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The Magazine for the Savvy Senior

by the Bay

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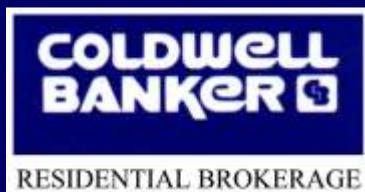
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OutLook

by the Bay

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Outlook

The magazine for the Savvy Senior *by the Bay*

SUMMER 2007

Do you suppose we've come full circle from those lazy, hazy, crazy days of summer?

Isn't that how the lyrics went to that song Nat King Cole made famous during our younger years? Remember those carefree sultry days of July and August? Well maybe at the time they didn't seem so carefree, but in hindsight could life have been any easier? We kicked back, slowed down and just enjoyed. Air conditioning was rare, leaving us to figure out for ourselves how to stay cool, which often involved lemonade, Cokes and a swimming hole.

Most of us were in school when that song was popular. And with the approaching summer vacation everyone I knew was wildly excited about their plans -- plans that included lots of beach time with friends and family. Many of us were starting a first job like mowing lawns or working at the ice cream shop. Somehow the

plum jobs always eluded me. You know, the ones where you'd get to meet all the cool guys like being a lifeguard or working at a hamburger stand. I was always the babysitter or worked as a maid at one of the local estates. But the good thing was that my summer jobs were always part time, allowing lots of important beach time. We spent our days rubbing baby oil and iodine all over ourselves to hasten that tan, working hard to keep it from mixing in with the sand. That was back when we considered sunshine our friend! A well-tanned body was considered healthy. At night we roasted hot dogs on the beach and tried to connect with someone cool!

Wouldn't it be great to be back in those carefree days of minimal responsibility? Our worries were primarily centered on whether or not we'd have a date for Friday night or what to pack for college. Days were carefree and fun, although we may only recognize that in retrospect. But thinking about it now, doesn't this phase of our lives offer just as much? True we've all been knocked around a bit and have had our fair share of travails, but shouldn't that make us more appreciative of the lives that we're living now? Our days could still be filled with interesting, memorable and meaningful events. We're at an age where we can enjoy the fruits of our long years of labor. We are now in a wonderful position of being able to give back and share what life has generously provided for us. Most of us are able to take part in much of the Bay's bounty, be it recreational opportunities as in boating (page 34), tubing down a lazy river (page 35) or volunteering at any of the countless establishments needing a helping hand (page 28). We also now have the time to enjoy the theater (page 21), travel and read all the books that we've been meaning to read (page 42). Why not do them all? Why not just try something new because there's no time like the present.

There's so much more out there than "the days of soda and pretzels and beer." Let's fill these "lazy, hazy, crazy days of summer" with as much fun and new discoveries and friends and volunteering as we can manage!



Tecla Emerson Murphy
Publisher and Editor-in-Chief



Tecla Murphy

LETTERS TO THE EDITOR:

BIKER'S ISLAND PARADISE

Since reading about the opening of the Kent Island Bike Trail a while back, I've wanted to get over there, but with one thing happening after another, I hadn't made it. After reading your article in the May/June issue, I knew I had to do it. I was very pleasantly surprised. The trail was well maintained, level, with constantly changing scenery from open fields to quiet forests, to busy Route 50, to idyllic creek views. What a treat. Thanks for finally getting me over there.
J. Shapiro, Annapolis

Enjoyed the Kent Island Bike article. Went with my husband for a quick bike ride, but we enjoyed it so much we were there for five hours. Very few people were on the trail, and spring flowers everywhere. Just delightful.
~Myra and Bob Jenkins, Crownsville

PETS FOR SENIORS

Years ago while the children were young we had a dog. I viewed it as just one more warm body to care for; the poor dog got lots of attention but little training. We ended up giving him away. I'm now alone, with children scattered all over the globe. I miss the company and activity of a busy household. After reading your article, I decided to give dog-owning another try. My neighbor's dog recently had an unexpected litter of pups! I offered to take the runt of the litter. I'm in love. Her name is Bones and we've been best friends since day one. I think we're in for a long and rewarding relationship.
~S. Burton, Edgewater

GET OFF YOUR ASPHALT

Exercise seems to be the answer to everything it seems. I tried the walking, as your article suggested and promptly overdid it in Kinder Farm Park. The park was wonderful, but a bit more than I bargained for. I live just 10 miles from the park and had no idea it was there. It will be a nice destination for my visiting grandchildren this summer.
J. Frothington, via e-mail

SPRING LUNCHEON

I don't have any hydrangeas (wish I did), but tried the recipes anyway. Although the figs were hard to track down, I very much enjoyed the sandwiches with the prosciutto and figs. Not at all difficult to make.
~eerudolf@aol.com



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AGE-PROOF YOUR BRAIN

It's too bad we can't dump some of the information that we're storing in our brains like we do in computers. That way we could free up more space for new information. The article brought up many interesting points.
~H.D. Remson

ADD LIFE TO YOUR DIET

I thought I'd heard enough about fiber, but I liked your article and even tried the recipe.
~E.J. Edgewater

Enjoyed your new magazine. Must say the best part was that you kept the articles together no searching around for the rest of the story! I've often wondered why magazines insist on breaking up a story with a "continued" on page whatever. Keep up the good work.
~rcfabyen@yhoo.com



In The Drink

By Melissa Conroy

Another health benefit water offers is moisturizing nasal cavities. If nasal cavities are dry, they are not producing the mucus necessary to trap invading germs, which can lead to infection. Regular water consumption, therefore, can help you avoid common colds and the flu we are all prone to. Water consumption is also enormously important during illness because your body is exerting a considerable effort to fight off the infection and requires more water, similar to the way it does when you are exercising vigorously.

Digestion problems plague everyone, and dehydration is often the root cause. If you are loading up on fiber but not drinking enough water, you may be making the problem even worse. Fiber relies on water to function properly in the body. Water is crucial for digestion whether you are consciously eating more fiber or not: the average American carries several pounds of built-up waste product in his or her digestive tract as a result of the typical American diet and low fiber consumption. Increasing your water intake can help your digestive system function more efficiently and rid itself of this waste, which can result in a flatter stomach and lighter scale. More efficient digestion leads to better food processing and healthy weight maintenance.

What time of day you drink water is important. It is actually best not to drink large amounts of liquids at or near mealtimes as too much liquid can cause large chunks of partially digested food to slip through your digestive track. Too much water late in the evening can lead to several bathroom trips during the night. For myself, I have found it best to drink a glass or two first thing in the morning and then pace myself

There is a miracle beverage out there that can extend your life, energize your skin, help you lose weight and improve your health, and it is available right in your kitchen. In the United States, we have the amazing blessing of unlimited safe, clean, low-cost water.

Water serves many purposes. One of the best ways to start your morning is with a full glass of water. By the time you have awakened, your body has gone several hours without water and hydration is vital. Drinking a glass or two of water is an excellent kick-starter for your digestive system and overall body systems; a glass of ice water can revive you just as much as a cup of coffee.

Many of the liquids we consume on a daily basis are actually counter-productive. Coffee aggravates thirst, it does not quench it. Soda, juice, coffee drinks and shakes all contain sugar which can play havoc with blood glucose

levels, and rising blood sugar levels are often accompanied by increased thirst. Water, on the other hand, quenches thirst without raising blood sugar levels. If you are in the middle of a "sugar high" from too many caramel lattes, a liter or two of water can help calm your thirst and shaking hands, making you feel better.

Non-water drinks often have other side effects that water does not cause, and calories are a big factor. The average American drinks hundreds of calories a day through coffee drinks, soda and fruit juice. Pure water contains no calories at all, and if you drink ice water, your body actually will burn more calories in order to maintain body temperature. Regular water consumption also helps your body maintain an even temperature if you are plagued with cold sweats or hot flashes.

Everyone wants youthful, smooth skin, and proper hydration is the key to having it. If you are rubbing moisturizer and creams on your skin, that will certainly help it stay supple but you need to hydrate your body internally by regularly drinking water. Water is much less expensive than designer creams and special lotions! Skin isn't the only organ water lubricates; it also keeps joints healthy and keeps them moving smoothly.

throughout the day. Have a bottle or a glass of water on hand and sip from it as much as possible during the day rather than loading up on water a few times a day.

Drink water even when you are not thirsty. An old athletes' tale has it that by the time you feel thirsty, you are already dehydrated. This can be very true, but also be aware that as your body adjusts to a higher, more regular water consumption, you may feel *increased* thirst as your body starts to demand water on a regular basis. Be aware that excessive thirst can also be a sign of blood sugar troubles. If you are still significantly thirsty after drinking a full glass of water and you haven't done anything strenuous recently, this could be a warning sign. For myself, I monitor my health partially by my thirst: if I am unusually thirsty, it often means that I have been consuming too much sugar and carbohydrates and need to be more mindful of what I eat.

Tap water is simply wonderful. Keep in mind, if you are using bottled water, it can be expensive. Packaging and shipping bottled water is a costly procedure, and many of these bottles end up in landfills or as roadside litter. Tap water, particularly after it has run

through a filter (Brita filters are excellent and cost-effective) is delicious and safe and provides just as much hydration as bottled water. As you hydrate, reach for the faucet, not the bottle; you will be doing yourself and the environment a world of good.

Melissa Conroy is a freelance writer and a college composition instructor in Omaha, NE. When she is not walking her Basset hound or practicing Japanese sword-fighting, she can be reached at o4amuseoffire@yahoo.com.



For The Love of a T-Shirt

By David Brault

As a master's runner, I love the T-shirts you get in a road race. They're important to me. I wear them proudly, like a badge of courage, hoping people will take notice—they never do.

I wear my favorite ones from my first race, to the latest race, to the longest distance or the most unusual race, until the neck is frayed, the color is faded or the words are no longer recognizable. I carefully fold my least favorite shirts and put them in a vacuum-sealed plastic bag for posterity or until my grandchildren are old enough to wear them.

Manufacturers love T-shirts as well. They spend millions annually on design, construction and marketing. They make them in a variety of shapes, sizes, and really cool colors. Although they were originally made from cotton, they're now made out of "high tech" wicking material and referred to as "endurance wear." Some even have catchy phrases on them. For example, "I'm a runner's wife I know your pain!"

Race directors like T-shirts as well. They purchase them for a few dollars from nationwide distributors with CEOs labeled "head runner," and call them "premiums."

In small races premiums are handed out when you register. In larger races you have to pick them up from the "packet pickup" line. This is a line that is longer and more organized than any one you'll ever see at Disneyworld and one you stand in for hours talking with other runners waiting for their T-shirt. And of course by the time you find your race number, commit it to memory, stand in line for another 20 minutes and move to the appropriate number on the packet pickup table, they're always out of your size.

As a masters runner, I love T-shirts, and to get my T-shirt, I'm willing to wake before dawn, run in the dark, brave icy winters, suffer through the sweltering heat and humidity of summer, give up my precious lunch hour, and push my body beyond the limits of endurance.

Fred Lebow, avid runner and founder of the New York City Marathon, had it right when he stated that for some reason, runners will do "anything for a T-shirt."

David is 55 years old and has been running for the past 10 years at distances of 1 mile to 100 miles. He can be contacted at runultras2006@yahoo.com.



Give It A Tri

By Melissa Conroy



Triathlons are for young, hard-core masochists with 2 percent body fat who spend seven hours a day training, right? Since a standard triathlon calls for a 1.5-kilometer swim, a 40-kilometer bike ride and a 10-kilometer run, it is no wonder that people tend to view triathletes on par with Olympic-level gymnasts. However, not all triathlons are alike: There are kids' level triathlons all the way up to iron man level. A surprising number of people across America are in training for some type of triathlon every year, and not just young, fit people. In 2001, the AARP started organizing several regular and mini-triathlons for people 50 years old and up. Their Triumph Classic consists of a manageable 400-meter swim, 20-kilometer bike ride, and 5-kilometer run/walk, and participants can even form groups of three where each member performs one of the three activities.

However, the AARP is not the only sponsor of smaller triathlons.

A quick search on Google brings up hundreds of athletic events such as this across the country. One event out of the many in the Chesapeake Bay area in 2007 will be the August Bethesda Triathlon for Autism in Bethesda, MD (500-yard swim, 11-mile bike ride, and 5-kilometer run). Annapolis is scheduled to be hosting one in September. However, there are so many triathlon events offered across the country that you are sure to find one that strikes your interest and fits your schedule and goals.

One of the reasons events like mini-triathlons are becoming so popular is because training for a triathlon makes the whole practice of exercise much more quantitative. We all know we need to exercise on a regular basis, but let's face it: Going to the gym day after day can seem repetitive and pointless very quickly. Even if you are experiencing many tangible benefits of exercise such as weight loss or increased vitality, it can still be hard to remain motivated and

disciplined. Training for a specific athletic event, however, gives you definite goals to shoot for and time frames to work within. If your goal is to finish an athletic event such as a mini-triathlon, it can be much easier to stay motivated. Your view of exercise will be different, and the goal of finishing an event can be more inspiring than a vaguer goal of losing weight or becoming more fit.

Training for an athletic event can be more helpful for your overall fitness goals than other exercise programs. There are many ways you can exercise and receive healthy benefits from doing so. But if you want to complete a triathlon, you need to undertake specific, focused training. Rather than doing whatever exercises take your fancy, you will need a set program to accomplish certain levels of training if you are to be able to successfully complete an athletic event. If you are training for a mini-triathlon, you will have very specific goals and a specific system for reaching those goals, both of

**“If you
want to
make exercise
a more
consistent part
of your life,
why not
try for a
mini-triathlon?”**

which often translate to better overall fitness.

For most ordinary people participating in triathlons, their goal is simply to finish, not to win. Recently a friend of mine completed a mini-triathlon. She participated with a wide variety of people: college students and senior citizens, slim people and heavy people. Everyone was participating at their own particular fitness and goal level, but the point of the triathlon was to complete it and have fun in the process. My friend stuck with her training program and completed the triathlon amidst much cheering and support from the crowds. Everyone was a winner, it is just that some people managed to complete the triathlon earlier than others!



"Sounds great," you might think, "but there is just NO WAY I could ever have the time or energy to train for something that daunting." It may be a struggle for you to remember to take a walk a few times a week, and the thought of seriously training for an athletic event is enough to make you want to lie down for a nap. The good news is that training for a mini-triathlon is neither as difficult nor as time-consuming as you may think. For example, www.beginnertriathlon.com offers detailed training schedules for people of all levels of fitness and goals. In particular, it offers a 12-week "couch to sprint" plan. This program is for people who already are able to swim 25 yards, bike at least 15 minutes and run or walk 5-8 minutes. If you can do this, you can complete the 12-week program by devoting no more than seven hours a week to training, and be prepared to finish a mini-triathlon at the end. In just three months you could be ready to compete! This is only one of many, many programs geared toward beginning triathletes.

If you want to make exercise a more consistent part of your life, why not try for a mini-triathlon? Imagine how much healthier you will be after doing so, whether you are a devoted couch potato or already a consistent exerciser. Imagine the inspiration you will receive as you participate with people from all walks of life who are right beside you, encouraging you every step of the way. Finally, imagine crossing that finish line and screaming, "I did it!"

Melissa Conroy can be reached at o4amuseoffice@yahoo.com.

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Your Crown Can Be Glorious

Help for thinning hair

By Melissa Conroy

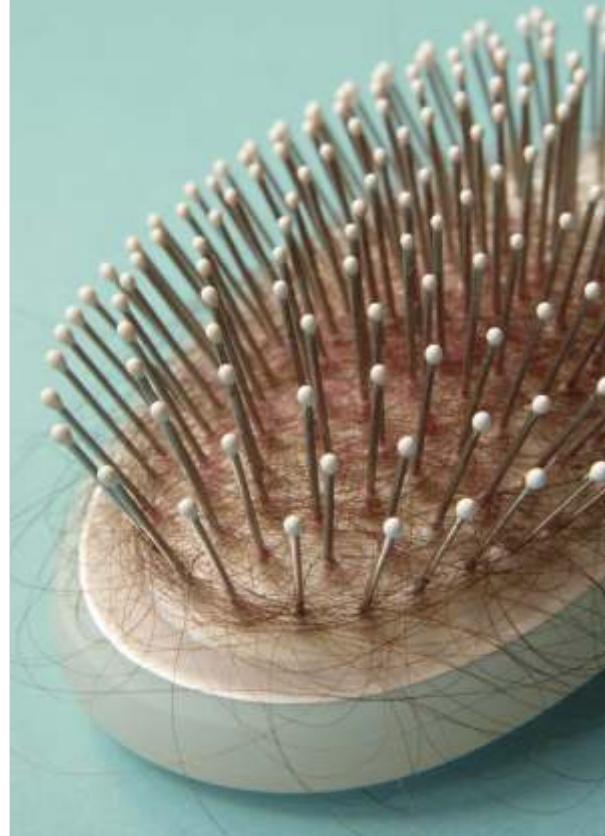
There are many men in our culture who manage to look distinguished, professional and attractive, even with a "chrome dome." Some men, actor Patrick Stewart, for example, look fabulous without hair. However, thick, luxurious hair will always be the epitome of feminine beauty, and women with thinning hair will quickly find themselves feeling much less beautiful. Sadly, thinning hair is extremely common in women. Estimates reveal that four out of 10 women in America suffer from this problem.

Did you know:

- It strikes younger and older women alike, although older women are much more likely to experience it.
- Premenopausal, one out of eight women experience thinning hair; that number jumps to one out of three after menopause.
- Ladies, don't fuss about your mother's genes, because thinning hair can be passed down through the father.
- Unlike men, women tend to experience general hair thinning as opposed to developing bald patches or receding hairlines, so it is not as visually obvious and women may take years before they realize their hair is thinning.

Thinning hair is a genetic trait, but it can also be triggered through hormonal changes. Typically women experience significant hair loss immediately following pregnancy as their hormones readjust to post-pregnancy conditions. Menopause is another hair loss trigger as women's bodies cope with new hormonal developments. Androgens, which are sex hormones related to the production of masculine characteristics, are especially implicit in hair loss. Some women's bodies react more strongly to their naturally occurring androgens, which can trigger hair loss. Additionally, lifestyle factors, such as excessive stress, can also play into hair loss. Finally, dietary changes can result in hair loss. For example, too little protein and iron can cause hair loss. A fatty diet may also be a factor in hair loss. After WWII, Japanese men experienced a sharp upswing in baldness, possibly due to them switching to a more Westernized, poorer quality diet.

Most normal hair care routines such as curling, perming, dying and washing usually are not a factor in hair loss. Too much processing can make hair dry, brittle and prone to breaking, but it is rare that hair care routines will cause hair to fall out. However, you should dispense with the old regimen of brushing your hair a hundred strokes a night. This is simply too much and could damage your hair.



Ways to counteract hair thinning vary. Sometimes the hair loss is triggered by a hormonal or lifestyle change, and natural hair production will eventually resume. A good haircut can help camouflage thinning hair -- a shoulder-length, layered haircut works the best. Drying your hair by holding your head upside down over the dryer can give you more volume, and your stylist can show you other styling techniques for making your hair more full-looking. Dying the hair a lighter color also helps hide hair loss. There are numerous products on the market that can help hair appear to be thicker, but you should select hair care products that won't weigh your hair down.

If you have a significant hair loss problem and need to go beyond these simple steps, there are other options. Wigs are always a sure-fire way of camouflaging hair



loss, and there are numerous beautiful and natural-looking wigs on the market. Not quite as dramatic but still helpful are hair pieces that can be clipped or woven into your hair to add desired body.

If you want to cure the problem, not merely hide it, Minoxidil, the active ingredient in Rogaine, is a popular medical cure for thinning hair, and currently the only medication available to women. Propecia is another hair-loss medication, but it is limited to men because it can cause birth defects. Pregnant women should avoid even touching a broken Propecia tablet. Many women experience very good results with Rogaine. It helps stop hair loss and encourages the growth of new hair, although this hair will often be thinner and finer. Rogaine is available over the counter and must be continued long-term. If you stop using the

product, you will lose the hair you gained with it.

Of course, the Internet abounds with as many ads for hair loss solutions as it does for weight-loss products. In both cases, be very aware that most of these products are completely worthless and could actually be harmful in some circumstances. There are numerous natural remedies for hair loss, many of which consist of herbal and vitamin supplements that can be helpful, but you need to be careful to research your options, choose wisely and be very wary of products that promise miracle results.

If you notice that your once-glorious mane has become noticeably thinner, first have a chat with your doctor to see if there is an underlying medical problem. Take a look at your diet and exercise routine. Visit with your hair stylist



to glean some tips. Above all, don't feel alone. Thinning hair is surprisingly common among women. You're in good company.

Melissa Conroy is a freelance writer and an English composition instructor in Omaha, NE. When she is not grading papers, she enjoys writing articles on health and women's issues. She can be reached at o4amuseoffire@yahoo.com.

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HOT TIP

Vinegar for Everything

To cool a sunburn, dab vinegar on the painful areas.

To take the itch out of poison ivy or the sting out of an insect bite, dab on vinegar.

To clean just about any kitchen or bathroom surface, wipe it down with a water/vinegar solution. It cleans, deodorizes and disinfects.

Vinegar also neutralizes pet stains. Wipe the area with a water/vinegar solution and let it dry. A pet can detect the smell and will not soil that spot again.

A good combination for curing many of life's aches and pains is 2 teaspoons of honey and 2 teaspoons of vinegar in a glass of water once or twice a day.

For best results use organic apple cider vinegar. For more details and many more uses of this inexpensive little cure-all, read the late Dr. D.C. Jarvis's book "Folk Medicine," which will have been on bookstore shelves for 50 years by 2008.

Waging the War on Weight

And Winning

By Louise Whiteside

Weight! The single most frustrating, persistent struggle of my life!

Always there, always lurking behind every Reese's Pieces sundae, always blatantly reminding me that I can't sit down in these jeans.

Flashing back a few years, when I was a 17-year-old high school senior. Arriving home from school one day at around 4 p.m., I started up the stairs to don my usual grungies when mom, who was standing right behind me, uttered those dreadful words that would forever haunt me:

"I think it's time for you to lose a little weight."



You can win the battle by following some simple tips — enjoy it and be patient.

I stood there, stunned. The nerve! How dare my own mother even suggest such a thing? I'm not fat, never was fat and never will be fat! Other people are fat, not me!

After a few seconds of disbelief, I thought I'd better check mom's words against some sort of reality.

"Mom, do you really think I'm fat? I mean, fat?" I asked her in that come-on-now-you-didn't-really-mean-it voice.

"Well ... not exactly fat. You're just getting a little..."

Her nonverbal gesture — a sort of movement that gave you the impression she was holding a giant helium balloon — gave me the message.

"Okay, so I'm getting a little plump, but you can't be suggesting I go on a diet! I've never been on one of those things ... wouldn't know one from a coffee grinder! So OK, what do I do now, Mom?" (You almost never hear a 17-year-old pleading!)

"Well," she mused, in her usual motherly voice, "Just cut out sweets and junk foods. Eat sensibly. You know: meat, vegetables, cereal, fruit. You'll lose it."

Well! What horrible, disgusting advice! Worse than being told I needed mouthwash! How was I going to ditch the midnight burgers and orange freezes at the Silver Spring Hot

Shoppe? I'd be pitied, if not ostracized, by my compatriots! A major trauma in the life of a half-grown woman-child!

Fast-forwarding: I was 17 then and I'm 60-something now. Fifty years of going on and off diets and 50 years of trying them all. You know them: no-fat, low-fat, no-carb, low carb, meal-in-a-shake, meal-in-a-bar and the cottage cheese, broccoli, grapefruit and water diet! All of them distasteful after a week, all agonizing after two weeks and all total failures after a month!

Still I yo-yo: Up 20 pounds, down 15. Large, medium, and small sizes of everything are in my closet, none of which I dare throw out!

On the following page is a lifetime of my best tips.



I'd like to share a few weight-loss tips that may be useful to you:

1. Choose a weight-loss plan that really works and commit to it. Most well-balanced, high-fiber, low-fat diets work well. (Mine happens to be Weight Watchers, but there are lots of other good ones out there.)
2. Keep the "hunger demon" away at all costs! Starvation invites binging. Try to eat several small, nutritious snacks during the day (such as fruit, nuts and nonfat yogurt). Eat just enough to feel satisfied.
3. Elicit support from your family and friends, telling them you're serious about losing weight. Though it can be painful, you might need to quit hanging out with friends who try to discourage you.
4. Get creative! Dress up ordinary foods in new ways. I like to make smoothies in the blender, using nonfat milk, fruit, sugar-free syrups or extracts. Try salsa on a baked potato, cinnamon and sweetener on cottage cheese or make a "sundae" with fat-free frozen yogurt and a sugar-free fruit topping. Boredom can stifle your best efforts!
5. Choose a type of exercise that's fun, and do it several times a week. My passions are walking and hiking; yours may be skating, biking, bowling, swimming or dancing.
6. Buy clothes that fit you right now and that make you feel good about yourself. You can have them altered later. Don't torment yourself with jeans that are too tight, hoping to fit into them after you lose weight.
7. Eat out, but watch the portions. Ask your server to bring you a box along with your meal so you can put half the meal into the box before you start eating. It will make a great lunch tomorrow!
8. Enjoy your meals! Concentrate on the flavors and textures of what you're eating, and eat slowly.

There are tons of other ways to make your weight-loss plan fun. Enjoy it and be patient. And keep in mind: a slow weight loss is healthier and longer-lasting than a crash diet.

Bottom line: Cut down on the fats, sweets and junk foods. Just eat sensibly.

Isn't that what my mom told me 50 years ago? Am I a slow learner or what?

Louise Whiteside, an almost-lifetime resident of D.C. and Maryland, has recently relocated to the Rockies. She enjoys freelance writing; hiking; club memberships; volunteer work; and exploring beautiful Colorado with her husband, John.

Tasty Appetite Quenching Treats

Frozen blueberries or grapes grab a handful truly refreshing on a hot summer's day.

Pretzels careful how many, they're usually loaded with salt

A chilled orange, peeled and sectioned.

Watermelon the latest research says serve at room temperature for maximum nutritional benefits.

A large glass of iced tea with a slice of orange or lemon and sprig of fresh mint.

A handful of fresh chilled cherries.

Iced decaf coffee with a sprinkle of cinnamon easy on the milk or cream it can add a load of unwanted calories.

Four ginger snap cookies (about 120 calories) with a glass of ice water with a twist of lemon or orange.

Popcorn no butter! Filling and getting accustomed to no butter is easier than you think. A smidge of salt won't hurt!

Baby carrots already prepared at your grocer's.

Unsalted nuts. A small handful of almonds or walnuts or even peanuts will go a long way in curbing hunger.

And of course there's always plain water, with or without ice cubes. Add a slice of lemon, lime or orange to give it eye appeal. Or try a refreshing seltzer.



Glucosamine and You

Keeping Your Joints Happy

By Rachel Ronin

deterioration of the joints. Anyone who suffers from joint difficulties should consider taking this safe and mild supplement, but be aware of a few caveats.

Glucosamine is a supplement, not a drug. It is not intended to replace arthritis medication or other pharmaceuticals. Pregnant women should not take glucosamine. Since glucosamine is technically a carbohydrate, although the body cannot convert it to glucose, diabetics should consult their doctors before taking it as it may affect blood sugar levels. While it seems obvious that anyone with a shellfish allergy should avoid glucosamine, most shellfish allergies are triggered by proteins, not the carbohydrate chitin from which glucosamine is derived. Many people with shellfish allergy can take glucosamine under the guidance of their doctor.

Finally, if you are taking aspirin or a blood thinner daily, you should be aware that glucosamine sulfate is similar to heparin, a blood-thinning drug.

With those caveats in mind, researchers have yet to find significant side effects from glucosamine. It is a good addition to your health care routine, whether you suffer from arthritis, have a bum knee or would just like to keep your joints strong and healthy. If your doctor gives you the clear, give glucosamine a try.

Your joints will thank you.

Rachel Ronin can be reached at roninwriting@yahoo.com.

* Do not substitute information in this column for the advice of a qualified healthcare professional. Reader discretion is advised.

Like so many other substances our bodies produce such as skin lipids, insulin and collagen, the production of glucosamine often slows in our later years.

Glucosamine is a substance made of glucose and amine (a nitrogen compound). Technically a carbohydrate, it stimulates our bodies to produce collagen and proteoglycans. These two proteins are what keep our joint tissues strong and connected. If the body's production of glucosamine starts to slow, the joints can become stiff and painful.

This is where glucosamine supplements come in handy. People have been taking glucosamine supplements and studying the effects of glucosamine since the early '80s, and nearly 30 years of research and use have proved that glucosamine supplements are safe and effective.

How are glucosamine supplements produced? The next time you host a crab feast will provide the answers: glucosamine is taken from chitin, a substance found in the shells of lobster, crab and shrimp.

Glucosamine comes in a bottle as glucosamine sulfate, N-acetyl

glucosamine, and glucosamine hydrochloride, but the glucosamine sulfate is the most popular and most available form. An appealing point is that it contains sulfur, which helps strengthen the collagen in joints. Glucosamine also is sometimes paired with another supplement such as chondroitin, a protein that keeps cartilage flexible, or calcium.

Typically, you need to take three separate dosages of 500 milligrams of glucosamine a day. It does not need to be taken with food or at a certain time of the day, but for the sake of convenience, it can be taken at every meal. Do be aware that it may take weeks if not months for you to be able to experience a real difference, so don't be discouraged. Give it at least three months and then see how you feel. However, you will benefit from it in more ways than just joint strength, and some benefits will come more quickly than others. Aside from strengthening the joints, glucosamine is a mild anti-inflammatory and pain reliever and is particularly good for arthritis sufferers. There is some evidence too that glucosamine can also slow the

Trans Fat: It's A Heartbreaker

By Kristen Goetz

Every good thing in this world has a downside to it. Sunshine causes skin damage, television causes eyestrain, car rides are bad for our environment and probably the worst of them all — great-tasting food is high in fat. It's true, the majority of tasty food that we all enjoy is full of fat; most importantly, it's usually full of trans fat. Trans fat is the common name for unsaturated fat with isomer fatty acids.

Trans fat usually occurs as a side effect of the hydrogenation of plant oils. This means that hydrogen atoms are added to unsaturated fats (which are the healthier fats), to make them more saturated, thus turning them into unhealthy fats. Hydrogenation causes liquid oils to be turned into semi-solids, like shortening and margarine. This is done to give foods a longer shelf life, due to their higher melting point and reduced chance of oxidization. Trans fat can also occur naturally in meats and dairy products, but hydrogenation causes most of it.

So, why is trans fat so bad for us? The reasons are endless. It causes many health risks, especially with the hydrogenated form of trans fat. It greatly increases the risk of coronary heart disease by raising levels of bad cholesterol (LDL-cholesterol), and it lowers levels of the good

cholesterol (HDL-cholesterol), which protects against heart disease. Trans fats are one of the greatest contributors to clogged arteries, which increase the risk of a heart attack or stroke. New research indicates that trans fat can substantially raise the risk of developing diabetes. With this long laundry list of negatives, it's no wonder that there has been a recent backlash against trans fat.

Trans fats were originally developed when saturated fats became the 'evil fat' in the food industry. Manufacturers loved it because it lasts longer than butter without going rancid. Longer shelf life means more money saved for food companies. The problem was, even though trans fat margarine was like the anti-butter, it became butter-like once it was digested in our bodies. Now that consumers are learning about the risks involved in eating trans fat, many companies are taking the troublesome fat out of their food.

Although trans fat is in many of the delicious foods we enjoy everyday, it is possible to avoid large quantities of it. Now that nutritional information is required on most food packaging, it's easier to be smarter about what you put in your body. Look for items with unsaturated fats, as those are the healthiest. Omega 3 fatty acids are also essential to our diets. Not enough is known about trans fats



“Trans fats are one of the greatest contributors to clogged arteries...”

to help us decide how much of the fat should be consumed daily, so it's best to try to eliminate most of it from your diet. It would be difficult to stay away from trans fats altogether, however, since it is in a vast array of our foods. Look for non-hydrogenated foods, especially when buying margarines and shortenings. Also, beware of reduced-fat foods. "Low fat" doesn't always mean it is better for you, sometimes it's just a smaller amount of an unhealthy fat.

Knowing the risks involved with fatty food can help you on your way to a healthier lifestyle. So avoid the problem food to significantly improve your health, and possibly lengthen your life.

Gunkholing on the Bay

By E. Downing

Recently I was asked to name my favorite anchorage on the Bay, one that could be reached within a day's sail. I didn't have an easy answer because there are so many in this area and more than enough within an easy day's sail of the Annapolis Harbor area. My favorite choice would have to do with the season and whether or not it's a trip to just hang out or to dinghy in for entertainment.

There's the St. Michael's area, which is a good year-round destination. It's always interesting taking the dinghy and stopping for dinner at one of the local crab houses. Then there's Whitehall, which has always been a favored destination, just a quick sail away. It's a great anchorage unless there's a north wind, which tends to blow one around in an uncomfortable way. But then Whitehall -- the grandkids have renamed it Ninja Bay -- is about as perfect a swimming hole as you'll find.

If the question was rephrased as to which direction I would head off to if I were looking for a couple of restful nights in July, it would have to be Shaw Bay just off the Wye River. With a good north wind to blow us over to the other side of the Bay, it would be an easy day's sail. Now if you want to talk power instead of sail, it would be little more than an hour and, yes, there's room for power boaters too.



Shaw Bay is the first of many protected coves on the Wye with an easy in-and-out, remembering of course the shoaling off Bruff's Island. The entrance is clearly marked and found just after rounding Bruff's. It's hard to miss. After passing the entrance you can drop anchor just about anywhere. There are good depths throughout, but the so'west corner is preferable, keeping in mind that there are frequent groundings on the lee shore, but overall it's protected and secure. The bottom is soft mud, so be sure to set the hook and leave plenty of scope. There's a wonderful stretch of beach running along the east side, a good place to stretch your legs or do some swimming or beach combing. Shaw is most often a quiet anchorage, except for the migrating geese in the fall, but that's another story. Although it can get crowded with weekend boaters, we were there recently on a weekday and had the anchorage to ourselves. Shaw Bay is a half mile wide, wide enough for a huge number of boats. Once we counted more than 75, all anchored with enough space to provide some degree of privacy. Interestingly, of the 75-plus boats, there were only seven power boats. I suspect the cost of gas is having some influence on the distances traveled. That weekend there were two raft ups, both rather noisy during the cocktail hour, but as the sun went down, they ran out of steam and it quieted down again.

Recently on a very hot day, we anchored near the entrance as we were anxious to catch a breeze. We were rewarded with a steady light wind that kept the air moving to make it more comfortable. Having heard the weather predictions, however, this was probably not the best place to drop the hook. We watched with a cautious eye as the clouds began to darken and build up on the western horizon. As with Bay storms, it came up very suddenly. With little

warning, the wind slammed into us, broad siding the boat with its full force. We were pushed off our anchorage. I must say that was a first! We had never lost our holding before, no matter the conditions. The wind screeched to the point that we looked up at the dark roiling clouds, fully expecting to see a funnel. We had to remind ourselves that this isn't Kansas! We stood watch as best we could as the lightning cracked, streaked and zig-zagged across the sky. Not a good time to go out on deck and reset the anchor! The rain came in sheets, cutting visibility to almost zero. The bimini held, not that we didn't have faith in it, but with extreme conditions one knows to expect just about anything. The engine held us in our position, keeping us from a collision with other boats that also seemed to be floundering. The lee shore appeared to be coming closer, but like so many of the Bay's summer storms, it was over in 20 minutes except for a few lonely drops splashing down. We easily reset the anchor and sat down to watch as the storm disappeared over the eastern horizon. No matter the summer storms, migrating geese in the fall and noisy cocktail parties, we decided it was still one of our all-time favorite gunkholes on the Bay.



Annapolis Waterworks Park



A Hidden Gem

By Penelope Folsom

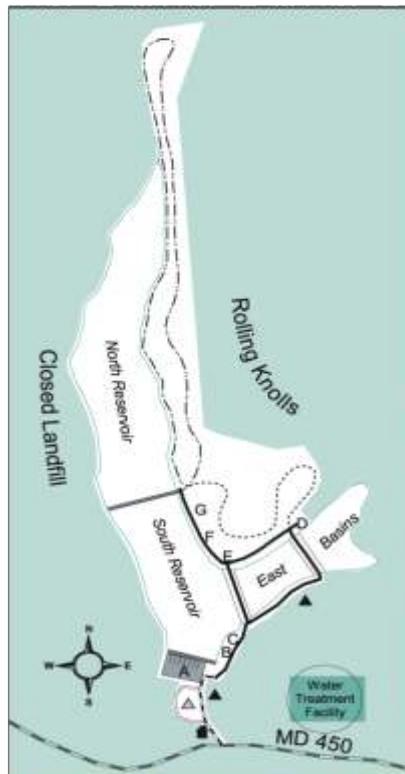
Just off Rt. 450 between Annapolis and Crofton, only a mile from the hustle, bustle and congestion of the Annapolis Mall, sits a small piece of nirvana Annapolis Waterworks Park. Hard to imagine that this 500-acre pristine tract lies just to one side of what was once a very popular landfill. The rolling hills and shaded paths comprise one of the best-kept secrets in Annapolis. Home of the Annapolis Reservoir, the meandering, lightly traveled paths wander along the east side of this hidden body of water, the source of drinking water for the city of Annapolis.

While walking there recently, I observed birds of all sorts including cardinals, bluebirds, chickadees and a Baltimore oriole high in a tree singing its heart out. I couldn't get a good view of one bird soaring high above the tree branches, but I suspect it was a bald eagle. I've seen them before along Rt. 450. And down at ground level, turtles! What a treat all sizes hanging out just about everywhere. It seemed that every inch of a half-submerged log had a family sunning themselves. And then there were heads that poked up through the flat water, disappearing just as silently as they'd come up. It was a surprise to see an occasional fish jumping, but the state Department of Natural Resources, the gate keepers of the park, said that they were probably smallmouth

“The rolling hills and shaded paths comprise one of the best-kept secrets in Annapolis.”

bass. Fishing is allowed (with a permit) in the park under the DNR's catch-and-release program. I also encountered what appeared to be a harmless garter snake, but I'm not a fan of slithering reptiles so I gave him some space!

There are a little more than two miles of trails well-marked with either blue or white blazes. You can choose your level of expertise. The half-mile Reservoir Trail is level and accessible to handicapped people. It goes along the reservoir and passes a gazebo with picnic tables in the shade. If you're looking for a bit more of a challenge, continue on to the Overlook Trail, which is a tad longer than a half mile. This will lead to the longer Wooded Trail Loop (about one mile) that provides more of a challenge with hills and a rougher trail.



City of Annapolis Recreation and Parks Department

Pack a picnic if you'd like, as there are picnic tables in a shaded area.

Now the hook, and you knew there'd be one with a treasure like this! Permits are required. It is an attempt to preserve the park's natural state.

The permits, which are available only to Annapolis and Anne Arundel County residents presenting valid IDs, can only be purchased at the Annapolis Recreation and Parks Department, 9 St. Mary's Street, in downtown Annapolis. Permits are sold beginning on the 15th of the month prior to the month you wish to use them. They are sold on a first-come, first-served basis for either a month or three months. Fees range from \$10 to \$35. It would be wise to check with Recreation & Parks before setting out to purchase a permit. They can be reached at: 410-263-7958 during business hours of 8:30 a.m. to 4:30 p.m., Monday through Friday. Or contact them online at recrepark@annapolis.gov.

Looking forward to seeing you on the trail.

Roads & Trails

- Entrance Road
- Closed Road - Do Not Enter
- Reservoir Trail (.5mi. - Handicapped Accessible)
- Woodland Trail Loop (1 mi.)
- Overlook Trail Loop (.6 mi.)
- Dam - No Access

Park Facilities

- A Parking
- B Handicapped Parking
- C Restrooms (Handicapped Accessible)
- D TKF Sacred Places Bench
- E Gazebo (with picnic tables)
- F Handicapped Accessible Fishing Platform
- G Picnic Area
- Farm House (Private Residence)
- ▲ Small Pumphouse
- △ Historic Pumphouse

Note: Shaded areas are not open to the public. Please stay in non-shaded areas.

Dining On The Water

By Leslie Younes

With the boating season in full swing, gentle breezes and lazy days give way to balmy evenings. What could be more appropriate than spending those evenings near or on water?

With this no-fuss, do-ahead menu, you will be packed and ready to go in no time. It can work for a casual day trip or an elegant sail. Color is key. Bon appetite!

RADISH CANAPÉS

Makes 30. Color: red, white and green.
Try this on people who hate radishes; they adore it!

- 12 large red radishes (reserve 3 for garnish)
- 8 oz. cream cheese, room temperature
- 1 tbs finely chopped parsley leaves
- 2 tsp finely chopped chives
- 1 tbs lemon juice
- kosher salt to taste
- 8 slices pumpernickel or rye, toasted and cut into triangles

Shred the 9 radishes and squeeze out the liquid. Mix cream cheese, herbs and lemon juice together, then stir in the radishes, salt and pepper. Just before serving, spread the mixture on the individual toasts. Top with a thin slice of radish and an inch of chive from the tip, allowing all tips to point in the same direction for presentation. Sprinkle with a little kosher salt.



B.O.A.T. SANDWICHES

Makes 16 servings. Color: white, green and red.

- 2 tbs mayonnaise
- 1 tsp finely chopped parsley
- 1 tsp finely chopped chives
- 2 ripe beefsteak tomatoes, sliced
- 8 slices whole grain bread

Prepare the asparagus by taking off any woody stem. A good rule of thumb is to cut off 1" from the bottom, if you are feeling any resistance at this point, just travel up the stalk with your knife until you feel a soft and buttery cut. Place the stalks in a skillet with just enough water to cover the base. Sprinkle with a little salt and dot with a little butter. Turn the heat to high, cover and when the pan comes to a boil, turn the heat off, wait one minute and uncover the asparagus spears, taking them from the skillet immediately and onto a plate. They should be perfectly green, crisp yet tender. (Note: Leaving the lid on any longer would turn a green vegetable yellow). When cool enough to handle, cut the spears to the exact length of the bread (four spears per sandwich). Mix the cream cheese with the mayonnaise, stir in the parsley and chives.

To assemble: Spread two slices of bread with the cream cheese mixture. Thinly spread olive tapanade over this. Slice each asparagus spear in half (this will prevent it slipping when the sandwiches are cut) and lay four slices on one slice of bread. Sprinkle crumbled bacon on top of the asparagus. Top with sliced tomato. Season if desired. Top with second slice of tomato and cut into four triangles. Place flat side down, point up, on a long platter and repeat with the other sandwiches. Garnish with the asparagus tips.

** If you don't like asparagus, substitute mashed avocado. It's still green, it still spells B.O.A.T. !!



CHICKEN, ROSEMARY & CASHEW NUT PATÉ

Makes 2 cups. Color: yellow, red and green.
Serve on fresh baguettes with tomatoes and gherkin pickles.

You will need a food processor for this. Can be made in advance. Will keep several days in the refrigerator.

3 tbs butter

2 skinless chicken breast halves, cut into 1/2" pieces

1 tbs chopped fresh garlic

1/3 c. lightly salted cashew nuts

1/3 c. mayonnaise

1/2 c. finely chopped onion

1/2 c. Asiago cheese, finely grated

1/2 tsp hot pepper sauce

1 scant drop of yellow food coloring (optional)

1/4 c. fresh rosemary leaves, finely chopped

salt and pepper to taste

Melt butter and add chicken, salt, pepper and garlic and sauté until cooked through, about 5 minutes. Stir in cashews and remove from heat. Let cool. Process mixture coarsely then stir in the mayonnaise, onion, cheese and pepper sauce. At this point you can add your scant drop of yellow food coloring to lift the color of the dip, which will look rather like hummus. Add finely chopped rosemary leaves, check for seasoning. Let sit for a couple of hours before serving. Spread onto fresh baguette, top with chopped tomatoes and gherkin pickles if desired. This dip is also delicious on wheat crackers.



SPINACH AND SALMON ROULADE

Serves 8. Color: green and pink.
This is a presentation dish that is wonderful if you have leftover fresh salmon.

1/2 stick butter

1/3 c. flour

1 c. milk

4 eggs, separated

small packet frozen chopped spinach,

defrosted and squeezed dry

Filling:

3 c. cold poached salmon, flaked with a fork

4 green onions, whites and stalks finely chopped

1 tbs chopped chives

1/2 c. mayonnaise or half mayonnaise and Greek yogurt

Prepare a 1" jelly roll pan by greasing and lining with parchment paper. Set oven at 375°. Melt butter, add flour and milk and make a white sauce or roux, by stirring constantly over medium heat with a wire whisk, until thickened and smooth. Remove from heat and stir in the egg yolks and spinach, then transfer to a large bowl. Beat the egg whites until soft peak and fold lightly into the spinach mixture. Pour into the prepared jellyroll pan and spread mixture evenly. Bake for 10-12 minutes on middle shelf. Don't over bake or soufflé will become dry. After removing soufflé from the oven, invert onto a clean surface lined with parchment paper. Allow to cool and then spread evenly with the filling, to within 1/2" on all sides. This will ensure even distribution of the filling as you are rolling up the soufflé.

FILLING: Combine the salmon, green onions, mayonnaise/yogurt and chives and mix well. Roll up jellyroll style, using the parchment paper to facilitate even rolling. Before serving, using a very sharp knife, cut off ends of the roll, to expose the pink filling. This can also be plated along side a cucumber dill salad and a tossed green salad.



CHOCOLATE NUT CASSATA

Serves 10-12.

Must be made ahead and refrigerated. Can be refrigerated for several days or frozen for future use.

One 12-inch ready-made or store-bought butter pound cake

16 oz. whole milk ricotta cheese

3/4 c. confectioners sugar, sifted

1/4 c. + 2 tbs. orange liqueur

1 tsp. vanilla extract

3/4 lb. finely chopped bittersweet chocolate

1/2 c. candied orange peel

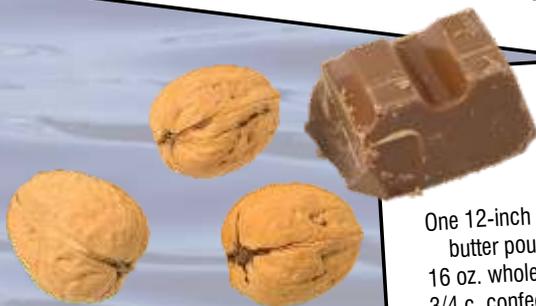
1/2 c. coarsely chopped walnuts

1/2 c. water

1/2 c. granulated sugar

1/2 c. sweetened cocoa powder

Shave the brown top, bottom and sides from the cake. Cut it into 4 even horizontal slices. Push the ricotta through a sieve and stir in the confectioner's sugar. Beat it along with the 1/4 c. liqueur and the vanilla. Fold in the chopped chocolate, orange peel and walnuts. In a saucepan, heat the water with the granulated sugar until dissolved. Remove from the heat and stir in the remaining 2 tbs orange liqueur. Line a 10 x 6 loaf pan with plastic wrap and allow 6" to hang over the sides. Brush each slice of the cake with the orange syrup and sift it, dry side down, in the pan. Spread 1/3 of the cheese mixture and continue until all the liquid and cheese is used up. Cover tightly with the overhanging plastic wrap and refrigerate overnight. When ready to serve, unwrap the top, invert onto the serving plate and remove the remaining plastic wrap. Place the cocoa on top and sides and cut into slices. Serve with fresh orange slices.



Lesley Younes specializes in Global Cuisine, having lived and taught culinary arts in various countries. Leslie also ran a catering company called Eclectic Surprises, which suitably describes her cooking style from two decades of travel in both hemispheres. She can be reached at Kookaburra75@hotmail.com.

FARMERS' MARKET

Corner of Riva Rd.,
Harry S. Truman Pkwy.
Open for Business

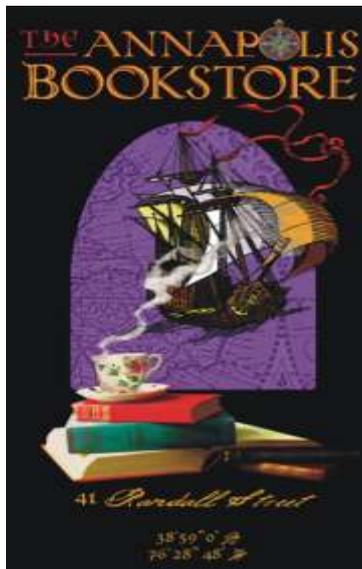
The Riva Road open-air farmers' market is now open. If you haven't been there yet, you're missing a real treat! The produce is fresh and tasty, as only locally grown produce can be! The vendors are friendly and more than happy to answer your questions, whether they are on cooking methods, keeping veggies fresh or storing fruits. There are a few craft tables, a wonderful spread of home-baked goodies, flowers in baskets and flats, vegetable plants ready for your garden, fresh eggs from free range chickens and even a "Master Gardener" booth staffed by knowledgeable people waiting to answer your most perplexing gardening question.

They're open on Saturdays from 7 a.m. until noon through Dec. 22, about the time the first snow flies. Since June 12, they've also been open on Tuesday from 7 a.m. until noon.

Don't miss it, it's a wonderful experience.



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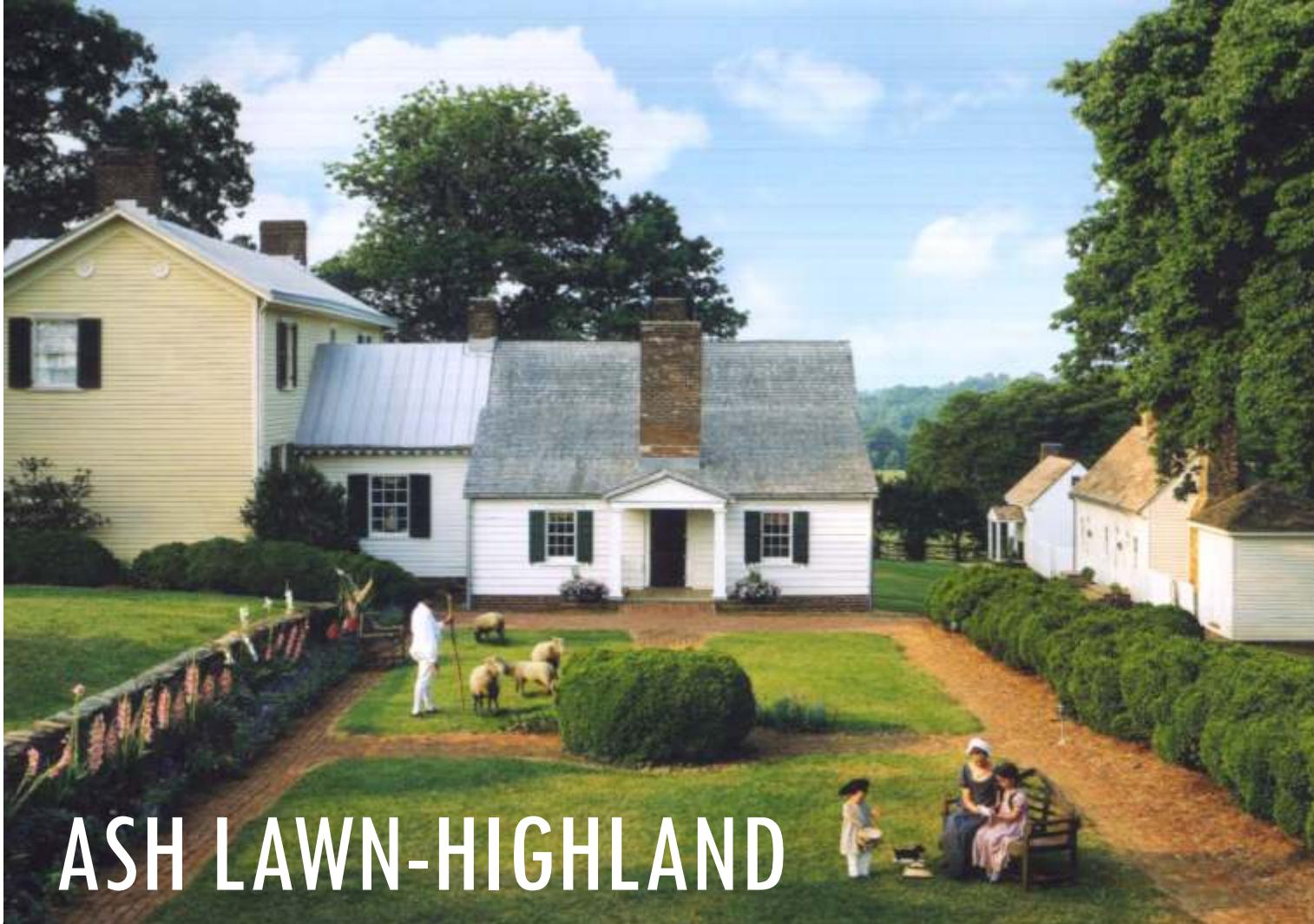
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ASH LAWN-HIGHLAND

Opera Under the Stars

An easy three-hour drive, from the Bay area, will bring you to one of the most pleasant musical venues east of the Shenandoah. Ash Lawn-Highland was formerly the home of James Monroe, the 5th president of the United States. At the suggestion of Thomas Jefferson, Monroe purchased Highland in 1793 for the purpose of creating "a society to our taste." Always hospitable, Monroe and his wife Elizabeth Kortright opened their home frequently to visitors. In 1974, philanthropist Jay Winston bequeathed the 535-acre working farm, Ash Lawn-Highland, to the College of William and Mary, James Munroe's alma mater.

Now into the 30th year of summer musical programs, Ash Lawn offers a variety of entertainment, the most notable of which are their operatic productions. The selections that the summer group chooses are bright and peppy and performed either under the stars or under a huge canvas tent in case of rain. Drawing on talent from all over the country, the arias are on a par with any professional group. This year they will be presenting *Mozart and More*, Puccini's *LaBoheme* and on a lighter note, *The Sound of Music*. Ticket prices range from \$16-\$26. Seniors get a \$1 discount off both the week-day \$25 ticket and the \$26 Saturday night price. For a complete list of programs, schedules and ticket prices go online to ashlawnhighland.org.

Come early and bring folding chairs or a blanket. The cool breezes blowing through the trees here invite a summer picnic.

Local B&B Packages

BOARS HEAD INN
Boarsheadinn.com
Four Diamond dining, golf, tennis, spa and more
Double room with two opera tickets from \$199

FOXFIELD INN
Foxfield-inn.com
Whirlpool tub, full breakfast and more
Double room with two opera tickets from \$235

THE INN AT SUGAR HOLLOW FARM
Whirlpool tub, full breakfast and more
Double room with two opera tickets from \$235

I SCREAM, YOU SCREAM... WHAT'S THE DEAL WITH ICE CREAM?

By Kristen Goetz

It's a summertime tradition: When the weather heats up, people try to cool down. And what better way to do that than with some cold, delicious ice cream? With a vast variety of flavors and so many different ways to eat it, it's no wonder that ice cream is one of North America's most popular desserts.

The facts of ice cream's origin are unknown; there are many different stories, but a lack of specific dates. Apparently Alexander the Great was fond of snow and ice flavored with honey and nectar, and during the Roman Empire, Nero Claudius Caesar would take the snow from nearby mountains and mix it with fruits and juices. Another story involves Marco Polo returning from his journeys with a new recipe that resembled modern day sherbet. During the 17th century, Charles I presented ice cream at his dinner table, introducing the treat to England.

France learned about ice cream, or "cream ice" as it was called then, when Catherine de Medici of Italy became the

wife of Henry the II in 1553. Ice cream wasn't introduced to the public, however, until 1660 when a café in Paris presented a recipe blending milk, cream, butter and eggs. When the dessert later came to America, both George Washington and Thomas Jefferson took a quick liking to it and were known to serve it to their guests quite regularly.

No matter where it came from or when it was discovered, it cannot be disputed that ice cream is one of the most popular desserts ever known. It now comes in an infinite number of flavors and types, from cones to shakes and anything in between. As with everything, however, there is a downside to it: high fat. Since ice cream is essentially frozen cream, the fat content can be astronomical, causing the treat to be the bane of a dieter's existence. There are low-fat versions of most flavors, but the buyer must beware. Often when any fat is taken out of food, more sugar is added to replace it. To stay on the safe side, look for ice creams that are made with low fat and low sugar. Or, if missing out on the great taste is not an option, have the full-fat ice cream on fewer occasions.



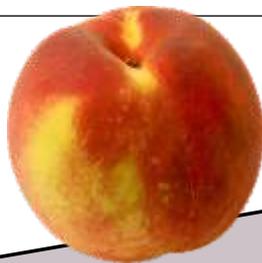
It is estimated that the average American consumes more than 23 quarts of ice cream each year.

That is quite a lot, so take heart that there are also positive benefits from eating it. As we grow older, our bones become consistently more brittle and weak, causing problems for many during the later stages of life. So, how can ice cream help? Ice cream contains calcium, which promotes healthy bones and aids in the prevention of osteoporosis. If ice cream contains fruit instead of chocolate or candy, fiber is also added to your ice cream. If it is possible to maintain a healthy diet including ice cream; the right choices just have to be made.

Example: Frozen yogurt can be a tasty and healthy substitute for a higher-fat ice cream.

Ice cream is a delicious treat to people of any age, and with all the different flavors, the choices are endless. If consumed moderately and prepared with the right ingredients, ice cream can be a part of anyone's diet. So, when the days get warmer and you need a tasty way to cool down, go ahead and choose that ice cream. Your bones (and taste buds) will thank you.

Here are some healthy ice cream recipes:



PEACHY ICE CREAM

2 egg yolks
1 (28 oz.) canned peaches in syrup
2 tbs sugar

1 1/2 c. low fat or skim milk
1/2 c. nonfat milk powder
Fresh fruit, if desired

In a food processor/blender, process peaches and syrup to a smooth puree. In saucepan, beat egg yolks with sugar until thick and creamy. Scald milk. Stir in nonfat, dried milk until dissolved. Pour milk over eggs, stirring continually until custard thickens. Remove from heat. Cool. Makes about one quart.

COOKIES & CREAM TOFU ICE CREAM



1 (12.3-ounce) package reduced-fat firm tofu, drained

1/2 c. sugar
1/2 c. half-and-half
1 tsp vanilla extract
1/4 tsp salt

2 c. frozen fat-free whipped topping, thawed
10 cream-filled chocolate sandwich cookies (such as Oreos), crushed
8 cream-filled chocolate sandwich cookies (such as Oreos) - for garnish

Combine first five ingredients in a food processor or blender; process until smooth. Place tofu mixture in a large bowl. Fold in whipped topping. Pour mixture into the freezer can of an ice cream freezer; freeze according to the manufacturer's instructions. Stir in crushed cookies during last five minutes of freezing. Spoon ice cream into a freezer-safe container; cover and freeze one hour until firm. Garnish with a whole cookie, if desired. Makes eight, 1/2-cup servings.



Preserving Nature's Bounty

Back to the Good Old Days

By Neil Moran

When I was a kid my mother would often ask me to go down to the cellar to get a quart of tomatoes. Each time I would have to ask her: "With or without the seeds?" Her reply would tip me off as to what we were having for supper. Without the seeds meant tomato soup, with seeds meant spaghetti or goulash.

These days, if you're like my wife and I, you probably have more time to get back into a little food preservation. There's never been a better time to preserve our own food. By preserving our own food we know exactly where our food is coming from and have a pretty good assurance it's not packed with preservatives or contaminated by sloppy processing. And of course, you can't beat the taste! Next to fresh off the vine, there is nothing quite like eating fresh-picked fruits and vegetables that have been canned or preserved right in your kitchen.

With Bay area gardens ripening and farmers' markets brimming with fresh produce, now is the time to prepare yourself for the fun and rewarding task of do-it-yourself home food preservation.

Selecting Quality Produce.

The first step is to select quality fruits and vegetables. According to the *Better Homes and Gardens "New" Cookbook* (1996), it is best to can or freeze produce within 12 hours of harvest. Or like my mother used to say, "Get the water boiling then go pick the corn!" If you're not growing your own, try to find a reputable truck farmer you can trust

or freeze may also boil down to considerations such as space in your cupboards and freezer, and the time you have to devote to this task.

For instance, I find it much easier and less time-consuming to freeze corn right off the cob, rather than using a pressure cooker and taking the extra time needed to process my corn this way. Fortunately, corn takes to freezing quite well.

The corn we take out of the freezer in the middle of the winter still has that (nearly) fresh-picked flavor. On the other hand, I don't like the way frozen beans taste. I'd rather can beans. The choice, of course, is yours.

If you decide to can your produce, there are two safe methods: the boiling



when he says his produce was "just picked this morning."

The most common methods of preserving food are canning and freezing. I'll give you a few pointers on these methods of food preservation while leaving the details to the books I've recommended at the end of this article.

People have debated for years over which method, canning or freezing, is best in terms of taste and nutrition. Taste is a personal choice while nutrition has as much to do with the quality and freshness of the produce as it does with either of these methods. Your choice to can

water bath method and the pressure canner method.

The boiling water method.

This method is used to preserve produce with a high acid content, such as tomatoes, fruits, jams, jellies and pickles. This method of canning is carried out with a large canner with racks that keep the jars from touching and allows the boiling water to flow around the jars for even processing.

The pressure cooker method.

Because of their low acid content, most vegetables and all meats and fish need to be processed by this method to avoid botulism. Two to

three inches of water is poured around the jars in a pressure cooker and heated to 240 degrees, which will kill any harmful bacteria. A pressure cooker is a good investment if you're going to be doing a lot of canning.

Regardless of which canning method you use, you'll need specially made canning jars, sealing can lids and screw bands. Sealing can lids are for one-time use only. Screw bands can be reused if not bent. Half-pint, pint and quart jars manufactured by canning supply companies such as Kerr, Mason and Ball are recommended. These jars are sold in most grocery stores but are also easy to acquire from friends and family or from thrift shops and garage sales. Mineral deposits can be removed from recycled screw bands and jars by soaking them in 1 cup of vinegar per gallon of water.

Freezing.

Freezing produce halts the process of spoilage just as well as does canning. However, most foods lose their flavor after four or five months of being frozen, due in part to spoilage. Most vegetables need to be blanched prior to being frozen

. This usually involves a quick dip in a large kettle of boiling water. The key to properly freezing fresh produce is to closely follow the directions for blanching, being particularly careful not to leave vegetables in boiling water longer than recommended, which will result in lost flavor and vitamin content.

The supplies and equipment needed for freezing include a large kettle for boiling water, a strainer and plastic sandwich-type bags clearly labeled as freezer bags. Some people also use waxed-coated cardboard freezer boxes to help prevent freezer burn. However, I've found that double bagging your produce will work just as well, at a fraction of the cost.

Have your jars, pressure cooker, kettles, etc., clean and ready to go. Also, have your recipes picked out and a good how-to book or cooperative extension bulletin handy to take you through the step-by-step procedures of canning and freezing.

One comment I've often heard about canning and freezing goes something like this, "If I want a can of vegetables, I'll get it off the shelf

in the super market!" Indeed, it is much less time-consuming to go to the store and grab a can of vegetables off the shelf. However, this winter, when the wind is howling outside the door, you'll be biting into the freshness of a summer day, while these naysayers will be eating the usual bland fare off the shelves in the supermarket. Perhaps if you share some of your pickled beets or dilly beans with them they'll catch the canning bug and join in on this healthy pastime.

Neil Moran is the author of North Country Gardening: Simple Secrets to Successful Northern Gardening. Visit him at www.neilmoran.com.



Equipment Needed for Canning

Canning jars, sealing lids and screw bands.

Water bath canner (a large cooking pot) with wire racks on bottom for fruits, tomatoes, jellies, jams and pickles.

Pressure cooker for most vegetables and low-acid foods including fish and meats.

NO-FAT CHUNKY SALSA

- 7 pounds tomatoes (20 medium)
- 10 Anaheim or poblano chili peppers, seeded and chopped (about 3 cups)
- 3 jalapeno or Serrano chili peppers, seeded and chopped (about 1/3 cup)
- 2 cups coarsely chopped onions (2 large)

- 1/2 cup snipped fresh cilantro or parsley
- 1/2 cup vinegar
- 5 cloves garlic, minced
- 1 tbs. sugar
- 1 tsp. salt
- 1 tsp. pepper



1. Peel, seed and coarsely chop tomatoes. Place tomatoes in a large colander. Let drain about 30 minutes.
2. Place drained tomatoes in an eight-quart pot. Bring to boiling; reduce heat. Simmer, uncovered, 45 to 50 minutes or until thick and chunky, stirring frequently. Add garlic, sugar, salt and pepper. Return mixture to boiling. Remove from heat. Makes four pints.

Boiling water canning. Ladle salsa into hot, clean pint jars, leaving a one-half-inch head space. Wipe jar rims and adjust lids. Process in a boiling water canner for 35 minutes; start timing when water begins to boil.

Freezing. Place the kettle in a sink filled with ice water. Stir mixture to help it cool. Spoon into wide-top freezer containers, leaving a one-inch head space. Seal, label and freeze up to six months.

Source: *Better Homes and Gardens New Cook Book*, 1996.

Sources For Recipes and Step-by-Step Instructions

Better Homes and Gardens New Cookbook, Des Moines, Iowa, 1996.

The Busy Person's Guide to Preserving Foods, by Janet Chadwick, 1995.

Building a Paradise For The Birds



By Tim Hamilton

Native or indigenous plants provide seasonal habitat benefits to wildlife that non-native plants cannot. Native plants are an added plus because they adapt well to drought and allow low-maintenance gardening. They require little water once established and need little or no fertilizer. Birds need shelter, food, water and a place to raise their young, so they find a native garden particularly attractive for nesting.

You can create levels of vegetation starting with large trees, secondary trees, shrubs and ground cover. Examples of native tall deciduous trees include Red Maple (*Acer rubrum*), River Birch (*Betula nigra*) and Oaks (*Quercus*). Native evergreen trees include Eastern Red Cedar (*Juniperus virginiana*), White Pine (*Pinus strobes*), Loblolly Pine (*Pinus taeda*) and Eastern Hemlock (*Tsuga canadensis*). Medium native trees are available such as Flowering Dogwood (*Cornus florida*), Sweetbay Magnolia (*Magnolia virginiana*), Serviceberry (*Amelanchier canadensis*) and American Holly (*Ilex opaca*). Native shrubs that flourish here include Sweet Pepperbush (*Clethra alnifolia*), Red Osier dogwood (*Cornus stolonifera*), Inkberry (*Ilex glabra*), and Winterberry (*Ilex verticillata*). Native perennials and

grasses supply low vegetation.

Cover can also be provided by placing nesting boxes in your habitat to attract bluebirds, wrens, Tufted Titmice and Carolina Chickadees. The box will be used in spring and summer as nesting sites. The species of bird attracted will depend on the placement of the box. In winter the box will be used as a roosting box.

Food sources are provided by native seed-setting perennials such as Blackeyed Susan (*Rudbeckia hirta*), Purple Coneflower (*Echinacea purpurea*), Narrow Leaved Sunflower (*Helianthus angustifolius*), Goldenrod (*Solidago rugosa*) and ornamental native grasses such as Switchgrass (*Panicum virgatum*), and Little Bluestem (*Schizachyrium scoparium*). Fruits are provided by berry-producing sources such as Serviceberry, Viburnums, Hollies, Blueberries (*Vaccinium corymbosum*) and Bayberry (*Myrica pensylvanica*). The planting of one native dogwood can feed over a hundred species of wildlife.

Birds can be supplied with feeding stations of black oil sunflower seed, which is the preferred seed of more than 50 species of songbirds. Thistle seed will attract the American Goldfinch and Morning Doves. Suet will attract

wrens, woodpeckers and nut-hatches.

Water can be provided by a birdbath or fountain. Birds are attracted to the sound of dripping or flowing water. A pond will attract a diverse species of birds. Your feathered friends will welcome even a simple terra cotta saucer full of fresh water.

Remember, no matter what size your property, you can enjoy nature outside your window. Try to landscape your habitat so that you can attract the particular wildlife that interests you. Your habitat will bring you many every-day simple pleasures.

Tim Hamilton is the marketing director for Homestead Gardens in Davidsonville, MD.



***“Try to landscape your habitat so that you can attract the particular wildlife that interests you.*”**

A Cool Pastime

Tubing Down The River

On a hot summer's day, there is nothing in this world more delightful than plopping into a rubber tube and floating slowly down a lazy river. The only thing that could possibly be better than that is going on the adventure with a group of friends and renting an extra tube for the cooler to keep your beverages well chilled (Be safe, no glass). Choices abound in this delightful pastime and one is not limited to Mack truck-type inner tubes. There are also kayaks or canoes to rent or even duckies (inflatable, sit on top kayak). The degree of difficulty can vary from a gentle, winding river to the rush and excitement of white water. Most of the river recreation companies offer an extensive menu of choices. The time on the water can stretch from 1 hour to all day, depending on your speed, distance and plan of the day. You can have a guided tour that includes lessons on whatever floating vessel you choose. You can take historical tours with a guide pointing out the sites, try a paddle and wine tasting and, if that's not enough, there's a wine tasting with a concert to follow! It's an adventure, from the vintage school bus that will bring you to the launching site, to the low water where a large part of your anatomy is apt to get dragged over a rocky bottom. Obviously, dress is casual: old shorts, T-shirt and a floppy hat works nicely.



Prices vary widely from \$15 for a tube on up to \$71 for a paddling and wine tasting adventure. Any of these trips requires a PFT or lifejacket that must be Coast Guard-approved. Most companies allow you to bring your own flotation gear, a good way to save a few dollars to rent that extra tube to float your beverages!

Here is a list of rental companies, all located in the Harper's Ferry area where the Shenandoah and Potomac rivers meet. The location is within 90 minutes of Annapolis. Take your pick! Log on to any of the sites or call for details. Reservations strongly encouraged.

River Riders

408 Alstadts Hill Road
Harpers Ferry, WV
1-800-326-7238
trips@riverriders.com

Shenandoah River Outfitters, Inc

Luray, VA
800-622-6632
www.shenandoah-river.com

River and Trail Outfitters

Knoxville, MD
888-446-7529
river@rivertrail.com

Butts Tubes

Purcellville, VA
800-836-9911
info@buttstubes.com

James River Reeling & Rafting

Scottsville, VA
434-286-4386
reelingandrafting.com



GOOD GUZZ

News That You May Have Missed

Anne Arundel County Executive John R. Leopold recently announced that as of July 1, 2007, the entrance fee to any of the county's four parks will be free of charge for all retired or active duty military personnel and their families. "I view this new initiative as one more way to honor military personnel and their families for their contributions to Anne Arundel County, the State of Maryland and the United States of America," Leopold said. Show your military ID at the entrance to qualify for free entrance.

County parks include:

John H. Downs Memorial Park

John Downs Loop
Pasadena, MD 21122

Fort Smallwood Park

Fort Smallwood Road
Pasadena, MD 21122

Kinder Farm Park

Kinder Farm Park Road
Millersville, MD 21108

Quiet Waters Park

Quiet Waters Park Road
Annapolis, MD 21403



Massage Therapy:

A New Perspective

By Diana Duplantier

Just picture it. You are deeply relaxed, free from worry and tension, and, as a result, the rest of your day is spent in a dream-like state with a peaceful mind. Is this scene familiar to you? Well, if it is, it means that you have been getting massage therapy for years and can happily relate to this experience. If you aren't familiar with it, then perhaps you need more information about massage therapy so that you can understand its full benefits. There is so much more to massage than just another way to achieve relaxation. Contrary to many peoples' belief, it isn't reserved for just for the super-elite. Did you ever wonder why it has become so popular? Today, massage therapy is being used to treat autism in children, depression in teenagers and arthritis in older adults. It is comprehensive in nature. Let's find out why.

What are the overall benefits of massage?

The benefits of massage are systemic, meaning that it affects the whole body. Yes, you are more relaxed, and who couldn't use more relaxation? But massage is more than just indulging that side of you that yearns to be given the royal treatment. Massage therapy promotes removal of toxins,

increased blood and lymph circulation and improved nutrition of the tissues. It also aids in circulation of areas that are particularly tight and painful. Have you ever wondered what causes those areas of tightness? In short, it is called stress. Stress expresses itself in the nervous system, what is commonly known as the "fight or flight response." The body's responses to stress include dilation of the pupils, increased heart and respiratory rates, increased blood flow to skeletal muscles and decreased rate of digestion. To make matters worse, hormones known as adrenaline and cortisone are released by the brain and attack the white blood cells that are responsible for healing. Then, they stifle your immune system and subject you to viruses. Have you ever noticed that when you are stressed out for long periods of time, you get sick? This is why. In addition, these extra hormones hang around in the form of toxicity and often settle in our necks, shoulders and hips. Massage counteracts this by inducing the parasympathetic response, which restores and conserves the body's energy. Internationally renowned author, Dr. Deepak Chopra explains that another benefit of massage is that when the skin is stimulated

through massage, high levels of anti-cancer and anti-aging hormones are released into the body and can remain there for up to three weeks. When you feel invigorated after a massage, this feeling is your body's way of thanking you. Because touch is important to the physiological welfare of the body, the body senses this. It will thank you by releasing healthy hormones to help you sleep soundly and by invigorating your whole body.

What are the effects of massage for the 50-plus population?

Although massage therapy can benefit people of all ages, there are specific benefits of massage for the older adult. According to the American Massage Therapy Association, the statistics on massage for the 50-plus population are growing rapidly. While the baby boomers (ages 55-64) have tripled their use of massage over the past 10 years, the folks aged 65 and older have also dramatically increased their use. The reason is simple: results. The aging body is, well, different. Research shows increased relief from arthritis, increased flexibility, relief from aches and pains and better sleep. Just one example: In 2000, the *Journal of Bodywork and Movement Therapies* published a study in which 30 adults with controlled hypertension were randomly assigned to receive two weekly sessions of either massage therapy or progressive muscle relaxation for five consecutive weeks. While both groups showed improvement, only the massage group showed reduced levels of systolic and diastolic blood pressure, a decrease in stress-hormone levels and lower scores for depression, anxiety and hostility. While there are a number of ways to achieve these goals, receiving regular massage is a very gentle way to achieve results.

How do you find a good massage therapist?

Finding a massage therapist who is right for you might take a little work, but the process is simple. First, when incorporating any complementary form of care into your health regimen, talk to your doctor to make sure you don't have any conditions that are contraindicated for massage therapy. Often the best way to find any new practitioner is to ask your friends for a referral. You may be surprised to learn that a number of your friends are getting massages on a regular basis. If this doesn't work, you can find massage therapists in chiropractic clinics, health clubs, spas and wellness centers. It is important to make sure that your therapist is nationally certified through the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) and licensed with the state. This ensures that your therapist has received extensive training and can, along with your doctor, address any medical concerns that you may have. In addition, the training for these therapists is more extensive in multiple disciplines of massage like Swedish, Deep Tissue and Myofascial Release. After choosing a location that provides massage therapy, give them a call and explain that you are interested in getting a massage, but would like to speak to the massage therapist before you make an appointment. During your conversation, see if you make a connection. If you feel compassion and a level of comfort from your therapist over the phone, there is a good chance you have found the right practitioner.

What can you expect on your first appointment?

If you have never had a massage, there are a few things you need to know that will help you to enjoy the process more. First, arrive early for your massage. The last thing you want is to be rushing to your appointment only to have to force your body to relax on the massage table while your mind is still stuck in traffic. Second, avoid eating a heavy meal or drinking caffeine before your massage. If your body is working to digest food or metabolize caffeine instead of moving into parasympathetic mode, you will not enjoy the experience as much. Third, your massage therapist will ask you to fill out an intake form. This is a one-time request and helps to give your therapist an overview of your health. A good massage therapist will use this form to discuss your health. The therapist may have a lot of questions. For example: What brought you in today to get a massage in the first place? What are your current aches and pains? What are your past or current injuries? Do you have any allergies or are you taking any medications? This would also be a good time to ask any questions

that you may have. Fourth, you can enhance the effects of your massage by doing two things. After your massage, soak in an Epsom salt bath for 20 minutes. This helps because when the salt concentration on the outside of the body is greater than on the inside of the body, the salts help to pull the toxins out of the body. Also, drink water. This is another facilitator of toxin removal and will dramatically increase the effectiveness of your massage.

Last, as you lie on the massage table, your mind can sometimes spin with information, images of the day or of the previous night's dream. But when you focus on your breathing and move your attention inward, something shifts. You begin to move into a place of deep awareness and a place of deep healing. If you get massage therapy regularly, you become confident that you are doing more for yourself than just attempting to relax.

For more information about massage therapy, log onto www.AMTAmassage.org or www.ncbtmb.com.

Diana Duplantier is formerly a licensed and certified massage therapist and is now a full-time sales professional. If you have any questions or comments, you can e-mail her at diana_duplantier@comcast.net.



Partners



In Care

A Community Where Meaningful Retirement Opportunities Abound

By Karen McLaughlin

On a typical Wednesday morning, the Partners In Care Boutique in Severna Park, MD, is bustling with volunteers and shoppers looking for bargains and a way to help their community.

Mary Williams, a volunteer cashier, retired from a career in education. "I see people I used to work with when I come into the shop," she said. "It's something you look forward to coming to. It's fun!"

She also enjoys meeting customers. Some shoppers are looking for special sizes or something unique. Some are on

tight budgets and happy to find dress clothes at very modest prices. Often shoppers can find items of dress clothing for less than \$20. I found a pair of name-brand shorts for \$6. Amidst the clothing, shoes, purses, books, china and home accessories, shoppers often find treasures.

"People love it because you can find different items," said one shopper, referring to the unique jewelry in the store. "When I find pieces (of jewelry) I think, 'Somebody loved this,' and you're supporting something."

But the boutique provides more than a good buy. For many

volunteers, it's also part of a meaningful retirement.

"I do it to give back to the community," said Nita Israel, a boutique storefront volunteer who retired from 30 years in banking. "I've been so blessed."

Having left successful careers in the government, education, banking and large corporations, many local retirees don't want to sit quietly at home.

"People are looking for a meaningful retirement, meaningful volunteer work," says Anne Myers, Partners In Care Development Director.

Giving Has Come Full Circle

A community service organization for the elderly, Partners In Care is a unique nonprofit organization that works to help disabled, frail and elderly residents with everyday needs. Often these are simple tasks that make a big difference — providing rides to doctor's appointments, picking up prescriptions or groceries, or doing minor home repairs and yard work. In the organization's program of reciprocity, volunteers choose what services they can provide and bank their hours helping others. When a volunteer needs help at some point, they know they can count on the organization to be there to help them in return.

The organization even provides emergency kits for seniors and actively installs the Health Watch Program, a personal emergency response system service that contacts emergency personnel if a sick or disabled resident is unable to phone for help. This is an especially important resource for disabled, frail or elderly residents who live alone.

Partners In Care also has a unique way to support itself in its "upscale resale" boutique. Headed by founding member and board



secretary Maureen Cavaiola, and staffed by approximately 75 volunteers, the Partners In Care Boutique provides the organization with one-third of its operating budget.

In the Boutique's back room, approximately seven volunteers, sort, steam, hang and price donated merchandise. Winnie Mitchell of Arnold, MD, has been at the boutique since the American Cancer Society owned it. A retiree from Giant Food and a current employee at Talbots, she prices the donated items of clothing.

Her co-volunteers, Melva Heer, Carolyn Cox, Ruth Austin and Lynn Corbett all have retired from successful careers in banking, education and customer service. Most of them raised families and now have grandchildren. Margaret Kaylor, one of the Boutique's managers, retired from 34 years in the publishing industry and as an entrepreneur. Now every Wednesday, they come together chatting as co-workers, happy to give back to their community.

A Social Network

"The whole community comes through here," said Maureen Cavaiola of the six-year old boutique. "The conversations are personal and ongoing, not the typical retail experience you find in a mall department store.."

There is an intergenerational connection too. Members of Broadneck High School's Honor Society earned service hours by volunteering at the shop. Teens volunteered in two- to three-hour segments and helped with some of the physical work of moving boxes and merchandise and hanging up stacks of clothing. But the teens and their senior co-volunteers got much more. "The social interaction and learning

between those kids and that age (of seniors) was fantastic," said Ms. Cavaiola.

Most volunteers work in three-hour shifts, either 10 a.m. to 1 p.m. or 1 to 4 p.m. On any given day, one or two volunteers work at the store's front, taking donations, writing tax receipts and ringing up customers' purchases. Three or four more volunteers are needed to organize, clean and assess the value of merchandise including books, clothing or jewelry.

After Elizabeth Jensen lost her husband, her sister told her about the organization and encouraged her to get involved.

"I needed a life after my husband died," Mrs. Jensen said. Now she works two days a week at the boutique. Even though she cannot drive, she gets a ride there through the Partners In Care ride-share program.

"Elizabeth has many talents, but driving isn't one of them," said Ms. Cavaiola. "But she knows how to do everything else."

Ms. Cavaiola hopes to have a "Boutique Bus," or a small van that can transport volunteers like Mrs. Jensen to the boutique.

In the organization's spirit of reciprocity, some of the boutique staff also receive services. When a staff member was receiving chemotherapy treatments for cancer, she was also able to get rides through the organization's ride-share program.

As volunteers spend their time doing tasks, such as giving someone a ride to an appointment or doing office work for the organization, they accrue their working hours and save them, spending them later when they need a service from other members. Giving someone a ride today might mean a hand with a leaky faucet in three months. Volunteers may also

***"Partners In Care
is a unique nonprofit
organization that works
to help disabled,
frail and elderly
residents with
everyday needs."***

donate their hours to the organization, enabling others who are new or unable to give to the organization, a way to receive services. This notion of reciprocity is at the heart of Partners In Care.

"It's reestablishing a new sense of community, a virtual community, connecting with new friends," said Ms. Cavaiola. "Friends who are co-working at the shop, and also staff becoming friends with customers in the shop."

On the Move

In July, Partners In Care will move to a new building of its own along Ritchie Highway at the intersection of Route 2 and East-West Highway. The new building will double their current office and boutique space.

With approximately 2,200 members providing or receiving services or both, Partners In Care attributes its success to its philosophy of reciprocity in time-banking, and the organization's ability to work with each individual's abilities and interests.

"We can find a skill set for you," said Maureen Cavaiola.

To learn more about Partners in Care, visit www.partnersincare.org or call 410-544-4800 or 301-682-5588.

Smooth Sailing Relationships

By Leslie J. Payne

Ever dream of getting away from it all? You and your spouse climb aboard your boat, sail off into the sunset and live happily ever after... that is, until the engine sputters and dies. Your husband attempts to repair the engine when out of nowhere, mosquitoes attack like the Blue Angels. You escape to the cabin and fix dinner by opening a can of stew, reminding yourself this is fun. People like doing this. Later during the night it rains, so all the hatches must be closed. You lie awake in the dark, breathing slowly so you won't use what little oxygen is left in the cabin and wonder how you will live through the night. By Sunday evening he's anxious to tune you out and turn on the television, you long for a pedicure and conversation with a woman who understands. Both of you badly need a shower.

Cruisers and CLODs

So how do couples who live aboard boats keep their relationship warm and loving when the elements turn cold and wet? How do they keep a relationship healthy and happy when living on a 40-foot boat for weeks, months, even years?

The secrets to such a successful relationship are found at *Chick n' Ruth's Deli* on Main Street in Annapolis. Every Wednesday morning Cruisers (people who live aboard their boats) and CLODs (Cruisers Living on Dirt) meet for breakfast and a fellowship that is



Partnership on the high seas

uniquely their own. Depending on the season there are anywhere from four to 40 cruisers gathered. I am honored to be a participant by virtue of being married to my wonderful CLOD husband Richard. The two of us cruised last summer aboard *New Life*, our Island Packet sailboat.

Wednesday morning Cruiser conversation usually includes tips on everything from water pump repair to which store has a particular engine part. Inspired by watching "Oprah" recently, I decided to try playing talk show host.

As others sip their coffee, I casually toss back my hair and say, "You all are still happily married after living aboard your sailboats." Everyone nods affirmatively. "So what relationship advice would you offer other couples?"

Mac Greely smiles. "No matter what kind of boat, have a *very* reliable engine," says the retired Marine officer and now Annapolis resident. Everyone laughs in agreement, but there is truth behind the humor. As the discussion develops, it is clear that trust, respect and reliability are top of the list requirements for a live-aboard relationship.

It's All About Teamwork

For the past five years, Jerry and Diane Griffiths have lived aboard a sailboat. Their current home is a catamaran called *Ministry*. Jerry says, "You've got to have total trust. Diane is my equal, I trust her." He gives her a tender look.

Gina Muha agrees. She and husband Tom spent three years aboard their catamaran *Taj Muha*. "Your life is literally in the hands of the one handling the boat. I couldn't have considered crossing the Gulf Stream without completely trusting Tom's abilities as captain."

I remember my own experience when Richard and I chartered a sailboat in Greece. The winds became unrelenting and the seas terribly rough with waves crashing over the bow and cockpit. But Richard's excellent skills as captain were trustworthy and kept me safe.

"It's all about teamwork. You're surviving together as a team, working together with a common goal," Lee Demarest adds. He and Sharon have been married 40 years. For 11 years they've lived aboard *Allegro*, cruising from Maine to Venezuela. "When couples live on land, going to work,

coming home to a big house, they can go weeks without communicating. That just can't happen on a boat."

"May Days" Happen

As the breakfast banter continues, laughter abounds. All agree humor is essential for a good relationship.

"'May Days' happen," Diane says with twinkling eyes.

I don't understand, so Jerry explains. "Stuff's gonna happen. You have bad days when you get on your radio and call 'May Day!' But you don't let it bother you, you get over it."

Their laughter tells me there are interesting "May Day" stories left untold. Although we have had no "May Days," Rich and I understand. One day last summer we tied up alongside a pier, preparing to go into town for lunch. Our anchor had been set, ready to drop before we decided the pier was a better option when *Thunk!* Somehow the shackle to the anchor broke. Our beloved Bruce anchor did a nose dive into the brown, murky water, embedding itself a foot deep in the muddy bottom. Our day was lost to retrieving the runaway. It has since become a fun story to tell as Richard describes "getting hold of the anchor was like wrestling a greased pig in mud while being blindfolded underwater."

"May Days" happen, teamwork kicks in, and good stories and laughter are the result.

Spacious Living

If "May Days" bring out humor, we can all learn from the mindset these couples obviously have adopted. But I wonder if living in such close quarters is hard on the relationship. Gina sets me straight. "Living aboard the boat was much easier than living in a home with walls and nearby city life. It never felt like a little space." The sky was their ceiling, the horizon their walls, the beach their backyard. And it was all great for their marriage. "It was the best three years ever. I'd do it again tomorrow."

"Cruising helps you realize," Richard chimes in, "how little you need to be happy. You get rid of the extras, the big house and yard. Living aboard ship allows you to take all that time and use it for what is really important, the people in your life." He and his late wife Linda spent two-and-a-half years living aboard *Odyssey*, and I now benefit from his positive, loving outlook.

Mac and Nancy Greely agree. Married 37 years, they share the happy memories of seven months cruising to Bermuda on *The Whole Enchilada*, a 30-foot Cape Dory.

Nancy adds a good dinghy is important "to get on shore for a walk. Mac likes to read on the boat, but I love to walk."

While in the Bahamas, Gina loved laundry day when she had the dinghy to herself for the two-mile run into town. Like any relationship, living on a boat requires respecting each other's need for space, but "any tension that surfaces comes from the relationship, not the small space."

As breakfast comes to a close, I contemplate the richness of the relationships surrounding me. Someone mentions living aboard a boat magnifies a relationship, both the good and the bad.

"It all comes down to consideration for the other person. Understanding where they are coming from," Diane says.

Richard sums it up saying, "Just love each other." As his wife, I know he means what he says, and I am certain it is just as true for each one of our breakfast companions.

We say our goodbyes, pay the bill, leave a tip and head off in different directions... to a single hull sailboat, a condo, a catamaran or a house. But one thing's for sure, we'll be back at *Chick n' Ruth's* next Wednesday.

Leslie Payne is a retired sign language interpreter for the deaf. She and husband Richard live in Annapolis, enjoying travel, sailing and chartering their sailboat New Life.

"...it is clear that trust, respect and reliability are top of the list requirements for a live-aboard relationship.."



Knowing The Ropes of Togetherness

By Vicki Duncan

With all the rigging on a sailboat, a sailor must know the ropes to steer the boat safely. Likewise, if couples practice solid relationship skills, their partnership sails along more smoothly -- especially when sharing the close quarters of a boat.

Here are five tips for sailors or landlubbers to practice:

1. Do a safety check.

Prior to leaving the dock, you do a safety check of the boat for emergency equipment. In the same manner, run an attitude scan on yourselves to assess your attitudes toward teamwork. Remember, you



must rely on each other for support and cooperation during this sail and in life. Are you each struggling for control or are you willing to accept influence from each other? This key concept in relating happily simply means being willing to share power and decision-making. It's a mind-set of trust and a skill that improves with practice. Couples who excel at this skill actively search for common ground rather than each insisting on their own way.

2. Finding the wind.

While sailing, the wind is the power source that moves your boat. In life, your love for each other is the power that moves your relationship. Look upon love as an action verb. Like wind, it is not a static force that you can depend on to appear when and how you need it. When your boat is becalmed, you use skill to get it moving by adjusting the sails or perhaps using an auxiliary motor or even a paddle. Likewise, there are times when your relationship stalls and you do not feel the least bit like acting in a loving manner. Now is the time to employ active loving skills rather than just waiting for those feelings to return. Jumpstart them by tapping into the languages of love: a). words, b). acts of service, c). gifts, d). physical touch or closeness and e). quality time. Try mixing it up and using one or more of these languages to value your partner and put the wind back in your sails!

3. Heed the weather:

Sailing is easier and more enjoyable in good weather. It's no surprise that relationships flourish in a positive climate too. What separates happy couples from discontented ones is maintaining a healthy balance between positive and negative feelings and actions toward each other. The magic ratio



is 5:1. In other words, for every time a cutting remark, criticism or unkind gesture occurs, it is imperative that there are at least five positive gestures made. These might include a hug, a smile or a compliment. A positive could also be just honoring your partner's need to be alone while sharing close quarters. Imagine a love bank where the positives are deposits and the negatives are withdrawals. To have a positive balance, increase your deposits and reduce the withdrawals. It's not necessary to keep score, but do keep that healthy balance in mind. Once your marriage finds a more positive set point, it will be much harder to knock it off course even in stormy weather.

4. Prepare to come about.

Even with the most positive climate, mistakes are made. In sailing, you might accidentally jibe when your attention to the wind wanes and you need to be prepared to come about and get back on course. So it is with relationships. All couples have disagreements, some of them chronic, and it is not the number of disagreements that determine

the level of happiness in a relationship. Rather, it is the ability to repair and get back on course that is crucial. A repair is any message, either verbal or behavioral, that keeps negativity from spinning out of control. It can even be something silly such as making a funny face at each other! Successful couples shine at both sending and receiving repair attempts and this skill is a primary factor in whether a relationship succeeds or fails. Because a couple's success in repairing things depends on your quality of friendship, work on the previous tips to strengthen that bond. Also challenge yourselves to catch each other sending and receiving these important messages.

5. Appreciate the journey.

A common adage about sailing is that it's the journey that is the point, rather than the destination. Isn't that a great motto both for life and love? Cultivating an enjoyment and appreciation for the journey, as messy and filled with mishaps as it may be, goes a long way in determining happiness. Expressing gratitude to each other and within one's own heart is a hallmark of mental health. Even those trying times, on the water and in relationships, often make great stories later when we use humor to reframe the experience. It is the wise sailor -- and partner -- who remembers that we will not pass this way again, so enjoy the trip!

Vicki Duncan is a licensed professional counselor. She and her husband, Ron, are taking sailing lessons and have been bitten by the bug. A boat will be in their future!



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Now What Do We Do?

Life & Investing

By Linda Matney

When my husband died last year, the reality of what retirement was going to be like changed forever. Things that seemed clear-cut were blurred; things that had been planned out had to be rethought. Even if we are the youngest, healthiest, most vibrant and interesting generation, and the statistics seem to bear that out, the loss of a partner can sap what would have been the joy and resolve of entering retirement.

When my husband died, I had already given notice of my retirement to my company, and I didn't feel any pull to rescind that notice. I believe God has a plan for the rest of my life, and I'm listening for the message that I know will come.

In the mean time, let's tackle the all important issue: the lack of a regular paycheck. There are so many iterations of what needs to be

considered, I'm sure that if you are already retired, you have taken each of them into account. But if you are not retired, here are some things that you need to plan for financially.

At the top of that list is financial planning, which can be a daunting process. Getting a financial planner is necessary to wade through all the investment choices I addressed in the last issue (What Now..., May/June issue, *Outlook by the Bay*). Most especially if you are on your own, you may need to supplement your retirement income by way of employment. If so, there are many choices. The world seems to be more appreciative than ever of those of us who know how to be courteous, serve clients, spell, make change and smile just to name a few of our "old-fashioned" talents. We can re-enter the field of our expertise, or branch out to something that has always interested us. I know several friends who have taken part-time jobs in

places that have products and services they want. As employees they are able to get a significant discount. When they buy what they need, they may even move on to another company that has something they desire.

For those who no longer need to "work," we have all looked ahead and tried to imagine what life would be like in retirement. Some of us have even pretended to retire by taking some vacation time to spend it at home. So we tackled some projects that required more than a weekend to complete. But then, now what do we do? This exercise didn't mimic the reality of "real" retirement. We still need to be active, so it's good to remember that it's nice to be needed. What particular volunteer opportunity would require your special talents?

If you relate well to young people, you might consider helping out in the local schools. If you have been a writer or editor, why not offer to help the beleaguered teacher who



feel of our neighborhood. And, skip the complaints this time. No excuses allowed, including "the traffic will be a bear," or "it'll go on too late." You don't have to get up early.

What about visiting the local hiking or outdoor adventure area? We have a new white-water park where they train for the Olympics (who knew?). The facility also happens to have a good restaurant where we can eat and watch until we might decide, 'Hey, I'd like to try that!' The place has lifeguards and an experienced guide joins you on the trip.

When I lived in Washington, D.C., I never took advantage of all the free things that DC has to offer:

“Planning your financial future, picking up some extra income and volunteering are all important, but what about those things that we’d like to do for fun?”

the museums, the walks, the National Cathedral tour, the monuments and the White House. Again, when we complain about where we will park and that there are too many tourists, it's a poor excuse to hunker down at home and miss some fun experiences right in our own backyards.

For special extravaganzas that could escape us in our new, relatively fixed-income lives, we need to look into safe, short-term investments that earn above our money market savings rates. Check in with that financial adviser you're supposed to already have or do some online investigating of instruments like bank certificate of deposit rates. Making such a move might make possible that trip abroad, new car, fancy computer or cosmetic surgery. Just kidding on that last one.

Above all, take what joy you can out of your new retirement life.

Linda Matney is a founding member and recently retired General Partner of WEDGE Capital Management, an investment management firm currently managing over \$10 billion. Linda can be reached at lmatney@carolina.rr.com.

often gets "stuck" sponsoring the student newspaper? If math is your thing, volunteer to assist kids who need remedial help. If you were active in business, see if extracurricular business clubs at the local high school could call on your experience. If you want to show your gratitude to our young people in the armed services, check out the local USO for volunteer activities. Delivering for Meals on Wheels can be one of the most gratifying ways to spend your time. Food banks can always use your help. For the generation that says it wants to "give back," you now have the time to do it!

Planning your financial future, picking up some extra income and volunteering are all important, but what about those things that we'd like to do for fun? Let's start with the freebies. If you have never attended the symphony, this summer might be the perfect time to start. Where I live they offer free concerts on Sunday evenings during June that culminate in a fabulous July 4th concert with fireworks. We rush to mark our spots at noon on Sundays with our waterproof blankets and then return with chairs, food, wine and friends to enjoy the outdoors and the small-town



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Time for a Review

Are you getting all of the Social Security benefits that you're entitled to? The Social Security Administration sends out a statement three months before your 62nd birthday with a calculation of your benefits. The figure is based on your top 35 earning years. You need to check this information for accuracy. If the figures were misrepresented by a former employer or incorrectly entered by a Social Security employee, then the calculation could be wrong. If you are a divorced and/or remarried woman, you may have changed the name with Social Security. This could potentially cause a mix-up on your earnings and benefits. Although the name may change on your card, your Social Security number does not. The amount of the figure sent to you prior to your 62nd birthday, represents what would be paid to you at age 62, 67 and 70.

If you determine there are errors in your recorded earnings, or if you have questions, call Social Security at 800-772-1213 or go online at www.SSA.gov. For more help, offices are located at: 180 Admiral Cochran Drive, Suite 210, Annapolis, MD. Hours are 9 a.m. to 4 p.m., Monday through Friday.



Great Get Away With The Grandkids

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Times: Throughout the day

"Crocs' Galore Gala" Fundraiser July 21, 2007

Time: 5:00-9:00 pm

Featuring: National Geographic's Dr. Brady Barr media presentation, kid's activities, live gator encounter, croc training demonstration, cocktail party, live and silent auction.

Tickets: \$30 adults, \$20 children (4-11 yrs, under 3 yrs are free) After June 14th or on the date of event it's \$5 more.

For more information, to make a donation, and purchase tickets, contact : (410) 279-5416 and visit our website www.marylandzoo.org or www.cag.crocodylia.com

CROCODILIAN ADVISORY GROUP

WHAT COLOR IS YOUR PARACHUTE?

For Retirement

*By Richard N. Bolles and John E. Nelson
Ten Speed Press, 2007*

Remember "What Color is Your Parachute" from the early '70s? It was a runaway bestseller. Like a road map, it got us focused and helped us with which way to go and what avenues to pursue. It was revolutionary, addressing many of the topics near and dear to our career-focused lives. Well, they're at it again. Not only have Bolles and Nelson rewritten the original version of "Parachute" for 2008, but the authors are now addressing retirement with planning for the *life you want!*

It's a splendid read if you're searching for direction thinking about what to do with the rest of your life, or even if you're looking for confirmation that it's fine to stick with what you're currently doing. They've packaged it up neatly with chapters on health, finances, relationships and even places to live. They're targeting not only the just retired, but those settled into retirement and those planning for it, but not quite there yet.

Their most important message is that it's OK to remain right where you are and if that brings you happiness and contentment, so be it. But really, there's so much more out there what the authors describe as a 'buffet of choices'. They still use the delightful pen-and-ink, crosshatch drawings to illustrate a point and while most of their quotations remain well known, they bear repeating.

It's a good read no matter where you are in planning for the third phase, and maybe the best phase, of your life.

TELL US ABOUT YOUR FAVORITES

Old, New or Obscure

Send to emerson@OutLookbytheBay.com

THE WRECK OF THE WHALESHIP ESSEX

By Owen Chase

Harvest Books, 1999

The original "Wreck of the Whaleship Essex" was published in 1821. Its most recent reprint was done in 1999 along with editorial comments. Owen Chase, first mate on the Essex, a whaler out of Nantucket, recorded an in-depth account of his travails beginning when his ship met with a sudden demise. In an incident unheard of in any of the recountings of New England whalers in the 1700s and early 1800s, the good ship Essex was attacked by a whale. Having been harpooned, a great sperm whale turned and attacked the ship as the crew stood by aghast and "without words." The ship was wrecked within a matter of minutes, giving the crew just moments to escape. Surprisingly, all 19 crewmen and the captain survived. Three ill-equipped small boats carried the men away from the sinking vessel. Owen Chase recounts the terror-filled days and months of starvation, delirium, death and cannibalism, recording it much as a reporter might do. The tale is short, gripping and memorable. A decade after the first printing, a fellow seaman interviewed Owen Chase's son, William, to learn the rest of the story. The seaman was Herman Melville, who in 1851 published his best-selling novel. That book, based on Chase's account with the rogue whale, was entitled "Moby Dick."

BLUE LATITUDES

By Tony Horwitz

Picador, 2002

In an attempt to follow the global sea voyages of Captain Cook's travels between 1768 and 1780, Tony Horwitz signs on with an unlikely band of adventurers on the 100' Endeavor, a replica of Cook's original sea going vessel. Horwitz, with his keen eye for detail, seamlessly blends together an historical account of the Captain's 18th century discoveries with vivid descriptions of today's world. He takes us through a rollicking, but fact based, good time following the path of Cook's grand sea adventures and discoveries. Horwitz relies heavily on Cook's journals, creating a work that is well researched. The text is compelling, exhilarating and colorful. Blue Latitudes is a travel book, a history lesson and a jolly good read. It will leave you with a whole new perspective on Cook's sea voyages!

Let the Movies Come to You

By Cynthia Rott



Can't find anything on TV? Don't feel like going out? Wish you had your own concierge? We have the answer for you. Movies delivered to your doorstep. Gone are the days of scouring the video store aisles looking for the latest release that is guaranteed to not be there!

Want to rent something off the beaten path like a foreign film or a travel tips to Belize? Want to keep an exercise video until you are bored, without paying late fees? You need a movie delivery service. DVDs delivered straight to your door, often in less than (gulp) two days. Do you want two movies at one time or six movies, giving you plenty of choices, there is something for every budget.

I have especially enjoyed watching made-for-HBO series, such as *Deadwood* or *Sopranos*, which allows you to view several episodes on one DVD. No more hanging by the edge of your seat for the next week's episode.

DVD delivery services allow you to search thousands of titles and have it delivered to your home. And when you are done, don't worry about late fees, just drop it in the mail in the postage-paid envelope, which is provided. In a short couple of days you will have a new title to watch whenever you want. For about the cost of three rentals at your neighborhood store, you can get an unlimited number of movies delivered to your door.

The big two DVDs by mail outfits are Netflix.com and Blockbuster.com. Netflix has a great way of personalizing recommendations and has an excellent way of allowing friends to share their favorite movie titles and they drop-ship their titles, making the turnaround time extremely fast. Blockbuster offers you a free-in store rental every month and you have the option of returning their movies to the store.

Both services offer free trials. Trust me - try it. You'll never have to go back into the store again. Still using a VCR? You are out of luck! Time to update, but that is another subject...

Here are the competitors' terms:

Netflix

- 3 at-a-time (Unlimited) - \$17.99 a month
- 2 at-a-time (Unlimited) - \$14.99 a month
- 1 at-a-time (Unlimited) - \$9.99 a month
- 1 at-a-time (2 a month) - \$4.99 a month
- Netflix boasts that it has 80,000 titles, plus it offers 2,000 titles for 'instant' viewing on your PC.

Blockbuster

- 3 at-a-time (Unlimited) - \$17.99 a month
 - 2 at-a-time (Unlimited) - \$14.99 a month
 - 1 at-a-time (Unlimited) - \$9.99 a month
 - 1 at-a-time (3 a month) - \$7.99 a month
 - 1 at-a-time (2 a month) - \$5.99 a month
- Plus all Blockbuster plans include one free in-store game rental per month that must be returned to store. 70,000 available titles.

Cynthia Rott is an avid runner and cyclical TV watcher. She lives in Severna Park, MD, and has resisted paying for upgraded TV, choosing Netflix instead.

Dear Vicki

A FLASH FROM THE PAST

I was feeling a bit stale and bored, so I decided to play around looking up old friends on Classmates.com. Long story short, I registered and shortly thereafter received an e-mail from my old high school boyfriend. While this is fun, I feel uneasy because we are both married to other people. Is it OK to just have a friendly e-mail exchange?

You are right to be concerned because more online romances lead to affairs and divorces than you would think. While your intentions may seem innocent, you are starting to swim toward dangerous waters. Let me throw you a life ring!

Here's what makes this so dangerous. A seemingly innocent exchange begins where old romantic interests are just catching up with each other. Let's face it -- it is exciting! Here we are leading our day-to-day lives with all the attendant challenges, perhaps we are in a long-term marriage that feels a bit stagnant. A flash from the past occurs and we suddenly feel like we did at 16. Who doesn't love that?? Then, there are those memories of that old chemistry working for us too. Pretty soon, we start exchanging confidences and maybe complaints about our marriages. With a sympathetic sounding board, we're off and swimming with the sharks now. It's just one short stroke from deciding to meet in person and then there is real trouble. Even without a face-to-face meeting, an emotional affair can occur online and subject a marriage to a world drowning in pain.

A good rule of thumb when faced with such questions is to ask yourself if you would feel comfortable with your behavior if your spouse was looking over your shoulder. I expect that your answer would be no. That noise in your ear sounding uneasy is your wisdom trying to get your attention. Listen to it!

Instead of splashing around in the excitement of a flirtatious communication with an old love interest, take a long look at your marriage and turn toward your partner. If there is a lack of intimacy there, address those shortcomings. Read a book about relationships, go to a marriage enrichment seminar, or seek counseling, if needed. And, the next time you cruise the Internet, go to smartmarriages.com and get inspired to make your marriage great.

CRASHING INTO A NIGHTMARE

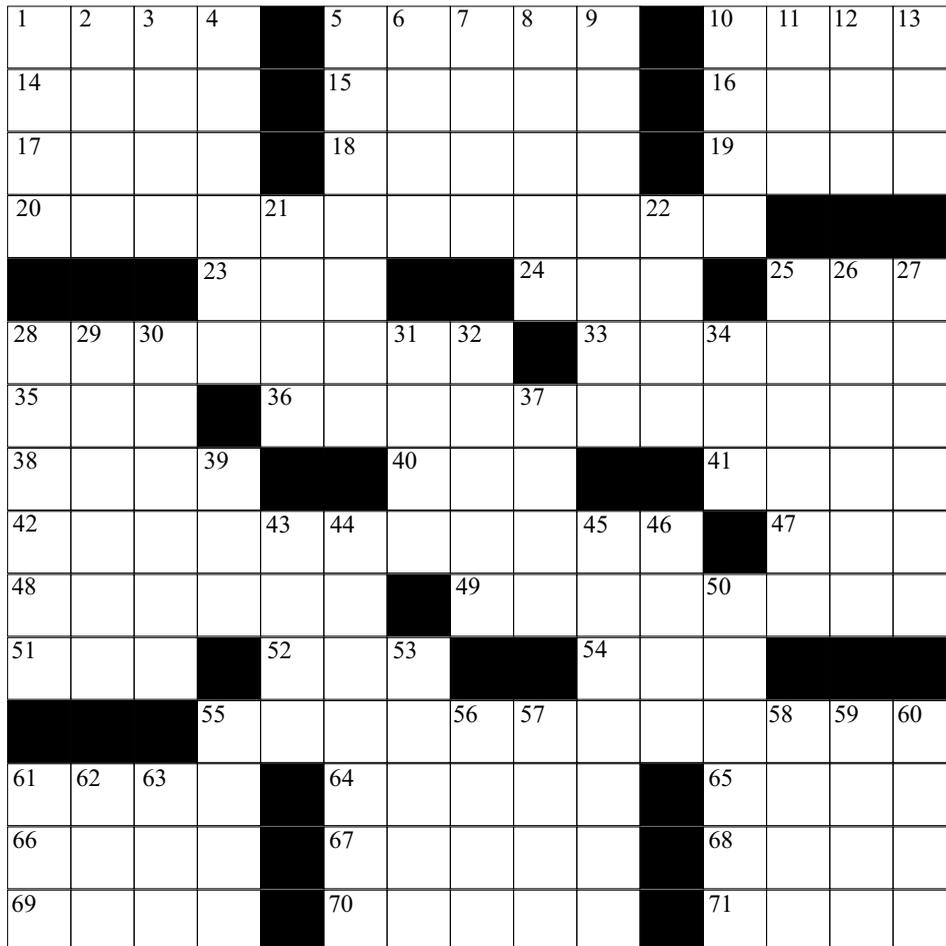
About three months ago, I was in a bad car accident. It wasn't my fault and I was lucky that I had only minor injuries. It could have been so much worse! However, since then I have been a mess. I don't think I've slept through a whole night since the accident. I keep reliving it over and over again to the point that I'm afraid that if I do sleep, I'll have another nightmare. My heart starts to pound when I have to drive and I feel like I am losing my mind. This is ridiculous and I keep telling myself to get a grip, but it isn't working. Am I going crazy?

It sounds like you are not going crazy but may be suffering from post-traumatic stress disorder, or PTSD. Traumatic events, such as car crashes, can leave scars on our brains. PTSD is a clinical syndrome characterized by symptoms such as nightmares, flashbacks, insomnia, depression, anxiety and even memory loss. This is the same disorder that often plagues combat veterans and rape victims, but also affects people who have experienced lesser trauma. While not everyone who experiences a trauma develops PTSD, your symptoms suggest that this may be what is happening to you.

There is no need to suffer like this. Please consult a licensed mental health provider for an evaluation. You can ask your primary care doctor for a referral, if necessary. A wide range of treatments are available ranging from psychotherapy to medication to something called EMDR, or eye movement desensitization reprocessing. Strangely enough, EMDR does not always involve eye movements and is a therapy that is particularly effective in treating post-traumatic stress. If you are interested in this therapy, you can find a clinician who is certified in this therapeutic technique at the Web site EMDR.com. Hang in there and seek treatment. Help is just a phone call away!

Victoria Duncan is a licensed professional counselor who works with individuals and couples to address a full spectrum of client issues. She welcomes your questions at: Victoria@OutLookbytheBay.com.

Money Matters



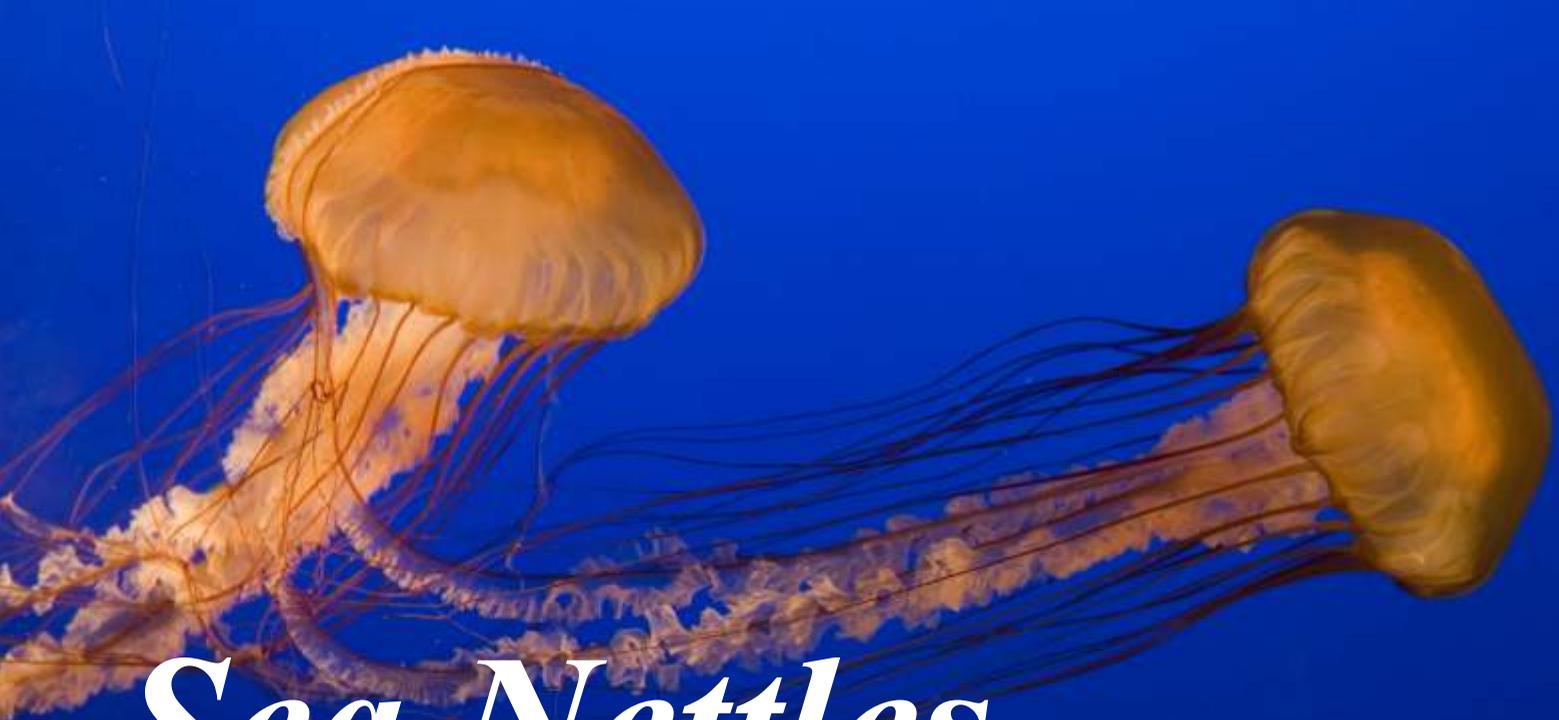
Seasick Crossword Puzzle by Dave Fisher - <http://puzzles.about.com>. Puzzle Copyright 2000 Dave Fisher

Across

1. Wound remnant
5. Biology 101 specimen
10. Spill the beans
14. ____ mater
15. St. ____ of Jerusalem
16. Napoleon's prison, e.g.
17. Mary's follower
18. Squads
19. Garfield's foil
20. Cheap hams?
23. Wrath
24. Earlier in time than
25. Words of relief
28. John Fowles novel
33. Windbreaker
35. Eggs
36. Find a cheap place to park?
38. ____ qua non
40. "Brown" co.
41. Simpleton
42. Beach bum's wages?
47. Word on a wine bottle
48. More desert-like
49. Canine
51. Salon supply
52. Weeks in a Roman year
54. Chicken or small
55. inexpensive footwear?
61. Proscribe
64. Spreads
65. It has a creamy filling
66. Highly excited
67. Quit
68. Iranian money
69. Dorothy's doggy
70. Option on a form, perhaps
71. Musician's submission

Down

1. Like Lot's love later
2. Scratch
3. Shells and such
4. Thumper, for one
5. Most intense
6. Talking bird
7. Idle of "Monte Python" fame
8. Please in Potsdam
9. Horse that doesn't win, place or show
10. Accounts of a lifetime
11. 60s drug
12. "The Greatest"
13. Line opener
21. Diaphragm
22. Supermodel Mero (aka Sable)
25. Musical recitative
26. Small community
27. Brief description
28. Israeli spy group
29. Bird sanctuary
30. Mary Poppins, for example
31. Spirit
32. Beatles' record label
34. Strange
37. Keyes' famous first words
39. Leno's announcer, Hall
43. Mark for omission
44. South American river
45. One at rest
46. Covered walk or colonnade
50. Dress shoe
53. Cove
55. Kind of stick
56. Okie-dokie
57. Come second
58. Pennsylvania city
59. 20 quires
60. Stag
61. Container
62. It may be bruised
63. Kid



Sea Nettles

A graceful, ghost-like unfriendly beauty

Like ethereal beings they glide silently through the warm summer waters of the Chesapeake Bay. Nearly translucent, they're not always easily seen except for the tangle of vine-like tentacles stretching to lengths of up to five feet. Swimmers beware, and most are after having a run-in with *Chrysaora quinquecirrha*, or sea nettles as they're commonly known as in the Bay area. Spread from Cape Cod to the Gulf of Mexico, they are most commonly found in the Chesapeake. With conditions just right in the brackish and low salinity water, they breed unchecked. There are few predators of the sea nettle; only the loggerhead turtle finds the gelatinous mass to be a tasty treat. In years of prolonged drought the sea nettle thrives, enjoying the higher salinity of the Bay. When a tropical storm roars through the area, as Agnes did in 1972, the population decreases dramatically as the deluge of fresh water causes the sea nettle polyps to

encyst a form of hibernation while waiting for better conditions to return. An occasional tropical storm is a high price to pay to be rid of this nuisance to swimmers and fishermen.

Why the increase in the population? And is there, in fact, an increase? It appears from early writings of life on the Chesapeake that the sea nettle was rare or at least not observed. It wasn't until the 20th century that Bay residents became aware of their existence, possibly because they more often used Bay waters for recreational purposes. However, the prevailing opinion among scientists is that people living closer to the Chesapeake has most influenced the increase. Most agree that the run-off of fertilizers and nutrients from waste products has caused the increase. There is also the possibility that a declining oyster population has had an effect on the surge of nettles. This is due to the change in plant materials available for consumption, which is a

complicated and delicate balance that affects small crustaceans.

Anyone who has had a run-in with the *Chrysaora quinquecirrha* will not soon forget the experience. Contact with eight to 24 gossamer-like stinging tentacles is a memorable and unhappy event. Sprinkling meat tenderizer on the wounds is commonly believed that the best antidote. Vinegar or a baking soda paste is also known to ease the painful sting. With this summer's forecast of drier conditions and higher temperatures, there should be an increase in the nettle population. On the other hand, one weighs that against the increase in predicted tropical storms, i.e., hurricanes; perhaps one will balance the other.

Regardless of the most careful predictions, one can almost guarantee the ethereal floating masses will be an ongoing problem for years to come. For an online source of this year's expected sea nettle population, log on to <http://coastwatch.noaa.gov/seanettles>.



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