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Early Spring 2013

OutLook

for the Bay Boomer and beyond...

by the Bay

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Yoga

Are There Benefits for the Boomer?

Berman's Zumwalt:

A Fascinating Biography

Amsterdam

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ON THE COVER:

Our three yoga instructors met recently on the shores of Mill Creek for a morning of stretch and exercise. Donna Curry, in the lead, currently teaches *younger for life/anti-aging yoga classes* in the Annapolis area. She comes from a background of 35 years of teaching in elementary schools. Kater Leatherman not only teaches yoga which includes *gentle/reflective classes, DOGA (dog yoga)* and *Aerial yoga* but is a professional organizer/homestager and a published writer. Mac Millhone who retired as an international airline Captain now fills his life with travel and an active yoga practice. When not enjoying all the benefits of yoga he can be found perfecting his bread baking and catering to his two dogs.

OutLook

For the Bay Boomer and Beyond... *by the Bay*

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Ginesthoi. What a wonderful word. According to *Cleopatra: A Life*, a book I recently read, it is possibly the only piece of writing that survived her reign as the last pharaoh of Egypt. Those schooled in Greek will recognize it as a loose translation of *let it be done* or *make it happen*. Perhaps Bay Boomers should give those words some thought as we enjoy what's become known as our bonus years. It's possible that we may now just have the time to accomplish some of our objectives or aspirations or turn one of our dreams into a reality. Perhaps we could consider *ginesthoi* as our new buzz word.



Recently, while enjoying the company of friends, one of them mentioned that she'd be getting a petition together to challenge Congress to account for the unchecked spending of our tax dollars. I will be cheering her on. It's something many of us have thought about, but few would want the hassle of taking it a step further to get something down on paper. She is thankfully one of those people who has the courage and tenacity to get this going. And if not her, who is going to do this?

Complacency seems to be an unfortunate part of the maturing process, and it is difficult to avoid. We're comfortable with the way things are or if not, we don't really want to expend the energy or time to create change. Yet consider this: Most of us have more selective time than we've ever had. Selective as in we can now choose how and where we'll spend our valuable hours. We're no longer constrained by family responsibilities, time clocks and endless obligations. Interestingly, many of us now find that we're more judicious than ever with what we do with the days we have left. In hindsight, it seems like a lot of our past days and weeks were frittered away back when we thought it would go on forever. Wouldn't it just be wonderful if we could have some of those hours back?

At this age it does sometimes feel as if time is running out, that the life we're now enjoying won't go on forever. That sense of things should only remind us that there is so much that many of us would still like to accomplish.

Many of my friends are still busy working on bucket lists of the things that they'd like to achieve. And many are thinking of something of intrinsic value that they'd like to leave behind. Many of us agree it would be brilliant if it was something that would make an impact and improve the lives of others. These lists include helping a struggling student with college tuition, teaching a class on ethics, becoming a docent at a museum, donating to a community group focused on the arts or even paying for a park bench to be installed where the weary could rest. There are also challenges on these lists that are just for our own edification such as finishing the classics, writing a memoir or straightening out the endless boxes of photos that we've taken over the years so we can pass them on to an appreciative family member.

There are so many directions that we could go and so many ways that we could help that maybe it's just a question of where do we start. Regardless of our choices, I'm with Cleopatra. We need to make them happen. Most of us are now aware that at this age, procrastination is no longer an option. And as I see it, there's never been a better time to get to it.

Make it happen or *let it be done* she wrote. Is there something in your life that should be stamped *ginesthoi*?

LETTERS to the editor

ESTONIA

On Estonia, the state of Maryland has a special sister-state relationship with this new democratic republic and Annapolis is a sister city with Tallinn. In 2008, musicians from Estonia shared their folk music traditions in concert at Maryland Hall. Through the U.S. State Department, Tallinn elected officials and business leaders visited Annapolis to learn about our governance. Annapolitans too have traveled to Tallinn to share our culture in the best example of hands-across-the-water, nation-helping nations striving to build freedom and democratic institutions. Unfortunately, in 2010 the city of Annapolis abandoned its sister city program that had been in effect since 1982.

E. Moyer, Annapolis

BOOK REVIEWS

The magazine is outstanding as usual. I'm always drawn to the book review section. I like the fact that you review works of local writers as well as nationally known writers. I still haven't read any of Tony Horowitz's books, but I can imagine a book about John Brown being very interesting.

M. Kay, Severna Park

ENJOYING OUTLOOK

I've very much been enjoying the subscription of *OutLook* that a friend has sent to me. Loved all the articles. The publication is so smart. I bet it goes a long way to connect in a brotherhood way all you people who live in the Bay area, which, as far as my experience goes, is a pretty unique area. Thanks so much,

by email, cestmoi

WINTER EDITION

What a wonderful edition of *Outlook by the Bay* to bring in 2013! With all the misguided dread of the threatened 12-21-12 doom, fiscal cliff fears and gridlock in Washington, your new edition is full of optimism. Who would think of yoga as an anti-aging technique that is stress-free on our bodies and relieves stress in our minds (Kater Leatherman's article page 9)? Coupled with the simple list of ways to improve and protect our memory (Louise Whiteside's article page 10), you have given us boomers positivity for which I am grateful.

J. DiPrimio, Annapolis

FEEDING ON CHICKENS

I thoroughly enjoyed Ellen Moyer's article "The Chickens Have Hatched" in Winter 2013 issue of *OutLook by the Bay*.

It makes me want to do a walking tour to view all this wonderful art. Thanks for the heads-up.

Jerri S., Annapolis

PEARL HARBOR MEMORY

I just happened to be doing some research about my grandfather, Waldo Drake, when I came across the article in an earlier edition of your magazine that was written by Henry Parker. It was wonderful to hear the story I had heard from my grandfather told from Henry's mother's perspective. I just wanted to drop a line and thank you for sharing her memories. My father's story (he was 8 at the time of the bombing) was that he was riding his bicycle down the street when he saw a big black car stop in front of his house and saw my grandfather get in.

Jennifer D.S., Maine

LIGHTS OF CHRISTMAS

Every year my friends and I seek out unusual Christmas light displays. Your December issue led us to the Hampden section of Baltimore. What a hoot! Thanks, "hon."

E.S., Annapolis

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Are You a Good Candidate for LASER VISION CORRECTION?



By Michael J. Dodd, MD

It is estimated that more than 4 million people in the United States have had laser vision correction surgery to their eyes. Millions more around the world have had this amazing and successful surgery. Laser vision correction means simply that a high technology laser light has been directed onto the patient's cornea (front surface of the eye) to change the shape and therefore allow the patient to see well without glasses or contact lenses.

This extraordinary laser was developed in New York in 1985. It was approved for use in the United States in 1989, first for PRK (photo refractive keratectomy). Then a few years later in 1992 the FDA (Food and Drug Administration) approved laser assisted in situ keratomileusis (Lasik) for general use in the United States. Lasik is a more popular choice because the visual recovery is quick and the discomfort is minimal. PRK gives excellent vision, like Lasik, but the vision takes as long as a week to recover and the discomfort may last a few days rather than a few hours.

So who are candidates for these remarkable treatments? Today any nearsighted patient who is between -1.00 and -9.00 diopters of myopia and is over 21 years of age (my criteria) and has noted no change in myopia for at least a year is a candidate. This encompasses most nearsighted patients. The numbers noted above in diopters are the same as the ones on all contact lens containers and on any written prescription for glasses. So a patient can check themselves to see if they fall in the range.

What about patients who are farsighted? With very good results, the laser can correct a range of +1.00 to +5.00 diopters. (Note there is a plus sign for farsightedness, versus a minus sign for nearsightedness.)

One other category of refractive error is astigmatism. This is a bit complex and is often combined with nearsighted or farsightedness. For example, a typical prescription written for a patient who is both nearsighted and has astigmatism might be written like this: -3.00 +1.50 x 90. This can be translated as the patient being nearsighted (-3.00) with +1.50 diopters of astigmatism at a direction (or axis) of 90 degrees. Can the laser correct this complex prescription? Yes, and even higher degrees of astigmatism up to +5.00 diopters can be corrected.

In summary, about 95 percent of patients under age 40 who fall within these parameters, assuming there is no complicating medical eye condition, would be candidates for laser surgery.

There is one last optical condition which the laser surgery cannot yet correct. It is known as presbyopia. This is a condition causing patients over age 40 or 41 to start having trouble seeing up close. The traditional way to solve this is to give "cheaters" or reading glasses. Since this is an aging change in the lens (the focusing part of the eye), performing laser surgery on the corneal surface will not correct it. There is quite a bit of research going on now to solve this problem.

Theoretically, there is no upper age limit for laser vision correction. My oldest Lasik patient was aged 68. He had healthy eyes and no cataracts. If a patient has cataracts they are not good Lasik candidates. In any case, cataract surgery today gets nearly the same results as Lasik.

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 mjdm1@gmail.com

Bay Bytes

www.PrintablePaper.net is a site that will let you print paper such as graph paper, calendars, lined paper and even music.

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Tax Planning 2013:

As the federal budget debate continues, uncertainty will continue to surround tax policy. This article highlights changes in the law affecting tax year 2013 to help you with tax planning strategies. The new law permanently extends Bush era tax cuts for most taxpayers, starting in 2013.

Tax increases for certain taxpayers:

Tax area	Details	Who is affected?
Social Security payroll tax	Increases from 4.2 percent to 6.2 percent on wages and salaries up to \$113,700.	All taxpayers earning salary and/or wages.
Ordinary income taxes	Highest marginal tax rate increases from 35 percent to 39.6 percent.	Taxpayers with taxable income over \$400,000 (\$450,000 for couples).
Long-term capital gains and dividend taxes	Maximum tax rate increases from 15 percent to 20 percent.	Taxpayers with taxable income over \$400,000 (\$450,000 for couples).
Phaseout of itemized deductions and personal exemptions	Tax benefit of itemized deductions (mortgage interest, charitable donations, property taxes, state and local income taxes, etc.) and personal exemptions, e.g., dependent children, are reduced as income increases. Itemized deductions are reduced as much as 80 percent and personal exemptions may be eliminated.	Taxpayers with adjusted gross income (AGI) above \$250,000 (\$300,000 for couples).

Federal estate taxes remain low.

Estate tax law provisions:

Estate tax item	Impact of legislation
Exemption amount	The \$5 million exemption amount for estates, gifts and generation-skipping transfers is made permanent and indexed for inflation (\$5.25 million in 2013).
Maximum estate tax rate	Increases from 35 percent to 40 percent.
Portability	The provision that allows a surviving spouse to use a deceased spouse's unused exemption is made permanent.

Annual gift tax exclusion rises to \$14,000 per person. For Maryland residents, there is a state estate tax and the exemption is \$1 million.

Provisions affecting retirement accounts:

The law reinstated a provision for IRA account owners aged 70 ½ and older that allows for a tax-free IRA distribution to be made directly to a qualified charity up to a maximum of \$100,000 per year. This provision expires at the end of 2013.

How does the 3.8 percent Medicare surtax work?

Who will be affected by the tax?	Individual taxpayers with more than \$200,000 in modified adjusted gross income (MAGI) or couples with more than \$250,000 in MAGI. For trusts and estates, the income threshold is \$11,950.
What type of income is subject to the tax?	Investment income, including taxable interest, dividends, capital gains, rental income, royalties, a taxable portion of income from non-qualified annuities and income resulting from a business activity where the taxpayer is not considered an "active" participant.
What income is NOT subject to the tax?	Interest income from municipal bonds is exempt from the 3.8 percent surtax, as well as distributions from retirement accounts like IRAs, 401(k)s and the TSP. However, income from retirement distributions may cause a taxpayer to exceed the income threshold and expose other investment income to the surtax.

Not all provisions in the new tax law are covered in this article.

Outlook on taxes going forward: Is "permanent" really permanent?

Although the new law makes many tax rates and provisions permanent, it is still prudent for investors to prepare for potential tax increases. Given the nation's fiscal pressures, it is conceivable that there will be additional legislation to address the federal budget deficit that will include more sources of tax revenue. Against this backdrop, tax diversification and tactical, tax-smart planning strategies and investment solutions will be critical. I encourage investors to work closely with financial advisers and tax professionals to explore strategies that may benefit their individual situations.

Russ Cesari, CFP, ChFC, CASL, wealth adviser, can be reached at 800.269.2156, ext. 124, or at russell.cesari@lpl.com. Securities and Advisory Services offered through LPL Financial, a registered investment adviser, and member, FINRA/SIPC.

The contents of this article are intended to provide a general guide to the subject matter; it is not meant as tax advice and should only be considered a summary of complex tax rules. Please consult with the appropriate tax professional regarding your particular circumstances and the suitability of these strategies before making any decisions. Questions relating to this article should be addressed to russell.cesari@lpl.com

Plenty of Choices in Volunteering at Hospice of the Chesapeake

By Leslie Hunt

Join your fellow retirees, make new friends and use your area of expertise, friendly nature and desire to give back -- all at Hospice of the Chesapeake. There are hundreds of volunteers playing a vital role in one or more services at Hospice of the Chesapeake. You can become a team member by visiting patients, supporting caregivers, serving as a camp counselor, assisting with fundraisers or volunteering in our offices and resale shop.

"I have been a patient care volunteer with Hospice of the Chesapeake for 15 years. I have been blessed to know an amazing group of people and feel my life has been so enriched by the patients and their families that I have had the privilege to spend time with," said Peggy Gilligan.

There are many kinds of volunteering in Hospice of the Chesapeake which need only hands-on training. For instance, Chesapeake Treasures, an upscale resale boutique located in Severna Park, is staffed by volunteers. There you can assist customers, answer phones, log and unpack donations and create displays. All of the shop's proceeds benefit the Hospice of the Chesapeake.

If you volunteer for patient care, the hospice requires a 22-hour comprehensive training program.

"While training on the death and dying process is intense, volunteers report experiencing new self-understanding and developing lasting bonds with their classmates," said Patrie Duca, hospice volunteer coordinator.

"We prepare our volunteers to professionally meet patient and family needs, such as hospice's team approach to caregiving, the death and dying process, psychosocial challenges, family dynamics and practical clinical skills," Duca said. With Hospice of the Chesapeake, the opportunities to give back are endless and rewarding.

Currently located in Annapolis, Hospice of the Chesapeake will move its administrative and clinical offices this Summer to a new campus located at 90 Ritchie Highway in Pasadena, bordering Severna Park.

Once renovations of the existing buildings are complete, the new location will be home to the administrative offices, a grief support center, educational conference center and, in the future, an inpatient care center similar to the Mandrin Inpatient Care Center in Harwood.

For more information on volunteering, email pduca@hospicechesapeake.org or call 443.837.1549 or visit www.hospicechesapeake.org To download a volunteer application log onto www.hospicechesapeake.org/pdfs/volunteer-application.pdf or to complete an application online log onto www.hospicechesapeake.org/component/forme/?fid=8

Hospice of the Chesapeake

improves the quality of life for those in our communities experiencing advanced illness or bereavement through hospice and other palliative care, compassionate support and education.

Spring Patient Care Volunteer Training – Anne Arundel County

Friday, Mar 8, 5:30 to 9:30 p.m.

Saturday Mar 9, 9 a.m. to 6:30 p.m.

Friday Mar 22, 5:30 to 9:30 p.m.

Saturday, Mar 23, 9 a.m. to 6:30 p.m.

Contact: Patrie Duca at 443.837.1501 ext. 260

Volunteers must attend all sessions

Volunteer Information Day – Prince George's County

Saturday, Mar 23

10 a.m. to noon

Location: 9500 Arena Drive, Ste. 250

Largo, MD

Contact: Julie Medlin, Volunteer

Coordinator at 240.487.1065

Or jmedlin@hospicechesapeake.org

Spring Patient Care Volunteer Training - Prince George's County

Saturday, Apr 20, 27 and May 4

9:30 a.m. – 5 p.m.

9500 Arena Drive, Ste. 250

Largo, MD

Contact: Julie Medlin, Volunteer

Coordinator at 240.487.1065

Email: jmedlin@hospicechesapeake.org

Volunteers must attend all sessions

Volunteer Recognition Luncheon

Sunday, Apr 14, 1 p.m.

DoubleTree

210 Holiday Ct., Annapolis, MD

Contact: Patrie Duca 443.837.1501 ext. 260

Upcoming Signature Events:

- Hospice of the Chesapeake Gala - Saturday, Mar 16
- Hospice Hundred's Fashion for a Cause - Thursday, May 9
- 11th Annual Golf Tournament - Thursday, Oct 3

YOUNGER FOR LIFE

By Kater Leatherman

In a perfect world, there would be a fountain of youth, the proverbial magic bullet, an easy answer to all our problems. We've come to expect instant gratification, especially when everything happens in a nano-second. Even though we want change at the flick of a switch, we realize that the solution can't be found outside of ourselves.

Younger for life is an inside job. Take happiness, for example. We all want to be happy. But happiness feels like we have to do something, that it is somewhere out here. It's fleeting because it comes moment to moment, depending on what is going on around us. But if you cultivate contentment, there's a settling into yourself. You are working with what you already have and accepting yourself where you are. Notice how much more empowering that feels.

Maintaining a well-conditioned mind is another way to keep you younger for life. There are few things more aging than a poor attitude, sloppy thinking or being closed-minded. And how about the worry habit? If you suffer from this one, turn it into wonder and you have an instantaneous way to shift the energy from negative to positive.

Younger for life is not a quick fix. You can pop the most expensive supplements for your hair, skin and nails, but they will never give you the same glow that eating healthy, fresh food will. Diet pills may work for the short term, but they don't compare to the lasting effects of daily exercise. And our laundry lists of ailments can be neutralized with prescription drugs, but how aging is the physical stress from their side effects?

Younger for life is not for the weak. Letting go of things that no longer serve us will certainly test our limits. Life happens in

the present moment, but that seems to go against the grain and, with it, an ongoing challenge to live there. And it's hard to take responsibility for our actions, to dwell on the solution rather than the problem, to say yes to less.

We all know people who seem young at heart in their 80s, people who won't let their age define them. Could their secret be a childlike enthusiasm and passion for life? Giving up of old, outdated beliefs? Going with the flow? Mutual love? Laughter? If you want to feel younger at heart, what one change could you do?

Donna Curry, who teaches younger-for-life yoga classes in Annapolis, believes that the key is movement, not just the mind and body, but moving among a community of people. Connection to family and friends, to passion, to nature can be our lifeline, especially as we age. In her yoga classes, Curry focuses on poses that promote balance, as well as building flexibility and strength in the feet, legs and quads.

If you want to feel younger and more vibrant, remember to breathe deeply and often. Let go of control and channel your efforts into changing the only thing you can -- you. Slow down and savor life. Then consider this: At the beginning of each year, if you were given 365 pages, how would you fill today's page in the book of your life?

Living life from the inside out can be demanding, but we do come fully equipped. Everything you need is within. Everything.

*Kater is a professional organizer, homestager, yoga teacher and public speaker. She is the author of two books, *The Liberated Baby Boomer* and *Making Peace With Your Stuff*. She can be reached at www.katerleatherman.com*

Dear Readers:

As the financial markets and economy begin to recover, retirees continue to express deep concern about protecting their wealth and ensuring it lasts throughout their retirement years. As costs and inflation continue to rise, obtaining experienced guidance in retirement income planning has become more important than ever before.

As an independent Wealth Advisor, I've focused my practice on understanding the challenges people face in preparing for retirement and sustaining their lifestyles throughout retirement. That's why I employ a comprehensive and personalized approach that take your needs, your tolerance for risk, and your goals into perspective before making recommendations or proposing strategies.

I've been an Annapolis resident for more than 5 years. I invite you to call me at **800-269-2156, ext. 124** and allow me to introduce myself and learn more about your concerns. It would be my pleasure to help you protect and sustain the retirement lifestyle you envision for yourself and your family.



RUSS CESARI, CFP®, ChFC®, CASL®
WEALTH ADVISOR

russell.cesari@lpl.com
800-269-2156, ext. 124

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BERMAN'S ZUMWALT:

A Fascinating Biography of a Brilliant Leader

By Leah Lancione

President Harry S. Truman is quoted as saying, “Men make history and not the other way around. In periods where there is no leadership, society stands still. Progress occurs when courageous, skillful leaders seize the opportunity to change things for the better.” That is precisely what Adm. Elmo Russell “Bud” Zumwalt, Jr. (Nov. 29, 1920-Jan. 2, 2000) did in his lifetime. In *Zumwalt: The Life and Times of Admiral Elmo Russell “Bud” Zumwalt, Jr.*, author Larry Berman provides a detailed account of a man who not only rose to the highest pinnacle of a Naval career and reformed his institution in the process, but who was a devoted family man and humanitarian.

In chronicling Zumwalt’s journey -- his days at the Naval Academy (he graduated cum laude in 1943), his ascent to chief naval officer (CNO) of the Navy from 1970-1974 and numerous instances of heroic service and post-retirement humanitarian work -- Berman gives readers a glimpse into the mind and heart of an individual who sacrificed to serve his country and improve the military. At his funeral, President Bill Clinton called Zumwalt the “conscience of the Navy” because he always seemed to do what was right. He faced every

obstacle, whether it was adverse combat situations, extended periods of duty at sea, racism and what he called “bureaucratic restraints” within the Navy, with courage and steadfast determination.

Even immense personal tragedies, including the death of his mother during his first year at the Naval Academy, a failed first marriage and the loss of his son (Elmo III) to cancer from exposure to Agent Orange in 1988, couldn’t deter him. Instead of following in his parents’ footsteps and becoming a doctor—the career path he initially envisioned for himself—Zumwalt realized he could be of service by not just commanding massive battle-ships and destroyers with his military skills but by reforming the Navy’s personnel problems from within. Nicknamed the “Sailor’s Admiral,” he continuously sought ways to modernize the Navy and improve the lives of its personnel.

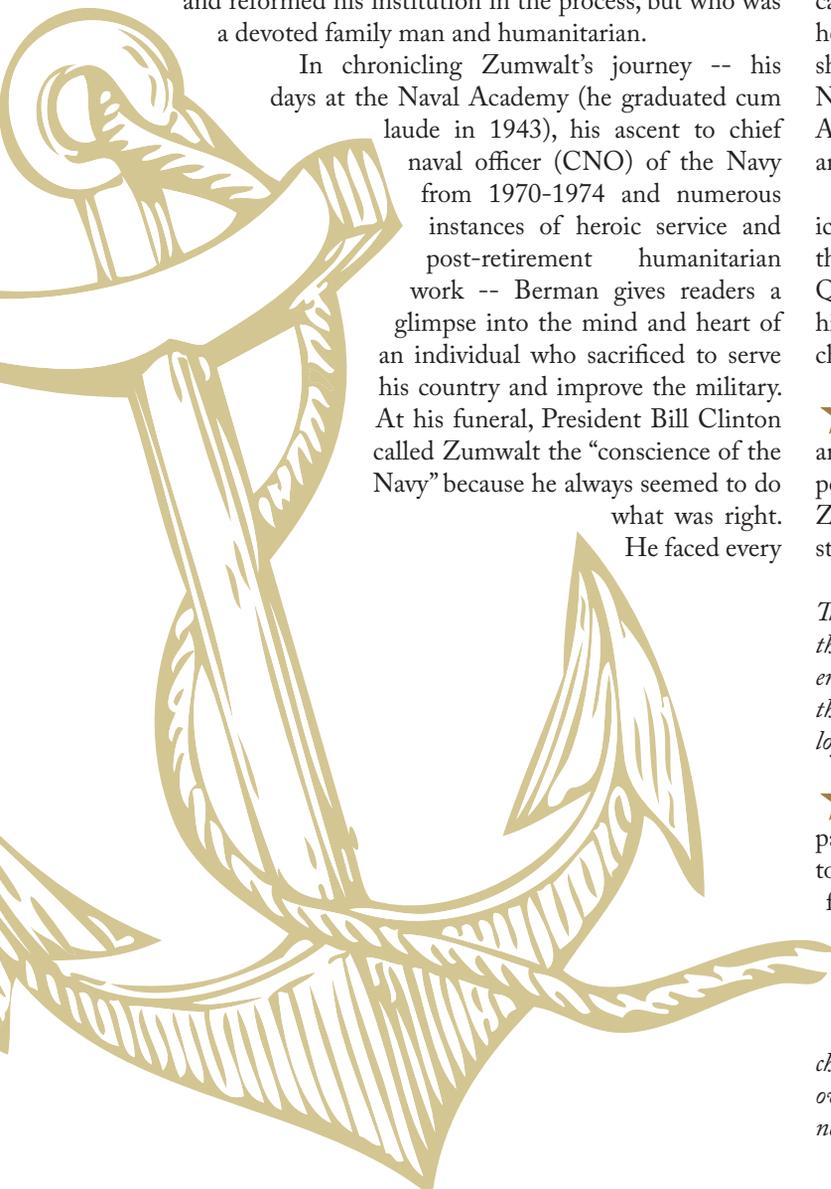
In this biography of Adm. Zumwalt, Berman has taken an iconic military figure and exposed the complex layers that define the man behind all the medals and prestigious titles. Here is a Q&A with the author, who fought to make public many of the historical documents he used to create an elaborate and honest character portrait:

★ Why was it important to include so many letters, tributes and remarks by Bud’s former colleagues, sailors, military and political leaders and friends or family members? Was it that Zumwalt’s leadership roles were so intertwined with his ability to still connect with people on a personal level?

The letters, interviews and personal recollections allowed me to draw the character portrait I was seeking—the story of a man who experienced and understood leadership at all stages of his career, beloved by those who served under his command. The Navy and all services value loyalty-up, but Zumwalt equally valued loyalty-down. That is rare.

★ What inspired you to write about Adm. Zumwalt? And, particularly now, i.e., are his then-radical reforms pertinent for today’s military? Are there lessons for our military leaders to learn from him?

I wrote about Z because I was interested in how a leader with a rather radical social reform/people-oriented equality agenda succeeded in an institution that is usually resistant to change. Indeed, parts of the institution tried to resist, but Zumwalt overcame that in redrafting the social contract of the Navy. He was never going to turn back the clock. The major lesson for all leaders is



that when you believe something is right, believe it in your heart. As the leader you have the obligation to tackle it without considering your own career advancement or how it might affect you personally.

★ How would Adm. Zumwalt feel about the war in Afghanistan and our military's continued presence there now? How about the war on terrorism?

I am confident that he would have been zealous in pursuit of the terrorists who perpetrated attacks on the U.S., but would have also raised questions about expanding the war geographically. The drawdown in Afghanistan is quite similar to the ACTOV and Vietnamization process during his time.

★ Do you think Zumwalt's ability to be an "open book" and willing to share personal details about his life, and tragedies he faced, was one of his strengths as a leader?

Absolutely yes!

★ Also, did you find it ironic that Zumwalt was so open and such a proponent of communication and yet you faced obstacles in getting documents for this book?

As I wrote in my author's note, Z anticipated this and therefore took actions to allow historians access to some of his materials. I believe he would have joined me as a supporter in my FOIA (Freedom of Information Act) requests.

★ Zumwalt is credited with shaping the future of the military. Would the admiral be proud of the military today?

He would be very proud of the men and women who serve today. He would have also been proud of his son and grandson, two recipients of the Bronze Star, just like he and his dad. Four generations!

★ How do you think Zumwalt would feel about the Navy's largest destroyer, to be christened this year, being named after him, considering it will require only half the crew thanks to automated systems?

Since his family is so proud, I am certain he would be as well. It's an incredible ship. I was in Bath for the keeling and can't wait for the christening this Fall.

★ How can Zumwalt's passion to "get into the game," i.e., remain involved in political, humanitarian and health-related causes, after retiring from the Navy serve as inspiration to newly retired folks?

I open the book with a quote I found in one of Z's papers: "I have been called controversial. I am glad that this is so because the requirement was to be as Robert Frost phrased it, 'And I have miles to go before I sleep.'" Z believed that a commander of men (and women) in battle had a lifetime responsibility for their welfare.

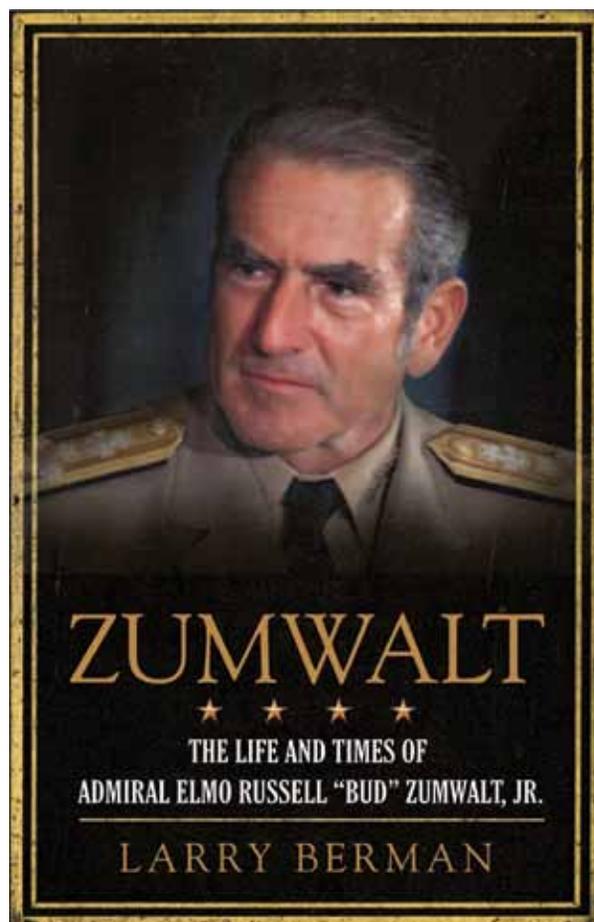
★ Is Adm. Zumwalt applauding from heaven with reports the U.S. will lift the ban on women in front-line combat jobs?

A standing ovation! When he authorized deploying women onboard noncombat ships, he said he lacked congressional approval to deploy them (as) onboard combatants. He would have supported it then.

Adm. Zumwalt wasn't just revered by high-ranking officials, he earned the respect of all the sailors, aviators, submariners, gunner's mates, electricians and doctors, etc., who witnessed his "visionary leadership." In addition, countless refugees, wounded warriors, veterans, many who even considered him a brother, as well as everyday civilians, were touched by his humanitarian acts.

Berman included a letter from Zumwalt to his father in which he confessed his gratitude saying, "the way you passed on as a faith, in my youth, of public service, devotion to country, love of family, courage to face the issues squarely and to dare to deal with them forthrightly, disinterest in wealth, dedication to the pursuit of excellence in leadership and in one's profession, provided a guidepost which I have tried to use in my life." Epitomizing his father's noble character and pursuit of the "true values of life," Zumwalt's legacy is an example to readers that a "can-do spirit," life of service and willingness to fight for what's right can create a better world.

Leah, a freelance writer, is the daughter of a retired Navy cryptologist who was on active duty during Admiral Zumwalt's service. A Navy dependent, she has lived on bases around the world and can be reached at leahlancione@gmail.com



Lessons from the Bay OVERHARVESTING

By Nancy Lincoln Reynolds

A man lived at the edge of a village opposite a tall mountain. He wanted to cultivate his garden, but was thwarted by two large rocks that sat in the middle of it. He was determined to move the rocks and so, after much effort, loaded them into his cart with the intention of going through the village and depositing them on the top of the mountain. As he began his journey, he was stopped by his neighbor who asked what he was doing. After explaining the need to get rid of the rocks, the neighbor shared a similar problem and asked if his friend could manage to cart his large rock as well. "Certainly," said the man, and off he went with three rocks in his cart. A bit farther down the road another villager asked if the man would haul a couple smaller, but also unwieldy rocks, and those were added to the load. And so it went with others asking similar favors until the cart was almost too laden with weight to push. Some people with small stones did not even ask, but simply placed their burdens on top of the ever-growing pile. So heavy was the load that the man became enormously frustrated and almost gave up. He persisted and finally reached the foot of the mountain.

At first the climb was very steep and nearly impossible, but the man quickly learned that if he set some of the rocks

aside along the way, he could continue. Each time he unloaded a rock his burden became lighter until, at last, he was near the summit with only his two original rocks remaining in his cart. The last several yards were relatively easy. He happily parted with his rocks and made his way back down the mountain, through the village, and began to tend to his garden.

All of us have large rocks that inhibit us from accomplishing what we want to do, and we carry them around in our carts as if there were no place to lay them. Usually these rocks take three forms: guilt, responsibilities and unsolicited burdens. *Guilt* can be a huge boulder emerging from regret over something we have done or someone we have hurt. Intentionally or not, we can be overwhelmed by the heaviness of remorse for the offense as it weighs us down in depression, anxiety and even fear of being found out or punished. The need for reconciliation is often profound, and taking steps to forgive or seek forgiveness provides great relief.

Guilt may also be borrowed, taken or assumed from another. Children often unconsciously borrow the guilt of their parents or grandparents such that the feeling becomes their own. A man whose father had been a prison guard in Nazi concentration camps had been on the verge of significant financial gain several times. Each time he managed to sabotage his progress because, at some level, he felt he did not



deserve the happiness. This borrowed guilt may take the form of shame in the individual, and the unconscious negative messages can inhibit success for that person.

Some of us have multiple rocks in our carts in the form of *responsibilities*. The sorting required of this kind involves discerning reality: which of these truly belong to me, and which are out of my control and under the purview of another? Parents have particular difficulty identifying these responsibilities. We often overstep the time frame of appropriate responsibility for our children's lives: their decisions, actions and choices. Getting out of the way can be difficult, but essential to lighten our load and allow others to carry theirs.

Finally, like the man in the village, some of us allow others to dump their rocks into our carts. They often do not ask permission; they simply assume we will take on these *unsolicited burdens*. Saying "no" is very hard, particularly when the request seems small. Further, taking on more responsibility can be seductive. It may seem to offer value or self-worth or hold out the lure of being called "good." Making oneself indispensable gives a false sense of security. Some take on more responsibility as a perceived moral duty or religious obligation. All of these may seem to guarantee relationships with those we help but, in fact, they cause us to fracture those relationships because we are overextended.

"Oh, sure what's one more ...?" is a mantra for many people. Knowing our limitations and setting boundaries is critical to good living. As a child I recall my mother having a note above the telephone that read simply, "NO" to remind her not to take on

another project. (As I recall, I think perhaps my father put it there for her).

Too many rocks in a cart yield a high cost that eventually outweighs the perceived benefit. It is important to reflect, metaphorically, upon the rocks we cart around and decide which to keep and which to deposit elsewhere.

Again, the Bay teaches us by example. The role of oysters in our Chesapeake Bay is critical to the ecosystem. Oysters are called filter feeders and serve the function of improving the water quality while filtering for food. Their function is much like rock sorting and tossing. At one time, it was thought, there were enough oysters here that all the water in the Bay could be filtered in a week! Now, because of the overharvesting of oysters, the ecosystem has been disturbed and we are having to restock it.

It's a good lesson to learn. When we **overharvest** our own time and energy, we become depleted and unable to serve vital purposes. These weeks of transition between Winter and Spring are opportunities to filter and sort through our rocks. Religious traditions support times of self-reflection, sifting, filtering and sorting. We may examine our burdens, tossing out some, laying down others and addressing the rest with determination to move beyond them in our living. Now is a time for preparing to tend to our gardens.

Nancy is the associate pastor of Woods Presbyterian Church in Severna Park and can be reached at nreynolds@woodschurch.org

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Ask the Undertaker

By Ryan Helfenbein

During this past holiday season my family did its annual visit to see Santa. While our two boys were (very impatiently) waiting for their chance to talk to the man in red, we noticed a family that had brought their four-legged friend along to see Santa too. This family placed their dog right next to their son on Santa's lap. Watching this, I couldn't help but think that pet owners, myself included, truly do love their animals to the point that they are considered a part of the family. This is true as well when families lose their pets and have to make the difficult decision of what to do next. In the world of an undertaker, we are finding an enormous increase in the popularity of pet services, including, but not limited to, pet cremation.

Undertakers are beginning to realize that families cherish their pets and want them treated with the same measure of dignity and respect they extended to the two-legged members of the family. Pet funeral homes, pet cemeteries and now pet cremation are but a few of the many facets of pet services being offered today by more progressive funeral care providers. Interestingly, just as we are seeing with people, cremation seems to be the most requested means of disposition for our pets.

When it comes to pet cremation, typically there are two options: mass cremation and individual cremation. Mass cremation occurs when many pets are cremated at one given time and the cremains are divided out and either returned to the family or disposed of in another dignified manner. Another option is called individual cremation. This is when a pet is cremated individually and the cremated remains are returned to their owner. With this said, more research needs to be made into exactly what a firm may be calling "individual cremation."

A lot of times when pet cremation companies provide "individual cremation"

they place the pet in a large metal pan, which is then placed into a large cremation unit (called a retort). They are typically placed alongside many other pets, in their individual pans. After the cremation procedure is complete, the remains are processed individually and then returned to the family. Sounds good, but during the cremation process, there is a lot of air moving in a closed space, creating a risk of comingling of the remains, similar to that of a mass cremation. Many funeral firms have recognized this concern and have begun offering "private individual cremation." The difference is that pets are placed into the cremation unit one at a time, providing the same respectful individual treatment that reputable cremation firms require for humans. This service is possible because they have gone to the trouble of securing specialized pet cremation equipment, which is designed to cremate one pet at a time, and the care of the pet is placed in the hands of a certified crematory operator.

With "private individual cremation" we are also finding that firms are providing families with certificates of cremation. These documents certify that their pet was in fact truly privately and individually cremated. This typically includes a signature of the licensed crematory staff member and a printed ID number that is also recorded at the crematory.

In addition to the pet cremation services being provided today, undertakers are also making themselves available to transport the pet into their care from the place of passing. Wearing the standard dark suit attire, at all hours of the night, undertakers arrive at the place of passing with a specially designed stretcher and take the

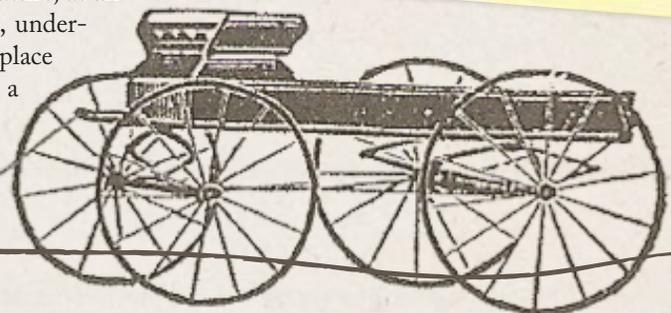
beloved pet into their care. This process is performed in the same fashion that is provided for humans. In addition, undertakers even make "hospital calls" to the local veterinarian offices shortly after the passing, avoiding the cold storage veterinarians sometimes use while waiting for a cremation service to bring a beloved pet into their care. Fortunately, undertakers have now made themselves available so this no longer has to be the only option.

Over the years, undertakers are seeing more families making their final plans in advance, and many of these families are considering cremation. As we begin to discuss these plans with our families, let's not forget about Fido and Fluffy.

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

Bay Bytes

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



Best Computer Etiquette Tips for a Successful New Year

It's not too difficult to imagine what Emily Post would have to say about the proper etiquette regarding email. But in her absence, we'll share our best tips to help you be a more successful correspondent in 2013.

- 1** Answer your emails. In this age of cyberspace there are the occasional transmissions that get dropped into the great black void. Within 48 hours is a reasonable amount of time to respond, if just to say received your note, will get back to you.
- 2** Don't capitalize or boldface every word. It reeks of shouting. Limit it to mentioning a time or place or website that will need to be referred to later, which is helpful when referring back to it.
- 3** Use abbreviations only if you know the recipient knows the lingo. U R 2 kind.
- 4** Thank-you notes and sympathy notes, regardless of today's technology, should still be written by hand and mailed.
- 5** Choose your font carefully. Not all type faces are legible and easily read, especially by aging eyes. Think about increasing the size from 10-point to 12-point.
- 6** Be very careful with what you put in writing. It's a difficult point to get through to today's teens, but remember, what goes through the Internet can be tracked and there are many things that are best not put into the written word.
- 7** Don't fill in the address of the recipient until the message has been written and proofed. Save yourself the embarrassment pushing "send" prematurely and having something delivered to the wrong person. Most people have regretted sending at least one misdirected email.
- 8** It's always easier to find that email again if there's a subject mentioned in the bar that's provided just for that.
- 9** There's a reason why computer programs come equipped with spell check. Use it.
- 10** Careful with the jokes. They may be funny to you, but maybe not so much to the recipient. Also, be reasonable in sharing your ever-growing library of humor.

We are very fortunate to have this wonderful technology at hand and so readily available to everyone.

Like most things, however, it can be easily abused; keep that in mind with your correspondence.

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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

DISCOVERING LONDONTOWN



By Tricia Herban

Discover London Town! is the name of a 3,500-square-foot permanent museum at Historic London Town and Gardens in Edgewater, Maryland. A joint partnership among London Town Foundation, Lost Towns Project and Anne Arundel County among others, this project has been 10 years in the making—and worth the wait.

Located in the visitors center, a space thoughtfully constructed mainly underground so as not to interrupt the original landscape of the area, this exhibit presents 13,000 years of regional history, using archaeology, artifacts, maps, artistic paintings and period illustrations, as well as interactive displays including a virtual 3D colonial tavern and illustrations of trans-Atlantic ship voyages. Many of the objects displayed were uncovered over two decades by Dr. Al Luckenbach and his team of Lost Towns project archaeologists.

Earliest objects on display include one of the finest collections of locally made tools from the Archaic Period (9,500-3000 BC) including spear point axes, celts and grinding stones. Such items are further illustrated through reproductions of prints showing Indians hunting, fishing and camping by 16th century explorer John White.

The chronological exposition continues, presenting Emmanuel Drue, a 17th century craftsman who made clay tobacco pipes for the first European settlement of Providence. His cobblestone kiln and handiwork are on display and further explained by a 3D movie. A variety of Provi-

dence artifacts presented include Delft ceramics, bone-handled utensils, iron scissors, lock and key and so forth.

Another section portrays Colonial transportation, shipping and trans-atlantic trade. Herman Moll's 1710 world map is used to highlight the global trading network by means of directional lights which illuminate the map from behind. At the same time that a route is lit, adjacent boxes showing the related trade goods light up as well. From there, one can, figuratively speaking, board the Rumney and Long, a trans-atlantic ship captained by London Town resident, William Strachan. Again, modern technology enables the visitor to explore the ship, fire cannons, climb the rigging and more. A "sound dome" enhances the experience with period music played by David and Ginger Hildebrand, as well as the waterfront sounds of waves, creaking wood and birds.

Moving on, London Town is next in the exhibition—portraying its creation, flowering and decline. Period documents present the act of the Maryland General Assembly which created the community among 31 other towns as well as the will which donated land for the village. The buildings of London Town have been discovered through research and a time-lapse movie shows the reconstruction of the Lord Mayor's Tenement, a 20-foot-square, post-in-ground building. Overland travel was dangerous and difficult, but the ferry stop at London Town was key to the area's prosperity and the impetus for construction of the William Brown House circa 1760. In the carpenter shop, visitors learn about the trade and the indentured servants and tradesmen who practiced it. Period woodworking tools displayed include a hand brace and bit, a cooper howel for planing the inside of uneven barrel staves, and hoop drivers that were used to hammer on the wooden hoops.

Slavery was a fact of life in the Chesapeake and a combination of videos and objects illuminate the experiences, customs and cultural traditions of African and Caribbean slaves in the 18th century. In fact, a young child was found buried beneath

the floorboards of the carpenter shop.

Possibly best known for its outstanding woodland garden, London Town continues to address that vital subject in a section of the museum on horticulture. Dr. Richard Hill is presented as an exponent of botanical exploration and a participant in the exchange of plants between the Old and New World. This London Town resident corresponded with the Royal Society of London, providing information about the local area as well as artistic renderings of plants he found. His plant-based health remedies were of interest to many.

Through brilliantly conceived exhibits, Discover London Town! offers the visitor a fascinating window into the past. Artifacts from the site ground the discussion specifically in time and place, allowing this former river port a second life through our contemporary understanding of its role in Colonial history.



LOCATION

839 Londontown Road
Edgewater, MD

HOURS

Wednesday-Saturday, 10 a.m. to 4:30 p.m.;
Sundays, noon to 4:30 p.m.
Closed to the public: Mondays, Tuesdays,
Easter Sunday, Thanksgiving and Christmas Day

FEE

Members free, ages 7 and up, \$5
Gift Shop: A small gift shop is next to the museum.

FOOD

There is no food service on the property although the site can be rented for catered events. Nearby food on Mayo Road.

CONTACT

410.222.1919 or
londontown@historiclondontown.org

Bay Bytes

Looking for something off the beaten path to enjoy the outdoors? Log onto www.Gorp.com for some interesting outdoor pursuits.

Easy, Elegant, Entertaining

Berry-Berries on a Cloud

By Katrina Marino

This recipe comes from my mom, who adapted it from a Betty Crocker cookbook of long ago. Ever since trying this, I have had a love of meringue. Not only is meringue easy to make, it can be used in a variety of ways: plain, with chocolate, or even with coconut and chocolate chips to form light and chewy macaroons. The following recipe is made with my favorite filling of fruit with a light, whipped cream filling. Easy and delicious.

Meringue:

6 egg whites (room temp. best for volume)
 1/2 tsp. cream of tartar
 1/4 tsp. salt
 1 3/4 cups sugar

Filling:

6 oz. cream cheese softened
 1 cup sugar
 1 tsp. vanilla
 2 cups whipping cream
 2 cups miniature marshmallows

Topping:

Fresh fruit, i.e., strawberries, blueberries and raspberries (cut and lightly sugared)
 or
 1 can of pie filling – (I like seedless raspberries or strawberries)

1. Heat oven to 275. Lightly grease cookie sheet. In large bowl, beat egg whites, cream of tartar and salt on high until foamy. Slowly beat in 1 3/4 cups sugar; continue beating until stiff and glossy. Spread in a circle on cookie sheet, building up the sides.

2. Bake 1 hour. Turn off oven; leave in oven with door closed for 12 hours.

3. In large bowl, mix cream cheese, 1 cup sugar and vanilla until smooth. In chilled medium bowl, beat whipping cream until stiff. Fold whipped cream and marshmallows into the cream cheese mixture. Spread evenly over meringue. Refrigerate.

4. Spoon fruit topping. Store in refrigerator up to 24 hours.

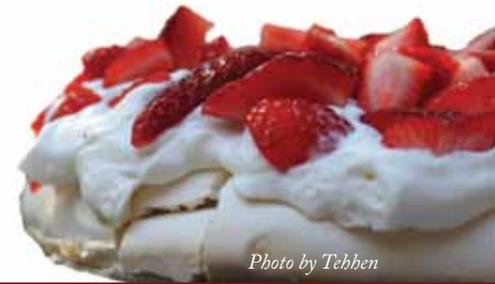


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AMSTERDAM-

Tulips and Daffodils and Hyacinths Oh My!

By Kathryn Marchi

Those beautiful flowers in the vase on your dining room table may have had a long journey before they got to you. No matter where you purchased them, you probably didn't have a clue as to their origin. We tend to take these things for granted.

When traveling to Holland most tourists find an opportunity to see the famous "Flower Road" where beds of tulips, daffodils, iris, narcissi and hyacinths form wide ribbons of brilliant color that flow as far as you can see. Most of us, however, are not aware of how all of those beautiful Dutch flowers are distributed after being harvested.

The answer lies in the small town of Aalsmeer, which is 10 miles from Amsterdam, and the home of the Aalsmeer flower auction. It is one of six flower auction sites belonging to the FloraHolland Corporation and reputed to be the biggest trade center in the world. In fact, one description of its size states that the auction area is equivalent to 182 football fields. Its export business handles a huge range of flowers and plants. During a typical auction day, which begins at 6:30 a.m., an average of 20 million flowers are sold.

Tourists arriving at the flower auction complex are taken inside a huge warehouse to a catwalk high above the main market floor, enabling them to walk around part of the perimeter. The aroma of fresh flowers greets them at the door and they can gaze down at a veritable mosaic of 13,000 types of colorful flowers that are packed in

boxes and loaded onto thousands of three- and four-tiered mobile carts. These carts are hooked together and move as a train through the warehouse and into auction rooms where hundreds of bidders are seated behind computers in tiers of seats much



like a movie theater. As the carts of flowers are rolled in, large screens behind them display the kind of flower, origin, colors and minimum quantity available. The bidding is all done silently through the computers and bids and times are flashed on the screen in a large clock.

Unlike American auctions, the Dutch auction sets a high price and bidding is done on decreasing amounts. As the clock hand moves about the clock face, bidders can enter their bids, trying for the lowest price. This bidding goes very quickly and the flowers are readied for shipment immediately. There are five such auction rooms and 13 clocks in the complex, so it's easy to see how so many

flowers are auctioned off in one day. To visitors this is all quite confusing, even if it obviously works for this auction on a daily basis.

In this thriving export business, an efficient system for getting these delicate flowers out to market is imperative. Eighty to 90 percent are shipped within 24 hours in refrigerated trucks to European destinations. Flowers to be shipped to the USA are sent by overnight air freight and often arrive the evening of the sale and get to the New York flower district by 3:30 a.m. the next morning. They will then be sold and distributed throughout the country, perhaps landing in one of our local supermarkets.

In the end, we should marvel at the freshness and beauty of those flowers in the vase on our dining room table. We now know and appreciate the journey they may have taken.

Bay Bytes

To identify all those wondrous things found in nature log onto www.backyardnature.net/i-ident.htm

Turn off the TV.

Chronic Disease Self-Management Program Set

By Karla Schaffer

The Chronic Disease Self-Management Program is a free six-week workshop offered throughout Anne Arundel County to help adults manage their chronic conditions. A chronic disease is generally defined as a medical condition that can cause suffering and loss of physical abilities over many years. Chronic conditions can range from high blood pressure to arthritis, heart disease, COPD, obesity, chronic pain and fibromyalgia.

Participants come into the workshop with a multitude of chronic conditions, however, the symptoms they manage and deal with are very similar. To some degree, each participant experiences anxiety, stress, fatigue, pain, frustration and isolation and the majority of the workshop focuses on how to manage these symptoms.

Presenters teach participants about appropriate exercise methods, and also how to fight fatigue and make daily tasks easier. Relaxation techniques are taught as well on how to communicate with physicians, how to manage medications, basic nutrition and how to evaluate new treatments.

Each class builds upon the previous one. Participants should set goals and establish weekly action plans. This format keeps the participants moving forward and helps them meet their goals. An action plan can be anything from starting an exercise program to making that phone call to set up a long-delayed doctor's appointment. A few participants have even finished their ironing and

cleaned out their basements or offices by following their action plans.

Past participants report decreased disability and fatigue, increased energy, fewer trips to the emergency room and not as many doctor visits. The course gives participants the confidence to manage their own health conditions, plus it can be fun. Participants often form lasting friendships and support groups that continue long after the course is over. The workshop atmosphere provides an opportunity for participants to connect with others with chronic conditions. Just knowing that others share the same experiences often helps participants to cope with their own.

Participants come each of the six weeks for two and one-half hours. This is an evidence-based program developed and researched by Stanford University. It is open to adults of any age with chronic conditions as well as their caregivers. Classes are scheduled to begin in April at Anne Arundel Medical Center and Baltimore Washington Medical Center. Contact the Anne Arundel County Department of Aging and Disabilities for a class schedule, or contact Pam Toomey at 410.222.4366 or agtoom88@aacounty.org

Karla is the public information officer for the Anne Arundel County Department of Aging and Disabilities and can be reached at agscha01@aacounty.org or 410.222.4464.



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You've always said you'd write a book, and you finally have a manuscript ready. However, as any published author will tell you, an even bigger challenge is finding a publisher willing to take on your book. The world today contains hordes of would-be authors clamoring for a publishing company to take notice, and competition is stiff. J.K. Rowling, author of the best-selling *Harry Potter* series, was rejected by 12 e-publishers before a small British publishing house accepted her first book and made her into a world-renowned author. It can take years of dedicated work until you find a publishing company willing to accept your book, and it is very possible your book will never make it to print.

Since breaking into the publishing world is so challenging, many authors are choosing to self-publish their books. Self-publishing means exactly that: Instead of turning your manuscript over to a publishing company, you the author do the work yourself. You are responsible for editing and formatting the book, marketing it, managing sales, dealing with inventory and getting your name out to the reading public. Recent innovations have opened up more self-publishing opportunities for authors, and more books are self-published every year.

Self-publishing might be your best option for turning your dreams into a reality. There are many pros and cons to self-publishing, so here are some things that you need to consider.

Pros

- You will get your book published as long as you put in the time and effort needed.
- You will own exclusive copyright information and all profits. A traditional publisher generally owns the rights to a book, so self-publishing allows you to keep control.
- Self-publishing is generally quicker. It can easily take two years for a book to be published by a publishing house. However, if you are self-publishing, you can speed this process up considerably.

- You can sell your book for a low cost, thus increasing the chances people will buy it.
- You can continue to sell your book even if its sales are low. A traditional publishing company will often yank a low-selling book, but you don't have this risk when self-publishing.
- If your self-published book becomes popular, traditional publishing companies may seek you out, offering to carry your book, instead of you begging a publisher.

Cons

- You have to do all the work: hiring a cover artist, finding an editor, convincing people to buy your book. Everything that a traditional publishing company handles is now on your shoulders.
- There are plenty of scams and less-desirable "self-publishing" companies that can lead authors into quite a bit of debt or to unknowingly sign away the rights to their book.
- You miss out on having a group of experienced editors and publishers helping you develop your book into the best it can be.
- Cost can be quite high for a self-published book because you have to pay for all printing and marketing costs yourself.

If you have decided that self-publishing is the route you want to take, the absolutely best thing you can do is carefully research all of your options and make sure that you are approaching the endeavor with knowledge and skill. One important concern is legal issues. This applies to both the content of your book and your ownership of it. There are specific rules governing such issues as quoting from other books, portraying historical

characters and using song lyrics, so you need to be careful you don't end up on the wrong end of the law because of your book's content. You also need to be extremely careful that in the process of self-publishing, you do not inadvertently sign away your copyright to others or jeopardize your legal standing. Consulting with a media lawyer is a wise step in self-publishing to make certain that you protect yourself from legal problems.

Bring in the Professionals

Self-published books are often thought to be of poor quality, so it is important that your self-published book is top quality. It is well worth the price to hire a professional book editor to critique your book and help you develop it further. While you may think your book cannot be improved anymore, an editor can give you suggestions for further development and improvement. At the very least, you certainly want a professional editor checking for comma splices, colon problems and misspelled words so that your self-published book doesn't contain any embarrassing writing flubs.

Professional cover art is important, even if you have an e-book. We may say, "Don't judge a book by its cover." But good quality cover art is an important part of making your book attractive to potential buyers. You can find plenty of cover illustrators available on the Internet, or you may find a promising art student who is willing to tackle the challenge of creating cover art for your book.

You also will need to consider the format of your book. Many self-published authors choose to publish in e-book form only, particularly because it is significantly less expensive to publish an e-book. This way you don't end up with hundreds of print copies in your garage that you are trying to sell. E-books often sell for a few dollars, and some authors even offer them for free, which can be an excellent way of getting people to read your book and anticipate the next one you will write.

Other Options

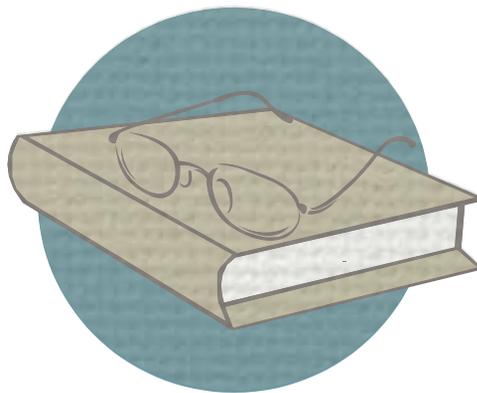
However, many authors like to have physical copies of their books, especially since there are still plenty of readers who prefer print to digital. Print-on-demand is an excellent option for creating physical copies of your books. There are many print-on-demand companies such as Lulu or Amazon's CreateSpace that will print as few or as many copies of your book as you wish. Some programs, such as CreateSpace, allow a buyer to order a single book which is then printed and mailed to him or her.

Marketing is another issue. In a world where thousands of books are readily accessed, how do you get people to buy yours? One low-cost option is creating a Facebook page for your book and reaching out to the worldwide Facebook community. Facebook also offers advertising, and you can reach millions of readers with a Facebook ad that can be as low as a few dollars a day. Other social networks such as Twitter, a well-designed website and a carefully-crafted blog can be extremely helpful for attracting people to your book.

You shouldn't wait until your book is published to start marketing. If you are in the process of writing, start today with Facebook, Twitter and blogging to draw readers into your writing and give them tantalizing bits of information about what is to come. Try bouncing ideas or questions off your Facebook and Twitter friends and see what writing ideas they have. This way, by the time your book is available, you will have already attracted a large number of people who have helped you with the process and are excited to see your book finally finished. Also, the feedback from others will be helpful and keep you motivated.

The world of self-publishing is vast, exciting, daunting, rewarding and challenging, and it just may be what you need to finally see your name in print.

Melissa will soon be self-publishing her first book, "Steam on the Horizon," part of a steampunk trilogy that she is writing. Join her on her writing adventure at www.facebook.com/steamygirlpublishing



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The advertisement features a photograph of an elderly woman with short white hair, wearing a wide-brimmed straw hat and a vibrant floral dress. She is smiling slightly. The background of the ad is dark with white and yellow text.

What will you do today to make a difference?

Downsizing

One Step at a Time

By Tricia Herban

Sometimes it is called "right-sizing" and perhaps the reason for that is that it sounds more positive and less painful. But in fact, downsizing does mean only one thing -- that you will have fewer things that take up less space at the end of the process than at the beginning. And that's the very good news.

Perhaps you have heard the saying, *How do you eat an elephant? One bite at a time!* It is a great mantra to adopt when beginning the process of downsizing. In other words, you don't have to mentally put everything in boxes, rewrite your will, divide your furniture among your relatives or have a garage sale. No. You just have to start somewhere.

But before you start, if you can, recruit a partner. This would not be someone you live with. Heavens no! Who wants to argue over every book or dress or chair? Instead pick a friend. This sainted person should be someone whose opinion you trust, maybe even someone who needs to go through the same process.

I was lucky to have such a person. About a year before my move, a friend said, "I'll help you go through your closets." At that point I hadn't even talked about downsizing. But she had done her closets and she was on a mission. When I finally accepted, she arrived equipped with black trash bags, a pen and a lined pad of paper. She said to me "You hold it up and we'll decide, yes or no. If it is no, I'll put it on the tax deduction list and into the trash bag. If it is a yes, then you put it back in the closet."

At the end of two partial days, we had filled several large trash bags and I had tons more closet space. And I also had a list of items that could be claimed as charitable deductions after I took the bags to Chesapeake Treasures, the thrift shop for Hospice of the Chesapeake. If you would rather have cash

than a deduction, then you might want to take your items to be resold on a consignment basis. This can be done with clothing, jewelry, household goods or furniture, but bear in mind that the receiving store will be quite particular about the condition and age of the items it accepts. Your fur coat from college will probably be rejected as well as the tux your husband has outgrown.

Another wonderful resource is Books for International Goodwill or B.I.G. This is a Rotary International program that sends books abroad to underdeveloped countries for their libraries. Their convenient 24-hour drop-off location is a small, white shed behind the Annapolis Capital building. Volunteers sort the books. Those that are resold provide funding for container shipping of the others.

Knowing about B.I.G. may be helpful both physically and emotionally. For many, books are much more than decorative accessories on living room shelves. They represent past experiences or, in the case of unread books, intentions unfulfilled. Parting with a book can be like parting with a friend or even with the future. Although our shelves held books two deep, books both invisible and inaccessible, when they were brought to the light of day, they still tugged at our heartstrings.

First we sorted into two piles -- keep and pitch. Then the other person got to review those slated for discard. Then we sorted again, marking old encyclopedias, dictionaries, language books and travel guides for recycling. The remainder would go to B.I.G. to spread joy and knowledge in another country.

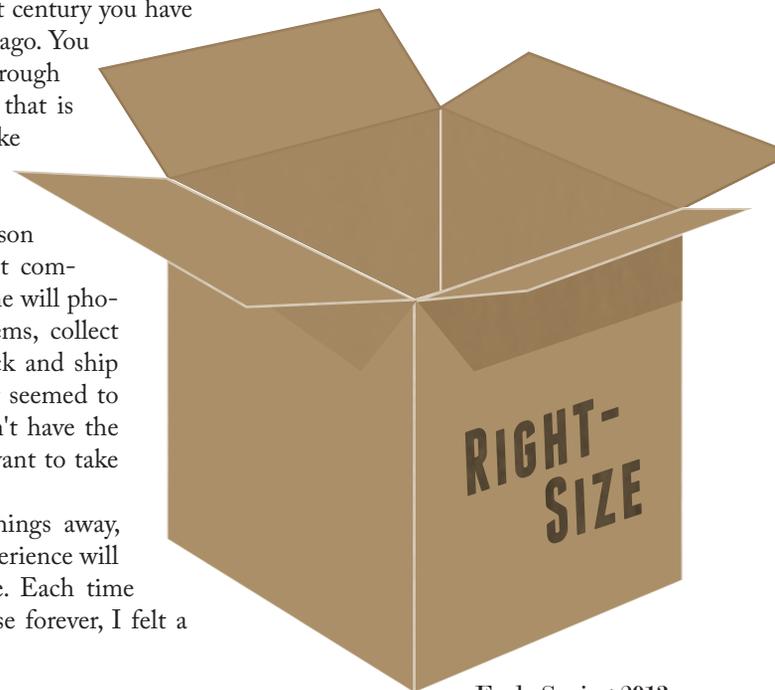
Perhaps you have some valuable books, signed first editions, for example, or heirloom china or silver. You don't want them anymore, but you know they don't belong in a garage sale either. In the 21st century you have options unheard of 25 years ago. You can sell the items online through eBay or Craig's List. But if that is too burdensome, you can take them to someone who has developed a profession of selling online. That person will take about a 30 percent commission, but for that he or she will photograph and market the items, collect the payment and insure, pack and ship your goods. In my case, that seemed to be a fair deal because I didn't have the pricing expertise nor did I want to take the trouble or the time.

Whether you throw things away, donate or sell them, your experience will probably be similar to mine. Each time that something left my house forever, I felt a

little bit lighter and freer. It also felt good because I knew my family wouldn't have to make the painful and time-consuming decisions someday. Not too long ago I found myself dealing with the contents of two houses filled with items ranging from saved yogurt containers and socks waiting to be mended to valuable works of art. The task was overwhelming.

Remember that elephant? Just take one bite. Start with one small task. Take the easiest first. Soon parting with things will become a conditioned reaction. Those first feelings of guilt will be replaced by a sense of pride. It will get easier and you will build momentum. Go for it and surprise yourself.

Tricia recently completed a move from 5,000 square feet to 1,700 and confesses she is still making donations to nonprofits in her new community. She can be reached at mtherban3@gmail.com



National Family Caregiver Support Program

Anne Arundel County Department of Aging and Disabilities

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

SPRING 2013 CAREGIVER WORKSHOP SERIES

Workshop #1: Lions, Tigers, and Bears. Oh, My!

A caregiver's experience is like Dorothy's walk through the woods; you never know when something scary will jump out at you. In this workshop caregivers will learn about normal and not-so-normal emotions. They will learn how to effectively manage stress, understand the meaning of the "Ah Ha!" moment, and learn essential coping skills to empower them to walk through the woods bravely.

Workshop #2: If I were King of the Forest...

If caregivers were kings, they would be able to control everything. But no one can change the fact that progressive dementias, like Alzheimer's disease, are fatal. In this workshop caregivers will learn about the importance of an Advance Directive and what to do if there isn't one. They will learn how to make decisions about life sustaining treatments, the importance of palliative care, when to call Hospice, and the meaning of healthy grieving. With this knowledge caregivers will be empowered to be Kings of their own forests.

Workshop #3: We want to see the Wizard...

Sadly there is no Wizard who can magically make us physically, emotionally, and spiritually strong. However, every caregiver has the intuitive ability to do this if given the right tools. In this workshop caregivers will learn how to mend, strengthen, and maintain their three parts through good nutrition, setting limits and maintaining boundaries, and nurturing spirit. They will come away feeling empowered to care for self as much as they care for loved ones.

ANNAPOLIS SENIOR CENTER

119 South Villa Avenue, Annapolis

Mondays: March 11, 18, 25

2:00-4:00 p.m.

Sponsored by: Somerford Place of Annapolis

O'MALLEY SENIOR CENTER

1275 Odenton Road, Odenton

Tuesdays: April 16, 23, 30

5:30-7:30 p.m.

Sponsored by: AAMC Lifeline

PASCAL SENIOR CENTER

125 Dorsey Road, Glen Burnie

Mondays: June 3, 10, 17

6:30-8:30 p.m.

Sponsored by: Visiting Angels

ARNOLD SENIOR CENTER

44 Church Road, Arnold

Thursdays: April 4, 11, 18

6:30-8:30 p.m.

Sponsored by: Annapolitan Assisted Living

PASADENA SENIOR CENTER

4103 Mountain Road, Pasadena

Thursdays: May 2, 9, 16

1:00-3:00 p.m.

Sponsored by: AAMC Lifeline

SOUTH COUNTY SENIOR CENTER

27 Stepneys Lane, Edgewater

Thursdays: March 7, 14, 21

6:30-8:30 p.m.

Sponsored by: Heritage Harbour Health and Rehabilitation Center

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

Maryland Day Explained

By Kathryn Marchi

Many of us who were educated in the Maryland school system might remember a legal holiday on March 25 called “Maryland Day.” Maryland history is traditionally studied during 4th grade, but it’s hard to remember that far back. So for those who forgot or who are not native Marylanders, this is an explanation of this unexpected day off.

“Maryland Day” celebrates the anniversary of the first pilgrims stepping foot on what was to become the colony of Maryland. In March 1634, approximately 140 European settlers from two ships, the Ark and the Dove, landed on a small island in the Potomac River. It was named St. Clement’s, after Pope Saint Clement, Patron of Mariners. Included in the party were Leonard Calvert, three Jesuit priests, including Father Andrew White, 17 Catholic gentlemen investors and a number of indentured servants. One of the first things the settlers did was to erect a large wooden cross and celebrate the first Roman Catholic Mass in the original Colonies. They then took ownership of the new land for their “Savior and sovereign Lord, King of England.”

St Clement’s Island was not the final destination of these settlers, however. The site became the temporary base from which they explored upriver until they reached the shore of the New World. Because of the location and the friendly Indians, the

citizens, the charter allowed them to attend the church of their choice and therefore, they no longer had to join or support the English monarch’s church with their taxes. Not only was this “freedom of religion” in the colony, it was also the first time church and state were separated. The Maryland colony was the only one where all faiths could worship freely.

Unfortunately, Lord Baltimore died before visiting his colony. His oldest son, Cecil Calvert, inherited the title of Lord Baltimore II and began making plans for the first settlers to begin their journey to the new colony. He stayed behind in England to protect the charter and chose his brother, Leonard Calvert, to join the expedition and appointed him the first governor of the Maryland Colony.

Now back to St. Mary’s City: The settlement was the first in Maryland and was named the capital of the colony. Over the years it flourished, with a strong tobacco economy and population growth. However, political and religious factions rose up against Lord Baltimore. The king of England intervened and decided to move the capital to Annapolis. Thus began the demise of St. Mary’s City and no other growth or construction took place until the beginning of the 20th century when archeological excavations began. As a result, this little 17th century city became one of the finest colonial archeological sites in the country. It was named to the National Historic Landmarks in 1969 and now thrives as a tourist center.

St. Clement’s Island is also open to the public; it is now a Maryland state park. A 40-foot commemorative cross has been erected there in honor of the first landing in Maryland. Visitors can reach the island from the St. Mary’s City area by water taxi.

It can be said that Maryland Day isn’t just about the pilgrims landing on St. Clement’s Island on that day in 1634. In fact, the Maryland State Board of Education proclaimed the holiday in 1903 to honor Maryland history. The legislature agreed in 1916 and authorized it as a legal holiday.

Kathryn, a former 4th grade teacher in Maryland, can be reached at marchi-wre@mris.com



group set about building the St. Mary’s City.

Before explaining how St. Mary’s progressed, here is some background on why these settlers showed up on Maryland’s shore. In 1660, George Calvert, the first Lord of Baltimore, tried to set up a colony called Avalon in Newfoundland. Calvert, a Catholic, was searching for a place where Catholics could worship freely. He also planned to grow crops for income, but found the climate too cold in Canada. On his way back to England, he stopped in Jamestown, a colony of Virginia. Since the land was to his liking, he persuaded King Charles I to grant him land to the north of this colony. As part of the agreement, George named his new colony “Mary’s Land” in honor of the King’s wife, Henrietta Maria. Thus the name evolved to Maryland.

A charter was then drawn up allowing Calvert to rule the colony much like a king. Though the colonists were still English

Bay Bytes

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FINANCIAL LATE BLOOMER? THERE'S ALWAYS TIME TO CULTIVATE A RETIREMENT PLAN

By Pamela Monetti

Will I have enough money to retire? If you are 50 or over and have asked that question, you are not alone. Many people invest for retirement by determining how much they are willing to save, rather than how much money they will need when they reach financial independence.

A recent article in *USA Today* entitled "Boomers: Don't Give up Your Day Jobs," noted that 74 percent of boomers say they will rely heavily on Social Security in retirement. (The average Social Security check is \$1,230 per month.) It's no wonder baby boomers are worried.

To help address such worries, here's an idea from Dr. Stephen R. Covey, who in his book, *The Seven Habits of Highly Effective People*, suggests that when setting goals we "begin with the end in mind." So, start by picturing what retirement will look like for you. Where do you want to live? Where would you like to visit? What hobbies would you like to enjoy, etc.? Once you have that vision clear, you need to determine what it will take to achieve it. Your financial planner can help you work through the math, but you will need to have a clear opinion on the following items.

If you don't have a financial planner, there are some good financial calculators on the Internet. Two to consider are:

Fidelity - http://personal.fidelity.com/planning/retirement/income_planner.shtml

AARP - http://www.aarp.org/work/retirement-planning/retirement_calculator

Just remember, you will still need to be ready to address these issues:

1. Determine your monthly need in retirement. Most people need about the same in retirement as they bring home now. They want to remain active in retirement, enjoying life, spending money on exercise classes, new interests, vacations, you name it! Be sure to also consider any potential health care costs, so you can address these needs and maintain good health.
2. Factor in all of your guaranteed income sources like Social Security and any pension; then subtract these from your current income.
3. Calculate the difference between 1 and 2 above and that is the amount you will need to fund from your own financial resources.
4. Consider how long you might live. Look around you. People are living longer and you want to make sure you provide enough money to last your entire life.

5. What rate of return do you expect to achieve during your retirement? Depending on how your portfolio is invested, you can likely expect a 3 to 7 percent rate of return. I suggest calculating the amount it would take to provide a fairly conservative rate of return of 6 percent in a well-balanced, investment portfolio.

6. What do you think inflation will be? This is a very important part of the calculation. If you live 25 to 30 years in retirement the cost of goods and services will increase dramatically over that time. You need to prepare for that.

7. If you are still in the accumulation stage of your life, you will need to decide what rate of return you can expect while you are still saving.

8. What amount of money have you saved to date?

These factors will give you the amount of money you still need to fund your goals. Hopefully, your numbers will reveal you are on your way to financial freedom, but what if you fall short? There are a number of things you can do:

- Save more now. You may have to give up a few things in the short term to enjoy life later.
- Reduce the amount needed in retirement.
- Work a few more years and continue to save.
- Consider part-time work in retirement; many retirees have found fulfilling and fun jobs after retiring. For example, if you enjoy golf, maybe you can find a job at a country club. Love to paint? Perhaps you can teach a class.

No matter where you are on the financial planning path, it's a good idea to meet with your financial planner for help and guidance. Chances are you have touched on these subjects, but perhaps haven't had the opportunity to "begin at the end" and set that important goal of exactly how much you will need in retirement. This would be a great topic to frame for your next conversation with your planner.

It's a great time to be a "Boomer and Beyond," and even those cultivating a financial management plan later in life can get excited about retirement. It's worth planning for and making sacrifices today to reach your goals so you will have choices down the road.

Pamela Monetti is the CLU and ChFC, of Life Plan Financial Services, located at 436 University Drive, Severn, MD 21144. She can be reached at 410.969.9500. Securities and advisory services offered through Commonwealth Financial Network, member FINRA/SIPC, a registered investment adviser.



NAPTOWN'S FINEST

· Set To Conquer ·



THE NATIONAL SENIOR GAMES

By Leah Lancione

Cleveland will be hosting the National Senior Games from July 19 to Aug. 1 with more than 14,000 athletes aged 50 and older, including a large and competitive contingent of Marylanders. Athletes will be competing in 19 sports at what is called the largest multisport event in the world. The National Senior Games Association (NSGA) is a nonprofit organization “dedicated to promoting healthy and active lifestyles for athletes age 50 and over.” A recognized multisport organization of the U.S. Olympic Committee, the NSGA is comprised of more than 50 groups that conduct multisport state competitions the year preceding the National Senior Games. The qualifying period for the 2013 National Senior Games ran from Jan. 1, 2012, through Dec. 31, 2012.

The Maryland Senior Olympics (MSO), a qualifier for the National Senior Games, was formed in 1980. The MSO “strives to provide opportunities for everyone, not just gifted athletes (www.mdseniorolympics.org).” The first MSO was held at Towson State University

with 300 athletes competing in a one-day event. Executive Director Ted Wroth says the MSO now hosts 1,500-plus athletes in 21 sports and 100 events with many athletes moving on to the nationals.

TRAINING

“Maryland usually has a large presence at the National Senior Games and this year should be good,” Wroth said. He estimates that around 500 athletes who competed in the MSO last August and September will vie for a medal in Cleveland. Wroth did note, however, that not all events that were offered Maryland athletes are part of the national event. For example, line dancing, bass fishing, billiards, disc golf and Frisbee are some of the competitions that aren’t featured at nationals.

Athletes participating in the MSO events adhere to strict criteria and must finish first, second, third or fourth in their event to advance to the National Senior Games. To date, the NSGA has held 13 Summer national championships in cities ranging from St. Louis, where the games originated in 1987, to San Antonio, Pittsburgh, Tucson, Palo Alto, Orlando, Louisville, Houston and now Cleveland.

Nineteen sports are featured in this biennial competition. In each sport, men and women compete in five-year age brackets from 50 to 100. The team events are separated in the following age divisions: 50-plus, 55-plus, 60-plus, 65-plus, 70-plus and 75-plus, with basketball also including an 80-plus bracket. Age divisions for all doubles and mixed doubles are determined by the younger of the two athletes. Also, participants may enter no more than two individual sports, although they can enter multiple events within a sport. Athletes can also compete in two team sports.

The training leading up to the games is extensive and often goes beyond mere recreation. Athletes prepare with regular exercise, practice with fellow athletes or working with a coach.

The competition will include at least three Annapolis athletes: Russell “Russ” Cesari, Chip Seymour and Darrell Dempster. Cesari and Seymour will heat up the racquetball courts, vying for both singles and doubles medals in their age groups, and Dempster, also a racquetball devotee, will compete in multiple sports.



on left cesari, on right seymour

MEDALS

Cesari, a senior wealth adviser with Northwest Financial Group, trains three to four times per week on the racquetball court and adds strength training to his fitness regime, increasing it for nationals. He says his day job is “intense and time-consuming,” while racquetball similarly requires “focus, quickness and reaction.” He also thinks that participating in the MSO and the nationals keep him active and his mind and body engaged mentally and physically, particularly because it affords the opportunity to play against new players.

Cesari, who is the father of two Naval Academy graduates, one of whom is currently the commanding officer of a guided missile destroyer, began his MSO participation in 2012. He won the racquetball gold in singles (65-69 age group) and a doubles gold with partner Chip Seymour.

Seymour, a Naval Academy graduate (class of 1965) and a retired Navy captain, plays racquetball a minimum of five days a week at the academy, where he is also a tour guide. Seymour admits relishing the ample racquetball talent there since many on staff are former or current academy athletic coaches -- and are younger. He confesses they present “quite a workout.”

The MSO has a motto that “To participate is to win.” Though he sincerely respects this creed, as an athlete who is competitive by nature, he doesn't mind winning either. In 2009, his first year of participation at the MSO, he won the gold medal in singles (65-69 age group) and a bronze in doubles (65-69 age group) with Darrell Dempster as his partner.

The 2012 MSO event for racquetball, the qualifier for this year's National Senior Games, was held at the Severna Park Racquetball and Fitness Club. Seymour took the gold in singles (70-74 age group) and the gold in doubles (65-69 age group) with Cesari. The two men once again look well-prepared for the national games. Along the way, they have encouraged other seniors to stay active in a sport as long as health permits -- whether or not they are superior athletes.

DOING IT ALL

According to the medical website WebMD (www.webmd.com/healthy-aging/guide/getting-fit-life), “exercise can help older people feel better and enjoy life more.” Furthermore, “regular exercise can

prevent or delay some diseases like cancer, heart disease or diabetes.”

Seymour also credits fellow athlete and “role model” Darrell Dempster for inspiring him to pursue racquetball at the MSO in 2009 as his doubles partner. Impressed that at 84 Dempster is still a multisport athlete (winning several gold, silver and bronze medals in javelin, shot put, discus, hammer throw, weight throw, long jump, standing long jump, triple jump and race walk), Seymour is also moved by his significant volunteer work in addition to being a retired Navy captain and Naval Academy graduate (class of 1953).

In 2012, Dempster took gold in racquetball singles (80-84 age group) at the MSO and will compete in both singles and doubles at the National Senior Games this Summer. He began competing in the MSO in 2005 at the age of 74. Earning a gold medal in racquetball in his age bracket every year since 2005 as well as a gold in doubles (80-84 age group) in 2010 and 2012, Dempster has definitely made his mark. At the 2009 nationals he won silver for racquetball in doubles (70-75 age group) and 5th in singles (80-84 age group) as well as 5th for hammer throw and 9th for discus.

Darrell tries to incorporate occasional weight training in his workout regime in addition to playing racquetball and training with one of the Naval Academies women's track coaches—taking full advantage of tips for improving his distances.

Dempster admits “the hammer and weight throws are my best events so I spend a little more time on them, trying to achieve a personal best.” He also participates in the U.S. Masters and Potomac

Valley Track Club events to stay active throughout the year.

While Dempster has many medals and wins to be proud of, it's not completely about the results but the journey that keeps his body in shape and his mind sharp. A true athlete and lifelong fitness enthusiast, he proves that staying active, whether in organized sports or a recreational hobby, leads to better health, friendships and continued ambition!

So, athletes, exercise enthusiasts or even sportsmen in “hiatus,” if you want to take your hobby to the next level or simply get more active, check out the MSO. As Executive Director Ted Wroth says, “MSO provides alternative sports and opportunities for seniors who live independently or in retirement communities. We are striving every year to increase our participation by adding activities to get seniors up and moving.”

For more information on the upcoming National Senior Games, visit www.nsga.com For more on the MSO, visit www.mdseniorolympics.org

Russ can be reached at rcesari@nwfflc.com Darrell at dseddb@comcast.net and Chip at seymour65@comcast.net

Included in this biennial competition:

Archery, badminton, bowling, cycling, golf, horseshoes, pickleball, race walk, racquetball, road race, shuffleboard, swimming, table tennis, track and field, triathlon and the team sports basketball, softball and volleyball.



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HE COOKS! Sides for a Springtime Holiday Meal

By Mat Herban

Whether you celebrate Easter or not, these sides are a good excuse to enjoy a holiday meal. Consider roast lamb or ham, slow-cooked pork loin, roasted chicken or broiled salmon. Any of these entrée items would be enhanced by the following sides—and the Greek-inspired dessert pie that follows.

YAM CASSEROLE

This recipe is sophisticated and yet also a comfort food. Quick and easy to prepare, it can't be beat. Of course, if you can't resist, you could always top it with little marshmallows and let them brown in the oven for a few minutes.

3 lbs. (6 large) sweet potatoes (or 5 cups drained canned potatoes)
3/4 tsp. salt
1/3 cup brown sugar (light or dark)
1/3 cup butter (5 1/3 Tbs.)
1/2 tsp. grated lemon rind
1 tsp. grated orange rind
1/2 cup orange juice

If using fresh potatoes, peel them, cut into one-inch pieces and boil until tender. If using canned potatoes, drain them thoroughly. Using a potato masher or a food processor, mix remaining ingredients into potatoes. Put mixture into a well-buttered 1 1/2 quart casserole and bake in a preheated 400-degree oven until top begins to brown—about one hour. *Serves eight.*

BROCCOLI CASSEROLE

Despite the fact that this recipe uses Velveeta, you will find your friends will want a copy. It's foolproof, fast and yummy. Give it a try.

2 10-oz. packages frozen chopped broccoli
1 stick butter (8 ounces—divided in two)

1/2 lb. cubed Velveeta cheese (four slices)
1/4 lb. Ritz or Town House crackers (38 crackers) crushed to crumbs

Cook broccoli and drain well. Mix half the butter, cubed and the Velveeta into the hot broccoli. Mix well and soon you will have a cheese sauce on the broccoli. Put into a buttered casserole about three inches deep. Mix cracker crumbs with remaining butter that has been melted. Top the casserole with crumbs and bake in a preheated 350-degree oven for 20 to 30 minutes until it is bubbling and the top begins to brown. Take out a few minutes before serving because the sauce will thicken a little as it cools down. *Serves eight.*

BAKED BUTTERNUT SQUASH WITH PARSLEY AND GARLIC

2 Tbs. minced parsley
2 Tbs. olive oil
2 minced garlic cloves
1 tsp. salt
1/2 tsp. pepper
3 1/2 lbs. butternut squash, peeled and cut into 1" cubes
1/2 cup grated parmesan cheese (optional)

Combine parsley, olive oil, garlic, salt and pepper in a large bowl. Add the cubed squash and toss well to cover with the seasonings. Put the squash into an ungreased baking dish large enough so the squash lies on the pan in a shallow layer. Bake uncovered in a preheated oven at 400 degrees for 50 to 55 minutes, until it is tender. Toss with optional cheese if desired.

WALNUT PIE

This recipe is the perfect conclusion to a holiday meal when you want something

rich and a little unusual that is not quite as cloying as pecan pie. Make the whipped cream before dinner so all you have to do to produce an elegant dessert is open the refrigerator and serve it up.

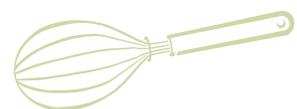
For Pie

1/2 cup packed dark brown sugar
1/2 tsp. cinnamon
1/4 cup butter (softened)
2 generous Tbs. honey
2 eggs
1/8 tsp. salt
1/4 cup light cream or whole milk
1/2 cup + 2 Tbs. chopped walnuts
Grated rind of 1/2 lemon
1 unbaked 8 or 9" pie shell

For Garnish

1/2 cup heavy cream
1 tsp. sugar
1/4 tsp. cinnamon

In the top of a double boiler, cream together brown sugar, cinnamon and softened butter. Place double boiler over hot water and stir in honey, eggs, salt and cream or milk. Continue to cook over hot water 5 minutes, stirring constantly. Remove from heat and stir in walnuts and lemon rind. Pour into pie shell and bake in a preheated 350-degree oven 35 to 40 minutes until filling is set and slightly browned (it may fall slightly as it cools). Cool on a rack, then chill or wrap tightly and freeze. Before serving, whip heavy cream with sugar and cinnamon. Garnish the back of each piece of pie with a generous spoonful of whipped cream. This can be done an hour or two ahead of time—just whip it until quite thick and stir the cream before using it.



Blossoming Beauty

By Melissa Conroy

Thousands of delicate white and pink cherry blossoms waving in the breeze are a familiar Spring sight and a lovely reminder that Winter has passed and warmer days are ahead. Although the cherry blossom season is fleeting, the trees' spectacular display is well worth the long wait, and millions of people across the world enjoy spending time under the flowering branches of cherry trees every Spring.

Cherry blossom trees are part of the genus *Prunus* and are cousins to almond, plum and other fruit trees. However, many blooming cherry trees are ornamental and do not produce anything except their lovely flowers every Spring. This doesn't mean that they are useless as a food source; if you are ever in Japan, you might be offered *sakurayu* (salt-pickled cherry blossoms in hot water) or *sakuramochi* (sweet pink rice and red bean paste with a cherry blossom leaf).

We have Japan to thank for the elegant show of blossoms that appear around the U.S. every Spring. Centuries ago during the Nara Period (710-794), Japanese people began the practice of *hanami*, where members of the Imperial Court would picnic under blooming trees. While the Japanese nobles originally chose *ume* (plum and apricot) blossoms for their picnic viewing, cherry blossoms grew in popularity during the Heian Period (794-1185) at the same time that *hanami* spread to the samurai class. By the Edo period (1603-1868), *hanami* was enjoyed by people from all levels of society with *sakura* (cherry blossoms) as the main focus.

Japan graciously spread both *hanami* and *sakura* to the U.S. as a gesture of goodwill and friendship through the work of several people, starting with a Mrs. Eliza Ruhamah Scidmore. In 1885, Mrs. Scidmore returned from her first visit to Japan with an idea to plant cherry blossom trees along the Potomac waterfront. Her petitions to the U.S. government were denied for 24 years before Dr. David Fairchild, an official for the U.S. Department of Agriculture, imported 75 cherry trees from Japan and planted them on his own property. Scidmore and Fairchild worked together to promote the cultivation of blossoming cherry trees in the U.S., and in 1908, Japan gave the U.S. 2,000 cherry trees as a gift. Unfortunately, the trees were infected and had to be burned. Undaunted, Japan sent the U.S. 3,020 new cherry trees of 12 different varieties, which arrived in D.C. on March 26, 1910. They were ceremoniously planted and thrived in their new home, attracting more admirers every Spring. In 1935, the first Cherry Blossom Festival was held in Washington, D.C. to celebrate Japan's gift; this festival still takes place every year in our nation's capital.

Today, the U.S. still cherishes Japan's gift and works to preserve the original trees' genetic line as well as its relationship with Japan. On Nov. 15, 1999, 50 new cherry trees were planted in West Potomac Park. These trees were propagated from a nearly 1,500-year-old cherry tree which grows in the Japanese village of Itash Neo and is a national treasure. In 2011, the U.S. sent 120 cherry trees to Japan that were propagated



from the original 1912 cherry trees and were given in order to maintain their genetic lineage and symbolize the U.S.'s continued friendship.

While we in the U.S. enjoy cherry blossoms simply for their loveliness, these elegant blooms play a more central symbolic role in Japanese culture. The Japanese term *mono no aware* speaks of being attuned to life's ephemeral qualities, and the cherry blossom elegantly represents this awareness. The cherry blossom season is only a week or two and while this time is breathtakingly splendid, it is over quickly and should be cherished while it happens. Japanese poetry, songs, plays and other artistic works often use the symbolism of *sakura* to remind people about the fleeting nature of life.

You don't have to travel to Japan to participate in your own *hanami*: There are several cherry blossom viewing spectacles around the U.S., the most spectacular being the National Cherry Blossom Festival that takes place from March 20 to April 14.

In our nonstop, ever-moving world, we need little reminders to slow down and savor nature. You can herald the new season by indulging in a *hanami* of your own with some loved ones.



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Finding the BEST MATTRESS for You

By Melissa Conroy

Throughout history, people's bedding choices were often fairly limited and came with varying degrees of discomfort. People have slept on everything from straw to wood shavings to corn husks in efforts to put some cushioning between themselves and the floor. Today, when we say, "Good night, sleep tight, don't let the bedbugs bite," we are giving a nod to mattresses in the past that were commonly infested with pests and vermin and were often held in place by a rope woven through the bed frame. Sleepers tightened the rope prior to bedtime to reduce sagging and to "sleep tight."

While today we don't usually find mice burrowing in our mattresses or have to spend an itchy night sleeping on a pile of straw, the wrong mattress can give you back aches, stiff joints and long nights of tossing about, trying to find a comfortable position.

The right mattress can make a world of difference in your health and well-being, and if your current mattress is starting to sag or you often wake up with back pain, it is time to look at getting a new mattress. Since we spend a third of our lives asleep, it only makes sense that we do so on a high-quality, comfortable mattress to ensure the best sleep possible.

One of your first considerations is deciding what size mattress to buy. The Better Sleep Council recommends that you buy at least a queen-sized mattress if you share your bed with a partner. Queen size is 60 by 80 inches which may be a bit snug, so you might want to consider a king size at 76 by 80 inches to give you and your partner a little more room. Also, if you are taller and don't want your feet hanging off the end of the bed, a California king size is a good option: it measures 72 by 84 inches, which gives you four more inches to stretch your legs.

Once you have determined the size of mattress to buy, you need to consider what type of mattress you want. The most well-known type of mattress is the **inner spring**. Bill Bryson, in his book *At Home: A Short History of Private Life*, notes that spring mattresses were invented in 1865, but at first, the coils could sometimes turn, "confronting the occupant with the very real danger of being punctured by his own bed." Thankfully, today's inner spring mattresses won't stab you in your sleep, and you can find many different models that are both comfortable and supportive. A good-quality inner spring mattress can be less expensive than other options, and they come in a variety of firmness levels.

Memory foam mattresses are another sleeping option, and this type of material is growing in popularity because it contours to your body which can reduce pressure points. If you have a restless sleeping partner, a memory foam mattress may be just what you need, because this type of mattress absorbs movement and reduces jiggling. However, if you have trouble staying cool while sleeping, a memory foam mattress may not be for you as the foam tends to hold heat. Also, some people report that memory foam has a distinct smell that they do not like.

Air mattresses are another consideration, and today's high-quality air mattresses are nothing like the blow-up bed you put out for guests. A good air mattress has air-filled chambers inside which you can adjust for varying degrees of firmness. These chambers prevent you from accidentally popping your partner off the bed when you flop down on the other side, and some air mattresses can be adjustable on both sides if you and your partner like different levels of softness.

You may not have heard of **latex** mattresses, but this is another type for you to

investigate. Latex mattresses come in both synthetic and natural form, and natural latex mattresses are hypo-allergenic, anti-bacterial and anti-dust mite. Natural latex is a more "green" option, and those who are more environmentally-minded often gravitate toward this mattress material to avoid chemicals in their bedding. However, if you are not a fan of firm beds, latex is probably not your best option.

Armed with this knowledge, it is time to go shopping. The Better Sleep Council offers a handy shopping guide on its website at www.bettersleep.org that offers several tips for mattress shopping. Remember that finding the right mattress is a full-body endeavor. Your goal when you are testing mattresses is to try to recreate your normal sleep environment, so you might want to bring your pillow along. When you find a likely candidate, lie down on the mattress in your usual sleep position and stay there for at least 10 minutes to evaluate comfort and support. The right mattress should put no pressure points anywhere on your body; you should feel like you are floating on a cloud. Also, if you have a sleeping partner, make sure he or she tests mattresses with you.

Buying a mattress is no time to be cheap, and a good mattress can easily run \$1,000 or more which can put a dent in anyone's budget. Another problem is that mattress companies often use special labeling that makes it difficult to comparison shop for a better deal. Also, be aware that if you buy an inner coil mattress, be sure to purchase the matching box spring because your warranty may be voided if you use a different box spring.

While it may be difficult to pay \$1,000 or more for a mattress, consider it a long-term investment in your health. A high-quality mattress can provide you with a decade or more of restful sleep.

Getting Started with an E-Reader

By Pat Jurgens

Hoping to propel me into 21st century technology, and perhaps motivated by wanting to keep my reading light out of his eyes, my dear husband gave me a Nook Simple Touch e-reader. He thought I'd just turn it on and start reading e-books. Little did he know there's a fair amount of prep work for the nontechnical user.

The e-reader is a great gadget to be sure -- a library of books in the palm of your hand. It's lightweight, small enough to slip into a purse or have handy on the night table for sleepless hours. The display is easy to read; fonts, margins and spacing are adjustable. You can choose to enable Wi-Fi and screen savers, link to social networks or email, search for word definitions, highlight text, create bookmarks, find words within the text and go to a certain page. Oh, and read! But first you must set up the device.

SETUP

1. Charge the Nook for three to four hours per manufacturer's instructions.
2. Select your time zone.
3. Find and connect to a Wi-Fi network.
4. Register your Nook at Barnes & Noble website so you can shop for books.

HELP ABOUND

If you have trouble understanding what to do, you are not alone. Contact Barnes & Noble by phone or website at www.bn.com. The online tutorial videos are very helpful. There is also a user guide, and an online tech support chat. Don't be afraid to contact them with the most basic questions. Mine were: How do I find the menu? How do I create a bookmark? How do I get back to where I started?

TOUCH NAVIGATION

- Get familiar with the touch screen before trying to download books.
- Find the on/off button.
- Locate the menu button.
- Practice tapping, swiping, scrolling, press or hold finger on the screen and see what it does.
- Explore menus for functions such as: search, library or settings.

TAKING IT IN STAGES

Don't try to do everything in one sitting. This is a new learning curve and can be quite confusing. After a few

warm-up sessions, when you're ready to try an e-book, put the e-reader aside temporarily, but leave it turned on.

Go to your computer and to the Barnes & Noble website. Find the Nook Books tab and browse to find an e-book that you would like to buy and read. If you have not yet entered a credit card, you will need to log in and do that. There are some free books, but most are for purchase.

Select the title you want, being sure you select an e-book. Click "Buy Now" and follow the instructions until your transaction is complete.

Then leave the computer screen open to the book you just purchased and go back to your Nook. Be sure the Wi-Fi is connected, and in your Nook click on "library." Within a few seconds the purchased book will appear on your Nook. Magic!

FREE BOOKS

Using your computer, go to your public library's website. There is generally a special section for e-books.

Phone and ask for a staff member familiar with downloading e-books onto an e-reader. It can be a little different, depending on the device you own -- Nook, Kindle, etc. Getting a knowledgeable person to walk you through the process is immensely helpful.

Search the library site for online tutorials and downloading instructions. Many libraries also offer special classes on downloading e-books. (If you don't have an e-reader, your library may have them available to check out along with e-books.)

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It involves:

1. Authorizing and downloading Adobe Digital Editions software to your computer.
2. Selecting an epub-book at the public library website, putting it in your e-Cart and checking it out. (You'll need your library card number.)
3. Attaching the Nook to the USB port of your computer. (Nook should be turned on.)
4. Dragging the icon of the book selected on the computer onto the icon of the Nook that shows up on the screen.
5. Clicking "safely remove hardware" button on the taskbar before unplugging the Nook from the computer.

Are you still with me? Well, your patience and persistence has paid off. Now, you too will be able to read books in a whole new way.

What's holding you back from pursuing that dream?

Purifying the Air We Breathe

By Neil Moran

After lengthy studies fit for a government agency, the folks at National Aeronautics and Space Administration (NASA) have definitively established that indoor plants can help astronauts breathe cleaner, less toxic air while in outer space. What NASA found in a study they performed in conjunction with the Associated Landscape Contractors of America, is that houseplants can effectively remove chemicals that foul our indoor air, including formaldehyde and benzene, two known carcinogens.

Here on planet earth, houseplants also serve a vital role in keeping the air clean in our homes and workplaces.

Here are a few tips to growing houseplants that will keep us healthy.

The key to growing air-purifying houseplants is proper placement and consistent care. In general, houseplants like to be placed in areas with humidity around 45 percent, which is a desirable range for most homes. What they don't like is environments that are extremely dry, which is often the case when they are placed near electric heaters and the like. Conversely, they won't thrive where cold drafts prevail.

Light Requirements

Houseplants have different requirements for light, but most prefer filtered light over direct sunlight. If a south-facing window is your choice for plant placement, a thin, partially transparent curtain will help filter the harsh light, especially in Summer when our days are much longer and the sun is much more intense. Some plants, like geraniums and hibiscus, will actually thrive in the direct sunlight, while rubber plants will do better in a shady corner.

Watering

Many people often proclaim, "Give me a houseplant and I'll kill it." Or, if a plant looks sickly or the leaves are turning yellow, they insist it needs fertilizer. Most likely, the culprit is over-watering or under-watering. The ideal method to water most houseplants is to provide a good soaking of room temperature water, then let it dry out

and water again. There are exceptions to the rule: African violets and poinsettias enjoy a constantly moist growing medium.

Always provide good drainage. Remove any decorative baskets or plastic wrap your houseplants came in from the store or garden center. Also, check to make sure that there are drainage holes in the bottom of the pot. And while it's fine to set plastic coasters under the pots to catch excess water, don't let standing water accumulate. The cold water in the trays is as harmful as not providing proper drainage. Finally, pick a good time to water and try to stick with it. A weekly schedule is ideal; if you miss a week your houseplants won't die, but several weeks of neglect and you'll be accused of being a plant killer.

Growing Your Houseplants

Houseplants will benefit from a quality houseplant growing medium. The mix should be a loose, sterile blend of soilless ingredients, including sphagnum peat moss, perlite and vermiculite. I like to "bulk up" this mixture by tossing in a few of my own ingredients. Lately, I've been adding a handful of fine clay used for potting bonsai, to help retain moisture. A third of the ingredients in my pots is Dairy Doo, a product manufactured in Michigan. I use their 201 mix, which includes -- you guessed it -- cow poop, along with worm castings and other organic amendments. Fear not, the mixture doesn't smell bad and it is also sterile.

A light feeding of a houseplant fertilizer will keep your plants looking nice and green and help to fend off insect and disease problems. I usually use a slow-release fertilizer that will keep them fed over about a three-month period, or a light, monthly feeding of a fertilizer specifically formulated for houseplants.

Pests and Disease

The first line of defense for insects and disease is prevention. This is particularly true of disease problems like fungus and mildew, which are much easier to prevent than treat. Keep your plants healthy by following the tips in this article. And always use sterile mixes for potting and repotting and keep leaf litter cleaned up. Also, be careful of bringing plants in from outdoors or from a friend down the street. Infestations are common from these sources and can be easily avoided. Fungus problems, like powdery mildew can be

controlled by treating with a fungicide as a preventative measure.

Despite your best efforts, it is still quite possible to be plagued by insects and disease. There are about a half dozen insects that will try to undermine your efforts to grow nice houseplants.

Sucking Insects

Aphids, spider mites and scale are common sucking-type pests that will go after your houseplants. The tell-tale sign of an infestation of these critters is a sticky substance on the leaves. Aphids, a very tiny soft-shelled insect, will appear as a cluster under the leaves and around the stems. A spider mite infestation is evidenced by thin webbing throughout the upper portion of the plant. Spider mites thrive in warm, dry conditions. Scale is a hard shell insect that appears as brown spots, mostly on the leaves. Schefflera is particularly susceptible to scale. To a lesser degree, you may encounter white flies and thrips, at least we did in the greenhouse. You can use a plant-based insecticide containing pyrethrum to control these bugs.

A good initial treatment for all of the above infestations is to take the plant outdoors in warm weather and wash the insects off with warm water. Once it is dry, spray the plant with a plant-based insecticide, such as that containing pyrethrum. Safer and GardensAlive are two companies that sell plant-based pesticides. Quarantine the infested plant from your other houseplants. Severe infestations may warrant discarding the plant in the dumpster.

Plants that filter toxins, such as formaldehyde, xylene and even small amounts of carbon monoxide, from the air:

Spider Plant (*Chlorophytum comosum*)
Boston fern (*Nephrolepis exaltata bostoniensis*)
Marginata (*Dracaena marginata*)
Peace Lily (*Spathiphyllum*)
Chinese Evergreen (*Aglaonema modestum*)
Golden Pothos (*Epipremnum aureum*)
Areca Palm (*Chrysalidocarpus lutescens*)
English Ivy (*Hedera helix*)
Snake Plant (*Sansevieria trifasciata*)
Aloe Vera (*Aloe barbadensis*)

Source: www.environmentalgraffiti.com/air-quality/news-10-fabulous-houseplants-absorbs-indoor-pollution?image=6



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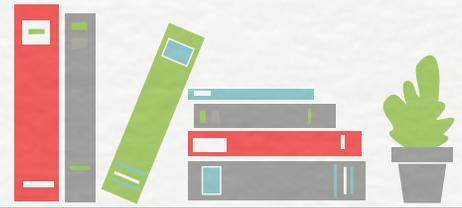
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BOOKS:

Old, New and Obscure



CODE WORD: PATERNITY

By Doug Norton

Dog Ear Publishing (2012)

Annapolis author Doug Norton's *Code Word: Paternity* is a can't-put-down read. Not only are its technical accuracy and plausibility reminiscent of Tom Clancy, it offers a moral dimension frequently lacking in thrillers.

We all need to recharge our batteries. Traditionally, presidents go to Camp David for their R & R, but protagonist President Rick Martin, a native Marylander, is a descendant of Chesapeake Bay watermen and prefers sailing the Chesapeake near his hideaway at Aberdeen Proving Ground.

As Martin sails, what seems like a normal day is shattered by news of a nuclear explosion in a Western city. The perpetrators shrewdly took no credit because they understand that post-Iraq Americans will be divided by the ambiguity. Martin must marshal his government to find out who did it and how to respond amid the looming threat of other attacks. As this thread develops, a security team makes a discovery at Baltimore's Seagirt Marine Terminal that triggers nationwide panic.

Against this backdrop, Martin, a decent, moral man, must quickly choose America's response from a short list of possibilities, none of them bloodless or ones he can accept completely. But the buck stops at the commander-in-chief's desk, and the Constitution requires him to decide America's course of action.

Norton's character development is excellent. The first lady and a retired Marine who is now a congressman (who have a history) both challenge and support the president. We get a sobering peek inside the mind of a delusional dictator with nukes. Canny foreign leaders, good and bad, put national interests and security ahead of mutual support. In parallel, the decision-making process of our democracy unfolds. As Norton leads us through debates among his staff members, Cabinet members and congressional leaders, the characters' strengths, weaknesses, ambitions, egos and rivalries come into play.

Ultimately, President Martin must sift and weigh all the advice -- the good, the bad and the ugly -- to arrive at his decision. The secret shielded by the code word "paternity" forces

him to confront his own deepest fears and a duty he believes might destroy his soul.

Norton gives us a realistic, rational, apolitical look at facing a crisis in our world, and the complex security challenges today's leaders face. As the story ends, we see a changed President Martin who is wiser, tougher and with his integrity still intact, once again sailing on the Chesapeake. But the terrorist mastermind remains unidentified. Perhaps a sequel? Ask Doug Norton on March 22 at The Annapolis Bookstore, 35 Maryland Avenue.

~Marshall Bugge

LEAP OF FAITH: A TRANS-ATLANTIC WARTIME LOVE STORY

By Erik Pettersen

Infinity Publishing (2012)

Her father asked, "Do you have to go all the way to America and marry a Norwegian?"

In May 1941, Ingrid Sillén, a 25-year-old Swedish nurse, went to the Transatlantic Shipping Company in Gothenburg and asked an agent if there was a way to get to America.

"And why would you want to go to America now?"

"Well," she said, "I am going to get married!"

"You are absolutely crazy!" he said.

"Yes, I know, but can you tell me if there is any possibility?"

"There is a cargo ship leaving next week with one passage left." In that brief conversation, her prayers were answered, and her life was changed forever.

Having met her husband-to-be only twice, Ingrid made a leap of faith and traveled to America to marry Arne Pettersen, the love of her life. She left Sweden on May 21, 1941, on the *M/S Remmaren* during a dangerous, turbulent time in the North Atlantic. Germany had just invaded Norway and Denmark. During her two-week crossing, the *Remmaren* was stopped by a German warship, hailed by a British destroyer, circled by German and British bombers and sailed through mine-laden waters. *The Bismarck and Hood* were both sunk during her crossing. Ingrid finally arrived in New York on June 5 in heavy rain, knowing only her future husband and very little English.

Ingrid's life began in the bucolic backwater town of Gesäter, Sweden. She was a preacher's kid who grew up in the small red parsonage of the Lutheran church where her father was the pastor. As a child she could never have dreamed about becoming the wife of a rapidly rising young executive in New York City.

Leap of Faith was written by her son Erik, who drew on a recording she made for him as a Christmas gift, leather-bound diaries Erik found in the attic of his parents' home, family stories from his relatives in Sweden and Norway and a carefully researched genealogy from his father.

If you love genealogy, a wartime saga and a beautiful and inspirational love story about faith, commitment, friendship, sacrifice and love, this is a must.

~ Rev. Suzanne Uittenbogaard

DESTINY OF THE REPUBLIC: A TALE OF MADNESS, MEDICINE AND THE MURDER OF A PRESIDENT

By Candice Millard
Doubleday (2011)

This fascinating book focuses on the intersection between politics and science in 19th century America. President James Garfield's death was caused by what we today would call medical malpractice, not by the bullet from the gun of assassin Charles Guiteau. In 1876, as Garfield was attending the Centennial Exhibition, a British physician, Joseph Lister, was speaking at the Medical Congress in an adjacent building, attempting to convince his colleagues of the importance of anti-sepsis, a sterilization process used to kill germs that he had shown prevented infection after surgery. This discovery had become accepted on the Continent, but American doctors were loath to abandon their practices for a complicated new approach to medicine. Lister was subsequently to be knighted for his discovery and Garfield would die, most likely because the anti-sepsis process was not then in use.

Another scientist at the exhibition, Alexander Graham Bell, was to also play a role in Garfield's death struggle. After his successful presentation of the telephone there in 1876, his reputation became pre-eminent. As Garfield's condition declined from his wound, the consulting physician, Dr. Willard Bliss, contacted Bell to see if he could locate the bullet that was lodged in Garfield's chest. Bell worked night and day to develop a magnetic process that was strong enough and portable enough to do the job. While he failed to develop it in time to save Garfield, his induction balance process subsequently saved lives at home and in the field of battle during World War I.

Anyone who read and enjoyed *The Devil in the White City* will relish this book for the way that intersecting lives affect each other. Garfield was a very bright young man who had in determination, good nature and kindness what he lacked in opportunity. He rose from being a scholarship student to a teacher at Hiram College and from there launched his political career. He was probably the only elected American president who did not actively seek the office. In his few months there, Garfield was recognized as a man who was fair, clear of vision and determined to rid the country of a poisonous patronage system. This book sets Garfield's remarkable life within the social, scientific and political context of his day.

~ Tricia Herban

MAJOR PETTIGREW'S LAST STAND

By Helen Simonson
Random House, New York (2010)

Don't let the title *Major Pettigrew's Last Stand* deter you from reading this delightful first novel by Helen Simonson. When it was first recommended to me I reluctantly agreed to read it and was delightfully surprised. It is one of the most endearing, and thought-provoking novels I have read in a long time.

Retired Major Ernest Pettigrew is a rather "stuffy," opinionated English sexagenarian who has led a quiet life filled with honor, duty and good cups of tea. He is thoroughly delightful as you follow him through the trials and travails of dealing with a grown-up love affair, village prejudice, a self-centered son with a snobbish American fiancé and a grasping sister-in-law and her equally greedy daughter.

The story begins with Major Pettigrew (he detests being called Ernest) in a bright pink floral robe that belonged to his late wife. He is mourning the recent death of his brother, Bernie. He strikes up a friendship with a local widowed shopkeeper, Mrs. Ali (we don't learn her first name until later in the story), who visits to console him. Their common bond over the loss of their spouses and their love of Kipling kindles the burgeoning friendship, as they continue to call it. But Mrs. Ali is Pakistani and her very British neighbors, as well as Major Pettigrew's family, are aghast at this relationship.

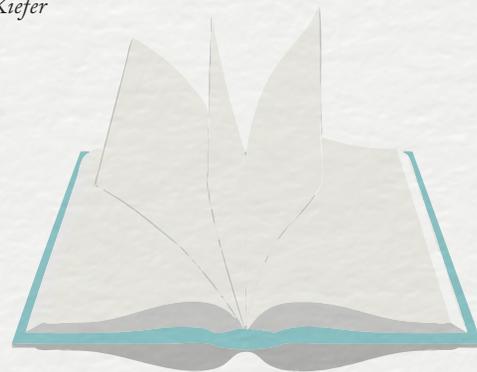
There are several subplots that add to the interest, but the developing love between the main characters, both of whom thought they were too old for romance, is the central theme of the novel.

The disturbing prejudice of the villagers and families is handled very delicately and discreetly by Ms. Simonson and it never "hits you in the face," although it often makes one want to shake them and give them a good talking to.

During the development of the novel, the major begins to realize that the village of Edgcombe St. Mary might not be the place he thought it had always been. The vindictiveness of some of the villagers toward the Pakistani shopkeeper is very disturbing, and very much a problem we face in the world today.

When I finished reading *Major Pettigrew's Last Stand*, I couldn't help but hope Helen Simonson will soon write another novel, perhaps following up on the life of Major and Mrs. Pettigrew (yes, they get married over many protests). Maybe we'll see a movie develop from this delightful novel, but it would be quite difficult to find a suitable major. See what you think.

~ Peggy Kiefer





ALTERING COURSE

AN INTERVIEW

By Tricia Herban

After 40 years in communications, Jim Wallace chose retirement over commuting. A volunteer experience led him back to the classroom and a new profession in his sixties as a full-time pharmacy technician. Curious as to how and why he altered his course, we had a chance recently to question him about this late in life change.

Tell us how your work life began.

The late 1950s was a time of mandatory military service and I knew I would be drafted. Since I didn't have a college degree, I enlisted in order to choose my specialty. As a fixed station transmitter repairman, I travelled to our installations worldwide. That gave me an education I was interested in while allowing me to get to know rural local people where those antennas -- the size of many football fields -- were located.

Were you married at the time?

I married on one of my service leaves. Then when I left the Army in 1962, I joined AT&T in Dayton, Ohio, where our folks lived. I spent the next 40 years at various locations working within the Bell System.

Today that seems amazing, working for one employer for an entire career.

It wasn't unusual. The company paid for much of the course work for my BA degree and sent me to a variety of technical schools. The company did "suitcasing" -- importing a professor who would live out of a suitcase so a group of us could attend intensive classes all day long with homework each evening. We finished with credit toward a completed college course. That is how I earned a mini MBA from Penn State. Then, in the '60s and '70s, they were teaching us subjects like accounting and business practices—issues like sexual harassment hadn't yet become concerns for rising managers.

Were you were one of the company's rising stars?

I was fortunate to have chosen a field that I loved that continued to expand and grow. In fact, the trust-busting decision to break up the Bell network created openings for me in new areas of the company.

And were you in Dayton all that time?

AT&T moved us from Dayton to Cleveland to New Jersey. I travelled throughout the world as needed.

You mentioned moving into new areas at Bell?

I spent my last 10 years in the international arena. Travel to more than 40 countries gave me a new perspective on the world's people. As project director, I was directly responsible for multimillion dollar projects for major companies that wanted to expand or consolidate operations so that they could use voice or data communications. For example, a company in Philadelphia that reported to a manager in London needed the ability to move communications back and forth. This required a big adjustment for the American business community.

What did you do to manage the projects?

Selling, engineering, finance, purchasing, contract negoti-

ations—I was responsible for everything related to making the customer satisfied. One project took seven years. I lived in New Jersey, but flew to Europe, once spending four months in London.

Why did you leave AT&T?

The company was downsizing. I was offered a buyout.

Were you ready to stop working at that time?

No. Mary Anne was still working, so I went to work for TYCO with other AT&T colleagues. Their ships lay cable under the oceans. For seven years, I worked everywhere -- Japan, Australia, Malaysia, China, the Middle East, Europe, etc., and loved my job.

How did your prior work inform your efforts at TYCO?

It was all communications. But rather than satellites, this was undersea fiber-optic cable. Because undersea bandwidth is huge, this technology remains important today; it is more reliable than satellite communication which can be interrupted by weather phenomena.

And you retired from TYCO and the world of communications.

Yes. That project was over and Mary Anne had retired. Our kids were educated, employed and out of the house. We moved to Annapolis, built a house and jumped into our future. Mary Anne settled in at once, tour guiding at the US Naval Academy and volunteering at its hospital. In fact, she volunteered me as well.

You volunteered at the hospital?

I was helping out in the pharmacy a day or two week. And it was the pharmacist who encouraged me to go back to school and become a pharmacy technician.

And did you?

Well, frankly, I couldn't see myself in a classroom of young kids just graduated from high school and almost a half century younger than I was. But I did enroll at Anne Arundel Community College and soon after graduation, I had the opportunity to apply for a full-time position at the Naval Academy pharmacy.

And the rest is history?

Yes. I work weekdays, 9:30 a.m. until 6 p.m. with federal holidays and vacation, but most important, I'm having fun. When I was sitting at home, going to the store for a loaf of bread was the highlight of my day. My lifestyle was unhealthy, inactive and unpurposeful. Now I am busy. I fill prescriptions, enter them, check for reactions, answer doctors' questions if I can and interact with the customers. I'm the oldest person there including the pharmacists. Because of my life experience it is easy for me to relate to our clients and that's a benefit to them and to me.

You Probably Didn't Know About the Revolutionary War

By Jack Rott

Most people know the Revolutionary War started in 1775 and ended with the U.S. gaining freedom from England, but here are 10 things you probably didn't know:

1. Deborah Samson was a woman who fought in the Revolutionary War disguised as a man. This proved to be a problem when she was injured twice in a fight with the British. A saber wound to the head was treated by a doctor, but when she was hit in the thigh by a musket ball she dug it out herself with a knife to prevent her identity from being discovered.

2. Although Col. William Prescott set out to fortify Bunker Hill in preparation for the Battle of Bunker Hill, he instead fortified nearby Breed's Hill and as a result the battle was actually fought there.

3. In 1776 the Americans had the highest standard of living and lowest taxes in the Western World, but when Britain tried some small taxes on the Colonists it meant war.

4. Although the Declaration of Independence was approved by the Continental Congress on July 4, 1776, it wasn't until Aug. 2, 1776, that a majority of delegates signed it. Some delegates signed it even later than that.

5. George Washington denounced the Boston Tea Party and believed the participants should repay the East India Company for damages caused.

6. The British offered freedom to slaves belonging to patriots if they were to join the army, while George Washington actually instituted policies barring black recruitment in 1775. It wasn't until 1777, when he was desperate for troops, that he allowed them to join up.

7. During The Revolution as much as 20 percent of the white population may have supported the British crown.

8. John Adams acted as the defense attorney for the soldiers who carried out the Boston Massacre. He got six of the eight to be found innocent and the other two were charged with manslaughter, the punishment for which was branding of the thumb.

9. The submarine the Turtle was used in the Revolutionary War to break the British blockade of Boston. It was intended to place timed bombs on the bottom of the British ships. It failed due to navigational problems and disruptive tides.

10. And lastly, to dispel one of the most popular and repeated myths: Paul Revere would not have said, "The British are coming, The British are coming." Think about it. The citizens of Massachusetts at that time were British.



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NORTH TO ALASKA, THE LAST FRONTIER

By Peggy Kiefer

Glaciers, wildlife, wilderness and mountains—these are the four most common reasons that vacationers choose Alaska.

My family of five, including two teenage grandchildren, recently experienced the grandeur of our 49th state. We wanted to see as much as possible in two weeks, but it's a very large state, so this was an impossible task. We used almost every type of transportation, including a cruise ship, narrow gauge railway, scenic domed car railroad, small plane, paddleboat, dog sled, feet and bus.

A cruise is the most popular way to visit Alaska, but some of the most interesting sights are inland, and can only be seen with other modes of transportation.

Most cruise ships visit the Inside Passage, and this is a beautiful part of the state. But it is in the southwest part right next to Canada, so one does not get to see any of the interior of Alaska. Many of the most visible and beautiful glaciers are found in this part of the state. Most cruise lines take their guests into one of the glacier bays, such as Hubbard Glacier, College Fjord or Glacier Bay, which gives you an opportunity to walk on them or take a flight to observe glacier "calving." This is a wonderful treat, as large chunks of ice come tumbling off the main glacier with a thunderous sound as they hit the water and break into hundreds of pieces. It is here in the Inside Passage that you are most likely to see whales, which return to Alaska to feed for the Summer.

The ports visited in the **Inside Passage** vary with the cruise line, but the most common are Ketchikan, Juneau, Skagway, Haines, Sitka, Wrangell and Valdez.

Ketchikan is the self-described "Salmon Capital of the World" where it is possible to buy any of the many types of salmon. It is also known for its large collection of totem poles. Unfortunately, it is also one of the wettest places in the Inside Passage, averaging over 160 inches of rain a year.

The state capital, **Juneau**, has the distinction of being the only one that cannot be reached by car or train. Needless to say, there are many private planes and licensed pilots here. The well-known Mendenhall Glacier is located just outside of town. It is also possible to take a ride on a dog sled pulled by the same

dogs that traverse the state during the Winter months and participate in the world-famous Iditarod race.

Skagway is an historic gold rush town. The downtown looks like a movie set. There is a vintage White Horse and Yukon narrow gauge railway, which makes a three-and-one-half hour trip from Skagway to White Horse and back. The scenery on the ride is spectacular.

Haines is known for its bald eagles,

which often roost by the dozens in plain sight of visitors. It doesn't have the charm of some of the other ports, but offers amazing scenery, as it is surrounded on most sides by mountains.

Sitka is in a beautiful location overlooking the Pacific Ocean. Overshadowing it is Mt. Edgecombe, an extinct volcano that reminds many travelers of Mt. Fuji in Japan. It is also the first non-native town where a Russian fort was established, giving Sitka a Russian feel to it with its Russian heritage and culture.

Wrangell is a small, rather old-fashioned town that still clings to some of its old customs. Very few cruise ships stop here.



Its claim to fame is as the only Alaska fort to have existed under three flags -- Russian, British and American. It was also an important port for fur traders and gold miners.

Best known for being the terminus of the Alaskan pipeline, **Valdez** is the most northerly ice-free port in the western hemisphere. It was named after a Spanish explorer and was a boomtown during the gold rush. In 1964 Valdez was badly damaged by a massive earthquake. The city was rebuilt on a new site on more stable ground.

Many travelers end their Alaskan vacation here and return down the Inside Passage, so they only see a small portion of this magnificent state. A cruise can also take you to Anchorage and then one can venture inland by train or bus to Mt. McKinley (Denali), which is the tallest mountain in the Northern Hemisphere, and then farther north to Fairbanks.

If you choose to spend some time in **Anchorage**, you will visit Alaska's largest city. It's been compared to Alaska's New York City and has all the amenities of other large United States cities. It has a wonderful museum, an extraordinary performing arts center and a vibrant social life and arts community. It does not have the "Alaska feel" of the rest of the state and could be any city in the country if you forget about the frigid Winter temperatures and long dark Winter days. Of course, the flip side is that you have very few hours

of darkness in the Summer. But it also has the traffic jams and fast food restaurants that you won't find in the rest of the state.

To me, one of the highlights of the Alaska adventure is taking the domed car train from the port where your ship ends the cruise, which is different for the various cruise lines and even different ships from the same cruise line. To travel to **Denali National Park**, it is about an eight-and-one-half hour comfortable train ride on cars with large dome windows. There you get panoramic views of the mountains and scenery, and if you are one of the lucky 30 percent, you will see **Mt. McKinley**, which the Alaskans call "Denali," meaning the great one. Denali National Park is one of the most visited and most loved of all the sites in Alaska. Visitors come away with a feeling of awe and appreciation of true wilderness. If you are fortunate, you may see a moose with twin calves, nesting bald eagles and a herd of caribou.

In Denali there are a myriad of activities ranging from the more sedentary to the very active. The visitor's center is a good starting place. Not only are there fascinating exhibits about Alaska and the park, but also there are ranger-led talks and hikes into the wilderness. You can also hike on your own after registering with a park ranger. The only complaint most people have is the large crowds who are all trying to enjoy this beautiful place. The campgrounds are reserved months in advance and RVs fill many lots. To escape

the crowds, mid- to-late September is a good time to visit as large numbers of tourists are gone. By then, the bugs have pretty much gone as well. Mosquitoes are especially plentiful and hungry in the Summer.

If you have more time, or are feeling more adventuresome, it is a four-hour train ride to **Fairbanks**, the second largest city in Alaska. In the Summer it has very pleasant weather, with an average temperature of 70 degrees. However, in the Winter it is so cold that the parking meters have electric plugs because vehicles have heaters around their engines. At the end of June, there are 23 hours of daylight, while at the end of December there are 23 hours of darkness. In the Summer a paddleboat takes visitors for a ride on the Chena River, stopping at a dog sled kennel and an Indian village. The University of Alaska, Fairbanks, has an excellent museum with many Alaskan artifacts. One can also pan for gold and keep any that you can find after sluicing dirt around a tin plate.

For the truly adventuresome, private planes will transport you to the remote northern parts of the state, but this is something not usually tried by the average visitor.

It is impossible to do justice to this beautiful and enormous state in one article or in two weeks. But for the trip of a lifetime with magnificent vistas and wonderful adventure, visit Alaska, the "Last Frontier."



Photo by Terry Compton



HOSTESS GIFTS - WHEN ARE THEY APPROPRIATE?

By Annie Horgan

It's inevitable. You accepted an invitation to a party weeks ago and you're dressed and walking to the car when you realize you've forgotten a hostess gift. Is it really necessary and if so, what to do?

A hostess gift is always the best way to say thanks for the hospitality, whether for a meal, cocktail gathering, a long weekend or sometimes just because. It doesn't need to be expensive or even well thought out. Just make it appropriate for the occasion. A generic gift like chocolates or a nice bottle of olive oil with a festive ribbon will always be appreciated. Emily Post says not to bring food and if you bring a bottle of wine, don't expect the host to open it for that occasion. And never bring something that requires more work for the host. If you bring flowers, bring them in a vase.

Tips for gifts: It's all about the packaging. Have personalized gift or wine tags made. They're inexpensive and add such a nice touch to a gift. Like my friend Vicki, who is always prepared, keep some generic gifts at home. When you need them, you have them on hand. While we travel, we purchase hostess gifts to have available for any upcoming occasion. While vacationing, we have

the time and there are always nice gift shops to choose from. Here are a few easy generic ideas suitable for most anyone and any occasion:

- › CHOCOLATES
- › SEASONAL PLANT
- › CANDLES
- › FLAVORED OILS (CLEO'S IS A FAVORITE)
- › HOMEMADE TREATS
- › DISH TOWELS
- › ORNAMENT FITTING FOR THE SEASON
- › SMALL BOOK

Keep those gift tags and a pen in your glove compartment, then should it be necessary to pick up a bottle of wine or champagne (always fun and festive) on the way to a party, you'll be ready.

For more information visit MyPaperinthePark.com or call 410.544.8830

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C. Safer
D. Kissme
E. Eagle
F. Throw rug
G. Brahmanism
H. After
I. Low water
J. Lobby
K. Photosynthesis
L. Odd lot
M. Pratted

N. Errata
O. Jewish
P. One-handed
Q. Hammerhead
R. Neat
S. Pancho Villa
T. Aragon
U. Underwhelm
V. Latter
W. In the minority
X. Ictinus

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Is it Time for Your **ENCORE?**

By Leah Lancione

Encore.org is a nonprofit organization (www.encore.org) established in 1998 by social entrepreneur and author Marc Freedman to help folks “between the end of midlife and anything resembling old-fashioned retirement” to discover a new chapter or calling—one that entails “making contributions for ourselves, our world, for the well-being of future generations.” These second “acts for the greater good” are defined by self-proclaimed Encore “students, employers or entrepreneurs;” whichever label fits. Whatever the desired new career, the goal is to “combine personal fulfillment, social impact and continued income” by helping people put their passion to work.

While it does publish job listings, **Encore.org** is not a job placement service so much as it is “a network that provides free, comprehensive information to help baby boomers transition to jobs in the nonprofit world and public sector.” **Encore.org** offers individuals a program portfolio and strategic alliances to facilitate careers in fields ranging from education to the environment and health care. The advice, resources and connections enable retirees to pursue personal and professional fulfillment as well as financial security through encore monetary prizes, fellowships, college initiatives and training programs at schools across the country, as well as awards for employers that hire Encore members. A “Launch Pad” award even presents \$5,000 to budding social entrepreneurs 45 and older to begin a career aimed at addressing a critical social problem in their community.

The Launch Pad contest was initiated in 2011 when more than 1,000 entered. More than 30,000 votes were cast for the 25 finalists with the top five each taking home \$5,000 to help them start their dream career. The winners’ new career paths included training corporate

salespeople in nonprofit fundraising, a cancer support group for Chinese speakers, developing entrepreneurial training for Native American youths, helping local farmers make sunflower oil biofuel and providing services to homeless youths. The majority of Encore jobs fall into five categories: education, health care, the environment, government and nonprofits.

A “Get Started Guide” leads interested entrepreneurs in the right direction regarding job hunting, updating job skills and resumes, transitioning from a corporate position to volunteer or nonprofit work, preparing for a potential salary change and explicit tips for breaking into specific fields. Funded by MetLife Foundation and published by **Encore.org**, the guide also shares success stories and expert tips.

In addition to expert advice on helping people discover their true calling and how to finance it, resources include job training, book recommendations and links to useful websites. There is also an online community (through a registered membership) with more than 200 members that features discussion groups by state and common interests and a free e-newsletter. Blogs also provide constructive information on a variety of topics and practical job

solutions. An entire portal devoted to research and surveys on job statistics as well as efforts to establish policy for those who want to embark on social-issue careers in the second half of their life.

For a more exhaustive look at **Encore.org** join the organization’s guided tour at www.encore.org/learn. If you are new to the retirement scene or you’re an old pro who’s volunteered for years and now want to turn it into something more, consider exploring **Encore.org** as a facilitator of your “second act for the greater good.”

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MARYLAND'S PREMIER HORSE RACING TRACK - FOR 143 YEARS -

By Ellen Moyer

According to legend, Colonel W. Randolph Tayloe asked that on his passing his ashes be spread across the finish line at Pimlico Race Course in Baltimore. Such is the passion that horse racing inspires.

In Virginia the Tayloe family name is legendary. Still sitting on the original 1600s land grant, the historic 1758 Neo-Palladian mansion, Mount Airy, was built by John Tayloe II primarily for the breeding of fine horses. Two hundred years later, his descendant, W. Randolph Tayloe, chose at an early age to make his career with horses. He managed polo teams, wrote about horsemanship, taught it in the U.S. Army Calvary and trained thoroughbreds, which brought him to Baltimore and Pimlico.

Conversing at a dinner party after a racing card at the popular spa in Saratoga, N.Y., gentlemen horse enthusiasts proposed a race featuring the yearlings of those assembled. Oden Bowie, horse breeder and governor of Maryland, agreed to build a grand new track in Maryland. Two years later, on Oct. 25, 1870, Pimlico Race Course opened. The big race of the day was the Dinner Party Stakes, where a New Jersey colt named Preakness won. Wrapped up in

the pageantry of the day, winning jockey Billy Hayward gathered the winner trophy of gold coins from a purse hanging from a wire. That act introduced the word wire, meaning finish line, and the word purse, meaning the amount won in the race, into the parlance of the sport. The exclusive Clubhouse offered up another term, the clubhouse turn, which at Pimlico, as well as most other tracks, is located just past the finish line high above the grandstands.

The first Preakness Stakes, named after the Jersey colt that won in 1870, was run on May 27, 1873, drawing seven entrants. Kentucky-bred Survivor won by 10 lengths, a record winning margin until 2004. Then, a horse named Smarty Jones would win the Preakness by 11 1/2 lengths, a new record.

The name Preakness derives from the Native American word Pra-qua-les, meaning quail woods. The race on the third Saturday in May is the second leg of America's Triple Crown that begins with the Kentucky Derby the first Saturday in May and ends with the longest race at Belmont in New York early in June. It is a grueling five-week test for three-year-old colts and occasionally fillies. In 137 Triple Crown seasons only 11 horses have won that title. The last was Affirmed in 1978. Forty-three horses have won two of the three races.

Most of the nation's great champion horses have raced at Pimlico, including Secretariat, Man of War, Native Dancer, Seabiscuit and War Admiral to name a few. On race day at Pimlico the crowd joins in singing "Maryland My

Maryland," led by the chorale of the U.S. Naval Academy. They are off and about two minutes later the winning horse is draped with a shawl of make-believe Black Eyed Susans, the Maryland state flower that does not normally bloom until after the race in June. The grand Woodlawn Vase trophy is held for a few moments by the winning owner before it is returned to the Baltimore Museum of Art.

So where did the name Pimlico come from? In the 1870s Pimlico was an exclusive community in London, England. It featured open space and beautiful gardens and homes done in regency architecture and a tea garden and a tavern owned by Ben Pimlico, who was famous for his nut-brown ale. He seems to have given his name to the whole neighborhood of the wealthy middle class in the 1800s and to Maryland's racetrack. Over time, Pimlico in London deteriorated. Observing the decline, G.K. Chesterton wrote that, "Things are not loved because they are great but become great because they are loved, merely approved just remains an awful state of faltering status quo." The transcendental virtue of love transforms, he opined.

Maryland's Pimlico today is a sprawling edifice that seems to have lost some of its glory after its prominent Clubhouse burned 50 years ago. Nonetheless, racing at Pimlico has given the sport so many of its racing terms and it has provided much of the entertainment and thrills in racing history.



Photo: Benamine



ARE THERE BENEFITS FOR THE BOOMER?

By Kater Leatherman

Did you know that with yoga, you're never too old to start? And did you also know that if you can move you can do yoga? And further, did you know that it will enhance your overall well-being?

So, why yoga? Well, it has been around for more than 4,000 years and with good reason. It can improve many conditions including back pain, arthritis and high blood pressure. It can also improve muscle strength, balance and flexibility, which can be instrumental in preventing injuries. And as we age, we're aware of the weight gain issue. Yoga includes some weight-bearing poses that strengthen, and strengthening exercises burn calories for us all day long.

Nowadays classes can be found at local senior centers, assisted living facilities or at a local yoga studio. Consider a gentle class or chair yoga to start. Chair yoga is great if you have difficulty getting up and down off the floor. For stress, restorative yoga is one of the most effective antidotes. It focuses on deep, supported poses using a combination of blankets, bolsters and blocks to allow for deep relaxation. And don't rule out the more social kinds of yoga -- partner yoga, laughter yoga or DOGA (dog yoga).

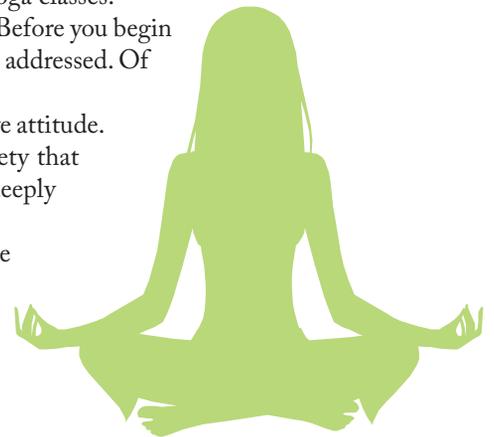
If the thought of taking a class with others makes you uncomfortable, rent a video from the library. Or go to YouTube and type in "gentle yoga" or "chair yoga" and follow along. Even some television programs offer yoga classes.

Yoga's noncompetitive style will encourage you to focus on what your body can do. Before you begin a class, make sure the instructor knows if you have any physical problems that need to be addressed. Of course, first and foremost, practice requires listening to your body.

Studies show that people who do yoga have increased confidence and a more positive attitude. Yoga teaches you to live in the present moment, which neutralizes the worry and anxiety that comes with focusing on the past or future. Remember, too, that every time you breathe deeply you are oxygenating the blood and releasing impurities, one of the proponents of yoga.

So, why not move the energy in the body, mind and soul so that you can experience yourself in a whole new light? You may even find your doctor prescribing it. Yoga will change your life for the better.

Kater has been teaching yoga for more than 15 years. Currently, she teaches gentle, restorative and aerial yoga classes as well as DOGA in the Annapolis area. She can be reached at katerleatherman@gmail.com



This is not the time to be winding down - it's the time to explore more options and opportunities.

CELEBRATE ST. PATTY'S DAY Like THE IRISH

By Leah Lancione

In the United States, St. Patrick's Day is often celebrated by wearing of green (to avoid getting pinched), eating corned beef and cabbage, excessive drinking and, in many cities, parades. However, in Ireland the anniversary of Saint Patrick's death on March 17 is a religious day commemorated by a morning mass followed by a family feast—a break from the avoidance of eating meat during Lent—that includes Irish bacon or roasted chicken and, of course, cabbage. "Observed for more than 1,000 years, on St. Patrick's Day families traditionally attend church in the morning and celebrate in the afternoon" (www.history.com/topics/st-patricks-day).

Though the first parades commemorating the holiday were initiated by Irish immigrants in America, the revelry has spread to Ireland, especially in the last two decades, with the Catholic holiday now extended to a week of festivities. Despite many in the U.S. celebrating with excessive drinking ("drowning the shamrock"), this practice of binge drinking has not become an official facet of the holiday in Ireland, although it's customary to pop into a pub for a pint with family and friends.

So how do you want to celebrate St. Patrick's Day now that you are aware American and Irish traditions differ? For starters, take a minute to reflect on the real history of Saint Patrick. According to expert Philip Freeman, the author of *St. Patrick of Ireland: A Biography*, Patrick was not Irish, but was kidnapped at age 16 from his home in Great Britain and sent to tend sheep in Ireland. After seven years there he became a Christian, heard a voice, according to folklore, that directed him to escape back to his homeland. After arriving in Britain, he was ordained as a priest and then heard a voice again, telling him to return to the "Emerald Isle." Freeman explains that the mythology surrounding Patrick grew over the years, including the claim that he used a shamrock to explain the holy trinity in an effort to convert the Irish people to Christianity. Freeman says after centuries of folklore, Patrick

was honored as the patron saint of Ireland (<http://news.nationalgeographic.com>).

As St. Patrick is credited with bringing Christianity to Ireland and is thereby deemed the national apostle of Ireland, "most of what is known about him comes from his two works: the *Confession*, a spiritual autobi-

ography, and his *Epistola*, a denunciation of British mistreatment of Irish Christians (www.st-patricks-day.com/about_saintpatrick.html).

If you choose to start St. Patty's Day at mass like most Irish do, *The Catholic Review* has publicized that Father John Murray will be the homilist at the 10 a.m. St. Patrick's Day Mass at St. Patrick in Fells Point. As St. Patrick's Day 2013 falls on a Sunday, surely a host of local parishes and churches will also hold services honoring Ireland's patron saint.

In Dublin, where St. Patrick's Day will be observed with four days of events including music and street performances, an Irish Craft Beer Village, the Greening of the city, i.e., illuminated buildings, and more, there will even be a two-hour guided walking tour that focuses on the legend of St. Patrick.

Beyond getting decked out in green and shamrock-emblazoned outfits and studying the true history and folklore of St. Patrick, why not also take an opportunity to cook up an authentic Irish feast. If you can find a local butcher shop for fresh Irish bacon, that's ideal, however, if it's not possible, visit www.tommymaloneys.com to order traditional Irish breakfast bacon or other specialty Irish meats online. You can even order corned beef and meat pies as well as traditional Irish puddings. For the time-honored Irish bacon and cabbage recipe, visit www.yourirish.com/irish-bacon-cabbage-recipe

Finally, if you want to have a pint at the end of the meal, go for a real Irish beer like Guinness, which is still brewed in Ireland. Some may not know that even George Killian's Irish Red "has little to do with the Irish red ale George Killian produced in Ireland from 1864 to 1956." After Killian's brewery closed its doors, the brand was passed on to a French brewery and, eventually, to Coors. It's now part of the Molson Coors empire which doesn't brew a drop on Irish soil (www.thestreet.com). Now go out, support the local economy, and grab a pint or two to cap off the holiday at one of the Annapolis area's Irish pubs: Castlebay Irish Pub at 193-A Main St., which is owned by a native Dubliner; Galway Bay Irish Pub at 63 Maryland Ave.; Fadó Irish Pub, at One Park Place #7; The John Barry Restaurant & Bar at O'Callaghan Hotel, 174 West St., Annapolis; Brian Boru Restaurant and Pub at 489 Ritchie Hwy, Severna Park; Irish Channel Pub at 1053 Rte. 3 North, in Crofton, which is owned by two brothers from County Cork, and Killarney House at 584 West Central Ave., in Davidsonville.

There you have it: bona fide instructions for celebrating St. Patrick's Day like the Irish. "Erin Go Bragh!"





Vicki

Stuck in Indecision

In the last few years, I've had some major losses and now have to make major decisions about how to live the rest of my life. But I'm so undecided that I can't seem to move forward. I've gotten advice from lots of my friends and a psychologist. The advice I've been getting is all so different. How do I decide who to listen to and what's right for me?

Although this is a very general question, let me first say that I am sorry about your setbacks and know that indecision is a difficult place to be. And while seeking professional assistance is often helpful, particularly for complex issues, it can be confusing and sometimes even misguided. Practitioners in any field vary greatly in their worldview, education, approach, professionalism and simply in their talent. Beware of swallowing lock, stock and barrel any advice given by anyone. Remember: You are the only expert on yourself and your situation.

When I studied to be a professional counselor, I learned with dismay that the answers to every client's problems were not going to be found in a book or in a class. In fact, as a therapist, I realized that the most important skill to acquire was the ability to help my client discover his or her own truths. You must look within yourself for the answers to what is right for you, rather than relying on any expert who, at best, can only guide you to finding that.

Sounds like a scary thought? Don't despair, though, because you've already done much of the hard work. By consulting with a variety of "helpers," I hope you have been able to, at least clarify the choices and issues. You've probably come up with several courses of action and have considered the pros and cons of each. These are some of the challenges that professional consultants should assist you in accomplishing. Their job is not to tell you what to do -- and if they've done that, run!

Reflect on the advice you've heard. Has it been aimed to help you hear your own voice? If the advice has been respectful, knowledgeable, thought-provoking, and on a level that is easily understood, you've been in good hands. However, if the guidance has been overbearing, bossy, preachy, or superior, watch out. Do you feel like the advice-giver has listened and understood you? Or have you felt discounted, dismissed, or as if the person you are consulting has jumped to conclusions without hearing the whole story? Use these observations as guides for discerning what advice has merit.

Now, you're making progress. Another word of caution: In times of turmoil, simplify. And a good rule of thumb is to avoid making life-altering decisions for about a year after any significant loss. You need that time to stabilize and heal. If that's impossible or you've already allowed this time

to pass, give yourself a little more breathing room by eliminating any needless demands and distractions. Solitude and space are necessary for you to go within and hear your own voice.

If you have little privacy at home and can afford it, consider checking yourself into a bed and breakfast where you can rest and focus on the decision at hand. Avoid taking temptations along like the latest bestselling murder mystery, but do take along a blank notebook. Not a writer? That's OK. Take it along anyhow. This is for your eyes only.

Free writing is one of the best ways to get in touch with your own inner wisdom and to learn what you truly think about an issue. Try a kind of "morning pages" routine that author Julie Cameron suggests in *The Artist's Way*, a book that is as much about authentic living as it is about creativity. Morning pages are three pages of handwritten stream of consciousness thought, preferably done every morning shortly after waking. For example, just start writing whatever comes to mind: "Another morning. I'm tired and don't want to get up. I don't know what to do about _____. Maybe I could _____." Keep the pen moving and don't censor yourself. If you get stuck, just keep drawing a circle around your last word until you come up with some more thoughts. Why three pages? It may take that much writing of complaints and thoughts before you zero in on something significant. And while it may seem easier to type these pages, Cameron and other proponents of free writing believe that the physical act of handwriting taps more deeply into our unconscious where wisdom and creative thought are stored.

When you are not writing in your journal, take walks, read something inspirational, pray or listen to music. Record your dreams. They can be quite revealing. Be still, be patient, and look inside instead of looking outside of yourself. You've already done that and have all the information you need. Now is the time to connect to your own best counselor and expert, and that would be you. And I bet you'll find your answers; they've been there all along, waiting for you.

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

Bay Bytes

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EARLY SPRING QUIZ-ACROSTIC

1	B	2	O	3	U		4	K	5	T	6	H	7	E	8	O	9	D		10	E	11	S	12	T	13	J	14	A	15	W	16	F	17	L	18	M	19	V	20	R
21	U	22	X		23	F	24	B	25	S	26	P		27	K	28	L	29	Q	30	W	31	B	32	P		33	Q	34	L	35	W	36	I		37	B	38	U		
39	N	40	W		41	M	42	I	43	Q	44	W	45	H	46	K		47	N	48	B	49	J	50	F	51	K	52	S	53	T	54	A		55	J	56	E	57	O	
58	D	59	C	60	R	61	G	62	T	63	B	64	S		65	T	66	N	67	W	68	D	69	K		70	G	71	Q	72	W	73	U	74	K	75	L		76	F	
77	P	78	E		79	F	80	I	81	C	82	V	83	Q		84	O	85	G	86	X	87	S	88	W		89	B	90	S	91	O	92	K	93	V		94	I		
95	U	96	M	97	D	98	F	99	W	100	K	101	X	102	C		103	U	104	E	105	P	106	M	107	V	108	F		109	C	110	K	111	S	112	J	113	W	114	L
115	O	116	A		117	K	118	G		119	B	120	W	121	K		122	M	123	A	124	S	125	G	126	B		127	U	128	Q	129	D		130	S	131	M			
132	H	133	G	134	D	135	P	136	X	137	K	138	L		139	I	140	D	141	W	142	Q		143	H	144	P		145	S	146	H	147	C	148	W	149	X	150	G	
151	R	152	I		153	K		154	D	155	Q	156	X	157	N	158	V		159	A	160	X	161	P		162	R	163	G	164	Q	165	M	166	U		167	I			
168	U		169	K	170	F	171	S	172	P	173	T	174	V	175	G	176	J		177	I	178	N	179	M	180	U		181	D	182	P	183	G	184	A	185	Q	186	N	

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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.

- Made steady
- In a position of leadership (3 wds.)
- More secure
- Florida city
- Two below par on a hole
- Floor covering (2 wds.)
- Orthodox Hinduism
- Drew Barrymore film: *Ever* _____
- Tidal level (2 wds.)
- Petition public officials
- Conversion of light energy into chemical energy
- Quantity of less than 100 shares of stock (2 wds.)
- Babbled
- Corrigenda
- Hebrew
- Limited in grasping ability (hyph.)
- Large species of shark
- Without ice or mix
- Mexican Revolutionary general (2 wds.)
- Region of Spain
- Fail to impress
- Newly come
- Least popular (3 wds.)
- Greek architect of the 5th century B.C.

184	123	159	116	14	54					
24	1	37	119	31	48	126	63	89		
102	109	147	59	81						
58	140	129	154	97	181	9	134	68		
104	56	10	7	78						
76	23	16	170	79	108	50	98			
61	175	163	85	183	70	118	150	133	125	
143	146	45	132	6						
152	80	139	42	167	177	36	94			
112	49	13	55	176						
27	4	92	153	100	69	46	74	110	169	137
51	117	121								
34	75	138	28	17	114					
122	131	179	41	18	96	165	106			
178	157	186	39	47	66					
91	8	84	115	57	2					
172	135	26	77	105	144	32	182	161		
142	29	33	164	43	71	155	185	128	83	
162	20	151	60							
130	90	171	87	111	145	25	124	64	11	52
5	173	62	65	12	53					
73	168	166	95	21	127	38	3	103	180	
82	174	158	19	107	93					
120	44	141	88	113	67	99	40	72	35	
148	15	30								
156	149	136	86	160	101	22				

Please visit amazon.com to order Sheila's book, **Quiz-Acrostics: Challenging Acrostic Puzzles with a Trivia Twist**, published by Puzzleworm. Sheila can be reached at acrostics@aol.com or visit her web site: www.quiz-acrostics.com

JUST WHEN YOU THOUGHT IT WAS SAFE

MIGHTY MICROBES IN THE BAY

On May 1, 2012, Aimee Copeland, a fit, 24-year-old graduate student from Georgia gashed her leg when she fell from a zipline into the Tallapoosa River near her home. The limb soon became infected. As the infection spread, Ms. Copeland fought for her life. After seven surgeries, and the amputation of one leg, the foot on her other leg, part of her abdomen and both hands, the young woman finally recovered.

Aimee had suffered from necrotizing fasciitis, a flesh-destroying bacterial infection. The responsible microbe, *Aeromonas hydrophila*, is common in fresh and brackish water environments, including the Chesapeake Bay. It's not the only bacterium that causes the affliction; species of *Streptococcus*, *Staphylococcus*, *Clostridium* and *Vibrio*—also found in the Bay—have been implicated as well. And there have been reported cases of necrotizing fasciitis in people exposed to Bay waters.

So do Chesapeake Bay microbes threaten human health? Based on the spate of publicity following Aimee Copeland's terrible ordeal, it might seem so. After all, the Bay is a veritable microbial soup. Its waters harbor up to 20 million bacteria per milliliter, more than almost every other body of water on earth. The high levels are mostly due to the Bay's natural oceanographic features and circulation patterns, but organic pollution is also a factor. The microbes include some notorious species that routinely sicken both humans and fish. *Vibrio* bacteria are particularly concerning. They can cause severe gastrointestinal illness if ingested, e.g., with contaminated shellfish, nasty skin infections if the organism enters an open wound and even death. *Vibrio vulnificus* is implicated in 90 percent of deaths related to eating contaminated seafood. Bay waters could also expose unwary or unlucky persons to Norovirus, Hepatitis A, salmonella and the highly contagious, virtually untreatable Methicillin-resistant *Staphylococcus aureus* (MRSA).

And then there is Pfiesteria, the so-called "cell from hell." Pfiesteria is a type of algae, specifically, a single-celled dinoflagellate, not a bacterium. The organism was suspected in major fish kills in the Chesapeake Bay in the 1990s. Then it was reported that fishermen and lab workers exposed to Pfiesteria suffered skin, respiratory, cognitive and neuropsychological effects. This resulted in national media frenzy, a flurry of research activity and no shortage of panic up and down the Bay.

So now you're thinking, no way are you going back in the water, not even to immerse your little toe. That would be, to put it mildly, an overreaction. The overwhelming majority of microbes in the sea, including bacteria, are harmless to humans and beneficial to their environment. They play an important role in marine ecology, including serving as a food source for other sea creatures

and helping to break down dead organic matter. Some bacteria even consume petroleum, making them an effective cleanup agent after an oil spill.

That's not to say we should ignore the pathogenic microbes. But necrotizing fasciitis and *Vibrio* infections are rare in the mid-Atlantic region. Illness caused by *Aeromonas hydrophila* is almost unheard of. There are about 30 cases of *Vibrio* infections annually in Maryland and Virginia and perhaps one death a year. There is no evidence that these numbers have been increasing recently.

Immuno-compromised individuals are most susceptible, and antibiotics are usually effective if the illness is treated in time. And the cell from hell? Pfiesteria hysteria seems to have faded with the passage of time, and there is no substantive information to support fears that a dangerous new organism is rampant in the Bay.

Still, prudence is advised when it comes to Bay microbes. To minimize the chances of bacterial infection, a few simple precautions are in order. It's always a good idea to thoroughly cook seafood. (OK, I do like my raw Chesapeake Bay oysters.) If you wade into the local waters, wear sturdy foot gear. Don't expose cuts, scrapes, infected bug bites or open wounds to the water. If you have been exposed, wash thoroughly with soap and clean water as soon as possible. Be particularly cautious with children and older adults. Check state and county health department websites for swimming advisories before heading to the beach. Both states maintain Google Earth programs that notify the public about beach closures (see www.marylandhealthybeaches.com and www.vdh.state.va.us/epidemiology/DEE/BeachMonitoring/beachadvisories) And think twice about going into the water after a heavy rainfall. Maryland and Virginia recommend waiting for 48 hours.

There is some good news related to the sensationalized publicity about nasty aquatic microbes: It has helped to focus more attention on pollution in Chesapeake Bay, with some positive outcomes. For example, concerns that excessive nutrients running into the Bay might be fueling blooms of bacteria and harmful algae led to the Maryland Water Quality Improvement Act of 1998 with its requirement that farms must develop and implement nutrient management plans. We still have a long way to go before we clean up the Bay, but we are moving in the right direction.

The bottom line? It's safe to go back in the water.

Henry, a former marine science instructor at the University of Massachusetts, is currently an adjunct associate professor at Georgetown University and a biodefense specialist. He can be reached at hspbp@gmail.com

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