EWG) compiles a “Shopper’s Guide to Pesticides,” which reports on the produce that contains the most pesticide residues – the “dirty dozen” of fruits and vegetables. For these items, though the EWG admits “the health benefits of a diet rich in fruits and vegetables outweigh the risks of pesticide exposure,” going organic is recommended. On the list in 2011 for the most contaminated (highest level of pesticides) were: apples, celery, strawberries, peaches, spinach, imported nectarines, imported grapes, sweet bell peppers, potatoes, domestic blueberries, lettuce and kale or collard greens.

The EWG also puts out a list of the “Clean 15” of the least contaminated produce. On the 2011 report for containing the lowest level of pesticides were: onions, sweet corn, pineapples, avocado, asparagus, sweet peas, mangoes, eggplant, domestic cantaloupe, kiwi, cabbage, watermelon, sweet potatoes, grapefruit and mushrooms.

Regardless of whether you’re able to buy organic or not, it’s essential to thoroughly

clean all fruits and vegetables before consumption. The Food and Drug Administration (FDA) has issued the following recommendation: “Wash all produce thoroughly under running water before eating, cutting or cooking. This includes produce grown conventionally or organically at home or purchased from a grocery store or farmer’s market.” The FDA does not, however, recommend cleaning produce with soap or detergent or even using commercial produce washes.

Despite the FDA advice to simply wash produce under running water, some choose to pursue extended measures to ensure all dust, dirt, chemicals/pesticides and potential bacteria are removed from food. And even the FDA suggests washing your hands with soap and warm water for 20 seconds before handling produce, cutting away bruised areas, using a special brush to scrub firm produce and drying with a paper towel or cloth. The FDA clarifies that fruits and vegetables should be washed even before they are peeled so as not to transfer any contaminants from the knife to the produce.

Those disputing the FDA’s claim that special fruit and veggie washes are not necessary for cleaning produce prefer to enlist the aid of all-natural products like: Citrus Magic, Environne Fruit & Vegetable Wash or Fit Fruit & Vegetable Wash (all available from Amazon.com).

Another all-natural alternative is to clean produce in a solution of equal parts vinegar and water—using a spray bottle for firm produce or a bowl for soaking soft produce. One recipe calls for adding a lemon to the water/vinegar combo and another formula advocates mixing equal parts of water and baking soda instead of vinegar.

Whether you decide to use a store-bought product or make one yourself, just remember that though these products claim to remove surface residues or dirt, there’s no real guarantee all pesticides are removed after cleaning. Therefore, do your best to buy organic fruits and vegetables when you can and when you can’t, rinse, scrub and dry meticulously.



Vegbar

- For information on the “dirty dozen” and other news on food, go to www.ewg.org/foodnews
- The FDA offers its advice on food handling and a myriad of other issues under its jurisdiction at www.fda.gov
- To get more suggestions on vegetable rinses with vinegar, water and lemon, check out www.wikihow.com/Make-an-Organic-Fruit-and-Vegetable-Wash
- A water and baking soda rinse is suggested at www.idreamofclean.net



Romantic expectations

I've been a widower for several years and have developed a romantic relationship with a wonderful divorced woman. I get along well with her grown children and grandchildren too. As a couple, we've traveled together and clearly enjoy each other's company—in all ways. We have a great relationship and I'm ready to move it to the next level and get married or at least move in together. Whenever I bring it up, she hedges and puts me off with lame jokes. It's beginning to be the only thing that we do argue about. Frankly, I don't enjoy living alone and want the companionship. I'm wondering if I'm wasting my time and should look elsewhere or if I should persevere in trying to win her over.

Hmmmm. You don't say how long this relationship has been going on, which could be a factor in your friend's hesitation. If this is a relatively new relationship, her caution may be simply wisdom borne of experience and age. So keep that in mind, but let's take a closer look at the issues.

When we are younger, one of the purposes of marriage is to establish a framework for having and raising children. Ideally, we combine our physical, financial and emotional resources with our partner to give our child the best chance of a good life. While that isn't the norm in many American families today, it is still the best scenario whenever possible. Among the other reasons that younger couples may choose to marry are financial concerns and expectations from family and society.

You are in a new life stage now and those purposes no longer carry as much weight. Instead of moving lock step toward marriage, older couples are negotiating and often renegotiating the ties that bind them. Your lady friend may have a

number of reasons for her hesitation. She may not need financial support, may enjoy her newfound freedom, or may have other misgivings that she has not yet shared with you.

In order to make a decision about the future, you need a frank and open discussion about this issue. Choose a time when you are both relaxed and begin with something positive, such as citing how much you value your relationship. Be clear that your purpose is to have a serious talk so that you may understand her views about your future as a couple. Make it your mission to understand rather than to persuade her to your point of view. At a later time, you can make your case, but pushing that now will only lead to defensiveness. This is the time to gather information. If she cracks jokes, remind her that this is serious to you and bring the conversation back to the matter at hand.

Once you have your answers about her reluctance, you can re-evaluate the situation. Perhaps her reply exposed an issue

that can readily be solved so that you can move toward greater commitment. On the other hand, she may be adamant that she desires no further attachment and seeks only intermittent companionship for social events.

Is that a deal-breaker? Only you can answer that for yourself. If your desire for live-in companionship and commitment are paramount and her resistance is unshakeable, then it may be time to seek other relationships. But first, you need answers and then you owe it to yourself and to her to be candid about your own intentions. If she continues to stonewall and refuses to discuss the matter, it will be a major clue that this relationship is probably not going to go the distance.

Remember there are many types of relationships that can meet our needs. Some couples, at this stage of life, are content to live separately with parts of their lives overlapping to varying degrees. These couples value their time apart as much as they value their time together. They report that it keeps the excitement and interest fresh and reduces conflict. Others need the stability and comfort of steady companionship and commitment. And the needs of partners may change over time, perhaps enjoying independence today and moving toward interdependence at a later point requiring further negotiation.

It's interesting to note that older men are more apt to prefer permanent arrangements, while women of the same age tend to guard and cherish their independent lives. Typically, women have cultivated deep and meaningful friendships which meet many of their social and emotional needs. In contrast, men suffer from more loneliness and are more likely to seek to replace their absent partners. As a man, consider building up adjunct relationships with friends and family to buffer you against isolation and dependence upon a partner to meet all of those needs.

Your future with your friend is a call you must make together, with eyes, ears and hearts open, and only honest intentions upon your lips. With that in mind, you can settle upon a relationship that will enable you to enjoy this time of life without guilt and demands.

Vicki Duncan is a licensed professional counselor and welcomes your questions. She can be reached at Victoria2write@aol.com

Did you know that the secret to being a good listener is to stop talking?

PORTALS

to the Bay

By Henry S. Parker

It's a beautiful Saturday morning in late Summer and you have some time on your hands. Where should you go? How do you get there?

Many stretches of shoreline in the densely populated northeast corridor of the U.S. are difficult to access without a boat. Most of the coastal land is privately owned. Even where laws or long tradition allow public access to the shore front, riparian landowners often discourage people from crossing their properties. Fortunately, the Chesapeake Bay area is, in the main, a user-friendly environment for residents and visitors who want to explore the shore. The Bay is rimmed by dozens of natural areas and public access points that serve as portals to a variety of marine environments. One of the best ways to learn about these opportunities is to visit the Chesapeake Bay Gateways Network website at www.baygateways.net/aboutthenetwork.cfm. Here you will find more than 160 readily accessible places around the Bay where you can discover the region's rich maritime heritage and environments. Locations, many of which are right on the water, include wildlife refuges, parks, museums, historical sites and trails.

Where to begin? Let's focus on a few gems within an hour and one-half drive from Annapolis. These locales are exceptionally appealing in terms of accessibility, natural beauty, diversity of environments, richness of wildlife and extensive networks of walking, biking or paddling trails.

We'll start with a treasure only about 20 minutes from downtown Annapolis—the Smithsonian Environmental Research Center in Edgewater (www.serc.si.edu/). Both a research facility and an environmental education and outreach center with public exhibits and activities, the 2,800-acre campus has two self-guided nature trails that meander through the woods and along the shores of the Rhode River. Paddlers can also launch canoes and kayaks to explore the surrounding estuary.

Also on Maryland's Western Shore, less than an hour from Annapolis, the 7,000-acre Patuxent River Park affords a variety of outdoor activities including hiking, biking, paddling, camping, nature study and exploring historical sites (www.pgparcs.com/Things_To_Do/Nature/Patuxent_River_Park.htm). Within the park, the Jug Bay Natural Area is a critically important Chesapeake Bay tidal estuary. Jug Bay's 350 acres of shallow water and extensive marshes (including an extensive stand of wild rice) at-

tract large populations of waterfowl. With more than 250 bird species recorded in the area (and more than 100 species nesting there), Jug Bay is a bird watcher's paradise.

Ready to tackle the Bay Bridge? Make sure to visit the Wye Island Natural Resource Management Area. Only 50 minutes from the statehouse, this picturesque natural area consists of 2,800 acres of fields and woods and more than 30 miles of shoreline (www.dnr.state.md.us/publiclands/eastern/wyeisland.asp). An extensive trail system offers opportunities for hikers to explore a variety of habitats that harbor diverse marine species. Look for songbird, waterfowl and raptor populations (you can see nesting bald eagles!) and native wildlife, including the endangered Delmarva Fox Squirrel. Bicyclists can take advantage of a flat, four-mile-long dirt road in the management area and traffic-free surrounding rural roads.

A bit farther afield -- 90 minutes from Annapolis -- the Eastern Neck National Wildlife Refuge in Rock Hall is well worth exploring. The refuge is actually an island, located where the Chester River empties into Chesapeake Bay (www.fws.gov/northeast/easternneck/index.html). The 2,285-acre site includes more than 1,000 acres of tidal marshes, making it a prime habitat for more than 100,000 visiting or resident ducks, geese and swans (tundra swans Winter here). About 600 acres of upland forests and an equivalent area of croplands managed for wildlife attract a variety of mammalian and bird species including nesting bald eagles. Nine miles of dirt roads and trails provide opportunities for hiking and biking and there is a water trail for paddlers with seven specified points of interest (access is from a wharf landing in the refuge).

The Blackwater National Wildlife Refuge, 12 miles south of Cambridge, Maryland, is a crown jewel among natural areas in the Chesapeake Bay region (www.fws.gov/blackwater/ see also www.friendsofblackwater.org/). An hour and one-half from Annapolis, Blackwater comprises more than 27,000 acres of tidal marshes and forests. The refuge boasts an impressive visitor center, many miles of hiking and biking trails and three paddling trails. It is home to the largest breeding population of bald eagles on the U.S. East Coast, outside of Florida. In November, thousands of migrating ducks and geese stop over at Blackwater.

Remember, these sites represent only a small sample of what the Bay Area has to offer. Before setting out for these or other Chesapeake natural areas, be sure to visit their websites. There you will learn about hours of operation, fees (free in many cases), directions, pet policies and what to see and do. Other resources include field and travel guides pertinent to the Bay area. The following may also be particularly useful:

- *Chesapeake Bay, Nature of the Estuary: A Field Guide* by Christopher P. White Tidewater Publishers (1989)
- *Adventuring in the Chesapeake Bay Area* by John Bowen Sierra Club Books (1990)
- *A Field Guide to the Atlantic Seashore* by Roger Tory Peterson and Kenneth L. Gosner Houghton Mifflin Harcourt (1999)

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