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for the Bay Boomer and beyond...

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ON THE COVER:

Carolyn Collins, our Fall cover girl, is seen harvesting grapes at the Sugarloaf Mountain Vineyard, where she works part time. The past vice president of Hecht's, she was also busy as an entrepreneur, having started several businesses. She and her family, enjoy spending Summers along the Severn River. Along with Carolyn is Manolo Gomez, who originally hales from Peru. He has been working at the Sugarloaf Vineyard for the last nine years, becoming the Winemaker in 2012. Prior to arriving in the US he was part of the corporate world at a Peruvian brewery. He earned his bachelor's degree in business and marketing in Peru and his winemaking certificate at UC Davis.

Bay Bytes

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Bay View

OutLook

For the Bay Boomer and Beyond...

by the Bay

Publisher and Editor-in-Chief

Tecla Emerson Murphy
Editor@OutLookbytheBay.com

Managing Editor

Mick Rood
MickRood@aol.com

Operations Manager

Cynthia Rott
Cindy@OutLookbytheBay.com

Art Director

Emma Stultz
emma.stultz@outlook.com

Columnists

Dr. Jim David
James519@comcast.net

Victoria Duncan
Victoria2Write@aol.com

Jessica L. Estes
JEstes@ByrdandByrd.com

Ryan Helfenbein
Ryan@LastingTributesFuneralCare.com

Mac Millhone
MacMillhone@me.com

Henry S. Parker
HspSbp@gmail.com

Dr. Passaro and Wooddell
www.WPDentalGroup.com

Contributing Writers

Joanne R. Alloway
JRVWrite@aol.com

Joan Amundsen
JAmun@comcast.net

Melissa Conroy
o4aMuseofFire@yahoo.com

Peggy Kiefer
KinseyKiefer@aol.com

Patricia Kuhn-Beaver
PatriciaBe@live.com

Leah Lancione
LeahLancione@gmail.com

Nancy Lincoln-Reynolds
NReynolds@woodschurch.org

Tom Lloyd
ChipShot410@yahoo.com

Neil Moran
NRMoran188@gmail.com

Ellen Moyer
EllenMoyer@yahoo.com

Louise Whiteside
LouiseMW@wispertel.net

Account Representatives

Mary Kramer, Eastern Shore
ESSDO9@gmail.com

Chris Rott
OutLookbytheBay@aol.com
410.849.3000

Circulation

Jack Hovey
OutLookbytheBay@aol.com

Photographer

R.C. Murphy
OutLookbytheBay@aol.com

Subscriptions

S. Hill
OutLookbytheBay@aol.com
\$24.95 per year (bimonthly - 6 issues)

Contact

OutLook by the Bay
210 Legion Ave. #6805
Annapolis, MD 21401
410.849.3000

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FROM THE DESK

Typically, most of us think of Spring as the time of new beginnings, but interestingly, our upbringing and past life more often than not actually make Fall the time of new beginnings.

Remember way back when? We started the new school year with our new pair of oxfords and newly purchased Sears and Roebuck clothing. Many of us may have been as young as four and then some of us continued our school years into our early 20s. Then we started having kids of our own and it began all over again

September: new school year, new friends, sometimes a new location or new job and often new responsibilities after the lazy hazy days of Summer. It also seems that much of the more organized side of our lives starts up again in the early days of Fall. The groups, the clubs, the classes, most wait 'til after Labor Day to resume after having curtailed activities during the Summer months. Our brains, it seems, have been programed since early on to make fresh starts in the early days of autumn.

September, although it is often approached with trepidation of the unknown, has historically presented an adventure and a new beginning. And here we are again. And what a great time in our lives to try something new and different as the cooler days chase us back inside.

Is there something you've always wanted to do? Learning how to play the guitar, taking a course in primitive art, learning a new language, getting back on a college campus (see page 24) or joining a group of like-minded people in whatever peaks your interest at the moment. There's certainly enough out there to satisfy any curious mind.

There's still so much to do and to see and to discover and you get the sense that the older we get the more there is that we want to explore. Things that we didn't have time for in our younger days -- stuff that's on our bucket list. And could there be a better time to begin? The casual days of Summer are behind us so it's a perfect time to re-energize and find something new. With our vast experience, we're much more discerning now as to just what we will take on. My friend Joan says she's much more protective of her time now than she's ever been. Like most of us, she knows time is ticking by too fast. Now when she spends her energy, it needs to account for something. Time has become precious and something to guard with all due diligence.

Terry, another friend, will spend the early days of autumn getting her home of 30 years on the market. She's looking to sell one house and find more practical digs elsewhere. This can be huge, as anyone who has ever "scaled down" can attest to, but in the long run it should allow more time to do other things. Maureen, who spends many hours assisting those in need and helping wherever she can, is looking forward to her Fall adventure as she heads to the Shaw Festival. For years, she and husband Russ have been enjoying all the festival has to offer. They wait for the cool days of September to travel up to Ontario. Maureen says the beauty of the autumn foliage makes the whole trip worthwhile.

Leslie, a real go-getter, who will not be held down, is gonna' finish writing her book this Fall if she has to nail her wrists to the desk to accomplish it. She's been sidetracked recently by too many family concerns that have required her patience and attention. Now it's time to reschedule all of the mounting obligations and figure out how she's going to get it all done. And she will!

It's such a great place to be in life. It's the perfect time to not only tackle something new but to reexamine goals and review our purpose in being here. It's also a good time to determine if we're headed in the direction we'd like to go and to evaluate whether what we're doing has value and is meaningful. And from where I sit, there isn't a better time than the beginning days of Fall to get to it.



THE AGING ATHLETE: ARTHRITIS IS JOINT INFLAMMATION

By Dr. Stephen Faust

Joints are formed where two bones meet, allowing for movement and flexibility. In healthy joints, the ends of the bones are covered by a smooth, very slippery substance called cartilage. Cartilage allows a normal joint to move smoothly and painlessly. The average person takes a million steps a year, while a very active person may take five times that. Over time, those millions of steps wear down the cartilage, first causing rough spots that may grind or catch, and eventually wearing it away completely, exposing the underlying bone. We call this condition "bone on bone," and it almost always causes pain, stiffness and swelling. At first, the affected joint may be painful only with strenuous activity, but eventually pain may occur with daily living activities, at rest, or at night, causing sleep disturbance.

Injuries to the knee can include tears of the ligaments, meniscus or fibrous cushion inside the joint, and may accelerate this process. The knees are the largest joints in the body, and are formed by the two longest bones. Little wonder the knees often go first. Athletes know this very well, and many famous athletes such as Joe Namath and Johnny Unitas have undergone knee replacements.

This is a very successful and common operation; over 500,000 are performed every year in the U.S. Fortunately, there are other

treatments that may be effective in relieving symptoms in the early stages, including taking nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen or naproxen. Injections of cortisone or artificial lubricants such as Synvisc into the joint may give temporary relief. Unfortunately, there is still no cure for arthritis, and many arthritis sufferers eventually come to joint replacement. Annapolitans are fortunate that they are served by the busiest joint replacement hospital in Maryland, where many improvements in the field were pioneered.

Did you know?

The cartilage that cushions your joints is actually living tissue. Although there is not a direct blood supply, it is able to still receive nutrients to allow healing to occur. Two of the most important nutrients for joint health are glucosamine and chondroitin. These nutrients can assist with making movement more comfortable. When looking for these products make sure they have at least 200 mg of glucosamine and 200 mg of chondroitin sulfate.

Dr. Stephen Faust is an orthopedic surgeon at Anne Arundel Medical Center with a specialty in disorders of the knee and hip. He can be reached at 410.268.8862. Visit OSMC.net for more information.

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Read Dr. Wooddell's article "The True Face of Toothpaste" in this edition of Outlook!

LETTERS to the editor

SPEED GRAMMeR

I wanted to send you a quick email to express my gratitude over and enjoyment of your recent article entitled "Speed Grammer" (hilarious!) in the Summer 2014 Outlook by the Bay.

As a marketing consultant, writer, editor and proofreader, I view with dismay the appalling deterioration of grammar, spelling and punctuation currently pervasive on and due to the Internet; it chagrins and pains me to a degree that is hardly able to be expressed.

I thought you might appreciate as well an article which appeared in The Atlantic several years ago entitled, "Is Google Making Us Stupid?" www.theatlantic.com/magazine/archive/2008/07/is-google-making-us-stupid/6868/

While dated, the points are still relevant—possibly more relevant sadly than they were even when the article was penned back in 2008. This sentence in particular is one that resonated immensely (and woefully) with me: Once I was a scuba diver in the sea of words. Now I zip along the surface like a guy on a jet ski.

Thank you again for your stellar article.

Best regards,
L. Thompson, Annapolis



THREE TOXIC COUSINS

My husband and I enjoy reading *Outlook*, but the article "Three Toxic Cousins" failed to mention the best and quickest relief for poison ivy, which are sublingual tablets that are created by homeopathic companies. They can be found at health stores. I'm surprised almost no articles about poison ivy inform the reader of this easy way of getting relief. Every home should have these on hand.

Sincerely,
L. Allen, Pasadena

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The True Face of Toothpaste



By Dr. Woody Wooddell, D.D.S.

Do you know the abrasiveness of your toothpaste?

Have you ever considered that you can damage your teeth by brushing them?

Dentists are seeing more tooth damage due to toothpaste abrasiveness and over-brushing.

Over time, highly abrasive toothpaste can strip away the enamel of your teeth. Enamel never grows back, and when it wears away teeth it may become sensitive to hot, cold or sweet foods.

The Food and Drug Administration requires toothpaste makers to measure how abrasive their products are. The FDA provides the Relative Dentin Abrasivity, or RDA value for every toothpaste on the market.

Unfortunately, those values are rarely revealed on the packaging you see when you buy your toothpaste at the store.

RDA values range from zero to 250. The American Dental Association recommends using a toothpaste with an RDA value of less than 100. The FDA sets its limit at 200. The higher the RDA value, the more abrasive – and the greater likelihood of irreversible damage.

Using only your toothbrush and water gets an RDA value of 4. Brushing with baking soda is a 7. Meanwhile, Colgate 2-in-1 Tartar Control and Whitening has an RDA value of 200. A simple Internet search will provide you with the complete list of RDA values.

When it comes to toothpaste, more is not better. Excessive amounts of toothpaste coupled with forceful brushing techniques can make your toothpaste more abrasive. A pea-sized amount of toothpaste is sufficient. Often, people who brush too hard are the ones who use too much toothpaste.

Research shows that 50 percent of toothpaste abrasion occurs within the first 20 seconds of brushing. So, it's where you begin brushing your teeth that you'll likely find the most damage.

Enamel is thinnest along the gum line, so this is another area where the effects of toothpaste abuse are prevalent. Once the structural integrity of the tooth is compromised at the gum line, a filling may become necessary to protect it.

The American Dental Association recommends replacing your toothbrush every three to four months.

If you notice that your bristles have become frayed and worn within weeks, this is a sign that you're brushing too hard and in danger of stripping away your enamel.

Electric toothbrushes are recommended because they reduce mechanical pressure on the teeth and stimulate gum tissue. Electric toothbrushes are also more effective in removing plaque.

Top dentists recommend skipping toothpaste altogether and dipping your toothbrush in a mouthwash such as Listerine to brush. Still, if you prefer toothpaste, remember to consider the product's RDA value when selecting your toothpaste.

RDA Values of Toothpaste (abridged version)

- 04 ADA reference: toothbrush and water
- 07 Plain baking soda
- 08 Arm & Hammer Tooth Powder
- 35 Arm & Hammer Dental Care
- 42 Arm & Hammer Advance White Baking Soda Peroxide
- 48 Arm & Hammer Dental Care Sensitive
- 49 Tom's of Maine Sensitive
- 53 Rembrandt Original
- 63 Rembrandt Mint
- 68 Colgate Regular
- 70 Colgate Total
- 70 Arm & Hammer Advance White Sensitive
- 79 Sensodyne
- 80 AIM
- 83 Colgate Sensitive Maximum Strength
- 91 Aquafresh Sensitive
- 93 Tom's of Maine Regular
- 95 Crest Regular
- 103 Mentadent
- 106 Arm & Hammer Advance White Paste
- 107 Crest Sensitivity Protection
- 113 Aquafresh Whitening
- 117 Arm & Hammer Advance White Gel
- 124 Colgate Whitening
- 130 Crest Extra Whitening
- 144 Crest MultiCare Whitening
- 150 Pepsodent
- 165 Colgate Tarter Control
- 200 Colgate 2-in-1 Tartar Control/Whitening

Abrasiveness Scale:

- 0-70 Low
- 70-100 Medium
- 100-150 High

Dr. Woody Wooddell and his partner, Dr. Joe Passaro, opened the doors to their dental practice in Davidsonville in 1981. In addition to caring for their patients' dental health by offering general dentistry services, Drs. Wooddell and Passaro provide expert restorative and esthetic dental solutions. They can be reached at 410.956.5555.

WHAT'S YOUR PASSWORD? WAIT, DON'T TELL ME!

By Penelope Folsom

We're all well aware that there is no guarantee that our passwords will ever be completely safe, regardless of where they're being stored. We've been told that it's a bad idea to record them on an index card in your wallet, tape them to the side of your computer, keep a list on refrigerator next to the grocery list or jot them in an address book in your desk. There is the option to memorize them. But who hasn't run into that great void in memory when it comes time to log onto a not-often used account.

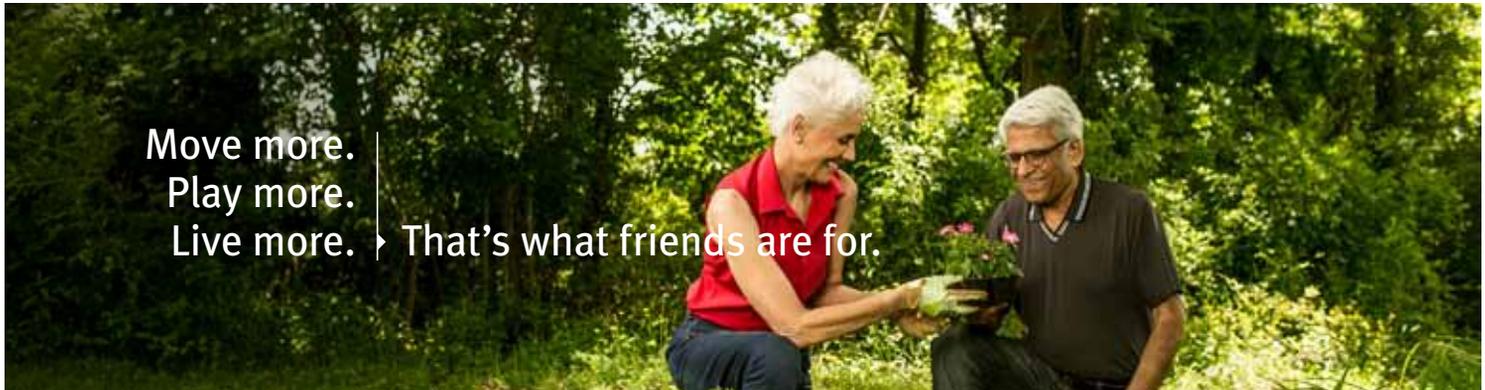
There is, however, a way to store them online that could make it just a bit easier to keep track of and access all those elusive names and numbers. Try www.DashLane.com. It just may be what you've been looking for. It's free, has more storage than

you'll likely use, and although not guaranteed, it could well be one of the safer places to store your information for ease of access. The site will not only store vital information, but will help you set up secure passwords.

Other possibilities for storage online include www.LastPass.com and www.PasswordBox.com and lastly, www.IPassword.com. Any of these may work for you and would be worth looking into. But keep in mind that regardless of the promised security on any of these sites, there is no 100 percent guarantee that anything is completely safe from being "hacked." It is simply an orderly and more secure way of keeping passwords in one location, especially helpful when travelling.

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CHART YOUR COURSE

A Legal Navigation Guide

Should a 529 Plan be Part of Your Estate Plan?

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 Jessica L. Estes

Autumn is my favorite time of year. For me, it represents a new beginning. Trees lose their leaves to make way for new growth, gardeners plant their bulbs for next year's blooms, and the NFL starts its new season and takes over your television (and maybe your life) Monday, Thursday, Saturday and Sunday.

It is also the time of year when the kids head out to the bus stop in the morning to start a new year of learning. Eager with the anticipation of meeting new friends, reconnecting with old ones and continuing on their path to becoming productive members of society, children really are our future. They will be the ones who are providing our care and advising us as we age. So, why not invest in your future?

Recently, you may have heard about 529 plans and not paid much attention. Your children are grown and have already graduated, but what about your grandchildren, or great-grandchildren? Or, if you do not have any children of your own, do you have any nieces or nephews, or know any of your friends' grandchildren that are still in school? With the rising costs of undergraduate education, families need to start saving earlier and the sooner the better. A 529 plan may be the answer and could benefit your estate plan as well.

WHAT IS A 529 PLAN?

A 529 plan is a tax-advantaged savings plan operated by a state or qualified educational institution that is designed to make it easier to save for college. There are two basic types of plans: prepaid tuition plans and college savings plans.

Prepaid plans let you lock in future tuition costs at today's prices, while college savings plans are designed to increase over time to cover tuition costs at the time the beneficiary begins college. Generally, the prepaid plans guarantee a minimum rate of return, but you will be limited to that rate. Conversely, the college savings plans generally do not have a guaranteed minimum rate of return so you will receive whatever return the stock market generates.

Also, the prepaid plans may be limited to certain age groups and usually require that the funds be used within 10 years of the date the beneficiary is scheduled to start college. Some prepaid plans may also restrict when you can withdraw the funds.



WHAT ARE THE ADVANTAGES TO INVESTING IN A 529 PLAN?

The main advantage of a 529 plan is that the earnings generally are not subject to federal or state income tax as long as the funds are used for the qualified education expenses, i.e., tuition, fees, books, room and board of the beneficiary. Although contributions to a 529 plan are not deductible on your federal return, some states, including Maryland, will allow you to deduct a portion of your contribution on your state return. In Maryland, you can deduct up to \$2,500 each year per beneficiary with the ability to deduct excess contributions in the subsequent 10 years. This benefit is available only to those contributors who are the actual account holders and Maryland taxpayers.

Also, for federal gift tax purposes, any contribution to a 529 plan generally is considered a completed gift so it will reduce the value of your estate and will not be subject to estate tax when you die. However, there are contribution limits and if your yearly contribution exceeds \$14,000 (in 2014) to any particular beneficiary, then you may have to file a gift tax return.

Another benefit to the 529 plan is its flexibility. Generally, the beneficiary may use the funds at any participating school even if they are a part-time student. Also, if a beneficiary does not use the funds in the account, you have the option to change the beneficiary designation, or roll it over tax-free to another plan.

WHAT ARE THE DISADVANTAGES OF A 529 PLAN?

The biggest disadvantage is that if the funds are not used for qualified education expenses then the earnings are subject to federal and possibly state income tax. Additionally, a 10 percent federal penalty will be imposed on the withdrawal. Among other negative consequences, for Medicaid purposes, a 529 plan likely is a countable asset that must be spent down before you will be eligible for benefits.

If you are considering a 529 plan, you should consult with a qualified elder law attorney and financial adviser to determine if a 529 plan is right for you.

Jessica L. Estes is an elder law and estate planning attorney at Byrd & Byrd, LLC with offices in Bowie and Prince Frederick. She can be reached at 301.464.7448 or on the website at ByrdandByrd.com

Did you get up this morning? Then life is good.



The Annapolis Boat Shows

By Ellen Moyer

It is October. City Dock looks like the circus came to town. The dock is sprouting tents. Multicolored flags are flying.

There is a new hustle and bustle in the city. Walking on Main Street, waiting in line at Chick and Ruth's Deli, is like being at the United Nations hearing French, German, Australian, Dutch, English and Eastern voices from countries around the world. Cars cruising the streets bear license plates from Ohio, Michigan, Rhode Island, Florida and California.

Columbus Day and the Annapolis Boat Show, the world's largest and first in-the-water boat show is here. It's a show taking place in the Sailing Capital of the World, a show that no exhibitor of maritime goods would miss.

The boat show opened in 1970 as a sailboat-only show, the brainchild of Peter Carroll and Jerry Wood. Prior to the 1970s boat shows, like most retail, craft and showcase shows, were held inside large convention centers. But boats are water-bound. What better showcase than a boat in the water.

The show, the first of its kind, was so successful that two years later, a powerboat-only show was added on the subsequent weekend. When Peter Carroll moved on to other ventures in 1977, Ed Hartman joined the corporation and Jerry Wood continued to manage the helm of the show until 2001. On Dec. 2, 2013, the boat shows were purchased by a five-member, locally-owned event management team headed by Paul Jacobs.

Staging the show requires the assembly of the largest portable marina in the world. One and one-fourth miles of portable floating docks are towed up Back Creek and across the Severn River in 480-foot strings to be attached to the 62 temporary pilings in Annapolis Harbor. The docks provide fire pumps, water and 60 miles of wire for electrical service.

When completed in three days, 250 new and popular model sailboats take their assigned locations along the new docks and 350 exhibitors are ready for the 150,000 visitors. At the end of the sailboat show on Monday at 5 p.m., with precision-like quality, sailboats move out and 450 powerboats move in. It will take the powerboats less than two hours to disassemble four days later. This operation of a flotilla of recreational boats coming and going is its own spectator event. By Tuesday morning, according to one observer, "like the legendary Scottish village of Brigadoon, the show has vanished."

While they are here, however, the boat shows' impact on the city is enormous. A University of Maryland study in 2005 found the three-week boat shows event contributes \$52 million to the local economy. City coffers receive a direct payment from admission tax and rent of approximately \$500,000. The two shows employ 4,700. Local maritime businesses, boat detailers, decorators and marinas provide services. Eastport PTA and the high school band that park cars and community nonprofits that sell food receive substantial boosts. October is now one of the busiest

and most profitable times of the year for local businesses.

Innovations to the shows came in the last decade. Education is now a part of the show offerings; "Take the Wheel" programs offer interactive workshops for new buyers. Cruises University, "The Ultimate Aid to Navigation" began in 2011, with the smaller Spring show and offers more in-depth, four-day courses for boating enthusiasts. Also added to the venue last year was a brokerage show anchored in St Mary's Cove on Spa Creek.

The boat shows provide an opportunity to showcase Annapolis to national and international visitors and businesses as a premier maritime destination. It is doubtful we would have been recognized as the Sailing Capital of America, a claim made in 2003, without the introduction of the Annapolis Boat Show, United States Yacht Shows Inc.

In 1970 the public was captivated with a new leisure activity, recreational boating. The first boat show tapped into that interest and helped accelerate the sport. There is a local legend that the crowd for the first show was so large or at least unexpectedly large that local restaurants ran out of food. That doesn't happen anymore. For 45 years the shows have gone on without interruption through good times and economic hard times. They have also overcome obstacles like Hurricane Isabel damage to electrical systems in 2003.

Annapolis and the shows are a perfect match: an adventurous sport, a charming city and a beautiful waterfront.

Think of the possibilities and go for it!

ITSY-BITSY VENOMOUS INVADERS



By Patricia Kubnen-Beaver

A bluish-white ring surrounded a tiny pinprick mark on the back of my neighbor's leg. The visual evidence of an insect bite. She claims it wasn't painful at the time, but when the itch became intolerable she sought professional care. There weren't any other notable symptoms at the time, but the doctor said it could have been worse and was most probably a poisonous spider bite.

Nothing makes me shudder more than the thought of a spider. Unlike my arachnophobic counterparts, I am able to tolerate the sight of a web without going into a frenzy, but I still don't like them. What kind of spider leaves an ugly, itchy mark? We don't have poisonous spiders here, do we? The visual evidence of my neighbor's injury is conclusive, we do have poisonous spiders in the northeastern United States. She warned me about the infestations of our eight-legged friends, but I dared not to concede to such a notion until I saw the redness and swelling enlarge. She left me with a stiff warning; beware of those things that hide in dark, quiet places.

Nature's Resource

There are many benefits of having these opportunistic feeders in our ecosystem. After all, they deserve respect as a bug exterminator. Spider food sources depend on the species. White-tailed spiders are an *obligate araneophange* or (spider-eater), which means they rarely feed on other creatures other than other spiders. Moreover, Salticids and *Diplocephalus* species of spiders mimic ants, blending right in to obtain their food source. All spiders are known to live within a restricted range of prey, amid few variations, most are quite suited to their habitat. They love bugs; mosquitoes, flies, wasps, caterpillars, butterflies, dragonflies, beetles, crickets, silverfish, grasshoppers and other small insects.

Generally, most spiders will only eat live prey and do not hunt humans in-

entionally regardless of what you might fear. They only bite if they are provoked or inadvertently disturbed. Carnivorous and cannibalistic in nature, spiders are designed to inject venom into their prey in order to immobilize them. Fortunately the common house spider is not dangerous or poisonous to humans, but it will bite if it feels threatened.

The two types of spiders that are considered poisonous in the Northeast are the black widow spider and the brown recluse spider. Bites from these two species can produce serious symptoms that require medical treatment. All arachnids prefer dry, warm climates so they are most visible during the Summer months and are driven by innate survival instincts into our indoor environment by the coming cold Winter weather.

Home Invasion

Spiders are solitary, tiny and nocturnal. They need a place to entrap food sources to sustain their life. Avoiding a home invasion is straightforward: Check for places they can easily creep into such as holes in window or door screens, cracks in the walls, or windowsills or doorways. Seal them off, but watch out for your dryer vent, it may be particularly inviting. To restrict their access into your indoor environment, inspect the interior of your home then do the same outdoors, paying careful attention to spaces under porches or decks where they often reside unnoticed.

Once inside, they love to hide in cool, dark, dusty or cluttered spaces. They particularly like undisturbed areas in your home around large appliances, in cabinets or cupboards and spots such as firewood piles, basements, crawl spaces, vents, closets, under beds and attics. Paper products or cardboard containers, leftover and poorly disposed foodstuff, like bread crumbs also seem to attract them.

Natural Home Remedies for Spider-Free Living Areas

The simplest remedy is to vacuum areas where you have found spiders. Keep the vacuum clean and sealed. A few environmental deterrents that could work include chestnuts and diatomaceous earth (consists of fossilized remains of diatoms, a type of hard-shelled algae) near exterior walls and doorways. Also lavender soap mixed with lemon oils is a natural spider deterrent as is two tablespoons of lemon essential oil with two cups liquid lavender soap in a spray bottle. Spray around all entrances, doorways, windows, or wherever spider webs are found.

Silicone caulking is best to use on all cracks and holes outside and in the interior of your home. Most importantly, clean spider-prone areas by pruning excess vegetation outside, and remove clutter inside. My mother sprinkled strong spices in the kitchen behind the large appliances, and dusted everything with Lemon Pledge, which is probably why my childhood home was virtually spider-free. Other good old-fashioned home remedies range from washing windows with ammonia and water followed by newspaper and kerosene, which evaporates and leaves a repelling residue.

While other remedies include adopting a cat or getting some ladybugs to wipe out spiders, I have used eucalyptus leaves.

If you must exterminate spiders, determine whether they are of the flesh-destroying, venomous kind like brown recluse spiders or the female black widow, because a few web-spinners may actually be beneficial, especially if you live near water.

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Mclain, Kevin. *How to Eliminate Spiders Naturally*. retrieved from: www.ehow.com/how_8336403_eliminate-spiders-naturally
www.findaspider.org.au/info/spiderfood.htm

SECOND CAREERS: DEVELOPING A VINEYARD AND WINERY

By Kathleen O'Donoghue

It all began in 2002: The four O'Donoghue siblings inherited the family farm in Maryland, about 30 miles outside Washington, DC. As it happened the siblings were anticipating retirement from their desk jobs, two as lawyers, a judge and an accountant, and were looking for a project to fill the free time. After taking a family trip to Napa Valley, Calif., they decided to transform the 85-acre family farm into a vineyard and winery. The siblings, their spouses and children began work on the "labor of love," what was to become Sugarloaf Mountain Vineyard. Since they had little

experience as vintners or farmers, the learning curve was great. It didn't take long to learn that farmers and vintners work long, hard hours in the fields, the weather can be a major challenge and working equipment is critical to getting the job done. The daily routines were very different than they had been behind those desks.

Getting started entailed gathering advice from experienced vintners and experts. The first step was to have the farm's location, elevation and soil assessed to determine if it was suitable for growing grapes and, if so, which grapes. After much consultation, an order for French certified vinifera clones: Pinot Grigio, Chardonnay and the five Bordeaux grapes was placed with a nursery in California. It would take 18 months for those grapevines to grow big enough to be shipped across country to Maryland. In the meantime, the land had to be prepped: the soil was turned, cover crops were planted and mowed back into the fields, access roads were installed and the vineyard, initially 10 acres, was mapped out with precision. The rows were planned eight feet apart and the locations of the individual vines were mapped 40 inches apart in each row. The holes were dug with the help of an auger and the vines were hand-planted with care.

The family members learned to drive tractors, forklifts and ATVs and to operate



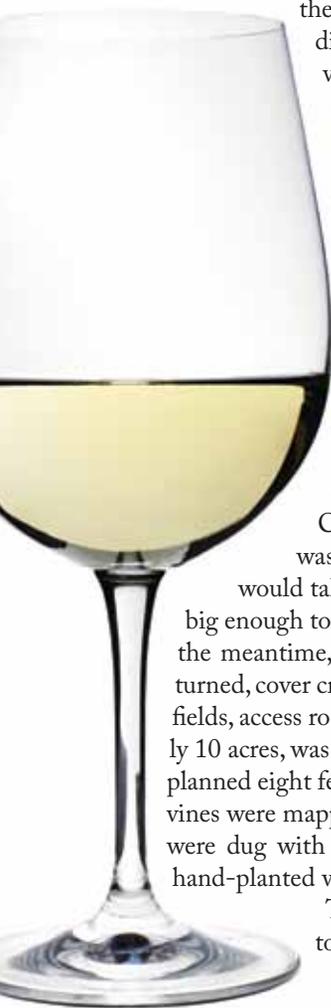
crushers, pressers, augers, plows and other unfamiliar equipment. Again, the vineyard and winery work required a different set of skills from those used daily in our initial careers, but there was a certain confidence that comes with acquiring new skills and knowledge and it became a major part of the overall enjoyment of the "second career" for us.

The first 1,900 grapevines arrived from California in 2005. Each small vine was about a foot in length and a half-inch in diameter. Before being hand planted, each was hand bent to test its health and vitality. Once planted, each was tethered to a stake to assure it would grow upright and straight. Next a trellis system of metal poles and wires was installed to provide a framework for the growth and care of the vines and grapes.

Midway through the growing season, each vine and its grape bunches is inspected and some bunches are "dropped." This allows the vine to concentrate its energy on fewer bunches which enhances the quality of the crop. The trellised vines are trimmed and hedged frequently during the growing season to ensure that the grape bunches benefit from proper air circulation and exposure to sun. A special high fence was installed to protect the vines and the crop from intruding deer and other animals.

While the crop was growing, a state-of-the-art winery was built adjacent to the vineyard and into the side of a hill. Over a dozen large fermentation tanks and a separate barrel room housing 200 French oak barrels were installed to complete the process of turning the grapes into wine. A trained winemaker, also in the midst of a second career, was hired to oversee the vineyard's wine-making.

By mid-Summer 2005, small grape clusters had appeared on the vines. By September, many were ripe for picking. Our first harvest had arrived. We really had managed to grow grapes on the family farm! Once picked, the grapes were carefully crushed or pressed, cold fermented and aged in French oak barrels to become wine. That first harvest, small because the vines were young, was augmented with grapes purchased from California. The combination of grapes enabled the winery to produce and release its first wines in 2006: Pinot Grigio, Chardonnay and a blend of the five



Naptime should not be the new Happy Hour!

Bordeaux grapes into a single meritage style dry red wine. The wines were bottled on the premises and stored for a few weeks to avoid "bottle shock" before being offered for tastings and sale.

Those first wines were well received by the wine-drinking public, fellow vintners and critics and by the end of the year, we officially thought of ourselves as true vintners: we had grown grapes, produced wine and sold our product and had done a good job of it and enjoyed ourselves in the process.

From the very beginning, our winery has been committed to producing fine wines. The quality of our wines has been recognized with many awards, but we value most the praise of our customers. Over the years, we have expanded: two white varietals were added as well as two sweet wines. We have produced several dry red blends in recent years. Time has allowed us to produce reserve wines and we even have mulled wine and sangria as seasonal offerings.

The first tastings of the wines were available to the public in a temporary tasting room, a tent beside the winery. Within a couple years, Sugarloaf was able to transform its barn, originally used to house cattle and store hay, into a permanent tasting room and case storage facility. The tasting room has expanded to include a

patio, several areas of picnic tables and outside space. We have been named "the best" winery by local polls and most recently cited as "best" vineyard/winery by *Washingtonian* magazine.

Over the years, the operation has grown. The vineyard is twice as big, as is its yield. The production has grown from 1,000 cases to 5,000 annually. The tasting room is well-known and popular and overflow crowds are common on weekends in the Spring, Summer and Fall. Sales continue to increase each year. As many as 10 varietals of wine are available at some times and an aging program is in place to produce more reserve wines.

While we have been successful, there will always be challenges: most notably, Mother Nature. The weather can be too cold, too wet or too unpredictable. Insects, critters and birds compete for the crop. Major and minor repairs to equipment and the infrastructure are daily bumps in the road. But all in all, the experience has been worth it: a second career working outside on the land, growing the grapes, transforming them into wine and seeing how much people enjoy the place and its product are what make it all worthwhile. The second career proved to be a good move for the family.

Kathleen can be reached at ksodonoghue@aol.com



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O Say Can You See... A Visit to Fort McHenry

By Edree Downing

If you're thinking of soaking up a bit of American history while enjoying an interesting Fall walk and experiencing the beauty and tranquility of the Bay, why not give Ft. McHenry a try? Even if you've been there before, the refurbished visitors center and lack of Summer crowds make it a worthwhile day trip.

This year marks the 200th anniversary of the Brits sailing up the Bay after destroying Bladensburg and sacking the White House. Their intention was to take Baltimore. Britain was invading with more than 500 warships. Our newly established U.S. Navy had a flotilla of not quite a dozen ships. With all that power and after more than 25 hours of bombardment, to say nothing of the rockets' red glare, the Brits lost. They withdrew from Baltimore Harbor and headed down to New Orleans for more of the same at the hands of Maj. Gen. Andrew Jackson.

While Britain was attempting to undo the American upstarts, Frances Scott Key was composing the most well-known tune in all of Christendom – with apologies to Britain's *Rule, Britannia*. Key was, as every school kid knows, detained on a British ship, while trying to negotiate the release of an American prisoner. Before Key penned the words to what eventually became known as the *Star Spangled Banner*, Mary Pickersgill had, along with friends, stitched up what today is the most recognizable flag in the world. And yes, it was Mary Pickersgill – Betsy Ross just happened to have a better public relations team. There will be a few 5th grade teachers out there who aren't going to accept that without clarification, so log onto <http://starspangled200.org/History/Pages/Pickersgill.aspx> for the real story. And, as every East Coast resident knows, that original flag, a whopping 30' x 42' (reduced to 30' x 34') can be seen at the Smithsonian's Museum of American History in Washington, DC.

Visiting the Fort

A trip to Fort McHenry promises to be a fun-filled, fact-finding, low-key day of activities. Start in the visitors center where a small but impressive exhibit is housed. There's an ongoing excellent 10-minute movie on the history of this star-shaped fort that stands guard to the entrance to the harbor. At the conclusion of the film, the drapes are parted and the American flag is revealed flying majestically over the fort, a sight that makes one pause to appreciate where we are and what we have.

From the visitors center take the short walk into the fort. Not much goes on here but it is open, accessible and has lots of nooks and crannies that are worth exploring. Trying to understand how they fit more than 1,000 men and huge arsenals of ammunition into such a small area on that fateful night is a puzzle. More amazing, there were only a handful of American casualties as the Brits bombarded the fort through the night of Sept. 13 -14.

Find a U.S. park ranger and ask your most difficult questions. They are walking encyclopedias and always happy to share their vast knowledge.

If you happen to be there during the flag change, they welcome audience participation in folding a reproduction flag. Don't forget your camera.

To end your day, stroll the one-mile-plus walk around the perimeter of the grounds. It shouldn't take more than 45 minutes. If you've planned ahead, there are picnic benches to enjoy your lunch or early dinner with a view of the Bay.

Fast Facts:

Hours: Daily 9 a.m. – 4:45 p.m.

Cost: Free with Interagency Senior Pass. \$7 for anyone over 16.

Special Events: Flag raised and lowered each day at 9:30 a.m. and 5:20 p.m. (weather permitting).

Contact: Call 410.962.4290 or go to

www.nps.gov/fomc/index.htm

How's your "bucket list" going? Anything yet to cross off as done?

THE LONGEST JOURNEY BEGINS WITH THE FIRST STEP ...

Have you heard enough about all the wonderful benefits of exercise? Are you ready to get out there and actually do it? You know all the stats – if we'd just do a couple of hours each week, we'd all live long enough to be a burden to our children. But more importantly, wouldn't you like to be part of a group that is aware of the lasting and lifelong benefits of physical fitness and that is also having lots of fun?

There are many fitness organizations in the area, which just might make this exercise business a whole lot more enjoyable than you expected. If it's not listed below, try **www.MeetUp.com** for even more, and if a particular sport or location or time doesn't work on your schedule, **MeetUp.com** will help you to start your own group.

Below is a partial list of groups that would love to have you join them for fun and adventure. You'll likely discover new areas, create new friendships and even get started on that elusive fitness program you've been thinking about.

There's also a website if you're interested in obtaining more information on healthful exercise for the mature body: **www.cdc.gov/physicalactivity/everyone/guidelines/olderadults.html**

So go ahead, get started. There isn't a better time of year to get out there and take that first step.

BIKING

Annapolis Biking Club **www.annapolisbicycleclub.org**
Mid-Atlantic Off Road Enthusiasts, Inc. **www.more-mtb.org/**

HIKING

Mountain Club of Maryland **http://mcomd.org**

KAYAKING/ROWING

Chesapeake Paddlers Association **www.cpakayaker.com/**
Annapolis Irish Rowing Club **www.annapolisirishrowers.org/**

RUNNING

Annapolis Striders **http://annapolisstriders.org**

TENNIS

Annapolis Area Tennis School **www.aatstennis.org/**
Anne Arundel County Tennis Association **http://www.aacta.com**

WALKING

Annapolis Amblers Walking Club **www.annapolisamblerswalk.com**

OTHER

Maryland Volkssport Association (walking, biking, swimming) **www.mdvolks.org/**
Mid-Maryland Triathlon Club (triathlon) **www.midmdtriclub.org/**
Senior Olympics (all sports) **www.nsga.com**
Trail Riders of Today (horseback riding) **http://trot-md.org**

Bay Bytes

Log onto **http://alzheimer.neurology.ucla.edu/Curcumin.html** to learn of some interesting research on Alzheimers using curcumin/turmeric, a spice found in most kitchens.



We Are Not Yet Done...

By Nancy Lincoln Reynolds

Many say that history repeats itself. Those of us who have lived beyond half a century understand what that means as we observe the ebb and flow of religious and political tides; the pendulum swings between conservative and liberal attitudes. We see the reruns of our parents' and grandparents' expressions on the faces of children and grandchildren. We watch them struggle with some of the same realities of life that we faced and conquered (or not). At some level we painfully acknowledge the consequences of the human condition's struggle to balance pride, greed and ego with generosity, compassion and sacrifice.

While many of us consider retirement or have already attained it, we are far from "done" with the recycling and repetitive process. In fact, living often well into our 80s and beyond, we now tread new ground where vantage points on history can still call us to action or to respond. Prolonged

energy and new opportunities free us to ask, "So who am I now?" and, "What do I do next?" Our answers can contain the enviable values of experience and wizened survival of trial and error.

Reflections on the Bay remind and exemplify perhaps the best of what we may be in "retirement years" as we glean from the process of repeated history. Preservation efforts speak loudly about learning from our mistakes and taking measures to correct them. Projects and websites advocate the reduction of pollution, restoration of habitats, management of fisheries and protection of watersheds. They also encourage stewardship through education and mobilizing individual and community action. It is the latter that catches my attention as one who "is not done yet" and who holds that vision of history that repeats itself. Being good stewards of the Bay is one of many aspects of lifestyle in retirement years where we may act on our

observation of destruction or bad behaviors that have come from the human condition. There are many others. We house the patience and wisdom to focus on generosity, compassion and sacrifice in efforts to effect corrections of what we have seen falter and fail.

Retirement may be a time to slow down in many respects, but it is not time to "give up" as though we were also retired from responsible humanity. It is not a time to turn off our educated and best visions, throw up our fatigued hands and effectively say, "Let's leave it to the young and next generations to figure it out for themselves." As soon as we do that, we fail in a most significant focus of preservation: ourselves.

I am a strong supporter of hospice and its emphasis on palliative care. The message there is the same: the end of life has quality, value and importance. Most of us resist places that appear to offer them-

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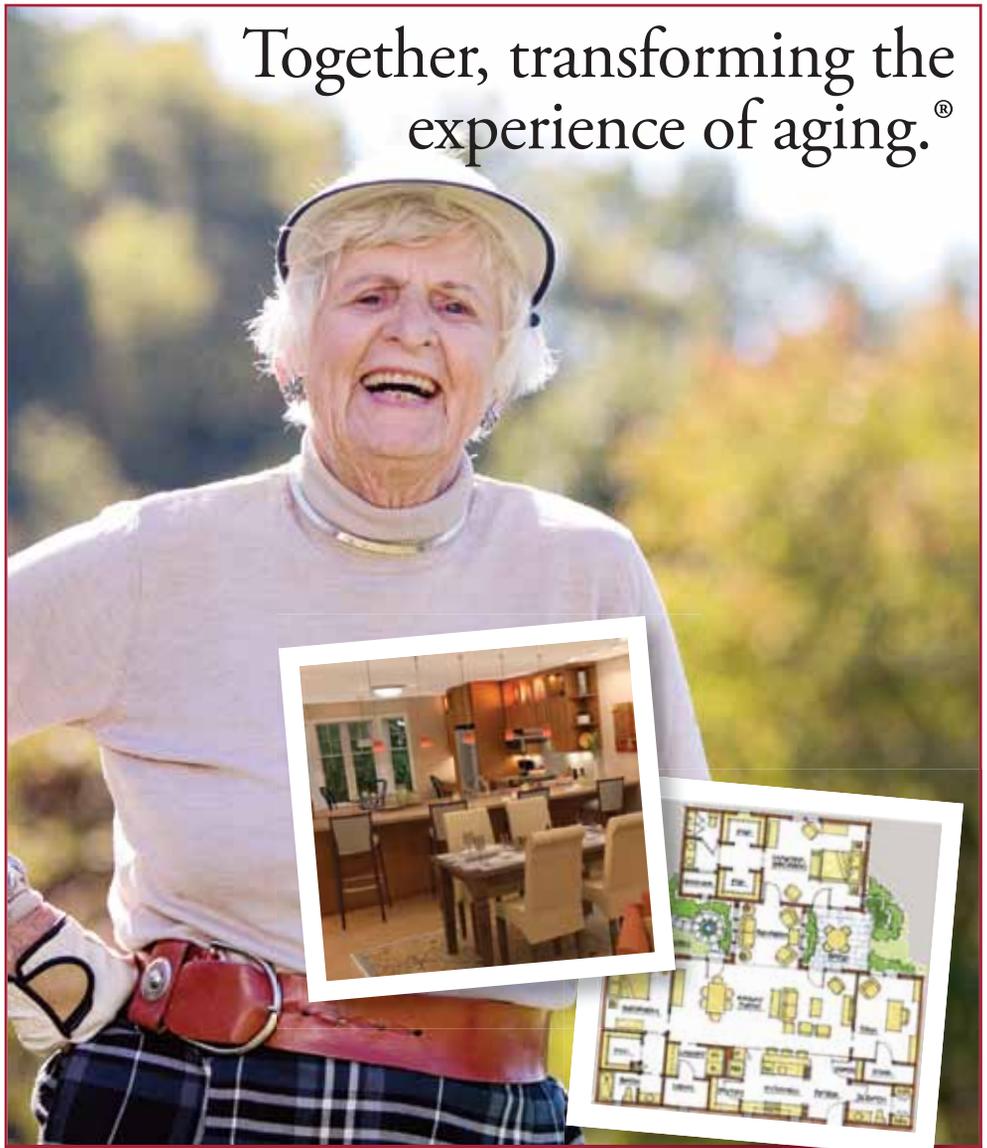
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selves as final destinations where one goes, or is put, when they are "done." I'm not sure there is such a time in life, really, as religions frame the value of life often in the context of good deeds and service to others. That, it seems to me, in various forms, may be the stewardship role of "who am I now" and "what do I do next" in retirement years.

On a recent trip to Hungary, the "old country" of my grandparents, I had occasion to visit with a Ukrainian man who faces, as all young men aged 18-45 do there, the possibility of being called into military duty as his specialization becomes necessary. I grew up hearing stories of Soviet occupation in Hungary in World War II, and the devastating disappointment when the US did not follow through on the Eisenhower administration's promise to step in during the revolution of 1956. "To all those suffering under communist slavery, you can count on us," was empty hope. I asked Boris what he thought would happen in the current situation involving Ukraine. "I believe we can win this war," he said. "If Europe and the United States will help, as they say, we can win it. If not, we will not win it." I see the strong statements of support on the news, and yet I wonder if history will repeat itself ... I do not know. But I can identify a vantage point there as clearly as we may have one on the daily decisions to intervene in the overfishing of rockfish populations, the elimination of oyster beds and the pollution of Bay waters.

We have learned much from history's mistakes in our individual lives, in our communities, country and in the world. Our own lives are incredibly valuable resources to be drawn upon in these retirement years as we stand on the brink of history repeating itself. And we have the advantage of time to apply what we have learned to new things that actually renew us as well. As we are transformed by the renewing of our minds in this way, let's rewrite the history of what one does in retirement years. It seems to me that this is where we may be most influential and creative, as we offer the next generations the preservation of what we have learned. We are far from "done" yet!

(I would welcome hearing about what others have done or are doing "post-retirement," so please email me at nreynolds@woodschurch.org with permission to use your stories.)



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He Cooks!

Mountains of Zucchini

By Mac Millhone

Summer is coming to an end and you are faced with another bumper crop of zucchini. Not to worry, there are only about a million great ways to fix this abundant fruit. A fruit? Oh yes it is, trust me. Try a few of the following and you will be happy zucchini is plentiful, inexpensive and available all year.

As always you need kosher salt, fresh ground pepper and good olive oil.

Zucchini Soup

serves four

- 1 Tbs. olive oil
- 2 medium onions diced
- 5 or 6 medium zucchini diced
- 4 cups chicken broth
- 1 cup cream, optional

In a medium to large saucepan, heat olive oil over medium heat. Add onions and stir fry until translucent, about 5 minutes. Add zucchini, salt and pepper to taste and heat through. Add stock,

bring to boil and reduce to simmer. Cook over low heat 15 minutes. Blend until smooth with an immersion blender or in batches in food processor or blender. Caution! Hot liquids expand shockingly in the blender or processor. Return soup to a pot and add cream if desired. Adjust seasoning and heat through. Need more? Crumble bacon or chunks of Feta cheese over hot soup. A handful of chopped fresh herbs would be nice. Try this soup cold on a warm Fall evening.

Zucchini Frittata

serves four

- 1 Tbs. butter
- 1 Tbs. olive oil
- 3 green onions diced
- 4 medium zucchini cut in 1/4 inch thick circles
- 6 eggs
- chopped fresh herbs of choice

Preheat broiler. In a large frying pan, heat butter and oil over medium heat. Add green onions and turn in hot oil to coat, 2 minutes. Add zucchini and stir fry till gently browned. Crack eggs into a bowl and add 1 Tbs. water. Mix eggs well with whisk or fork and pour mixture over the hot zukes. Add salt and pepper to taste. Let it alone for several minutes then slip a spatula under the mixture, lift and allow uncooked egg to run through. Repeat several times. The sides will begin to look cooked and the middle will be moist after 5 to 6 minutes. When you see this, slide pan under hot broiler to finish. This is not the time to walk away or visit social media. Watch

the top of frittata for browning. This will happen fast. When you like the color remove pan from broiler. It will be puffy and beautiful. Scatter chopped fresh herbs over everything and serve from skillet. This is a great anytime meal. Breakfast, lunch or add a green salad and hot garlic bread for dinner.

Zucchini Fritters

serves four

- 6 to 8 medium zucchini grated on large holes of box grater
- 1 medium onion grated
- 1 tsp. salt
- 1 egg
- 1/4 cup flour
- 1/2 tsp. baking powder
- 1/4 cup parmesan cheese, optional

Place grated zucchini and onion in a clean dish towel. Twist and squeeze as much moisture as possible from the mixture. Be aware that the towel will be permanently stained from this process so dedicate one towel for this purpose. Mix the other ingredients together well, then add to zucchini and onion. Toss everything together until thoroughly mixed. It will be wet and sticky. Heat 4 Tbs. oil in a large skillet. Cast iron is my first choice for this application. When the pan is nice and hot, drop large tablespoon-size globs of mixture into oil and gently press into pancake-like circles. Do not crowd pan, this is done three or four at a time. Three or four minutes should be enough time for slight browning to show on edges. Flip and cook the other side. If you want more color, give them more time. Add oil between batches as required. Feast on these as they come out of the pan or hold in a warm (200 degree) oven until the entire recipe is ready. Serve these beauties with sour cream and applesauce. Another healthy idea is to mix yogurt with a little lemon juice, salt and chopped fresh herbs. Whatever you choose to serve them with, these fritters may well become a staple at your house.

Mac, a retired airline captain, is currently living in Annapolis. He enjoys researching food, cooking and baking. He can be reached at macmillhone@me.net



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DREAMCATCHER

By Dr. James David

On a recent vacation trip to Arizona, one of our granddaughters could not resist the allure of a brightly colored dreamcatcher bracelet. The bracelet reminded me of the nearly universal fascination we humans have for our dreams. American Indian spirituality certainly encompasses dream interpretation.

In ancient Polynesia, an island tribe met each morning to share their dreams and to invite feedback from one another as to the meaning of each dream. This tribe enjoyed exceptional cohesiveness and zest for living, as they stayed intimately connected with one another in their tribal family.

The Polynesian custom reminds me of one of my aunts who has participated in a monthly Jungian dream interpretation group for 35 years. Amazingly, the group members have remained relatively stable for most of those 35 years. I believe that the enduring group support with the sharing of dreams, plus my aunt's steadfast spiritual values, account for her exceptional energy, ego strength and positivity.

A dear friend from grade school days recently confided to me that he is overwhelmed with troubling dreams the meanings of which elude him. He believes they stem from the side effects of prescription medication.

In our Western culture, Sigmund Freud's dream theory is perhaps the most well-known. His pioneering work conceptualized dreams as expressions of repressed wishes that we would rather not admit to having. He also viewed dreams as *wish fulfillment* having both a *manifest content* and a latent content. His approach requires the presence of a skilled psychoanalyst to do *dream analysis*, which involves interpreting the manifest dream content to ascertain the underlying or latent content.

Of course, nowadays in our cybernetic world, if you wish to understand your dreams you can Google Dream Analyzer for their Free Dream Interpretation Service. I think my aunt's monthly meeting approach is a wiser path to take.

Freud's colleague and contemporary, Carl Jung, took a

radically different stance toward dream interpretation. Jung's approach does not require the participation of a dream analyst, but instead assumes that each person possesses the ability to interpret their own dreams. The dream images reveal something about yourself, your relationships with others and specific situations in your waking life. Like my very healthy aunt, dreams are used to guide your personal growth and gradually achieve your full potential.

CURRENT DREAM THEORY

My approach to dream work is similar to Jung's in that I facilitate my client connecting with the message that the dream has for them. The main principle is that each dream gives us feedback about how well we are living our life each day. The primary focus is on the predominant feeling felt in the dream and secondarily upon the content or story line. I then invite the client to do a brain search with their conscious mind to connect with the message they derive from the dream. Often, this step is sufficient to achieve understanding of the dream.

The most challenging aspect in understanding your dreams is to trust the answer that comes into your mind. We tend to second-guess ourselves. The answer will come to us, but we'll brush it aside with lightning speed, barely noticing that the truth within us has surfaced.

If doing a brain search (like a computer search) doesn't yield an answer, the next step is to enter into a meditative state so as to connect with your unconscious mind. Your unconscious mind consists of everything you've ever experienced with your five senses and your conscious mind; it has an intrinsic push or drive to heal you of whatever may be impeding your growth toward maximizing your potential.

Most of the time, through the process of relaxing, remembering the dream and feeling fully the main feeling felt in the dream, the person will understand their dream. As with any skill, practice yields more rapid and substantive results.

DREAM CATEGORIES

Dreams are divided into two broad categories. Break-through dreams are in color with amazing detail and we feel very confident and capable. The experience is similar to watching an incredibly beautiful and compelling movie. The message or feedback for ourselves is that we're managing our life well.

The second type is generally a dream of fear or anxiety, falling or being chased or some form of failure. My recurring fear dream is that I'm in graduate school, but I haven't been attending lectures because I haven't gotten a class schedule, and I don't know the required courses to complete the degree. I'm extremely anxious!

The next step is to decide what to do to heal or resolve the issue sent to you in the dream. I use the same two-step process. First, do a brain search with your conscious mind remembering to trust yourself, i.e., trust what comes into your mind. The second step is to connect with your unconscious mind, which wants to heal you. Remember there are 100,000 correct answers, but the truest correct one is *your* answer or solution. To heal and end my recurring fear dream, I must pay more attention to detail and get things done right away rather than procrastinating.

The next step is to devise a specific plan that holds me accountable. For example, when will I do it? Where will I do it? What will I do? How often? I decided to do a daily self-examination as part of my nightly spiritual exercises.

The final step is to have a written or typed log of your dream work and to periodically review your log to determine if more work needs to be done or if the issue (and the dream) has been resolved. I use the acronym **AUDIO** for this process. **A** is for awareness of the dream. **U** is understanding the message for you from the dream. **D** is deciding what to do to heal or resolve the dream. **I** is for implementing or initiating your decision with a specific operational plan that holds your feet to the fire. **O** is for outcome where you periodically reevaluate to determine if the issue is resolved or more work needs to be done.

This may seem like a lot of work to some of you. Of course, anything that is worthwhile generally takes time and effort. If you tend to not remember your dreams, simply tell your conscious and unconscious minds right before falling asleep that you want to remember one dream in the morning. This phenomenon also occurs when you tell yourself when you need to wake up in the morning and you wake up at that exact time without use of an alarm clock.

Mining your dreams for feedback to accomplish personal growth is a surefire route for achieving greater peace and joy. Our precious granddaughter sure was wise in purchasing that Navajo or Hopi Indian Dreamcatcher Bracelet.

Dr. Jim David is a practicing psychotherapist in Silver Spring who adheres to balance in all areas of life. Visit his website at www.askdrdavidnow.com or email james519@comcast.net

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BEYOND BEEF STEW:

NOVEL USES FOR YOUR ELECTRIC SLOW COOKER

By Louise Whiteside

Spicy chilies, comforting chowders, slow-simmered budget cuts of beef. If you're a slow cooker devotee like me, you've mastered many of the talents of your electric slow cooker. You've come to appreciate the convenience of dumping a medley of meat, potatoes and vegetables into the vessel of your cooker in the morning and coming home to a fragrant, home-cooked meal eight or nine hours later. You know how to blend zesty spices with tomatoes and meat, creating slow-cooked, sweet and tangy old-world spaghetti sauces.

But did you know that you might be missing out on some of the other versatile features of your slow cooker? Yes, you've been serving up your delicious bean and ham soup for years, but you could be unaware of some of your cooker's less apparent uses.

FOR EXAMPLE:

Dips and Hot Drinks

Try entertaining your friends and family (with two free hands), while a warm and savory cheese dip or a hot-spiced cider await your guests' enjoyment.

Breakfast and Brunch Dishes

For weekend company, how convenient it is to serve a creamy egg-based strata or a sweet, cinnamon-flavored French toast bake straight from your cooker. Slow-cook your meal two or three hours beforehand, then relax and enjoy your visitors with no stress.

Slow-Cooker Desserts

I have often tantalized my friends with a delectable "Triple Chocolate Mess" cake, baked in my slow cooker. Served warm with vanilla ice cream, this concoction is a rich delight. I'm often asked, "But did you really make this in your slow cooker?" Bread puddings, cheesecakes, crumbles and mousses, who would guess they're slow-cooked?

TRY OUT A FEW RECIPES

(Note: You'll find many more recipes in the references listed below.)

APPETIZER

Chili-Cheese Taco Dip

1 lb. ground beef
1 can chili without beans
1 lb. mild, Mexican (Velveeta-style) cheese, cubed

Brown beef, crumble and drain. Combine beef, chili and cheese in slow cooker. Cover and cook on low setting for 1 to 1-1/2 hours, stirring occasionally. Serve warm from cooker, with taco or tortilla chips. *Makes 10-12 servings.*

BEVERAGE

Slow-Cooker Hot Cider

3 3-inch sticks cinnamon
2 tsp. whole cloves
1 tsp. whole nutmeg, or 1/2 tsp. ground nutmeg
1/2 gallon apple cider
1 cup sugar
2 cups orange juice
1/2 cup lemon juice

Tie spices in cheesecloth or place in tea strainer; place in slow cooker. Add cider, sugar and stir well. Cover, simmer on low setting 1 hour. Remove spices. Stir in orange and lemon juices. Heat 1 additional hour. Serve from cooker, on low setting. *Makes 10 1-cup servings.*

BREAKFAST DISH

French Toast Bake

12 slices raisin bread
6 tbs. butter, melted
2 tsp. ground cinnamon
1/3 cup packed brown sugar
4 eggs
2 cups milk
2 tbs. maple syrup
1 tsp. vanilla extract

Spray cooker with nonstick spray. Cover bottom of cooker with 3 slices bread. Combine melted butter, cinnamon and brown sugar and mix well. Layer bread slices and melted butter mixture in cooker, ending with butter mixture. Whisk together eggs, milk, maple syrup and vanilla; pour over bread in cooker. Cover, cook on high heat setting for 2-1/2 to 3 hours, until puffed and set. Remove lid and let stand for 5 minutes before serving. Serve with more maple syrup or powdered sugar on the side. *Makes 6 servings.*

DESSERT

"Triple Chocolate Mess" Cake

1 package (18-1/2 oz.) chocolate cake mix
1 (3.9-oz.) package instant chocolate pudding mix
1 pint sour cream
1 small bag (6 oz.) semisweet chocolate chips
3/4 cup oil
4 eggs
1 cup water

Spray cooker with nonstick spray. Mix together all ingredients until smooth. Pour into cooker. Cook on low setting for 6-8 hours. Serve warm with vanilla ice cream or whipped topping.

Experiment with a few new ideas. You may find that your slow cooker's lesser-known uses can make your entertainment more elegant and your everyday life more simple.

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Older, Wiser AND Happier?

Studies suggest people become happier as they age.

By Leah Lancione

It's no secret that as you age physically, things seem to decline, whether you are 30 or 70. Yet a recent study says people tend to become happier as they age mentally. A paper written by Heather L. Urry of Tufts University and James J. Gross of Stanford University and published in *Current Directions in Psychological Science*, a journal of the Association for Psychological Science, suggests the reason may be that older people are better at regulating their emotions.

The paper also postulates that in addition to changes in the brain as we age, younger individuals aren't adept at guessing what will affect their happiness. Older people, on the other hand, may have more opportunities to change situations that make them discontented. Example: They're no longer forced to stay in unfulfilling or stressful jobs. Also, they tend to have smaller and closer social networks and can choose to pursue only those relationships which elicit positive feelings.

A massive Gallup poll conducted in 2008 and subsequently published in the Proceedings of the National Academy of Sciences also found that people get happier as they get older. A *New York Times* article described the poll results this way: "On the global measure, people start out at age 18 feeling pretty good about themselves, and then, apparently, life begins to throw curve balls. They feel worse and worse until they hit 50. At that point, there is a sharp reversal, and people keep getting happier as they age. By the time they are 85, they are even more satisfied with themselves than they were at 18." So, what are some other possible causes for an overall increase in well-being as we age? Well, the study also intimates that environmental, psychological and even biological factors, i.e., brain chemistry, play a role in the increase in overall life satisfaction and reduce in stress as people age.

Though the survey and a succeeding study did not seek to uncover what specifically makes older people happier, it is encouraging to think that life continues to get better after mid-life and the everyday stressors that formerly caused anxiety have less of an effect on our well-being. So where does this enhanced emotional stability and contentment come from?

"As people age, they're more emotionally balanced and better able to solve highly emotional problems," says Laura Carstensen, a psychology professor and director of the Stanford Center on Longevity. "We may be seeing a larger group of people who can get along with a greater number of people. They care more and are more compassionate about problems, and that may lead to a more stable world." This sounds like good news for the United States since "baby boomers" started turning 65 in 2011, and according to the U.S. Census Bureau, the number of older people will increase dramatically from 2010-2030. "The older population in 2030 is projected to be twice as large as their counterparts in 2000, growing from 35 million to 72 million and representing nearly 20 percent of the total U.S. population."

But, not so fast. A better, more peaceful world isn't quite in the forecast since although the U.S. (as in other countries) will, in theory, be heavily populated with older and happier people, there are major social and economic impacts that will affect this country. For one, the issue of health care and the shift from acute care to that of more chronic conditions, will be a primary concern as will the need for more care facilities and public programs that provide income support and long-term health care assistance. The economic strains will be considerable as well. The International Journal of Epidemiology reports, "As the population ages, public expenditures are projected to grow as a percent of GDP (Gross Domestic Product)."

For further reading on the aging study, check out the *New York Times* article online at www.nytimes.com/2010/06/01/health/research/01happy.html or the U.S. Census Bureau statistics obtained from the Federal Interagency Forum on Aging-related Statistics at www.agingstats.gov/Main_Site/Data/2012_Documents/Population.aspx





Back to School - Now More Fun Than Ever!

By Edree Downing

Whether it's called lifelong learning, adult learning or continuing education, going back to school is a huge opportunity for seniors.

There are a vast number of courses offered, whether you want to learn more about a subject or to perfect a skill such as wood-working, piano playing or tennis. Reasonable tuition prices may surprise you and some courses are free. Many start at age 50, some at 55 or 60, and they each have their own criteria.

Courses offered run the gamut: appreciating opera, learning a language, understanding Maryland politics, geography, return to the classics, travel to foreign lands, etc. Credit is available for some courses, but most are noncredit. Most require residency in your county or state. If the school's campus is located outside your county, tuition may be slightly higher. Check out almost any campus in your area and there's bound to be some sort of "adult" or "lifelong learning" offered.

Here is a partial list with the "senior age" in parenthesis. Chances are you'll be dazzled by the offerings when you log onto any of these sites.

[ANNE ARUNDEL COMMUNITY COLLEGE](#) (55-plus) Log onto www.AACC.edu/seniors/ with a wide variety of offerings such as photography, cooking and lots of computer classes. Also worth checking out is www.AACC.edu/guild that has a list of nice surprises for lectures and tours. And then log onto www.AACC.edu/plp/ for a member-managed program, which focuses on intellectual development, cultural stimulation, personal growth and social interaction in an academic setting. If that's not enough, there's also www.AACC.edu/lifestgages/ Give it a try online, or call 410.777.2941.

[ANNE ARUNDEL SENIOR CENTERS](#) (55-plus) Log onto www.aacounty.org/aging and click on any of the eight different senior centers for individual lists of classes. Many are free and often don't require registration. A recent sampling included Painting and Drawing, Digital Photography and History Through Headlines. Call 410.222.4464.

[CHESAPEAKE COLLEGE:](#)

[INSTITUTE FOR ADULT LEARNING](#) (50-plus)

An affiliate of Road Scholar Network, the college offers a varied selection of classes such as Navigation at Sea, The Rise of Modern Nations, as well as brown bag luncheons on Mondays and trips such as the Spring offering to Ireland or locally to Winterthur in November Here's the fun part – you can take a class or teach a class. See more at www.chesapeake.edu/continuing%5Fed/ial/IALsched.pdf or call 410.827.5810.

[COMMUNITY COLLEGE OF BALTIMORE COUNTY](#)

(60-plus) More than 800 courses are offered each year at any of 50 locations in Baltimore County. There's bound to be something on their list that will peak your interest, such as Spread the Word: Newspapers, Mail and Communications with lunch to follow, that makes it worth the trip. Check out www.ccbcmd.edu/ceed/senior/seniorintro.html or call 443.840.4700.

[CECIL COLLEGE](#) (60-plus)

www.cecil.edu/Continuing-Education/Adult-and-Senior-Programs/Pages/60-and-Better-Classes.aspx Lots of fun classes here such as, healthy living, staying fit, staying sharp and creative leisure as well as a good selection of online courses. Call 410.392.3366.

[FREDERICK COMMUNITY COLLEGE](#)

[Institute for Learning in Retirement](#) (55-plus)

Log onto www.ILRatFCC.com and discover courses on history, government, world cultures, the arts, interesting hobbies and opportunities for international travel. Call 301.624.2749.

[HARFORD COMMUNITY COLLEGE](#) (55-plus)

Harford offers cultural events, trips and seminars, as well as continuing education classes. Log onto www.harford.edu/continuing-education/community-education/over-55.aspx Join the 55+ club for \$55 to take part in all that is offered. Call 443.412.2175.



HOWARD COMMUNITY COLLEGE (60-plus)

Lots of fun courses such as Weird, Wild Wonderful Words are offered. Courses are available at many different sites throughout Maryland. For a complete list, log onto coned.howardcc.edu/Courses/seniors/courses.html or call 443.518.4972.

MONTGOMERY COLLEGE (50-plus) The college offers courses such as the Historical and Cultural Tour of Paris, Historical Book Discussions and of special interest, A.S.K. (Adults Seeking Knowledge), featuring different weekly lectures. For all the particulars on an easy-to-negotiate site, log onto cms.montgomerycollege.edu/wdce/ce/lifelonglearning.html

NOTRE DAME OF MARYLAND UNIVERSITY
Renaissance Institute (50-plus)

Classes include A More Creative You! Digitizing Your Memories or Views of the News. More than 100 noncredit courses, workshops and studio opportunities are offered during two, 12-week semesters. Log onto www.ndm.edu/about/lifelong-learning/renaissance-institute/ or call 410.532.5351.

OSHER LIFELONG LEARNING INSTITUTE
AT JOHNS HOPKINS UNIVERSITY (Evergreen Society) (50-plus) The institute provides a wide selection of noncredit courses, lectures, activities and many opportunities for social interaction. Get details at <http://advanced.jhu.edu/academics/non-credit-programs/osher-lifelong-learning-institute/> or call 410.516.9719.

OSHER LIFELONG LEARNING INSTITUTE
AT TOWSON UNIVERSITY (50-plus) Lots of courses are offered in liberal arts and sciences as well as interesting and different programs and activities for social and cultural enrichment. For more information log onto www.towson.edu/outreach/olli or call 410.704.3535.

OSHER LIFELONG LEARNING INSTITUTE
AT UNIVERSITY OF MARYLAND (50-plus) Courses are offered seminar style in such categories as health and fitness, volunteer leadership, community engagement and should you be looking for another career, guidance is available. Log onto www.sph.umd.edu/hlsa/osher/index.cfm or call 301.405.8280.

PEABODY INSTITUTE OF THE
JOHNS HOPKINS UNIVERSITY

Classes are offered in various instruments, dance and voice as well as week-long “study vacations” through Road Scholar. Log onto www.peabody.jhu.edu/adults/ or call 410.234.4630.

PRINCE GEORGE’S COMMUNITY COLLEGE
(Seasoned Adults Growing Educationally SAGE) (60-plus) Courses are offered in finance, government, art, etc. For more information, log onto www.pgcc.edu/ or call 301.322.0882.

UNIVERSITY OF MARYLAND
Golden ID Program (60-plus) Tuition is waived, but other charges apply. Registration is on a space-available basis for a maximum of three courses. For more information log onto www.registrar.umd.edu/current/registration/golden-id.html or call 301.314.8219.

WOR-WIC COMMUNITY COLLEGE (60-plus) Lots of good introductory computer courses. Log onto www.worwic.edu/academics/ClassSchedule.aspx or call 410.334.2815.

WASHINGTON COLLEGE It offers six weeks of late-afternoon classes, as well as learn-at-lunch lectures. And for a really fun time, they’ll be heading to Europe this Fall on a learning adventure. More information is available at www.washcoll.edu/offices/wc-all/administration.php or call 410.778.7221.

And there’s more. How about a semester at sea www.semesteratsea.org/discover-sas/signature-programs/lifelong-learning-program/ or call 800.854.0195. Why not a six-week immersion course in French (www.frenchtoday.com/learn-french-in-france), which includes staying at the teacher’s home in France. Also worth checking out are your alma maters. They organize learning trips with discounts if you’re one of the lucky graduates. And there’s always the ShawGuides.com or Roadscholar.org (formerly ElderHostel) for even more offerings. It’s all there, so what’s holding you back?

Bay Bytes
Would you like to know just how toxic those household products are that you’ve been using in and around your home? Log onto www.chem-tox.com for the real story.

Making Up History after the Fact

By Tom Lloyd

Nothing changes faster than the past. It gets rewritten every day. It's also chock-full of mistakes.

We can blame many of these mistakes on an ancient Greek historian named Herodotus. Back in the fifth century B.C., Herodotus wrote that, "Very few things happen at the right time and the rest do not happen at all. The conscientious historian will correct these defects."

Historians have been "correcting defects" or just plain "making stuff up" ever since.

So how do you get yourself written into history books?

Start with a good public relations team. It worked for Paul Revere and Betsy Ross. It might work for you!

For example, there's not a single thread of evidence that Betsy Ross had anything to do with creating the first American flag. In fact, it wasn't until 93 years after that first flag flew that a gentleman named William Canby first spun the tale of Betsy Ross for the Historical Society of Pennsylvania.

According to Canby, a delegation from the Continental Congress, headed by General George Washington, came to Ross and asked her to design a flag for the new nation.

Nice story. Bad facts. First, Canby just happened to be Ross's grandson. Secondly, he was unable produce any evidence beyond the "recollections" of his own family members. Finally, since Washington was not a member of Congress, he couldn't have led any congressional delegation.

However, 20 years later, the Ross story got an incredible shot in arm when a Philadelphia artist named Charles M. Weisgerber got involved.

In 1893, he painted "The Birth of Our Nation's Flag" with Ross, bathed in sunlight, showing her flag to Washington, Robert Morris and George Ross. The image struck a chord with the public. Weisgerber made a small fortune selling copies and Canby's tall tale about his grandmother became a textbook staple for the next hundred years.

(A better bet for the creator of the first American flag would be Francis Hopkinson of New Jersey. Hopkinson had already designed the Great Seal of the United States and he did submit a bill to Congress for flag design. He did not, however, get paid.)

That brings us to Paul Revere. Whatever else Revere did in his life, he did not gallop from Boston to Concord yelling "the British are coming" at the top of his lungs.

For starters, most Colonists considered themselves to be British. Yelling that the British were coming wouldn't have made any sense to anyone. Moreover, Revere got stopped and detained by British troops outside Lexington and his horse was confiscated. The Boston silversmith ended his "midnight ride" by walking all the way back to Boston.

Enter Henry Wadsworth Longfellow, 85 years after the fact. Seeking to galvanize his fellow Unionists about what he saw as the inevitable coming of Civil War, Longfellow's 1860 poem, "Paul Revere's Ride," played fast and loose with the truth. But in the process, it made Revere far more famous than any of his silver spoons and teapots ever had.

(For the record, Dr. Samuel Prescott and William Dawes did a far better job at warning the local militias about the advance of British regulars seeking to seize their powder and shot, but Longfellow chose to write about Revere.)

So, if you really want to make yourself a place in history, forget Carnegie Hall. Instead, get yourself a good public relations team.

Ask *the* Undertaker

By *Ryan Helfenbein*

We all have experience with (and opinions about) insurance. It has become a go-to mechanism for protecting ourselves against the “what ifs” that may occur. Car insurance is mandatory to cover part of accident damages. Homeowners insurance is required to cover some damages to our home. Health insurance is now required by the government to cover much of our medical treatment. The interesting aspect of each of these is that each one is required to provide protection from the chance that something may occur. However, nowhere is it required for each of us to obtain protection from the one thing in life it is certain that we all will face -- our death expenses.

“Hold on,” you might say, “I have protection against these expenses.” Or do you? Perhaps it is insurance coverage that is through an employer, the government or one of those policies that Alex Trebek or AARP sells on TV. Whichever it may be, we need to realize that these general life insurance policies still may not provide the necessary coverage needed when our family is sitting across the table from funeral representatives. How can one be sure that funeral expenses will be paid for, and more importantly, how can we leave nothing to chance?

First, let’s take a peek at some of these general life insurance policies. What about the insurance that is so widely promoted to cover these funeral expenses? It is not completely wrong when policies promote that they can cover funeral expenses, but there’s a chance that you still may not be fully protected. Since these policies have cash value, they are considered assets and could be absorbed by Medicaid in order to receive medical assistance in the future. Many times funeral directors sit down with families that wish to use one of these policies, only to learn that some or all of the benefit has been absorbed due to the spend-down that occurred just a few months before the insurance was needed.

Another common shortfall of these policies is that they are for a fixed amount, based on an old final expense estimation and not up-to-date numbers of a funeral firm. In other words, grandma’s policy that was taken out 40 years ago, while substantial enough to cover expenses then, may not be able to cover even half of what the expenses may be today. This has become a common

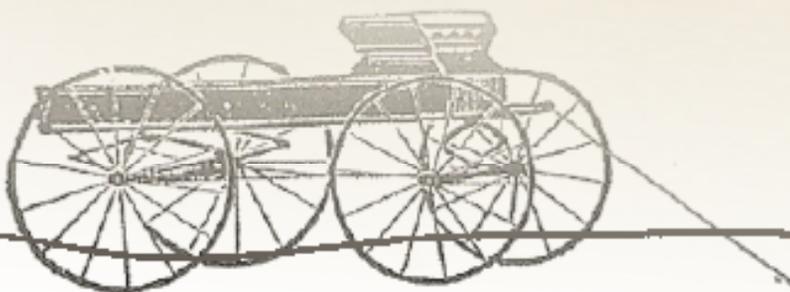
disappointment for many families when using these general life insurance policies.

The second type of insurance protection that many undertakers see is group insurance. For example, the deceased may have had railroad retirement, government, military or an employer’s insurance. These policies are great in that they’re often offered at a reasonable cost or as a benefit by an employer. Unfortunately, families may be left in a lurch as these policies often can’t be assigned to the funeral home to pay for the final expenses. This forces loved ones to be in the position of having to pay out of pocket and wait weeks or even months for reimbursement from the insurance company.

So what is the answer? What is the best way to spare your family from having to discuss finances and ultimately shell out money at a time of grieving? It is called Forethought, a funeral industry-designed whole life insurance plan that is irrevocably assigned for the use of funeral or cremation expenses. There is no hassle, lengthy claim process or even the need for a death certificate. The funeral director signs off, the family representative signs off and presto, the funeral or cremation expenses are paid. The great thing about this program is that it was created by the funeral industry, which knows what a consumer needs and ultimately what a funeral home is going to require for services when difficult financial discussions take place. With this program, that awkward situation is eliminated. Policy owners can rest assured that the financial obligation is not left to fall on loved ones.

Insurance is best judged by the benefit it provides. When it comes to life insurance, the purpose is life -- providing ongoing living expenses. It’s designed to cover debt, loss of income and in a best-case scenario, the costs of a grandchild’s education. The funeral industry’s Forethought program is there to cover the one thing that is going to occur. After all, do you know what the mortality rate is of an Annapolis resident? Let’s just say it’s a little better chance than a home fire, car crash or even major health scare. It’s 100 percent.

Ryan, owner, 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@LastingTributesFuneralCare.com



BEST Road Trip Treats & Eats



By Leah Lancione

If a road trip this Fall is on the horizon for you and your best pals, don't forget to pack some snacks as well as a pocket list of some famous hot spots to try along the way. The website www.Roadfood.com provides lists of restaurants or eateries by city and state, as well as eating tours held in various cities across the nation. The potpourri of regional cuisine includes: New Orleans Po Boys, Philly's Choice Cheese Steaks, Maine Lobster Roll, Memphis BBQ Loop, Yankee Donut Destinations and Charleston Soul Food.

For take-along snacks there are a few conditions that make them suitable for a road trip:

- They fit into a cooler or other storage container.
- They're tasty but healthy.
- They don't require utensils.
- They aren't messy.
- They don't spoil.
- They will hold you over until you stop for meals.

LivebetterAmerica.com offers a few suggestions that include nut-butter (peanut, cashew or almond) sandwiches on whole wheat bread because they travel well, don't have to be kept cool and the contents won't fall into your lap while in the vehicle. In addition to jelly or fruit preserves with the nut-butter, try honey to add a little sweetness. Also nice on whole wheat bread is a hazelnut spread like Nutella or Peanut Butter & Co's healthier version "Dark Chocolate Dreams," which can be added to bread, bananas or other fruit.

Beyond sandwiches, a practical and healthy road snack is cut-up veggies like baby carrots and celery that store well in small

Ziploc bags. If you have a cooler to keep other items cool, these pair well with hummus, which is thick enough in the container that it won't spill out while it's sitting on your lap. If you want some fruit with your veggies, opt for dried fruit that won't get brown or bruised like regular fruit. Just make sure to choose a brand that isn't overloaded with sugar like Peeled Snacks "Much-Ado-About" mango, which has no added sugars or artificial ingredients.

While racking up the miles toward your destination, have either store-bought or homemade trail mix on hand to halt hunger pains. Eden Organic Wild Berry Mixed Nuts, Seeds & Berries packs plenty of protein, fiber, antioxidants in just a handful. To make your own quick-and-easy trail mix, combine your favorite cereal with nuts, dried fruit such as cranberries, raisins, yogurt-covered raisins, dates and berries with sunflower seeds and granola.

For a convenient, quick snack that can be pulled out of your purse or fanny pack, take snack bars like LÄRABAR, which are all-natural, gluten free, vegan and kosher treats that taste good and will keep you satisfied.

Procrastination is no longer an option.

Ok, so you've got snacks covered. Now for the regional hot spots or local favorites to try for your meals. Let's start out with the ever-popular Cracker Barrel. If you've ever dined there you know it's always packed with folks of all ages enjoying the fare as well as its Old Country Store. So why is it a popular choice for a trip stop? Is it the prices? Is it the friendly service, the southern hospitality, reasonable prices or is it the fact that breakfast is served all day? Well, customers can't complain about its seasonal offerings like Campfire Beef and Chicken 'n Dumplins Platter. But, also available are "Wholesome Fixins" or meals under 600 calories. The restaurant's admirable goal is to "cook up honest-to-goodness home-style meals prepared from scratch."

The following are some regional places to get classics as listed in *Endless Vacation* magazine's "40 Temples of American Food."

Alabama and Georgia: Dreamland BBQ (visit www.dreamlandbbq.com for locations) is a fan favorite due to its pork spareribs that are "slow-cooked over hickory coals in a stone pit."

Boston: Union Oyster House (41 Union St.) is the place to get traditional New England clam chowder. Also of note, it's said that JFK often visited the joint, reading the paper in booth No.18.

Charleston, S.C.: Hominy Grill (207 Rutledge Ave.) is the editor's pick for shrimp and grits made with bacon grease, scallions and lemon juice.

Philadelphia, Pa.: Geno's (1219 S. 9th St.) for a cheese steak loaded with "thinly sliced top round and grilled onions slathered with a gooey sauce" on a hoagie roll.

Both the Food Network and Travel Channel have featured a few regional eateries worth a stop along your journey:

New York, N.Y.: Featured on two Food Network Shows

("Best Thing I Ever Ate" and "Throwdown with Bobby Flay") and the Travel Channel's "Food Paradise" is Doughnut Plant (379 Grand St.), which is famous for its doughnuts and bagels.

Atlantic City, N.J.: White House Sub Shop (2301 Arctic Ave.): This has been a boardwalk landmark for more than 60 years and was highlighted on "Food Paradise." It is noted for traditional American soups.

Norfolk, Va.: Visit the home of the original waffle cone (circa 1904 World Fair) for award-winning ice cream sundaes, hand-made shakes and BBQ at Doumar's Drive-In (1919 Monticello Ave.), where you can dine in, stay curbside or take out your meal. The popular drive-in has received high marks from both "Food Paradise" and "Diners, Drive-Ins & Dives."

Virginia Beach, Va.: Leaping Lizards Café (4408 Shore Dr.): As seen on Guy Fieri's "Diners, Drive-Ins and Dives," it is noted for farm-fresh produce, charming atmosphere, low prices and antique shop in the Chick's Beach area of Virginia Beach. Fieri's favorite was a gourmet Panini chicken salad sandwich served on homemade bread with shredded chicken, tomatoes, mixed greens and a peach chutney and curry yogurt.

Kill Devil Hills, N.C.: For low-country fare and what Fieri called "some serious shrimp and grits," other southern staples with fresh local ingredients and hand-crafted brews, visit the Outer Banks Brewing Station (600 South Croatan Highway). This restaurant/brew pub is powered by its own wind turbine.

And then, to search for a specific locale's pubs, brasseries, diners, drive-ins or restaurants that have been awarded kudos from popular TV food shows, try www.tvfoodmaps.com as well as www.urbanspoon.com. With the Yelp app, road-trippers can read restaurant reviews before stopping or try iExit (available for Apple products and Androids), which lets you see exactly what restaurants and other points of interest await at upcoming exits.



FALL ACROSTIC
 The Great Chicago Fire claimed three hundred lives, destroyed nearly twenty thousand buildings, and left one hundred thousand people homeless. What action did the Chicago City Council take not that many years ago regarding the fire?

FIRE: ABSOLVED MRS. O'LEARY'S COW

A	Rigid	N	O. Smutty
B	Incoherence	O	
C	Rheostat	P	Ophidian
D	Eugenics	Q	Luther
E	Aquille	R	Elegance
F	Bettendorf	S	Anton Cermak
G	Saddle	T	Rowdy
H	Oplate	U	"Yesterday"
I	Lightning	V	Scathing
J	Vetch	W	Cartan
K	Echoed	X	Out of turn
L	Dashed	Y	Wholeheartedly
M	Mythos		

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A Rural Adventure: Old Barns Get New Life

By Joanne R. Alloway

Barns are a natural part of our agricultural heritage. Considered obsolete these days, most sit in disrepair as we drive by them, a shadow of their former selves. I've always been fascinated by the untold stories of these landmarks, so I was happy to discover the entrepreneurial spirit in barn owners and others who are turning these shells of faded glory into places for other businesses.

In Maryland, the once-mainstay tobacco industry has almost disappeared, as has the need for barns. In much of Southern Maryland, they were built to dry and cure the tobacco plants. As state-sponsored programs offered cash payments as buyouts to farmers to not produce tobacco, most took the deal. Hence, tobacco barns quickly became obsolete.

The earliest barns in this part of the state date from the 1830s. One barn in Tracy's Landing, Tobacco House No. 2, however, dates back to 1805, and is on the National Register of Historic Places. There are other types of barns in the area for livestock or storage, but tobacco barns were most prominent. Many still stand vacant.

That said, I recently visited two local barn business owners in the area: One is Harwood Hills Farm in Harwood, run by Rick Suit, where an old tobacco barn stands. The other, an old horse barn in Gambrills, The Barn Show, is owned by Maria Nucci and six other entrepreneurs. Both are in lovely, pastoral settings and have caught the public's attention.

Harwood Hills Farm has been in the Fowler family since 1943. They no longer produce crops on the 100-acre farm. I

toured the 1920s tobacco barn with Mr. Suit. It is now used for events and wedding receptions, and even boasts a "ready" room, where brides prepare for the grand event. The hill to one side is where most couples take their vows. The \$1500 fee gives couples the use of the barn for three days. Couples bring in their own caterer, flowers, etc., for a rural-style wedding.

Barn venues are becoming very popular, popping up across most states. Some are more elaborate than others, having been remodeled inside and out. The wide open space is a draw for today's young couples. Strings of white lights and flowers temper the wood interiors, giving it a warm glow. Most of these venues do little advertising, although some have Facebook pages. For different venues throughout the state, log onto www.rusticbride.com/category/maryland

Barns are also being rehabbed to be used for upscale antique shows or sales. The Barn Show in Gambrills holds its events three times a year for three days – Friday through Sunday. All sorts of furniture, antiques, collectibles, jewelry, chandeliers, vintage items and other finds can be had at great prices. The next show is Oct. 3-5, followed by the holiday show from Dec. 5-7. The Barn Show has gotten great reviews, with many shoppers returning early for each show. Owner Maria Nucci encourages shoppers to come later in the day; she brings out new merchandise as items are sold. "The Barn Show team has been doing this for nine years, and although it's a lot of work, we love it," Maria says (www.thebarnshow.com).

- Other barns offering upscale furniture, collectibles and antiques include:
- Chartreuse & Co., Frederick www.chartreuseandco.com/
 - Stylish Patina Barn Sale, Frederick www.stylishpatina.com/
 - Ekster Antiques, Leesburg, Va www.eksterantiques.com/
 - Balleywyck Shoppes, Middleburg, Va www.baileywyckshoppes.com

Old barns have found adaptive uses in other areas: cut flower processing, exotic animal or livestock shelters, flea markets, farm supply stores, wholesale nurseries, organic farming operations, boat and trailer storage, art gallery, agricultural education centers, even a bed and breakfast. You've probably seen farm stands at barns if you drive on the Eastern Shore or in Pennsylvania. Perhaps you've been to wineries that have turned barns into lovely tasting rooms or event centers in Southern Maryland.

The most fascinating new life an old barn can get is being transformed into a home. In many parts of the country (and the world), people are converting old barns into inviting and beautiful homes. The task is not an easy one, but the rewards are many. See video of interiors and exteriors at www.youtube.com/watch?v=Gzv5BcptdY&feature=youtu_be_gdata_player

Joanne, an author and freelance writer, lives in Annapolis and can be reached at Jrwrite@aol.com

All that stuff you're saving for best? Why? There isn't a better time to use it than now!

DOWNSIZING OR RIGHTSIZING?

By Steven R. Fleming

As I write this, I am in the middle of moving. The move is from a large, five-bedroom home with a lower level “mother-in-law suite” to a one-level, two-bedroom with den duplex. It’s the right move for me at this time in my life, but I am faced with what to do with all my things, which will not fit in my new home.

“Downsizing,” they call it. But I don’t like that word. It implies, at least to me, that I am going “down” in some part of my life, somehow taking a step backward. I prefer to call it “rightsizing,” because this move is the right thing for me. I need to keep those pieces of furniture and personal possessions, which will be “right” for this new chapter in life. The rest needs to go. This move is a positive step forward for me, not a “downer.”

In the process of this transition, I am using ideas I taught to thousands of persons in my pre-retirement planning and retirement living seminars. Some of these may hopefully assist you when the time comes for you to “rightsizing.”

*Do some preplanning. Most “rightsizing” comes when we move from one place to another. Even if you are moving to roughly the same space, take the time to walk through your new location. Look at the walls, windows, doorways, closets and other areas. Make rough sketches with key measurements (room sizes, window placements and other spaces), which will dictate where furniture can go, or not go. Check available storage space. How much will you be able to put out of sight such as holiday decorations or other seasonal items? When you actually make the move, you will at least have an idea of what will go where.

*Whether or not personal possessions go with you is not only dictated by space but also by your “attachment” to those items. Even if you have the space, now is an ideal time to “right-size” your possessions. Find a home for items which are no lon-

ger needed or fit your new home and lifestyle. Many people hold a “moving sale” for these items to generate a little cash. In our area, I belong to a free Facebook “online” yard sale site. There are more than 12,000 members so when I post items for sale many people will see it. An alternative is to use a good consignment shop or auction house. Find those that specialize in your things.

Just don’t be disappointed if what you have doesn’t bring in a lot of money. Collectibles, for example, which brought me joy over the years, are no longer in demand. Remember, you are “rightsizing.” The freedom that comes doing this is very valuable in and of itself.

*Now is the time for you to have your children or family come in and take things to their homes. One family I know had several children, so they gave each the same quantity of different color “sticky notes.” They were told to put them on items they wanted. If more than one was interested in the same item, they were told to “negotiate” who would get what. Straws were picked if negotiations failed. This went far more smoothly than I anticipated and these items stayed in the family.

*Items which have special memories attached, but you really don’t need can be difficult. A seminar participant reminded me it is the memory the item carries that is important.

She told me to take a photograph of the item and put it into a “memories” album (physical or digital). Then get rid of the item. Another participant gave special items away as wedding or housewarming gifts, including their personal “story” of each item in writing. This was much more personal than a gift card or using a registry and preserved the memory for the next generation.

*If you are not sure about something, don’t fret. If you can, put it into a storage box dated six months or a year from now clearly marked on the box. Then, if you haven’t needed or used the item by that date, dispose of it. It clearly is no longer “right” for this chapter of your life.

The wonderful Shaker song helps put my “rightsizing” in perspective:

’Tis the gift to be simple, ’tis the gift to be free, ’Tis the gift to come down where we ought to be ...

Don’t downsize. Rightsize! I have shared some ways I am “rightsizing” for the next chapter of my life and already am feeling “freer” as a result. It’s exciting to anticipate what lies ahead. May you, too, have a similar experience.

Steven grew up in Hagerstown and has spent his life working with people in their life journeys. For more information or free resources, go to www.SRFLifeRetirementCoach.com



Bay Bytes

Anne Arundel County Public Schools offers a pass for seniors that allows free admission to most “admission charged” events such as sports events. Call **410.222.5000** and request the Senior Citizen Event Card. It will be mailed to you at no charge.

The Oneidas Helped Save Our Revolutionary Army

By Tom Lloyd

(No matter where you stand on the name of the Washington Redskins, there can be no question about the noble role the Oneida Indians played in the Revolutionary War.)

If you thought this past Winter was a tough one, you don't know Winter.

In the Winter of 1777, the American Revolution was in dire straits. George Washington and his rag-tag force of 11,000 men, weary from the resounding defeats at Brandywine and Germantown, took refuge in Valley Forge, Pa.

Deep snow, freezing temperatures and lack of supplies during that Winter proved every bit as deadly to the Americans as British musket balls. The Continental Army lost nearly 20 percent of its soldiers to cold, disease and starvation.

It was during that Winter of 1777 that an Oneida chief named Shenandoah and an Oneida woman named Polly Cooper undertook an historic and heroic trek. They and a band of Oneida warriors trudged the entire 300-plus miles from upstate New York to deliver life-saving sustenance to Washington's suffering forces in the form of about 600 bushels of white corn.

The white corn of the Oneida was unlike the yellow corn most Americans knew in that it could not be eaten raw, so it fell to Cooper and the Oneida braves to not only help deliver it but also to teach the starving soldiers how to prepare it.

Without the aid provided by Cooper

and those Oneida tribesmen, Washington's army might never have lived through that Winter, let alone march south to victory at Yorktown and eventual independence.

The Oneida rescue mission to Valley Forge is commemorated by a 19-foot high bronze statue of General Washington, Shenandoah and Cooper at the Smithsonian's National Museum of the American Indian, but the more practical rewards for America's Native American allies were far more fleeting.

The Continental Congress of 1777 was effusive with its spoken praise at the time but lax at living up to those words.

"We have experienced your love," a congressional delegation told the Oneida, "as strong as oak, and your fidelity, unchangeable as truth. While the sun and the moon continue to give light to the world, we shall love and respect you. As your trusty friends we shall protect you and shall at all times consider your welfare as our own."

Maj. Gen. Phillip Schuyler, a native New Yorker, member of the Continental Congress and a commander of American Revolutionary War forces chimed in as well. "Sooner should a fond mother forget her only son than we shall forget you," he told his Native American allies.

Sadly for the Oneida, neither the words of Congress nor those of Gen. Schuyler proved to be entirely true.

Congress did set aside six million

acres for the Oneida in 1788, five years after the Treaty of Paris ended the Revolutionary War, but today all that remains of that grant is a mere 32 acres.

We have, it seems, shorter memories than Gen. Schuyler anticipated.

The Oneida were one of the five original tribes of the Iroquois Confederacy -- thought to be the oldest living participatory democracy in the world. The Oneida, the Seneca, the Mohawk, the Onondaga and the Cayuga shared a culture with an oral rather than written tradition, so there are varying descriptions of specific events. The preponderance of evidence is that the "Haudenosaunee" people, or "people of the longhouse," as the Iroquois called themselves, managed to overcome centuries of infighting and bloody raiding parties to unite and bring peace to their land.

According to Haudenosaunee legend, a holy man known as Dekanawida, the 'Great Iroquois Peacemaker' and his disciple, Hiawatha, (who would be the inspiration for Henry Wadsworth Longfellow's epic poem), led these tribes to create a peaceful and cooperative society that would exist for over 500 years until the Europeans arrived.

As was the case in nearly every instance since Columbus, contact with Europeans, (the French, the British and the American Colonists), brought at least as much harm to the native people of the Americas as it did good.

Bay Bytes

Want to find out where that quote came from or if something has been plagiarized? Log onto Google's scholar search at <http://plagiarisma.net/scholar.php>

The metal knives, axes, hoes and kettles that the early French explorers brought as trade goods were superior to the native implements made of stone, bone, shell or wood. Woven cloth, likewise, was quickly adopted to replace the animal skins that had traditionally been used to make clothing.

Nonetheless, with a sinister guile that would have delighted Machiavelli, the Europeans quickly set out to form and then break and then re-form a whole host of treaties and alliances with the indigenous people. Pitting one tribe against another for the sake of beaver pelts and farmland became commonplace. Deadly, too.

The introduction of firearms alone led to an estimated 1,600 to 2,000 Haudenosaunee deaths from gunshot wounds in the decade of the 1690s and the number went up each decade after that.

Even deadlier was the introduction of European diseases such as smallpox, mea-

sles and influenza.

The French and Indian War from 1754 to 1763 brought still more death to the Haudenosaunee as England and France battled for control of North America.

While the Iroquois Confederacy was officially neutral in this conflict, many members of the Mohawk tribe sided with the British while large numbers of Seneca warriors fought for the French. In both cases it was less a matter of preferring one European nation over another than it was the hope of driving at least one of the foreign invaders out of their traditional homelands.

Nonetheless, just 14 years after the end of that conflict, it was the Oneida nation that came to Valley Forge and helped to save Washington's army.

Paradoxically, most school children today are taught that it was a European power that most helped Washington to

victory.

The French fleet under Adm. Francois Joseph Paul Comte de Grasse did bottle up the Chesapeake Bay to deny Cornwallis an escape route at Yorktown and French soldiers under Lt. Gen. Jean de Rochambeau did join in the siege of that Virginia town which enabled Washington to secure the American victory that essentially ended the war.

Yorktown, however, wasn't fought until 1781.

If it hadn't been for Chief Shenandoah, Polly Cooper and a band of Oneida braves bringing 600 bushels of corn to Valley Forge three years earlier, the battle of Yorktown might never have taken place.

Today, 32 acres of land, a large bronze statue in a museum and an NFL franchise with a name that many perceive to be a racial slur are pretty much all that remains of the gratitude the Oneida and all Native Americans received from this supposedly grateful nation.

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Super-Powered Granola

By Melissa Conroy

Granola carries a reputation for being a hearty, healthy food, usually connected with backpacking, skiing and other outdoor activities. If you feel like plopping down \$6 to \$10 a box, you are sure to find several varieties of fancy granola in the health section of your grocery store. Or you may settle for a generic box of granola in the cereal aisle, confident that it is healthier than the chocolate-frosted sugar oat bombs your grandchildren love.

But unlike many supposedly healthy foods, granola is not always a wise choice. Many granola mixes are high in saturated fats such as palm oil and hydrogenated oils that can harm your heart. Granola is often loaded with sugar, something we can all do with less of, as well as fillers such as soy protein isolate and inulin. Granola is usually high in fat and calories, and ingredients such as nuts and dried fruit which can crank up the calorie content in your bowl.

If you love granola, but hate paying the freight, you can make your own healthier version at home for much less. And with the addition of a few high-nutrition ingredients, you can supercharge your granola with a boost of omega-3 fatty acids, calcium, polyunsaturated fat, niacin, protein and many other important nutrition elements.

To make the granola, assemble the following ingredients and follow these simple steps.

Dry Ingredients

2 cups freshly ground wheat flour
6 cups old-fashioned or quick oats
1/2 cup flaked coconut
1 cup oat bran
1 tsp. cinnamon
1/8 cup golden flax seeds
1/4 cup amaranth
3 Tbs. chia seeds
1/2 cup chopped pecans

Wet Ingredients

1/3 cup coconut oil
2/3 cup canola oil
1 cup honey
1 Tbs. vanilla extract
1 tsp. salt
3/4 cup water

1. Preheat oven to 250 degrees.
2. Mix the dry ingredients thoroughly.
3. Warm up coconut oil in the microwave to liquefy. Blend the wet ingredients together in a bowl.
4. Add wet and dry ingredients and mix well.
5. Spread granola evenly on three baking sheets.
6. Bake for 20 minutes, then remove from oven. Stir the mixture, making sure to flip over and mix around so that granola bakes evenly. Break up big clumps.
7. Return to oven and repeat process. You will need to bake the granola for approximately 1 hour, stirring every 20 minutes, until golden brown and dry all over. Be careful not to overbrown.
8. Let sit on the counter for several hours to dry out any remaining moisture.
9. Store in an airtight container or Ziploc bag.

Bay Bytes

There's a reason why they use grams instead of teaspoons on the ingredient list of packaged food. Who wants to know that 30 grams of sugar found in their morning yogurt is close to 6 teaspoons! Do the math: 4.7 grams = 1 teaspoon.



This recipe will produce about 14 cups of granola. One cup of granola contains 483 calories and 23 grams of fat, making it a fairly high-calorie food. However, each mouthful is loaded with minerals, healthy fats, vitamins and other important elements. Also, the fat it contains is heart-healthy. Digging a little deeper, here is a look at some of the important ingredients in the recipe.

Amaranth is an ancient grain first cultivated by the Aztecs. It is well known for high levels of magnesium, phosphorus, folate, vitamin B6 and zinc, along with other vitamins and minerals. Amaranth also contains high levels of protein as well as lysine, an amino acid that does not appear in many other grains. Because of its high-nutrition properties, amaranth is often called a “superfood.”

Golden flaxseed is nutritionally equal to brown flaxseeds, but with a lighter taste that beautifully complements the granola. A serving of flaxseed will provide almost double your daily requirement of thiamin and magnesium as well as your daily requirement of copper and phosphorus. Flaxseed provides other important elements such as calcium, iron, folate, selenium and zinc and has high levels of omega-3 fatty acids. Flaxseed is an excellent source of lignans, which are phytonutrients that may slow the rate of cancer development, particularly breast cancer.

Chia seeds are packed full of calcium, fiber, potassium, niacin and vitamin B12 and are a super-healthy additive to foods. Chia

seeds can help you regulate your blood sugar by slowing down the rate that you absorb sugar.

Coconut oil is unique in containing a blend of medium- and short-chain fatty acids, particularly myristic acid and lauric acid. This is important because our bodies metabolize short- and medium-chain fatty acids differently than long-chain fatty acids, mainly by sending them straight to the liver where they are more likely to be burned as fuel. Half the fat content of coconut oil is lauric acid, which your body converts into monolaurin, a monoglyceride that has anti-viral and anti-bacterial properties.

Canola oil has less saturated fat than any other cooking oil, just 7 percent, in comparison to olive oil's 15 percent. Canola oil is also high in linolenic acid, omega-6 fatty acids, and omega-3 fatty acids. A serving of canola oil provides double your daily requirement of Vitamin K and Vitamin E. Among plant oils, canola oil contains the highest level of plant sterols, which inhibit cholesterol absorption and can help reduce cholesterol levels.

Delish!

If you are a granola lover, making your own granola is much less expensive than buying it from a store. While some of the ingredients in this recipe are expensive, you will use them in small amounts; a jar of coconut oil and bag of chia seeds are enough for dozens of batches of granola. The bulk of the recipe is from oats and wheat flour, two inexpensive items. By making your own supercharged granola, you will save money and improve your health in one delicious swoop.

The end result is a delicious and nutritious granola that is wonderful eaten straight from the bag, sprinkled over yogurt or ice cream, made into parfaits, or served with milk.

Melissa can be reached at melissaconroy@gmail.com

When was the last time you tried something new?

DAFFODILS FOR FALL PLANTING

By Neil Moran

It's hard to believe Summer has drawn to a close. Folks around the Bay area and beyond may be starting to think about planting Spring bulbs. When I think of these bulbs I immediately envision the daffodil, perhaps because it was my mother's favorite Spring flower. She had a nice bunch of pale white- and yoke-colored daffodils growing against the house where she could see them from where she was hanging the clothes.

Daffodils are one of the hardiest of Spring bulbs. They're also resistant to deer and rabbits. They come in more varieties and color variations than on a painter's palette. Once established, this beauty will bloom for many years to come. Daffodils are fairly disease-resistant and require very little fussing beyond the normal fertilizing, mulching and weeding.

Daffodils come in an impressive array of elegant colors, including white, yellow, peach and golden yellow. Scout the

different garden and specialty bulb catalogs that arrive in your mailbox and order anytime in early Fall to ensure availability.

Daffodils are technically narcissus and are sometimes referred to as jonquils, which are actually a specific type of daffodil.

Planting Instructions for Daffodil Bulbs

When to plant: Plant in Fall after the ground has cooled, a few weeks before the ground freezes.

Location: Full or nearly full sun is best.

Where to plant: Plant daffodils in well-drained soil in rock gardens, borders of flower gardens and near entryways to a home. Amend the soil (especially clay



soils) with well-rotted compost or livestock manure.

Planting depth: Daffodils should be planted twice as deep as their length from end to end, i.e., a two-inch bulb should

be planted four inches deep (from the top of the bulb's pointed end).

Spacing: Follow the spacing directions for the individual variety you've ordered.

Propluggger pointer: For easy planting of daffodils, use the Propluggger 5-IN-1. You won't have to bend over to plant if you don't want to. Simply use the metal rings provided to set the pluggger to the depth you wish to plant, then push the Propluggger into the ground with your foot. Pull up on the tool to remove a plug of soil. Tap the tool to release the plug next to the hole you've created. If desired, you can drop the bulb through the top of the tool. The bulb will slide down and into the hole.

Daffodil bulbs should be planted with the bulb tip pointing upward, but this is not critical because the bulb will right itself and grow upward. Fill in the hole with the soil you removed with the 5-IN-1. Firm the soil over the bulb with your foot.

Feeding: Daffodils don't like high-nitrogen fertilizers, so feed with a 5-10-10 fertilizer when the leaf tips emerge. About the time of flowering, top dress with a 0-0-10 or 0-0-50.

Popular daffodil varieties: Jetfire (zone 4-8), Sentinel (zone 3-8), Thalia (zone 4-8), Quail (zone 5-9) and Sorbet (zone 4-8).

Hardiness Zone: Daffodils are hardy to zone 3.

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In retirement it doesn't matter who you were – who are you now?

Horse Heritage Trail

By Ellen Moyer

The state's first Horse Heritage Trail has opened, not in Anne Arundel County where the horse was once supreme, but in Worcester County, which contains Ocean City and Berlin. Berlin is America's coolest small town with at least a dozen sites where the horse partnered with people to make them economically prosperous over the last 350 years.

The trail is the first in a series of local efforts across the state to celebrate our horse heritage. After all, thoroughbred racing as we know it began in Maryland, Annapolis to be exact.

But the horse has many stories to tell and those stories begin in Worcester County with the wild horses of Assateague Island, now a national and state park on the Atlantic Ocean. The trail put together by three volunteers, myself and Angela Reynolds and Margaret Worrell, highlights areas in the county significant to the horse. It can be viewed at **www.MDHistoricHorseTrails.com**

The trail can be visited by car, or if you're in a physical fitness mood, by bike or kayak. Through Holly Ridge Farm, one can even ride horses on the beach. Eventually the historical sites will be tagged by the Maryland Department of Transportation with a number to link to your mobile phone for information.

The trail includes the Riddle Farm, once the most important horse farm in the country. It was the training site for Man O'War and War Admiral. All that is left of the Riddle Farm is the barn that housed 40 champion horses. It has been remodeled into a Ruth's Chris Steak House with a lot of original horse memorabilia. The trail includes a 1760 historic home and two museums. It tells stories about how horses on the shore helped save people from boat wrecks, pulled in pound nets for fishermen, provided transportation to Philadelphia and ocean resorts before the train came along. In the early 1900s the train carried the Riddle thoroughbreds to race meets throughout the Northeast. It was a five-mile walk to get to or from the railroad station and Riddle Farm.

While in Annapolis, you can brag about walking in the footprints of George Washington; in Berlin, you walk in the hoof prints of Man O' War.

Watch for more heritage trails as they are developed in Southern Maryland and Baltimore County as well as Anne Arundel County.

Ellen can be reached at ellenmoyer@yahoo.com or 443.370.1785, if you have horse stories that you would like to share.



Top Five Nearby Sites for Viewing Autumn's Splendor

By Leah Lancione

If the end of Summer brings on feelings of melancholy or gloom, it's time to take on a new perspective: Give autumn a chance. What a spectacular time of year. Everybody knows the Northeast is known for its spectacular Fall foliage, but do you have the time and budget to travel all the way to New England? If not, there are a number of places closer to home that provide major scenic value during the autumn season.

Belleplaine State Forest

Condé Nast Traveler magazine recommends New Jersey's Belleplaine State Forest. Here visitors will find the 26-acre Lake Nummy adorned by colorful oak, cranberry, sweet gum, red and black gum trees intermingled with evergreens. Also of note, according to Abbie Tang-Smith of the New Jersey Department of Environmental Protection, "Belleplaine's proximity to the Bay and ocean also helps moderate the temperature, providing a longer leaf season."

Shenandoah National Park

If you want to stay even closer to home, there are a number of distinct locations in the mid-Atlantic where you can enjoy the Fall leaves. For one, Shenandoah National Park in Virginia, just 75 miles from the D.C. area, is famous for its dazzling autumn foliage and 105-mile Skyline Drive that winds through the majestic region. Along with 500 miles of trails, the park boasts panoramic views of the Blue Ridge Mountains. The National Park Service invites visitors to experience the 200 acres of "cascading waterfalls, spectacular vistas, quiet, wooded hollows" or to "take a hike, a meander along Skyline Drive, or have a picnic with the family." To make it a weekend adventure, lodging close by includes the Big Meadows Lodge and the Skyland Resort, or if you want a more rustic stay, there are the Lewis Mountain and Potomac Appalachian Trail Club Cabins. Visitors can purchase entrance permits for one or up to seven days. For more information, call the park's information line at 540.999.3500 or visit the "Things To Know Before You Come" page at www.nps.gov/shen/planyourvisit/things2know.htm

Pennsylvania Dutch Country

Lancaster County, Pennsylvania, or Pennsylvania Dutch Country, is also a great option for viewing Fall foliage either by foot or mountain bike as the area claims to have some of the best hiking and biking trails in the state. And it's only a bit over a two-

hour drive from D.C. This place is home to miles of Amish farmlands and boasts 29 covered bridges that will instantly captivate your attention and make you feel as if you are in a living landscape painting. If taking a hike or pedaling is not your thing, there are opportunities to witness the area by horse and buggy or even by hot air balloon.

For more information, visit the Lancaster County website at www.padutchcountry.com/activities/lancaster-biking-and-hiking.asp

Visitors can also experience the sights with a personal tour guide in your car or in a mini-coach. First, stop by the Lancaster County Visitors Center for information on lodging and dining, maps, brochures and coupons for some of the local attractions and activities. Or you can call toll free at 800.723-8824. To plot out what you want to do on your Fall getaway to PA Dutch Country, visit www.padutchcountry.com While there, consider taking in some of the local farmers markets, wineries and breweries and one-of-a-kind antiques and furniture shops. "Fall in Lancaster County is also harvest time — the best time to get local produce and seasonal baked goods, homemade crafts and wares at roadside stands and farmers markets."

Celebrate the little things: falling leaves, pumpkins, laughing kids, it's all good.

Pocono Mountains

The Poconos is not just home to the NASCAR, but a region of northeastern Pennsylvania that encompasses 2,400 square miles of beautiful terrain overlooking the Delaware Water Gap as well as various lakes, valleys and Pennsylvania Dutch Country.

The Poconos provide the opportunity to take in waterfalls, lush terrain, historic buildings and majestic wildlife. If you want to switch it up a little bit, you can ditch your hiking boots and take a local tour by car, air, boat or train. This hot spot also presents some of the best Fall activities and festivals, including the Autumn Timber Festival (www.shawneemt.com/s_press_autumntimberfestival.html) and Fall Foliage Days (www.jimthorpe.org/fallfoliage.htm). Consider the Poconos for a romantic getaway, a fun girlfriends' weekend or a family outing this Fall. To view the foliage at its peak of color (September through the end of October) consult the Fall Foliage Hotline at 570.421.5565. In addition to the opportunities to view stunning, colorful foliage, you can carve out a little time to go horseback riding, on a hayride, or to visit local wineries or breweries, quaint local towns for shopping or a local arts and crafts fair.

Visit or call one of the area's three Pocono Mountains Visitors Bureau centers to get information about lodging, attractions, dining and potential itineraries. For the Lake Wallenpaupack Visitors Center, call 570.226.2141, for the Tannersville Visitors Center call 570.629.1703, and for Jim Thorpe, call 570.325.3673.

Deep Creek Lake

This last pick is right here in Maryland—Garrett County to be exact—just three hours from the Baltimore/D.C. Area. This eye-catching and fun-filled site hosts a variety of hotels and motels, bed and breakfasts, cabins and rental homes. Spend your days exploring the area's many forest trails and take in Fall scenery either by foot or bike. Other options include renting a boat or kayak to view the brightly-hued trees and wildlife from one of the lakes.

All Earth Eco Tours offer kayaking on a lake as well as "mild to wild" hikes that are appropriate for the whole family or a group of friends. Visit www.allearthecotours.com for more information. To celebrate the season with gusto, make plans to visit during the annual "Autumn Glory Festival" Oct. 8-12. The festival will include parades, concerts, art exhibits, antique and craft shows, music and more. For more information, or to plan your trip, check out the official website at visitdeepcreek.com

Now, for some Fall foliage road trip tunes to listen to while traveling to your destination, try downloading the following autumn appreciation tunes to your MP3 or mobile device before you depart: Neil Young's "Harvest Moon," "Autumn Leaves" by Ed Sheeran, "September Song" by Willie Nelson, "Autumn Leaves" by Eva Cassidy and "Autumn Leaves" either performed by Nat King Cole or Dianna Krall. They'll get you in the mood for some serious leaf-peeping and add to the delight of your Fall foliage road trip.

Bay Bytes

To find the best foliage, east of the Mississippi, log onto www.foliagenetwork.com/ This is a favorite for leaf peepers.

“Parsley, Sage, Rosemary & Thyme” Making Herbal Vinegars

By Joan Amundsen

Making herbal vinegars is fast, easy and lots of fun. And is great for gift-giving.

The first thing to do is gather up a few empty bottles. Clear glass, either new or used in all different shapes and sizes work well. Check out thrift shops, flea markets and garage sales. You may also find bottles in craft shops like Michaels or A.C. Moore. Make sure that the tops are wide enough for you to insert sprigs of some of the larger herbs.

Scrub the bottles clean with a bottlebrush. Sterilize the bottles and dry well. Never use any kind of metallic tops for the bottles or reactive metals in the preparation of the vinegars.

You are going to need corks to close the bottles. Joanne’s Fabrics carries a large selection in many sizes. They are also available at www.joann.com/search?q=bottle%20corks

Corks can also be found at Loew’s. If you go to one of their stores, ask them to show you where the K2 drawers are, or log onto www.lowes.com/SearchCatalog?catalogId=10051&identifier=Corks&langId=-1&storeId=10151&N=4294711045#

You then have to decide what kind of herbal vinegar you want to make. Below is a partial list. Be sure that the vinegar has an acidity of at least 5 percent.

If you don’t have herbs from your own garden, take a trip to the farmer’s market or check your local supermarket for fresh herbs. You will need a good handful or more for each bottle. Make sure they are washed, cleaned and air-dried. Never use dried herbs or ground spices. They will cloud your vinegar.

Fill the cleaned bottles with the herbs of your choice. You can push them down into the bottle with a wooden skewer or chopstick. Add the vinegar, using a plastic funnel. Next, cork the tops but not too tightly. The following day you will have to uncork and add more vinegar because the herbs will absorb some. If the herbs have risen to the top, you can always add parsley to the bottle till the vinegar covers them.

It is now time to cork the full bottles tightly. Here’s the fun part. After the bottle tops are secure, melt some paraffin wax in an empty tin can placed in a pan of hot water. There should be enough melted wax in the can to dip the top of the sealed bottle. Cut a piece of ribbon about 4 or 5 inches long and center it across the corked top and down the sides. Hold the ribbon down on the sides of the cork and bottleneck and dip it in the wax several times, letting the wax cool a bit between each dip. Raffia,

twine or narrow ribbon wrapped several times around the neck also works well. Tie into a bow.

It’s time for the label. While you’re at those craft stores, look to see what they have to offer. Avery, found online (www.Avery.com) carries a large selection that can be personalized. Create your label according to directions and attach it.

And that’s it. You’re done! What a great gift this would make for Christmas giving, a housewarming or hostess gift.

And did someone ask what are my favorites? I love garlic-dill, lemon-chive with garlic, and a blend of Italian herbs, with garlic, of course. I always keep a bottle of either the garlic-dill or the lemon-chive on my kitchen counter, ready for use. I also enjoy trying different flavors and different herbs. Be creative. Experiment! You may come up with something new.

White Vinegar or White Wine Vinegar

Almost any herbs can be used with these vinegars: dill, chives, tarragon, mint, marjoram, thyme, sage, lemon grass, chive blossoms, lemon zest and garlic. Use more of the delicate herbs with this vinegar.

Red Wine Vinegar

Try basil, rosemary, thyme, bay, cilantro, tarragon, oregano, fennel and garlic. This vinegar requires more robust herbs.

Apple Cider Vinegar

Excellent with lemon or orange zest, mint, pears, peaches, raspberries, blueberries or edible flowers.

Using Herbal Vinegars

When making potato salad, lightly sprinkle each layer of potatoes with garlic-dill vinegar. Give each layer time to absorb the vinegar. This makes all the difference in the world to your salad. Don’t forget to add just a little sugar and some dried dill with the salt and pepper. Add celery, onion and even a chopped hardboiled egg. Use half mayo and half sour cream for the dressing. Delicious.

For a mixed green salad, try raspberry vinaigrette and top with a grilled chicken breast. Add some dried cranberries, slivered almonds and a sprinkling of feta cheese. Heavenly.

Marinate thinly sliced tomatoes and onion rings in half-water and half-herbal vinegar of your choice. If the marinade is too strong just add more water. Don’t forget to include a little sugar with the salt and pepper. Thin slices of green pepper and little chunks of mozzarella cheese are also great added to this dish. Chill, then serve.



BOOKS:

Old, New and Obscure

A GARDEN OF MARVELS: THE DISCOVERY THAT PLANTS HAVE SEX, LEAVES EAT AIR, AND OTHER SECRETS OF THE WAY PLANTS WORK

By Ruth Kassinger

William Morrow (2014)

A witty science writer pokes around in odd corners of the plant world and comes up with some fascinating stories. Kassinger's research takes her not just to libraries, but to commercial nurseries, farms, gardens, festivals and research laboratories. Her conversational tone and eye for the quirky detail make it a thoroughly entertaining read.

Early botanists come alive in her accounts of their struggles to understand plants and how they function. Kassinger reveals that even educated 17th-century Europeans believed there was a plant that produced tiny perfect baby lambs on one of its stalks. Twentieth-century researchers happily share with her their findings about a green sea slug that can photosynthesize and about the possible benefits of genetic engineering and promising new biofuels.

Into the history and science, Kassinger weaves personal anecdotes about her love affair with a strange and wonderful "fruit cocktail" citrus tree bearing limes, lemons, tangelos and oranges. She also describes her trip to a pumpkin festival in Maine where giant pumpkins are turned into racing boats. If you want to grow a giant pumpkin, she tells how to do that too.

Though readers will come out learning an amazing amount about the biology of trees, shrubs, grasses and flowers, and the scientists who study them, this is no textbook. It is a delightful guided ramble through the world of plants, made even more pleasurable by the simple line draw-

ings of artist Eva-Maria Ruhl.

~ *Claire Trazenfeld*

THROUGH THE PERILOUS FIGHT: SIX WEEKS THAT SAVED THE NATION

By Steve Vogel

Random House, New York (2013)

Steve Vogel, *Washington Post* war correspondent and military historian, has produced a fast-paced narrative of a critical event 200 years ago -- the invasion of the Chesapeake. In 1814, the British sailed up the Chesapeake, attacked Maryland towns, burned Washington and targeted Baltimore.

Prominently featured in the book is Francis Scott Key, who was inspired to pen what became our national anthem as he witnessed the battle of Fort McHenry. Like many Americans, Key opposed the war, primarily because he was appalled that the U.S. would attack Canada, a third party. Feeling differently about the U.S. being invaded, he later joined his local Washington militia.

Vogel portrays President Madison's performance as commander in chief as uneven. Given the nation's lack of readiness, Madison's push to declare war was reckless and he was maddeningly indecisive at times. He showed courage, however, in showing up at the battle at Bladensburg, where the Americans made a stand in hopes of stalling the British advance. There he put himself at risk of being captured or killed.

The book is rich in detail about events and people; the author takes time to tell the stories of the key players on both sides and to examine their motives and characters. Local readers will be interested to learn that Annapolis was on the list of

possible targets and that if it had been attached, the statehouse, still in use today, would surely have been burned. We also learn that the Annapolis militia acquitted itself well at Bladensburg and elsewhere in defense of Maryland.

~ *Sharon Furrow*

A DANGEROUS FICTION

By Barbara Rogan

Viking (Penguin) 2013

This very readable book is much more than a whodunit, which isn't surprising, since the author has been a literary agent, publisher and teacher of writing at two colleges, as well as online. Barbara Rogan knows the book business from various angles, having worked in New York and abroad for 20 years and written 10 books, both fiction and nonfiction. Of particular interest to local readers is that she graduated from St. John's College, Santa Fe.

In *A Dangerous Fiction*, colorful literary agent, Jo Donovan, must deal with an e-stalker who hacks the writers she represents. Then a colleague is murdered, with more malice to follow. The prize is not just the next would-be best seller, but also the reputation of Jo's late lover, mentor and husband. Jo's self-assigned job of protecting his standing and her agency, in addition to herself, becomes a life-threatening challenge. Could the stalker, alias Sam Spade, be a rejected writer? An envious colleague? A spurned suitor? As numerous characters are introduced, and Jo has to read their motives, we learn more about her very human, smart and sassy persona.

Write what you know, the advice goes. Clearly, Jo Donovan in *A Dangerous Fiction* comprises a generous serving of Barbara Rogan and her publishing world. The cleverness of the book is in the interwoven settings and stories, plus the writing itself. As they say in the book biz, this writer has more tales to tell. Here's a clue: her dog's name is "A Work In Progress"!

~ *Tillie Young*

You will have an opportunity to hear these authors discuss their books and writing at Caritas Society's Meet the Authors event on Sunday, Nov. 9. The presentations will be at 3 p.m. in Francis Scott Key Auditorium, St. John's College, followed by a wine and hors d'oeuvres reception and book signing. Tickets are \$35 in advance or \$40 at the door. Everyone is welcome. Learn more at (www.sjc.edu/friends/caritas-society/meet-authors/)



Wine-ing through France with Peter Mayle

By Melissa Conroy

"I think it was the sight of a man power-washing his underpants that really brought home the differences, cultural and otherwise, between the Old World and the new" author Peter Mayle writes in his book *Encore Provence: New Adventures in the South of France*. "Standing some distance away, out of ricochet range, was the aggressor, in cap and muffler and ankle-high zippered carpet slippers. He had adopted the classic stance of a soldier in combat, feet spread apart, shooting from the hip, a merciless hail of drop-lets raking back and forth. The underpants didn't stand a chance."

Travel writing lovers, foodies, French culture aficionados and all readers who enjoy a well-turned sentence and a good chuckle will love the works of best-selling author Peter Mayle. He has authored more than 30 books, and his dry wit and keen insight has covered everything from French drivers, personnel battles in a high-stakes business environment, how to properly eat caviar and the proclivities of a man's most intimate of companions. (Note: The latter is not a dog.)

Born in Surry, England, in 1939, Mayle embarked on a long advertising career in London and New York before quitting the frenetic workforce in 1974 to write full-time. His first book *Where Did I Come From? The Facts of Life without Any Nonsense* kicked off the start of a series of education books. Mayle and his wife relocated to Provence, France, in the late '80s to write. In 1989, he published *A Year in Provence* which became an international best-seller. He followed with more books as well as being dubbed a *Chevalier de la Légion d'honneur* (Knight of the Legion of Honor) in 2002. Increased fame meant that unannounced visitors were stopping by his house in Provence several times a day, prompting a move to New York to escape his adoring fans. Mayle eventually returned to Provence where he lives to this day.

Peruse any of Mayle's work and it is immediately apparent that he is well accustomed to wealth. Mayle speaks with confident ease about the delights of single-needle stitching on a hand-made shirt, custom shoes and truffle-laced foie gras. Yet, he is refreshingly free of pretention or snobbery. "I have heard about a limo that has a Jacuzzi in the back, and the thought of careening through town stark naked and raising my champagne glass to startled pedestrians is enormously appealing," he chuckles in *Acquired Tastes*. Mayle whole-heartedly enjoys luxury that is good in its own right: Cashmere sweaters are warm and soft, single malt whiskey tastes wonderful, a tailored suit is a classic that will last you 20 years. Yet he adores the "native dress" of Provence, which is "old shirt, shorts, no shoes," the pleasures of a well-crafted bottle of 20-franc wine, a bowl of olives and good bread for lunch in the sunshine.

It may be possible to gain weight simply by reading Mayle's work. Food is a predominate theme running through his books and novels: meals described in loving detail, butter used in extravagant quantities, enormous desserts collapsing under the weight of their chocolate sauce. *French Lessons: Adventures with Knife, Fork, and Corkscrew* is a delicious romp through the best of French cooking. As a boy, Mayle was forced to eat British school food, and the rest of his life and writing seems to be an attempt to make up for all that deprivation. "At the first mouthful of French bread and French butter, my taste buds, dormant until then, went into spasm," he writes in describing his first experience with French food.

Mayle is best known for his personal memoirs about living in France. *A Year in Provence*, *Encore Provence* and *Toujours Provence* are lovely and loving books which amusingly catalogue his life in

the French countryside: mistral winds "strong enough to blow the ears off a donkey," alcoholic wasps, the annual village fete, listening to Pavarotti sing in an open air stone theater and a yearlong home renovation project. (Mayle writes, "My wife passed me a note that said *Drink your coffee before it gets dirty.*")

Mayle is the author of several novels such as *A Good Year* (made into a movie starring Russell Crowe), *Anything Considered*, *Chasing Cezanne* and *Hotel Pastis*. His novels are replete with beautiful women, shady business mergers, bullying thugs, million-dollar wines and rustic French dinners, plenty of verbal delight to keep the reader intrigued. His stories are beautifully constructed and a true pleasure to read and, like red wine, get better with age and further reading.

Mayle is quietly but enormously funny, and that is apparent in a brief read of his book titles which include, *How to Be a Pregnant Father: An Illustrated Survival Guide for the First-time Father*, *Divorce can Happen to the Nicest People* and *Congratulations! You're Not Pregnant: An Illustrated Guide to Birth Control*. In the midst of casual references to personal attendants and the merits of helicopter commuting, Mayle peppers his writing with constant self-deprecation. Cutting lavender in *Toujour Provence*, he writes, "I looked up, hoping for praise, and sliced my index finger nearly to the bone." His book, *A Dog's Life*, is written from the perspective of Boy, a mongrel canine that catalogues the failings and foibles of "the management" (meaning the writer).

The only danger of reading Mayle's books is that you will soon find yourself thumbing through *The Joy of French Cooking* and idly toying with buying an abandoned vineyard in southern France. After publishing *A Year in Provence*, Mayle found himself deluged by letters from people considering doing just that, undeterred by his warnings about how cold stone floors can get on a subzero morning, the hazards of young wine and the snail pace of French bureaucracy.

While you may not think fresh truffles are worth a cross-continental move, you can still vicariously indulge in some French culture, good food and many laughs with Mayle's wonderful writing. Homey yet elegant, witty, loving and gracefully expressed, Peter Mayle is a classic writer and we can hope that he will continue to eat, drink, write and live life for many years to come.

Melissa Ann Conroy is a semi-foodie and a well-traveled author. She can't tell a pinot grigio from a Chateaufneuf du pape, but she adores French bread and misses coffee and churros from Spain. She can be reached at melissaacnroy@gmail.com

Bay Bytes

Google.com/flights provides a comparative search for the best deal on airline travel and will keep you up to date, should a better price be found.



MEET THE Authors

CARITAS SOCIETY

RUTH KASSINGER
A Garden of Marvels

BARBARA ROGAN
A Dangerous Fiction

STEVE VOGEL
Through the Perilous Fight

Sunday, November 9 at 3 p.m.
Francis Scott Key Auditorium
St. John's College, Annapolis

Reception and book signing to follow

Tickets \$35 in advance
\$40 at the door

Buy online:
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A fundraiser for student financial aid

Going Nuts

By Ellen Moyer

It is September, the ninth month of our calendar year. It was once the seventh month (Sept meant 7) in the ancient Roman calendar. That calendar was revised in 153 BC to add January and February, but the name September the 7th month, now the 9th month, has remained ever since. September has another peculiar, or nutty, characteristic. Sept. 1 begins on the same day of the week as December every year. It also marks the beginning of autumn, the end of the growing season and a time of rejoicing in weeklong festivals of harvest to prepare for the cold Winter to come.

Our bushy-tailed friends, the second-most fed and observed wildlife, the squirrels, are harvesting too. Always bundles of energy

mischievous with our electricity. Writing in the *New York Times*, Jon Mooallem commented, "The world will end in fire, ice or attacks on power grids by squirrels." Every year squirrels prancing on the power lines are instantly fried, sparking an arc that cuts power to thousands of users. Our squirrely friends have shut down Nasdaq (perhaps not so nutty), hospitals, airports, universities and towns all over America. When you see the little critter up there like a circus performer on the wires, warn it, "There's danger ahead."

Nuts, besides being good healthy food, is a slang word for many things including insanity. The nut hand is a poker term for the strongest hand in a given situation. Supposedly

On Dec. 22, 1944, the word nuts took on historical significance. It was World War II and during the Battle of the Bulge. Six days earlier, in an effort to gain access to the harbor of Antwerp, the Germans in a surprise attack launched their largest offensive of the war on the western front. On their southern drive, they surrounded the town of Bastogne, Belgium, occupied by 101st Airborne and Gen. Anthony McAuliffe. After delivering a severe pounding but unable to move forward, the Germans sent a white flag to General McAuliffe proposing an American surrender. Receiving the message the General exclaimed "Us surrender? Aw nuts." Near the end of a two-hour period, with German tanks ready to move to annihilate Bastogne, the Americans responded. The message back to the German High Command contained one word "NUTS!" Translated, go to hell. American fortitude held Bastogne. In one of the costliest battles in lives lost, the German offensive failed. Within five months Germany was defeated. Nuts held the day.



like the planet Mercury that governs September, they are busy planting nuts in secret places. Their sense of smell will locate them in the hunger months to come. Squirrels are rodents like prairie dogs, marmots, chipmunks and mice, but they have a bushy tail that serves as an umbrella and blanket. There are over 200 species of them. A newcomer to the area, the black squirrel came to Washington, DC, in 1902 in an exchange for our Eastern Grey squirrels between the National Zoo and one in Ontario, Canada. Eventually they scampered into Chevy Chase and now even to Annapolis, dodging the auto wheels of its biggest predator. They annoy us too, part of our love-hate relationship, when they attack our bird feeders or cause

the term arose in the American Colonial West when a player bet everything he possessed on his hand. To ensure that if he lost he would have to make good on his bet, he would place the nuts from his wagon wheels on the table. If it was Winter, the nuts would be stone cold, hence the term "stone-cold nuts." Since it was expected that such a bet would be rare, the best possible hand became known as the nuts.

The term "the nuts" seems to have originated centuries earlier in Old English usage, meaning any source of pleasure. Nut has been a movie, a comic strip in the *National Lampoon* and a Marvel Comic based on the Egyptian goddess of the Sky -- Nut. It is also the initials for the National Union of Teachers in Great Britain.

Bay Bytes

Hotel Tonight is an app that offers same day hotel booking with up to 70% off.

LONG-DISTANCE GRANDPARENTING

I just finished Skyping with my toddler grandson and feel so sad. My son and his family live in Germany. Skyping is nice, but it's such a teaser. How can I be part of my grandson's life when he is so far away?

Grandparenting. It's not like it used to be. Grandma and grandpa most likely don't live next door, ready to give hugs and share Sunday suppers. When we gave our children wings, we also gave them license to fly. Now, so many of us realize that they have done just that. And worse yet, they've taken our grandchildren!

Take heart. You can build a close relationship with your grandson even though you have little time together. It will take extra effort but will be worth it. The grandparent bond is important in providing memories that nurture these loved ones long after we are gone.

Use these ideas to build connections:

- **Repeat, repeat, repeat.** Children love to do things over and over again. Choose a silly ritual, pet name or special song that belongs to the two of you—and then play it up. For example, my granddaughter, Daisy, knows that we practice yoga together. It's not like any yoga you'd recognize. I give our poses crazy names and we end up twisted together on the floor, laughing our heads off. In between our visits, she recalls this and looks forward to doing it again. Even though she is young, she associates yoga with me and more importantly, remembers the special time we share.



- **Single them out.** When you visit, spend time with each grandchild alone. Particularly for a child with siblings, one-on-one time counts. It may be more practical to function as a group, but the focus on just one grandchild will help him or her feel special. They too, will be focused on you, rather than a sibling or cousin. Even a quick trip to the nearby library can be festive. Bring a monogrammed book bag or bookmark and select a book that reflects the child's interests of the moment. Stop for ice cream afterward.
- **Pass it on.** Have you noticed how much kids love stories, particularly stories of when they were born or stories about their own parents? At bedtime, after we read books together, I tell Daisy stories about her daddy or about her Great-Great-Aunt Daisy who used to do the same thing with me when I was small. Someday, I trust that my granddaughter will remember my stories and tell them to her own grandchildren.
- **Keep in touch.** Even though you are miles apart, foster regular contact. Send post cards, small packages, talk on the phone -- and Skype. Yes, such video calls may leave you wanting more. Instead of focusing on what you don't have, view this as evidence of the love you feel for your grandson and be grateful for another way that you may reach him. The upside is that Skyping will help your grandson recognize you. Thank goodness for technology.
- **Make it count.** When you visit, make it count but don't turn the trip into a perfection-seeking extravaganza of overscheduling. Balance! Strive for relaxed fun, and above all, be flexible! Leave behind regrets over your limited time and savor the present moment. Plan a memorable outing, but more importantly, spend time together on a craft, hobby, or game that is yours alone. Need some ideas? Just remember what you loved to do as a kid.

Grandparenting is a joy and we bring to this life stage the same intensity, focus and desire we applied to earlier developmental milestones. We know how we think it should be and how we want it to be. Yet, this journey is not ours alone. It is now our children's turn to make choices that affect our proximity to our grandchildren. We can fight it, bemoan it or we can embrace our opportunities. Make no mistake, those opportunities are still there. We may have to look harder, adapt to new technologies, and employ advance planning, but it is still possible to be an involved grandparent who provides an invaluable source or security, enrichment and love that will last a lifetime.

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

FALL QUIZ-ACROSTIC

	1	C	2	Y	3	U		4	V	5	T	6	J	7	Y	8	C		9	B	10	I	11	N	12	V	13	S	14	R	15	Y		16	A	17	P	18	F	19	E						
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175	S	176	I	177	H		178	S	179	Y	180	N	181	E	182	U	183	A	184	V	185	P	186	I		187	S	188	K	189	G		190	F	191	E	192	N	193	K							

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Directions

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

- A. Currently fashionable
- B. Lack of logical organization
- C. Electrical control
- D. Related to selective breeding
- E. Pinnacle of rock
- F. Iowa city
- G. Burdened
- H. Narcotic
- I. *Cars* character: _____ McQueen
- J. Leguminous herb
- K. Imitated
- L. Scurried
- M. System of beliefs
- N. Inflexible
- O. Obscene
- P. Snakelike
- Q. Protestant denomination
- R. Polish
- S. Chicago's 35th mayor (2 wds.)
- T. Boisterous
- U. Beatles hit
- V. Caustic
- W. Family name of 20th Century father/son French mathematicians
- X. At an inappropriate time (3 wds.)
- Y. Sincerely

16	167	183	98	132	174	135				
145	83	9	149	92	171	36	61	105	140	112
56	163	51	67	103	8	156	1			
136	68	80	108	151	128	20				
181	40	142	74	191	57	154	19			
73	42	162	99	118	90	35	109	18	190	
119	125	72	26	76	189	77				
177	110	78	55	134	25					
85	139	176	10	63	168	153	79	186		
41	6	59	148	32						
158	152	188	129	193	44					
52	164	69	113	31	84					
24	58	124	100	160	81					
192	23	180	11	131						
43	166	33	65	161	64					
101	107	138	75	38	17	82	185			
111	102	27	66	116	96	104	62			
91	21	30	14	172	94	144	45			
13	71	187	89	130	137	54	178	115	175	157
5	49	121	133	147						
170	3	120	146	37	182	95	141	169		
46	12	123	127	28	184	34	4			
126	22	48	165	70	159					
143	93	88	114	87	47	150	29	53		
60	2	15	39	97	122	179	7	173	155	86
106	117	50								

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

BATS BY THE BAY

By Henry S. Parker

It's a familiar scene on a Summer evening in many houses across America. Someone screams, another person swats at the air with a broom and a small winged creature, likely more startled than the humans, swoops and dives among the furniture. At least it used to be a familiar scene. Now, not so much.

PHOBIAS AND FACTS

Bats are among the least appreciated and most reviled animals on earth. For centuries they have symbolized the evil spirits of darkness: swift, fanged phantoms cloaked in filth, bearing dread diseases and thirsting for our blood. Like all unfounded fears, bat phobia is based on a smidgeon of fact. Some bats can carry diseases. A few—about a half percent in the U.S.—harbor the rabies virus. Fruit bats are known carriers of Ebola in Africa. But these winged mammals pose only a tiny health risk to humans. Your odds of dying from a bat-transmitted disease are less than one in a million, far smaller than from a dog attack or bee sting.

As for being dirty, bats regularly clean and groom themselves. And their reputation for bloodsucking? It's true that three species of bats do dine on blood. But they live only in Latin America, prey principally on four-legged mammals like cattle, and, unlike vampires of lore, don't actually suck gore, they lick it from an incision on the skin.

GETTING TO KNOW THEM

Bats can be found worldwide, comprising nearly 1,000 species—almost 20 percent of all mammal species— and represent a bewildering variety of forms and behaviors. They range in size from the aptly named Bumblebee Bat to the Flying Fox, a fruit bat whose wing span approaches six feet. Their diets include insects, fruits and even small animals. While they mainly use echolocation for navigating and locating prey, bats can see quite well, especially in the dark. Most are nocturnal, roosting upside down in colonies during daylight hours in trees, caves and other sheltered places.

Limited space and deference to the proprieties of a family magazine prevent detailing the complex, fascinating sex lives of bats. When all is said and done, the gestating mother gives birth after two to nine months, depending on species—usually to a single, helpless pup.

MAN'S BEST FRIEND?

Humans would be in big trouble without these creatures. Many bats consume half their weight in in-

sects every night, including mosquitoes and agricultural pests like corn borers, potato beetles and stink bugs, reducing or eliminating the need for chemical pesticides. They pollinate flowers and disperse the seeds of important tropical plants. Imagine a world without margaritas. It could happen if bats disappear because they pollinate agave plants, the source of tequila. Bats are worth billions of dollars annually to the U.S. agricultural industry.

BATS' WORST ENEMY?

We are no friend to bats. When we cut our forests we reduce their habitats. Our wind turbines kill tens of thousands of bats every year in the mid-Atlantic states alone. Our use of pesticides and herbicides threatens their populations. Our burgeoning interest in caving has altered the once-stable ecology of caves where they roost. We eat bats—really. In parts of the South Pacific so many fruit bats have ended up on the dinner table that they are now endangered. And we slay bats deliberately, sometimes reducing it to a blood sport. So, like sharks, bats have far more to fear from us than we from them. Admittedly, that's small comfort to people who suddenly find bats in their midst.

WHERE HAVE ALL THE BATS GONE?

In the last seven years a devastating fungal disease of bats—White-Nose Syndrome—has expanded from a cave in upstate New York to 22 states and five Canadian provinces, killing more than seven million bats to date. Mid-Atlantic states have been particularly hard-hit. Surveyed populations here of six species, including the common Little Brown Bat, have shown mortality rates approaching 90 percent.

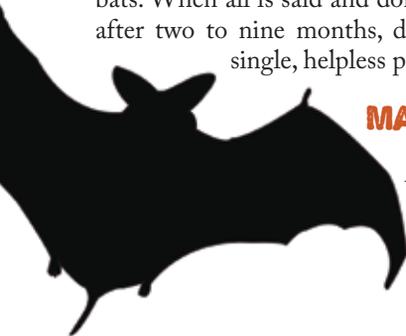
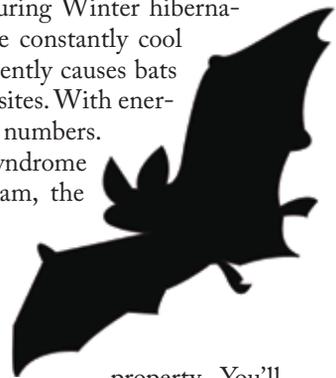
The disease agent is similar to a European fungus. But where Old World bats have not been susceptible, afflicted American bats develop a creeping white fuzz during Winter hibernation. The fungus, which thrives in the constantly cool temperatures of caves and mines, evidently causes bats to prematurely leave their hibernation sites. With energy reserves depleted, they die in large numbers. Despite growing awareness of the syndrome and a comprehensive research program, the disease continues to spread.

WHAT CAN YOU DO?

You can help. Here's how:

- Stay out of caves.
- Install a bat house on your property. You'll find ample information resources on line at www.batcon.org/ or www.batconservation.org
- Educate yourself about bats and White-Nose Syndrome.
- Support bat conservation and research efforts.
- Remember that bats are our friends. You don't have to hug them, but you should learn to love them.

Henry is an adjunct associate professor at Georgetown University. He previously directed research programs at the U.S. Department of Agriculture and taught marine sciences at the University of Massachusetts Dartmouth. He can be reached at hpsbp@gmail.com



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