

Fall 2012

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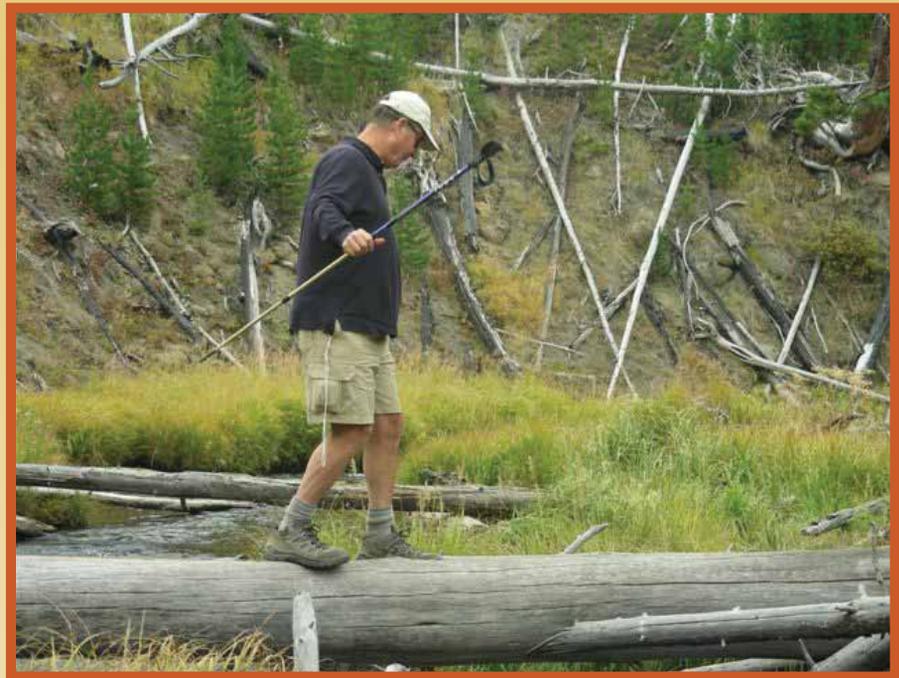
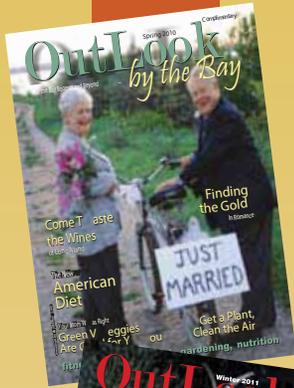
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### ON THE COVER:

Annapolitans Jane and Gordon Piche were seen recently trekking up to Maryland Heights. Located in Maryland at the confluence of the Susquehanna and Potomac rivers the view overlooking the historic town of Harpers Ferry, West Virginia, makes the 1000-foot climb well worth the effort.

# OutLook

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## Never lose your way again

Wouldn't it be nice if at a certain age we could activate a pre installed GPS? You know the kind. It's an electronic guidance positioning system that tells us which way to go and how to get there. A GPS could be embedded somewhere on our body and would activate at a designated point in our lives such as high school or college graduation. It could give us direction. Like an automobile GPS, only it would be a guidance system that would head us in the right direction at a particular stage of life. When we begin to mess up or we head down the wrong path, there'd be that familiar poignant pause. That slightly annoyed voice, which anyone with a GPS would recognize, would utter the word "recalculating." And then best of all, it would tell us how to correct the error and proceed in the right direction.

Or worse as you're taking a wrong turn, that almost shrill voice with the barely audible gasp, would say "go right, go right." You'd like to follow the command, but it involves crossing three lanes of traffic and you continue on your merry way waiting for the "correction." In hindsight, after you have taken the wrong turn you realize how it would have been so much easier if you'd been paying closer attention.

Now the newer models even have a component called POI or points of interest. This new feature gives suggestions should we want to stray from the designated route to take in a few side trips featuring local offerings. And for just a bit more on your monthly bill, it will send an alert of impending traffic snarls and how they can be avoided with turn by turn directions. Who wouldn't like that - whether it's traffic congestion or one of life's other snarls? The "Tom Tom" has a feature that warns of impending storms or inclement weather, a real plus in these unsure times.

One of the wonderful perks of having a GPS is the ability to type in a deviation from the chosen route such as asking the location of the nearest Starbucks. Not only will it show a map with the 10 closest, it will give specific instructions on how to get there and then get you back to your original route. And if you're close to running out of gas, it gives choices and locations of where to go to refuel, eliminating a huge amount of stress.

Of course our imagined GPS would require that we have some idea about our destination. It might be a whole lot easier if that was also programmed in but then where would life's challenges be? Think of the fun and experiences we'd miss if we never took a wrong turn. A wrong turn or wrong choice can lead to unexpected discoveries - some good, some not so good -- but most that continue to move us forward in the quest to reach a destination. Much like keying in our planned route on the car GPS, our goal could change and it could involve a more interesting outcome from the original route.

It's fun contemplating how our journeys, or the journeys of our children and grandchildren, could be simplified and how we could all save so much time and energy by taking a prescribed route with the aid of a small electronic device. For now however, I think I'll continue moving forward without the assistance of electronic wizardry and just enjoy the ride with its unscheduled side trips and the unexpected roadblocks that require improvised navigation.

Like many, our lives are still works in progress and GPS or not, I'm quite sure the journey was meant as a learning experience and is not supposed to be without its roadblocks and detours. After all, it's not all bad losing your way. Just imagine, if Columbus had a GPS we could all be living on the other side of the world.



# LETTERS to the editor

## BANDITS IN RONDA

Just got your Summer issue. Always enjoy it. How fitting that I was just in Ronda last month.

The picture, however, cannot be of Ronda. They have a lot of deep gorges and a beautiful city, but no seascapes. The bandits were still there and not in the hills, as one of our group had her wallet and passport pick-pocketed while shopping. They bumped into her hard, opened her bag, and pilfered.

Did have the Churros and hot chocolate. Delicious, but at least 1,000 calories.

*Carolyn A.  
Mashpee, MA*

## DEER IN THE SHADE

Your article in the current *Outlook by the Bay* on "Perennials for Shade" was great as far as it went, but there was no reference to what perennials are deer-unfriendly. My entry and living room windows all face north, and most of my yard is tree-shaded, so nearly all my plantings must be shade-friendly. However, the deer consider my yard their personal candy store: hostas, day lilies, hydrangeas, hibiscus ... get the picture? I've tried the deer repellants, and they work for a short time, but have to be replaced frequently. And the bird netting is a nuisance at mowing time, plus the blasted deer sometimes figure out how to nose up under it and get at the plants anyway!

Please do a follow-up article on what can be planted in mostly shade areas that the deer and other critters will leave alone. Thanks.

*Joyce Berkebile  
Heritage Harbour, Annapolis*

*Writer Neil Moran answers:*

*I'll consider an article on shade-friendly/deer-not-so-friendly perennials. In the mean time, you may want to consider fertilizing with Milorganite. The editor of Outlook says it works for her. Other ideas include black nylon fencing, about 7' tall you would install on your property line. It works well and is pretty inconspicuous. Another thing to try is "All Season," not sure how effective, but I've heard good things about it. It apparently releases an offensive odor deer don't like. Here are a few partial-shade plants you might want to try:*

*Astilbe  
Foxglove  
Hardy geranium (*Geranium sp.*)  
Daffodil*

*Check out my garden tips at <http://northcountrygardening.neilmoran.com/>*

## LOST ART OF LISTENING

Congratulations on an excellent article, "Three Strategies to Get People to Listen to Your Advice," in the Summer 2012 issue of *OutLook by the Bay*. Indeed, listening is becoming a lost interpersonal art in our fast-paced Digital Age. The article is certainly a valuable ancillary source for students in credit psychology courses if permission to reprint is obtained from the publisher.

As always, it is great to see AACC in print and continuing to make huge contributions to the quality of life in our community. I know I am grateful at this stage in my life that I was fortunate to spend my professional career at the college.

Wishing you (Terry Portis, Ph.D.) continued success in your position as director of the Center on Aging.

*Lou Aymard, Ph.D.  
child psychologist and retired professor*

## OOPS!

Yes, we know the difference between earnest and Ernest. Please accept our humblest apologies for the misspelling of that world renowned author's first name on page 42 of the Summer edition.



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# Caregiver Workshop Series

## BACK BY POPULAR DEMAND

By Mary P. Felter

Are you a baby boomer who is confronted with care-giving challenges? You thought you had reached the age of freedom. Your children are grown-ups and out of the house, when suddenly it's your parents who need your help.

Even worse, one seems to be developing dementia. Now what do you do? How do you handle the demands of this new responsibility?

We recommend you sign up for our free Caregiver Workshop Series this Fall offered by the National Family Caregiver Support Program at the Anne Arundel County Department of Aging and Disabilities. Back again by popular demand, the dementia series is called "Living in the Land of Oz."

The series has three workshops, each is two hours long. They are offered at six of the Anne Arundel County senior centers on a weekly basis.

What do they cover? The title of each workshop should give you direction on what you will learn.

Workshop No. 1 is called, "I've a feeling we're not in Kansas anymore!" Why? Because, like a tornado, a progressive dementia such as Alzheimer's disease is a life-changing event. You can learn about the different types of dementia, how they progress, current research, treatments and how to prepare for the future.

Workshop No. 2 is called, "Follow the yellow brick road ..." Dementia-impaired people are lost in their own worlds and will not return to yours. The disease impairs perceptions of reality, resulting in confusion and disorientation. This workshop will teach you how to effectively communicate and create a pathway to successful behavior management.

Workshop No. 3 is called, "There's no place like home, there's no place like home ..." This might sound very familiar to you. Requesting to go home when a person is already home, repeating, wandering and resistance to bathing are typical dementia behaviors. You as a caregiver can be conflicted about what to do and you might feel inadequately prepared to manage the situation. So this workshop will teach essential behavior management skills to use in everyday life.

THE WORKSHOPS ARE OFFERED AT THE FOLLOWING PLACES AND TIMES:

- **Annapolis Senior Activity Center**  
119 S. Villa Ave., Annapolis, from 2 to 4 p.m. on Mondays, Oct. 1, 8 and 15, sponsored by Somerford Place of Annapolis.
- **O'Malley Senior Activity Center**  
1275 Odenton Road, Odenton, from 5:30 to 7:30 p.m. on Tuesdays, Oct. 16, 23 and 30, sponsored by FutureCare Chesapeake.
- **Pascal Senior Activity Center**  
125 Dorsey Road, Glen Burnie, from 6:30 to 8:30 p.m. on Wednesdays, Oct. 31, and Nov. 7 and 14.
- **Pasadena Senior Activity Center**  
4103 Mountain Road, Pasadena, from 1 to 3 p.m. on Thursdays, Nov. 1, 8 and 15, sponsored by Genesis HealthCare LLC.
- **South County Senior Activity Center**  
27 Stepneys Lane, Edgewater, from 6:30 to 8:30 p.m. on Wednesdays, Dec. 5, 12 and 19, sponsored by Heritage Harbour Health and Rehabilitation Center.
- **Arnold Senior Activity Center**  
44 Church Road, Arnold, from 6:30 to 8:30 p.m. on Thursdays, Dec. 6, 13 and 20, sponsored by Home Instead Senior Care.

To register for the free workshop series, call 410.222.4464, Ext. 3043, or go online at [www.aacounty.org/aging](http://www.aacounty.org/aging) and scroll down to the care-giving section. You will understand this illness a lot better and have some coping skills after completing the series.

*The Department of Aging and Disabilities is grateful to its sponsors, but it does not endorse any particular vendor or business.*

*Mary, public information officer at the Anne Arundel County Department of Aging and Disabilities, can be reached at [mfelter@aacounty.org](mailto:mfelter@aacounty.org)*

# CARITAS SOCIETY LIVES UP TO ITS NAME

By Judy Olson

St. John's College is a fixture in Annapolis, originally established as King William's School in 1696 and then chartered as St. John's College in 1784, making it the third oldest college in the U.S. It is well known for its distinctive curriculum, historic campus, art gallery, concerts, lectures and croquet matches.

But how many of you know about Caritas Society of St. John's College? The word *caritas* derives from the Latin meaning "love of humankind; charity."

Caritas Society of St. John's College was founded in 1969 with two missions that exemplify this definition:

1. to support the St. John's program by providing need-based financial aid to students;
2. to promote enduring relationships between St. John's and the larger Annapolis community.

Caritas Society has awarded up to \$30,000 in grants annually to students whose college expenses are greater than their financial resources. An additional \$2,000 in grants is awarded each year for course books. The society has also established a scholarship through the St. John's College endowment. In the past decade alone, the organization has raised and distributed several hundred thousand dollars to St. John's College students.

In achieving its second goal, Caritas Society offers a variety of luncheon programs, receptions, fundraisers and other special activities to encourage relations between St. John's and the broader Annapolis community.

Mark your calendars for two such events scheduled this Fall.

There will be a membership tea on Thursday, Sept. 13, from 3 to 5 p.m. The tea is held at the home of Christopher Nelson, president of St. John's College, and all current and prospective members and guests are invited. Reservations should be made by contacting Paula Abernethy at [paula.abernethy@gmail.com](mailto:paula.abernethy@gmail.com) or 410.295.9092.

The *Meet the Authors* fundraiser will take place on Sunday, Nov. 4, at 3 p.m. in the Key Auditorium at St. John's College. Celebrating its 28th year as a community favorite, Meet the Authors is one of the oldest book and author events in the Annapolis area. This year's presentation, reception and book signing feature:

## MEET THE AUTHORS

3 p.m., Sunday, Nov. 4, 2012

Francis Scott Key Auditorium  
St. John's College  
60 College Avenue, Annapolis

Author presentation, book signing and wine and hors d'oeuvres reception

Tickets in Advance: \$30  
At the Door: \$35

- Corban Addison, whose novel, *Walk Across the Sun*, received rave reviews;
- Chris Pavone, whose debut novel, *The Expats*, has been on best-seller lists;
- Roger Rosenblatt, well-known journalist and author, whose most recent book is *Kayak Morning: Reflections on Love, Grief and Small Boats*.

These authors give their time and talent without honoraria to ensure that all proceeds from the program will be directed to



the financial needs of students at St. John's College. For more information about the Meet the Authors fundraiser, contact Valerie Rees at [valrees@verizon.net](mailto:valrees@verizon.net). Tickets are \$30 in advance and \$35 at the door. They can be purchased online at [www.stjohnscollege.edu/events](http://www.stjohnscollege.edu/events)

In addition to these upcoming events, Caritas Society offers monthly membership programs at St. John's College, featuring a reasonably priced luncheon and a wide variety of stimulating presentations. A listing of programs and reservation information may be found on the St. John's website noted above.

Caritas Society is a nonprofit organization that boasts a membership of more than 200 people from the Annapolis and St. John's communities, but new members are always welcome.

The only criterion for membership is a shared interest in carrying out the Caritas mission. Yearly dues are just \$35. To obtain membership information, go to [www.stjohnscollege.edu/friends/caritas](http://www.stjohnscollege.edu/friends/caritas) or send an email to [caritassocietysjc@gmail.com](mailto:caritassocietysjc@gmail.com) or call 410.972.4505.

*Judy is an enthusiastic new member of Caritas Society and the Meet the Authors Fundraiser Committee. She can be reached at [jaolson45@gmail.com](mailto:jaolson45@gmail.com)*

# Discovering the Old Homeplace

By Pat Jurgens

Does something pull you to discover the home where your grandparents lived? Have you found the place your parents spent their childhoods, or taken a trip back to your own hometown? Maybe it's time.

Several years ago a box of old letters drew me to look for my father's childhood home. Finding it was an adventure full of vague hunches and dead ends, but ultimately my search brought me to the white picket fence that surrounded my great grandparents' farmhouse in northeastern Ohio.

Beyond the broken gate my father walked the lane through "the hollow" of timothy and yarrow, switch in hand, bringing in the cows. The big red barn overlooked rolling fields and forest just as it did 100 years ago. Standing in awe, I felt as though I'd been there many times before.

Here are a few steps to begin discovering your past:

## Start with your memories

Do you remember a drive in the car when you were little? Where you went? Who you visited? Relatives coming for the holidays? Something someone said to you?

## Decide whose home you want to find

What story intrigues you, what people are you keen to locate. Your grandparents? Parents? A lost uncle? Your own earliest home?

## Sort through old letters, photos and address books for clues

Where exactly did your uncle live in California? Is "Wheeler Springs" on the postcard still there?

## Dig through family scrapbooks and records

A certificate of baptism may provide a clue to location, as well as a relative's full name and date of birth. Marriage and death certificates, receipts, census and property records, may help as well.

## Talk to your living relatives

If your parents have died, an aunt or cousin may know the story of how your first ancestor came to America and where he or she settled. Ask where your living relative grew up. Look at any records they have; sometimes only one child holds the archives of family information.

## When you determine the town or locale, let the Web help you

Google names and addresses. Check the satellite view; you may be able to see the actual buildings and topography of the land. Click on the "little orange man" for a street view.

For me there was a rough map of the homeplace my father drew from memory. He walked the mile to school across field and stream, pausing to skip a pebble or catch a frog on the way. In Winter he put hot potatoes in his pockets to keep his hands warm.

## Fly, drive or bike to the area

Make a special visit to the place your family called home. Allow time for discovery and perhaps a few setbacks. Make a reservation at a local B&B. Be open to learning some things you never knew before.



*The old lane today.*

## Find the local historical society, library or cemetery

A local history librarian or historian can help you find vital records, memoirs and tapes of old-timers and historical information about the locale. They may even have connections with your family. Cemetery records are generally available at a nearby church or in the cemetery office.

## Talk to people – the postmaster, town clerk, local minister, neighbors

It can be challenging to ring the doorbell of a stranger, but most people are friendly and helpful. If they don't know anything that will help you, ask if they can suggest someone who might know. In my case, that worked.

## Let the ancestral whispers beckon

Finding the old homeplace may be more than gathering didactic information. Keep yourself open to intuitive thoughts that pop into your head. Listen to the voices of the old ones in your mind.

I see my grandma, a young woman kneading bread, weeding the kitchen garden, holding my father on her lap while she shucks peas on the kitchen stoop. I see my grandfather pulling the team up at the barn, sweat on their withers, the warm musky smell of horse and harness.

## When you find the homeplace you're looking for

It's exciting. Eureka! The kinship with your people will come alive. You have a connection to that time and place. Return to your heritage; reclaim a precious part of who you are.

*Pat can be contacted at [4louises@comcast.net](mailto:4louises@comcast.net)*



National Family Caregiver Support Program  
Anne Arundel County Department of Aging and Disabilities

## Fall 2012 Virtual Dementia Tour Schedule for Family Caregivers

*Facilitated by:*

*Mary Chaput, MA, Anne Arundel County Department of Aging & Disabilities  
Mary Fridley, RN, BSN, BC, Gero-Resources, LLC*

There are approximately 35 million Americans age 65 and older and more than 5.4 million suffer from Alzheimer's disease. Dementia is the overriding diagnosis for cognitive impairments - the largest category under Dementia is Alzheimer's disease. The Virtual Dementia Tour® is a scientifically proven method designed to build sensitivity and awareness in individuals caring for those with Dementia. The Virtual Dementia Tour® is a Dementia simulation tool kit created for anyone seeking to understand the physical and mental challenges of those with Dementia.

### **Sunrise Senior Living**

43 West McKinsey Road, Severna Park  
Thursday, September 6<sup>th</sup>  
6:30-8:30 p.m.

### **Somerford Place**

2717 Riva Road, Annapolis  
Thursday, September 20<sup>th</sup>  
6:30-8:30 pm  
FREE on-site care available

### **Fairfield Nursing & Rehabilitation Center**

1454 Fairfield Loop, Crownsville  
Tuesday, September 25<sup>th</sup>  
6:30-8:30 p.m.

### **Brightview South River**

8 Lee Airpark Drive  
Wednesday, September 26<sup>th</sup>  
10:00 a.m.-Noon and  
6:30-8:30 p.m.

### **Morningside House of Friendship Assisted Living & Dementia Care**

7548 Old Telegraph Road, Hanover  
Wednesday, October 3<sup>rd</sup>  
6:30-8:30 pm

**SPACE IS LIMITED -  
REGISTER SOON!**

To register for the VDT, call: 410-222-4464 ext. 3043 or register on-line at: <http://www.aacounty.org/Aging>

The Department of Aging & Disabilities is grateful to our hosts. However, the Department does not endorse any particular vendor or business. Anne Arundel County reserves the right to approve and/or refuse potential sponsors.

# 3 Technologies You Should Embrace

By Terry Portis

A common misconception is that people who are at midlife and older are afraid of technology. New research by Perion suggests that adults over 45 just need to be convinced that the technology fits into their lifestyle. Once convinced, midlife and older adults embrace technology and make it part of their lives.

We can all agree that technology advancements are not always good for us, and nothing beats sitting down and talking to someone in person. However, there are some great computer technologies that can help us connect to people in ways never possible before. Here are three ways to connect that you should be using right now.

## Skype

Skype is essentially video calling. The person's face and voice come up on your screen and they get to see you too. Of course, this means you have to be dressed and not too self-conscious about what you look like on a screen. Skype is a free service for video calls from one computer to another. You can also make voice calls to telephones all over the world, but there is a charge for this.

People who have embraced Skype have found it very useful for getting to see children or grandchildren who live some distance away. Families of servicemen and women are also thrilled to be able to have face-to-face, live communication with their loved one. Skype can be used on smartphones, tablets and computers.

Skype is not hard to learn, although some people have problems. Sometimes people complain that they can't turn on their own webcam. You also need a username and password for Skype, but it only takes a few minutes to set up an account. For more information go to [www.skype.com](http://www.skype.com)

## Facebook

Facebook is another free service that some people have sworn to avoid. Ironically, people who complain about Facebook often do so on Facebook. However, there are two primary reasons everyone should strongly consider it.

The first reason to consider using Facebook is that there are nearly a billion users across the world. Most of the products, services and organizations you care about are already on Facebook. Many of the old friends or relatives you have lost contact with are on Facebook. Right now there are no alternatives that allow you to connect with as many people and organizations as you can with Facebook.

The second reason to start using Facebook is photographs. Facebook is the largest photo-sharing site in the world with more than 250 million photos uploaded each day. If you enjoy seeing pictures of friends and family and what they are doing, it's hard to find a better place than Facebook. If you would like to share your own photos, then Facebook is a great place to do that as well. For more information, go to [www.facebook.com](http://www.facebook.com)

## Email

Email is quickly taking the place of phone calls and letters for many people. Just ask the U.S. Postal Service if this is true. Some younger adults are starting to see telephone calls as an intrusion of their personal space. An email can be read and answered at one's convenience whereas a telephone call demands your attention right now.

Companies and organizations also prefer to communicate through email. Emailing you a coupon is easier and less expensive for companies. Your clubs or organizations can notify you more easily and quickly of upcoming events via email than through a call or letter.

While Facebook and Skype are nice to have and help you connect to people, email is quickly becoming an essential communication tool. Those who are not regular email users are quickly getting left behind. The good news is that email is another free tool. Gmail, Yahoo and Hotmail are three free online email services that are very popular. You can choose to use these email services online without having to use software if you choose. You also can access them from any computer or tablet in the world.

## Finding Help

Resources are available to help people learn about new and existing technologies. Local colleges offer classes throughout the year. The Apple Store is also a great place to go and try out technology and talk to someone about your interests and challenges.

*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](mailto:tdportis@aacc.edu)*

## Bay Bytes

To have your home tested for electrical waste go to [www.bgesmartenergy.com/](http://www.bgesmartenergy.com/) to schedule a "quick home energy checkup" with BG &E. They'll come to inspect your home at no cost and make suggestions to conserve electricity.

# Make a Difference

By Sarah Litts

Every day, volunteer mentors and tutors make a difference in the lives of children living in Annapolis. These adult volunteers come together to help children succeed through joining the Treasure Hunters Clearinghouse. The clearinghouse is a Kids at Hope initiative that follows the philosophy that says "all children are capable of success, no exceptions." Kids at Hope is a national movement that aims to counter the "youth at risk" paradigm and take a more positive approach, asking adults in every child's life to be "treasure hunters," looking for the gold in each child.

The Volunteer Center for Anne Arundel County has joined this effort through housing the Treasure Hunters Clearinghouse in our office outside of Annapolis. The clearinghouse screens and trains mentors and tutors to learn techniques to help the kids they are matched

with be more successful. A volunteer is then assigned to one of our partner agencies. All of the partner agencies for the initiative are located in Annapolis and service Annapolis city youths. The clearinghouse goal is to increase the number and quality of caring adult mentors, tutors and role models for youths in elementary through early high school.

Mentors are asked to make a year commitment and be able to meet with their mentee at least three to six times a month. Tutors are asked to make a school semester commitment and to meet with their student at least once a week. Program times and specifications differ depending on which partner program you are matched with.

To become a mentor or tutor today and help children to succeed, go to [www.TreasureHuntersClearinghouse.org](http://www.TreasureHuntersClearinghouse.org)

for an application. You may also contact the Treasure Hunters Clearinghouse coordinator by emailing [sarah@volunteerannearundel.org](mailto:sarah@volunteerannearundel.org) or calling 410.897.9207 for more information. Training takes place twice a month. Visit the website for lists of upcoming training dates under "upcoming events."

A background check is required of all volunteers before they can be matched with a student. The cost of this background check is covered by the Treasure Hunters Clearinghouse.

*"A hundred years from now it will not matter what my bank account was, the sort of house I lived in, or the kind of car I drove ... But the world might be a better place because I was important in the life of a child"*

*Forest E. Witcraft*

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## Experience the Rich History and Natural Beauty - of - *Harpers Ferry*

*By Leah Lancione*

There's something for everyone in Harpers Ferry, West Virginia -- fascinating sites for history buffs, magnificent walks for nature and wildlife lovers and quaint shops for collectors. With awe-inspiring views of fog-blanketed mountain tops, lush greenery and picturesque rivers at the juncture of the Potomac and Shenandoah, it's a worthy destination. Adventurous visitors delight in the hiking, biking, kayaking, whitewater rafting or tubing and canoeing opportunities that abound. This sleepy village of just over 400 residents has not only experienced historical moments before and during the Civil War, but also catastrophic floods that wiped out an entire factory district. The town has restored much of the damage, creating a 19th century village with a dry goods shop, blacksmith shop and confectionery to name a few.

Not to be missed is a wax museum that depicts the rise and fall of the legendary abolitionist John Brown. The tourist-friendly town offers ghost tours, a graveyard with tombstones dating back to the 1700s, as well as spectacular views from sites such as Jefferson Rock. Oct 16 marks the 152nd anniversary of John Brown's raid on the arsenal, which still stands and is now referred to as the John Brown Fort.

Harpers Ferry National Park is home to 20 miles of hiking trails ranging from moderate walks along the rivers or through Civil War battlefields to more difficult treks up into the mountains. The park is truly a treasure for nature and history lovers. Considered "one of the best walking parks in America," the park spans close to 4,000 acres of Maryland, Virginia and West Virginia ([www.nps.gov/hafe/planyourvisit/hikes.htm](http://www.nps.gov/hafe/planyourvisit/hikes.htm)). Just under an hour-and-one-half drive from the Baltimore/Washington area, it provides an opportunity for the whole family to admire the present beauty of nature while exploring our country's dramatic past.

The National Park Service (NPS) website for Harpers Ferry provides detailed maps and descriptions of each trail's difficulty rating, length, points of interest and historical significance. Open year-round from 8 a.m. to 4 p.m., except Thanksgiving, Christmas and New Year's days, the park fees are \$10 a single vehicle for three days, excluding group tours and seven-plus passenger vans, or \$5 for an individual on foot or bicycle. If you haven't yet purchased a Golden Age pass that allows free admission, these are upcoming fee-free dates: Sept. 29 (National Public Lands Day) and Nov. 10-12 (Veterans Day weekend).

According to the NPS site, 70 percent of the park is covered in forest with a variety of deciduous trees such as the chestnut oak, tulip poplar and red maple. It's a not-to-be-missed spectacle when the leaves are cloaked in their Autumn colors. The park boasts over 170 bird species and more than 30 mammal species, including bald eagles, white-tailed deer and the southern flying squirrel.

*Photo: Brandon Nedwek*

## Walks in the Woods

Hiking highlights consist of the 2,178-mile Appalachian National Scenic Trail (4 miles of it are through West Virginia and Harpers Ferry) and the 184.5-mile-long towpath of the Chesapeake and Ohio (C&O) Canal National Historical Park (hikers cross from Harpers Ferry to Maryland via the B&O Railroad footbridge) and The Potomac Heritage National Scenic Trail.

The hiking-centered website Hiking Upward ([www.hikingupward.com](http://www.hikingupward.com)) lists the Maryland Heights trail, which offers a view of Harpers Ferry and the Potomac River, as a “must-do” for hikers in the metro area. With remains of Union Civil War forts, encampments, a naval battery, gunpowder magazines and trenches, the 5.3-mile hike to a majestic main overlook is an up-and-downhill challenge worth the effort. The NPS describes this popular hike as “steep and rocky” in places. Pertinent signage along the way gives information on all historical spots.

For those wishing a less strenuous journey, [www.livestrong.com](http://www.livestrong.com) categorizes the Lower Armory Grounds (1/4 mile), Hamilton Street (1/2 mile), Bolivar Heights and Virginus Island (0.9 mile) trails as “easy.” The C&O Canal Trail to Dam 3 in Maryland is also recommended as it provides painless but longer walks (roughly 4 miles each way). The NPS says the Bolivar Heights trail is “the best place to survey the terrain and ponder Civil War strategy” while offering sublime views of the Blue Ridge Mountains, Potomac River water gap and Shenandoah Valley. Another easy-to-moderate hike (1-3 miles roundtrip) is the Murphy-Chambers Farm trail through wooded terrain and fields, scenes of the Shenandoah River and surrounding mountains, Civil War cannons and the spot where John Brown’s Fort existed.

A mere day trip may not satisfy your curiosities, and your to-do list could include more outdoor escapades, a look into the local history, some retail therapy in town, a peek at the small but well-stocked bookshop or the Harpers Ferry famous ghost tour. If so, any of the following B&Bs will enhance the total experience:

## Accommodations

**The Ledge House Bed & Breakfast** (280 Henry Clay Street) boasts stunning views of the Chesapeake & Ohio Canal and Shenandoah and Potomac rivers and beautifully decorated and private suites. Within walking distance of the Harpers Ferry National Park and other popular sights, visitors can spend their day exploring the historic town and then relax for the night in this peaceful and romantic getaway. An added bonus, the B&B’s homemade breakfast features local, fresh and organic foods. For more information, visit [www.theledgehouse.com](http://www.theledgehouse.com) or call 877.468.4236 to make a reservation.

**Camp Hill Bed & Breakfast** (701 Washington Street) is a homey option for lodgings. This B&B has a cottage-like charm and cozy “suites” are outfitted in a country and patriotic manner.

Guests are treated to a full breakfast and bowl of fresh fruit as well as coffee and tea for each unit. Rates range from \$100 to \$170 depending on the suite and time of stay. For more information, visit [www.camp-hill.com](http://www.camp-hill.com) or to book a stay, call 304.535.2657.

Another option is the relatively new **Stonehouse B&B** (156 High Street) which is housed in a restored building built in 1839. Stonehouse is located in the lower town of Harpers Ferry, the heart of the historic district. It is situated close to the historic sites, train station, shopping and popular restaurants. The property includes an inviting courtyard and fish pond as well as many cozy areas to sit and relax. The B&B is beautifully decorated, exuding lots of light and space. Rooms range from \$125 on weekends or holidays to \$115 on weekdays. A popular top floor area is \$145 on weekends and \$130 on weekdays. All stays include breakfast, Wi-Fi and parking in Lower Town. For more information, visit <http://hfstonehouse.com> To make a reservation, call 410.279.4988.

**West Ridge Hollow Bed & Breakfast** (1250 West Ridge St.) offers visitors a secluded stay in a rustic setting. Thanks to



Maryland Heights Trail, Harpers Ferry. Photo: Cliff.

the majestic wooded location, guests can commune with nature and yet still be close enough to take advantage of all the necessary sightseeing and vacation activities. Porches offer opportunities to sit, relax and take in the scenery. Rooms, which include cable, Wi-Fi, private baths and queen beds, range from \$115 on weekdays to \$130 on weekends. A homemade breakfast on a private balcony is also a highlight. For more information, visit [www.westridgehollow.com](http://www.westridgehollow.com) or call 301.639.9095 for reservations.

Whatever venue you choose, try to book in advance. Also, visit [www.bedandbreakfast.com](http://www.bedandbreakfast.com) to browse a more inclusive list of B&Bs, their amenities, rates and reviews by guests.

The NPS says those who visit Harpers Ferry to experience its rich history and natural beauty can virtually “step back in time.” To plan your adventure, visit [www.nps.gov/hafe/planyourvisit/index.htm](http://www.nps.gov/hafe/planyourvisit/index.htm)

# OUTSOURCING

## ISN'T JUST FOR CORPORATIONS



By Kater Leatherman

### IT'S THE SECRET WEAPON TO MAKE OUR LIVES EASIER: OUTSOURCING.

Corporations aren't the only ones doing it. Aging brings even more challenges. Just taking care of ourselves, handling the details of everyday life and figuring out the complexity that comes with technology is enough. So why choose to make life harder? If doing something is causing you stress, perhaps it's time to consider the benefits of outsourcing.

Most likely you are already outsourcing things like haircuts, car maintenance and, if you have a dog, grooming. The key is to balance the chores that you like and delegate the ones that you don't.

Take cleaning for example. What about hiring a company to do the bathrooms and kitchen only (a cleaning lady I know calls it a "short clean"). You tackle the chores that require less time and muscle or that you find more relaxing.

Or how about cooking? Join or start a co-op by teaming up with others to prepare meals and then swap them. If this holds no appeal, consider having your groceries delivered (go to **Safeway.com**). Dining out is a form of outsourcing and with the competition these days, sometimes it costs more to eat in when you factor in the time to plan, grocery shop and prepare. Denny's offers AARP members 20 percent off the entire check every day from 4 p.m. - 10 p.m.

Bartering is another option. Some people find it unsatisfactory because they don't know how to negotiate an equal exchange. Since everyone's skills and time have value if they can help you out, keep it simple by exchanging services on an hour-for-hour basis.

Outsource jobs to your grandkids. Or hire a neighborhood teen to walk the dog or do some yard work. They don't charge much, and it gives them work experience and a good reference for when they are older. Have them do the stuff you no longer enjoy so you can do things that bring more pleasure into your life.

Why spend hours on your computer planning a vacation trip when you can outsource this task to a travel agent? Let the agent find you the best deals at no extra cost to you.

Hire a personal assistant to handle the tedious paperwork that comes with medical bills, insurance and taxes. Someone who can do multiple tasks for a few hours a week can lighten your load and spirits. For almost any assignment, go to **Taskrabbit.com** where you will find their motto: "Get just about anything done by safe, reliable, awesome people."

Consider outsourcing services that come to you: dog

grooming, paper shredding and help with computer training. To avoid shlepping your stuff to donation centers, the Anne Arundel County Food Bank will come and take furniture, clothes and household items in good condition and give them to families in need.

If getting organized is not your strong suit, hire an expert to get you motivated. A one-hour consultation may be all you need to tame the chaos and reclaim control. If you can't stay organized, hire a professional organizer to come in once a week for a couple of hours to keep you on track. Some organizers also provide house sitting, grocery shopping and pickup/delivery services.

Selling your home? A home stager can neutralize it in a way that the buyer will remember it as the one that felt like coming

home. Similarly, you can refresh the look and feel of your home by having a budget decorator come in and rearrange furniture, move wall hangings and suggest paint colors.

In a perfect world, life would be maintenance-free. But it's not a perfect world, and sometimes personal freedom costs money. If

you're still resisting the idea, consider outsourcing as an investment in the quality of your life, especially when it gives you more time to do the things that really matter.

*Kater is a professional organizer, home stager and budget redecorator. To purchase her latest book, MAKING PEACE WITH YOUR STUFF. . .because you probably WON'T need it someday, go to [www.katerleatherman.com](http://www.katerleatherman.com)*





By Michael J. Dodd, MD

**G**laucoma is an uncommon disorder of the eyes. It affects only about 2 percent of the population, but if not diagnosed and treated, it can cause severe vision loss and ultimately blindness. Its diagnosis and treatment occupy a considerable amount of time for most ophthalmologists.

Glaucoma is more correctly viewed as a group of eye diseases. There are many types and classes of glaucoma. The most common type is known as “chronic open angle glaucoma.” The chronic part of the term means it is gradual in onset and lasts for many years. The “open angle” part means that the angle between the cornea and the iris is wide open. That is, no part of the iris is in contact with the peripheral cornea. If the iris were in contact with the peripheral cornea, this is called “angle closure glaucoma.” Angle closure glaucoma is further subdivided into “acute” or sudden in onset, and “chronic” or gradual in onset.

There are other types known as “secondary glaucoma,” which are caused by another disorder within the eye. Things such as a hemorrhage inside the eye can cause a secondary glaucoma. One other type of glaucoma is known as “normal pressure glaucoma.” This is now thought to be more common than suspected in the past. The term “normal pressure glaucoma” seems to be a contradiction in terms because the common definition of glaucoma is a disease of high pressure in the eye which results in damage to the optic nerve and subsequent loss of side vision.

So if the definition of glaucoma involves high pressure, how can there be a disease characterized by normal pressure? Well, the answer depends on the correct definition of normal pressure.

If you were to take 1,000 random people and check everyone’s eye pressure, about 95 percent of them would have pressures of 21 mm of mercury (Hg) or lower. So if your eye pressure was 21 mmHg or less you were thought to be free of glaucoma. But we now know that it is not so simple. Perhaps 21 mmHg or less is normal for people under the age of 40. But it may not be normal for people who are 75 or 80 years old. Perhaps their normal pressures are 15mmHg or less. This is because their optic nerve blood circulation may be impaired and this makes their optic nerve more sensitive to eye pressure.

### SIGNS AND SYMPTOMS

What are the signs we eye doctors look for to determine if a patient has glaucoma? One of the first tests we do is to check the visual acuity of each eye. We then check the eye pressure with a Goldman tonometer. This is a small flat-tipped device on which we shine a blue light and measure the eye pressure. We then inspect the optic nerve to see if it shows any sign of damage or injury. The central dimple or “cup” of the optic nerve usually occupies about 40 to 50 percent of the total nerve size. If the cup is larger than that, it may be a sign that the nerve is being damaged by the eye pressure. We now have a new camera which can photograph the cup of the nerve and accurately predict if the nerve has been damaged.

A more traditional method of detecting damage is with a side-vision test known as a visual field test. This test is performed by having the patient test one eye at a time in a white bowl. Small light spots appear in the bowl and the patient responds by pushing a button each time they see the light. This is a cumbersome

test for many patients, but yields valuable information to the eye doctor. If there are defects in the side vision, this is an indication of damage to the optic nerve.

### PREVENTING VISION LOSS

If a patient is found to have glaucoma, there are several treatment options available to protect the optic nerve and prevent vision loss. The first line of treatment is medicated eye drops. Some patients respond well to one type of eye drop, other patients may require two or more types of eye drops. Probably 90 percent of patients do well on eye drops alone and may have to stay on drops for life. For a small group of patients who still have high pressure in spite of drops, a laser treatment may be of benefit. If this still does not control eye pressure, there are several types of surgical procedures available which are very effective at lowering eye pressure. Only about 1 percent of glaucoma patients end up requiring a surgical procedure.

Why is glaucoma known as the “thief in the night?” Because the patient with glaucoma will have no symptoms to suggest an eye disease. The eyes do not get red or painful. The disease can only be detected by periodic checks of the eye pressure by a doctor. So a patient who does not get eye checkups for years could develop glaucoma without knowing it and slowly lose side vision and eventually go blind if not treated.

In the United States this does not happen often. Be sure to get your eyes checked at least every two years after age 40 and every year after age 60.

*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 mjdm1@gmail.com*





# BOOTS ON THE TRAIL

## “Answering the Call of the Wild”

*By Phil Ferrara*

Whether the shadows are long or short -- any time during the year -- venture out and experience the wonderful outdoors on a hike. For many, enjoying nature's realm is one of the great secrets of a well-lived life.

And a beautiful countryside near the Chesapeake Bay beckons us to do just that. That land lies between the mountains and the Atlantic Ocean, from the Susquehanna to the Shenandoah River and Potomac River valleys. It is the piedmont and the coastal plain of Maryland and northern Virginia.

About 250 million years ago during the Permian period, the Appalachian Mountains towered 15,000 feet above the ocean. Through the ensuing eon, water, wind and geologic convulsions eroded those mountains to a few thousand feet. They sculpted the earth to create river gorges, cascading waterfalls, the Chesapeake Bay and rolling terrain. The resulting sediments formed fertile farms, vast forests and marshlands. Sharing that same land are famed cities, including Washington, D.C., our nation's capital and Annapolis, a revolutionary era capital.

Before you embark, just remember to dress appropriately for the weather. That might include a light, long-sleeved shirt to avoid the Summer sun or a warm jacket with scarf, gloves and hat to protect against the brisk Winter air. A staple of all seasons is to wear sturdy footwear. Carry water and a snack and keep in mind that hiking poles or a walking stick are always helpful. Carrying and using a map of the park you are headed to is an important requirement for safety and enjoyment of any trails. A cell phone for an emergency is also a good companion, turned off or on vibrate so as not to invade the hiking experience of companions. Sunscreen, sunglasses, hats and a whistle are just a few of the additional items that you may choose to carry.

Let's explore five favorite gems of a local hiking group here in the Chesapeake Bay region. They select their hiking trails from a list of nearly 100 sites enjoyed in Maryland and northern Virginia. Nearly all are within a 15- to 90-minute drive of Annapolis.

## Jug Bay Wetlands Sanctuary

1361 Wrighton Road, Lothian, Md.

**Directions to trailhead:** Route 301 to Route 4 east, exit at Plummer Lane, go 1/4 mile and turn right on Wrighton Road, go 1/2 mile to entrance on the left. 410.741.9330, [www.jugbay.org](http://www.jugbay.org)

**Park description:** This outdoor treasure ranks among our club's all-time favorites. Nearly nine miles of pleasant trails and boardwalks meander through beautiful mixed forests and marshlands. Panoramic views of the Patuxent River present themselves often as hikers wend their way along gentle slopes and trails. Beaver dams, aquatic plants and wildlife-viewing areas are special features. Devote some time to enjoy the educational exhibits presented at the visitors' center. Call ahead for hours of operation.

## Great Falls Park

9200 Old Dominion Drive, McLean, Va.

**Directions to trailhead:** I-495 to Exit 44 to northwest on Route 193 for four miles. Right turn on Old Dominion Drive to park's entrance. 703.285.2965, [www.nps.gov/grfa/index.htm](http://www.nps.gov/grfa/index.htm)

**Park description:** Sixteen miles of oft-challenging trails wind their way along the cliffs and through the thick forests hovering above the Potomac River. Numerous vantage points present spectacular views of the great waterfalls of the Potomac. Jagged gorges channel the thundering river in glorious splendor below your path. Along the trail history unfolds as you view the Colonial era remains of the old canals.

## Tuckahoe State Park

13070 Crouse Mill Road, Queen Anne, Md.

**Directions to trailhead:** Route 50 east to left on Route 404. Go eight miles, then left on Route 480 and an immediate left on Eveland Road. Go three miles to visitor center on the left. 410.820.1668, [www.dnr.state.md.us/publiclands/eastern/tuckahoe.asp](http://www.dnr.state.md.us/publiclands/eastern/tuckahoe.asp)

**Park description:** Streams, fields, forests and wetlands are bisected by 15 miles of gently sloping trails. Pathways gradually ascend on high banks to provide splendid views of the stream valleys. Loblolly forests, wild flowers and extensive bird life are found along the trails and around the ponds. Adjoining the park are three miles of interpretive trails in the Adkins Arboretum for added exploration.

## Appalachian Trail

Maryland's Route 40 intersection  
between Frederick and Hagerstown, Md.

**Directions to trailhead:** I-70 westbound to Exit 42, proceed one mile north on Route 17, turn left, westbound, onto Route 40. Proceed three miles to the parking lot on the left for the Appalachian Trail's road crossing (located near the I-70 overpass). 304.535.6278 [www.nps.gov/appa/index.htm](http://www.nps.gov/appa/index.htm)

**Trail description:** Hike northbound on the Appalachian Trail following white blazes. Undulating topography along the way challenges the hiker with rocky trails and thick forests cloaking the ridges of the AT. After hiking 2 1/4 miles north, turn left onto the 1/4 mile, blue-blazed trail to the Annapolis Rocks overview where spectacular sights take your breath away. Panoramic views of the Appalachian Mountains reach to the horizon on a clear day with lakes, forests and farms in the valley far below. You may choose to continue north for exactly one more mile to the Black Rock Cliffs overlook to the west or return to the parking area, hiking southbound.

## Patapsco Valley State Park

Hilton and Orange Grove sections, Catonsville, Md.

**Directions to trailhead:** I-695 to Exit 13, take Frederick Road west for one mile and turn left onto South Rolling Road and shortly bear right onto Hilton Avenue and go 1 1/2 miles to park entrance on the right. 410.461.5005 [www.dnr.state.md.us/publiclands/central/patapsco.asp](http://www.dnr.state.md.us/publiclands/central/patapsco.asp)

**Park description:** This extensive state park has multiple segments throughout the Patapsco River valley with 70 miles of trails. One favorite is the Hilton and Orange Grove area. Trails lead through stunning forests along several creeks such as the rocky Sawmill Branch Creek. The Cascade Falls and its many trails are reached via the swinging bridge. Use the park's map to create an enjoyable hike of five to seven miles to fulfill your interests.

Hungry for more? Here are a few other favorites of the Piedmont Trekkers: Rosaryville State Park, Catoctin Mountain Park, Wye Island NRMA, Greenbelt Park, Sugarloaf Mountain and Maryland Heights.

Answer the call of the wild! Assemble your gear and gather your friends. Fresh air, quiet forests and wildlife sightings await you beyond the trailhead.

*Phil, along with good friends Dave and Warren, created the Piedmont Trekkers hiking group, which strongly emphasizes the benefits of outdoor activity. Phil can be reached at [pferrara65@comcast.net](mailto:pferrara65@comcast.net)*

## Bay Bytes

Visit [www.slydial.com](http://www.slydial.com) if you'd like to leave a quick message and haven't time to chat, dial 267.759.3425 and enter the number for whom you would like to leave a message. The call goes directly to the recipient's voice mail, thus avoiding a person-to-person chat.

# Cars of Yesteryear

By Neil Moran

If you know what type of carburetor is in a '57 Chevy or what the fins look like on a 1963 Ford Fairlane, you're probably a classic car buff, or "gear head." Classic car buffs are a breed of their own. They spend countless hours restoring old cars (wrecks) and then countless hours polishing them and even more hours in lawn chairs while people file slowly by their prized possessions at countless car shows.

These days you'll find car buffs not only buffing their cars, but asking gear head questions at forums and chat sites on the Internet, in addition to engaging in shop talk with other car buffs at car shows around the country. Although the high cost of gas has put the brakes on some of their activities, especially long road trips across the country, the hobby of collecting and restoring classic cars is still in high gear.

OK guys and some gals, let's take a look at some of the classic cars that we may have fallen in love with in a time that seemed much simpler. Back then, a big night out was going to the drive-in in our cars or racing across town, or simply hanging out with the guys tinkering with the engines of our prized jalopies.

So just what is a classic car? I think everyone has their own idea of what exactly it is. However, according to the Classic Car Club of America, a 1948 vehicle is the earliest year for a car to be a classic. Others are more lenient, stating that anything 15 years older than the current year is a classic.

## Classic Car Trivia

So you think you know a lot about cars, eh? Let's see how well you do on this trivia test (no tools required).

### 1. What is considered to be the first "pony car?"

The Ford Mustang gets that hard-fought honor. Some folks still insist the Plymouth Barracuda beat the Mustang to market. The Mustang was introduced in 1964 and is considered one of the most successful product launches in automotive history.

### 2. What was the first Japanese car built in the U.S?

That honor goes to none other than the Honda Accord, which rolled off an assembly line in Marysville, Ohio, in November 1982. In its first year it became the best-selling Japanese car and held that title for the next 15 years.

### 3. Which of these three specialty convertibles issued in 1953 by GM was the most successful? Buick Skylark, Oldsmobile Fiesta or the Cadillac Eldorado?

You may have guessed the Fiesta, but it was the Buick Skylark.

"MY DADDY SAID SON,  
"YOU'RE GOING TO  
DRIVE ME TO DRINKING,  
IF YOU DON'T STOP  
DRIVING THAT HOT ROD LINCOLN,"  
*Commander Cody and  
the Lost Planet Airmen*

### 4. Which car was the first to be mass-produced? Model-A? Model-T? Packard? Ford Mustang?

The Model-T. And if you were one of the people who bought one, or even rode in one, let's just say you're no Spring chicken! It was mass-produced when Henry Ford introduced the assembly line in December 1908. This allowed Ford to produce his cars at a lower price than the competition. By 1927 Ford had sold 15 million Model-Ts.

### 5. Which car was the first commercially built hybrid gasoline-electric car in the U.S? The Toyota Prius? Ford Escape Hybrid? Honda Insight?

If you said Honda Insight you were absolutely right. The two-door Insight was built in 1999, got 70 miles to the gallon and won various awards including international engine of the year. It sold at the time for just under \$20,000.

### 6. OK, you couch potatoes. In the television series Starsky and Hutch, which of these cars did these two streetwise cops cruise the streets? A 1975 Ford Pinto? A 1975 Ford Gran Torino? A 1975 Ford Mustang? A GTO?

The 1975 Ford Gran Torino, of course. It was a red and white car. The show ran from 1975-1979.

### 7. What year did GM introduce the Chevrolet Corvette? 1943, 1953 or 1963?

The first Chevrolet Corvette rolled off the production line on June 30, 1953, at a GM plant in Flint, Mich. Only 300 Corvettes were built that year (each of them by hand), making these Corvettes a collector's item. Each fiberglass-bodied two-seater was white with a red interior and a black canvas top. The 1953 Corvette featured a Powerglide automatic transmission and a "Blue Flame" six-cylinder, 235 ci, 150 hp engine with three carburetors and dual exhaust.

### 8. How much horsepower did the first Porsche 911 have? 90? 30? 130?

That's right, 130 hp. The original Porsche 911, introduced in 1964, boasted an impressive 130 hp at 6,100 rpm and a top speed of about 130 mph. This would pale compared to later updated versions of the Porsche, which could travel up to 190 mph.

### 9. What was the first car to feature anti-lock brakes?

The first car to include antilock brakes was the 1966 Jensen FF, which came equipped with the Dunlop Maxaret antilock braking system (originally developed for use on aircraft). Although crude by today's standards (and sometimes unreliable), the Jensen FF's antiskid system was a huge technological breakthrough at the time. Three years later, in 1969, the Lincoln Continental Mark III improved on the idea, placing sensors on the rear wheels that modulated pressure on the rear brakes when they began to lock up.

# What to Do With Those Leftover Tomatoes

By Mick Rood

**Freeze.** To save all those wonderful tomatoes that are about to go bad on the vine, harvest them as soon as they're ready. Blanch the tomatoes, which is as easy as boiling some water, turning it off and immersing the tomatoes for just a minute or two. Remove the tomatoes, let them cool and the skins should then slide off easily. Remove the stem end and seeds if you wish, then quarter each tomato and put in freezer bag, squeezing out as much air as possible. Freeze immediately. For the next year you can enjoy the fresh taste of Summer with home-grown tomatoes in any recipe that calls for chopped tomatoes.

**Sauce.** Another option is to make batches of a basic tomato sauce, freeze it in plastic bags and then roll it out during the Winter for tweaking into other sauces ranging from salsa to marinara. Here's how a simple and adaptable sauce might go:

6 cups chopped fresh tomatoes  
1/2 cup olive oil  
1 medium onion chopped  
4 large garlic cloves minced or chopped  
2 celery ribs with leaves, thinly diced  
1 large carrot shredded  
1/2 cup fresh basil  
2 tsps. oregano  
2 bay leaves  
a cup of dry red wine  
1 small can tomato paste  
1 teaspoon salt

Warm some of the olive oil in a large pan and gently sauté the onions and garlic. Add the mixture, the other ingredients and the remaining olive oil into a medium to large sauce pan. Uncovered, bring it to a boil while mixing occasionally. Then simmer while the wine cooks off until the sauce thickens for up to 45 minutes. If you find the sauce to thin, add some tomato paste. Salt again to taste.

(Be sure to heat through, allowing the garlic and natural tomato juices to round out this zesty concoction. For those who prefer a more conventional, less involved sauce, let me assure you that if you spread this over a hot dish of pasta in mid-Winter, you will be pleasantly surprised.)

**Ripen.** Are your plants dying or facing first frost with dozens of smallish green maters hanging there? Never fear. Get out cardboard boxes, space the tomatoes between layers of newspapers. Close the boxes and place in a cool, dry corner. Check periodically and you will find ripe tomatoes within one to four weeks later. These tomatoes are almost as good as fresh-picked and often develop a pleasing, more tangy flavor.

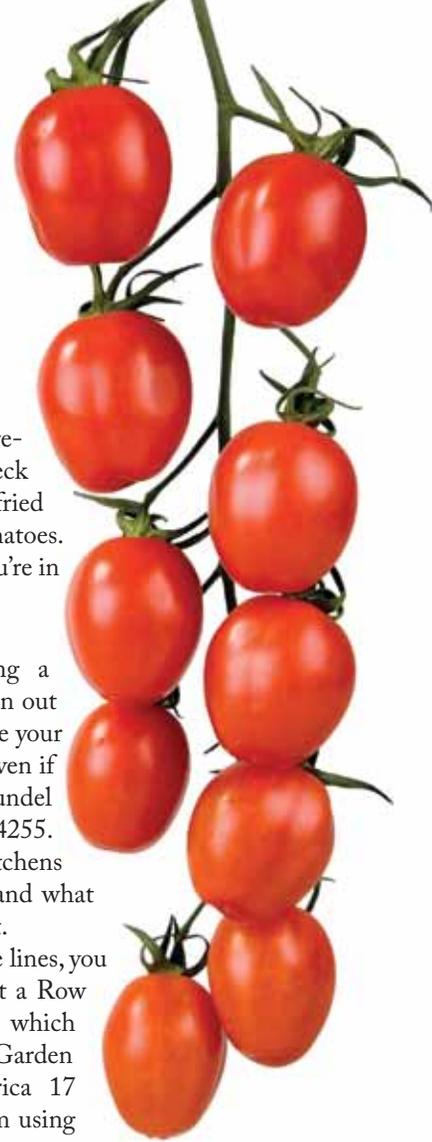
For more immediate results from green tomatoes, check out the many Web recipes for fried green tomatoes and pickled tomatoes. If you've never had the latter, you're in for a spicy treat.

**Donate.** If you're having a bumper crop year and you've run out of neighbors and relatives to give your tomatoes or other crops to, or even if you haven't, call the Anne Arundel County Food Bank at 410.923.4255. They can tell about the soup kitchens and food pantries nearest you and what kind of produce they will accept.

For more ideas along these lines, you can get involved with the Plant a Row for the Hungry organization, which was started nationally by the Garden Writers Association of America 17 years ago. You can Google them using the acronym PAR and garden writers, or they have a hotline at 877.492.2727.

One participant in PAR is the staff at the Chesapeake Bay Field Office of the National Fish & Wildlife Service in Annapolis. Their garden next to the office parking lot produces food for the county food bank and Light House, the local homeless shelter. Obviously, Light House can use foodstuffs other than what you grow that have a longer shelf life. For more information, call 410.349.5056.

*Mick Rood, who edits this publication, is also an avid gardener and sometimes cook. He reports an excellent tomato season in progress.*



## Bay Bytes

Most computer keyboards could use a quick cleaning. Try turning it upside down over a wastebasket and gently tapping it. It's always a surprise how much debris will fall out.



# WARBIRDS OVER THE BEACH

*By Kathryn Marchi*

Most of us have watched movies or DVDs about the fighting in World War II. The air battles in particular are fascinating to watch. The aircraft in films about Pearl Harbor or the bomber runs over Germany are quite realistic. Did you ever wonder where those airplanes came from and how they were still flying?

There are folks in this world who actually collect old war planes and refurbish them to their original condition. One of these collectors is Gerald Yagen, a resident of Virginia Beach. Always in-

terested in airplanes, Yagen took flying lessons and then in 1994 decided to buy his first “warbird,” a WW II fighter plane. The plane, a Curtiss P40E, had been discovered frozen in the Arctic tundra in Russia. Yagen’s plan was to restore and fly the old warbird. This led to collecting and restoring more and more historic aircraft. He now owns some 60 of these aircraft, many of which have been restored by expert technicians at his own “Fighter Factory.” Here most of these planes are re-searched, recovered and restored to flying

condition whenever possible. Others are restored at facilities around the world.

In 2006, Yagen purchased land near Virginia Beach, and built the Military Aviation Museum in order to display his collection of restored warbirds. It is said that the museum has one of the largest private collections of WW II and Korean War fighters, bombers and seaplanes. These planes have been restored in detail to their original condition and markings and are available for flight demonstrations, displays, movie production, commercials

and air shows. Also displayed are cannon, engines, jeeps and a German V-1 Rocket.

The museum, housed in a series of three large airplane hangars, is open daily to the public from 9 a.m. to 5 p.m. (Go to [www.militaryaviationmuseum.org](http://www.militaryaviationmuseum.org) for more information.) David Hunt, the director of the museum, describes special programs called “Hangar Talk” and “Flight Demo.” These are scheduled for one Saturday a month at 11 a.m. The speakers are aviators or others who are knowledgeable in WW II aircraft.

Hunt also told me that the museum was always looking for aviators





from WW II or others who were knowledgeable of the aircraft of either WW II or WW I to speak during “Hangar Talk.”

Along with the museum, there are other interesting flying events scheduled, including:

### Sept. 21-23: World War I Biplanes and Triplanes

This event relives the days of early aviation when biplanes battled above the trenches in France. A collection of replicas of these fragile airplanes, including a Halberstadt CL-1V, a Fokker D-VII and a prototype similar to one flown by Germany’s Baron von Richthofen, aka the “Blue Max,” will be displayed and flown. Musical entertainment from the Vaudeville era will play throughout the day. On Saturday evening, there will be a “Hangar Dance” and visitors are invited to come dressed in WW I uniforms, zoot suits and flapper dresses for dancing the Lindy Hop, Charleston or foxtrot. A special “Biplanes and Triplanes” weekend rate at the local Cavalier Hotel has been set up for out-of-towners. For more information, go to [www.vbairshow.com](http://www.vbairshow.com) or call 757.721.7767.

### May 16-18, 2013: Warbirds Over the Beach - WWII

The show features restored planes and the Flying Tigers, plus the Curtis P-40, B-17 Bomber, Navy Corsair and others that flew during World War II. Visitors are immersed in a full day’s education about the war years of 1940-45. Visitors see the aircraft on the ground, meet the pilots and watch them take off and land on a grass runway. For a fee, several planes are available for private flights of 20 minutes or more. Reservations can be made by contacting the museum by phone or through the website. Near the airfield, are encampments of American and British re-enactors. Of course, visitors can



visit the Military Aviation Museum where other planes that are not restored for flying are exhibited. During this particular show, one hangar is dedicated to entertainment, where visitors can see a ‘40s era band, singers and comedians.

When I visited last May, there was a particularly poignant moment when a 90-year-old WW II pilot took a flight in the back seat of a North American SNJ-2 Navy Trainer. Roaring down the runway with his white hair flying, the vet gave the “thumbs up” sign to us. He had trained in that type of aircraft many years ago before he flew his combat missions during the war. On one mission, he flew paratroopers into “Operation Market Garden” near Arnheim, in the Netherlands, which was characterized in the movie, “A Bridge Too Far.”

It is safe to say that Gerald Yagen is not the only person in the world who

acquires and restores war planes. Now we have a better idea of how and where the movie industry found some of the aircraft for war films that depict the lives and struggles of our servicemen. The Virginia Beach museum makes those struggles come alive and allows us to honor the brave men and women who have served.

**FALL QUIZ-ACROSTIC SOLUTION**

Which cutting-edge horror film was shot in twenty-one days? Though the film is rife with bloopers, and Jamie Lee Curtis' wardrobe was purchased at J. C. Penney, it became one of the highest grossing independent movies.

**INDEPENDENT FILMS: HALLOWEEN**

A.	Irish
B.	Noshes
C.	Dracula
D.	Eight
E.	Phantom
F.	Ever
G.	Nits
H.	Disguised
I.	Enjoy
J.	Name
K.	TIFF
L.	Few and far between
M.	In the trenches
N.	Lurch
O.	Majority
P.	Scam
Q.	Hodgepodge
R.	Auld
S.	Lowdown
T.	Limp-wristed
U.	October
V.	Witch
W.	Eye-opening
X.	Esthesis
Y.	Night

**O**rganic is a popular buzzword in the food business, conjuring up images of cheerful farmer's markets, happy families pulling up carrots in a sunny field and wholesome air and sunshine. However, many people don't have a clear understanding of what *organic* actually means. With the rising popularity of organic food, it is important to have a clear definition of the term and know what you should be concerned about when considering what food you should eat.

Technically, an organic food is produced without the use of synthetic material such as chemical pesticides and fertilizers. Organic farmers usually substitute manure and mulch for chemical fertilizers, deploy nonsynthetic substances like copper as pesticides and maintain environmentally sustainable farming practices. Furthermore, organic foods are processed without chemical additives, irradiation and industrial solvents.

Ever since humans developed agriculture, organic farming has been the norm: it has only been in the last several decades that we have developed chemical and synthetic additives to assist farmers with culling weeds, improving soil nutrition and killing pests. However, as modern farming methods developed, it raised concerns about the long-term consequences of these new farming techniques on human health and our planet's ecosystem. As a result, many people have attempted to get back to our early farming roots by growing and purchasing only organic foods as we have done for thousands of years.

It is important not to confuse the term organic with words like natural, preservative-free, free range and all natural. These terms are often used on food packages, but they can have a variety of meanings and are not synonymous with organic. Real organic foods are grown and processed according to standards set by the U.S. Department of Agriculture (USDA), and organic farmers are regulated to ensure that their products are truly organic.

## Nationwide Standards

In 1990, the USDA passed the Organic Foods Production Act that mandated nationwide standards for organic production. Today, organic food production is regulated by the National Organic Program (NOP), a division of the USDA. The USDA routinely inspects farms that produce USDA organic-labeled food and ensures that the farms follow the National Organic Program Standards. Before a food can be labeled as organic, a government certified inspector must tour the farm where the food came from to see if the farmer is following set requirements. Organic operators are inspected annually to ensure continued compliance. Producers who meet NOP standards may use the "USDA Certified Organic" seal on their products.

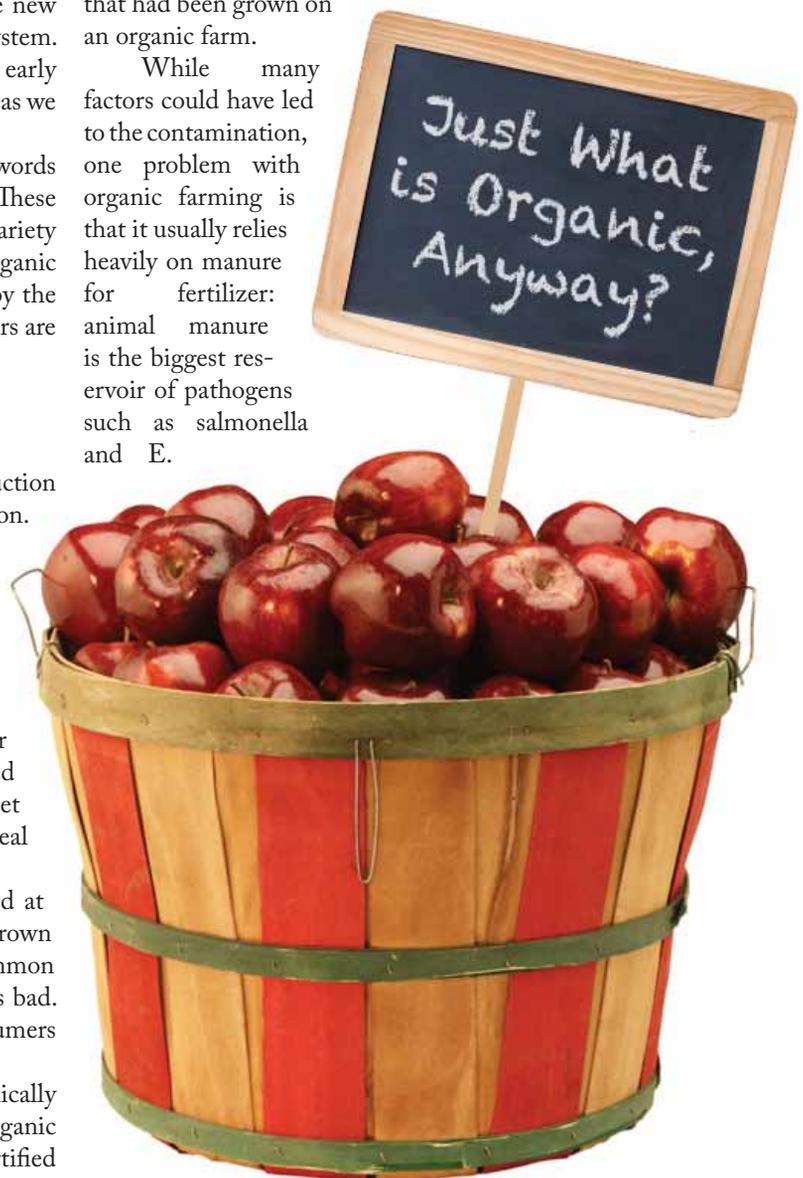
Some people believe that all organic food is produced at small, family-run farms while all conventional food is grown in gigantic corporate fields flowing with pesticides. Common wisdom often states that organic is good and nonorganic is bad. But food production practices vary, something wise consumers need to consider.

First, it is important to know that food can technically be labeled organic if it contains 5 percent or less of nonorganic products; even if the food you select has the USDA Certified

Organic seal, there may be some stray chemicals or other non-natural additives in it or on it. Furthermore, who you buy your organic produce from is also important because any producer grossing less than \$5,000 a year who advertises their products as organic is not required to be NOP-certified. This means that the small mom and pop organization at your local farmer's market may not have a government body ensuring that their products are truly organic. Even if you are careful to eat only organic food, you may unknowingly ingest non-natural substances. Growing your own food is the only way to assure that it is 100 percent organic.

Many people rely on organic food because no one likes the idea of eating food covered with pesticides, chemicals and other hazardous substances. But what about fecal matter, E. coli or sulfur? One of the less pleasant facts about organic farming is that farmers usually replace conventional chemical fertilizers and pesticides with substances such as manure, compost and copper which can create their own health and environmental concerns. Last Summer, 50 people in Germany and France died and hundreds more were sickened in the worst recorded E. coli outbreak in history; it was traced to contaminated bean sprouts that had been grown on an organic farm.

While many factors could have led to the contamination, one problem with organic farming is that it usually relies heavily on manure for fertilizer: animal manure is the biggest reservoir of pathogens such as salmonella and E.



coli. Although farmers usually compost fresh manure for several weeks before they spread it on their fields, new research shows that compost should sit for an extended period at a minimum of 160 F to thoroughly kill E. coli. Most compost piles only heat to about 130 F, increasing the risk that dangerous bacteria will survive.

## Feeding a Hungry Planet

The world's farmers have the challenging duty to feed roughly seven billion people a day, and in order to do so they must use some additives (chemical or natural) to help nourish the soil, chase away pests and increase yield. This means the carrot in your hand could either be heavily doused with potentially hazardous chemicals or exposed to manure and other products that carry their own health risks. Eating is not a risk-free activity, so it is

"...if you have never tried organic before, consider giving it a taste test to see if you prefer carrots, potatoes and other produce..."

important to know the hazards of both conventionally raised food versus organic food so that you can make the best decision for your own health and safety.

Risk factors aside, many people claim that organic food is healthier and more nutrition-dense. However, there appears to be no clear conclusive evidence on either side. Mayo Clinic states that a study of 50 years of scientific research did not uncover any clear evidence that organic food is measurably more nutritious. However, you should consider that organic produce is often smaller than conventionally grown produce and smaller fruits and vegetables are often more nutritionally dense. Americans tend to gravitate to big, bright and hefty products. In contrast, organic foods tend to be smaller and less visually appealing; surface blemishes and a less-than-perfect appearance is common with organic produce. That smaller-sized organic carrot with the funny crook at the end may be more nutritionally dense than the bigger carrot grown with chemical fertilizers.

Many people argue that organic farming is better for the earth. After all, aren't we much better off if farmers are not pouring

tons of fertilizers and herbicides onto their land that cannot only get into our food but end up in our water supply? Again, the answer is not as simple as that. Determining the environmental toll of organic versus conventional is difficult because many factors can influence different environments. Organic farming methods can be very sustainable in certain areas and less so in others. Also, only a tiny percentage of food grown in the US is produced organically, so it is hard to estimate what sort of effects widespread organic farming would have on the environment.

One drawback to organic farming is that it often produces lower yields than conventional farming, so farmers can end up using more land and valuable resources than if they switched to conventional methods. The dairy industry in particular has problems going organic. Organically raised cows produce significantly less milk than their hormone-assisted counterparts, so a dairy farmer would need more organic cows to produce more milk, and these extra cows would produce more methane. One thing is certain: As the world's population increases, we desperately need a way to both feed everyone and do so without wreaking havoc on our environment. The question is whether organic or conventional farming is best suited to do so, or if we can create a blend of best practices from both methods.

## The Taste Test

Many people choose organic food, not for moral or ethical reasons, but simply because they believe it tastes better. Store-bought tomatoes and conventionally raised eggs can taste quite bland in comparison to fresh farm eggs and ripe, juicy tomatoes from the farmer's market. Taste is a personal issue, but if you have never tried organic before, consider giving it a taste test to see if you prefer carrots, potatoes and other produce that bear a USDA Certified Organic label.

Yes, organic foods can easily cost double that of conventionally raised foods and in a struggling economy, many people are not excited about increasing their food costs. And it is true that consumers who buy organic usually spend more than if they shopped at their local supermarket, but they do so to help local farmers, support what they believe is a healthier farming alternative, and treat themselves to better-tasting food.

In the end, organic versus conventional is a personal decision. Do your research, know your facts and choose the food that you like and that you feel good about.



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# Get Out There and Make a Memory!

☺ Tips for Getting More from your Travel Experiences ☺

By Shelley Row

You are planning a big trip. You are filled with excitement and anticipation. Here are some tips gleaned from personal experience to help you squeeze the most from your travel investment of time and money.

*Location, Location, Location:* It works in real estate and it works in travel as well. Being well-located for the sites and events you wish to experience is essential. Whether it's a hotel, hostel, apartment or house, select what fits your budget but focus on the location. What looks like a short distance on a map may, in reality, be a long walk or transit journey. Those additional daily steps sap time and energy.

For us, selecting our lodging is the most important decision for the success of a trip. We take time to research the options and the locations. Two recommended books are Frommer's and Fodor's which will provide an assessment of accommodations. Along with Trip Advisor [www.tripadvisor.com](http://www.tripadvisor.com), these resources identify candidate places for further research. With Trip Advisor, you can select the hotel booking service to use for your reservation. Two favorites are [www.booking.com](http://www.booking.com) and [www.hotels.com](http://www.hotels.com). Each gives an easy-to-use summary of services and importantly, a map. Familiarize yourself with the layout of the area, the location of the attractions of interest and pick a great location nearby. It makes a difference.

*Research, but Remain Flexible:* I don't advocate scripting every minute before you arrive. However, researching the area or city before you go makes for a more fulfilling trip. It helps you to discover any one-of-a-kind events and gives you a jump on considering how to spend your time. There's never enough time so it helps to have a general idea of your priorities. On

more than one occasion, I arrived in a city only to discover that the main museum was closed the only day I had to spare. A little research would have prevented that. Arrive with a good idea of your "must do" activities, but don't plan so many that your time is completely consumed. Leave space for the magic moments that can't be anticipated.

When visiting Cordoba, Spain, we were on what my husband affectionately refers to as a "forced march" to a museum on the other side of town. As we walked, we passed women and girls in colorful, traditional dresses. Ruffles spilled over the sides of horse-drawn carriages. We talked to two young women in their festive dresses. We pieced together enough English and Spanish to learn that the annual Cordoba fair had just opened. We dropped all thought of the museum and followed the flow of people to we didn't know where. We walked through the town and across the river bridge as the crowds grew. The fairgrounds were bursting with beautifully dressed women, little girls performing traditional dances, tossing their heads and stomping their tiny feet. Men rode proudly along on prancing horses with tassels swinging from bridles. We joined in for the dancing as they patiently taught us steps to dances they learned in childhood. Just the thought still brings a smile.

*Think Local:* Reflect on your favorite travel experiences. For the best stories and memories, participating in local events wins out every time. But you have to find them. First, notice what activities are unique to the area and that are part of the life and culture of the local people. Talk to people. Ask at the tourist office and ignore the quizzical looks.

While visiting Queenstown, New Zealand, sheep were everywhere: They

were like big pillows with legs and pink noses. Wool products filled the shops. Someone somewhere was shearing these sheep. We decided that we should learn more about this. The tourist office staff was perplexed. There were no brochures, no tours except a contrived "demonstration" for tourists. But there was a phone number scribbled on a scrap of paper. That's how we met John. We traveled to his farm in his mud-encrusted truck. Tramping through a field, we rounded up a small herd of sheep into a pen. There, he selected the poor, unsuspecting victim. He guided us easily through the shearing process and when it was over, our sheep scampered off embarrassed, I'm sure, by her haircut. We emerged a little grubby, with sticky hands and happy smiles from a unique day of laughter and fun. It remains one of the best memories from any of our travels.

Make the most of your travel. Place yourself in the center of the action, do your research and get out there and make a memory.

*Shelley, author of Exploring Europe: Our Experiences While Living Abroad, resides in the Annapolis area and can be reached at [shelley@shelleyrow.com](mailto:shelley@shelleyrow.com)*

## Bay Bytes

A wireless back-up camera is now available for your car. Available at about \$100, it plugs into your cigarette lighter and attaches to your license plate. It has night vision too. For more information go to [www.PeakAuto.com](http://www.PeakAuto.com)

Success usually comes after disappointment.

# National Family Caregiver Support Program

Anne Arundel County Department of Aging and Disabilities

Mary Fridley, RN, BSN, BC—Gero-Resources, LLC

Fall 2012

## CAREGIVER WORKSHOP SERIES

### BACK BY POPULAR DEMAND: THE DEMENTIA SERIES LIVING IN THE LAND OF OZ

#### **Workshop #1: I've a feeling we're not in Kansas anymore!**

Like a tornado, a progressive dementia such as Alzheimer's disease is a life-changing event. Learn about the different types of dementias, how they progress, current research and treatments, and how to prepare for the future.

#### **Workshop #2: Follow the yellow brick road....**

Dementia-impaired people are lost in their own worlds. The disease impairs perceptions of reality resulting in confusion and disorientation. This workshop will teach participants how to effectively communicate and create a pathway to successful behavior management.

#### **Workshop#3: There's no place like home...there's no place like home...**

Requesting to go home when already home, repeating, wandering, and resistance to bathing are typical dementia behaviors. Caregivers are conflicted about what to do and feel inadequately prepared to manage them. This workshop will teach essential behavior management skills to use in everyday life.

#### **Annapolis Senior Center**

119 South Villa Avenue, Annapolis

Mondays: October 1, 8, 15

2:00 – 4:00 p.m.

*Sponsored by: Somerford Place of Annapolis*

#### **O'Malley Senior Center**

1275 Odenton Road, Odenton

Tuesdays: October 16, 23, 30

5:30-7:30 pm

*Sponsored by: FutureCare Chesapeake*

#### **Pascal Senior Center**

125 Dorsey Road, Glen Burnie

Wednesdays: October 31, November 7, 14

6:30-8:30 pm

#### **Arnold Senior Center**

44 Church Road, Arnold

Thursdays: December 6, 13, 20

6:30-8:30 pm

*Sponsored by: Home Instead Senior Care*

#### **Pasadena Senior Center**

4103 Mountain Road, Pasadena

Thursdays: November 1, 8, 15

1:00-3:00 pm

*Sponsored by: Genesis HealthCare LLC*

#### **South County Senior Center**

27 Stepneys Lane, Edgewater

Wednesdays: December 5, 12, 19

6:30-8:30 pm

*Sponsored by: Heritage Harbour Health & Rehabilitation Center*

To register for this workshop call: **410-222-4464 ext. 3043** or  
**Register on-line** at: <http://www.aacounty.org/Aging>

# Aloe Vera - Not Just Another Houseplant

By Neil Moran

I've often heard people say they're "plant killers." Give them a houseplant and they'll have it screaming for mercy before you can say "philodendron." One plant that is hard to kill is aloe vera.

Aloe vera is one of the most widely known plants in the world. It is easily identified by its fat, wide leaves and the yellowish gel-like liquid contained within. That liquid is used in so many products these days, most notably in shampoos and in ointments for the treatment of burns and minor skin ailments. The medicinal uses for aloe vera are extensive, although it has never been formally endorsed by the medical community.

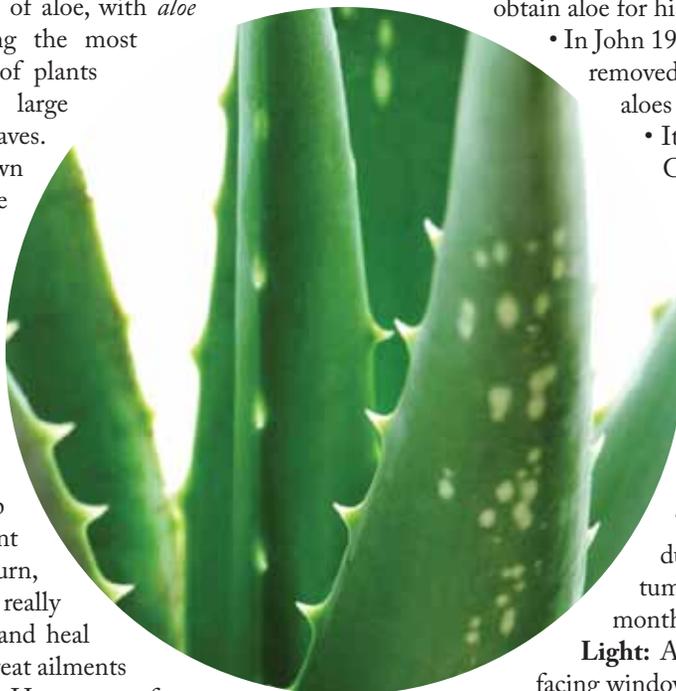
The aloe plant is believed to have originated in the Sudan. There are more than 250 species of aloe, with *aloe barbadensis*, aka aloe vera, being the most common. It belongs in a class of plants called succulents, which hold large quantities of water in their leaves. This reserve water can be drawn on during periods of drought, like when you forget to water your aloe. Aloe plants make their home in tropical regions, and of course *our* homes, where, if given reasonable care, will grow for a lifetime.

## Medicinal Uses

If you've ever opened up the inside leaf of an aloe plant and wiped the gel on a cut or burn, you know firsthand that aloe really does work to relieve discomfort and heal wounds. It is also taken orally to treat ailments of the body, such as constipation. However, as for any medication, aloe should be only used internally under the direction of a physician.

There are many more uses for aloe, such as:

- a moisturizer for the skin
- an anti-inflammatory agent (applied topically)
- settling an upset stomach
- relieving the symptoms of irritable bowel syndrome
- swabbing over a blister for quick relief
- relieving of hemorrhoids
- an antidote to allergic skin reactions
- preventing scars and stretch marks
- reversing signs of aging skin and wrinkles
- helping treat eczema
- brightening skin and decreasing skin pigmentation and dark spots
- reducing hair dandruff (when mixed with coconut milk and wheat germ oil and massaged into scalp)
- removing eye makeup



## Interesting Facts about Aloe

- The use of aloe dates back some 3,500 years. The ancient Egyptians first used aloe vera medicinally.
- The Egyptians believed aloe could enhance physical beauty, and Cleopatra reputedly bathed in aloe to entice Mark Anthony.
- Native Americans used aloe vera extensively and dubbed it the "Wand of Heaven."
- The plant is no stranger around the world. It is widely known and used in Asia and the Pacific.
- Alexander the Great thought it was worth fighting over and conquered a tiny island in the Indian Ocean called Socotra to obtain aloe for his army.
- In John 19:13 it says that after Jesus' body was removed from the cross it was wrapped in aloes and myrrh.
- It is grown commercially in the Rio Grande Valley of Texas, California and Florida, and in specially-designed greenhouses in Oklahoma.
- Aloe vera is being tested to be used as a treatment for AIDS and cancer.

To grow aloe successfully in your Bay Area home, follow these steps:

**Temperature:** Moderate temps during the Summer and into Autumn, then cooler during the Winter months (50-55 degrees is ideal).

**Light:** Aloe plants prefer a south- or east-facing window.

**Water:** Water during the Summer like you would any houseplant, that is, water when the medium looks dry. In the winter -- and this is critical -- water much less frequently (about once a month). Be sure to water with tepid water when you do so or the leaves will turn black.

**Propagation (making more plants):** To save money on this project, offshoots from larger aloe plants can be gently pried from a growing pot and replanted in fresh potting mix. Bury the roots completely and keep moist, but not overly so, until it roots. Aloe can also be propagated by leaf cuttings.

**Other growing hints:** Aloe can be grown in a shallow dish with other succulents. Sand can be mixed into the potting mix and the whole thing topped off with small pebbles to make an attractive display.

Once you find a spot where aloe is growing well, leave it alone, except to water it as recommended above.

*Neil is a horticulturist and garden writer.*

*Visit his blog at <http://northcountrygardening.blogspot.com>*

# Eat These Fiber-Rich Foods

## For Better Health, Disease Prevention and Weight Management

By Louise Whiteside

### What is Fiber?

Grandma called it “roughage.” Today we call it “dietary fiber.” Basically, it’s the indigestible part of plant food that moves through our digestive systems. Fiber can be “soluble” (dissolves in water) or “insoluble” (stays intact). When soluble fiber travels through our digestive systems, it binds with fatty acids to slow digestion, lowering cholesterol and regulating blood sugar. When insoluble fiber moves through our bodies, it bulks up and clears the colon of toxins. Both types of fiber are found in edible plants and both are equally important to our health.

### How Much Fiber Do I Need in My Diet?

The American Dietetic Association (ADA) recommends that the average healthy adult consume between 20 and 35 grams of dietary fiber a day. Most of us eat barely 50 percent of this amount, which may in part account for the huge increase in obesity in the United States. A good goal to shoot for is 25 to 30 grams a day.

Now, your reaction may be: “Fiber makes me think about mushy bran stuff and prune juice. No thanks!” But in truth, eating and cooking with fiber can be delicious and satisfying. Think of a creamy mixed-berry smoothie, made with frozen mixed berries, blueberry low-fat yogurt and vanilla ice cream (5 grams of fiber); or mashed red-skinned potatoes (skin on), made with salt, butter, low-fat sour cream, chives and pepper (4 grams of fiber). The references below contain many more tasty breakfast, main dish, salad and dessert recipes containing high-fiber ingredients.

### Which Foods Contain The Most Fiber?

Here are a few high-fiber food groups from which to select. The nutritious foods in these groups can be made into delectable meals, while you enjoy their benefits of curbing your appetite for junk food, assisting weight loss and possibly preventing disease.

#### Fruits:

- 1 medium apple = 4 grams fiber
- 1 cup raspberries = 8 grams fiber
- 1 cup blackberries = 8 grams fiber
- 1 medium pear = 5.5 grams fiber

#### Vegetables:

- 1 cup broccoli = 6 grams fiber
- 1 cup peas (frozen) = 8.8 grams fiber
- 1 cup peas (split) = 16.3 grams fiber
- 1 medium artichoke = 10 grams fiber
- 1/2 cup edamame = 9 grams fiber



Edamame (Try it frozen for a delicious late-night snack!)

#### Beans and Legumes:

- 1/2 cup lentils = 8 grams fiber
- 1/2 cup black beans = 7 grams fiber
- 1/2 cup barley = 3 grams fiber

#### Grains:

- 1 cup oatmeal (cooked) = 4 grams fiber
- 2 ounces whole wheat pasta = 5 grams fiber
- 6 cups popcorn (popped) = 4 grams fiber

### Read Labels

The foods listed are just a sampling of high-fiber items. For the best information, read the nutrition label on the back or side of a package and note the number of grams of dietary fiber the food contains per serving.

### About Carbohydrates

Fiber is only present in carbohydrates (not in protein or fat). Learn the difference between refined and complex carbohydrates: Refined carbs are more heavily processed (an example is white bread) and consequently, the body has less processing to do on its own. Refined carbs tend to raise blood sugar levels quickly, putting stress on the pancreas. Complex carbs, on the other hand, take a longer time to process and the effect on blood sugar is more gradual (an example is whole wheat spaghetti). We tend to get full faster and stay full longer when we eat complex carbs.

### About Calories

It’s hard to believe, but calories from fiber don’t really count. As fiber moves through our digestive tracts, it is not digested and doesn’t contribute calories to the food it is in. Obviously, this can contribute to weight loss. That said, extreme amounts of fiber are not recommended, and may even prevent the absorption of some vital nutrients. The best aspect of a high-fiber food plan is its ability to satiate hunger and keep us from reaching for junk food.

Try adding high-fiber foods to your diet gradually. Experiment with some of the delicious recipes in the references. You’ll be pleased with the greater sense of well-being, better health and even weight loss you’ll experience.

*Louise, a student of foods and nutrition for most of her adult life, can be reached at [louisemw@wispertel.net](mailto:louisemw@wispertel.net)*

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*The Complete Idiot’s Guide to High-Fiber Cooking* by Liz Scott  
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[www.huffingtonpost.com/20/High-fiber-foods](http://www.huffingtonpost.com/20/High-fiber-foods)

# A CITY RAMBLE

By Ellen Moyer

In 1770 Annapolitan Charles Wallace decided it was time to make another fortune, this time developing land. It was the city's golden age and with it came a demand for housing and new businesses. Wallace eyed the 5 1/2 acres of open space across from State Circle. The land had originally been set aside for the gardens, apple orchard and summer house of Gov. Francis Nicholson in 1695. Wallace was able to make a deal with the property owner and soon the land was subdivided into 28 lots. He hoped to lease the lots under the ground rent system to merchants and residents, in a mixed-use neighborhood.

Two roads that bordered the area were given the names Fleet Street and Cornhill Street after thriving commercial streets in London. For marketing purposes, this was a good thing to copy.

In London, Fleet Street on the north bank of the Thames was one of the city's oldest, having its beginning in 43 AD in the Roman trading post town called Londinium. By the 1700s Fleet Street was the communication center of the city near Lloyds of London, the Stock Exchange, the Inns of Court and Guild Halls. Popular coffee houses were the news centers of the day for business, culture and the political life of London. Lloyds was founded in the coffee house of Edward Lloyd, a popular gathering spot for marine underwriters in 1688. So were many other businesses of the time.

Back in Annapolis, Charles Wallace started building in 1770. The Kings Tavern at 41 Cornhill St. was opened in 1771 by ship Captain Beriah Maybury, a man who helped launch the art career of saddle maker Charles Wilson Peale. Down the street at 37, merchant John Brewer, husband of

Peale's sister, opened his tavern and residence in 1772. Adapting lessons learned from the 1666 great fire that left most of London in ashes, the new dwellings were built of brick from the clay bordering the waters of the Severn River. Carriage maker Samuel Hutton at 30 Cornhill, and tailor Thomas Callahan at 49 Cornhill, were the frame building exceptions.

On Fleet Street, however, brick dwellings were the exception. Built in 1784, both 49 and 51 Fleet St. remain. Cabinetmaker William Slicer built his frame shop at 45 Fleet in 1770. His is one of the few surviving demolition in the 20th century. Others were torn down, built anew and purchased by African Americans working at the US Naval Academy.

At the foot of Cornhill, archeologists with the University of Maryland who have been digging Annapolis for more than 30 years discovered the earliest known remnant in the Colonies of a corduroy road dating to the 1690s. Corduroy roads were constructed of logs over lowland, an indication that marsh land once covered the area that is Market Space today.

Located at the top of the street, the oldest known spirit bundle important to African cultures, was discovered. While Brewers Tavern listed slave holdings on the tax rolls of 1783, the bundles predate this time, leaving one to wonder about the nameless owner.

The flat iron building on a triangular lot divides Cornhill and Fleet streets. Built in 1790 by Absalom Ridgely, the residence and shop was rumored to have a back room to hold slaves before sale at the Market House. There is no evidence to confirm this story. The location served Ridgely well. When he died in 1818, he left each of his eight children \$8,000. For most of the 20th century the building housed a barbershop. Today it houses a tea shop.

Both streets are interesting walks through time. You can stroll up Cornhill Street, peering over garden gates, imagining life 250 years ago. Turn right on State Circle and right again and right on Fleet past a small park. Once the site of an old garage, it was torn down in the "Keep America Beautiful" era of the 1960s. French artist Michelle Frenick organized neighborhood kids to design a mural on the cement walls. A tree and seesaws were added. Today the mural and the seesaws are gone. Gardens are planted as a memorial to the son of Senator John Astle who grew up here. Residents now gather in the park for neighborhood picnics.

At the foot of the street, the Ideal Hotel, a simple three-story building at 14 Fleet built in the 1920s, is now a residence. The loop walk around Gov. Nicholson's apple orchard is complete.

Fleet and Cornhill streets never matched the thriving commercial success of their namesakes. As the golden age of Annapolis receded, dwellings too fell into disrepair. Forty years ago the creation of the historic district gave this area a new lease on life.

Located in the heart of Annapolis' district, the properties on Cornhill and Fleet streets once owned by Charles Wallace, one of the city's first developers, have been revived, restored and renovated. The carriage and cabinet makers and taverns are gone, the shops converted into the residences of Annapolis leaders.

*Ellen, currently a talk show host on WNAV, can be reached at [ellenmoyer@yahoo.com](mailto:ellenmoyer@yahoo.com) or 443.370.1785.*

# IS **popcorn** THE PERFECT SNACK?



By Leah Lancione

If you've ever prayed for a scientific breakthrough that would declare decadent snacks or even junk food healthy, here's some recent news that comes pretty close. Popcorn, everybody's favorite movie night mate, has recently joined the fruit and veggie "clique" of healthy snacks.

According to NBC nutrition expert Joy Bauer, "When prepared with just the right ingredients, popcorn is low in calories, heart-smart and surprisingly chock-full of healthy nutrients." In a recent report, she discussed a study by the University of Scranton in Pennsylvania that claims "popcorn has more polyphenols (antioxidant substances) than fruits and vegetables." (<http://todayhealth.today.msnbc.msn.com>)

The study findings were presented at the 243rd National Meeting & Exposition of the American Chemical Society (ACS) in March. Study leader Joe Vinson, PhD., explained that polyphenols are more concentrated in popcorn because it "averages only about 4 percent water, while polyphenols are diluted in the 90 percent water that makes up many fruits and vegetables." ([www.acs.org](http://www.acs.org)) In addition, he called the hulls (the part that tends to get lodged in between teeth) of popcorn "nutritional gold nuggets," since they contain the highest concentration of polyphenols and fiber.

Vinson even acknowledged popcorn can be considered "the perfect snack food" since it is 100 percent whole grain. He does not, however, recommend replacing fruits and vegetables with popcorn because it doesn't have all the "vitamins and other nutrients that are critical for good health."

The study revealed that the amount of polyphenols in popcorn was up to 300 mg a serving compared to 114 mg for a serving of sweet corn and 160 mg for all fruits per serving. In addition, one serving of popcorn provides 13 percent of an average intake of polyphenols a day per person in the United States. Fruits provide

255 mg per day of polyphenols and vegetables provide 218 mg per day to the average U.S. diet ([www.sciencedaily.com/releases/2012/03/120325173008.htm](http://www.sciencedaily.com/releases/2012/03/120325173008.htm))

Before you run to the grocery store to stock your pantry with this nutritious little powerhouse, it's important to note that it makes a big difference how popcorn is prepared. The study findings refer to air-popped popcorn, not the version that's drenched in butter or oil and showered in salt, like the pre-packaged kind sold in stores or the caloric and high saturated fat-laden variety found at movie theaters.

Fortunately, ditching microwave popcorn for homemade air-popped popcorn is simple and relatively inexpensive too. Both a stove-top air popper and an air popper machine can cost just \$19 to \$30, depending on the size and brand at large retailers like Target or Wal-Mart. If you don't want to buy an air popper, you can simply do the job yourself with a microwave, a bag of kernels and brown paper lunch bags. If you choose to buy online, **Amazon.com** offers organic popcorn as well as mushroom (larger flakes) and butterfly kernels, in addition to yellow, white and even blue corn and Amish varieties.

According to **tipbusters.com** the tried and true way to make your own air-popped popcorn without an air popper is to add a 1/4 cup of kernels to a brown paper lunch bag, fold it over twice, place it in the microwave and press start. Then, make sure to stop the microwave once the popping slows to a couple of pops per second to avoid burning.

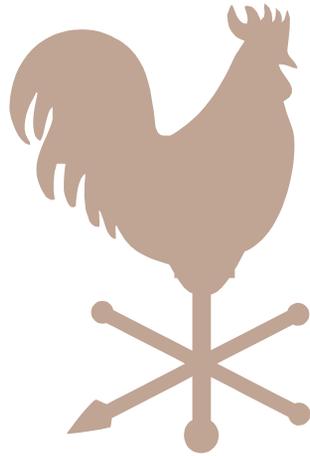
If you don't want to eat it plain—the purest and healthiest way—try adding a pinch of sea salt, olive oil or even Old Bay. There are countless recipes for spicing up plain popcorn without adding all the saturated fat, calories and sodium found in pre-packaged or movie theater popcorn. *Shape* magazine recommends adding flavor with paprika, chili powder, vinegar and pepper or cinnamon. Other recipes call for lemon pepper and parmesan cheese or even Italian or Cajun seasonings and more [www.yummly.com/recipes/healthy-popcorn-seasoning](http://www.yummly.com/recipes/healthy-popcorn-seasoning)

*Shape* has also jumped on the bandwagon by characterizing popcorn as a healthy snack in the article titled: *Healthy Snacks: 6 Foods You Can't Overdo*. The article reveals that since popcorn is "mostly air, you can eat a lot for minimal calories," i.e., 3 1/2 cups is only 100 calories. The magazine also praises its 4 grams of fiber.

So, the next time you're craving a snack or want something to nibble on during movie night, pop into the kitchen to make some homemade and healthy popcorn.



# Don't Chicken Out



(on This Hobby)

By *Melissa Conroy*

A few years ago when I was dating a former boyfriend, one night he and my parents literally ordered me out of the house so that they could discuss my “dowry.” Between them, they settled on 10 chickens and one coop as the asking price for my hand in marriage. Although we all laughed about it, he was dead serious and I have no doubt my parents would have gamely accepted whatever livestock he

brought over to the house as a bride price. However, I did a little research and determined that, calculating the current going rates for young chicks and the cost of a coop, my dowry was worth a grand total of about \$250.

Raising chickens, as a dowry gift or otherwise, can be a very rewarding and interesting hobby. They are fairly low-maintenance and provide a wealth of benefits to their owners, from fresh eggs to soil-enriching manure to meat. Even if you are a city dweller, many areas of the US allow you to raise chickens and bring a bit of the country into your backyard.

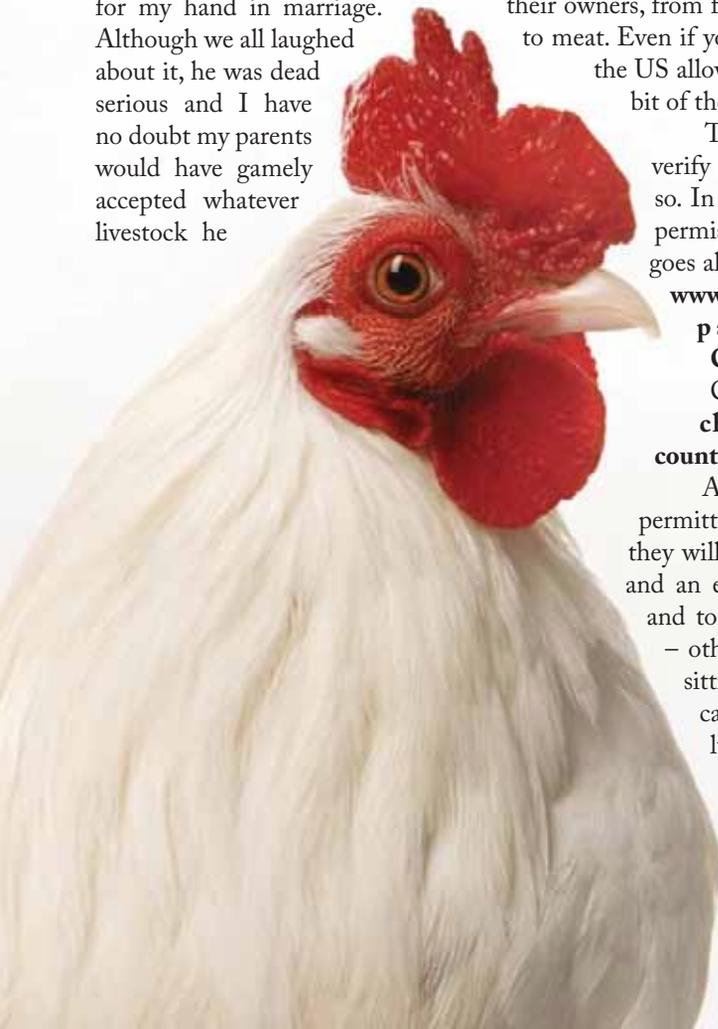
The first step to raising them is to verify that you are legally zoned to do so. In Annapolis up to five chickens are permissible, but read the fine print that goes along with it. Details are available at [www.annapolis.gov/Government/Departments/DNEP/forms/Chicken.pdf](http://www.annapolis.gov/Government/Departments/DNEP/forms/Chicken.pdf) For Anne Arundel County go to [www.backyardchickens.com/a/anne-arundel-county-maryland-chicken-ordinance](http://www.backyardchickens.com/a/anne-arundel-county-maryland-chicken-ordinance)

After determining if chickens are permitted, the next step is deciding where they will be housed. Chickens need a coop and an enclosed area for their own safety and to keep them contained in one area – otherwise you may find your poultry sitting on your car or a neighborhood cat might decide one of your birds is lunch. Choosing the right coop is important because chickens need enough space to move about and roost. One general rule of thumb

is that there should be two to four square feet of coop space for every chicken, giving them room inside for nesting and sleeping. Also, be aware that some cities have regulations about coop size, building material and other factors, so make sure that your coop fits local requirements.

You can build your own coop if you like. There are plenty of websites that offer blueprints and instructions for building a chicken coop, so if you are handy with a saw, this might be a fun project. Also, [www.backyardchickens.com](http://www.backyardchickens.com) suggests recycling an old children's playhouse or doghouse for a coop as long as you put wire fencing on the windows to keep the raccoons out. You may also be able to find used chicken coops on websites like [www.craigslist.org](http://www.craigslist.org) if you are not keen about building your own.

Along with a coop, chickens also need a protected run where they can get exercise and fresh air. An old dog's run can work because it is strong enough to keep big animals out. Chicken wire may not deter a determined dog from getting at your chickens, so make sure your chicken run has a sturdy fence with a screen on top to prevent a hawk from carrying away one of your prized birds.



*Leghorn Breed*

Flooring such as sawdust or straw helps their droppings dry out and reduces disease. Also, your run should be equipped with watering stations, shade and wading pools for the chickens to splash in on a hot day.

## CHICKS OR PULLETS, YOUR CHOICE

What type of chicken to buy? There are many chicken breeds available, and different breeds have attributes that can make them suitable for you. Most any breed of chicken will lay eggs and produce meat, but egg-producing chickens tend to have a higher egg yield while meat chickens are heavier with more flesh on their bodies. If you are interested in getting more egg for your cluck, go with a breed like the Leghorn, Red Star or Rhode Island Red. For a meaty bird, choose a breed such as the Cornish, Plymouth Rock or Sussex.

An excellent breed selector tool can be found at [www.mypetchicken.com](http://www.mypetchicken.com) where questions will be asked, followed by recommended breeds based on your answers. Your interests may be geared toward the heavyweight Brahma chicken which weighs in at more than eight pounds, the prolific egg-laying Delaware, or the Easter Eggers which lay eggs in a multitude of shades.

Once you have a breed or breeds selected, you need to decide what age your first flock should be. Mature chickens, pullets (teenage chickens) and chicks are available, but you don't want to mix babies with older chickens. Mature chickens or pullets can be best for a first-time chicken raiser because they need less attention and care than chicks. Also, they will start producing eggs sooner. Hens usually start

laying eggs between ages 16 to 25 weeks and generally will lay eggs for five to seven years. Nutrition, housing conditions and other factors can affect egg production. Generally chickens don't stop laying when they age, they simply produce fewer eggs. If you buy a younger adult flock, you can expect years of useful egg production, and if your hens eventually become poor layers due to age, they can still make wonderful pets or a tasty dinner if you are so inclined.

Baby chicks need to be raised in a brooder, which has certain requirements to keep them happy and healthy. Refer to [www.backyardchickens.com](http://www.backyardchickens.com) for details and guidelines.

## FRESH EGGS OR DINNER OR BOTH

If you are raising your chickens for eggs, they need layer chicken feed: this is high in calcium to build strong eggshells. Chickens raised for meat need grower chicken feed to build up their edible flesh. For treats, you can feed your chickens scratch (a mix of seeds and grain) or kitchen scraps such as potato peelings. Chickens are not picky eaters and will devour just about anything edible from bugs to weeds to mice!

One of the best aspects of chickens is that they produce a variety of benefits in exchange for some care and attention. Fresh eggs are one of the best bonuses of raising chickens. In general, a chicken will produce one egg a day, but this varies. Chickens do tend to lay fewer eggs in the Wintertime because light is what triggers egg production, so some backyard farmers install an artificial light in their coop over the Winter to encourage more eggs.

Chicken manure is another wonderful byproduct of chickens, perfect if you are a gardener. However, don't make the mistake of dumping fresh manure on your garden; it is high in nitrogen which can kill off your plants. Sufficient composting is required.

Although you probably will become attached to your chickens, they are livestock and can make a yummy addition to your dinner table, either when they are young or when they age and their egg production slows down. Granted, a young chicken is more tender than an older one, but an older chicken is great for a stew or slow cooking. Of course, eating a chicken means that first someone has to butcher and clean it, so if you are squeamish, you might want to enlist the help of someone in your area to do the dirty work for you.

If you are a country gal or guy at heart, but you live in the suburbs, it may still be possible to bring a bit of the rural life into your neighborhood with a few clucking, pecking new pets who will keep you in fresh eggs, meat and garden compost.

## Bay Bytes

If you're looking for tickets to the next big congressional hearing or other D.C. event, and have no time to stand waiting, log onto [www.LineStanding.com](http://www.LineStanding.com) where for \$35 they will put someone in line to obtain the tickets for you.



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NOT FOR

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WINE LOVERS ONLY

*Enjoying*  
THE PATUXENT WINE TRAIL

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*By Joanne R. Alloway*



*T*he wine business is alive and well in Maryland. Wineries encourage agriculture, tourism, land preservation, job creation and tax revenue. Startup vineyards are good business. In the Bay area, the Patuxent Wine Trail alone boasts seven wineries. If you've never visited a winery, this is a perfect time of year to go with a few friends who either love wine or don't know much about it. I went with two friends who knew nothing about wine but wanted to learn. We were unable to do wine tastings everywhere, but we had terrific experiences, enjoyed the seasonal beauty of the landscape, the tucked-away settings, met interesting people, bought some delicious local wines and made memories. You can try this with your group by trying the trail plan below. If you squeeze it all into one day, a designated driver or switching drivers is recommended for safety.

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The only active winery in Anne Arundel County is **Thanksgiving Farm** in Harwood. The Heimbuchs own and produce their wines on 58 acres. They grow, pick, ferment, age and bottle all the wines. Tastings are Sundays, 1 to 5 p.m. or by appointment. Their Meritage red is well noted. [www.thanksgivingfarm.com](http://www.thanksgivingfarm.com)

Two Anne Arundel County startup vineyards not yet producing wine are: the **Vineyard at Dodon Farm** in Davidsonville operated by the Steuart-Pittman family, and **Harness Creek Vineyards** in Annapolis, owned by Don Segal, formerly of Frederick Wineries, with the O'Sheas also vintners. Look for their wines soon.

*The fastest growing age group during the next 10 years will be the Boomers aged 55-65.*

Leave Anne Arundel County and drive south to Calvert County to start the Patuxent Wine Trail -- one of five wine trails in Maryland. This trail offers more than wineries. The views are stunning. There are many historic, panoramic and nautical places to stop along the way in Calvert and St. Mary's counties. Our first stop was **Fridays Creek Winery** in Owings. A scenic drive took us to the tasting room in a converted red barn. You can also learn about the wine-making process. The tasting room is open Thursdays through Mondays, 11 a.m. to 5 p.m. Wine selections include several reds and whites and two fruit wines. [www.fridayscreekwinery.com](http://www.fridayscreekwinery.com)



From Friday's, the drive is approximately 20 minutes to **Running Hare Vineyard** in Prince Frederick. In this beautiful, pastoral setting, a new Tuscan-style events center stands out and is now a destination for corporate and personal events. Pavilion tasting hours are Wednesdays through Sundays, noon to 6 p.m. You're encouraged to bring a picnic lunch and enjoy the lush grounds. Red, white, dry and semi-sweet wines are featured. Their Pino Grigio is acclaimed. [www.runningharevineyard.com](http://www.runningharevineyard.com)



Driving 10 minutes from Running Hare, you'll arrive at **Perigeaux Vineyards and Winery** in St. Leonard. This 27-acre, family-owned vineyard specializes in small batches of handcrafted, high-quality estate wines. Opened in 2001, they won awards by 2006, including a few gold medals. They grow and produce reds, whites and dessert wines under three labels on eight acres of vineyards. To reach the tasting rooms, drive through elegant grape arbors to a lovely restored, yellow brick home. Tastings and tours available Saturdays and Sundays, noon to 5 p.m. [www.perigeaux.com](http://www.perigeaux.com)



Next, drive 10 minutes to **Cove Point Winery** in Lusby. This small boutique-style winery is the oldest on the trail. Owned by the Lewis family, their goal is to "produce a variety of fantastic wines that even a nondrinker will enjoy, as well as impress the connoisseur." They don't disappoint with a selection of reds, whites, dessert wines and blends. The tasting room is small, not as inviting as some of the others, but still nice. Open Saturdays and Sundays, noon to 5:30 p.m. [www.covepointwinery.com](http://www.covepointwinery.com)



If your group has time and can spend the night, this is a good place to stop. Plenty of B&Bs and hotels in Solomon's -- our next stop. Otherwise, drive four miles further to **Solomon's Island Winery** in Lusby. Located on 10 acres, Solomon's Island Winery began in 2002, is now covering the gamut of specialty wines and includes a Mist Wine label. Tastings are Tuesdays through Sundays, 11 a.m. to 5 p.m. [www.solomonsislandwinery.com](http://www.solomonsislandwinery.com)

**Port of Leonardtown Winery** in Leonardtown is the next stop, 20 minutes from Solomon's Island Winery, and an unforgettable one! Tastings, tours, a gift shop, picnics, etc., are offered in a gorgeous setting. Tastings are Wednesdays through Sundays, noon to 6 p.m. First Fridays every month from noon to 9 p.m, they offer live music and local art for sale. Or go to the downtown area or the waterfront park -- both good bets. [www.portofleonardtownwinery.com](http://www.portofleonardtownwinery.com)

Last on the trail is the **Slack Winery** in Ridge. It is the farthest south, but large and modern, offering a splendid array of wines in a stunning water view setting. Their wines are meant to go with food, especially seafood. The whites are specialty winners. Many events are hosted here, especially weddings. Tastings are Wednesdays through Sundays, noon to 6 p.m. [www.slackwine.com](http://www.slackwine.com)

While this far south, why not visit historic St. Mary's City? A short drive from Slack Winery, St. Mary's is well worth your time. Then head safely home with your friends, photos, memories and favorite wines.

*Joanne, an author and freelance writer, can be reached at [jrwrite@aol.com](mailto:jrwrite@aol.com)*



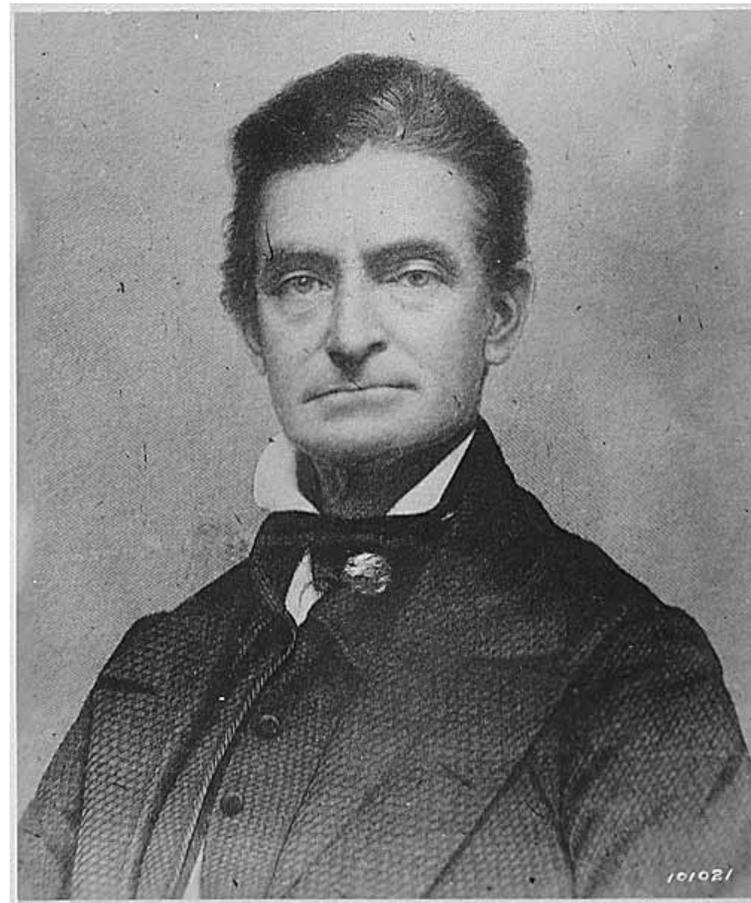
TONY HORWITZ

*Invites Readers  
To Examine History*

IN

# Midnight Rising:

JOHN BROWN AND THE RAID  
THAT SPARKED THE CIVIL WAR



John Brown, ca. 1856.  
Courtesy of the United States National Archives and Records Administration

**I**n October 1859, John Brown led a band of 18 fellow “renegades” on a mission to capture the federal armory and arsenal at Harpers Ferry—all in an effort to wage war on slavery. As the 152nd anniversary of John Brown’s raid approaches, Tony Horwitz enables readers to delve into the mind of John Brown and to investigate pivotal events in our nation’s history in *Midnight Rising: John Brown and the Raid that Sparked the Civil War*.

Here is a Q&A with the best-selling author who is currently writing a history column for *Smithsonian* magazine:

**Q: What inspired you to write about John Brown’s raid at Harpers Ferry?**

**A:** Like most Civil War nerds, I’ve always focused on the 1861-5 period, the great battles and leaders. But gradually I’ve become more interested in the question of how Americans, who for the most part shared a common language, culture and religion, came to slaughter each other by the hundreds of thousands. John Brown and his raid offer a window into that question. Also, it’s just a thrilling story with great characters.

**Q: How long did it take you to perform the necessary research?**

**A:** The research and writing took me three years of near total immersion. I tend to write as I go along, but roughly two years of archival and on-ground research and one year of steady writing.

**Q: What is it that most intrigues you about John Brown? Obviously a complicated individual, how do you think readers should perceive Brown?**

**A:** I wanted to present him in all his complexities and contradictions and let readers make their own judgment. Too often, he’s been portrayed as a madman and monster or martyr and saint. I don’t think he can be shoehorned into any easy category or understanding. I want readers to embrace their own ambivalence and consider all sides of the man.

**Q: In addition to retracing Brown’s footsteps at Harpers Ferry, what other places in the book did you visit?**

**A:** I visited Brown’s birthplace in Torrington, Conn., his childhood home in Hudson, Ohio, the sites of his famous battles in Kansas, and places connected

to his story near Harpers Ferry, such as Chambersburg, Pa, and Charles Town, W.V., where he was tried and hanged. I couldn’t go everywhere he went. -- this was a very peripatetic man -- but wanted to go to locations I thought would add depth to my research and color to my writing. The one place I wanted to revisit, but was unable, was his family home in upstate New York.

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*"...he's been portrayed as a madman and monster or martyr and saint. I don't think he can be shoehorned into any easy category or understanding."*

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**Q: While researching Brown's family and supporters were you surprised by any other figures?**

**A:** I was surprised by almost all of them. Brown wasn't a lone gunman, he was the head of a full-blown conspiracy and each of those who aided him or fought with him had a fascinating story of their own. Also, of course, a number of them were very prominent, such as Frederick Douglass, Harriet Tubman and Henry David Thoreau. Of them all, Douglass is one I could easily do years more research on. He was perhaps the greatest orator in our history and his long career from fugitive slave to administration official had countless twists.

**Q: As someone who truly believed it was his duty from God to wage war on evil, i.e., slavery, how do you think Brown would feel about suicide bombers and terrorists today who attack in the name of jihad?**

**A:** He'd disapprove of them. Brown believed in an Old Testament God and I doubt his theology would have had much room for Islam. Also, he wasn't killing indiscriminately; he believed those he took up arms against were themselves waging war by owning slaves or supporting the institution.

**Q: What message do you hope readers grasp from *Midnight Rising* and John Brown's rebellion?**

**A:** I hope readers will grasp that John Brown was a truly American figure, typical in many ways of his time, rather than some freak who was simply acting out his private demons on a public stage. Also, while I wouldn't suggest that America in 2012 is as volatile as it was in 1859, I think we can take some lessons from that period. When government fails, when the center cannot hold, change bubbles up from the extremes. Also, while no issue today has the moral clarity and urgency of slavery, what are we ignoring (at our peril) that will cause future generations to look back at us and wonder (the way we do of pre-Civil War Americans), 'what were they thinking?'

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Midnight Rising is captivating, enlightening and jampacked with detail. Horwitz has given readers the opportunity to reevaluate some of the dramatic pre-Civil War events we all learned about in school in abridged form. The book fully exposes the motives, passions and mindset of John Brown from his first bloody confrontation in Kansas to his fateful capture and hanging. By painstakingly retracing Brown's steps and unveiling historical artifacts and letters along the way, readers are able to behold the intricate mind of an individual, whether you believe he was truly an "instrument of God" or not, who was willing to fulfill his

calling. John Brown's daring crusade to end slavery and his readiness to "strike a blow for freedom" ultimately served as a catalyst for major change.



*The Tragic Prelude. John Brown. ca. 1937-42  
Courtesy of the United States National Archives and Records Administration*

*Tony Horwitz is a native of Washington, D.C., and a graduate of Brown University and Columbia University's Graduate School of Journalism. He worked for many years as a reporter, mostly covering wars and conflicts as a foreign correspondent for The Wall Street Journal. He won the Pulitzer Prize for national reporting and worked as a staff writer for The New Yorker before becoming a full-time author. Four of his books have been national and New York Times best-sellers: A Voyage Long and Strange, Blue Latitudes, Confederates in the Attic, and Baghdad Without A Map. He lives with his wife, Geraldine Brooks, and their sons, Nathaniel and Bizu, on Martha's Vineyard in Massachusetts.*

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# BOOKS:

old, new and obscure

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## MAKING PEACE WITH YOUR STUFF: BECAUSE YOU PROBABLY WON'T NEED IT SOMEDAY

BY KATER LEATHERMAN

KIWI PUBLISHING, ANNAPOLIS (2012) OR KATERLEATHERMAN@GMAIL.COM

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When I recently learned that Kater Leatherman, a professional organizer in Annapolis, wrote a book on clearing out the clutter, I *had* to get a copy. I've read countless articles about home organization, but the difference this time was that I have seen Ms. Leatherman's home. I once delivered something to her as a favor for a friend. After meeting Kater, she happily showed me around her peacefully appointed home. She even showed me the *inside* of her neat and orderly closets!

It's a joy to have friends visit my home, but I have never opened my closets for anyone. Perhaps Ms. Leatherman's book *Making Peace With Your Stuff* will help me finally arrive at that show-off-the-closets-place in life.

The great thing about this book is its simplicity. No long cumbersome chapters of endless paragraphs.

Leatherman's book is composed of 63 pages of inspirational phrases, lists and an occasional paragraph. I read the book in 30 minutes. Though I've read plenty of articles on organization, *Making Peace With Your Stuff* taught me some new ideas about clutter.

Ms. Leatherman says, "Clutter is not-

ing more than postponed decisions."

As a chronic procrastinator, this phrase gave me an "ah-ha moment." Another quote was, "A closet is a boundary; so is a wallet, cupboard, room, countertop, jewelry box, drawer, bookshelf. If they are crammed, crowded or overflowing, you have too much stuff." This very simple statement became inspirational. Suddenly my goal changed from "how could I balance more mugs and dishes in my cupboard?" to "which mugs and dishes could I give away so the rest are neatly stored?"

With the book read so quickly, I immediately started decluttering. It felt great! Yet I'll admit, my bookshelf was a challenge. I love books; parting with any is difficult. But then again, what's sadder than a book that isn't read? Remembering Kater's guide to keep surfaces 50 percent clear, I pressed on. When I was stuck, I reread the book, was re-inspired and continued to declutter. I am thrilled with the results of a neat, orderly bookshelf that can now actually be dusted.

The downside of this book is the same as its strength, it is a quick read. For those who have yet to begin decluttering, it may not explain enough about the emotional reasons we become bogged down with things or why it's worth the effort to declutter.

Then again, the simplicity of *Making Peace With Your Stuff* could be the perfect first step to a clutter-free life. As for me, this is one book I will keep on my bookshelf so I can go back to it for inspiration again and again.

~ Leslie J. Payne

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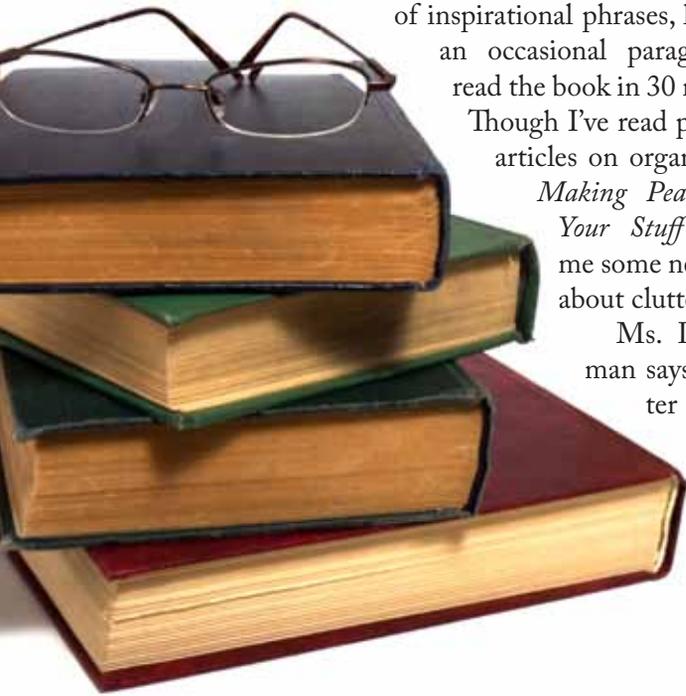
## AMERICANS IN PARIS: LIFE AND DEATH UNDER NAZI OCCUPATION

BY CHARLES GLASS

PENGUIN PRESS, NEW YORK (2010)

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From 1940 to 1944, Paris was occupied. The city was run by the Germans and as time passed, life became more oppressive and more difficult with fewer food rations, spies everywhere and the increasing complications of participating in the Resistance. Of the 30,000 Americans in Paris



at the onset of the war, some 5,000 remained. This book is their story, epitomized by the wealthy businessman, Charles Bedaux, the famed owner of Shakespeare and Company, Sylvia Beach, Clara Longworth de Brun, who kept the American Library of Paris functioning, and Dr. Sumner Jackson, chief surgeon of the American Hospital of Paris.

These four lives touched countless others, high and low, and Glass interweaves their experiences chronologically and geographically. The Resistance sneaked downed airmen through occupied France and on across the mountains to Spain and then back to England so they could fly again. The Resistance provided new identities for Jews so that they could stay in their country. It also hid many under suspicion. In the American Hospital, Dr. Jackson hid and housed a steady stream of wounded and pseudo-wounded, spiriting them off into the night but always finding a “bed” for those in danger.

The author artfully intersperses the details of daily existence with the larger drama, grounding his story in realism. Owning a radio could put one in danger. Just procuring food was a daily challenge. Gasoline was hard to get if one weren't sleeping with a German officer. Cars were replaced by bicycles. Even the metro was undependable. Ironically, those in detention who received Red Cross care packages were better fed than the average citizens who were gradually starving on rations of 1,000 calories a day.

As the allies begin to succeed, the pace picks up. The Resistance becomes more daring. As the protagonists take greater risks, the turning tide begins to make everyone aware of recriminations sure to follow for those suspected of “collaboration” with the Germans. *Americans in Paris* is a page-turner, for each of the protagonists fought his and her own war in a unique way, with very different results.

~ Tricia Herban

## EXPLORING EUROPE: OUR EXPERIENCES WHILE LIVING ABROAD

BY SHELLEY ROW  
SHELLEY ROW & ASSOCIATES, LLC.  
ANNAPOLIS (2012)

If you love travel and the variety of experiences it affords, *Exploring Europe: Our Experiences While Living Abroad* is for you. This is not your garden variety travel book. It's written from the perspective of a couple who spent 10 months living in France and who carefully selected events and destinations across Europe to visit while living abroad. Most of us can only fantasize about what it's like to leisurely explore the richness of Europe. Shelley and her husband, Mike, took full advantage of the opportunity.

*Exploring Europe*, recently named a Global eBook Award finalist, captures the stories. Shelley has a way of writing that places you in the moment with the sights, sounds, smells and feelings of each location and event. You will squeeze into the narrow, dark caves in the Dordogne to marvel at the prehistoric paintings; sit for hours on a hot, French roadside for the exhilaration of a few seconds of Tour de France cyclists pedaling inches away; hike through the Swiss Alps past mountain peaks and flower-dotted meadows filled with happy cows, their bells clunking peacefully as they graze. You'll be swept up in the city-wide rivalries of Siena's Palio horse

race and marvel at the elaborate light shows of Lyon's Fête des Lumières, a festival that started with votives lining window sills to thank Mary for sparing Lyon from the plague.

One of the things that captivated me about this book is that Shelley shares the emotions she felt when places struck a chord. Her story of attending *Carmen* at the famed La Scala opera house in Milan, Italy, was a touching tribute to her father who, living in a small Texas town where opera was unknown, ignited her curiosity. Then there was Normandy. The story of visiting the beaches of Normandy was capped by a personal account from Mike of an interview years ago with a prominent Annapolis man who was part of the invasion at Omaha Beach.

The experiences chronicled in *Exploring Europe* stack up like books on a shelf. Shelley and Mike traveled from sea to shining sea, in this case from the English Channel to the Mediterranean. It would be easy to get caught up in the big events, but it was the little events - a laugh, a conversation, or a touch - that make Shelley's stories come to life. You will wish you could have been there in person but you will be glad you traveled along through each page of the book.

~ Mindi Perry



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# All Hail Kale

By Melissa Conroy

Looking uncannily like furry lettuce, kale is not as commonly eaten as other leafy vegetables such as spinach or arugula. Although you've probably seen frilly sprigs of kale decorating salad bars, you may have never knowingly tried it before. If so, you are really missing out on a nutrition-dense, tasty vegetable that has much to offer.

Although technically a form of cabbage, kale is genetically very similar to collard greens. Some gardeners use kale as a decorative plant because varieties of kale grow in lovely colors like lavender and pink. While the Greeks and Romans cultivated kale thousands of years ago, the US did not have access to this vegetable until Russian adventurers introduced it to Canada in the 19th century and it migrated down to our American gardens and plates.

Kale is chock-full of beta carotene, vitamin C, vitamin K and calcium, just to name some of its amazing health benefits. Kale also has the additional nutrition punch of containing sulforaphane and indole-3-carbinol, which are both cancer-fighting elements, and carotenoids for eye health and additional anti-cancer properties. WebMD calls kale "one of the healthiest vegetables on the planet," noting that a cup of kale has 180 percent of your daily requirement of vitamin A, 40 percent of magnesium, and 1,020 percent of vitamin K. (Note: Those taking anti-coagulants should ask a doctor before eating kale because the vitamin K levels may interfere with their medicine.) Kale contains more than 45 flavanoids, compounds that are excellent at protecting heart health. Kale has also been noted to lower the risk for prostate, bladder, colon, breast and ovarian cancer due to a group of chemicals it contains called isothiocyanates. Finally, kale is rich in fiber, which is very important for weight loss and digestive health.

Kale has a strong taste and it may take a few tries before you adjust to its flavor, but this wonderful vegetable can be incorporated into many dishes so that you can benefit from its amazing nutrition in a way that has you coming back for more. Although kale is available all year, it is at its peak in the Winter because cold weather produces sweeter kale. Look for kale with firm, dark green leaves and store it in the coldest part of your fridge because it will turn quite bitter when it goes bad. To prepare, rinse

under cold water, cut the leaves from the stem, and chop into pieces.

Kale can be eaten raw, but you can increase its health properties by steaming it: This helps the fiber-related components in kale bind more effectively with bile acids that work with your digestive system to lower your cholesterol levels. However, either cooked or raw kale still provides excellent nutrition and cholesterol-lowering properties.

Raw kale can be added to your regular salad or made into a wilted kale salad. (Wilting it will make it sweeter and tone down some of its strong flavor.) To wilt kale, place it in a large bowl, add some salt, and mix it very well by hand. The kneading action will help soften and sweeten it. Then let the kale sit for about 20 minutes. Add balsamic vinegar, olive oil or other condiments to taste. Kale can also be added to the blender with some fruit to make a nutrition-packed smoothie or throw it in your juicer with some other vegetables and a lemon to make a healthy drink.

Roasted kale makes for a tasty snack.

After rinsing a bunch of kale, chop off the stems and strip out the tough center ribs. Tear leaves into large pieces. Dry and place in a large bowl, sprinkling the kale with olive oil, garlic powder, salt and pepper. Mix it up with your hands and then spread it on a large cookie sheet. Roast at 425 F for about 10 minutes. Roasted kale needs to be watched as ovens vary. You want crispy kale, not burned to a crisp. Best do a trial run before the real deal.

Cooking with kale offers many more options. If you are going to cook kale, you can enhance its nutrition by sprinkling it with lemon juice and letting it sit for five minutes before it goes into the pot. To steam it and boost its cholesterol-lowering powers, place the kale in a steam basket over boiling water for 10 minutes. Since kale is a fibrous plant, it stands up well to long cooking and can be added to soups and stews without disintegrating into mush. In fact, kale grows sweeter the longer it is cooked.

As Fall wanes and there is less green, leafy produce, try kale for a healthy and hearty vegetable. It is delicious, nutritious and versatile.





# APP IN A SNAP

By Gail Fowler

On a wonderful trip to France recently, I had the opportunity to try out a few of the travel-related apps that are downloaded on my smartphone. And I was able to learn just how useful some were or weren't.

The first one I tested was **GateGuru**. In addition to real-time flight status information, it tells you what amenities are located inside a particular airport. And it organizes these amenities, very helpfully, by concourse. In this case, we were traveling from Washington Dulles to Paris Charles de Gaulle. We knew we'd need to arrive early and wondered where we might spend some time and get a bite to eat after checking in and clearing security at Dulles. Our concourse was C, and **GateGuru** told us about a spot called *Vino Volo*. Not only did it provide customer reviews for this little gem of a place, the app also had a coupon entitling us to a dish of their delicious warm seasoned olives. As an aside, *Vino Volo* was started by one of the owners of Ravenswood Winery in the Napa Valley. If you like nice wines, the boutique selections are excellent and the little plates are just enough to keep your appetite satisfied before you board your flight. And to make the pre-departure wait even more user-friendly, Dulles has free Wi-Fi.

Our experience using the **Google Maps** app in France was a bit less satisfying. It's not that it doesn't work, because it does. It's just that it doesn't work the way it should work in France. French road signs do not use route numbers the way we do. The primary route designators on French signs are upcoming towns. The route number may or may not be shown (in small print) at the top of the sign. The Google Maps app provides directions using route numbers, and rarely gives town indicators. This made for a somewhat confusing, sometimes amusing and occasionally frustrating experience trying to wend our way through the charming villages in the south of France to our various destinations. Until Google starts to provide directions 'a la

Francaise', my suggestion would be to let Michelin be your guide or get a GPS in your rental car.

For our apartment in Paris, we used the **Airbnb** app and website. **Airbnb** is a listing service for people who have places to rent, a service somewhat akin to Vacation Rental by Owner. The app provides photos, descriptions, prices and user reviews. You can book right from the app, and pay in US currency. We also used TripAdvisor to book hotels in the south of France. (On a road trip to Sarasota earlier this year, we made almost exclusive use of smartphone apps to find lodging along the way.) Once we knew how far we might drive for the day, we consulted Priceline's **Negotiator** app to research where we might stay. While you can book right on the app, you need to be careful, as your reservation may be nonrefundable. We typically drove to the lodging site and asked if they would honor the **Negotiator** price. Most of these types of apps have counterpart websites, so that you can use them from a computer as well as a smartphone.

With all these helpful, even essential tools so close to your fingertips, you really can travel the world with almost everything you need in the palm of your hand.

*Gail is a retired IT professional living in Annapolis. She can be reached at [GTFowler@gmail.com](mailto:GTFowler@gmail.com)*

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# GROWING UP

By Nancy Lincoln Reynolds

When you raised kids, the Fall always meant new school clothes. This was not an act of vanity but of practicality. Kids grow. Fast. And we had to keep pace with that growth, not just in clothing them but in adapting ourselves to their changes. We had to match their maturing with a growth of our own.

As children's worlds expanded to include independent steps and actions, parental worlds underwent a somewhat opposite but equal reaction. Children embraced what they discovered about and for themselves while we let go of what we once held: them!

It is an odd shift, this turning over the reins of life to our newly adult children. Years of protective and guiding instincts make it almost counter intuitive to "allow" them that control. And yet it happens, and must happen, in order for all things to move forward (including our-

" Forward movement persists and it all yields new life ultimately. "

selves). "It is a tender time," remarked a dear friend when her son turned 18. Well said. None more tender and bittersweet.

The Bay Area offers us many images of beginnings, maturing and letting go. Mostly they involve things coming to a destined fruition. These may guide us. From a distance, if we have been lucky, we may have been able to observe the nesting and hatching of mallard ducks in tall grasses, or the molting of blue crabs, the first flight of a heron or even the seeding of 4 million oysters. Driving these is a built-in instinctual design that assures the best possible chance of survival...from parental protection to ideal environmental conditions. Because nothing can be guaranteed, even these can carry risk at every turn. Still, the drive overrides the fear. Forward movement persists and it all yields new life ultimately.

All of this involves launching in some form in order for them to mature. None of it happens quickly. Not with the Bay animals and not with our children. All take time; and courage, perseverance and patience.

While we watch the Bay process with curiosity and intrigue, the intersection of the completed child and "adult onset" is almost constantly poignant. The child-adult fluctuates between proclaimed independence and wondering when dinner will be ready. He or she may enjoy public recognition for achievement and still wish to be called by a pet nickname at home. We parents must balance acceptance with a sentimental grief.

Acceptance acknowledges the gift entrusted to us and the reality of temporary custody. It means that we relinquish rights of authorship and ownership in the face of a uniqueness that can only be Creator-inspired. Acceptance celebrates, actually, new life without regret or a desire

to return to the past. Grief certainly past, but as much as anything, the grief is the loss of who we were during their beginnings. It may be the loss of a time so treasured and the loss of who we knew ourselves to be during that time.

Do Bay animals share such emotional complexity? Probably not. While the mallard mother may fiercely protect her young, in the wake of tragedy she will yield to a merciful instinct and begin again. They are to be envied this implicit faith in nature. We may learn much from such a faith if we allow ourselves. Knowledge is a both blessing and burden in our scenario. While we welcome the conscious awareness and ability to mold and guide, we wrestle with limitations knowing there is only so much within our purview of control. We cannot dictate outcome with any real certainty any more than the blue crab can avoid predators or the heron can escape an oil spill.

We hold out, nonetheless, one final knowledge. One that no envy or grief can challenge: There is often no greater joy and satisfaction than being able to let go and watch our children thrive.

*Nancy is the associate pastor at Woods Presbyterian Church in Severna Park. She can be reached at [nreynolds@woodschurch.org](mailto:nreynolds@woodschurch.org) or 410.647.2550.*



# 10 Things

## You (Probably) Didn't Know About Pumpkins

**1.** Pumpkins, formerly known as "pepon," probably originated in Central America. Indians used them not only as a foodstuff, serving them dried, baked or boiled, but for medicinal purposes to treat such things as parasites.

**2.** Pumpkin, supplied by the Indians, was one of the three foods that probably kept the Pilgrims from starvation during their first Winter. The other two foods were corn and fish.

**3.** Pumpkin seeds contain valuable vitamins, minerals and omega-3 fatty acids and can be served toasted with a sprinkling of seasoning for a delicious snack [www.cooks.com](http://www.cooks.com)

**4.** It takes about 40 to 100 days to grow a pumpkin, depending on variety and size. They require lots of water and sun, but once established require little care

as anyone can attest to who has had volunteer pumpkins growing where last years' pumpkins were tossed.

**5.** For a pumpkin patch in your area where you can pick your own, log onto <http://pumpkinpatchesandmore.org/>

**6.** The largest recorded pumpkin weighed over 1,800 pounds and was grown in Minnesota.

**7.** Pumpkin can be served broiled, boiled, fried, baked, stewed, stuffed and in soup. It is interchangeable with squash in most recipes.

**8.** Little pumpkins "spookies." are used primarily for decoration. They can be combined with odd shaped gourds and a few Autumn leaves for an interesting table decoration.

**9.** Pumpkin is a good source of vitamins A, C and E. It is loaded with beta carotene and has no cholesterol and boasts less than 50 calories per cup.

**10.** Jack-o'-lanterns were probably introduced to this country by the Irish and Scotch who also carved faces on turnips or beets to scare away evil spirits. For a source of interesting ways to carve your own jack-o'-lantern, log onto [www.marthastewart.com/275573/pumpkin-carving-and-decorating-ideas/](http://www.marthastewart.com/275573/pumpkin-carving-and-decorating-ideas/)



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**IT'S POSSIBLE**

# Seasonal Eating that Begins with the Letter "A"

By Susan Singleton

Do you remember an old saying about eating an apple a day to keep the doctor away? There was something to that well-known maxim and too many people underestimate the value of good old apples. An apple is one of the best whole fruits, containing valuable minerals, vitamins, enzymes and fiber. Here are the details:

## Fiber

Apples are rich in fiber pectin, which is essential in maintaining a clear complexion, metabolic balance and low blood pressure. Pectin (soluble fiber) lowers not only cholesterol but body fats. How great is that? Apples improve indigestion and also help with some digestive concerns. There is evidence that eating apples will help clear up both diarrhea and constipation.

## Antioxidants

Apples are full of antioxidants to fight free radicals and support our immune system, heart and brain.

## Detox

Apples and their juice serve as a detoxification and cleansing food, which is beneficial for the liver. They cleanse the intestinal tract with fiber, which is also very helpful if you want to maintain

a healthy weight or to lose extra pounds. The pectin in apples not only reduces cholesterol, but also removes toxic metals, such as lead and mercury and the residues of radiation.

## Energy booster

It is also a good healthy snack and natural energy booster. Apples lower blood sugar and make us happier and less stressful, which reduces emotional depression. Nature gives us apples in the Fall, when the nights get longer and seasonal depression might occur. Nature's well-timed remedy.

But we do have to remember that apples contain natural sugars, so we have to get some exercise to maintain the same weight if we eat a lot of apples.

Keep in mind that apples contain the highest level of pesticides (along with peaches), and that means that buying organically grown apples is your best bet.

Choose to reap the benefits and healing properties of apples by incorporating them into a seasonal eating regime. Try these simple and tasty recipes to elevate everyday dishes with a few staples from your pantry and the fabulous apple. They all are an exceptional compliment to a flank steak or roasted chicken.

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## Spiked Mashed Sweet Potatoes:

Simmer 1 lb peeled, cubed sweet potatoes in boiling water for 10 minutes. Add 2 large, cored, chopped Fuji or Pink Lady apples and cook for another 10 minutes. Drain and add 1/2 tsp. salt and 2 Tbs. each prepared horseradish and unsalted butter; mash until chunky.

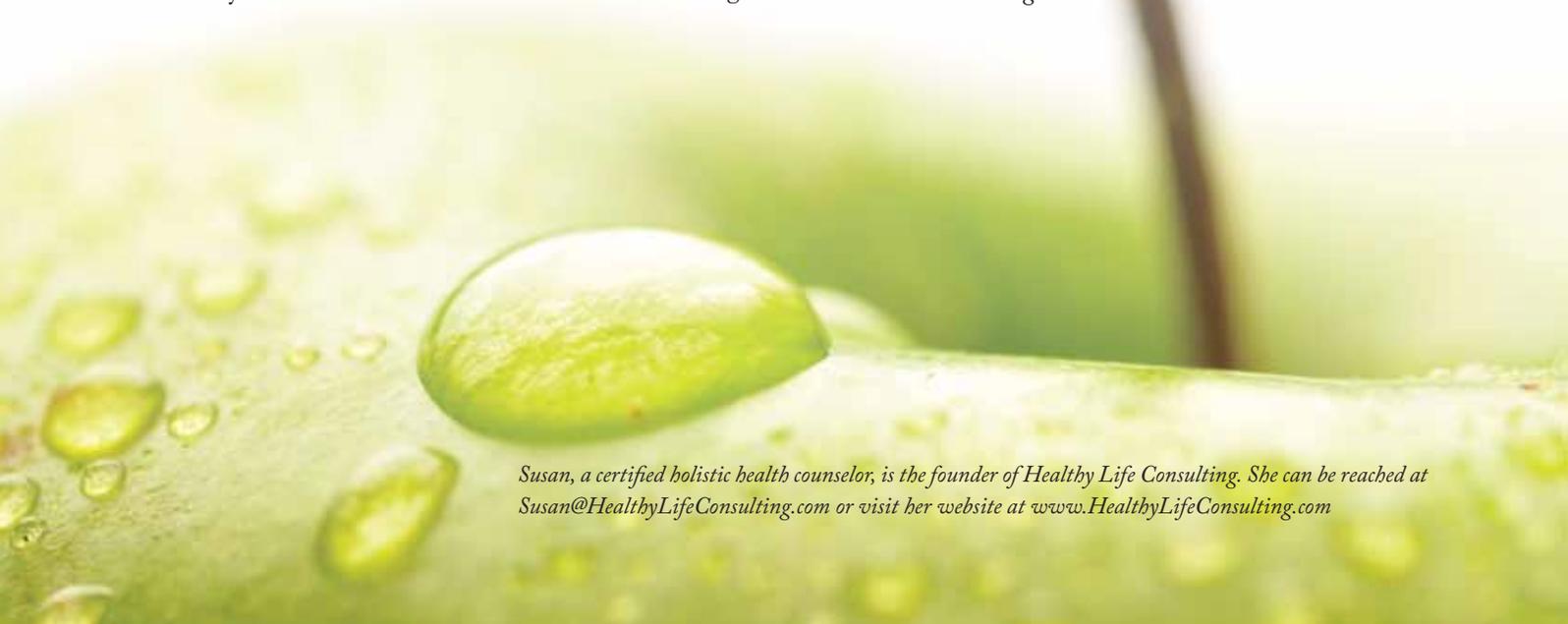
## Fruity Slaw:

Whisk together 1/2 cup light sour cream, 1/4 cup light mayonnaise, 3 Tbs. prepared horseradish, 2 Tbs. apple cider vinegar, 1 tsp. agave nectar and 1/4 tsp. each salt and pepper in a bowl. Toss with 2 cored, shredded Granny Smith apples, 1/2 cups peeled, shredded carrots, 1/4 cup scallions and 2 Tbs. golden raisins.

## Horseradish Relish:

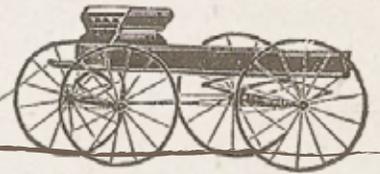
Toss together 1 large Granny Smith and a red variety apple, both cored and julienned, 1 large, thinly sliced shallot, 2 Tbs. horseradish, 3 Tbs. fresh lime juice, 1 tsp. freshly grated lime zest, 1 tsp. agave nectar and a pinch of both salt and pepper.

\*Recipes adapted from *Clean & Simple Magazine*



Susan, a certified holistic health counselor, is the founder of Healthy Life Consulting. She can be reached at [Susan@HealthyLifeConsulting.com](mailto:Susan@HealthyLifeConsulting.com) or visit her website at [www.HealthyLifeConsulting.com](http://www.HealthyLifeConsulting.com)

# Ask the Undertaker



By Ryan Helfenbein

When it comes to Halloween, my family has always been the go-to source for unique costumes. Perhaps it's due to my line of work, or simply the fact that this industry breeds creative thinkers. Whatever the reason, we often end up creating the neighborhood kids' costumes. It is also common during this time of year for people to ask questions about my family's profession.

Hollywood has certainly done its part to raise unusual questions, and the tales we tell around the campfire simply exacerbate these visions. "Do you believe in ghosts?" is a common one, and I can assure you that if I did, I wouldn't be an undertaker. "Are you scared of the dark?" Well, my wife swears that I am. "Do decedents frighten you?" As my father has always said, "It's the living you need to worry about." Finally, the ever so popular, "Can individuals sit up after they pass away?" I've heard that one more times than I care to count.

Whether it is a graveyard as the source of Frankenstein's brain or a coffin for Dracula to rest in, the undertaker has always had some sort of role to play when it comes to scary movies. Hollywood loves the ever-so-popular act of a "man rising out of casket." As a matter of fact, it is not uncommon for people outside of Hollywood to have reported this occurring. Just recently, during a presentation, a woman told a story of seeing this with her own eyes. In addition, a fraternity brother of mine told a similar story of the same thing happening when he was a child. With this said, in the 100-plus combined years my family has spent in this industry, we have yet to see such levitation. Nor have any of my family members come in contact with an undertaker who has seen it in "real life."

How has this myth become so ingrained in movies and folklore, or better yet, why do so many people swear they've seen this occur? Maybe it's a tall tale that dates back to the days before modern preparation (embalming) or even modern

medicine? This could be true as there were many mechanisms created for the prevention of a premature burial, as discussed here in the last issue. Maybe it is a case of mind over matter, as the repeated images in scary movies create suggestions in our minds. Or, as some people say, "Perhaps it is due to air build up or even rigor mortis." Maybe that's it. Rigor mortis takes place in the body after death and can cause the muscles to tighten, perhaps even contract, making the individual sit up. But wait a minute here, according to the book *Forensic Taphonomy: the Postmortem Fate of Human Remains* by William D. Haglund, "... rigor mortis does not cause muscular contraction and, Hollywood movies to the contrary, dead bodies do not sit up, grasp objects, or walk about due to rigor."

It's a relief that that question is finally answered. Or is it? It was reported in June of this year that just prior to a funeral, a decedent in Brazil sat up, turned to the assembled mourners, asked for a drink of water, then laid back down. According to the *Christian Post News*, the decedent in question was rushed to the hospital where he was pronounced dead -- for a second time. It may well be that the individual was not deceased the first time. In addition, the family must have had a difficult time doing

the services for a second time, because that funeral director most likely turned in his license, headed out of town and is now far removed from this line of work.

So a body cannot sit up after death? Then what about hair and fingernails? Don't they keep growing after death? Believe it or not, this is another question I've often heard. But again, this is another popular misconception. What gives the impression of hair and nails growing is the fact that the skin shrinks a bit after the embalming process is completed. This is due to dehydration that occurs shortly after the procedure is finished. So, another myth exposed.

As the costumed trick or treaters arrive on your doorstep this year, perhaps you'll find yourself thinking of other questions concerning undertaking. But let's hope that rather than conjuring up eerie thoughts of what may or may not occur after death, you're thinking, "Wow! I wonder what local undertaking family made that costume?"

*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*

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# Caregivers: TAKE CARE OF YOURSELF

The 11th annual Caregivers' Wellness Day invites caregivers to attend the free event on Nov. 10 to help them help themselves. Caregiver Wellness Day provides multiple opportunities:

- INFORMAL CAREGIVERS TAKE A BREAK FROM THE EVERYDAY STRESS OF CAREGIVING.
- YOU PARTICIPATE IN EDUCATIONAL SESSIONS FOCUSED ON CARING FOR YOU.
  - QUIET TIME IS AVAILABLE IN THE CENTER'S BEAUTIFUL COURTYARD.
- YOU CAN MEET NEW FRIENDS WHO SHARE THE SAME DAY-TO-DAY STRESSES AS YOU.

At Wellness Day, participants will have opportunities to enjoy mini-massages, hand massage, healing touch or acupuncture for stress relief. Speakers are still being scheduled, and will include Mary Fridley, founder of Gero-Resources LLC, as well as Sandy Berkeley, Mary Chaput and Jennifer Sapp of the Anne Arundel County Department of Aging and Disabilities.

Topics include "How can a care manager help me?" "Planning for the holidays" and "Identifying your support network," among others. The annual event is free for anyone taking care of a family member, neighbor or friend, but not for professional caregivers. Area businesses and organizations will attend to share their information and door prizes will be presented.

Transportation may be available upon request, a catered lunch is offered and entertainment is planned.

Free in-home respite care and free out-of-home respite care will be provided by Active Day Centers.

The Wellness Day is Saturday, Nov. 10, from 8:30 a.m. to 3 p.m. at the Annapolis Senior Activity Center, 119 S. Villa Ave. For information, call 410.222.4464, Ext. 3043. Wellness Day registration information will be posted on [www.aacounty.org/aging](http://www.aacounty.org/aging) later this fall.

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## SPOTLIGHT - WHO IS THE UNDERTAKER?

*"Spotlight" is a new column that we'll be including in each of the coming issues.*

*Inquiries come in often asking who we are. This column will provide answers to many of those questions.*



Ryan Helfenbein learned early on that growing up in a funeral business home made life interesting. Most kids' parents didn't get calls from school teachers because their children were drawing caskets in the classroom. And you can probably pretend to be a superhero, cop, cowboy or rock star, but you probably don't play undertaker.

But there were advantages. Living above a funeral home in what was then a very rural community on the Eastern Shore, Ryan and his brothers learned first-hand from their father the high level of dignity and respect that accompanied his line of work. And Ryan discovered other pluses. The parking lot made a great arena for street hockey games and the funeral home made a great spot for hiding from babysitters.

The unique upbringing still remained front and center. Babysitters seemed to change faster than the weather. Summer family vacations were always taken at the annual funeral directors convention in Ocean City. Without trying, Ryan learned the ways of an undertaker. He remembers well the time his dad came to him on the day the family was to leave for a two-day sailing trip to

explain the adventure was off. This sort of thing happened all the time, but this trip had been planned for months.

"We can always go sailing another weekend, where this family cannot alter what has happened to them," his father said.

Without Ryan knowing it at the time, the seed had been planted. But through most of his formative years, he never considered entering the family business. Ryan and his brothers went off to college, graduated and later could proudly say that they were among only 12 percent of licensed funeral directors with bachelor's degrees. It was during his college years that Ryan realized that not all funeral homes were operated the same way. He began to appreciate the way his father ran the business -- from top to bottom. His father would transport the body, handle arrangements with the family, make preparation procedures, dig and open the grave, set up the burial tent and equipment, create the outer enclosure for the grave, work the funeral service and fill in the grave. He would even come back years later to make sure the markers at the site were still in good standing.

As a practicing undertaker now, it is not surprising that Ryan, too, is taking the same all-inclusive approach. Ryan notes that history is repeating itself in other ways as well. When his son reached 4 years old, he heard the boy tell his Lego men, "It's time to go back to the funeral home." At least he is not drawing caskets in the classroom ... yet.



## WHAT TO DO ABOUT MOM

*I'm one of four siblings who are arguing about the care of our 92-year-old mother. As usual, I'm the peacemaker. My oldest brother, who lives across the country, wants to micro-manage from a distance. My youngest sister, who lives closest to my mother, behaves like a martyr. And my other brother has simply checked out because he can't take the conflict. How can we negotiate this challenging time without ending up estranged?*

Just when we think that we've outgrown all of those old sibling roles and rivalries, along comes a crisis like the decline of our parents to bring into sharp focus those issues that were simmering in the background, even when it appears that there has been surface harmony for many years.

Those positions we held as children and old tensions and alliances may rear their ugly heads as accusations of selfishness or neglect, attitudes of blame and contempt, struggles for the right to make decisions or the shifting of responsibility onto one or more parties. Lurking in the background may be the possibility of battles over a future inheritance. The fallout from these struggles can impair the family's ability to come together to support their aging parents and can even poison interfamily relationships with resentment and bitterness long after their parents' demise.

While in some cases it may be necessary to enlist an unbiased professional such as a counselor or clergy member to mediate and resolve the issues, give it a go first with two major goals in mind:

- 1.) Reaching an agreement about your mother's current physical and mental condition and her level of required care, and
- 2.) Improving the lines of communication. Prepare to address the first goal by gathering reports from her doctor and any other professional, such as a social worker or physical therapist, who has been involved with her care. Ask these practitioners to write a simple letter outlining her condition and their recommendations so that you may share them with your out-of-town siblings. And, of course, consider your mother's wishes to the extent that she is able to express them.

After they've had time to digest these reports, convene a meeting for the stated purpose of developing a common understanding and vision. Preferably, this meeting would be in person but, if necessary, use Skype or a group phone call. All parties should be allowed to express their views, but try to keep the conversation on point: reaching an agreement about your mother's condition and care requirements. When the conversation strays into criticism or personal attacks, guide the talk back to the task at hand. In the end, it is OK to agree to disagree on some finer

points while holding an attitude that it will be best to prepare, at least mentally, for future contingencies.

Let's talk a moment about the second goal: improving communication. You must find a method to share information and encourage conversation about your mother's medical, financial and emotional needs. One of the easiest ways to do this is to set up an online discussion group, or listserv. If one of your siblings is computer-savvy, let them manage this task. If not, check out **ehow.com** for directions on how to easily arrange this through any number of online providers, such as Yahoo groups or Gmail. Use this platform to share progress notes, insurance statements, etc. Also decide upon a regular time for ongoing meetings or conference calls. Be proactive by keeping everyone involved and informed which will reduce tensions and misunderstandings.

While it might be ideal to hope that everyone plays an equal role in caregiving, that is rarely the case. In fact, the burden almost always falls to one or more siblings and often the division splits along gender roles. Rather than getting hung up on equality, what may be more realistic is to aim for all siblings to simply contribute something. Perhaps the distant brother manages the online discussion group, while another more financially blessed sibling can pay for a cleaning service. Providing relief for the primary caregiver is important, so do encourage everyone to participate in providing this respite when possible. Be creative and think outside the box with the aim of collaboration and cooperation.

Finally, try to see your siblings as they are today, rather than through the lens of typecasting them as how they behaved as children or adolescents. And if necessary, do enlist some professional mediator to iron out some of the details. Remember that how you treat each other now, during this time of crisis, will have lasting implications. It is worth the investment to ensure that your mother receives the care she needs and to preserve, and maybe even improve, the relationships between all siblings.

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

What are you waiting for?

## BAY CREATURES: NUTRIA

On a crisp early Fall morning, the tidal marshes of the Blackwater National Wildlife Refuge on Maryland's Eastern Shore sparkle in the sunlight. The verdant wetland carpet is flecked with gold as the mature grasses sway in the Autumn breeze. Soon the marsh will wither and turn brown, but it will not die. Winter storms and scouring ice will shear away the emergent vegetation. But even in the depths of Winter the marsh renews itself, replenishing its nutrients, preparing for its Spring rebirth in its endless cycle of productivity.

Salt marshes are among the most productive ecosystems on earth and Blackwater's 27,000 acres of marsh are the most extensive in Chesapeake Bay. They serve as nursery grounds, feeding areas and protected habitat for hundreds of species of animals, birds and plants. Every acre of salt marsh produces nearly 10 tons of organic matter a year, more than even the most productive land-based agricultural system. This enormous productivity fuels the marsh ecosystem and nearby coastal waters. Salt marshes also buffer and protect adjacent land areas from the encroaching sea and filter harmful pollutants. And they are beautiful to behold.

But an observant visitor to Blackwater would note that not all is well. The marsh meadows are pockmarked with muddy holes. Bare, ragged furrows cleave the green expanses as if haphazardly plowed by a drunken farmer. Large swaths of marsh are barren. The refuge has been losing several hundred acres of marsh a year, a phenomenon repeated throughout the mid-Atlantic. And perhaps half of the Bay's wetlands have disappeared since the 1700s.

Scientists have identified several reasons for the decline of the area's marshes, including rising sea level and associated erosion. But a primary culprit is a harmless-looking small mammal that is not native to the region—the nutria.

Nutria are brown, furry, semi-aquatic animals about two feet long from nose to tail tip, and weigh up to 25 pounds. At first glance they might be mistaken for a beaver or muskrat. But the nutria's round, scaly, rat-like tail and bright orange incisors give it away.

Native to South America, nutria were first brought into the United States for their fur in 1899. In the opening decades of the 20th century, nutria ranches were established throughout the western and southern U.S. In 1943, the federal government introduced the rodents to the Blackwater refuge and set up an experimental fur station. The subsequent decline of the commercial fur market and other economic factors doomed the nascent industry and nutria farming was soon abandoned in the

mid-Atlantic. Left alone, the nutria survived and spread.

Even if you can get past their orange teeth, there are two major problems with nutria: their eating habits and their fecundity. They are voracious vegetarians, consuming up to 25 percent of their body weight a day. Their wide-ranging diet may even include agricultural crops. They particularly favor the plants that comprise the major species of marshes. They don't just nibble these plants; they burrow into the sediment to consume the root mat—meaning that the plant cannot regenerate. As they move from the interior of the marsh to the outside they leave behind large sections of bare soil that easily erode.

Nutria are also prolific breeders. Females mature at the tender age of five months and generally produce two litters of two to six offspring a year. They're ready to breed again two days after giving birth. Small wonder that nutria populations in Louisiana and adjacent Gulf of Mexico states now number more than 20 million. And those are areas where the animals are still extensively harvested for fur and meat. Yes, some people eat nutria. Louisiana is spending \$2 million to develop and market nutria recipes. According to one promoter, "... young nutria tastes ... like rabbit."

Could the Bay Area be similarly overrun? Scientists estimate that there may already be 50,000 nutria on the Eastern Shore and that over the next half-century, rapidly expanding populations could wipe out 50,000 acres of tidal marsh, causing an economic impact of \$35 million and incalculable environmental damage.

Fortunately, a multi-agency partnership has emerged to take aggressive control actions. The Chesapeake Bay Nutria Eradication project was established in the late 1990s with federal funding. Partners include the U.S. Department of the Interior, the U.S. Department of Agriculture, the University of Maryland, and Maryland state agencies. The partnership initially focused on the Blackwater refuge, with great success. Within a decade, tracking, trapping and shooting virtually eliminated nutria from the refuge. The team is now expanding its efforts to include surrounding public and private lands.

Will we ever be successful in eliminating nutria from the mid-Atlantic area? Given the rodent's voracious appetite and breeding success, complete eradication -- if even possible -- would be a costly, long-term endeavor. Maybe the Bay Area should take a lesson from Louisiana and try to appeal to culinary tastes. Nutria burger anyone?

~ Henry S. Parker



*Photo courtesy of U.S. Fish and Wildlife Service.*

# FALL QUIZ-ACROSTIC

				1	2	Y	3	D	4	U	5	X		6	P	7	N	8	D	9	L	10	K	11	G	12	W		13	X	14	Q	15	Y	16	H					
		17	Q	18	B	19	C	20	U	21	S	22	O		23	K	24	H	25	C	26	T		27	L	28	O	29	X		30	P	31	A	32	R	33	O			
34	V	35	M			36	X	37	T	38	D	39	I	40	R	41	W		42	O	43	L	44	T		45	H	46	C	47	I	48	B		49	T	50	V	51	S	
52	R	53	Q	54	D			55	E	56	D	57	F		58	K	59	W	60	N	61	P		62	M	63	H		64	M	65	A	66	L	67	Q		68	L		
69	Y	70	V	71	M			72	U	73	S	74	Q	75	I	76	T	77	L	78	F	79	A		80	C	81	B	82	L		83	I	84	R	85	E	86	H	87	L
	88	T	89	W	90	M			91	C	92	H	93	L	94	K	95	T	96	B		97	S	98	E	99	N	100	C	101	T	102	U	103	L	104	J		105	S	
106	P	107	G			108	E	109	C	110	S	111	N	112	B	113	J	114	H	115	W	116	Q		117	L	118	G		119	O		120	V		121	Q	122	L		
123	W	124	Y	125	M	126	O			127	A	128	M		129	S	130	Q	131	M	132	L	133	J	134	U		135	Q	136	W	137	L		138	U	139	L			
140	Y	141	M	142	I			143	E	144	T	145	Q	146	N	147	W	148	X	149	M		150	H	151	A	152	W	153	X	154	M	155	O	156	E	157	D		158	G
159	L	160	H	161	F	162	W	163	X	164	M	165	T	166	B	167	J	168	U		169	O	170	E	171	F	172	X	173	M	174	T									

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## Directions

1. Read the definitions and supply the correct words over the numbered blanks.
2. Transfer the letters to the corresponding squares in the diagram.
3. Reading left to right, the completed diagram poses a trivia question. Words are separated by black squares.
4. Reading down, the first letters on the numbered blanks give the subject category followed by the answer to the trivia question.

Please visit [amazon.com](http://amazon.com) to order Sheila's book, **Quiz-Acrostics: Challenging Acrostic Puzzles with a Trivia Twist**, published by Puzzleworm.

Sheila can be reached at [acrostics@aol.com](mailto:acrostics@aol.com) or visit her web site: [www.quiz-acrostics.com](http://www.quiz-acrostics.com).

- |  |   |
|--|---|
| A. Stew or setter  | <u>127</u> <u>151</u> <u>65</u> <u>79</u> <u>31</u>   |
| B. Snacks  | <u>81</u> <u>18</u> <u>96</u> <u>112</u> <u>166</u> <u>48</u>   |
| C. Christopher Lee role  | <u>100</u> <u>19</u> <u>80</u> <u>91</u> <u>109</u> <u>25</u> <u>46</u>   |
| D. Protection from cruel and unusual punishment: ___ Amendment | <u>38</u> <u>3</u> <u>157</u> <u>56</u> <u>8</u> <u>54</u>  |
| E. Ghost   | <u>108</u> <u>143</u> <u>98</u> <u>156</u> <u>55</u> <u>170</u> <u>85</u>   |
| F. At any time   | <u>57</u> <u>171</u> <u>161</u> <u>78</u>   |
| G. Louse eggs  | <u>11</u> <u>158</u> <u>118</u> <u>107</u>  |
| H. Masked  | <u>45</u> <u>86</u> <u>63</u> <u>150</u> <u>92</u> <u>24</u> <u>114</u> <u>16</u> <u>160</u>  |
| I. Relish  | <u>142</u> <u>39</u> <u>83</u> <u>75</u> <u>47</u>  |
| J. Single out  | <u>167</u> <u>113</u> <u>133</u> <u>104</u>   |
| K. JPEG alternative  | <u>94</u> <u>10</u> <u>23</u> <u>58</u>   |
| L. Rare (4 wds.)   | <u>66</u> <u>77</u> <u>27</u> <u>132</u> <u>159</u> <u>82</u> <u>139</u> <u>117</u> <u>93</u> <u>103</u> <u>87</u> <u>9</u> <u>68</u>     |
| M. Doing the grunt work (3 wds.)                               | <u>122</u> <u>137</u> <u>43</u>   |
| N. Addams' Family butler                                       | <u>62</u> <u>164</u> <u>128</u> <u>71</u> <u>90</u> <u>149</u> <u>64</u> <u>173</u> <u>35</u> <u>131</u> <u>141</u> <u>125</u> <u>154</u> |
| O. Plurality   | <u>60</u> <u>7</u> <u>99</u> <u>111</u> <u>146</u>  |
| P. Phishing, e.g.  | <u>169</u> <u>28</u> <u>119</u> <u>42</u> <u>22</u> <u>155</u> <u>33</u> <u>126</u>   |
| Q. Jumble  | <u>30</u> <u>6</u> <u>106</u> <u>61</u>   |
| R. Four-wheeler  | <u>17</u> <u>135</u> <u>14</u> <u>145</u> <u>130</u> <u>121</u> <u>74</u> <u>116</u> <u>53</u> <u>67</u>                                  |
| S. Crass   | <u>84</u> <u>52</u> <u>40</u> <u>32</u>   |
| T. Weak (hyph.)  | <u>73</u> <u>51</u> <u>105</u> <u>129</u> <u>110</u> <u>21</u> <u>97</u>  |
| U. 8th month of the pre-Julian calendar                        | <u>88</u> <u>95</u> <u>26</u> <u>76</u> <u>37</u> <u>101</u> <u>144</u> <u>174</u> <u>49</u> <u>44</u> <u>165</u>                         |
| V. Wiccan  | <u>138</u> <u>4</u> <u>168</u> <u>102</u> <u>72</u> <u>134</u> <u>20</u>  |
| W. Enlightening (hyph.)  | <u>1</u> <u>34</u> <u>70</u> <u>120</u> <u>50</u>   |
| X. Sensation   | <u>147</u> <u>41</u> <u>89</u> <u>152</u> <u>162</u> <u>115</u> <u>136</u> <u>59</u> <u>123</u> <u>12</u>                                 |
| Y. Darkness  | <u>13</u> <u>29</u> <u>36</u> <u>5</u> <u>163</u> <u>148</u> <u>172</u> <u>153</u>  |
|  | <u>124</u> <u>69</u> <u>15</u> <u>2</u> <u>140</u>  |



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