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ON THE COVER:

Doris and her husband, Steve Wilson, are enjoying their horse farm in Centreville as a balance to life's daily stressors. Both love the outdoors, while tending to their goats, rescue horses, chickens, peacocks and other animals that have come to enjoy life with them.



Bay View OutLook

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FROM THE DESK

New beginnings. Shouldn't that be our song for the starting days of Spring? Many of us no longer work and have fewer family obligations, which gives us the time to enjoy many of the things we've always wanted to do. They say that's what retirement is all about -- doing what we've always dreamed of or fulfilling a dream. We're done with what we had to do to make a living or raise a strong family. Now we can sit under a tree and read a book all day if that's what we choose. And by the way, that's my dream, but so far it hasn't happened. Interestingly, I haven't met anyone yet who's had the time to do it, although we talk about it often enough. Regardless, why don't we get out there and play more, enjoy more and work less?

Many of my friends seem busier than ever, but most importantly, they seem to be enjoying it. Anne and Maureen are spending a good deal of time working with kids who need help reading as well as volunteering in the schools. They put in lots of hours and are much appreciated. They may very well get more out of it than the kids. My longtime friend Margo spends much of her life traveling, whether, it's downtown to D.C. or Paris for three weeks. She's also discovered at her advanced age that she has a notable artistic talent, which she enjoys developing. JoAnne, retired from a life of teaching, now writes and has actually been published. Then there are those generous souls who enjoy helping their families like Joanie, who heads off for a few hours each week to take care of her much cherished grandbaby. I've also noticed that many part-timers and retirees are recreating in a manner they've always yearned to do, like playing golf on a Tuesday morning just 'cause they can or playing tennis with friends. Less strenuously, they might join a bridge group where they enjoy the company of other players as much as working to perfect the game. Many are redoing homes and yards to make them more attractive now that they no longer are the venue for endless games of the younger set. A few are creating their own vegetable gardens where they're enjoying the fruits of their efforts.

This is also a great time to take on something new and fun for no better reason than it's there. Pursuing something new can be very satisfying as well as perhaps something else to cross off your list. Perhaps we don't take it quite as seriously as we would have during our younger days, so we approach things with a more relaxed attitude. Perhaps our obligations and responsibilities aren't quite so pressing, requiring us to get it done now. We can take it a bit easier and enjoy the process as much or more than the results.

Here's a memorable quote attributed to anthropologist Margaret Mead that I enjoy: "It is utterly false and cruelly arbitrary to put all the play and learning into childhood, all the work into middle age, and all the regrets into old age." Wouldn't it be great, now in the beginning days of Spring, to change this? How 'bout if we skip the regrets, minimize the work and put all the play and learning into old age?



AAMC's Commitment to Caring for our Older Adults

Traditional hospital care often fails to take into account the unique needs of older patients. To address this gap, acute care for the elderly (ACE) units were developed to improve how care is delivered.

Did you know that:

- The U.S. Census Bureau reports one-fourth of all inpatient hospital days were used by adults 65 years and older.
- The fastest growing segment of the population are those who are 65 years and older.
- More than one-third (37 percent) of Anne Arundel Medical Center's inpatient admissions are 65 years and older.

The Anne Arundel Medical Center (AAMC) staff knows the needs of older patients are different than those of younger patients. To demonstrate that commitment, the hospital transformed part of the sixth floor into a special acute care unit for the elderly. The 30-bed unit is one of 13 in Maryland.

The ACE unit focuses on evaluating and understanding elderly patients' needs, not only physical and cognitive, but also social. The philosophy is driven by patient-and family-centered care and interdisciplinary collaboration. Patients admitted to the ACE unit are seen by their attending physician and receive consultations from members of a special team that includes a geriatrician or geriatric nurse practitioner, dietitian, pharmacist, social worker, case manager, physical therapist, spiritual adviser and auxiliary volunteers. Patient and family advisers participate actively in the patients' care plan, providing guidance to team members. Under the direction of this team, ACE patients are gently pushed to maintain their strength and routine from the time they are admitted until their discharge.

"Many times, highly functioning older adults are admitted to a hospital for a few days and are so weakened by the experience that they become too frail to return to their independent lives," says Prasad Savana, MD, a medical director of the ACE unit. "The ACE unit is specially trained to better understand the risk factors for developing adverse events and take special attention to ensure patients are moving as soon as possible to avoid complications."

The staff of this unit has unique official certification to care for the older population—a Nurses Improving Care for Healthsystem Elders (NICHE) designation. NICHE serves as a comprehensive resource to customize training for hospitals and provide the tools to sustain a geriatric program. For example, a few months ago the AAMC staff participated in an interactive learning program designed to help those caring for patients with Alzheimer's disease and dementia in order to have a better understanding of patients' behavior. Through a virtual tour, AAMC staff was able to briefly take a walk in the shoes of the patient and

get a first-hand sense of the issues facing both the caregiver and the person living with these diseases.

"Geriatric patients face a variety of health risks. This model of care has proven that focusing on the unique needs of the elderly enhances clinical outcomes during and following hospital admission," says Sherry Perkins, PhD, RN, who is AAMC's chief operating officer and chief nursing officer.

AAMC also offers wellness and fitness classes that are targeted toward older adults:

StrongWomen Workshops. This evidence-based, strength-training program is geared toward middle-aged and older women. StrongWomen provides a positive change to live stronger, healthier lives by providing knowledge, inspiration and ongoing support.

Tai Chi and Qigong Workshop. Tai Chi and Qigong are ancient mind-body practices that focus on self-care. With regular practice you will notice improvement in managing stress, better sleep and balanced moods. This is also recommended in many cases for recovery from surgery and to improve balance.

Yoga Gentle Chair. Designed for those with physical limitations. Using a chair as a prop, learn creative ways to practice the postures to help bring strength and balance. Open to beginners or those with physical limitations (physician consent recommended).

Yoga for Boomers. This entry-level class is designed to provide a foundation of physical postures and breath work for those who are new to yoga.

More information can be found at www.aahs.org/fitness

"At Anne Arundel Medical Center, it is our mission to enhance the health of the people we serve," says Tori Bayless, president and CEO of Anne Arundel Medical Center. "The ACE Unit is a strong example of how we put that philosophy into action to ensure the most appropriate, compassionate, specialized quality care for our patients."

Bay Bytes

To discover the ingredients and safety of your cosmetics, log onto www.ewg.org/skindeep/

You've made it through the first two thirds of life – what's your plan for the last third?

LETTERS to the editor



INTRIGUED BY ANCIENT SEA

Just read Henry Parker's latest essay "Bay Mysteries," in *OutLook* and wanted to say what a great job he did succinctly conveying all that information. I personally find it fascinating and had been intrigued when news of the discovery of the ancient sea was first revealed. I never thought about the fact that it could eventually enter the fresh water ground supply until reading the story.

Laura by email

BAY TREKKING AND TAKING HEART

Read Mayor Moyer's interesting articles in *OutLook by the Bay*. I'll put Berlin on my to-do list. Her description makes it sound like a place I'd like to see.

I've done Dare to C.A.R.E. per her article "Life is All About Heart." We are so fortunate to have Dr. Martin in Annapolis.

Jerri S., Annapolis

SHARING DEAR VICKI

Wanted to write to say how right on *Dear Vicki* was last month with her article on SILENCE. Am so glad she addressed it so well. I found it quite helpful, as always with both her articles and *Dear Vicki* columns. Vicki is profound at what she does. Thank you for sharing her expertise with us!

Elizabeth C. by email

BOOK REVIEW

The magazine is wonderful. My first stop is always the book section as we're all avid readers here. I particularly like the fact that you review the work of local writers - this issue Kerry Dunnington and Charles Heller, both of whom are familiar.

Thank you so much for creating such an informative magazine.

MildredS by email

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A day full of useful and educational information and resources for both family & professional caregivers.

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Register on-line at www.aacounty.org/aging or call 410-222-4464 ext 3043.

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

When Retired, Will Work for Fun!

By Leah Lancione

Just because you have said farewell to your career and now enjoy retirement, that doesn't mean that you have to sit at home bored. Even if a full-time job may not be a necessity, you can expand your repertoire by finding fun, fulfilling part-time work. Summertime is the perfect time to start just such an adventure, while you meet new people and earn money in a relatively stress-free environment. Here are a few employment opportunities:

Tutoring

If you were a teacher, have a background in education or have expertise in a particular subject matter, you can use that knowledge as a private tutor for students preparing to take college entrance exams such as SATs, ACTs, GEDs or other standardized tests. There is also a need for tutors to simply help students in grade levels to improve their grades, learn a foreign language or master a troublesome subject. You can either choose to work for yourself by tutoring from home, at the library or, even more desirable, in clients' homes. Another option is to seek employment at a tutoring firm or learning center. "Some prep firms hire tutors to help teens and adults with standardized tests and professional certification exams. They provide the tools and training materials. Learn more at www.aarp.org/work/working-after-retirement/info-11-2010/5-great-seasonal-jobs-for-retirees.3.html The rough consensus is that tutoring sessions range from an hour after school to three hours at a time on weekends and pay \$10 to \$66 per hour.

National Park Service Employee

"The National Park Service (NPS) hires temporary and seasonal employees each year to: collect fees, assist visitors, hand out maps and brochures, give directions through the park and report potential safety hazards." Check out www.aarp.org/work/working-after-retirement/info-11-2010/5-great-seasonal-jobs-for-retirees.3.html As a park employee, opportunities will arise to apply your speaking abilities or proficiency in history, horticulture, forestry and science. It could be very gratifying to serve as a guide or help lead educational programs for visitors. Pay ranges from \$14 to \$18 per hour. For a list of employment opportunities available through the NPS, visit www.nps.gov/aboutus/workwithus.htm

Nursery Worker

If you are a gardener, you could assist customers at the local nursery or garden center. "Nurseries, farm supply stores and farmers markets often need help during the growing season. If you enjoy outdoor work and physical activity these might be good matches for your needs." Go to <http://voices.yahoo.com/seasonal-part-time-jobs-seniors-352872.html> With weekday and weekend part-time hours, you'll



assist customers with all things gardening while also remaining active by moving, carrying and tending to plants, stacking supplies and walking the aisles of trees, flowers and shrubs. Though pay typically ranges from minimum wage to \$12 per hour, this may be an opportunity to get paid for a hobby you've been enjoying for years.

Oriole Worker

Many sports teams hire workers seasonally or part time. These kinds of jobs can run the gamut from ushering spectators to their seats to running the front office. Find out more at <http://money.msn.com/retirement/10-part-time-jobs-for-retirees> So, you love "The Birds" and can't think of a better way to spend the Summer than working at Oriole Park at Camden Yards? According to the official site of the Baltimore Orioles (http://baltimore.orioles.mlb.com/mlb/help/jobs.jsp?c_id=bal) the team is "looking for enthusiastic, outgoing, courteous and professional individuals" to join its event staff.

They are currently looking to fill the following spots: ballpark tour guides, sales and fan service representatives, event staff, ticket sellers and fan assistance representatives. For a full description of positions and to download an application, visit the website. If you have questions, call 1-888-848-BIRD. The website does stipulate that seasonal employees should have good people skills, basic knowledge of Camden Yards and



photo by 401(K) 2013

the understanding that some positions require standing for long periods of time and exposure to all types of weather.” Hours can be long, including days, nights, weekends, and holidays.

Tennis Instructor

If you are an avid tennis player with a teaching bent, you can parlay that love for the sport into a rewarding teaching or coaching profession. Frank Sheleheda, a retired Navy commander and program manager for a major government contractor, has used his tennis expertise and experience to start a rewarding teaching enterprise. Certified by the Professional Tennis Registry (PTR), he sought employment with the Parks & Recreation Department and now teaches a group of 7- to 14-year-olds once or twice a week and coaches two high school students hoping to get scholarships to play in college. He also subs for other instructors whenever needed and is always open to private sessions outside of the group lessons. “During my professional career I was only able to teach part-time, but now that I’m retired I have greater flexibility to teach more often.”

PTR certification is easily attainable if you’re knowledgeable about tennis and have the

desire to teach. Steps to certification include becoming a PTR member, selecting the designated age group, registering for a certification workshop (they’re held throughout the U.S.) and passing the test. For more information, visit www.ptrtennis.org/certification/certification-steps.htm or email education@ptrtennis.org

Camp Counselor

If you love being around youngsters and enjoy the outdoors, the Anne Arundel County Recreation and Parks offers part-time employment for Summer camp counselors. The county website (<http://www.aacounty.org/RecParks>) lists openings for the following: Quiet Waters Day Camp, Mayo Beach Adaptive/Integrated Day Camp, Aquatics Camps and Teens on the Go Camps. Training will be provided. For more information, call 410.222.7313.

“You might not have pursued these jobs before retirement when you were building a life, supporting a family and saving for retirement because they didn’t provide the kind of stimulus or income you needed. However, jobs in venues that match your interests can be perfect for supplementing your income while also adding interest to your life in retirement.” (www.newretirement.com/Services/WorkingInRetirementBestJobs.aspx)

Now that you’re retired, you can explore opportunities to get paid something to pursue what used to just be a hobby or interest. And, don’t worry, you won’t be alone. According to an NPR story, “What Retirement? Seniors are Getting Back to Work,” the number of retired folks working continues to rise. According to the Bureau of Labor Statistics, the number of seniors in the labor force has nearly doubled, from 4.3 percent in 1990 to 7.5 percent in 2011. So find your inspiration, dust off your resume and see what it’s like to work for fun!



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Read Dr. Passaro’s article “Time Takes its Toll on Our Teeth” in this edition of Outlook!

NEW MUSIC ON AN OLD MEDIUM: THE VINYL RESURGENCE

By Carly Metz

Walk into Ka-Chunk Records, an Annapolis store that specializes almost exclusively in vinyl, and you'll see a variety of people perusing the racks of options. Pierced, hoodie-clad young men browse among professionally dressed, middle-aged customers for the same reason—the desire for a vinyl record.

In the last couple of years, the music industry has experienced a new trend. Although the ability to listen to digital music has never been easier with applications like iTunes, more music fans have been buying records on vinyl. Some may even go so far as to call it a “vinyl resurgence.” But is this too lofty a term?

Digital Music News (www.digitalmusicnews.com), a news authority for music technology, reports that vinyl sales have gone up 30 percent in the last year, which proves more noteworthy when you consider that album sales have plummeted, according to *Billboard Magazine*.

Despite low album sales, businesses selling records or producing vinyl are continuing to survive. “We’ve kept busier than ever before,” said Christopher Lopez, an employee at Erika Records, a vinyl company located in California. Ka-chunk Records, which has been open for three years and is located on an eclectic Annapolis street, is “selling well” with business “getting better every year,” said Justin Chaplin, an employee at the store.

“Data shows that vinyl is resurging, as it sells more every year than it has the previous year, a trend that has been going on for six or seven years,” said Andrew Mall, a Northeastern University professor with a doctorate in ethnomusicology (a field concerned with the anthropology of music). “What’s unclear is how big a deal this is.”

“Records are a tiny niche (only 1.4 percent of total U.S. album sales, according to *Billboard*), a small percentage of music sales,” said Ryan Lucht, founder of Hey WTF Records, a Boston-based label specializing in the hip-hop genre, and the owner of 200 or so vinyl records.

Niche markets can sometimes prove difficult for businesses. Michel Eades, the owner of yk Records, (ykrecords.com) a label that produces music on vinyl and digitally, recognizes that “producing vinyl is an expensive endeavor,” but believes it to be “a worthwhile one.”

For Ben Katzman, co-founder of Boston-based Bufu Records, vinyl releases do end up making a profit.

“Although it’s a niche, it’s a tight-knit community that will retain loyal customers,” Katzman added. “It’s not going anywhere.

There will still be a core pack of people who will continue to pay for hard vinyl.”

What’s the appeal of this decades-old tried and true medium? The vinyl consumer market is not limited to older generations buying music the way they did in their growing up years. It’s younger music fans, exploring a medium they didn’t get to experience, and buying new music on an older medium. According to *Clash Music*, a music magazine, the best-selling album of 2013 was Daft Punk’s “Random Access Memories,” selling 19,000 vinyl records in the first week.

So ... why vinyl? In this age where everything else is getting small enough to fit inside an iPod, why would consumers want to lug around a big, unwieldy record holding 12 songs? One reason cited by everyone from vinyl consumers to professors to label founders, is that albums are different from other forms of media. They simply enjoy the tangible experience of holding the physical product.

“As music moves into the digital realm, there’s a kind of backlash ...” professor Mall said. “People do want a physical product that represents the music they’re consuming, buying, participating in, and listening to.”

The desire for a personal experience with music rings true with Bufu Records as well. “It’s something you can take home from a show,” Katzman said. “With us and our friends’ bands, it’s another way of having a photo album. Every album is a moment in time.”

The whole idea of “a moment in time” is a significant aspect in music consumers’ desire to purchase the medium of decades ago. Nostalgia has been cited as a reason for the growing trend, either true-blue nostalgia for the older generations who miss the way they used to consume music, or for younger generations, something Mall explains as a “false nostalgia”—being nostalgic for something you didn’t experience the first time.

In an increasingly digital world, people have become inclined to expect instant gratification, but members of a younger generation that have grown up with a simple music acquisition process are turning to a more personal, tangible way of listening.

“Vinyl won’t go anywhere; there will always be a physical aspect to music,” Lucht said. “At the end of the day it’s nice to feel like you own something.”

Carly, originally from California, enjoys music of all sorts and is a second-year student at Northeastern University in Boston. She can be reached at carlymetz@aol.com



photo by Marc Watheiu

Legal Insights:

Adult Guardianship in Maryland: It's Costly, Time-Consuming and Complicated



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

By Candace H. Beckett

As an elder law attorney, I am constantly discovering that too many people do not understand the importance of having the legal documents that are needed to have a person appointed to serve as their agent should they become mentally and/or physically unable to make these decisions. That is why I emphasize to my clients and to you to take the time to make sure you have your “Financial Power of Attorney” (*OutLook*, Spring 2013) and “Durable Health Care Power of Attorney” (*OutLook*, Summer 2013) in which you appoint an agent who will act on your behalf. In this issue, I want to emphasize what may and probably will happen if you do not have these basic legal documents: A *Petition for Guardianship* must be filed in circuit court and a *Guardianship*, as you will see, is a formal court proceeding that is costly, time-consuming, and complicated.

Guardianship is an adversarial legal proceeding in which an “Alleged Disabled Person” (ADP) loses the right to make such basic decisions as to where to live, how to spend money or direct medical treatment.

The person seeking to become a *Guardian* for an ADP is known as the Petitioner and the Petitioner must comply with the *Maryland Rules of Procedure* as well as the statutory requirements set forth in *Estates and Trusts* (E&T) article of the Annotated Code of Maryland. The basic requirement is that the Petitioner must have *standing*. The Maryland Rules provide *standing* to “interested persons” such as family members or a governmental agency that is paying benefits to the ADP.

In Maryland, there are two types of guardianships, “*Guardianship of Person*” and “*Guardianship of Property*.” A petition for *Guardianship of the Person* must “(1) contain the Petitioner’s name, address, age and phone number, (2) identify the alleged disabled person and the Petitioner’s relationship to that person; (3) describe the disability and how it affects the ADP’s ability to function; and (4) explain why the court should appoint a *Guardian of Person*.” (MD. Rules 10-201 (c); 10-301 (c)). There must also be two medical certificates from two licensed physicians who have examined the alleged disabled person, or one licensed physician and one licensed psychologist or one certified social worker who has seen and evaluated the ADP. One of these evaluations has to be performed within 21 days before the filing of the petition. Service of the petition is required on numerous interested parties including the ADP.

As an adversarial proceeding, the ADP has the right to be represented by an attorney. If the ADP does not have an attorney, the court will appoint one. The court can even appoint an independent investigator to scrutinize the facts of the case and prepare a written report.

For a *Guardian of the Person* to be appointed, three conditions must be met: “(1) the ADP lacks sufficient understanding or capacity to make or communicate responsible decisions concerning his or her person, including provisions for health care, food, clothing or shelter; 2) such lack of capacity is due to any mental disability, disease, habitual drunkenness or addiction to drugs, and there is no less restrictive for of intervention available which is consistent with the person’s welfare and safety.” (E&T 13-705(b)). The Petitioner must present “clear and convincing evidence” that a *Guardianship of the Person* is necessary. In a *Guardianship of the Person*, the ADP has a right to a jury trial.

In the *Guardian of the Property* proceeding, the following three elements must be met: “(1) the person is unable to manage his or her property and affairs effectively; 2) such lack of ability is due to a physical or mental disability, disease, habitual drunkenness, addiction to drugs, imprisonment, compulsory hospitalization, confinement detention by a foreign power, or disappearance of the person; and 3) the person has or may be entitled to property or benefits that require proper management.” (E&T 13-201(c)) Under Maryland law, the Petitioner must prove the case by a “preponderance of the evidence,” which is a lower burden of proof than the “clear and convincing” standard of evidence required in the *Guardian of Person* hearing. Finally, if the proceeding determines that a *Guardian* is needed, the circuit court decides who is the best person to serve in this capacity.

All of this may be avoided if you take the time to obtain the simple, basic documents now that will enable a loved one or someone else close to you to act on your behalf should you become incapacitated.

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

YouTube MANIA

By Victoria Duncan

What's the big deal with YouTube, the widely popular video sharing website? (www.youtube.com) Well, just in case you haven't heard, the site is both entertaining and useful. Just about anything you're interested in or need to know can be accessed with a few clicks of your mouse.

If you missed the buzz about a sound bite from your favorite politician or sports star, find it uploaded to the YouTube site. No need to miss out! Want a sneak preview of upcoming HBO specials or have an itch to see the movie trailer from the newest blockbuster? Search YouTube! If you're more into music, you can watch a performance of Mahler's sixth symphony at Sydney's famous opera house, a country music festival in Nashville or a 1969 performance by the Beatles on a London rooftop.

Then, of course, there are the silly videos of lip-syncing dogs and the hysterical radio interview with a woman concerned that deer crossing signs only encourage deer to traverse busy streets. If you need to put some laughter in your life, YouTube will help you serve up a daily dose of chuckles.

Beyond the entertainment value, YouTube is useful for more practical matters. Last Summer, I managed to get the convertible top on my Audi stuck halfway up. Of course, since it was a Sunday, the dealership was closed and the owner's manual (written in 10 languages) made my eyes cross. After a frustrating hour of failed attempts to set matters straight, I resorted to YouTube. Sure enough, I found five videos that demonstrated how to manually put the top up on my particular model of car. Problem solved and I was on my way!

So, if you're knitting and confused about how to do a slip-stitch, want to learn how to cut a pomegranate or need to repair a torn window screen, check out YouTube. It's like having a personal tutor walk you through a new skill. Want to give it a try? Just for fun, go to www.youtube.com and type "very cool way to separate egg yolks" into the site's search engine. Grab an empty water bottle and prepare to be amazed. Your grandkids

are going to love this trick and you'll have perfectly separated eggs to boot!

Simple steps to get started:

- Log on to www.youtube.com
- Set up a free account with a username and password. This will help you to save and rate videos. Later, you can use this to create your own channel and upload your own videos.
- Browse the available channels such as music, comedy, sports, beauty and fashion, how-to and DIY for videos of interest, etc.
- Select the videos you would like to save or watch later on playlists.

If you are searching for a specific subject, simply type it into the search engine. Try it either for the entertainment value, to learn a new skill, brush up on an old one or to help solve a problem such as the stuck convertible top. But how about clipping a chicken's wings, making a quick bread, learning good opening lines on meeting someone new, creating a calendar on your iPhone or storing herbs properly. It's endless: name your subject and be amazed.



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By Joe Passaro DDS

The way the human body works is truly a miracle. Our eyes, our ears, our hands and all the other parts of our bodies perform exceptional functions throughout the course of our lives. However, as time goes by, our bodies sometimes need assistance due to wear and tear and the natural aging process. Vision correction, hearing aids and prosthetic joints are examples of how we use technology to enhance our aging bodies.

The inner-workings of your mouth are just as incredible as the rest of your body, but time also takes its toll on our teeth. Not only can tooth wear result in dissatisfaction with our appearance, it can cause discomfort and tooth breakage when the bite changes and becomes uneven.

While everyone associates teeth with their primary function of chewing our food, chewing is actually not a common cause of tooth deterioration. Instead, there are many other factors that result in wear and tear on our teeth.

One of the primary sources of tooth wear is something we do not typically see as a problem: brushing our teeth. We scrub our teeth with abrasive cleaning agents (toothpaste), sometimes several times a day. The combination of the all-too-often aggressive mechanical action of a toothbrush with abrasive toothpaste can cause a devastating breakdown of our teeth's natural protections.

Another cause of tooth wear is acid erosion. Acid erosion weakens the enamel surfaces of our teeth. Sports drinks, carbonated beverages (with or without sugar), citrus fruits and juices, coffee, wine

and acidic foods all contain acids and cause the cumulative deterioration of our teeth. There can also be an intrinsic source of acid – gastric reflux. Gastric reflux is a very common problem and many people that have low levels of reflux are completely unaware of the problem. In fact, many times the first hint of a gastric reflux problem can be the wear pattern seen in the teeth.

In addition to these sources of wear and tear, our teeth also naturally change in appearance over time. The nerve chambers inside our teeth calcify and discolor, creating an overall yellowing appearance that people dislike.

So, just like many other parts of our bodies, our teeth will break down and become less attractive as time goes on. It is just a fact of life. Nevertheless, we still need our teeth to chew our food properly and to speak and smile to express ourselves. In years gone by, many people felt that when dental conditions became bad enough, they would simply get dentures and all their dental problems would be solved. We now know that is simply not true. In fact, dentures can often be just the beginning of advanced dental and even medical problems.

Fortunately, advances in dentistry have given us the ability to treat both the functional and cosmetic compromises that occur with time. Over-the-counter

whitening products can be very safe and effective in treating tooth discoloration. More potent whitening agents can be delivered in a dental office. Dental restorations and bonding procedures can beautifully restore the damaged surfaces of our teeth. And dental implants can replace one or many teeth and restore function and appearance very comparable to natural teeth.

It has been said that the smile is the gateway to the soul. Feeling embarrassed by our smile can be a crippling handicap. The confidence, health and happiness gained by having a smile improved is immeasurable.

Dr. Joe Passaro, DDS is a general dentist who has practiced in Davidsonville for over 30 years. He and his partner, Dr. Woody Wooddell, teach other dentists about tooth wear and comprehensive dentistry. Visit their practice website at www.wpdentalgroup.com

Bay Bytes

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You know we're running out of tomorrows.



By Leah Lancione

Though some foodies savor the idea of being adventuresome with their meals, nobody wants to eat something that could make us sick or worse. Even Michael Pollan, the author of *In Defense of Food*, warns, “You are what you eat.” For those who eat meat, it’s important to make sure the meat is antibiotic free. And for vegetarians, think twice before you pick up a meat alternative or something labeled “healthy.” Those items can also contain unwanted ingredients, including synthetic additives and preservatives.

Partially Hydrogenated Oil, High-Fructose Corn Syrup and MSG

According to *Men’s Fitness*, three highly “scary” food additives are partially hydrogenated oil, high-fructose corn syrup and MSG. The magazine explains that partially hydrogenated oil is “the nemesis of heart health and the primary source of trans fat,” which actually raise LDL (bad) cholesterol levels while lowering the HDL (good) cholesterol.

High-fructose corn syrup (HFCS) is a highly processed form of glucose converted into fructose. Even though it is chemically similar to table sugar (sucrose) it’s a lot worse for your body. *Mens Fitness* says that it “inhibits leptin (the hormone responsible for telling your brain you’re full), damages tissue and even contains toxic levels of mercury.”

Another toxic additive, Monosodium Glutamate (MSG)—or sometimes labeled: maltodextrin, sodium caseinate, hydrolyzed vegetable protein, yeast extract or citric acid—is a “neurotoxin because it has been shown to damage nerve cells by overexciting them to the point of cell death.” In addition, it’s believed to be a “chemoinducer” of type II diabetes, metabolic syndrome and obesity.

Artificial Food Coloring

Another no-no food additive is artificial food coloring. There is scientific evidence—some of it still under investigation—that certain food dyes cause some pretty serious health problems ranging from cancer to allergies and hyperactivity. According to the Center for Science in the Public Interest’s (CSPI) study on

food dyes, “The three most widely used dyes, Red 40, Yellow 5 and Yellow 6, are contaminated with known carcinogens. Another dye, Red 3, has been acknowledged for years by the Food and Drug Administration (FDA) to be a carcinogen, yet it is still in the food supply.”

BHA

According to David Zinczenko of *Men’s Health* magazine and author of the famed *Eat This, Not That* books also shares his list of “ingredients you never want to see on your nutrition label.” Among the ghastly ingredients -- BHA or butylated hydroxyanisole -- is a preservative “used to prevent rancidity in foods that contain oils. Unfortunately, it has been shown to cause cancer in rats, mice and hamsters,” he says. Zinczenko claims the only reason the FDA hasn’t banned it yet is because the cancers are found in the lab animals’ “forestomachs” -- organs humans don’t have.

The Department of Health and Human Services claims BHA is “reasonably anticipated to be a human carcinogen.” You can find it in some cereals, lard, boxed packaging to preserve freshness and even gum. BHT (butylated hydroxytoluene) has been deemed less harmful to humans, but still causes cancers in laboratory animals.

Nitrates and Nitrites

If you have a grandchild you’ve probably noticed hot dogs (along with chicken nuggets) are often a go-to food when something quick and easy is required. And though they’re not the healthiest menu option all together, there’s something else you should know before popping them on the grill or into the microwave: they can contain sodium nitrate. Also found in bacon, sausage, cured meats and other processed foods as a preservative or color fixative, excessive concentrations of sodium nitrite and sodium nitrate “have been linked to diseases like leukemia, non-Hodgkin lymphoma, and ovarian, colon, rectal, bladder, stomach, esophageal, pancreatic and thyroid cancers (<http://healthychild.org/easy-steps/avoid-nitrates-and-nitrites-in-food/>). Nitrites are found in some vegetables and fruits naturally, but the problem arises when they are added to meat as a preservative. When

exposed to heat for cooking, they can change into nitrosamines which are carcinogenic. The same is true for nitrates used as food additives and consumed.

The FDA, however, sanctions the use of sodium nitrate and nitrite in “specified foods in accordance with prescribed conditions” that range from proper package labeling when these ingredients are included, the concentration, i.e., not to exceed 500 parts per million in the finished product, and if intended for household use—a warning that it should be kept out of children’s reach.

Carrageenan

Carrageenan is a questionable food additive that has crept into processed foods—even organic and seemingly healthy products—with little notice by consumers. “Derived from red seaweed, it’s often added to beverages to keep their ingredients from separating; you’ll find it in many nutritional shakes, milk products and milk replacements. The ingredient even crops up in certain frozen dinners, soups and commercial broth products. The problem: Carrageenan could be causing inflammation, gut irritation and even cancer.” (www.prevention.com/food/healthy-eating-tips/carrageenan-natural-ingredient-you-should-ban-your-diet)

Carrageenan can also be found in chocolate milk, whipping cream, ice cream, nonfat sour cream, soy milk, coconut milk, almond milk, prepared poultry and cold cuts and even infant formula. Although it is from a “natural” source and is found in many organic food products, that doesn’t mean it’s good for you. Many claim, among other things, that it is destructive to the gastrointestinal tract and digestive system.

A prominent researcher and associate professor of clinical medicine at the University of Illinois, Dr. Joanne K. Tobacman, has presented many studies linking carrageenan to cancer, inflammation and stomach issues. Her 18 published peer-reviewed studies address the biological and harmful effects of carrageenan. In April 2012, Dr. Tobacman testified against the use of carrageenan in organic food to the National Organic Standards Board. The Cornucopia Institute, an organic and agricultural watchdog group, recently launched a nationwide petition to the FDA to ban the ingredient. For a list of food items without carrageenan, visit <http://www.cornucopia.org/shopping-guide-to-avoiding-organic-foods-with-carrageenan>

Soy

According to the “Care 2 Make A Difference” website (www.care2.com/greenliving/negative-health-effects-of-soy.html) it is important to become a label reader since a harmful additive can have many names. For years soy was considered a healthy meat alternative, but new research shows that the majority of soy-based products contain genetically modified (GM) soy. “There are many different names for soy additives including: bullion, textured

plant protein, natural flavor, Mono-diglyceride, Soya, Soja or Yuba, textured soy flour (TSF) or textured soy protein (TSP), textured vegetable protein (TVP), i.e., if made from soy, Lecithin, i.e., if also made from soy, and MSG.

Genetically modified soybeans are harmful because they are “chemically engineered to withstand heavy doses of herbicides without killing the plant.” (www.care2.com/greenliving/negative-health-effects-of-soy.html) The ingredient in the herbicide used, glyphosate, has been shown to affect hormone balance within female reproductive systems.

There are some forms of soy that are safe and actually healthy to consume. Osteopathic physician and *New York Times* best-selling author Dr. Joseph Mercola says fermented soy, otherwise known as tempeh, miso, natto and soy sauce, is not harmful to the body as are unfermented soy products.

For more information and an extensive list of food additives and their safety ratings, visit The Center for Science in the Public Interest website at www.cspinet.org/reports/chemcuisine.htm

One thing for sure, it’s time for people to scrutinize all nutrition labels. Be leery of an ingredient list that sounds like a chemistry experiment or that contains a lot of hard-to-pronounce words. WebMD (www.webmd.com) also advises consumers that ingredients are listed in descending order of predominance. If the saying is true and “you are what you eat,” it’s definitely time that we watch what we eat.

Bay Bytes

If you’re looking for local offbeat tourist attractions log onto www.RoadsideAmerica.com from wherever you are and find all sorts of interesting and little known points of interest that would be fun to visit.

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So you’ve made a mess of some things. Why not move on and focus on today?

Chia Seeds and Your Health

By Melissa Conroy

Did you ever have a chia pet as a kid? This novelty gift is still alive and kicking and you can buy everything from a chia pet turtle to a chia Duck Dynasty figure, thanks to the wonders of the Internet. Now we are learning that chia is not only amusing, but a great addition to your daily diet. Chia seeds are packed full of valuable nutrition, and a few tablespoons can help you regulate your blood sugar, curb your appetite and give your body a big dose of omega-3 fatty acids, niacin and other important elements.

Chia seeds come from the desert plant *Salvia hispanica*, which is in the mint family. The plant was cultivated by the Aztecs before Columbus arrived in the New World, and some archeologists argue that chia was as equally important as maize to the Aztecs. "Chia" means strength in the Uto-Aztec language Nahuatl.

It's no wonder where chia seeds got their name: A serving contain 10 grams of fiber, 4 grams of protein, 115 mg of potassium, 249 mg of calcium, 3 mg of iron, and 4 mg of niacin. In addition, they have trace amounts of magnesium, thiamine, foliate, vitamin A and vitamin B-12. Forget salmon, because a serving of these tiny seeds contains almost 5 grams of omega-3 fatty acids. With more calcium than milk, more potassium than bananas, more iron than spinach and more vitamin C than oranges, chia seeds are often touted as a super food.

If you are diabetic, chia seeds may be an important addition to your diet. When you eat them, they form a glutenous barrier inside your stomach which slows down the rate at which you ingest sugar into your blood stream.

This can

help prevent some of the "spikes" and "lows" that diabetics face when trying to regulate blood sugar.

Since chia seeds form a gel when exposed to liquid, many people claim that the seeds help them lose weight. When added to liquid, they can expand to 12 times their size. Add a serving to liquid, and they will grow to almost 3/4 of a cup in volume, which can help fill you up fast with less calories. Chia seeds can help you feel full longer and since they slow down the rate of sugar absorption, they can help you better manage your hunger and stave off cravings.

Chia seeds are easy to add to your normal food. You can simply sprinkle them on yogurt or cereal, add them to baked goods, and put them on salad. You can also make a chia seed gel by mixing 1 cup of water with 2 tablespoons of chia seeds and letting it sit for about 10 minutes. The gel can be spread on toast or muffins or blended into smoothies and shakes. Chia seeds absorb juices well, so you can add them to your morning apple juice or OJ. With a little experimenting, you can incorporate them into many of your favorite dishes.

Do be aware, however, that chia seeds may not be beneficial for everyone. If you are taking a blood thinning medication or are at risk for heart disease, check with your doctor before you start adding chia seeds to your diet. Since they also contain a lot of fiber, make sure to drink an adequate amount of water. Finally, be aware that you shouldn't start grazing on your chia pet: the seeds are probably not properly cleaned. Instead, buy chia seeds specifically prepared for human consumption.

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WHAT WOMEN NEED TO KNOW ABOUT **MIGRAINES**



By Samip Patel, MD

Migraines are a pain to anyone who gets them. But they can be particularly so to women.

Why? Because women are three times more likely than men to get migraines, and these intense headaches also tend to be more painful and last longer in women. In fact, migraines are one of the leading health problems affecting women, according to the Migraine Research Foundation.

Migranes are not simple headaches. Some people get migraines once or twice a week. Others experience them much less often. The headache can last from a few hours to several days.

That's a long time to have the severe, debilitating pain of a migraine and the possible side effects that can accompany it, such as nausea, vomiting and sensitivity to light or sounds.

Migraines often occur on just one side of the head. And about one in five people who get migraines will have what's called an aura shortly before the attack.

Symptoms of an aura include seeing flashing lights or blind spots and having a feeling of numbness or tingling in the face or hands. Women are typically less prone than men to having migraines preceded by an aura.

RELIEF IS POSSIBLE

One reason women get more migraines than men do may involve hormones; these headaches often begin around the time of menstrual periods. Pregnancy and menopause can also cause migraine symptoms. For this reason, an estrogen patch or estrogen pills may be used to help prevent migraines or diminish symptoms once one starts.

Over-the-counter, nonsteroidal anti-inflammatory medicine, such as aspirin or ibuprofen, may relieve mild migraine pain.

If those don't work, a doctor may recommend a prescription medicine.

For example, medicines called triptans and ergot derivatives are used to prevent migraines and to ease symptoms. Some antidepressants can work to prevent migraines, as can some heart medicines and antiseizure drugs.

For more severe, chronic migraine headaches, a physician may administer Botox injections in the office around the head and neck. These injections, typically given every 12 weeks, can help dull future headache symptoms.

In addition, migraines are often triggered by things such as certain foods, too much or too little sleep, bright lights or skipped meals. Everyday stress is also a common migraine trigger.

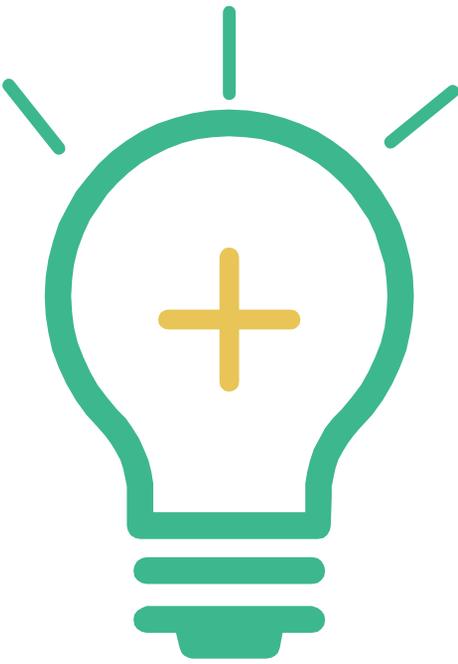
Keeping a headache diary can help people with migraines identify triggers and avoid them.

Dr Samip Patel is a fellowship-trained neurologist with AAMC Neurology Specialists. He is one of four providers specializing in the diagnosis and treatment of disorders of the nervous system including conditions that involve the brain, spinal cord, peripheral nerves and sleep disorders. For more information call 443.481.1940 or visit AAMCNeurologySpecialists.com

Bay Bytes

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What have you done today to improve the lives of those around you?



POSITIVITY IN EVERYTHING

By Jim David

As we age it's very easy to slip into negativity. Our brains seem to be more attuned to stress and danger. We readily succumb to fear. Dr. Rick Hanson, a neuropsychologist, calls this living in the "Red Zone." He defines the polar opposite position as the "Green Zone," where we are actively meeting our basic needs for safety, satisfaction and connection with others.

For me, positivity is subtle. We can unwittingly slide out of the "Green Zone" into a "Pink Zone" where we are captured by an unnoticed negativity that can gain speed and strength. It is so easy to fall into limiting beliefs and "self-talk" such as, "I can't do that" or "That will never work" or "There will be too many people." Often we fall into negative thinking as it seems logical, true and valid, but we have no facts to support our firmly held contention.

So how do we stay positive? The first step is to live in awareness. How do we accomplish this nebulous feat of living in awareness? Modern psychology teaches mindfulness practice, which we used to call meditation. Saint Ignatius of Loyola, the founder of the Jesuits, taught the Examen, a twice-daily practice of reflecting on the movements of our heart in regard to others, our very lives and ourselves. Regardless of one's choice, and the choices are many, the essence of achieving awareness is to activate and strengthen what psychologists call our observing ego or observational self. It's the ability to observe the thoughts that come into our minds, the feelings that come into our bodies, what we are inclined

to say or do, and then evaluate them. Then decide if the thoughts, feelings, what I'm inclined to say or do, are negative or positive. If negative, replace them with the positive.

Let's look at four areas where we can examine how positive or negative we are.

Thoughts: The first area is our thinking or self-talk, whether spoken out loud or silently in our mind. We have to realize and accept that a thought is just a thought! It's an electrical construct in the billions of neurons in our brains. If we buy into it, we are stuck with it. It becomes our truth, our world and our reality. The pivotal issue is to have freedom or choice about our beliefs and thoughts and to realize that we all have weird or crazy thoughts. We can evaluate them on our own or by consulting with others to ascertain if it makes sense to throw out the thought or belief or to freely retain it.

For example, I might believe evolution or global climate change are fictitious. But after further investigation, I might believe they have some merit. It's important to retain an open mind, as issues are generally more complex than we initially realize.

Another avenue in addition to self-awareness and self-examination is to invite feedback from a trusted friend. Do you see me as a negative or a positive person? Staying in negativity can spark the production of cortisol, the stress hormone that then adversely impacts our psychoneuroimmune system and our neurogenesis, making us more vulnerable to illness and disease.

Another practice is to write down any negative or limiting thoughts or beliefs to get them out of our head. Draw a line down the middle of a blank piece of paper and write down any negative self-talk or beliefs in the column on the left. On the right side, write down positive belief or self-talk. It's important to not simply make it the opposite because it will probably be too much to believe. Make your positive beliefs as believable as possible. Instead of moving from "I'm a big procrastinator" to "I never procrastinate," say "I'm becoming more and more aware of my tendency to procrastinate and I'm procrastinating less and less each day." Our brains believe whatever we tell them.

Feelings: The second area is how we feel. We say that feelings are neither right nor wrong, they just are. Happily we can change our feeling state by changing our thinking or moving our body. Generally positive thinking creates positive feelings while the opposite may also be true. For example, "I believe I can do it. I feel confident." Henry Ford said, "Whether you say I can or I can't, either way you'll be right!"

A daily early morning, 15-minute regimen of stretching, 15 minutes of weight resistance training (15 min.) and 30 minutes of aerobic or cardio-pulmonary exercise is a key element in sparking the production of the biochemical and/or neurotransmitters that elevate our mood. We release stress and feel better. We can change how we feel.



Act or Behave: The third area, which will shape our positivity or lack thereof, is the meaningfulness of our daily life. As we wake up, do we have something to look forward to each day? Remember the three key elements of the “Green Zone”- safety, satisfaction and connection. Are we financially secure? Do we have healthy pleasures built into our day? Do we have friends? Are our marital and family relationships as strong as they could be or should be?

Viktor Frankl’s classic book, *Man’s Search for Meaning*, addresses the reality that life fulfillment comes not from what we encounter or experience, but rather how well we manage or respond to our life experiences. As human beings, we are continuously judging or creating meaning to explain our life experiences. We hope to have acquired philosophical or spiritual life stances that equip us to successfully navigate the inevitable hills and valleys of life. The prayer of Saint Francis is an example of a life stance.

Relationships: The fourth gigantic area that gives us feedback about how positive or negative we are in our thinking, feeling and acting is our relationships. How are we doing in this arena? Do we reach out to develop new friends? Are our relationships enriching or draining? Do we complain a lot without realizing it? Do we adhere to that saying, “To have a friend we have to be a friend?” Do we initiate contact or do we passively wait for a friend to call us?

A tool to use in strengthening your relationships is to use the “Bid System,” which was developed by John Gottman, a noted marriage researcher. Each time someone says something to you or you say something to another person, consider it to be a “bid” for a response. We will respond by either turning (1) toward the person, (2) away or (3) against. The challenge is to notice our first impulse, evaluate it and delete it if it is turning away or against. To sustain a relationship, we must turn toward the other person most of the time. We must also notice how people are responding to our “bids.”

Staying positive as we age requires ongoing dedication. Exercise helps. Having friends helps. Possessing a positive worldview or philosophy of life is essential. It’s a subtle process. Constant vigilance is needed.

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

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EQUESTRIAN TRAILS



By Ellen Moyer

This Spring, the Maryland Department of Natural Resources will submit its five-year plan to the National Park Service for land preservation and recreation.

As part of the planning process DNR created a citizen's trails committee to consider a system of local, state and national trails (including equestrian ones) linked together across the state from the ocean to the mountains of Garrett County.

The state provides trails in 61 of its land units, state parks, state forests and wildlife management areas for multiple uses such as hiking, biking and canoeing. That would be 750 miles of trails, bridal paths, access roads for fox chasing and events designated specifically for equestrian use on 17 of these state lands.

Greenridge State Forest, with 47,560 acres in Allegany County, is the largest block of state land in Maryland. Originally owned by the Caton and Carroll families (related to a signer of the Declaration of Independence) for timber and mining enterprises in the early 1800s, the land became the "largest apple orchard in the universe" in the early 1900s. The 18th Amendment that prohibited the production and sale of alcohol killed the apple orchard (apple cider was alcohol). The state acquired the property in 1931 for the state's first forest management program. The Civilian Conservation Corps built roads and trails. There are 100 primitive campsites in Greenridge, two of which are reserved for riders with horses. Approximately 45 miles of road are available for horseback riders. Headquarters is in Flintstone and can be reached at 301.478.3124.

In Cecil County, the Fair Hill Natural Resource Management Area provides 10 horse campsites. Unlike Greenridge, Fairhill is equipped with water and electricity and has 119 stalls for stabling horses. It also has 80 miles of trails on the preserve purchased in 1975 from the estate of William DuPont, who was an avid equestrian. Contact 410.398.1246 for reservations.

On the Eastern Shore, in Pocomoke State Forest located in Worcester County, farmland acquired by the federal government during the Depression was deeded to the state in 1954. Parking is available for horse trailers and there are forest trails and roads along the Pocomoke River in this 15,519-acre area. There are no campsites available. Gunpowder Falls State Park in Baltimore and Harford County has 120 miles of trails with the most popular area located near Baldwin. Seventeen of the state-owned areas provide opportunity for horseback riding. They can be researched on www.dnr.state.md.us/land/MD_Trails/Trails_in_MD.asp Contact the park of your choice before you venture forth for a trail ride or overnight camping with your horse pal.

Horseback riding is rooted deep in Maryland history. The first recorded thoroughbred races, the first trophies, the early steeplechase contests that gave birth to the slogan "bet the farm" are part of Maryland history. The Annapolis Subscription Cup, a silver bowl dating from 1743, is housed at the Baltimore Museum of Art. A replica is given each year to the winner of the Dixie Stakes, the oldest turf race in America. And another copy was offered at the Marlboro Hunt Cup, before it closed, in honor of the 1743 Race won by Dungannon.

In recognition of our proud equestrian history and in anticipation of the growth and interest in leisurely equestrian activity, opportunities for horseback riding will be a principal concern of the new State Plan for Land Preservation and Recreation. Now resurgent, horseback riding is one of the fastest growing leisure sports activities. Your interest in and experience with trail riding, accommodations and access should be documented with your county recreation plans and with The Department of Natural Resources. Staff member Steve Carr advises the trails committee. Contact him at SCarr@dnr.state.md.us You can also reach Ross Peddicord, executive director of the Maryland Horse Industry Board, at peddicord@mda.state.md.us Spring is arriving, so happy trails!

Ellen, a former mayor of Annapolis, enjoys horseback riding throughout the state. She can be reached at Ellenmoyer@yahoo.com



What's on your bucket list? What's keeping you from completing it?

NEW YEAR *High Seas Adventure:*

ANNAPOLIS-AREA SAILORS PREPARE FOR RACE TO BERMUDA

By Tracy Leonard

New year. New you. Another chance to kick-start the bucket list. And that's just what several Annapolis area sailors have in mind. This Summer, they will compete in the 19th Biennial Annapolis Bermuda Race, and preparations for the race have their new year off to a busy hum.

Every other year, about 30 skippers and their crews gather in Annapolis to start a 753-nautical mile journey down the Chesapeake Bay into the Atlantic Ocean and east to Bermuda. Depending on the boat, crew and conditions, the passage takes about five days and calls for strong seamanship, teamwork and endurance. The competition welcomes racing veterans, first-timers and cruisers and is open to any qualifying single or multi-hulled sailing yacht of more than 28 feet. This year's race starts June 6.

"The race is designed to challenge sailors with a unique combination of conditions – unpredictable winds down the Chesapeake Bay, shipping traffic along busy coastal waters, a Gulf Stream crossing, swirling eddies, invisible competition and challenging navigation with the reefs encircling Bermuda," says Beth Berry, A2B chair.

Lauren Anthonie will be competing with her Nordic 34 Rover in the cruising class for the first time. She's looking forward to the challenge of preparing her boat for the ocean and putting together a strong crew.

"This kind of race has so many variables – all the usual wind and sea state and the not-so-usual Gulf Stream. Add to that tactical, navigational and seamanship skills. That's quite a mash-up. All these variables make for an exciting race because success depends on everything coalescing in your favor," Anthonie says.

Arne and Debbie Fliflet will be racing their J/120 Mazal Tov in the Annapolis Bermuda Race for the second time. Both of them find the challenge of an ocean race appealing.

Prepping the boat is the first significant hurdle to clear. In addition to ensuring their own confidence in the seaworthiness of their vessel, skippers and boats must undergo an inspection by the Annapolis Bermuda Race safety committee before being cleared to race. Beyond that, other important tasks include selecting and training crew members, understanding off-shore weather forecasts and developing a navigational strategy for the race, particularly with respect to the Gulf Stream. During the race itself, the crew has to adapt to the watch schedule and stay focused on keeping the boat moving as fast as possible. Heavy weather and rough seas are always a possibility, but so are light winds and being becalmed for extended periods. To the extent they can, racers need to be prepared for every situation.

"The trick," Fliflet says, "is to start early so you have time to work on race strategy." He adds that one reason he likes the Annapolis Bermuda Race is the satisfaction gained from being out on the ocean and accomplishing an ocean voyage, working out the navigation, sailing the boat well and being competitive against other well-prepared boats.

Plus, Bermuda is no shabby place to finish a sail across the pond. Fliflet says, "Bermuda is a great destination. We like the hospitality and easy-going atmosphere of the St. George's Dinghy and Sports Club."

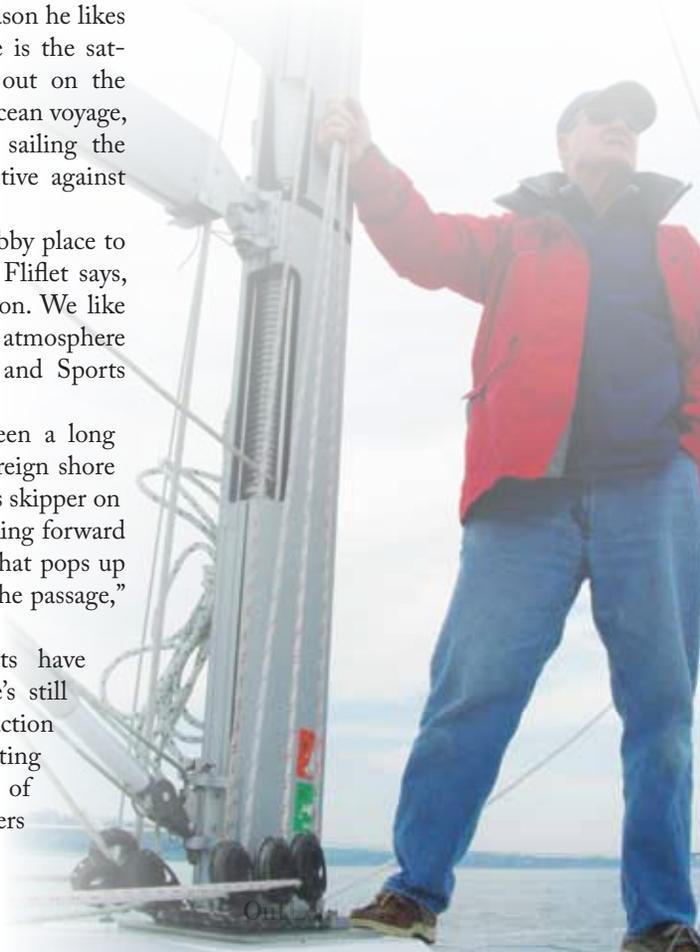
Anthonie agrees. "It's been a long time since I've arrived at a foreign shore by sea and this will be a first as skipper on my own boat. I am really looking forward to blue water and the island that pops up out of it on the other end of the passage," she says.

So far, about 20 boats have entered the 2014 race. There's still plenty of time to get in on the action as race organizers are accepting entries until May 1. As part of competing in the race, organizers

also offer a series of seminars in the Spring to help racers prepare.

Armchair skippers are welcome to follow the action as well. From now through the end of the race, the Annapolis Bermuda Race website www.annapolisbermudarace.com will feature updates on all the pertinent race activities and includes areas for skippers and crew to interact with each other online. Once the race starts, live tracking and blog updates should make the action exciting to follow real-time. The race starts at 1:30 p.m. on June 6, and depending on the wind, the first finishers usually arrive in Bermuda with smiling faces, stories to share and big memories four to five days later.

Tracy has gotten a jump-start on the racers and is currently sailing in the Caribbean with her family. She can be reached at leonard@tracyleonard.com





Bay Area Boomers Explore Aging-in-place Lifestyles

By Phil Burgess

Some months ago, on a cool Friday morning, I found my way to the screened-in back porch of the home of Joe and Pat Molesevich in Severna Park. The occasion was a twice-monthly coffee with upbeat, lively and fully engaged members of At Home-Chesapeake.

AHC is a "virtual retirement community" – a grassroots, virtual village that includes about 50 members whose ages span 60 to 97 and who are determined to remain in their homes as long as possible. They do this by obtaining from each other and the larger community the living and age-related services they need for independent living.

AHC is also a regional example of the aging-in-place movement which has sprouted more than 100 virtual retirement villages throughout the U.S. since the first in Boston in 2001. Programs and activities of the AHC network are financed by dues of \$50 a month (or \$500 a year), a fraction of the cost of living in a continuing care setting.

The Severna Park coffee I attended included 10 AHC members. I was there to listen and learn about their experience with this relatively new social invention. I learned that the AHC "village" members focus on three areas: planning, services and social engagement.

- Members plan for staying in their own homes by creating detailed "master aging plans" with encouragement from other members and sometimes with professional help.
- Services include identifying community-based, age-friendly services that enable them to maintain their independence, especially medical, transportation and home maintenance services that include, when needed, household chores and personal care at home. AHC members also often assist each other with transportation and other needs.
- Social engagement opportunities include a monthly dinner (typically a potluck at a member's home or at an area restaurant), a twice-monthly "coffee" at a member's home and special events such as outings to plays, movies, museums and programs that range from the practical to the intellectual – from a briefing on how ObamaCare will affect health insurance to a lecture at the West Street Library on Maryland's role in the War of 1812.

The "village" movement is just another example of the continuing ingenuity of retiring boomers as they invent and explore new ways to deal imaginatively with the challenges and opportunities of longevity, and to do it in a way that is productive and satisfying.

No federal government. No regulations. No permissions required. Just Americans working voluntarily to help each other. What I experienced in my Severna Park conversations was not unlike the inventive, take-charge, can-do, bottoms-up society Tocqueville described as he traveled around America in the early 1830s.

Most "retired" AHC's members are still actively engaged in work of some kind, whether it be salaried or volunteer work. Example: Our host, Joe Molesevich, a former engineering manager with a defense contractor, is one among nearly 800 volunteers who contribute their time and talent to Anne Arundel Medical Center where he helps manage the hospital's audio-visual resources.

"I love the opportunity to use my knowledge and skills to make things work at the hospital. Plus I meet a ton of people and that part is equally important to me," said Joe.

Other coffee drinkers that day included a former professor of English literature, church lobbyist, state government official, stay-at-home mom, defense analyst, engineer at Westinghouse and a dentist.

AHC participants are broadly and deeply engaged in Bay area communities. Volunteers in my group included a docent for the St. Michaels Maritime Museum, a helper at the Baltimore dental museum and Partners in Care, a teacher at the community college, a tutor of English as a second language, a provider of transportation for the elderly and handicapped and a participant in the Giving Circle and the Annapolis Chorale.

AHC plays many roles in the lives of its members: For some it's an anchor or a hub where you can benefit from the counsel of other members as you chart your own course. For others, it is a support group with shared values and perspectives, a network where you can connect with trusted peers to talk about the ups and downs of daily life or seek advice or assistance when needed.

At one point, I asked my new friends, "What community resources are most important to advance successful aging?" Answer: Opportunities for continuing education, health and fitness and entertainment – especially in the visual and performing arts.

Most-mentioned institutions: Anne Arundel Community College, Anne Arundel County libraries and the availability of excellent health care services, led by Anne Arundel Medical Center.

Other "successful aging" assets included St John's College programs that are open to the community, Arundel Olympic Swim Center, parks, biking trails and transportation services.

If you're still here – there's a good chance your work isn't finished.

The resourcefulness and ingenuity of the boomer generation never cease to amaze me. This is the generation that mastered the hula hoop in its youth, explored the moon at midlife and, over the years, sparked the digital revolution while sacrificing blood and treasure to stand down the Soviet Union and end the Cold War. At Home-Chesapeake is proof-positive that boomer resourcefulness is not waning as boomers enter later life. To the contrary, their resourcefulness and ingenuity continues unabated.

Phil, who is president of the Annapolis Institute, is the author of Reboot! What to do when your career is over but your life isn't (www.BooterNation.com) and writer of the weekly Bonus Years column in the Sunday Annapolis Capital. He can be contacted at pburgess@annapolisinstitute.net

More on aging...

In the old days – before the longevity explosion – people died with their boots on or shortly after retirement. No longer. Today most experience many "stages" of life in the 20 to 30 years after 65 – as many as there are between 25 and 65. Consider the following indicators:

- Life expectancy in the U.S. increased nearly 50 percent in the 20th century – from 47 years in 1900 to 78 years in 2000 – and it's still increasing.
- According to *Science* magazine, longevity was the second most important achievement of the 20th century. Electrification was No. 1.
- America's 78 million baby boomers born between 1946 and 1964 are retiring at the rate of 10,000 a day – not a week or a month – and will continue at this rate until roughly 2030.
- Of all the people in the history of the world who have lived to be 65, two-thirds are alive today.
- Remember Willard Scott's "Smucker's Centenarian" segment on NBC's *Today Show* each Friday, when he would recognize the birthday of an American celebrating 100 years or more? At the first Smucker's Centenarian in 1983, there were about 15,000 centenarians in the U.S. Today there are more than 53,000.

These numbers at the societal level are staggering. But the numbers at the individual level are equally stunning. For example, if you are a married couple, the long-term survival odds of at least one of you are high:

- 72 percent that one will live to 85 years,
- 45 percent that one will live to 90 years, and
- 18 percent that one will live to 95 years.

The cliché that 65 is the new 45, and 75 is the new 60, also happens to be true. Today's later-life Americans are generally not just older, they are:

- wealthier and healthier;
- stronger and more versatile;
- more active and engaged than at any other time in American history;
- more empathetic and understanding of the needs of others, and
- more likely to serve with less need for "credit" than at earlier stages of life.

Bay Bytes

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PASS IT ON,

from Grandparents // to Grandchildren

By Joanne R. Alloway

For boomers, one of life's greatest joys is becoming a grandparent. The moment a grandchild is born, a whole new spectrum of emotions and memories opens. Being part of our grandchild's life is a rite of passage to be savored.

As these little ones grow up, we watch their personalities develop, note their likes and dislikes, strengths and weaknesses. We can't help but love them unconditionally. Having already lived lives filled with joy, disappointments, successes and failures, we certainly have advice and thoughts to share with our grandchildren. I interviewed more than 20 grandparents about what they most wanted to pass on to their grandchildren. First I summarized the top five responses. Then I quoted some of those who allowed me to use their names.

The most prevalent advice:

- 1) *Valuing and enjoying family and friends.* Most grandparents said this was important because we never know when someone might need someone to listen or to lend a hand, and vice versa. Being there for others is paramount.
- 2) *Finding their passion, following their hearts and dreams and making the time for this in their lives.* Grandparents felt we do best at what we love, and it will show in our happiness.
- 3) *Understanding the importance of the elderly -- talking to them, volunteering with them, learning from them and visiting with them.* Young people can derive important benefits from interacting with elderly people.
- 4) *Finding God in your life to give you reassurance.* The respondents didn't expect their grandkids to be strictly devout, but expect them to acknowledge that there's a superior being who guides us.
- 5) *Learning to be respectful, thankful, kind, considerate, loyal and sensitive to everyone. Grandparents here referred primarily to using electronics in the presence of others.* Many feel the world is changing so fast; young people aren't even aware of how rude or insensitive electronic absorption may be.

Here are quotes you may find interesting and helpful. The grandparents have between one and 20 grandchildren of all ages.

Inette White of Delaware. "Don't try to please everyone ... please yourself and the right people will gravitate to you. Friends will stay there. Expect nothing; be thankful for what you have!"

Kathy Heflin of Maryland. "Family traditions are an important link to who we are and who we become. Hold on to these and create new ones as you go through life, because these will keep you close to those you love and cherish."

Judy Sawyer of Texas. "I'd like them to know all that I learned from my mistakes, but that's impossible, so I'll stand by and watch them make their own mistakes; I just hope they learn from theirs!"

(Note: Judy died a few days after writing this. RIP Judy.)

Mary-Ellen McGrath of Maryland. "To know that we love them very much, and to remember the things I've tried to share, such as my faith in God."

Jennie Cuilwik of New York. "Surround yourself with positive people and try to leave people happier because they know you. You can't force people to change. You can lead a horse to water, but you can't force him to drink. You cannot marry and hope someone will change for you; accept and like them as they are."

Gloria and Richard Starr of Maryland. "It is important to exercise your mind and not be dependent on calculators and the Internet for everything."

Tina Bishop of Virginia. "Carpe diem! Seize the day. Take advantage of opportunities as they present themselves, instead of waiting for conditions to be ideal. Go with the flow, to where the spirit takes you. Serendipitous wanderings can be the most pleasant ones. Be open to new experiences; life is a continued learning experience. If one door closes, another opens; adversity builds resilience."

Jeannetta Danford of Missouri. "The older generation still has interests that are current, not all nostalgia. Incorporate the present with the past. Talking one-on-one is more satisfying than relying on a piece of electronic equipment."

Elaine Hackett of Virginia. "Never give up on your goals and dreams. I use my personal history to show them that it can be done with hard work, confidence, family love and support. I stress to my 20 grandchildren that with God and family in their lives, there is nothing more anyone needs."

Greg Cuilwik of New York. "There is no free lunch ... when you make choices, there are consequences. If someone does you a favor, at sometime you will repay it. You must take responsibility for your actions."

Mary Vendemia of Maryland. "They are a gift beyond measure, having filled our hearts. May they always show loyalty, respect and love to all and live in their faith."

Grandparents I talked to have lots of good thoughts and hopes for the generations that follow. Many were happy to share a thoughtful response. I thank them all.

Joanne is the author of two nonfiction books. She can be reached at jrwrite@aol.com

Spring 2014 Caregiver Workshops

THE DEMENTIA SERIES

LIVING IN THE LAND OF OZ...CONTINUED

Hosted by:

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

Facilitated by:

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

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

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

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

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

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

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

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ARNOLD SENIOR CENTER

44 Church Road, Arnold
Thursdays: April 3, 10, 17
6:30-8:30 pm

Sponsored by: Annapolitan Assisted Living

O'MALLEY SENIOR CENTER

1275 Odenton Road, Odenton
Mondays: April 7, 14, 21
5:30-7:30 pm

Sponsored by: Heritage Harbour Health & Rehab

PASADENA SENIOR CENTER

4103 Mountain Road, Pasadena
Wednesdays: Feb. 26, March 5, 19
1:00-3:00 pm

Sponsored by: Heartlands at Severna Park

PASCAL SENIOR CENTER

125 Dorsey Road, Glen Burnie
Mondays: June 2, 9, 16
6:30-8:30 pm

Sponsored by: Morningside House of Friendship

SOUTH COUNTY SENIOR CENTER

27 Stepneys Lane, Edgewater
Thursdays: May 1, 8, 22
6:30-8:30 pm

Sponsored by: AAMC

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



chasing after the wind

By Nancy Lincoln Reynolds

Most of us have had time for reflection this Winter. Snow-covered grounds and iced driveways left many homebound at least for a little while. When we take such pauses, we are inclined to consider things like the purposes in our lives.

Wisdom in literature can be particularly helpful, so at the suggestion of a friend, I plunged into a rediscovery of the Biblical Old Testament book of Ecclesiastes. There we are told that too often we claim wisdom based on the activities and busyness in our days. We are warned that all of our running around to prove our personal value to others and to the world is not only pointless, but tantamount to chasing after the wind. Still, it seems, we are compelled to try.

Once, when I was very young and traveling with my family through the Blue Ridge Mountains on a Summer vacation, we found ourselves driving up into the clouds. My father complied with my request to stop the car by the side of the road at the peak so that I could “capture” some of the cloud in a shoebox. I wanted to be able to bring it home with me and look at it whenever I wished. I wanted to own some of that cloud and claim it as my own. It was a futile act, of course, and also a “vain” one, according to Ecclesiastes, as I envisioned myself capable of defying the nature of things.

Both vanity (as self-aggrandizing) and chasing after the wind are futile. They represent a kind of self-centeredness that pursues the impossible without honoring its immortality or respecting our limitations. The impulse to believe ourselves capable of the impossible, however natural to all of us it might be, leads us down the path of futility.

Kurt Vonnegut in *Hocus Pocus* presents a character who asks what word could be more negative than “futility.”

The response is “ignorance.” In our ignorance about our own brokenness and inadequacy, we may pursue impossible tasks and the result can be devastating. We should celebrate high goals, hard work and excellence. But I am suggesting that we should be realistic in our efforts and willing to own the awareness of when enough is enough. Healy’s first law of Holes says that when you find yourself in one, stop digging! There will never be complete fulfillment from anything we attempt on our own. To expect it is like chasing after the wind, and it takes us down the futility path every time.

The path of futility always reaches a fork that invites us in one of two directions: despair or humility. Like twins born of the same impulse, each has experienced the pointlessness and ultimate disappointment in wind-chasing (or cloud-catching). But while despair leads us to depression, humility enables wisdom in our recognition of limitations and mortality. Despair decides that life is not worth the effort if it cannot be lived on one’s own strength perhaps, while humility acknowledges a need for companionship and prayer. Despair gives up. Humility hopes.

Does this mean we should never attempt the impossible? I don’t think so. I believe it suggests something about limits and good sense, certainly. Mostly it suggests that we should be owning up to our mortality rather than defying it. That we must live in our humility and there find hope and the courage to keep going. Humility brings with it the true enjoyment of the wind and the clouds, and teaches us that the only fulfilling way to catch them is not to try.

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

“ The path of futility always reaches a fork that invites us in one of two directions: *despair or humility.* ”

photo by BlueArctos

ADVANCES IN HEARING AID TECHNOLOGY

By Charles Green

As a lifelong hearing aid user, I've seen amazing advances in technology over the last 30 years. Hearing aids have improved dramatically, from bulky equipment that amplified any and all sounds, to smaller, lighter devices able to reduce background noise and boost speech. With digital technology, the sound quality became much clearer and could come programmed with several settings for different situations, such as speaking on the phone or in crowds. Most people today can't even tell if someone is wearing hearing aids.

The latest innovation uses wireless technology to stream the sounds from your cell phone and TV directly to your hearing aids. There are several companies that offer this. One of them is Oticon (www.Oticonusa.com). They offer two connected devices, under the ConnectLine label. The main one, called a StreamerPro, is only a little bit bigger than a credit card, and straps around the neck. Once you've synched it up to your cell phone like a Bluetooth device, when a call comes in, you press the phone icon on the StreamerPro and speak normally. When you're finished, press the button again, and the phone disconnects. The sound quality is incredibly clear, and you can use it while in a different room from your cell phone. It's perfect for using in the car for hands-free talking. Because of spotty reception, I have to keep my phone on the opposite end of my unit from my office. Now I don't have to run back and forth to answer it. To make a call, or to see who's calling, though, you still need your phone.

The second device, called TV 2.0, is a little box that plugs into your television's audio jacks. When you press the TV button on the StreamerPro, it directs the sound right from the TV into the hearing aids. As with the cell phone feature, you can be in another

room and still hear it, although there might be a little distortion. The really neat part is that the TV 2.0 creates two separate volume controls, one on the TV remote and the other on the StreamerPro. This means even if the TV is on mute, say because someone's asleep next to you, you can still keep the volume at a comfortable level. Living in an apartment building, I can keep the volume very low and keep my neighbors happy, while still hearing everything, even if I'm in my office. In fact, the sound quality's better than before; dialogue comes in incredibly clear.

Through a special jack, the StreamerPro can also plug into most music systems, including iPods, letting you listen to music without needing headphones. It works perfectly with the entertainment centers on airplanes. Even with all these devices, the hearing aids still pick up all surrounding sounds, especially speech. Sorry, now you can't blame the TV for not hearing your spouse. The cell phone function on the StreamerPro takes first priority, so that if you get a call while watching TV or listening to music, the device will shut off everything else while you answer it.

The only part that might be annoying is constantly wearing the StreamerPro around your neck. But it fits under most shirts comfortably. And once you see how great these features work, you won't care who knows it's there. Of course, you need to speak with an audiologist to get fitted for these hearing aids and have them programmed for your comfort level, as well as to synch the TV 2.0 with the aids. Hearing aids have come a long way, and I'm eager to see what the next great innovation will bring.

Charles is a freelance writer and editor based in Annapolis. He can be reached at cgreen2066@aol.com

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FOR SENIORS ONLY

After learning of the many discounts that are available to seniors, our friend Dave pulled together a list. He was pleasantly surprised to discover the number of discounts specific to seniors. He shared his list with us and we thought it was worth sharing with you.

Beware that Dave's list is only a starting point. He emphasized that the discounts offered were accurate when he created the list recently, but that changes happen frequently.

His advice is to call or ask before placing an order or going to a store to see if the discount really exists, is still offered or has changed. Also, it's wise to ask ahead for the definition of a senior, as it seems to run the gamut. Whenever making a purchase *anywhere* you should ask if a senior discount is offered, even if it's not on this list. If there are other discounts that you've discovered, contact Dave and he'll add it to the list. (dwirsing@verizon.net)

RESTAURANTS:

Applebee's: 15% off with Golden Apple Card (60+) **Arby's:** 10% off (55+) **Ben & Jerry's:** 10% off (60+) **Bennigan's:** discount varies by location (60+) **Bob's Big Boy:** discount varies by location (60+) **Boston Market:** 10% off (65+) **Burger King:** 10% off (60+) **Chick-Fil-A:** 10% off or free small drink or coffee (55+) **Chili's:** 10% off (55+) **CiCi's Pizza:** 10% off (60+) **Denny's:** 10% off, 20% off for AARP members (55+) **Dunkin' Donuts:** 10% off or free coffee (55+) **Einstein's Bagels:** 10% off baker's dozen of bagels (60+) **Fuddrucker's:** 10% off any senior platter (55+) **Golden Corral:** 10% off (60+) **Hardee's:** 33-cent beverages every day (65+) **IHOP:** 10% off (55+) **Jack in the Box:** up to 20% off (55+) **KFC:** free small drink with any meal (55+) **Krispy Kreme:** 10% off (50+) **Long John Silver's:** various discounts at different locations (55+) **McDonald's:** discounts on coffee every day (55+) **Mrs. Fields:** 10% off at participating locations (60+) **Shoney's:** 10% off **Sonic:** 10% off or free beverage (60+) **Steak 'n Shake:** 10% off every Monday and Tuesday (50+) **Subway:** 10% off (60+) **Taco Bell:** 5% off; free beverages for seniors (65+) **TCBY:** 10% off (55+) **Waffle House:** 10% off every Monday (60+) **Wendy's:** 10% off (55+) **White Castle:** 10% off (62+)

RETAIL AND APPAREL:

Banana Republic: 30% off (50+) **Bealls:** 20% off first Tuesday of each month (50+) **Belk's:** 15% off first Tuesday of every month (55+) **Big Lots:** 30% off **Bon-Ton Department Stores:** 15% off on senior discount days (55+) **C.J. Banks:** 10% off every Wednesday (50+) **Dress Barn:** 20% off (55+) **Goodwill:** 10% off one day a week (date varies by location) **Hallmark:** 10% off one day a week (date varies by location) **JoAnn Fabrics:** occasional Wednesdays 20% off (50+) **Kohl's:** 15% off (60+) **Modell's Sporting Goods:** 30% off **Rite Aid:** 10% off on Tuesdays and 10% off prescription **Ross Stores:** 10% off every Tuesday (55+) **The Salvation Army Thrift Stores:** up to 50% off (55+) **Stein Mart:** 20% off red dot/clearance items first Monday of every month (55+)

GROCERY:

Food Lion: 60% off every Monday (60+)
Great Valu Food Store: 5% off every Tuesday (60+)
Harris Teeter: 5% off every Tuesday (60+)
Kroger: 10% off (date varies by location)
Publix: 15% off every Wednesday (55+)

TRAVEL:

American Airlines: various discounts off non-peak periods (Tuesdays-Thursdays) (62+)
Continental Airlines: no initiation fee for Continental Presidents Club and special fares for select destinations

Southwest Airlines: various discounts (65+)
United Airlines: various discounts (65+)
U.S. Airways: various discounts (65+)
Amtrak: 15% off (62+)
Greyhound: 15% off (62+)
Trailways Transportation System: various discounts (50+)

CAR RENTAL:

Alamo Car Rental: up to 25% off for AARP members
Avis: up to 25% off for AARP members
Budget Rental Cars: 40% off; up to 50% off for AARP members (50+)
Dollar Rent-A-Car: 10% off (50+)
Enterprise Rent-A-Car: 5% off for AARP members
Hertz: up to 25% off for AARP members
National Rent-A-Car: up to 30% off for AARP members

OVERNIGHT ACCOMODATIONS:

Holiday Inn: 20-40% off depending on location (62+) **Best Western:** 40% off (55+) **Cambria Suites:** 20%-30% off (60+) **Clarion Motels:** 20%-30% off (60+) **Comfort Inn:** 20%-30% off (60+) **Comfort Suites:** 20%-30% off (60+) **Econo Lodge:** 40% off (60+) **Hampton Inns & Suites:** 40% off when booked 72 hours in advance **Hyatt Hotels:** 25%-50% off (62+) **Inter-Continental Hotels Group:** various discounts at all hotels (65+) **Mainstay Suites:** 10% off with Mature Traveler's Discount (50+) 20% off (60+) **Marriott Hotels:** 25% off (62+) **Motel 6:** Stay Free Sunday nights (60+) **Myrtle Beach Resort:** 30% off (55+) **Quality Inn:** 40%-50% off (60+) **Rodeway Inn:** 20%-30% off (60+) **Sleep Inn:** 40% off (60+) **Waldorf Astoria - NYC:** \$5,000 off nightly rate for Presidential Suite (55+)

OTHER ACTIVITIES & ENTERTAINMENT:

AMC Theaters: up to 30% off (55+)
Bally Total Fitness: \$100 off memberships (62+)
Busch Gardens Tampa, FL: \$13 off one-day tickets (50+)
Cinemark/Century Theaters: up to 35% off
U.S. National Parks: \$10 lifetime pass; 50% off additional services (62+)
Regal Cinemas: 50% off

CELL PHONE DISCOUNTS:

AT&T: Special Senior Nation 200 Plan \$19.99/month (65+)
Jitterbug: \$10/month cell phone service (50+)
Verizon Wireless: Verizon Nationwide 65 Plus Plan \$29.99/month

Ask the Undertaker

By Ryan Helfenbein

During the late '70s, a series of books were created called *Choose Your Own Adventure*. These books allowed the reader to assume the role of the main character and make decisions that will ultimately determine the plot outcome. The reader was directed to turn from the front, to the back and to the middle of the book following page numbers based on the decisions that were made. What was interesting about these books was that no matter if the reader chose to go through the door, or around the door, the character ultimately ended up outside. One to four endings were offered, no matter what decisions were made. How does this relate to planning a funeral or cremation? There are known endings (burial or cremation), but how do we write the story of the "adventure" that comes first? What decisions can we make now to get us to our desired ending?

Most people have an ending in mind. For example, "I would like to be cremated and scattered in the ocean," or, "I would like to be buried next to my wife in XYZ Cemetery," or, the infamous "Put me in a pine box and bury me out back." Whatever ending is chosen, the steps leading up to it need to be explored. Will there be a visitation or gathering? Should a service be held, and will it be formal or informal? Should I choose burial or cremation? Every time one of these questions is answered, more decisions arise, including what kind of merchandise may be necessary, such as a casket or burial vault.

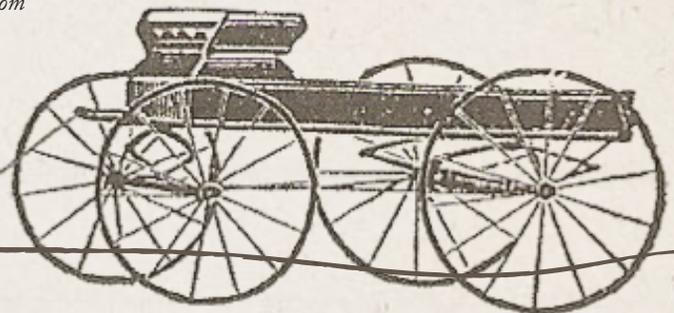
Think of chapter one of this plan about whether or not a visitation or gathering should be held to give family and friends a time to gather and share in the stories of a life lived. It is common to think that if "no one comes to see me when I'm living, then I don't want them to see me when I'm gone." To challenge this thought, this gathering could be viewed as a time when people can come together and share in stories and memories. Think about this for a minute. The last time you went to a visitation, where was everyone located in comparison to where the deceased was ... two opposite ends of the room, right? Where everyone most likely gathered was near the memorabilia, pictures and items that told a person's life story. Why? Because we want to share that person's life and witness how we may have affected their life story as well. A closed casket, no casket, an urn or just memorabilia and flowers are all choices within this chapter. The location of this event is something that will require some consideration as well. A church is often requested for a more formal event, private venues are good for a very casual event, and then there is the good old funeral home for everything in between. Don't get too hung up on the timing of these events, but concentrate on the style and location.

Chapter two would be the ceremonial aspect of this plan. Many individuals today choose to incorporate a religious ceremony into their final farewell. This can be done at any location. Much like the gathering, it can be formal at a church, informal at a private venue, or a mixture of the two at a funeral home. Often families want to have the informal gathering, but then elect a traditional religious ceremony at a church. Others may want to have an informal gathering, followed by an informal "time of shared memories" with loved ones, perhaps even with wine or champagne toasts to close out the ceremony. These choices are viewed differently and vary in many ways, so it is imperative to make your preferences known.

The third and final chapter is where most plans may have started before you read this column. That is, the method of disposition, or burial versus cremation. When burial is elected, the decisions are quite easy: Where and what type (traditional or green burial). Cremation throws a bit of a wrench into this chapter. It is not unusual for surviving family members to wonder, when presented with the urn containing the cremated remains of their loved one, "What am I supposed to do with this ... I thought she took care of everything?" In order to eliminate any confusion and the chance of this life story ending abruptly, let's tie in a proper ending. A few of the many options people turn to today when cremation is chosen would be burial at a cemetery, placement in a columbarium (an above-ground granite structure), scattering or taking the urn home. Progressive cemeteries are creating unique columbaria that focus on telling a life story. Veteran's cemeteries, including Arlington National Cemetery, offer columbarium interment. It is good to take some time and weigh these options so that the right closing to this story is created.

Perhaps the author of those *Choose Your Own Adventure* books started where we all do – at the end. Designing a plan is essential to create a unique life story, but it must be shared with the ones we love. Let's pave the way for them, and leave a map that leads to the perfect farewell story.

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





A Horse, of Course!



By Melissa Conroy

Maybe it was childhood dreams of being the next John Wayne or hours spent pouring over *The Black Stallion*. Whatever the cause, many people begged their parents for a horse at one point in their childhood. If you still feel a twinge of longing at the sight of a cowboy hat or secretly envision galloping down the beach with the wind in your hair, now might be just the time to dust off an old dream and climb into the saddle.

If you are serious about dabbling in the equestrian arts, horseback riding lessons are a must. Riding lessons not only help you develop the confidence and skill needed to ride well, but also acquaint you with safety practices around horses, such as never mounting a horse from the right. Horseback riding has risks, but you can greatly reduce your chances of an injury by taking lessons from an experienced instructor.

The type of lessons taken depends entirely on your personal tastes. The equestrian arts are divided broadly into Western riding and English riding. Western riding is the classic cowboy style that you see at the rodeo, stock shows, trail rides and most horse rental barns.

English riding emphasizes form and finesse and an English-style saddle is thinner and smaller to emphasize a horse's movements. English riders typically hold the reins in both hands and usually "post" during trotting (rise up and down with the movement of the horse).

Once you have determined what style of riding you like and start taking lessons, it is often not too long before you start toying with the idea of buying a horse of your own. Purchasing and maintaining a horse is a costly, long-term investment. You might consider leasing one by paying a monthly ride per month. The maintaining the

fee in exchange for a set number of hours to owner of the horse usually covers the costs of animal.

If you are serious about buying your own horse, there are a number of factors you need to consider, and one of the biggest issues is housing. If you happen to own sufficient property (one horse needs about an acre of pasture), you can probably pasture your horse, which lets it live in its natural environment with plenty of room to move. However, a pasture needs secure fencing, constant access to water and adequate shelter.

Many people choose to stable their horses, a practice which can run into hundreds of dollars a month. A stabled horse generally will have fewer injuries and less grooming needs than a pastured horse. However, stabled horses need a lot of exercise. Stalls need daily cleaning and the manure pile adds up quickly.

Keeping your horse in a paddock (a small fenced area) is another option. Some owners choose to stable their horses part-time and regularly turn them out to a paddock. This arrangement gives the horse some room to move and provides a nice blend of benefits. However, paddocks can quickly become mud pits or packed earth with no grass, especially if several horses share one small paddock.

Regardless of where you keep your horse, it will need daily feeding. At the very basic, horses need hay, which provides important roughage. A horse needs to eat 1 to 2 percent of its body weight in roughage each day. If your horse has a sufficient pasture or an easy workload, hay may be sufficient to meet its nutrition needs. Supplements such as salt licks or food additives are often an important part of your horse's diet, as well as nutritional treats such as carrots and apple slices. All horses need constant access to fresh water, and a horse will drink five to 10 gallons daily.

Your vet will become an important part of your horse's life as horses need regular deworming as well as hooves trimmed and teeth floated (rasped). Eating the wrong plant or consuming a high-starch diet can land a horse with a bad case of colic, the leading cause of equine nontrauma death. If you choose the path of horse ownership, be prepared for regular and sometimes costly medical bills.

Another considerable cost is tack: a good saddle is one of the most important pieces of equipment you will buy your horse. The challenge is that you must find a saddle that fits both you and your mount. A poorly fitted saddle can create saddle sores, irritability and lameness in a horse as well as its rider. Also, a riding helmet is an absolute must: head injuries comprise 18 percent of all horseback riding injuries and horseback riding has the highest number of traumatic head injuries among all athletic activities.

These are just a few of the many considerations a horse owner must ponder. But for many horse owners, this is all part of the wonderful joy of owning a horse. Flies can buzz and bills can mount up, but the pleasures of riding and living with your own horse is a special and deeply gratifying experience.

Melissa spent her teen years mucking out stalls and being bucked off her horse, Zaar. She can be reached at o4amuseoffire@yahoo.com



STAY or Move?

By Steven R. Fleming

Their voices got louder and louder in one of the discussion periods in my pre-retirement planning seminar. Heads turned, and an uneasy silence fell over the other participants as the couple began shouting at each other.

"You said it was OK that we move to a place in the mountains!"

"No, you said that you always wanted to live on the ocean!"

"What? We have had this conversation for years and it was always quite clear where we were going to live! In the mountains! Now you want to go someplace else! Well, go and live there – by yourself!"

The one spouse got up, stormed out of the room slamming the door, and I called for a 15-minute break. The remaining partner was in tears. Later, I would meet with this couple and try to help them sort out their obvious differences.

If there was a topic in the hundreds of retirement planning seminars I led all over the USA that caused emotions to fly, this was one of them. Not only is a major decision in retirement where to live, but the larger question of whether to stay where you are or move someplace else needs to be answered.

Have you thought much, if any, about this question? If so, then what I'm going to share may help confirm your choices. If you have not, then use the following to guide your thinking about this very important matter.

Stay? For many people, remaining where they now live is the "default" choice. It is familiar territory, there is no cost of looking for a new residence or to actually move, and you can keep your friends, doctor, dentist, grocery store, hairdresser, place of worship, favorite restaurants and shops, and so forth. Assuming your home allows you to age in place, or that it can be modified to do so, staying where you now live is often the easiest choice and certainly for many, a good one.

Move? But there may be reasons for you to move from your current home or location. Climate might be one of them. Not everyone likes Winter weather, or hot, humid Summers. A nice, sunny, mild climate might look very attractive as you shovel snow for the umpteenth time. An absolute must if moving to a

significantly different climate: Go there in the "off season" for a couple of weeks. Many people go to Florida or Arizona during the Winter and enjoy the mild climate. Then they move there only to discover the Summer heat or humidity is oppressive, or they miss the change of seasons. Phoenix in the Winter can be wonderful, but are you ready for the 114-plus degree days in the Summer?

For some, moving closer to children or grandchildren seems attractive. To have more time with family is a good reason to consider moving. But beware! Your children and grandchildren have their own lives, patterns and schedules. They usually rearrange them to accommodate your brief visits, but you may find that if you are nearby, it is more challenging to fit into their busy lives. Another problem with moving nearer to family is that they may move away due to jobs or career. One couple I know put off moving to a retirement community some distance away because they lived close to a daughter and her family. When their name came to the top of the list for a patio home, they were persuaded by the daughter *not* to move. Yet, just months after turning down the retirement community patio home, the daughter happily announced her husband had found a new job hundreds of miles away and they were moving. My friends did not hesitate to take that patio home and move the next time it was offered!

In moving to a new area, there is an excitement being in a new climate, enjoying the different scenery, or exploring the many new opportunities relocation brings. Yet, you also have to start all over in many ways: make new friends, find new health care providers, try out new barbers or hairdressers, find stores and shops which cater to your needs and on and on. It can be a challenge to do this, and sometimes it may seem overwhelming once the excitement of relocating has ebbed.

Begin now, if you haven't already, to list the plusses and minuses of staying or moving. That way, you will make the choice that is right for you.

Steve has spent his life working with people in their life journeys. For more information log onto his website at www.SRFLifeRetirementCoach.com

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Don't Lose Your Mind This Spring

New Tips and Tricks

for the Annual Cleaning



By Leah Lacione

There is a humorous Maxine cartoon in which she complains, “I always find something I lost when I do my Spring cleaning. This year it was my mind.” The crabby old lady on Shoebox Greeting Cards may be right, but there are ways to make it less tedious. First, select a week—perhaps the first week of Spring, to devote time each day to either tackling designated rooms or projects. Experts say a mere weekend isn’t enough, and by breaking up the cleaning into segments, you’re less likely to become overwhelmed. Also, having a predetermined game plan enables you to purchase the right tools and supplies for each task. For example, you may need to invest in a squeegee for window cleaning, a bucket, cloths and some dishwashing liquid for multiple uses.

If you’re like Martha Stewart, who, in her *Homekeeping Handbook*, reveals “there are few rites of Spring more satisfying than the annual clean” you probably look forward to clearing out the cobwebs, reorganizing cabinets and closets and cleaning household fixtures such as windows and blinds. However, some of you may actually detest Spring cleaning. You could relate to Erma Bombeck’s quote, “My idea of housework is to sweep the room with a glance.” Whatever your stance on the annual undertaking is, there’s no denying it must be done.

Domestic divas like Stewart offer tricks and tips for making Spring cleaning less painful, including checklists allocating tasks by room as well as outdoor spaces, solutions to common problems (think, removing stains from grout and resealing it) and easy-to-follow schedules. Visit Martha’s website at www.marthastewart.com/267295/spring-cleaning-checklist for useful information on cleanser formulas, stain removal, fabric care and storage ideas, as well as a detailed Spring cleaning checklist.

If you need a little more help in the palm of your hand, literally, and you have an iPhone, there are free apps to help tackle Spring cleaning. For example, **Rumgr** is an app that allows you to take a picture of each item you want to sell and post it immediately to an online marketplace. So, your job is to go room

by room through the house to pull out any items you haven’t worn or used in a year or more. Some items may not be fit for sale, so make one box for items to donate and the other for sale. The app keeps personal account information safe and secure, plus, it’s free, i.e., you only pay if it sells. Visit www.rumgr.com to start selling your goods. Not only will you possibly make some money, you’ll be decluttering your home in the process.

Another useful tool is the Good Housekeeping Home iPhone app (available through iTunes) that features a “Do-It-All Cleaning section that gives surface-by-surface, no-fail cleaning advice, backed by the authority of the Good Housekeeping Research Institute.” Other useful facets include a guide to removing stains, a home décor gallery for ideas and a database of news and articles about keeping your home organized.

To get you started the website Organized Home (<http://organizedhome.com/seasonal-spin/spring-cleaning-chore-checklist>) offers a few tips for welcoming Spring with an organized, clean home:

Exterior:

- Schedule a family garage cleanout. Create efficient storage for sporting goods, camping equipment, recreational vehicles and garden tools.
- Inspect, clean and repair outdoor furniture.
- Tour the grounds. Make a list of any needed seasonal maintenance.
- Inspect the roof for Winter damage, leaks, missing or broken shingles or tiles. Arrange for any needed repairs.
- Clear away any remaining dead foliage and weed the lawn.
- Begin major landscaping projects. Spring’s the time to put in shrubs and trees.

Interior:

- Hold a family wardrobe check as you bring out warm weather clothing. Sort Winter clothing for discards and donations before you store.
- Hold a garage sale.
- Arrange for an inspection of cooling systems.
- When the weather warms, deactivate heat system humidifiers. Check the system manual for instructions on how to power down for the Summer.
- Drain sediment from hot water heaters.

Before you start planning for your Spring cleaning, the following are a few tips from professional home cleaners Merry Maids (www.merrymaids.com/our-tips): First, “clean the house and each room from the top down. Dust first, vacuum last. Also, vacuum from east to west and north to south. Scrub, wipe and polish in straight lines instead of circles.” Second, save time and energy by toting cleaning supplies around in an apron or bucket that can be transported from room to room. Last, use the right tools: Microfiber cloths work well for most tasks but some require something more heavy or delicate. For example, a damp sponge can get rid of pet hair from upholstery and pillows, but a dry sponge can diminish grime from tiles. Cotton gloves do the trick when you need to wipe away dust from blinds.

Now that you have some new tips and tricks for cleaning, chart your course for this yearly ritual and beckon Spring into your home.



{ He Cooks! }

Polenta

By Mac Millhone



The thing we actually like about pasta, pizza and potatoes is that they are great bases for bigger flavors. There is another great base we may not have considered. Enter polenta. This could become your go-to starch.

One of the truly versatile foods, it is tasty and infinitely useful, from breakfast to dessert and all the stops along the freeway to dinner.

There are a few easy-to-follow rules when making polenta, but they are rules. Once you have the basics there are so many ways to use it you may actually have too much fun experimenting.

Polenta is coarse ground yellow corn meal. Comes in a box. Dirt cheap with a shelf life of close to forever. Do not substitute fine ground or stone ground corn meal. You will not like the texture of fine ground for these applications and stone ground must be refrigerated. They both have other uses for which they are fine, I'm sure.

You will need a sturdy sauce pot. I use a 4 1/2 quart steel honker. Also a whisk and a wooden paddle with a fairly long handle, all available at any kitchen store. Some people try to use a wooden spoon, but this frequently leads to calling for takeout.

The rules: The ratio is four liquid to one polenta. Liquid can be water, milk, stock or a mixture. I use half water, half milk. The liquid must be simmering not boiling and must continue to simmer 'til all the corn is incorporated. Here is how it is done. Have the liquid simmering on the stove, add salt. Have polenta in a measuring cup in one hand, whisk in other. Slowly stream polenta into simmering water, whisking the entire time. This will take 30 seconds and this is how lumps are prevented. It will begin to thicken quickly.

At this point, turn the heat to low and then switch to the wooden paddle. This is important for several reasons. One, hot polenta likes to spit at you. Remember the long handle? You do not want to be in the way if this happens. Two, the mixture will want to stick to the inside edges of the pot. It will then burn and you will be back to calling for takeout. That is why you use a paddle that can get into those corners. Don't you love it when there is actually a reason? Every two or three minutes you must go to the stove and stir the pot. It remains on low heat and will get fairly thick. Italian grannies may argue the point, but it will be ready in 30 minutes. If it is too thick, add hot liquid. Too thin, cook longer. Hey, we have been making this since 1492. You may add butter, Parmesan cheese or chopped fresh herbs at any time.

As always, taste as you go. When you like it, it's done. Serve immediately or you can hold it in this soft state over a double boiler for several hours. Serve it in a bowl, adding the sauce of your choice with tomato and sausage or meat balls, caponata, braised short ribs, roasted birds. Whatever you want! It is hard to mess this up.

Or you can pour the hot polenta onto a marble slab (traditional) or into a pie plate and let it cool. It will become quite solid and can be turned out and cut with a tightly held string (traditional) or a knife. You choose the size and shape. From here the pieces can be deep- or shallow-fried, (think corn French fries), or lightly painted with olive oil and grilled. It can be fried in butter for breakfast with maple syrup and sausage or bacon or both.

How versatile is this?

Serves 4 to 6

- 4 cups liquid water and milk mixed
- 2 tsp. salt
- 1 cup polenta or coarse ground yellow corn meal
- 1 Tbs. butter optional
- 3 Tbs. cheese optional
- 3 Tbs. chopped herbs optional

Need more?

Take polenta from the pot, or if cooled, grill or fry it till warm. Top with a piece of good blue cheese. Let it melt a minute and proceed to heaven.

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



Polenta served in a bowl

TOURING THE *Eastern Shore*

By Ellen Meyer

This Winter we have been snowed in, iced in and shuttered in from the cold.

Bears hibernate. They sleep as a survival tactic to protect them from the starving times. In March they will wake from their long Winter nap and saunter into a new greening world.

For us elders it is cabin fever time. It is a time when isolation and melancholy reign. Netflix fill our days. Appropriately we watch the movie "Cabin Fever" only to discover it is a horror film.

It's March, the world outside is changing. It is time to shake off the restless and irritating time of inaction and diminished social and out-of-doors contact. It's time for a road trip.

Eastern Shore, the land of pleasant living, is a perfect place to shed the Winter blues. As you follow U.S. Rte. 213 from U.S. Rte. 50 north in a straight line through Maryland's small towns of Centerville, Churchhill, Chestertown and Galena, the blues will melt away. You will be connected to mother Earth again.

Kent County, founded in 1642, is the least populated (20,197) of Maryland counties. Before the Revolution the new town on the Chester River was a major port of entry. Magnificent brick homes built in the prosperous times of the 1700s line the waterfront. Chestertown is home to Washington College, named for our first president and the first college in the U.S. after America's independence. The town has

some good places to eat. It is a walking town, but I drive by the open fields, nurturing my soul and wondering why horror films are such an attraction.

Antique shops and the town's famous dogwood trees line Main Street in Galena, population 612, double what it was 20 years ago. Galena named for a deposit of galena, discovered in 1813, has an elected mayor and

**"...A PERFECT PLACE
TO SHED
THE WINTER BLUES."**

council. It also has a planning and zoning, public works and parks committee, a board of appeals and a water treatment plant. How is that for small-town government? Stop at Twinn's Place restaurant and they will tell you small is better.

Driving north, you'll come to Georgetown and Kent counties' north boundary, the Sassafras River. I cannot resist a stop at the Kitty Knight House built in 1773. The British burned Georgetown in the War of 1812, but not this house. From a refined Eastern Shore family,



Kitty Knight refused to leave her home. Challenging the British to burn her in her home and another that housed an elderly sick woman, she was spared. But Kitty remains, appearing in her 18th century clothes and closing doors in her home; it's listed as one of the top 10 of Maryland's haunted homes.

The Kitty Knight Inn and restaurant sits on a hill overlooking the Sassafras River where Nellie Crockett, a Chesapeake Bay oyster buy-boat and National Historic Landmark, is docked. The 22-mile river houses a heron rookery. Eagles have also set up housekeeping along its banks, where kayakers and canoeists are found.

Crossing the Sassafras is Cecil County, which was founded in 1674. Your GPS may tell you that you are traveling the Augustus Herrman Highway. It is the name given to U.S. Rte. 213 from Chestertown to Elkton to honor the man who founded the county and who, in the 1600s, was one of the largest land owners in the Colonies. Augustus Herrman, born in Prague, came to Maryland as an emissary of the Dutch from New Amsterdam, which wanted to extend its reach into Maryland. Gov. Cecil Calvert refused, but was so impressed with Herrman he hired him to map the Chesapeake and Delaware rivers. His maps were used throughout the 1700s. In exchange for his service, Augustus received 4,000 acres in northeast Maryland that he named Bohemia Manor after the land of his birth. As a foreigner he had to be granted citizenship. It was granted and he spent many years in public service. Many of his descendents followed in public service, including U.S. Sen. Joseph Tydings. Bohemia Manor House, built in 1743, is one of Cecil County's 51 properties listed on the National Register of Historic Places.

Greenfield, also on the National Register, is a 2 1/2-story brick Georgian style home with white Doric columns. It was built around 1740 as the home of John Ward, a colonel of Cecil county's provincial militia in 1756. It was also the home of the governor of Maryland in 1836-39, Thomas Ward Venzey. Today, Greenfield also features a barn filled with antiques. If the *Open* flag is flying, meander up the lane toward the mansion. The antiques barn is on the right.

The four-mile long Bohemia River, once navigable, now silted to a seven-foot



Washington College in Chestertown

depth, is just ahead. The area was identified by Herrman as a potential canal site connecting to the Delaware River and 150 years later, his vision became reality.

Turning right on Old Bohemia Road is open country, not much changed for 300 years, where you'll find the St. Francis Xavier Church founded in 1704 as a mission for the Jesuits serving the Delmarva Peninsula. The area is so rural that I marvel at the Old Bohemia site that served four states for missionary and educational activities. The plantation had its own water, grist mill, saw mill and loading wharf on the now silted-in Bohemia River. The priests farmed 1,200 acres. They had to have a huge stable of horses to cover the road-less territory. In fact, once off the river, everybody in this rural area had to be superb horse riders.

In 1745, the Jesuits started an academy at Old Bohemia that was attended by the most prominent Catholic families of the Colonial era, including Charles Carroll of Carrollton, a signer of the Declaration of Independence, and John Carroll, the first American Catholic bishop. Old Bohemia was the Mother Mission Church and its academy the forerunner of Georgetown University, the oldest Catholic University in the United States. The historic shrine is being restored and there are services in the church. Kitty Knight, who defied the British during the War of 1812, is buried here and John Rumsey, inventor of the steamboat demonstrated on the Potomac River for George Washington in 1786, was born here.

Sauntering in rural Eastern Shore will wipe away any cabin fever. Heading south on 213, there are places ahead for good food and a glass of wine and time to ponder the interesting characters, how they lived and how they traveled to such remote places, and how they contributed so much to the heritage of Maryland. Returning, I chose Kent Narrows in Queen Anne's County and watched the sunset before crossing the Bay Bridge to the urban western shore and home.

Ellen, a former mayor of Annapolis, enjoys traveling throughout the area and can be reached at ellenmoyer@yahoo.com

Bay Bytes

For detailed reviews of the appropriateness of books, movies and games, go to www.common sense media.com where very specific information is given allowing an informed decision.

photo by misscrabette

EMERGENCY EVACUATION: Are You Prepared?

By Pat Jurgens

Natural disasters such as hurricanes, tornados, wildfires, floods, earthquakes and blizzards seem to have become more frequent in recent years. They are now occurring in previously untouched areas. Tornados and floods have ravaged the Midwest, wildfires have devastated huge acreages in the West. Hurricanes and blizzards have destroyed homes and created havoc in the East. Many of us have experienced the helplessness of being captive in our homes without power or heat. The unpredictability of extreme weather makes it important to think ahead and prepare for emergencies.

PLAN AHEAD

There are a few things that you need to think about in anticipation of unexpected calamities:

- Decide on a place where your family members will meet.
- Familiarize yourself with alternate routes to leave your area.
- If you have pets, determine a place for them out of the area.
- If you have a car, it's always prudent to keep the gas tank at least half full. If you don't have a car, arrange with family, friends or community services to be taken to a pre-determined safe place.
- Buy a battery-operated radio or a NOAA weather radio with a tone alert. Then tune in to news alerts of what to do if precautionary measures should be taken or evacuation is necessary.

PACK AN EVACUATION BAG

Now is the time to do this. Store it in your car or garage in a large plastic sack for quick retrieval. Essential items:

- Clothing for several days, including sturdy shoes and rain gear
- Sleeping bag or blanket for each person
- Personal supplies and prescriptions
- First aid kit
- Flashlight and extra batteries
- Whistle to signal for help
- Water
- Nonperishable food and can opener

LIST LAST-MINUTE ITEMS TO TAKE

Make a list of items you will need to gather should you be advised to evacuate. These are items you use all the time, but in the pressure of a crisis you might forget. Make copies of the list for all family members and place it in a conspicuous place. Items to take:

- Purse or wallet
- Keys
- Cellphone
- Computer or tablet
- Jacket, hat and gloves
- Glasses
- Important papers – insurance, finances, etc.
- Medications
- Cash

IF THERE'S TIME

- What are your most valuable and cherished items? If there is time and space in the car, you may want to add your family photo albums and history, vintage silver or quilts, writing and art.
- When leaving the house, close windows, open fireplace damper, turn on a light in each room and lock doors.
- Take pets with you, along with leashes and food. Most shelters will not accept pets.
- Contact your neighbors to let them know you're leaving and exchange information.

Preparation is a helpful tool to alleviate anxiety and fear of the unknown. You may have to act on this list, but you'll have better peace of mind knowing you are ready.

photo by thepipe25



Natural Changes IN THE AGING EYE



By Michael J. Dodd, MD

As the body ages, so do the eyes within the body. What sort of natural things occur in the eyes as they get older? The first change we notice as we get into our mid-40s is difficulty seeing up close. Why is this a nearly universal phenomenon? The answer has to do with the natural lens in the human eye. We are all born with a clear, disc-shaped lens which is located behind the colored part of the eye (iris). In youth the lens is very flexible and can change shape (get thicker or thinner) because of pulling of tiny string-like structures called zonules, which are attached around the lens perimeter. The other end of the zonules is attached to a circular muscle which can tighten or relax tension on the lens. When the zonules relax, the young lens becomes thicker and focuses on near objects. When the zonules tighten, the lens becomes thinner and focuses at distance. This process is known as accommodation. This activity works well until the fourth decade of life when the lens ages and becomes less flexible and can no longer thicken to focus at objects nearby. So people complain that they must hold nearby objects or reading material farther away to see them. At some point their “arms become too short” and they need weak magnifying glasses to assist at focusing on things closer to them. The term for this aging phenomenon is “presbyopia.” As we get on in years, the lens is less and less able to change shape and focus nearest to it and progressively stronger reading glasses, sometimes called “cheaters,” are required.

By the time we get into our sixth decade, other changes are occurring in the natural lens. It slowly gets cloudy as the cells in the lens die off. This cloudiness is the beginning of a cataract. Cataracts are a universal human aging change; if you live long enough you will get cataracts. Surgery is the only means to correct cataracts. The presence of a cataract does not mean that you need immediate surgery. Early cataract formation may be detected only by an eye doctor’s magnifying instrument, the slit lamp. It may take years for a cataract to interfere with a person’s vision. The

usual threshold vision level for consideration of surgery is 20/40 or worse.

During cataract surgery, the old cloudy lens is removed with a tiny aspirating and vibrating metallic tip. This process is known as phacoemulsification. A new femtosecond laser is sometimes utilized to perform part of the operation to prepare the eye for phacoemulsification. Once the old lens is removed, a new, clear, flexible plastic lens is positioned in the eye. This lens implant gives amazing clarity and bright colors to the patient’s vision. Some of the new technology lenses can approximate the accommodation process of a youthful person. The lenses remain in the patients’ eyes for the remainder of their lives. They require no maintenance, as would contact lenses. Essentially all cataract surgery today includes a lens implant. Your ophthalmologist can discuss options available to you when it is time for your cataract surgery.

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

EARLY SPRING QUIZ-ACROSTIC
 For what holiday do Scandinavians hang branches of the mountain ash people protect the house from evil by near their front door? This tradition has its origins in Norse mythology.
HOLIDAY RITUALS: GOOD FRIDAY
 A. Horny
 B. Oneida
 C. Learn
 D. Isaiah
 E. Doit
 F. Aftereffect
 G. Yahweh
 H. Rims
 I. Invigorating
 J. Temping
 K. Usher
 L. Abort
 M. Looks
 N. Shannon
 O. Ghats
 P. Over the hill
 Q. Opton
 R. Dross
 S. Froth
 T. Robin
 U. In-depth
 V. Dominion
 W. Ahoy
 X. Yucca

Why not live for today and let tomorrow take care of itself?

Bambi

BY THE BAY

By Henry S. Parker

Everyone has a deer story and most of the stories aren't funny. Prize ornamental plants laid to waste by roaming herds. Ravaged gardens. Critter-car collisions on suburban roadways. Backyards crawling with disease-infested deer ticks. Bambi, it seems, is a bad actor.

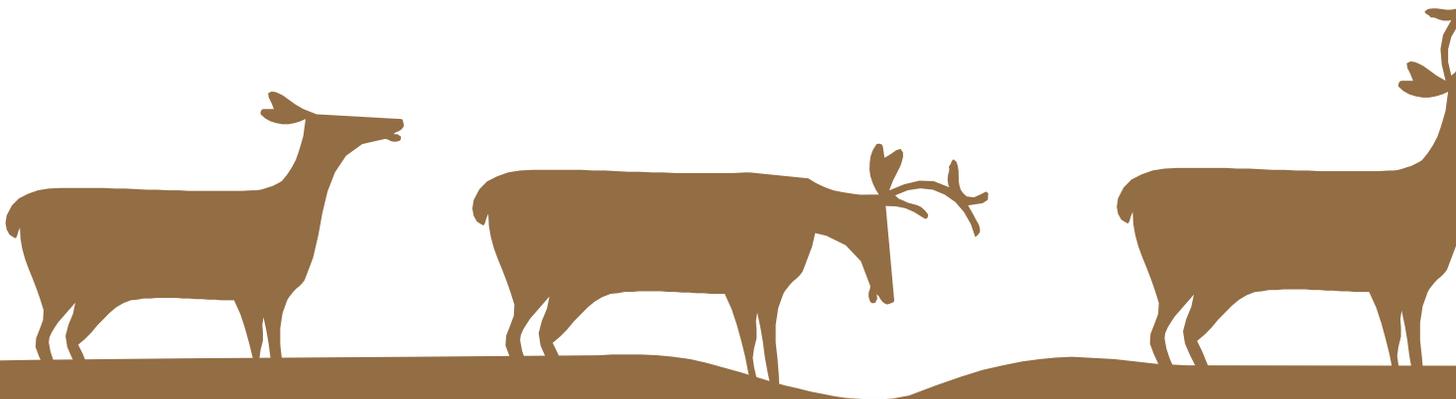
But who among us isn't thrilled when we see a six-point buck bounding into the woods or spy a spotted fawn nuzzling its doe-eyed mother? And therein lies the rub. We love to see these animals in the wild—even in suburban settings—but we curse the havoc they can wreak. What to do?

Nearly everyone agrees that *something* should be done. In the 1950s white-tailed deer were scarce in Maryland. Today they number 225,000, resulting in an average density about four times the sustainable level. And the population keeps growing—deer can potentially double their numbers every two years. In the absence of predators, and with expanding human populations encroaching on their habitat and providing a smorgasbord of tasty treats, deer have learned to coexist with people.

The consequences are well documented:

- Over 25,000 deer-vehicle collisions occur every year on Maryland roads, injuring some 200 motorists.
- In 2012, Maryland had 1,600 reported cases of Lyme disease spread by the deer tick; a recent study by the Centers for Disease Control suggests that the actual number may be closer to 16,000.
- Browsing deer cause millions of dollars in damage to yards, gardens and farms. They threaten our forests by consuming vital understory vegetation. They alter ecosystems by preferentially eating native plants, allowing invasive species to take over.

Stepped-up hunting might seem an obvious solution. But shooting deer is problematic in densely populated areas and the emotional public reaction to killing these icons of the forest—sometimes referred to as the *Bambi syndrome*—has focused attention on nonlethal control methods. There are plenty of these. They fall into four major categories: exclusion, deterrence, repellence and birth control.



• Deer *exclusion* approaches come down to fences. To work, a fence should be at least eight feet high (white-tails can jump almost to that level); should be slanted outward to discourage leaping; should be strong, so that animals can't break through; should be flush with the ground (deer can wriggle through a small gap and sometimes even dig under a fence); and should be inspected regularly to be sure it's intact. A couple of shorter fences spaced a few feet apart could work as well as a single high one. But there are two big problems with fences: they're costly and they can be unsightly. One or two strands of electric wire could be a cheaper and less visible option, but you should check local ordinances and make sure children won't get shocked. Some homeowners even smear peanut butter on foil and attach the foil to the wire (turn off the power first!) so that deer will get the message.

• *Deterrence* approaches are legion. Auditory devices, including gas- or propane-powered exploders and shrill whistles are sometimes used to scare deer away, but they're also likely to annoy the neighbors and may drive you crazy. Less-intrusive sounds, like motion-activated radios, rattling pie plates suspended from strings, ultrasonic noisemakers and recordings of predators could work, but the deer tend to become habituated to the sounds. Ditto with visual deterrents like scarecrows. You might also consider growing plants that deer avoid. There is no shortage of these (try Googling the subject), but you might not like them either.

• Deer *repellents* involve offensive odors and tastes. Commercial repellents abound, but tend to be expensive and off-putting (coyote urine, anyone?). Home-made remedies—like hot sauce—can work but also aren't cheap. Rain can wash the product away, so repeated applications may be required. And the deer can get used to the odor or taste. In our forest-fringed, half-acre Annapolis area lot, I frequently sprayed a foul-smelling commercial product on our vegetables and shrubs at a unit cost comparable to that of a high-end perfume. While adjacent homeowners seemed to keep their distance, the deer adjusted well. When a brazen buck stood his ground as I released a spray of the rotten egg-garlic-seaweed concoction directly at his head, and even seemed to lick his lips, I gave up.

• But excluding, deterring or repelling deer has no significant effect on their overall numbers. Even if turned away, the deer will simply move to another location. To reduce their populations, *birth control* is the only viable non-lethal approach. How to keep a deer from making babies? Some jurisdictions have tried contraceptives. Maryland recently

approved the use of GonaCon, an immunocontraceptive vaccine developed by the federal government and highly touted by animal rights advocates. But wildlife officials say the application is too expensive and labor-intensive for widespread practical use. Every immunized doe must be caught, injected and tagged, pushing the per-dose cost of \$50 to \$1,000 per deer. And vaccine viability declines over time, so the same deer should be re-injected annually. Other reproductive control techniques are under development, but their practical application may be years away.

The growing conflicts between deer and humans, and the challenges and impracticalities of nonlethal techniques, have caused even the most ardent deer lovers to reconsider management approaches. A recent *Washington Post* article avers that public attitudes are shifting toward expanded hunting and organized deer kills. Lethal control advocates are quick to compare the low costs—and high effectiveness—of a shotgun shell and a hunting license to an expensive contraceptive vaccination.

We could always go back to the predators. Another recent *Post* piece—presumably tongue-in-cheek—proposed that wolf packs be introduced to deer-ravaged Rock Creek Park. Possibly, expanding coyote populations could accomplish the same end. A better option? Consider getting a big dog.

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 hspsbp@gmail.com

Bay Bytes

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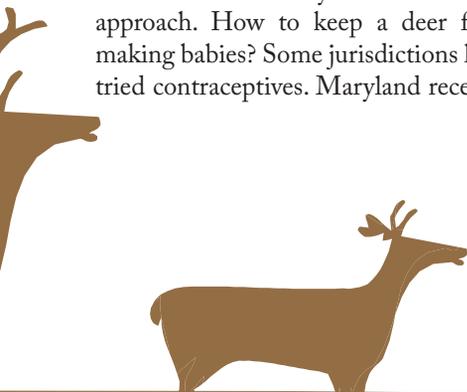
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Soil Testing

By Neil Moran

The root of most gardening problems, whether it is sickly plants, lack of blooms or a poor crop of sweet corn, is poor soil. Here are some steps that the folks around the Bay can take immediately to improve their soil and grow the best garden ever.

To Test or Not to Test

Some folks think they need to have a soil test done before they can make any changes to their soil. Unfortunately, it's also a good excuse for not getting after this rather labor-intensive project. Yes, a soil test is a good idea and I've listed some places you can get this done at the end of this article.

In the absence of a soil test, assume you need more nitrogen, which is readily leached from the soil, unlike the two other major nutrients, phosphorous and potash, which get bound up in organic matter. Every soil test result I've ever seen or had taken, indicated a need for nitrogen. And

like sunshine, you can't get enough good compost and other soil amendments, regardless of the results of a soil test. Here are some other steps you can take to improve your soil in rather short order.

Hold the Chemicals

Last Summer I provided some garden coaching to a friend who lives in the city. I trekked in from the country one warm morning and got to see his garden, which was underachieving at best. The corn looked like it may have gotten hit by radiation, and the tomatoes? Let's just say I was afraid to touch them! What was more frightening was the soil. I think Neil Armstrong must have encountered better soil on the moon.

I asked how he had been gardening for the past 40 years. He said he had been using inorganic fertilizers and hadn't done a whole lot of composting. One of the first things I recommended was to switch to an organic fertilizer, such as the ones sold by the Espoma Company (www.espoma.com). I'm not totally against inorganic fertilizers, such as Miracle-Gro, but I think in a situation like this where chemical fertilizers had been used for a long time, it's likely the chemical fertilizer could very possibly have killed most of the beneficial organisms needed for healthy soil.

Quick Tips to Improve Your Soil

Here are some of the tips I had for my friend in town. Do these things and I'll bet you'll be on your way to a better garden:

Soil amendments. Whether you garden in predominantly clay, sand or something you can't find words to describe, always add organic matter. About two yards of finished compost and or well-rotted livestock manure will

do for every 100 square feet of garden bed. Work it into the top six inches of the soil.

Rototill the garden when it is dry. Tilling when it is wet causes compaction. Try to avoid tilling more than two or three times in a season as tilling disturbs healthy soil organisms from doing their thing in the soil.

Start using an organic fertilizer. Organic fertilizer won't kill natural, beneficial microbes from populating the soil like chemical fertilizers do. Plus, they also act as a slow-release fertilizer, releasing nutrients for a few weeks. Espoma Garden Tone 4-6-6 plant food is an ideal all-purpose plant food and is readily available at big box stores and garden centers. Sprinkle a little near the base of plants when they're small (including transplants) then side dress about every two to three weeks. Milorganite is also a good organic product to use in the garden. It is more likely to be available from large garden centers and feed stores.

Start using epon salts, which helps plants utilize nutrients and also adds nutrients to the soil. Sprinkle about a tablespoon around your flowering and fruiting plants twice during the season.

Apply lime *before* you plant by mixing it into the top six inches of the soil. Apply at the rate of 5 lbs. per 200 square feet. Espoma also sells garden lime. An application of lime is good for older gardens and will also bring the pH up, which is a good thing for most crops.

Cultivate regularly between rows to keep the soil loose and aerated.

There are a few home test kits on the market. I use one that tests soil pH, nitrogen, phosphorous and potash. It's manufactured by Environmental Concepts, a division of Luster Leaf Products (www.lusterleaf.com). It can be ordered from the J.W. Jung Seed Co. in Wisconsin.

To have a soil test done for your garden contact Virginia Tech, College of Agriculture and Life Sciences at www.soiltest.vt.edu/

BOOKS:

Old, New and Obscure

BEHIND THE BEAUTIFUL FOREVERS

By Katherine Boo
Random House, New York (2012)

The country of India conjures up many images in people's minds. Some think of the history, the culture, the beautiful shrines such as the Taj Mahal, the colorful saris and turbans. Others think of the beggars, the poverty, the slums and the caste system. If you want to get a firsthand view of the mostly unknown side of India, *Behind the Beautiful Forevers* should open your mind to a part of India that most of us will never experience.

The author of this first-time novel, Katherine Boo, who has won a Pulitzer Prize for her newspaper writing, divides her time between the United States and India. She has a beautiful gift of language that helps readers to picture probably more than they ever wanted to know. She introduces you to many colorful and interesting characters in the "undercity" of Mumbai. We would probably call it a slum.

Let's you think this is very depressing, you will find yourself drawn into the residents' world and their hopes and dreams of a brighter future. It is a beautiful work of narrative nonfiction that you will probably find hard to put down.

You will be introduced to the makeshift, illegal settlement of Annawadi. It has been built in the shadow of the luxury hotels around the large, busy Mumbai airport. The people of Annawadi are optimistic about the future as they see India becoming a more powerful force in the world.

One of the first characters is Abdul, who has eked out a decent life by collecting the recyclable garbage thrown away by the rich people in the hotels and at the airport. He has a large family that he is supporting. His father that doesn't seem to be able to work, but certainly is good at producing more children. His mother, who is relatively independent for an Indian woman, spends all her time bearing and raising children.

You will meet Kalu, who is a scrap metal thief, but thinks he has a good future ahead. Then there is Fatima the One-Leg who sets herself on fire and then blames Abdul and his family. Others in Annawadi are jealous of Abdul and feed stories to the corrupt police to get him in trouble. Even in the undercity there is political corruption, with an ambitious woman, Asha, using devious methods to become the corporator, or slumlord of Annawadi.

An interesting twist of a character in the novel is Manju, the beautiful daughter of Asha. Manju is a bright, compassionate girl who will be the first college graduate from this community, partly due to her mother's influence.

Much of the novel revolves around the young trash collectors and the many ways these underprivileged boys jockey for position in their undercity, steal from each other and yet hope for a brighter future.

This novel has earned much praise for its elegant yet gutsy writing, and should open a whole new understanding of the evolving superpower of India and how its struggles and problems are much like those of the United States.

I will leave it to the reader to discover just what the "Beautiful Forevers" are.

~ Peggy Kiefer

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“WHAT’S THE DIFFERENCE?”



By Kathryn Marchi

Physicians today have a myriad of diagnostic tests at their fingertips and they use them daily. It’s a matter of routine for patients to be referred for an X-ray, MRI, CT scan, ultrasound, EKG or EEG. If you are like most patients, you dutifully seek an appointment for one of these tests without hesitation. After all, your doctor has recommended this for diagnosing your problem.

A recent health problem required that I visit the ER for an X-ray and CT scan. After being admitted to the hospital, an MRI and ultrasound of the same area were done. It occurred to me that I had no idea what each of these tests would measure. After all, wouldn’t just one of them tell the doctors what they wanted to know? Was I receiving too much radiation? Was this “overkill?”

These descriptions generally explain the differences among the imaging tests, how they examine the human body and what information is provided to doctors so that a correct diagnosis is made:

- **X-RAY:** a type of electromagnetic radiation which sends individual X-ray particles through the body. It is a tool for diagnosing bone and soft tissue conditions such as broken bones, cavities and other dental problems and lung diseases such as pneumonia.

- **FLUOROSCOPE:** a technique which uses X-rays and a fluorescent screen to obtain real-time, moving images of internal structures of the body. Examples include cardiac catheterization and barium swallows.

- **MRI (MAGNETIC RESONANCE IMAGING):** a test using a magnetic field and pulses of radio wave energy to take pictures of organs and structures inside the body. It is used to find tumors, bleeding, blood vessel diseases, injury or infection. To show abnormal tissue more clearly, a contrast material may be used for testing. An MRI often shows problem areas that cannot be seen by other testing methods.

- **CT SCAN (COMPUTERIZED TOMOGRAPHY):** an X-ray detector inside a CT scanner that “sees” many levels of density in the human body. A computer receives data from the scanner and displays a three-dimensional cross section picture of the part of the body it examines. It can see soft tissues inside a solid organ. A CT scan can produce 3-D images of the vascular system, tumors or swelling of arteries in the brain, sites for radiation treatment or biopsies, abdominal tumors, skeletal injuries and can help in diagnosis of cancers in the liver, lungs and pancreas. Because the CT scanner uses narrow beams that move through an arc instead of one radiation beam from an X-ray machine, the final picture is more detailed.

- **ULTRASOUND (SONOGRAPHY):** a safe, noninvasive medical test that does not use radiation. It helps with diagnosing a variety

of conditions and is useful in examining many of the body’s internal organs, fluids and tissues. It enables doctors to evaluate symptoms such as pain, swelling and infection. The most familiar use of ultrasound is examining the developing fetus in pregnant women and as a guide for breast biopsies. Basically, ultrasound is performed with a small probe, using an ultrasound gel which is placed on the skin. High-frequency sound waves are transmitted in small pulsating vibrations from the probe through the gel and into the body. The probe then collects sounds that bounce back and a computer creates real-time images from them.

- **EKG OR ECG (ELECTROCARDIOGRAM):** A test that measures the electrical impulses of the heart over a specific period of time. It is conducted when heart problems are detected by a physician. Twelve electrodes attached to the patient’s body measure heart beats. These “leads” help doctors see the heart from different angles and record a different perspective of the heart’s electrical workings. They can help identify heart injury or other acute coronary conditions. Information from the 12 leads makes a wave on a tape in the EKG machine called a “rhythm strip.” This data is printed on the strip in the form of a graph. Read by the physician, it determines the heart rhythm and any inconsistencies with it. It is interesting to note that a doctor can program an EKG machine to look for a specific problem area of the heart.

- **EEG (ELECTROENCEPHALOGRAM):** An EEG is performed when changes in brain activity occur. It is one of the main tests for diagnosing epilepsy, but it also aids doctors with other disorders associated with the brain: tumors, head injuries, inflammation, stroke, sleep disorders and memory impairment. Basically, an EEG is a painless procedure that uses flat metal discs (electrodes) attached to the scalp to detect electrical activity in the brain. This activity is shown as wavy lines on the EEG recording.

Knowing what a medical test measures is one thing. If you have any other questions concerning a procedure, be sure to ask your doctor, nurse or technician. In this day and age, patients have to take more and more ownership of their health care. Working with your doctor and other health care practitioners requires you to be more informed and knowledgeable about health issues and the various testing that can or should be done for a correct diagnosis and resolution.

Curatorial Challenges: TELLING THE STORY OF BETSY BONAPARTE AT THE MARYLAND HISTORICAL SOCIETY

By Tricia Herban

It is unusual, even for the respected Maryland Historical Society, to have an exhibition reviewed at length in the *New York Times* as well as receiving significant mentions in *Antiques Magazine* and other national publications. But such is the drama, excitement and romance surrounding the society's current show, **Woman of Two Worlds: Elizabeth Patterson Bonaparte and Her Quest for an Imperial Legacy.**

Curator Alexandra Deutsch explains that this presentation of Betsy Bonaparte differs substantially from other recent shows at the museum in one important way: Instead of presenting a period of time or a specific craft or a general subject, it focuses on one person. Betsy Bonaparte led a life that looked forward to future generations as she worked relentlessly to secure a title and recognition of her son in the Bonapartist line of succession. Since she lived through most of the 19th century, Betsy offers us the opportunity to see the sweep of her life against the historical background of the time.

The historical society has husbanded a remarkable trove of Betsy's letters, diaries and account books, as well as articles of clothing and artifacts that she bought or was given. Consequently, this exhibit of one of Baltimore's most famous daughters has long been under consideration. Its realization resulted from a gift of \$150,000 from the Richard C. Von Hess Foundation. Exhaustive research of the material led to the decision to focus on Betsy's entire life in order to show her intellectual capacity—finely developed for a woman of her day—as evidenced in her writing and investing. It is not well

known that her wealth derived not from an inheritance from her wealthy father, but from her wise investment of an annuity she received from Napoleon Bonaparte from 1809 to 1815. She invested in Baltimore infrastructure and real estate and her fortune grew because she didn't spend the principal and reinvested the proceeds.

It cannot be overstressed that Betsy "didn't have a historical equivalent," according to curator Deutsch. She notes that "The Caton Sisters also made illustrious marriages, but Betsy's marriage was higher and her experiences unique. She was accepted and appreciated in Europe and noted for her education, her beauty and her wit. In fact, she went back and forth to the Continent more than the prominent men of that time, making seven trips in all."

Those trips generated multiple inventories of her property, taken prior to departure and upon arrival, to be certain that nothing was lost or stolen. These inventories are a tangible record, showing us what Betsy took and left behind when she travelled, what she valued and how she lived through her possessions. After she quit traveling, in her 70s and 80s, Betsy devoted herself to building her fortune. Despite her increasing wealth, she lived very modestly, having given many of her treasured possessions to her son, Charles Joseph, who created a Bonaparte museum in his home, then located one block from the Maryland Historical Society's present location.

The exhibition itself was a joint effort between Deutsch and a consultant, Charles Mack, who served as exhibition designer. Working with a limited amount of space

and an abundance of material, careful selection of the objects was paramount. It was essential that each artifact would advance Betsy's story and that each piece be displayed to tell that story in the most effective way.

To enhance the presentation, StudioEIS of Brooklyn was hired. Specialists in forensic recreations, they used portraits as a basis for creating a manikin representing Betsy as a mature woman. When it was decided to present Betsy's mother as well—for theirs was a very important relationship—a manikin was also created for her, so that both women could be shown in their actual clothing, facing each other as in life.

Deutsch would like viewers to come away from the exhibit "with a broadened understanding of Betsy Bonaparte—seeing her as an archetypal representation of an American woman of taste, education and beauty combined in a complex persona with the skills of an astute businesswoman who maneuvered successfully at the highest levels of international society."

The library at the Maryland Historical Society has 13 boxes of Betsy's documents and the museum houses more than 600 artifacts, a long-held gift from Charles Bonaparte's wife. The catalog for this exhibition will document Betsy's life in maturity for the first time. "Woman of Two Worlds" will be on view until June 2015. The society is open Wednesday through Saturday, 10 a.m. to 5 p.m. and on Sundays, noon to 5 p.m. Admission to the show is included in the museum entry fee (\$7 for seniors). Free parking is available and group tours can be arranged.

image courtesy of awwww.freestock.ca

Stop worrying so much. Whatever it is – is it going to matter two years from now?

EAT THESE POWER FOODS



AND WATCH THE POUNDS MELT AWAY

By Louise Whiteside

What? You're back at Weight Watchers again, Louise? This must be your 95th time! I thought you'd become a lifetime member, that you'd already mastered all the "do's and don'ts" of weight management, healthy eating and a stay-slim lifestyle.

Well, yes, I have learned all the basics of weight maintenance, but I have still fallen off the wagon now and again. Why? Well, there are multiple reasons: (1) I hate the regimen commonly present in any diet; (2) I've always found diets boring; (3) I love to eat large portions, which are usually a no-no in any diet; (4) I love sweets, simple carbohydrates and other foods that predictably add weight to anybody and (5) I tend to snub most of the foods that I know to be healthy and nutritious.

Fortunately when on a recent return to a Weight Watchers meeting, I encountered a pleasant surprise: Weight Watchers now recommends a whole new way of eating, one that addresses most of my aforementioned tendencies. In the first place, their most recent program (commonly known as the "Simply Filling" technique) is less regimented than the former "Points Plus" program, which is still an option for those who prefer it. The new program, in contrast with the Points Plus plan, requires no counting, no weighing or measuring food and no portion limit.

It also provides for a large variety of healthful, nutritious foods. The plan allows a great deal of flexibility for meal substitutions. Food portions can also be large or small enough to satisfy the largest or

smallest appetite. While you must restrict your intake of sugar, white flour and other simple carbohydrates, these may be included in small amounts as daily "indulgences." (As an aside, I've found that my cravings for sugar and refined carbs have subsided since starting the plan.) Finally, the "Simply Filling" plan focuses on "Power Foods," those nutritious, satisfying, delicious foods that keep you full longer and help to reduce cravings for unhealthy food choices.

Sounds Good. What are Power Foods?

Power foods include unlimited quantities (to the point of feeling satisfied) of the following food categories:

- Fruits that are fresh, frozen or canned, but without added sugar.
- Vegetables, fresh, frozen or canned.
- Lean proteins including beef, chicken, turkey, fish, shellfish, lamb, veal, eggs and dried beans.
- Whole grains such as brown rice, hot and cold cereals without added sugar, whole-grain pasta, low-fat popcorn, whole grains, including barley and cornmeal, and reduced-calorie breads.
- Fat-free dairy products like milk, yogurt, cheese, sour cream.
- Broth-based soups.
- Spices and condiments.
- Healthy oils, among them olive and canola, but limited to two teaspoons per day.
- Sugar-free gelatin.

Suppose I have Special Needs?

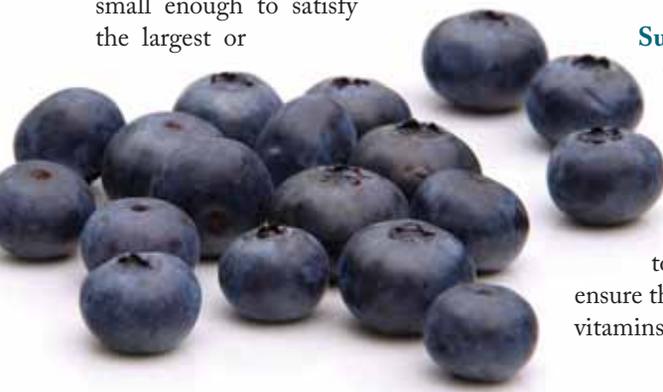
(1) I'm a vegetarian. You can choose among all fruits and vegetables, beans, legumes, eggs, tofu and nonfat dairy products. You can adapt meat recipes to fit your vegetarian diet. Be sure to take a multivitamin each day to ensure that you are getting all the essential vitamins and minerals.

(2) I'm on a gluten-free diet. Most of the Power Foods are gluten-free, including all the fruits and vegetables, meat, fish, poultry, eggs and fat-free dairy products. Gluten-free cereals and bread products are readily available at most grocery and specialty food stores.

(3) I'm diabetic. Seek advice from your doctor or health practitioner before following the plan. Focus on fruits and vegetables. Keep close track of carbohydrate intake. Sugar may be considered in your total carbohydrate intake, and moderate use of alcohol is acceptable. Increase physical activity. Exercise improves insulin sensitivity.

Following the Simply Filling plan, I find that I'm naturally losing pounds without effort, excess hunger or feelings of deprivation. At last I've found a food plan that I can enjoy while watching those pounds disappear!

Note: Attending regular Weight Watchers meetings provides group support.



REFERENCE:
Materials distributed at Weight Watchers meetings. Weight Watchers International, Inc.



Vicki

WORKPLACE BULLYING

I work for a nonprofit organization in one of the helping professions. While I enjoy my co-workers and take pride in my job, the heavy-handed management along with the rigidity and lack of positive regard by administrative personnel toward those of us on the front line has me ready to quit on the spot. In fact, there is a constant turnover of staff for this very reason. Without leaving work that I love and a job that I need, what can hardworking employees who are being bullied in the workplace do to change things?

Workplace bullying is not uncommon. Ironically, it occurs in all types of employment—including in those nonprofits that boast mission statements geared toward helping others. I define bullying as repeated mistreatment that may include verbal abuse and offensive behavior that is threatening, humiliating or intimidating. It can also include interference or sabotage with work that prevents an employee from performing the job.

Such bullying, like domestic violence, derives from the bully's need to control others and is often based in the bully's insecurity. When a bully is in a position of power, he or she advances a personal agenda to the detriment of the welfare of the workplace. An atmosphere of division often results in employees either taking sides or running for cover. Bullying results in poor workplace morale, reduced effectiveness of employees and frequent staff turnover. For the victim, significant stress-related physical and emotional symptoms occur, as well as financial consequences, if they are forced to resign.

So, what can you do if you're being bullied? First, start laying the groundwork for another job. Investigate your options and have your escape route planned. Perhaps you won't need it, but it's best to be prepared. Next, I would simply tell you to go over the bully's head to the next level of management, but, sadly, that is often ineffective. Since the majority of workplace bullies are bosses, they are most likely to be friendly with the HR department, or perhaps in your case, a board of trustees. In fact, it can

be similar to one big clique whose members circle the wagons to protect one of their own being accused. You may be dismissed as "being too sensitive" and your complaints written off as a "personality conflict." Thus, before you go to HR or another management person, start documenting the abusive incidents. If other employees are suffering too, carefully feel out others and begin to make a paper case of related behavior. When you have a body of documented, dated and specific evidence, you will be in a stronger position to garner the respect and assistance of the higher-ups.

On a personal level, you've made an important step by calling this behavior for what it is: bullying. Too often, employees who are being bullied minimize their abuse or blame themselves for an inability to handle a "difficult boss." Next, take an inventory of the price that this workplace stress is exacting from you. Are you suffering from physical ailments such as insomnia, gastrointestinal problems, fibromyalgia and headaches? How about psychological symptoms, such as depression or anxiety? And is your workplace problem taking a toll on your family or social life through excessive drinking, moodiness, etc.? Your first responsibility must be to yourself. If you are exhibiting emotional and physical symptoms of stress, a physician or mental health professional can advise if a leave of absence is warranted.

After you have presented your complaints in an organized, detailed, and rational manner to the appropriate department or board, the bully should be counseled or required to undergo some type of remedial leadership training. If not, you are faced with a choice about whether or not you want to stay in a situation that undermines your self-respect and well-being. Because the cost of staying can be very high, lean toward your own self-interest. Consider investigating your legal options. This too, can have heavy consequences and is beyond my expertise.

If you choose to quit your job, the nature of your departure plays a part in how easily you rebound from this loss. If you expose the bully, you will more likely leave with your head held high and feel good about yourself. If you skulk away in silence, you are more apt to internalize shame. Try to take control of leaving, place responsibility where it belongs, do it on your terms with, if possible, another job in hand.

For more information, see www.workplacebullying.org

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

Five Easy Phrases

Is there any easy way to improve our relationships?

Nothing is easy but here are some ideas. Remember the Golden Rule: Treat others the way you want to be treated. Then memorize these five phrases and use them often:

- I'm sorry.
- Forgive me.
- Thank you.
- I love you.
- How can I help?

EARLY SPRING QUIZ-ACROSTIC

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

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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. Aroused

B. Wisc. county of over 1,000 lakes

C. Gather information

D. Son of Amoz

E. Morse Code signals

F. Result

G. God

H. Edges

I. Exhilarating

J. Alluring

K. R&B singer

L. Halt

M. Plunders

N. Irish town established in 1960s

O. Two mountain ranges of southern India

P. Kaput (3 wds.)

Q. Choice

R. Rubbish

S. Bubbles

T. Chris O'Donnell role

U. Thorough (hyph.)

V. Dylan Thomas: "And death shall have no _____"

W. Nautical call

X. State flower of New Mexico

45 120 68 23 150

2 133 30 56 21 13

33 97 85 101 70

22 140 61 98 88 145

105 9 144 17

6 1 95 141 94 49 50 100 54 40 113

14 115 78 4 34 122

129 11 53 74

135 103 55 64 131 107 36 93 109 26 83 149

126 73 80 35 77 132 28 66

82 134 72 39 114

123 67 128 3 118

57 106 102 38 112

89 8 19 87 62 148 91

63 90 24 42 127

138 25 92 51 41 96 44 5 86 147 10

52 29 104 119 146 136

15 139 31 124 48

76 108 37 7 60

99 46 58 117 20

111 121 12 79 32 84 43

116 16 142 130 137 125 75 65

69 110 81 59

143 47 18 71 27

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

FARMING and *the Bay*

By Henry S. Parker

From Havre de Grace to Hampton, borne along by tiny rivulets and meandering streams, babbling brooks and swift creeks, an endless flow of waterborne waste courses toward Chesapeake Bay. The runoff comes from roadways, fertilized lawns and golf courses, failed septic systems and sewage plants, construction sites and even from the sky itself. Much of it comes from farms.

Agriculture is big business in the mid-Atlantic area. Consider the following:

- There are 87,000 farms in the Bay's watershed, covering 8.5 million acres of land—one-fourth of the total watershed area.
- In Maryland, agriculture is an \$8.5 billion enterprise accounting for 350,000 jobs, making it the state's largest industry. Agriculture's economic impact is even larger in Virginia and Pennsylvania.



photo by mle86

- Agricultural lands help to buffer and conserve watersheds, provide habitats for a variety of plant and animal species, present pleasing vistas and offer important recreational opportunities.
- Everyone has to eat.

But in the public discourse about the Bay's impaired health, agriculture has taken much of the blame. Is this fair?

When not well managed, farming can degrade the environment. Nutrients and sediments washing into the Mississippi River from upper Midwest farms has helped cause the oxygen-depleted "dead zone" of the Gulf of Mexico. Closer to home, a late 1990s outbreak of the toxic microbe, *Pfiesteria piscicida*, has been blamed on the Eastern Shore's extensive poultry operations and the practice of spreading chicken manure on croplands.

There is no question that when manure and fertilizers are applied to fields in amounts greater than the land can absorb, surplus nutrients can flow into coastal waters stimulating excessive growth of microorganisms and algae, lowering light levels for important underwater grasses and reducing oxygen concentrations. The Environmental Protection Agency (EPA) estimates that agriculture operations discharge more sediments and nutrients into Chesapeake Bay than any other single source. Farming interests contest those conclusions, claiming that the computer models used by the agency are badly flawed, don't take

into account effective management practices employed by farmers to reduce runoff and underestimate pollution from storm water discharges coming from developed areas.

The bottom line? Farmers tend to be good land stewards. It's in their best interest to carefully manage farm chemicals, wastes and soils because that lowers operating costs. Like business people everywhere, farmers want to be good neighbors and to be around for the long haul. Poor farming practices all but guarantee that won't happen.

In consequence, mid-Atlantic farmers are working closely with scientists and government agencies to reduce agriculture's impacts on Chesapeake Bay. Some examples:

- EPA has established total maximum daily load (TMDL) limits for discharge of nitrogen, phosphorus and sediments into the Bay. For their part, Maryland farmers cooperate with state agencies to follow nutrient management plans, regularly test soils and conduct on-farm audits and inspections to ensure compliance.
- The U.S. Department of Agriculture (USDA) and state agriculture agencies provide financial incentives to help farmers apply best management practices to their lands.
- USDA's Agricultural Research Service works closely with mid-Atlantic farmers to develop research and technology to reduce agriculture's negative effects on the environment.
- State specialists and agriculture interests are cooperating to educate farmers, students and citizens about conserving natural resources on farms. These efforts include field days, farm tours and workshops.

But it's not all a bed of roses. Eight counties from the Chesapeake Bay watershed have joined the attorneys general of 21 states in a lawsuit filed by the American Farm Bureau Federation. The suit claims that the EPA has exceeded its federal authority in the Clean Water Act to set TMDL limits in individual states. It's clear that cooperative public-private efforts to simultaneously protect the agriculture industry and the Bay's watershed will face more bumps in the road ahead.

What can you do? Educate yourself. Expand your reading to include a wide variety of sources and perspectives about agriculture and the Chesapeake Bay. And don't pass up the opportunity to visit a farm in your area. What you learn might surprise you. For more information start with the websites of the mid-Atlantic states' Departments of Agriculture. Here's the link for Maryland: <http://mda.maryland.gov/Pages/homepage.aspx>

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