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Winter TABLE OF CONTENTS 2013

FEATURES

- 6 FIGHT FATIGUE THIS SEASON
- 8 START PLANNING YOUR FAMILY REUNION NOW
- 9 CHRISTMAS IN ST. MICHAELS
- 10 NOT JUST MORE STUFF
- 17 VISIT A CHRISTMAS TREE FARM
- 20 LIGHTS OF CHRISTMAS
- 21 SIX NEW YEAR'S RESOLUTIONS
- 29 ANTIETAM NATIONAL BATTLEFIELD ILLUMINATED
- 32 10 THINGS YOU PROBABLY DON'T KNOW ABOUT CHRISTMAS TREES
- 36 FUZZY, CUTE AND VERY DESTRUCTIVE
- 39 FLYING WISH PAPER
- 42 TAKE CHARGE FOR A SIMPLER, STRESS-LESS HOLIDAY SEASON

IN EVERY ISSUE

- 5 YOUR THOUGHTS
- 23 ASK THE UNDERTAKER
- 27 LEGAL INSIGHTS
- 33 ART VIEW: SEASON'S GREENINGS FROM THE BOTANIC GARDENS
- 38 BOOKS: OLD, NEW AND OBSCURE
- 43 DEAR VICKI
- 46 OUTLOOK FOR THE BAY: THE POOR MISUNDERSTOOD BARNACLE
- 47 ACROSTICS

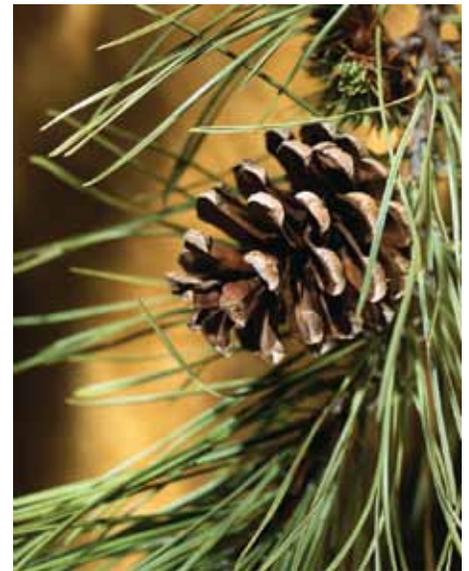


ARTICLES

- 7 MAKE A DIFFERENCE
- 11 WHAT IN THE WORLD IS A CCRC?
- 12 WORKING AT HOME: MYTHS, TRUTHS AND ADVICE
- 14 WHAT TO DO WHEN YOUR NEST IS NO LONGER EMPTY
- 18 WHY DO SOME PEOPLE NEVER GET SICK?
- 24 GETTING OVER THE HUMP
- 30 FAVORITE AND FABULOUS FINDS
- 31 HOW TO LEAVE YOUR LIFE STORY IN COLOR
- 37 A LEGACY TO A FRIEND
- 44 ELIMINATING THE YUCKS NATURALLY

DEPARTMENTS

- 16 BAY HEALTH: GLAUCOMA - TREATMENT OPTIONS
- 22 BAY DINING: SERVE A SIDE DISH OF HISTORY THIS THANKSGIVING
- 26 BAY DINING: GIFTS FROM YOUR KITCHEN
- 28 BAY GARDENING: HOUSEPLANTS FOR YOUR GOOD HEALTH
- 34 BAY REFLECTIONS: THE UNCLUTTERED LIFE
- 35 BAY ENTERTAINMENT: CHORALE PRESENTS PROGRAMS
- 40 BAY DINING: HE COOKS



ON THE COVER:

Michael Alin and his wife Ann Carroll recently moved from Silver Spring to Annapolis. Michael retired as executive director of the American Society of Interior Designers, while Ann is a documentary film producer and writer. They now enjoy discovering all the attractions in the area, from jazz and theater to tennis and hiking.

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\$24.95 per year
bimonthly (6 issues)

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ISSN#1948-044X

OutLook by the Bay is distributed throughout Anne Arundel County, in sections of the Eastern Shore and Baltimore. It is available free of charge in seniors centers, county libraries, hotels, coffee shops, doctor offices, supermarkets, senior communities, book stores, restaurants, private clubs, real estate offices, health clubs, hospitals and at all of our advertisers and is mailed to select homes in the Bay area.

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Recently I sent a letter to an advice columnist in response to her column in a local newspaper. The young columnist had answered the question of a reader who wasn't convinced that she and her new husband should have kids. The columnist told the couple they needed to be aware that in making the decision to have kids, they would be setting aside about 18 years of their lives. This brought peals of laughter from my friend Tricia who had called to tell me she'd read the column. She and her husband were busy caring for their second granddaughter and planned to be happily sharing the joy and the workload with the parents. From that perspective, I gently let the columnist know that I was approaching 30-plus years of parenting and going strong. There doesn't seem to be any letup. And that, by the way, is not a complaint.



Parenting never stops as any good parent out there will tell you. It doesn't just switch off at some arbitrary date. We're fortunate that our offspring all live in the area. It does involve reliving some rites of passage, such as our grandson's recently trying to get his license on the third try. We've done this before. We know the routine, but still we tried to be there in mind if not in body. This time, however, we found more humor than drama in the event. The reminiscing about our own offspring going through the same trauma made for more than a few shared laughs.

Of course there are moments that we'd prefer to not know about because we've been through our own uncomfortable times and don't need to relive them. Recently, while rehashing some of our shared history with Jan, an old friend in Boston, we reminisced about an awkward scene from our past, which was anything but humorous at the time. As upsetting as the event was, in hindsight we found the entire misadventure to be hilarious! It's far more comfortable to review and share the past with lots of good humor.

I would love to have a chat with the young bride who had queried the advice guru, but it would take more than a letter to convey an understanding of what a parent faces. No one I've ever known has ever been prepared for the irreversible changes that take place when you choose to bring little lives into this world. Life will never be the same again. On the plus side you quickly learn about caring, sharing, compassion, patience, forgiving, listening and a love that won't ever quit. The negative side could be that outcomes don't always turn out "right." Regardless of the circumstances, what remains is a love that will pull at your heartstrings forever.

What that young bride also needs to understand is that life is going to present challenges no matter if you are part of a family, are a single person or part of a couple that chooses not to have children. There is no perfect lifestyle. It all involves choices that each of us must make on our individual journey.

My point of view is that there is nothing like it. Raising and being responsible for young lives is one of the most challenging, rewarding and toughest and endless jobs ever created. Nothing is more memorable, discussed more often, rehashed and enjoyed.

We're fortunate that we're still involved, even if it's usually in the role of amused spectators. We did it, we have no regrets and can't imagine the direction our lives would have taken had we chosen not to. So, to the would-be mother who wrote the advice columnist, we urge you to know what you're in for and know that it's going to be a lot longer than 18 years.

LETTERS to the editor

SIX-DEGREE STORIES

Just picked up the new issue. I LOVED the editorial. I too still think life is full of delightful surprises. Six-degree stories always touch my heart; yours about your friend being married in your grandfather's remote church brought a smile to my face. Your story about the Ogunquit Playhouse in Maine reminded me of my own travel discovery of the Peninsula Players, with their Summer theater situated on the shores of Lake Michigan in Door County, Wisconsin. I can still hear the waves gently lapping on the pebble-filled shoreline.

Thanks for another great issue.
Gail F., Annapolis

THE UNCLUTTERED LIFE

Just received OBTB. Enjoyed "The Uncluttered Life." I grab any book on simple living from the new non-fiction section at the library. I find them soothing. I just gave a friend, who complained of a lack of storage, a book called Throw Out Fifty Things. My daughter and I made a New Year's resolution a few years back to throw out one hundred things each year. We got pretty competitive until my husband raised the protest flag on my deep-sixing his stuff. Until then we had fun with the rules.

*Jan F
Hingham, MA*

Wonderful editorial, however, Ogunquit is the correct spelling of that southern Maine town ... The playhouse has slated The Rat Pack is Back for one of next year's productions! Catch it if you can.

*T. Peirpan
Whitefield, ME*

GLAUCOMA

Since the article on glaucoma in the Fall issue coincided with my diagnosis of that condition, it gave me some needed insight regarding testing and treatment options. I was pleased to see the follow-up piece which clearly explained exactly how the pressure in one's eyes is regulated and effects of elevated pressure if left untreated. While I understand how just about any machine, vehicle or tool works, I confess I have never had occasion to learn (or even wonder about) the mechanics of my own eyes. Understanding elevated intraocular pressure and its consequences provided the motivation I

need to remain diligent in the use of my eye drops. My thanks to Doctor Dodd.

*J.P. Craven,
Jamaica Plain, MA*

Thank you very much for your role in making the Artisan Boutique one of the most successful years ever! Attendance was noticeably up from last year. This is unquestionably due to your efforts to help get the word out to the public and you have made a difference!

Best for a happy and healthy holiday season--
Leslie S., Arnold

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THREE IDEAS
for
EST. ????
SURVIVING
A Midlife Crisis

By Terry Portis

I was a teenager when I first heard the term “midlife crisis.” A man I knew who had just turned 50 left his job, his church, his wife and his children. He bought a red sports car, started wearing a big gold chain and began dating much younger women. When I told a family member what was going on, I was told, “Oh, he’s having a midlife crisis.”

How do you recognize a midlife crisis? What are its symptoms? According to *The New York Times* editorial page editor, Howell Raines, “It typically begins with mild twinges of dread, disappointment and restlessness that tiptoe in on little cat feet. Then in some cases, the cat feet turn to elephant feet.”

Some experts question whether or not the midlife crisis is a myth. Periods of difficult life adjustment, especially after major life events such as the death of a family member, personal health crisis or job problems can affect a person at anytime. Perhaps these periods of personal crisis in a middle-aged person affect more people and are more shocking for an age group often known for their stability and dependability.

Sometimes, instead of an event causing a crisis, a general dissatisfaction can trigger a midlife crisis. People feel they are stuck in a rut and have been for years. They look in the mirror and just are not satisfied with who they are and where they are in life. This disappointment and frustration can build, causing a person to one day “lose it” and head down the road to the stereotypical midlife crisis.

Whatever the reason, be it an event or a feeling of boredom and constant fatigue, here are three ideas that may help you survive a midlife crisis.

MAKE SMALL CHANGES NOW

Sometimes small changes make the biggest differences over time. Here are some easy ideas to think about:

- Try going to bed and reading for an hour instead of falling asleep in front of the television.
- Take a lunch break and eat with different people everyday instead of eating at your desk.
- Take different classes at AACC to see if one of those activities is for you.

- Visit a house of worship to explore or strengthen your spiritual side.
- Change your day if you have the flexibility to do so. Go to work earlier or later, change when you eat meals or stop spending Sundays on the couch.

FIND OUT WHAT IS REALLY HAPPENING

A midlife crisis can be a wake-up call that leads to positive change. Sometimes we have a small voice in the back of our minds that we just ignore until we reach a crisis point. Here are some things the voice may be trying to tell you:

- The truth is, you have neglected your health.
- Too much of your life has been given to your employer.
- You have not spent enough time with the important people in your life. Downsize to take some of the stress out of your life.
- You are spending too many hours in frivolous activities that could be better spent making a difference in people’s lives.

VISIT A LIFE COACH OR A COUNSELOR

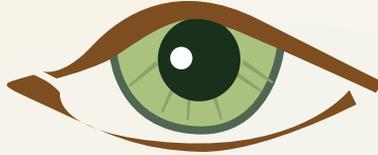
Most men flinch at the very suggestion of seeing a counselor. They imagine sitting in a room, talking about how they feel and their relationship with their mother, while being expected to cry on a regular basis. This sounds about as appealing as spending a week in a Guantanamo Bay cell.

The good news is that counseling can and frequently does take the form of life coaching. In fact, some counselors list that as their specialty. They can help you to develop strategies and alternatives to reach the changes or goals you are seeking. It can be very helpful for an objective third party to suggest ways to change careers, improve relationships or find some new activity to help improve your life.

Finally, a midlife crisis does not have to end in burning bridges and broken relationships. It can lead to a healthier, happier and more meaningful life if managed properly.

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

The **EYES** *and the Nervous System:* **STROKES**



By Michael J. Dodd, MD

The eyes are intimately involved in the human nervous system. It is estimated that the visual system occupies more than 40 percent of the central nervous system. The visual system not only perceives the external world (in color), but aids in balance, controls the coordinated movement of the eyes and manages focusing near and far. Therefore, injuries or damage to the central nervous system can often show signs or symptoms in the visual system. The term “stroke” is medically known as a cerebro-vascular accident, or CVA.

A “stroke” is used to denote one of 2 different disorders: a hemorrhage in the brain substance from a leaky blood vessel or a blood clot in a vessel in the brain.

In the first case, a hemorrhage in the brain causes damage in the immediate area around the leaky vessel. If the leaky vessel is a tiny capillary, the damage is relatively small and may cause minimal symptoms or damage. If the leaky vessel is large, it can cause considerable damage in a large area, or even cause death. This type of hemorrhagic stroke is seen in elderly patients who often have high blood pressure. A “TIA” or transient ischemic attack, is a temporary spasm or narrowing of a tiny blood vessel in the brain. There is no permanent damage from this type of episode.

The second type of stroke is from a clot which moves through the arterial blood vessels until it comes to a narrow enough vessel to stop moving. At this point it blocks blood from passing and the brain tissue downstream is starved of oxygen and nutrients. If the clot is tiny and only a small area is damaged, the patient may have little or no symptoms. But if the vessel is large, the damage may be substantial.

So what is the role of the visual system in these disorders? As noted earlier, if the damaged area of the brain is small there may be no visual symptoms. But patients may have considerable loss of side vision if the area affected is great. There is a part of the visual system called the optic radiations. These are nerve fibers that start in the retina and go back through the optic nerve; then half of the fibers cross to the opposite side of the brain, while half

stay on the same side. The fibers arc through an area called the parietal lobe and end up in the most posterior part of the brain - the occipital lobe where the brain perceives what the eyes see. If the nerve fibers are injured by a stroke as they pass through the parietal lobe, the patient will notice that half of their field of vision is missing. And the field loss is on the opposite side of the stroke. So a hemorrhage of the right parietal lobe will cause a left field defect of both eyes. If the stroke is large enough, the patient will also have weakness of the extremities on the left side as well. The blood supply to the parietal lobe is carried by the middle cerebral artery, a relatively large artery. This artery is commonly involved in strokes. Patients with loss of side vision have difficulty reading and cannot pass a driver’s test. Some patients can recover some of their visual field deficit months after their stroke. The eyes can be very important in diagnosing strokes and may aid in determining the degree of recovery possible.

Dr. Dodd is a practicing ophthalmologist at Maryland Eye Associates located in Annapolis, Prince Frederick and Upper Marlboro, as well as an instructor at the University of Maryland Department of Ophthalmology. He can be reached at 410.224.4550 or mjddm1@gmail.com

Bay Bytes

To identify all those wondrous things found in nature such as wildflowers, birds, mammals, etc., log onto www.eNature.com/FieldGuides

Looking for an Easier Way to Travel?

TRY THE AUTO TRAIN

By Penelope Folsom

Recently we had the opportunity to travel to Florida via the Auto Train. It proved to be an interesting, comfortable and affordable way to avoid the over 15-hour hassle of Route 95. After departing from Lorton, Virginia, at 4 p.m. it was an unexpectedly delightful experience. We avoided crowds by choosing to travel mid-week. In fact, most cars were less than 50 percent occupied. The primary reason for taking the Auto Train is to leave the car transportation to Amtrak, and that's much easier than it may sound. It involves surrendering the car at the station prior to picking up your ticket. You turn over the keys and the attendants take care of the rest. It's as easy as that. There are friendly faces to offer any assistance that you may need.

Checking in with Amtrak makes airline travel look like a maze going through the Amazon jungle. At both Lorton and the destination of Sanford, Florida, there is a well-organized check-in counter with no lines. The reservationist will ask for a photo ID and, a bit like a cruise ship, they will ask what seating you'd prefer for dinner: 5, 7 or 9. You will then have a choice of where you would like your seat: close to the dining car, the lounge car or in the no-kid car. (This is, after all, the train that disembarks very close to Disneyland.) There are choices of accommodations which you took care of when making your reservation. The choices range from lean roomettes with single bunks to luxurious superliner bedrooms. Seats are, however, more than adequate so a roomette may not be required. The reclining seats in the passenger cars are spacious, providing drop down trays, leg rests and electric outlets. Wide windows offer panoramic views of the countryside.

Check-in is up to one hour before departure. A waiting room unlike any railroad waiting room I've ever seen is bright, airy and comfortable. There's a convenience food service and numerous big screen TVs that are quietly in the background.

Passengers with rooms are on the lower level as are the restrooms. Those choosing to travel in their seats and not in a private room are one short flight up. The train ride is for the most part smooth as it travels nonstop through the countryside. The only complaint might be that as the daylight fades, one doesn't get to enjoy some of the scenic vistas. Passengers can enjoy free coffee and light snacks that are always available in the lounge car, where game playing and socializing takes place. Alcohol and soft drinks can be purchased at the bar.

When each of the three dinner times is announced, passengers are directed to a table for four. This gives one a chance to meet people. We were seated with an MIT student from China and a fellow traveling for the first time without his wife. It made

for lots of interesting dinner conversation. The meal is served at no cost and was adequate, offering both a carafe of wine and dessert. After dinner you can walk to the lounge car for a movie, drink or game of cards before settling in for the night. By 9 or 9:30 the overhead lights are turned off in most of the cars, leaving a reader with one small light. Early to bed is encouraged and most don't refuse. Pillows and blankets are provided although it's preferable to bring your own. This is easily done as there's no weight restriction on the two bags you are allowed to carry. We took large canvas boat bags that held not only pillows but a computer, a board game, books, snacks, iPhone charger and magazines. The time passed quickly, but when 6 a.m. arrived, it was a relief to stretch and walk down to the open seating, free breakfast, another opportunity to chat with fellow travelers.

The train arrived in Sanford later than scheduled, but none of the passengers seemed at all vexed. Most appeared to be of the age when one is free of deadlines and over-scheduling.

Cars were delivered promptly in an organized fashion and we were delighted to see our bikes, for which we had to sign a hold harmless waiver, intact and still attached to the bike carrier on the back of our SUV.

For reservations and information, log onto <http://tickets.amtrak.com/itd/amtrak/autotrain> When booking your reservation, keep in mind pricing is geared to your chosen travel date. Weekends are generally higher-priced. Flexibility is key if you're looking for bargains.



Photo by Ryan Crierie

YOGA FOR ANTI-AGING

By Kater Leatherman

For all you non-yoga people, read on. Sometimes the only requirement to change your life is to change the story of what you think something is or isn't. Yoga just might be one such example.

We know that our bones become brittle with age. We lose muscle tone. Our metabolism becomes sluggish and our digestive system weakens. Yoga is one form of exercise that slows down the effects of aging by reducing stress, heart rate and blood pressure as well as improving balance and flexibility. *Yin yoga* is an anti-aging style of yoga that focuses on connective tissue rather than muscular tissue. The way it works is that the yoga poses are held for several minutes so that the connective tissue around the joints can be stretched and strengthened. Joints are one of the areas most affected by age, so yin yoga keeps them healthy. An added benefit is that while you're hanging out in a pose,

you can work on clearing your mind. A mind that is stressed out can age you.

Yang yoga, on the other hand, would include Hatha, Vinyasa, Bikram, Kundalini and Ashtanga. All of these benefit the muscular tissue with their combination of movement, strengthening, stretching and, well, sometimes sweating. Things that are yang are masculine, vigorous and moving. Things that are yin are feminine, calm and still. Most classes combine stimulation for both muscular and connective tissues.

If you're interested in trying a yoga class, here are some tips for finding the right one. First, and most important, find a teacher that you like. Start with a beginner or gentle class; you can work up to the more advanced Vinyasa, Bikram, Kundalini and Ashtanga styles. Atmosphere can make a difference, so choose a studio over a chilly church basement or a gym which can be noisy. Wear loose clothing and come with

an open mind. You don't have to be flexible to do yoga. Yoga will make you flexible, both in body and mind.

Yoga is also a great metaphor for life. With less distraction from the outside world, you become more aware of how you judge yourself, your need to compete with others and what takes you chronically away from the present moment. Through practice, you will learn to treat yourself with kindness, to accept yourself as you are and to stay in your center -- all anti-aging attitudes because they sooth the body, mind and soul.

Consider this: It's never too late to start and it's always too soon to stop. The beauty of yoga is that it will change you from the inside out. And, yes, that's probably why it's been around for more than 3,000 years.

Kater has been teaching yoga for over 15 years and can be reached at katerleatherman@gmail.com

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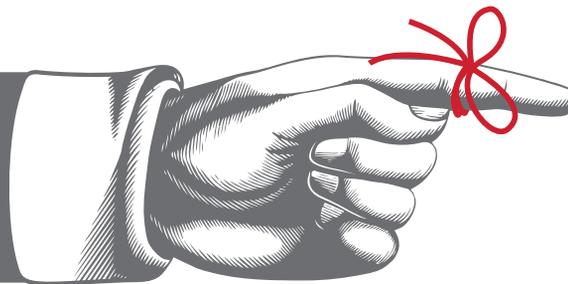


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HOW'S YOUR MEMORY



Or, Where Did I Leave My Car Keys

By Louise Whiteside

"Let's go see that movie starring what's-his-name, you know, the tall guy with the blond hair."

"How did that song go, the one we used to dance to -- something about flowers and moonlight?"

Do you ever walk into a room and ask yourself, "Why did I come in here?" Do you sometimes picture the face of the person you met last night, but struggle to recall his or her name?

Simple absent-mindedness can occur at any age. But, if you're like me, those so-called "senior moments" become more frequent with age. As we progress beyond middle age, changes occur in the way our brains store and retrieve information, making it more difficult to recall facts, names and details of everyday life.

In the vast majority of cases, our memory lapses, although annoying, are nothing to be alarmed about. Age-related memory loss is not only common, but normal and universal.

Alzheimer's disease also causes memory problems, but the symptoms are much more severe than those present in normal age-related memory loss.

You should see your doctor if (1) you feel that your memory has gotten significantly worse in the past six months; (2) you have trouble remembering how to do things you've done many times before; (3) you can't remember how to get to a familiar place; or (4) you have trouble accomplishing things that involve step-by-step instructions, such as following a recipe. These symptoms may indicate a more severe form of memory loss, and may require medical treatment.

If, on the other hand, you only occasionally experience one of those familiar, yet exasperating, memory tune-outs, here are some boosters and do-it-yourself remedies that may help:

✂ **Essential oils:** Rosemary or basil essential oil, when inhaled, can increase the brain's production of beta waves and heighten awareness. Put some of the oil on your skin or clothing, where you can easily inhale some of the scent.

✂ **Caffeine:** Caffeinated beverages can give you a short-term boost in your ability to concentrate.

✂ **Exercise:** There is some evidence that regular exercise (especially the aerobic kind, like walking) may increase the number of nerve cells in the brain.

✂ **Blood sugar maintenance:** New research has shown that even mild, non-diabetic glucose intolerance can reduce short-term memory in middle-aged and elderly people. Eating a fiber-rich diet of whole grains and vegetables and fewer "white" carbohydrates, such as white pasta and white bread, may reduce age-related memory loss.

✂ **Water intake:** The brain is 85 per cent water. At least eight 8-ounce glasses of water per day will prevent dehydration, which can adversely affect brain function.

✂ **B Vitamins:** Vitamins B-6, B-12, Niacin and Thiamin help make and repair brain tissue. Good sources of B vitamins are bananas, chickpeas, turkey, whole grains, meat, nuts, seeds, wheat germ and fortified breakfast cereals.

✂ **Cutting down on foods high in saturated fats:** Just as these fats can clog the arteries that feed the heart, so can they block those that feed the brain.

✂ **Multivitamin a day:** Make sure it contains folic acid and B-12.

✂ **Music listening:** Music improves ability to concentrate.

✂ **Challenging your brain:** Learn to play a musical instrument, learn a foreign language, do crossword puzzles, play Scrabble, chess and other challenging games.

✂ **Reducing stress in your life:** Stress hormones can affect the hippocampus, the part of the brain that affects memory. Do things that are fun and relaxing: take a stroll in the park, paint, read, keep a journal, or enjoy a cup of herbal tea.

✂ **Herbal remedies:** Consider taking the following herbs that are available at your health food store and which are believed to heighten mental acuity: Siberian ginseng, gotu kola and ginkgo biloba. Consult a health care practitioner or nutritionist for guidance in proper dosage and frequency.

In addition, there are many memory "ticklers" called mnemonics, which can improve recall, such as visualization and word association. Check your local book store or library for the multitude of books on memory improvement.

Finally, some advice from a seasoned veteran: Keep it simple. Write it down. Stick notes on the refrigerator door. And remember the age-old appeal: "I'm sorry, but I can't remember your name. Would you please tell it to me again?"

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PAYING AT THE PUMP

You know the rules on conserving gas, but with today's cost of fuel, they're worth repeating. Just a few simple steps can save you from 10 to 20 percent in gas consumption, according to the Environmental Protection Agency.

SLOW DOWN. Think about it: do you really save that much time going 80 mph instead of 60 mph? You don't, and by slowing down, you'll reduce the chances of meeting your local law enforcement officer. Maintain a steady pace. This would be a good time to read the manual on how to operate that cruise control.

COMBINE ERRANDS. Bring your list and do it all at once at the bank, bookstore, drugstore, food shop and post office. Instead of dashing out for small items, borrow whatever it is that you need from a neighbor. If the store is within easy walking distance, lace up your Nikes and enjoy the fresh air.

DRIVE SANELY. Don't do jackrabbit starts and stops. Driving schools tell new drivers to pretend there's an egg between their foot and the gas pedal. Accelerate gently.

MAINTENANCE. That means keep tires inflated properly, change the oil whenever necessary and take care of any problems promptly.

HEAT AND AC. Think before turning either of them on. Do you really need it? Are you really all that uncomfortable? Also, open windows can cause drag, resulting in higher fuel consumption.

LIGHTEN THE LOAD. Gas consumption can be cut by almost 10 percent by just removing all the extraneous junk that you've collected in your trunk and backseat. Time to clean out the car!

Look at all the benefits we'll enjoy by taking just a few steps to conserve: cleaner air from less driving, fewer traffic accidents, better health from walking or biking, and most importantly, less dependence on foreign oil.



HAVE THE TIME OF YOUR LIFE... NOW THAT YOU HAVE THE TIME IN YOUR LIFE.



For the ballet, the theater, the exhibits, the lectures. For the art lessons, the day trips, the museums. The nine holes whenever you want. For the drop-ins and drop-bys you used to wish you had the time for... You now have time for.

That is life at Ginger Cove, the premier life-care retirement community in the Annapolis area.

We invite you to tour our community, explore our amenities, and talk with our residents.

Simply call 410-266-7300 to discover Ginger Cove.



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The Maryland Historical Society, Worth the Trip

By Tricia Herban

The oldest continuously operating cultural institution in Maryland, The Maryland Historical Society, offers a trove of documents and books in its library as well as more than 350,000 objects—paintings, sculpture, clothing and textiles, drawings, engravings, toys, silver and furniture. A collection this large could be daunting, but the historical society is not the least bit intimidating. It welcomes patrons with adjacent parking and is fully accessible to the handicapped. Exhibits are well-designed and informatively documented with information about each object readily at hand.

Temporary Exhibits

Special exhibitions on view at present feature Maryland's military experiences. **In Full Glory Reflected: Maryland during the War of 1812** will be on display through the bicentenary of the end of the war in 2015. Filling an entire gallery floor, this presentation follows the evolution of settlement, society, trade and transportation. Baltimore grew from a small town to a bustling seaport as clipper ships expanded trade with countries around the world. Trade, in turn attracted pirates and foreign navies who preyed on the ships and impressed the seamen. The ensuing war was largely fought on the seaboard with Maryland in the center of the action. Although the burning of Washington and the "Defense of Baltimore," which occasioned Francis Scott Key's poem the "Star Spangled Banner," have become the basis of legend, this exhibit grounds those episodes in historical fact. Objects from the collection bring those experiences to life: a cup from 1814 owned by Samuel Etting, a canteen used in the Battle of North Point on Sept. 12, 1814; the original manuscript of the "Star-Spangled Banner" and Rembrandt Peale's portraits of Joshua Barney, George Armistead and other "defenders of Baltimore."

Inventing a Nation: Maryland in the Revolutionary Era, a collaborative exhibit with the Maryland State Archives, displays Revolutionary War era materials including life-sized portraits by Charles Willson Peale, swords, uniforms and personal items of George Washington, the Marquis de Lafayette, Tench Tilghman and William Paca.

Divided Voices: Maryland in the Civil War is the state's largest and most comprehensive Civil War exhibit. Occupying more than 5,000 square feet, it presents the war in three phases: the beginning period when it was a romantic undertaking, the real war that followed for several grim years and the long reunion afterward. A video time tunnel in 3-D transports viewers back to 1861. On Saturdays and Sundays, the Maryland Historical Society Players perform short vignettes about the lives of Harriet Tubman, John Wilkes Booth and Clara Barton.

Two additional temporary exhibitions highlight Maryland history. **With an Artistic Eye: Folk Art at the Maryland Historical Society** has been recently expanded. Drawing on the

collection of more than 10,000 textiles as well as toys, jewelry, pottery and painting, it presents the unique creativity and talent of untrained and often unknown craftsmen and women as well as a display of Baltimore album quilts and crazy quilts, some of the finest in the country.

Four Centuries of Maryland History, the most recently installed exhibition, features an eclectic group of objects from the state's earliest history to the present. The diverse objects include an original granite marker from the Mason-Dixon Line, and an ancient Native American cooking vessel used centuries before English settlement.

Permanently on Display

Served in Style: Silver Collection of the Maryland Historical Society includes examples of 18th, 19th and 20th century silver selected from the museum's collection of more than 4,000 silver objects. English silver used in Colonial Maryland history provides a further insight into the culture of our forbearers.

Furniture in Maryland Life offers a chronological display of the manufacture, design and function of furniture made and used from 1634 to 2000. Treasures of the decorative arts—silver, porcelain and paintings—provide an effective setting for remarkable examples of painted furniture from Baltimore, the empire style and early folk pieces as well.

Nipper's Toyland: 200 Years of Children's Playthings highlights the extensive collection of toys made and used from the early 19th century through the mid-20th century. Of special interest are beautifully constructed and furnished dollhouses, miniature environments which provide insight into the cultural artifacts and daily life of their times.

With hundreds of thousands of objects in its collection, the society can only display a fraction at any time. The collection's wealth of visual and documentary information is continually studied by scholars who use the museum's collection as well as its remarkable library.

The Maryland Historical Society

201 West Monument St., Baltimore

Phone: 410.685.3750

www.mdhs.org

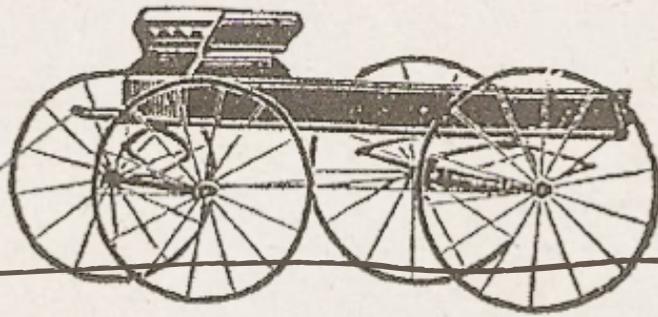
Hours: Weds. through Sat. 10-5 (museum and library);

Sunday 12-5 museum only

Admission: Adults: \$6, seniors: \$5, students with ID
and children 18 and under: \$4

Gift shop: No shop, although some items are sold
at the reception desk.

Ask the Undertaker



By Ryan Helfenbein

My wife recently had our third child. What we found to be rather interesting is that immediately after the birth, friends and family called and emailed, asking when they could swing by to congratulate us. Many of them offered to bring us meals and to watch our other two children while we acclimated to this life-changing event. As appreciative as we were, all my wife and I truly needed was to get some rest, gather our thoughts and prepare ourselves for the coming days, and even years. After the first two weeks of having our new baby home, phone calls dropped off, fewer friends stopped by and the delicious home-cooked meals became carryout from the local restaurants delivered by yours truly. This was eye-opening because many individuals who experience a loss of a loved one go through the same scenario. Yes, a very different emotion, but the pattern is the same: an inundation of assistance almost immediately, and less when we might need it more. So when and what should we do for our close friends and family who experience a life-changing event, such as the death of a loved one? Better yet, what shouldn't we do?

First let's identify that all we want to do for our grieving friend is to make it clear that we are available to help, and most importantly, we want to show that we care. If we do this only a short time after the friend has suffered a loss, then we tend to get back to the daily activities of life and work, and our own family. Then comes the void, when visitors are needed most. Any major life change, whether happy or sad, can be followed by a period of letdown or even depression. This time is often many days or weeks after the event takes place

and becomes a common issue with which many families struggle.

Offering assistance through a hot meal or simply letting a grieving friend know you are there is always generous, but make it a point to go visit them again weeks after the loss of their loved one. Invite them to go out for a cup of coffee, lunch or maybe just for a walk around downtown Annapolis. Let them know that you are still there for them to lean on and will be for the duration. While doing this, be sure to let them talk about their loved one. It provides them an outlet and a chance to release some of their emotions. Whether there are tears or laughter, providing someone the chance to talk about their feelings lets you play a role in being there at an important time.

Since we were blessed with our new addition during the hurricane, we were often asked to retell our experience. Similarly, a grieving family is often asked to retell their experience by friends asking "what happened?" Although it was rather enjoyable to embellish the story of how our baby arrived, for the bereaved person, retelling tends to become much more stressful. Rather than asking this common question to a grieving friend, simply look them in the eye, let them know you are there for them and to call whenever they need a shoulder to lean on. A hug never hurts in a situation like this. That will go so much further than having them relive such a life-changing event.

If you want to go one step further and provide assistance that is outside the norm, you could offer to swing by during an agreed upon time to answer the phone for them. With the technology we have

today, who knows, you might even be able to help answer emails, text messages and keep up on social media discussions. Often times those who go through a major life transition tend to put rest on the backburner. By providing this good deed to a grieving friend, you can show them you care and relieve them of the feeling of being overwhelmed. It will give them a time for rest, a time to get away for a few hours and most importantly, a time for themselves.

Life-changing events present many hurdles, whether happy or sad. Regardless of the emotion felt by the one we love, we always need to be mindful of what the needs of that individual may be. Not only how we can offer our assistance, but when.

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@LstingTributesFuneral-Care.com

Bay Bytes

For the scoop on parking at most major airports, log onto this easy-to-navigate site, www.ParkingAccess.com. Lists are provided of nearby parking lots, hotels with free parking for traveling guests, as well as shuttles, with prices from your location to the airport.

Beat the Winter Blues with ZUMBA!



By Melissa Conroy

Committing yourself to losing weight and getting fit is a popular New Year's resolution, but let's face it: Walking on a treadmill or lifting weights can become monotonous after a few months. If you are looking for a fun and challenging way to break a sweat and get into better shape, Zumba just might be what you need.

Zumba is a dance-based fitness program that was created in Colombia by Alberto Perez during the late 1990s. As the story goes, Perez showed up to teach an aerobics class minus his aerobics music tape. Luckily, he had some tapes of salsa and merengue music with him, and he quickly improvised a dance style exercise class for his students. The students liked it and Perez continued to develop this new form of exercise. When he moved to the US in 2001, Perez teamed up with two business partners to trademark and market the exercise routine, which they named Zumba. By 2005, fitness instructors could become licensed Zumba teachers at the Zumba Academy. Zumba also deserves recognition for being the first branded fitness program to have a video game on PS3, Wii and Xbox to help Zumba enthusiasts get their fitness and fun in one convenient place.

Today more than 14 million people take Zumba class each week in more than 140,000 locations across more than 150 countries, and it continues to spread. According to Zumba's official website, it's a "calorie-burning dance fitness party" and this description could not be more accurate; a Zumba class is an hour (typically) of red-hot music, fun hip shimmies and variety to keep you motivated and smiling. "Ditch the Workout, Join the Party" is Zumba's motto and once you take a class, you'll know what they mean.

One of the benefits Zumba has over other types of exercise classes is that it focuses much less on counting and a lot more on moving with the music. There is the old joke about the aerobics instructor who was robbing someone and said, "Put your hands up and one, two, three ...!" In fact, for someone with a music or dance background, a traditional exercise class can sometimes be frustrating because the class may move out of beat with the music. This is not an issue in Zumba. Instructors will blast a variety of music, everything from salsa to hip hop, and the moves are actual dance moves that flow naturally with the beat of the song. With Zumba, you can put your own special touch on the movements; just because everyone else is swinging their arms in a circle doesn't keep you from waving them in the air over your head. The nature of Zumba allows you to tailor your motions to your own fitness level.

Zumba is also good for busting you out of your shyness and letting you laugh. The truth of it is most of us look pretty silly doing Zumba, which is half the fun of it. A typical class will attract all sorts of individuals, from the fitness buffs to the exercise novice who has never taken a class. When all these people come together in one classroom with great music pouring out, it makes for a fun class.

Zumba will also torch calories like a hot oven. While calorie-burning depends on a variety of factors such as your weight, age and level of intensity, fitness experts claim that you can work off anywhere from 500 to 1,000 calories per session. Since the class generally lasts an hour, you can easily burn away hundreds of calories.

Don't think that Zumba is just for the young and lithe. *Aging Well Magazine* recently ran an article, "Zumba Gold Program Attracts Elders," claiming that Zumba enthusiasm is spreading among older exercisers who enjoy the music and camaraderie of Zumba over traditional exercise classes. However, keep in mind, Zumba can be a bit hard on the knees or back. Like all fitness programs, you should consult your doctor before embarking on a new exercise routine and be careful not to push yourself beyond your limits. While you may not be able to vibrate your entire torso like the 19-year-old in your class, you can still break a sweat and burn some calories by dancing along at a pace that is right for you. Also, you might try aqua Zumba and take your dance workout into the pool where water will cushion your joints.

With the popularity of Zumba spreading, you're sure to find a nearby gym or fitness center offering classes. Instead of another session of picking up weights and putting them back down or another boring trot around the running track, why not drop some calories and gain some giggles during a fun, upbeat and playful Zumba class?

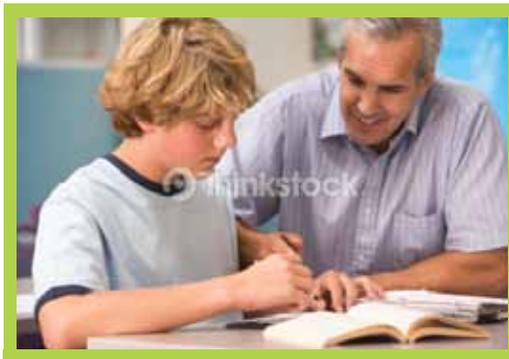
Zumba is offered at many senior centers and through Anne Arundel Medical Center www.AAMCevents.com/ and Anne Arundel Community College <https://www.aacc.edu/fitness/> Or Google Zumba to find other classes in your area.

January - is - National Mentoring Month

By Holli Dillard-Cranfill

January marks the 12th anniversary of National Mentoring Month, an annual recognition to promote and encourage mentoring on a national level. A mentor is often referred to as a wise and trusted guide. Mentors inspire young people to stay in school, to believe in themselves and ultimately live up to their potential. "Mentoring works" is the theme for this year's campaign.

Every day, volunteer mentors and tutors make a difference in the lives of children in Annapolis through the Treasure Hunters Clearinghouse. The clearinghouse comes from the Kids of Hope initiative that says "all children are capable of success, no exceptions." Kids at Hope has an evidence-based philosophy that aims to reverse the "youth at risk" paradigm and asks the adults in every child's life to be "treasure hunters."



"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. Witercraft

The Treasure Hunters Clearinghouse, a program housed at the Volunteer Center for Anne Arundel County, recruits, trains and matches potential mentors and tutors with programs located in Annapolis. The ultimate goal is to increase the number and quality of caring adult mentors, tutors and role models for youth, elementary school age and above, living in public and subsidized housing communities in the city.

Mentors are asked to make a year commitment and must 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. A background check is required for all volunteers before they can be matched with a student. The cost of the background check is covered by the clearinghouse.

For more information about mentoring or tutoring in the city of Annapolis visit our website, www.treasurehuntersclearinghouse.org You can also contact the program coordinator by emailing hल्ली@volunteerannearundel.org or calling 410.897.9207.



If this was the last day of the rest of your life - what would you do with it?

HE COOKS!

Valentine Dessert

By Mat Herban

How often have we heard the sentimental expression, "Sweets to the Sweet." And yet, when we think of Valentine's Day, it isn't of the main course that we think of. No, it's the desserts. Below we have one to imbibe, something a bit different:

Kir

These two versions of kir are especially festive as both use champagne. With crème de cassis (black currant), you have a Kir Royale and with Chambord (black raspberry) it is called a Kir Imperial. *A votre santé!*

Ingredients:

1/4 ounce fruit liqueur
2 1/4 ounces dry champagne

Directions:

Pour liqueur into a champagne flute and gently top with chilled champagne.

Lemon Berry Soufflés

This is a foolproof, do-ahead fancy dessert. Because of the lemon flavor, it isn't overwhelmingly rich and makes an excellent finale to a hearty Winter meal.

Ingredients:

3 Tbs. butter (divided)
2 cups fresh raspberries or blueberries
4 large eggs, separated
1/2 cup sugar
1/4 cup fresh lemon juice
1 1/2 Tbs. flour
1 cup light cream
Pinch of salt
Confectioner's sugar

Directions:

Preheat oven to 350 degrees. Use a tablespoon of butter to grease four 8-ounce ramekins or soufflé dishes. Set buttered dishes in a baking pan at least 1 1/2 inches deep. Spread berries in bottom of dishes. Beat egg yolks until light. Add sugar and remaining butter and beat until mixture is creamy. Beat in lemon juice, zest and flour, then whisk in cream. In a clean

bowl with clean beaters, beat egg whites with salt until they hold gentle peaks. Fold whites into lemon batter and spoon over berries in each dish. Place pan in oven and then carefully pour boiling water around soufflés until it comes halfway up the sides. Bake 40-60 minutes, until tops are puffed and golden. Remove from oven and from pan. Cool. Just before serving, sift confectioner's sugar over top. Do not leave unrefrigerated for longer than three hours. Note: We use smaller ramekins and serve six to eight with this recipe.

If your sweet likes cookies best, you can be sentimental and traditional at the same time with the world's best sugar cookies cut in fetching heart shapes. These cookies are great for any season and fun to make with children. The key is to keep the dough cold so it stays firm. It can be rerolled any number of times.

Old Fashioned Butter Cookies

Ingredients:

1 cup butter (unsalted preferred)
1 cup sugar
1 egg
2 1/2 cups flour
1 tsp. baking powder
2 Tbsp. orange juice
1 tsp. vanilla
Raspberry jam (optional)

Directions:

In food processor, cream butter, sugar and egg until light and fluffy. Beat in flour, baking powder, orange juice and vanilla until smooth and well combined. Chill two to three hours or until firm enough to roll. Preheat oven to 400 degrees. On a floured surface, roll half the dough to 1/8-1/4" thickness. Cut out with heart-shaped cookie cutters. Place on ungreased cookie sheets and bake 6-10 minutes until golden brown just on edges. Cool on wire rack. If using raspberry jam, spread one cooled cookie with jam and place another cookie firmly on top to make a sandwich. Makes six dozen single 2" cookies.

High Altitude High

By Pat Jurgens

Planning a vacation to the Rocky Mountains, Sierra Nevadas or Machu Picchu? Most people in good health can adapt easily to altitudes up to 8,000 feet above sea level. Acclimatizing to heights above 10,000 feet, however, should be taken slowly.

Before You Go

Prepare yourself to stay healthy at high altitude. Learn about altitude sickness, which occurs when you can't get enough oxygen from the air at high altitude. It usually happens when you go quickly from lower altitudes to 8,000 feet or higher. When you go too fast, your body may not be able to adjust. A few hints that worked for me:

- Take saline nasal spray – to combat altitude dryness and prevent nose bleeds.
- Bring moisturizing lotion and lip balm for skin and lips.
- Carry bottled water (and drink it) to prevent dehydration.
- Wear a hat with a brim and use sunscreen and sunglasses for protection against the sun.

Recognize the Symptoms of Altitude Sickness

Symptoms can occur a day or so after you've reached high altitude. You may feel "high," like you have a hangover or any of the following:

- Dizziness, disorientation, confusion
- Headache
- Nausea, vomiting, loss of appetite
- Breathing difficulties, hyperventilating
- Fatigue, weakness
- Increased urine output

In an unfamiliar town at 9,000 feet, I recently came out of a grocery store to the realization that I had no idea where

I'd parked the car. While this in itself is not unusual, the sensation I had was one of total blankness and loss of direction. I didn't even know which way I had come from. It was disconcerting to say the least.

Acute mountain sickness (AMS) is the most common altitude problem. If you become more seriously ill, high altitude cerebral edema (HACE) or high altitude pulmonary edema (HAPE) are both severe and should be treated immediately. The latter two are extreme and may be indicated by additional symptoms:

- Difficulty walking
- Rattling breath
- Feeling extremely ill

Prevention

- Stay hydrated by drinking at least one extra liter of water a day.
- Ascend slowly into higher altitudes.
- Sleep at a lower altitude if possible, or spend several nights at 8,000 feet before going higher.
- Go easy on alcohol or don't indulge. It has a stronger effect at higher altitude and is dehydrating.
- Consider road or rail travel rather than flying directly to a high-altitude location.

Or better yet, fly to a moderate height and spend a few days before going on to the higher destination.

- If you have a history of heart disease or other heart problems, consult your doctor before a high-altitude trip.

Know What to Do

- The best treatment for altitude sickness is to descend to lower altitude. Typically, the symptoms disappear within hours.
- If you can't go lower, rest. Drink water. Don't drink alcohol.
- Take Tylenol, Ibuprofen or a similar over-the-counter med for headache.
- Do not ascend any further until symptoms have disappeared (up to 48 hours.)
- Breathing oxygen from a tank will slow the onset and may help, but is not a substitute for descending.

Most people acclimatize with relative ease and show no unusual symptoms. If you live at a high altitude, you may be able to go higher without ill affects. But a reaction to high altitude can happen to anyone, regardless of age or health. In my case all it took was driving back down 2,000 feet. Being aware and being prepared is the key to a positive outcome.



January is National Mentoring Month
Become a Mentor or Tutor today!

 **Annapolis
Treasure Hunters
Clearinghouse**

www.TreasureHuntersClearinghouse.org
410-897-9207 • Holli@volunteerannearundel.org

HIDDEN HISTORY:

THE NIKE MISSILE SITE IN DAVIDSONVILLE, MARYLAND

By Alan Williams

On a recent Winter's day, I went down a stairway and stepped back into the middle of the Cold War. Not in Korea or Germany. Rather, it was a nameless hill in rural Anne Arundel County that houses one of over two dozen local Nike Hercules batteries. I had last visited this place on a Boy Scout trip in 1966.

Nike was the world's first successful antiaircraft rocket. From the mid-'50s through 1975, more than 250 Nike missile batteries guarded the cities and strategic resources of America. The first "Ajax" model quickly evolved into the 41-foot-long Nike "Hercules." Within seconds of firing, the two-stage missile would hit 2,500 mph. Steered by ground command guidance, Hercules could reach over 20 miles high or destroy targets 90 miles away. Some carried 1,000-pound explosive warheads. Many here had immensely powerful W-31 atomic payloads, one of which had more explosive force than the atomic bomb dropped on Nagasaki in World War II. Hercules was the last desperate line of defense; the bulldog tied to

the gate when all other measures had failed.

Like all Nike batteries, the Davidsonville site was split in two sections. The Integrated Fire Control was built on the broad hillside at the corner of Queen Anne Bridge and Wayson's roads. A row of cinderblock buildings at its base served as the administration center. All firing activity was controlled in a separate cluster of buildings at the hill crest. Crowning Combat Command was a white 50-foot geodesic dome sheltering the giant "High Power Acquisition Radar" search antenna as it spun. It could accurately locate targets over 150 miles away. Secondary tracking radars were also located here. They resembled a weird collection of big trailer-mounted beach balls and spinning candy bars.

The actual firing area was atop another low hill about 1/2 mile to the east at the end of Elmer F. Hagner Lane. The two launchers were formed by parallel horizontal "loading racks" facing southeast, each over a large underground bunker holding seven missiles and crews. A small building cluster housed maintenance of various missile systems.

The missiles, premounted on firing rails, would be hoisted by elevators, then muscled across the horizontal tracks to one of four separate launcher positions.

Lock the rail in place, make some electrical connections, arm the warheads, raise to firing angle, then run like hell for the blast doors. Rockets could be fired under coordinated regional control of the Missile Master center at Ft. Meade or by the local battery commander.

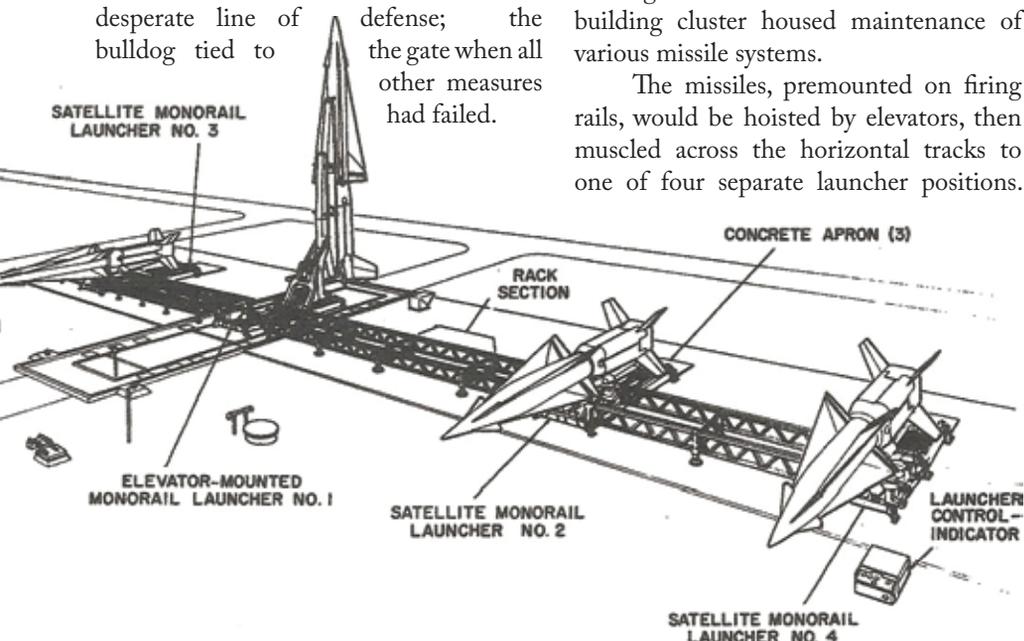
Even back then, nuclear terrorism and sabotage were a concern. Accordingly, there were safety lock systems to prevent unauthorized weapon detonation. Attack dogs and armed sentries patrolled constantly.

The Hercules missiles were never used for their intended mission. We were fortunate to escape the terrible events their payloads could unleash. If the Cuban Missile Crisis had fully erupted, picture a ring of defensive atomic explosions surrounding the Bay. We didn't know how near we came for decades.

But their undefeatable power was one reason the Soviets never tried. Then, in 1975, all Continental U.S. Nike batteries like the W-25 were ordered deactivated by President Gerald Ford. By that time the major threat was judged to be from ICBMs and Hercules was an easy victim of the move toward detente with Russia.

I always wondered what had happened to the facility. When I returned, this is what I found:

Today, the W-25 administration complex is an Anne Arundel County recreation center. The long low buildings give no clues to their origins. Square dance clubs and daycare kids have fun where soldiers once stood guard. Families have picnics on the pads that supported those strangely shaped targeting radars. The tall concrete antenna supports at the hilltop are being swallowed by trees and brush, and Combat Command now houses small businesses.

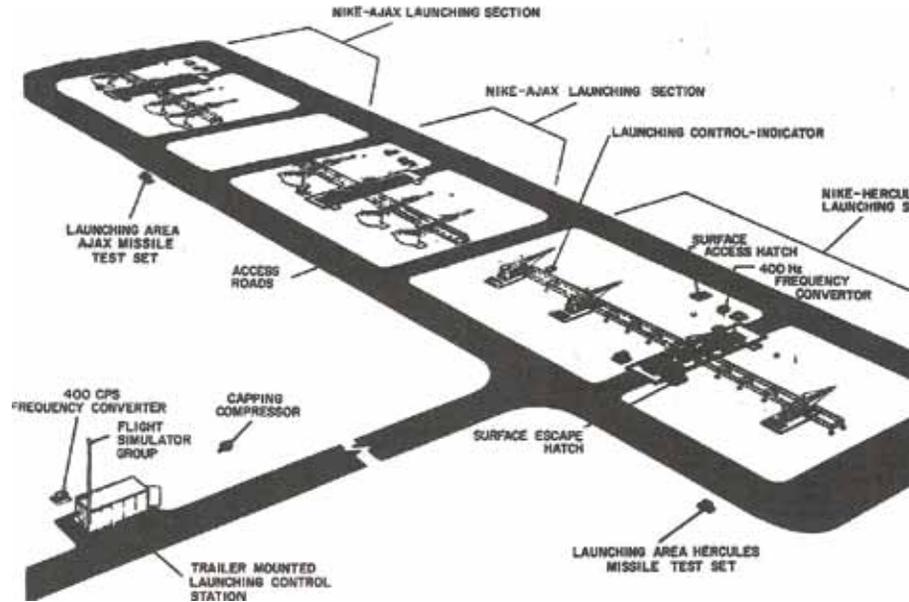


The battery launch site has a new life as the Anne Arundel County Police Training Academy. All rockets and operations equipment were removed in accordance with treaty requirements. But the basic structures and features like personnel hatches, filter covers and minor launcher footings are there. The north launcher elevator now has a storage shed atop its door. The bunker below is transformed into a nicely equipped personal combat training area for the police cadets. Armored doors, folding bunks and some other minor gear remain. The maintenance buildings are now used to repair county vehicles. The double-fenced dog runs are now an oddly secure little forest.

Similar battery sites can still be found across the Bay area and throughout the United States. Most are buried or sealed. Others were turned into highway maintenance yards and parks. One in San Francisco has become a National Park Historic Site to preserve its story.

Most local residents have only the vaguest ideas of this place's original purpose. That, and those finger-painting kids, is probably the best legacy the soldiers of W-25 could have left us.

Alan is a Bowie-based historic tour walking guide with Watermark in downtown Annapolis. He is also an announcer, photographer and member of the NARHAMS rocket club. Contact info through www.NARHAMS.org



Located 1 mile south of Central Ave. on Queen Anne's Bridge Road in Davidsonville Maryland. The W-25 Integrated Fire Control site and recreation center area is open to visitors without restriction. The launch area is very close to the Police Academy firearms range. Entry is possible only with permission of academy staff.

A Hercules missile is displayed at Ft Meade on Md. Rt. 175, a bit north of Reese Road. The Missile Master regional control center and Ft. Meade IFC complex were located about where this rocket sits. Farther up 175 is a motor pool whose construction buried the very first operational Nike Ajax launch battery in America. An accidental electrical short during a training session torched off an Ajax missile there in the mid-1950s. It fell harmlessly two miles north near some startled workers who were busy building the Baltimore-Washington Parkway. The really startled Army sergeant standing next to the missile at launch survived.



Bay Bytes

Visit www.MilitaryandVeteransDiscounts.com or www.military.com/discounts/ if you are a veteran and you'll discover many useful and interesting discounts.

Make time for exercise - it improves everything: mind, body, mood and overall health!



PROJECT DOWNSIZING



By Kathryn Marchi

For some folks, “downsizing” means finding a smaller home with less upkeep and then reducing personal belongings and furniture so they can fit in the smaller abode. When the search is over and everyone is settled in, life continues on in a much simpler and less complicated mode.

In 2005, when Kathy Draper, was in her early 70s, she decided to downsize, it seemed an easy thing to do. Her son and his family would purchase her home, take some of the furniture and she would move to a smaller one.

However, an idea came to Kathy that would become a major, three-year project in her downsizing scheme:

Before he died, Kathy’s husband, Frank, had purchased a small, historic building from his mother. This building was at the old Centreville wharf on the Corsica River and was known as the Ozmon Store. It had been built into the side of a steep bank in about 1880 by Captain John H. Ozman, a prominent local merchant. The first floor was a store and separate living quarters occupied the second story. At the time, the wharf area was a bustling center of entertainment, business and trading. Captain Ozman shipped merchandise on sailing schooners between Baltimore, Norfolk and the Eastern Shore of the Chesapeake Bay.

Widowed some years before 2005, Kathy decided to renovate the old building and make it her new home. After surveys pronounced the building sound and stable, she hired an architect to draw up plans for the renovation. A local builder was contracted to do the work.

The decision was made to use as much of the existing materials as possible in reconstructing the exterior of the building. Original bricks were used in a foyer and porch which were added to the original structure.

The interior of the building was completely gutted. On the main floor, she decided to convert a large walk-in safe into a china cabinet. In rebuilding the inside, the builder made sure to keep the original beams and rooms as true to their original shape and size as possible.

On the first level, Kathy liked the open space so she designed her small eat-in kitchen with a breakfast bar that opens into the living area. One wall contains built-in bookshelves and she set up a conversation area in front of them. She even planned a space

large enough for her lovely grand piano. The original cast-iron support in that room blends nicely with all of the décor. A half bath completes this setting.

Though the building is a two story structure, these areas were completely separate, so the builder took out a portion of the exterior wall of both stories and added a stairwell to connect them. There is enough space in that area to include an elevator if there is ever a need for one.

This second level has three rooms: one is the master bedroom with a full bath connecting to a small guest room. Due to space constraints in this second bedroom, Kathy had a “Murphy” bed built into the wall. During the renovation process, she even put in a heated bathroom floor, adding a totally modern touch to the home. The third room is a combination sitting room and office. A small kitchen and a washer and dryer complete this area. If necessary, one could live on this level, since it has a small entry porch that steps out onto level ground, making it easily accessible to the street behind the house. On the front of the structure is a cantilevered balcony which can be entered from the master bedroom. From there, she has enjoys looking out over the wharf area of the Corsica River, that once-bustling place of the late 19th century.

Surrounding this newly renovated house, a three-tiered garden and a patio built of original bricks was created. Trees, shrubs, and flowers complete the look.

As modern times dictate, Kathy added a detached two car garage next to the original structure. The front of this building and the covered patio with a connecting walkway to the house were also constructed – again, of original bricks.

Though the project took over three years to complete and is still being tweaked, Kathy says it was worth every minute of her time and energy. It was not always easy with weather, availability of materials and changing of an angle or support here and there.

In her “new” home, Kathy lives closer to town, an easy walk to and from the center for shopping, dining and visiting friends. There’s a definite sense of pride in this lovely and unique home.

Kathryn, currently living on the eastern shore, can be reached at marchi-wre@mris.com



from this



to this



Minding Your Tech Manners

By Kater Leatherman

Let's face it. Americans have terrible tech manners. Good manners seem to be out of fashion and nowhere do we see this more than in our obsession with technology. There was a time when talking about all things personal to anyone but a trusted few was deemed bad manners. Now people talk about anything and everything, often within earshot of others. They do it on their phones while ordering food, shopping, visiting the library, even pulling out iPads with bright screens in movie theaters.

We've witnessed or heard about kids who "listen" to conversations while texting under the table, keep their smartphones on the yoga mat while practicing asanas or go to live concerts and watch the entire show on their phone. Perhaps you've been with someone who takes endless pictures with their iPad, too busy documenting the experience to actually experience it. Or, you are sharing a meal with a friend who answers their phone in a restaurant. Even when hiking in nature, the one place where we can get away from it all, we are subjected to people who have little regard for others.

Of course, there will be times when you have to be available. But, at one time not so terribly long ago, we all seemed to survive without having to be on call 24/7. If someone is talking, texting, or Web surfing in your company, what message is that sending about your value? Speak up if you are offended. Remember, we teach people how to treat us, especially when confronted with the technological world, where there are few rules yet, little shared etiquette.

So, how do you rate your electronic life? Can you turn off your phone in public so that others don't have to listen to things that they don't really want to hear? Are you someone who texts while driving, knowing full well that it is illegal in most states and can be just as dangerous as being intoxicated behind the wheel? Could you, God forbid, go on a tech fast for one day?

And how about boundaries? Do you put people on your email list without asking for their permission and then barrage them with jokes, email chains and other nonsense. Have you ever forwarded confidential emails without asking the sender? Are you guilty of putting a phone on speaker when someone else is in the room and the caller doesn't know it?

When it comes to tech manners, maybe the most important one is to be aware of your surroundings and how your use of technology might affect others. We all need technology to communicate, but like everything in life, it all comes down to balance.

*Kater is a professional organizer, yoga teacher and public speaker. She is the author of two books, *The Liberated Baby Boomer* and *Making Peace With Your Stuff*. For more information about her work, go to www.katerleatherman.com*



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New Year, *New You*

By Susan Singleton

A lot of people begin the new year by making resolutions. We've all been there. We take a vow to lose weight, exercise more or spend more time with our family. We start the year with great intentions, but then we quickly relapse into old habits. Why is it so hard to stick to those New Year's resolutions?

Here are some ways you can make your intentions a reality this year:

1. Write down your intentions and keep them in a visible place, such as taped to your bedroom mirror or the refrigerator door at eye level.

2. Get to the source of whatever is keeping you in a rut. Are you in a stressful relationship that causes you to eat a pint of Ben & Jerry's every night? Are you stressed at your job and feel too tired to exercise after work? If you don't tackle the root of the behavior, it will be much harder to accomplish your goal.

3. Be clear about what your life would look like once you achieve your goal. If you resolve to go to the gym more often, how will this benefit you? Get connected to the result of your action, and you will be more likely to stick with your plan.

4. Share your resolutions with friends and family. Hold each other accountable for achieving your goals. If you want to go to the gym more, have a friend call you two or three times a week to check on you or invite them to join you.

5. Reward yourself with every little accomplishment. If your intention is to lose weight and you lose one pound a week, pamper yourself with a massage. Big changes do not require big leaps. Permanent change is more likely to happen gradually, not through one big restrictive plan. Allow yourself to climb the ladder one rung at a time.

A great way to ensure your success in your endeavors for change going into this new year is to simply be grateful for the things you have already. This greatly enhances the personal responsibility and power you have over your own destiny.

Try these simple exercises:

Choose gratitude. Keep a daily gratitude journal. This is probably the most effective strategy for increasing your ability to be grateful. Set aside time daily to record several things for which you are grateful. The important thing is to establish the daily practice of paying attention to gratitude-inspiring events and to write them down. People who regularly keep a gratitude journal report fewer illness symptoms, feel better about their lives as a whole and are more optimistic about the future. Gratitude is a choice, one possible response to your life experiences.

Use Visual Reminders. Two obstacles to being grateful are being forgetful and lacking awareness. You

can counter them by giving yourself visual cues that trigger thoughts of gratitude. Post-it notes placed in strategic locations can be a great reminder.

Change Your Self-Talk.

We all carry on an inner dialogue with ourselves that is often called "self-talk." When this inner conversation is negative, our mood is usually low. Research has shown that we can change our mood by changing the tone of the things we say to ourselves. When a negative thought shows itself, counter it with a powerful positive statement that changes the negative thought pattern. When negative thoughts show themselves, counter them with a powerful positive statement that changes the negative thought pattern.



Try these small steps and see if they don't help to make your intentions a reality this year.

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

Is it Time to Invest in a PERSONAL TRAINER?

By Leah Lancione

Now that the holidays are over, you may have decided to get in shape or otherwise improve your health. If that's the case, it's time to consider enlisting the help of a personal trainer to accomplish your goals. Maybe your doctor recommended that you get more physical activity to help a particular medical condition. Or maybe you want to enhance your agility, mobility and flexibility. Well, a good personal trainer can help you do that and more. The following are five reasons why investing in a personal trainer may work for you:

1.) They demonstrate proper technique.

They also tell you how to use machines effectively. Many gyms offer a free session at sign-up to help you get familiar with the machines, and more in-depth sessions can help perfect your form (www.fitsugar.com). Once your trainer has explained the safe and efficient way to use each machine, you won't have to spend time in front of the mirror trying to assess whether you're performing exercises correctly. Your trainer will also explain which machines target specific muscles. Not to mention that your trainer will tell you how many repetitions (reps) and sets to do based on your fitness level and goals.

2.) They cater to your specific wants and needs.

If you are an athlete hoping to improve your speed and mobility on the tennis court or to increase flexibility and range of motion for your golf swing, a trainer can design a regimen based on those requests. Or if your goal is simply to boost your stamina for any sports-related activity, a precise plan can be customized to address that.

3.) They provide you with the motivation you need.

In addition to telling you how many reps and sets to complete for each machine and/or exercise in your individualized workout plan, they will methodically push you to keep going and strive to be better each workout. Not only does this help you reach daily, weekly and monthly fitness or weight goals, but it takes you out of a comfort zone that keeps you from hitting a fitness plateau. Your trainer may change the intensity of exercises, the frequency that you perform them or may continually change your routine all together to keep you progressing at a

steady rate. By keeping things fresh, your trainer can keep you from getting bored.

4.) They hold you accountable.

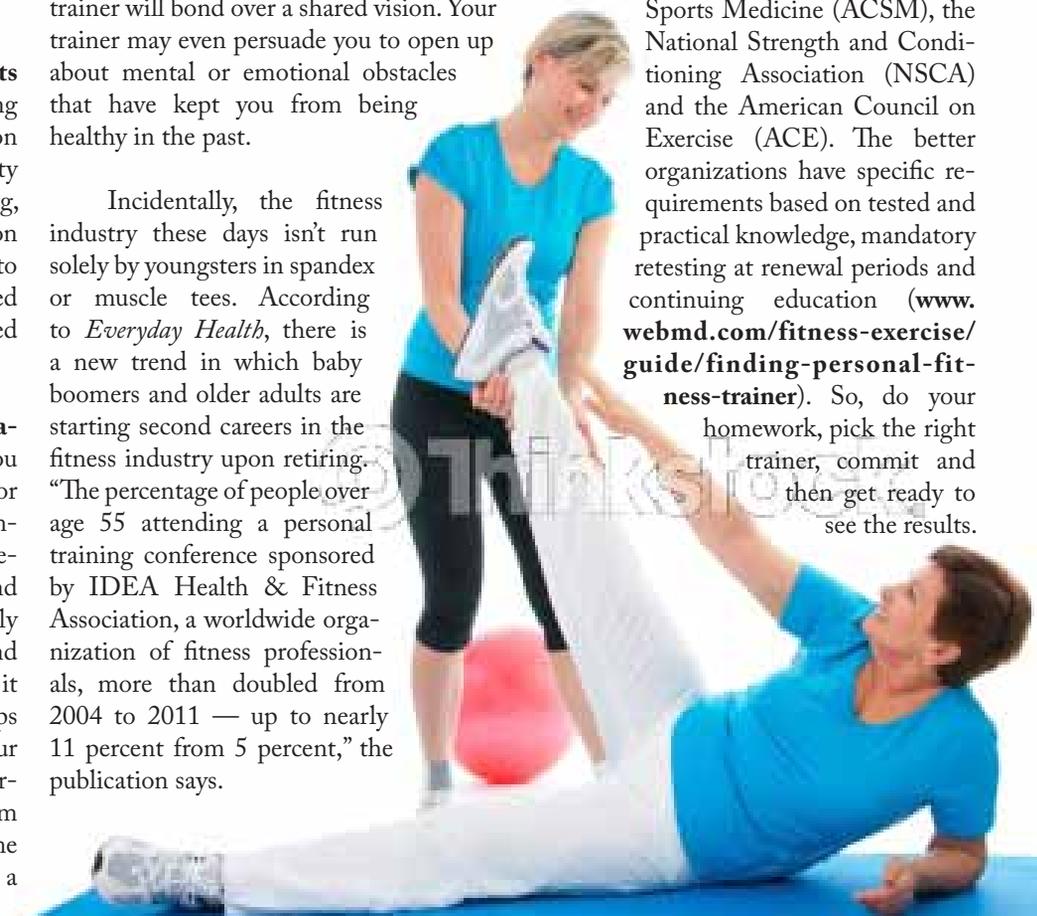
In addition to challenging you to set and meet goals while you're working out, a trainer will make sure you stay the course and don't blow off appointments without good reasons. They'll also try to encourage you to maintain a healthy diet and habits at home.

5.) They become your partner and ally.

Though you won't be chit-chatting while sipping a latte at a café, you and your trainer will bond over a shared vision. Your trainer may even persuade you to open up about mental or emotional obstacles that have kept you from being healthy in the past.

Incidentally, the fitness industry these days isn't run solely by youngsters in spandex or muscle tees. According to *Everyday Health*, there is a new trend in which baby boomers and older adults are starting second careers in the fitness industry upon retiring. "The percentage of people over age 55 attending a personal training conference sponsored by IDEA Health & Fitness Association, a worldwide organization of fitness professionals, more than doubled from 2004 to 2011 — up to nearly 11 percent from 5 percent," the publication says.

Once you decide to hire a trainer to whip you into shape, it's important to choose the right one for you based on your budget, your current fitness level and health condition and your ambitions. It may take some time and research to guarantee you get a trainer that suits you. Make sure he or she is properly educated or certified and has a good reputation. According to WebMD, "There are about 400 organizations in the U.S. that purport to certify personal fitness trainers. Of that number, a handful are considered legitimate by most professionals. Among the most respected are the American College of Sports Medicine (ACSM), the National Strength and Conditioning Association (NSCA) and the American Council on Exercise (ACE). The better organizations have specific requirements based on tested and practical knowledge, mandatory retesting at renewal periods and continuing education (www.webmd.com/fitness-exercise/guide/finding-personal-fitness-trainer). So, do your homework, pick the right trainer, commit and then get ready to see the results.



Get out there and get involved



Walk in WINTER Wonderlands



By Leah Lancione

For some, Winter means putting aside walking shoes and “hibernating” all day inside. Well, while an afternoon cuddled up by the fire with a good book is always therapeutic for the mind, body and soul, there’s much to be said for bundling up for a refreshing walk even when it’s cold outside. The brisk air can be invigorating and revive energy. The whipping wind and bone-chilling temperature may even launch casual strolls into unexpected power walks, speeding up your pace and getting the blood circulating faster.

Besides the obvious reward and feeling of accomplishment in challenging yourself, there are real health benefits associated with Winter walking. According to an article in the Arthritis Foundation’s online magazine *Arthritis Today* (www.arthritistoday.org/fitness/walking/types-of-walking/winter-walking.php), walking outside in Winter air can help with: keeping bones strong, increasing motivation and burning calories. The article details how “sun exposure triggers vitamin D production in the skin” and proper absorption of calcium in the bones. The site also cites a study on how getting more sunlight and being outdoors can have positive effects on mood and decrease pain—serving as an “easy-to-stick-with therapy for mild-to-moderate depression.”

Arthritis Today also notes the increased motivation to keep moving since you have to keep walking to reach the final destination. You can’t press “stop” like you can on the treadmill. An added bonus is the extra calories burned when traipsing through snow. “You expend more energy because it’s harder to move your feet in snow, and you lift your legs a little higher.”

Before you set out on a Winter walking escapade, it’s important to have appropriate attire. The Walking Site (www.thewalkingsite.com/winter.html) advises constructing a proper outfit consisting of multiple layers (preferably fabrics like Under Armor or Thinsulate that draw moisture away from the body and dry quickly); a hat, gloves and scarf;

thick socks and either hiking boots or water-proof walking shoes. "Remember, the rule of thumb is to dress for temps about 20 degrees higher than they actually are."

The next step before you head outdoors is to determine what type of walk you want to take. Do you want to simply walk for exercise around the neighborhood? Or, do you want to strive for a new Winter wonderland experience? The ensuing list of Winter walks covers a range of endeavors. Choose the walk or hike that suits you. Each one here has a purpose:

EDUCATE AND INSPIRE

Lothian boasts one of the finest parks in the area, the **Jug Bay Wetlands Sanctuary** (www.jugbay.org). Despite the cold temperatures and Winter weather, there are scheduled hikes in which visitors bundle up to will learn about the survival tactics of sanctuary plants and animal inhabitants. This informative walk is ideal for those desiring a Winter stroll that will help grandkids (over 8) understand conservation.

Jug Bay also offers another educational walk from its Children's Discovery Series: Winter Wonderland in February. This hike, led by one of the sanctuary's naturalists, teaches adults and kids (6 and over) alike how to spot animal tracks and skillfully monitor critters at work and play in the woods. So, nature lovers, if you want an opportunity to pass on your passion for exercise and the outdoors to your grandkids, check out this series.

However if a solitary, or maybe just kid-free hike is more your style, Jug Bay also offers monthly "Bird Walks" during which visitors can learn or hone bird identification skills. Binoculars are a welcome accessory but are also available to borrow for this edifying walk. Call 410.741.9330 for more information or to register for walks.

AWAKEN A SENSE OF ADVENTURE

If the presence of snow on the ground or frosty temperatures nipping at your nose doesn't dissuade you from taking your walking hobby to the next level, consider an excursion to the **Savage River Lodge** (just west of Frostburg), Maryland's only cross-country ski resort. This mountain

retreat on 45 forested acres boasts 15 miles of trails with snowshoe rentals, private and group lessons as well as guided snowshoe tours. Once there, you can maneuver through powdery snow instead of the icy spots on your neighborhood sidewalks.

Make it a weekend of outdoor exercise *and* a little R&R as the lodge also has a Nordic center, restaurant, bar, library and comfortable fireside sitting areas perfect for curling up with a book after a vigorous snowshoe or cross-country skiing jaunt. Guests stay in two-story log cabins just a stone's throw from the lodge. Oh, and four-legged guests are welcome as well. For more information or to book a stay, call 301.689.3200 or visit www.savageriverlodge.com

PAY HOMAGE TO NATURAL RESOURCES

Blackwater National Wildlife Refuge on the Eastern Shore just 12 miles south of Cambridge is comprised of 27,000 acres of rich tidal marsh, freshwater ponds, mixed evergreen and deciduous forests. A retreat for ducks and geese migrating along the Atlantic Flyway, the refuge is also home to "the largest breeding population of bald eagles on the East Coast north of Florida," the endangered Delmarva fox squirrel and peregrine falcons. Log onto <http://www.fws.gov/blackwater/index.html> for more information

So, if taking a walk with a purpose peaks your interest, set out on Blackwater Refuge's Wildlife Drive or one of the other four land trails which are open daily from dawn to dusk. Though all trails offer scenic vistas and the opportunity to get up close

and personal with wildlife, the **Marsh Edge Trail** is considered the most popular because it runs along the Little Blackwater and Blackwater rivers where bald eagles and ospreys are frequent visitors.

In 2010, the National Wildlife Federation (www.nwf.org/News-and-Magazines/National-Wildlife/Birds/Archives/2010/Seeing-bald-eagles.aspx) ranked the refuge on its list of the top "10 Places to see Bald Eagles this Winter," which further validates your decision to bundle up and grab your binoculars or camera for a wonderful Wintertime walk.

COMBINE FUN, FITNESS AND SOCIALIZATION

Make your new year-round hobby official by joining the Annapolis Amblers Walking Club (www.annapolisamblerswalk.com). The group meets for Saturday walks that include strolls through Historic Annapolis as well as through charming towns like Easton, Denton and Ellicott City, not to mention to beautiful locales like Brookside Gardens in Wheaton. The group also combines walks throughout the week such as ones in Columbia and a River Walk in Savage Mill. The group that walks for "fun and fitness" also offers car pool arrangements.

One last thing, don't forget to put on sunscreen. Just because it's cold outside doesn't mean ultraviolet rays from the sun can't cause damage to your skin. And, speaking of skin—keep lip balm handy because the wind can wreak havoc on your lips. For more Winter walking safety tips, visit www.mayoclinic.com/health/fitness/HQ01681.



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STARTING A CARD CLUB

An old idea made new again



By Joanne R. Alloway

Here's a fun way to entertain at home simply and inexpensively during these long, cold Winter nights: Invite friends over to start a card club. A little planning is needed initially, but soon it takes on a life of its own. Only a few people are needed to start. Add members as time goes on.

Not too long ago, I was in a pinochle card club. Pinochle is a strategy game played with a 48-card deck. The objective is accumulating points by winning tricks or by melding combinations of cards. Our club met monthly September through May at different members' homes. We began with three couples and eventually we had three tables of four playing with a few couples of alternates. After a game was won, we switched partners and tables, which kept the night interesting. Everyone brought a snack to share and something to drink. We had few general rules. One was that you never partnered with your spouse or your date. This made it more fun and competitive. We did include some low-key betting. This money went into a pot. At the end of our season, the club's winnings went for a night out or a party. The club played together long after my husband and I departed. We enjoyed our beer or wine while playing, which may be why I still have laughing memories of bids missed and tricks lost. Rules for pinochle are at: <http://davepete.net/pinochle>

Two friends I keep in touch with are in a monthly canasta club including about a dozen women that meets weekdays in Virginia. Your mom may have played canasta, as it became popular in the U.S. in

the 1950s. It's an old game, part of the rummy family. It's played with a 52-card deck plus two jokers. The goal is to play all your cards until you can "go out" by laying down melds and canastas of seven cards. When playing with teams or multiple players, the rules change slightly and more decks are used. There are lots of canasta variations. To find out more, log onto:

www.cardgameheaven.com/multipleplayergames/canasta.html

If this Wintertime fun appeals to you and your friends, here's how easily you can get a card club started:

Decisions. Ask another couple or some friends to join you in the startup. Together decide which game you will play. Good games for groups include bridge, pinochle, canasta, gin rummy, 1000 and poker variations.

Rules. Get a copy of *Hoyle's Card Game Rules*. This ensures a level playing field for all. Review these with your startup group. Or go to www.pagat.com/alpha/ for specific rules of the game you have chosen. There are several versions of each game.

Cards. Invest in a couple of decks of new playing cards dedicated to club playing. Also, tally or scoring sheets are good to have on hand.

Hosting. Offer to host the first club meeting, but ask the others to bring something. Items could include: cheese and crackers, popcorn, fruit and a drink. Keep it simple. Start asking around to find more players to fill another table. It's more fun with a few tables. If the new members don't know how to play the game but are willing to learn, all the more fun. Don't take the game too seriously.

Timing. Will your group meet monthly or bimonthly? What time will you begin and end? Will you drink alcohol or not? Seriously competitive card players don't drink while they play, but amateurs do in moderation since it is their weekend entertainment.

Betting. Will you place bets on the game? Will it be for personal gain or for the group? One group dedicates the winnings at holiday time to St. Jude's Children's Hospital. Some groups just ask members to pay a flat fee per person each meeting and decide later what to do with the money.

Cold winter evenings are perfect for card playing as long as you can find the game that suits your group socially. While bridge is a more serious game, Spoons and BS, which used to be known as I Doubt It, are not at all mind-bending. Both are fast and fun. For more information go to: www.pagat.com

Joanne is an author and freelance writer living in Annapolis and can be reached at jrwrite@aol.com

The Chickens Have Hatched

By Ellen Moyer

The sparkling lights, the evergreens and red bows the art that adorned our streets for the holiday season are packed away for another year. But in your car or on foot, keep your eyes open for art continues to surround us. In Annapolis, described by *American Style Magazine* as one of America's top small towns for the arts, artwork by the young and old, professional and amateur, flourishes on our streets.

West Street, the historic entrance to Annapolis, not long ago neglected and forlorn, has been transformed into a boulevard for public art. Carefully painted chickens, from the frozen variety to a grand rooster, are hatching in the Art and Entertainment District that follows West Street from Maryland Hall to the Stanton Center.

In partnership with the economic goals of the state, the City Council created the A/E District in 2008 to invigorate West Street. The district was abandoned by the city in 2010. The Anne Arundel County Cultural Arts Council came to the rescue, resurrected the A/E district this year and West Street is again emerging as an arts corridor with decorated chicken sculptures.

The chickens are the brainchild of creative thinker and doer Gavin Buckley who breathed life into a derelict West Street eight years ago with the creation of West Village. After the city passed its controversial residential chicken ordinance, chickens became the talk of the town. Now thanks to Gavin and April Nyman, artful chickens are hatching up and down West Street, bringing attention to the Arts and Entertainment District. Designed by artists and sponsored by businesses, the chicks will be clucking around for over a year and then will be auctioned for the benefit of the Arts District.

Chickens are only one attraction on West Street. For walkers from West Circle

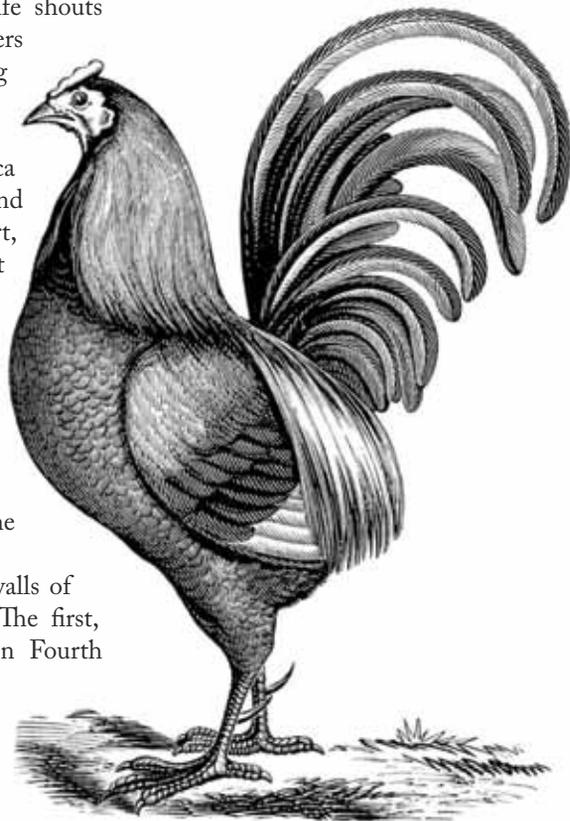
to Church Circle the street is a road of discovery with historic markers that tell the stories of the city's past. An otherwise dismal parking lot at Stan and Joes is lined with the photography of Marion Warren. And at Park Place, inspired by the feeling of solidity and friendships common to the fountains in Italy, Bonnie and Jerry Parks commissioned a fountain to bring the same sense of community to West Street.

Made possible by the Art in Public Places Commission, (the only municipal, publically funded commission for art in the state,) outdoor works by nine local artists adorn public spaces throughout the city. The ships of John Paul Jones engaged in battle by artist Greg Harlan hangs at the King George St. entrance to the U.S. Naval Academy where the naval hero is buried. Sy Mohr's unique description of Annapolis street life shouts at us from the Harbor Masters Building. Behind City Hall along a shaded sidewalk, Stewart White introduces the visitor to the Sailing Capital of America with his portrait of "Wings and Sail." Designed by Sally Comport, who organized the outdoor art exhibit, Catherine Greene, who printed America's oldest newspaper, the *Capital*, looks over Westgate Circle from the Hyatt building where a wood sculpture by Bobby Donavan titled "Shoal" references the connection of a port city and the life force of the sea.

Thirteen murals line the walls of buildings throughout the city. The first, the Great Wall of Eastport on Fourth Street by Cindy Fletcher, paved the way for others. On Chinquapin Road, drivers are greeted by a 120-foot mural of the City Harbor and Dock area with

landlubbers walking their dogs in the shadow of the State Capitol Building. The personalities, the movers and shakers of the Clay Street community, are immortalized on the walls of the Stanton Center. On Hilltop Lane, an image of a soccer player taken by an ESOL student at Annapolis High School, looms on the wall of the Pip Moyer Recreation Center.

The Eastport Street End Parks tell the story of the city's maritime history. The sculpture of Alex Haley, the story teller and author of *Roots*, graces the dock area where his ancestor came ashore from a slave ship. The transoms of boats lining the waterways carry the artful expressions of owners. In the harbor, colorful sails exude an energy that testifies to the city's title of "Sailing Capital."



And then . . .

By Nancy Lincoln Reynolds

Once, while driving my elementary school age daughter and her best friend home from Girl Scouts, I overheard a conversation that has remained with me for 20 years. At the time, while the girls rehearsed the inevitable unfolding of their lives, I was amused. Now, upon reflection, I am impressed by the profound implications of their simplistic visions of the future.

"Let's see. We go to middle school after this," said my daughter. "And then high school and all that," chirped her friend with some excitement at the prospect of dating boys. "And then, college, maybe graduate school," declared my serious-minded child who currently is writing a dissertation at Harvard. The friend continued, "And then babies and getting married . . ." "No, the other way around!" my daughter quickly rejoined as they dissolved into giggles. I cannot recall which one made the last pronouncement, "And then, that's it," and the other reaffirmed, "Yes, that's it."

I reflected on this, self-consciously taking stock of the fact that I already was living in the overtime following their "that's it."

It is human nature I suppose to mark time by benchmarks. "That's it" implies conclusion and accomplishment

where we may relish the notion of places afterward that will be free from present burdens and perceived obstacles to . . . well . . . happiness. "And then" heralds transitions to these places. "And then I finish college, and that's it. I'll be set," or "And then, after we are married, life will be perfect." That's it, that's what I'm waiting for," some say. The aftermath of *and then* carries an implicit sense of promise in the form of less worry, peace and no stress. "That's it" suggests there will be no more angst or struggle. The problem is that there is never a final "that's it," because there is always another *and then* around the corner. Life does not stop unfolding, even after we have reached various goals and milestones.

The New York Times recently carried an article by a woman who remarked that her current anguish in parenting adult children was significantly greater than it had been when they were young. She was both frustrated and disappointed. The chronological maturing of her sons had been a much anticipated "that's it" for her. She had looked forward to a less complicated, satisfied respite 21 years after birthing them; such a time had not come. She had been wrong.

We, too, will be wrong if we underestimate the powerful continuation of life after reaching milestones by trying to disengage ourselves with "that's it" thinking. There are no points of total completion in the life cycle. Just when we think we have reached one, we recycle into another. Astrophysicist Michael Mumma reminds us in one of his lectures on the *Origins of Life* that animal and plant cells are remarkable similar, both having mitochondria and cell walls. We belong, after all, to the same tree of life. In the environment on the Bay, we may observe life's being more fixed on process than finality, more on the *and then* than the "that's it." Developing and decay are infinitely more fascinating than the comparatively brief pinnacle of a full-bloomed lily. Growth and decline occupy vast amounts of energy and focus

-- just watch our deer population. You can learn a good lesson from both Bay flora and fauna that life is lived mostly in the meantime. Anticipated benchmarks change quickly from being goals to becoming springboards.

Somewhere around middle age, the *and thens* that once seductively marked passageways to open-ended futures begin to herald conclusions. "And then all the kids are suddenly grown and

on their own, *and then* we downsize, retire *and then* move to assisted living," as we foresee it. "That's it" is less desirable at middle age. It implies not so much relief from stress and a happy ever after, as it does the end of life. The anticipated "that's it" after middle age quietly refers to death and dying.

Rather than plan for a "that's it" that plunges us into a terminal and nebulous eternal rest, we must look for the next *and then*. There is not only plenty of "meantime" left, but we are also encouraged to look beyond life as we have known it here on earth to life as we can only imagine or as our faith may instruct us. Death, the final "that's it"? Why should it be so? The Biblical record tells us that at the conclusion of Creation, God rests after having made light *and then* the first day *and then* the second day *and then*, the third, and so on. He does not say, "that's it." Neither should we. *And then* I go to Heaven, and "that's it." Really? I wonder.

Nancy, a licensed professional counselor, is the associate pastor at Woods Presbyterian Church in Severna Park. She can be reached at nreynolds@woodschurch.org

"You can learn a good lesson
from both Bay flora
and fauna that life is
lived mostly in the meantime."

How much time do you think you have left? What are you doing with it?



The Singing Revolution: Estonia's Quest for Freedom

By Kathryn Marchi

Estonia is a small country on the eastern shores of the Baltic Sea, across the Gulf of Finland, which shares a border with Russia. Everyone has heard of it, but few people can pinpoint it on the map. With an estimated population of 1.3 million people, it covers some 17,000 square miles. Tallinn, the largest city, is also the capital. During a recent trip, we were told that Tallinn, known as "Old Town," is one of the best preserved medieval towns in Europe. We would have to agree.

In stark contrast to the well preserved historic area, is Tallinn's modern city that boasts tall stone and glass office buildings, trendy shopping, upscale restaurants, art galleries, shopping centers and an extensive, modern transportation system. It is also a technology center and you can access free wireless Internet at most locations throughout the city.

Historically, Estonia has been invaded by various Nordic tribes and then occupied and ruled by Denmark, Sweden, Russia, Germany and most recently, the Soviet Union. Even with centuries of foreign domination, Estonia has maintained its own unique culture and national identity: Its people speak a language totally unrelated to the Slavic and Germanic languages of its neighbors and they practice the Lutheran faith as opposed to the Catholic or orthodox Christian faiths nearby.

Perhaps the most noteworthy characteristic about Estonians, is its music. This small country has one of the world's largest repertoires of folk songs. As far back as the 13th century, Estonians have used their rich choral heritage as a non-violent means of bringing about a sense of unity, defiance and hope. In fact, since 1867 a choral festival called "Laulupidu," with as many as 25,000 singers on stage at the same time, has been held every five years. Often this celebration lasts many days and draws huge audiences. The music represents a national yearning for self-determination as well as a love of singing.

After WWII, Estonia was occupied by the Soviet Union until its collapse in 1988. However, communist Russia annexed the little country and continued to rule it. This is where the most recent history of Estonia and its choral singing becomes very interesting.

Starting in 1987, Estonians began using music festivals once again to protest Russian occupation. During this period, Estonians had been forbidden to sing nationalist songs or hymns as well as to display flags or other national symbols.

Tallinn became the site for these mass demonstrations of music:

- **1987:** Estonians began a cycle of spontaneous singing of the forbidden music, gathering as many as 300,000 singers at a time.

- **May 1988:** Estonians linked hands and sang five patriotic songs during the "Tartu Musical Festival."

- **June 1988:** After the "Old Town Festival," singers moved to the Song Festival Grounds and sang patriotic songs.

- **August 1988:** Patriotic songs were sung at the "Rock Summer Festival."

- **September 1988:** 300,000 people attended a massive song festival, called "Song of Estonia" and again sang their patriotic songs and hymns.

This amazing "Singing Revolution" of protest and defiance lasted over four years. Estonians desperately wanted independence and continued to defy the Russians in other nonviolent ways. They flew their flag in separate strips of its colors - blue, black and white, which only the citizens could recognize. In 1991, when Soviet tanks tried to stop the progress of liberation, Estonians bravely acted as human shields to protect their radio and television stations. To stop a pro-Soviet ethnic Russian coup, more than 10,000 Estonians surrounded the occupied Estonian Parliament building and permit-

ted the Russians to leave through a safe passageway. In the end, independence was gained on August 20, 1991, without any bloodshed.

Today, Estonia maintains a parliamentary representative democratic republic operating under its constitution drawn up in 1992. In 2004, Estonia joined NATO and became a member of the European Union

Music continues to be performed in the Tallinn Song Festival Grounds and there are many festivals that take place every week, year round. Some feature popular talent from around the world. Even Lady Ga Ga has performed there.

During our recent trip, we were struck by the pride of a young tour guide who shared with us her country's history of foreign domination and finally, its liberation. She said, "We are finally free." When asked what her country thought of the United States, she replied, "We copy you." High praise, indeed!

To better illustrate Estonia's fight for independence, a CD called *The Singing Revolution* has been produced and is available through www.Amazon.com It very aptly documents the Estonians' remarkable struggle for national identity and freedom, after centuries of occupation by other nations.

Kathryn, an avid traveler, can be reached at marcbi-wre@mrisc.com





Hostess No Longer the “Mostess”

By Leah Lancione

America’s long love affair with one company’s sweet treats has ended.

Those treats may re-emerge under new management, but on Nov. 21, Hostess Brands, Inc., the maker of Twinkie’s and other popular baked goods, announced the close of all operations, an impending “wind-down” of business and the sale of assets. The company acted after a nationwide strike called by the Bakery, Confectionary, Tobacco and Grain Millers (BCTGM) Union. Hostess Brands claimed BCTGM “crippled its operations at a time when the company lacked the financial resources to survive significant labor action.”

The union had a different version of events, but the approval by the U.S. Bankruptcy Court for the Southern District of New York for Hostess Brands to initiate an “orderly wind-down” meant the closure of 33 bakeries, 565 distribution centers, approximately 5,500 delivery routes, 570 bakery outlet stores and loss of 18,500 jobs.

Regardless of who is to blame, the world can thank the 82-year-old company for such iconic items as the Hostess Twinkie, Ding Dongs and Wonder Bread. Fortunately, the company’s temporary information website for customers, suppliers and employees (www.hostessbrands.info) reveals it will sell its “popular” snack cake snack brands, also including CupCakes, Ho Ho’s, Sno Balls, Donettes, Drake’s cakes and Dolly Madison. Hostess is reportedly in talks with more than 100 companies eager to purchase popular brands. Whether or not this slice of Americana survives and in what fashion will start unfolding later in January.

In the mean time, let’s try to get to the “creamy center” of the Twinkie with some fun facts:

♥ Phosphorus, part of a key Twinkie ingredient, was discovered in 1669 by German alchemist Hennig Brand when

he boiled down the urine he collected from local nuns. Other Twinkie ingredients included the rocks trona and limestone. Twinkie cream gets its slippery sheen from cotton cellulose, which serves the same purpose in rocket fuel. (<http://menwebmd.com/features/random-knowledge-twinkies>).

♥ There is a book, *Twinkie, Deconstructed*, by Steve Ettlinger that is devoted to exposing how “each ingredient goes through the process of being crushed, baked, fermented, refined and/or reacted into a totally unrecognizable goo or powder—all for the sake of creating a simple snack cake” (www.twinkiedeconstructed.com).

♥ 500 million Twinkies were made every year. And, it took 40,000 miles of plastic wrap a year to package them (www.neatorama.com/2007/03/05/twinkies-fun-facts/).

♥ Twinkies were first sold in packs of two for 5 cents (www.neatorama.com/2007/03/05/twinkies-fun-facts/).

♥ There is an urban legend about Twinkies that the shelf life is indefinite due to its artificial ingredients—even that it could survive a nuclear blast. However, these claims are false as the recommended shelf life was 25 days (http://foodreference.about.com/od/history_myths/a/The-Twinkie-Myth.htm).

♥ President Clinton put a Twinkie in the National Millennium Time Capsule in 1999 along with a World War II helmet, piece of the Berlin Wall, cell phone, Louis Armstrong’s trumpet and other artifacts the White House Millennium Council deemed representative of America (<http://timecapsuled.org/history/2009/6/13/dc-2000-national-millennium-time-cap-sule.html>).

♥ “Twinkie the Kid” is the “memorable mascot that has graced every box of Twinkies (and more than a few television commercials) since the ‘70s.” (www.retro-land.com/twinkie-the-kid/).

♥ In the 1950s, Twinkies’ popularity soared in part due to Hostess sponsoring the “Howdy Doody Show” (www.funtrivia.com/en/subtopics/Hostess-Twinkie-History-311621.html).

♥ The Twinkie actually has its own Facebook page. The site defines a Twinkie as “an American snack cake that is owned by Hostess Brands and marketed as a “Golden Sponge Cake with Creamy Filling.”

The possible extinction of Twinkies and Ding Dongs has even got political. According to news reports, New Jersey Gov. Chris Christie dodged a question in November regarding the snack cake. A reporter tried to trick Christie into talking about junk food by asking about the Hostess bankruptcy, but the governor figured out what was up. “Really, seriously, you’re not asking me about Hostess Twinkies, are you?” Christie shot back knowingly. He then went on to talk about the creamy cakes for nearly a minute, and posted the clip of his good-natured zingers to his official YouTube channel and Twitter” (<http://nymag.com/daily/intel/2012/11/chris-christie-said-twinkies.html>).

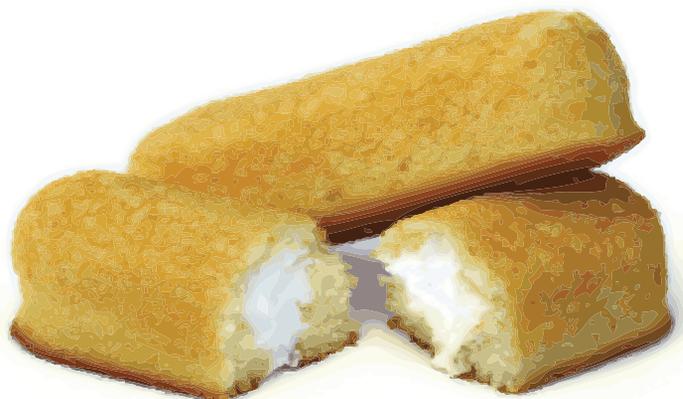
In any case, do not despair, all is not lost. You can make your own Twinkies with the following recipe found on www.Food.com

Ingredients:

- 1 cup milk
- 5 tablespoons flour
- 1 cup sugar
- 1/2 teaspoon salt
- 1/2 cup Crisco
- 1/2 cup cold butter
- 1 teaspoon vanilla
- 1 baked yellow cake

Directions:

1. Mix flour with milk and boil until thick. (It will be very thick.)
2. Cool.
3. Beat until fluffy and add other ingredients one at a time, beating well after each addition.
4. Put between layers of cooled cake.
5. Let stand one day to develop flavor.
6. Wrap individually in plastic wrap.



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The Will: a must have



(We published this column by Judge Northrop several years ago. Although the advice remains unchanged, it is so important that we felt it bore repeating. –the editor)

By Albert Northrop

When you are a senior, there are several documents you should execute, but the must-have document is the good ol' will. It's always best to consult an attorney to have your will prepared properly.

There are two reasons why many attorneys charge very reasonable fees for wills: 1) they are used as "leaders," so that when other legal issues arise, you will go back to the attorney who prepared your will and 2) most attorneys have will forms on their computer and do not then have to reinvent the wheel. When I was in private practice, my office was near a McDonalds. We used to joke that we could add an extra window for drive-through wills. For probably 90 percent of the wills I prepared over the years, I really only needed to ask about five questions.

Having said that, truth be told, there are too many variables to merely describe a standard will in these pages. However, I can give you a checklist of things to consider when preparing your will or speaking to that "drive-through" attorney.

First, and most obvious, list your name, and city and state of residence. If your will is valid in the state where it is executed, all of the other states will honor your will.

Secondly, it is usually a good idea, though not a required one, to add a sentence revoking any prior wills and codicils you may have made (a codicil is an amendment to a will). The mere fact that you execute a new will usually revokes any prior will. This, then, suggests that you date your will. This is done at the end of the will, twice.

You may, but need not, note whether you are married, single, divorced or widowed, and you may, but need not, name your children and stepchildren. These items will effectively be covered in the substantive paragraphs of the will.

It is a good idea to provide a time period for your legatees, the people who receive or "take" in your will, to survive you. In other words, you might, for example, require that they survive you by 30 days. This may avoid double taxation in some states and may also avoid having property probated twice in a short period of time. Be sure, however, to provide for a contingency if they don't survive you by the specified time.

Next, you should start making bequests. There are a number of potential pitfalls with "specific bequests." For example, leaving Uncle Harry's roltop desk to my brother Joe, so I usually advise against this sort of thing. If you trust your personal representative, make him or her a list of specific bequests to make and give them the authority and discretion to make them in the will. The list is nonbinding so you do have to trust your personal representative. (If you feel you cannot trust your personal representative, then obviously you have chosen the wrong person to be your personal representative.)

The general bequests are next. This will usually take the following form: "I give everything to my surviving spouse. If he or she does not survive me, then I give it all to my children."

Speaking of children, if you have young children, more detailed provisions are needed. It's probably not a good idea to leave a couple-hundred-grand to a 12-year-old outright. So, you will need to create a trust within the will and name a trustee. You pick the age at which the trust ends. I tended to suggest age 22, because most children have completed college by that time. In any event, the attorney will be virtually essential in preparing the proper trust language.

Young children also need a guardian. Better that you pick one rather than leave it to the courts, so name one or two in the will. The trustee takes care of the money. The guardian takes care of the person. It can be the same person. Unlike the trust, you do not need to pick a termination date. The age of majority automatically terminates the guardianship.

Next up is naming your personal representative or administrator. More often it will be your spouse. You will also want to name an alternate personal representative in case your spouse dies before you do or otherwise cannot serve. Most wills specifically state that the personal representative is excused from posting a bond. It is also best to spell out the powers and authority of the personal representative, even though the state statutes will cover it. Your attorney will have the appropriate language necessary.

Many times, a "no contest" provision is added. This in effect says that if someone named in the will challenges the will, they are then excluded entirely from its provisions.

Finally, you sign and date your will, declaring it to be your last will and testament. This is the first time the will is dated.

The attestation clause is next. The attorney will have the required language or you can find a sample on the Internet. And finally, the will is witnessed and the witnesses date it – for the second time.

Last I checked, all states but Vermont require two witnesses. Vermont requires three. But again, if your will is made in Maryland with two witnesses, Vermont will honor it, just in case you move to Vermont.

As a general rule, the witnesses can be related to you and may even be named in the will. However, best practice suggests that the witnesses be independent.

Al Northrop was admitted to the practice of law in 1975 and is now serving on the Prince George's County Circuit Court. He can be reached at OutlookbytheBay@aol.com

Do you have a plan for the day? Why not?

THERE'S AN APP FOR THAT

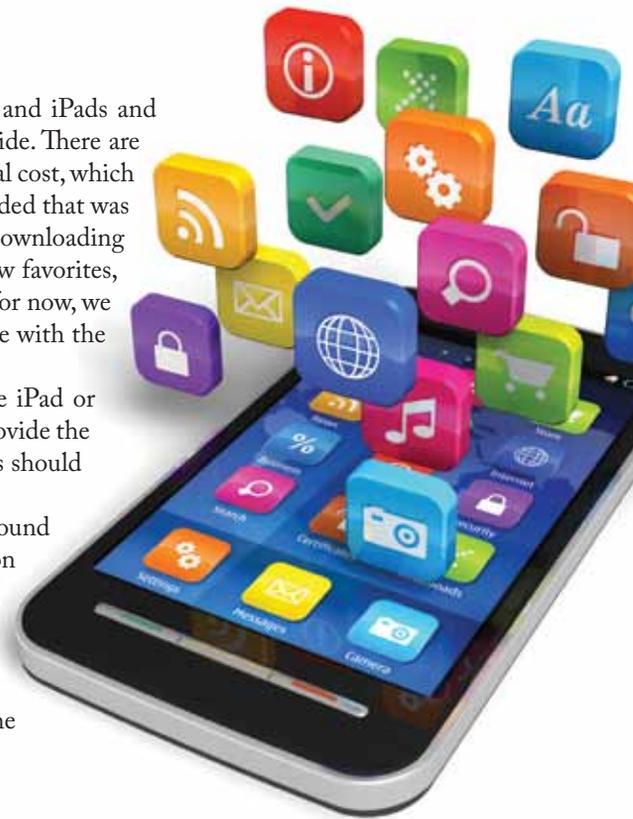
By Edree Hovey

Who would've known that we could have so much fun with our iPhones and iPads and other mobile devices, with all the interesting and educational apps that they provide. There are literally thousands and many can be downloaded at no charge. Some have a minimal cost, which is listed as one is perusing the choices. We haven't found one yet that we really needed that was over \$4.99 and that was unusual. Each app listed clearly describes what you'll be downloading and offers users' opinions which we've found to be worth reviewing. We have a few favorites, which are bound to change as newer, more interesting ones become available but for now, we love the **Best Flashlite**, which is easy to use and almost miraculous as you struggle with the door key at night or when you try to read scribbled directions in the dark.

Another favorite when traveling and listening to our prerecorded CDs, the iPad or Sirius station is **musicID**. Hold the iPhone up to the speaker and it will not only provide the title to the song, but the name of the vocalist or group and then up pop the words should you want to sing along.

Jen, a young friend who has been redoing her home from the ground up, has found **iHandy Carpenter** to be invaluable when she can't immediately put her hands on her level or measuring tape. This one, at just \$1.99, is a bargain that you're sure to appreciate when the necessary tool isn't within arms' reach.

All of these and more are available if you log into the "App Store" on your iPhone, touch "search," and type in the category you're looking for such as birds, translate, restaurants, maps or any of a thousand other categories and then enjoy the hunt as the list scrolls by, offering endless download opportunities.



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To learn more about the free equipment, including hands-free phones, amplified phones, voice activated phones and more, simply call Maryland Relay Customer Service at **1-800-552-7724**. You may also visit our website, **www.mdrelay.org**. Click on Free Equipment for more information on how to apply.



IT'S POSSIBLE

Avoid Doggy Dining Disasters



By Melissa Conroy

If you have a dog, chances are he has eaten some pretty wacky things. Over the course of his life, my basset hound Erasmus has eaten two bags of dark chocolate, a ballpoint pen, dryer sheets, three boxes of Girl Scout cookies in one sitting and a couple of live mammals, which needs no further discussion. Dogs are such indiscriminate eaters that the website www.dogshaming.com showcases pictures of dogs confessing misdeeds via signs, and the vast majority of these confessions involve a dog that had eaten something it shouldn't.

If you've ever caught your dog munching on a potted plant or making a snack out of a dead cicada, you probably don't worry too much about the tidbits of human food you occasionally toss to him. After all, if it is safe for you to eat, it should be OK for your dog, right? Not so fast. There are foods you and I eat on a regular basis that are not safe for your dog. Recently I rushed Erasmus to the pet ER after his muzzle swelled up alarmingly, and the only thing I could think that he had eaten was a few licks from the dish of salsa. Apparently something in the salsa violently disagreed with Erasmus.

Although a big pair of soulful eyes and a paw on your knee can be awfully appealing, don't let your dog guilt you into giving him human food that is not safe. To keep your treasured pooch happy and healthy, here are foods you should never feed your dog.

Onions and garlic: These savory alliums can cause Heinz body anemia in dogs, a condition which destroys red blood cells and can lead to kidney failure. Cats are even more susceptible to this condition, so don't ever feed garlic or onions to your furry, four-legged friends.

Grapes and raisins: Although it is not clear why, grapes and raisins can cause acute kidney failure in dogs.

Avocados: Sorry, boy, no guacamole for you. Avocados contain persin, which can be toxic to dogs in large quantities.

Macadamia nuts: Your dog probably loves peanut butter, but macadamia nuts can cause weakness, vomiting, hyperthermia and trembling in dogs.

Caffeine and alcohol: These substances have similar effects on dogs as they do humans, but dogs typically are much smaller than humans so the dosage is stronger. A 10-pound Pekinese who drinks a cup of coffee will end up with a mega dose of caffeine that could easily be fatal, so keep these beverages away from your dog.

Xylitol: This artificial sweetener appears in gum, toothpaste, candy and some baked goods and diet foods. Xylitol can increase your dog's insulin levels, which will play havoc with his blood sugar and in the worst case, end up in liver failure.

Chocolate: Many dog owners know to keep Fido away from the Godiva chocolates and not just because it is too expensive to be a pooch treat. Chocolate contains theobromine which is toxic in dogs and it also contains caffeine.

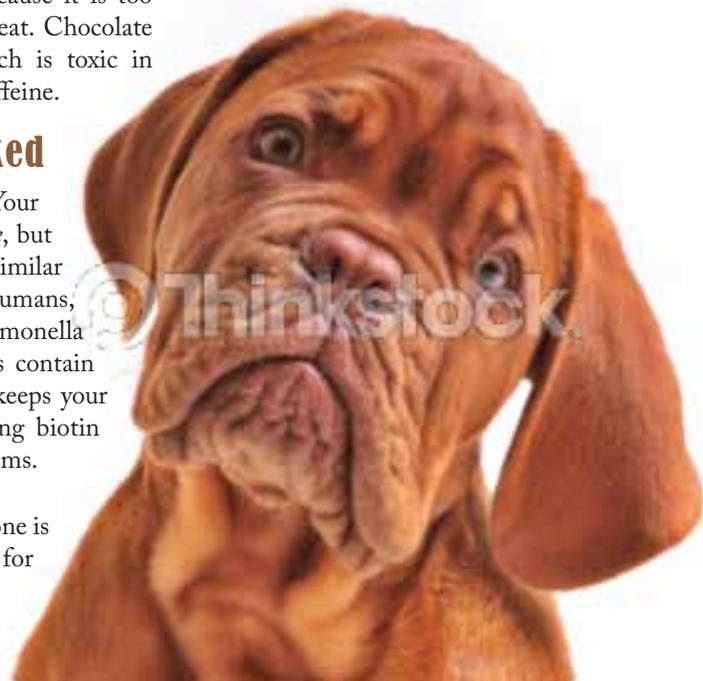
Raw or undercooked meat and eggs: Your dog may adore *steak tartare*, but raw eggs and meat pose similar risks to dogs as they do humans, namely bacteria such as salmonella and E. coli. Also, raw eggs contain the enzyme avidin, which keeps your dog from properly absorbing biotin which can cause skin problems.

Bones: Chewing on a bone is a natural, instinctive action for

a dog. However, pieces of bones can easily clog up dogs' intestine and create blockage problems that are often fatal. Safer alternatives such as a Nyla bone or a bully stick is better for your dog than a real bone.

If your dog has ever eaten a Wii remote or happily scarfed down a half-rotting dead squirrel, it can be hard to believe that a few grapes or a square of chocolate would cause any harm. However, every year thousands of dogs are rushed to pet emergency clinics after eating some seemingly innocuous food like onions or avocados. Giving your dog unsafe human food can easily result in a health scare, big medical bills or a devastating loss of your beloved canine companion. To keep your dog safe and healthy, make sure that you keep these dangerous foods away from him and reward him with dog-appropriate treats for his health and your peace of mind.

Melissa is still enjoying the companionship of Erasmus after his recent dining experience. They can be reached at 4amuseoffire@yahoo.com



Gardening Made Easier

By Neil Moran

Let's face it, as we get older our ability to bend and stoop in the garden declines, much like our eyes, ears and golf game. And like the life-long golfer and his putter, the passionate gardener is reluctant to hang up the ol' hoe. Fortunately, most of us of an advanced age can keep right on gardening well into those golden years by implementing a few strategies and purchasing a few tools that can make gardening a little less taxing.

Stretch it Out

One thing I've been doing for years before I go to work in the garden (or anywhere else, for that matter) is stretch and yoga exercises. I started this routine while having lower back pain problems. This really helps keep my back limber and probably reduces the risk of injury in the garden. It only takes about 20 minutes to do the exercises and I'm good for the rest of the day. For me, it's either do the stretches or take an Ibuprofen.

Even after doing the stretches I'm still concerned with making gardening easier. Fortunately, there are some tools and other accommodations that can make gardening much easier.

Raised Bed Garden

This is a good place to start. If it seems like the ground has gotten further away, bring the ground up to you. By building a raised bed garden with 12-inch sides, you can do a lot of gardening from a more vertical position. Plus, you can actually sit on the box and plant, weed and harvest your crop. If this height still seems a little too low you can do what some friends of mine did. They had a table built, with 8" sides and about 32" high, where they grow their tomatoes, lettuce and some peppers.

Tools to Make Gardening Easier

From a sitting or standing position, you may find it hard to reach some of the plants toward the middle of the raised beds. Worry not. There is a handy tool on the market called the Cobra Weeder & Cultivator that will allow you to reach into the raised bed to weed and cultivate. This tool is popular among older and younger gardeners alike.

One tool that can virtually eliminate bending and stooping in the garden is the ProPlugger New 5-in-1. This tool makes it possible to plant flower, onion and garlic bulbs -- and even the bedding plants that come in cell packs -- without bending at the hips. The tool stands about 4 feet high. When inserted in the ground, it will take out any length of sod you desire. You can drop a bulb or plant in the hole via the top of the tool, then firm soil

over the bulb or around the plant with your foot. With this tool you'll never get your knees dirty again.

Gardening Accommodations

There are some things you can pick up at a hardware store or garden catalog that will simply make your garden chores less strenuous and a whole lot more enjoyable. Even though my knees are still in pretty good shape, I always strap on my roofer's knee pads before doing any extensive garden work on my knees. They also sell knee pads specifically for gardening. Another option is the Garden Kneeler. This invention will cushion the knees while giving you a support to get back up. Flip it over and you can sit down and take a break.

Harvest time can be challenging to your back if you experience discomfort as I do. There is something about bending over and staying in that position for a prolonged period of time that is worse on my back than lifting a bushel of tomatoes. To relieve this discomfort, I sometimes sit on a five gallon bucket to pick my beans and peas. Or you can invest in the Easy-Up ATV. This mobile seat has big tires and a little cushion for your seat. It also has a handle that helps to get up off the seat and a storage compartment for your hand cultivator and garden gloves.

Speaking of garden gloves, don't head out to the flower bed or vegetable garden without a pair. A good pair of garden gloves, made specifically for us passionate gardeners, will go a long way in making a day out in the garden much easier and productive.

Neil, a horticulturist and garden writer, can be found on the his blog at <http://northcountrygardening.blogspot.com>

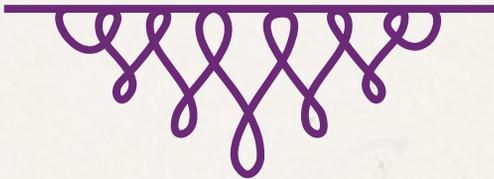
Sources
for tools and
accommodations:

www.cobrahead.com (Cobra Weeder & Cultivator)
www.stokeseeds.com (Easy Up-ATV)
www.proplugger.com ProPlugger New 5 in 1
www.gardeners.com (Garden Kneeler)



BOOKS:

Old, New and Obscure



DREAMERS OF THE DAY

By Mary Doria Russell

Random House, New York (2008)

With the Middle East so much in the news these days, *Dreamers of the Day* is a timely historical fiction novel to enjoy. Told by an American woman, it is a much more interesting way to learn about the origins of the modern Middle Eastern countries of Iraq, Syria, Lebanon, Israel and Jordan than reading about it in a dry textbook.

Reflecting on her experiences, Agnes Shanklin, a 40-year-old schoolteacher from Ohio, utilizes a very unique approach to help the reader experience some of the vagaries that we have read about in a very tumultuous region. In her adventures we are introduced to Winston Churchill, T.E. Lawrence and Lady Gertrude Bell, all of whom had a great deal of influence in determining the fate of the region.

Agnes was under the thumb of a distant, demanding mother who did not do anything to help her self-image. After the death of her whole family during the flu epidemic of 1918, Agnes receives a small inheritance and in a moment of courage books passage to Cairo, Egypt. To add to the humor, she takes along her dachshund, Rosie, who becomes an important character in the story.

Shortly after she arrives in Cairo she meets a mysterious German who takes her and Rosie under his wing, and she proceeds to fall in love with him. It is later that we discover that he is a German spy. There are several all-too-convenient coincidences where Agnes meets Winston Churchill, who is not famous yet, as well as T.E. Lawrence (better known to many as Lawrence of Arabia) and Gertrude Bell. It seems rather strange and unbelievable that she is privy to many of their conversations about the forming of the present Middle Eastern countries. She even is invited to spend a very unhappy day with Churchill when he goes on one of his painting excursions.

The title of the book comes from a passage in Lawrence's book, *Pillars of Wisdom*. He wrote: "Those who dream by night wake in the day to find that it was vanity, but the dreamers of the day are dangerous men, for they may act their dream with open eyes, to make it possible."

If you read this book as "tongue in cheek," you will probably enjoy the unique, descriptive writing style of Mary Doria Russell, as it is a beautifully written book that is especially relevant to our present time. Historical fiction often is at its best when it accurately describes actual history, giving the reader a backdrop for current events.

~ Peggy Kiefer

THE END OF MEN AND THE RISE OF WOMEN

By Hanna Rosin

Riverhead Books, New York (2012)

Hanna Rosin's book *The End of Men And the Rise of Women* describes a new world in which men are no longer the dominant sex and women are better educated, more equipped to climb a corporate ladder and become CEOs. They reach this status due to their ability to adapt and communicate while also being self-sufficient, assertive and individualistic and control their personal lives. To sum it up superficially, Rosin describes a reality in which women surpass men in virtually all arenas for the first time in history. She alleges that we have "reached the end of two hundred thousand years of human history and the beginning of a new era."

Rosin interviews both men and women and cites countless studies to showcase the evidence she says has been all around us, but "centuries of habit and history have prevented everyone from seeing it." This evidence illustrates not the ascent of women to equal status, but instead a shift (as of 2009) of balance now "tipped toward women, who continue to occupy around half of the nation's jobs." She also describes how women in the U.S. are surpassing men in education. "For every two men who will receive a BA this year, three women will do the same."

This new "female-dominated society" means women are often the main breadwinners of the family or they choose not to date or marry at all. They succeed professionally by adopting the creed, "Nice girls don't get the corner office," a phrase coined by Lois Frankel's book of the same name. Rosin writes of the complicated dynamic caused by women making more money and being more educated for the men. "The problem in the dating market is caused not by women's eternal frailty, but by their new dominance."

The "high achieving" women Rosin interviews do not need men for any financial security or social influence because they can attain it on their own. However, while the women are cynical about marriage and love, many admit an avoidance of relationships for career ambitions left them later to confess they don't want to end up alone and hope to find "the one." Rosin's women are ruthless business moguls who only allow casual sexual encounters. Others

are college grads or graduate students who only date and cringe at the thought of marrying before their 30s. Then there's the superwoman who works *and* raises a family successfully. The women are multifaceted and flexible; they "tend to preserve a core of their old selves—romantic, tender, vulnerable—"while also adopting new "personas." So, these women don't need a man to support them, but they still reserve the right to *want one*.

Rosin makes the case that the economy plays a big part in how the roles of men and women, within the confines of marriage, family life and in educational and career circles, is defined. Noting how relationships are changing, she says, "Our nation is splitting into two divergent societies, each with their own particular marriage patterns." The women in the working class (the larger group of the moderately educated) see the men in their class as lazy and unable to fulfill the role of provider. The women in the other group (the educated class), are in "fluid" relationships in which the role of "breadwinner" shifts back and forth in see-saw fashion.

Jennifer Homans, in her *New York Times* book review, critiques the book's descriptions of both men and women. She writes, "Is it really a good idea to say that we are, by gender if not by sex, open, empathic, flexible, patient, prone to communal problem-solving and the like? We've known for a long time that men do not hold a monopoly on being rigid, hierarchical, close-minded or authoritarian. Yet the women in this book are almost all organized go-getters, whereas the men come across as lazy, unambitious couch potatoes" (www.nytimes.com/2012/09/16/books/review/the-end-of-men-by-hanna-rosin.html).

In almost all scenarios, the representation of men in this era of powerful, dominating and even aggressive women isn't favorable. At different times in the book, the men are portrayed as unable to change, confused, idle, licentious and even as "fallen idols."

Although I appreciate and feel reaffirmed in my belief in women's strength and versatility in performing roles ranging from CEO to nurturing mother and ev-

erything in between, the book does leave me feeling puzzled. I always considered myself a feminist, someone who "supports and defends equal rights for women" (www.wikipedia.com). However, I'm uneasy with the notion that women's continual "rise" in achievements simultaneously results in the demise of men. Is it even constructive to suggest such an idea?

Maria Bustillos, in her Los Angeles Review of Books, poses a similar assessment: "The big question for this reader is why — at the very moment when we almost have people respecting one another as equals — we would be talking about "The End" of anybody" (www.salon.com/2012/09/11/men_arent_ending/).

If Rosin's final conclusion is that men should learn from women's ability to "bend," to be sensitive, compassionate, in touch with their feelings and effective communicators, in order to be successful, then, yes, I agree. There is a lot to be learned from our multitasking and being resourceful mothers, grandmothers, aunts and sisters.

Halfway through this book I determined that I'm probably too old-fashioned or "conservative" to be considered a feminist these days, although my heart did swell with pride with each account of women's ascent to the top, especially in notoriously male-dominated settings. I just hope this book serves to encourage young men to "rise to the challenge" alongside young women so that advances in science, medicine, politics, business and economics are achieved by all and for the good of all.

~ Leah Lancione

Bay Bytes

For half-priced tickets to many local productions, log onto www.goldstar.com which offers a wonderful selection to theaters, sports events and other interesting entertainment.

REINVENTING HERSELF:

REBECCA SNURE FROM INTERNATIONAL MARKETING PROFESSIONAL TO SILK ARTIST

By Tricia Herban

One of the pleasures of a long life is the opportunity to reinvent yourself. Rebecca's Snure's story illustrates this perfectly and it was a pleasure to learn more about her in a recent conversation.

Your career trajectory is fascinating. Please give it to me in brief.

I went from being a purchasing agent to international marketing, and am now a fabric artist.

Did you plan to leave one field and find something else—or follow a dream?

No. It was an unexpected transition.

Are there similarities not immediately apparent between the two occupations?

Both require creativity. To explain: When the purchasing agent position that I applied for was already filled, I was offered a job in international marketing. Specifically, export control in Honeywell's international office in the District (Washington, DC). The artist in me developed as I had to problem-solve to get things done within a prescribed structure -- a big part of getting the product to the customer -- and I use those skills now in promoting my scarf business.

You mention interfacing with other organizations. Which were your major contacts?

They were the employees on the "other side of the fence" at State Department and branches of the military as well as embassies of countries where we hoped to sell our products.

Did you need government approval?

All the time. Everything we worked on required some level of security clearance either because of its initial purpose or because of the technology involved in its manufacture. We could only give access to NATO allies and other friendly countries.

Let's see, this was back when?

1979-1991

Was it unusual for a woman to be working in defense then?

Yes. There were only about 25 of us in the Washington area. So we formed a group, the Society for International Affairs (SIA) to provide a forum for those in government and industry to work together to get products through the approval process for sale overseas. For example, we wanted to take our Ring Laser Gyro to a show in China. It wasn't a country we could sell it to, so our application was denied. When my boss asked me for "a miracle," I rewrote the application stating that the item would be displayed with a sign reading: "Not for Sale in China." That application was approved. Potential customers from approved countries could see our latest equipment, while our biggest competitor was absent because its license had been denied. I was always on deadline and it

was so rewarding to be appreciated for my problem-solving creativity.

After 12 years in a job you loved, why did you leave?

My husband and I decided to fulfill our dream of becoming live-aboard sailors. We travelled the world for seven years. When that odyssey ended, we moved to San Diego and I met a silk artist.

And just like that, you took it up?

No. I was building on past study. As an at-home mom, I spent four years taking art classes in oils, water color, acrylics, pottery, etc. However, I had never seen anyone paint on silk. This wonderful artist had a studio and boutique. I loved her work. But she refused to teach me. She said I had to study in Burgundy, France. It was very expensive, but my husband gave me the trip for Christmas and I went in 2002. Eight of us students stayed in a gorgeous chateau, painted twice a day and toured.

That was your initiation?

Yes, I came back with 20 finished scarves and I was hooked. Then I gave the scarves as gifts. But after a four-month around-the-world trip on a freighter, I had 85 scarves, a collection leading to a career. When we moved to Annapolis in 2008, I started Nectar Silks. I feel fortunate my work has been well received. Scarves go well with the weather here, and this is an area where people dress up a bit so scarves are an appropriate accessory. All my scarves are original hand-painted designs.

Don't you also make scarves for organizations like Metavivors?

Yes, I have made scarves for groups: Hospice, Save the Coconuts and Congressional Country Club. My biggest order, the USGA, was 100 scarves for the 2011 U.S. Open. My challenge was to find a company that would silk-screen them in quantities of 50. No one does this in the U.S. After I found an excellent supplier in China, they raised their minimum order to 500.

Painting on silk sounds so freeing. Do you teach or offer workshops?

I offer classes for both adults and children. I have done birthday parties and girls night out evenings where everyone paints a scarf. Mostly I do private classes: beginner, intermediate and advanced.

Do you see new horizons still ahead?

Now, I am being asked to exhibit and participate in shows, a major breakthrough. I have begun making wall hangings. Some are long panels with a bamboo design, others are landscapes. I also have a series of portraits that I call "Visitors" because they are dream-inspired. I have a studio in my home and access to larger spaces for groups. Silk painting is my passion and the perfect second career for me.

Rebecca can be reached at resnure@nectarsilks.com or www.nectarsilks.com

"SEQUENCE," A Game of Strategy

By Kathryn Marchi

There is nothing better to get your grandchild's nose out of an iPod and Xbox Games than a good board game. It's a great time for some bonding and healthy competition, not to mention developing skills of strategy and fair play.

The game of "Sequence" is a fun and challenging board game for age 7 through adults that can be played with single players or teams. It is not complicated, but does require concentration and strategizing.

PLAYERS: Two to 12 players, up to three play individually and while more than that must form no more than three teams.

EQUIPMENT: Game board set up with a design of playing cards in hearts, spades, diamonds and clubs, deck of 104 playing cards, 50 each of green and blue marker chips, 35 red marker chips.

SEQUENCE: players must connect a series of five of the same color marker in a straight line—either up and down, diagonally, or across the board playing surface.

OBJECT OF THE GAME: One player or team must score one or two sequences on the board, depending on number of players, before their opponents do.

PLAY: Players are dealt a set number of playing cards and marker chips with the remaining cards placed in a drawing pile. In turn, each player selects a card from his hand, places it face up in his own discard pile, and then places a marker chip on the corresponding card face on the board, in an effort to begin his "sequence" of five. The player then draws another card to replace the one from his hand. The play continues around the board until the required "sequence" is completed.

To make it interesting, the eight jacks in the deck do not have a place on the board; They are considered wild cards. The four jacks with two eyes allow a player to place his marker chip on any empty card face on the board; the four jacks with one eye allow a player to remove one opponent's marker chip on the board and replace it with his own.

More detailed instructions are included in this affordable game package which can be purchased in toy stores or Walmart, Kmart and Target stores.

With Christmas around the corner, why not purchase a game of "Sequence" for your grandchildren, adult children or one for yourself? This game has been known to rival Bridge in party situations, so why not start your own Saturday night "Sequence" group?



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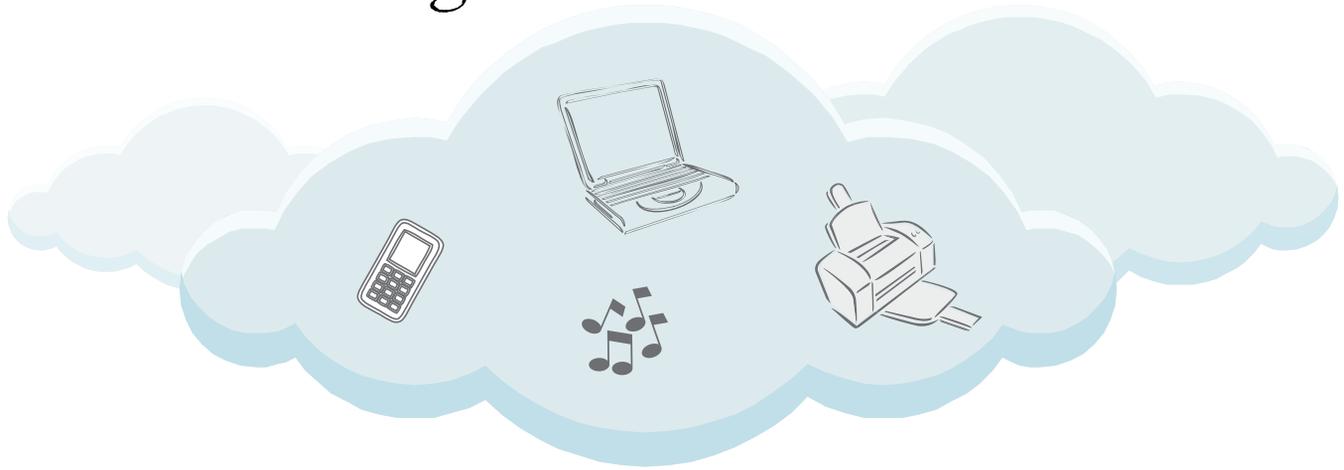
Arnold Senior Center

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Saturday, February 23rd

10:00 a.m. – 12:00 noon and 1:00 p.m. – 3:00 p.m.

On-line & telephone registration begins on January 25, 2013.
To register for the VDT, call: **410-222-4464 ext. 3043** or
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The Cloud . . . and what does it have to do with me?

By Jas Saini

These days everyone is talking about the cloud. Every time you turn around someone is offering a cloud service of some sort. Yet many of us have a hard time trying to figure out what clouds have to do with our computers, tablets or smartphones.

What is a cloud?

The story goes back a long time ago when in the infancy of computer industry there was a need to show interconnected computers. There was no standard way of showing the interconnection. The system engineers, started to use the diagram of a cloud to depict the network in the system diagrams, showing computers connected with a line to the cloud. Fast-forward to today when we are all connected with Internet, which is the cloud, with some kind of connected computing service or application. This is now called cloud computing service. This is a virtual world and you don't know where exactly it is physically stored. All you need is a Web browser like Internet Explorer or an app to connect to the cloud and you are there.

What are the cloud services?

There are unlimited services and applications that can be provided from other computers. In some ways your email service provided on the Web is a cloud service. But the most common services provided to a casual user are the storage, backup, synchronization and the applications residing on a remote computer con-

nected to the cloud. There you can store files, music, photos, videos, calendars, documents and any other data that you may or may not have space for on your computer. Your software and applications can also be serviced from the cloud computers. It all depends upon the service, which can be purchased economically ala carte.

Why do I need it?

Well, the answer to that question depends upon how you use computers and devices. To begin with, everyone uses the technology differently.

If you are a casual user who only wants the computer to surf the Web, send and receive the emails and a few photos to the family to keep in touch, you may be able to get by without it. On the other hand if you have lots of music that you want to hear from your smartphone and tablets and computers, a virtual cloud that stores all that content may be the right fit for you.

If you have privacy and security concerns and like to keep your stuff next to you on your own computer, you may want to buy bigger and better hardware and software every few years. The privacy and security on the cloud is as good as the service provider. Unless it is a secure communication, it is like sending a postcard. If all that is not an issue, let someone else worry about it all on the cloud.

If you want all your content available instantly, all the time and on all your devices fully synchronized and you really

don't care about other issues, this is the way to go.

Who are the common suppliers?

There are many suppliers and players, but most visible are the same folks who provide the various platforms, software apps and infrastructure today. The common commercial suppliers therefore are vendors like Apple, HP, Microsoft, Amazon, IBM, Google, AT&T and Verizon. You can get more info, tutorials and pricing by logging on to the vendor websites of choice. If you own Apple equipment, content, tablets and phones you may want to go to the Apple website and explore tutorials, options and pricing. Same goes for the other vendors and their websites.

How much does it all cost?

The cost really varies by the type of service and the vendor. For example in the storage services area, most tend to have the first two to five GB of storage free. After that there is a monthly or yearly fee for additional 10 or 20 GB increments of storage space. Typically, additional storage can cost you \$1 to \$2 per GB per year. So if you want 50GB on the cloud, it may typically cost you \$50 to \$100 a year. But prices and increments vary by vendors. Again, you should also compare it to how much it costs for additional storage on your computer. As costs come down, it looks like this is the way the future is headed.

Jas is a technical consultant with industry experience who can be reached at sainistrand@gmail.com

Probably 10 THINGS YOU ^ DIDN'T KNOW ABOUT SNOW

By Jack Rott

The Farmer's Almanac is predicting a colder-than-average Winter for the mid-Atlantic region (33 degrees is our average) with the normal amount of snow (less than 20 inches). Here are a few snowy facts for you to mull over while enjoying our Winter weather.

1 The largest snow flake was found by a rancher on Jan. 28, 1887, at Fort Keogh, Montana. It measured a whopping 15 inches in diameter, and holds the title for largest snowflake in the *Guinness Book of Records*.

2 All snowflakes are crystals and have six sides. But other than that, the variations are practically limitless.

3 Snow isn't always white. It can appear gray when fossil fuels are contaminating the air or water. In the polar regions of the world, accumulated snow can look red or green due to algae growth. Red, orange and brown snow can fall when dust and sand is in the air. Then, of course, we all know about yellow snow ...

4 Japan has developed a snow-eating robot called Yuki-taro. It is equipped with GPS and video cameras that allow it to "see." And unlike conventional snow blowers, Yuki-taro sucks up the snow and compresses it into ice blocks.

5 On April 14, 1921, Silver Lake, Colorado, experienced an incredible 75.8 inches of snow in just 24 hours.

6 Snow is actually clear. The crystal structure of snow has many tiny surfaces that reflect light. What little light is not reflected is absorbed equally in all wavelengths, giving it a white appearance.

7 Despite the common belief that it is never too cold to snow, when ground level air temperatures get much below zero, snow becomes less common.

8 The colder it is, the smaller the snowflakes.

9 In early February 1972, Iraq was hit by a horrific blizzard that killed 4,000 people, completely buried more than 200 villages and dropped 26 feet of snow, that's equivalent to a 2 1/2-story building.

10 A single snowstorm can drop 40 million tons of snow; this creates the energy equivalent to 120 atom bombs.

Avoid Positive Negativity Syndrome



By Melissa Conroy

One of the best parts about growing older is that you probably have a better rein on your emotions. While you may have spent your teens and twenties on an emotional roller coaster, things do tend to settle down as you move into your middle years. It's no secret that older folks tend to be more cheerful and emotionally

stable and often have a more positive outlook on life because of their increased experience and wisdom. By the time you reach middle age, you've likely figured out that no one likes a [Debby Downer](#) or [Eeyore](#) and have worked to maintain a more cheerful outlook on life.

However, despite your sunny disposition and balanced approach to life, you may be exhibiting signs of a condition and not even know it. Let's call it positive negativity syndrome or (PNS). It may not be clinically recognized yet, but you don't have to be in a clinic to recognize the symptoms. PNS is characterized by a tendency to express negativity under the guise of humor or sarcasm.

Here's a good example of PNS: A 40-year-old daughter tells her 65-year-old mother that she is having difficulty reading small print. The mother laughs jovially and observes, "Oh, honey, just you wait! Before you know it, you'll need bifocals!" Or two men are talk at the gym and one mentions his marriage is becoming strained. The other man exclaims, "Ha! It'll get worse when the kids are out of the house. You and your wife won't be able to stand the sight of each other then!"

People suffering from PNS typically have a jovial, "It's only going to get worse from here!" outlook on life. Now granted, humor is a great way to tackle the difficulties life throws at us. No matter how terrible the situation is, a laugh or a joke can give us the courage to keep pressing on. However, there does come a point where a line is crossed and you enter into PNS territory. While it may seem like good-natured joking, PNS often creates bad feelings and harms relationships. If it does, you should take steps to eradicate PNS in your life and conversations.

PNS is unkind. If someone you love voices a legitimate complaint about money issues, back problems or aging parents, gleefully detailing how worse things will be in the future is unhelpful, unsupportive and unwanted. Essentially what you are doing is negating the other person's legitimate feelings because the message you are sending back is, "You shouldn't feel this way because your current problem is minor and it is only going to get worse in the future." No one likes it when their legitimate emotions are invalidated, and nothing invalidates emotions like PNS.

PNS can greatly increase agitation and fear about the future in less experienced people. We tend to rise to the level of our expectations, so if you progress through life constantly fearing the worst, the worst tends to happen. However, if you

are positive about the future, good things tend to happen to you. Avoiding PNS is a great way to help you and the people around you look to the future with excitement and confidence.

Sadly, there is often a nasty strain of vindictiveness running through a lot of PNS. The old saying, "Misery loves company," is part and parcel of the syndrome. If your formerly-thin friend is now gaining weight, it's easy to feel a private thrill by happily trilling out, "Welcome to the fat club! We've got jackets!" Nothing makes an older parent more gleeful than hearing, "Mom, I'm so sorry for the stress I put your through," from an adult child who is potty-training a toddler. However, PNS can easily become mean-spirited if you are not careful, which is another good reason for keeping it out of your life.

PNS is also verifiable negativity. Just because you frame a comment as a joke doesn't mean that what you are saying, in essence, is a negative remark. No one likes someone who bumbles about prophesying gloom and doom in a sad voice, but if you constantly crack jokes about how awful things will be in the future, you are still being a Debbie Downer. People will feel worse, not better, after talking with you.

This doesn't mean that you can't ever crack a joke about wrinkles or tease a friend about the future potbelly he will be inheriting. If we didn't have humor to help us along, life would be much harder and far less enjoyable. Most of us are susceptible to PNS to some degree. However, it can be reduced or avoided by following these steps:

1) Save humor for when it is wanted.

If someone has a legitimate complaint that they are obviously troubled with, cracking a joke is not appropriate. Empathy, not humor, is warranted in these situations.

2) Avoid maliciousness:

You should genuinely hope for the best when it comes to the people in your life. Just because you had a difficult parenting experience or a bad divorce doesn't

mean that others will too. It is vindictive and petty to tell others, "The worst is yet to come!"

3) Be considerate.

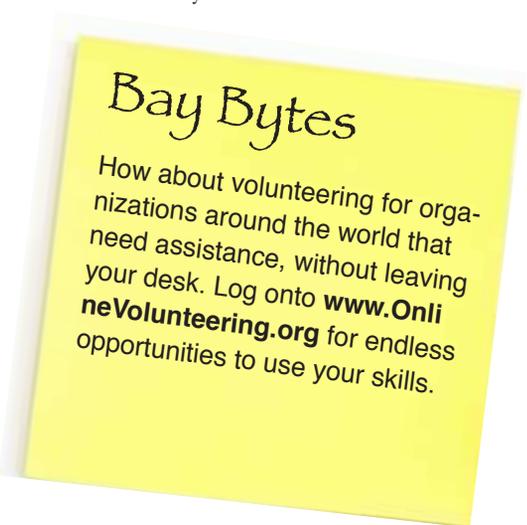
While you may think that someone is complaining about a trifling problem, it is obviously serious enough to that person to warrant a complaint. Don't trivialize their feelings by telling them the problem is only going to get worse.

4) Keep positive.

The future will bring with it bad things. None of us can escape the aches and pangs of growing older, watching the economy grow worse and seeing another war break out. We can't wholly prevent the bad experiences we will face. However, life will also bring with it many good things -- new relationships, chances to travel, new experiences. If you are an older person talking to a younger person, they need to hear from you that there will be many joys and wonders in the future.

+++++

It's always good to remember that true humor should never come at the expense of someone else. Acerbic wit, sarcasm and gleeful prophecies of doom can and do hurt people and strain relationships. PNS can become a chronic condition, but if you are alert for its symptoms and work hard to be truly positive despite circumstances, you will have a better outlook on life and the people you interact with will thank you.



Not making a decision is often the worst decision.

Thank you

By Annie Horgan

Sending a thank-you note through the mail is a warm and welcome way of showing your gratitude when someone does something especially kind. It's never wrong to write a thank-you note, but when is it necessary? The following is a helpful list of when a handwritten thank-you is important.

- When you receive a gift (even a thank you or get well gift).
- When you are a houseguest, and if you neglected to bring a hostess gift when you arrived, this would be the perfect time to correct that lapse in good manners.
- When someone has done something particularly kind for you.
- A note to express congratulations, which is often accompanied with a gift.
- After receiving a note, flowers, donation, or to acknowledge condolence. (In times of stress, this can be written by a close friend of the family).
- If you open a small gift, such as a hostess gift, while the gift-giver is present, a verbal thank you is acceptable.

So now, how to write a thank-you. Simple. It doesn't need to be long, so use a small note card. A full sheet of note-paper puts pressure on you to fill it. Keep a box of these small note cards on hand -- you will never regret it.

Open with the greeting: *Dear Judy,*

Express your gratitude: *Thank you for the cashmere sweater.*

Talk about what and how you'll use it: *I've always wanted a pink cashmere sweater because it's so warm in the cold weather.*

Mention the giver: *It was so good to see you at the party.*

Close: *Thank you again, Love,*

A thank-you sent by email will never be as warm and meaningful as a handwritten note, even though it is now done far too often. Some believe it's an acceptable thank-you for a small gift or after a nice dinner party, and it is, of course, better than remaining silent. But as I've told my children, if you write a thank-you note, it truly shows your gratitude and you're more likely to be the recipient again.

What to do if you don't receive a thank-you note for a gift that's been sent? After two or three weeks, call the recipient and ask if they received the gift. This is the easiest way to determine if the gift arrived safely and it may also remind them that a note should be sent.

Keep in mind that far too many young people in today's fast-paced world are not familiar with the rules that we were raised with. Much of the etiquette that we are accustomed to no longer applies. Although we're pleased to receive almost any acknowledgement of a gift given or a courtesy extended, there is still nothing that can compare to a handwritten note expressing gratitude.

Annie, a graphic designer, can be reached at MyPaperinthePark.com located in Severna Park

WINTER QUIZ-ACROSTIC SOLUTION

One of the world's great Romeo and Juliet ballets was originally written with a happy ending because of the composer's belief that "Living people can dance, the dying cannot." Name the composer who once rewrote Shakespeare.

ROMEO AND JULIET: PROKOFIEV

| | |
|----|---------------|
| A. | Ramsley Lewis |
| B. | Optician |
| C. | Machte |
| D. | Eschenbach |
| E. | Oncoming |
| F. | Abbey |
| G. | Nattiness |
| H. | Download |
| I. | Joggle |
| J. | Under the Net |
| K. | Lopper |
| L. | Infiltrate |
| M. | Edelweiss |
| N. | Two cents |
| O. | Photographer |
| P. | Raw deal |
| Q. | Of late |
| R. | Keynote |
| S. | Orphan |
| T. | Figaro |
| U. | Ice show |
| V. | Ephemeron |
| W. | Vault |





Here come the January bills and I have to face the truth. I think I've become a shopaholic since retiring. Even my kids have made comments. Black Friday, Small Business Saturday and Cyber Monday: somehow I was taken in by them all. I'm concerned as it's more than just seasonal shopping. I'm even having trouble limiting my day-to-day purchases. My husband will retire this year and our income is not going to cover this kind of spending. I need to get a grip. How do I do this before getting us into real financial trouble?

Over-shopping, something that most of us can identify with at times, is a behavior that lies upon a continuum that ranges from an occasional indulgence to a more troublesome bad habit, and sometimes, to a serious addiction, referred to as "compulsive spending disorder." You've identified that you have a problem. Congratulations! You've made that first important step toward having a more balanced approach to spending.

But before we go further, consider for a moment how shopping, something that can be both necessary and enjoyable, becomes a problem in the first place. Buying new things is a pleasurable activity. For many of us, shopping can be fun and never has it been so easy to spend money as it is in today's world. With Internet access, we are just one click away from purchasing those things that we need, desire and, unfortunately, those things that we cannot afford. The temptation has never been greater for us to spend beyond our needs and paychecks.

Shopping becomes a problem when it is used habitually as a panacea for other problems. For example, we've had a tough week and decide to treat ourselves to that pair of designer shoes we spied in a catalogue. We deserve it, don't we? Perhaps we are restless and bored and heed the siren call of the mall on a rainy Saturday afternoon. Or we've had a nasty disagreement with that irritating family member who always gets on our last nerve. Wouldn't it be a great distraction to surf our favorite shopping website for a bargain? On an even deeper level, excessive shopping can be used to bolster our deflated feelings of self-worth or to soothe our empty and aching souls when we suffered a loss or trauma.

Yes, it is very easy to slide down this slippery slope until we are reaching far too often for what at first looked like an easy and quick fix. We may note that the initial jolt of euphoria at finding a bargain starts to give way to feelings of guilt, confusion and depression. Not only can our financial bottom lines suffer, but compulsive shopping can evolve into an actual mood-altering addiction, much like gambling or any other addictive behavior. In fact, compulsive shopping is often compared to another addiction such as drug or alcohol abuse.

Research shows that at least one in four Americans define themselves as a "shopaholic," with the majority being women. Age is no protection and older adults may even be at greater risk due to

the losses that occur in this stage of life. Seniors may have limited mobility, become isolated, and lose a sense of purpose when they retire or become widowed. Shopping can be done from home, be done alone and trips to the mall can be used to fill up too many empty hours. Moreover, with limited and fixed incomes, retirees have less dispensable income for frivolous purchases and often do not have the earning power to replenish their depleted bank accounts when such activity gets out of hand.

OK. That's a lot of bad news. Now what can you do to turn this around? If this is simply a habit that you'd like to break, there are some easy strategies that you can try. Leave your credit cards at home when you shop. It hurts more when you have to pay cash and will help you to think twice about a purchase. Employ a 24-hour rule by which you promise yourself to wait one full day after seeing something that you want before purchasing it. The distance may soften the urge and help you make a better decision. Decide to only shop with a friend or family member (not another shopaholic) who can steer you away when you've reached a predetermined limit.

Another idea is to carry a list of questions to pull out when you are faced with a major case of the "I wants." Ask yourself these questions: Do I already own something like this? Do I have something else that will meet this need? Will this item solve or prevent some problem? Can I afford this without incurring more debt? Must I hide this purchase or receipt because I'm ashamed or afraid of the consequences? Often, these questions will serve as a wake-up call before you slap down your plastic.

If these strategies don't help or you find yourself caught up in compulsive spending that you truly cannot control, please seek professional help. This is when being a shopaholic is no laughing matter, but is rather a serious impulsive control disorder that requires psychological intervention. Effective treatment, such as short-term cognitive behavioral counseling or medication, is affordable and readily available. You and your economic welfare are worth this investment. Get started now on what you need to do to keep these golden years golden.

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

The Oyster Wars

By Henry S. Parker

On a still, mid-Winter day, the placid Chesapeake Bay belies a bloody past. From the Colonial era to the present, the area's quiet waters and peaceful landscapes have been a microcosm of American conflict and lawlessness. The region has seen religious strife, battles in the Revolution, War of 1812 and Civil War, slave-trading, rum-running and drug smuggling in the modern era. These Bay Area struggles have been part of larger dramas played on the national stage.

The Oyster Wars were in a class of their own.

Why would anyone want to fight over a bivalve? With local oysters so diminished today, it's easy to forget they were once a dietary and economic staple, abundant enough that Chesapeake Bay was one of the greatest oyster producing regions on earth. With rising American fortunes after the Civil War and a growing global appetite for oysters, the shellfish became a hot commodity. Entrepreneurs capitalized on the demand, encouraging the expansion of rail lines on the Eastern Shore and establishing oyster canning plants up and down the Bay. Crisfield epitomized the late 19th century oyster boom, morphing from a sleepy waterfront hamlet to a thriving population center in a few short years. Its docks supported fleets of oystering vessels and its streets and bars harbored legions of hookers, gamblers and brawlers.

With money to be made, and a resource already strained, the stage was set for conflict. The seeds had been sown in a long-standing dispute between Maryland and Virginia. In 1632 a charter granted the original colony of "Mariland" full control over water rights in the upper Bay and adjacent Potomac River. Understandably, this didn't sit well with Virginians who reinforced their own control over the lower Bay through a series of regulations. Conflicts between Maryland and Virginia watermen simmered until well into the 20th century, sometimes boiling into violence.

There were additional catalysts for conflict. By the 1870s Chesapeake Bay accounted for nearly half of the world's oyster production, drawing the covetous gaze of other oyster-producing regions that had fallen on hard times. Notably, New England oystermen, having depleted their own beds, ranged out into Maryland and Virginia, provoking violent encounters with mid-Atlantic watermen. New technology introduced another source of conflict. The advent of the oyster dredge meant that fishermen could use larger boats, venture into deeper waters, plunder ever-larger quantities of shellfish and significantly increase their take-home pay. Traditional oyster tongs, restricted to shallow waters and small boats, saw their livelihoods threatened. And it soon became clear that, even with oyster-harvesting regulations in place (but poorly enforced), the entire resource was at risk.

At one point it seemed that everyone in the oyster trade was fighting with someone else: Marylanders against Virginians; Tidewater oystermen against New Englanders; dredgers against tongs; even watermen from neighboring counties against each other. Then the government stepped in.

There was ample justification for government intervention. Not only was the Bay turning into a battleground and oyster populations diminishing; the business itself was becoming a lawless, violent enterprise. Dredge boat captains, desperate for scarce labor, were not above shanghaiing workers, rounding up drunks in waterfront bars and preying on impoverished immigrants. The victims worked long hours under appalling conditions and were more likely to receive beatings than fair pay. Sometimes, in the parlance of the day, they were "paid off by the boom," deliberately knocked over the side by a swinging yardarm and left to drown.



Oyster harvesting on the Chesapeake, 1879. Library of Congress. Wood engraving by Joseph Becker. Source: Anna Marie Gillis. 2011. Oyster Wars. Humanities: The Magazine of the National Endowment for the Humanities, Volume 32, Number 3. May/June, 2011.

In 1868 the Maryland Oyster Navy was established to enforce harvesting regulations and counter the growing lawlessness. Its first commander, Naval Academy graduate Hunter Davidson, had a tough assignment. After several sea battles it was clear that the watermen had a big advantage: they were better armed and knew the Bay waters like the back of their hand. A few exhausting years later, Davidson resigned and moved to South America. The violence and plunder continued. By 1889 the Bay's oyster harvest was one-third of what it had been a few years before. But the public was turning against the

mayhem on the water. Maryland and Virginia began to cooperate to conserve the oyster resource, and the Oyster Navy added new ships and a 12-pound howitzer to its arsenal. By the end of the century, it began to gain the upper hand. Even so, armed skirmishes persisted until the 1950s, when the oyster wars finally came to an end, aided by the resolution of interstate disputes and the strengthening and enforcement of harvesting regulations. Eventually the Oyster Navy became the Maryland Natural Resources Police.

Could Chesapeake Bay ever again experience oyster wars? Some observers already see a new battle brewing. Maryland is aggressively advancing oyster aquaculture to increase the upper Bay's reduced populations. With insufficient seed oysters available from hatcheries, Maryland watermen are eying the substantial natural seed supplies in the spawning grounds of Virginia's James River. Virginia is taking steps to protect that resource, including limits on the amount of seed that can be sold. Could another war be in the offing? That is highly unlikely. Future conflicts are far more likely to involve legal wrangling than armed encounters. But if you're thinking of going into oyster farming, a word to the wise: Steer clear of the James River.

WINTER QUIZ-ACROSTIC

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | I | H | | J | L | | 4 | I | 5 | T | | 6 | N | 7 | C | 8 | R | | 9 | M | 10 | E | 11 | T | 12 | Q | 13 | H | 14 | D | | 15 | O | 16 | V | | | | | | | | |
| 17 | J | 18 | P | 19 | B | | 20 | L | 21 | K | 22 | E | 23 | A | 24 | Q | | 25 | O | 26 | H | 27 | P | | 28 | I | 29 | W | 30 | L | 31 | A | 32 | Q | 33 | G | | 34 | F | | | | |
| 35 | C | 36 | W | 37 | H | 38 | P | 39 | J | 40 | A | | 41 | U | 42 | W | 43 | G | | 44 | U | 45 | J | 46 | E | 47 | I | 48 | B | 49 | N | 50 | Q | 51 | K | 52 | P | 53 | R | | | | |
| 54 | P | 55 | A | 56 | G | 57 | J | 58 | O | 59 | R | 60 | E | | 61 | N | 62 | U | 63 | L | 64 | D | | 65 | A | | 66 | V | 67 | S | 68 | O | 69 | B | 70 | A | | | | 71 | N | | |
| 72 | S | 73 | M | 74 | L | 75 | J | 76 | T | | 77 | D | 78 | I | 79 | B | 80 | G | 81 | J | 82 | M | 83 | K | | 84 | O | 85 | L | | 86 | N | 87 | O | 88 | M | | | | 89 | D | | |
| 90 | T | 91 | A | 92 | V | 93 | E | 94 | N | 95 | G | 96 | O | 97 | U | | 98 | F | 99 | U | 100 | I | 101 | B | 102 | V | 103 | Q | | 104 | C | 105 | O | 106 | D | 107 | G | | | | 108 | A | |
| 109 | M | 110 | W | 111 | T | 112 | E | 113 | I | | 114 | O | 115 | F | 116 | B | 117 | K | 118 | M | 119 | J | | 120 | C | 121 | F | 122 | D | | 123 | H | 124 | B | 125 | R | 126 | D | 127 | C | | | |
| | 128 | R | 129 | S | 130 | D | | 131 | J | 132 | F | 133 | L | 134 | V | 135 | E | | 136 | N | 137 | L | 138 | G | 139 | B | 140 | H | 141 | Q | | 142 | G | 143 | H | 144 | C | 145 | M | | | | |
| | 146 | W | 147 | D | 148 | V | | 149 | E | 150 | O | 151 | V | 152 | K | 153 | R | 154 | A | 155 | C | 156 | P | | 157 | A | 158 | J | 159 | N | | 160 | S | 161 | L | 162 | U | 163 | O | | | | |
| | 164 | K | 165 | M | 166 | H | 167 | S | 168 | V | 169 | L | 170 | D | | 171 | G | 172 | U | 173 | T | 174 | R | 175 | V | 176 | M | 177 | S | 178 | A | 179 | P | 180 | O | 181 | J | | | | | | |

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Directions

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

- Jazz pianist and composer (2 wds.)
- Eyeglass maker
- Broad-bladed knife
- National Symphony Orchestra Music Director
- Approaching
- Monastery or convent
- Sense of style
- Transfer data
- Shake
- Iris Murdoch novel (3 wds.)
- Garden trimmer
- Break through
- The Sound of Music* number
- Opinion(2 wds.)
- Cameraman
- Bummer (2 wds.)
- Recently (2 wds.)
- Tonic
- Annie, e. g.
- Count Almaviva's valet
- Skaters' spectacle (2 wds.)
- Short-lived thing
- Safe

| | | | | | | | | | | | |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 55 | 65 | 91 | 40 | 23 | 70 | 108 | 178 | 157 | 31 | 154 | |
| 116 | 69 | 19 | 48 | 79 | 101 | 124 | 139 | | | | |
| 144 | 35 | 120 | 7 | 155 | 104 | 127 | | | | | |
| 130 | 14 | 89 | 147 | 170 | 122 | 77 | 106 | 126 | 64 | | |
| 93 | 112 | 149 | 10 | 22 | 46 | 60 | 135 | | | | |
| 121 | 34 | 98 | 115 | 132 | | | | | | | |
| 138 | 80 | 107 | 33 | 56 | 142 | 95 | 171 | 43 | | | |
| 13 | 140 | 166 | 26 | 37 | 1 | 143 | 123 | | | | |
| 28 | 4 | 47 | 113 | 100 | 78 | | | | | | |
| 81 | 2 | 131 | 119 | 45 | 57 | 158 | 181 | 75 | 17 | 39 | |
| 51 | 21 | 152 | 117 | 83 | 164 | | | | | | |
| 133 | 161 | 85 | 74 | 30 | 63 | 20 | 137 | 169 | 3 | | |
| 165 | 73 | 145 | 118 | 9 | 88 | 109 | 176 | 82 | | | |
| 6 | 61 | 159 | 136 | 71 | 49 | 86 | 94 | | | | |
| 68 | 87 | 150 | 58 | 84 | 15 | 96 | 25 | 114 | 105 | 163 | 180 |
| 156 | 179 | 54 | 27 | 38 | 18 | 52 | | | | | |
| 24 | 103 | 12 | 50 | 141 | 32 | | | | | | |
| 174 | 59 | 53 | 125 | 153 | 128 | 8 | | | | | |
| 160 | 167 | 177 | 129 | 67 | 72 | | | | | | |
| 5 | 111 | 76 | 173 | 11 | 90 | | | | | | |
| 62 | 162 | 99 | 97 | 172 | 44 | 41 | | | | | |
| 148 | 92 | 66 | 175 | 151 | 102 | 16 | 168 | 134 | | | |
| 110 | 42 | 29 | 36 | 146 | | | | | | | |

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