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Spring 2013

Outlook

For the Bay Boomer and Beyond...

by the Bay



**DON'T LET THE KIDS
HAVE ALL THE FUN**

**BUYING A CAR
ON EBAY**

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FINDING JOY

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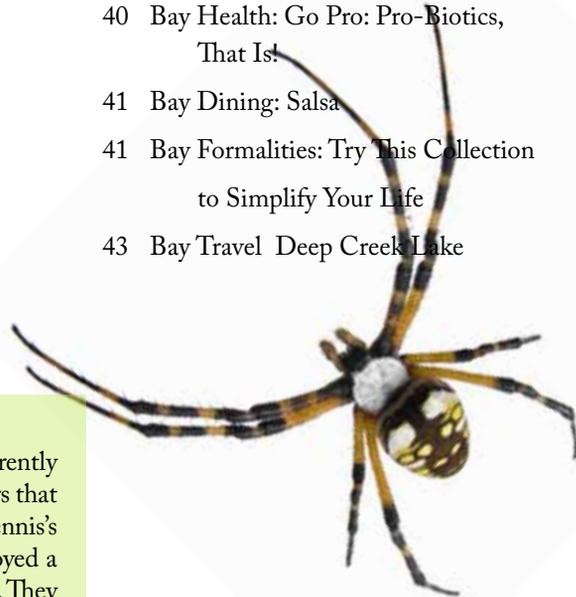
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On the cover Kathryn and Dennis Marchi currently live in Centreville. After busy careers that included Kathryn's teaching and Dennis's service with the U.S. Army, he enjoyed a second career as a real estate broker. They now spend time travelling throughout the world as well as locally in their TR6 or their motor home.

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'Tis the season. That's not for the holiday hoopla, but time to revisit some serious housecleaning. Spring cleaning has never been high on the list of anyone I currently know. Must be a leftover from our parents generation. With the arrival of warm weather, it's much more fun to be outside than rummaging through endless piles of collections. Regardless, it's a great time of year to take a look around and take stock of all the clutter that has accumulated over the Winter months. It's that clutter that we live with day in and day out; it becomes part of our decorating scheme. The helter-skelter piles of books become part of the decor. The collection of unused vases that once contained a wonderful FTD bouquet are now just gathering cobwebs in the pantry and the collection of pens that don't work stashed next to a house phone that is no longer used and should have been trashed long ago. So why do we hang on so tightly?



Interestingly, it's been said in a few different ways that our collections of stuff are much like the baggage that we like to hang on to. You know the kind, the *shoulda, coulda, wouldas* that we tend to cling to. While cleaning out the closets, why not toss all that out too? We each have our own personal piles of shoulda done this, or why didn't I do that, or coulda done it some other way. Much like the uncomfortably tight shoes tucked in the recesses of the closet, maybe it's time to be rid of all this extraneous junk. Maybe the hoarding habit extends from the physical to the mental.

Most of us are hanging on to some past issues: If only I hadn't done some of the nutty things I've done. What about the whopper mistakes I made. We all share in this carrying around of crazy baggage that does none of us any good. Why do we bog ourselves down with not only closets full of useless outdated outfits, but useless self-judging, both of which can so easily take over our lives and both of which, with a little effort, we can unload.

So let's put the best face on it. It's Spring. Throw the windows open, it's time to get energized by the fabulous warm air and get going on cleaning out those overstuffed closets and while we're at it, get into the pantry, the basement and even the trunk of the car. And with each toss of some long-ago treasure, you can sweep out what's cluttering up your mind. It's time to stop clinging to what might have been or what we should have been or should have done or shouldn't have done. Toss that out too. Aren't we at the age where we should be throwing out the outdated notions of ourselves? It's clutter too. Much like useless items in the dark recesses of a kitchen cabinet, mental clutter serves no useful purpose other than to bog you down further.

We've all been there. We all have regrets. One of life's lessons that I learned late was that it will never be perfect. This game of life will throw us curve balls and problems for as long as we live and the more we take on the more we have to learn to deal with the uncomfortable and move on. If you've learned anything through the challenges of life, you've learned that problems in one form or another will always be with us. And like the cluttered closet, we need to take charge and keep only what has real meaning and throw the rest out.

Wouldn't it be wonderful to pick up a broom and sweep out not only the accumulated debris, but the ghosts of our shouda-coulda-wouldas? Most of what we've done, or not done, should be considered a learning opportunity and that's what's gotten us to where we are now. Think of it this way: We're still here so we must be doing something right. And from where I sit, that's a lot better than the alternative.

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Letters to the editor

ADMIRAL ZUMWALT

Thank you for providing the introduction to Larry Berman's *Zumwalt*, which provides keen insight into Admiral Z. In the fleet, many of your readers would recall the flood of "Z-grams issued by the CNO. I am compelled to note, CNO is not chief naval officer, it is chief of naval operations. The CNO is the senior naval officer in the chain of command, not necessarily senior in date of commission, and is a member of the JCS.

The chief of naval operations (CNO) is a statutory office (10 U.S.C. § 5033) held by a four-star admiral in the United States Navy, and is the most senior naval officer assigned to serve in the Department of the Navy. The office is a military adviser and deputy to the secretary of the Navy. In a separate capacity as a mem-

ber of the Joint Chiefs of Staff (10 U.S.C. § 151), the CNO is a military adviser to the National Security Council, the Homeland Security Council, the secretary of defense, and the president. The chief of naval operations is typically the highest-ranking officer on active duty in the US Navy unless the chairman and/or the vice chairman of the Joint Chiefs of Staff are naval officers.

The chief of naval operations is an administrative position based in the Pentagon, and while the CNO *does not have operational command authority* over Naval forces as the title implies (that is nowadays within the purview of the combatant commanders who report to the secretary of defense), the CNO *does exercise supervision* of Navy organizations as the designee of the secretary of the Navy.

The current chief of naval operations is Adm. Jonathan W. Greenert.

I truly do appreciate the introduction and perhaps would not have known about Berman's book without having seen your article. It's just that in a Navy town, these (CNO) details are important to us.

Warmest regards,

~Darryl W. Christian, United States naval aviator and Vietnam veteran

Your Thoughts

I was delighted to read your article on Admiral Zumwalt in Outlook and will obtain a copy of Larry Berman's book. While head nurse on Halstead 3 at Johns Hopkins Hospital, I had the opportunity to have talks with Admiral Zumwalt and his lovely wife. Their son, Elmo, who later died as a result of Agent Orange, was my patient on that ward. He was there for a hernia repair. This was during my years at Hopkins circa 1957-1960. I believe that I had already married my Filipino M.D. husband so we had interesting talks about Asia.

When his son died, I wrote a long letter to Admiral Zumwalt, but for some reason it was never sent or ever found again. He made a lasting impression on me. Thank you!

~Evelyn Garcia

DEAR VICKI

Wow! This article really hit home as I have also suffered a few losses that have left me often stuck with indecision. Fortunately, I have a spouse of many years who has given me a lot of breathing room to try and sort out the losses. I have a great big cadre of friends and a huge family to call on. Ultimately, I am realizing that only I can play this deck of cards called life. When it gets very stuck, I give myself three very simple tasks to do and then go do them. Somehow it helps me get in a better gear. Thanks for the article.

~Pauline A. B., Pasadena

BAY REFLECTIONS

As one who lives on the Bay (Gibson Island), I was very interested to read the article entitled "Lessons from the Bay Overharvesting" by Nancy Lincoln Reynolds, a pastor of Woods Presbyterian Church. As a lover of oysters on the half shell, I have been sorry to see our oysters being overharvested for years, causing watermen to have lost wages and us to see the price of oysters rise to such an extent that we no longer order a dozen as an appetizer but now only six. Indeed overharvesting has hurt all of us. She pointed out that we are overburdening our lives with stuff. We are overburdening ourselves, often to the extent that we are ineffective. She pointed out that we can learn to filter our lives by making wise choices and to say "no" when necessary, thereby making ourselves much more productive – like the oyster if it is allowed to live to filter our precious Bay. It wasn't a sermon, but it was a great article.

~Betty Butler, Gibson Island

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Don't Let the Kids Have All the Fun

Try an Innovative Camp for Adults

By Joanne R. Alloway

As the warm weather approaches, we naturally think about vacation plans. And now, with children grown or gone, are you searching for something new and innovative to do? Adult camps might just be something you would enjoy. They appeal to hundreds of interests, with destinations that offer learning or improving on what you already know and love. So instead of another beach vacation, try creating a memorable experience with like-minded friends.

When my daughters were young, they went to camps each Summer for a week each time. One Summer, they learned music interpretation, horseback riding, outdoor living and pottery making. Today there are camps designed specifically for adults, many that are similar to what is offered to the kids. Some are not even a week long; adults have longer attention spans than children do, and have stronger overall skills. According to an online site (www.GrownUpCamps.com), there are more than 7,000 camps or programs for adults. You'll cull a lot of information from this helpful site. Another site, even more user-friendly, is www.shawguides.com. Both have search capacity. You can find anything from a cooking camp, language vacation, writing workshop, sports camps and even volunteer vacations. For odd, fun camps, try www.travelandleisure.com/slideshow/articles/the-worlds-quirkiest-adult-camps

There are three-day camps for wine lovers, such as one at Veramar Vineyards in Berryville, VA, where the "camper" learns an appreciation and education of different grapes and wines. It costs \$900, including room, meals and tastings (www.veramar.com/wine-camp). It's a great girlfriend getaway!

If you've always wanted to ride horseback, check out horseback riding camp in Vermont. Adult and children's programs are offered in Summer and Fall, providing lessons in all phases of riding, including jumping, at the Vershire Riding School. It runs \$750 a weekend and \$1,500

per week (www.vershireridingschool.com/RidingCamps/AdultCamp).

Closer to home, Westminster CoEd Soccer Academy offers a five-day camp in July at McDaniel College for \$685, which includes accommodations, buffet meals and evening socials. Coaches are former US and European soccer pros. Sign up online at www.soccer-academy.com/adultprograms/adultresidential

If you love or want to improve your figure skating or ice hockey skills, there's a camp on Nantucket Island. Skaters of all levels participate and a few skating stars are there to assist with coaching. www.nantucketice.org/camps2006.tables.htm

For archeology lovers, Crow Canyon Archeology Program offers a week at an excavation site, lab and work with artifacts, focusing on ancestral Pueblo Indians in Cortez, CO. There are various programs in the Summer at \$1,550-plus. Families welcome. (www.crowcanyon.org/archaeology_adventures/excavation)

Looking for something more dynamic? Here are a few: In Huntsville, AL, attend a week or weekend at Space Camp. Prepare to pilot or staff a mission. Camps are offered from August to October, three to eight days, starting at \$550 (www.space-camp.com). Age limit is 99!

Learn to surf in five days at Wrightsville Beach, NC, at WBSurfing Camp, late June through August for \$595 (www.wbsurfcamp.com). *Surfboards provided.*

Love rock music? Rock 'n Roll Fantasy Camp is for you, if you can spend \$7,000 to \$9,000 on a package in Las Vegas, Nev. This puts you alongside rock legends. You'll write and record your own song in a recording studio. Then for a real treat, you'll perform at the MGM Grand Hotel (www.rockcamp.com).

For overseas travelers: Planning to be in Italy? At the Hilton Molino Stucky in Venice, you can register for gondolier training for three hours, for up to five peo-

ple at \$550 per session. (www.hilton.com/venice).

Perhaps South Africa is your destination. If so, try African Vet Safaris, where you'll travel with veterinarian Dr. Peter Brothers. It's a fascinating five days where you'll work in the bush and be immersed in the wild. (www.brotherssafari.com)

If you like cruising – and crossword puzzles – try the Crossword University Cruise. Sharpen your skills while the ship is not in port with Stan Newman, nationally syndicated crossword guru and author. Meet others of all skill levels. Cruise schedule can be found at www.stanxwords.com

In New Orleans, Ghost Hunter University at the Hotel Maison deVille offers a two-night study of ghosts. This hotel has been haunted for years. Cost is \$125, plus a discounted room. Bring your camera. For reservations call 504.324.4888.

In Sonoma/Napa Valley, go to a wine-making camp and actually work in the vineyards for the weekend. Diangeo Chateau & Estate Wines Crush Camp includes two nights and four meals for \$950. Call 707.967.5288.

Card players or gamblers will love poker camps held in Atlantic City, Las Vegas, Foxwoods in Connecticut and in Biloxi, MS. You'll learn key strategies with poker celebrities on weekends. A fun guy getaway at www.wptbootcamp.com

While these options seem like great fun, for even bigger thrills, check out www.incredible-adventures.com. You'll find everything from ballooning to tanks, rocket ships to whales, submarines to airplanes and spy adventures. Of course none of these would be much fun alone. Be sure to take along a friend or two, and your camera!

Joanne is a freelance writer and author and can be found at www.allowayswords.com. Her most recent book, A Quiet Strength – Inspirational Stories of Older American Women, was recently published.

Each year, Annapolis homeowners open their gardens to the general public for one weekend, allowing visitors a glimpse of the beauty and seclusion of these specially selected settings. They do so to benefit the Hammond-Harwood House Association, a nonprofit organization dedicated to maintaining one of the most beautiful examples of classical 18th century architecture in the country. The annual event, known as the Secret Garden Tour, began in 2000 as an informal, mid-week tour of just a few local gardens, but over the past 13 years, it has blossomed into a weekend event featuring a bevy of verdant spaces. More than 90 gardens in the historic Annapolis area have been featured on the Secret Garden Tour, each with a different character and type of charm, whether it be new and old, grand and intimate, historically influenced and decidedly modern.

This year's 14th tour seems again set to provide the opportunities for inspiration and contemplation that visitors have come to eagerly anticipate. The tour will take place on Saturday and Sunday, **June 1 and 2**, from noon to 5 p.m. each day. The neighborhood spotlighted varies each year; this time it is the eastern side of downtown historic Annapolis that has been chosen. The garden of the Hammond-Harwood House is one of those on the tour, and it will give visitors a chance to experience the effects of a quiet green space in the midst of a bustling town in the same way our 18th century ancestors did. The house's neighbor across the street, the Chase-Lloyd House, will also be opening its gates to visitors, offering another glimpse into Annapolis's long and eventful history.

The other gardens on the tour reflect an exciting variety of landscape types. One of the gardens, which has never been open to the public before, features an English formal style based on the concept of garden "rooms." A small "pocket garden" uses shades of pink and white to honor women who have been diagnosed with breast cancer. Even the Annapolis Bookstore is getting in on the act, perhaps surprising patrons who may not realize they could have a helping of greenery with their books and coffee.

Tickets for the Secret Garden Tour are \$25 in advance and may be purchased on the Hammond-Harwood House's website at www.hammondharwoodhouse.org or by calling 410.263.4683. On the weekend of the tour, tickets will be \$30 and only available at the Hammond-Harwood House located at 19 Maryland Avenue in Annapolis. The tour program, which includes a map of all of the garden locations as well as a description of each one, serves as the ticket and is good for both days. Parking is available on the street or at nearby parking garages, namely the Hillman Parking Garage on Gorman Street (free on

The Secret Garden Tour

By *Richardson A. Libby and Allison Titman*

Sundays) or the Bladen Street Garage (free on weekends) on the corner of Calvert and St. John's streets. Both are a short stroll from the Hammond-Harwood House, where the tour programs will be available.

Included in each program is a coupon for a free tour of the Hammond-Harwood House which may be used anytime this year. The house, referred to as the "Jewel of Annapolis," is certainly worth a visit. It is a unique example of period Palladian design, and looks almost exactly as it did in the 18th century. Today, it is full of beautiful 18th and 19th century paintings and furniture, with a particular focus on Maryland art and artisans. A tour of the house, like the Secret Garden Tour, provides a wonderful taste of all of the history and beauty that Annapolis has to offer.





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He Cooks It's about the food...

Spring Dinner for Two

Fillet of Beef in Black Peppercorn Sauce

(serves two)

By *Mac Millhone*

This is a wonderful way of preparing fillet of beef, but other cuts work well too. Try a New York strip steak or a nicely marbled rib eye if you prefer more beef flavor. These cuts will not be as tender but will deliver more of "the beef." If you want fork-tender meat and beautiful presentation, choose tenderloin fillet.

2 beef fillets 1 1/2 inch thick
1 tsp. sea or kosher salt to taste
2 Tbs. whole black peppercorns
2 tsp. butter
1 tsp. olive oil
2 Tbs. brandy
1/2 cup heavy cream

Trim beef of all silver skin and unwanted fat. If the meat starts to come apart, no worries. Gather one fillet into a neat stack, adding any meat that has separated. It should look like the Devil's Tower from "Close Encounters." Take two turns around the equator of the beef with kitchen twine.

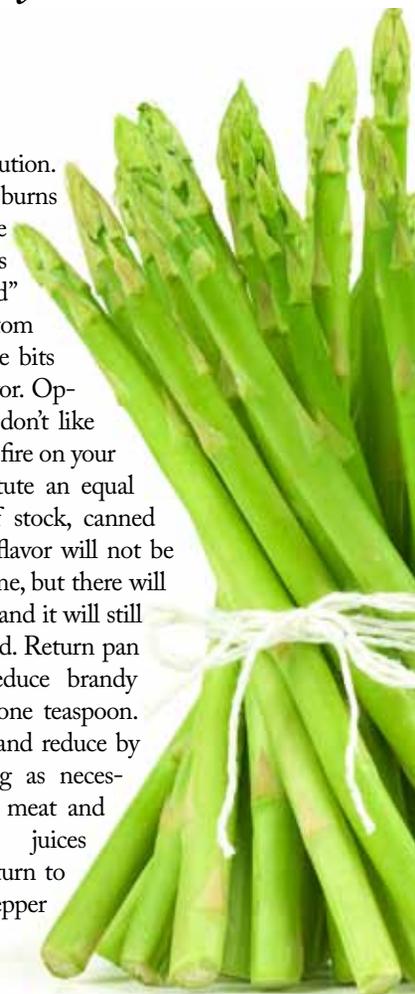
Pull tight and knot. Press down from the top of the fillet to expand both top and bottom. Repeat with second fillet. Salt lightly on all sides.

Crush peppercorns with mortar and pestle or between a cutting board and the bottom of a sturdy pot. Your trusty pepper grinder will not produce the texture you want here. Peppercorns should be well crushed, but with some large chunks showing. Press the expanded top and bottom of the fillet into the crushed pepper, which will stick to and cover the beef.

Heat butter and oil in a heavy skillet large enough to hold both fillets. When oil is shimmering, carefully place steaks in skillet. Do not move for four minutes. Turn steaks over and sear without moving for another four minutes. Move meat to a platter and tent with foil.

Discard all the pan grease and re-heat pan. I will give you an option. Off the heat and with great care add brandy to hot pan. Stand back and ignite brandy with a long match or lighter. There will be flames.

Please use caution. As brandy burns out, scrape solid bits called "fond" from bottom of pan. These bits are pure flavor. Option: If you don't like the idea of a fire on your stove, substitute an equal part of beef stock, canned is fine. The flavor will not be quite the same, but there will be no flame and it will still be quite good. Return pan to heat. Reduce brandy or stock to one teaspoon. Add cream and reduce by half, scraping as necessary. Return meat and accumulated juices to pan and turn to coat in pepper cream sauce.



ASPARAGUS

Spring brings many things that make us happy. One of the first is a special member of the lily family called asparagus. Be aware that it tends to get tough toward the root end. This is easy to work with because if you bend the stalk it will snap at just the right spot. An option is to cut them into equal lengths discarding the ends. At this point you may choose to use a vegetable peeler moving from below the crown to the snapped or cut end. This removes any remaining tough material, but this is usually not necessary. You'll find that the thicker stalks are just as good as the thin ones. Choose what is available or whatever seems correct for your application.

Cooking options include steaming or boiling to your taste. For nice toppings, choose from butter, olive oil, parmesan cheese, toasted sliced almonds or pine nuts. Always season early in the cooking process with salt and pepper and check seasoning before serving. A classic presentation is cooked chilled asparagus garnished with a glob of mayonnaise all topped with crumbled hardboiled egg. The possibilities go on.

My favorite method is oven roasting. This is a sure way to get big flavor. Clean and trim as above. Toss with olive oil and sea salt to taste. Arrange in one layer on a rimmed baking sheet and place in a preheated 325-degree oven for about 20 minutes. Turn with tongs once. There should be some dark spots. Garnish with a squeeze of fresh lemon juice and some shaved parmesan. Good hot or at room temperature.

Mac travels the world in search of great food. He can be reached at macmillhone@me.com

LEGAL INSIGHTS

May is National Elder Law Month: Time to Get Your Financial Power of Attorney in Order

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

By Candace Beckett

May is the National Elder Law Month. This important monthly designation was an outgrowth from a meeting between President John F. Kennedy and the National Council on Senior Citizens in 1961 at which the president stressed his concerns about older Americans who had limited abilities to address their needs. To call attention to this concern, the month of May was termed Senior Citizens Month. In 1980, President Jimmy Carter changed the name to Older Americans Month. Now the National Association of Elder Law Attorneys (NAELA) has designated May as National Elder Law Month to emphasize the need for Americans to make sure they have the basic legal documents needed as they grow older.

In the Winter 2013 issue of *Outlook by the Bay*, Judge Albert Northrop discussed the importance of having a will. This was an excellent article about this most important document in which you provide instructions on how you want your assets distributed when you die. In this and future articles I will be highlighting other legal documents essential for seniors to secure to protect themselves and their families while they are alive.

Today I want to discuss the financial power of attorney. A power of attorney (POA) is a legal document in which you appoint someone else to act for you under certain circumstances. In a POA you appoint an agent to act in your place for financial matters in the event that you should become incapacitated. You will need someone to step in with the ability to access your money to pay your bills, deposit your checks, make investment decisions and take

care of other financial matters.

Putting your financial affairs in the hands of another person, even a loved one, can be intimidating and somewhat risky. Therefore you need to choose your agent with care, and above all, make sure



he or she is a person you trust. The agent should be a family member or a friend whom you trust to manage your financial affairs with the same due diligence as you would yourself.

You can designate how much responsibility you want your agent to have. You can give your agent a wide range of powers, from the ability to access your bank accounts to sign income tax returns and sell stocks, through a *general power of attorney* or you can limit you agent's authority to a single transaction through a *limited power of attorney*. In other words, you can delegate to your agent the specific powers that fit your anticipated needs.

This important document could save you a substantial amount of money

and hassle. I recently received a call from an elderly gentleman who was the caregiver of his long-term companion. Since the companion was now suffering from dementia and was unaware of her surroundings and unable to sign her name, the bank could not legally give him access to her bank account to pay for her daily living expenses because it was in her name only. The bank told the caregiver that in order for him to have access to the funds in the companion's account, he needed a financial power of attorney document that appointed him as her agent, or a court order appointing him as her guardian. Since the companion was no longer legally competent to execute a financial power of attorney, his only option was to initiate a guardianship proceeding which is a costly and time-consuming court proceeding.

In the next issue, I will be discussing another important POA, the *medical power of attorney*. But for now, let me urge you to make May, National Elder Law Month, the time when you make sure that you have the proper, updated financial power of attorney pursuant to the Maryland General and Limited Power of Attorney Act of 2010. Banks, financial institutions, insurance companies, brokerages and other institutions that handle your money are legally required to accept your financial power of attorney if it meets the requirements of the new law.

Candace H. Beckett JD, LLM, is an elder law attorney who was admitted to practice law in Maryland in 1989. Ms. Beckett may be reached at 410.972.4540 or 410.370.0673, or visit her website at www.chesapeake-elder-law.com

Perk Up your Patio Furniture

By Leah Lancione

It's a good time to prepare your patio and deck areas for Summertime barbecues and family get-togethers. They should motivate you to embark on an outdoor furniture makeover project. And perking up patio furniture doesn't have to be costly or require expert involvement. Countless home and patio renovation experts offer advice for DIY (do-it-yourself) projects, so roll up your sleeves and get ready!

One way to give your patio furniture new life, whether it's wood, metal or wicker, is with a can of paint. According to *Better Homes and Gardens* (www.bhg.com/home-improvement/patio/24-patio-perk-ups/#page=4), you can "give your tired patio furniture a facelift with spray paint. With so many colors and finishes now available for just about every type of surface, your makeovers are limited only by your imagination." The site also recommends adding or revamping old furniture pillows by adding a "punch" of color or taped-off stripes or stencils to accentuate seating.

Online video portals like YouTube or the DIY Network (www.diy-network.com/videos/spray-paint-outdoor-furniture/4778.html) offer instructional videos with comprehensive directions. The DIY Network shows easy steps for salvaging old wicker and cast iron furniture. For both materials, the expert used a wire brush to scrape off any debris or flaking rust and then applied a spray primer covering all areas. The final step involved spraying on latex enamel paint. For the cast iron furniture, the wire brush is also applied meticulously to corners and edges to remove corrosion. Steel wool can also be used to smooth the rust or any other coarse surfaces before putting on the primer and paint.

Home renovation and repair expert Bob Vila (www.bobvila.com) explains how "a fresh coat of stain or paint can work wonders updating outdoor furniture." He recommends using a rust-resistant primer

for wrought iron and having furniture sandblasted or powder-coated if rust has spread excessively throughout the chair or table.

Vila offered another good tip specifically for aluminum furniture: washing and waxing with automobile wax to counteract the dulling effect caused by rust.

As for wood pieces, Vila advises scrubbing patio furniture at the start and end of every season and – sandblasting it if necessary and then applying a protectant (an outdoor varnish) to avoid drying or cracking.

If you just want to give your outdoor furniture a good cleaning up and not a makeover, the DIY Network offers a recipe for cleaning patio cushions that may appear dingy after the wind, rain and snow of Fall and Winter. The cleaning "cocktail" includes one teaspoon dishwashing detergent, one quart warm water and one tablespoon borax. The site advises using a saturated sponge or a spray bottle to soak both sides of the cushions or fabric, paying close attention to filthy creases. Let the solution remain for 15 minutes before spraying off the cushions with a powerful hose. Then allow the cushions to dry on their sides, and out of direct sunlight, before finishing by administering a fabric protector. Solar Shield Protection or 303 High Tech Fabric Guard will do the trick.

For specific fabrics, like canvas that cannot be removed and machine washed, experts recommend using a bar of Fels-Naptha laundry soap and a heavy-duty scrub brush to hand wash. Allow fabrics to air dry out of direct sunlight.

For white plastic furniture, mix one gallon of warm water with three tablespoons of automatic dishwashing detergent that contains a bleaching agent. Use a sponge or soft brush and let the solution stand for 15 minutes before rinsing with the hose. Colored plastic simply needs a good scrubbing with a household cleaner and water.

For vinyl straps on pool-side or patio deck chairs, *This Old House* ([\[soldhouse.com\]\(http://soldhouse.com\)\) says to "spritz with a vinyl cleaner such as FeronClean or a mild all-purpose cleaner like Fantastik or 409 and then swipe with a cloth to remove grime" caused by suntan oil, dirt and mildew. The site warns against using bleach, ammonia or any abrasives because they strip vinyl of UV protection.](http://www.thi-</p></div><div data-bbox=)

If it's time to fully replace the vinyl straps or slings, visit www.outdoorpatiosupplies.com for replacement parts. The site carries an extensive list of manufacturer's products and parts. Then, for detailed instructions on changing the straps and slings yourself, visit www.chaircarepatio.com/c-289-all-vinyl-strap-instructions.aspx

Not only can you revamp your old patio furniture, but you can give it a whole new look. HGTV (www.hgtv.com/outdoor-rooms/create-a-stylish-outdoor-space-on-a-budget/index.html) offers simple techniques for turning old patio furniture and even garage sale or Craigslist finds into designer-looking pieces, without designer price tags. Suggestions include using textured paint or a bronze finish for an elegant and striking result.

Before you turn into Ty Pennington (the home remodel guru from TV's "Extreme Makeover: Home Edition," there is one more caveat before you start this DIY patio furniture makeover: Remember to wear the proper protective garb including gloves, a face mask to protect against paint and varnish fumes and clothes you don't mind getting dirty.

Outlook's Bits & Bytes

To discourage deer from nibbling on your hostas and other prized perennials, try Milorganite, which is available at most farm supply stores. Composed of a waste by-product, it not only discourages our four-legged visitors, but acts as a fertilizer too.

Estate Planning:

An Ongoing Process

By Russell Cesari

Many people think estate planning is new and only for the rich. It is neither. There is evidence of documentation as early as 2548 B.C. transferring property to a wife and appointing a guardian for minor children. If you own something, you should have an estate plan to efficiently transfer property.

Ownership

Let's start with ownership. There are multiple ways to own property; listed here are just a few:

Individually Jointly

- Joint with right of survivorship
- Joint Tenancy
 - Tenancy by the Entirety
- Trust

How you own property can determine how it will be transferred. Property transferring by ownership is by operation of law.

Property can also be transferred by operation of contract. If you have a beneficiary on titled property, the beneficiary will receive the property. Insurance products, policies and annuities, IRAs, qualified plans, 401(K)s, TSP, 403Bs, etc. normally will have a beneficiary designation. It is important to ensure the beneficiary designation is correct and kept updated.

Trusts also should have beneficiary designations. Trusts are also an excellent way to control distributions by age of the beneficiaries.

The above-mentioned distributions will not go through the probate process.

Documentation

There are several documents you should consider as part of your estate plan:

- Will
- Durable Power of Attorney

- Medical Durable Power of Attorney
- Living Will

Many people believe their property will be transferred via their will. You should be aware that operation of law, contract and trusts do not go through probate and trump the will. So, that property will be distributed before it gets to the will. All property being transferred via the will has to be probated.

Estate Taxes

A \$5.25 million estate tax exemption has been made permanent at the federal level under the American Taxpayer Relief Act of 2012. The exemption will be adjusted annually for inflation after 2013. The tax rate on amounts over \$5.25 million rose from 35% in 2012 to 40% in 2013.

Another feature made permanent is the "portability" of a deceased spouse's unused exemption amount. This allows couples to pass up to \$10.5 million to family members.

For Maryland residents, the estate tax exemption is \$1.0 million at the state level and the portability feature does not apply. Therefore, using techniques like a Credit Shelter Trust still apply. How you own the property is important in order to take advantage of this strategy. Maryland estate tax is 16% above the \$1.0 million exemption.

Maryland also imposes an inheritance tax of 10% on assets left to anyone who is not a child, grandchild, parent or sibling of the deceased.

Gifting

A common strategy is gifting. You can gift \$14,000 annually to anyone you want. Married couples can 'gift split' any gift of \$28,000 to anyone with no tax consequence.

Another strategy is funding a 529 plan. A 529 plan is used to fund post-secondary education. Money invested in a 529 plan gets tax-deferred treatment, while in the plan, and tax free distribution when used for qualified education expenses. As an added advantage, you can gift 5 years of the gift exemption, \$70,000 for a single person or \$140,000 for a married couple. A 529 plan is the one asset you can own and control and not have included in your taxable estate. With graduation season upon us, this may be an excellent gift to consider.

There are other strategies not discussed in this article. Estate planning is an area where people tend to procrastinate. Since you have just completed tax season and have many of your asset statements handy, it is an excellent time to initiate or update your estate plan.

Russell Cesari, CFP®, ChFC®, CASL, wealth advisor can be reached at 800-269-2156, ext. 124 or russell.cesari@lpl.com

The content of this article is intended to provide a general guide to the subject matter. Please consult with a legal and tax advisor 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

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Buying a car on eBay

By Kathryn Marchi

There are thousands of car dealerships out there and one can search for hours on the Internet for a specific vehicle. All of us have bought new and used cars in our lifetime, but no purchase was as unorthodox for us as buying a car on eBay. Having heard many stories from friends, some successful, some not, we decided to give eBay a try.

A good rule to start with is "buyer beware." Fortunately, eBay has set up a standard by which all sellers have a rating that is determined by feedback from their buyers. Experts also warn you to personally inspect a vehicle before purchasing. If this is something you are unable to do, eBay provides a link to a list of mechanics who will go to the site for a fee and inspect the vehicle for you.

Purchases on eBay are done by the bidding process; If you decide to avoid this, there is sometimes a "buy it now" fixed price listed by the item that can be executed by clicking on that icon.

Our choice to find a car, a high-end purchase to be sure, was risky. Was it worth it? You can decide.

My husband wanted an old sports car to restore. He set up an account with eBay so he could log in whenever he needed to do research. It's a simple procedure in which you enter a login ID and a password, something you've probably done before when buying or paying a bill online.

His list was short, he wanted to buy a Triumph TR6, so the research began. There were many Triumphs to choose from and finally a 1971 TR6 was listed. A detailed history of the car and many pictures from all angles, inside and out, accompanied the listing. It looked to be in fairly good shape. Bidding began and continued for several days and when it ended, none of the bidders had reached the reserve price – a minimum bid which the seller will accept. However, eBay sent an email that he was the highest bidder and that the seller was willing to offer him a second chance to buy the automobile at a fixed price. My husband sent back an email to the seller saying that he would purchase the car at that price, contingent upon an inspection.

Email is the preferred method of initial contact on eBay, but from this point

on, the process of securing the vehicle after inspections and details were worked out, was done by phone. It was agreed that a certified check would be sent to the seller, pending a satisfactory inspection. Since the car was in rural Minnesota, a personal inspection was not feasible, so a mechanic on the eBay list was contacted to inspect the vehicle. The results were satisfactory and the deal was struck. The title to the car was then sent.

Transportation was the next step. A link on eBay provides names of companies and brokers who transport vehicles all over the United States. A broker was found on that list who would arrange transport to our area in Maryland. A deposit was sent, with the remainder to be paid to the driver on receipt of the vehicle. Prior to this shipment, insurance was purchased for the car. In Maryland, if the vehicle is 25 years old or older, the cost of insurance is quite reasonable.

After all bases had been covered in the bidding, inspection, purchase, insurance and shipment, the waiting began. We were alerted to the approximate time and date of the arrival. On the appointed day, the transport driver phoned as to his estimated arrival time.

It was an anxious wait, but finally the delivery was made. The driver started the car and unloaded it. It was a relief to hear the engine roar to life and to see that it was in good condition; in fact, it was exactly as advertised.

And now, one year later, this little red Triumph TR6 has provided hours of pleasure on the many country roads near our home. There have been some cosmetic and mechanical repairs done to the car which are to be expected in an older model, but that is another part of the fun of owning an older car. Friends and neighbors still stop by from time to time to admire our eBay find.

Was purchasing a car on eBay worth it? For us, although we've heard of a few negative experiences, it worked.

Kathryn can be reached at marchi-wre@mrisc.com

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Exercise can do as much for you mentally as it does physically. In fact, the American Psychological Association says that it can even reduce depression. That's in addition to helping lower blood pressure and possibly having a positive impact on cancer and diabetes. And consider this: It's free. You don't even have to join a gym to do it. Most of us own at least one pair of sneakers or walking shoes and we all have access to a walking area, be it paved sidewalks in a city or woodsy walks not too far from anywhere in the Bay Area. If those don't satisfy you, there are also any of the indoor malls, which work well on a rainy day. Or if you've never visited one of the state or county parks in the area, maybe now would be a grand time to check one of them out. Passes for seniors can be obtained at www.dnr.state.md.us/publiclands/pdfs/gold-enagepass.pdf or www.aacounty.org/RecParks/parks/parkpass.cfm

There are countless locations throughout the area. Choose something a bit remote or something with a bit more interest like Quiet Waters Park or Kinder Park, or walk through a town such as Annapolis or Chestertown or St. Michaels. Choices are endless. Walking alone can clear your mind and get the thought processes moving. Walk with friends and it can be a cleansing, uplifting and a great way to cement ideas that you've been mulling over. And haven't we been told that socializing is one of the ways to stave off the aging process?

If you don't have a walking companion, put a notice in your church bulletin or on the bulletin board at your workplace or where you live. Meetup.com is also set up to handle groups such as this. There's also the local newspaper as well as any of the established walking groups that often publish their upcoming itineraries.

Most proponents of walking say that it takes just 30 minutes per day to begin enjoying the benefits. You're not up for that? Start small. Remember the longest journey begins with the first step. Start with just a few minutes, then increase that just a bit each day until you reach your goal. You should get your doctor's advice on how much is enough and what program would help get you started.

Need a Mood Booster? Go for a Walk

By Penelope Folsom

FAVORITE NEARBY PARKS:

(Remember to check first for time and days that they're open.)

DOWN'S PARK

www.aacounty.org/RecParks/parks/downs/index.cfm

JUG BAY WETLANDS

www.jugbay.org/

KENT ISLAND TRAIL

<http://parksnrec.org/images/stories/maps/bike2012/trail1.pdf>

KINDER FARM PARK

www.aacounty.org/RecParks/parks/kinderfarm/index.cfm

QUIET WATERS PARK

www.aacounty.org/RecParks/parks/quietwaters/index.cfm

THOMAS POINT PARK

www.aacounty.org/RecParks/parks/thomaspoint.cfm

And isn't this just the best time of year to get out there? The weather is about the most comfortable we'll see all year. The flowers are in bloom and most people are

in an upbeat mood. They say it takes just 28 days to form a habit; why not give it a try?

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Older Americans Month

CELEBRATIONS AT THE ANNE ARUNDEL COUNTY DEPARTMENT OF AGING AND DISABILITIES

By Karla Schaffer

May is Older Americans Month, a tradition dating back to 1963. Once called Senior Citizens Month, it honors the legacies and ongoing contributions of older Americans and supports them as they enter the next stage in life. The national theme this year is "Unleash the Power of Age."

The Anne Arundel County Department of Aging and Disabilities plans to celebrate Older Americans Month with two events.

The kickoff luncheon will be held from 11 a.m. to 1 p.m. on May 6 in the Heritage Office Complex courtyard locat-

ed at 2666 Riva Road in Annapolis. The luncheon is open to the public and will feature a 1960s theme. County Executive Laura Neuman is scheduled to attend. The South County Showstoppers will provide live entertainment and 1430 WNAV, your hometown station, will play records. The Arundel Alarmers and the Department of Aging and Disabilities Nutrition Program will provide participants with lunch and an example of the food that is served to seniors each day at the department's nutrition sites. The department asks participants to bring a donation to help cover the cost of the food.

An Adopt-a-thon will take place

May 11, from 10 a.m. through 3 p.m. at Anne Arundel County Animal Control, located at 411 Maxwell Frye Road in Millersville. In the spirit of Older Americans Month, animal control will waive adoption fees for all senior pets (those seven years of age or older). The Department of Aging and Disabilities will provide transportation to and from the event from the Pascal Senior Activity Center located at 125 Dorsey Road in Glen Burnie and the Arnold Senior Activity Center located at 44 Church Road, Arnold.

The Anne Arundel County Department of Aging and Disabilities is proud to support unleashing the power of age in Anne Arundel County by honoring the value that our growing population of seniors contributes to our communities. Come out to the Older Americans Month kickoff to learn more about our programs and all of the ways we are trying to make life better.

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

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Take One Step Closer to a Happier, Healthier You!

By Dr. Kelly O'Donnell

Do you suffer from dull, daily leg pain or swelling around your ankles? Have you experienced restless leg syndrome, itching and burning around the veins in your legs or skin discoloration? Is it painful to sit for long periods of time in a car or plane?

If so, you should know these are all warnings for venous disease. The problem worsens with time if left untreated and can become increasingly painful. Sometimes the disease, called superficial venous insufficiency, may result in painful non-healing ulcers or chronic persistent skin discoloration in the lower legs. The earlier you detect and treat venous disorder, the better your chances of eliminating a painful, debilitating future.

What exactly is superficial venous disease? It is an underlying disorder of the circulatory system also known as venous insufficiency or venous reflux disease. Normal blood flow to the veins moves in one direction, from the feet back to the heart. Valves on the inside of veins prevent the flow reversal and pooling of blood in the legs. When the valves are damaged, gravity pulls blood back into the legs and the condition worsens the longer one stands or sits during the day. Varicose veins are the distended veins that enlarge under the skin as a result of the increased pressure from weak valves. Not all patients with venous insufficiency have varicose veins. Sometimes it's only the heaviness, aching and fatigue in the legs that worsens over the day.

Your lifestyle, career, activity level, pregnancy, genetics and age all play major factors in venous disorder. Teachers, construction workers or any profession requiring prolonged standing are more likely to suffer. Athletes and pregnant women are also affected due to the weight and stress their legs hold throughout the day. Today, more than 50 percent of Americans

have been affected and the number continues to grow. Early treatment may prevent the long-term complications associated with venous disease, but even patients in their later years with more advanced stages of the disorder benefit from treatment. Venous disorders can be successfully treated.

Dr. O'Donnell, a certified vein specialist and owner of O'Donnell Vein & Medical Spa, is dedicated to the treatment of vein disorders and cosmetic vein care. State-of-the-art treatments and solutions are offered to anyone suffering leg discomfort caused by vein disorders as well as aesthetic services. She can be contacted at 410.692.8767 or kellyodonnellmd@veinandmedicalspa.com or visit www.veinandmedicalspa.com

About one-half of the U.S. population has venous disease. It is progressive and incurable, but for most people the symptoms are completely treatable.

Common symptoms include:

- Dull aching, cramping in legs
- Itching and tingling
- Pain gets worse with standing
- Pain gets better when legs are raised
- Swelling of legs
- Redness of legs and ankles
- Skin color changes around the ankles
- Varicose veins on the surface
- Thickening and hardening of the skin
- Ulcers on the legs and ankles



Gluten-Free: Is it Right for You?



By Melissa Conroy

Up until a few years ago, the word gluten was a specialized term familiar mostly to bakers and people suffering from celiac disease. Today, however, the gluten-free (GF) diet is growing in popularity and visibility. You probably know a few people who avoid eating gluten, and your local grocery store most likely has a shelf or two of GF bread mixes, crackers and other food items for those who have eliminated gluten from their diets.

Going GF is not limited just to celiac sufferers or those with gluten sensitivity. Increasing numbers of Americans are choosing to avoid gluten as a way to lose weight, clear up poor digestion and perhaps control a number of ailments, from arthritis to ADHD. Gluten-free has become a trendy way of eating, popularized by several celebrities and lauded by a number of books such as *Wheat Belly: Lose the Wheat, Lose the Weight*. While some medical experts argue that there is no need to follow a GF lifestyle unless you have celiac disease, others claim that gluten can cause or aggravate a variety of conditions. One thing is clear: Gluten is not a vital nutrient, and you do yourself no harm by eliminating it. Gluten-free diets are generally rich in vegetables, fruits, legumes and other nutritionally-dense foods and that don't contain empty carbohydrates and other poor-quality food choices.

The thought of permanently saying goodbye to fresh-baked wheat bread, saltines or white pasta may make a GF diet seem unbearable. However, even if you don't completely remove all gluten-containing foods from your diet, a reduced GF diet may be your ticket to help you finally drop those pounds, incorporate more veggies into your diet and cut out empty carbohydrates. Many people who follow a completely or mostly gluten-free

diet do so because they simply feel better.

What exactly is gluten? Gluten is a protein found in wheat and other grains such as spelt and rye, which give bread its shape and form. During the kneading process of bread-making, gluten breaks down into strands that give bread its chewy texture and trap bubbles of carbon dioxide from yeast, allowing the dough to rise. Because virtually every culture around the world has a history of baking bread, gluten has been a part of human diets ever since the rise of agriculture. Even today, bread (and therefore gluten) has an important role in billions of meals around the globe every day.

If you want to be completely GF, one of your challenges is pinpointing all traces of gluten that may be hidden in your food. Items such as packaged gravy powder, soy sauce, potato chips and salad dressing often contain gluten, and thus going completely GF can be quite difficult. However, if you don't have a gluten allergy, you don't need to be quite so rigorous. You can eliminate most gluten from your diet simply by avoiding the obvious offenders: bread, baked goods and foods made with gluten-containing grain.

Although you need to shun wheat and other gluten-containing grains while following this diet, there are many other healthy grains you can consume. Quinoa is a popular GF grain and it packs a powerful nutritional punch: a cup of cooked quinoa has five grams of fiber, all eight essential amino acids and 20 percent of your daily value of folate. Amaranth, another grain, contains 28 grams of protein per raw cup and is said to be particularly good at lowering cholesterol. Other grains such as millet, buckwheat, barley, kasha and flax are both tasty and GF. Happily, both corn and rice are GF so you don't need to give up corn flakes or jasmine rice when elimi-

nating gluten.

Do be aware that while a GF diet can be very healthy, the rising ranks of gluten intolerance has created a market for high-calorie, gluten-free goodies such as brownies, cakes and bread. Websites such as "Gluten-Free Goddess" and an increasing number of GF cookbooks offer delicious GF recipes that are often high in sugar, fat and calories. Today it is very easy to swap wheat bread for GF brownies or lasagna for a high-calorie GF casserole, so just because you are eliminating gluten from your diet doesn't automatically mean you are eating better. A GF diet can be unhealthy and unbalanced if not properly conducted, so be careful that you get the bulk of your calories from fruits, salads, nuts, fish and other healthy options.

There are increasing numbers of people who swear that going completely GF is a good path to health, even if you don't suffer from celiac disease. With some dietary experimenting, you too may find that going GF can be an excellent way to increase the amount of veggies and fruits you eat and to eliminate empty carbohydrates. Going gluten-free has never been more delicious, nutritious or varied, so explore your options and see where GF can take you.

Outlook's Bits & Bytes

To find locations and hours of farmer's markets in your area, log onto <http://visitmaryland.org/events/pages/marylandfarmersmarkets.aspx>.

Make Good Sensors

outdoor lighting for your yard

By Cindy Rott

Lighting your yard is almost an art form these days, especially when crime prevention experts promote it even further, saying that a well-lit yard is a great way to protect your property. Short of lighting it up like Camden Yards all night, how does one find the happy medium?

Sensor lights. Yup, that's the answer. These lights turn on when there is movement in the yard from friend or foe, and turn off several minutes later when movement is no longer detected. Most movement comes from pests, human and animal, that will run when startled in the middle of the night by sudden bright lights. How many times have the raccoons created havoc in your yard? Sensor lights can help curb that behavior. Not to mention that sensor lights are helpful when we take the trash out and we're too lazy to flip the light switch. Sensor lights help save on energy too, by only being on for brief period you specify, instead of running all day and all night.

The good news: You do not need to hire an electrician or have an advanced degree in house wiring to switch to sensor lights. (If you current flood lights are too high, you might want to think about hiring someone.) What you need can be found at most hardware stores and you'll find an even larger selection online.

Screw-in motion sensor switches are the perfect answer to already existing fixtures. Simply unscrew the current light bulb, screw the sensor into the socket, and then screw the light bulb back in, but this time into the sensor. This requires no further wiring, and will automatically turn on whenever movement is detected. This is also a fantastic solution for garages, closets and

basements, places that tend to be dark and are often accessed for only a few minutes. You will especially appreciate it when your hands are full and the light switch is inaccessible.

The sensor for the outdoor floods retails for about \$35, while the indoor sensor bulbs are usually less. Do make sure you pay attention to whether the sensor is designed for indoor or outdoor use.

Solar lights are also interesting, in that these are even simpler and they too don't require any additional wiring. Pulling their power from the sun, they are easy to put anywhere you need them and can be found in complete kits. Many different styles are available to complement your yard or walkway. With all the Summer fun arriving soon with lots of opportunities to stay out late, isn't it time to light up the dark?

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She Loves Me

VINEGAR

The Household Wonder

By Louise Whiteside

Sore throat? Achy muscles? Lifeless hair? Age spots? Stubborn clothing stains? Watermarks on furniture? Spilled wine? Pesky fruit flies on your picnic table?

The solution to these – and thousands of other household problems – is simpler than you think. The answer is frequently a simple product that costs about a dollar a bottle: vinegar.

If you're like me, you've been enticed by all sorts of "miracle" cold remedies, backache balms, skin and hair conditioners, stain removers, furniture polishes, carpet cleaners and insecticides, and have no doubt spent a small fortune on these products.

That would be overlooking the power of one product, which is probably in our kitchen cabinets or cleaning closets, that could do the job more easily, more effectively and much less expensively.

Simple vinegar has been around for centuries. The fermented product of various vegetables, fruits and grains, vinegar is highly acidic. In addition to being a powerful bacteria and fungus killer, vinegar is a deodorizer and a highly effective cleaner. Its soothing, pain-killing proper-

ties make it an excellent remedy for a host of common health problems. Here is a small sample of the age-old tips for using vinegar:

FOR YOUR HEALTH

▶ To soothe a sore throat, a solution of one teaspoon of vinegar and one cup of water can be used as a gargle.

▶ For a homemade cough syrup, taking one tablespoon of a solution containing one-quarter cup of honey and one-quarter cup of apple cider vinegar every four hours is a possible solution to a nagging cough.

▶ If you want to dry a cold sore, dab it several times a day with a cotton swab dipped in vinegar.

▶ To ease the pain of a minor backache, soak in a bathtub of hot water and two cups of vinegar for 30 minutes.

▶ For a headache, lie down and apply to the temples a compress dipped in equal parts warm water and vinegar.

AS A BEAUTY AID

▶ You can condition and beautify your hair by combining one teaspoon of apple cider vinegar with two tablespoons of olive oil and three egg whites, rubbing the mixture into your hair and keeping it covered for 30 minutes with a shower cap. Shampoo and rinse as usual.

▶ To pamper your skin after washing your face, mix one tablespoon of vinegar with two cups of water as a finishing rinse, which can cleanse and tighten skin.

▶ Say goodbye to age spots by pouring full-strength apple cider vinegar onto a cotton ball and applying it to spots for 10 minutes twice a day. Spots should disappear within a few weeks.

▶ Make nail polish last longer by damp-

ening nails with vinegar on a cotton ball and let them dry before applying polish.

VINEGAR INSIDE AND OUTSIDE THE HOUSE

▶ For an all-in-one cleaner, disinfectant and deodorizer, fill a spray bottle with equal parts vinegar and water and use to clean appliances, counter tops, bathroom fixtures, sinks, windows, mirrors and tile. Vinegar can be used full-strength for more stubborn cleaning jobs. Always test surfaces first.

▶ Water rings on furniture can be removed by using equal parts vinegar and olive oil applied to furniture with a soft cloth. Buff with another soft, clean cloth.

▶ You can treat clothing stains by patting spots on washable clothing with undiluted white vinegar before placing them in the washing machine. For large stains, soak garment overnight in a solution of three parts vinegar to one part cold water before laundering. Spot-test the garment first for reliability.

▶ To lure flying pests away from your picnic table, place a bowl filled with apple cider vinegar near some food, but away from you and your guests. By the end of your picnic, most of the flying critters will be floating inside the bowl.

▶ For a light and fluffy pie crust, a teaspoon of vinegar can be added to the cold water used to make the dough.

References below will guide you to countless ways to save money, time and effort using this versatile product.

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The Readers Digest Association, Inc. **1,801 Home Remedies: Trustworthy Treatments for Everyday Health Problems.** Pleasantville, NY

Outlook's Bits & Bytes

To end weeds growing between bricks or around the patio, spray with a solution of one cup of salt diluted in a quart of hot water. Full strength vinegar or rubbing alcohol also work well. Careful not to get it on the grass or other plants.

Self confidence is overrated - you're more productive when you're scared.

Why am I sooooo *TIRE*D?

By Terry Portis

Years ago I rode a commuter train into DC every day. It was an hour and a half each way. One morning I overheard a conversation that a man was having with a friend. We had both boarded the train at the same time: 6:15 a.m. He told his friend, "I don't know why, but I am just always exhausted."

Many people in middle age could identify with this man. Increasing age sometimes means increasing responsibility. Children, grandchildren, elderly parents, work, church and community organizations all might be asking for our time. You care about all these things, and it is hard to say no.

Although we feel squeezed from all directions, it seems hard to cut back, even if you should. Here are three recommendations to help minimize fatigue and exhaustion.

Do you have a sleep disorder?

For a number of reasons, we get less deep sleep as we age. Most of us do not practice good sleep hygiene. We keep the flashing television on too late, drink too much caffeine or toss and turn from worry and stress. The national sleep foundation has excellent tips for better sleeping

at www.sleepfoundation.org.

For many people, trying to get enough rest is compounded by a sleep disorder. The most common one is sleep apnea. Sleep apnea means that our airway closes when we are asleep, causing us to wake up a little bit every few minutes throughout the night. Older adults are more apt to develop sleep apnea as our throat muscles loosen and we gain a little weight.

Sleep apnea is a strain on your heart and your brain. It can also be a strain on relationships because it is often accompanied by very loud snoring, jerking and gasping. If people are complaining about this, it might be time for a sleep study. Talk to your primary care doctor if you think you have this problem.

The old-fashioned Sabbath principle

Many religions have promoted or even required a Sabbath rest for thousands of years. While this may seem like a dated practice, the principle itself is a solid one.

One of my favorite stories is from the 1800s, when a religious group headed to the western frontier split over the principle of Sabbath keeping. One group felt it was wrong to work themselves and their animals

on the Sabbath day, the other group felt it more important to keep moving forward to arrive at their new land as soon as possible.

In the end, the group that was observing a Sabbath day's rest actually arrived first. Why? People and animals could do more in six days when they were rested than the other exhausted group could do in seven.

So the recommendation is to identify one 24-hour period per week that you relax and do something for yourself. There are many things you can do or not do, but it shouldn't "feel like work." You should come out of the 24-hour period feeling refreshed, rested and renewed.

Schedule the Time You Need

How many times in life have we thought, "I need to do that," and then it never seems to happen. The reason is that the urgent or the noisy tend to demand our time and attention and crowd everything else out. We fully intend to take an extended break, spend some time reading on the deck or register for that class we are interested in, but it never happens.

For most people, it is important to put things on a calendar. Maybe you need to block out a Friday afternoon to explore classes you might want to take. Maybe you need to schedule Tuesday and Thursday mornings as your time to exercise.

Scheduling time to do the things you need to do or just want to do is the equivalent of putting on your oxygen mask first. When you fly somewhere, you are always reminded that in the event of a loss of cabin pressure, the oxygen masks will be available, and to put yours on first before assisting someone else. Why? Well, if you are unconscious because you were trying to be unselfish, you are not really helping anyone, including yourself.

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



Always Late? Here's Help

By Melissa Conroy

Everyone has that one friend or family member who is always, perpetually, endlessly late for every event. You hold a family dinner at six o'clock, and your sister breezes in a few minutes before seven. You agree to meet a friend at noon, and he doesn't show until 12:47. You may very well be that one person to your friends and family, the individual who can be counted on for clockwork tardiness, always reliably unreliable.

Chronic tardiness is not simply a personality quirk: Being perpetually late is rude, irresponsible and disrespectful. Habitually late people put their own schedules before others and usually stretch the goodwill of long-suffering family members and friends. The terminally tardy also have an annoying habit of delaying departure for far too long, then leaping into action and hustling other people out the door, screaming

and fussing at everyone, "We're late! Get in the car!"

If you are constantly galloping in late for every appointment and endlessly running behind the clock, this is a habit you should break for your own good and that of those around you. Tardiness stems from a variety of factors, but it can be corrected with some insight and a fresh dedication to showing up when you said you would.

A major reason for tardiness is underestimating how long it will take you to complete certain tasks. People are often late because they mistakenly assume that an hour is sufficient time to find a gift for Aunt Susan, drop by the vet to get the dog's heartworm medicine, wash the car and pop into the salon for a haircut. To correct this, try recording the time you spend on everyday tasks like driving to work or taking a shower. When you have a more accurate understanding of how long these tasks actually take, then you will be better able to

plan your day and manage your time.

Another reason people are often late is that they simply are doing too much: They have far too many projects on their plate and a thousand demands on their time. The perpetually tardy and the perpetually overcommitted are often the same people. To help reverse this, learn to love the word "no," get rid of activities that you no longer wish to pursue and strive for a balanced life. Don't do more than you can comfortably handle, and it will be relatively easy to get where you need to go on time.

Disorganization is another cause for tardiness. How many times have you been late because you could not find your car keys or you discovered you were out of clean socks? To help fight lateness, try to have everything set out in the same location before you go to bed. That is, have lunch made, keys and purse together and clothes picked out for the next morning. This way you can simply get out of bed, prepare for the day, and leave without a frantic search for your wallet or an important file. Work to get your life organized, and you will find yourself automatically becoming a more prompt person.

A time-honored tip for fighting tardiness is to plan to arrive 15 minutes early. If lateness is a real problem for you, increase this to a half-hour. However, the most important thing is that when it comes time to leave, *walk out the door!* You planned to leave at 10 on the dot? Then when 10 rolls around, resist the urge to do a quick load of laundry, pick up the mail or check the air in your tires. A seemingly simple task like checking your voicemail can easily stretch to several minutes, making you late again. Don't try to cram in one last task; leave on time and get to your next appointment.

To be punctual, you may need to enlist outside help. Talk with your loved ones honestly about your desire to become a more prompt person and seek their help in holding you accountable. Let them express their disappointment when you arrive late and to make an agreement that they will only wait for you a set amount of time (say 15 minutes) before leaving or going about their business. Tardiness happens because it is allowed to happen, so give your family

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and friends the leeway to no longer make allowances for your tardiness.

For some people, being late is a deeper-rooted issue than a simple matter of not being able to leave the house on time. Perhaps you thrive on the rush of adrenaline you get from racing against the clock or you secretly like making a grand entrance an hour late. You may suffer from anxiety about arriving early and having nothing to do, or be plagued by a need to be constantly

productive. Your chronic tardiness may be a sign of deeper psychological issues. If you find yourself unable to become more punctual, it might be wise to discuss it with a counselor.

While the timely folks among us often put up with their tardy friends, it is wise to bear in mind the words of psychiatrist Thomas Szasz: "Keeping another person waiting is a basic tactic for defining him as inferior and oneself as superior." Considering

that, pledge today to become a punctual person. Your friends, loved ones and the people you interact with will thank you.

Melissa is consistently a half-hour early, a habit developed in rebellion against a family of chronically late people. She lives and writes in Omaha and will soon be self-publishing her first novel, Steam on the Horizon. She can be reached at melissaconroy@gmail.com

Honey, Where Is My Hat?

By Neil Moran

"There are few moments in a man's existence when he experiences so much ludicrous distress, or meets with so little charitable commiseration, as when he is in pursuit of his own hat." Charles Dickens, 1812-1870

There are two types of people in this world: those who wear hats and those who don't. Or so it seems. Either people love to wear them or despise them. Hats have been popular through the ages, yet two problems persist in regard to wearing them. One is, where do you put the darn thing when you're not wearing it? Abe Lincoln may have had that problem. The other is they mess up your hair.

Still, we seem to be fascinated with hats. If nothing else, we wear them to keep the ol' noggin warm during cool weather, to protect us from the sun in the summer, as part of a profession and on special occasions. So when you're out and about in the Bay area this Spring, why not explore the stores, shops and flea markets for a unique hat? Or perhaps you'll just want to read a little history on the hat.

It is nearly impossible to say with any precision when the hat originated. Historians can't even seem to agree on when hats became popular. One thing is for sure, headgear has been around for a very long time.

Here is what Compton's Encyclopedia has to say about the origin of the hat: "The first real hat was the broad-brimmed petasos of the ancient Greeks. A chin strap held it in place and it was worn mostly for traveling as a protection against the weath-

er. It was so practical that people all across Europe wore it during the Middle Ages."

The popularity of hats increased during the Renaissance as they began to expand beyond practical usage and were beginning to be worn as a fashion statement. The wealthy folks of this era led the way with this trend, wearing elegant hats that matched their splendid costumes.

As the world changed, so did hats. When furs from America began arriving in Europe during the 1700s, people started wearing the wide-brimmed beaver hats. About this time hats were quite elaborate creations, with some hats dangling around a person's ankles, some with showy plumes and others piled quite high on the head in a ceremonious, and by today's standards, comical fashion.

By the late 1800s clothes in general became much plainer with the costume giving way to simpler, though no less sophisticated attire. This ushered in the era of the tall-crowned pot hat, which gradually developed into the high silk hat, or "topper." (This is when the expression "high hat," meaning snobbish, originated.)

By 1900 the hard round bowler (aka the derby in the US), had replaced the topper for street wear. This also ushered in a boatload of hats still worn today, including the hard straw boater, or sailor, the soft straw panama and many kinds of cloth caps for sports. Then in 1908, the soft felt fedora, one of the most popular hats of all time, came along.

Nearly all hat styles worn today

originated in England, according to Compton's. America can only take credit for the infamous "ten-gallon hat," a Stetson worn by Western ranchers and cowboys. This hat, curiously enough, could be punched into different shapes and worn as an umbrella, sunshade or used to carry water.

These days hats are mass-produced, the best being made from the soft under furs of animals. Though wildly popular at one time, hats have all but gone out of fashion as people would rather show off their style of hair than a hat.

And, by the way, how many hats can you name? Here are a few: crush hats, the Kromer, stocking, ball cap, fedora, Panama, straw, opera, derby, boater, homburg, executive hat, trooper, pillbox, visor, leg-horn, porkpie, cowboy, top hat and of course the Naval Academy's Dixie cup.



As the flower fades, the seeds take root.

10 Things You Probably Didn't Know About Father's Day

By Jack Rott

Celebrated now for more than 100 years, this year Father's Day falls on June 16, the third Sunday in June. And for those of us who still enjoy the presence of a father or a father figure, some of the most popular ways to celebrate the day are with a family picnic, a barbeque, gift basket with his favorite things, or tickets to a performance he'll enjoy, a handmade scrapbook or photo album of your experiences together, a recording of a CD with all his favorite music or a homemade card expressing your appreciation. Most fathers will agree however, that your presence is far more important than a present. Here are 10 interesting facts that you may not know about this annual celebration:

1. In 1910, Mrs. Sonora Smart Dodd was listening to a sermon in Spokane, Wash., on Mother's Day when she realized there was no equivalent holiday for fathers, so she proposed a Father's Day celebration.

2. In the 1920s a movement appeared seeking to fuse Father's Day and Mother's day into a single holiday, Parent's Day, on the basis that they were being commercialized. However this idea quickly died when the Great Depression hit and things suddenly needed commercializing.

3. White and red roses are the flowers of Father's Day, traditionally a red rose is worn in the lapel if your father is living, and a white roses if he has died.

4. Father's Day is the fourth most popular day to send a card to someone, surpassed only by Christmas, Valentine's Day and Mother's Day.

5. In Thailand the king is viewed as the father of the nation and because of this, Father's Day is the same day as King's Day. The holiday is celebrated by giving flowers to fathers, launching fireworks and doing acts of charity and honor, most notably giving blood and freeing captive animals.

6. More *collect* calls are made on father's day than any other time during the year.

7. Women buy 92 percent of all cards purchased for Father's Day.

8. Lots of presidents cared about Father's Day. Calvin Coolidge supported it in 1924.

Lyndon B. Johnson issued the first presidential Father's Day proclamation and it was in 1972 that Richard Nixon signed it into law as an official holiday. Since then every president has issued a Father's Day proclamation.

9. The idea of appreciating fathers is no new concept, 4,000 years ago a Babylonian man carved his father a message on a clay tablet wishing him a long life and good health, and in the process creating the world's first Father's Day Card.

10. According to the US Census, there are 70.1 million fathers across the US.



What's really going to matter when it's all over?

Finding Joy in Retirement

By *Steven R. Fleming*

What do you want from your retirement? What questions and concerns do you have as you look forward to retirement? Or what questions do you have now that you are retired? Most worry about having enough money. Yet, happiness and personal fulfillment in retirement are not simply questions of money. Many happy retirees have modest retirement incomes. The much more important question is how to find the meaning and purpose that will satisfy you in your retirement years.

How do you react to hearing the word “retirement?” Your responses will be telling. Maybe you don’t like the word because you do not envision your retirement being anything like it was for your parents or grandparents. *You* don’t plan to sit in a rocking chair watching the world go by. Perhaps you see retirement as a “dead end” of sorts because you will stop working at a job or with people you like. Or you long for retirement because you are tired of the rat

race – the alarm clock early in the morning, the daily commute, frustrating work conditions, or whatever. Perhaps you want to go in new directions, spend more time with family and friends, resume long-neglected hobbies or become involved with something entirely new. How do you get there?

Research about those preparing for or living in retirement reveals older people today are very different from previous generations. Today’s retirees are much more likely to work part-time, some because they must, but many others do because they want to keep using their skills and knowledge. They are generally more active, pursuing not just traditional leisure activities such as golf or cruises, but more vigorous outlets like extreme sports, adventure tours or volunteering to help rebuild homes or towns devastated by natural disasters. Involvement in social concerns, charitable organizations or politics (from local to international) attracts a growing number of retirees wanting to make a real difference in the world.

If you want to have a great retirement, you need to think seriously about

what you really find interesting, fun, rewarding and satisfying. Make a list of the things that get you excited or bring joy when you do them. In the same way, make a second list of the things that you are now doing that can be let go, reduced or stopped because they drain or drag you down. Focus on your retirement plans, or your life in retirement, on the first list. That is a sure way to begin enjoying retirement.

A Latino couple in one of my pre-retirement planning seminars commented that in Spanish, the word commonly used for “to retire” primarily means to “go to bed.” But, they added, that same word (“*jubilarse*”) has a second meaning when used to describe retirement – “to enter into joy!” It is a word closely related to the word “jubilee,” the ancient concept of a time when one starts afresh. Perhaps their insight into retirement will be helpful to you.

Steve has spent his life working with people in their life journeys. To learn more, log onto www.SRFLifeRetirementCoach.com or email your questions to mail@SRFLifeRetirementCoach.com

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NATIONAL CEMETERIES

Serene Vistas to Honor Heroes

By Leah Lancione

Following the Civil War, Quartermaster Edmund Burke Whitman was commissioned to set up the first US national cemeteries and serve as superintendent. In 1867, Congress passed a law to establish and help protect these cemeteries. Then, in 1889 Whitman devised principles for the selection of new national cemetery sites with the criteria that they be of historical interest and accessible to visitors.

The US Department of Veterans Affairs' (VA) National Cemetery Administration maintains 131 national cemeteries in 39 states and Puerto Rico (www.cem.va.gov). The Department of the Army, however, has jurisdiction over two national cemeteries: Arlington National Cemetery in Virginia and the Sol-

diers' and Airmen's Home National Cemetery in Washington, DC. The National Park Service oversees 14 cemeteries associated with historic sites and battlefields. Additionally, the American Battle Monuments Commission maintains 24 American military cemeteries overseas.

Veterans and armed forces members who die while on active duty are eligible for burial in one of the VA's 114 available national cemeteries. Other eligible veterans must have been discharged or left active duty under honorable conditions and have completed the required years of service. Spouses and dependents of eligible veterans and armed forces members can also be buried in a national cemetery (www.military.com/benefits/burial-and-memorial/national-cemeteries.html).

VA national cemetery burial benefits include the grave spot, opening and closing of the grave and main-

t e n a n c e .

Headstones and markers are also provided by the government, and many national cemeteries also have columbaria for the inurnment of cremated remains or special gravesites for cremated remains.

Considered the "most famous cemetery in the country as it is the final resting place of many national heroes, including more than 300,000 veterans from every American conflict – from the Revolutionary War to Iraq and Afghanistan," Arlington National Cemetery is a site not to be missed. In addition to being a peaceful, beautiful vista where family, friends and fellow servicemen can pay their final respects, it is a place for visitors to pay homage to all the many brave men and women who have served our country.

According to the Arlington National Cemetery website (www.arlingtoncemetery.mil), more than four million people visit each year. The cemetery's motto is: honor, remember, explore. It beckons visitors to come and not just sightsee, but to reflect on the important historical figures who helped write our



country's history and protect our freedom.

A few of the distinguished individuals buried at Arlington Cemetery include President John F. Kennedy and his wife, Jacqueline Kennedy Onassis, Sen. Robert Kennedy, the designer of the District of Columbia, Pierre Charles L'Enfant, civil rights activist Medgar Evers, author Dashiell Hammet, band leader Glenn Miller, himself an Army major before he went missing in action, and Charles Burlingame, the pilot of hijacked American Airlines Flight 77 during the 9/11 terrorist attacks. Also, Rene Gagnon, Ira Hayes and Michael Strank, three of the six servicemen immortalized in Joe Rosenthal's photo *Raising the Flag on Iwo Jima*, are buried at Arlington National Cemetery.

One of the most visited spots at Arlington is the grave of Major Audie Leon Murphy – America's most decorated combat soldier of World War II. Every June 20, noncommissioned officers of the Sergeant Audie Murphy Club place a wreath on his grave (<http://arlingtoncemetery.net/audiemu.htm>) to commemorate his birthday.

Open every day of the year, the majestic cemetery welcomes visitors from 8 a.m. to 7 p.m., April to September, and 8 a.m. to 5 p.m. from October to March. Just off the Capitol Beltway, the drive from Maryland is easy in non-rush hour traffic.

Another popular national cemetery is Fort Rosencrans National Cemetery in San Diego, Calif. Fort Rosecrans is named after William Starke Rosecrans, a Union general in the Civil War. This cemetery's claim to fame is due to its place on

Weather.com's placement on the list of top 15 spooky cemeteries. Apparently, folklore has it that spirits roam the rolling green hills. It is also considered "one of the nation's most picturesque cemeteries, as it looks out onto the waters of both the Pacific Ocean and San Diego Bay."

Rosencrans features the gravesites of many individuals who date back to the early years of the California Territory as well as monuments dedicated to soldiers resting there. In particular, a large boulder serves as a memorial for those who died in the Battle of San Pasqual (1846). Another prominent monument at Rosencrans memorializes the 62 soldiers who died aboard the USS Bennington when a boiler exploded in 1905. The "Patriots of America" memorial was dedicated in 1999 by the California State Society of the Founders and Patriots of America "...to honor all Americans who answered the call to arms."

Open Monday through Friday, 8 a.m. to 4:30 p.m., and Saturday and Sundays, 9:30 a.m. to 5 p.m., Fort Rosencrans is closed on federal holidays except Memorial Day and Veterans Day (www.cem.va.gov/CEM/cems/nchp/ftrosecrans.asp#hi).

An even longer trek than California, but well worth a visit, is National Memorial Cemetery of the Pacific (NMCP) in Honolulu. As of January 2012, the cemetery entered into phase three of a \$4.5 million grounds renovation project in which gravesites are being leveled, soil tilled and Bermuda grass is being planted. Though the NMCP is currently being revamped, areas under construction will be marked off with regular access available for the remainder of the cemetery.

The cemetery is nicknamed the "Punchbowl" because it is housed within a crater formed "75,000 to 100,000 years ago during the Honolulu period of secondary volcanic activity." (www.cem.va.gov/CEM/cems/nchp/nmcp.asp) The crater once served as a site for many royal burials as well as human sacrifices to Hawaiian gods. It is also the place where Oahu natives tried to resist King Kamehameha's invading army in 1810.

The Punchbowl opened to the public in July 1949, with services for five war heroes: an unknown serviceman, two Marines, an Army lieutenant and one civilian – renowned war correspondent Ernie Pyle.

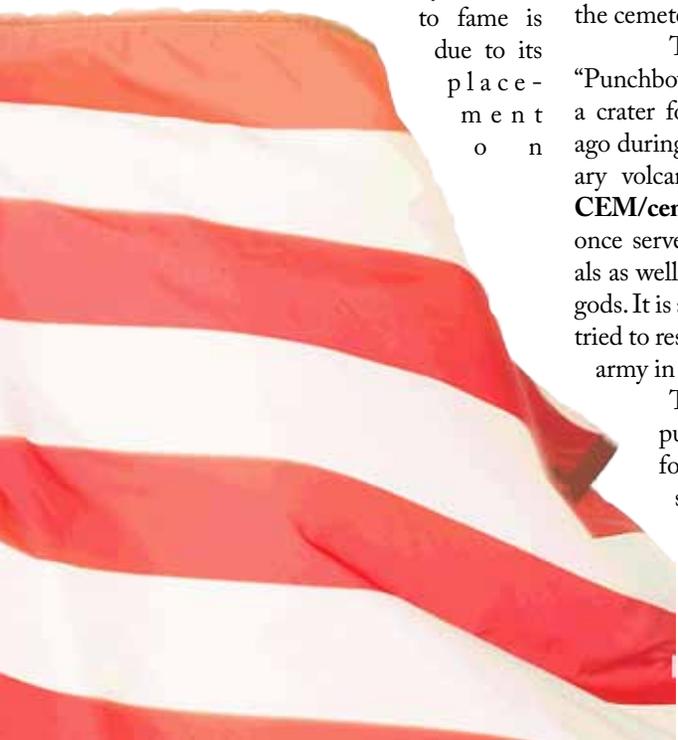
The Punchbowl's Hawaiian name, "Puowaina," is translated "Hill of Sacrifice" or "Consecrated Hill." And, in 2001, 70 nonspecific and unknown markers for the graves of men known lost during the attack on Pearl Harbor were replaced with descriptive markers that say "USS Arizona." The NMCP also features a memorial pathway of monuments honoring America's veterans. "As of 2008, there were 56 such memorials throughout the NMCP, most commemorating soldiers of 20th-century wars." (www.cem.va.gov/CEM/cems/nchp/nmcp.asp)

With its panoramic views, the Punchbowl has a beautifully constructed chapel, two map galleries and an impressive and evocative Court of Honor which adds to the cemetery's impact. The Court of Honor features a stairway that leads from the crater floor to the court and five "Courts of the Missing" – American heroes missing in action on each side. A dedicatory stone that sits at the base offers this inscription: *"In these gardens are recorded the names of Americans who gave their lives in the service of their country and whose earthly resting place is known only to God."*

If you are unable to venture out of state, there are four national cemeteries in Maryland. Of particular interest is Annapolis National Cemetery, which was one of the 14 national cemeteries established by Abraham Lincoln in 1862. Annapolis was a recruiting and training center during the Civil War and as a result it is "the final resting place for many Union soldiers who died in the nearby "parole camps" and hospitals. While some soldiers died of battlefield injuries, many lost their lives to diseases that spread across the camps.

The cemetery's visitation hours are sunrise to sunset, but the office is open Monday through Friday, 8 a.m. to 4:30 p.m., and closed on federal holidays except Memorial Day.

The VA's National Cemetery Administration maintains an estimated 3.1 million gravesites and 33 soldiers' lots and monument sites. The Washington Crossing National Cemetery in Pennsylvania is the newest, having been built in 2010. Whether you want to visit a national cemetery close to home or far away, you will not regret personally paying your respects. As a quotation of uncertain origin says: *"It is easy to take liberty for granted, when you have never had it taken from you."*



By Neil Moran

Imagine your backyard, not as a collection of various plants, but as an oasis for wildlife – birds, butterflies, hummingbirds, and perhaps a few surprise visitors, such as frogs, a rare bird, or even a bunny rabbit. Imagine pollinating insects and other beneficial bugs flitting from flower to flower or preying on the insects that are desiccating your rose bush or potato plants.

This is what my wife and I and many others have created by letting our hair down a little and planting a nice variety of native plants. We added a couple of water features to further attract wildlife. This approach to landscaping may look a little unkempt around the edges, but it sure attracts wildlife and provides us with hours of enjoyment.

We all know how much the critters need our help as they're pushed toward endangerment or extinction by loss of habitat, which is the number one factor for the decline in wildlife. Another factor contributing to this decline is pesticide use. Though all animals need our help, bees and other insects that pollinate our fruit and vegetable crops really need our help. Lastly, although it is a good thing to provide sunflower seeds in a bird feeder, it is even better to offer a constant food source from native plants. In fact, some birds don't rely on feeders at all, insisting instead on foraging in the wild.

In recent years populations of non-native honey bees have dwindled due to what some deem a "mysterious condition" – colony collapse disorder. It's not that mysterious. It appears evident that the bees are perishing due to the overuse of chemical pesticides and the fact that they are simply being worked to death. As native plant enthusiasts, we can be a part of the solution to this problem by planting large and small plots of wildflowers. This won't save the commercial honey bees, but it will encourage native bees and other insect pollinators.

Folks who plant wildflowers on their property won't need to visit a butterfly house to experience the beauty of butterflies. There are many wildflowers that attract a multitude of butterflies. By planting wildflowers, we can offer them four things: a source of nectar, a place to lay their eggs, food for developing butterfly larvae and a place for them to form a butterfly chrysalis. Following is a list of wildflowers and what you can expect to attract to your property by planting them.

Creating a Wildlife Oasis

NATIVE PLANTS THAT ATTRACT BUTTERFLIES

Annise Hyssop
Nodding Wild Onion
Butterfly Weed
New England Aster
Prairie Coreopsis
Pale Purple Coneflower
Purple Coneflower
Western Sunflower
Wild Lupine
Foxglove Penstemon
Yellow Coneflower
Black-Eyed Susans
Stiff Goldenrod

PLANTS THAT ATTRACT HUMMINGBIRDS

Columbine
Milkweed
New England Asters
Purple Coneflower
Rough Blazing Star
Cardinal Flower
Rough Blazing Star
Obedient Plant
Monarda
Goldenrod

Laser - Assisted Cataract Surgery

By Michael J. Dodd, MD

The hottest topic in cataract surgery today is the new laser assisted cataract procedure, sometimes technically known as ReLacs, which stands for refractive laser-assisted cataract surgery. This article will discuss and review this new procedure.

Cataract surgery has been around since ancient Egypt. But the modern concept of physically removing the cataract dates back to 1747, when the French doctor, Jaques Daviel, first recorded taking the cloudy lens out of the eye to open a clear path for light to stimulate the retina.

Phacoemulsification was developed in the mid 1970s by Dr. Charles Kelman of New York. Phaco is Greek for lens, but here the term phaco will mean removal of a cataract with a small vibrating metal tip to pulverize the cataract and suck it out through a small incision. Many improvements and refinements have evolved since Dr. Kelman's first primitive device. Today essentially all cataract surgery in modern countries is performed using the phacoemulsification device.

About seven years ago a new laser, the femtosecond laser, was developed. This is commonly used today to make corneal incisions for Lasik surgery. The latest version of this laser is used to assist during cataract surgery. The laser does not remove the cataract; the phaco device is still used to remove the cataract. The femtosecond laser does three things to prepare the eye for phaco. It makes one or more surgical corneal incisions, it makes a circular opening in the front capsule which surrounds the cataract and it softens the cataract to make it easier to remove with the phaco instrument.

Typically the femtosecond laser is performed in a nonsterile room next to the sterile operating room (OR). In the nonsterile room the eye is numbed with drops and a "docking" device is pressed on the eye. Certain alignments are made and the laser is activated with a foot pedal. The laser time

is about 60 seconds. The docking device is then removed and the patient is taken into the OR for the phaco removal part and to have the intra-ocular lens implanted. The incision steps done by the laser are traditionally performed now by the surgeon. The lens softening by the laser is unique to the laser. However, phacoemulsification can remove any density of cataract, but it may take slightly longer, so the laser softening of the lens is not critically important.

So why have the femtosecond laser? It adds an element of precision to the surgery. For a less experienced surgeon, this may be an advantage. And some patients may want to have the newest gadget. The laser may reduce post operative astigma-

tism. It should be noted that some complications have been reported during the first few hundred laser procedures done by new surgeons.

The downside of the laser is it's expense. The instrument costs approximately \$500,000 to purchase and requires monthly maintenance costs. The surgeon must charge the patient a substantial "out of pocket" fee to cover the laser use. This is not covered by insurance.

This technology is here to stay. Refinements over the next few years will continue to improve the femtosecond laser and the cost will likely go down. But an experienced surgeon is still required to remove the cataract and insert the implant. The most critical component of cataract surgery remains the skill, experience, knowledge and humanity of the surgeon.

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



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PHOBIAS

From Bizarre or Common to Curable or Crippling

By Leah Lancione

Everybody is afraid of something, whether it's heights, spiders or clowns. But whether that fear is elevated to the level of a life-altering phobia is the question. According to MedlinePlus (www.nlm.nih.gov/medlineplus/phobias.html), a service of the U.S. National Library of Medicine and the National Institute of Health (NIH), "A phobia is a type of anxiety disorder. It is a strong, irrational fear of something that poses little or no actual danger."

MedlinePlus explains that when people experience

panic, a rapid heartbeat, shortness of breath, trembling and a strong desire to get away.

Furthermore, the Mayo Clinic explains that a phobia, with its *overwhelming* fear of an object or situation, is long-lasting and results in extreme psychological and physical reactions. For instance, someone who is simply uncomfortable

able talking in front of large groups will become nervous or self-conscious for a time or have to resort in calming tactics, i.e., imagining the audience naked or focusing eye contact on one person. Someone suffering from a true phobia of public speaking, however, would experience such an intense physiological response that they cannot even consider performing such a task. A phobic person would rather lose a job or fail a class than confront the extreme fear.

The American Academy of Psychiatry (APA) classifies phobias into two categories: specific and social. A specific phobia is the "extreme or excessive" fear of an object or situation that is "generally not harmful, whereas a social phobia is "significant anxiety and discomfort about being embarrassed or looked down on in social or performance situations." (www.psychiatry.org/anxiety-disorders)

The list of specific phobias is immense, ranging from the more common fear of: heights (acrophobia), enclosed spaces (claustrophobia), the dark (nyctophobia), snakes (ohidiophobia), spiders (arachnophobia), injection or medical needles (trypanophobia), thunder and lightning (astraphobia), germs (mysophobia or "germophobia") and getting a disease (nosophobia).

Common social

phobias include fear of: public speaking (glossophobia), performing on stage (stage fright), and people or the company of people (anthrophobia). Agoraphobia, which often coincides with social anxiety disorder, is the fear of places or events where escape is impos-

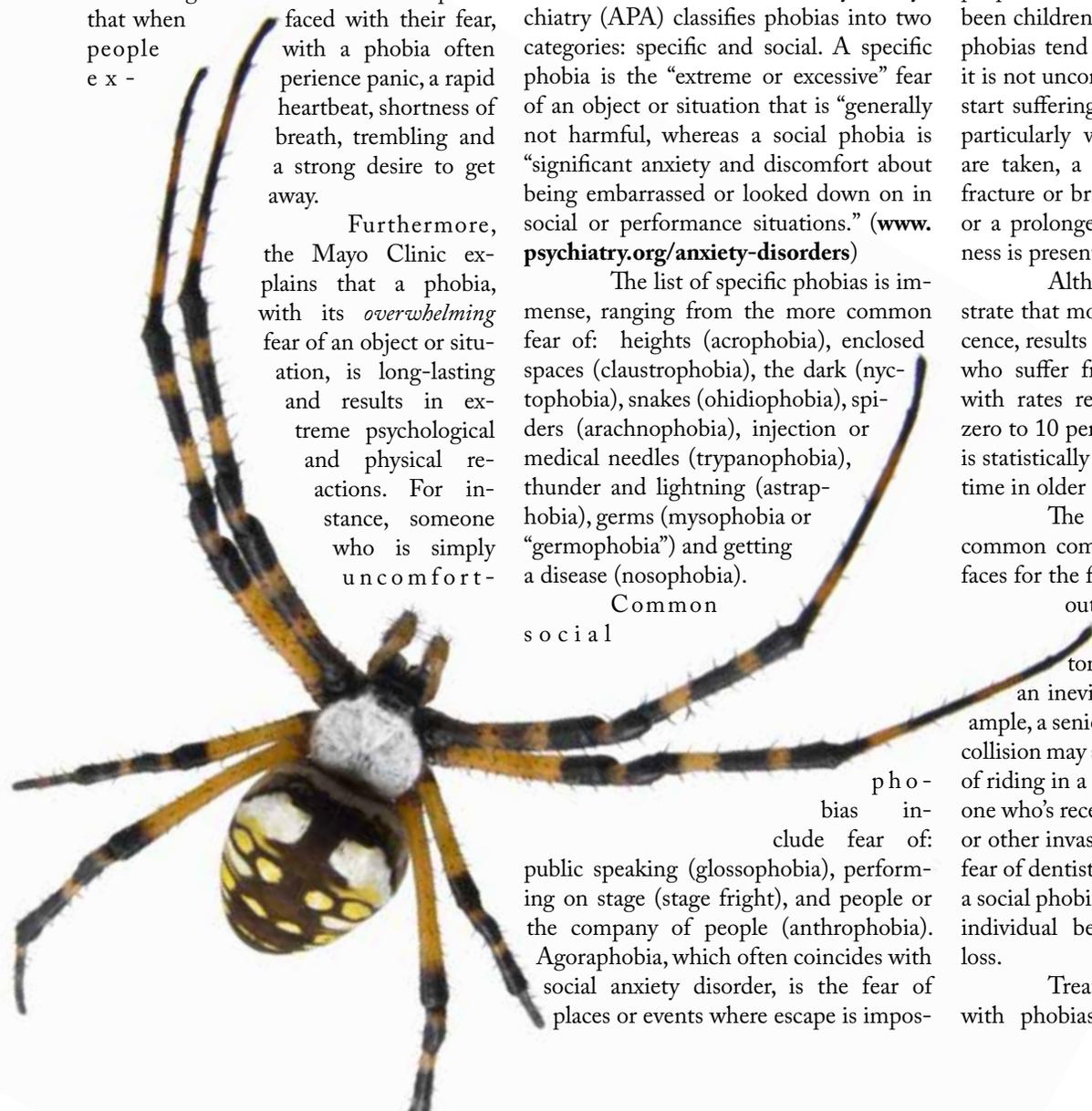
sible or when help is unavailable as well as fear of open spaces or of being in public places.

The National Institute of Mental Health (www.nimh.nih.gov) estimates that "specific phobias affect an estimated 19.2 million adult Americans and are twice as common in women as men." The site also points out phobias usually appear in childhood and continue into adulthood. Unfortunately, researchers have only recently begun to study phobias in older people. The majority of study subjects have been children and younger adults. Though phobias tend to arise during adolescence, it is not uncommon for an older person to start suffering from a phobia later in life, particularly when increased medications are taken, a debilitating accident, i.e., a fracture or brain injury from a fall, occurs or a prolonged, even life-threatening, illness is present.

Although research does demonstrate that most phobias appear in adolescence, results on the percentage of seniors who suffer from a phobia "vary widely, with rates reported at everywhere from zero to 10 percent. And, only agoraphobia is statistically likely to develop for the first time in older adults."

The APA site also recognizes a common complexity when a phobia surfaces for the first time in old age, pointing out: "Some seniors are ashamed or frightened by the symptoms or believe that they are an inevitable part of aging." For example, a senior who survived a near-death collision may suddenly experience a phobia of riding in a car (amaxophobia), or someone who's recently had dentures implanted or other invasive dental work may retain a fear of dentists (dentophobia). In addition, a social phobia may develop when an older individual begins experiencing memory loss.

Treatment is available for people with phobias. Options include specific



psychotherapy or a combination of therapy and medication. The NIMH acknowledges the importance of having a doctor conduct a thorough diagnostic evaluation to determine the type and severity of the phobia and to see if there are any other contributing conditions, i.e., depression or substance abuse.

According to WebMD (www.webmd.com/anxiety-panic/understanding-phobias-treatment), "types of therapy include desensitization, flooding, graded exposures and biofeedback. Attending phobia clinics and support groups has also helped many people overcome their issues." The medical website also explains that how or whether a treatment will be successful depends on the severity of the phobia. While some can be completely cured over time, other patients work toward coping with and managing their phobia in order to function in society.

For specific phobias, desensitization therapy and relaxation techniques are often effective by gradually exposing patients to the object of their fear in a relaxed and comfortable setting until they are ready to come in contact with it. This

type of therapy is also used with social phobias in which the individual is gradually introduced to social situations over time and taught methods to reduce anxiety properly. Also, "a class of antidepressants called selective serotonin reuptake inhibitors, among them Celexa, Paxil, Prozac, Lexapro and Zoloft, can be especially helpful in the treatment of social phobia. Other drugs, called MAO inhibitors, are effective but have more side effects."

The Discovery Fit & Health website (<http://health.discovery.com>) has compiled a list of its top 10 "strange" phobias, including the fear of: paper (papyrophobia), youth (ephebiphobia), poetry (metrophobia), vomiting (emetophobia), sleeping (somnia phobia), chins (geniophobia), color (chromophobia), mirrors (eisoptrophobia), work (ergophobia) and fear (phobophobia).

Phobias don't just affect "common folks," introverted and timid types. There are many well-known public figures who admit battling a phobia or multiple phobias. For example: Actress Natalie Wood was famously terrified of water, neurologist Sigmund Freud was afraid of weap-

ons and ferns, former President Richard Nixon had a phobia of hospitals and director Alfred Hitchcock was afraid of eating or being near eggs. Taking the "cake," however, is director Woody Allen who has multiple phobias including fear of insects, sunshine, animals, bright colors, children, heights, small rooms, crowds and elevators (<http://listverse.com/2010/11/03/10-well-known-people-and-their-phobias>).

If you think you or someone close to you may have a phobia, getting help is the first step. Someone with a phobia can benefit from knowing their friends and family are available for support. The journey ahead will be difficult but worth the effort, especially if the result is freedom from a crippling mental condition.

Leah, a freelance writer, admits to having an intense fear of snakes. Though the irrational fear has improved over time (and is not a full-blown phobia), she confesses that during adolescence she stuffed blankets underneath her bedroom door to keep snakes from slithering into her room at night. She can be reached at leahlancione@gmail.com

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BAY REFLECTIONS

BAY REFLECTIONS

By the Rev. Dr. Harold B. Wright, II

Recently I had to spend some time in the hospital for a minor concern in the grand scheme of things and for something from which I recovered. I am well now, but that short visit gave me time to reflect on some things that perhaps you have pondered as well.

1 We're not ultimately in control of our schedules or even our lives. The day was planned – the list of things to do, people to see, places to go were getting checked off. Then life interrupted and there I was, an unexpected patient. I could have gotten upset and angry about it, but I realized that if we don't roll with the punches sometimes, we just end up getting punched.

2 We are richly blessed to live in a country and area where some of the best medical technologies, facilities and practitioners are right at our doorstep. The advanced technology and capabilities available for the healing endeavor is beyond my understanding and comprehension. Once again, I realized how fortunate we are. And if we are so fortunate, we need to remember and think of those who do not have access to such medical expertise, either by geography or cost or politics. So I wonder: How we can share that bounty for all the human family?

3 The intricacy of the human body is beyond amazing, and how one system has an impact on another system within it is fascinating. Like

a finely tuned machine, all the parts work together to do things that no engineer or scientist could ever invent with such precision and accuracy. From the simplest scrape on the knee to recovery from major surgeries and illnesses, the resources within us are simply remarkable. We are wonderfully and amazingly made, and there is something within us that is more than just a confluence of parts and systems, but rather the design and breadth of the divine being and power that is beyond us. We can't be who we are on our own.

4 As a follow-up to the hospitalization, a 14-day course of treatment was required. It involved carrying around a small infusion pump. It was inconvenient and annoying at times. But every morning, after a little pity party, **it reminded me that we can live through anything for two weeks.** Others have to face life-long and sometimes painful treatments and I was fortunate in being "cured." (Note: A pity party rarely is any fun if it lasts too long. Others usually don't want to be invited to be a part of it, but we all have them from time to time.) In any case, my treatment was not painful or uncomfortable, just annoying. I would tell myself: Pull up your big-boy pants and get on with living. Sometimes we need to have those little chats with ourselves for perspective. I know I did.

5 For many people encountered during my visit – doctors, nurses, aides, technicians, support staff, etc. – it was more than just a job, but a calling to care and help and heal. The concern and compassion for

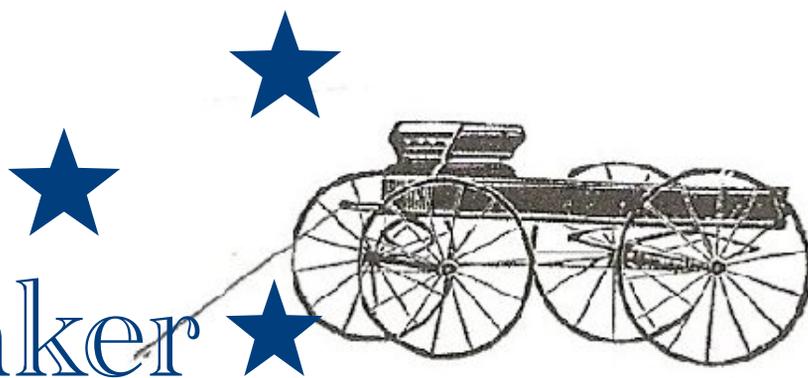
health and well-being overflowed and their skills and knowledge reflected the dedication and commitment they had in learning and training through many months and years to work for the betterment of their fellow human beings. I am grateful to people like them who want to help others, and do it well. We are called in many ways and places to many tasks. I hope we are listening and answering the call.

6 Long life is not guaranteed, nor is happiness, nor is good health. How often we take life and all the good things for granted, and then complain and whine over the bad things. Bad things do happen to good people, and good things do happen to bad people. The rain falls on the just and the unjust. And each day, each moment, each joy is a gift. Unwrap it carefully and tenderly. Blessings abound.

Sometimes I am reminded that I am not a master of subtlety, and that often drastic measures are needed to catch my attention, to make a point, to realize the obvious. And so there I was, at a local medical facility. Maybe it was meant to help me refocus and reorder my life and priorities, appreciate the blessings and have a heart of thanksgiving. Those things are always good. And sometimes, when life gets out of whack, we lose sight of them. I am grateful for a wake-up call. And I hope it's easier for you to realize that too.

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

Ask the Undertaker



By Ryan Helfenbein

Over the centuries we have seen presidents pay tribute to the veterans who serve our country. The standard for honoring those who gave their lives for their country was set in 1862, when faced with mounting Civil War casualties, the Congress passed and President Abraham Lincoln signed into law the establishment of national cemeteries. Congress empowered Lincoln to acquire cemetery grounds and secure them to be used as national cemeteries for those who served, not just those who died. This became the very first federal legislation to solidify the concept of offering cemetery property as a veterans benefit. The Annapolis National Cemetery on Taylor Avenue and West Street was the second of 14 initially authorized by the legislation.

As an undertaker, it is an honor to assist the families of those who gave back to our country by serving in our U.S. military. Here are some of the general benefits available for veterans and their families, which will provide a better understanding of what our nation has to offer.

Because of the respect President Lincoln had for those who served so bravely, he passionately pushed and sought approval for an honorably discharged veteran, surviving spouse of a veteran and a dependent child of a veteran to be permitted to be laid to rest in a protected and maintained cemetery. Locally, we have state cemeteries located in the towns of Crownsville, Hurlock, Cheltenham, Owings Mills and Flintstone. In addition to these, we also have our local National Cemetery of Arlington outside Washington, DC. All of these cemeteries, both state and national, also offer ground burial and columbarium niches for cremation urns. Veterans who qualify for ground burial receive not only a grave space for themselves and their dependents, but also grave markers, outer enclosures in which the casket is placed, and maintenance and upkeep of the cemetery grounds.

You should be aware that a veteran does not have a choice of where the grave space will be located in the cemetery. It is not like a private cemetery where you can purchase that lovely grave space by the oak tree from a church or corporation or an eternal waterfront view overlooking a particular body of water. In a veterans cemetery, the representatives from the cemetery chooses the gravesite and reserves space for all other qualified family members.

So what if the veteran's spouse or dependent passes away first? The spouse can be buried in a veterans cemetery, but the veteran must sign stating that they, too, will be buried with the spouse in the future. What if the veteran remarries after losing a spouse? Sorry spouse number two, the veteran must be buried with the first spouse.

In addition to the cemetery property and what comes along with it, a veteran's family is also provided a US flag. The undertaker secures the flag on behalf of the family and can organize military honors to be performed. Military honors provide the family and friends of the veteran with a ceremony, which can be performed at a cemetery, funeral home, church or other location, to recognize the veteran's service. Included is the playing of taps, folding of the flag and presentation of the flag to the family. The military honors performed are completely determined by the service the veteran gave to our country. Sometimes honors include casket bearers, firing party, full band and even a caisson. This is determined through the discharge paperwork by the military or cemetery representative. The undertaker is informed of the honors to be provided and adjust the services accordingly.

Along with helping families arrange for a grave space, outer enclosure, grave marker, flag and military honors, undertakers can assist in securing a presidential certificate in honor of that veteran, reimbursement of particular costs associated with the funeral service and even financial

assistance through the Veterans Administration. The benefits that accrue to a particular veteran are typically determined at the time of passing. To learn more about what may be available to you and your family contact your local undertaker or visit <http://www.va.gov/>

President Lincoln not only wanted to pay tribute to service members who gave their life to our country by providing a proper burial, but he wanted to be sure each of their families and friends had a place to go in order to work through that grief. He realized that soldiers were not just soldiers, but fathers, mothers, brothers, sisters and children of those left behind:

"With malice toward none, with charity for all, with firmness in the right as God gives us to see the right, let us strive on to finish the work we are in, to bind up the nation's wounds, to care for him who shall have borne the battle and for his widow, and his orphan, to do all which may achieve and cherish a just and lasting peace among ourselves and with all nations." – President Lincoln's second inaugural address.

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

Outlook's Bits & Bytes

To commemorate an anniversary, graduation or other memorable event, a flag that flew over the US Capital on your special day can be obtained through your US representative or senator's office. For more information, log onto www.aoc.gov/sites/default/files/flagform.pdf

Are You “BANANAS”



By Leah Lancione

Bananas in a smoothie, beneath ice cream, on top of pancakes, creamed in a pie, fixed in Jell-O, sweetening bread or alone as a quick breakfast or snack. Whatever your preference for this fruit – technically it’s a berry – there is more than meets the eye when it comes to bananas. Not only are they nutritious, have a decent shelf life, have multiple uses and are pretty darn inexpensive, there’s more. Bananas are eco-friendly and have an interesting history. What’s more, some now have an endangered future, at least the Cavendish variety, thanks to a threatening soil-born fungus.

Before exploring all the exceptional qualities of bananas, it’s important to understand that they are indeed berries that grow on a large, perennial herb plant. And, although they are often referred to as banana trees, they are actually plants belonging to the kingdom Plantae. According to a scientific definition of bananas from the California Rare Fruit Growers, Inc. website, “The ovaries contained in the first (female) flowers grow rapidly, developing parthenocarpically (without pollination) into clusters called hands. The number of hands varies with the species and variety. The fruit turns from deep green to yellow or red, and may range from 2-1/2 to 12 inches in length and 3/4 to 2 inches in width.” (www.crfg.org/pubs/ff/banana.html)

Bananas are now grown and exported from various regions throughout the world, not just Asia, Africa and the tropics like the earliest cultivars. They range from the Cavendish (the most widely known), Gros Michel, Lady Finger, Manzana (Chiquita sells a variety) and Williams to name a few.

The top five producers/exporters of bananas are India, Brazil, Ecuador, China and the Philippines. The largest importers include the U.S., Germany, Japan, United Kingdom and Italy. The banana market affects the global economy as it “is one of the world’s most important crops grown by small- and large-scale producers alike, with production occurring in more than 130 countries. The economic importance of the banana industry encompasses (1) the generation of export earnings and (2) the employment of hundreds of thousands of people in Latin America, the Caribbean, Southeast Asia and West Africa. In addition, the industry employs thousands of people in distribution networks and super-

Six ways bananas help keep you healthy:

1. The average banana contains 467mg of potassium, which helps protect the cardiovascular system from high blood pressure, atherosclerosis and stroke.
2. Bananas help our bones by providing fructooligosaccharide, a prebiotic substance that assists the body in absorbing calcium.
3. They provide energy and stabilize moods as the potassium content offers energy-supplying electrolytes as well as tryptophan, serotonin and norepinephrine, which impart feelings of well-being and relaxation. Vitamin B6 also helps protect against sleeplessness, mood swings and irritability.
4. Along with other fruits, they help prevent macular degeneration, the leading cause of vision loss in adults.
5. They alleviate heartburn and ward against ulcers since they suppress acid in the digestive tract. The pectin in bananas also helps prevent constipation.
6. The BanLec lectin protein in bananas can prevent the replication and transmission of HIV-infected cells, according to a published study in 2010 by the *Journal of Biological Chemistry*.

Enjoy - This may be as good as it's going to get.

for **BANANAS?**

markets worldwide.” (<http://edis.ifas.ufl.edu/fe901>)

The true origin of bananas is found in the region of Malaysia, according to banana.com “By way of curious visitors, bananas traveled from there to India where they are mentioned in the Buddhist Pali writings dating back to the 6th century B.C.,” the site says, noting that Alexander the Great brought bananas from India to the Western World in 327 B.C. There is a record, however, in Chinese history of banana plantations dating back to 200 A.D.

Eventually, bananas reached Madagascar when Islamic warriors traveled to Africa around 650 A.D. for ivory and bananas as well as to take part in slave trading. These Arab slave traders called the fruit “banan” which means “finger” because the variety grown then was about as long as a man’s finger. As they coursed their way through trade routes in Africa, the Canary Islands and the Caribbean, the banana finally made its way to America, in particular Philadelphia, in 1876. Since then, bananas

have made their mark. *Bloomberg Business Week* notes that Wal-Mart, which registered \$405 billion in sales last year as the largest retailer in the world, sold more bananas than any other single item.

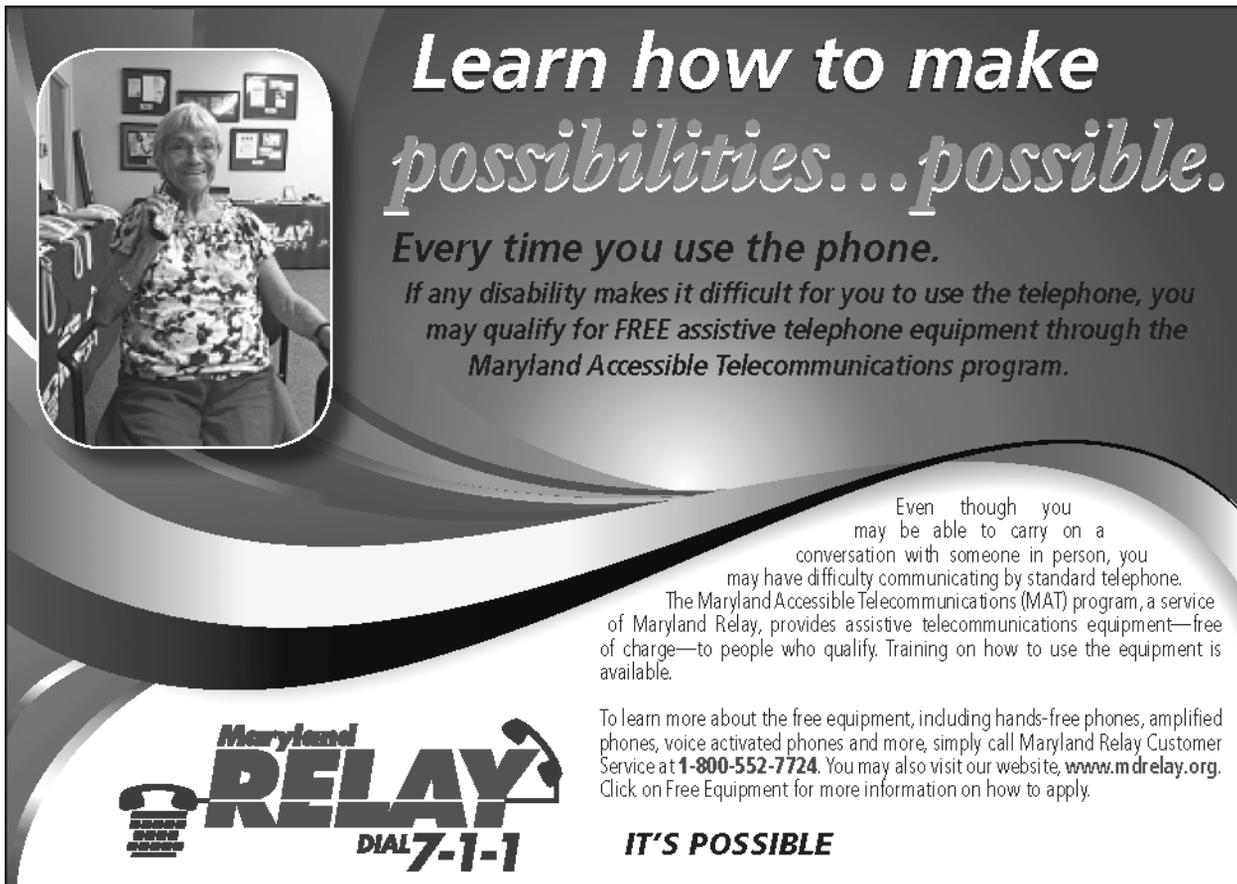
Bananas are admired for their multipurpose applications. There are some unusual and exceptional uses for banana plants including use of the peel in facial masks, in fertilizer and to brighten plant leaves. The leaves can be used to tenderize a roast (www.rd.com/home/9-extraordinary-uses-for-bananas/). A popular new book by celebrity nutritionist Kimberly Snyder outlines how her A-list clients maintain their shiny healthy hair and luminous skin through healthy foods, namely bananas. In the book, *The Beauty Detox Foods*, she says eating a banana a day will get rid of unsightly bags under the eyes.

Oh, and if you thought bananas were just the go-to snack for athletes and health nuts, well, guess what? Conservationists love them too. In his book *How Bad Are Bananas?* Mike Berners-Lee details

how bananas pack a tremendous amount of nutrition including potassium, vitamins C and B6 and fiber with a very low carbon footprint. Berners-Lee points out there are three main reasons that bananas have such low carbon footprints compared with the nourishment they provide:

- They are grown in natural sunlight – no hot housing required.
- They keep well, so although they are often grown thousands of miles from the end consumer, they are transported primarily by boats.
- There is hardly any packaging because they provide their own.”

So grab a bunch of friends and bananas to partake in banana-inspired dishes. Those could include chocolate-covered bananas, banana popsicles, banana cake or even banana lasagna. Check out the Food Network for more ideas at www.foodnetwork.com/recipe/recipe-collections/banana/index.html



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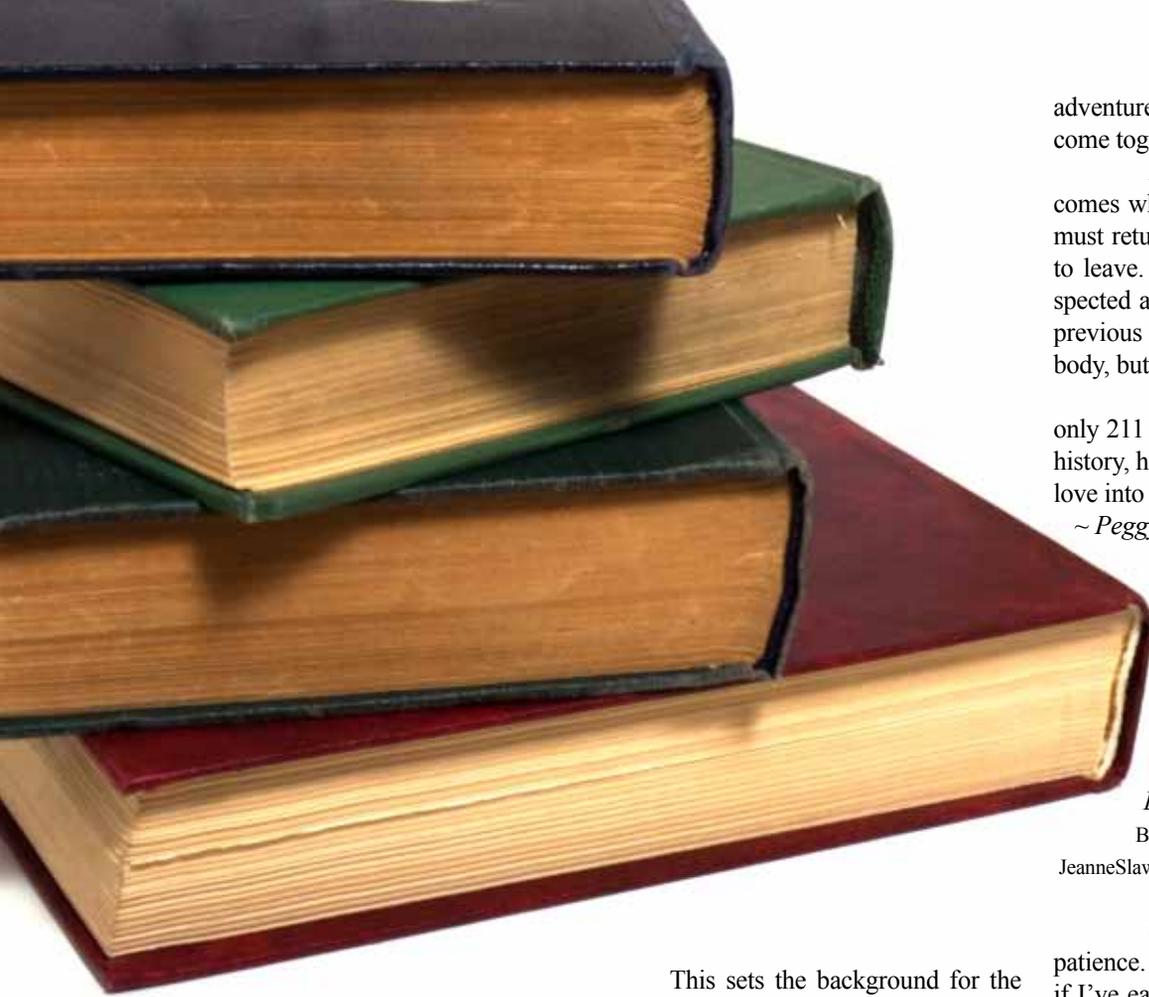
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IT'S POSSIBLE



Books: Old, New and Obscure

The Samurai's Garden

By Gail Tsukiyama St. Martin's Press, New York (1994)

The years before World War II are the setting for this unique story of a Chinese boy who is thrust into Japanese culture and life when China is being invaded by Japan in the late 1930s. The boy is sent to the small seaside town of Tamuri in Japan to recover from tuberculosis. In Tamuri he lives in the home originally owned by his grandfather and maintained for many years by Matsu, a Japanese caretaker who is also a master gardener. (Hence the book title.)

This sets the background for the novel, but it is the interaction of Stephen with three memorable Japanese, Matsu, Sachi and Kenzo, that fuels the plot and captures your attention.

Gail Tsukiyama has a fluid, clean and easy writing style that weaves these characters into an evolving story of relationships between two countries on the brink of war.

As Stephen recovers from his illness, he is introduced to a culture most of us know little about, a leper colony which is hidden away in the town of Yamaguchi to hide the shame, disfigurement and dishonor of the residents from their family and the world. Matsu, caretaker and gardener where Stephen is recovering, gradually introduces Stephen to Sachi, who is disfigured by leprosy and a resident in Yamaguchi. Several other characters make up subplots of this delightful tale, including Stephen's father, a proper businessman who has a mistress in Kobe, the headquarters of his import business. There is also a young Japanese girl in the town of Tamuri who is woven into the story. Her very strict and Chinese-hating father makes the young peoples' relationship difficult. If this sounds complicated, the author manages to maneuver through all these subplots and

adventures in a way that makes everything come together.

As you can imagine, the time comes when Stephen's parents tell him he must return to Hong Kong. He is reluctant to leave. But in his culture, elders are respected and obeyed. He must return to his previous life, healthier in both mind and body, but sad in spirit.

This is a relatively short book, only 211 pages, but it packs a great deal of history, human relationships, heartache and love into these pages.

~ Peggy Kiefer



Down to 'Derry': Coming of Age in Vermont

By Jeanne Heffron Slawson

Booklocker Publishing (2013) or

JeanneSlawson@gmail.com

Childhood memoirs can try my patience. Some are so sentimental I feel as if I've eaten too many sweets; some leave me with a surfeit of misery. This memoir is refreshingly different. Told with candor, humor and poignancy, the numerous short pieces tell of both good times and bad in the author's formative years. I found myself entranced, astonished, laughing out loud, even close to tears.

Slawson sets the stage with her parents' history together and how they came to relocate to Vermont. Then she introduces us to the village and some of its memorable characters, a three-room schoolhouse with a shocking tradition and the joys and realities of farm life. Reading of her adventures and mishaps made my hair stand on end.

Outlook's Bits & Bytes

If you're interested in becoming a volunteer in a research study such as a current one on aging or depression, weight or arthritis, log onto www.hopkinsbayview.org/studies/ Compensation is included in some of the studies.

Jeanne's telling of becoming closer to her father and the pain of her uneasy status with her mother are touching. The book abounds with humorous incidents, as well as a moving account of the author's introduction to tragedy.

The clean, crisp writing tells each story with emotion and economy, sparing the reader run-ons and asides. Whether you are from Vermont or have never visited the Green Mountains, you will be charmed by this book. It's a small gem.

~ Shelley Row



The Mighty Queens of Freeville: a Story of Surprising Second Chances

By Amy Dickinson Hyperion (2010)

In this delightful little book, syndicated advice columnist Amy Dickinson ("Ask Amy") departs from her popular and snappy answers seen by an estimated 22 million readers in more than 150 newspapers to try her hand at the ever-more-popular memoir. In a phrase: She succeeds.

Highly readable, entertaining, and in turn, poignant and humorous, Dickinson relates the story of her life thus far. It began on a dairy farm in a small upstate New York town, population 540. In order to arrive at her current and not-so-sudden success, with some dubbing her "the next Ann Landers," she left home. She loved, lost, learned and, in her words, managed to "Fail Upwards," the title of one chapter. Self-effacing and wry, her motto, "I make the mistakes so you don't have to," and her trademark small-town values, have endeared her to readers everywhere. This memoir showcases her talent as a writer on a different stage and will garner her more fans.

The Mighty Queens of Freeville reads like a cozy chat between fast friends. It ranks somewhere between a well-written thank-you note and a love letter to the women in her family. Dickinson credits these women, *The Mighty Queens*, for imparting to her the strength, wisdom and courage to prevail when times become tough. And the author's times do get difficult when her husband leaves her and she becomes a single mother to her young daughter. Searching for direction in her life, she stumbles, falls,

gets back up with help from those strong matriarchs and in time, she finds that the direction she yearns for is always toward home. This uplifting memoir will make you homesick for those strong women in your life who have helped you along the way and for that place where you can put your burdens down for a time and be encircled in arms of love and acceptance.

Available in paperback or e-book, you can find it at your favorite bookstore, online or through your library. For further information, listen to an audio recording of Dickinson speaking about her book at the Chautauqua Institution: http://fora.tv/2011/07/28/Amy_Dickinson_The_Mighty_Queens_of_Freeville

~ Victoria Duncan



This is London

By Miroslav Sasek. Universe (2004)

This is a book for children about the city of London. There are no photographs, but wonderful, engaging drawings of life in London. It is amazing how a children's book can open up a whole world. Yes, the world of London, but also a whole new adventure for grandchildren and grandparents.

This is London was recommended to us (the grandparents) by a friend. We With one set of grandkids who live in London, and another who live in Des Moines, we thought this would be a great gift for our the Iowa family so they could picture their cousins' lives in London.

Grandma had a brilliant idea when she realized that the two stateside granddaughters had late March birthdays, about the time of Spring break. Their birthday present was a trip to London to spend a week with their cousins.

It was amazing how much the Iowa kids learned from this book. They could not wait to see Big Ben, St. Paul's Cathedral, Buckingham Palace, the Underground, the tall rounded police hats, the double-decker buses and so much more. This book made them excited about London before they arrived, and motivated them to experience it with their cousins.

Sasek has written many of these books for children. He has a "This is ..." book about New York, San Francisco, Paris, Texas, Washington, DC, Edinburgh, Hong Kong, Venice and Munich. Yes, there is one about the moon, but you might want to pass on that one if you are thinking of a trip for the grandchildren.

~ Betty and Mike Creighton



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All proceeds benefit the non-profit Hammond-Harwood House,
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South Mountain Inn

By Ellen Moyer

If buildings could talk, the Old South Mountain Inn on the Old National Trail in Washington County would have many stories to tell. The inn was built in 1732 to provide respite for travelers heading west. The inn's history also includes the story of one road variously called Turners Gap, Braddock's Heights, Clays Highway, the Old National Trail and Alternate U.S. 40. It is a road that runs between the valley towns of Frederick and Boonsboro, the latter of which was named after the Boone brothers, cousins of Daniel. On its way it crosses South Mountain, a 3,000-foot ridge that rises above the Potomac River, a real challenge to people on horse or wagon moving west.

Today we hop in a car and if we choose, we can drive 3,000 miles from the Atlantic Coast to the Pacific on four-lane connected highways and think nothing of it. Four hundred years ago, short distant travel, never mind a long distance, was not so easy. Rivers, the super highways for a new nation, had their limits. Eventually the traveler would encounter forests and mountains.

In 1666, 32 years after Maryland's first settlement, lawmakers required counties to create roads passable for horses or on foot. It is little wonder that the first roads were the paths worn by decades of travel by Native Americans. Forty year later, the Maryland General Assembly ordered the counties to clear the paths to 20 feet to accommodate coaches and wagons. Fines were imposed for inaction.

In 1732, Arthur Nelson, in anticipation of the improved road, purchased 575 acres on top of South Mountain and built an inn to accommodate travelers moving westward. Evidently, there were few travelers. His investment was later called "Nelsons Folly." Nelson, a man ahead of his time, sold his inn in 1750 to Robert Turner who gave his name forever to Turners Gap. A young George Washington and General Braddock and his army passed through the gap on the way to oust the French from Fort

Duquesne on the Ohio River in a Battle of the French-Indian War that claimed Braddock's life.

By 1769, the restless Turner was moving on. Jacob Young, an inn keeper, acquired the property on a now-heavily traveled road. The Mountain Inn became the popular stagecoach stop and wagon stand for overnight lodging with feed for livestock and horses. During the War for Independence, Colonial soldiers probably frequented the inn. Daniel Webster and Henry Clay, the latter of whom was called the Father of the National Road, were among the leaders of the new nation who considered the Mountain Inn a favorite rest stop. By 1806, when President Thomas Jefferson signed legislation authorizing the first interstate highway, the National Road from Cumberland, Md., to the Ohio River, the road over South Mountain was an old road leading the way West. Rutted by the heavy wheels of Conestoga wagons, paving would not begin until late in the 1800s.

On July 4, 1827, 500 citizens from Boonsboro came to the mountain across from the inn to build, rock by rock, a monument to George Washington. The first Washington Monument, which was completed in 1829, was a 30-foot tower which would become a state park and a national historic site. On this joyful occasion, few would envision the tumult that would visit Turners Gap and the Mountain Inn a generation later.

Supporters of John Brown captured the inn for a fortnight as a staging area for the raid on Harpers Ferry. Three years later, in a turn of events, the Confederate army under General Hill occupied the inn as part of Generals Lee's effort to capture the Turners Gap and secure Maryland for the South. After the bitter South Mountain Battle and losses of 2,500 lives on both sides, the outnumbered General Hill led his men in the early hours of Sept. 15, 1862, in a retreat to Sharpsburg. An artist's rendering depicts General McClellan on his horse "Daniel Webster" in front of the inn, which was now the headquarters for the

Union army of 28,000 strong. The Battle of South Mountain set the stage for the Battle of Antietam. The Mountain Inn provided hospital sanctuary for the wounded of both sides in this Civil War conflict.

The rise of railroads diminished the importance of the National Road until the automobile claimed the highways. But for 50 years after 1876, the inn ceased being a tavern. Purchased by the wealthy widow of Adm. John Dahlgren, who gave his name to a hall at the United States Naval Academy and whose great-great grandson would become the harbormaster for the City of Annapolis, the inn became a private residence. Madeline Dahlgren restored the old inn, spent her last years meditating on her Catholicism, and built a stone chapel across the street. The Dahlgren Chapel is open today for private ceremonies.

In 1925, the Old South Mountain Inn became a tavern again. It has been extending hospitality and good food to the public ever since. Visit and listen to the stories of the past. You'll see the weary pioneers trekking over the mountain from Frederick on a narrow foot path, see the parking lot crowded with wagons and snorting horses and livestock, the armies marching and the firing of guns, and citizens honoring George Washington, our first president. While there enjoy the food and drink prepared by executive chef Chad Dorsey who along with his wife Lisa, currently own the 281 year old inn.

Outlook's Bits & Bytes

You've tried all the well-known sites for travel bargains, now try www.TravelZoo.com for even more.

Infinity Theatre Returns for a Summer in Annapolis

Once again this year, the Infinity Theatre Company brings to Annapolis New York City theater that inspires its artists and audiences. Infinity promotes the recognition of fully-produced professional theater as one of Annapolis's distinctions, along with sailing on the Bay, eating crabs, viewing authentic history and experiencing the Naval Academy.

Infinity enjoyed a successful 2012 season in Annapolis with honors for production of "Dames at Sea" including best musical and best choreography from DC Metro Theatre Arts. The Maryland Theatre Guide also awarded Megan Kelley with the best performance in a musical by a leading actress.

Currently in New York, Infinity Theatre Company is producing the Broad-

way revival of "Pippin," combining Bob Fosse choreography and Cirque Du Soleil with a fabulous score by Stephen Schwartz of "Wicked" fame. In Annapolis, Infinity is experiencing overwhelming demand for tickets to "Always ... Patsy Cline" which is opening on June 8. The show is based on the true story of one wild night in Houston in 1961, when single mom Louise Seger became fast friends with her idol, Patsy Cline. Louise recreates her evening with Patsy, as well as many of the singer's beloved performances in this touching, down-home country musical comedy. "Always ... Patsy Cline," is slated to also open on Broadway for the first time later this Summer.

The second production, "She Loves Me," opens on July 12 in Annapo-

lis, is the quintessential romantic musical comedy about the love affair of Georg and Amalia in 1930s Budapest. The score was written by the composers of the Broadway classic "Fiddler on the Roof," and the script by the author of "Cabaret." It is the fifth adaptation of the play "Parfumerie," by Miklos Laszlo, including the 1940 Jimmy Stewart movie "The Shop Around the Corner" and the 1998 Tom Hanks and Meg Ryan film "You've Got Mail."

Ticket buyers enjoy the most savings by purchasing both shows at the same time. (30 percent off until Apr 30, and 25 percent off until May 31.) For more information visit www.InfinityTheatreCompany.com or call 877.501.8499.



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Low-Maintenance Landscaping

By Neil Moran

These days everyone wants low-maintenance this and low-maintenance that. And why not? We don't want to spend all our time taking care of stuff, we just want to enjoy it. I think this is particularly true of homeowners when it comes to planting flowers in a flower bed or trees and shrubs in a landscape. Unfortunately, there is no such thing as a no-maintenance landscape or flower bed anymore, just as there isn't a no-maintenance automobile.

But we can make it so our gardens and landscapes require the least amount of upkeep as possible. Try the steps below to create a "lower" maintenance landscape.

Plant Selection

Plant selection is of utmost importance in creating a low-maintenance landscape. It can be hard to visualize what a plant will look like two, three and especially five or more years down the road. Plants have the potential to grow too large for a location, spread into the lawn, be munched by deer or simply die out, resulting in a lot of unnecessary time spent weeding, pruning and digging.

Study the books to find the right plant for the specific location. Pay particular attention to potential height and width, water requirements, potential to spread (become invasive) and how susceptible they are to deer and other critters.

It is also helpful to choose plants that are largely used in your region. If the landscapers are using and selling them in their retail garden centers, then they are

probably suitable for your climate and heat or hardiness zone. Native plants are a good selection for a low maintenance and sustainable landscape. Native plants generally adapt well to different soil types and conditions in their native habitat and thus require less water and virtually no fertilizer. Their deep roots can tap sufficient water and nutrients to sustain themselves.

Weed Control

When you think of low maintenance you probably think of not doing much weeding. Weed prevention is the key to ensure more time relaxing this Summer around the Bay Area and less time down on your hands and knees with the hot sun on your back.

For good weed control, make sure you properly work up the soil the best you can before planting. If you can, screen the



soil after you've gone through it with a tiller. This will remove most of the roots from perennial grasses and weeds.

Proper mulching is the key to good weed control. I don't recommend the use of landscape fabric to control weeds. Sure, it will prevent weeds for a couple of years, but eventually the weeds will come through (any landscaper will tell you this) and eight to 10 years down the road, you'll have quite a time trying to remove the plant roots from the fabric and the fabric from the soil.

Instead, apply a thick layer of mulch or a combination of mulch and cardboard or newspaper. Both methods have worked well for me. For one home

I landscaped last Summer, I laid down a thick (three to four inches) layer of wood chips then applied two to three inches of decorative mulch over top. Or, you can substitute the wood chips for cardboard or newspaper. Lay down cardboard or four to five layers of newspapers and then apply a thick layer of decorative wood chips over top. As an added bonus, this material is all biodegradable, adding rich organic material back into the soil. Landscape fabric doesn't provide this bonus.

Watering is another chore we have to contend with over the Summer. By adding a thick layer of mulch around our plants we've got the problem half way licked. We can make the task of watering convenient

by having drip irrigation installed or using an inexpensive soaker hose. Set the irrigation system or soaker hose on a timer and apply about an inch of water per week.

Feeding plants is a good thing, but over-feeding can cause a lot of unruly foliage to develop that will require extra pruning. So feed your plants modestly or rely on an organic fertilizer. I like to apply a slow-release fertilizer at the beginning of the year for all of my ornamental plants. This ensures healthy "vitamins" for the plants throughout the season.

Follow these steps and you'll truly enjoy your creation and still have time to pursue other Summer pastimes around the Bay Area.

DEER-RESISTANT PERENNIALS

When it comes to the perennial garden, many plants are deer-resistant. Bear in mind I said "deer resistant," this doesn't mean deer-proof and a hungry deer may eat the handle off your hoe!

Yarrow, (*Achillia*)
 Dusty Miller (*Artemisia*)
 Milkweed and butterfly weed (*Asclepias*)
 Asters
 Astilbes
 Lily of the Valley (*Convallaria*)
 Crocosmia
 Clematis
 Coreopsis
 Delphinium
 Dianthus, pinks and carnations
 Bleeding heart (*Dicentra*)
 Coneflower (*Echinacea*)
 Dicentra (*Bleeding Heart*)
 Coral Bells (*Heuchera*)
 Crane's Bill (*Geranium*)
 Most ornamental grasses
 Shasta daisy, (*Leucanthemum*)
 Lavender
 Liatris
 Ligularia
 Lupine
 Bee balm, (*Monarda*)
 Peonies (*Paeonia*)
 Potentilla
 Black-eyed Susan (*Rudbeckia*)
 Scabiosa
 Sage (*Salvia*)
 Stonecrop (*Sedum*)
 Spiderwort (*Tradescantia*)

WATER-CONSERVING PLANTS

Anemone (*Anemone*)
 Basket of Gold (*Aurinia*)
 Blanket flower (*Gaillardia*)
 Boltonia (*Boltonia*)
 Butterfly weed (*Asclepias*)
 Coreopsis (*Coreopsis*)
 Daylily (*Hemerocallis*)
 Euphorbia (*Euphorbia*)
 False Indigo (*Baptisia*)
 Geraniums (*Pelargonium*)
 Globe thistle (*Echinops*)
 Hardy geranium (*Geranium*)
 Lady's mantle (*Alchemilla*)
 Lamb's ear (*Stachys*)
 Mallow (*Malva*)
 Penstemon (*Penstemon*)
 Pinks (*Dianthus*)
 Purple coneflower (*Echinacea*)
 Sea holly (*Eryngium*)
 Thrift (*Armeria*)
 Thyme (*Thymus*)
 Yarrow (*Achillea*)

COMPACT PLANTS FOR THE LANDSCAPE

Scent and Sensibility Pink Lilac, (*Syringa* x 'SMSXPM')
 Buzz Megenta Buddleia (*Buddleia* sp.)
 Compact American Viburnum (*Viburnum trilobum* 'Compactum')
 Spirea species
 Miss Kim Lilac (*Syringa patula*)
 'Miss Kim' James McFarland Lilac (*Syringa* x *prestoniae*)
 'James Macfarlane.'
 Pumila Dwarf Spruce (*Picea abies* 'Pumila')
 Procumbens Nana Juniper (*Juniperus procumbens* 'Nana')
 Endless Summer Hydrangea (*Hydrangea macrophylla* 'Bailmer')
 Densiformis Yew (*Taxus x media* 'Densiformis')



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Bay Health

GO PRO!

Probiotics, That is

By Melissa Conroy

Your body, at this very moment, is home to about three to five pounds of bacteria, enough to fill a very large soup can. The 2011 Belly Button Biodiversity study found that 95 participants were carrying roughly 1,400 different strands of bacteria in their navels alone, and this isn't counting the trillions of other bacteria cells in the rest of the human body. You have roughly 10 bacteria cells for every one human cell, and approximately half of the waste you excrete every day is made up of microbial biomass.

While these little tidbits of information may send you racing for the disinfectant spray, much of the bacteria inside your body is there for your well-being: digesting your food, regulating immune cells to better fight off infection, synthesizing vitamins. You as a physical creature are jam-packed with trillions of good bacteria (often called microflora) that work in conjunction with other processes in your body to keep you healthy and functional. On average, you have about 500 species of good bacteria in your system such as lactobacillus, which helps you better digest dairy foods, and bifidobacterium, which can sooth irritable bowel syndrome.

Sadly, many aspects of modern life can easily disrupt the flora balance of your body and diminish good bacteria in your system. Prescriptions such as antibiotics and birth control pills can damage good bacteria in your gut, as can eating too much sugar or highly-processed foods. If you suffer from stomach ailments such as heartburn, indigestion, excess gas and general digestive problems, the root issue may very well be lack of good bac-

teria in your gut. Furthermore, some medical experts claim that maladies such as obesity, allergies, migraines and behavior disorders can be traced to bacteria imbalance. The bugs in our bodies, particularly our guts, play a tremendous role in our overall well-being, and if they are not in proper balance, a number of problems can manifest.

We like to think that our brains run our bodies, but interestingly enough, there are a huge amount of parallels between our brains and our guts. Your gut is guided by the "enteric nervous system" which is very much like the brain: It responds to emotions, sends and receives impulses and registers experiences. The enteric nervous system is powered by 100 million neurons: more than the spinal system holds. We talk about "gut instinct" for good reason; the "second brain" in our stomach plays a huge role in our emotions and overall health. Since our digestive systems are literally flooded with bacteria, disruptions in our natural gut flora can create a host of problems, from ulcers to allergies. If you have health problems, the root problem may very well be in your gut.

As a result, many people add probiotics to their daily health regime. Probiotics are microflora that encour-

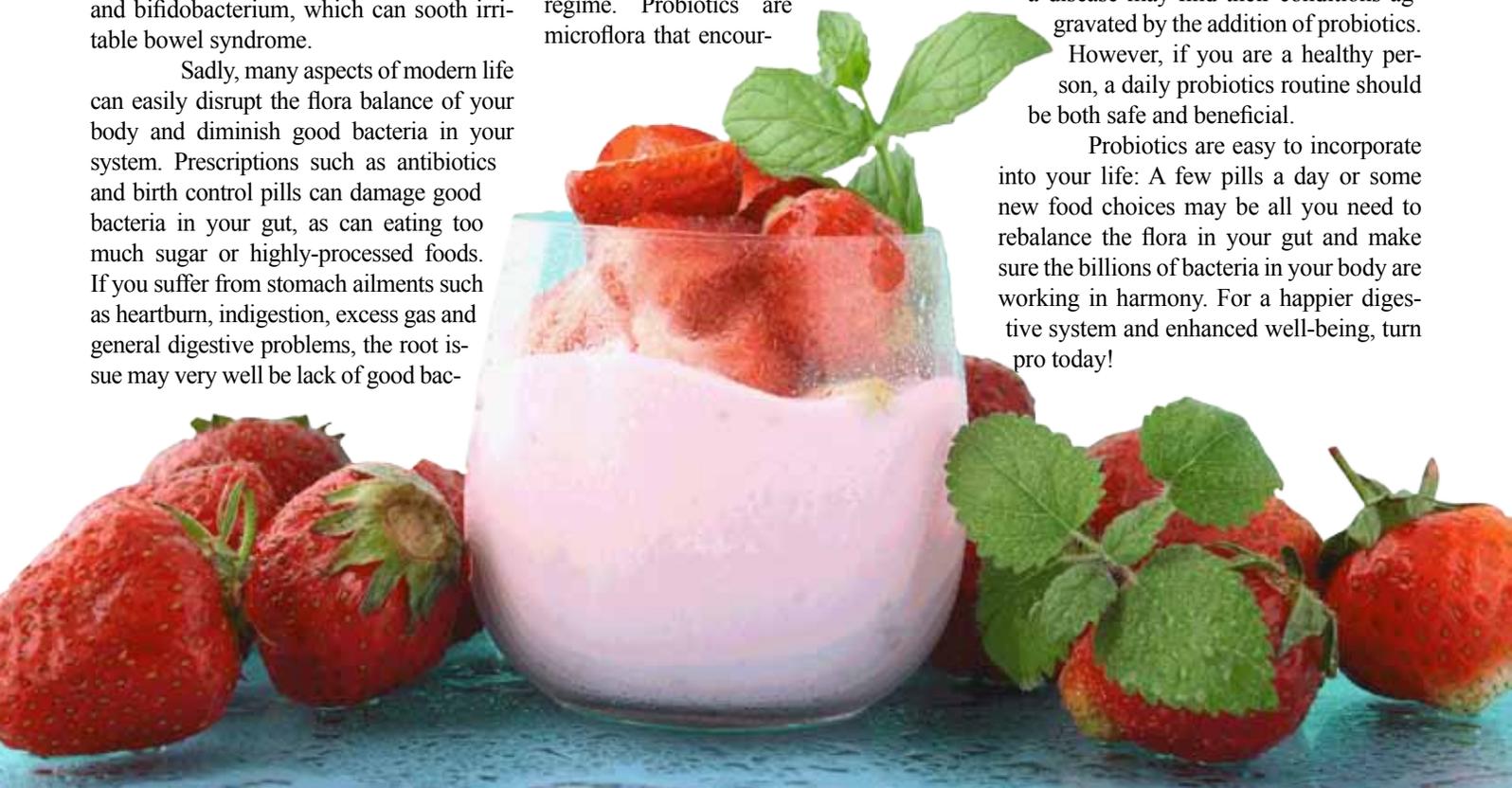
age bacteria creation and the proliferation of good bacteria, particularly in your gut. Probiotics can be taken in capsule form, and a typical probiotic capsule generally contains several million active cultures of different beneficial bacteria. You can easily find probiotics capsules at pharmacies and health food stores or order them online. However, you don't need a pill to take probiotics: Beneficial bacteria exists in many foods such as live-cultured yogurt, kefir (goat milk and fermented kefir grains), kimchi, tempeh, pickles and miso soup. Just by adding these foods to your diet, you can naturally increase the number of good bacteria in your system.

Adding probiotics to your life can bring a number of benefits, one of the first being a healthy, trouble-free digestive system. Discussions about probiotics generally focus on digestive problems. However, there are a number of other ailments that probiotics are thought to alleviate. Those with celiac disease or other food allergies may find that probiotics help reduce their sensitivity to certain foods and aid digestion. There is even some evidence that probiotics can help fight cancer. *Streptococcus thermophilus* and *Lactobacillus bulgaricus* may help slow or halt the cellular mutation that create colon cancer, and *Lactobacillus helveticus* R389 may help prevent breast cancer.

As with anything, it is important to check with your doctor before starting on a probiotics routine. People with repressed immune systems or those being treated for a disease may find their conditions aggravated by the addition of probiotics.

However, if you are a healthy person, a daily probiotics routine should be both safe and beneficial.

Probiotics are easy to incorporate into your life: A few pills a day or some new food choices may be all you need to rebalance the flora in your gut and make sure the billions of bacteria in your body are working in harmony. For a happier digestive system and enhanced well-being, turn pro today!



Try This Collection to Simplify Your Life

By Susie Hill

In these days of electronic wizardry, there are so few things that really let people know we are thinking of them. Instead of sending a quick text in which we abbreviate one of the most important words, YOU, a handwritten note still says it best. In times of celebration or tragedy, having the appropriate stationery on hand is an easy way to put your thoughts and sentiments into writing while your feelings are still fresh and heartfelt.

Building your personal stationery collection is more important than ever, especially when the written word might be one of the only personal connections we truly have with one another. Many personal stationery collections are a work in progress and they can take years to build. Once you begin to accumulate the essentials, however, you will find it both convenient and easier to be able to pull out the appropriate note card, rather than searching through endless card racks to find just the right one.

Set aside a drawer, a box or a file folder for your personal correspondence and begin building your collection.

Just like any basic wardrobe, the following pieces are essential:

- A favorite **pen** that you enjoy writing with and is used just for your handwritten correspondence.
- An **address book** that is easy to navigate and easy to read. If your handwriting is challenging to read, consider typing the addresses and printing them or storing in your computer.
- A folded **monogram note card** that reflects your style so the recipient knows it's from you before even reading.
- Half-sheets of **personalized notepaper** and matching envelopes for longer letters.
- **Personalized return address** stamper or address labels that reflect your personal style.
- A **perpetual calendar** with family and friends birthdays. (Keep a stash of birthday cards tucked inside each month.)
- A great selection of **postage stamp** designs that help add your personal touch to any letter can be found at www.usps.com

- An assortment of **greeting cards** specifically birthday, graduation, retirement, sympathy and get well.
- There is also the option to **create your own cards** with any message that you'd like. Have them printed locally.
- **Calling cards** with your personal contact information.
- Folded **gift tags** that can quickly put the finishing touch on any gift or bottle of wine.
- **Personalized notepads** for those quick notes that you may write to people you are regularly in touch with like the dog walker.

Having the right tools on hand will eliminate the distraction of trying to find the right piece of stationery and it allows you to focus on writing a heartfelt sentiment that is often treasured. Your readily available collection will be one more step toward simplifying your life.

Susie can be reached at Paper in the Park at www.mypaperinthepark.com or 410.544.8830.

Salsa That Anyone Would Like

By Katrina Marino

This is a tasty and almost nutritious snack for a warm afternoon with a cup of iced tea or before or after a casual dinner. It's fun to dip in with the tasty homemade "chips." Be sure to make enough, it's addictive.

Combine available fruits such as chopped apples, blueberries, halved or quartered grapes, peeled and chopped kiwi, peeled and seeded oranges and strawberries cut small.

Fruits should be in small pieces to fit on the cinnamon chips (below).

Combine and gently mix with fruit:

- 1 orange, zest and juice
- 2 Tbs. brown sugar (packed)
- 2 Tbs. apple jelly

Tortilla chips

Dampen three to four tortillas with water. Cut into small triangles with scissors. Sprinkle with cinnamon and sugar. Bake in 350-degree oven until crunchy.

Serve in a bowl with the fruit salsa on the side.

Outlook's Bits & Bytes

It's easy to make your own all-natural fruit and veggie wash to eliminate pesticides and germs. Visit www.wikihow.com/Make-an-Organic-Fruit-and-Vegetable-Wash.

Good Old Days Gone By

By Ellen Moyer

“Dearie, do you remember when we waltzed to the Sousa band, my wasn’t the music grand?”

This opening line of the 1950s pop song “Dearie” was made popular by Ethel Merman and Jo Stafford and Bing Crosby himself. It concluded that “life was cheery in the good old days gone by” and by the way if you remember, “Well dearie you’re much older than I.”

It is doubtful anyone today remembers dancing to the Sousa band, which quit playing in 1932 when John Philip Sousa died. Sousa is best known for military and patriotic marches. The Army and the Marine Corps boast official marches by Sousa. So does the nation with “Stars and Stripes Forever.” The Naval Academy Class of 1920 commissioned Sousa for “Who is Who in the Navy.” But for 40 years and 15,623 concerts the Sousa band was America’s most popular. A man of many talents, Sousa is credited as the father of organized trapshooting in the US. He is in the Trapshooting Hall of Fame. He claimed hearing *pull* was the best music to his ears. Who knew? Or parenthetically, who really cares?

Today musicians still play and sing “My Blue Heaven,” a song written in 1924 that sold over five million copies, the largest ever for a single recording until Bing’s “White Christmas.” It was recorded by a pickup orchestra accompanying singer Gene Austin, who was considered the first of the “crooners.” He was a very popular singer in the ‘20s and ‘30s, second only to Al Jolson. We remember Al Jolson. Why not Gene Austin? In 1919, Austin settled in Baltimore and registered in the University of Maryland Dental School and the School of Law. He had a band here. The life of Vaudeville captured him; the University of Maryland and Baltimore did not. In association with now-forgotten songwriters of the day such as Ray Henderson and Mort Dixon, Austin sold more than

80 million recordings with RCA. Austin popularized songs like “When My Sugar Walks Down the Street” and “Bye Bye Blackbird,” which were number one on the charts in 1926. John Coltraine was awarded a Grammy for best jazz solo performance with “Blackbird” in 1982. Paul McCartney recorded it again in 2012. Austin’s 1926 recording was inducted into the Grammy Hall of Fame in 2005.

“Chattanooga Choo Choo” was the first gold record ever, written by Hall of Fame songwriter Harry Warren. His songs were nominated 11 times at the Academy Awards. He won three for: “Lullaby of Broadway,” “You’ll Never Know” and “On the Atchison, Topeka and the Santa Fe.” He wrote the music for “42nd Street” and for popular songs like “Jeepers Creepers,” “We’re in the Money,” “I have a Gal in Kalamazoo” and over 800 more. He had more songs on the hit parade than Irving Berlin. But Berlin is more remembered.

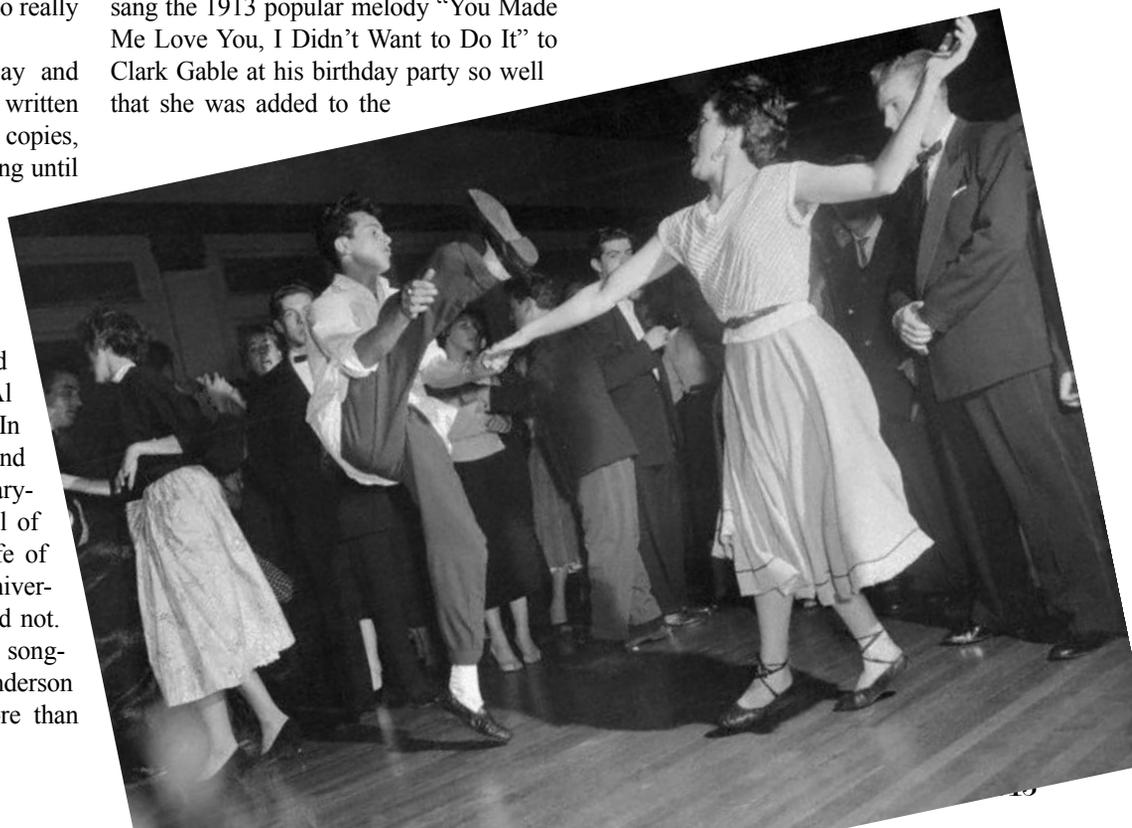
Remember when Kate Smith sang “When the Moon Comes Over the Mountain”? Or when the Gumm sisters played Vaudeville? Judy Garland was the youngest of the Gumm sisters. As a teenager she sang the 1913 popular melody “You Made Me Love You, I Didn’t Want to Do It” to Clark Gable at his birthday party so well that she was added to the

film “Broadway Melody” of 1938. It has been recorded by many for more than 100 years.

How about “Somewhere Over the Rainbow”? It was the number one song of the century and was Garland’s signature song. Do you remember who wrote it? She was 16 years old when she was filmed in “The Wizard of Oz” and at age 39 Garland was the youngest recipient of the Cecil B. DeMille Award for Lifetime Achievement in the motion picture industry. The American Film Institute has placed her among the top 10 female stars in American cinema, although Garland herself always questioned her talent. “A Star is Born,” “Meet Me in St. Louis” and “The Wizard of Oz” can still be seen on television.

We may not have seen the original, and Garland has been dead for over 50 years, but dearie, my grandkids and I remember when Dorothy and Toto and the Tin Man and Scarecrow and Lion sang “Ding Dong the Wicked Witch is Dead.” Such is the power of the movies.

**Answer: Music was by Harold Arlen and lyrics by E.Y. Harburg.*



Deep Creek Lake

A Springtime Adventure



By *Al Northrop*

There's more to enjoying the water in our area than just the Chesapeake Bay or ocean beaches. For those willing to travel a little farther or who may be looking for a great weekend trip, consider Deep Creek Lake. Covering almost 40,000 acres, this man-made lake is the largest inland body of water in the state.

Deep Creek Lake is in Garrett County at the far western side of Maryland. It is easily accessible by taking I-68 off of I-70 or, as I like to do time permitting, try Route 50 out of Winchester, Va. It's a beautiful drive.

Whether you like to ski, golf, take a white water raft trip or just relax, you'll find it all at Deep Creek. It is a year-round destination. For Winter sports, Wisp is an unpretentious ski resort with terrain for all skill levels. For your Spring and Summer enjoyment, the Golf Club at Wisp is right next door (www.WispResort.com).

White water rafting www.riverfacts.com/rivers/11529.html is an easy drive north on the Youghiogheny River. Be sure to stop by one of the western Pennsylvania wineries

on your way back from the "Yough."

It is a rare weekend when we don't make a stop in Garrett County's county seat, Oakland (www.oaklandmd.com). There are a number of older buildings there that have kept their charm but have been turned into antique shops - so take the pickup truck just in case. Yes, we've come back with a large chest of drawers too big for the car as well as a number of antique cut glass lamps all at "out of the way" prices.

Now I must admit that my wife and I have friends there so we have a welcome place to stay. However, there are many bed and breakfast options as well as private homes available to rent (www.DeepCreekInns.com). Another option popular with those in the know is the Lake Pointe Inn, which is right on the water.

Maybe you'll just want to relax or take scenic short driving trips out from the lake. At the north end is a scenic overlook at McHenry and at the south end is a scenic overlook at Altamont. If you're willing to go about 20 miles further south and are looking for even more elevation and maybe some hiking, Maryland's Backbone Moun-

For more information on Deep Creek Lake log onto the sites below:

www.DeepCreekVacations.com

www.VisitDeepCreek.com

www.DeepCreekLake.com

www.DeepCreekTimes.com

tain is the state's highest at 3,360 feet. You'll find it in the farthest southwest corner of the state.

And finally, who hasn't heard of Frank Lloyd Wright's "Fallingwaters" house? Just another short trip up into Pennsylvania.

So get out the map. Spring is here and it's a great time for a road trip. Take the four-hour ride out on Route 50 and save the Interstate for the easy three-hour trip home. It's the perfect time of year for a hike or to enjoy quiet, relaxed, unpretentious fishing and kayaking.

Al, along with his wife Karen, are frequent travelers who enjoy discovering both local and distant destinations. He can be reached at pa-gosacowboy@gmail.com

Get past what could have been and enjoy what today offers

of happiness and I still feel a bit down most of the time. Should I go off this drug?

I cannot advise you to start or stop a medication. That decision should only be made after an in-depth conversation with your physician. I do know that you should never discontinue an antidepressant abruptly or without consulting your doctor first. Please schedule that appointment as soon as possible.

However, let me correct a common misconception about antidepressants. Despite being referred to disparagingly as “happy pills,” these sophisticated and potent medications are not designed to make you feel *happy*. Rather, they should help to subtly lift the despair and other symptoms of depression, such as lethargy, lack of interest and energy, sadness, hopelessness, difficulty concentrating, anxiety and insomnia, to help you address the underlying issues contributing to your depression. These medications should allow you to find the energy to make changes in your life and attitudes, which will further reduce your symptoms. As these symptoms abate with the actions that you take, you will be more able to pursue the happiness that you long to feel.

Most of us know intuitively what we need to do to feel happier. Sometimes, we get stuck and need some help in the form of counseling or medication. If you are not seeing a therapist in conjunction with taking antidepressants, I encourage you to do that. I find that antidepressants work best in conjunction with good psychotherapy.

There are also various types of depression and certain medications that work better for different people. If you are not getting any help from your current drug, you might consider consulting a psychiatrist rather than a family doctor. The art of prescribing an antidepressant is a complex matter because different drugs affect different brain chemicals. The finesse to know which drug will best help certain symptoms may require more time and expertise than your family doctor has.

In any case, there is ample help available to address your symptoms and you need not suffer with low-grade depression. Don't delay, but rather be proactive in caring for your emotional health. Make those appointments now!

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



The Food Nazi

I am hosting an engagement picnic for my nephew and his intended. We've invited just about everyone: our extended family, the fiancée's family and members of the wedding party. The bride's family is a bit peculiar when it comes to food. Some are vegans and the sister of the bride is absolutely rigid. She refuses to eat in a home where "dead animals are cooked and served." And further, the mother of the bride is lactose-intolerant and adheres to a gluten-free diet. My family is made up of hearty meat-eaters and a picnic means grilled ribs, burgers and chicken. How am I going to handle this?

Good grief! Food Nazis are starting to be a real pain and seem to be everywhere these days. If someone is gracious enough to invite them to dinner, they should be gracious enough to enjoy whatever is served or to discreetly avoid those

dishes that don't fit into their diet. They should not announce their food preferences and force them on anyone else.

This also holds true for all of us when dining in restaurants with friends. Be brief about quizzing the waitress to within a hair of her life about the ingredients in any particular dish. If you are that food-sensitive, peruse the menu online or stop by the restaurant to get an advance copy. Call ahead with your questions and decide what fits into your diet rather than subject your fellow diners to a tedious litany of your food intolerances. Waiters are busy and your friends have joined you for a social occasion, not to witness the slow torture of a Food Inquisition.

In your case, plan your menu with options. Grill up those ribs, but offer hearty vegetarian pasta or bean salads as side dishes. Consider sending invitations for a potluck and ask everyone to bring a dish to share. As for the young woman who refuses to eat where meat is served, the bride should simply tell her that a variety of foods will be served, including animal protein. Let her make the decision to attend or to boycott the event. She is going to have a very limited social life until she learns that the only person she can control is herself.

Antidepressants are not "Happy Pills"

For all of my life, I've suffered from low-grade depression. I asked my doctor for an antidepressant prescription and have been taking it for about six months. There doesn't seem to be any difference in my level

SPRING ACROSTIC

A. Phone home	M. Glows
B. Rickshaw	N. Oaths
C. Off and on	O. Leatherly
D. Fretted	P. Fashion
E. Emphasis	Q. Britain
F. Shalom	R. Effeminate
G. Samurai	S. Nephew
H. Inject	T. Hombre
I. Ollcloth	U. Operetta
J. Needle	V. Ghoulish
K. Attempts	W. Asthma
L. Lawyer	X. Nastiest

PROFESSIONAL GOLFER: BEN HOGAN

Which member of the Professional Golf Association Hall of Fame walked away with three major championships all in the same year: The United States Open, The British Open, and The Masters Golf Tournament?

Boston Didn't Have the Only Tea Party

By Kathryn Marchi

Tea parties have been around Maryland for more than 300 years. In this case, the term does not refer to the modern-day tea party movement. It does refer to the Colonial response to new tax laws levied on the American colonies by the British in 1765. This was done without any dialogue with the Colonists, hence the term "taxation without representation." The taxation began after a war-weary and financially strapped Great Britain had fought the French and Indian War alongside the Colonists. When that war was over in 1763, Britain decided to pass additional tax laws on the Colonies to help defray the costs, hence the Stamp Act, which the British repealed when the Colonists refused to pay.

However, England later levied more taxes on the Colonies. In response to this, the Colonial businessmen decided not to buy any of English taxable goods. Instead they stored them for selling later. Because it did not change soon enough, they began sending the merchant ships back to England. This did alter the law somewhat, but the tax on tea remained in the form of the Tea Act of 1773. This allowed only one company, The British East India Company, to sell tea in the Colonies without paying tax. The colonists felt that this was one-sided and as unjust as the original taxes.

Tea was a very important commodity to the Colonials. It was a British tradition that came over with them. So when their tea was being taxed, it became a symbol of their opposition to unjust tax laws and lack of representation. Since women in the Colonies were the main tea drinkers and were deprived of the Indian and Chinese teas they had brought from England, they devised their own little protest. They drank apple cider or sweet buttermilk or herbal teas using mint or raspberry and mulberry leaves. Legend has it that some ladies in Boston had a "tea party" at which

they served water.

Throughout the Colonies, men began planning protests against the unfair taxation. The Sons of Liberty was formed in Boston and on Dec. 16, 1773, 130 Colonists boarded three ships in the harbor. It took three hours for them to dump 342 chests of tea in the water, which closed the harbor.

After this incident, the tea party concept came to Maryland. Chestertown, a thriving port and social center on the Eastern Shore, joined the protest.

In support of the Boston Tea Party, a group of town leaders in Chestertown met and put forth their grievances in a document known as the Chestertown Resolves. It said that even though they still considered the English King George III to be their sovereign, any taxes levied upon them without representation was unconstitutional. They further pledged not to purchase, sell or drink any tea that came from England. Local legend has it that during in the daylight hours of May 23, these patriots boarded the brigantine Geddes and threw its cargo of tea into the Chester River. (This was unlike their Boston counterparts who disguised themselves as American Indians and dumped their tea in the dead of night.) Since 1968 this event is reenacted and a festival held during Memorial Day weekend. Thousands gather for craft shows, food and a taste of history. This year the event will be held on May 24-26.

Five months later another protest was carried out in Annapolis. On Oct. 14, 1774, the brig Peggy Stewart arrived in the harbor. It contained cargo from England which included 53 indentured servants and 17 packages equaling a ton of tea. Since the tea had been listed on the customs declaration, a tax had to be paid on it before any of the other cargo could be off-loaded.

Some history of the event has it that Anthony Stewart, the owner, agreed to pay the tax on the tea because he wanted

the servants to disembark. If they had to return to England with the ship, their lives would be in peril due to rough Autumn seas. Because of this guarantee of payment they were sent ashore. A series of meetings was held and citizens became enraged over the tea tax payment and made threats against Stewart, his home and business. (It is said that no mention had been made to the public of the live cargo and his reason for payment of the tax). Therefore, Stewart offered to burn the ship and its contents. This was enough to satisfy the angry mobs and The Peggy Stewart and her cargo of tea were burned to the waterline. This is known as the Annapolis Tea Party.

There were more tea parties in the Colonies during this time and all of these acts of defiance sent a strong message of the Colonists' deep commitment to opposing the unfair taxes being levied on them. Eventually this dissension led to a deterioration of relations between the Colonies and England. This led to the Declaration of Independence and finally, the Revolutionary War.

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Stars of the Sea

By Henry S. Parker

Starfish are beautiful creatures. Pleasingly symmetrical, cloaked in a kaleidoscope of colors, they evoke the heavens more than the sea. But be aware, sea stars do have a dark side.

First, a little marine biology. Starfish comprise nearly 2,000 species. They inhabit virtually all of the world's seas from shallow coastal waters to deep ocean abysses, spanning the latitudes from the poles to the tropics. They range in size from one-half inch to three feet in diameter, and come in a rainbow of hues. All starfish share a few distinctive features. They are not fish. Rather, they belong to the *echinoderm* phylum, a group of marine animals characterized by spiny skin that includes sea urchins, sea cucumbers and sand dollars. Starfish are radially symmetrical and possess multiple arms (usually five) arrayed around a central disk. Their colorful upper surfaces are covered with sharp, protective spines. In the core of their softer underbodies a stomach is located between the mouth and the anus.

If you've never watched a starfish move, you've missed a treat. An ideal view is through the glass walls of an aquarium. As the animal moves up the glass you'll notice a narrow groove running lengthwise along the bottom of each arm. Peer closely: In the groove hundreds of small, waving, flexible structures are aligned in parallel rows from the central body to the tip of the arm. These structures – called tube feet – act like suction cups, fastening themselves to a surface to pull the animal along. Though starfish won't set any speed records, this efficient locomotion allows them to travel maybe a mile a week. Perhaps you've heard that a starfish can regenerate a lost limb. It's true. As long as a sea star retains at least a fifth of its body, it can regrow a damaged or severed arm.

Starfish prefer salty waters. Chesapeake Bay's abundant species, the Common Sea Star (*Asterias forbesi*), mainly inhabits the lower Bay where the salinity approaches that of the open ocean.

Starfish are very good at making babies. Spawning females release some two million eggs into the water. These are fertil-

ized by the male's sperm and soon become free-swimming larvae. It takes about three weeks for the larvae to settle out and grow into adults. And starfish can "see." In the upper end of each arm, eyespots allow sea stars to detect light.

Are you ready for the dark side? First up: starfish eating habits. Warning: Some scenes depicted here may not be suitable for all audiences. And you might not want to read this within an hour or so of mealtime. To truly appreciate the starfish dining experience, imagine that you are a Chesapeake Bay oyster. You're comfortably cemented to a subsea rock, going about your business of pumping the Bay's waters through your fine-meshed gills, filtering out juicy particles for lunch. You feel something draped over your shell (who says oysters can't feel?). The something turns out to be the spiny leg of a Common Sea Star. Soon the echinoderm has wrapped all five legs around you. Then you feel suction as the tiny tube feet fasten onto your two shells and initiate a powerful, synchronized pulling force. Inexorably, your shells are pulled apart.

Here's where it gets a bit gruesome. As your shells separate, the starfish extrudes its stomach through its mouth and slides it inside the shells, where it envelops your soft tissue. The stomach then secretes strong enzymes and the animal begins to digest you – outside of its own body. Yes, you're still alive. When you reach Slurpee consistency, the predator absorbs your liquefied remains. Speaking for myself, I'd rather be done in by a shark.

Starfish have another way to capture prey. On the animal's upper surface, mingled with the protective spines, are many small projections with pincers on their ends. These projections – called pedicellaria – will grasp any

small prey unlucky enough to come into contact and immobilize it until the starfish is ready to feed.

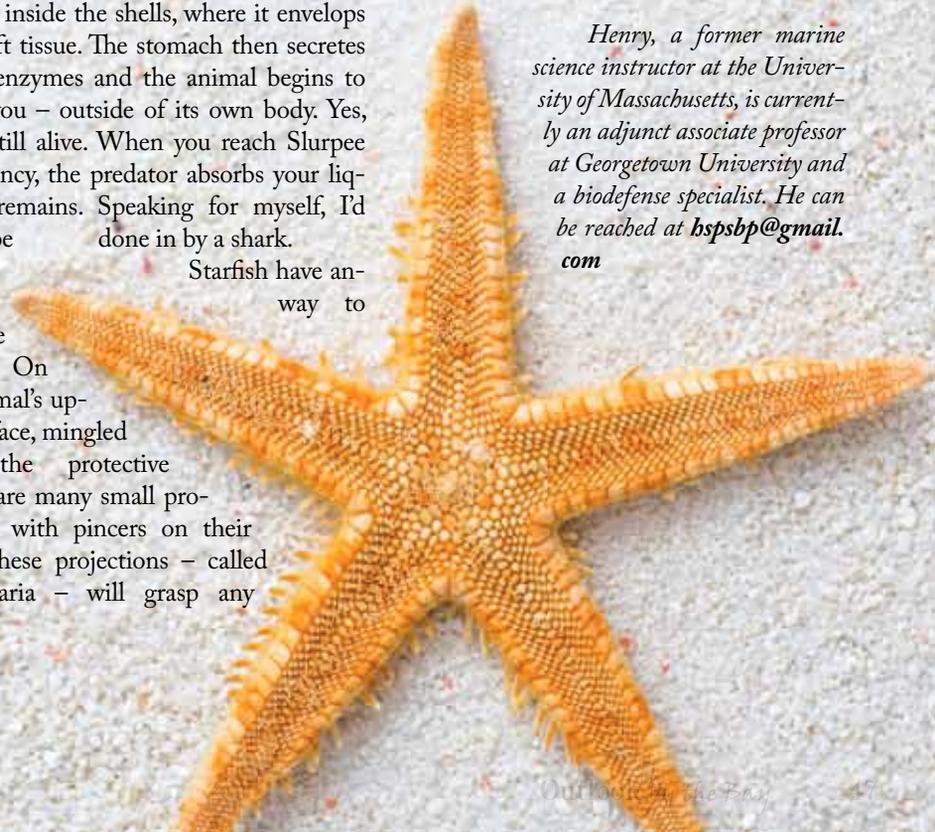
You can't fault a starfish for wanting to eat, or begrudge its superb, prey-harvesting adaptations. But starfish do invite criticism when they compete with humans for shellfish stocks. A single sea star can eat 50 clams in a week. Marauding starfish could quickly wipe out an oyster bed. Shellfish farmers control sea star populations by harvesting them with mop-like tools, grinding them up, and selling the product for animal feed or fertilizer. Question: Why not just chop up the starfish and dump the pieces back into the sea? Hint: See section on regeneration of starfish limbs.

Their depredations aside, starfish are critical components of marine ecosystems. In many marine communities they function as a "keystone species," helping to maintain the community's biodiversity by controlling the populations of shellfish that would otherwise dominate the community.

Want to know more about these impressive creatures? There are abundant resources on line. Here's a good start: www.chesapeakebay.net/fieldguide/critter/common_sea_star

And if you want to see sea star dining in action, try an online search for "You Tube videos: starfish feeding." An example: www.youtube.com/watch?v=2DFXGafpGkQ

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 hspsbp@gmail.com



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