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Summer 2015

OutLook

for the Bay Boomer and beyond... *by the Bay*



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Grandpa's Guns?***

***A Growing Travel Trend:
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OutLook

For the Bay Boomer and Beyond... *by the Bay*

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FROM THE DESK

Tribes. Or today more appropriately called groups. We've all belonged to them, maybe knowingly or unknowingly, but if you've ever been involved with a scout troop, served in the military or been a member of the PTA, you've been part of one.

We had the opportunity to observe the benefits of tribal behavior earlier in the Spring when we were invited to a track tournament that featured the best young athletes from the state. What an eye-opener. Let's start with talking about today's young people. The stadium was filled to capacity (approximately 3,000 souls). It was a freezing night, but inside it was hot, crowded and uncomfortable. Heavy knapsacks, stuffed to capacity, were stashed in every conceivable space making sitting or walking difficult for anyone. Well over 80 percent of those filling the stands were kids who looked to be about high school age. Peppered throughout the crowd were a few very proud parents (not enough), as well as coaches and teammates who yelled words of encouragement. Everyone looked spiffy and neat in their sports garb, from sleeveless Nike shirts to Under Armor jackets, to form-fitting athletic shorts. Most were proudly displaying their school's logo in some form or other. These kids were short, tall, heavy, slender and fit, with all ethnic groups well represented. There were runners, long jumpers, relay racers, pole-vaulters and shot-putters, all the best in their category.

Looking around at these young faces one saw determination, focus, confidence and a strong camaraderie. All this no doubt created by a common bond, a feeling of belonging. There was a respect and caring concern among competitors with an admiration for those who performed better, which seemed to spur the loser on to think, *next time, I'm going to do better.* There was also strong support among friends as well as competitors. A young man sitting near us chowed down on his fried chicken, and then seeing the fellow from an opposing team in front of him who was looking a bit peaked, offered his pile of untouched French fries. The communication between them is shared only by like-minded individuals. A fist bump was all that was needed to seal the transaction.

If you want a good look at today's young people – the ones who don't make the front page of the evening paper – this may be the place to hang out. Some had been there for hours until they were called on for their event. There was no discipline needed from an authoritative figure. These kids were busy with homework, reading or low-key chatting among themselves, all the while keeping an eye out on the different events. There was a minimum amount of phone usage and then only to take a quick selfie with a friend.

But what stood out was the self-confidence. Where did it come from? This really didn't fit the profile of today's misunderstood and misbehaving teen. This pride and self-assurance had to have come from a sense of belonging. They were all part of a pack of accepting and like-minded friends and they knew it. They had comrades who shared that pride and who also shared in their defeats and in their victories. Determination and a satisfaction was evident, if not for winning, for having successfully competed. What a testament to today's kids.

Are we any different at the ripe old age of whatever? We've been through all of this: a losing streak where nothing goes right, a lack of acceptance and then the bonding and moving on from adversity. We've been through the trials of finding our pack and getting comfortable with who we are and who they are. And now, more than ever, we should be aware of how comfortable it can be when we settle into that bond of friendship and approval.

Finding our group or tribe, like those young athletes being themselves and enjoying the company of those in a common pursuit. Getting affirmation from our group may not be much more than, we exist and we matter. So who's in your tribe? And, if you're not part of one, what's holding you back?



Tecla

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

Letters to the editor

BEES IN YOUR BACKYARD

Very much enjoyed the bees article. Didn't know much about them. Am looking forward to getting more information and hope to start my own hive.

John S., Crownsville

L'HERMIONE

Thanks to your article on Lafayette, we made an effort to get down to see the L'Hermione. We stood in line for over an hour but found it was well worth the wait. We were sorry they couldn't stay longer. A nice addition to the town – as well as a bit of a history lesson!

L. Allen, Pasadena

STEAMBOATIN'

We have done a partial river cruise down the Mississippi and thanks to the article on Steamboatin' we're giving more thought to continuing through the areas we haven't cruised through yet. Expensive but worth it.

JanieS (by email)

AREA COURSES

Thank you for yet another article on golf courses. We cut out the article that had appeared a few years ago in your magazine and we're thrilled to get the updated version. We are new to the area and frequent golfers.

Ann C., Annapolis

ON THE COVER

Cover photo by Emerson Sodergreen

OutLook
The magazine for the active Bay Boomer
by the Bay

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A Specially Trained Dog Can Change Someone's Life

By Terry Portis

When my wife Denise was in her late 20s, she developed an autoimmune disease that eventually took her hearing and affected her balance. Through the miracle of cochlear implant technology some of her hearing was restored. However, she still struggled to hear sounds such as a doorbell, a kitchen timer, smoke alarms, her phone ringing or a car that she was about to step out in front of. A few years ago a red-haired dog named Chloe became an important part of her life.

Denise began attending weekly meetings at *Fidos for Freedom* in Laurel. At Fidos, they not only train the dogs, they teach people to handle and care for dogs as well. Chloe was a rescue puppy who was referred to Fidos because of her obvious intelligence and good temperament. Denise and Chloe were matched when Chloe was not quite three years old. Her training began as a puppy, and took more than two years to complete.

As a service dog, Chloe is legally allowed to go almost everywhere with Denise. Chloe wakes Denise up every morning, alerts her to sounds she thinks Denise needs to know about, and picks up things she drops. Because of her balance disorder, Denise struggles to bend over without falling, so Chloe picks up the dropped items. Sometimes Denise doesn't know she dropped something because she can't hear it hit the ground. Chloe picks it up anyway and gives it to her. Denise teaches psychology at Anne Arundel Community College, and Chloe has proven quite popular with the students.

On one occasion Denise lost her balance at home and was knocked unconscious when she hit her head as she fell. She was home alone at the time. When she regained consciousness after a few minutes, Chloe was lying beside her and Denise's phone was there too. Chloe had not been trained to fetch her phone, but somehow knew this is how she talked to people and could call for help.

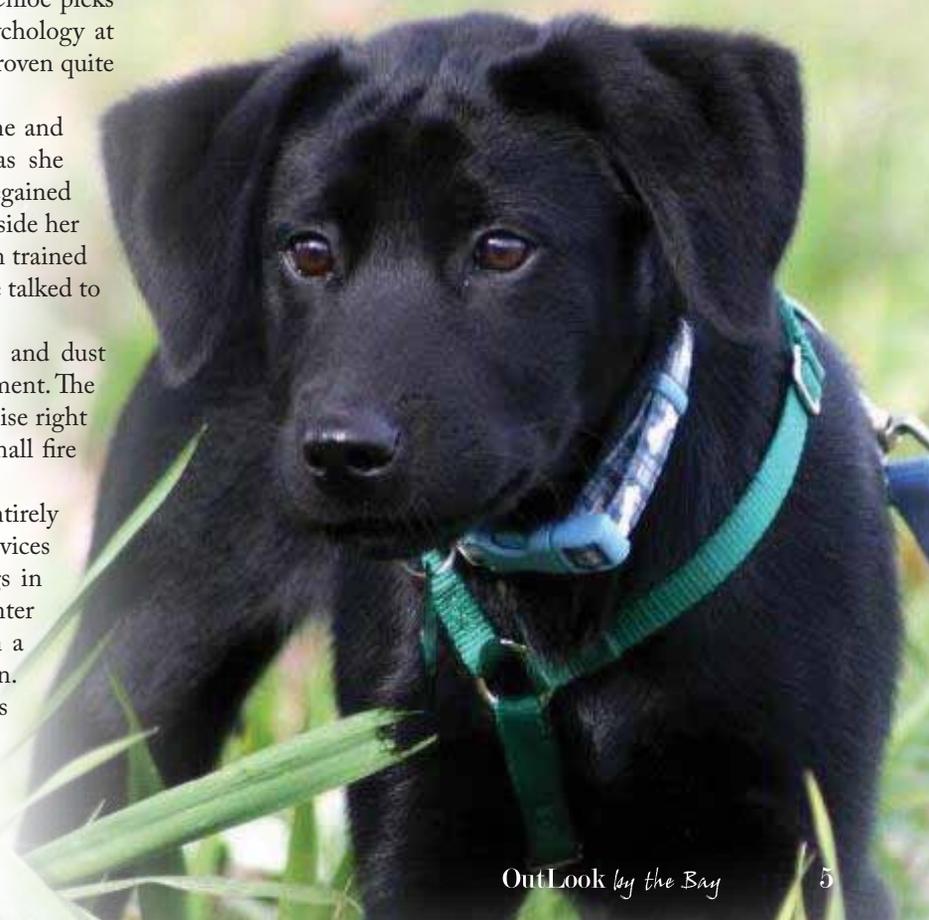
On another occasion a combination of cat hair and dust caught fire underneath an old refrigerator in our basement. The smoke alarm had not gone off, but Chloe alerted Denise right away. She was able to quickly and easily put out a small fire that could have quickly become very dangerous.

The work of *Fidos for Freedom* is done almost entirely by volunteers: training, case management, client services and so on. At any one time there are about 20 dogs in various stages of training. Puppies who are selected enter a volunteer's home and learn basic obedience. Often a dog also receives further training at a federal prison. Carefully selected inmates have learned the skills to care for and teach these special dogs. Finally, an experienced trainer takes the time necessary to finish with more advanced skills.

Service dogs are taught to assist people with disabilities live more independent lives. Hearing-assistance dogs help people who are deaf live more safely and independently. Fidos also has a therapy dog program where volunteers and their trained dogs go to schools, nursing homes and hospitals. Recently, Fidos has begun training dogs to assist veterans who may be suffering from PTSD. To learn more about Fidos go to its website at www.fidosforfreedom.org

In the past few months Chloe has slowly transitioned to retirement. She is almost 11 and can no longer perform all the demanding tasks of a service dog throughout the whole day. The transition was not easy for either Denise or Chloe, who have been together day and night for almost nine years. Chloe will stay in our home as a beloved pet and a therapy dog. Denise has been matched with a new dog who will partner with her full time in the next few weeks.

Dr. Terry Portis is a board member for Fidos for Freedom. He is director of the Center on Aging and LifeStages at Anne Arundel Community College. He can be contacted at tdportis@aacc.edu



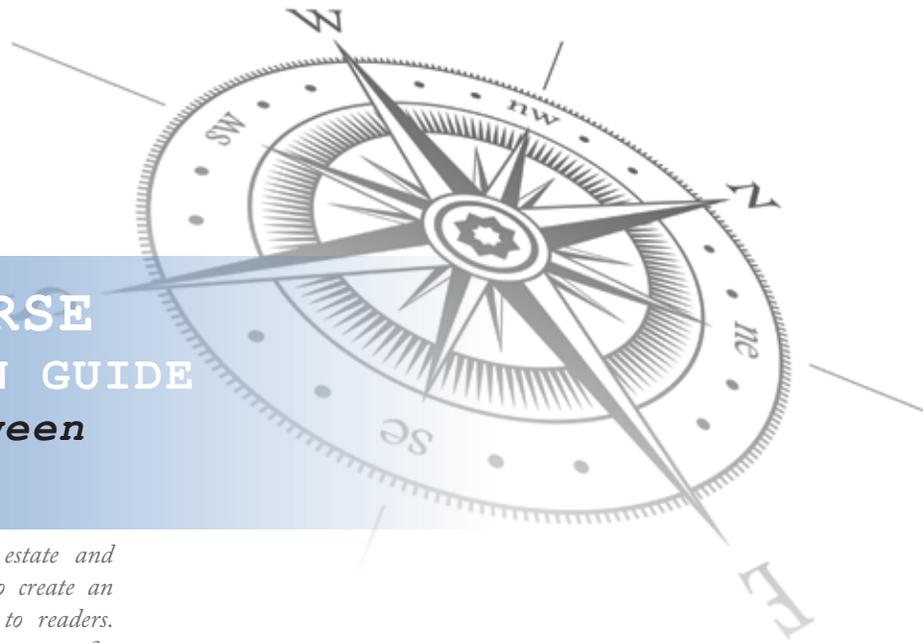


CHART YOUR COURSE A LEGAL NAVIGATION GUIDE *The Differences Between a Will and a Trust*

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 circumstances.

By Jessica L. Estes

Probably, the most oft-asked question I hear is: “Which is better, a will or a trust?” The answer is that neither is better. They each serve a purpose and although everyone should have a will, not everyone needs a trust. It really depends upon your unique situation and goals.

What is a will? A will is a legal document that provides instructions regarding how and to whom you want your assets distributed upon your death. Everyone over the age of 18 should have a will. If you die without a will, the state has a set of rules, “intestacy laws,” that will govern how and to whom your assets are distributed upon your death. Trust me, you do not want the state deciding who gets your stuff. Moreover, in order for a will to become effective, two things need to happen. First, you have to die, and second, the court must accept the will into probate.

What is probate? Probate simply means the process of establishing the validity of the will. In Maryland, a will is presumed valid if it is signed by the testator in the presence of two witnesses, who in the presence of the testator and each other, also sign and attest the will.

Once a will is admitted to probate, the court will appoint a personal representative—most often, the person named by the decedent in his will, to administer the estate and make sure all debts are paid and the remaining assets are distributed in accordance with the will.

Of course, there are costs associated with probate, which is why many people want to avoid probate. For those individuals, a trust may be appropriate.

What is a trust? A trust is an entity, separate from the individual who created it, that holds title to the assets of the individual and/or others for their benefit. There are two different types of trusts: those that take effect while you are alive, “living trusts,” and those that take effect only upon your death, “testamentary trusts.” Testamentary trusts are part of a person’s last will and testament and generally indicate that a named beneficiary’s share shall be held in trust for their benefit and can

be used for their health, education, maintenance or support until a certain age or terminating event. For purposes of this article, testamentary trusts are no different than a will.

A living trust, on the other hand, is created while you are alive and assets are retitled in the name of the trust at the time of its creation. Because the trust is a separate entity, it can continue in existence after your death. Thus, any assets in a living trust will bypass the probate process upon your death.

Moreover, a trust has three “actors.” The “grantor” is the person who creates the trust and retitles his or her assets in the name of the trust. The “trustee” is the person who manages and administers the trust in accordance with the trust provisions. Generally the trustee is responsible for the management and investment of the assets and for making distributions from the trust. The “beneficiaries” are those individuals entitled to the income and principal of the trust, as well as those entitled to a share of the trust when it terminates.

Depending on your objectives, whether it is simply to avoid probate, to protect your assets, to provide for a special needs child or to qualify for public benefits, there are a variety of trusts that can accomplish your goals. It is beyond the scope of this article to delve into the different types of living trusts, but it should suffice to know that all of them avoid the probate process.

What are the differences between a will and a trust? The main difference is that a will must go through the probate process, whereas a trust avoids the probate process. There are other key differences. A will becomes a public document upon your death when a probate estate is opened; a trust can remain private. A trust allows for the management of your assets in the event of your incompetency; a will does not. Finally, a trust can provide for distribution of your assets during your lifetime, at death, and after your death. However, a will can only direct the distribution of your assets after your death.

If you are considering a trust, consult a qualified estate planning attorney to determine which trust may be right for you.

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STAY HYDRATED THIS SUMMER

By Leah Lancione

Whether you're running a marathon, playing tennis, gardening or just lounging by the pool, it's vitally important to stay hydrated in the heat and humidity of Summer. Though it's important to drink enough water every day to maintain body temperature and blood circulation, it's essential to replenish your body with water, or a sports drink with electrolytes, if you are doing strenuous activity for over an hour when it's hot outside. According to **livescience.com** "Losing body water can adversely affect your functioning and health." The site explains that "once you start feeling thirsty, you've probably already lost about 1 percent of your body water and are dehydrated. With a 2 percent water loss, you could experience serious fatigue and cardiovascular impairment. If you're asking, "How do I make sure I'm sufficiently hydrated this Summer?" there are a few points you should be aware of.

Since "blood thickens, forcing the heart to work harder" it raises the risk of a heart attack when water is not replaced, according to **Medical Daily.com** You have to maintain a healthy fluid balance especially in what the American Heart Association (AHA) calls the "dehydration danger zone," when the temperature and humidity are above 70 degrees.

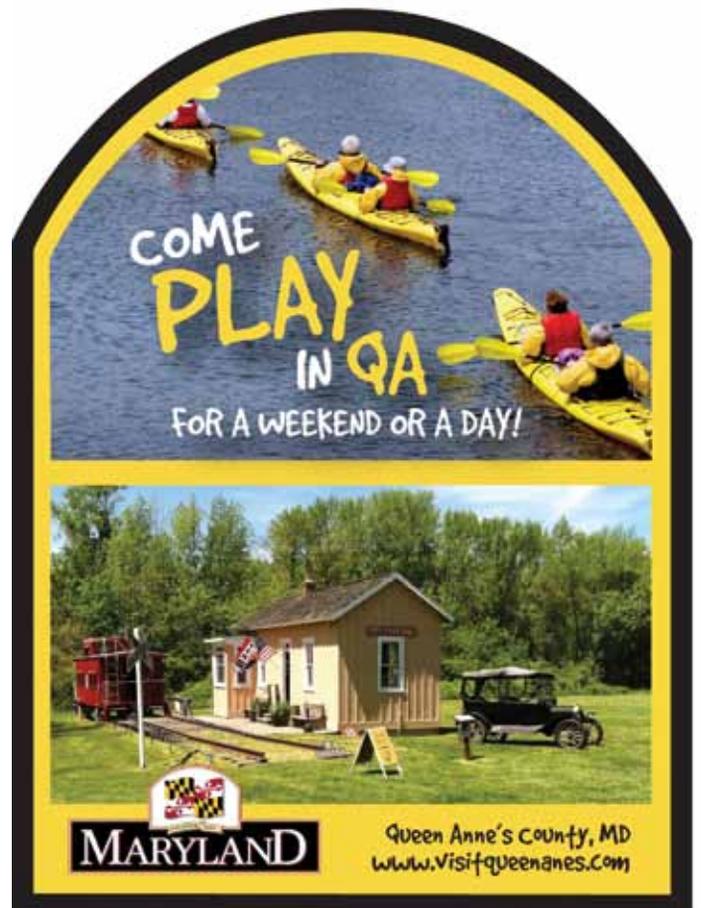
John Batson, M.D., a sports medicine physician and AHA volunteer, explains that thirst isn't the best gauge for when you need to drink, because "if you get thirsty, you're already dehydrated." Therefore he recommends paying attention to the color of your urine. "Pale and clear means you're well hydrated. If it's dark, drink more fluids." It's hard to dictate how much a person should drink to stay hydrated because it depends on the temperature, what someone is wearing, how much they sweat and the intensity and duration of the exercise or other physical activity. However, a good rule of thumb is for every pound lost by sweating, a pint of water is needed to replenish your body.

Experts explain that it's important to drink water before you go out into the sun and heat or engage in physical activity so you don't have to play catch-up later. Caffeinated beverages like iced tea and soda, however, can act as diuretics and cause more fluid loss, so stick to water this Summer. Keep a water bottle on hand all the time. Sip away before getting thirsty and include plenty of fruits and veggies in your diet as well since they contain high concentrations of water.

If you do find yourself out in the hot sun, The Cleveland Clinic (<http://my.clevelandclinic.org>) says to look out for the following signs of dehydration:

- fatigue
- flushed skin
- light-headedness
- a dry cough
- loss of appetite
- heat intolerance
- dark-colored urine

If you want to estimate just how much water you need to prevent dehydration, check out the hydration calculator at <http://nutrition.about.com/library/blwatercalculator.htm>



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RVing: Not Your Usual Camping

By Kathryn Marchi

“Camping” has been described as a way for families or individuals to spend quality time while enjoying the outdoors and seeing the sights along the way. As more and more people began spending their vacations in tents or small trailers, they unknowingly created the climate for a new business. Indeed, it’s a huge industry now known as “recreational vehicles” or “RVs.”

In today’s camping world, folks can purchase just about any type of RV, from small trailers on up to bus size. Amenities are available as well, depending upon the type of camping you want to do. Some of the small RVs provide for sleeping only. The occupants prefer to cook outside over an open fire or a small portable stove. Others want more of the comforts of home so their longer and larger RVs contain toilets, kitchens with dinettes or sofas and queen-sized beds. Designers have really done an outstanding job of outfitting the vehicles, given the various space requirements. Those 35- to 40-foot busses can even have fireplaces and washer-driers. Indeed, there is a plethora of choices for every taste and requirement.

Along with a well-appointed RV, what else is available for the well-equipped camper? The RV industry also includes campgrounds and upscale RV resorts, which contain every amenity of a graciously appointed vacation resort. There are RV clubs such as “Good Sam” and “KOA,” among others. There are publications, CDs and computer programs that will guide and direct campers to any facility needed. A book worth investing in, *The Next Exit*, contains information about necessities such as gas, food, campgrounds, hospitals, repair shops, etc., that are located at each exit along every interstate in the United States and Canada. And if you join the Good Sam Club, you have access to its camping book, which lists all the campgrounds and RV resorts in the United States and Canada plus a map which shows their locations. All of this can be programmed into your computers, phones and GPS gizmos. Every day there are new and updated informational publications to ease you through your RV experience.

Camping stores have also popped up all over the country and cater to the RV crowd (visit www.campingworld.com). Also, by Googling an item, you can find other online sites for sales

and information. It’s amazing what products have been developed for the RVers!

Now that you know the setup that supports its participants, you need to know the types of vehicles you can buy. All of these come in different sizes from 20 feet up to 42 feet in length. They can sleep anywhere from two to more than six people. The price range varies widely. If you purchase new products, the cost can be from \$7,000 all the way up to \$1 million. There is a huge used RV market as well. All of these products have amenities, depending upon your budget and your idea of “comfort.”

RVs are divided into the following categories:

TRAVEL TRAILERS, which are towed behind a car or truck: They are known as “tagalongs.” This includes the “fifth wheel” or “Goose neck” variety. Many people prefer this type because, for the size, they feel more stable for towing and are very maneuverable on the road. These also have a huge amount of room inside due to the design.

MOTOR HOMES, which are self-contained vehicles and are divided into these categories:

- **Vans** such as the VW camper or Road Trek, sometimes called “Class B” RVs.
- **Class C RVs**, which are recognized by the large overhang over the truck cab.
- **Class A RVs**, which resemble a Greyhound bus.
- **Truck campers**, which are literally installed over a truck bed. These are especially popular in the Western states.

The best places to find these RVs are at RV shows, which are held several times a year around the country. At these shows you’ll find a huge variety of RVs and you’ll be able to tour them and discuss their merits with the salespeople and experts on the subject. You’ll be able to “kick many tires” here as you decide which RV you might like to purchase. Our favorite show is in Hershey, Pa.,



which is believed to be the largest in the US. There is a smaller show at the Timonium Fairgrounds in Maryland, usually held in February. You'll find the best deals at these shows, especially if you wait until the last day to visit. At that point, you can almost name your price as the dealers are usually anxious to unload their inventory and not take it all back to their shops. Other good places to look at RVs are at the dealers themselves. A quick look in the Yellow Pages or your computer will tell you locations in your area.

No matter what the type of RV you choose, there is another opportunity associated with the industry. *Workamping* is the term used when RVers combine any kind of work with the camping lifestyle. Basically, folks trade work in exchange for camping sites and associated costs. Available jobs could be working as a camp host, performing maintenance, cleaning interior and exterior facilities, retail, greeting guests and collecting fees. Many opportunities for Workamper jobs include: RV parks, state and national parks, the Corps of Engineers facilities, marinas, theme parks and resorts. (Visit www.workamper.com or www.camphost.org or pick up *Workamping Magazine* for more information.) Many folks who live in their RVs full time report that they find jobs all over the United States and Canada and enjoy the variety of work and the friends they make along the way.

Because of this huge RV industry, campgrounds and RV resorts have become quite competitive in trying to provide every comfort and need for their guests. They provide information about nearby sightseeing tours and local events and usually have a well-equipped food store and gift shop. Many times a mobile

repairman is nearby who can fix most anything on an RV right on the site. Employees and campers alike at these campgrounds are very welcoming and helpful.

Over the last 52 years, my husband and I have enjoyed our time on the road with our RV. For us it's been the best way to sightsee and to enjoy the outdoors at the same time.

For more information, log onto any of these sites:

- www.gorving.com A complete resource for RV shopping, rental and travel planning
- www.Goodsamclub.com Good Sam Club
- <http://koa.com> KOA Campgrounds of America
- www.campingworld.com Camping World retail store
- <http://wbcci.org> Wally Byam / Airstream RV Association
- www.campnca.com/campingshows.htm Northeast Campground Assoc. /RV Shows scheduled for East Coast
- www.motorhomemagazine.com

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What Are YOU Tolerating?

By Kater Leatherman

It's just another thing we have to consider, but one that will be worth your time and attention.

I'm talking about tolerations.

Tolerations were first brought to my attention as the result of a slow leak in my car tire.

"You know," someone pointed out to me, "living with that slow leak is a toleration."

He reminded me that having to put air in that tire was something that I had to keep doing until I decided to get it fixed.

Being aware of this ultimately made my life better.

Tolerations are defined as things in life that we are putting up with. Even though everyone will probably have a different list of tolerations, they all share one common characteristic – they suck energy from us on a regular basis. In other words, "putting up with" eventually creates feelings of frustration, anger and feeling out of control.

Imagine a leaky faucet, a home that looks like overstock.com probably does, the children complaining when they are asked to do something, a disorganized desk, keeping an inefficient can opener, overgrown weeds in the yard, feeling pressure to always answer the phone, a destructive pet, holding on to possessions beyond their usefulness, being manipulated with guilt, a missing door handle, keeping pens that don't work and avoiding professional help for a physical injury.

No toleration is insignificant. Transforming a kitchen knife from dull to sharp can make cutting and chopping produce more enjoyable. So is increasing the wattage of a light bulb if it reduces the strain on your eyes while reading. How about lubricating the track on your sliding glass doors? Or, installing a simple key hook by the front door so you don't have to waste time looking for keys? Sometimes, eliminating the smallest tolerations can make the biggest impact.

As you begin to notice what you are tolerating, bear in mind

that some tolerations will require more effort, patience and time to deal with than others. Let's face it, replacing that missing button on your favorite sweater (so that you can finally wear it again) is very different than wanting your bedmate to stop snoring. Also, what may be a toleration for you isn't necessarily a toleration for someone else. Some people have a high tolerance for clutter. Whatever it is, when a compromise isn't possible, then you will either have to accept others for their foibles or make a change.

So, where does one begin?

First, awareness. With awareness comes change. Second, write a list. By writing down your tolerations, you are setting your intention. This also frees all those thoughts from aimlessly swimming around in your head. And finally, tackle tolerations one at a time, starting with the easiest.

Once you have made your list, strive to stay on top of your tolerations for the simple reason that life happens: things break, issues surface and change is inevitable. The good

news is that every time you modify, eliminate or alter something, you are going to feel empowered, energized and lighter. You will also save time, reduce tension and enjoy your life more.

So, what one toleration can you let go of today?

Kater is a professional organizer and home stager, yoga teacher and self-published author who inspires others to live better. Visit her website at www.katerleatherman.com or email katerleatherman@gmail.com

You are going to feel empowered, energized and lighter.

Sometimes, eliminating the smallest tolerations can make the biggest impact.

Bay Bytes

The International Club of DC (<http://internationalclubdc.com/>) presents many international cultural experiences such as concerts, theater, museum visits, outdoor activities and educational opportunities as well as culinary events. Partnered with more than 80 embassies in Washington, D.C., membership is free.

There'll be problems regardless of which direction you choose.

WHY IS IT IMPORTANT TO HAVE REGULAR EYE EXAMINATIONS?

By Michael J. Dodd, MD

Maintaining good eye health is part of a program of staying physically sound and generally healthy. The eyes are more than the proverbial “windows of the soul.” They can be a source of diagnostic assistance in many systemic diseases including: diabetes, hypertension, multiple sclerosis, brain tumors and other neurological disorders. We will go through a quick review of how the eyes can help in diagnosing or following patients with some of these systemic diseases.

Diabetes mellitus is becoming more common in the United States, largely because of poor eating habits and obesity. Eye findings in diabetes include tiny hemorrhages and white spots (exudates) in the retina of the eye. This usually indicates that the blood sugars are poorly controlled. Sometimes these retinal findings are noted on a routine eye exam before patients realize they have diabetes. Other findings in diabetes include ocular nerve palsies, which can cause double vision. Diabetic patients are known to develop cataracts earlier than nondiabetics. A difficult-to-treat type of glaucoma is seen in some patients with long-standing, poorly controlled diabetes.

In patients with hypertension, there are abnormalities in the blood vessels of the retina that can be observed during examinations. (The retina is the only site in the human body where blood vessels can be observed in their natural state.) Other, more ominous signs of hypertension include exudates and rarely, swollen optic nerves.

There are many neurological disorders that involve the eyes or where early signs of disease can show up in an eye exam. Patients with multiple sclerosis can have sudden loss of vision, abnormal pupils, ocular motor nerve palsies causing double vision and abnormal-appearing optic nerves. Most practicing ophthalmologists have made a diagnosis of MS because of abnormalities found on an eye exam. Brain tumors can sometimes cause increased intracranial pressure, which will show up as swollen optic nerves. Some brain tumors can cause defects in the side vision, which can be detected with a peripheral vision test (visual field test). Visual field defects can also help locate the site of the brain tumor. Strokes often cause visual field defects. These are often severe and involve the left- or right-side vision of both eyes.

Other diseases which can involve the eyes include many cancers. Tumors can spread via the blood stream to sites far from the original cancer site. One site where they can be observed is

in the retina, where they show up as an elevated mass. Breast cancers are known to spread to the eyes, but any type of tumor is a potential culprit.

Now that I have made the case for regular eye exams, what do I mean by regular?

A good time to have a first routine eye exam is when a child starts school. It is helpful if they can identify letters or numbers, but we can use easily recognized symbols to estimate the visual acuity in children. This assumes the child has no unusual eye appearance like crossed eyes or pupils that appear abnormal.

If a child has no complaints of blurred vision, the next good time for a checkup is in high school. If a child does require glasses, then yearly exams are recommended. If all is good and no glasses are required, a suggested next visit should be in the decade of the 20s. Once the fourth decade is reached, an eye exam is recommended every two years. By the sixth decade an annual exam is recommended. All this assumes no eye diseases are present. Diabetic patients should be seen annually and patients with eye diseases like glaucoma and cataracts should be seen more frequently. Consult with your eye care professional immediately if you have any concerns and don't skip the eye exam as part of your overall effort to maintain good health.

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 mjddm1@gmail.com

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Enjoying Bay Treasures Without a Boat

By Joanne R. Alloway

We are blessed to have the Chesapeake Bay, the largest estuary in North America, available to us. It's not only a magnificent resource, it has an amazingly rich history. Lining the banks and coves of the Bay and its tributaries are pre-Revolutionary and Federalist Era towns – quaint and charming – begging to be visited. Boat owners may have already discovered these, but for those who don't want to or can't afford being a full-time boat owner, here are a three ways – other than driving – to enjoy the Bay and its treasures.

BOAT RENTALS

One way to go, especially for a full or half day of boating is to rent. Rentals work for smaller power and sailboats, and are generally for individuals with less water experience. "It is the most costly way to 'get out on the water,'" according to Jerry Clark, owner of LD Marine Service. But it allows those who don't want to purchase a boat to enjoy the water. Clark also says, "Hiring a captain is an option when renting; it is more costly but enables you to choose from a larger variety of vessels." Local boat rental companies include Duffy www.experiencetheduffyboat.com and South River Boat Rentals www.southernriverboatrentals.com/. Most rental companies also offer water instruction, deals and membership plans for repeat users.

Before you've rented your boat for the day, have a navigational plan for where you want to sail or cruise. There are restrictions on the time your boat must be returned to the dock, so leave early and enjoy the freedom of the open waters of the Bay and its tributaries. Here are a few ideas of charming places and nature areas on the Bay's Maryland side you may want to visit.

Solomon's Island – lots to do in this charming little town.

Point Lookout State Park – where the Potomac meets the Chesapeake. Great views, beach and fishing pier.

Assateague Island – a nature's paradise at the National Seashore.

Rock Hall – one of the remaining unspoiled waterfront towns left on the Eastern Shore.

Chesapeake City – a small, quaint harbor town, close to the C&D Canal, which leads to the opening of the Bay. The canal is still in use. Lots to do and see.

Smith Island – a throwback to an earlier time. View life as it once was lived on the Bay. Famous now for our multilayered state cake, a very quiet getaway.

Chestertown – an historic town on the banks of the Chester River. See the restored Colonial homes and churches.

St. Mary's City – our first capital, also has living history exhibits, a reconstructed 1676 State House and a working colonial farm.

Hart-Miller Island – a good stopping point for a half-day ride. Near Baltimore City, it has food, boats and beaches, places to cook out and picnic at Rocky Point State Park.

More locations can be found at: www.dc.about.com/odeasternshoregetaways/a/Exploring-The-Chesapeake-Bay.htm

CHARTERING A BOAT

Another way to experience the Bay is to charter a boat. Usually this is done with larger vessels that have a galley, more sleeping quarters and for a weekend or longer. If you lack proper navigational experience proving you are qualified to operate the vessel, you would need to hire a captain. As Clark of LD Marine Service suggests, when considering the purchase of a boat of this size, it is wise to charter one first; the cost could easily be \$300,000 – \$500,000. Charter companies are very helpful with all details. Local charter companies include www.cruise-annapolis.com and www.annapolisbaycharters.net/

BAY CRUISES

If renting or chartering doesn't suit your needs, there are commercial charter companies offering Bay cruises. Out of Annapolis, Watermark Cruises offers Bay-oriented trips, from 40 minutes to a whole day. Visit all the lighthouses or spend the day getting to and enjoying St. Michaels (www.watermarkcruises.com/). Schooner Woodwind – Sailing Cruises also offers two-hour cruises all Summer, as well as group and private cruises from Annapolis' Marriott waterfront (www.schoonerwoodwind.com).

If you have a week, American Cruise Lines offers a Chesapeake Bay cruise, departing from Baltimore. Five stops are made before the ship returns (www.americancruiselines.com).

From Baltimore's Inner Harbor, Spirit Cruises offer a good array of sightseeing, lunch, dinner and special event cruises (www.spititcruises.com/baltimore).

Don't miss out this Summer on all the fine opportunities from independent sailing to a quiet dinner cruise. It's all here in the Bay area.

Joanne is an author of two nonfiction books and a freelance writer. She can be reached at jrwrite@aol.com

SUMMERTIME TOOTH SENSITIVITY

By Dr. Woody Wooddell

There is nothing quite like an ice-cold, frozen sweet drink on a hot Summer's day. While we'd all like to be able to enjoy these chilly treats, tooth sensitivity can leave you sipping a drink one second and throwing it out the next.

The truth about tooth sensitivity is that it can occur during any season. It's not just prevalent when the ice cream truck starts coming around. In fact, it's just as common when you eat or drink something hot, sweet or sour. Sometimes a breath of cold air can set it off.

The pain can be sharp and sudden and can shoot deep into the nerves of your teeth. But don't fret.

A brief sensitivity to cold (or hot) foods is often not indicative of a more serious problem. Momentary sensitivity can be caused by a number of things: a loose filling, small decay or minimal gum recession that exposes small areas of the root surface. If sensitivity persists after a few days of regular brushing with sensitive toothpaste, see your dentist.

If you notice sensitivity after you've visited the dentist, the pulp of your teeth could be temporarily inflamed.

While it's not necessarily a serious problem, it's always worth checking out.

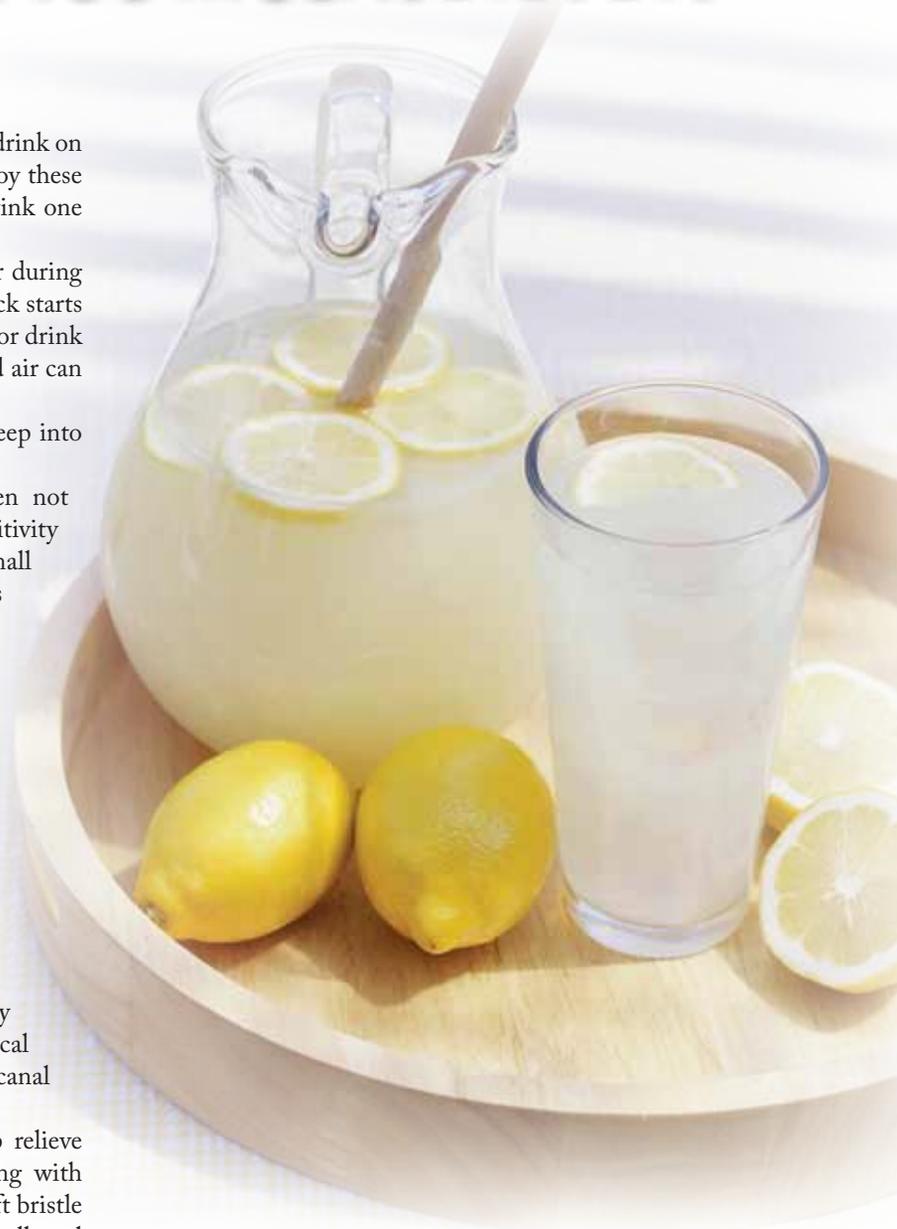
If the pain you experience from tooth sensitivity worsens or persists after a few weeks, have your dentist check the area that is bothering you.

A lingering pain that lasts more than 30 seconds after eating hot or cold foods could indicate irreversibly damaged pulp. Often caused by deep decay or physical trauma, it is important that you see your dentist, as root canal treatment may be necessary to save the tooth.

There are a number of things you can try to help relieve your temporary tooth sensitivity. They include: brushing with desensitizing toothpaste, rinsing with fluoride, using a soft bristle toothbrush and maintaining clean teeth and good overall oral health. You should notice a lower level of sensitivity after regular use of desensitizing toothpaste.

Fluoride treatment can help as well. It isn't just for kids. If you're prone to sensitive teeth, your hygienist may use fluoride varnish to help protect the sensitive areas. Varnish is typically applied at the end of your dental cleaning appointment. You should avoid eating or drinking any hot foods for two hours after the fluoride varnish is applied.

It's also important to avoid certain foods or habits if you know you're prone to tooth sensitivity. Try to limit your intake of highly acidic foods, such as citrus fruits and soda. Acidic food can wear at the enamel of your teeth, causing sensitivity to the dentin.



People who grind their teeth can experience sudden tooth sensitivity. Often, grinding or clenching can occur at night, when you may not be aware that you are doing it. This will cause enamel to wear down and expose the underlying dentin, thus causing tooth sensitivity. Your dentist may recommend a night guard or other appliance if you show signs of grinding.

Dr. Woody Wooddell and his partner, Dr. Joe Passaro, opened the doors to their dental practice in Davidsonville in 1981. In addition to offering general dentistry services, they provide expert restorative and esthetic dental solutions. Visit their website at www.wpdentalgroup.com or call 410.956.5555 for more information.



FAMILY ARMS

What Do We Do with Grandpa's Guns?

By Bill Parlatore

One of the more sensitive possessions in a household, and certainly the most regulated, is a firearm. It may be a German Luger, brought off the battlefield by one of the "Greatest Generation" during the Allied advance across Europe. It might be a hunting rifle or shotgun, owned by the family sportsman to hunt game. Or perhaps a handgun for target shooting. And let's not forget those beautiful and extraordinarily expensive shotguns used for sporting clays, especially popular on the Eastern Shore. But when the gun owner dies, the widow and family must address these firearms, or not. People unfamiliar with handling guns generally find them heavy, loud and scary, and it is common for firearms to be put away in a safe or closet. Out of sight and mind. Decades pass.

At some point, of course, someone is going to have to decide what to do with them. People who don't know the options in Maryland often have no resource to guide them during the settlement of an estate. Not all estate attorneys are knowledgeable in this area. Do we sell them, pass them down to someone in the family or have them destroyed for lack of a better solution?

Recently I raised this question with the National Rifle Association's Institute for Legislative Action, and learned, not surprisingly, it is a very common circumstance.

The absolute best advice the NRA-ILA offers is to prepare for this event ahead of time, well before there is a need. Make a list of all owned firearms, and include a description of the gun in language that is easily understood by family members who may not understand guns. Photos

are helpful. Document the serial number and any marking or features that add particular value or interest to the firearm. (As the owner, you may know more about a particular piece than appraisers later on, and it would be a shame to have it overlooked.) Note the firearm's estimated value.

Consider this a living document, one that changes as guns are bought and sold over the years. If any firearms are predetermined to go to a family member, this is a good place to indicate that intention.

Most important, include the names of all pre-established firearms dealers with whom the owner has had a positive experience – people trusted to be fair and honest.

Put this list in a safe place known to the family.

Preparing such a document is well worth the effort and will do much to remove the anxiety and uncertainty of those who subsequently handle these firearms.

What if someone in the family wants to inherit one or more of these guns? Long guns (rifles) and shotguns can be passed on by inheritance with no paperwork required.

But all handguns and certain long guns that fall under the political definition of "assault rifles" are considered "restricted firearms." These firearms can be transferred to a family member by inheritance, but the recipient must fit the requirements of a handgun qualification license, and "shall submit a completed firearm application to the Secretary in the prescribed format." In other words, provide the Maryland State

Police a completed purchase/transfer application. Your estate attorney should be able to help with this.

CONSIGNMENT MAY BE THE ANSWER

And what if no one in the family wants to inherit the guns? Say the widow is ready to move on with her life and wants them gone as she prepares to downsize, and her family has no interest. Keeping firearms in a closet is no longer an option.

One can't advertise firearms on Craigslist or eBay, and it is not legal to sell them to someone on the street without a legal transfer through a firearms dealer with a federal firearms license (FFL). The folks at On Target, a popular indoor shooting range in Severn, confirmed this. On Target sells new and used guns, offers training classes for new shooters and can transfer firearms. They explained that any FFL dealer can process this paperwork and assist both parties in the legal sale and transfer.

But this is not a realistic or likely scenario for an elderly widow or disinterested family members.

An officer at the Licensing Division of the Maryland State Police, which administers the licensing and registration of firearms in Maryland, explained that if there is no other reasonable choice, firearms can be brought to the local police department to be destroyed. (He cautioned to call ahead and not just show up loaded with firearms.) Another alternative is to find a reputable licensed gun dealer with experience in handling estate firearms. Experienced dealers can assist the family

On Target

2618 Annapolis Rd
Severn, MD 21144
410.551.7777

Albright's Gun Shop

36 East Dover St
Easton, MD 21601
410.820.8811

To find local FFL Dealers near you, try gunbroker.com/FFL/DealerNet

Licensing Division of MSPD
1111 Reisterstown Rd
Pikesville, MD 21208
410.653.4500

NRA-ILA
800.392.8683 for help with current Maryland firearms laws
(The NRA does not offer legal advice)

through the process, even come get the firearms and put them for sale on consignment. This is not the business model for most gun dealers, to be sure, and certainly not for big box stores like Bass Pro or Walmart. Most gun shops exist to sell new guns.

Recently, I visited a dealer who handles estate firearms, and he walked me through the process. Larry Albright of Albright's Gun Shop in Easton, is a licensed dealer known in the area for consignment firearms from estates. His customers come from Annapolis and Baltimore, all over the Eastern Shore and from as far away as Florida. He can help a widow or family sell a single firearm or a collection.

Albright is not a big fan of destroying guns. "These days, all guns have value, no matter what type of gun, or what the condition," he said. Even seemingly worthless, rusted firearms often contain valuable internal parts that are in demand. It makes sense to consign everything, he said. "Consignment maximizes the dollars we can get to the owners."

The process is straightforward and has proven successful in removing the stress and mystery of selling guns by those not comfortable around them. Following federal and state regulations for firearms consignment, each item is recorded into a federal logbook. Everything is then valued, which may also include knives, swords, gun parts, scopes, even ammunition.

Once the family agrees on the prices and details of the selling agreement, pictures and details of each item are put on gunsamerica.com to showcase these firearms to potential buyers around the country. Simple, clean, effective.

It is always good to have a plan and this is particularly important when it comes to firearms. Keeping a treasured piece of family history for sport for later generations is not difficult, but be prepared so it does not become a stressful and complicated affair during the settlement of an estate.

Bill lives in Annapolis and can be reached at billp16@gmail.com



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A GROWING Travel Trend: Intergenerational Vacations

By Joanne R. Alloway

Recently, friends and family members have mentioned combining their vacations with visits seeing their geographically distant children and grandchildren. By meeting them at interesting destinations, it's a great way to spend quality time together. It's a growing trend that began more than 20 years ago when travel companies began offering exclusive services to grandparents. Leisure travel has increased significantly for boomers and seniors; they are healthier, more active and enjoying more interaction with grandchildren. Extended families

are vacationing together more often. For example, second marriages have increased, prompting children and stepchildren to spend more time together, often growing up in the same household.

According to the U.S. Travel Industry Association, each year at least 5 million vacations span three generations in this country. In 2014, 32 percent of American grandparents took grandchildren on their vacations. That percentage is expected to grow, according to a *Chicago Tribune* story.

Where and what type of vacation you choose can run the gamut from a houseboat on an inland lake, a cruise ship going to just about anywhere, a cabin in the woods, a large house on any of our coastal beaches, tenting or RVing in a national park, a hotel on the coast of Maine, hiking from hut to hut on the Appalachian Trail or wherever your favorite vacation site is located.

Planning the group vacation is often the biggest challenge. Among the many details, one must consider how many will go, what dates are best for all, how long to be away, where to go and a variety of factors from sharing expenses to activities and entertainment. Don't forget expectations — yours and theirs. Usually, someone takes the planning lead. In most cases, it's the grandparents. According to Nancy Parode, a senior travel expert, "If you plan your trip carefully, you can expect success and an enjoyable experience. An itinerary, even a loosely put together one, is beneficial in making the most of your time. This includes planning dinners, especially if there are special dietary needs."

Spend a bit of time researching available activities in advance for your group. Your destination might have special events for children or teens while you are there. Also, packing is an area

where Parode recommends sensibility. If you know where you're going and have an idea what you'll be doing, packing will be simpler. Remember that less is best. She also recommends including unstructured, free time. Kids don't like to be constantly on a schedule. Down time is good for adults, too.

Our friends, Tina and Peter, their daughter Pam and her husband Mike, plus their two children, went to England where Peter grew up. It was a great way for the grandchildren to experience some of England, especially where Tina had spent time, getting to know Peter's family in Christchurch. They went sightseeing in London and Stonehenge, tried British food and pubs, went sailing, swimming and hiking and prepared a joint family barbecue. They rented a five-bedroom house on the water for two weeks. Near the end of the vacation, Mike's parents arrived. Later, those four adults and the grandkids went to Paris, continuing the intergenerational trip. Similar trips have followed.

Jennie and Greg, my sister and her husband, recently spent a vacation in Southampton on Long Island with seven other family members — some from as far away from Portland, Ore. The beautiful home in Southampton had a pool and access to a private beach. They visited wineries, went to the beach, playground and pool. The adults showed off barbecuing skills for dinners and played games with the grandkids. They're looking forward to doing it again.

My friend Inette planned an intergenerational, extended family vacation for 13. Inette has three married children and six grandchildren, ranging from 10 months to 13 years old, living in Delaware, Maryland and Kentucky. In June, they went to North Carolina for a week, where she rented a large house facing the ocean. Added to the mix in nearby houses were six other extended family members. Inette planned this for a year. With so many people on different schedules, it was tricky. She wanted her entire family to relax together, something they had been unable to do since the 1990s. Their agenda included beach and water fun, activities for kids and adults, relaxing and reminiscing. All were grateful for the gathering, carrying away many fond memories.

A good website for anyone who hasn't tried this fun style of vacationing is www.parentmap.com/article/multigenerational-familytravel. The site includes first-hand accounts, planning tips and links to resources. For other suggestions take a look at <http://seniortravel.about.com/od/planningyourdreamtrip/a/Intergeneration.htm>

Joanne, who is an author of two nonfiction books and a freelance writer, and can be reached at jrwrite@aol.com

GETTING THE MOST FROM THE CAREFREE DAYS OF SUMMER

The heat of the Summer has arrived. It's time to enjoy the casualness of the season. Here are our favorite suggestions that might enhance and increase your enjoyment of the dog days of July and August.

1. Try an early morning or late day walk. It can actually be invigorating. Invite a couple of friends along; it will make it much more interesting and then stop for a cool treat along the way.
2. It's not too late to sign up for a Summer camp. Listings can be found at www.GrownUpCamps.com or ShawGuides.com. The choices are endless and both sites can be searched for your personal interests such as music, games or sports.
3. Buy a hammock and a good book. Hire someone to hang the hammock for you.
4. Accept an invitation to go boating. Offer to bring a picnic created by one of the local caterers or restaurants.
5. Spend a day at the beach under an umbrella. Bring your favorite beach chair, a big towel for a nap, a couple of cold drinks and catch up on your reading.
6. Escape for a few days or even a week to a spa such as the Foxfield Inn in Charlottesville www.Foxfield-Inn.com or the Skytop Lodge in the Poconos www.SkytopLodge.com
7. Pick up some really good fluff that you've always meant to read. Put a book cover on it so no one has to know what it is. Find a comfortable chaise under a tree and bring a cold drink.
8. Invite your friends or family to join you for dinner, but take them

9. out to a restaurant with an outdoor seating area. Let the restaurant do the cooking and cleanup.
 9. Shop at a local farm stand for blueberries or peaches or watermelon or whatever they're carrying for seasonal fruits. Chill and enjoy.
 10. Get reacquainted with your library. Log on to www.aacpl.net for all that they offer. Browse and enjoy DVDs, downloadable books, magazines and books on tape.
 11. Stay hydrated during our sweltering days with something great like homemade iced tea with a slice of lemon, or an icy cold glass of lemonade, or mix up your own new refreshing drink.
 12. Find a vintage movie on Netflix and invite friends over to watch. Send out for Chinese food.
 13. Take a huge pad of paper and go outside to the coolest spot you can find, bring a comfortable chair and start to write your memoir.
 14. Enjoy a matinee in one of the local theaters. Have some popcorn and a cold drink too. Consider it dinner, then the calories don't count!
 15. Download some music such as Vivaldi or the soundtrack from *The Last of the Mohicans* from Pandora or iTunes to enjoy while you're busy with a *must-do* task. Time passes more quickly while enjoying your favorite music.
- These are often considered the most carefree and casual days of the whole year. Relax and spend time enjoying them. They're over much too soon.

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THAT ABRASIVE PERSON IN MY LIFE: "We just can't get along!"

By Louise Whiteside

Does the headline ring a bell for you? To be clear, I'm not referring to the occasionally argumentative or moody individual with whom we're all too familiar. On the contrary, I mean someone who knowingly and intentionally abuses the rights of others in order to gain control — a person who deliberately uses intimidation and manipulation to get his or her way. In school systems, this individual is often referred to as a bully.

I was unfortunate enough to be in relationships with two of the above-described persons in my lifetime, one a close family member and another a supervisor. These two people had in common a number of personality traits, namely, (1) a need to control the situation (and me) at all costs; (2) a superior, condescending attitude; (3) a need to be right, while making others wrong most of the time; (4) hypercritical behavior implying I could do nothing right; and (5) the use of aggressive verbal or body language in order to intimidate. At the time I was totally unaware of what I was up against, and helpless in coping with these tyrannical individuals. All I knew was that my usual voice of reason and effort to solve problems did not work with these two. Looking back, I'm convinced that they actually had no desire to get along, they were merely in the relationship to win. It has taken me much time and self-discovery to recognize that there are certain people who wish to dominate others and to be right at all costs.

Is there someone in your life who fits the above description? Here are a few questions to ask yourself in order to determine whether the person you are dealing with is simply a little bit difficult or is a true tyrant:

1. Is this person overly critical of you?
2. Do you need to watch everything you say around this person, for fear of arousing his or her anger?
3. Does this person act superior to you and put you down in front of others?

4. Does this person dominate conversations and interrupt you and others?
5. Does this person insist on making all the important decisions in the relationship?
6. Does this person blame you and others if something goes wrong?
7. Are you happier when you are not with this person?

If most of these questions do not apply, you probably have a relationship with someone who is a bit challenging, but not impossible. If, however, you gave a strong "yes" answer to most or all of the questions, there is a good chance that you have a full-fledged tyrant on your hands. You've probably failed thus far to get along with this person. In truth, he or she has probably demonstrated an unwillingness to cooperate in any case. Here are two approaches that won't do you any good:

- Trying to be nice to a verbally abusive person, regardless of what you may have learned in a conflict resolution class.
- Remaining silent in the face of aggression, which may actually escalate abusive language.

So what can you do to resolve the problem with such an individual?

- Try using assertive body language with an erect posture. A slump suggests submissiveness.
- Use the "you" rather than the "I." For example, "Please don't use that kind of language around me," is more effective than, "I don't like it when you talk to me that way." Make the person accountable for his or her behavior.
- Respond to the person's behavior, rather than to words. For example, "Please speak to me in a courteous way," is more effective than, "You're wrong; I didn't do that."
- Articulate your wishes strongly and directly. For example: "I want to have an equal share in the vacation plans," or, "Jim and Judy invited us over to dinner this Sunday, and I'd like to go."

These may be good suggestions for many people, but the person you are dealing with could be extremely obstinate.

In the final analysis, you are responsible for saving your dignity, self-respect and sanity. The other person can certainly not be depended on to change the situation. If you feel the person you are dealing with is crossing the civility line too often, it may be necessary to distance yourself. Depending on the type of relationship, this could mean terminating a friendship, leaving a job, or even separating from a spouse.

Before taking any drastic steps, you might want to consult

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a mental health professional or, at least a trusted friend, in order to gain clarity about your decision. There are also support groups, websites and books to help you navigate through a situation with an extremely contentious individual.

Louise Whiteside, M.Ed., M.S.W., has conducted workshops on communication, anger management and interpersonal skills. She can be reached at louisemw@wispertel.net

Bay Bytes

If you or your group is searching for volunteer opportunities with the U.S. government in any of the 50 states, log onto Volunteer.gov where you can search by location, dates or interests and abilities. Agencies participating include the U.S. Forestry Service, NOAA, fish and wildlife or any of the other agencies primarily focused on outdoor work.

Helpful Resources

- Horn, Sam. *Take The Bully By The Horns: Stop Unethical, Uncooperative or Unpleasant People From Running and Ruining Your Life.* New York, St. Martin's Press (2002)
- Horn, Sam. *Tongue Fu! How To Deflect, Disarm, And Defuse Any Verbal Conflict.* New York, St. Martin's Press, 1996
- Arapakis, Maria. *Soft Power! How To Speak Up, Set Limits, and Say No Without Losing Your Lover, Your Job, Or Your Friends.* New York, Warner Books, 1990
- www.TakeTheBullyByTheHorns.com
- National Domestic Violence Hotline: 1.800.799.7233
- National Organization for Victim Assistance Hotline: 1.800.879.6682



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The Mindfulness of Downsizing

First of a Series

By Bill Parlatore

It is all the rage these days, a movement of epic proportions within the baby boomer community. We are all literally surrounded by people at various stages of this life-changing effort. Yet there are so many others who continue to live in big homes filled with stuff, spending way too much money keeping it all going and cared for. Most folks I suspect are simply overwhelmed by the thought of reducing their footprint on this earth.

What exactly are we talking about when we speak of downsizing? For most living by the Bay, downsizing is not about selling everything and moving into an old RV or school bus, although that certainly has been done, and proudly so. It is not about evolving a minimalist lifestyle, living close to the land or on the sea, although it can be every bit of that as well. Googling about downsizing one's life surprised me with blogs and articles focused on austere living in really tiny houses or one-bedroom apartments, existing with the barest of essentials. No TV, few appliances, a single kitchen knife, two pairs of shoes and one piece of luggage assigned per person.

That's just not how I see it.

I find this subject to be so large and integrated in my life right now that it is hard to separate it as a stand-alone activity, and most of my contemporaries seem to concur. Recently I spoke with professional interior designer, Jeanne Barnhart, as the research on downsizing of all things began. (She is one of several resources enlisted for professional help in this series.) Jeanne agreed that up to a certain point in life, we display our place in the world by showing off to some extent. Our level of success is evidenced in our homes, our cars, boats, furniture, our clothes, the crystal and

silverware that we bring out every holiday. Much of what seems important comes from the traditions in our family upbringing, or what we did *not* have.

But as one reaches a certain age, it is less about showing off. The wisdom from one's years makes it more about honesty and truth, quality and beauty.

Now it is more about the mindfulness of living in the present, the patina of a life well-lived, looking a person in the eye rather than judging them by their stuff. In many ways the mind that embraces downsizing is moving from a state of *having* to a state of *being*. Even that sounds a bit mystical. It's just that now we are more interested in having people and pets and stuff around that are truly loved, appreciated and used.

I'm pretty sure it was the English writer and designer, William Morris, who penned, "Have nothing in your house that you do not know to be useful, or believe to be beautiful."

The accumulated climbing and camping gear has not been touched in decades, since I married a woman who loathes even the hint of sleeping outside. Her preferences are decidedly more sophisticated and urban. So why keep this gear? For the memories? In hopes it will get used next year, or the next? I have no idea.

As you look around your world, how much does the Morris quotation resonate with you? Are there rooms in your house you have not set foot into in weeks? When looking up from my desk, I see club burgees from sailing cruises years ago, an umbrella picked up at a motorcycle road race in New Hampshire at least 25 years ago, navigation gear last used in a Bermuda race in the '80s and countless other pieces of memorabilia? Beatles' concert ticket

the mind that embraces
downsizing is moving
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to a state of *being*

Any regrets on what you haven't done? If you can read this – there's still time.

stubs? What value do they hold for me now? Very, very little. The memories are already inside me and hold no point or value for anyone else.

This *being* thing is on my mind when considering what is in front of me, this downsizing urge. For some reason it also reminds me of the last scene of the last season of *Hill Street Blues*. The team of police is gathered on the sidewalk, one holding an urn with the ashes of one of their fallen brothers. Words are spoken, tears fall and the ashes are slowly and ceremoniously poured onto the streets of the city he so dearly loved. The men and women drift away. Moments go by, then a streetcleaner drives by and washes the ashes down the drain. And so goes life.

When my parents began their journey down this downsizing path they did something that proved very unusual, at least in my experience. My mother and father invited their three grown children (no spouses or grandchildren) to what they referred to as a RIP Party. Long before there were health issues with either of them, this put a humorous spin on a matter that is both sad and dreaded.

During a delightfully formal dinner, the purpose of which was soon to become obvious, my parents explained that they envisioned themselves in a room, with a small round table and two simple chairs. On the table was a white plate with a single hard-boiled egg. Whichever of them survived the other would get the egg. It is an image I still see today.

Then we were each handed a sheet of adhesive-backed colored dots, each sheet a different color. They invited my sisters

and me to walk around the house and put a dot on any piece of furniture, framed painting, sculpture, ashtray or anything else that we wanted when they were gone. I put dots on the silver candelabras on the formal dining table, as well as a cigarette box with my mother's initials engraved on the silver lid. And my father's marble ashtray with the U.S. Fifth Army emblem atop it. He was at Anzio.

It was a child's game of mature proportions and an exceedingly great idea. After we left to go home, they documented the dots and kept the compilation with their other important documents.

Getting this important task off the table, so to speak, set the stage for them to move on with the gritty work of sorting through a lifetime of possessions, papers and *stuff*.

You're invited to join us at *Outlook* as we bring you all kinds of solutions, suggestions, ideas and information on the what, why and how of downsizing for real people in the real world. Not touchy-feely stuff, but real life. No school buses, I promise. Whether you have an art collection that needs a new home, a shed full of gardening supplies and tools, a garage busting at the seams from the adventurous lives of the young and restless, or simply an enormous bookshelf, we will work through these together. So stay tuned, as we get through the anxiety, heartbreak and terror of removing all this stuff from our lives.

We'll try to make it fun!

Bill lives with way too much stuff in Annapolis. After the sale of the big boat, he finds he now owns four colanders! Reach him at billp16@gmail.com

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Read Dr. Wooddell's article "Summertime Tooth Sensitivity" in this edition of *OutLook!*





YOU HAVE PERMISSION TO TAKE A SIESTA!

By Leah Lancione

Have you ever put your kids or grandkids down for a nap and wished you could crawl in with them, just wanting to steal a few minutes of shut-eye? Well, you're not alone in wanting to add a nap to your daily routine. Many notable figures took afternoon naps, namely Winston Churchill, John F. Kennedy, Leonardo Da Vinci, Thomas Edison and Albert Einstein. According to the National Sleep Foundation, "napping is a very important aspect of many cultures, and can help to improve mood, alertness and performance."

The foundation recommends a short nap (20-30 minutes) to provide sufficient alertness and performance without the side effect of grogginess or interfering with normal night sleep patterns. Beyond improving alertness and performance, taking a "power nap" can help reduce mistakes or accidents caused by sleepiness and produce psychological benefits like mental rejuvenation and diminished stress.

So what is a power nap and what does it entail? Wikipedia notes that a "power nap," an expression coined by Cornell University social psychologist James Maas, is a "short sleep, which terminates before the occurrence of deep sleep or slow-wave sleep, intended to quickly revitalize the subject." **WebMD.com** says the duration of the nap and the type of sleep attained determines the "brain-boosting" benefits. A 20-minute power nap can enhance alertness and learning motor skills, 20-plus minutes can heighten memory and creativity and a slow-wave sleep of 30 to 60 minutes is good for decision-making skills.

If taking a nap in the afternoon each day seems silly or over-indulgent, consider this: "research at NASA demonstrated that pilots who had a 26-minute nap in the cockpit were more alert—by 54 percent—and had improved performance by 34 percent." So, nobody is recommending taking a two-hour slumber like young children are apt to do. Rather, a quick rest to recharge your

batteries, improve reaction time and provide enough energy until bedtime is a good idea. "Longer naps will allow you to enter deeper sleep, which will contribute to the grogginess—also called sleep inertia—experienced upon awakening and disrupt nighttime sleep," says Kimberly Cote, Ph.D., a professor of psychology and neuroscience at Brock University (<http://psychcentral.com/blog/archives/2012/04/10/the-power-of-power-napping/>).

Although experts don't recommend taking a nap for folks suffering from insomnia, a nap during the prime time of 1 to 3 p.m. or 2 to 4 p.m. can make up for an occasional poor night of sleep even better than caffeine! You heard it: Sleep experts give you permission to take a short siesta!

WebMd suggests the following power nap tips to get the most out of a little snooze:

- *Be consistent.* Keep a regular nap schedule. Prime napping time is in the middle of the day, between 1 p.m. and 3 p.m.
- *Make it quick.* Set your alarm for 30 minutes or less to avoid waking up groggy.
- *Go dark.* Nap in a dark room or wear an eye mask to block out light and help you fall asleep faster.
- *Stay warm.* Keep a blanket on hand since body temperature drops during sleep.

Do you remember how hard you worked to get to this point? Why not enjoy it.

Eight Sure-Fire Ways to Carve Out More Time

By Edree Downing

For those on overload or who are simply procrastinators, here are a few hints that might make it just a bit easier to complete some of those odious tasks that tend to pile up unmercifully on to-do-lists:

1. Take on the least desirable tasks first. No doubt you've heard that if you eat a frog first thing in the morning, whatever you do for the rest of the day will be easy. Try it! Not the frog, but the most distasteful task first. Then pat yourself on the back that you did it and move on to the less demanding tasks.
2. Whenever possible, delegate. You don't have to do it all, and even if the designated helper doesn't create the perfect results, it's nevertheless off your list.
3. Invest in part-time help, such as a house cleaner or yard service, which frees you up for more important or more enjoyable tasks.
4. Keep it simple. This is always difficult for a perfectionist, but why not just get it done and off the list. If necessary go back and polish it later.
5. Start earlier. We all know how the day can so easily

get away from us or how we fritter the hours away. Try getting up an hour earlier in the morning. It will help in creating more hours – one anyway.

6. Get more rest. Most studies say seven or eight hours of uninterrupted sleep can do wonders for the psyche as well as productivity.
7. Have a plan and stick to it. Create a list of your goals for the day, week or whatever is necessary to keep you on track. It's always a good feeling to cross items off as they're completed.
8. And last, limit your use of electronics. More time is wasted texting, emailing and conducting online searches than any other way. Have a designated time that works on your schedule to pick up and respond to messages, such as first thing in the morning or later in the evening.

It seems that no matter how many hours are in the day we could all use a few more, but working toward a more organized schedule can help to free up a bit more time to accomplish all that you've set out to do.



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It's Time to Sail!

By Suzanne Pogell

Does your heart pound at the sight of a sailboat? Even before you see a sail on the horizon, does the very thought of being under sail out on the water tell you *it's time to go sailing*? My own love affair with sailing began when, with my adolescent daughter in tow, I began a new life on the Chesapeake Bay. As our first Spring arrived, the sight of sailboats dotting the Bay caught my breath. I signed up for a weekend sailing course, wondering if I should "wait for someone to invite me."

But a much more positive voice from within, answered "No, you can do it yourself." Once at the helm, I began to wonder how other women could be helped to discover just how great sailing could be.

The rest is history for the more than 45,000 students ages 18-84 from many countries and all the continents at Womanship, the sailing school that I created in 1984. The school has taught women to sail and take charge of a boat with skill, confidence and overall control, knowing what to do and when, why and how to do it.

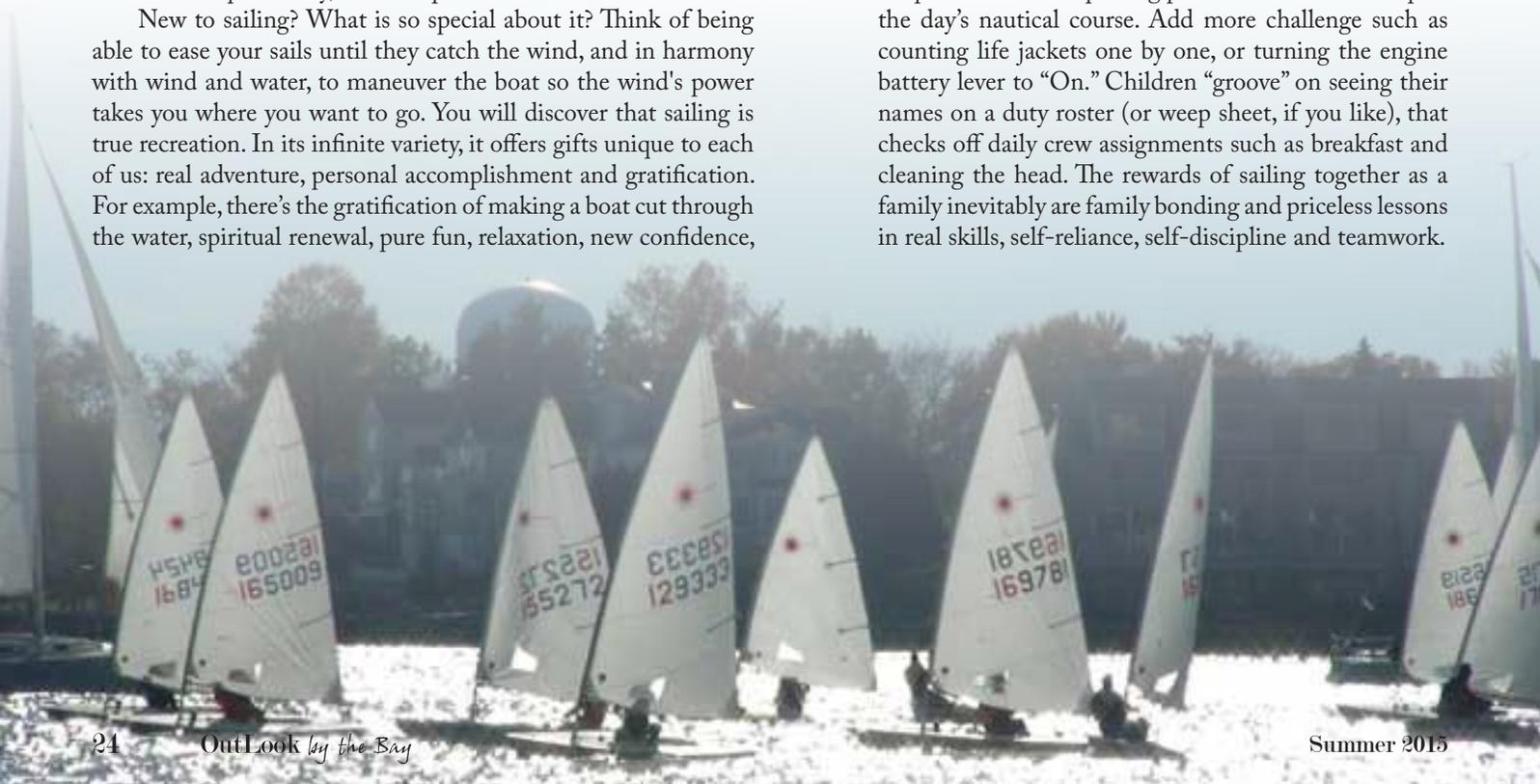
Do you dream of hoisting sail and voyaging off to distant lands? Dream no more. You can become the sailor you want to be on the Chesapeake Bay, a sailor's paradise.

New to sailing? What is so special about it? Think of being able to ease your sails until they catch the wind, and in harmony with wind and water, to maneuver the boat so the wind's power takes you where you want to go. You will discover that sailing is true recreation. In its infinite variety, it offers gifts unique to each of us: real adventure, personal accomplishment and gratification. For example, there's the gratification of making a boat cut through the water, spiritual renewal, pure fun, relaxation, new confidence,

partnership with fellow sailors, new people and expanding horizons, fitness and a challenge. Let's consider just a few:

- **Self Accomplishment.** "The power!" one student described it in one of the major women's magazines. "I realized I was capable of the physical power to sail the boat in the direction that I commanded it to go!"
- **Romance.** Nothing is more romantic than sailing in concert with someone who is very special to you. In the quiet of the early morning - a cup of coffee in hand - laying out and marking a paper nautical chart, to plot the day's course, sharing all boat tasks, sharing turns at the helm and handling the lines. In the evening, sailing under the stars to the sound of the wind in the sails and an occasional gull's call.
- **Being Part of the Team.** Some enjoy single-handing a boat, but most treasure the camaraderie of sharing the skills and tasks of sailing. To quote one student, the "best part of the learning experience was the way we came together as a team."
- **Sailing Together as a Family.** Oh the joys of bringing children on board at a very early age and watching them grow! Start with giving them responsibility for simple tasks such as putting pencils in the holder to plot the day's nautical course. Add more challenge such as counting life jackets one by one, or turning the engine battery lever to "On." Children "groove" on seeing their names on a duty roster (or weep sheet, if you like), that checks off daily crew assignments such as breakfast and cleaning the head. The rewards of sailing together as a family inevitably are family bonding and priceless lessons in real skills, self-reliance, self-discipline and teamwork.

*Sailing
can be for
anyone,
even you.*



Is sailing for you? Do you wonder if your age, level of fitness, or lack of technical knowledge or previous sailing experience should deter you from giving sailing a try? Well stop wondering and just try it. Sailing can be for anyone, even you. On a recent flight, when a fellow passenger learned that I work with a sailing school, she gave me the name of one of her friends to contact. "How about you?" I asked. "Shall we send information to you, too?"

She hesitated and then said, "Well, I have a little arthritis in my shoulder, I'm not very athletic and I'm no spring chicken."

"Nor am I," I chuckled, "but I am living proof that sailors come in all shapes, sizes and levels of fitness, and that learning at your own pace, you can sail with skill and confidence at any age — alone, as a partner, part of a crew or racing team or dabble in them all. My advice was to begin by gaining some skill and experience or you might be relegated to minor roles for a long time.

Why recruit her? The simple answer is that women make great sailors, once they know what to do. My short list of female attributes that guarantee good seamanship includes tenacity, organization, education, thoroughness, logic, willingness to pitch in, caring and caution. Women also tend to see the big picture, face reality and rarely sail "by the seat of their pants." They are eager problem-solvers and do not act without adequate information or preparation — all good skills and attributes.

Following a seminar recently on "Partnerships and Family Cruising," a smiling couple told me how they sail happily together as partners, taking turns at all tasks on board, including being in charge. "Only she is 'Captain Cautious' and I am 'Captain Courageous,'" the man noted. This demonstrated that their successful sailing partnership, or any partnership, for that matter, depended on partners not only demonstrating different strengths and weaknesses, but blending their individual attributes with humor and good will.

Most women prefer to learn hands-on, the way sailors have learned through the ages. Experience tells us that Mother Nature "doesn't care" whether you got an A on a written test. What matters is that once on board, *you learn to know what* to do before you do it, *when* to do it and *how* to do it safely and surely. Women make particularly good sailors because they recognize the importance of this depth of preparation.

As far as equipment goes, most sailing gear is interchangeable with recreational gear that you may already own. Essential items are a good pair of sunglasses, sunscreen, a hat that protects you

from the sun, shoes that won't slip on a wet deck, a lightweight waterproof jacket with hood and sailing (or biking) gloves.

Do not be concerned if you are not in prime physical condition when you begin to sail. A good sailing school will prepare you to sail safely and effectively, without pressure. With a little preparation, one of the joys of sailing is that there is always enough time to do what needs to be done and to love every minute of it.

If it's not already part of your life, give some serious thought to joining the ranks of the Chesapeake Bay sailors this Summer. It may turn into a whole new passion. Fair winds! See you on the Chesapeake!

Suzanne founded Womanship in 1984. Having sailed the seven seas, she remains active as teacher and manager and can be reached at sail@womanship.com

WHERE TO LOOK

Annapolis and Eastern Shore Sailing Schools

Annapolis Sailing Academy
Annapolis Sailing School, Annapolis
Delmarva Sailing School, Rock Hall
JWorld, "The performance sailing school"
Kidship Annapolis Sailing School
Maryland School of Sailing, Rock Hall
Young Womanship (7th-12th grade)
Womanship – "Nobody Yells!"

CHANDLERIES

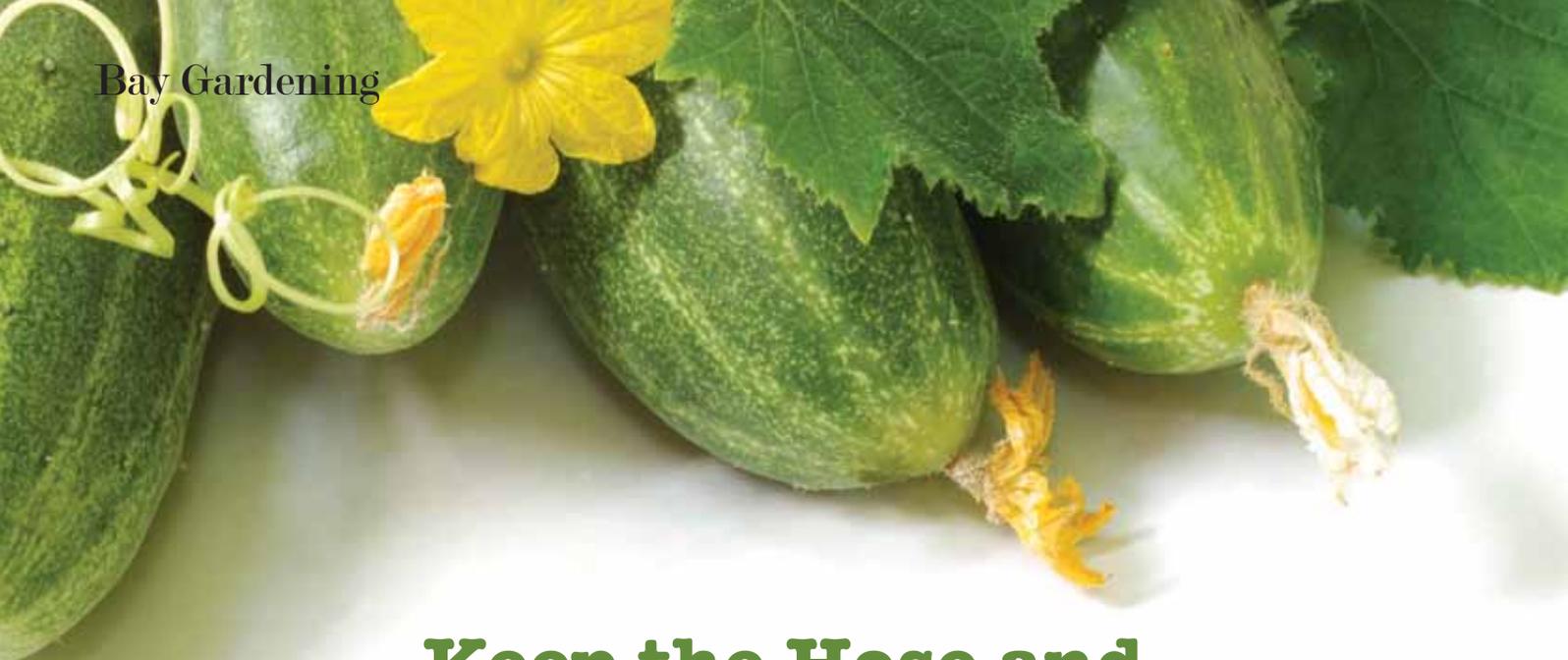
Fawcett Boat Supplies
Weems and Plath
West Marine

READING

The Annapolis Book of Seamanship by John Rousmaniere, who is the recognized resource for boating, boating technology and personal technique.

Books by Lin and Larry Pardey. He cuts down the trees to build his sailing vessels, and they have written more than a dozen books about their 200,000-mile sailing life together.

Corrine Kantor's "KISS" cookbooks and "Sailing Tips" in *Blue Water Sailing Magazine* are two of my favorites



Keep the Hose and Watering Can Handy

Now that you've gotten all those seedlings in the ground and all your ornamental ceramic pots are filled to the brim, don't forget the most important part to keeping those plants healthy and flourishing. Water is the magic ingredient. If you want to be rewarded with blossoms and foliage through the long hot Summer, water those plants often and thoroughly.

Some plants will let you know immediately if they need water. Impatiens and their larger cousin New Guinea impatiens are rather dramatic in their attempts to get our attention. If you've planted them in the ground and their water needs haven't been met, you'll find them lying prone. If in a hanging basket or planter they'll drape dramatically over the side in a grand show of neglect. Usually, it's not too late to revive them. Try copious amounts of water and return in a few hours. If they haven't been deprived for too long, they most often will perk back up and

will return to their colorful selves. This, of course, is not the way to treat any plant that you love. But during a weekend away with the Summer sun beating down—even if for only a few hours – these moisture-

loving, shade-tolerant plants fail.

Other plants, not quite so drought-sensitive, such as petunias, geraniums, fragrant nicotina, marigolds, sweet alyssum and the like, aren't quite so theatrical with their water needs but still require a good soaking every few days. Although geraniums purportedly don't mind an occasional dry spell, it's been my experience that they perform better if they're watered fairly regularly. I've found that watering as often as every other day, providing they have good drainage, keeps these colorful, sun-loving plants happy. The more popular foliage plants, such as any of the ivies and any of the ornamental ferns, also appreciate frequent watering. The best test to discover if water is needed is to push a finger down an inch into the soil. If it feels dry, it is. Get out the watering can.

If you have a small vegetable patch or even a container of patio tomatoes, there is no doubt that they love water. Again, be sure there's good drainage because it's a rare plant that enjoys a soggy root system.

Newly planted shrubs and trees will also benefit from a weekly deep soaking. Although there can be frequent rain showers, it's often not enough to get deep down to all the roots.

If you are searching for an easy pick-me-up to give a boost to your flowers and foliage plants, you can create a plant tea. Purchase a bag of dehydrated nutrient-rich cow manure, available at any farm supply or garden shop. Add one or two cups of the dried mix to a gallon of water. Use this beneficial tonic once every two weeks on all the plants that you care about and watch how they'll perform for you.

In the Bay area, with the proper care, you will get to enjoy your efforts through the long Summer months and well in to the Fall with lots of colorful blooms and fresh vegetables.

Bay Bytes

When you're unable to find that misplaced instruction manual for one of your appliances, whether new or old, log onto **ManualsLib.com** Wide and varied choices are offered with instructions for installation, repair, users guide, etc.

Get over your past mistakes. You're probably the only one who can remember them!

Have It Your Way

By Ryan Helfenbein

Think back to a time when you were meeting with a funeral professional to help organize a service for a family member or friend who recently died. Most of that time was spent concentrating on ways to help honor that person's life, and help the family through the process. However, while planning the specific details and services, it is only natural to think about what we might want our own funeral ceremony to be like. For a person who is not around the funeral industry much, this is a rare occasion to think these thoughts. But what about the individuals who are directly involved with organizing these ceremonies for multiple families day in and day out? Surely funeral directors, who live and breathe the organization of ceremonies and watch the reactions of visitors to the multitudes of ways to honor a life lived, must have some firm ideas about how they'd like to be remembered. Better yet, how similar would it be to what they do for others day in and day out?

A recent study was conducted of 22 funeral professionals asking them, "What would your funeral be like?" The results were rather eye-opening, and perhaps different than what you might imagine.

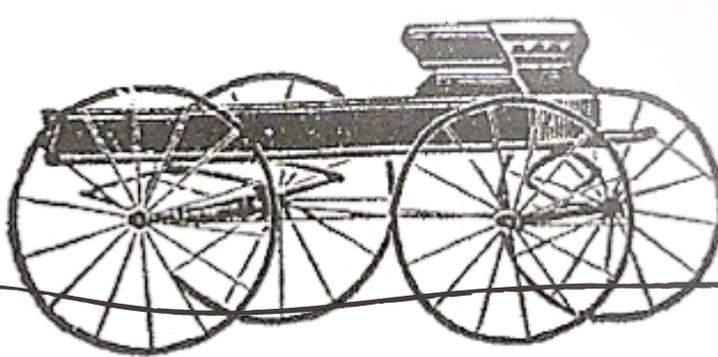
Out of the 22 individuals surveyed, more than three-fourths (17) wanted a nontraditional ceremony upon their passing. Some even went as far as saying they would not want any religious aspects involved in their ceremony, but rather a time of celebration and reminiscing of their life. Interesting, right? These are individuals who make a living performing services for our communities, and who go in and out of churches and funeral homes all around the country. What is even more interesting is that most wanted a visitation -- with a unique twist. It should include a time of laughter, fun, and "with a spark."

Dave Kennedy, one of those surveyed, puts it best: *"First, I intend to make it fun. Fun and humor have always been a big part of my life and love of life. I intend to have visitations for family and friends at my funeral home to come see me one last time (if they desire), while offering refreshments and music of my choosing. Entertainment for the youths in attendance will be offered in another room in the facility. After the service, I'd like to take everyone to go to a ballgame while I rest in the parking lot in the hearse with the radio turned on to the game. But most of all, I want the theme to be live, love and remember me with a smile."*

Dave could not have said it any better, "live love and remember me with a smile," is something all of us should incorporate into this difficult time. As a matter of fact, in most of these responses, this need for a celebration was apparent. For example, undertakers replied with "go to an Irish pub," the service should begin with "Let's Go Crazy" by Prince, "make it fun, it's a going away party" and "an event that's not sad."

The lesson we can all take from these interviews is that the funeral service today doesn't have to be a cookie-cutter affair. We have learned from another survey that 71 percent of consumers today do not want a typical funeral, but only 5 percent are getting exactly what they had in mind. If each of these funeral professionals can get one-of-a-kind tributes to their lives, then consumers should be able to as well. Take some time to consider what sort of unique celebration captures your personality, and begin to record your wants and desires. Sit down with your local undertaker and be sure your celebration will be what you want.

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



Bay Bytes

If you're planning on bringing your Fido or Fluffy on your next vacation and want to be sure the accommodations are pet friendly, log onto **BringFido.com**. This comprehensive site also covers pets-are-welcome restaurants, events and tips for air travel.

America's Favorite Summer Treat is Here to Stay

By Katy Rott

July is National Ice Cream Month. And this year National Ice Cream Day is July 19. President Ronald Reagan can be thanked for that.

Ice cream was first made way back in the 4th century B.C. by the Chinese. It was brought to America in the 1700s. Vanilla is the most popular ice cream flavor in the United States., but chocolate runs a close second. Chocolate syrup is the number one topping. Here are a few more not-so-well-known facts:

- Ice cream was first made by mixing together a dish of rice, milk and packed snow.
- Today it takes about 12 gallons of milk to make one gallon of ice cream.
- The most ice cream is sold and eaten on Sundays.
- The average person consumes 23 quarts of ice cream a year.
- Ice cream has some nutritional value, but not much. If you worry about the health benefits you can substitute sorbet or frozen yogurt.
- Believe it or not, air is a major ingredient in ice cream.
- Children between the ages of two through 12 and adults over 45 eat the most ice cream.
- Ice cream is a wonderful snack. It is the perfect way to cool down on a hot day.
- Ben and Jerry's opened their first shop in 1978, after they took a correspondence course on making ice cream.

The best part is that you can have it anywhere or anytime. Now sold in takeout restaurants, hospitals, gas stations, food stores, movie theaters and from ice cream trucks, to name just a few, it's no longer just for birthday parties.



Bay Bytes

Looking for a fun vacation traveling by rail in Canada, the U.S., Europe or places beyond? Log onto **VacationsbyRail.com** for lots of ideas for any of a number of adventures from escorted, luxurious to bare-bones rail travel.

Bay Bytes

Visit the Iwo Jima Memorial located in Arlington, Va., to view the Marine Drum & Bugle Corps and the 24-man Silent Drill Platoon on Tuesday evenings through August. It's free, impressive and you can bring your own folding chairs or a blanket. Log onto **www.barracks.marines.mil/Parades/SunsetParade.aspx**

Let's Make Dinner



Bay Bytes

There's still time to sign up for Summer camp. Log on to any of these sites to check availability:

- www.Clweb.org
- www.ShawGuides.com or
- www.GrownupCamps.com
- www.FolkSchool.org

Gadget for a Healthy Summer

By Bill Parlatore

I am always looking for creative ways to stay out of a culinary rut, especially as my wife directs us toward a healthier and more vegetarian diet. We have forgone rich, beef-centric cooking for recipes that are wonderfully tasty yet offer the benefits of healthy cuisine. As she reminds me, fruits and vegetables are our friends.

Recently we were introduced to a tool that is proving to be a great addition to the kitchen. It's called a Spiralizer. This new device transforms many fruits and vegetables into noodles and chips. For finicky eaters who typically walk away from things that are nutritious, it brings them back to the table all smiles. And when little people are around, they become helpers as we turn out the long stringy strands. Giggles no charge.

Available from your local kitchen and gourmet shop, as well as numerous online retailers, the Spiralizer is a robust plastic contraption that is easy to use and clean, and dishwasher-safe. There's even a recipe book written by the Williams Sonoma Test Kitchen that contains many promising recipes, using apples, zucchini, beets, carrots, onions, pears, potatoes, radishes, cabbage and more.



Zucchini is a great way to create long, spaghetti-like noodles that can be substituted in Summertime pasta dishes. Favorites that you may want to try include are shrimp in white clam sauce and turkey meatballs with garlic pesto. Add some sliced fresh red and yellow peppers, mushrooms or asparagus, and you'll serve a colorful, delicious, and balanced meal. Topped with freshly grated Asiago cheese and served with a chilled sauvignon blanc, you can entertain in style and feel good about what you're serving. Your guests will hardly notice that they are not eating traditional pasta.

It just blends in well. (Having done the spaghetti squash thing, I find zucchini easier to use and it tastes much better.)

I tend to shy away from recipes with long lists of ingredients, preferring simpler meals, but every bit as flavorful, filling and healthy. The Spiralizer helps to accomplish that.

Bill loves cooking, which is a good thing because he is the designated cook in his house. He also is still recovering from trying to compete with Julie Powell, who has made all 524 recipes in Julia Child's famed, Mastering the Art of French Cooking. Reach him at billp16@gmail.com

Bay Bytes

Free Friday night concerts take place each Friday evening during the Summer months at the Air Force Memorial in Arlington, Va. For information log onto www.airforcememorial.org/events



LOCAL ARTISTS EXTEND THEIR REACH THROUGH MAKING PRINTS

By James Saylor and Larry Barter

Printmaking is a fine art that has been around for centuries. Many of the world's most famous painters including Rembrandt, Mary Cassatt, Edgar Degas and Picasso were also excellent printmakers and today their prints are eagerly sought by art collectors worldwide, fetching thousands of dollars from art auctions and galleries. As original art becomes more expensive, high quality, limited edition prints have become an attractive alternative to many of today's art collectors.

Most contemporary printmaking requires close collaboration between the artist and a master printmaker. However, at Anne Arundel Community College (AACC), the artist is also the printmaker. Some of these artists have formed the AACC Print Club, now four years old. In April of this year the club hosted its second national juried print show, "Variations and Variables." Entries that were accepted and exhibited were submitted by artists from several states. The show, for which prizes were awarded, hung in the Pascal Gallery on the AACC campus in Arnold. The success of the show and others the club has mounted, such as those at The Galleries at Quiet Waters Park and Gallery 333, illustrates the maturing printmaking program at the college.

Although the club is open to any student enrolled at AACC, the majority of club members comprises baby boomers and older. Most members are students with a strong interest in art, enrolled at the college and local residents. They come from all walks of life and are enthused by all kinds of reasons, but are particularly interested in the ability to create multiple copies (numbered, limited editions) of their art, which can be sold and circulated to friends and family.

The club works from a common attitude and spirit of collaboration set by its faculty adviser, professor Chris Mona, who is chairman of the College Art Department, and an art teacher for 25 years. What is a common attitude? The club assumes as a common motive that in printmaking, all artists, real and potential, do best when working as a community. That point of view applies whether making a print in black and white, or using many plates to produce a complicated print of color and detail. Simple or complicated, the club believes in working together and

forming a community, its members giving and taking advice and helping each other when needed. While a community, members at AACC are not exclusive and always welcome new members. To further promote community feeling, the club holds monthly membership meetings during the school year. They also host an annual visiting artist program, organize field trips to regional art museums and professional printmaking studios, and continually look for appropriate venues for exhibiting the members' work.

As reflected in all shows sponsored by the club, its members produce a wide variety of styles, formats and topics. The variety comes in large part from Mona's teaching philosophy, as he and his staff teach several printmaking techniques: lithography, etching, relief and more recently, screen printing. Students and members of the AACC Print Club likewise benefit from the experience of the art department faculty. Mona doubles as an independent graphic artist who shows his own work nationally. Other art faculty, likewise, lend their experience as professional artists to the learning mix.

HOW DOES A PRINTMAKER MAKE A PRINT?

There is more to it than picking up pencil, pen, chalk or paint brush and having at it. An impression is made on wood, linoleum or a variety of metals, through one of several procedures and then multiple copies are printed in black and white or color. The image can vary enormously from being pure representational to abstract, and as tame or wild as you would like. All prints at AACC are hand-pulled from one of several presses at the college, in editions of usually 25 prints or less, depending on the complexity of the image and the requirements of the artist.

As for the future, the AACC printmakers are working up ideas for new prints from etchings, lithographs, silkscreen, woodcuts and other means. Not the least of their deliberations are consumed with developing new shows for 2015 and beyond. Anyone interested in learning more about the AACC Print Club should contact Chris Mona at cpmona@aacc.edu

The Power of Words

By Kater Leatherman

Say what you will, but a life without words would be unthinkable.

“Words are the most powerful drug used by mankind,” wrote Rudyard Kipling, adding, “they can transform our day and they can ruin it, too.”

Feelings, images and expectations are created by words. They influence how we think. They can also heal, creating stimulation to guide us forward. And, since thoughts can determine actions, there's a powerful connection between the words we use and the results we get.

Consider hope versus trust. Hope is a popular word, but it also denotes lack. If you are hoping something will happen, there's the chance that it won't. Trust, on the other hand, is more effective. Note the difference when you say, “I trust that everything will work out for the best,” as opposed to, “I hope everything will work out for the best.” Think about cost versus investment. Let's say you see a flyer offering a self-improvement workshop, but find yourself hesitating because of the cost. Would you be more inclined to fork over your money if the flyer used the word *cost* or *investment*? Cost sounds like you are having to give up something while investment is a gift that you are giving to yourself.

Similarly, avoid using the word *try*. Trying is lying. Trying is an excuse. You're either doing it or you're not. A more powerful word is *will* as in, “I will begin walking three days a week.” Another example of using words to work for, rather than against you, is to think about the difference between problem versus challenge. Problems sound negative and can deplete our energy, while challenge can be energizing. Why? Because challenges can feel like we are accomplishing something or overcoming an obstacle.

Words are also fun to play with, especially when you turn them into acronyms. PEACE. can be *practicing ease and calm everyday*. For YOGA, a practice that changes us from the inside out, a suitable acronym might be *your ongoing growth adventure*. How about BIG, or breath, intention, gratitude, when you find yourself mentally or emotionally off balance.

More common is FEAR, or false evidence appearing real, or HALT, used in 12-step programs for hungry, angry, lonely, tired. HALT is a sign to step back when you're feeling one of the four. Refrain from making a compulsive decision because your judgment is impaired. The beauty of acronyms is that they are a good remembering tool, one that can snap us back to reality.

Of course, depending on what you read, use or listen to, words are medicine for the soul. One example is the power of intention. Choosing a positive word each day helps to bring a sense of order, anchors you in the present

moment and affirms to the universe what you want to attract. When remembered, this one word can shift your reality in the next breath.

There's a much-admired place in Venice called Harry's Bar. Richard Gere, a boutique hotel owner himself, talked to Harry Cipriani about the success of his bar. Gere wanted to know what always makes his visits to Harry's Bar so much fun.

He asked Harry, “Why is it I just have a great time here?”

“It's very simple,” Cipriani responded. “Anytime someone asks for something, the answer is always *yes*.”

Such is the power of a single word.

Conversely, it's important to take the time to consider your words. Use them wisely, as they can be forgiven but never taken back. Words that hurt people can affect them deeply for the rest of their life, leaving you to live with the consequences. As the old saying goes, *The tongue has no bones but it is strong enough to break a heart*.

Kater is a professional organizer and home stager, yoga teacher and self-published author who inspires others to live better. Visit her website at www.katerleatherman.com or email katerleatherman@gmail.com

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Berlin, Salisbury and Beyond

By Barbara Aiken

Surprisingly close to Annapolis, Salisbury and Berlin in Wicomico and Worcester counties on the Eastern Shore make for a perfect weekend respite. My recent two-night stay was filled with history, museums, nature, good food, Maryland wine, sand, surf and friendly people.

Salisbury is the largest year-round city on the Eastern Shore and home to the Ward Museum of Wildfowl Art. The lifelike carvings encourage you to reach out and sense the softness of the feathered ones behind the glass cases. Many carvings have been voted best in the world in competitions. There's a history display of the sport of duck hunting and a couple of enlightening films to round out this unforgettable museum.

Did you know Salisbury has a fine small zoo within its City Park? You'll be surprised by the naturalness and variety of animals. You may see bison, jaguars, spider monkeys and flamingos among others. There's no admission to this little gem that will take about an hour to explore.

Since 1979 Salisbury has been famous for its impressive pewter; their main factory is in Easton. Salisbury pewter has been revered by presidents and other leaders since Ronald Reagan was in office. Their outlet store in Salisbury is worth a visit and though the selection is limited, you may find something irresistible.

Salisbury's oldest home is Federal-style Poplar Hill Manor (1795) on Elizabeth Street. Pemberton Hall (1741) is an excellent example of Eastern Shore regional architecture and has five miles of woodland trails. Check for opening times.

Just for the history of it, you can turn off Route 50 on to Route 54 east and visit the first Mason-Dixon stone near Mardela



Springs. Proceed about three miles and you'll see a wrought iron cage on the left side of the highway protecting four surveying stones at the southwest corner of Delaware, the largest one a Mason-Dixon Crownstone which bears the arms of the Calverts from Maryland and the Penns from Delaware.

In Worcester County, head to Whaleyville and visit Costa Ventosa Winery and its inviting tasting room. Wine and beer tastings are offered for a fee. Though the wines are mostly sweet, they do produce a few dry varieties such as Puckum Pinot Grigio, voted "Best Dry White Wine" in Maryland for 2012. You may meet other oenophiles at the tasting bar and strike up a conversation over a glass.

A perfect place to spend the night is the 1895 Atlantic Hotel in Berlin, which was voted "America's coolest small town" in 2014. The movies "Runaway Bride" (1999) and "Tuck Everlasting" (2002) were filmed here. The Atlantic is warm and inviting with Victorian charm. The second floor has a cozy nook perfect for reading with French doors opening to a balcony. The Drummer's Café provides indoor or enclosed-porch seating with delectable food.

On Main Street, Si'Culi serves up luscious Italian fare. My lasagna was tender and succulent. The Maryland Wine Bar on Main Street is the ideal spot to sip a glass of Maryland or international wine. This tiny venue is cozy, cordial and you're sure to make a new friend or two. Rayne's Reef across the street from the hotel serves up a bountiful breakfast



and for simpler morning fare, plus in-house roasted coffee, follow your nose to the Berlin Coffee House behind the hotel.

After a brief Ocean City encounter, Assateague was on the menu, quiet, peaceful and like OC, eight miles from Berlin. The visitor's center contains informative displays and seniors can purchase a \$10 lifetime pass to national parks and federal recreational lands. From there it's a short walk to the Rackliffe House (1740) and a look from the outside of this plantation home or tour the inside when open.

Drive over the Sinepuxent Bay Bridge to enter Assateague State Park. Motor to the road's end and keep an eye out for the famous ponies and sika deer. Walk the three-quarter mile Dunes Trail and you'll be amazed by the remnants of old Baltimore Boulevard protruding from the pristine sand -- a dark apparition of its former self, which was destroyed by a nor'easter in March 1962.

After taking in the sand and surf, head back to Berlin and explore the myriad shops, antique stores and historic architecture. Check out the Globe, the original movie hall now a restaurant and art gallery. The Atlantic's front porch is a great spot to rock away some time and watch passersby.

Barbara enjoys traveling throughout Maryland and the world. She can be reached at: barbara.s.aiken@gmail.com

Photos courtesy of Wicomico County



For more on attractions featured in this article:

Ward Museum of Wildfowl Art
www.wardmuseum.org

Salisbury Zoo within Salisbury City Park
www.salisburyzoo.org

Robinson's Salisbury Pewter Outlet
www.gotorobinsons.com

Poplar Hill Mansion
www.poplarhillmansion.org

Pemberton Hall
www.PembertonHall.org

Costa Ventosa Winery
www.costaventosa.com

Atlantic Hotel
www.atlantichotel.com

Frankie Moran
www.frankiemoranmusic.com

Si'Culi Rustic Italian Kitchen
www.siculiberlin.com

Maryland Wine Bar
www.themdwinebar.com

Rayne's Reef
www.raynesreef.com

Assateague State Park
www.dnr2.maryland.gov

Rackliffe House
www.rackliffehouse.com

The Globe
www.globetheater.com

What if I never... (fill in the blank). There's still time.

Organizing a SPEED DATING Event

By Melissa Conroy

For today's single people of all ages, there have never been more options available for connecting with someone special, from Internet dating to professional matchmakers to old-fashioned networking. One relatively new option in the dating game is speed dating.

Introduced in 1998 by Rabbi Yaacov Deyo, speed dating was conceived as a way to help Jewish singles expediently weed through potential marriage partners. Rabbi Deyo collaborated with a group of friends, and they brainstormed a game-like event where Jewish singles would come together and table-hop their way around several dates in the course of a few hours. Speed dating quickly spread beyond the Jewish community and within a year, it had gone mainstream.

Speed dating events have the same basic format. Each event is tailored for a specific age group such as 35-45. At the event, men and women sit in couples and each couple has a set amount of time (usually three to eight minutes) to chat. When a timer rings, either the men or the women rotate one seat over, and the timer starts again. This continues until everyone has talked with everyone.

During each rotation, the participants write down the name of the person they are talking to and check yes if they are interested or no if they are not. At the end of the event, the organizer collects these checklists. If two people both say they are interested in each other, the organizer will email both of them each other's contact information.

Speed dating is a great option for people who are tired of Internet dating and prefer meeting people in person. Because time is critical during a speed-dating event, it tends to create a lively, fun atmosphere with a great deal of laughing and joking. You can easily meet a dozen or more potential partners in the space of a few hours and possibly make a few new friends.

If there is no speed-dating event in your area, why not organize one? It does not take a huge amount of effort and coordination, and it can be a fun way to connect with local singles and broaden your social circle. Here are some guidelines to make your first speed-dating event a success.

First off, you should determine your target audience.

Speed-dating events generally set an age range of 10-15 years, so an event for people 50-65 would be an example. An age range helps ensure that participants are comfortable with each other and are connecting with

similar individuals.

It is also best to set a maximum number of participants, such as 12 men and 12 women. If you have 23 people to talk to during a speed-dating event, you will probably be exhausted halfway through, so a smaller group can be better.

The location of the speed-dating event is another factor. Coffee shops, restaurants and bars are popular locations for speed dating events. Another option might be contacting a local church, community center or library to see if they have space to rent. It is best to rent a private room for the event rather than having it in the main area of a coffee shop or restaurant so that you do not annoy other patrons. Also make sure the space has enough room so everyone can move around comfortably.

When choosing a location, consider the setup for the event. It is better to have each couple at an individual table rather than several couples around a big table. A big table can be very noisy and will not give people much privacy.

Your venue will probably charge a rental fee, and you will need to buy supplies for the event. For this reason, most speed-dating events charge \$5-\$15 dollars for admittance. Some events require advanced ticket purchase while others have a "pay at the door" policy. One advantage to requiring advanced ticket purchase is that the organizer knows how many people are coming and what gender. A "pay at the door" policy may result in three people showing up or 17 women and two men! If you decide to have people purchase tickets in advance, you will need a way to collect the money—maybe through a website such as **Meetup.com** which allows social groups to collect money from participants.

Refreshments are important. If your venue is at a bar or restaurant, participants can order food and drinks. If not, consider providing treats such as cookies and offer ice water, tea or coffee to help fortify everyone after a few rounds of chatting.

Don't end it with "shoulda', coulda' or woulda'."

Set a date and time (generally a two-hour slot is sufficient) and start getting the word out. Many local radio stations and newspapers will offer free or low-cost event promotions. Your city may have an online event calendar where you can post information about the speed-date get-together. Many coffee shops, grocery stores and casual dining restaurants have community boards where you can post a flyer about the event. Create a Facebook event and invite as many people as you can. Also, try to target your advertising to your specific age group. If your age group is 50-65, hit up places and social groups frequented by people of this age.

You'll need some paperwork. Create a sign-in sheet so you can contact participants after the event with their matches. When you set up your venue for the speed-dating event, put a number on each table. Make a nametag for each participant that lists their first name, last initial and assigned table number. The day of the event, have everyone sign in with his or her full name, phone number and email address. After they sign in, hand out their nametags and checklists, and then have everyone sit down at the corresponding table number that matches their nametag.

After everyone is seated and ready, briefly explain what will happen. Tell people how much time they will have to talk

(for example, five minutes) and announce which gender will be rotating. Remind people to write down on their checklist everyone they talk to and indicate who they want to have further contact with after the event. Then set the timer and tell people to start talking.

While everyone is talking, keep track of time. When the time is up, ring a bell or announce, "Time's up!" Give everyone a minute or two to rotate and get situated, then start the timer again. Speed dating can be tiring, so it is a good idea to schedule a small break halfway through the event.

After everyone has rotated through, collect everyone's checklists. If two people have indicated that they would like to have further communication with each other, email the other's contact information. Only do this if both parties are interested in each other. At that point, it is up to the individuals to continue their conversation.

If you know several wonderful people looking for that special someone or are tired of Internet dating, speed dating can be a great way to bring people together, share some laughs, and spark a few romances. Thanks to the inventive work of a creative rabbi, speed dating is one more way people can find true love and connect with other souls.



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BOOKS:

Old, New and Obscure

THE BOYS IN THE BOAT

Nine Americans and Their Epic Quest for Gold

By Daniel James Brown

Penguin Group (USA), New York (2013)

Even if you know nothing about rowing, *Boys in the Boat* is a bite-your-nails, exciting testimony to the grit, determination and hard work of nine young men from the University of Washington, all from working class families. They faced many challenges to take the gold away from Hitler's elite rowing team and win the 1936 Olympics for the United States.

This novel, by the very talented Daniel James Brown, is reminiscent of *Seabiscuit*, in that an underdog demonstrates its grit and persistence to persevere over amazing challenges. Even though the reader knows the ending, which is quite obvious from the title, the last 50 pages are nerve-racking as the nine young men from Washington win gold medals in Berlin over Adolf Hitler's chosen crew, as well as top American and British teams.

Equally as interesting as the rowing competition is the story of the developing war in Europe as Hitler was occupying bordering countries and sending the Jews, gypsies and other "nondesirables" to the gas chambers. He wipes away all vestiges of this cruelty to make it appear to the visiting Olympians that Germany is a welcoming country to all nations.

The real heart of the saga is a young man named Joe Rantz, a teenager who has been abandoned by his father and stepmother and has to rebuild his self-esteem as well as try to support himself through his college years. He takes on many menial and demanding jobs to pay for his education, food and living expenses. He lives in many wretched places in order to save money. He is discovered to be a top-rate rower by very demanding coaches from his freshman year through the Olympics.

The author uses diaries of rowing team members as well as interviews with Joe Rantz shortly before his death and interviews with his daughter Judy. He brings Joe's story alive, so much so that you almost feel you are rowing, suffering and rejoicing with him.

Brown makes it quite clear throughout the book that the physical and psychological demands of rowing take a very special, almost super-human individual.

The Boys in the Boat is mesmerizing, fascinating and educational; thousands of readers have kept it on the best-seller list for many months. Count on some late nights as it draws you in and doesn't let go.

~ Peggy Kiefer

Bay Bytes

Try the Mount Vernon Trail for an interesting bike trip. It travels for 18 miles from Theodore Roosevelt Island in D.C. all the way to Mount Vernon. Parking is available at different locations. Log onto www.nps.gov/gwmp/planyourvisit/mtvernontrail.htm for a trail map and other helpful information.

SUMMER QUIZ ACROSS THE
 In which novel by Wallace Stegner does a writer struggle to understand the unconventional life of his grandmother, an illustrator of books about the Early West, ignored by *The New York Times*, the book won a Pulitzer Prize.
LITERATURE: ANGLE OF REPOSE

A. Lowbrow
 B. Ideology
 C. Trots
 D. End of the line
 E. Rustic
 F. Atticus
 G. Thrush
 H. Unabashed
 I. Revolving
 J. Edmondson
 K. Network
 L. Network
 M. Grenoble
 N. Littlest
 O. Ezekiel
 P. Ought
 Q. Freshman
 R. Remnants
 S. Elevation
 T. Powerfully
 U. Organizer
 V. Sny away
 W. Esparto

POWERFUL PLANTS

By Al Benner

Moss Acres, PA (2015)

“How can we possibly encourage our kids and grandkids to learn about the plants around us and get their hands in the soil and grow good food when we’re competing with all these whiz-bang gadgets and gizmos?”

I’m sure I’m not the first grandparent to utter these words.

Recently I received a book that seems to have taken kind of a “if you can’t beat ‘em join ‘em” approach to this dilemma.

Powerful Plants Volume 1, *The Carrot-Napping*, delivers some of the whiz-bang effects of its own in the form of richly illustrated graphics that come to life when you hold the camera of a smartphone or tablet over it.

However, the kids don’t get this techy reward without first reading a page of the book and answering three questions. One science teacher I talked to liked this aspect of the e-book because she says it encourages reluctant readers.

What they read is the story of several different plants. They read the common and scientific name of the plant and then a little about its history and uses. For instance, for elderberry (*Sambucus canadensis*) children (and adults) learn how old this shrub can get and how it survives by continually sending out new roots.

Birds like the berries of elderberry, which can also be made into juice and jam, as long as you cook the berries first. You’ll also read how you should never eat its poisonous parts: the stems, roots and leaves. When the child is done reading about the elderberry, they hover their device over the corresponding picture related to elderberry and a man in a pipe emerges from the branches of this shrub and starts to tell a story about the plant.

Continuing, readers can read and listen to the fascinating story of many other plants: jack-in-the-pulpit (*Arisaema triphyllum*), witch’s hair (*Alectoria sarmentosa*) and the hero-apparent of the story, the vitamin-packed carrot (*Daucus carota*).

As the kids read each page of the e-book and listen to the animated plants they also hear a story, or theme that is woven throughout the book. It’s a story of how humankind is destroying, or at least making it hard for plants to coexist in nature by engaging in harmful activities, like fracking and burning fossil fuels. The author also makes reference to changing the genetics of plants and animals, and the potential for harm he sees in this.

The other theme that runs through the e-book, and parents should love this, is to eat healthy food. To this end *Powerful Plants* uses “Daucus” the carrot to tell the story of healthy eating.

Besides being a great tool to encourage children to read and learn about plants and the environment, I believe the author’s ultimate goal is to get kids outdoors to plant healthy veggies.

To give adults the incentive to do this with their kids and grandkids, they have included some carrot and other vegetable seeds with the book.

The book is appropriate for kids from about the 2nd through the 5th grade. *Powerful Plants* offers a “complete package” to encourage reading and reading comprehension, while giving an interactive learning tool that uses technology in a constructive way. Here is a tool to tap into a kid’s imagination, using today’s learning tools. Give them this book, a space to grow a few seeds and see what happens.

You can purchase *The Carrot-Napping* at PowerfulPlants.net

~ Neil Moran

Bay Bytes

For seasonal volunteer assignments, or to check out permanent work at any of our 50 or more U.S. National Parks, log onto www.nps.gov/personnel/seasonal.html Search by park or state or type of employment or job description.

Can You Really be Younger Next Year?

By Leah Lancione

Chris Crowley, in his book *Younger Next Year: Live Strong, Fit, and Sexy—Until You're 80 and Beyond*, asserts that it is possible to stall and even reverse many of the unwanted effects and evidence of aging. He uncovers, with medical findings provided by co-author Dr. Henry S. Lodge, that through diet, exercise and commitment, anyone can be “functionally younger” every year for the next 5 or 10 years by following some essential health rules.

The book claims to show that folks can actually look and feel younger and delay “70 percent of the normal problems of aging—including weakness, soreness of joints, bad balance—and eliminate 50 percent of serious illness and injury.” Crowley and Dr. Lodge talk about a slippery slope in which people’s health descends into a steady decline from age 45 on, and they promise the slippery slope can be averted.

So are these claims true? Can someone—especially someone past middle age—undo years of sun damage, bad eating, overwork and stress, too much drinking and not enough exercise? In an article not directly commenting on the book, **WebMD.com** seems to concur. In “Active After 60: Expert Nutrition and Exercise Tips,” the medical website says eating foods rich in antioxidants can fight free radicals (“unstable oxygen molecules that contribute to the aging process”) and also reduce the risk of developing cancer and heart disease. The article suggests people consume five to nine servings of fresh fruits and vegetables a day and include fish in their diet because the “brain food” may ward off dementia.

WebMD also tends to confirm the advice of Mr. Crowley and Dr. Lodge, explaining that although it’s a fact that metabolism slows with age, if you keep your weight in check there will be “less pressure on your joints, less strain on your heart, and it can reduce the risk of certain cancers.”

In addition to recommending diet and exercise changes such as not eating fast food, or lots of fats and simple carbs, and maintaining a fairly aggressive exercise habit of up to an hour six days a week, Crowley advocates forming connections and commitments to the things and people you love. He says, “What I mean is, you have to be involved with other people. And you have to care about something. Goals, charities, people, family, job and hobbies. Especially after retirement, you have to dig in and take hold or things can take some bad turns.” He explains that these commitments, whether to a spouse, friend or hobby can be inspirations to keep you alive and functioning at your best. Not to mention, Crowley describes how getting his wife to join the commitment to a more determined approach to exercise motivates them both and even fosters a little fun competition.

Crowley says the lesson of the book: “You do not have to

get old the way you think. You can do all the same things, almost the same way.” He accounts his active lifestyle including skiing, rowing and early morning visits to the gym with his wife. The book is very clear: “Nothing you are doing in the next third of your life is as important as daily exercise.”

Dr. Lodge meticulously describes the importance of exercise—even exercise that might not be as fast and intense as when you were younger, but long slow exercise that he says “builds your muscles, heart and circulation, mobilizes your fat stores and then goes beyond that to let your body heal. Long, slow exercise is the opposite of the chronic inflammation of modern living.” In a detailed and highly informational chapter entitled “The Biology of Exercise,” Dr. Lodge touches on topics such as pathways to higher energy, distance over speed, metabolism and aerobics. Talking about the benefits of months of long, slow exercise, he says, “What’s interesting is that the actual pathways of relaxation

and focus in your brain become stronger with use. Long-term memory improves with regular exercise.” So, not only will exercise improve your body, it convalesces your mind!

In addition to the long, slow exercise that helps trigger “crucial repair” within your body and mind, the book provides recommendations for alternating with heavier endurance aerobics and cardio, using a heart monitor, challenging your muscles but not injuring joints, and adding strength training for muscle growth and coordination.

The National Institute on Aging (NIA) conducts research studies on ways to prevent or postpone age-related disease, disability and deterioration, to boost longevity and methods to promote healthy aging beyond good nutrition and exercise. An article called “Can We Prevent Aging” on the NIA website **www.Nia.Nih.gov** highlights some of the research being done to investigate aging and what it calls “active life expectancy” (the time late in life free of disability). “Are there other interventions that can help? NIA-supported studies and those of others are taking a look at the possible benefits and risks of a number of approaches, including antioxidants, calorie restriction and hormone supplements.”

Younger Next Year: Live Strong, Fit, and Sexy—Until You're 80 and Beyond truly provides valuable evidence to inform and motivate those in or quickly approaching the latter stages of their lives. The book proclaims what we all probably know, but need to hear again: “The simple fact is that we know perfectly well what to do. Some 70 percent of premature death and aging is lifestyle-related.” If you believe you can be functionally better—even younger—next year and the years after that, check out this book is to learn how to get started.

“You do not have to get old the way you think. You can do all the same things, almost the same way.”

IT'S TOO HOT!

By Penelope Folsom

It's too hot for what? Running a marathon? Rototilling the garden? Repaving the driveway? OK, so it's hot, but that's no excuse for not getting out there and getting some much-needed exercise. If you're already involved in a program it should be easy to keep up with it throughout the Summer, it just takes altering your routine slightly.

Are you a walker? That's been touted as one of the best forms of exercise available, not only an easy form of getting out there, but one that will lead to a long and happy life if all the current studies are correct. If you haven't started, maybe now is the time. Begin by taking it nice and slow; this would not be the time to train for a triathlon. With approval from your doctor, there isn't a better time to get moving. Think positively. You won't have to bundle up in layers of warm clothes and there's little chance you'll be slipping on the ice. All it takes is a comfortable pair of walking shoes and off you go.

During the sultry days of Summer the best time is early morning just as the sun is rising. It would be foolhardy to begin midday, unless you're fortunate enough to be up in the Blue Ridge or some other equally cool area. If there isn't a local park that you can get to, try walking in your neighborhood. And don't be surprised if you meet other walkers at that hour – seasoned walkers know the best time to go. My friends Jan and Joe head out early just about every morning on a five-mile round-trip walk down to the coffee shop. They enjoy a bagel and coffee and a visit with other early morning knoshers and then turn around and head back to the homestead. By 9 a.m. they've completed their exercise for the day, had their morning coffee and enjoyed a bit of conversation and camaraderie.

If the early a.m. doesn't work on your schedule, the next best thing is a sunset walk. With the Summer sun going down as late as 8:30, it can be an after-dinner stroll. Walking through town can be fun as you admire the shops and maybe even stop for a cold drink or ice cream – low-fat, of course.

If it's pouring rain, try going to one of the indoor malls. They're air-conditioned and friendly to walkers, plus you can always stop at one of the takeouts for a tall glass of iced tea.

The beaches are friendly to walkers too, and many of them are located within an hour or two of most of us. Before stretching out in your beach chair with a good book, try a long walk in the surf. Most of the ocean beaches

are hard-packed sand that invite a brisk walk.

If walking isn't your cup of tea and you're not a member of a gym yet, this may be the time to join. The atmosphere is friendly and air is cool. For the tennis player, indoor courts are available where you can join for a minimal fee. My friend Jean prefers to play at any of the county courts under the lights after the sun goes down.

Pools abound and everyone knows a least one person who has one in their backyard or has a pool in their community. Offer to bring lunch or treats in exchange for an afternoon of swimming and sunning.

During the heat of the Summer, my friend Kass gets her best exercise by weeding her vegetable patch and perennial bed early in the morning or by just messing around with pruning and transplanting.

Have you ever tried kayaking? It's a sport that just keeps gaining popularity as more people are introduced to the quiet of the back creeks around the Bay. It's a great upper body strengthener as well as a very pleasant way to pass an afternoon. If you'd prefer to stand for your water adventure – there are stand-up paddle boards that allow you to paddle quietly at your own pace while exploring all the quiet coves that dot our rivers and creeks. And the boards can easily be taken into the shallowest of waters.

Biking can be fun too, especially on the shaded trails such as parts of the Cross Island Trail on Kent Island or the North Central Railroad Trail or even the Chesapeake & Ohio Trail, which travels along the Potomac River. Not sure if biking is for you? Rent one and try it out. And should you be up in the area of the C&O, don't miss the tubing down one of the lazy rivers or go for the white water if you're feeling adventurous. There isn't a cooler way to enjoy a hot Summer afternoon.

With all of these choices what's holding you back?

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RELATIONAL ATTACHMENT SO CLOSE, SO HIDDEN

By Dr. James David

Living in Annapolis, watching the sailboats on the Chesapeake, have you ever wondered about the wind? We read the wind on the ripples and waves of the water. We see the wind in the rhythmic sway of the leaf-filled limbs adorning our glorious, inspiring trees.

Hearing is similar to wind in that we don't see it directly. For those of us who are hearing impaired, we often have no idea that we are not hearing sounds that others relish. Recently I had my hearing aids adjusted and now realize I hadn't heard birds singing for about 10 years!

Attachment is like the wind and sound. It is so close and so hidden, virtually imperceptible until we stop and take notice. Attachment encompasses the quality of our relationships with our caregivers when we were infants. Tuning into your attachment style may help you to develop better relationships. Our early childhood attachment styles are generally reenacted in our adult relationships.

Another route to tuning into attachment styles is to realize that we all have both explicit and implicit memory. Explicit memory develops by age two. It is memory that we are able to consciously recall. Implicit memory is unconscious memory that shapes us without us realizing how our past experiences are influencing our present reality, according to Daniel Siegel, a professor of psychiatry.

SECURE AND INSECURE ATTACHMENT

When the British psychiatrist John Bowlby began teaching attachment theory he was ostracized by the British Psychiatric Society. Defined as an inborn, lifelong biological drive for affiliation or closeness or connecting with others, it is now universally accepted.

When we as infants experience a secure attachment with our caregivers, we enjoy feelings of comfort and support. We are not afraid of conflict and can enjoy closeness without clinging. When we feel loved we can explore and engage a wide range of interests, confident that someone is there for us. Our positive core beliefs are:

- It's safe to love and trust.**
- I can accept comfort.**
- I belong.**
- I can count on my loved ones.**
- It's safe to have feelings.**
- I am loved and lovable.**
- It's safe to be vulnerable.**
- I am good and deserve good things.**
- I can ask for help.**
- The world is safe.**

When we have an insecure attachment we do not feel valued or loved for who we are. We are trapped within a bubble where we are constantly evaluating ourselves based on self-perpetuating negative beliefs that offer no escape.



Bay Bytes

For a different view of the National Arboretum, sign up for one of the popular moonlight tours that take place around the time of the full moon. Register early because they fill up fast.
www.usna.usda.gov

According to therapist Diane Clayton, insecure attachments can be subdivided into three main types: anxious, dismissive and disorganized.

INSECURE – ANXIOUS

With anxious insecure attachment, the parent or caregiver is poorly attuned to the child who is then constantly worrying and wondering if they are really loved and lovable. The core anxious beliefs are:

- I am not lovable.
- I can't get what I need from you.
- I can't trust you to be there for me.
- I can't survive if you go away. If I can't see you, I can't trust you are here for me.
- If you don't see and hear me, I can't trust you are here for me.

The early bonding contract is:

- I will remain hyper-vigilant and hyper-focused on you.
- I will demand, cling or control to make sure you see me and hear me.
- I will demand, cling or control to make sure you give me whatever I need to have to survive.

INSECURE – DISMISSIVE

With dismissive-insecure attachment the parent or caregiver avoids closeness so the child is filled with distrust and totally avoids being emotionally vulnerable. The core anxious beliefs are:

- I can't trust you.
- Closeness is not safe.
- It's not safe to be vulnerable.
- It's not safe to have feelings or needs.

The early bonding contract is:

- I won't have feelings or needs.
- I won't allow myself to be vulnerable
- I won't allow you to be too important to me.
- I won't depend upon anyone.
- I will take care of myself.
- I will blend into the woodwork.
- I will be tough and strong.

INSECURE – DISORGANIZED

This is the most lethal form of insecure attachment. The parent is alternately too close and too distant. The child feels

intense anxiety with too much closeness and with too much distance. This creates chaos in relationships. The core anxious beliefs are:

- I must be close to you to feel safe, but being close to you makes me feel vulnerable and unsafe.
- It is not safe to feel safe.
- There is no way to avoid this fear and anxiety.
- Love is supposed to be hurtful and painful.

The early bonding contract is:

- I will constantly be on guard so you don't get too close and you don't go too far away.
- I will never let myself relax or feel safe.
- I will expect hurt and pain in relationships, and even create it, because that is the way it has to be. Then I won't be surprised.

INFANT BRAIN DEVELOPMENT

As is commonly known, our brains at birth are incomplete. Our amygdala, where we experience emotion, is fully operative but there is scant connection with our prefrontal cortex where we reason things out. The vagus nerve eventually has a calming effect for us, but it is not yet myelinated. Amazingly, our brain connectivity develops and then corresponds to the quality of our early attachment relationships. The neuronal circuitry we need for self-soothing is dependent upon our attachment experience.

"It is not the caregiver's words, but the quality of her or his voice, the quality of touch, the look in the caregiver's eyes, the caregiver's smile, the warmth of the body, the sound of the heartbeat, etc., that is regulating. This early communication builds neural networks that shape the belief system and the body," says therapist Lana Epstein.

GOOD NEWS: NEUROPLASTICITY

There is room for hope. Our later-in-life attachment interactions can rewire the brain. "Neuroplasticity is that process in the brain that allows it to change its structure and function in response to

mental experience. So depending on the experiences that you are having, your brain will change," Epstein says.

Psychotherapy, like virtually all scientific fields, is exploding with new knowledge. The practical challenge is to move new brain research findings into therapeutic applications. This requires innovative thinking and training of therapists. Here are four practical tools to change your brain into having more secure attachment.

- **Tool One:** In stillness and quiet during the morning, consciously anticipate secure attachment opportunities during your day. Be open to being new, fresh and transformed. In the evening, take time for being thankful and to review one or more secure attachment events.
- **Tool Two:** Some of us are plagued with negative thinking. Our first impulse is to express how something will not work. To overcome negative bias in the brain, have and notice inevitable positive experiences. Take time to then enrich, integrate and transformatively absorb the positive experience. Your brain will change!
- **Tool Three:** The route to healing insecure attachment must go through the body, which is holding insecure attachment emotional pain. (Read *Tapping In: A Step-by-Step Guide to Activating your Healing Resources Through Bilateral Stimulation* by Laura Parnell.)
- **Tool Four:** Push yourself to experience satisfying, fulfilling, intimate connecting with anyone and everyone. This will be threatening and challenging because closeness makes us vulnerable. Discover being safe and enriched while close.

Healing absolutely requires right brain to right brain connection. It is visual, tactile and experiential. Left brain linear cognitions are insufficient.

Dr. 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 or email at james519@comcast.net

Life Lessons at the Beach

By Rev. Dr. Amy E Richter

The sky was already azure blue although it was early and only the first colorful umbrellas and blankets had been set in place to claim territory on the sand. The sun was warming in the still, cool air as I sipped my cup of coffee on the hotel room balcony that overlooked the beach. A small boy down below played on the sand with a large toy airplane, about two feet in length. The glider must have been quite lightweight because, even though it was not windy, it went quite far each time he launched it. The boy was the picture of delight during each flight. His mother stood nearby as he played. Watching for a while, I turned my attention to the novel open on my lap.

I didn't see it happen, but certainly heard the distressed cry from the beach 12 floors below. The boy was suddenly screaming, jumping up and down and clenching his fists.

The boy's mother was kneeling in the sand in front of him, trying to calm him, but it wasn't working.

There, on the blue water was a white plane about five yards from the shore. It was drifting, 10 yards, then 15. The plane showed no signs of washing ashore any time soon.

I was amazed at how quickly my parenting instinct came to the fore. Here I was, a stranger, looking far out over an expanse of sand, knowing nothing about the mother or the boy. Imaginary responses came quickly: "Maybe some other child will find it if it washes up on some other shore.

It took the man several minutes of swimming against the tide to reach the plane

But the plane is gone, and you need to get a grip and quiet down. You've just learned something important about water, waves and physics. And about loss, too." Surely we could find refuge in some life lesson, an attempt to wrest something sweet from a bitter experience, something to carry away with us when we suddenly find our hands empty or our hearts disappointed.

I thought of my own hands holding only a limp white string when the wind jerked a kite and broke it free, winging it beyond my sight when I was a child. Or the robin's egg I took from a nest and tried to make it hatch by cracking it, just a little. There were the fireflies in the jar that died quickly, even though I punched holes in the lid. Some things are beyond your control and you need to let them go. Some things get ruined if you force them. No creature wants to live trapped. Now you know.

I don't know what the boy's mother was saying, but I know that when the plane was about 100 yards out, I saw a man strip down to his shorts and wade out into the water. His body tensed from the chill, but he ducked his head under a wave and started swimming with slow even strokes toward the plane. I wondered if he was the boy's dad or just a really kind stranger. The boy had stopped crying, but was still jumping up and down and waving his fists.

It took the man a while, several minutes of swimming against the tide to reach the plane. When he got to it, he turned back and threw the glider toward the shore so he could still use both arms to swim. When he got to shallow water, he picked up the plane and carried it to the boy.

People watching the rescue from the beach and from other perches on the hotel's balcony clapped. The man wrapped himself in a towel, gathered up his sweatshirt and pants and walked by himself toward the hotel. Just a really kind stranger. The mom held on to the plane, put her arm around her son, and walked in from the beach as well.

Maybe there are other life lessons besides the compensatory kind. The boy's life will be filled with those. Today's lesson: Sometimes there is unmerited kindness. Sometimes you get things back. Sometimes you get a second chance. Now you know.

The Rev. Dr. Amy E. Richter is the rector of St. Anne's Church in Annapolis and can be reached at arichter@stannes-annapolis.org

Photo credit: Emma Stultz

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No More Awkward Silences: Tips for Keeping the Conversation Going

By Leah Lancione

Not everyone is an expert at starting, let alone continuing, a conversation. The truth is, the art of conversation requires skill, subtlety and a healthy dose of confidence. How many times have you found yourself or someone else mentioning the weather just to fill an awkward silence in a conversation? We've all been there. Those uncomfortable moments can be avoided with a few simple tricks to turn a conversation from mind-numbing to at least thought-provoking. With a little practice, anyone can become better equipped at engaging in chitchat.

WIKIHOW offers these three helpful tips:

1. Tie the subject of the conversation to something related.
2. Change the subject. When you've already talked about various aspects of a certain subject, it's time to jump to something else. Try a transitional phrase such as, "Before I forget, there was something that reminded me of you the other day."
3. Ask questions.

Tying the subject of the conversation to something related could be as simple as asking the person to tell you more about a topic they've already mentioned. It could be about their children or grandchildren, or where they grew up or how they got interested in golf, gardening, racquetball, restoring old cars or any other hobby. Not only does it give you more to talk about, it flatters the other person to know you really listen when they talk and that you want them to go deeper into a personal subject matter. Not to mention, many people like to talk about themselves and feel connected to others by sharing their interests.

Changing the subject to revive a dying conversation or one that's lackluster and in need of a spark must be done subtly. You don't want to abruptly start talking about your job when the person you're conversing with is rambling on about the weather or their car. This is where a transitional phrase will come in handy!

For example, to deviate from the present topic, say: "Oh, before I forget, I was sitting at the doctor's office the other day and it reminded me that you're a

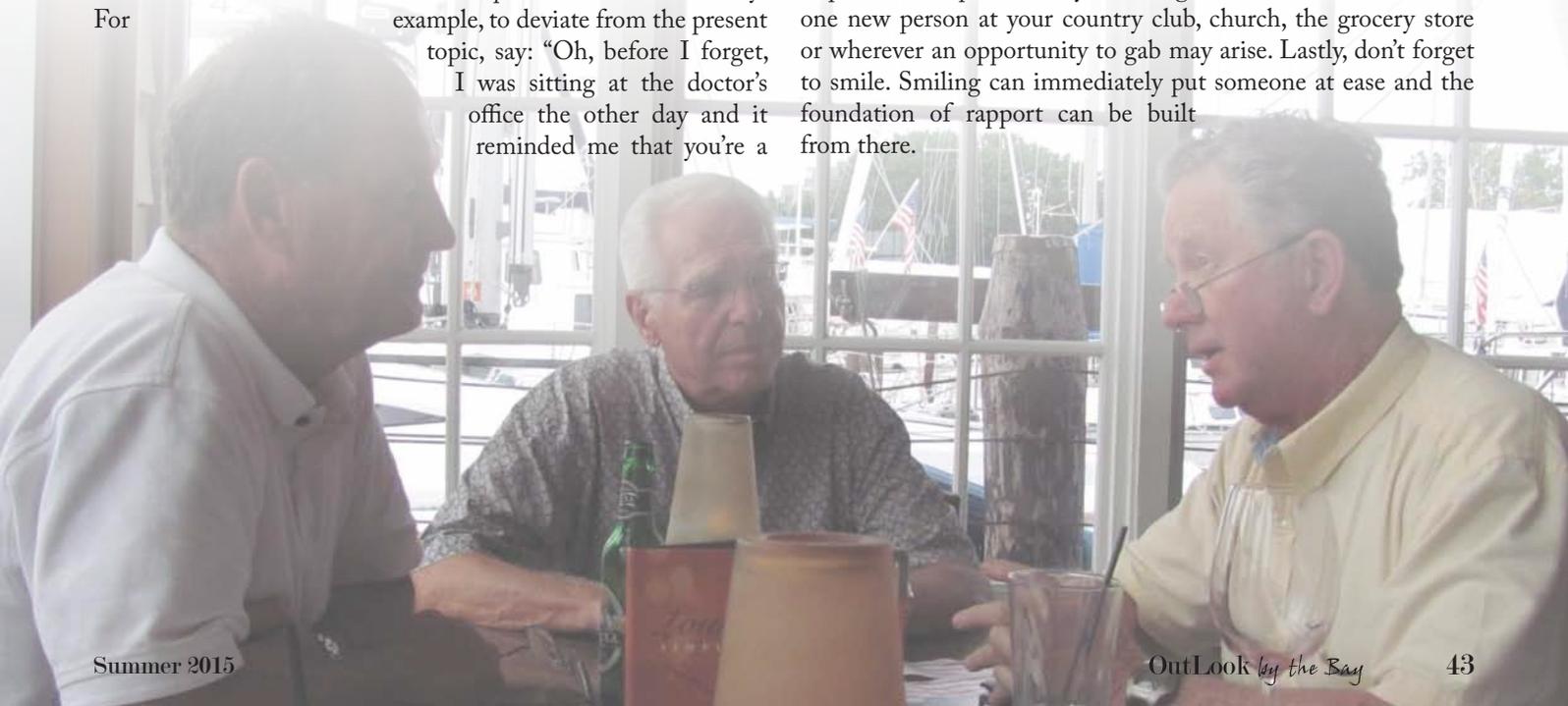
retired nurse." Then you can ask what type of nurse they were or at what hospital they worked.

A good way to keep a conversation going is to ask a question after the other person has provided information. If they make a remark about their grandson, ask what high school he attends, if he's thinking about colleges or if he plays sports. Again, people love to delve deeper into their personal life and especially to brag about their grandkids! With this you can also give some information about yourself by reporting on your grandchildren. This way the focus is on both parties involved.

By revealing more information about yourself when asked a question like, "What do you do?" instead of giving a one-word answer, make the conversation go further. Instead of simply stating, "I'm a retired teacher," say, "I was a teacher in Anne Arundel County for over 30 years, how about you?" By taking the focus off you, you can engage the other person and, hopefully, find interesting similarities or differences to discuss.

Another good point to consider, one that the website **Themuse.com** calls "the golden rule of conversation," is to not "rack your brain for another story or a bunch of details about a story you've already told. You don't need to be interesting, you just need to be interested." You don't want to be the only one gabbing on and on about the time you went to the U.S. Open, how good your seats were or how you got to meet John McEnroe. Nobody wants to hear every painstaking detail over and over again. If you've told the story once that's enough. Besides, if you jump from one story to the next without involving the person with whom you are speaking, the conversation is one-sided and likely boring for them. Make sure you listen intently when the other person speaks so you don't appear to be just waiting for your turn to talk.

Socializing may come easily to some, but to those for whom it's challenging—even nerve-racking—this delicate art can be improved with practice. Try initiating a conversation with at least one new person at your country club, church, the grocery store or wherever an opportunity to gab may arise. Lastly, don't forget to smile. Smiling can immediately put someone at ease and the foundation of rapport can be built from there.



The Healing Art of Reiki

By Barbara Aiken

Reiki. It sounds so mysterious and otherworldly, but do you know of the many health benefits that may be derived from this healing art? Reiki has evolved from a little-known and marginally accepted modality to a place of respect and importance in the medical community. Today you can find Reiki offered in clinics, long-term care facilities and hospitals throughout the country. Let's take a look at this healing art, regarded by many as a pseudoscience, and examine its many uses.

Reiki is comprised of two Japanese words "rei" meaning "Higher Power" and "ki" which means "life force energy," and translates to "universal life force energy." Reiki was brought to light in 1922 by Japanese Buddhist Mikao Usui (1865-1926). However, Reiki has ancient roots, which are not fully known and have been traced back to India and other parts of the world. Mikao Usui practiced Reiki throughout Japan. During his travels he met retired naval officer Chujiro Hayashi (1880-1940) who received Reiki master training from Usui. Hayashi then carried on Mikao Usui's work.

In 1935 Hawayo Tackata (1900-1980) came from her home in Hawaii to Hayashi for healing and was made well by Reiki treatments. She wanted to be trained in the practice of Reiki, but was denied many times. She persisted and was finally trained as a Reiki healer. In 1937 she returned to Hawaii, where she practiced Reiki until she died at the age of 80.

For those who want to practice Reiki there are three levels, although mastering all three isn't needed to benefit from its healing powers. Level III is usually taken by those who want to teach Reiki or desire deep immersion into this healing art. If you seek Reiki training, do some research. Be sure to find a teacher who is properly trained and well-practiced in the art of Reiki. Many nurses embrace Reiki as a complement to their patient's medical treatment. A nurse may be a good source of information for you. Anne Arundel Community College www.aacc.edu has classes in therapeutic Reiki I and II.

Some come for emotional healing and others for the soothing, revitalizing energy that can be gained from a Reiki session.

If you want a Reiki treatment, you will lie fully clothed on a massage table or other comfortable surface. The room should be clean, quiet and calm with perhaps some scented oils simmering nearby. Peaceful music may be played at the client's request. Conversation is discouraged, as well as anything that may interrupt a session. Lighting should be soothing and the temperature just right.

Reiki consists of 20 hand positions, twelve on the front of the body and eight on the back. Starting at the head, the Reiki practitioner will lightly place hands directly on the body of the patient in each hand position. If the patient does not want direct touch, the hands can hover just above the patient. Usually the hands of the practitioner will be hot and even though the hands may not touch the client, the heat will most likely be felt.

People come to a Reiki practitioner for many reasons since the practice is thought to help healing a specific illness, alleviating chronic pain, reducing stress, gaining inner peace or helping with grief. Reiki may speed healing after surgery, improve sleep and help reduce blood pressure among other benefits. Some come for emotional healing and others for the soothing, revitalizing energy that can be gained from a Reiki session. Despite the many possible benefits, never give up medications or conventional medical treatment without consulting with your doctor. Reiki should be considered a complement to traditional medicine not a replacement.

Some practitioners use Reiki on animals. I have found that the majority of cats, dogs and horses that I have treated enjoy it. My 17-year-old Yorkshire terrier loves it and I have performed Reiki on him since he was a puppy. It is possible to perform Reiki on yourself. I find it calming and that it alleviates headaches. As with all healing practices Reiki does not work all of the time, however some remarkable benefits and results can occur.

As you know, touch is a powerful expression. You hug children when they are scared or touch them gently on their forehead to determine a fever. You lay a hand on the cheek of a loved one to show compassion, or massage a friend's shoulders to ease aches. The experience of being touched in a loving fashion is a blessing. Many older folks pine for that experience in their isolated years. Reiki embodies touch and provides an avenue to experience it in a nonthreatening way.

If you are interested in learning more, there are many books available on the subject such as *Essential Reiki* by Diane Stein. And, if you'd like to sample a Reiki treatment, find a reputable practitioner and open yourself up to something new and inspiring. Reiki may not be for everyone, but its possibilities for improved health abound.

Barbara practices Reiki and has used Reiki to help friends, relatives and animals. She can be reached at barbara.s.aiken@gmail.com

THE DARK SIDE OF GRANDPARENTING

I'm a new grandmother. While all the positive sentiments about becoming a grandmother are true, I'm also confused and feel a strange sense of loss. Yes, I am in love with this little baby and very grateful. At the same time, I'm unsettled by so many feelings. The maternal grandmother was present for the birth and seems to be taking a primary, rather possessive role. I feel like an outsider and hate myself for these teenage feelings of jealousy. I can't admit this to anyone because it seems so petty. I'm not sure what my role will be and feel lost. Help!

Congratulations on the birth of your grandchild. Indeed it is a wonderful thing and will bring you much joy. At the same time, your ambivalent feelings are quite natural. The barely acknowledged dark side of grandparenting includes the not-so-pretty stuff of insecurity, role confusion, boundaries, fear of abandonment and competition. Nope, you won't find these themes in a Hallmark card or a frothy article about patriotic crafts to do with your grandchildren for Independence Day. Your feelings of loss are quite common. When our children become parents, it seems that there is a true ending to their childhood and to our own role as a mother or father. The passing of the mantle of parenthood speaks to a poignant finality mixed with nostalgia for our own early parenting days. Memories arise with their powerful mixture of both joys and regrets, and we feel the passing of the years more strongly at these times of transition. Concerns about the specifics of our new role also abound. We may lament the absence of appropriate role models to guide us. Yesterday's grandmother (either our mother or our grandmother) probably did not work outside the home and may have lived closer by. Our grown children may have different expectations of grandparents and perhaps view us more as peers rather than the authority roles in which we viewed our own parents. This muddies the waters and leads to role confusion when we step into grandparenting our children's children.

Another source of unease may arise from the delicate relationships between grandparents and the spouse of their son or daughter. We quickly must learn to walk a thin line between offering support, but not being intrusive, and backing off at the risk of being labeled disinterested or uncaring. We ache to be consulted; we fear offering advice. It's a dance that is difficult to learn, dicey at best and impossible to master, but very worth working at because it is the only way to keep our family close. Finally, consider what we might call the dirty little secret of grandparenthood: competition. In some cases, economics evoke insecurity when one grandparent enjoys greater financial stability and can afford more treats. Maybe one grandparent is



nearer by or, perhaps, as in your case, one grandmother assumes a primary role. This can usher in a sibling rivalry-like cascade of emotions. One grandparent has described this as an “*uncomfortable and unwelcome popularity contest unlike anything since high school.*” Even though you may want no part of this competitiveness, it can feel nearly impossible to avoid. So, what's a new grandparent to do? Admitting these concerns, even to ourselves, allows us to stretch beyond clichés and stereotypes to more fully embrace this complicated, joyful, frustrating, awesome and important role. Confronting this darker side of grandparenting brings these concerns into the light of day, away from the shady corners of shame and denial, letting us know that we are not alone in our challenges, and giving us strength and joy for the journey.

Here are some lessons to hold close:

- Being a grandparent is a multifaceted, crazy, complex and rich experience.
- Old baggage and challenges may be triggered by these new relationships.
- We're not alone. Other grandparents struggle with similar issues.
- It's not about us. This is our child's journey, we are not in control and our role is to let go once again.
- Outdated role models no longer suffice. Our job is to forge and nurture new types of relationships with our children and grandchildren.
- Recognize feelings of competition as normal, but refocus your unique talents and interests on building a special bond with your grandchild.
- Our fierce and deep love for our children and grandchildren trump the challenges.

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

SUMMER QUIZ-ACROSTIC

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Directions

1. Read the definitions and supply the correct words over the numbered blanks.

2. Transfer the letters to the corresponding squares in the diagram.

3. Reading left to right, the completed diagram poses a trivia question. Words are separated by black squares.

4. Reading down, the first letters on the numbered blanks give the subject category followed by the answer to the trivia question.

A. Unsophisticated

B. Belief system

C. Pulsates

D. Terminal point (4 wds.)

E. Countrified

F. Harper Lee hero

G. Songbird

H. Poised

I. Turning

J. Soft feathers

K. Concentration

L. 1976 Peter Finch film

M. Site of 1968 Winter Olympics

N. Most petite

O. Old Testament Book

P. Zero

Q. DeGaulle, e. g.

R. Scraps

S. Height

T. With great strength

U. Datebook

V. Recoil (2 wds.)

W. Coarse, fibrous grass

76 49 130 118 28 162 148

5 59 164 150 46 73 25 129

37 83 177 66 13 22

125 2 52 167 111 174 94 69 12 134 146 156

138 102 32 122 78 20

16 93 143 36 6 120 157

153 7 39 50 85 61

171 98 75 112 19 55 144 31 90

54 24 10 92 101 68 180 168 135

62 173 140 160 87 29 108 3 51

97 41 107 147 58 133 72 119 26

161 47 104 15 137 179 115

44 109 176 67 81 141 128 53

100 1 158 48 77 145 116 60

27 175 80 152 99 131 18

114 43 86 159 71

82 35 21 136 65 123 91 169 8

151 182 155 74 106 89 23 40

95 17 38 163 57 121 84 9 70

178 110 34 124 96 79 63 165 172 14

30 127 45 117 64 154 181 139 105

132 4 149 88 166 126 142

11 103 170 33 42 56 113

Please visit amazon.com to order Sheila's book, **Quiz-Acrostics: Challenging Acrostic Puzzles with a Trivia Twist**, published by Puzzleworm.

Sheila can be reached at acrostics@aol.com or visit her web site: www.quiz-acrostics.com

Bring the Bay Indoors

By Henry S. Parker

Have you ever watched a barnacle feeding, its plummy appendages sweeping the water, fanning tiny morsels toward its mouth?

Have you noticed how a starfish walks, its tube feet acting like little suction cups as it pulls itself across a firm surface?

Have you seen a baby blue crab molt, shedding its old shell, leaving its body soft and vulnerable until its new carapace hardens up? Or observed a hermit crab hastily abandoning its outgrown home in favor of a larger one?

Chances are you answered “no” to all the above. Though these are every-day events, to see them in the Bay would require diving equipment, exceptional eyesight and infinite patience while dealing with murky waters, uncertain weather and ubiquitous annoyances like stinging jellyfish.

Better to bring the Bay indoors.

This is surprisingly easy to do. All you’ll need is a small glass tank, some inexpensive equipment, a nurturing nature and a well-developed sense of wonder. For an excellent, detailed guide, see <http://edis.ifas.ufl.edu/4h024> but here are the basic steps:

Assemble and Prepare Your Equipment.

These essentials will be available from a pet supply or aquarium store.

- **Glass tank.** A 10-gallon size is best, without any metal components, which could be toxic. Clean the tank thoroughly with unchlorinated water (dechlorination powder or drops are commercially available), and place it on a sturdy, level surface away from direct sunlight and heat sources and close to a GFI electrical outlet.
- **Filtering equipment.** To maintain tank water quality, purchase an external power filter or buy or make your own under-gravel filter. (See www.wikihow.com/Create-an-Undergravel-Filter-for-Your-Fishtank or www.youtube.com/watch?v=eM51JzDnKQM)
- **Aeration.** This ensures plenty of oxygen. Aquarium supply stores carry the necessary components, which include a small air pump, plastic hoses and tubes and air stones. Don’t cut costs on the pump—you’ll want one that’s reliable and will last for a long time. Be sure to mount it *above* the tank so water doesn’t back up into the pump if the power fails.
- **Plastic cover.** This will reduce evaporation and prevent critter escapes.
- **Aquarium net.** You need this to transfer animals in and out of the tank.

Add water.

Aquarium supply stores sell “instant ocean,” but a less expensive option is to collect natural seawater from an unpolluted area, transport it home in one-gallon plastic milk jugs (you’ll need at least a dozen for a 10-gallon tank), let it sit long enough for solids to settle out, then filter it through fine-meshed material like cheesecloth or old pantyhose. Fill the tank to within an inch or two of the top, and let it acclimate for a day or two, with the

filter system running before adding marine life. **Note:** Never try to move the aquarium after adding water. It’s too heavy and you’ll risk leaks or breakage.

Add critters.

Do this slowly, in stages, a couple of animals at a time and wait until they’ve adjusted. Some **do’s** and **don’t’s**:

- **Do** choose only common, abundant, and small organisms that live in the Bay’s nearshore shallow waters where they’re well adapted to changing conditions. Barnacles (small clusters on rocks do well); hermit crabs (include a few empty shells of various sizes); periwinkles; grass shrimp; little fish like mummichogs; and small starfish, mussels and blue crabs are good candidates. Learn all you can about these. The Chesapeake Bay Program’s Field Guide www.chesapeakebay.net/fieldguide is a great resource.
- **Don’t** overstock the tank. Too many animals will deplete oxygen and foul the water. One or two of each species should be fine, but add them gradually. **Note:** One very small crab is OK, but return it to the Bay when it gets bigger. Otherwise your tank will soon consist of a large, happy crab and little else.
- **Do** avoid larger specimens of fish, crustaceans or mollusks (like oysters and clams). They won’t do well and, if they die, you’ll have a smelly mess.
- **Don’t** collect uncommon or protected animals.
- **Do** check with state authorities if you have any questions: DNR Fisheries Service in Maryland (410.260.8317) or Marine Resources Commission in Virginia (757.247.2200).

Feeding.

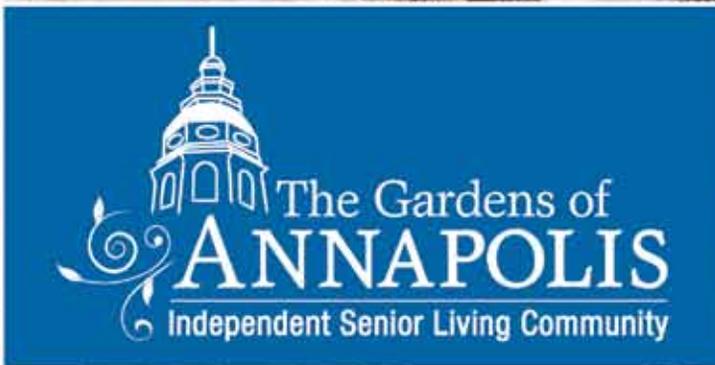
Fresh and frozen feed can be purchased from aquarium supply stores or to save money, make your own nutritious batch (a Google search will yield many options). A key caveat: **Feed sparingly.** Uneaten food will dirty the water.

Monitor and maintain your system.

Maintain water level, changing half the water in the tank every month or so. Remove wastes and dead animals without delay and clean tank sides regularly. Record observations frequently and keep a feeding and maintenance log.

Now go for it! When your seawater aquarium is up and running, you’ll have a fascinating living system, endless education and enviable fodder for social gatherings. Even better, if you have children or grandchildren, you’ll likely awaken or enrich their interest in the marine environment. And who knows? They may prefer it to video games.

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 hspshp@gmail.com



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