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## On the Cover

The Cherry Blossom Festival in Washington D.C. is scheduled for March 20 through April 12 this year, in hopes the blossoms will be in full bloom during at least part of that time.

*Photo by Emma Stultz*

*If you can dream it, you can do it!*

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For the Bay Boomer and Beyond...

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## FROM THE DESK



I need a wife! Or at least someone who can cook and clean and keep it all organized. Someone who keeps track of birthdays, remembers everyone’s likes and dislikes, knows when we’re running low on milk, monitors our obligations, creates the calendar for the day and executes what needs to be done. My husband said that’s fine—get a wife. But he wants to choose. Well we all know how that would go!

But maybe those Mormon ladies were on to something—more than one female per household. How do they do that? Maybe it’s not such a bad idea. And we’re supposed to look down on this form of living arrangement.

How can one look down on the sharing of household duties? Sharing in making dirty dishes disappear, food preparation, kids, picking up after everyone, etc. Most women know the drill. It’s hard to imagine what it would be like to come down in the morning and have my coffee ready in a tidy kitchen. Then, while sipping a freshly brewed cup, dropping a list on the clean kitchen counter of the day’s instructions: pick up the dry cleaning, buy new sports shoes for junior (the kind with the cleats sold only at a shop 40 miles away), stop at the library to return books, post office, bank, etc. Then returning in the evening, to the almost June Cleaver household where a cold drink waits next to the newspaper (in today’s world however it was probable already read on an iPad at work). But you walk in to a tidied-up house with dinner almost ready and children doing quiet little children things!

Our generation was born in the wrong generation. It appears that in today’s world, life is a bit different from how our households were run way back when. The women today are just as apt to be out there in the workforce, so that’s changed the dynamics of how households operate. This has brought about one nice improvement that we’ve noticed. In our kids’ households, as long as the women are doing all sorts of busy work, so are their husbands. This means he shares in moving kids from here to there, doing some of the shopping, showing up for teacher conferences, chipping in to prepare a proper meal, getting involved in bedtime routines and even doing a fair amount of laundry. And good grief, what a revelation. I didn’t know men knew where we hide the washing machine.

As the world becomes more complex under the guise of making our lives easier, I see more work, more tasks to be mastered and more technology that must be learned. The new toaster that we recently purchased is capable of turning out an amazing English muffin, but it’s a five-minute process to program “toast” with the three different buttons. And it now takes two controls to turn on the television, now referred to as an LED or LCD. Then the correct buttons must be pushed or “reprogramming” pops up. This is all just more to add to the ever-burgeoning list of things to do. Perhaps it was easier back in the day, but I wonder? Even then, with our well-defined roles, would it not have been easier if each household came with an extra wife or maybe even a live-in like Alice in The Brady Bunch?

With not much effort, I really do think I could peacefully co-exist with a third person sharing our lives as long as she could cook and clean and was organized. And we just may be making some headway here. In lieu of a wife, my husband recently agreed to hire a cleaning lady to take care of it all (once a month for three hours). Stop laughing ladies! But now I’ve got to figure out how to run the vacuum to chase after some of the dust kitties floating under my desk. Wouldn’t want to scare her away on her first visit.

# Letters to the editor



can also be called passages or transitions, are spot-on. Life is happier when one navigates with an open heart, knowing that as one door closes, another opens.

*Pat R., Annapolis*

Thank you for introducing such an entertaining magazine to our community. You have managed to cover a diversity of topics and perhaps peak the reader's interest in the articles that comprise *OutLook by the Bay*. It's refreshing to pick up a magazine with minimal advertising and informative articles.

I found Kater Leatherman's recent article on the seven-year cycle to be insightful and enjoyable. I've always enjoyed her periodic articles in the *Capital* and appreciative that she is included in *OutLook*, yet another gem of the Chesapeake Bay.

*Leslie S., Annapolis*

I read Kater's article in your magazine and it really spoke to me. I will turn 63 this April and just as she suggests, I feel a sense of change—the beginning of a cycle. It's funny, I read the words and thought that I could have written them. I too lost everything in my 50s and have since worked to rebuild my life. Now, I'm

at a crossroad and trying to move in new directions.

Too often, magazines arrive at my house and are DOA, but I have taken the time to read through *Outlook* and found articles like the one Kater wrote thoughtful and useful. Thank you for solid editorial guidance and selection.

*El Baron, Edgewater*

## DIFFICULT PEOPLE

Wanted to tell you how much I enjoy *OutLook*. I tore two pages from the holiday issue to save. One was, "Dealing With a Difficult Person."

I have shared it with others, and they found it illuminating and helpful. Who would have guessed that being nice or silent were not things to do?

The other article was on arthritis and I may well call on Dr. Harries, who treated my knee problem years ago.

Keep up the wonderful work.  
*Virginia C., Annapolis*

## KATERING TO YOUR LIFE

I thoroughly related to Kater's article, "The Seven-Year Cycle." The description and prescription of these cycles, which

## OUTLOOK for THE BAY

I read with great interest "Where Have all the Waterfowl Gone" in *OutLook*. Is there a larger study or report, perhaps Maryland DNR or Chesapeake Bay Foundation, that details these changes? Thank you.

*Answer:*

Below, are links to several relevant studies and reports. Please feel free to contact me if you have any additional questions. *Henry Parker at hpsbp@gmail.com*

[www.dnr.state.md.us/irc/docs/00000260\\_16.pdf](http://www.dnr.state.md.us/irc/docs/00000260_16.pdf) (American Black Duck, US Fish and Wildlife Service)

[www.pwrc.usgs.gov/prodabs/perry/6039\\_perry\\_searchable.pdf](http://www.pwrc.usgs.gov/prodabs/perry/6039_perry_searchable.pdf) (Proceedings of 2000 Symposium on Black Ducks, USGS)

[www.dnr.state.md.us/irc/docs/00000260\\_18.pdf](http://www.dnr.state.md.us/irc/docs/00000260_18.pdf) (Redheads; also references to canvasbacks (USGS, Patuxent Wildlife Research Center)

[www.pwrc.usgs.gov/resshow/perry/foodhabits.htm](http://www.pwrc.usgs.gov/resshow/perry/foodhabits.htm) (USGS, Patuxent Wildlife Research Center)

<http://drum.lib.umd.edu/bitstream/1903/7793/1/umi-umd-5076.pdf> (U. of Maryland M.S. thesis: Surf Scoters)

## Outlook

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# "Maryland Day" Explained

By Kathryn Marchi

It is always nice to be reminded of the history of our state. Every year, on March 25, we celebrate the founding of Maryland but how many of us remember the details? How did "Maryland Day" become a legal holiday? Here's some background:

Maryland Day celebrates the anniversary of the first Pilgrims landing on what was to become the colony of Maryland. In March 1634, approximately 140 European settlers from two ships, the Ark and the Dove, landed on a small island in the Potomac River. It was named St. Clements, after Pope Saint Clement, patron of mariners. Included in the party were Leonard Calvert, three Jesuit priests, including Father Andrew White, 17 Catholic gentlemen investors and a number of indentured servants. One of the first things the settlers did was to erect a large wooden cross and celebrate the first Roman Catholic mass in the original Colonies. They then took ownership of the new land for their "savior and sovereign lord, king of England."

St. Clements Island was not the final destination of these settlers, however. The site became the temporary base from which they explored upriver until they reached the shore of the New World. Because of the location and the friendly Indians, the group set about building the city of St. Mary's.

There are a few interesting events that preceded this first landing on St. Clements Island. A rich history surrounds the founding of the state of Maryland and it goes back to England and a man named George Calvert, the first Lord Baltimore.

A little known fact is that in 1660, George Calvert tried to set up a colony, called Avalon, in Newfoundland. Calvert, a Catholic, was searching for a place where they could worship freely. He also planned on growing crops as income but the climate was too cold. On his way back to England, he stopped in Jamestown, a colony of Virginia. Since the land was to his liking, he persuaded King Charles I to grant him land to the north of this colony. As part of the agreement, George named his new colony "Mary's Land" in honor of the king's wife, Henrietta Maria. Thus the name evolved to "Maryland."

A charter was then drawn up which allowed Lord Baltimore (Calvert) to rule the colony much like a king. Though the Colonists were still English citizens, the charter allowed them to attend the church of their choice and therefore they no longer had to join or support the English monarch's church with their taxes. Not only was this "freedom of religion" in the colony, it was also the first time church and state were separated. The Maryland colony was the only one where all faiths could worship without difficulty.

Unfortunately, Lord Baltimore died before visiting his

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

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

School children from all over the state regularly visit this historic site as part of their Maryland history curriculum. There are costumed interpreters to guide them through the Godiah Spray Tobacco Plantation, the replica of the "Dove," which is harbored on the riverfront, and inside the original State House, where they can participate in mock trials. Other period buildings have been restored and students can enter them and participate in hands-on activities.

Of course, the general public can visit these same displays as well as other special events set up throughout the year. "Living History," which features re-enactors demonstrating various aspects of Colonial life, is but one of these. Google "Historic St. Mary's City," where all of the scheduled events are listed.

St. Clements Island is also open to the public; it is now a Maryland state park and with all of the facilities. A 40-foot commemorative cross has been erected there in honor of the first landing in Maryland. Visitors can reach the island from the St. Mary's City area by water taxi. Google "St. Clement's Island" where all of the details for visiting the site are listed.

It can be said that Maryland Day isn't just about the Pilgrims landing on St. Clements Island back in 1634. In fact, the Maryland State Board of Education proclaimed the holiday in 1903 to honor Maryland history. The Legislature agreed in 1916 and authorized it as a legal holiday.

*Kathryn, a former 4<sup>th</sup> grade teacher in Maryland, enjoys sharing her love of history and can be reached at [marchi-wre@mrisc.com](mailto:marchi-wre@mrisc.com)*

*Don't risk going to your grave with your song unsung.*

# CHART YOUR COURSE

## A LEGAL NAVIGATION GUIDE

### *Long-Term Care Planning*

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

By Jessica L. Estes

With the advent of modern medicine, people are living longer. Yet very few of us have planned properly, if at all, for our future long-term care needs. According to the U.S. Department of Health and Human Services, 70 percent of people turning age 65 can expect to use some form of long-term care during their lives.

**What is long-term care?** Long-term care is required when an individual is unable to perform the basic activities of daily living such as bathing, dressing, eating, using the toilet, walking and moving about, for a period exceeding 30 days. Long-term care can include home care, adult day care, respite care and assisted living or nursing home services.

In the DC-Baltimore metro area, long-term care costs for an individual often exceed \$100,000 per year. That is a lot of money and most people simply cannot afford to pay. Still, the majority of individuals do not have long-term care insurance. Instead, people mistakenly believe that their health insurance will pay for their long-term care needs, or that they will not need long-term care. Unfortunately, these people find out too late that they were wrong.

**If someone does not have long-term care insurance, but requires long-term care, how do they pay for it?**

Either they will use their own resources to fund their care, or they are going to have government programs such as Medicare, Medicaid or certain veterans' benefits help pay for it. Medicare is health insurance, which under certain circumstances may cover a portion of the cost, but only for a limited time. After

that, Medicare does not pay anything toward long-term care.

Medicaid, on the other hand, is a needs-based program that helps qualified individuals pay for medical and long-term care costs. There are several different Medicaid programs, but some of these programs have lengthy wait lists, which is why it is important to plan now. Similarly, the Aid and Attendance benefit available to qualified veterans is also a needs-based program that can provide a monthly income to cover a portion of the veteran's long-term care costs. However, because these are needs-based programs, most people will not qualify until they have spent down a majority of their own funds.

**How do I plan properly for my future long-term care needs?** It really depends on your individual situation. For most, long-term care insurance is always a good idea if you can afford it and if you can qualify medically. If not, there may be certain asset protection trusts that could be used to preserve most, if not all, of your assets so when the time comes, you can qualify for government benefits. Government benefits such as Medicaid or Aid and Attendance help cover such costs or, some people choose to enter a continuing care retirement community. There are a variety of options, but one thing is certain: Everyone is different and what is right for you will depend on a number of factors including your monthly income, assets, age, family dynamics and desire for a particular quality of life.

**Are there any pitfalls to avoid in long-term care planning?** Transferring your home to a revocable living trust or owning a life estate in your home "with powers," could disqualify you from certain government benefits.

Moreover, while the IRS allows gifts of \$14,000 per year to any number of individuals without having to report those gifts, Medicaid does not. For Medicaid purposes, those gifts will be subject to penalty and could jeopardize your eligibility. Likewise, if you have a 529 Plan for your grandchild, it is likely this account will have to be spent down before you will qualify for Medicaid, which could result in hefty tax consequences and withdrawal penalties.

Finally, with regard to durable general powers of attorney, you want to make sure that your named agent is authorized to give assets, engage in Medicaid planning and is able to create and fund an irrevocable trust. That way, if you are unable to do so yourself, your agent can implement a plan for your long-term care needs.

Ultimately, it is your future. Planning now not only ensures that you are making your own decisions, but that you will be able to have the quality of life you want. And because these decisions are yours, your loved ones will not have any stress or guilt over them.

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

# WHAT ARE GMOs?

By Melissa Conroy

The next time you pick up some corn for Spring grilling, take a good look at it. Corn as we know it today is a product of thousands of years of careful agricultural practices, crossbreeding and gene tinkering. Roughly 10,000 years ago, at the start of human agriculture, corn existed as teosinte, a bushy grass that grows in several areas of Mexico and Central America. Over thousands of years, people learned how to cultivate this plant into the meaty cobs we know today. In fact, today's corn is completely dependent upon humans to exist. Domestic corn does not shed its kernels; instead, it needs people to plant its kernels to grow new corn.

In a similar vein, many of the foods we eat every day fit under the label of GMO—genetically modified organisms. GMOs are organisms whose genes have been altered in some way. For example: golden rice. Rice does not naturally contain beta carotene, which the body converts into vitamin A. However, researchers were able to insert three new genes (one from a bacterium and two from daffodils) into rice, producing golden rice. This rice does contain the beta carotene the body converts into vitamin A.

Genetic tinkering is done for a vast cavalcade of reasons: to create drought and disease-resistant crops, to increase the nutrition content of food, to produce higher yields and to increase the shelf life and stability of foods. Rice is a good example. Worldwide, rice is a primary food source for millions of people, many of them who cannot afford food with a higher nutritional content. Since

rice lacks vitamin A, a high-rice diet leads to widespread vitamin A deficiency. UNICEF estimates that every year, 1.15 million children worldwide die and 500,000 people in developing countries become blind, all due to vitamin A deficiency. In addition to vision loss, the rice-consuming poor

risk compromised immune systems, haemopoiesis and other debilitating diseases. Golden rice was created to help address this vitamin deficit.

Many researchers and developers use GMOs to assist with food production in impoverished countries. Farmers around the

world face vast problems in their struggle to grow food including poor soil quality, crop diseases, drought and limited space to grow crops. Many of the world's farmers lack access to modern farming equipment, pesticides, irrigation systems and other farming innovations. Through the use of genetic modification, seeds and plants can be manipulated to resist drought, grow in nutrient-deficient soil, repel insects and produce higher yields, all of which mean more and better harvests for farmers and more food for everyone.

This is important because the Food and Agriculture Organization of United Nations declared in 2009 that the world will need to produce 70 percent more food by 2050. By this date, an additional 2.3 billion people needing proper nutrition will be added to the global population. GMOs are often held up as a way to ensure that globally we can produce enough food for everyone.

However, sharp and passionate controversy surrounds GMOs. Many people balk at the idea of " Frankenfoods," worried that GMOs will cause health problems.

For example, Crohn's disease, irritable bowel syndrome, and gluten-related digestive disorders have skyrocketed in the U.S., and some experts believe that GMOs are a probable cause. Genetically modified corn contains bt-toxin, a pesticide that ruptures the stomachs of insects which feed on it, killing them. Unfortunately, this bt-toxin will end up in the stomach of any human who eats it, and there is evidence that it could also permeate human intestines. Gluten-related disorders are often accompanied by "leaky gut syndrome," a condition where the lining of the small intestine is faulty, which allows unwanted substances to leak into the bloodstream. It is possible that bt-toxin could cause or aggravate leaky gut syndrome.

Food allergies are also on a sharp rise. When you were a kid, you probably ate peanut butter sandwiches several times a week. Today, there is such a sharp increase in childhood nut allergies that some schools have "nut free" classrooms to help protect children with allergies. Some researchers believe that GMOs could be contributing to these allergies.

Other researchers have argued that food access, not food production, is the key to ending world hunger. Millions of people around the world go hungry, not because there isn't enough food, but because they cannot get it. Poverty, war, lack of adequate transportation and infrastructure, waste, unstable markets and political agendas all prevent food from getting into the hands of those who need it. Some have argued that the world actually produces more food than its people can eat, we just do not distribute it well.

If the idea of GMOs scare you, you may not be happy to

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know that it is nearly impossible to avoid eating them. The U.S. does not mandate GMO labeling. Milk, meat and eggs from animals fed on GMO feed do not require labeling, and foods can contain up to 0.9 percent GMOs without a label. As a result, most of us are eating a lot more GMOs than we think. Roughly 55 percent of American's crops and 70 percent of processed foods contain GMOs. Much of our GMO consumption comes from corn. Most corn is genetically modified and corn is an ingredient in a vast array of processed food such as cheese spreads, fish sticks, ketchup, ice cream and syrup.

Still there is a great deal of research supporting the argument that GMOs are both safe and vital to human development. In addressing the question of GMOs causing food allergies, The Gene Literacy Project states bluntly that "the potential for allergies in genetically modified foods is less than in new conventional foods introduced into the marketplace." This is because conventional foods are not tested. Case in point: Kiwis were introduced to the United States in 1962 without being tested because they were an established food. However, people did have allergic reactions to the new fruit. In fact, kiwi allergies are a common food allergy.

Furthermore, proteins used in GMOs are subject to rigorous testing before they are included in foods. The University of Nebraska at Lincoln maintains AllergensOnline, a database that is independently managed by international allergy experts and lists every known protein that has been known or suspected of causing an allergic reaction. Any new proteins created by GM

foods undergo three rigorous tests to ensure that they do not cause allergies. There is only one documented case of a GM soybean that was potentially allergic. Researchers tried to integrate a Brazil nut protein into the soybean, realized it was an allergen and stopped work. The potential allergy-carrying soybean never made it to the market.

The golden ears of corn you enjoy at your next barbeque are a fine example of why humans so often tinker with nature. Without genetic modifying, corn would still be a bushy grass, beef cattle would be lean and small instead of meaty bovines, and tomatoes and bananas would quickly rot on the market shelf. We very well may be paying for this bounty and convenience with increased gluten allergies and other health issues. However, GMOs could very well be the ticket to feeding our growing population, helping impoverished farmers in sub-Saharan Africa grow drought-resistant crops, and lift millions out of malnutrition and poverty to a better and brighter future.

## Bay Bytes

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# Bobble On: A Guide for Getting Along with Your Grown Children

By Victoria Duncan

In the overcrowded Starbucks, the three-generation trio piling into the seats next to me drew my attention. Young mom wore a scowl, grandma looked like she'd been crying and the toddler in tow whined for his treats. All looked disheveled, irritated and desperately in need of something stronger than caffeine.

Returning to my laptop while the toddler tucked into his snack, I heard grandma blow her nose. Just as I refocused on my work, an argument began. In such close quarters, it was impossible not to overhear what was taking place:

"For goodness sake, stop crying!" Mom raked her hand through her blonde ponytail.

"I was only trying to help." Grandma dabbed at her eyes. "I don't want you to make the same mistakes that I did."

Mom leaned forward and hissed, "Why can't you ever see things from my point of view?"

"It's just that I think you should..." Grandma began.

Mom sprang to her feet and the table tilted. As his cookie fell to the floor, the toddler began wailing.

"Since you have all the answers, I'm going to the restroom!" Mom flounced away.

Grandma caught my eye, and shrugged. "What are you going to do? I'm only trying to help."

In return, I smiled weakly. I've been there and, probably, so have you. We mean well. We want our grown children to be happy and, yes, we want them to avoid some of our own mistakes. Clearly though, this grandmother had not climbed the steep learning curve toward effective communication with adult children. It's a slippery journey that demands we get up to speed quickly. To interact well with our grown children, we need specific skills—and we



need them fast. In short? Grandma needs to make like a bobblehead.

Recently I gave my dear friend, a new grandmother-to-be, a bobblehead doll made in her own likeness as a reminder of what I've learned about being a nonintrusive grandparent. Bobblehead dolls sport a rather large head (filled with all kinds of knowledge and experiences) balanced upon a flexible neck. The head bobbles in a random and nonjudgmental manner. These dolls don't necessarily agree, they rarely disagree and are pretty easygoing in all things. Most importantly, they do not impose their opinion on others. In my mind, a perfect blueprint for dealing with adult children.

Want to know the secrets of the bobblehead approach? Read on:

**Self-examination.** Know what you have at stake. Are you really just trying to be helpful? Maybe you still wish to be the authoritative parent? Perhaps being useful was your identity and it's hard to relinquish that control. Turn your attention to making your own life as fulfilling as possible. When you invest in that, you will have less energy left to intervene in your children's lives. That's good!

**Use your memory.** Remember being a young parent and bristling at advice given by your parents? Your adult daughter or son is finding his or her own way and deserves the chance to do that unencumbered by your opinion. You have not walked a mile in her stilettos or in his wingtips and, even if you think you have, it was a long time ago. Allow them their turn to try new approaches, to enjoy their own successes and to learn from their own mistakes.

**Discipline yourself.** Are there times when you know best? Doesn't experience count? Of course! Carefully choose those issues where you *must* say something (mostly in cases of risk of bodily harm) versus those times when you just *want* to give an opinion (everything else). When you reserve your "help" for those essential times, it will be more readily accepted than if you sprinkle

your views about like toxic fairy dust. Watch your nonverbals too. Pursued lips, a raised brow or a smirk can carry crueler judgment than words.

**Cultivate curiosity.** Remember the television detective Colombo? Rather than putting his opinion out there, he "played dumb" to gather information. Often Colombo began sentences with, "I wonder ..." Give his approach a try. When you encourage your loved one to talk without passing judgment or offering your solution, you are giving her the space to figure things out on her own. This builds self-confidence! If asked for an opinion, avoid sentences that begin, with "You should ..." Instead, slap on a puzzled frown while you remember something from your own experience and wonder if that might work today.

Does being a bobblehead mean that you are a pushover or less than honest? Absolutely not! Being a bobblehead means being mature enough to let go of your need to control and to release your need to be right. It means respecting your now grown-up child as a fully functioning adult. It translates to trusting their ability to make decisions and to handle the consequences. Being a bobblehead means having the wisdom to practice restraint.

Back at the Starbucks and before mom returned to her table, I considered cluing grandma in the bobblehead approach. However, since that would be giving unsolicited advice, I packed up my work just in time to see mom heading our way looking like she was ready to rumble. More harsh words were imminent and I made my exit with just a bobble of my head in sympathy for all parties. Although I ignored my desire to offer advice, I hope that grandma might read this article and learn to practice—as we all must do if we want to have harmonious relationships with our grown children—how to bobble on.

*Victoria, a licensed professional counselor, lives in Annapolis and thanks her sons and daughter-in-laws for their patience and understanding while she learned these lessons. She can be reached at VAHD@aol.com*

Procrastination is no longer an option

# Hospice of the Chesapeake's Honor Salute Inspires Legislation

By Leslie Hunt

The inspiration to introduce Maryland legislation creating a "Welcome Home Vietnam Veterans Day" on March 30 came in part from Hospice of the Chesapeake's Honor Salute Program. Answering the call for a significant way to acknowledge and honor Veterans in our care are 400 Midshipman volunteers from the United States Naval Academy who participate in performing an Honor Salute and present a Certificate of Appreciation to those patients who have served in the Armed Forces. To date, the growing program has brought close to 100 Honor Salutes to our patients.

Those moments of recognition for their service by the Midshipmen proved powerful for the Veteran and their families. Looks of relief, gratitude and memories shared - some for the first time since becoming a civilian were powerful and heartwarming, especially for those

who survived and came home to a hostile reception. Their deep appreciation for receiving an Honor Salute prompted Hospice of the Chesapeake's Volunteer Team to pursue introducing legislation in our state to commemorate the "Welcome Home Vietnam Veterans Day" in March as 37 others have already commemorated.

Because our Veterans who served in Vietnam were not met with public support for their service upon their return, many have never been formally thanked. The Honor Salute served that purpose for them.

On Feb. 5 Senate Bill #80 was introduced to the Health, Education and Environmental Affairs Committee by its sponsor Senator John Astle of Annapolis, who is also a Vietnam Veteran and Purple Heart recipient. Joining Senator Astle was Hospice of the Chesapeake staff, volunteers and a Vietnam Veteran who

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testified in its favor.

The bill declares March 30, the day in 1973 when the United States completed the withdrawal of combat troops from Southeast Asia as "Welcome Home Vietnam Veterans Day" in Maryland. The committee approved the bill and put its name on it as well. On Feb. 16 the Maryland Senate unanimously voted in favor of Senate Bill #80. A formal bill signing will be held in Annapolis on March 30.

*Leslie, the communications specialist at Hospice of the Chesapeake can be reached at [lhunt@hospicechesapeake.org](mailto:lhunt@hospicechesapeake.org) or 443.837.1538.*

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Read Dr. Passaro's article "Nail Biting: More Than Just a Bad Habit" in this edition of Outlook!

# EAT CLEAN IN 2015

By Leah Lancione

Now that 2015 is well underway, if you haven't dedicated yourself to a resolution to eat healthier, maybe now is the time to make a late start on that commitment. The decision to eat "clean" is a pledge that will show results in no time. Your arteries, joints, skin and digestive tract will thank you. Not to mention, your doctor will be pleased.

So what does eating "clean" entail? Well, eating clean means consuming more plant-based meals, eliminating or reducing processed foods, which contain a lot of hard-to-pronounce and unnatural ingredients from your diet, reducing salt intake, choosing whole grains and drinking more water. Eating more fruits and vegetables means cutting calories while taking in more vitamins, minerals and fiber. Adding more whole grains like brown rice over white, sprouted grain and whole grain bread instead of enriched white or wheat bread will also enhance your nutrition. For example, when given the opportunity to choose a whole food over a highly processed, factory-made product, opt for the whole food. Choose an actual orange over orange juice that has added ingredients, or, even worse, an orange-flavored drink.

Seriously cut out processed ingredients by replacing boxed white pastas with something like spaghetti squash or quinoa, which is high in protein and gluten-free. Not to mention, you can start the day right by having a breakfast with whole steel-cut oats over oatmeal, a processed cereal or (gasp) something that has nothing but empty calories and sugar, like a pop tart or donut.

The Environmental Working Group (EWG) recently published a food scores tool available as an app for a smart phone or via Google Play. Visit [www.ewg.org](http://www.ewg.org) to download this tool that rates "what's on your plate" in terms of nutritional value, ingredient concerns (such as what pesticides, food additives or contaminants that are listed) and whether items are whole or processed.

Eating clean should be paired with drinking clean. Why sabotage your healthy eating habits by downing a soda or drinking coffee with artificial (and highly processed) creamers? If you want your morning cup of coffee or afternoon tea, swap artificial creamer for almond milk or almond milk creamer or coconut milk. Ditch sugar for Stevia. Also, try sipping healthy, metabolism-boosting green tea that's loaded with antioxidants as your hot beverage of choice.

Now, to get to the real heart of the matter. It's time to drink more water to keep the body hydrated and to flush out toxins. The health and lifestyle website Popsugar ([www.popsugar.com](http://www.popsugar.com)) says sipping cold water even helps you burn calories.

WebMD ([www.webmd.com/diet/eat-clean-diet](http://www.webmd.com/diet/eat-clean-diet)) also offers a list of five "eat clean principles" that will put you on the path to health and wellness this year:

1. Eat six small meals day.
2. Eat breakfast within an hour of waking.
3. Eat lean protein such as salmon, beans or lentils—and complex carbohydrates like whole grains and legumes at every meal.
4. Have two or three servings of healthy fats including raw nuts or avocados a day.
5. Make sure to get fiber, vitamins, nutrients and enzymes from fresh fruits and vegetables.

Eating six meals a day instead of three really big ones will help with portion control and keep you from getting hungry and binging on something unhealthy in a moment of weakness. However, if frequent eating makes you hungrier, stick to the three small meals, but make sure to use proper portion sizes for all items on the plate. The U.S. Department of Agriculture's dietary guidelines promote healthy eating and avoiding oversized portions. The government site explains "the amount you eat or drink plays an important role in your energy and balance

strategy. Most people eat and drink more when served larger portions." For examples of portion sizes and possible meals and snacks, visit [www.choosemyplate.gov/downloads/mini\\_poster\\_English\\_final.pdf](http://www.choosemyplate.gov/downloads/mini_poster_English_final.pdf)

Eating breakfast soon after waking will provide you with the energy and fuel for your body after being without food for seven to eight hours. WebMD notes, "If you start off your day with breakfast and then continue eating every three to four hours, you'll provide your body and brain with a steady stream of nutrients so you don't go overboard at mealtime."

What exactly are some of the benefits of eating clean? Well, in addition to reducing your risk of disease or chronic health problems because whole fresh foods don't have all the harmful ingredients processed foods have and have nutritional value, eating clean can result in:

- Increased energy
- Healthy cell function
- Regulated blood sugar
- Weight loss
- Revved-up metabolism.

Make 2015 the year you take hold of your nutrition and learn to maintain a healthy diet and lifestyle as you age.

**Bay Bytes**

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# What is an Eye Doctor?

By Michael J. Dodd, MD

Even today there is confusion in the mind of the public about exactly what an eye doctor is. In this brief article I will outline the definition of the three types of “eye care providers,” sometimes referred to as the three “Os.”

First I will discuss the **optician**. An optician is a specialist who dispenses glasses and in some cases, contact lenses. An optician is analogous to a pharmacist who dispenses drugs based on a prescription from a physician. Ophthalmologists or optometrists write the glasses prescription for the optician to fill. The optician assists the patient with choosing a frame and makes sure that the frames will fit well and the optical centers of the lenses will be centered over the patient’s pupils. Most opticians are trained by other opticians in a guild-type system. After a certain number of years under supervision and a study program, opticians can take a certifying exam. Maryland offers a certifying exam, but Maryland does not require that an individual be certified to sell glasses. Most opticians work in private optical shops or large national chain stores.

Next, **optometrists**. Optometrists attend optometry school after four years of college. After the four-year training program in optometry school, the degree of doctor of optometry is awarded. Optometrists then obtain a license in the state where they work. Some graduates will take an additional year of training in a clinic to learn sub-specialty care like post-op cataract management. The license varies from state to state, but most optometrists are licensed to perform eye exams, diagnose eye conditions, sell glasses and measure for and dispense contact lenses.

The final eye specialist is the **ophthalmologist**. To become an ophthalmologist you must complete four years of undergraduate college, and then go to four years of medical school. After medical school and passing a qualifying exam, a license to practice medicine is given by the state. Then one year of post graduate training in a certified hospital is required. This is the traditional internship year where the time is dedicated to learning general medicine in a variety of areas such as surgery, obstetrics, pediatrics,

etc. Following internship, to become an ophthalmologist, one must complete a three-year post-graduate training program in a hospital. In these three years, the physician learns to use all the specialized eye equipment, to diagnose and treat eye conditions and to perform eye surgery.

In summary, ophthalmologists are medical doctors (MDs) who diagnose and treat eye diseases with medicine and surgery. Optometrists (ODs) examine eyes and dispense glasses and contact lenses. Opticians fill prescriptions for and sell glasses. Some group practices include all three specialists or various combinations. For example, the Maryland Eye Associates group has four ophthalmologists, one optometrist and three opticians. Be sure to ask your eye care provider which profession he or she is a member of, if you are uncertain.

*Dr. Dodd, an ophthalmologist, practices at Maryland Eye Associates located in Annapolis and Prince Frederick. He also is an instructor at the University of Maryland Department of Ophthalmology. He can be reached at 410.224.4550 or mjddmd1@gmail.com*

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# WHAT FITNESS AID IS BEST FOR YOU?

By Leah Lancione

Back in the day you only needed a pair of sneakers and an outfit—maybe a pair of running shorts and a tank top or a leotard and exercise tights for your workout. However, these days there's a plethora of exercise apparel from compression tights, tanks and shorts that actually wick sweat from the body, specialized socks and sneakers made specifically for a sport or activity, and, not to forget, a wide range of fitness accessories to enhance any workout experience.

Tracking calories, monitoring your activity level and pace as well as keeping track of your heart rate and distance is no longer a challenge because fitness accessories can do it all for you. Put away your old stopwatch or pedometer because fitness trackers like Fitbit, Garmin Forerunner and Jawbone make getting in shape a cinch, or at least measurable. Just wear one on your wrist or clip it to a piece of clothing and get moving! Here are a few of our favorites:

## FITBIT:

Fitbit ([www.fitbit.com](http://www.fitbit.com)) has a range of products segmented into three groups: everyday fitness products (Zip, One, Flex Charge) that use everyday activities to improve overall health; active fitness products (Charge HR) that make the most of workouts and track wearers' active lifestyle; performance fitness products (Purge) for training to a new level so wearers can reach desired performance.

## FOR EVERYDAY FITNESS:

**The Zip** (\$49-\$60) is a simple device that tracks steps, calories burned and distance. It syncs to a computer and/or smart phone to keep track of any physical activity or to motivate wearers to get moving more. Clip it to a shirt, shorts or belt or keep it in your pocket all day long—rain or shine.

**The One** (\$99) goes one step further than a *Zip* by tracking steps, calories burned, stairs climbed or distance traveled as well as sleep as in hours and quality.

The device also syncs to a computer, smart phone or select androids and clips to a belt. Just like the *Zip*, by registering at the *Fitbit* site, wearers can track their progress based on their own personal stats.

**The Flex** (\$99) offers all the fitness functions of *The One* and more. For instance, LED lights show progress and represent the percentage of goals reached via the *Fitbit* online tools and a mobile app. The app tracks runs, walks, hikes, etc., as well as maps routes and offers voice-cued stats and music control. The food tools include a barcode scanner for foods' nutritional info, calorie coaching and a database of grocery brands, restaurant items and meal shortcuts. *Flex* also works well with other fitness and health apps. Worn like a bracelet-style accessory, it comes in a variety of colors so you can coordinate it with your workout outfits.

**The Charge** (\$130) provides all the fitness functionality and perks of the devices listed above but with some extra "bells and whistles" that could make it worth the extra money. Also a bracelet/watch-style tracker, this device has a longer battery life of seven to 10 days, a bright OLED display and also—drum roll please—a built-in caller ID when a phone is nearby and a silent, vibrating alarm to wake wearers. *The Charge* also automatically and wirelessly syncs to a computer and over 120 smart phones. All this, plus the online dashboard and mobile app tools will help manage fitness goals and progress as well as diet and health decisions.

## FOR ACTIVE FITNESS:

**The Charge HR** (\$150) is the same activity wristband as *The Charge*, but complete with a heart rate monitor built in without having to wear a cumbersome chest strap.

## PERFORMANCE FITNESS:

**The Surge** is called a "fitness super watch" because for \$250, athletes or exercise fanatics can get all the fitness

functions and specs of the devices listed above, but amped up with a heart/pulse rate monitor, multisport workout summaries and a GPS tracker to monitor your run time, distance, pace and elevation as well as a log of your routes and split times. This uber fitness tracker will help you train for your ultimate fitness goals, whether it's a half-marathon, marathon, intense cardio workout or whatever fuels your engine.

## GARMIN FORERUNNER

**The Forerunner 10** looks and feels like a regular watch, but it does more, such as track distance, pace and calories during a run or walk. Press a button and GPS is enabled and training can begin. While running or walking the display screen will show current pace in comparison to the wearer's target via a Virtual Pacer. Also, if a goal is exceeded, the display will flash the new personal record. An alert is displayed with each mile completed and then the workout summary including distance, time, pace and calories burned can be shared and saved via *Garmin Connect* or deleted. The watch costs \$130 and comes in various colors.

**Forerunner 15** is the same nifty watch as the *Forerunner 10*, but with a heart rate monitor and a few extra tools for just \$10 more at \$140.

**Forerunner 220**, which retails for \$250, is also a GPS watch that tracks distance, pace and heart rate while also identifying personal records on a high-resolution display. A suitable running companion, the device comes with free training plans from *Garmin Connect* and features automatic uploads and social media sharing.

**Forerunner 910XT** is a good choice for an athlete preparing for a triathlon or a multisport workout junkie who wants to track every swim, bike or running statistic. That's as long as you don't mind spending \$400 to do it. Water-resistant with a 20-hour battery life, the watch extraordinaire tracks time, distance, pace, heart rate and elevation (through a barometric altimeter)

as well as distance, stroke count and pool lengths. Like the other *Forerunners* models, the device connects to *Garmin Connect* for analysis and stat-sharing.

Garmin also offers activity trackers similar to *Fitbit* called *Vivofit*, *Vivosmart* and *Vivoactive* as well as more advanced watches and performance trackers for golf, swimming, hiking, boating and more. Visit the website [www.garmin.com/en-US](http://www.garmin.com/en-US) for more information.

**JAWBONE:**

This fitness tracker claims to help wearers get more sleep, drink more water and get more exercise in 2015. The *Jawbone UP App* is considered the “road map” because it’s downloaded for the tracker device as the advanced sensors in the *UP Activity Tracker* monitors movement and sleep. The *UP* can be synced with other apps and devices as well. The tracker system offers three models: The *UPmove* (\$50), the *UP24* (\$130) and the *UP3* (\$180).

The *UPmove* is a clip that tracks activity and sleep and provides a smart coach option.

The *UP24* offers the same activity and sleep tracking and smart coach tool, but comes in a wristband or bracelet form.

The *UP3* is a more advanced wristband tracker that features activity and sleep tracking along with the smart coach and a heart health monitor.

With all three models you can examine calories burned, log food and drink consumption, set goals, and sync to a PC or portable devices wirelessly. Not to mention, the website offers accessories from headsets to a BIG JAMBOX portable speaker that can transform “any phone, tablet or mobile device into a portable, hi-fi sound system” to make a workout experience even more enjoyable and invigorating. Check out [www.jawbone.com](http://www.jawbone.com) for more information.

**MISFIT:**

Models provide the activity and sleep tracking similar to all the other brands, but with an added flair in appearance. These jewelry-looking trackers from the Shine model have a very simple, yet stylish design. Two—the *Misfit Shine* (\$100) and

*Misfit Flash* (\$50) are both suitable for tracking day-to-day movement as well as for walking, running, swimming and cycling. The devices also monitor quality and duration of calories and sleep. Both devices sync to a smart phone. The *Misfit* app provides a daily food journal to help those striving to improve fitness and diet. The various designs enable the *Misfit* to be worn around the wrist, waist or neck, on shoes or in a pocket. Wear them while shooting hoops, kicking the soccer ball around or working out. The *Misfit* makes it easy to create and maintain fitness objectives and look fashionable all at once. Visit [www.misfits.com](http://www.misfits.com) to find out more.

Whatever device you choose to aid you on your diet and fitness journey is up to you, so pick the device that best suits your lifestyle or fashion sense.

*Leab, an avid runner and exercise enthusiast, prefers to keep it simple with a good pair of running shoes, a tank top and shorts in warm months and a sweat shirt and cold gear when the temperature drops. Recently she added a Garmin Forerunner 10 to her workout gear. She can be contacted at [LeabLancione@gmail.com](mailto:LeabLancione@gmail.com)*

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# What's All the Buzz About?



By Melissa Conroy

There is no glamorous way of getting around this fact: Honey is essentially bee spit. This miraculous process starts when honeybees vacuum nectar from flowers and store it in their "honey stomach" (one of two stomachs) where enzymes get to work converting it. This honey stomach can hold almost 70 mg of nectar when full, almost as much as the bee. Back in the hive, the bees spit up the nectar where house bees "chew" on it for approximately 30 minutes to break down the complex sugars. The bees spread the nectar through the honeycombs and fan it with their wings, making the water evaporate and the honey gooey. When the honey is the right consistency, the bees seal off each honeycomb cell with wax to be eaten later, either by the bees, a hungry bear or a human.

Countless thousands of years ago, humans discovered that honey is addictively delicious and went through great risk to gather it. To this day, Gurung honey hunters in southern Nepal clamber

300 feet up cliffs on ropes to do battle with the world's largest honeybee (*Apis laboriosa*) and gather its honey. The Bayaka people in the Congo Basin still scramble up tall trees to harvest honey, dodging bee stings and risking falls to harvest a sweet treat for their eager friends and families waiting below.

Luckily, those of us in the states can simply roll into our nearest health store or log onto the Internet to obtain honey. If you are a typical American, your exposure to this delicious nectar probably begins and ends with the ubiquitous plastic bear sitting on a grocery shelf. However, there are actually more than 300 varieties of honey available in the US, all of which vary in color, taste and scent.

Honey varieties depend on where the bees get their nectar. You are probably familiar with clover honey, since clover is the most common honey-producing flower. However, there are many other flowers bees can harvest to create this treat. Here are some different types:

**Avocado:** No, this honey is not green! It comes from the California avocado tree and is dark with a buttery taste.

**Buckwheat:** The next time you make buckwheat pancakes, why not douse them in buckwheat honey? Made from buckwheat flower nectar, this variety is dark brown with a strong flavor.

**Orange blossom:** This type comes from citrus trees. It may be solely from orange trees or may have a combination of lemon, lime and grapefruit nectar, yielding a very light-colored honey with a citrus aroma.

**Tupelo:** Southeastern US is home to tupelo trees, which have greenish flowers that develop into soft fruits. The honey from these trees is white or extra light amber with a mild flavor.

**Alfalfa:** You might be surprised to learn this, but alfalfa is actually a legume. Its blue flowers are favored by bees, which produce a very light-colored honey from its nectar.

Honey is more than just a delectable treat to spoon into your tea; it also has a number of health benefits. Raw honey (unrefined, unpasteurized honey) contains all of the B complex vitamins as well as A, C, D, E, and K vitamins. A spoonful of raw honey contains copper, manganese, potassium, zinc, calcium, copper, magnesium and iron as well as thiamine, niacin, riboflavin and pantothenic acid. Raw honey is also a source of antioxidants, which may help ward off serious diseases such as cancer.

Long before the invention of modern penicillin, honey was often used to treat wounds. Applied topically, honey has broad-spectrum antimicrobial and anti-

## Bay Bytes

If you're a hiker, log onto the Potomac Appalachian Trail Club [www.PATC.com](http://www.PATC.com) to take advantage of their cabin rentals - many along the Appalachian Trail. They also feature a variety of different hikes in the area.

inflammatory properties. There is evidence that Egyptians used honey for treating wounds as early as 3000 BC. Other cultures throughout history used honey on the battlefield and home front to help treat wounds, but the invention of modern antibiotics pushed this ancient treatment to the sidelines. However, honey is making a comeback as researchers search for ways to combat drug-resistant superbugs. Developing a new antibiotic can take 10-15 years and a billion dollars, so some researchers are bringing honey back as a modern era treatment.

In 1999, the first medical-grade honey product became commercially available. Called Medihoney, it is made from a seaweed-based material saturated with manuka honey, which is produced by bees in New Zealand. Manuka honey is special for its high antibiotic properties. Most honey contains methylglyoxal, which fights infection, but manuka also contains high levels of dihydroxyacetone. Together, these create a potent disease-fighter.

However, don't drizzle your Dutch Gold Honey over your paper cut. Only medical grade honey should be

used on a wound. Also, commercially prepared honey is usually missing most of its health-giving benefits. Most mass-produced honey is ultra-filtered, meaning it is heated up, and then forced through a very fine strainer to catch any pollen. Sometimes it is mixed with high-fructose corn syrup. Commercially prepared honey is often pasteurized, a process that removes many of its beneficial components such as propolis, which is a mixture of resins and other substances that the bees use to seal off the hive and protect it from infection. Propolis is shown to have cancer-fighting abilities. Other important phytonutrients are largely eliminated with pasteurization.

Raw honey is your best nutritional option if you have a choice. Raw honey contains all its natural nutrition and natural antibiotic properties. There are a few caveats. Raw honey should not be fed to infants under one year old because of the slight risk of botulism. If your immune system is weak, raw honey may not be safe for you to consume, so check with your doctor first. Also, people who are allergic to bees can react strongly to the pollen in raw honey. However, most people can eat

the raw product safely.

Sugar is sweet, but there is something rich, decadent and homey about streams of golden honey spiraling into a cup of tea or drizzling across a mound of hot oatmeal. Delicious, nutritious and good for you, honey is a wonderful treat. Thank goodness for hard-working bees and the sweetness they create.

*Photo credit: Emerson Sodergreen*

## Bay Bytes

For novel entertainment, Dog Translator is a free app. It does have a disclaimer but try it if you'd like to know what it is that your dog is trying to "say."



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# THE DAY PRESIDENT TAFT CAME TO TOWN

By Ellen Moyer

It was Springtime in Annapolis, April 10, 1911. The townsfolk were out and about in anticipation of a big happening. Crowds milled about the grounds of St. Johns College. St. Johns at that time was a military college, and cadets joined local residents. Midshipmen from the Naval Academy were there too; USNA professor Henry Marion had arranged the occasion.

President William Howard Taft arrived with the French ambassador, Jean Jusserand. This was indeed a special occasion. The two dignitaries were in Annapolis and on the campus of St. Johns College to dedicate a monument to unknown war dead -- the first of its kind anywhere in the world. This first tomb to unknown soldiers would honor the French soldiers who gave their lives for American independence 130 years earlier.

President Taft stepped to the podium. The milling crowd stood silent, hushed. "But here ... where the men whose memory we celebrate are unknown to us by name ... let this occasion be distinctly marked by gratitude of a nation, to a nation."

Next to the president, Miss Amelia Fowler, the great granddaughter of Comte de Grasse (whose fleet blockaded the Chesapeake Bay in 1781 to prevent the escape of British General Cornwallis from Yorktown, Virginia,) and the Marquis de Chambrun, a descendent of the Marquis de Lafayette, pulled a canvas from a granite monument. A bronze plaque, designed by Baltimore sculptor J. Maxwell Miller, read, "This monument is erected to the memory of French soldiers who gave their lives fighting for American independence."

In a bit of irony, Thomas Fell, an Englishman, president of St. Johns College, accepted custody of the monument for those "who gallantly gave their lives ... and whose bones are buried beneath this sod."

How many Frenchmen are buried here is unknown. St. Johns was a campsite for soldiers under the command of Marquis de Lafayette and in September 1781, 3,000 French troops under Comte de Rochambeau marched into Annapolis on the way to Yorktown and the decisive battle that achieved American independence "that could not have been won without the help of the French." It is estimated 2,112 Frenchmen lost their lives in America's War for Independence.

So what brought about this auspicious occasion? Curiously, a new Naval Academy Chapel

and a crypt for John Paul Jones were motivating factors. The body of Jones, father of the U.S. Navy, had laid in rest in Cherbourg, France, in a cemetery with other American war dead. He was to be moved back to the U.S. Professor Marion had been in France and was impressed by the care given by the French to the cemetery for American sailors killed in a sea fight on June 27, 1864, off the coast of Cherbourg. Marion felt it was time for a reciprocal act that would honor the French who had given their lives in the American Revolution.

The General Society of the Sons of the Revolution agreed. The cornerstone for the monument to the unknown French soldiers was laid on March 26, 1906. Five years later President Taft came to town to dedicate it.

The granite and bronze monument remains on St. Johns College Campus near the boathouse overlooking College Creek. Crowds do not flock there anymore. But every two years, or at least for the last 51 years, a wreath-laying ceremony pays tribute to the unknown soldiers and sailors of France who came to the aid of America and never returned home.

In the latest ceremony on Oct. 16, 2014, the ambassador representative for France, the superintendent of the Naval Academy and honor guard of Midshipmen gathered at the monument to pay tribute to the memory of a cause for freedom that will live forever. Wreaths were laid by representatives of 26 organizations including the Embassy of France, the City of Annapolis, the Society of Cincinnati, the John Paul Jones chapter of the Sons of the American Revolution, the Peggy Stewart Daughters of the American Revolution, The Alliance Francaise d'Annapolis and the USNA French Club.

After singing "The Star Spangled Banner" and "La Marseillaise," taps played by the Navy band ended the solemn ceremony commemorating in the words of Jean Jusserand, ambassador of France, April 10, 1911: "Our soldiers rest in hallowed ground in a friendly country ... I beg to express the gratitude of France."

## Bay Bytes

If you would like to check out the worth of some of the books you've accumulated over the years, log onto **AbeBooks.com** There just may be something of value on your shelves.

# Nail Biting: More Than Just a Bad Habit

By Dr. Joe Passaro

Nail biting, or onychophagia, is a relatively common habit. Estimates suggest that 30 percent of children, 45 percent of teens, 25 percent of young adults and 5 percent of older adults bite their nails.

Some people unintentionally pick up the habit simply as a way to keep their nails short. Others start biting their nails to cope with stress. For some, the reasons can be numerous. But the negative effects of biting your nails don't end at uneven fingernails.

Some people bite beyond the nail to the cuticles, which can create a problem with skin health. Nail biters are susceptible to a skin infection called paronychia, which leads to swelling, redness and puss around the nail that may require surgical draining. Bacterial infections caused by nail biting are actually one of the most common nail problems, according to the American Academy of Dermatology (AAD).

Your nails are also a place where pathogenic bacteria like Salmonella and E. coli can thrive. Your fingers are involved in many of the things you do and even if you wash your hands often, germs and bacteria can hide underneath the fingernails and grow. While bacteria may be microscopic, a dentist can usually see the negative effects of nail biting within moments after looking in the mouth of a chronic nail biter.

Nail biting can interfere with proper dental occlusion, or the manner in which your upper and lower teeth come together when you close your mouth. Nail biting can wear your teeth down, weaken your teeth and shift them out of their proper position.

The Academy of General Dentistry estimates that frequent nail biters aren't just taking a bite out of their nails. The AGD estimates that frequent nail biters rack up \$4,000 in additional dental bills over the course of their lifetime, taking a serious bite out of their wallet.

To stop nail biting, you not only have to control your anxiety but also break the habit. One way to stop nail biting is to occupy your hands with other activities. Try spinning your wedding band on your finger or a rubber band around your wrist – anything to train yourself out of biting your nails. Preventative measures like keeping your nails trimmed short or manicured can help, too.

*Dr. Joe Passaro and his partner, Dr. Woody Wooddell, opened the doors to their dental practice in Davidsonville in 1981. In addition to caring for their patients' dental health by offering general dentistry services, Drs. Wooddell and Passaro provide expert restorative and esthetic dental solutions. Visit their website at [www.wpdentalgroupp.com](http://www.wpdentalgroupp.com) or call 410.956.5555 for more information.*



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# Thespian Adventures in Annapolis

By Barbara Aiken

Thespians have taken over Annapolis! Or so it would seem, as the city has many theatrical venues and shines with possibilities. Theater is available for most tastes and budgets. Many productions are perfect for family enjoyment, and make an ideal platform for lively conversation around the pre- or post-theater dinner table. Be sure to check on the suitability of some performances for young children.

Comedy, Shakespeare, musicals and more, theater in Annapolis has them all. Magic in an historic courtyard, shows in the round or traditional concert hall seating are available to the discerning patron.

## ANNAPOLIS SHAKESPEARE COMPANY (ASC)

Artistic Director Sally Boyett recently began productions in Annapolis. The 2014-2015 season took off with the masterfully crafted *Macbeth*. ASC's work is stellar. From May 19 to September 29, *Servant of Two Masters* will be rendered in the courtyard of Reynolds Tavern. If you've never attended one of ASC's presentations here, you must indulge. The audience is modestly pulled into the action and a good time is had by all. Be aware that locations change. Ticket prices vary; discounts may be available for seniors and students. Contact ASC at 410.415.3513 or visit them at [www.annapolishakespeare.org](http://www.annapolishakespeare.org)

## COLONIAL PLAYERS

Now in their 66<sup>th</sup> year, which alone is a testament to their quality and dedication, Colonial Players is splendid theater in the round. I like a front row seat and feel as though I'm part of the action. Recently, audiences enjoyed the 1643 iambic pentameter play *The Liar*, a rollicking tale that drew lots of laughter. Traditionally, the players present *A Christmas Carol* during the holidays and tickets sell out quickly. Admission is \$20 with discounts

for seniors, students and active military. Contact them at 410.268.7373 or visit them at [www.thecolonialplayers.org](http://www.thecolonialplayers.org)

## COMPASS ROSE THEATER

Founded in 2011 by Lucinda Merry-Browne, the Compass Rose Theater offers some of the finest performances in town. Their recent showing of *Cats* filled the stage and brought the musical to life. After having enjoyed *Cats* at the Winter Garden in New York City in the 1980s, I found that in this small space, the Compass Rose did justice to the play. In fact, the intimacy made the play even bigger for me. Ticket prices are \$35 for adults, discounts for seniors, students and military. Contact them at: 410.980.6662 or visit them at [www.compassrosetheater.org](http://www.compassrosetheater.org)

## ANNAPOLIS SUMMER GARDEN THEATRE (ASGT)

Theater under the canopy of the sky is a freeing and joyful experience. Opening in 1966 with *You Can't Take It With You*, ASGT is still going strong and presents three superb musicals each season. You may catch the audience singing along in their seats. Steeped in history, their location can be traced back to 1696 and the buildings to 1837. Tickets are \$22. Contact ASGT at 410.268.9212 or visit them at [www.summergarden.com](http://www.summergarden.com)

## MARYLAND HALL FOR THE CREATIVE ARTS

Maryland Hall isn't strictly a theatrical venue, but hosts top-notch plays during the year. Its concert hall is used by the acclaimed Ballet Theatre of Maryland and their production of *The Nutcracker* is a family experience that brings looks of wonder. Maryland Hall's newly renovated space is exceptional and adds greatly to the experience. Prices vary. Contact them at 410.263.5544 or visit them at [www.marylandhall.org](http://www.marylandhall.org)

## ST. JOHN'S COLLEGE

Many wonderful things go on at St. John's; one of them is theater in the Francis Scott Key Auditorium. The students are in charge and the King William Players put on several shows each year. Some are classics, some modern and some written by the students. Check on show locations as they sometimes vary. Admission is free. Visit them at [www.sjc.edu](http://www.sjc.edu)

## UNITED STATES NAVAL ACADEMY

Founded in 1847, The Masqueraders put on one main show annually and several one-act plays. A recent production of *Importance of Being Ernest* in Mahan Hall was mesmerizing. Did you know that The Masqueraders are the oldest extracurricular group at the academy? Don't forget your ID at this venue. Check for ticket prices and visit them at [www.usna.edu/Masqueraders](http://www.usna.edu/Masqueraders)

I've focused on theater in downtown Annapolis. There are other wonderful opportunities for theater just outside of the city such as **The Infinity Theater** and **Children's Theater of Annapolis**, **The Talent Machine**, **The Chesapeake Arts Center** and **Anne Arundel Community College**. Be sure to look into their offerings.

Visit the websites as noted for lineups this season. Some offer season tickets, flex passes and dining discounts. There's nothing like a night out in romantic Annapolis to take in a play and dine at any one of the numerous fine restaurants in town. Attendees will be amazed at the high quality of stage productions in our capital city.

*Barbara's only direct brush with the theater was designing the stage set for her son's 8<sup>th</sup> grade play. As a resident of Annapolis she enjoys the opportunity to indulge her passion for stage performances as often as possible. She can be reached at [barbara.s.aiken@gmail.com](mailto:barbara.s.aiken@gmail.com)*

A person who never made a mistake never tried anything new.



## What Does Mary Say?

Dear Mary,

*My mother, younger (baby) sister and I live within 10 miles of each other. I have noticed some troubling behaviors in my mother (leaving a pot on the stove and but not smelling smoke, not managing her medications) and have scheduled an appointment with her physician. Since any changes in my mother's living arrangements and care will affect all of us, I have asked my sister to be a part of the meeting with the doctor. However, she responded by saying that I am making a mountain out of a molehill.*

*We have always had a good relationship, but I need her to understand that we must start planning now to make sure mom stays safe.*

Dear Reader,

It is not uncommon for sibling tensions to mount when a parent shows signs of decline and caregiver plans must be put in place. Even as adults, many of us continue to play out the old roles we held in our families (such as big sister-little sister) and early parental expectations can come into play.

Continue to encourage your sister to attend medical appointments. To save your mother embarrassment and to discourage arguments from your sister during a visit, prepare a list of your concerns in writing and give them to the physician prior to the appointment. If your sister refuses to attend, make sure you keep her posted as to what tests the doctor orders, what his diagnosis is, and what medications the doctor recommends.

If your mother is diagnosed with a chronic or progressive condition (such as dementia), try to give your sister time to come to terms with the diagnosis. Don't oversimplify the situation; determine what it is that you expect from her and think about whether she will be able to meet your expectations. Make a list of what your mother is going to need, both short-

and long-term and give it to your sister to review, allowing her to determine how she can be involved.

You may try to ease your sister into acceptance of your mother's decline by watching a movie together. Yes, I did say watch a movie together! There are some very good videos dealing with Alzheimer's disease and other dementias that can be watched and discussed ("Mom does that." "That reminds me of a time when Mom got left the stove on." Or even, "I feel sad like that sometimes, too.") Here's a few you can check out: *Away from Her* (2007); *The Savages* (2007); *Aurora Borealis* (2006); *The Notebook* (2004); *Noel* (2004); *A Time to Remember* (2003); *Iris: A Memoir of Iris Murdoch* (2001); *One Special Night* (1999).

Dear Mary,

*All my life I have worked in the communications field and now I find I can't communicate with my husband who has early-onset Alzheimer's disease. He is angry and depressed and I don't know what to do to help. Nothing I say seems to help even when I tell him I love him.*

Dear Reader,

Your husband's depression is a relatively normal reaction to what has already been lost and to his awareness of future limitations and perceived burdens. In addition to the psychological reasons for his depression, Alzheimer's disease affects the chemical balance in the brain, particularly reducing the serotonin level. Depressive behaviors include apathy, loss of interest in activities, social withdrawal and feelings of worthlessness, agitation or irritability. Advise his doctor of the changes you see; there are antidepressant medications available for persons living with dementia that can significantly improve their quality of life.

His anger, when out of character, can be baffling. Even in this early stage, your

husband realizes that he cannot control what is happening now or what is to come. This may cause him to lash out, say outrageous things, be fearful or distrustful, or even lie. No matter how much you try to reason, logic won't work.

You may need to use some old and some new communication skills. First, listen empathetically and attentively, without agreeing or disagreeing. Keep your message simple, maintain eye contact and do not show anger, frustration or fear through your facial expressions or body language. Most important – never argue!

Dear Readers,

During March and April, the Department of Aging & Disabilities will host *Behaviors as Communication? A Dementia Patient's Attempts to Connect and Communicating with Health Care Providers*. For information and registration, go online to [www.aacounty.org/aging](http://www.aacounty.org/aging) or call (410) 222-4464 ext. 3043.

In partnership with the Alzheimer's Association, the department will also host a monthly Memory Café, a relaxed setting for those with early-stage dementia and their care partners. For information and registration, contact Yolanda Wright at 410.561.9099.

### Bay Bytes

For answers to your most perplexing questions, log onto **MakeUseOf.com** which is a forum set up to assist with browsers, laptops, social medium, windows, etc.

# Maryland's POW Camps in World War II

By Ellen Moyer

The sirens whistled. Lights went off, black curtains blanketed windows. It was 1942. World War II was raging 3,000 miles away. All along the East Coast blackout drills were preparing citizens against Hitler's Luftwaffe that were blitzing London. My father was the neighborhood air raid warden. During blackout drills he searched the neighborhood for any light ray that could alert an enemy in the sky.

Saturdays were movie time. Roy Rogers and Woody Woodpecker may have been features, but it was the newsreels that showed us what life could be like. Bombs falling, people huddled in air raid shelters, soldiers slogging through mud. It was not a pretty picture.

A mile from my home an antiaircraft site was prepared to protect us. In backyards and in vacant lots neighbors united to plant vegetables that would be canned for future use. In 1942 there were 18 million victory gardens across America. Gas and sugar were rationed. Nylons were a luxury.

Too young to comprehend everything about war, I definitely knew something terrible was happening. Only months before on a rainy day I sat on the floor in our new house listening to the radio reports on Pearl Harbor. Later, letters from my Uncle Ed, who served in North Africa, would arrive with parts cut out -- my first experience with censored communication.

Along historic Joppa Road my playmates and I would see open Army trucks caravan with cargos of young men. We would gather to watch the parade and smile and wave. Some waved back; others looked sullen.

Who were these young men? It wasn't long before we heard they were German prisoners of war (POW) and were returning to a camp, here in our country, after a day of working on a farm. These German brigades, filling in for our absent men, were responsible for saving Maryland's tomato crop.

During the war years of 1942-1946 the United States sheltered over 500,000 prisoners of war. Most were Germans, but Italians were included too. Under the rules of war set by the Geneva Convention of 1929, prisoners were to be housed safely and fed well. With an Army on the move in North Africa and throughout Europe, this was a management nightmare. When Liberty ships arrived with supplies at allied ports, they returned across the Atlantic with human cargo that enemy submarines would not attack. Almost every state had a POW camp.

Maryland had 19 prison sites, small work camps. All prisoners coming into Maryland went through Fort Meade before moving on to one of the smaller work camps. Fort Meade housed 2,000 prisoners. The first arrivals at Fort Meade included 1,632 Italians and only 58 Germans. Over time German prisoners dominated the population. Prisoners were enlisted to work in jobs in short supply of men. They picked apples, harvested Maryland's melons

and tomatoes, quarried stone, served as crews in firehouses, built bridges and parks facilities. It is estimated that overall, POWs saved food harvests from rotting in the fields and saved America \$5 billion dollars in 1940 dollars.

The Geneva Convention required that prisoners be paid for work. They were paid in scrip that could be used in camp canteens or saved for special occasions. Once, scrip was used to pay for a train ticket for a prisoner to join his brother who was housed in a Chicago POW camp.

Hollywood movies were shown at camp. Prisoners could stage their own shows, engage in athletic contests, even write a newsletter. Education classes were offered. Life was reasonable for the majority who would return home with a favorable impression of their captors and the country they represented. Journalist John Kelly writing in the *Washington Post* tells a story of a repatriated prisoner from Camp 8 in Gaithersburg writing to owners of the farm where he had worked, expressing his gratitude for their kindness and asking for help to send a packet of food in short supply in devastated Germany.

Camp life was not all hunky-dory. Hard-core Nazis would beat up and kill those they thought were too friendly with American guards. They were isolated into barbed wire compounds and closely guarded. Some tried to escape, but all were apprehended. A decorated submarine commander was killed in his attempt to escape and is buried in a cemetery at Fort Meade with others who died while in captivity.

Fort Meade also housed 384 German, Italian and Japanese immigrant residents arrested as potential "fifth column" collaborators with the enemy. Most were exonerated. Many worked at a bakery that produced 12,000 loaves of bread a day.

Today there is little trace of Americas POW camps. Fort Meade, named for the Civil War general and commander of the Army of the Potomac, still thrives as a major recruiting and training Army base. For most Americans, WWII is a kaleidoscope of Normandy, Auschwitz and unimaginable atrocities. We know about the war through movies such as *Schindler's List* and recent events honoring the last of the WWII survivors. Cement watchtowers are curious remnants of this period along the coast of Maryland and Delaware.

Little-known, however, is the unity of Americans to work together for the common good to support the war efforts. Almost every family purchased a \$25 war bond and contributed to victory gardens.

Citizens, in an unprecedented spirit of unity, collaborated, cooperated and contributed to defeat the enemy and to bring our men and women home in victory.

*Ellen, a former mayor of Annapolis, can be reached at [ellenmoyer@yahoo.com](mailto:ellenmoyer@yahoo.com)*

# BE ON GUARD AGAINST HURTING YOUR BACK

By *Alessandro Speciale, MD*

An entire front line protects a quarterback. But what about your back? Who's making sure it doesn't get roughed up?

You need a game plan to guard against back pain. That's especially true if you're at high risk. Nearly 80 percent of adults have back problems at some point, but you're more likely to experience back pain if you have poor posture, are overweight, don't get enough exercise or smoke.

You can take a defensive position against back pain by sitting, standing and lifting in back-friendly fashion. Here's how:

**Be choosy about your chair.** Try to find one with good lumbar support keeps your back in a normal, slightly arched position and your knees a bit higher than your hips. Adjust the chair so that you don't need to lean forward to do tasks.

**Keep it straight.** Stand with your shoulders back, head up and spine straight, and keep your weight balanced on your feet.

**Don't overreach.** Get close to shelves and cupboards before grabbing or stowing objects. Rely on your feet—spread apart with one foot slightly forward—to stabilize yourself. Use a stool if you're going to have to reach above shoulder level.

**Push ahead.** Pushing puts less strain on your back than pulling. Use your arms and legs to propel a heavy object into motion.

**Hold it close.** If you're carrying a heavy item, keep it close to your body. Bend your knees a bit to keep balanced. Use your feet to change direction, rather than twisting at the waist.

**Try side-sleeping.** You'll keep your spine straighter if you sleep on your side. A pillow between your knees further reduces the strain on your back. If you must sleep on your back, take the pressure off of it by putting a few pillows under your knees.

**Lift responsibly.** Take a minute to make a plan before lifting something heavy. Stand close to the object, with your feet shoulder-width apart. Bend at the knees and tighten your stomach muscles. Keep your back straight, and use your leg muscles as you lift.

*Alessandro Speciale, MD, is an orthopedic spine surgeon with Anne Arundel Medical Group Orthopedic and Sports Medicine Specialists. He is also part of the SpineTODAY program where he treats acute back and neck pain with fast-access appointments. He can be reached at 410.280.4708 or visit [www.osmc.net](http://www.osmc.net)*

## LOOKING BACK: WHY DID IT TAKE DECADES TO LEARN THESE RULES?

- Everyone makes mistakes, usually a lot of them. Make the most of yours. Learn from them, lick your wounds and then get back out there and try again. (It's said that Edison failed over 1,000 times.)
- Trust but verify. Too many undocumented "facts" are being thrown around out there. Before believing or trusting what you've read or heard, find a reputable source to confirm.
- Second opinions show good judgment not distrust, be it the requirement for a new roof, a medical procedure or a car repair.
- Listen, listen, listen. How else will you learn? As a good listener, you'll be considered fascinating! Go figure, but try it!
- Compliment those around you, they'll never forget you.

- Give an unexpected gift. It needn't be large, it can be just to share freshly baked cookies, just-picked tomatoes or an interesting book.
- Unless your input is requested, zip it. It's your opinion. If not asked to share it, keep it to yourself.
- At the end of the day, think of five things that you did well rather than reviewing what didn't work out. Pat yourself on the back for the good that you did whether it was completing a task, creating something new, offering assistance to someone or just staying out of mischief for a day.
- Whenever possible, smile. There's too much unhappiness surrounding us. Smiling seems to make it so much better for both you and those around you.
- Enjoy every minute—it could all be over tomorrow.
- Accept what you know can't be changed. Make peace with it and move on.
- Take time at the end of the day to breath and be still. Preferably, spend some time outside in the quiet of the evening air. Pause for just a few minutes, look up and maybe give some thought to saying thanks.

*Photo credit: Emma Stultz*

# Friendly Debate: The Top Five Sailing Destinations on the East Coast

By Vern Penner

If you like to be out on the water in Summer, then Springtime is *the* time to take off the boat covers and paint the bottom, then launch the boat and run up the sails. It also means another year of our favorite old debate: What's the best sailing destination on the Eastern Seaboard? Five long-time sailing friends, having experienced almost every major port of call on the East Coast, each vouched for their favorite top five sailing destinations. Here's their breakdown and suggestions to help you decide on your sailing trip for 2015:

## Charleston, South Carolina

Charleston Harbor is formed by the convergence of the Ashley and Cooper rivers with a well-marked entrance of sea buoys and channel markers. Less than 10 miles from the ocean, Charleston has provided many a sailor a welcome respite from the Gulf Stream and the capes and shoals of the Eastern Seaboard, as well as a link within the Intracoastal Waterway. The City Marina is a favorite of boaters for its staff of professionals and complete service. It even provides free van transportation to shops and restaurants. The Charleston Harbor Resort & Marina is another full-service yard and plays home to April's popular Charleston Race Week, which lays claim to being the largest sailing regatta in the U.S. The Maritime Museum is located on nearby Patriot's Point. Charleston is praised for its southern hospitality, long history and well-preserved architecture of colonial, Civil War, post-bellum and modern styles. Along with its churches, Ft. Sumter, the Battery and the USS Yorktown, the city has some of the most modern-day port operations and dining facilities on the East Coast, making Charleston an excellent port, with or without a storm. [www.charlestonsofinest.com/](http://www.charlestonsofinest.com/)

## Newport, Rhode Island

Founded nearly 400 years ago in 1639, Newport is among the oldest settlements in the American Colonies. What was once one of the most important commercial and trade hubs on the East Coast in the 17<sup>th</sup> and 18<sup>th</sup> centuries is now one of the top tourist destinations across New England and one of the spiritual homes of sailing in the U.S. Rhode Island is called the Ocean State for a reason and Newport is the hub of its maritime culture: shipbuilders,



sail makers, marinas, docks and some of the world's best professional sailors. Sailboat racing is part of its DNA: Newport played host to 12 consecutive America's Cup races from 1930-1983 before Australia II took the trophy Down Under. In 2015, Newport will be the only North American port for the famous around-the-world Volvo Ocean Race. Seven teams will stop in Newport this year from May 5-17 during their 40,000-nautical mile

adventure over nine months. That could be a terrific time to sail up Narragansett Bay, set the anchor and spend a few days exploring on land or around the bay. There are activities, historic sites like Newport's famous mansions, restaurants, pubs and cafes aplenty. Indeed, few places show off their maritime history quite like Newport does. [www.discovernewport.org/recreation/boating-and-sailing](http://www.discovernewport.org/recreation/boating-and-sailing)

## Key West, Florida

If the sailing naturalist who enjoys hiking is drawn to the bays and inlets of Maine, Key West is the nirvana for the cruising mariner who delights in a laid-back "la-la" atmosphere of palm trees and watching ocean sunsets. It lies at the end of a slender necklace of landfalls strung together by 120 miles of highway and causeways, easily approachable from the Gulf or from the northeast via the Florida Straits. Winter from November through February is actually the ideal sailing time with daily sun and breezes and only a rare storm. And for the racing enthusiast, what better way to start the annual season than the Key West Race Week. Watch for that in mid-January 2016. Water temperatures are perfect for swimming and diving among the protected locations forming part of the continental United States' only living coral barrier reef. The most popular anchorages are southeast and northwest

of Wisteria Island just off a corner of Key West, which also hosts a number of excellent marinas such as the Key West Westin or the City Marina in Garrison Bight. Downtown Key West boasts the Hemingway and Truman museums, terrific restaurants and glitzy shops, all within easy walking distance from the historic Key West Bight. If you miss the sunset's green flash in Mallory Square, you can console yourself people-watching with Bourbon Street-style music and margaritas in virtually every bar on Duval Street. [www.KeyWest.com](http://www.KeyWest.com)

## Penobscot Bay, Maine

You can't go wrong sailing into Penobscot Bay, located at the top end of the East Coast. It is easily accessible with gorgeous scenery. There are many islands of all sizes offering good anchorages and a number that allow access ashore for picnicking and hiking, some of which are conservation reserves. It is ideal for exploring the many interesting deep-water inlets. And then there are the lobsters and fish, not to mention the mollusks. The annual Maine Lobster Festival runs until the end of July in Rockland, which boasts many fine restaurants, an art museum and the excellent Journey's End Marina and ship chandlery. The town of Camden is a bustling place with hiking and a state port. Rockport is a gem of a small village with a vibrant arts scene. Castine hosts the Maine Maritime Academy, and the Penobscot Marine Museum is located in Searsport. Yes, there are a few small caveats. Fog can sometimes be a problem, but generally not in July and August. The large tidal range can be a challenge for navigating and anchoring. There are the ever-present lobster buoys to avoid

and rocks and shoals are not always well marked. Some might call the swimming a touch cold, but others characterize it as extremely invigorating and ideal for peaking one's appetite for boiled lobster. [www.maineoastguide.com](http://www.maineoastguide.com)

## Annapolis, Maryland

Saving the best for last: This small-town capital city in Maryland is regarded by Annapolitans as the U.S. sailboat capital by virtue of its long sailing season, from March to November, an extensive racing schedule for every class, numerous marinas and service facilities and an easy entrance just south of the Chesapeake Bay Bridge. Yes, it is a long distance of some 150 miles up the Bay from the Atlantic, but as so many residents of this capital city know, Annapolis has something for everyone. It is annually voted the Best on the Bay for families, foodies, history buffs and the party crowd. Sailors looking for repairs can find just about anything in the well-equipped local yards. Almost all major sailboat builders have local representatives or headquarters. There are city-owned slips and dockage that cut right into the center of the town and city moorings have taxi service. To top it off, the annual Annapolis Sailboat Show, which runs four days over Columbus Day weekend, is the largest in the world. What's not to like, except August's heat and humidity. So hit the town in late Spring or early Summer when nights and days are a bit cooler.

*Vern is a former US ambassador who retired to Annapolis and tries to go sailing as much as possible to avoid garden work. He can be reached at [vernpenner@hotmail.com](mailto:vernpenner@hotmail.com)*



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# Getting the Late Word from Lexington

By Tom Lloyd

The shot heard round the world? Nobody here in Maryland even noticed. At least, not right away. Word didn't filter down this far south until about a week or so after the fact. It was a horsepower thing.

Listen my children! And you shall hear: It took more than one horse to get from there to here. In 1775, news traveled on horseback and it takes a lot of horses to cover the 450 miles between Boston and Annapolis. Plus, there were precious few bridges and absolutely no tunnels in place to get from point B to point A. It was not your basic pony club gymkhana kind of ride.

Anyway, on the 27<sup>th</sup> of April 1775, the news finally trotted into Annapolis, eight days after the first skirmish at Lexington. The *Maryland Gazette* printed its version as follows: "Before break of day a brigade of regulars consisting of 1,200 men landed and marched to Lexington where they found a company of our colony militia in arms upon whom they fired without provocation and killed six men and wounded four others."

Now, I hate to burst any Marylander's patriotic bubble some 240 years after the fact, but the truth is there was more of a kerfuffle here about the appalling lack of punctuation in the sentence above than there was about the actual shootings in Lexington.

That is not to say Marylanders weren't sympathetic. After all, while Bostonians dressed up like Mohawk warriors and tossed a ton of tea into Boston harbor in December of 1773, Marylanders did them one better by throwing two such parties the following year: One in Chestertown in May of 1774 and the other in Annapolis harbor in October of that same year.

In the case of Lexington and Concord, however, Maryland moved a bit faster. By June of 1775, two companies of Maryland riflemen were marching north toward Boston to join the Revolutionary War effort. Thousands more Marylanders would soon join the fray.

Maryland, incidentally, is the only state to have had two of its

cities serve as the capital of this nascent nation. When the second Continental Congress fled Philadelphia to escape advancing British troops in December of 1776, it moved to Baltimore and stayed there until February of 1777. Six years later, when the Treaty of Paris officially ended the war in 1784, Congress was based here in Annapolis. And, as every Marylander knows, it was John Hanson of Maryland who was the first president of the United States under the Articles of Confederation in 1781. (That Virginia interloper with the big monument in D.C. didn't become president under the Constitution until 1789.)

Oddly, despite its geographic positioning between Virginia and Pennsylvania, Maryland was largely spared any serious battles during the Revolution.

The Free State was not so lucky in the War of 1812. Havre de Grace, Cedar Point, Bladensburg, St. Leonard's Creek, the Sassafras River, Washington, D.C. and, of course, Baltimore's Fort McHenry all saw significant fighting.

The nearby town of St. Michaels did, in today's parlance, "punk" the Royal Navy rather royally in 1813. The town's inhabitants had spotted a British flotilla approaching on an August evening and feverishly proceeded to hang lanterns in the woods well outside the town. By the time those ships' cannons were in range, it was too dark for the Brits to aim by sight, so they fired at the lights. A great number of trees lost their lives, but no one in St. Michaels did. (Fifty years later, Maryland would be the site of the single bloodiest battle in American history when Union and Confederate armies clashed just outside the town of Sharpsburg at a place called Antietam Creek.)

Anyway, that's my story about how Marylanders responded to the battles of Lexington and Concord back in April of 1775 and I'm sticking with it.

*Tom spent the past 35 years writing for newspapers and magazines in the Mid-Atlantic region. Now living in Florida, he can be reached at [chipshot410@yahoo.com](mailto:chipshot410@yahoo.com)*

# Naptown barBAYq

## Contest and Music Festival

If you can't find it here, you can't find it! There is something for everyone at the Naptown barBAYq Contest and Music Festival hosted by the Parole Rotary Foundation, Inc., and sanctioned by the Kansas City Barbeque Society (KCBS). This two-day blowout event will be held at the Anne Arundel County Fairgrounds on May 2 and 3. More than 60 barbeque teams will compete for top honors and cash prizes. The festival is a family affair with arts and crafts vendors, activities for all ages, the barbeque contest, great food, libations and more than 40 bands providing continuous live music from three stages.

With the generous support of the community and 12,000 attendees, the Parole Rotary Foundation, Inc., raised \$75,000 at the 2014 event, which was donated to local children's charities. According to Henry Riser, 2014-15 festival director, *"The 2014 Festival was a huge success and we are looking forward to raising the bar even higher in 2015! We're all working hard to make next year's event even better ... more delicious barbeque, more music, more kids' activities, just more."*

In the four years, the festival has generated more than

\$200,000 and provided grants to Anne Arundel Medical Center Pediatrics Emergency Inpatient Unit, the Boys & Girls Clubs of Annapolis and Anne Arundel County, Johns Hopkins Kimmel Cancer Center and numerous other local children's charities.

Tickets for the festival are \$10 per day, if purchased before April 25 and \$15 after that. Kids under 13 are admitted free. People's choice tickets are \$10. For more information about the festival or to learn about sponsorship opportunities, please visit [www.barBAYq.com](http://www.barBAYq.com)

Rotary is a worldwide network of members who try to change lives in communities. Made up of more than 34,000 Rotary clubs around the world, Rotary International forms a global network of business, professional and community leaders who volunteer their time and talents to serve communities.

For more information about the event and the Parole Rotary Foundation, Inc., please visit [www.barBAYq.com](http://www.barBAYq.com) or call 240.432.3903, or visit Facebook by searching "Naptown barBAYq," follow on Twitter @barBAYq or search YouTube for "Naptown barBAYq."



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# Let's Make Dinner

*with Mac Millhone*



## Spring Lamb Stew Serves six

- 2 1/2 to 3 lbs. boned lamb
- 2 Tbs. flour
- 1 medium onion chopped
- 2 or 3 carrots chopped
- 2 Tbs. tomato paste
- 2 cups chicken stock
- Several sprigs of thyme and parsley tied into a bundle
- 1 cup dry red or white wine
- 4 medium white potatoes peeled and diced
- 2 cups peas fresh or frozen

Preheat oven to 350. Trim lamb, discarding all fell (the shiny silver stuff) and fat, then cut into one- to two-inch cubes. Heat two tablespoons oil in Dutch oven over medium heat. Lightly salt and pepper the cubed lamb and toss it gently with flour to coat, shaking off any excess. When oil is shimmering stir-fry half of the lamb until nicely browned. This is the important part where flavor and color are set. Remove cooked lamb to a clean plate, adjust oil as necessary and repeat with remaining lamb. This cooking half-at-a-time procedure keeps the meat from steaming, which would result in gray and not-so-appetizing meat. Adjust oil as needed and stir-fry onions and carrots until slightly browned. Add tomato paste and stock. Reduce by half, then add meat with accumulated juices herb bundle and wine.

Bring it to a boil cover and put into preheated oven. Let it braise for one and one-half hours. Remove lid and check liquid level. It should reach about half to three-fourths of the way to the top of the meat. Adjust with wine, stock or water if necessary. Stir stew and add potatoes, then check seasoning. It will need salt at this point perhaps—more than you would think. Re-cover pot and place back in the oven for another hour. Add peas, stir and check seasoning. From here you can let it rest for up to an hour on the counter or give it 10 minutes rest and serve it. The peas only need a few minutes in the heat. Remove herb bundle before serving. This dish is great served warm, so don't worry about hurrying it to the table.

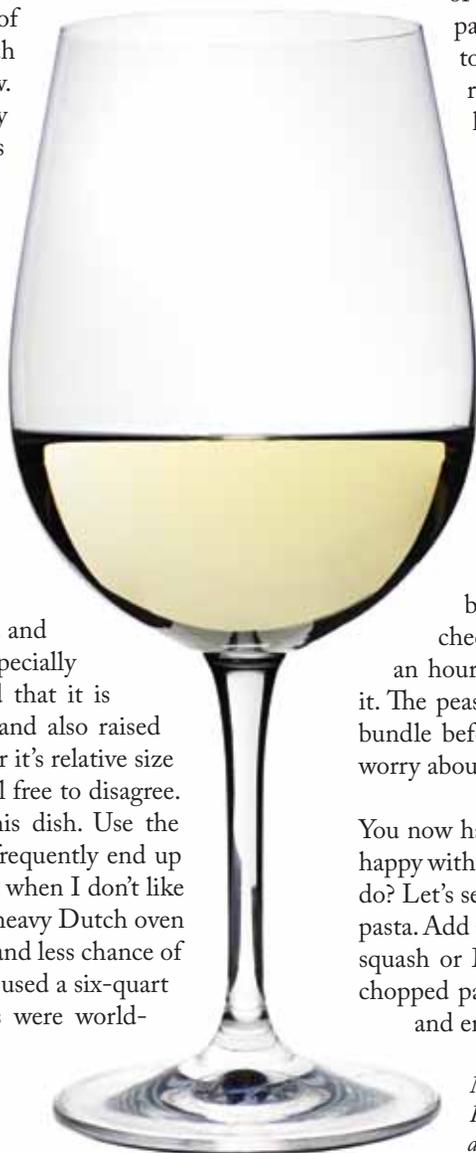
You now have the basic idea. A great one-dish meal. You will be happy with just the stew and crusty bread. But what else could you do? Let's see. Forget the potatoes and serve over couscous, rice or pasta. Add artichoke hearts or tomatoes. Parsnips, turnips, Winter squash or Middle Eastern spices. Top with yogurt, sour cream, chopped parsley, chives or mint leaves. Have fun experimenting and enjoy the Spring.

*Mac, a retired airline captain, is currently living in Annapolis. He enjoys researching food, cooking and baking. He can be reached at [macmillhone@me.net](mailto:macmillhone@me.net)*

Spring brings us a bunch of great things, not the least of which is Navarin or Spring lamb stew. Simmering tender lamb slowly with young vegetables until it is fork-tender and totally delicious is an art practiced around the world. As you might have guessed, there are only about a million "best recipes" for this dish using a pack of different ingredients and techniques. This all, of course, adds to the interest and fun. Reading recipes from many traditions gives you a lot of options. Experimenting with some of these ideas allows you to create a rite of Spring all your own.

Use your butcher's experience and knowledge whenever you can, especially when buying lamb. You will find that it is imported from several countries and also raised domestically. I prefer U.S. lamb for it's relative size (bigger) and predictable taste. Feel free to disagree. Buy neck, leg or shoulder for this dish. Use the nicest vegetables you can find. I frequently end up with peas from the freezer section when I don't like the fresh. It is important to use a heavy Dutch oven or pot with a lid for even heating and less chance of burning. The last time I made it, I used a six-quart clay Dutch oven and the results were world-class.

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



*It's kind of fun to do the impossible.*

# The Truth About Pet Cremation

The year was 2002 when the cremation industry was forever changed. In what would become a 40 million dollar lawsuit, heavy state regulation and an overhaul of proper management in the world of cremation, a situation arose in Georgia. Let's just say in very simple terms, a crematory wasn't doing their job. As a direct result, regulations were implemented by each state and oversight was instituted to be sure that cremations are carried out in a fashion that most undertakers stand for—dignity, honesty and respect. That was good for human beings, but what about our four-legged furry friends that become just as much a part of our family? Is the handling of their remains regulated the same way as those of humans?

Many of us have been raised with a dog or cat as the family pet. And most of us can clearly remember the day that our family pet passed away. Grief over a pet's loss is in some cases no different from the loss of an immediate family member. Therefore, you would think that respect of our pets would be applied to them as it is for our family members. It is not always that way. When it comes to cremation of our pets, veterinary clinics offer a method of disposition through third parties, most of which offer a means of group cremation or private cremation. To most of us, this would be defined as mass cremation with other pets at one time or individual cremation—one pet at a time. Many of us, therefore, would ask the clinic to do private cremation. Unfortunately, as Stephen J.

Dubner and WNYC reported in their podcast of 2012 entitled "The Troubled Cremation of Stevie the Cat," something very different from what we might expect could occur when we ask for a "private cremation."

With pet cremation, there is minimal regulation and therefore almost anyone can provide the service. So how does one truly know what kind of service they're really going to get? In the podcast, reporters approached a series of pet crematories and requested private cremation in an effort to test what would truly happen. The individuals supplied each crematory with a stuffed animal disguised in a bag. (Understand that after cremation, the only remains are bones, and when there are no bones in what is being cremated, such as a stuffed animal, there should be no cremated remains. Unfortunately, in this experiment, each crematory outfit failed the test. All the crematories returned cremated remains of "their pet."

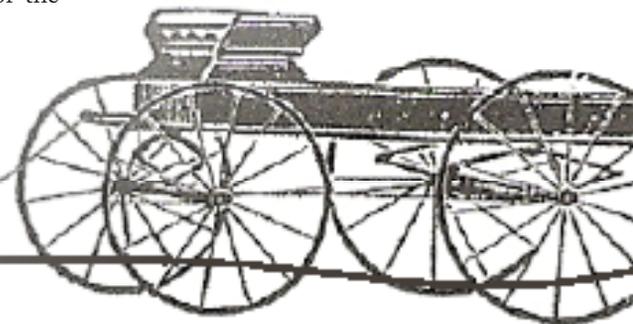
Where did they come from? How could they do this? If these questions immediately fly through your mind, don't feel alone. They had me wondering as well, and I'm in the pet cremation business. What was discovered is that allegedly some pet crematories have a system in place after doing mass cremation, regardless of what the consumer requested, in which they would take a set amount of remains for a larger pet, such as a lab, and a smaller amount of remains for a smaller pet, such as a Chihuahua. Slap a label on the box, and send it to the family or the

vet. Everyone got a little something, no matter what. And it is therefore assumed that when they cremated a stuffed animal, they just simply followed their internal protocol and returned cremated remains.

The biggest question that comes out of this report is how can we be sure those cremated remains received are in fact those of our pets? The answer is simple, we need to be sure to ask the pet crematory (or any crematory outfit, for that matter) what steps are taken to ensure this. Each crematory should have instituted an identification and certification process at their facility. If not, perhaps you may want to look elsewhere. If pet cremation through a veterinary clinic is what you opt for, then ask the vet what steps are taken to guarantee the remains are those of your pet. Even better, find a reputable funeral and cremation firm that is regulated by industry state law, as those firms must do it properly or risk being closed if state inspectors find violations.

So what is the future of pet cremation? Will there be new regulations enacted or are we going to have to wait for a major scandal such as the one in Georgia? Regardless, consumers must learn to make the proper decisions when the time comes to bid their pets goodbye.

*Ryan, who is the owner, supervising mortician and preplanning counselor at Lasting Tributes on Bestgate Road in Annapolis, offers solutions to high-cost funerals. He can be reached at 410.897.4852 or [Ryan@LastingTributesFuneralCare.com](mailto:Ryan@LastingTributesFuneralCare.com)*



# The Fabulous Five

By Dr. James David

Have you ever noticed yourself feeling off-kilter after a few days of house guests or being in an unfamiliar environment like when on vacation? Often, when we get off schedule due to a new context, we tend to flounder a bit. Well, at least some of us do.

Noticing this phenomenon for many years, I've encouraged people I'm working with in therapy to discipline themselves to take time to connect with themselves each morning prior to a full day of activity with houseguests or while vacationing. Without dedicating some time to some form of self-maintenance each morning it's real easy for the train to fly off the tracks. Our personal well-being is easily shattered.

A couple I was working with who were relocating to another city went on a house-hunting trip. Realizing they both had strong opinions about choosing just the right house, I urged them to take time each morning before leaving to center themselves to reduce the likelihood of butting heads with one another. They actually ran with the idea and together we developed it into a five-part process that they labeled the Fabulous Five in honor of the 1991 University of Michigan basketball team that made it to two consecutive national championship games.

## FABULOUS FIVE

Here are the Fabulous Five, steps that will equip you to better deal with the inevitable stresses of modern life:

### EXERCISE

Discipline yourself to begin each day with life-giving, mood-elevating exercise. Ideally, for optimum overall fitness, spend a minimum of 15 minutes doing some form of stretching as we tend to lose our natural elasticity as we age. Also, my motto is, "A loose spine equals an open mind!" It's easy to get crotchety when we're stiff.

Next, a minimum of 30 minutes of aerobic or cardio-pulmonary exercise where we perspire and our heart rate goes to 80 percent of our maximum capability. This sparks the production of the neurotransmitters we need to elevate our mood. Endorphins have us feeling stronger and more capable.

Then we need at least 15 minutes of weight resistance training. Pumping a little

iron gives us the musculature we need to do ADLs or Activities of Daily Living. Two little barbells may be all we need.

Of course, since only about 20 percent of our fellow citizens exercise regularly, it's very easy to rationalize not doing it. Here are three keys to stay with it:

Develop your own style and schedule so you acquire a positive addiction. Tailor what you do to the uniqueness of you. Be sure to use an every-other-day regimen so you minimize boredom. If you don't enjoy it, you won't keep doing it.

Make a clear decision, a total and full commitment, and then watch your self-talk or you'll talk yourself out of it. For example, "I'm too tired! It's too cold! It's too hot! I don't have time! I hate exercise!"

Get an exercise buddy. Encourage and support one another. We know how easy it is to not do it.

## MEDITATION, MINDFULNESS, QUIET TIME, PRAYER TIME

This activity ranks right up there with exercise as being an absolute must. We can conceptualize meditation in three realms. It is equally valid and valuable psychologically or medically, spiritually and professionally in your job world. Taming or quieting our minds allows us to access the endlessly rich resources available in our unconscious mind. It's taking the time to be OK with ourselves and with however we think of the divine presence within us. We're then positioning ourselves to be OK with other people. As with exercise, tenacity is paramount. We need refueling every day. (See *The Relaxation Response* by Herbert Benson, M.D.)

## COUPLE'S DIALOGUE AND CONNECTING

As human beings we're saddled with separateness that we can't quite overcome, yet we have the inborn desire to overcome it and connect with one another. (See Erich Fromm's, *The Art of Loving*.) So it's wise to have



one or more close friends, people with whom we feel safe to share ourselves.

This is doubly important for married couples. How easy it is to live together, but not be emotionally connected. Like exercise and meditation, we really need to schedule time each day to open ourselves up to one another. It's dangerous to be a "married single," i.e. you're married but you're single. Check with your spouse every day. Say, "How are we doing?" or, "How am I doing?" Stay connected.

## INTIMACY AND/OR MASSAGE

No matter how old we are, touching each other feels soothing. As we age, our physical abilities dwindle and sexual intercourse may no longer be attainable, but we still benefit tremendously from regular sexual intimacy. Like exercise, meditation and emotional intimacy, it is extremely easy to not take time for sexual intimacy. We have to put it in our smartphone. We have to make the time to hug and kiss. (See *Touching* by Ashley Montagu or *Touch* by David J. Linden.)

Remember orgasms? They produce that pervasive feeling of well-being by activating oxytocin levels in our brains. This neurotransmitter increases our ability to trust and be more loving and caring. We need more oxytocin! More oxytocin means less cardiovascular stress and a stronger immune system. (See *The Moral Molecule* by Paul Zak, Ph.D.) Remember, hugs heal.

## HOT TUB, HOT BATH, HOT SHOWER

Hot, like oxytocin, has us relax, release stress and feel peace. What more need I say?

## HEALTHY PLEASURES

We need to take time for the Fabulous Five. We don't have to do all of them every day, but if we did we'd certainly benefit in myriad ways. Our Puritan heritage may have us believing that Fab Five pleasure is somehow negative or hedonistic. Research tells us our body, mind and spirit are enriched and renewed by healthy pleasures such as leisure time, tasty food, music, art, sports, naps, friends and watching sunrise and sunset.

Imagine a medical treatment that is safe, inexpensive and readily available, and whose only side effect is that it makes you feel good. This medical treatment reduces heart disease, boosts our psychoneuro-immune system, relieves depression and blocks pain. What is it? It is the Fabulous Five and their associated healthy pleasures. Pinch yourself! Take time for healthy pleasures, whatever they may be! (See *Healthy Pleasures* by Robert Ornstein, Ph.D. and David Sobel, M.D.)

*Dr. Jim David is a licensed clinical social worker and a licensed marriage and family therapist practicing in Silver Spring. Visit his website at [www.askdrdavidnow.com](http://www.askdrdavidnow.com) or email at [james519@comcast.net](mailto:james519@comcast.net)*

# THE MITCHELL GALLERY

## CELEBRATING 25 YEARS of Exceptional Art and Ideas on the Campus of St. John's College

It may surprise you to learn that Annapolis is home to a hidden treasure, a gem of an art gallery housed on the beautiful campus of St. John's College, in the heart of historic Annapolis. The Elizabeth Myers Mitchell Gallery has been dedicated to bringing world-renowned art and free community educational programs to the region since opening in 1989.

Last year more than 10,000 visitors attended the gallery's free exhibitions and educational programs—lectures, seminars, docent tours, workshops, book club discussions and tours for students from local public and private schools, college-level art classes, and community groups.

The Mitchell Gallery is proud to be among the 4.5 percent of museums in the United States accredited by the American Alliance of Museums. Only the finest museums receive accreditation; overall sustained excellence is a requirement.

To celebrate the 25<sup>th</sup> anniversary of the founding of the gallery, its board is offering the following special events this year:

**MARCH 1** *Annapolis Institutional Architecture—The United States Naval Academy*, third in a four-part series of lectures and walking tours organized by prestigious local architect, Chip Bohl. The final program, on 21<sup>st</sup> century architecture, will take place on June 7.

**MARCH 11 - APRIL 19** *An Ear for Music, an Eye for Art: Selections from the Ahmet Ertegun Collection*. Ertegun was the founder of Atlantic Records. One of the most significant figures in the modern recording industry, he also had a fine eye for art.

**MARCH 21** *Mitchell Gallery's 25th Anniversary Silver Dance*, featuring the wide-ranging musical choices of The Tiki Barbarians, held in historic McDowell Hall.

**MAY 15** *Three Centuries of Silver in Annapolis: Creating, Collecting and Cherishing*, with an exclusive morning visit to the USNA Museum's Silver Collection and afternoon illustrated talks on Annapolis silver by noted experts. The day will close with a tea and wine reception and a demonstration of the art of silver leafing.

All proceeds benefit the Mitchell Gallery, enabling the gallery to continue to offer exhibitions and educational programs to the public, many of which are free of charge. For more information log on to [www.sjc.edu/mitchellgallery](http://www.sjc.edu/mitchellgallery)

# The Many Uses of Coconut Oil

By Leah Lancione

For years, health experts have touted the benefits of extra virgin olive oil. But now it seems that the more we read the more apparent it is that coconut oil is the overachiever. This health food is versatile because it can be used for cooking, natural health and beauty treatments, as well as medicine. Uses range from coffee creamer, body moisturizer, wrinkle reducer, cooking oil and more. According to author and Exodus Health Center founder Dr. Josh Axe, "Coconut oil contains three unique fatty acids in lauric acid, capric acid and caprylic acid that are some of the rarest in nature. These medium chain fatty acids (MCFAs) have tremendous health benefits and are easily burned as fuel for energy and have anti-microbial properties." Dr. Axe has published his favorite uses and cures for coconut oil on his website [www.draxe.com](http://www.draxe.com)

Studies show the many benefits of coconut oil include balancing blood sugar, lowering cholesterol, aiding digestion, balancing hormones and even revving the metabolism, to name a few. Coconut oil is the best choice for cooking or frying food at high heat because, unlike olive oil and some other oils, it remains stable and doesn't oxidize when heated to a high temperature and it is comprised of healthy saturated fats. Coconut oil in solid form will transform to liquid at temperatures above 75 degrees Fahrenheit with all healthy and nutrition properties remaining the same in the liquid state. Coconut oil should be stored in a cool, dry place; refrigeration is not necessary but acceptable.

Many cooks prefer coconut oil and nutritionists have described it as "the healthiest oil on earth" because it contains no trans or hydrogenated fats, it is gluten- and GMO-free and contains no dangerous chemicals. Here are 10 of Dr. Axe's favorite uses for coconut oil:

1. Coffee creamer: add a spoonful of coconut oil to coffee to replace a nondairy artificial creamer or to replace dairy creamer.
2. Healthy popcorn topping: pop organic corn kernels in coconut oil and then drizzle a touch more of melted coconut oil and sea salt.
3. Replacement for nonstick cooking spray: add a teaspoon of coconut oil to a pan when frying or on the inside of a nonstick dish, cake pans or sheets before baking.



4. Substitute for unhealthy fats in baking: use the same amount of coconut oil as called for with butter, margarine or vegetable oil.
5. Natural throat lozenge: use coconut oil in place of store-bought lozenges made with artificial colors and flavors. Swallow 1/2 to 1 teaspoon of coconut oil three times a day to ease a sore throat or cough.
6. Skin moisturizer: coconut oil can moisturize your face because it absorbs easily and is nongreasy. At room temperature coconut oil is a solid that will melt quickly when it comes in contact with your hand. Use a pea-sized amount and rub in a circular motion on your face. Let it sit for five minutes and then wipe clean.
7. Wrinkle reducer: dab a touch of coconut oil around the eyes to fight aging or leave oil on overnight to soak in.
8. Makeup remover: dab a small amount of coconut oil on eye makeup to liquefy it and then wipe off easily by rubbing in a circular motion. Coconut oil will not irritate the eyes.
9. Lip balm: instead of using commercial lip balms that are often packed with unhealthy (and potentially toxic) ingredients, combine two tablespoons of coconut oil with

Life just gives you time and space. It's up to you to fill it.

two tablespoons of beeswax and one tablespoon of shea butter in a nonstick saucepan. Warm slowly until melted. Allow the balm to cool and set for six hours before using.

10. Cellulite solution: to fight stubborn cellulite, mix one tablespoon of coconut oil with 10 drops of grapefruit essential oil and massage in a circular motion in the affected areas.

According to **health.com** coconut oil also has properties that are valuable in health and beauty activities including:

1. Shaving cream: to avoid razor burn or ingrown hairs, use pure coconut oil by dabbing a small amount in your hands and then apply to face, under arms, legs or bikini area before shaving. Note: shave outside the shower to prevent slippage.
2. Hair moisturizer mask: melt coconut oil by running the jar under warm water. Then, apply a small amount to wet strands of hair or where needed to repair split ends, prevent fly-aways, add shine or combat frizz. Twist hair into a bun, let it sit for five minutes and then rinse and style.
3. Body oil: Apply a quarter-sized amount right after a shower and let it sink into warm skin. The light tropical scent will linger after applied.

4. Cuticle softener: Swipe a small amount of oil onto each cuticle and allow it to sink in, strengthening nails and hydrating the cuticle skin.
5. Body scrub: Mix half a cup of sea salt or sugar with an equal amount of melted coconut oil and then rub it over rough patches of skin to remove dead skin cells and moisturize.

Coconut oil is also a remedy for many household problems or perfect for many daily chores. According to **motherearthliving.com** try these applications:

1. Homemade deodorant: Mix one-fourth cup baking soda with one-fourth cup cornstarch. Then, add six tablespoons coconut oil and mix in with a fork. Apply to eliminate odors.
2. Stain remover: Mix one part coconut oil with one part baking soda for a natural stain remover for upholstery and carpets. Apply mixture to stain and let sit for a few minutes before wiping it away.
3. Furniture polish: To make wood furniture really shine, combine one-fourth cup melted coconut oil, four tablespoons distilled white vinegar and two teaspoons lemon juice in a spray bottle and shake well. To use, spray on wood and wipe with a clean cloth.
4. Insect repellent: mix eight ounces coconut oil with 40-50 drops peppermint essential oil and apply to skin to repel pests.

There are countless other uses for coconut oil from makeup and hairbrush cleaner, rust reducer and baby ointment and diaper rash guard and more. The next time you visit your local grocery or health food store, pick up a jar of coconut oil. Just make sure to choose certified organic, cold-pressed and extra virgin.



## Bay Bytes

For \$10 you can join the Arbor Foundation at <http://shop.arborday.org/memberships-ten-trees.aspx> You'll receive 10 free trees for your yard or can have them sent to someone of your choice.

**EARLY SPRING QUIZ-ACROSTIC**  
 The MGM film musical *An American in Paris*, starring Gene Kelly and Leslie Caron, features brilliant compositions by George Gershwin. Sixty-three years after winning the Academy Award for Best Picture, a stage adaptation had its world premiere in what city?  
**MUSICAL THEATRE: PARIS**  
 A. Mister Mistoffelees  
 B. Until the fat lady sings  
 C. *Singin' in the Rain*  
 D. Ixla  
 E. Copenhagen, Denmark  
 F. Atticism  
 G. Ligger  
 H. Trew  
 I. Harlem  
 J. "Empty Chairs at Empty Tables"  
 K. Angela Lansbury  
 L. Tawie  
 M. Rerford  
 N. Erratic ant  
 O. *Piccolo Mondo Antico*  
 P. Awayward  
 Q. *Rhapsody in Blue*  
 R. Irs  
 S. Swagerer

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# Rock Stars in Your Garden

By Neil Moran

I've been gardening since the Rolling Stones first started touring as a headline act (1964, if you don't remember). During that time I've tried growing a number of different vegetables and vegetable varieties with mixed results. Here are a few you've-just-got-to-try vegetables for your garden based on my many years of trial and error.

## Jasper Cherry Tomatoes

For a prolific harvest of sweet, tasty cherry tomatoes, grow the Jasper variety. This All-American Selection winner sold by Jung's and others is a real winner in my mind. You can probably find it sold as transplants in the larger garden centers.

I planted about six of these right up against the fence that surrounds my garden to keep the deer out. Originally I planted them from seed in my greenhouse and when I set them out they took right off. Despite the fact they grew over five feet tall, it was not necessary to tie them to the fence or offer any other type of support. I just fed them fairly regularly with Espoma's organic fertilizer for vegetable gardens (Garden-tone) and watched them grow and grow.

Come harvest time there was a seemingly endless supply of sweet cherry tomatoes. Jasper did much better than Sweet Million, a standard cherry tomato sold in many garden retail outlets.

## Canesi Squash

There are a lot of nice squash out there that you folks love to grow. Still, I was really impressed with Canesi squash, also from Jung's. It grows a very large butternut-type squash that is simply to die for in the kitchen. We like to cut up our squash, steam it and then bake with salt and pepper and perhaps a little brown sugar, although Canesi is actually sweet enough without added sugar. The grandkids may even like this one.

It is very easy to grow as well. It requires about 85 days and will mature even during a mild Summer. However, I'm not sure how well it does in extreme heat. If you mulch around the base of the plants and keep them watered and fertilized, they should be fine. Canesi are ready when the fruit is mostly a pale tan color with very little green left on it.

## A New Vegetable Variety

It's not every day a new vegetable comes out on the market. In fact, I don't remember the last time this happened! Johnny's Selected Seeds is rolling out Kalettes, a peculiar (non-GMO) cross between Brussels sprouts and kale. It looks like a Brussels sprout with frilly leaves. I haven't tried growing one yet, but think they are well worth trying. If nothing else they should be nutritious, knowing the nutritional content of kale. They should also be a good conversation-starter with fellow gardeners.

Like Brussels sprouts, you need patience when growing Kalettes. Autumn Star F1 is the earliest variety to harvest at 110 days, Mistletoe F1 at 124 days and Snowdrop at 138 days.

If you can't find transplants, plant the seed indoors four to five weeks



before setting them out in very early Spring. They also can be direct-seeded in early Spring in fine soil. Mulch around the plants and keep them watered throughout the season. Feed with Espoma's Garden-tone, which provides a slow release of organic nutrients to vegetable plants. You'll want to apply it about three times over the season to get a good harvest.

## Celebrity Tomatoes

The Rolling Stones were getting a little gray when I started growing this variety of tomato. It's been so reliable and disease-free I had to mention it. Celebrity is also a past award-winning veggie. Even if it hadn't won an award I'd still be growing it. You should be able to find this one as a transplant in the garden centers. It only requires about 60 days to mature, giving you loads of medium-sized, delicious 'maters.

Speaking of tomatoes, I know late blight (*Phytophthora infestans*) has been a problem for a lot of gardeners. Here are some late blight-resistant varieties as tested by the horticulture experts at Cornell University: Cherry Tomato Jasper, Mountain Magic Hybrid and Defiant (VFF) hybrid tomatoes. Use Google to find these varieties from seed or ask your local garden center if they have transplants.

*Do you have some favorite vegetable varieties? I'd love to hear from you. Email me at nrmoran188@gmail.com*



# Parsley Past and Present

By Barbara Aiken

About that emerald green, magical herb in your garden. Where did it all begin, how is it used today? Parsley, the underutilized and oversimplified herb, is the most popular in the world. Is that an oxymoron; well, yes and no. Parsley has earned the highest award in the realm of garnishes and is widely used for its tulle-like glamour. Finely chopped it is often sprinkled atop a cook's creation to add a hint of contrast and flourish. Overlooked in many a cook's kitchen, parsley, over time, has become more revered. Let's take a look at this overused yet sometimes neglected herb.

Grown for more than 2,000 years, parsley originated in the southern Mediterranean region of Europe and then made its way throughout most of the world. Parsley is related to the celery family and in Greek means "rock celery." In Greece, it was used as an adornment on the tombs of the dead and presented to winning athletes. During the Middle Ages it was popular as a medicinal. Over time, it gained popularity in cooking and many consider parsley the greatest herb. There was a period in our past when the use of classic herbs was abandoned. Dill, mint, marjoram and others fell out of favor. However, parsley held its ground as a garnish, not so much as a flavoring.

Many folks grow parsley from seed, but often it's purchased at the garden store in small pots and planted in the Spring. In many areas it is grown as a biennial, but usually treated as an annual. If used a second year, I find the flavor may become bitter. It grows best in well-drained, moist soil in full sunlight or part shade. It makes a fine addition to the kitchen window herb garden close at hand for the aspiring chef at work. Out of doors, parsley attracts swallowtail butterflies; I've seen them enjoy many a plant of mine. Eventually I witness that a once-thriving plant has been reduced to barren stalks if I don't spy the brilliant green, yellow and black larvae early enough to curtail their feast.

There are two main types of this splendid herb, the curly leaf and the flat leaf, or Italian. Some say the Italian has more flavor, but I have not found this to be so. Each has its place in the kitchen for culinary use and for decorative appeal. There is another type, Hamburg root parsley, which is used for its tuber rather than its leaves, most often in central and Eastern European cooking. This form of the herb is similar to the parsnip and is used in soups or eaten raw.

Though parsley may be used fresh or dried, fresh is always best to provide the most flavor and vibrant color. You can grow and dry your own or freeze

it. For drying I find that cutting parsley on a sunny day, tying it into a bundle and popping it into a paper bag works well. Make a few holes in the bag for air circulation, and hang in a warm, well-ventilated area to dry. Chopped parsley, placed in ice cube trays with a little water or cooking stock are most useful. I pop out the needed amount and drop the desired number of cubes into soups or stews.

Parsley infuses many toppings and dishes around the world. In the British tradition, my English "mum" would concoct parsley sauce to use over delicate fish. Delicious! If you've ever eaten tabbouleh you know that parsley is the base for this Lebanese salad. Have you tried tempura-fried parsley or made your own herb butter using this tasty herb? Parsley rounds out bouquet garni along with other herbs such as thyme, bay, rosemary or sage. When adding parsley to a dish, do so at the end in order to retain its bright emerald color.

This robust herb, according to my mother-in-law, is considered excellent for refreshing the breath and I know my husband has always popped the frilly parsley garnish in his mouth after he has finished his meal. It is touted as an excellent antioxidant and is high in vitamin C. Some sip parsley tea as a tonic and some believe it excellent to apply to insect bites to quiet the "itch."

Today parsley is used more extensively in cooking than in the past. It is a subtle herb and not pushy. It complements other herbs and makes an excellent partner in that regard. My garden would not be complete without a few plantings of this flavorful herb, both curly and flat. Spring is around the corner and a few of the local garden centers already have this perfect plant ready for purchase. Parsley, it's more than just a garnish. Plant some and get creative.

*Barbara is an herb enthusiast and enjoys them all year long, either from her garden or from her windowsill. She can be reached at [barbara.s.aiken@gmail.com](mailto:barbara.s.aiken@gmail.com)*



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*I wish I had... Fill in the blank. There's still time to make changes.*

# Eggs are Egg-cellent!

By Melissa Conroy

Got heart disease? High cholesterol? Blood pressure issues? If so, breakfast for you may mean pouring some Egg Beaters (a blend of egg whites, xanthan gum and other additives) into a skillet or foregoing eggs all together. Eggs have long gotten a bad rap, and many people limit their intake in order to watch their triglyceride levels and prevent heart problems.

However, eggs don't deserve their status as a breakfast villain. Far from being unhealthy or dangerous, eggs are packed full of nutrition and can be a great addition to your daily diet.

Eggs are loaded with many important nutrients. One large egg has 6 grams of protein as well as iron, zinc, B vitamins (including folate and riboflavin), and vitamin A. They contain lutein and zeaxanthin, antioxidants that can protect your eye health and reduce your risk of age-related macular degeneration. Choline is also another nutrient in eggs, and it helps promote brain function and cardiovascular health. However, don't skip the yolks! Most of the nutrients in eggs are found in the yolk. The whites are mostly protein and water.

Granted, eggs do have cholesterol. A large egg has about 185 milligrams of the stuff, and the American Heart Association recommends a daily limit of 300 milligrams a day. Therefore, a three-egg omelet will give you a big dose of cholesterol.

But let's put this in perspective. Your body actually makes cholesterol, at a rate of 1-2 grams a day. Oddly enough, when you increase the rate of cholesterol you eat, your body responds by making less of it. Also, chowing down on saturated fat and trans fats will negatively affect your health far more than consuming high-cholesterol food: the bacon and sausage on your breakfast plate represents much more of a health risk than the sunny side up egg.

The Mayo Clinic says that most healthy people can eat up to seven eggs a week without increasing their risk of

heart disease. While Rocky slurped down several raw eggs as part of his daily training routine, the rest of us should do just fine with a daily one, cooked as you like it.

Eggs are readily available at grocery stores, thanks to a complex egg industry the hens of which produce approximately 78 billion eggs annually. When buying eggs, you have the choice between free-range, cage-free, organic, farm-raised and other selections, as well as local farmers and farm co-ops offering farm-fresh eggs for sale.

It's worth noting that factory hens (which produce most of the eggs Americans eat) have a miserable existence stuffed inside tiny cages with no access to the outside. Some people prefer free-range or cage-free because the hens are raised in more humane conditions. Other people choose organic, brown, or farm-raised eggs, believing that they are more nutritious.

The truth? There is little evidence that how the hen was raised and fed affects the nutrition of her eggs. In fact, egg nutrition is gauged using the Haugh unit, a highly specialized egg-quality test developed in 1937. In this test, an egg is cracked in a cold pan and its white is studied. The white is made of thin albumen (which runs farthest from the yolk) and thick albumen (which stays near the yolk). The more thick albumen an egg has, the more nutritious it is, according to this measure.

One important factor in taste (and quality) is the age of the egg. Every carton sold in a U.S. store must have a stamped number between 000-365: this number is the Julian date indicating the day of the year the eggs were washed and packaged. A number of 213 means they were packed on Aug. 2. When you pick up a carton of eggs, look for the Julian date to see how long the eggs have been packaged for sale. This may mean "farm-fresh" are weeks old.

You can also test an egg's freshness by putting it in a cup of water. Fresh eggs sink and lie lengthwise on the bottom of the cup. Older eggs will stand up in the water or float due to a fat pocket that enlarges the older the egg becomes.

For the best and freshest, you are better off buying them from a local farmer. An egg that was pulled from under a chicken that morning will be fresher and probably taste better than the one that has been sitting in your grocery store for a month. However, if you don't happen to live near a farm or have access to a farm co-op, there are plenty of choices at your local grocery store and health store. Vegetarian-fed, cage-free, brown -- the choice is yours, so try some different varieties to see what suits both your budget and your taste buds.

A picnic is not complete without deviled eggs; a breakfast table is wanting without scrambled eggs. These lovely, nutritious chicken offerings are delicious and good for you, so scramble some up today.

Photo credit: Emerson Sodergreen





## POLIO: 60 YEARS AFTER UNVEILING THE SALK VACCINE

By Bill Fine

It began in 1954 as children from Arsenal Elementary School in Pittsburg received the first polio vaccine developed by Dr. Jonas Salk. This was the beginning of a test that would involve nearly 2 million children in 44 states. The test would show the vaccine was successful and would greatly reduce the number of polio victims around the world.

On April 12, 1955, it was announced that Jonas Salk, using March of Dimes donations from millions of people, had developed a vaccine to prevent polio. In a press conference at the University of Michigan, Thomas Francis Jr., MD, (a scientist with extensive experience with influenza vaccines) and colleagues announced the results of the Salk poliovirus vaccine trial. The vaccine, they said, was 80 to 90 percent effective against paralytic polio. The U.S. government licensed Salk's vaccine later that same day. The press conference and licensure paved the way for widespread distribution and use of the vaccine.

Here in Maryland, Dr. John Sever, a member of the Rotary Club of Potomac, is credited with helping start Rotary International's effort to eradicate polio. At the time, Dr. Sever, a pediatrician and researcher, was the head of the National Institute of Neurological and Communicative Diseases and Stroke at the National Institutes of Health. Dr. Sever persuaded Rotary to adopt the goal of a polio-free world. The first Rotary project began in 1979 by bringing polio vaccine to children in the Philippines.

In 1985 when Rotary took on polio eradication as its flagship initiative, there were more than 350,000 cases in 125 countries. Rotary is now the main volunteer arm of the Global Polio Eradication Initiative and continues to be the catalyst in that effort. In addition to advocacy and fundraising, many Rotary members join health workers in National Immunization Days around the world to save children from this dread disease. It was not until 1994 that The Americas were declared polio-free, a goal reached in Europe by 2002.

In 2007, The Bill and Melinda Gates Foundation gave a \$100 million grant to Rotary International to combat polio. Rotary International promised to match the grant over a three-year period, for a total of \$200 million to be used in the global eradication campaign. That has been expanded upon many times since then. Rotarians alone have raised over \$1.3 billion dollars in this fight since 1985.

Where are we now? Rotary and its partners are making continuous progress along a multi-year plan to stop the

transmission of this dreaded disease. Last year marked a great achievement in public health when India was certified as polio-free. This means there were no new cases in India for three consecutive years. The task taken on by Rotarians in India was immense, immunizing millions of children multiple times over in the past few years. Many felt it could never be done, but not the Rotarians. Their continued efforts made it happen and it is those efforts that are the hope for final eradication of this virus. Southeast Asia was subsequently declared polio-free, leaving three endemic countries: Nigeria, Afghanistan and Pakistan.

Africa has not seen a new polio case since this past August. There have been no new cases reported in northern Nigeria in 2015. The last case of type 3 polio virus was in November 2012, strongly indicating we may have eliminated all but one strain of the wild polio virus. Globally there were 356 reported cases in 2014, down from 416 in 2013.

The fight continues in Afghanistan and Pakistan where government and religious leaders need to remove perception barriers and encourage their populations to immunize their children.

The World Health Organization has urged 10 countries including three that have exported the virus in 2014, to ensure all travelers in and out of their borders are vaccinated against polio. This effort appears to have contained the "travel spread."

Why is it important to completely eradicate this disease? First and foremost we owe it to the children of the world to eliminate it. Closer to home we need to understand that polio is a wild virus just as Ebola is a wild virus. It is one international plane flight away from returning. There could be a problem with children whose parents have stopped vaccinating for one reason or another, as we have seen with the recent measles outbreak. The immunization of all children of the world will set the framework in place for conquering the next world public health challenge.

The generous challenge from the Gates Foundation continues today as they have promised to match every \$1 raised by Rotary with \$2 from their foundation up to \$35 million a year for the next five years. You too can join in this fight to *End Polio Now*. Go to [www.endpolio.org](http://www.endpolio.org) for more information and join us. All are welcome.

*Bill is the Rotary district governor for central Maryland and Washington, D.C., and can be reached at [wfine46@verizon.net](mailto:wfine46@verizon.net)*



# FRANCE IN OUR OWN BACKYARD

By Kathryn Marchi

How would you like to travel to France without crossing the big pond? Quebec City, Canada, is just the place to go to enjoy that international "feel" and immerse yourself in the French culture -- right in your own backyard. Of course, you can fly into Lasage International Airport west of Quebec City if you choose or take a drive in your car or RV. Amtrak provides service via its "Adirondack" that makes daily runs from New York City. From our area, it might take you two to three days by auto, depending upon how many stops you might want to make along the way. Before heading into Canada, some folks report that they stop by the Lake George area in the New York Adirondacks to take in the beauty of mountains, water and the rich history of that area.

To enter Canada, you must have a current passport ([www.travel.state.gov](http://www.travel.state.gov)). You'll also want to check on the exchange rate between the American and Canadian dollars so you can decide where to do the exchange.

Though folks in Quebec Province speak French, there is no need to be concerned about communicating with the locals. Most do speak English and are eager to help with any translating you may need.

Before you visit Quebec City, you might appreciate a bit of history and some suggestions on places to visit in the area:

Four hundred years old, Quebec City is the capital of the Canadian Province of Quebec, located along an escarpment that overlooks the St. Lawrence River. Inside fortress walls covering a few square blocks is the "Old City" where most tourists gather. The town is basically divided into Upper Town, on the escarpment, and Lower Town, along the riverfront below. Walking along the narrow cobblestone streets with cozy sidewalk cafes and quaint shops gives one a feeling of being in Old Europe.

There are many charming places to stay in Upper Town, but we found that the Clarendon Hotel, built in 1870, is not only quaint but centrally located for all the sights and activities. Of course, the most popular hotel is the Chateau Frontenac Hotel, situated on the eastern parapets above the St. Lawrence River ([www.hotelfrontenac.com](http://www.hotelfrontenac.com)). Views from this point are breathtaking. With a broad boardwalk and funicular leading down to Lower Town, you are minutes away from artisan shops featuring handcrafted goods, boutiques, cafes and a boat tour on the river.

While in the Lower Town, the farmer's market is worth the short walk along the river. Taste fresh strawberries or have a cafe lait and fresh croissant for your trouble. The displays of vegetables and fruits, wines, breads and cheeses are pleasing to the eye. On the way back to the funicular to Upper Town, walk along St. Paul Street and browse in the many antique shops.

For eating out, it's not necessary to travel to France for the famous French cuisine. There are sidewalk cafes scattered everywhere and especially on St. Jean Street, where there are many excellent restaurants. Paillard, in particular, is reputed to serve the best croissants in the area and *petit déjeuner* (breakfast) there is a must. A favorite dinner venue is "Boulay," an epicurean delight for sure.

The European "feel" of old Quebec is also found in the many museums, horse-drawn carriages, musicians and thespians performing in parks and along the narrow streets. There are city bus or walking tours, and country tours to take. It has been said that the areas are all safe to walk around day and night and most places are within a comfortable walking distance. Of course, there are busses and taxis if you prefer.

Since Quebec is a Catholic state, there are several beautiful cathedrals in the city that are not to be missed. One is the 350-year-old Cathedral-Basilica of Notre Dame, the mother parish of all other Catholic parishes in Canada and the United States. This year the papacy designated this church to have the "holy door" into a small chapel at the side. This is the only one in North America and is said to uplift the spiritual life of each entrant, no matter the denomination.

Another must is the Cathedral of the Holy Trinity, built in 1800. It is the first Anglican parish to be sanctioned by the Church of England and built in North America. It has been noted that this church is the focal point of Upper Town, because for a time its spire was the tallest structure in Quebec City.

Of course, there are other sites in Quebec City and surrounding areas that are interesting to tourists. Go to [http://wikitravel.org/en/quebec\\_city](http://wikitravel.org/en/quebec_city) for more information. Isn't it wonderful to know that a tiny part of France is located so close?

*Kathryn and her husband enjoy traveling throughout the United States and Canada in their RV. She can be reached at [marchi-wre@mris.com](mailto:marchi-wre@mris.com)*

*It's not how you start out; it's where you end up.*

# What Does a Bunny Have to do with Easter?

By Leah Lancione

We all know that Christmas entails lights, stockings hung, a tree with ornaments and Santa and reindeer, but when and why did Easter—the time when Christians celebrate the resurrection of Jesus Christ—include the Easter Bunny, dyed eggs and baskets of chocolate and candy? Let's get to the bottom of how this animal hopped his way into the holiday and into the homes of every kid who wakes up Easter morning looking for cream-filled chocolate eggs, jelly beans, brightly-colored Peeps and solid milk- or white-chocolate bunnies.

According to the Discovery website, “the origin of the Easter Bunny can be traced back to 13<sup>th</sup> century, pre-Christian Germany, when people worshipped several gods and goddesses. The Teutonic deity Eostra was the goddess of Spring and fertility and feasts were held in her honor on the Vernal Equinox.” Consequently, her symbol was the rabbit, thanks to their prolific rates of reproduction.

Since Spring has always been the season of rebirth and new life, it makes sense that an egg could become linked to Easter and be representative of the resurrection. (The hard shell of the egg symbolizes the tomb from which Christ emerged.) **History.com** says eggs do represent Jesus' resurrection. “However, this association came much later when Roman Catholicism became the dominant religion in Germany in the 15<sup>th</sup> century and merged with already ingrained pagan beliefs.” Whether folks today actually



consider how the egg symbolizes rising from the grave is not known, but it is helpful to those Christians who do wish to acknowledge the spiritual importance of a holiday that has become so commercialized with candy, dyed eggs and chocolate galore. Some people have even started decorating outside their home with decorated eggs hanging from trees. Not to mention the White House getting in on the action by conducting an annual Easter egg hunt on the lawn for young kids dressed in their Easter best.

The Christian Post reveals that many sources point to the Easter Bunny's arrival in America in 1700 with German immigrants in Pennsylvania. These immigrants “transported their tradition of an egg-laying hare called ‘Osterhase’ or ‘Oschter Haws.’ Somehow the tradition spread throughout the country and over the years evolved to include the bunny secretly visiting every home and

leaving chocolate, candy and gifts for kids who put out their baskets.

Another source ([www.goddessgift.com/pandora%27s\\_box/easter-history.html](http://www.goddessgift.com/pandora%27s_box/easter-history.html)) describes the relation between the Easter Bunny and the holiday itself. According to the site, the holiday is named after Oestre or Eastre, the Saxon goddess of the dawn and Spring. Ostara, the German version, was also a fertility goddess who had a “passion for new life,” and her sacred animal was a rabbit.

This Easter as you dye eggs with your grandchildren or celebrate the holiday by attending a church service and having Easter dinner with family, it's up to you to include the whimsical Easter Bunny or to pursue a more spiritual observance of the holiday. Either way, preserving fun traditions like dying eggs and holding Easter egg hunts does bring families together and creates lasting memories.

# BOOKS:

## *Old, New and Obscure*

### **SGT. RECKLESS**

#### **America's War Horse**

By Robin Hutton

Regnery Publishing, Washington, D.C. (2014)

This is a love story to a horse. If you are a Marine, a former Marine, the spouse of a Marine, or if you or someone you know fought in the Vietnam War, "Sgt. Reckless" will deserve a place in your library. If you are an animal lover, it also will touch your heart. Robin Hutton is an enthusiastic writer who obviously loves this horse, a small Mongolian chestnut-colored mare with a white blaze down her forehead and three white stockings.

She was named "Reckless" by the 5th Platoon of the Marines after their radio call sign and the recoilless rifle, which the Marines called Reckless. She was originally bred to be a racehorse named Ah-Chim-Hai (Flame of the Morning) in Korea and was purchased for \$250 by the commander of the Recoilless Rifle Platoon, Eric Petersen. This was a large amount of money for a Marine lieutenant in 1952. He purchased her because the unit badly needed help hauling heavy guns and artillery and supplies over Korea's rough terrain. Trucks could not do the job, but Reckless did.

Robin Hutton does an admirable job describing the hardships Reckless and the Marines endured, especially in the "Battle of the Nevada Cities" in March 1953. It is incredible how that little horse endured the loud artillery noises, the rough, slippery terrain and the bullets constantly erupting around her to deliver the supplies to the Marines at the front. Most of the time she made the trips by herself.

Reckless was not only a warhorse, she charmed all who knew her with her personality and sense of humor. She also loved Coke, beer, candy, peanut butter, coffee and whatever snacks and junk food the Marines were eating and would share with her. She even ate the centerpiece of flowers along with the cake at one of her ceremonies. But she wouldn't eat the chow of a feed company that wanted her endorsement. She also had a strong dislike of dogs because some had attacked her in her youth. Goats reminded her of dogs, so she didn't like them either. But the Marines were her family and she loved them all.

Her accomplishments, not only in this battle, but also throughout the Korean War, earned Reckless the respect of the Marines who served with her, and also the unprecedented honor of being officially named a Marine sergeant. Never before or since has this honor been given to any animal.

One monument has been erected to Reckless at the National Museum of the Marine Corps in Triangle, Va. This was dedicated on July 26, 2013, one day before the 60th anniversary of the end of the Korean War. It was quite a festive occasion with great ceremony attended by many Marine officers and Hutton, the author who has been a dedicated fundraiser for the monument. The monument, a life-size model of Reckless climbing a hill with ammunition strapped to her back, was dedicated not only to Reckless, but to all the fallen heroes of the Korean War.

Another monument and grave marker is to be erected at Camp Pendleton in Oceanside, Calif., where Reckless spent her retirement years before her death in 1968 at age 20. The Sgt. Reckless Memorial Fund, in partnership with the Camp Pendleton Historical Society, is completing the process of raising \$135,000. The date for the installation and ceremony is still pending.

As Hutton has said, "Reckless was not just a horse, she was a Marine."

~ Peggy Kiefer

### **CHESAPEAKE**

By James Michener

Random House, New York (1978)

Thirty-six years. The book is older than many of the inhabitants in the wondrous country it describes—the wondrous country that forms the backbone and heart of *Outlook by the Bay*.

People either love Michener or they find his writing to be overwhelming. But if you live anywhere near the Maryland treasure we know as the Chesapeake Bay, you owe it to yourself to read or to reread Michener's *Chesapeake*. Though centered primarily in the area of the Eastern Shore where the Choptank River flows into the Bay, the entire Bay comes alive as the area is settled starting in the 16th century and continuing right up to the book's publication prior to the Watergate scandal.

Read about the Native Americans, the settlers from England and Africa and some from other parts of the English Colonies we now know as the United States. Farmers, hunters, sailors and your reviewer's favorite, passages about the watermen of the Bay. Tobacco and slavery constitute a continuous thread as well. And with the watermen you'll learn of the crabs, the geese, the ducks and the oysters they harvest. You'll learn of the ships and boats they construct and the homes they build to develop and to serve this precious watershed. And you'll be enriched further reading

about the strong and able women without whom the founding men of the Bay could not have succeeded.

Meet the Steeds and their Catholic heritage, the Paxmores and their Quaker heritage along with the Turlocks and the Caveneyns. You'll also meet Pentaquod, a Native American, and Cudjo, the slave. There are pirates, planters, slaves, abolitionists and politicians, all of the fascinating characters.

True to his reputation as a writer, and as he does so well, Mr. Michener weaves history into the tale, providing a spellbinding story coupled with an enriching learning experience.

~ *Al Northrop*

## RULES OF CIVILITY: A NOVEL

By Amor Towles

Viking Penguin Publishers, New York (2012)

Before George Washington was 16, he wrote 110 rules of proper social behavior such as, "*Shift not yourself in the Sight of others nor Gnaw your nails,*" or, "*Do not laugh too loud or too much at any Public Spectacle.*"

This book of rules was carried by the handsome banker, Tinker Grey, on New Year's Eve of 1938, when he happened into a jazz bar in Greenwich Village. Two young ladies were out on the town with their total funds of \$3. The chance encounter changes the course of all three lives, as well as the face of one of them.

Katie, 25, a quick-witted intellectual of Russian descent, works in a secretarial pool, just making ends meet, but is never at

a loss for a cocktail, or three. Her charm and cleverness eventually land her a high-profile position with a new, flashy magazine in Manhattan.

Eve is Katie's boarding house roommate. She's a strong-willed, attractive Midwesterner, who is fiercely independent and destined for a life of luxury and extensive travel, with a hitch.

The dance between Katie and Ann, a middle-aged beauty of great wealth, is an unusual interaction. Ann being the godmother, mistress, nemesis and overly generous admirer.

Wallace is introduced to Kate on a blind date. Their later encounters lead to a poignant friendship involving Kate learning all about guns and how to use them.

Dicky, is a younger social butterfly with a hilarious bathtub connection who displays a skill as an expert paper airplane maker and flight engineer (into a neighboring pianist's apartment).

Katie encounters several right and wrong friendships, which influence her path and lead her into romantic mischief, harrowing experiences and glamorous New York society,

The underlying theme of Towles' first novel seems to be how much people expose or disguise their true lives and how much is actually reality or deception. The serendipity of many plots in this very well-constructed novel is brought together with profound conclusions – no loose ends and "justice for all."

The mark of a good book is in missing the characters once you've finished. I felt 335 pages were way too few and I'm hoping for a sequel.

~ *Carol M. Van Epps*

# Filling an Easter Basket

By Penelope Folsom

Who wouldn't like to find a basket choke-full of goodies on Easter morning? Many of us can still remember the days of our childhood when we went on the grand hunt to discover just where our basket of goodies was hidden. Back then it was most often filled with boxes of raisins, bottles of bubbles, a couple of chocolate bunnies, and a small hand game all snuggled down into a bed of green imitation grass. Well if you haven't continued with this tradition, why not resurrect that fun part of childhood? There are so many fun "toys" and treats now that could so easily be included as you create a memory for one or more of your favorite people, be they young or old. Here are a few that we've enjoyed over the years:

- A paperback novel intended for fun reading.
- Small bag of trail mix tied with a ribbon
- Tickets to a local event such as a musical or sports event.
- Small chocolate eggs. Isn't chocolate supposed to be good for us?
- A popular magazine, even a subscription.
- Book of crossword puzzles.
- Personalized note paper or cards.
- Pens and pencils.
- Small jars of jams, jellies or a handcrafted chocolate sauce.

- Garden implements such as a hand trowel or work gloves
- Different teabags or tins of loose-leaf tea.
- Flower seeds or even fresh flowers tucked in.
- Gift card to Barnes and Noble or Starbucks.
- Small potted houseplant.
- A piece of jewelry or small family heirloom.

This can be lots of fun as you're limited only by your imagination and the size of the basket, which by the way could be a straw hat, a pail for him, a new wastebasket for her bedroom, a canvas bag from Lands' End, or any container that would add to the fun.



## Building a Healthy Relationship with Your Body

By Kater Leatherman

“If you want greater prosperity in your life, start forming a vacuum to receive it,” writes inspirational author Catherine Ponder.

The next time you're in the mood to create some space for self-exploration, ask yourself if you have a healthy relationship with your body. If what comes to mind is eating better and exercising regularly, that's good, but there is more to consider.

Building a healthy relationship, whether it is with another person or your body, requires some or all of the following: acceptance, appreciation, awareness, consistency, honoring, patience, sensitivity and trust.

Since you most likely have complaints about your body, why not give it a chance to give you some feedback? The body “speaks” to us all the time, but if you could actually hear it, what might it say to you?

- **You compare me to others (lack of acceptance).**
- **You forget to thank me for all that I do for you (lack of appreciation).**
- **Your negative attitude weighs me down (lack of awareness).**
- **You don't exercise me regularly (lack of consistency).**
- **You don't give me enough rest (not honoring what the body needs).**
- **You eat in a mad rush, making it harder to digest food (being impatient).**
- **You watch, read or listen to things that are stressful to my organs and affect me energetically (being insensitive).**
- **You avoid listening to the messages that I give you until something goes wrong (lack of trust).**

You probably wouldn't tolerate a personal relationship with someone who treated you the way you treat your body, so what gives? Maybe it's because the body is so forgiving and resilient and dependable, until it isn't anymore.

So, have mercy on it. Begin by quit criticizing and realizing your body is your greatest asset and the source of wisdom. You can't do what you need to do without it. It is here to serve you every day. Therefore, taking care of it is a daily choice. After all, this body that you live in has been with you since the moment you were born and it will be with you when you leave.

For added support, learn to manage your mind. Even a single, negative thought can create tightness and tension in the body. Use the mind for a higher purpose by creating a daily affirmation statement such as, *I am loving and kind toward my body, I accept my body today, I am grateful for my body, I listen to my body.*

Appreciate your unique and miraculous body by moving it so it will move you more efficiently through life. Nourish it with some live, fresh foods every day. Reduce stress by decluttering your life of anything that isn't necessary or important. Nurture your body with kind words.

Self-care really counts. The better you feel, the more good you will attract into your life. The act of fostering a loving, accepting bond between you and your body is a daily practice that will not only transform the quality of your life but your relationships with others as well.

*Kater is a professional organizer, home stager, yoga teacher and self-published author who inspires others to live better. Visit her website at [www.katerleatherman.com](http://www.katerleatherman.com) or email her at [katerleatherman@gmail.com](mailto:katerleatherman@gmail.com)*

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When in doubt—start somewhere.



# Parenting Our Grandchildren

By Joanne R. Alloway

When friends declined our annual party invitation, saying they *still* had their three grandchildren, I called a week later to ask if the children's parents were away or if they were OK. Tearfully, she admitted that both her daughter and son-in-law had drug problems. Their grandchildren would have gone into foster care if they hadn't taken them in. This was painful for our friends, the grandparents, to admit. The grandmother, who had done some homework, told me that more than 2.5 million children in the US live with grandparents as their primary caretakers. Grandparents love their grandchildren, but many are over 65, with vanishing dreams of travel or a leisurely retirement. Others wouldn't have it any other way. This "granny being nanny" factor intrigued me.

U.S. Census Bureau data indicates that 13 percent of the population is over the age of 65, 80 percent of whom are grandparents. This generation of grandparents is better off financially, healthier and more fit to provide child care than prior generations, according to a 2011 study by Brown University and the Russell Sage Foundation. After the recession, there was a surge in grandparenting, providing a safety net at most levels, especially the poverty level.

Reasons attributed for primary care of grandchildren:

- Divorce
- Remarriage
- Parental death
- Substance abuse
- Incarceration
- Mental health problems
- Military deployment
- Child abandonment, abuse or neglect
- Unemployment

These situations are exceptions to the loving grandparents wanting to care for their grandchildren, but not because they have to. I spoke confidentially to grandparents, asking if some would share their experiences with our readers. Three agreed.

"My son-in-law was seriously injured in Afghanistan. My daughter moved to be near Walter Reed Hospital. I took care of their kids; they lived with me. The baby didn't know her daddy and then her mommy! Today I have a wonderful relationship with these two beautiful girls. They're four and six, living with their mother; but I raised them for three years. It wasn't easy; I was 66, doing a young mother's job!"

"My husband and I care for our four-year-old twin grandsons.

They are a handful! Their mother died during childbirth. They live with our son, but we get them at 7 a.m., usually for 12 hours. He's very grateful. We're hoping he will move on so we can, too, but he can't seem to. We'd like to enjoy our sunset years; we're 68, travel was in our plans once ..."

"My daughter was 16, too young and immature when she had her son. When he was two weeks old, she decided she had made a mistake and didn't want him. He was so beautiful and innocent, my heart cried. She went back to school and activities, leaving him with me. I took over, she knew I would. I was 58; he called me "mama." I let him. Eventually, I legally adopted him, releasing her of any obligation; she was happy that she could still see him. I don't regret my decision, but soon he must learn the truth. He's 6 and I'm the oldest class mom!"

What about day care centers for children and nannies? The 2011 U.S. Census Bureau statistics on childcare contain too many variables to define here. Tables provide information for preschoolers to children age 14 in complex living situations. In 2011, 12.5 million (61 percent) of children under 5 years were in a regular type of childcare arrangement, either familial or regulated child care. [www.census.gov/prod/2013pubs/70-135.pdf](http://www.census.gov/prod/2013pubs/70-135.pdf)

As for nannies, many of those available are not legal residents of the US, and their income isn't reported, so they're hard to track. It's estimated that there are one million nannies working in America. For couples who can afford a nanny, flexibility with hours and schedules is a plus, but there are reported issues of trust and culture, according to [www.grandparents.com/family-and-relationship/caring-for-children/the-nanny-debate](http://www.grandparents.com/family-and-relationship/caring-for-children/the-nanny-debate) Sometimes the best nanny may be a "granny" the article reports.

The Australian Women's Healthy Ageing Project, a 20-year longitudinal study of 120 grandmothers, 57-68 years, found that caring for grandchildren is beneficial. One day per week was found to be ideal, five days, too many. Those who did one day per week improved memory and mental processing, were more socially engaged and had fewer cognitive disorders than the five-day per week group. A lower risk of dementia was also noted.

Most grandparents pitch in when needed. Most say it gets easier and benefits outweigh challenges with kids, and they enjoy grandchildren because you can give them back to parents each day!

*Joanne is an author and freelance writer in Annapolis. She can be reached at [jrwrite@aol.com](mailto:jrwrite@aol.com)*

# Exploring the Outer Banks

By Edree Hovey

If you want to break out of the same old Ocean City and coastal Delaware routine for Summer vacation, how about the Outer Banks of North Carolina? It's not that much farther. If traffic isn't too heavy it can take as little as five hours from the D.C. area. If you've never been there, you're in for a treat. The beaches stretch in one long unbroken span of endless shifting sands, reaching from the north end in Virginia to the Oregon Inlet.

If that's not enough sand and surf, head farther south on Route 12 to Pea Island, where you'll access a 12-mile stretch of wild, undeveloped shoreline that ends in Rodanthe. If you were to continue south, there's an additional 30-plus miles of beach, which ends at a terminal where you can hop the free ferry to Ocracoke Island.

There is one main road that stretches the full length of these barrier islands and it can all be explored in a day. Should you tire of the miles of sandy beach, the area offers a wide and varied assortment of treats to satisfy nearly every interest. For history buffs there's the story of Blackbeard and his many adventures, there's also the tale of how the Hatters Light was moved to its current location. There are countless stories of devastating hurricanes and pirates and wrecker gangs who lured ships onto the rocks. Museums depicting the history are scattered throughout the "Banks" such as the Graveyard of the Atlantic or the Chicamacomico Lifesaving Station.

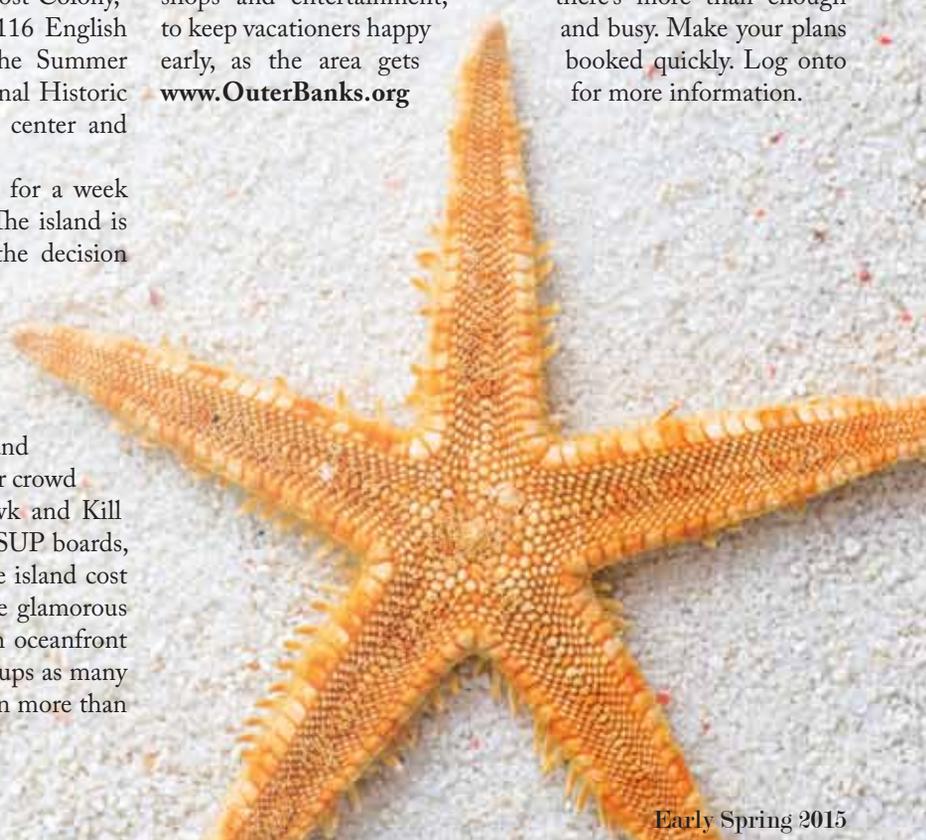
For first-class entertainment, don't miss "The Lost Colony," an outdoor performance depicting the fate of the 116 English settlers, which is reenacted most nights during the Summer months. This takes place in the Fort Raleigh National Historic Site, a quiet rolling acreage that features a visitor center and walking trails.

For places to stay, either lease an entire house for a week or two, or try one of the many hotels in the area. The island is unofficially divided into two areas, which makes the decision easier on where to stay. For a family area, after crossing the Route 158 Bridge that connects the island to the mainland, head north to Duck, Southern Shores and Corolla. Here you'll find lots of family-focused fun such as water sports, miniature golf, batting cages, outdoor concerts and other kids' activities. If it's group housing or a younger crowd that appeals, then head south on 12 to Kitty Hawk and Kill Devil Hills, an endless playground of hang gliding, SUP boards, kayaking, etc. Rental homes on the south end of the island cost a bit less. The north end of the island features more glamorous digs with homes featuring up to 15 bedrooms. Both oceanfront and soundfront are offered. They do allow family groups as many choose the Outer Banks for their reunions packing in more than one family per house.

At the height of the season, a four-bedroom (nonwaterfront) would start at \$2,000 per week. Prices go straight up from there, but with careful planning, sharing in the costs among families does make it more realistic.

There are more remote areas further south on Route 12 such as Avon, Buxton, and Cape Hatteras. It will add a bit more time to your travel, but if it's getting away from it all, this may be the ticket. Campgrounds are also available. Four-wheel drive vehicles, with a permit, are allowed on many of the beaches to the south. For some beach goers, this is an annoyance, so check before you make plans.

Most all of the areas in the Outer Banks offer endless bike trails, as well as walking paths such as the one that winds along the inlet in Duck for nearly a mile. There are more lighthouses than you'll have time to explore and lots of low-key fun such as observing the fauna and flora and wild horses up in Currituck (a four-wheel drive area). Outdoor concerts can be found at different locations such as the Whalehead Club in Corolla. Kitty Hawk claims the highest sand dune on the East Coast, which needs to be seen to be believed, and it invites you to climb it. A museum is located at the base of the dune that depicts the first flight of the Wright brothers. There are opportunities to join a fishing party for a day or, if you prefer, cast a line from the shore. Hang gliding is available and plane rides to get a bird's eye view of the Banks are available. With restaurants, shops and entertainment, there's more than enough to keep vacationers happy and busy. Make your plans early, as the area gets booked quickly. Log onto [www.OuterBanks.org](http://www.OuterBanks.org) for more information.



# TIGHTENING OUR BELTS

*My husband and I both took early retirement. Perhaps we retired too early because we now need to tighten our financial belts. Our investments haven't done as well as we hoped and our house is not worth the amount we anticipated. I feel stressed about our change in circumstances and wonder if I should look for another job. Is it possible to be happy with less?*

Finding full- or part-time work is always an option and something that many retirees happily pursue, but don't push the panic button quite yet. You may find that you adjust more easily to your reduced income than you think.

While retirement may reduce the money coming in, it's also likely to lower your living expenses. Why? Well, for one thing, you won't be saving for retirement anymore. Your expenses probably will not include college tuition and, perhaps, you no longer have a home mortgage. A professional wardrobe won't be required and your taxes are likely to be lower too. Furthermore, you may simply make spending decisions more prudently than when you were working full time.

Still, your income is limited and the effect of this upon your happiness is worth discussing. Adjustments must be made and your attitude toward these changes will impact both your feelings of contentment and security. Let's take a look at how you can maximize each of those positive attributes.

In general, when we hold a positive attitude about a major life change, we feel more content with the result. Remember the positives: your newfound freedom, the ability to focus on new interests and passions, the possibility of spending more time with your family and friends, and the option to invest time in healthy habits that will serve you well as you age. These positive consequences of retirement are priceless.

To enhance your feelings of security, don't rely on thin hopes that your savings will stretch to cover your anticipated needs. Get real! Do some digging and discover how much money you need to support your desired lifestyle along with the unexpected curveballs that accompany aging. My best advice? Consult a certified financial planner. Ask friends for a referral, check references and choose a financial planner who you pay a fee for service rather than consulting someone for "free advice" who has something to sell. What you want is unbiased and sound counsel from a professional who has the expertise to guide you and to help you determine if you need to go back to work.

Remember too, that a large income doesn't necessarily add up to happiness. A recent *Wall Street Journal* article, "Can Money Buy Happiness?" by Andrew Blackman notes that what counts the most toward happiness is how we spend our income. In general, we are happier when we give money away than when we

spend it on ourselves. When we do spend it on ourselves, we also find more happiness by investing our money in experiences rather than in material goods. So, go ahead and donate to your favorite charity or enjoy that vacation, but hang on to your older car a bit longer.

It seems a bit counterintuitive that spending money on a fleeting vacation will bring more happiness than investing in material goods, yet research shows this to be true. That's because we adapt to a new purchase of tangible goods and, after awhile, barely notice it. When you invest in experiences, you are more likely to meet your psychological needs of spending time with others, developing a feeling of connection to the world and enjoying a sense of accomplishment.

Is it possible to be happy with less? Absolutely! When you address your needs for security, make a plan, hold a positive attitude and invest in those things that bring you joy, it's likely that you will adjust well to a lower income and find much satisfaction in life after retirement. One more thing: Remember to count your blessings. It may seem trite, but the daily exercise of your gratitude muscle goes a long way in helping you to stay positive and happy!

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

## Bay Bytes

Log onto [Livingto100.com](http://Livingto100.com) which, after asking a few questions, will calculate life expectancy.

# EARLY SPRING QUIZ-ACROSTIC

	1	B	2	E	3	M		4	J	5	S	6	F		7	A	8	C	9	B	10	O		11	A	12	Q	13	K	14	O	15	N	16	C	17	J				
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	35	A	36	J	37	B	38	S	39	P	40	R	41	E	42	C		43	G	44	J	45	C	46	A		47	E	48	B	49	O	50	Q	51	K					
52	J	53	Q	54	O			55	K	56	J	57	B	58	G	59	A	60	M		61	O	62	S	63	E	64	Q	65	N		66	M	67	S	68	E	69	F		
70	B	71	J	72	H	73	R			74	J	75	R	76	G	77	K	78	B	79	A	80	F	81	C	82	N		83	O	84	A	85	I	86	Q	87	O	88	B	
89	J	90	H	91	F	92	E	93	K	94	S			95	Q	96	P		97	B	98	J	99	O	100	Q	101	K	102	E			103	G	104	M	105	N	106	Q	
107	J	108	P	109	C	110	O			111	A	112	F	113	D	114	B	115	J			116	C	117	I	118	K	119	G	120	A			121	Q	122	A	123	N	124	I
125	J			126	N	127	A	128	L	129	C	130	M			131	S	132	R	133	K	134	O	135	B	136	C	137	E			138	J	139	Q	140	K			141	L
142	O	143	B	144	P	145	N	146	E	147	J			148	E	149	H	150	K	151	M	152	B			153	B	154	O	155	N			156	K	157	Q	158	A	159	J
	160	J	161	D	162	E	163	B	164	K	165	A	166	I			167	P			168	C	169	J	170	O	171	S	172	E			173	I	174	M	175	P	176	J	
177	F	178	Q	179	A	180	D	181	O	182	B			183	B	184	K	185	E			186	C	187	N	188	J			189	P	190	O	191	M	192	A	193	Q		
194	O	195	H	196	L	197	A	198	B	199	E	200	C	201	S			202	C	203	E			204	L	205	C	206	J	207	A			208	J	209	N	210	O	211	B

## Directions

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- Read the definitions and supply the correct words over the numbered blanks.
  - Transfer the letters to the corresponding squares in the diagram.
  - Reading left to right, the completed diagram poses a trivia question. Words are separated by black squares.
  - Reading down, the first letters on the numbered blanks give the subject category followed by the answer to the trivia question.
- |  |   |
|--|---|
| <p>A. <i>Cats</i>' magical feline (2 wds.)</p> <p>B. "It ain't over ____." (5 wds.)</p> <p>C. 1952 Gene Kelly-Debbie Reynolds film musical (4 wds.)</p> <p>D. Corn lily, e.g.</p> <p>E. Location of <i>Porgy and Bess</i>' European premiere (2 wds.)</p> <p>F. Elegant and simple expression</p> <p>G. Freeloader</p> <p>H. Real (obs.)</p> <p>I. The wives of a polygamous man</p> <p>J. Marius' solo in <i>Les Misérables</i> (5 wds.)</p> <p>K. The voice of Mrs. Potts (2 wds.)</p> <p>L. Docile</p> <p>M. Made mention of (with "to")</p> <p>N. Insect, tapinoma erraticum (2 wds.)</p> <p>O. Italian title of 1941 Italian film, known as <i>Old-Fashioned World</i> (3 wds.)</p> <p>P. Turned aside</p> <p>Q. Musical masterpiece that opens with a clarinet cadenza (3 wds.)</p> <p>R. Goddess of the rainbow</p> <p>S. Braggadocio</p> | <p>11 79 35 207 122 165 197 59 111 179 84 7 127 46 192</p> <p>22 120 158</p> <p>70 19 114 135 78 1 183 48 153 143 163 9 37 152 211</p> <p>57 198 182 97 88</p> <p>168 202 136 42 186 81 109 27 116 205 129 200 16 8 45</p> <p>180 113 161 26</p> <p>162 92 30 199 41 2 68 137 102 203 185 172 29 146 148</p> <p>63 47</p> <p>80 177 69 112 25 91 34 6</p> <p>58 76 43 103 119 32</p> <p>90 195 72 149</p> <p>117 173 124 166 85</p> <p>44 21 160 138 115 208 107 31 89 71 188 206 169 56 4</p> <p>176 159 147 36 52 74 17 98 125</p> <p>18 93 101 140 77 184 55 150 133 13 156 164 118 51</p> <p>128 141 204 33 196</p> <p>191 104 66 60 151 130 3 174</p> <p>145 105 155 126 187 209 15 123 65 82</p> <p>194 24 142 61 154 49 99 10 181 134 54 87 170 110 210</p> <p>14 83 190</p> <p>20 108 167 96 189 175 39 144</p> <p>100 139 178 86 106 64 193 121 28 53 95 50 12 157</p> <p>132 75 40 73</p> <p>94 131 62 5 171 67 38 201 23</p> |
|--|---|

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# Eight-Legged Terrors By the Bay

By Henry S. Parker

This is not an article about the octopus. Those eight-legged sea creatures don't inhabit Chesapeake Bay, and they're far less scary than the subject creature here.

The Bay Area offers some of the finest walks on the East Coast. The region abounds with charming trails that meander across bucolic fields, through shady woods and along scenic shorelines from Havre de Grace to Hampton Roads. But these days you ramble at a risk. A diminutive demon lies in wait.

Must be an insect, you're thinking. But doesn't an insect have six legs? Correct, but this scary creature is a tick, and a tick is not an insect. It's an arachnid, related to a spider, and like a spider, it has eight legs. And it can instill fear.

## The Bay Area is a prime habitat for deer ticks and a hot zone for Lyme disease.

Most ticks are tiny. While some may be a half-inch long when filled with blood, many are pinhead-sized. More than 800 species populate the world, but only a few reside in the U.S. Ticks are widely distributed, but do best in warm, humid environments. They're survivors and have been around for some 300 million years. They're abundant; in some parts of the northeastern U.S. their numbers approach 1,000 per acre. And they can be dangerous.

The danger comes from disease. Ticks harbor bacteria, viruses and parasites. Bites from ticks can transmit a rogue's gallery of horrendous maladies. A few examples: *Tularemia*, a life-threatening illness so debilitating that the responsible bacterium is considered a potential bioterrorism agent; *Rocky Mountain spotted fever*, which can be fatal if not promptly diagnosed and treated; *Babesiosis*, a parasitic disease that causes anemia but probably won't kill you; *Crimean-Congo hemorrhagic fever* which has an even chance of doing you in even as you bleed out from your body orifices (fortunately it's not in the U.S.). And then there's *Lyme disease*.

First discovered only a few decades ago in coastal Connecticut, Lyme disease now rages across the country, sickening perhaps 300,000 Americans every year. The responsible bacterial pathogen resides in the abundant blacklegged or deer tick. The Bay Area is a prime habitat for deer ticks and a hot zone for Lyme disease.

The path to infection is distressingly easy. A tick feeds on blood. It can't travel far on its own, and hitchhikes to expand

its range. Perched on a bit of vegetation, it lies in wait, forelegs outstretched. When a suitable host passes by—any mammal will do—it climbs aboard, seeks a patch of bare skin, scissors a tiny opening, secretes an anti-coagulating chemical, inserts a feeding appendage and engorges itself with blood. If the tick is carrying Lyme disease bacteria, the pathogen is transmitted to the host.

A well-nourished tick can produce thousands of eggs at once. The eggs develop into larvae, then nymphs, and finally adults. At every stage, on every host, the germs get passed along. If a bitten human is lucky, the bite site will show a bulls-eye pattern, and the individual can be tested for Lyme disease and seek treatment, including antibiotics. Less fortunate victims may not detect the bite, but experience a rash and flu-like illness that can trigger a visit to the doctor. The truly unlucky don't realize they've been bitten, don't experience (or ignore) alarming symptoms and can go years before the disease is evident. By then it may be too late. Chronic neurological symptoms, arthritis-like pain, cognitive impairment and even death can result.

Preventive measures are essential. It's important to wear long-sleeved shirts, tuck pant cuffs into socks, don a hat and cover all exposed skin. But in the humid, 90-degree mid-Atlantic Summer, many outdoor enthusiasts might be forgiven for relaxing such dress standards. You could lather yourself with insecticide, or wear a flea and tick collar (a fashion statement in some locales). You should thoroughly inspect yourself—and your (hopefully) significant other—after a walk in the woods. A vigorous shower isn't a bad idea. But these measures aren't foolproof. Ticks can hitch a ride on clothing and drop off in your car or house. They can burrow into nether regions where a body search won't turn them up. And they can nestle into the fur of a pet.

So what to do? You could stick to the water. No aquatic tick species have yet evolved. You could move to Alaska. But that would involve a trade-off with larger threats like grizzly bears, wolves and mosquitoes the size of Piper Cubs. Besides, ticks have even made their way up there, too. Or you could play it safe, remain in the house, curl up in front of the TV, and tune in the National Geographic Channel—or the latest episode of *Naked and Afraid*.

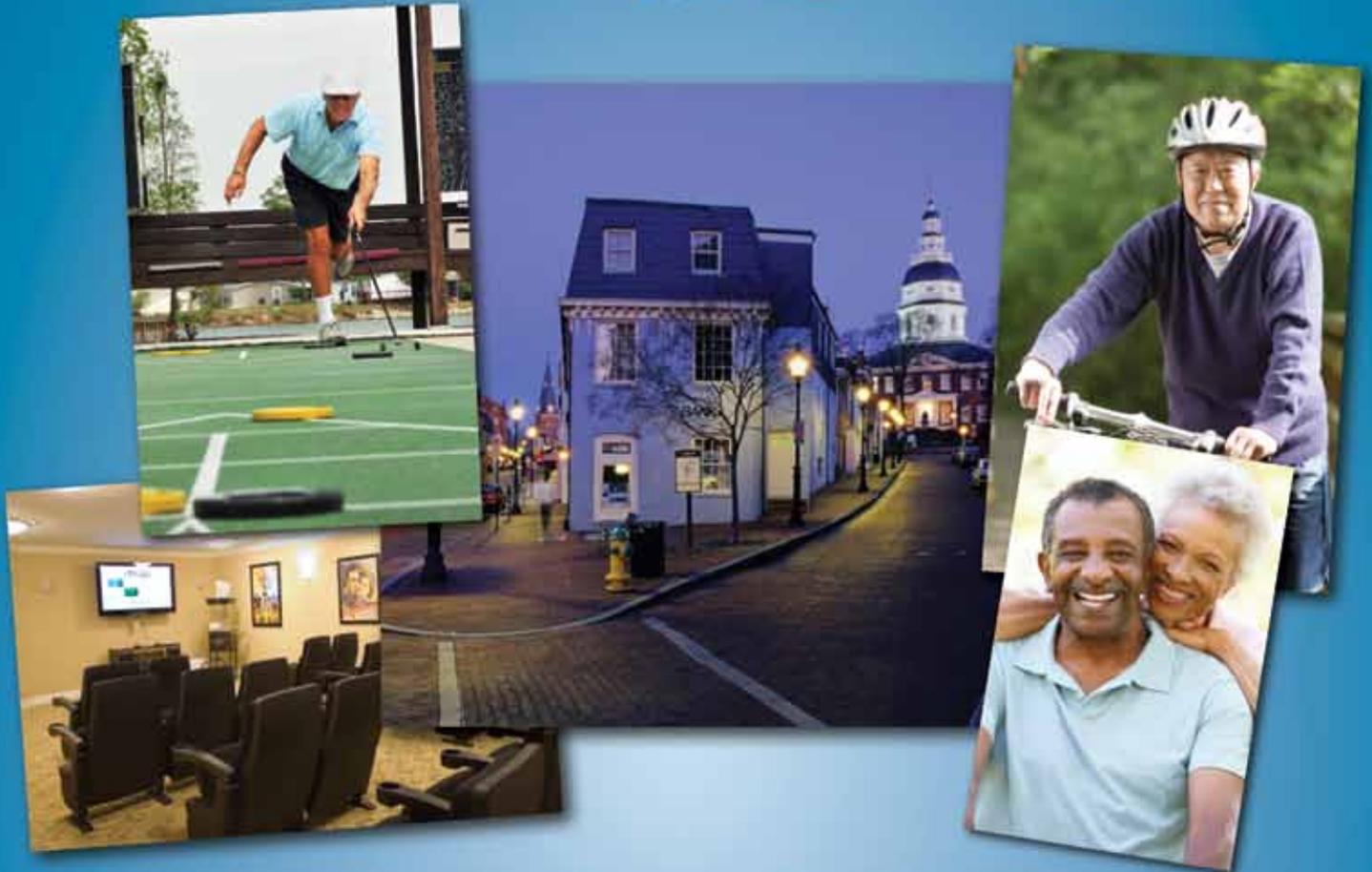
But who wants to stay inside? With appropriate precautions and common sense, your risk of tick-borne disease is greatly diminished. So dress for the occasion, venture out and enjoy the great outdoors.

For further information about Lyme disease and its prevention, see: <http://phpa.dhmh.maryland.gov/OIDEOR/CZVBD/SitePages/lyme-disease.aspx>

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

Life is fleeting. Whatever is calling you—do it now.

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