

Complimentary

Spring 2016

# Outlook

for the Bay Boomer and beyond

*by the Bay*

**Older Americans Month:  
Celebrate by Honoring Trailblazers**

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# OutLook

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

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## FROM THE DESK

Recently I went to some effort to sneak away to a quiet retreat so I could finish a nagging project. It was delightful. Talking was strongly discouraged -- close to prohibited -- and I was one of the few housed in the middle of 500 acres. Imagine my chagrin when guest No. 2 took up residence in one of the nearby rocking chairs, on the very private porch. She then pulled out her cellphone and proceeded to make a couple of insignificant calls. My response was nothing short of rude. I felt the need to point out the *rules* of a silent retreat. She was miffed. Thankfully, she took her cellphone and tromped off to who knows where, or who cares where. At least it was out of earshot!

This obnoxious habit of sharing bad manners with others could be compared to smoking! Each, in its own way, pollutes the air around us -- offending two of our senses -- smelling and hearing. The good news is, the percentage of smokers has dropped dramatically since the days of the Marlboro man. It peaked in the mid 1950s when close to 50 percent of the American population was busy making the choice between filters and nonfilters. So many of us would light up in a crowded room that it really didn't matter if we had our own mentholated Kent to inhale, all we had to do was breathe and we shared what everyone else in the room was puffing on.

Like most of my contemporaries, I was a smoker. The habit was obnoxious and like all smokers, we were insensitive to where and when we lit up. There was a complete lack of concern, an overabundance of poor judgment and offensive manners toward those sharing the same air space. But the information channels have done their job: Lung cancer has dropped dramatically since the outpouring of data on the toxic effects of inhaling a Camel or a Lucky Strike.

That, however, is not the point here. The point now is: Do we dare to hope that the cellphone will go the way of the Winston *that tasted good like a cigarette should*? One can only hope. Remember when smoking was accepted in movie theaters (New York), restaurants, crowded trains, airplanes, schools and hospitals? Once upon a time, a smoke-filled room was not a negative -- it was how it was -- and it was rarely questioned. Imagine if you will, someone today lighting up at a cocktail party or in a crowded office or an elevator.

No longer, however, are cigarettes the polluting habit of choice. Cellphones, the new contaminant, are creating a similar environment where bad habits are shared. And just as with the smoke-filled air of yesteryear, we are clueless as to how to curtail this new pollutant. Does one approach the user with words of disdain? Maybe point to the "No Cellphones" sign -- if there is one. Try as I might, I still haven't come up with a polite way of saying to the obnoxious user: Take it outside! And further, it's baffling how people can share so many intimate details of their lives, with others close by, who not by choice, are listening to the user's loud and boring conversation. There's also the imagined image the user presents: "*Do you know how important I am?*" If you were really that important, the conversation would be private and not for every innocent bystander. And then there's always, "But what if it's an emergency"? I must say in my advanced years, somehow, someway if someone wanted to catch up with me, they did, and that was without the use of a cellphone.

One can only hope that eventually phone usage in public places will be viewed as obnoxious and as unwanted as cigarettes. Perhaps people need to find a health reason, much like they did with smoking. Studies are currently underway suggesting there may be a correlation between phone use and brain cancer and possible genetic abnormalities, but nothing conclusive yet. There are signs that are beginning to appear in restaurants, and certainly we're all forewarned in theaters that phone usage is verboten. But there must be a more universal answer other than an awkward confrontation. How about more No Cellphones signs much like the No Smoking signs that are now almost unnecessary. I'm willing to listen to any options that lead to a polite but firm solution. How about you?



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### Bay Bytes

The farmers markets are opened and they can be found throughout the state. Log onto [www.visitmaryland.org/article/maryland-farmers-markets](http://www.visitmaryland.org/article/maryland-farmers-markets) to find hours and a location near you.

# Letters to the editor

## EARLY SPRING ARTICLES

I wanted to comment this morning on how much I enjoy your publication. I am a yoga instructor and I have read and will continue reading excerpts from your magazine to my class.

I particularly enjoyed the article on "Pave the way for Spring" and the Cherry Blossom piece. (I'm a native Washingtonian and did not know the history and symbolism.) My favorite this month was the article about "Living Deliberately."

Please thank your contributors for me!

Happy Spring and may this season bring you blossoms of hope, health and lasting friendships.

*Diane P.*

## CRUISE SHIPS

The article about retiring on the water was very interesting. Living aboard a cruise ship or taking back-to-back cruises is a great way to see the world and I have actually met some folks who travel that way.

I was especially struck by the information about the need for passengers to have good health insurance when traveling on a cruise; in fact, family members relayed their recent experience where two separate helicopter rescues and an out-of-the-way, 150-mile trip had to be orchestrated due to passenger illness. One helicopter actually landed on the ship. As a result, a prime destination had to be cancelled due to these delays, plus the ship gave them only \$18 per person in compensation. These medical emergencies they watched play out, however, really enforced their strong belief in good trip insurance.

*DM, Stevensville*

## HAVE THE TIME OF YOUR LIFE... NOW THAT YOU HAVE THE TIME IN YOUR LIFE.



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# May Is Older Americans Month: Celebrate by Honoring Trailblazers

By Leah Lancione

In April 1963 President John F. Kennedy and members of the National Council of Senior Citizens designated May as “Senior Citizens Month,” which is now observed as “Older Americans Month (OAM).” This is a time for older people—living or dead—to be recognized for great contributions to military or civilian life. Now the U.S. Department of Health and Human Services’ Administration for Community Living (ACL) presents the theme each year for the month-long commemoration.

According to the ACL website “every president since JFK has issued a formal proclamation during or before May calling on citizens to pay tribute in some way to older people in their communities.

In the past, OAM has been commemorated through ceremonies, events, fairs and other activities that, in part, raise awareness of issues facing older people. This year, the ACL theme “Blaze a Trail,” acknowledges trailblazing seniors who have changed their communities and encouraged others to get involved in initiatives and programs that support the elderly.

Earlier in the month the Maryland Department of Aging and Disabilities and the Agency on Aging Advisory Council, in partnership with the Anne Arundel County Department of Recreation and Parks, held a “Walk, Hike, Run, Bike to Blaze a Trail to Health and Wellness” at Kinder Farm Park to promote OAM and the many sponsoring organizations in place to help older Americans remain healthy, safe and well.

The Maryland Department of Aging asserts, “Older adults are a growing and increasingly vital part of our country.” In an effort to help seniors “blaze trails” as they age, the department suggests the following online resources:

- Brain Health: [www.acl.gov/Get\\_Help/BrainHealth/Index.aspx](http://www.acl.gov/Get_Help/BrainHealth/Index.aspx)
- Exercise and Physical Activity: <https://go4life.nia.nih.gov>
- Fall Prevention: [www.ncoa.org/healthy-aging/falls-prevention](http://www.ncoa.org/healthy-aging/falls-prevention)

- Healthy Eating: [www.choosemyplate.gov/older-adults](http://www.choosemyplate.gov/older-adults)
- Long-term Care Planning: <http://longtermcare.gov>
- Sleep and Aging: <http://nihseniorhealth.gov/sleepandaging/aboutsleep/01.html>
- Elder Fraud and Financial Exploitation: [www.stopfraud.gov/protect-yourself.html](http://www.stopfraud.gov/protect-yourself.html)
- Financial Protection: [www.consumerfinance.gov/older-americans](http://www.consumerfinance.gov/older-americans)
- Senior Corps: [www.nationalservice.gov/programs/senior-corps](http://www.nationalservice.gov/programs/senior-corps)

If you think it’s your turn to “blaze a trail” by volunteering or contributing your talents in some manner to better your community, consider some of the local nonprofit organizations that welcome folks of all ages. The Anne Arundel Volunteer Center ([www.aacvc.org](http://www.aacvc.org)) provides a tool that lists age-appropriate opportunities based on your preferences, including schedule type, distance, and so on. Nonprofits like Hospice of the Chesapeake, American Red Cross, Success In Style, Partners In Care, Anne Arundel County Literacy Council and more, look for willing and able individuals who want to make a difference.

If you already volunteer or want to brush up your skills or learn new ones before putting them to use, Anne Arundel Community College (AACC) offers senior adult courses at a reduced price in conjunction with local senior centers. Courses available include computer technology, healthy living, art education, weight training and more. For more info, call 410.777.1319.

No matter how old you are, it’s never too late to “blaze a trail,” start living a healthier more fulfilling life or contribute to your community.

## Bay Bytes

Tired of standing in line at the post office? It’s easier than ever to print postage to affix to your package or envelope. Log onto <https://postcalc.usps.com> where you will be guided through the easy process.

*A sailor learns a whole lot more when the seas aren’t calm.*

# GIVE A DOG A SECOND CHANCE

## Rescue Dogs Are Good for Retirees

By Joanne R. Alloway

Last year our two beautiful cats, Sabrina and Captain Hooks, passed away from different diseases. We had them for 16 years. During that time, I discovered I was allergic to cats. I took allergy medicines, but knew we couldn't get another cat. Several months ago I began searching for an appropriate dog. A neighbor said she found her adorable terrier mix at the Anne Arundel County SPCA.

Bev Pish, who has been a volunteer application counselor for City Dog Rescue (CDR) in Washington, D.C., for several years, helped me understand about rescuing a dog or a cat. She said that each time one is adopted, that animal is saved from the horrible life it lived before arriving at CDR. Adoption offers an animal a second chance for a good, long life and a loving home. And that rescued animal is saved from possible euthanasia at most shelters. It's never the fault of these pets that their owners abused them or left them without shelter, food or water. "Adoption makes space available for another pet to find a good home. It's a win-win situation," Pish said. ([www.citydogsrescuedc.org](http://www.citydogsrescuedc.org))

When asked if seniors make good adopters, Pish said rescue organizations don't record adopter ages. But we discussed CDR's "foster to adopt" program, which most rescues have, that benefit retirees. Simply foster the dog you chose for a week to see how it works out in your home. If it doesn't, the dog is returned and a refund given.

According to Pish, this rarely happens. It's like a trial run, but sets you up for success.

There are many reasons why older adults do well rescuing dogs, as opposed to buying one from a breeder.

- Retirees have disposable income needed to care for a pet. It can be costly, as some have special needs, and all need ongoing veterinary care and shots. That said, the "pets for patriots" program for veterans and military personnel waives the adoption fees for older dogs and cats, and gives a \$150 gift card for food and will microchip your pet. Log onto [www.petsforpatriots.org](http://www.petsforpatriots.org) for details.
- Dogs and cats make great companions – especially as we get older -- and are home more. It's comforting to have a warm pet snuggle up to you when you're sick, reading or watching television. And often, widowed or divorced retirees have a dog for safety reasons.
- It is well-documented that pets help lower blood pressure. They have a calming effect; most nursing homes have pets on wheels programs for residents. Dogs and cats interacting with residents is a popular activity for the elderly.
- Active retirees enjoy taking their dogs for car rides and on vacation. Some breeds are great for hunting, walking and hiking.
- Our generation is aware of the growing need to rescue dogs. We aren't tied to buying a dog from a breeder anymore, although there are purebred dogs at rescues. Rescuing a dog costs from \$250 to \$500.

## Adopting a rescue dog is made easier for older adults because:

- Many dogs are already trained on basic commands, crate training and some are housebroken.
- Rescue dogs are spayed or neutered.
- All dogs are up to date on shots and are tested for heartworms when put up for foster homes or adoption.
- "Adoptability" testing includes behavioral and temperament issues. The rescue also test dogs with cats and kids.
- Although most dogs were poorly treated at shelters, rescue and foster workers offer love and comfort; dogs learn to trust and form bonds.

At rescues, there are dogs of all sizes and ages. A dog of two years or older is a fair marker of its full-grown size. Generally it's best for seniors to adopt small to medium-size dogs. As we age, our muscle mass and strength decreases. Older dogs have outgrown lively puppy behaviors and are easier to handle. Canine breeds come with low, medium or high energy. Older adults do better with low- to medium-energy dogs.

If you'd prefer to rescue a purebred dog, got to [www.labrescue.org](http://www.labrescue.org) or [www.bassethoundrescueleague.net](http://www.bassethoundrescueleague.net)

*Joanne is a published author of two nonfiction books available on amazon.com She can be contacted at [jrwrite@aol.com](mailto:jrwrite@aol.com)*



# LIGHTING THE WAY

By Cindy Rott

Lighting your yard is almost an art form these days, especially when crime prevention experts promote it even further, saying that a well-lit yard is a great way to protect your property. Short of lighting up the entire area like Camden Yards all night, how does one find the happy medium?

**Sensor lights.** Yup, that's the answer. These lights turn on when there is movement in the yard from friend or foe, and turn off several minutes later when movement is no longer detected. Most movement comes from pests - human and animal, that will run when startled in the middle of the night by sudden bright lights. How many times have the raccoons created havoc in your yard? Sensor lights can help curb that behavior. Not to mention that sensor lights are helpful when we take the trash out and we're too lazy to flip the light switch. Sensor lights help save on energy too, by only being on for brief period you specify, instead of running all day and all night.

The good news: You do not need to hire an electrician or have an advanced degree in house wiring to switch to sensor lights. (If your current flood lights are located out of reach, you might want to think about hiring someone.) What you need can be found at most hardware stores and you'll find an even larger selection online.

Screw-in motion sensor switches are the perfect answer to already existing fixtures. Simply unscrew the current light bulb, screw the sensor into the socket, and then screw the light bulb back in, but this time into the sensor. This requires no further wiring, and will automatically turn on whenever movement is detected. This is also a fantastic solution for garages, closets and basements, places that tend to be dark and are often accessed for only a few minutes. You will especially appreciate it when your hands are full and the light switch is inaccessible.

The sensor for the outdoor floods retails for about \$35, while the indoor sensor bulbs are usually less. Do make sure you pay attention to whether the sensor is designed for indoor or outdoor use.

Solar lights are also interesting, in that these are even simpler and they too don't require any additional wiring. Pulling their power from the sun, they are easy to put anywhere you need them and can be found in complete kits. Many different styles are available to complement your yard or walkway. With all the Summer fun arriving soon with lots of opportunities to stay out late, isn't it time to light up the dark?



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# Eye Emergency Decisions Start with a Phone Call

By Scott Burge, O.D.

Most of us have experienced some form of eye pain event or a blurred vision event. When something happens, the question, "Is this an emergency?" comes to mind. You as the person with the symptoms as well as we, the doctors, and our staff often must make a decision over the telephone about the severity of the condition and the immediacy of care and treatment required.

Two questions determine how critical a condition is. "Is there any vision loss?" "Is there any pain?" The question of vision loss includes blurred vision, vision that is changing and worsening, wavy or distorted vision, disturbed or double vision, the presence of light flashes or something floating in the vision, as well as a section of missing vision that may be either central or peripheral. In other words, is your vision fine, or is something wrong?

The question of pain includes several categories. The eye may hurt so much that you are constantly covering it with your hand. The pain may be an intense ache or a sharp stabbing feeling. Associated with pain, there may be extreme light sensitivity, an intense headache and extreme tenderness to touch around the eye, as well as swelling and redness.

All of these vision loss and pain symptoms indicate the high probability of a serious medical condition. If the answer is yes to part of either question, then evaluation should occur the same day of the phone call. For example, a red eye that feels fine and has normal vision is most likely not an emergency and therefore does not require same day evaluation. However, seeing light flashes with something floating in the peripheral vision of one eye is likely the classic symptom of vitreous detachment which may cause or be associated with retinal detachment. This requires same-day evaluation.

Sometimes it is obvious that immediate care is necessary. Other times it's not. Also consider the tendency of people to deny the severity and significance of symptoms. Phone call assessment is a very important part of the health care delivery process. Never hesitate to pick up the phone and ask if evaluation is necessary. When answering your call, the front

desk is trained to determine the immediacy of your condition. If the eye hurts and vision is blurry, a variety of conditions requiring same-day care are possible. For the post-cataract surgery patient, there could be unexpected internal or external infection. For the contact lens wearer, there could be the sudden onset of a corneal ulcer caused by sleeping with lenses. For the gardener who gets poked in the eye while pruning bushes, there could be a scratched cornea or foreign body with significant risk of fungus infection from live plant material. Anyone working with chemicals ranging from common household cleaners, glue and stain removers to industrial agents that splash into the eye needs immediate evaluation for chemical burn.

Often one has symptoms which raise the question of a potential problem, however, what is going on is not obvious to the individual experiencing the symptoms. It is not normal to have eye pain, foggy vision and halos around lights, which collectively could indicate narrow angle glaucoma. Many people commonly write off symptoms to "allergies" or "tired eyes," when in fact a serious sight-threatening condition is occurring. The symptom of double vision could simply be caused by astigmatism and the need for a new eyeglass prescription. On the other hand it could be the result of a mini-stroke or a sign of uncontrolled diabetes. If the onset is sudden, as in, "Yesterday, I was fine, but today I'm not," that is a red flag indicating the need for same-day evaluation.

Prompt evaluation and treatment always assures a better outcome. When a section of vision is missing or very blurry vision, retinal detachment or a branch vein occlusion may have occurred. Treatment delayed for days or weeks will significantly reduce the possibility of saving or restoring vision. Be mindful of your symptoms. Do not deny that something is happening. Make the telephone call to the professionals who are there for you.

*For more information contact Maryland Eye Associates located in Annapolis or in Prince Frederick at 866.702.2020.*

## Bay Bytes

The farmers markets are opened and they can be found throughout the state. Log onto [www.visitmaryland.org/article/maryland-farmers-markets](http://www.visitmaryland.org/article/maryland-farmers-markets) to find hours and a location near you.

## Bay Bytes

A number of vegetables can be successfully grown in a pot or other container on your patio or deck. Log onto [www.vegetable-gardening-online.com/patio-vegetable-garden.html](http://www.vegetable-gardening-online.com/patio-vegetable-garden.html) for lots of practical ideas.

# A Safe Place Away from the Stigma

## *Substance abuse loss support group is a judgment-free zone*

By Elyzabeth Marcussen

Having someone dear to you in your life who suffers from a chronic illness is life-changing. As that person battles illness, you are typically there fighting for him or her, being there during the toughest treatments. If the illness should take their lives, there is great sadness for the loss after a long journey, but you are surrounded by a community who offers sympathy and assistance.

Unless that chronic illness is addiction and death is caused by an overdose.

“Until society accepts it as a disease, it will always be frowned upon about how (Ryan) died,” said Denise Williams. Her son Ryan Williams, a 29-year-old Northeast High School graduate, was waiting for paperwork to be squared away so he could start a recovery program for his heroin addiction. He told Denise, “I’m not going to make it.”

He died of an overdose a few days later. It was January 2015, the same month that Anne Arundel County Executive Steve Schuh declared the county’s heroin epidemic a “public health emergency.”

Three years earlier, Valerie Albee lost her 29-year-old daughter Mariah to a heroin overdose.

“I felt so alone. I didn’t feel secure in Severna Park. I felt people were judging,” Albee said. She now lives in Easton.

The guilt and shame that comes with death from substance abuse is one of the reasons why Susan Coale, a clinical specialist in bereavement at Chesapeake Life Center, created a grief support group for loved ones left behind. A service program of Hospice of the Chesapeake, the center not only provides grief support to hospice families, but also to the greater community suffering with a loss of any kind. Though people like Williams and Albee could find some benefit from a traditional grief support group, they could gain so much more by sharing with people who have felt the stigma that is unique to losing someone to addiction.

The group was a lifesaver for Albee. She had been attending the child loss support group before Coale started the substance abuse loss support group aptly named Together ... Silent No More. In that room once a month, those who feel trapped by the stigma that comes with the way their loved ones died are finally free to talk, unshackled by society’s judgment.

“It’s so comforting to know you’re in a group of people who are sharing the same pain you’re feeling,” Albee said. And though, as she said, “it’s a club nobody wants to join,” she also said “it is a safe place where we can interact. Sometimes you can get comfort from another member, and sometimes you can give it.”

“We all have so much anger,” Williams said. Since participating in the group she said, “I can feel myself getting calmer.”

Both women have found a new strength by attending the group, and have become vocal advocates so that substance

abusers and their families get the help they need. Williams speaks at recovery homes around the area. Albee founded Mariah’s Mission Fund, which provides resources to organizations that support families who have lost loved ones to drugs and alcohol.

Coale said it is typical for people who have lost a loved one to addiction to become activists. “Activism is a way to make meaning, and meaning-making is such an important part of healing,” Coale said.

These mothers want to redefine how the world sees their children. “(Ryan’s) death has defined him as opposed to his life defining him. And it’s not who he was.”

Albee shared the sentiment. “I don’t want drugs to define who Mariah was,” she told the *Talbot Spy*. “These kids don’t want to be drug addicts.”

*Together ... Silent No More is a monthly drop-in support group that meets on the third Monday of the month in the evenings. For information, call Chesapeake Life Center at 888.501.7077 or visit [www.chesapeakelifecenter.org](http://www.chesapeakelifecenter.org)*



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# CHANGE and Thrive

By Dr. Jim David

Whenever we discussed remodeling our kitchen, my wife Sue's position was an emphatic, "No!" I clumsily did my best to persuade her that it would be a positive change.

Our kitchen was dated. Formica was not in style. I hated the brown cabinets. Sue liked what she had.

Our stalemate endured for years. I would pester her. She would resist. I brought in remodeling contractors, but Sue remained unmoved. Sue could visualize every inconvenience, all the work, each speck of dust, every difficult choice or decision that had to be made. All I could see was the finished job and how strikingly attractive it would be.

What finally ended the impasse? Our contrasting personality types remained in place. What ended the struggle was the arrival of a charismatic contractor who won Sue's heart and mind. He had just the right amount of emotional persuasion and factual argumentation to motivate Sue to change her stance.

## CHANGE OR DIE

Alan Deutschman in his 2006 exploration of change, entitled *Change or Die*, posits a three-stage formula for change. His three stages are relate, repeat and reframe. Sue fulfilled the **relate** requirement in that she only became receptive to change when just the right contractor appeared. Take some time now to review your major life changes or decisions and notice that you may have been inspired by an exemplary person, group or community.

The second step or stage is **repeat**. Most of us know that we must repeat a new behavior many times for it to become habitual. Neuroscientists used to believe that our brains at maturity were fixed. Now due to magnetic resonance imaging (MRI) of our brains, neuroscientists are able to record and map brain changes known as neuroplasticity. When we relapse into an unwanted behavior it is simply a reflection that the earlier neural pathways have not yet been totally replaced by the still developing new neural pathways. Sue might still experience some residual misgivings about agreeing to the kitchen renovation, but as the renovation moves into fruition, she will gleefully embrace what she opposed for so many years.

The third stage is **reframe**. Reframing is our wonderful human ability to change our attitude. The perennial example is half a glass of water. Is it half-full or half-empty?

Our ability to fluidly reframe depends upon the strength of our observing ego. This is our uniquely human ability to assess the thoughts that come into our minds, evaluate them and then experience choice

or freedom in selecting our attitudinal stance. An added provision is having the mental agility to change our stance as new information becomes available. Mental fixity equates to a closed mind while mental fluidity equates to an open mind.

As we age, we may notice a tendency to stay with the "tried and true." Hopefully, we have transitioned from iceboxes to refrigerators but moving from CDs to iPods might be more challenging. Joyful aging would encompass our awareness of

our varying levels of resistance to change and laugh about it!

Another aspect of reframing involves our emotional motivation. If we made our living from football, we may resist believing that Chronic Traumatic Encephalopathy (CTE) applied

to our sport. (See the recent movie, "Concussion.") If we are connected to the fossil fuel industry, we may be loath to endorse global climate change. If we are a believer in a particular religion, we may fail to accept the value of other religions.

...we humans have ample knowledge available to us about effective methods of change but we don't seem to use what is available

## REVERSING THE SEQUENCE

Try reversing the "Change or Die" sequence of relate, repeat and reframe. You might achieve true and lasting change through reframe, repeat and relate. In the latter sequence, you would first change your cognitions, repeat them until you believe them, and lastly associate with people who subscribe to your new identity.

Taking time to reflect each day is undoubtedly the key to identifying any change we may wish to make. A first step in fostering intentional change is to become conscious of our self-defeating, unconscious defenses, such as denial and avoidance, that block us from change. The challenge for each of us is to

Why not let go of what you can't change?

identify the conscious or unconscious cognitions that keep us from changing.

Dean Ornish, in advocating intensive lifestyle changes to reverse coronary heart disease, says, "People don't resist change; they resist being changed." Kay Redfield Jamison, the famous psychologist and author of *An Unquiet Mind*, could only accept the reality of her suffering from bipolar disorder after many years of loving interventions from both her husband and her therapist. Bill Gates only became interested in philanthropy when he reframed his cognition from it being a burdensome, moral obligation to an opportunity to engage in intellectually, challenging discussions with geniuses.

After reflecting upon the many anecdotes of change, reported in *Change or Die*, it appears that we humans have ample knowledge available to us about effective methods of change but we don't seem to use what is available. The fascinating stories about General Motors Corporation, DuPont, Gore-Tex, Theories X and Y, Amazon, IBM, KIPP Schools and the Delancey Foundation attest to both resisting and embracing change.

While Buddha said, "Change is the only constant in life," we might be wise to live Martin Luther King's admonition, "We should not fear change, we should embrace it."

My formula is reflect, reframe, repeat and relate. But please take the time to create your own approach.

*Dr. David is a practicing psychotherapist in Silver Spring who adheres to positivity in all areas of life. Visit his website at [www.askdrdavidnow.com](http://www.askdrdavidnow.com) or email [james519@comcast.net](mailto:james519@comcast.net)*

## As we age, we may notice a tendency to stay with the "tried and true."

### Bay Bytes

If those mysterious birdcalls in your backyard have you stumped, log onto [www.enature.com/birding/audio.asp](http://www.enature.com/birding/audio.asp) where a recording can be heard to help in the identification.



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# LIVE ABOARD

By Susan Marchi

Have you ever wanted to live on the water but thought it was beyond your budget? My husband and I felt the same way until we took a dinner cruise on Smith Mountain Lake about 10 years ago and discovered that living on a houseboat just might be the answer to affordable lake living.

We began with an Internet search for “where to buy houseboats” and were surprised to find that land-locked Somerset, Ky., was the unofficial “houseboat capital of the world!” The lakes in that area are actually reservoirs built and managed by the U.S. Army Corps of Engineers. Since shore management limited availability to public and commercial development, houseboating became the answer to “living on the lake.” All shapes, sizes and types of houseboats are manufactured there.

As Fall approached, we continued our research and headed west to Somerset, a very rural area northeast of Knoxville, Tenn. We visited Conley Bottom Resort on beautiful Lake Cumberland where hundreds of boats of all sizes and shapes were docked. We were shown many houseboats and given lots of very useful information about houseboats and houseboat ownership.

After returning home filled with ideas and possibilities, we spent time reviewing the data and continuing our research. We returned to Conley Bottom and were directed to nearby Dale Hollow Lake, where we made the decision to purchase a 1979 Somerset which is 58' X 14' and about the length of a tractor trailer. An enclosed screen/isinglass area on the bow allows for outdoor living, rain or shine. A 14' X 10' open area located aft, as well as the top of the boat, offer areas for entertaining, reading or just relaxing.

Our boat has an aluminum hull, which is preferable to steel because of problems with rust. We also chose a flat hull rather than pontoons because of stability. The boats we looked at with pontoons tended to “rock and roll” at the slightest ripple.

Being rookies at boat ownership, we did not anticipate the challenge of finding a slip large enough to accommodate 58 feet. Luckily, after checking with all of the marinas around Smith Mountain Lake, we found one at the Virginia Dare Marina, where we joined a small community of houseboat owners. As houseboats have become more popular, many marinas are adding larger and longer slips.

Since a boat of this size must be trailered rather than towed, it was taken to the lake by a licensed boat mover. As you no doubt know, one doesn't buy a boat one day and bring it home the next. Permits must be purchased and approved by the states along the

route that the boat will be transported. Obtaining the permits is the responsibility of the movers.

Two months later we returned to Dale Hollow Lake and, like

new parents, accompanied our boat through Tennessee, Kentucky and Virginia to her new home on Smith Mountain Lake. At the marina, our boat was launched and we were officially living on the lake. As both my husband and I were retiring from careers in education, she was aptly christened “Recess Time.”

As a dock renter, we are required to sign a contract, which includes the rules and regulations. A slip rental fee is charged based on the length of the boat and whether or not it is under cover. Our fee is paid annually, but this varies among marinas. Access to drinking water is included with our slip rental but electricity, available from the dock, is a separate charge.

Most marinas require that your boat have a survey and a certificate of insurance before it may be docked. And as in most areas, boats must register with the state or Coast Guard and have the decals visible for inspection.

There are many different floor plans and one should think about wants and needs before selecting a boat. Our floor plan has a salon, galley, head with shower, a cuddy (small area) with a bunkbed, and a stateroom (master bedroom) with closets. There are many windows, which give us beautiful lake views and it is decorated with a “cottage” motif.

Although it was quite livable when purchased, we chose to do some remodeling over the years. We replaced carpet with hardwood floors, added cabinets with new countertops, painted the dark paneling bright colors and replaced the vanity and sink in the head. We also upgraded to a full-size refrigerator, and a new gas stove. Having an air conditioning and heating unit makes the boat livable year round. We added a microwave, dishwasher, satellite TV, many small appliances and a wine cooler.

We keep the boat stocked with both perishable and nonperishable foods as well as extra clothes and other essential items. This makes packing for a visit quick and enjoyable.

Owning a houseboat or a boat of any kind is not always fun and games, which is understood by most boat owners. There are motors to repair, leaks to fix, ropes to check and replace, and other types of ongoing maintenance.

Despite those chores, we thoroughly enjoy “Recess Time” and look forward to each and every visit to our home “on the lake.”

*Susan, a happy houseboat owner, can be reached at [tsmarchi@gmail.com](mailto:tsmarchi@gmail.com)*

# WHAT IS CAUSING THAT METALLIC TASTE IN YOUR MOUTH?

By Dr. Woody Wooddell and Dr. Joe Passaro

Does your mouth taste like you have been sucking on old pennies? While this is probably a strange sensation, especially if you have never experienced it before, the condition is generally more common than most people realize.

A metallic taste could be the sign of a serious illness like liver or kidney problems, certain cancers or undiagnosed diabetes, but these reasons aren't the most common causes and are generally accompanied by other, more pressing symptoms.

If a metallic taste is your only complaint, there could be several factors involved, and by better understanding what might be behind it, you can find a solution to eliminate this bothersome problem from your life.

## WHAT'S BEHIND THAT WEIRD METALLIC TASTE?

Unfortunately, there isn't one certain cause that is responsible for a metallic taste in the mouth, and there are a variety of factors that can be contributing to your condition. Therefore, it might take some investigative work to find out what's going on.

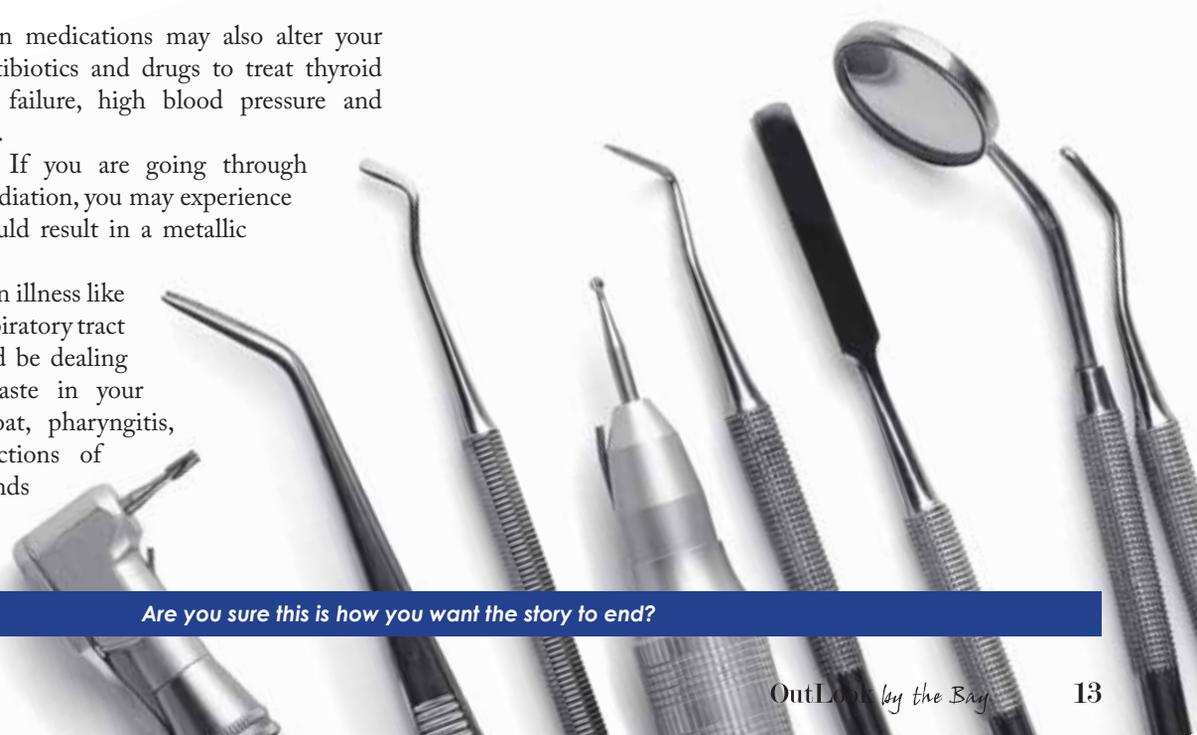
- *Common conditions.* Common conditions can result in an altered sense of taste, including smoking, dehydration, dry mouth and the normal aging process.
- *Injuries or trauma.* Injuring your tongue or mouth can affect your taste, especially if you burn or bite your tongue.
- *Chemical exposure.* If you were exposed to lead or mercury, inhaling high levels of these chemicals could produce a metallic taste.
- *Medications.* Certain medications may also alter your taste, including antibiotics and drugs to treat thyroid dysfunction, heart failure, high blood pressure and Alzheimer's disease.
- *Medical procedures.* If you are going through chemotherapy or radiation, you may experience dry mouth that could result in a metallic taste.
- *Illness.* If you have an illness like the cold, flu or a respiratory tract infection, you could be dealing with a metallic taste in your mouth. Strep throat, pharyngitis, sinusitis and infections of the salivary glands can also cause a metallic taste.

## WHAT CAN YOU DO TO GET RID OF THAT TASTE?

The treatment methods for ridding your mouth of that foul metal taste will vary depending on the source of the problem. If it is only a temporary sensation and not a symptom of a chronic condition, some home remedies may be useful:

- Increase your fluid intake. Drink a lot of water in order to relieve the dryness in your mouth.
- Keep brushing. It is important to brush your teeth several times a day in order to improve the taste in your mouth, ensuring that you are cleaning your tongue thoroughly.
- Brush with baking soda. Brushing your teeth with baking soda can neutralize the acids in your mouth, eliminating unpleasant tastes. You can also use it with toothpaste in order to improve your dental health and kill bacteria.
- Use a saltwater solution. Gargle and rinse out your mouth with saltwater frequently in order to get rid of this taste.
- Chew on herbs. Gnawing on a piece of clove or ginger can help to reduce the metallic taste.
- If you experience other symptoms or your quest to eliminate the metallic taste in your mouth is not effective, be sure to visit your dentist or physician.

*Dr. Wooddell and Dr. Passaro practice in Davidsonville. In addition to caring for their patients' dental health by offering general dentistry services, they provide expert restorative and esthetic dental solutions. Visit their website at [www.wp dentalgroup.com](http://www.wp dentalgroup.com) or call 410.956.5555 for more information*



Are you sure this is how you want the story to end?

# CHART YOUR COURSE: A LEGAL NAVIGATION GUIDE

## The Importance of Durable Health Care Powers of Attorney

*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

Every person aged 18 or older should have a durable power of attorney for health care. This document authorizes a named agent to make medical decisions for you if you are unable to make those decisions yourself. In addition to naming a health care agent, your durable health care power of attorney should also include an advance directive/living will that informs your agent whether or not you would want any life-sustaining treatments to artificially prolong the dying process if you are terminally ill, in a persistent vegetative state or at the end-stage of a condition -- evidenced by loss of mental capacity and complete physical dependency on others.

Everyone, I'm sure, remembers the Terri Schiavo case. She was 26 years old when she suffered sudden cardiac arrest and was taken by ambulance to the hospital for treatment. The doctors did everything in their power to resuscitate and treat her, but after a year, she was diagnosed as being in a persistent vegetative state. However, because she did not have a durable health care power of attorney or advance directive, her husband could not make the decision simply to withdraw the life support. Rather, he had to petition the court for approval. Not only was this a long, drawn-out process, but Terri's parents filed an objection and the case went on for 15 years before the life support was withdrawn and natural death occurred. It destroyed the relationship between her husband and her parents.

This case is instructive for several reasons. First, Terri did not make her wishes known regarding her end-of-life care so neither her husband nor her parents knew whether or not she would want life-sustaining procedures. Instead, both her husband and her parents had to guess what her wishes were. Second, she did not name a health care agent to make medical decisions for her so as soon as there was a disagreement between her husband and her parents, the courts had to intervene, which is not only expensive, but a lengthy process. Finally, it was the court that made the decision to terminate life support, not her husband or her family.

I cannot stress enough the importance of having a durable health care power of attorney and advance directive/living will. You do not want to end up in a situation like Terri did.

You should be clear about whom you want making medical decisions for you and what your wishes are regarding end-of-life care. You can name a spouse, family member, friend or other individual. When deciding who to select as your agent, you should consider the following:

1. Is your agent aware of your health conditions, allergies and any medications you may be taking?
2. Is your agent readily available or easily accessible in cases of emergency?
3. Will the agent be able to discuss medical care and end-of-life issues with you?
4. Is the agent able to adhere to your wishes and values regarding end-of-life care?
5. If there is a disagreement about your care, will your agent advocate on your behalf to make sure your wishes are followed?

Similarly, you should be clear in the document which, if any, and under what circumstances and for how long, you would want life-sustaining treatments. These treatments include resuscitation, mechanical ventilation, artificial hydration and/or nutrition either by tube or intravenously, antibiotics, dialysis, blood transfusions and diagnostic tests. Your advance directive also should advise your health care agent whether you would want pain management and palliative care even if it may shorten your remaining life, as well as your preferences regarding organ or body donation. Indicating your wishes now makes it clear, not only to your doctors, but also to your loved ones, thus relieving them from the burden of making these decisions in a time of grief or crisis. It also should eliminate disagreements among them as to your care. Finally, you may want to consider Docubank, or a similar outfit, that will store a copy of your advance directive online so you and your doctors have access to it 24/7.

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

Don't look back, you're not going that way.

# BEYOND SELFIES

Why not be smart about using your smart phone? Take a picture of any of the following to help you through your day:

- Where you parked your car.
- The ingredient list to take to the store for your next culinary masterpiece.
- Your license, insurance policy, passport and credit cards should they be lost or stolen. Store in a password-protected location.
- License plate for when they ask at check-in at your hotel.
- Your room number while traveling. Who hasn't forgotten this vital piece of information?
- Your hotel featuring the name.

- A flower or plant that you'd like to add to your yard. Show it to your nursery person for identification.
- Meds you are taking when the doctor asks for a list.
- Documents that you'll need to refer to later.
- Your treasures such as jewelry or sterling pieces should they be misplaced.
- Correct settings on your electronic equipment as well as one on the correct placement of all those wires coming out of the back.
- What you'd like your spouse to pick up at the grocery store.
- An article or ad that you want to remember or share.
- The listed hours of your favorite shop or restaurant.

These are just a few of the many ways to record and help you remember what passes through your life. Most of the above is not worth committing to memory so why not just snap a quick pic?

## Smile like a kid again.

Remember when you were a kid and nothing could keep you from smiling when the moment struck?

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Read our article "What Is Causing That Metallic Taste In Your Mouth?" in this edition of Outlook!

# ADULT SUMMER CAMPS: SOMETHING FOR EVERYONE!

By Joanne R. Alloway

Summer camp used to be just for kids. Can you remember packing up your children and happily sending them off to camp while looking forward to some quiet days ahead? Today, your kids may be sending their own children off to camp. Maybe it's time for our generation to do the going away, by trying something new and different this Summer.

As we've grown older, perhaps we've outgrown certain parts of camping – like the outhouses, bugs, the sleeping bags or tents. So today there are new ways to go camping.

When I first heard about “glamping” I was skeptical. Glamping being short for glamorous camping. This concept involves luxury tents with actual beds covered with high thread-count sheets, sofas, rugs and indoor plumbing. One such camp, the [Shelter Co](#) in New York, offers such a product for people who hate camping, but love comfort and the outdoors. Shelter Co will arrange an experience anywhere for groups, weddings or special events. Their products are available for rent and purchase ([www.shelter-co.com](#)). Another with a safari-like experience at Yellowstone National Park, [Mountain Under Canvas](#), has luxury suite tents with tubs, wood burning stoves, ceramic ware and firewood. View the photos to appreciate this glamping at [www.mtundercanvas.com](#)

Interested in opening a distillery, making or bottling spirits? [The Distilled Spirits Epicenter](#) is your camp. Downtown Louisville, Ky., is home to Moonshine University, Monkey Distillery and Challenge Bottling. They offer tours and classes by 50 industry experts. Later, you can drink the fruits of your labor. Accommodations are at the Brown Hotel ([www.ds-epicenter.com](#)).

## OTHER SITES WORTH A LOOK:

GrownupCamps [www.grownupcamps.com](#)  
Grown Ups Camp [www.grownupscamp.com](#)  
Chautauqua Clweb.org  
Camp Grounded <http://campgrounded.org>  
And many more listed on Shaw Guides  
[www.ShawGuides.com](#)



For boat lovers and crafters, [The Wooden Boat School](#) in Brooklin, Maine, teaches you how to build various types of wooden boats – or the use of boat builder's tools, craft models, kayaks, peapods and other wooden vessels – at varying skill levels. More than 30 classes are offered with onsite accommodations and meals; students pay additional for classes and boating materials. ([www.thewoodenboatschool.com](#))

Something for the many wine aficionados – [Sonoma County Grape Camp](#) – is a three-day event for ultimate wine and food lovers. It's held yearly in September during harvest season. Campers are in the midst of the action, starting early each day picking ripe grapes, sorting them and engaging in the winemaking process.

Each year the location within Sonoma is different, as is the camper's routine. The wine education and the wine and dinner feasts are reportedly fantastic. This would make for a great couple or girlfriend vacation. ([www.sonomagrapecamp.com](#))

This may sound more like a regular vacation, but it's [Travaasa-Austin, Texas](#) – an experiential resort offering a menu of guided adventures such as culinary classes, cultural encounters, spa treatments and wellness workshops set in the Texas hill country. Adventures include archery, horseback riding and zip lining. For fitness, the mechanical bull and Pilates are included. Culinary options include wine tasting, group cooking and demonstrations. Culturally, learn the harmonica or the Texas two-step. ([www.travaasa.com](#))

Live your life and forget your age.

Here are a few camps that are a bit wilder, less about learning and more about spontaneous fun. These are for *adults only*.

**Camp Throwback** – is in Clarksville, Ohio, offering the standard activities, combined with music, bonfires, bug spray and BYOB. This year it will run from June 2-5 and Aug. 11 –14. It is co-ed, but campers sleep in separate quarters, and must be over 21 years old ([www.campthrowback.com](http://www.campthrowback.com)).

**Camp No Counselors** – has locations in New York, Austin, Boston, Toronto, Canada, Chicago, Los Angeles, Miami, Michigan, San Francisco and Nashville. All the classic camp fun is planned at each location, including sleeping in co-ed bunks and partying under the stars, except there is an open bar all day. And there really are no counselors; few rules and no shoptalk or Wi-Fi ([www.campnocounselors.com](http://www.campnocounselors.com)).

**Club Getaway** – located on 300 acres in Kent, Conn. Club Getaway markets itself as

the original adult Summer camp. This year celebrating its 40<sup>th</sup> anniversary with special programs and rates. Accommodations are in chic, rustic country cabins, with air conditioning and private bathrooms. Pricing is all-inclusive, but most cabins are for three to four persons. Views are magnificent. Certain weekends allow children, such as Father's Day. ([www.clubgetaway.com](http://www.clubgetaway.com))

With so many new opportunities for adult Summer camp-style fun, one has to rethink vacation. Whether you try glamping or learn a new craft, you'll have something to share.

*Joanne is an Annapolis author of two nonfiction books, available on Amazon.com She can be contacted at [jrwrite@aol.com](mailto:jrwrite@aol.com)*

## Bay Bytes

If you're curious about this year's Maryland Senior Olympics, log onto [www.mdseniorolympics.org/events2016.html](http://www.mdseniorolympics.org/events2016.html) which features a list of events and how you or your team can participate.



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# THE HIDDEN SECRET OF OLDER ADULTS

*By Terry Portis*

Many people would be surprised to learn that the highest rate of suicide in this country belongs to people over the age of 45. According to the CDC (2010), the rate is 29 per 100,000 people. Compare this to the high school and college-age group of around 17 per 100,000. That means the rate for middle age and older adults is almost 60 percent higher than that of youth and young adults. The rate increases, as people get older.

This number is surprising because rarely do we hear about suicide attempts from anyone other than high school or college age young people. When was the last time you heard about a 70-year-old person attempting suicide? Could it be that families are more apt to say that the person had a heart attack or some other sudden illness?

Who is most susceptible? Men, first of all, are much more likely to do this than women. The highest risk factors are depression and isolation. 90 percent of older adults who choose to end their lives have some mental disorder (O'Connell, et. al, 2004).

For adults over 60, three groups are often identified as being especially at risk. Those who are recently retired, people who are bereaved, and people who suffer from chronic painful illness. We might also add that those who are terminally ill often consider suicide. More research is needed to understand each of these groups who are at risk.

## FIVE MYTHS

There are many myths about suicide that continue to pop up no matter what the age group. It is important to understand these so we might better help and support our family and friends who may be struggling with this issue.

### MYTH 1

People who threaten suicide are only seeking attention. If a person threatens suicide, you should take them seriously.

### MYTH 2

A person must be insane to attempt suicide. Don't expect a person to seem "crazy" before you are concerned about them.

### MYTH 3

Talking about suicide with a depressed person may prompt the person to attempt it.

### MYTH 4

People who attempt suicide and fail aren't serious about killing themselves. Just because the attempt did not succeed last time does not mean it will not succeed the next time. Do not minimize a suicide attempt.

### MYTH 5

If someone threatens suicide, it is best to ignore it so as not to encourage repeated threats. Pretending the problem doesn't exist will not make it go away.

It is particularly important to listen to a person who is struggling. Shutting down the conversation if the topic turns to suicide is not helping at all. You need to listen, don't try to argue the person out of a suicide. Show that you care.

## TWO RESOURCES YOU SHOULD KNOW ABOUT

These two resources are not just for the person who is suicidal, but can be used by someone who has a friend or family member in crisis.

The National Suicide Prevention Lifeline can be reached at 1.800.273.TALK (8255). If you go to their website at <http://www.suicidepreventionlifeline.org> you can open a chat window and be talking to someone almost right away.

There is also a crisis text line that can be reached this way: TEXT "GO" TO 741-741. If you have a younger friend or family member who needs help they may find this the easiest and least intimidating way to reach out for help.

Sometimes older adults are more embarrassed than younger people when it comes to struggling with thoughts of suicide. This does not need to be the case. Help is just a click or call away, in complete confidentiality with no judgment or second-guessing. There is no need to wait.

*Dr. Terry Portis is director of the Center on Aging at Anne Arundel Community College. He holds a doctorate in counseling psychology and can be reached at [tdportis@AACC.edu](mailto:tdportis@AACC.edu)*



# THE ANNAPOLIS YACHT CLUB GETS ITS START

By Ellen Moyer

It was a warm sunny Dec. 13. Local residents were putting finishing touches on their boats for the evening's lights parade when a cloud of smoke billowed up over Spa Creek. Within minutes the word was out. The Annapolis Yacht Club was on fire.

As it turned out, a spark from a Christmas tree, an artificial Christmas tree, started a string of events that couldn't be stopped before \$9 million in damage had been incurred, shutting down the popular Annapolis sailing center.

Ironically, it was another tragedy that spurred the founding of the AYC. In 1933, the Chesapeake-Potomac Hurricane of Aug. 23-24 unleashed major damage in Maryland. Thirteen inches of rain fell in a short time and the most devastating storm surges recorded, up to 12 feet, rolled up the Bay. So severe was the flooding that Sinepuxent Bay broke through the island of Ocean City creating a new outlet to the Atlantic Ocean. Storm surges along the Bay wiped out docks and piers and buildings. The United States Naval Academy suffered \$90,000 (in 1933 currency) damages. And the Severn Boat Club, the former AYC, lost its docks and clubhouse.

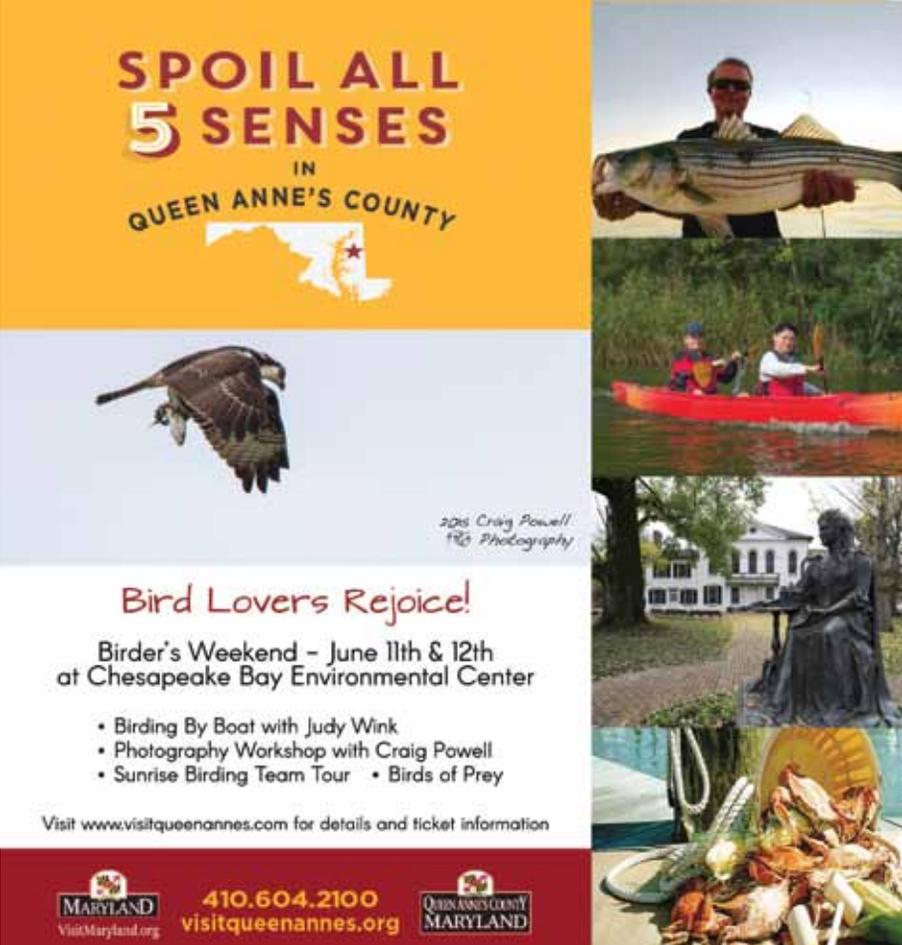
The Severn Boat Club had its roots back to 1886 as an informal canoe club. Within two years it had become more formal, with 30 members committed to building a clubhouse on a pile of oysters at the foot of Duke of Gloucester Street near a rickety wooden bridge across Spa Creek to Eastport. Within 10 years members were clamoring for a bigger clubhouse and wharfs, and so it was. By 1911 a club manager was hired at \$15 a month. The club sponsored shell and canoe races on Spa Creek, swimming races and diving competitions. World War I slowed things a bit and the storm of 1933 nearly wiped them out. The 100 members had little enthusiasm for rebuilding; these were, after all, the Depression years.

By 1937, however, the Severn Boat Club was renewed as the Annapolis Yacht Club and rapidly began regattas and a Fall series. Within 10 years, it inaugurated a junior fleet. The Wednesday night series ushered in by Gaither Scott in 1959 continues to this day.

The club has approximately 2,000 members. It owns four acres on the Eastport side of Spa Creek. It hosted the Star Class World Championship, the Rolex International Women's Keelboat Championship, initiated the Annapolis-to-Newport races and is a prominent fixture in international racing circles. Its foundation contributes to maritime-related charitable and education causes. Regardless of December's unfortunate incident, the membership continues to meet for now, in a temporary location at 12 Dock Street. Decisions on rebuilding are underway.

It would be interesting to know what those first guys, who back in 1886 pushed off in canoes from a pile of oyster shells would have to say about the evolution of their club. The Annapolis Yacht Club has come a long way.

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



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# CONTAINER COMBOS

By Neil Moran

As Spring gradually approaches around the Bay, it's time to think about what you're going to do with your garden containers. Planting a container of flowers is much like drawing a picture, except you don't need to be an artist to do so. All you really need is to choose plants that are suitable for a container and a specific location, an idea of what plants work together (including height and color combinations) and a quality potting mix.

Let's take a look at potting mixes first. Because container plants are going to be at the mercy of the hot Summer sun and drying winds, it is essential you start out with a good growing mix. Purchase a high quality mix, preferably one labeled "professional potting mix." You can beef up this mix by adding a sterile compost mix -- no more than a fifth of the mixture.

Before you're done getting your hands dirty filling the pot with a growing medium, thoroughly mix in a little slow-release fertilizer. This will provide a season-long feeding for your plants, keeping them healthy and vibrant. At this time you could also mix in a polymer gel that helps retain water in the pot. You'll find this sold in the houseplant section of garden centers and department stores

The next choice is a container. There are a lot of different types of containers to choose from these days, ones that will match the décor of your home or outdoor living space. Larger containers can hold more potting mix and thus need less watering. For very large containers, like the ones that are over 16 inches in diameter and nearly as deep, add a nonsoil substance to the bottom of the pot so you don't use so much of your precious potting mix. I like to use something that won't be too heavy or will restrict drainage, like wood mulch. Some folks also use broken terra cotta pots. Fill about one-third of the pot with the mulch or other filler.

Whatever style of container you choose make sure it has adequate drainage in the bottom of the pot. Plastic pots work just fine. You can usually get three to four seasons out of these before they become brittle and crack. In general, avoid pots that take away from the awesomeness of your plant display.

Location is not only important for a business. Plants are rather fussy when it comes to where they're placed, some doing much better in one location than another. I think all plants grown in containers, especially petunias, will benefit from a little relief from the hot sun during the day. If you must plant in full sun, plan on watering once, and perhaps even twice a day.

Now the fun part. Use some of the plants suggested below to create your Picasso. For a container combination to really stand out, arrange the plants according to color, size and texture. You will also need to provide a good focal point. This should be one

or more plants that really draw the eye; for instance, a tall plant such as Pearl Millet (*Pennisetum purpureum*), or a group of plants, such as six to eight bright red geraniums (*Pelargonium* species). Another flower that works well for a focal point and is often overlooked for containers is teddy bear sunflowers (*Helianthus annuus*). It may also come as a surprise to you that perennials also work well in containers. Some of these you may be able to move from a spot in your garden into a container.



Filler plants do just that. They fill in around a vertical plant. Choices for good filler plants include Calibrachoa (*Calibrachoa* species) and any of the petunia species. A plant that trails or spills over the side of the pot is also appealing to the eye, and include plants such as potato vine (*Ipomea batatas*) and lobelia (*Lobelia erinus*).

Edibles can also be used to make up a container combination. In fact, a current trend is to include attractive edibles in home landscaping, according to Jan Coppolla Bills, owner of the landscape company Two Women and a Hoe. She suggests Swiss chard and lettuce be planted up close to the house. I've used compact patio tomatoes, the cherry type,

in containers before as my vertical plant, which of course also furnishes me with a little nourishment later in the season. Flowering cabbage is also a good choice and will provide some late season color when your other plants are starting to wane.

## BELOW IS A LIST OF PLANTS FOR SUN, SHADE AND PARTIAL SHADE.

### PLANTS FOR A SUNNY LOCATION

- Petunias (*Petunia* hybrids)
- Calibrachoa (*Calibrachoa* species)
- Lantana (*Lantana comara*)
- Teddy bear sunflowers (*Helianthus annuus*)
- Zinnia (*Zinnia* species)
- Verbena (*Verbena* species)

### PART SUN

- Euphorbia (*Euphorbia graminea*)
- Spike Plant (*Dracaena* species)
- Begonias (*Begonia* species)

### PLANTS FOR SHADE

- Coleus (*Solenostemon scutellarioides*)
- "Tom Thumb Series" Impatiens (*Impatiens balsamina*)
- Wishbone Flower (*Terenia*)

# SPRING 2016

## NEW BEGINNINGS

It's Spring and time to review or kick-start all those wonderful resolutions made during the opening of the new year. Whatever it is or was, if you can read this, there's still time to get things going.

### SOME TIPS:

1. Have you been thinking of writing your memoir? Well get started. It can be as easy as speaking into your computer where the words will be typed in for you. Proof it and it's ready to print.
2. Make time to sit with a financial planner. Is everything accounted for and is it all where it should be? Make it easier for your heirs and get it all in one place in writing.
3. Organize your photos. They can be put on a disk or a computer program or how about a photo album or even a disk of your life through pictures? Not as complicated as it sounds. For assistance, Google organize photos.
4. Clean out, one step at a time. Start with your closet. When was the last time you wore those shoes that you just had to have? Go from that closet to the hall closet and then get into those kitchen cabinets. If it's iffy, box it up and store it in the garage or basement. If you haven't missed it or needed it after a couple of months – toss the box.
5. Take a hard, close look at all those books you've accumulated. Are you really going to read Dostoevsky's *The Brothers Karamazov* again? (Possibly you didn't get through it the first time!) Box them up and bring them to B.I.G. ([www.big-books.org](http://www.big-books.org)) so they can make a few dollars selling them or they'll send them overseas where they'll help students learning English.
6. If you haven't got a life plan in place already, now is the time to create one. If you do have a plan, this is a good time to review it. Any changes to your will and those inheriting? How about the DNR? Are you interested in long-term care? What's your next step: age in place, downsize to a condo, move to a senior village? This needs to be documented.
7. Clean out those drawers. Those are the ones so choked full they're hard to open. Do you really need 25 pairs of socks (some mismatched) or all those plastic spoons and chopsticks in the kitchen drawer?

8. Take a close look at your bills. Do you really need to pay \$300 a month for your Internet or television provider or iPhone, or even all three? Call them. Ask how the bill can be reduced.
9. Learn something new. It can be a foreign language, art, swimming, tennis or any activity that has you curious. Challenge yourself and have fun doing it.
10. Get out of your comfort zone. Volunteer at the hospital or with hospice. Or help kids read. Opportunities are endless for you to share or learn a new talent that you can than use. For an endless list of possibilities, log onto [www.aacvc.org](http://www.aacvc.org)
11. Meet new people. There are many ways of doing this. Try No. 9 or No. 10 above or join a club (political party, Rotary, active sports group, golf club, virtual yacht club, etc.) Or strike up a conversation with the neighbor you only see at the mailbox, or go further afield and lead a tour group. For many interesting opportunities out there that might peak your interest, log onto [www.coolworks.com/older-bolder/](http://www.coolworks.com/older-bolder/)

There isn't a better time than now to get going. And who knows where you'll be next year so why put it off?





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# Making the Most of Your iPhone

By Alexandru Tanase

Using symbols instead of written words is a normal thing today for mobile phone users and while understanding all of them can be a nuisance at times, knowing what they mean can be very helpful.

### Why is Apple using symbols?

Symbols offer a much simpler way to understand the function of specific features. You can immediately figure out what a symbol does but there are situations in which some of the symbols can be a little confusing. The main purpose remains to enhance the way you use your phone and figure out intuitively everything that's happening with your device. Simply put: Understanding the symbols first is worth it because it creates the ease of use Apple intended. Here are some of the most popular iPhone symbols and what they mean:

[Crescent Moon](#) – indicates that the Do Not Disturb function is turned on. This is a useful feature if you want to silence everything from calls, including vibrate, alerts or notifications on your iOS device. You should use this feature if you don't like the idea of being disturbed during the night, at the movies or any other “quiet time.” Should it be an emergency, the caller can place the call 3xs and it will bypass the silencer.

[Five increasingly higher bars](#) – are cell signal bars, which allow you to see if you are in the range of a wireless phone carrier. This way you can understand if you can receive calls or make calls to other users.

[Airplane symbol](#) – shows that all wireless features of the phone are removed, so that you can comply with the regulations. It's important to turn this on whenever you don't want to access any type of connectivity. It's what a flight attendant would call “airplane mode.”

[Three semicircular lines](#) – are Wi-Fi signal lines that will fill or stay empty based on the signal. The fuller they are the more signal you have and thus you can download information or stay online as you see fit.

[Two interconnected rings](#) – show your iOS device can create a hotspot connection and connect with other devices in that particular network.

[Loading circle](#) – indicates the network activity when you access the network. It will disappear when your phone isn't connected to the network or when you don't access the Web.

[Two round arrows pointing to one another](#) – shows your phone is syncing with your computer. You have the ability to access the content of your phone from your computer and the other way around.

[Phone with an arrow pointed toward the right](#) – tells you call forwarding is enabled on your phone and you can easily forward the conversation to another device.

[VPN](#) – alerts you that you are connected to a virtual private network that maintains your anonymity when you browse online, talk with others or send messages.

[Triangle pointing to the right](#) – shows audio is currently playing on your device and by pressing it you will be able to stop the song, the music player or just access the player and choose another tune.

[A clock](#) – an alarm is active. You will need to press on the alarm application in order to stop the alarm, otherwise it will stay active.

[Paper plane pointing upward](#) – signals that one or more applications are using the location services at that instant. This will usually be available for only a few seconds.

[B-shaped symbol](#) – confirms a Bluetooth connection that is active only when you see it turn blue. You can easily turn this on or off depending on your needs.

[Battery with a lightning symbol on it](#) – indicates your battery is charging and it will also showcase the current charge level. You will be notified in case the battery is depleted via a notification in this area and vibrating messages.

[Old school telephone symbol](#) – makes clear the device is compatible and configured to work with a TTY machine.

[GPRS/4G/3G/E](#) – shows that the device is connected to the GPRS, 4G, 3G or Edge networks.

For more information on these symbols, go to [www.iphonesymbols.com](http://www.iphonesymbols.com)



*If it's worth doing, it's worth doing in the last minute.*

# Emerging from Winter, A Dragonfly's Journey

By Nancy Lincoln Reynolds

The Chesapeake Bay area welcomes the return of the dragonfly as Spring and Summer emerge from months of hibernation. Mostly these creatures have lived as nymphs underneath the ice in ponds and streams. There they have been feeding and growing to become the adults that we will soon see, scurrying over the water's surface or resting on the tips of fishing poles and the edges of sails.

While traditionally thought of as a sign of good luck, richer symbolism dubs the dragonfly an "agent of change" because of its ability to adapt to differing scenarios. Dragonflies are able to maneuver in six different directions as needed and to fly at 45 mile per hour. Whether speeding, hovering, moving forward, backward, up or down, they do so flapping their wings just 30 times a minute. (Mosquitos flap their wings 600 times per minute, flies at 1,000 per minute to stay aloft.) Dragonflies adjust their direction according to need, and are apparently comfortable on land, in the air and over the water.

Adaptation. Change. Survival. These combine in the mature dragonfly that emerges from Winter in ways that allow it to live out its final days which, though brief, reveal an implicit wisdom about reaching potential through harsh conditions.

In almost every part of the world the dragonfly is believed to represent change in terms of self-realization. It is seen as representing the value of self-awareness about the meaning of life and one's place in it so that a person becomes in maturity transformed and able to meet potential. Such self-awareness and the ability to realize it into personal change is a gift of age. But it comes with a cost because, most often, self-realization is accessed through suffering of some kind.

In 1938 the doctor and psychoanalyst, Bruno Bettelheim, was deported to Dachau and then Buchenwald where he endured the torturous conditions of the prison camps. While there and until being liberated, thanks to a former child patient's father, Bettelheim realized that he was experiencing a disintegration of personality in himself similar to that of the unformed personalities in autistic children he had seen as patients. This awareness allowed him to focus himself on what was happening and on his response to the situation. He began to interview other prisoners when he had the energy, and was able to advance his therapeutic understanding about integrating a personality. This experience led to his eventual elaboration of his famous work in helping autistic children develop their own autonomous personalities.

While dragonflies, no doubt, have no self-awareness and no ability (nor need) to integrate and form independent personalities, the symbolism of enduring

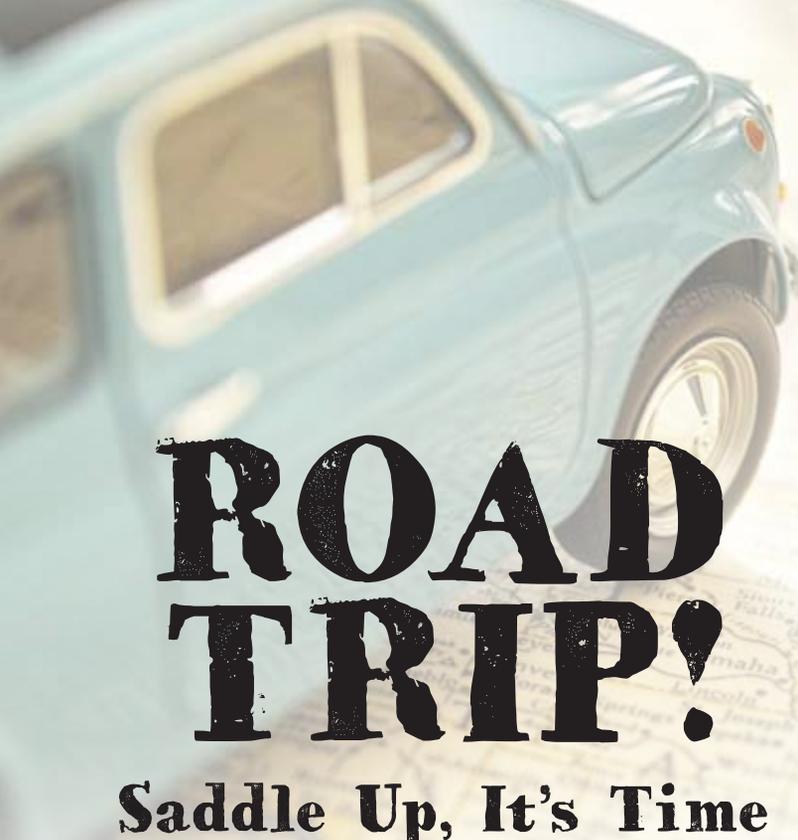
harsh conditions to emerge with full and mature potential from them still stands. Suffering is an inevitable part of life. It is not so much *what* trauma happens or has happened to us that defines who we are, but rather how we respond to it, how we adapt and use the experience.

Self-realization out of suffering, naming who we are in the midst of hardship (be that illness, loss or trauma) may determine who we become and how we live out our final years, no matter how long or brief they may be. In religious tradition, suffering is often seen as a means to an end. Christ is said to have been made perfect through suffering while the New Testament declares, "suffering produces endurance which produces character which produces hope which does not disappoint us." (Romans 5:4) Aspects of Jewish tradition see suffering as a function of finiteness and separate from a loving God who compels us to care for those who suffer. In any case, opportunity to bring something good from that which is not is offered as a form of redemption.

Next time you see the somewhat legendary dragonfly in all its apparent whimsy and independence, consider what it went through to get there. Ponder your own circumstance and maturing process, moving beyond its particular content to an experience of yourself in it. In that self-awareness, see what good may emerge to give you and the world meaning and purpose.

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





# ROAD TRIP!

## Saddle Up, It's Time To Hit The Road

By Phil Ferrara

*Road Trip!* The sound of that clarion call excites the hearts and minds of adventurous Americans. Ours is the land of pioneer-spirited people who travelled westward on the Oregon and Santa Fe Trails. It is the land of Manifest Destiny, the Louisiana Purchase and limitless horizons from the Atlantic to the Pacific Oceans. Road trips are in our DNA.

We live in a nation blessed with more than three and a half million square miles. That area abounds with world-renowned geographic wonders and historic and cultural sites. In our lower 48 states alone, there are 47 national parks, 13 presidential libraries and museums, hundreds of U.S. National Park Service national monuments and historic sites, and thousands of state and local museums and cultural sites. This myriad of attractions will satisfy the interests and curiosity of every American. They range from the depths of the incomparable Grand Canyon to the towering peaks of the rugged Grand Tetons, from the lights of Broadway's Times Square to the joyous laughter at Disney World. They span the continent from the museums of Washington's National Mall to the Gateway Arch over Saint Louis to the San Diego Zoo. Ours is a magnificent heritage.

No place else on earth affords its citizens the opportunity for extensive road trip travel with limitless destinations. A road trip will provide you with intellectual growth and stimulation and revitalize your psyche, as you marvel at the vast breadth and beauty of your country. All of this is available to you here in the USA in an affordable, convenient, and comfortable manner. The ability to get anywhere at any season of the year is facilitated by 40,000 miles of Interstate highways and several hundred thousand miles of state highways. You have the advantages of a single language, a single currency, and an extensive network of motels and inns offered by nationally recognized hotel companies. Other major advantages include manageable fuel costs, minimal tolls and no border requirements of passports and visas. In short, you travel with few encumbrances.

## HOW DOES ONE PLAN A ROAD TRIP?

**First**, identify the general area of the U.S. within which you wish to travel. Start from home with your own car, or fly to any major city that is centrally located for your intended road trip's route of travel. There you can rent a car, and begin the road trip.

**Second**, be sure that those who will accompany you are thoroughly involved in the planning and selection of sights to see on your road trip. Few things make a plan more successful than when everyone feels part of the decision.

**Third**, use AAA *Tour Book Guides* or a comparable company's products to select geographic locations, historic sites and parks that interest you. Focus initially on the sights to see that AAA labels as "Gems" in each state's tour book guide.

**Fourth**, ask friends and relatives to recommend places along your route that they may have enjoyed while travelling there in past years. Another trick is to "borrow" ideas of places to see from established tours offered by various travel companies that conduct tours in your intended road trip area. On occasion, my wife and I have duplicated a travel company's entire tour agenda, and followed it almost exactly with a few personal additions, but moving at our own desired pace of travel.

**Fifth**, once you have compiled a list of places you would like to visit, plot them all on the wide area AAA maps. Determine a logical route that will connect most, if not all, of your chosen tour sites. Add or delete destinations to fit the time and distance objectives you wish to meet. Never fear to over-plan places to see. You can always add or delete while on the road trip.

**Sixth**, pack seasonal clothing, maps and travel books, food, water, cameras, phones, medicine kit and any personal items. Use a checklist of things to do in preparation for the trip. We've used a comprehensive, one-page checklist for years to facilitate preparations for any trip. It eliminates forgetting to do things and relieves nearly all anxiety in the advance planning of travel.

**Seventh**, usually about at about 3 to 4 p.m. each day with the help of the *AAA Tour Book Guide*, we identify accommodations in a town along our upcoming route. Then we either call ahead to reserve a room or stop early enough to get settled and have dinner.

We almost never make advance motel reservations so we can be flexible about how far we can go each day. Some days we may complete the planned tour visits faster or slower than expected. Some days we might encounter an unexpected, interesting site that we really want to add to our itinerary. Flexibility is the key to optimizing the road trip.

Over the years my wife and I have taken scores of road trips that included extensive touring within all 50 states. Depending on the road trip mileage and the intervals between selected destinations, we have found that on any given day a road trip can involve 100 to more than 300 miles of driving along with the touring of several planned sites. Keep in mind that much of the U.S. is wide open road and sparsely populated, allowing you to go much farther than one might imagine.

Isn't this the ideal time to begin planning your road trip for an energizing, informative and invigorating adventure? Answer the lure of the road. The sights to see, the people to meet, the memories to collect will last a lifetime.

*Phil is an avid biker and traveler and can be reached at pferrara65@comcast.net*

# TRAVEL PREPARATIONS CHECK LIST

## TWO WEEKS PRIOR TO DEPARTURE

- Digital camera and photo cards ready
- Ample camera batteries and charger ready
- One-time prepaid ATM from AAA
- Extra personal checks to carry
- Maps and travel info obtained
- Plane, train, auto rental, etc., tickets and plans readied
- Passports, visas set out
- Newspaper notified of vacation stop
- Post office hold on mail done
- Lawn cutting arranged
- Suitcases out and some items readied
- Umbrellas or raingear ready if needed
- Cash from ATM gotten
- Gifts for hosts prepared
- Houseplant water arranged
- Pet upkeep planned
- Perishable food disposed of
- Adequate prescription medicines obtained
- Credit card companies advised of card use in what states and dates

## THREE DAYS BEFORE DEPARTURE

- Airline reservations confirmed
- Travel itineraries given to families, friends and neighbors
- Haircut done
- Lawn cut

## DAY BEFORE DEPARTURE

- Houseplants rearranged in one place for watering
- Suitcases and carry-on bags packed, clothing, medicine
- Camera with batteries or charger and cellphone with charger cable packed
- Passports and documents, tickets, maps placed in easily accessible tote
- Inside and outside fountains turned off
- Timer settings checked
- Pets, food and favorite toys delivered to kennel, etc.
- Sprinkler system set
- Nonessential items removed from wallets

- Taxi or car to airport arranged
- Tennis, hiking gear, laptop PC packed for trip
- Soon-to-expire items removed from refrigerator
- Laundry machine's hot and cold water valves turned off
- Refrigerator icemaker turned off and ice tray emptied

## DAY OF DEPARTURE

- Water heater power and valve to water heater turned off
- Main water inlet valve turned off seasonally if desired
- TV, cable unplugged
- PC unplugged
- Floodlights outside and front door lights set or set on timers
- Temps set at 78 F. for Summer, 62 F. for Winter, or as desired
- Phone recorder turned off for long trips
- Security system activated



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[www.hospicechesapeake.org](http://www.hospicechesapeake.org)  
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# ARE YOU PREPARED?

By Joan Amundsen

Unfortunately things happen, and usually when we are not prepared for them. Just in the past few years, here on the East Coast, we have gone through record snowstorms, Hurricane Sandy, tornadoes and major flooding. Many of us have lost power or have been forced to evacuate our homes.

## BUT ARE YOU PREPARED?

What would you do if you received a warning that you had to leave your home and you had only minutes to do so? The answer for me is to grab my “go bag,” which was given to me about a year ago by a local church group.

The idea of a go bag was first introduced to my area by our local County Preparedness Organization. The bags, made from a waterproof recycled material, are available to community groups and at this time are paid for by each group. My local church has chosen to distribute these bags to church members who they feel could make good use of them in an emergency.

Throughout our country and in most major cities there is an Emergency Preparedness Organization run by the county. Annapolis has its own page on Community Preparedness at [www.annapolis.gov/government/city-departments/office-of-emergency-management/preparedness/community-preparedness](http://www.annapolis.gov/government/city-departments/office-of-emergency-management/preparedness/community-preparedness)

You don't have to wait for your church or service organization to start passing out these go bags, it is very easy to put a kit together on your own.

The bags must be strong and waterproof. Some local box stores and supermarkets have heavy-duty shopping bags for sale that work well. You might prefer to purchase a zippered bag with pockets that can be found at most major department stores. A backpack or knapsack would make carrying it easier.

My go bag has a list printed on the outside of what items should be included. A few things not included on the bag's list are a night light to start using now. If you lose power, you are sitting in the dark and begin thinking, “now what?” This is when accidents

happen. GE sells a night light described as a rechargeable LED power failure night light. When the power goes out, the light stays lit; you unplug it and continue to use it as a flashlight. There are many different styles out there, just go to **Amazon.com** and search.

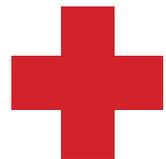
My family gave me a Sportsman Rayovac LED lantern a couple of years ago. It's only seven inches high, but certainly gives off plenty of light.

When it comes to radios, Wal-Mart has a large variety of battery-run weather alert radios that I consider essential. Batteries should be available but not installed.

Another thing to consider is making sure that you have enough cash on hand. If you are without electricity, chances are that so are the stores around you and credit cards will probably be useless.

If you do not have a cell phone then maybe now is the time to get one. Consumer Cellular and Jitterbug are just a couple of the companies that offer low-cost cell phones. They have plans as low as \$10 a month. Even if you don't make or receive calls, it is nice to know that you have a way of making an emergency call if it becomes necessary, or if you need transportation. Preprogram numbers to the phone that you may need. Good deals on these phones can be found through AARP or AAA.

## SUGGESTED CONTENTS FOR EMERGENCY GO-BAGS



|                  |                  |                              |
|------------------|------------------|------------------------------|
| WATER            | FOOD             | COPIES OF PERSONAL DOCUMENTS |
| FLASHLIGHT       | EXTRA CASH       | CONTACT INFORMATION          |
| RADIO            | BATTERIES        | EMERGENCY BLANKET            |
| FIRST AID KIT    | AREA MAP         | PERSONAL HYGIENE ITEMS       |
| WHISTLE          | MEDICATIONS      | CELL PHONE AND CHARGER       |
| ALL PURPOSE TOOL | MOIST TOWELETTES |                              |

There is one thing not on the list that I would not leave home without. If time permits when I am on my way out the door, I would probably unplug the external hard drive on my computer and drop it in my go bag. Mine contains copies of my photos, important documents and other papers and files.

Take the time today to put your preparedness bag together. With luck we will never need it, but who knows?

Your story isn't over yet.

# The Greatest Generation and Beyond

By Ryan Helfenbein

An elderly American absent-mindedly arrived at French immigration in Charles de Gaulle Airport and fumbled for his passport. "You have been to France before, monsieur?" the official asked. The American smiled and admitted that he had been to France before. "In that case you should know to have your passport ready for inspection," barked the ill-tempered officer. The American gently informed the Frenchman that the last time he came to France he did not have to show his passport or any other documents. "Impossible. You Americans always have to show your passports on arrival." The American gave the Frenchman a long hard look. "I assure you, young man, that when I came ashore on Omaha Beach in Normandy on D-Day in 1944, there was no one on the beach asking for passports." The Frenchman was speechless.

According to the National World War II Museum, out of the 16 million American veterans of WW II, it is estimated that less than 700,000 are still living today. This "Greatest Generation" of soldiers is comprised of what some refer to as the most humble individuals to ever serve our country. The majority of these honorable veterans lost family members, friends and comrades, sometimes right in front of them, but they rarely request any benefits for their time spent protecting our freedom. Fortunately for these heroes, and for those who followed, the Veterans Administration provides some of the most cost-effective burial benefits the funeral industry has ever witnessed.

Before we get into who is eligible for these benefits, let's first explore what these burial benefits are and what kind of savings they allow. Those who qualify for burial benefits may be eligible to select gravesites from several national or state veterans cemeteries, a headstone or marker, military funeral honors and a United States flag. The option of a state veterans cemetery, such as Crownsville Veterans Cemetery in Crownsville or Eastern Shore Veterans Cemetery in Hurlock, or a national cemetery, such as Arlington or Quantico National Cemetery, is something we are very fortunate to have so nearby. Arlington National Cemetery, for example, is one of the most highly requested cemeteries in the country, and is said to hold between 20 and 30 services for individuals from all over the world every weekday. With these burial benefits offered, it not only provides an honorable resting place, but a hefty savings on traditional cemetery expenses. The savings to an eligible person can be as much as \$5,000 in comparison to similar services in corporately owned private cemeteries.

How do people know whether they are eligible for these burial benefits and ultimately such a generous savings on cemetery expenses? In general, benefits are available to active duty members, honorably discharged veterans, spouses and dependent children. The Department of Veterans Affairs has the primary responsibility for verifying eligibility, but here is a quick guide for eligibility in each of the categories:

## VETERANS

Any member of the U.S. Armed Forces who dies on active duty or was discharged under conditions other than dishonorable and has completed the required period of service is automatically eligible.

## SPOUSES

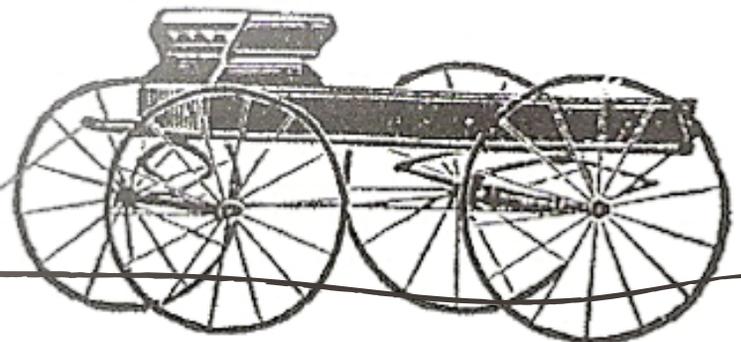
The spouse, widow or widower of an eligible veteran is also eligible with certain restrictions on subsequent marriages. If these benefits are used in a state veterans cemetery, there is a nominal fee associated for use of the spousal benefit (typically well under \$1,000).

## CHILDREN

Unmarried, minor children who are under the age of 21 (this age is extended to 23 for children enrolled in an approved educational institution) of an eligible veteran or active duty member of the armed forces are eligible. Adult children who are incapable of supporting themselves due to a permanent disability sustained prior to reaching age 21 may also be eligible.

The Veterans Administration does an admirable job in offering these benefits and giving a final "thank-you" to those who have served, but as Memorial Day approaches, don't forget how important it is for you to take a moment to recognize the service of those who have served or who are currently serving in the armed services.

*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*



By Louise Whiteside

Are you an apple or a pear?

No, I'm not talking about fruit! The terms "apple" and "pear" refer to the two most common body shapes of women. Being aware of your body shape can be a valuable guide to selecting a wardrobe that complements your loveliest parts and conceals your least lovely.

I suggest you start out by assessing your body, then comparing yourself to a piece of, well, fruit. Take a look in the mirror and decide which one you resemble most. If you're a pear, you tend to carry your weight below the waist, around your hips, lower abdomen and derriere. If you're an apple, you carry your weight around your middle and upper body. During this process, you may decide that you fall somewhere in between the two types, and that's fine. By learning how to draw attention away from problem areas, you'll be able to dress in the most flattering way for your body type.

Please note that being an apple or a pear does not mean you're overweight. Pears simply carry their weight below the waist while apples carry theirs around their midsection. The trick is to use your clothing in a way that makes your figure more proportioned.

*OK, what should I wear if I'm a pear?*

Your fashion goal is to elongate your figure so that you look less bottom-heavy. So ... wear something darker and more slimming on your lower half (for example, dark jeans or slacks, or a dark A-line or pencil skirt). Be sure that the bottom is a solid color and darker than whatever's on top. As a pear, you should try to direct attention to your top: Beautiful colors or prints, whimsical scarves, or long necklaces at the neck all serve the purpose of drawing the eye away from the hips. Some other suggestions for a pear-shaped figure: Pants that flare at the bottom draw the eye downward, away from the hip. A well-fitted tunic top gives an elongating look and makes you appear taller and more slender. A jacket that falls below the hips creates a long, lean line and covers the hip area. Attractive jewelry can accentuate your face.



*How can I flatter my figure if I'm an apple?*

If you're apple-shaped, you're fuller around the middle. Your legs may tend to be thinner and your derriere smaller and flatter. So ... you'll want to emphasize your strong points, your bust and legs, while de-emphasizing your midsection. If you're comfortable wearing a low-neck top, a V-neck sweater can be very flattering. If you have great legs, show them off by wearing a skirt that hits at the knee (or higher). An A-line skirt, which flares out from the waist, works especially well to give proportion to your upper half. A longer jacket, which falls at the hips, creates a long, slim line over the waist and tummy. Avoid tight knits on top, which tend to cling and accentuate this area.

### OTHER FIGURE FACTORS

*What suggestions do you have for someone who's five-foot-four or under?*

In this case, you probably shop in the petite department. To flatter your smaller form, you'll want to wear clothing that makes you look taller (and thinner). Wear vertical lines, such as stripes, or monochromatic colors -- colors in the same family. A vertical look gives a longer appearance. Avoid horizontal lines or contrasting colors on the top and bottom. Heels (as high as you're comfortable wearing them) will elongate your legs and give you a taller, leaner appearance.

*And what if a size 14 in the misses department is too small for me?*

That makes you a plus size. Women's plus sizes have become more and more popular and diversified in recent times, and there are stores that sell only plus sizes. You'll look better in solids or small patterns. A monochromatic look will help elongate your appearance, but you should also feel free to choose colors that emphasize your better attributes. Select some gorgeous jewelry, and give yourself a little extra height with heels. Avoid the mumu, caftans or other loose-fitting clothing. Contrary to what you may have been told, rather than concealing your size, these pieces make you look even larger. Instead, shop for clothes that flatter your body.

### SOME AFTERTHOUGHTS

A glove-perfect fit is essential for looking your best. Making friends with an expert tailor is one of your greatest assets as well as an investment in good foundation garments.

Whatever your size or shape, selecting a wardrobe that highlights your strong points and camouflages your least-favored ones will give you the poise and confidence to go anywhere and everywhere. And you'll just smile to yourself when someone asks, "Have you lost weight?"

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# Relocating Abroad After Retirement

By Joseph Shane

It's wise to begin planning sooner rather than later for life after retirement. Most importantly, where you will live and how you will manage the daily expenses, how you will organize assets, etc. Many people think about living in retirement communities for people at least 55 years old. Typically they are nearby safe places with all types of facilities and comfortable accommodations.

However, there are those adventurous souls who would prefer retiring abroad or relocating to a different country after retirement. This can be a good decision, but has its advantages and disadvantages. Much depends on the conditions of the country where you choose to live. As an American citizen, you may have to consider various diversities in foreign countries that may not suit you.

Keep in mind that relocating to another country is not easy. Multiple factors need to be considered and acted upon accordingly. For example, the political conditions in the country you choose, or the management of the assets from a distant country. Those considering relocation should weigh all aspects before packing their bags and passports to avoid possible future stresses.

Assuming that you've done your homework and have visited the country that's to become your future home, here are points that you'll need to think about:

**Location of family:** First and foremost is family. Relocation has a huge impact on the relationships among family members, even between spouses. It can have an immense effect on the family dynamics and may cause dissension before or after relocation. It is assumed before such a decision that your partner is as interested in moving as you are. Good communication and discussion is essential to avoid complications like blame or resentment afterward.

**Health care needs:** Before moving to a foreign country, you have to establish how you will take care of your health in that country. You should have complete knowledge about the cost and the quality of the services provided in your new home. Medicare is not generally covered while living abroad. For detailed information, log onto [www.medicareinteractive.org/](http://www.medicareinteractive.org/)

Many nations' health care facilities aren't as up to date as those found in the U.S. Often there is a lack of potential hospitals or good physicians and sometimes, even the most basic diagnostic equipment is not available. Some foreign hospitals lag behind in hygienic strategies, which can cause more serious problems. Often you can use private health insurance to meet the cost requirements, but be sure to become familiar with your policy as it applies to foreign health services. Information can be found at <http://travel.state.gov/content/passports/en/go/health.html> And be aware that should you choose to live abroad for a few years and return for medical services in the U.S., the premium requirement could be increased.

**Taxation rules:** If you are planning to move abroad in hopes of reducing taxes, you might have to rethink your decision. The

IRS will tax you even if you move to a foreign land. For detailed information, log on [www.irs.gov/Individuals/International-Taxpayers/Taxpayers-Living-Abroad](http://www.irs.gov/Individuals/International-Taxpayers/Taxpayers-Living-Abroad) If you decide to relinquish your U.S. citizenship, which is rare, you will be required to pay the tax as a nonresident person. And, if you plan on moving your assets to a foreign land, there are rules that are applicable for collection of taxes as well. The good news, however, is that a few countries, like Mexico and Canada, have certain agreements with the U.S. so you can avoid double taxation.

**Cost of living elsewhere:** If you are moving to a country where you'll be setting up housekeeping, the costs of living may be higher than in the U.S. The cost of furnishing, heating, electricity and water, groceries, cellphone and communication and transportation will be different, more in some cases, less in others. In some cases these costs might exceed your budget.

**Work opportunities:** Many retirees prefer working in a variety of sectors after retirement. But when you relocate to a foreign country, there may be some difficulties in finding an appropriate job. If that is one of your priorities, you should contact colleagues in your chosen field and gather information about the employment possibilities. In some foreign lands, U.S. citizens are not given the best job opportunities. This may affect your standard of living.

**Managing assets:** One key bit of advice is to have a local bank account in the country where you plan to relocate. This will help prevent the complications of currency exchange and ATM withdrawal charges. You may also want to research the frequency of cash flow because at times, the accounts get frozen due to repeated credit card accessing from a foreign country. Your financial adviser can explain the rules of how to manage daily expenses. It is also suggested that you research wills, local attorneys and financial laws in your destination country.

**Adjustment in a new environment:** Once you have settled in a foreign land, a retiree can begin to feel disconnected, especially when they aren't conversant in the local language or customs. If you aren't prepared to work on your communication skills, it is suggested you choose a location, which is somewhat similar to the U.S. Cultures and people vary in every part of world and this needs to be considered before permanently moving.

**Connection with people back home:** If you are leaving your immediate family members like siblings or children back home, you may have to find a way to connect with them often. Adjustments take time so you need to be in contact with your loved ones to not feel isolated. Friends and family members can be reached through email and online calling services. Make sure you have sufficient know-how about these facilities ahead of time.

For more helpful information on living abroad, log onto [www.americansabroad.org](http://www.americansabroad.org) and to keep abreast of what other expats are up to, log onto [Internations.org](http://Internations.org)

# Spring Fling of Flavor

By Barbara Aiken

Spring celebrations engender tantalizing menus, bringing folks around the table engaging in all manner of conversation and good cheer.

Farmers markets are in full swing and vibrant rainbows of produce spill from vendors stalls. Fresh peas in their pods, cucumbers, herbs, rhubarb and strawberries are just some of the seasonal treats to be found. Many communities celebrate this time of year with strawberry festivals. There are “pick your own” opportunities that make for a fun and rewarding day out with family and friends.

Peas are a favorite of mine and this pasta creation is always a hit when I dish it up. It’s easy, flavorful and perfect Spring fare.

## Penne with Chicken, Mushrooms and Peas

Serves 4

1 Tbs. extra-virgin olive oil  
2 large shallots, chopped  
½ cup frozen or fresh peas  
½ lb. penne pasta  
½ cup dry white wine or vermouth  
1 tsp. kosher salt

1 cup half-and-half or milk  
2 cups shredded or chopped cooked Chicken  
6 oz. sliced cremini or baby bella mushrooms  
½ cup grated Romano cheese  
¼ cup chopped fresh parsley  
½ tsp. freshly ground black pepper

Heat olive oil in heavy large pot over medium-high heat. Add chopped shallots and sauté 1-2 minutes, until translucent. Add mushrooms and sauté until tender, about 5 minutes. Add white wine or vermouth and boil until liquid is reduced by half, about 5 minutes. Add 1/2 cup half-and half or milk. Simmer until sauce thickens. Add the remaining 1/2 cup of half-and-half or milk, the frozen or fresh peas and chicken, and simmer for 10 minutes.

Cook the pasta in large pot of boiling salted water until tender but still al dente, about 10 minutes. Drain well. Add pasta to sauce and toss to coat. Add cheese and toss to combine. If you don’t have Romano cheese, use another hard cheese for grating such as Parmesan or Asiago. Taste for seasoning and additional salt and pepper if necessary. Serve hot, sprinkled with additional grated cheese and chopped fresh parsley.

If you don’t want to use wine or vermouth, use chicken stock. If you use milk, the sauce will be thinner than if you use half-and-half. To save time, buy a rotisserie chicken from your grocer instead of cooking your own.

This delicious pasta dish gleams with the brightness of viridian Spring peas. Serve it with a salad and some toasty garlic bread. To complement this meal choose a medium-bodied Italian sangiovese or nebbiolo, a pinot noir or a gently oaked chardonnay.

Most everyone loves succulent, ripe sweet strawberries. This is the time of year to get the most flavorful berries fresh from the fields. I know this recipe sounds a little odd, but give it a try; I think you’ll like it.

## Strawberry Festivals:

Benson-Hammond House Strawberry Festival, June 4. [www.aachs.org/events.php](http://www.aachs.org/events.php)

Cape St. Claire Strawberry Festival, June 4. [www.cscia.org/cape-st-claire/strawberry-festival/](http://www.cscia.org/cape-st-claire/strawberry-festival/)

Ridgely Strawberry Festival hosted by the Ridgely Lions Club, May 29. [www.carolinereview.com/ridgely-strawberry-festival](http://www.carolinereview.com/ridgely-strawberry-festival)

Sandy Spring Strawberry Festival, June 4. [www.sandyspringmuseum.org](http://www.sandyspringmuseum.org)

Somerset Strawberry Festival, May 13 and 14. [www.somersetmdstrawberryfestival.com](http://www.somersetmdstrawberryfestival.com)

St. Michaels Strawberry Festival - TBA [www.stmichaelsmd.org/st-michaels-festivals-and-events](http://www.stmichaelsmd.org/st-michaels-festivals-and-events)

For information on food-related festivals and “pick your own” farms, log onto [www.pickyourown.org](http://www.pickyourown.org)



### Spring Strawberries with Balsamic and Basil Serves 4-6

- ½ cup sugar
- ¼ cup balsamic vinegar
- 1 Tbs. honey
- Plain Greek yogurt

- 1 tsp. freshly ground black pepper
- ½ cup fresh basil leaves torn into small pieces
- 5 cups thickly sliced fresh strawberries

In a mixing bowl, stir together the sugar, vinegar, honey and pepper. Add the basil and strawberries and toss gently to coat. Cover and chill for at least 15 minutes or up to 2 hours. Serve in a festive coupe glass topped with a dollop of Greek yogurt and an extra drizzle of honey if desired. Garnish with a floret of basil, whole strawberry or both.

The balsamic brings out the deep red color of the berries and gives them a sweet-tart flavor that's addictive. The basil provides a nice hint of contrasting color and flavor, but you can omit it if you wish. Instead of yogurt, you can top these with vanilla ice cream or frozen yogurt. Whipped cream goes well, but I prefer Greek yogurt with these tasty berries.

Serve with a sweet dessert wine such as Sauternes. Slightly sweet champagne or other sparkling wine would also work well. In Maryland and elsewhere, you can find some lovely strawberry wines. One of these would pair beautifully with this dessert. Enjoy!

*Barbara has been cooking and baking for more than 40 years. Preparing delicious meals and pairing them with the perfect wine is one of her passions. She can be reached at [www.barbara.s.aiken@gmail.com](http://www.barbara.s.aiken@gmail.com)*

### Bay Bytes

If there's a pension that is owed to you log onto [www.pensionrights.org](http://www.pensionrights.org) or [pensionhelp.org](http://pensionhelp.org) where you will be guided through the process of locating a lost pension. A free booklet entitled *Finding a Lost Pension* is also available at [pbgc.gov](http://pbgc.gov)

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# BASIL BASICS

By Barbara Aiken

As our thoughts turn to the Spring herb garden, one of my favorites is basil, that fragrant herb of myriad uses. As you know, basil is used to make traditional pesto sauce so tasty atop pasta or spread on bruchetta. Throughout history, many uses can be found for basil: folkloric, economic, food-related and therapeutic.

It is believed that basil was grown and used more than 5,000 years ago in Asia and eventually found its way to Greece, England and the United States. In many parts of the world, basil is associated with love and attraction; it is also thought to bring good luck. Conversely, basil is linked to hate, danger and death. Today, it is used in the preparation of such items as soaps, perfumes, cosmetics and insect repellants.

Did you know that basil is part of the mint family? If you compare a mint and basil plant you will see the similarity in visual characteristics. Basil may be found in the familiar green color, however, there are stunning purple varieties that make a vibrant addition to the herb garden. There are many species of this annual herb—some are short and bushy and others tall and lanky. The flowers produced by basil range from white to mauve. Once the plants flower they will no longer form new leaves. To keep your plants producing those delicious leaves, cut flower buds off at the branch as opposed to pinching off the flower—this will prevent the floral buds from returning as quickly. The flowers are edible and can be tossed into a salad or used as a garnish. Use basil in flower arrangements for a stunning burst of herbal fragrance as well as for its color and form.

After our final frost, I plant sweet basil and purple varieties such as dark opal or ruffles. Ruffles has an interesting feathery ragged edge to its leaves, giving an additional layer of interest in salads or other fresh fare. Sweet basil is used most often in Italian cuisine and purple is used in Asian and Thai preparations, but you can mix it up. I love the look of a clear glass of icy cold, fresh-squeezed lemonade with a leaf or two of ruffles basil tossed in. Change up the familiar caprese salad and stack thick juicy slices of farm or home-grown red tomatoes with fresh creamy white mozzarella interspersed with purple basil leaves. Add torn, chopped or chiffonade of basil leaves to salads, fruit desserts, cakes, muffins or breads. Use your imagination. Basil tends to

blacken when chopped or torn; therefore it should be added to fresh dishes at the last minute.

Plant a bountiful harvest of basil and join the Summer tradition of many, making homemade pesto. This delicious and versatile sauce can be made in quantity and frozen for later use. Try it swirled into mashed potatoes, providing a pretty green color full of rich basil and garlic flavor. Slather it on French or Italian bread and grill for delicious garlic toast. Use it as a sandwich spread or add a few dabs to pizzas for a rich yummy touch. You can brush some over the top of grilled steak. The uses of pesto are almost endless.

As a medicinal, basil is touted as an anti-inflammatory and is high in antioxidants. Some folks find that tea made from basil leaves is calming and relaxing. Others like to lightly crush some leaves and apply

...USED IN FOOD PREPARATION FOR ADDED FLAVOR, MEDICINE TO AID AND PREVENT ILLS, AND EVEN RELIGIOUS CEREMONIES

them to insect bites to reduce the itch.

This heady herb may be started from seed or try to buy the most vigorous plants at your local nursery or garden center. Plants require full sun and grow well in many varieties of soil. These beauties like plenty of water, but need well-drained soil. Basil does well in containers out of doors as well as indoors. Consider planting basil among your ornamental plants for an unexpected pop of color, shape and fragrance. Harvest basil often to keep the plants healthy, strong and productive.

Basil may be dried, but the flavor will not be as luscious as fresh. It does freeze well for use in soups and stews and other preparations where the basil is not needed to perform in its pristine state. Freeze some in ice cube trays to pop into a flavorful ragu.

This fine herb has graced the tables of humankind for thousands of years. It has been used in food preparation for added flavor, medicine to aid and prevent ills, and even religious ceremonies. Breathe in the aroma of this ancient treasure and let your imagination inspire your use of basil.

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

# WHAT DOES YOUR HOME REVEAL ABOUT YOU?

By Kater Leatherman

If you want to know what your home is saying about you, look around. Our homes are an extension of us and taking a walk through each room is an opportunity to notice what is being mirrored back to you. If nothing else, it could be the start of your new *declutter* plan, ultimate organizing success or another personal growth experience.

Let's begin with the front entrance, also known as the mouth of the home. Is this the dumping ground for everyone's stuff when they come through the door? Do people have to navigate around the stroller, beach bags and sports paraphernalia? And are the coats packed like sardines in the hall closet? If so, this could represent a resistance to having people into your home, not to mention an energy drain to walk in and see so much stuff. Keeping this area clear, bright and welcoming is good for your mental health, too.

The kitchen, the heart of the home, is one of the most important places because it reveals how much we value our health. When was the last time you cleaned out your refrigerator and tossed old, moldy food? Is the pantry cluttered with foods that contain empty calories and ingredients that you can't pronounce? How about the expiration dates?

If you want to attract better health and feel good about taking care of yourself, detox and organize the kitchen.

The space where you share meals, the dining area or eat-in kitchen, also carries clues. If you're not eating around the table because it is covered with stuff, this might suggest unresolved conflict in the family. Clutter -- no matter where it lives -- is an effective distraction, one that can protect us from facing reality.

Now, onto the room that may be the first impression about how you and your family spend time together - the living room, den or great room area. Some consider this room to be the focal point of the home and the placement of furniture can determine what is important to you. If you want to encourage group gatherings and enhance conversation with family members, clear the clutter and create

a more functional seating arrangement. For peace and calm, reorient your furniture so that a comfortable sofa or chair faces a window looking out.

Moving along, let's take a peek into the most personal space of all -- your bedroom. This is the room where your spirit rests. Is this where you watch television or surf the Internet before retiring? If so, not only can this reveal the state of your love life but how much you value a good night's sleep, the time when your body is doing most of its repair work. While you're here, look around to see if your possessions support calm and tranquility.

And, how about those closets? If your habit is to get things out of sight, then this might parallel the way that you handle life's challenges. If what's behind closed doors is in disarray, and outward appearances reflect our inner selves, then perhaps you may have some work to do in your personal life.

Then there's the room that offers an opportunity to create wealth, prosperity and success -- the home office. Feeling bogged down with piles of paper can affect mental clarity, especially when making decisions. It may also stifle the energy you need to create a satisfying relationship with your work. Bringing order to this area can stimulate creativity and create more balance in your home life.

And, finally, the storage areas. Hoarding stuff in attics, basements and garages can mirror a need to hide our innermost feelings. Keeping unwanted possessions often go hand in hand with holding onto pain, anger and resentment. Loosening your grip on your things can help you release emotional baggage. Chances are if these areas are in order, so is your life.

*Kater Leatherman is a professional organizer, home stager and the author of *The Liberated Baby Boomer* and *Making Peace With Your Stuff*. For more information, go to [www.katerleatherman.com](http://www.katerleatherman.com)*

## Bay Bytes

Would you like to have an easy-to-prepare meal delivered at a designated time? Log onto any of these sites to find services that deliver to your door [www.blueapron.com](http://www.blueapron.com) or <https://marleyspoon.com> or [www.Plated.com](http://www.Plated.com)

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# ROCKY MOUNT:

## History, Music and Moonshine

By Ellen Moyer

Nestled in the beautiful western hills of the Blue Ridge is an 1854 manor house, home of the “Early Inn at the Grove Bed and Breakfast.” The Inn is named for Jubal Early, the Confederate general, who had his law office on this estate located in the historic district of Rocky Mount, Va., county seat of Franklin County (named after Ben) and dubbed “the Moonshine Capital of the World.” It was moonshine that drove the economy of this town in the 1920s in which, by some accounts, 99 out of 100 people were engaged in the illegal business of not paying excise taxes. The 2012 movie “Lawless” and books on the “Great Moonshine Conspiracy” and the trials of 34 moonshiners, shine light on this era.

Rocky Mount celebrates its heritage annually in April with a Moonshine Festival that includes great music, a Prohibition Era car show, crafts and tastings. Yep, moonshine is still being made.

The Bootleggers Café, recreated from the old Coca-Cola bottling plant, right across the corner from the “Early Inn at the Grove,” offers a taste.

Across the street from The Bootlegger, on state Route 40, is the Harvester Performance Center where regular music performances are featured. This is the beginning of the Crooked Road, a 300-mile music trail in Virginia’s southwest, featuring banjo and fiddle foot-stomping Appalachian Mountain music, the original entertainment for the restless, independent, Scotch-Irish who settled this wilderness area.

Down the road at Ferrum College, which was established in 1913 and affiliated with the United Methodist Church, is the official center for Blue Ridge Institute & Museum. The institute holds the annual Crooked Road Dulcimer Festival from May 26-29 with workshops, jams and concerts. The Blue Ridge Folk Life Festival on the fourth Saturday in October is not to be missed and the elegant “Early Inn at the Grove” is the place to be to explore this happening place of music and moonshine. If you are booked for a stay at the inn during the week, join in the authentic music jams at 9 a.m. at the local Dairy Queen.

The intersection of Floyd Street and Route 40 with the “Early Inn at the Grove,” the Bootleggers Café and The Harvester Performing Center is a vibrant corner. It has been here for 250 years. The first English Colonists came into the area in the 1760s following the Great Wagon Road, a 700-mile trail from Philadelphia to Savannah that followed the Great Warrior Trail of the Iroquois south for trade and plunder that followed the migrations of the buffalo. In the 1770s this was the heaviest traveled road in the entire South. At Roanoke, a spur, the Carolina Road, moved south through Rocky Mount. In 1770 an iron furnace was built and coveted by the British in the War for Independence. It is on the National Register of Historic Places in the Rocky Mount Historic District.

By the early 1800s tobacco land had been depleted in the tidewater and planters moved to the piedmont area with their slaves. Booker T. Washington, the great and most influential African-American orator, author and educator of the era, was born on a small plantation near Rocky Mount in 1856 where he lived until emancipation. The site is a national monument where one can see how slavery and the plantation system worked on a small scale.

- For more on the Early Inn at the Grove, go to [www.earlyinn.com](http://www.earlyinn.com)
- Find more on Rocky Mount’s history at [rockymountva.org](http://rockymountva.org)
- Got more info on Crooked Road festivals at [www.virginia.org/CrookedRoad/](http://www.virginia.org/CrookedRoad/)
- See events at The Harvester Performing Center at [www://harvester-music.com](http://www://harvester-music.com)

The Grove Manor House was built by John Hale, the major tobacco merchant in the area for his wife Margaret Ingles Saunders, a descendent of Mary Ingles, who was kidnapped by the Shawnee in 1755. Mary eventually escaped and walked 800 miles back to her home in Virginia. So important was tobacco to the area that it was in Franklin County that the process of making cigarettes was

developed and patented in 1880.

In 2010, to highlight and promote Virginia’s rich railroad heritage, the General Assembly established Rail Heritage Regions. For railroad buffs, Franklin County and Rocky Mount is a heritage area. Rocky Mount Train Depot was a rare station serving both freight and passengers. Built in 1907, it is now the Community and Hospitality Center and showcases the tools of the railroad era. In June, Southwest Virginia Antique Farm Days showcases its agricultural roots and legacy of the Germans who farmed the area at the nearby farmers market.

In 1880, Rocky Mount boasted a population of 319. Fifty years later the town had grown to approximately 1,400 where it stayed until the decade between 1960 and 1970 when the population grew by 184 percent to more than 4,000 where it has remained since. This is a small town where you can explore the move west, railroad heritage, the Civil War, Blue Ridge folklore, moonshine and the Appalachian musical heritage in a walk around a few blocks of the town’s historic district. Less than 300 miles south of Annapolis, Rocky Mount is the perfect place for a weekend away from home.

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

Be the strength. You never know who you're inspiring.

# TAKING CONTROL OF OTHER PEOPLE'S PAPER MEMORIES

By Kater Leatherman

So, you've already downsized and finally gotten organized. The only clothes in your closet are the ones you wear. You have chosen to keep possessions that you love, that are useful, beautiful or have sentimental value. What you own is sparking joy. That is, until you open the storage closet and see that old trunk and those forgotten cardboard boxes. You realize that you've been dragging them around for decades.

In them you will most likely find paper memories, things such as a manila folder with every record from your father's World War II days, old sepia photographs, your mother's calendar diaries, a postcard album from the early 19th century that belonged to your great aunt, your grandmother's handwritten list of all the places where she and your grandfather lived.

These have fallen into the seldom seen, soon forgotten category and, for the most part, nobody really wants them -- even your family members, unless you tell them you are going to throw them out and then they beg you not to. They want you to keep them so they don't have to. It's a quandary like no other.

So, what's the solution? One is to distribute. While it will initially create piles, they are temporary. The nature of getting organized is that things will get worse before they get better because you're pulling things out of closets, boxes and trunks. The alternative is to leave them for someone else to deal - or not deal - with. And that might mean that they end up in a landfill once you're gone.

To get started, here's how it works. Begin to go through and sort. There will be three categories: keep, toss, designate. You will toss as you go and set aside the things you want to keep. Then, designate one pile for each person. Piles might include one for each sibling, your children, relatives of relatives, cousins, maybe even a friend.

In those designated piles are things like pictures, letters, documents, records, brochures and miscellaneous mementos. If someone is in a photograph, or their parents are in a photograph or you know they have a memory associated with that picture or piece of paper, it goes in their pile. If you think a certificate or memento is of interest to them or it will inspire a memory or their name is mentioned in a letter that your mother wrote to your brother, it also goes in their pile.

When you're done sorting, each pile of memories will go in a mailing envelope to be sent off. Include a note stating that the contents are theirs to do with what they want, including any interesting facts about the enclosed mementos. Once they are in the mail, you won't believe how immensely satisfying it is to share your family memories in this way. You feel good about giving and they get to receive some "fun" mail.

Now that you have gone through what you want to distribute, set a limit by choosing one or two containers

for the things you want to keep. In it will be things that represent someone's legacy, things that you like, things that you will enjoy looking at from

time to time or things that are interesting.

If you can't get everything in the container(s), there's more culling to do. Toss those pictures of people and places you don't recognize, letters and cards with illegible writing and old restaurant menus with food stains. If it upsets you to see a picture of your grandfather looking emaciated after returning home from World War I, then let it go.

When purging old documents, tell yourself that recycling paper, no matter what it is, will generate a more useful product. Maybe you are keeping every Valentine's card that your father gave your mother. If so, keep the most charming two or three. Downsizing is about reducing volume, not getting rid of everything.

Be creative. If you have an abundance of old pictures taken of the house you grew up in, why not send them to the current owner? They, too, might enjoy something unexpected in the mail.

Paper memories can be harder to let go of than heirlooms, making them the last and deepest layer to get through. As you move through this process, be patient with yourself. Making an emotional decision about every item can be difficult and exhausting, so stop and take regular breaks.

The more you let go, the more comfortable you will become with being uncomfortable. You realize that their memories are not your memories and that the four walls around your life aren't going to collapse when you toss the invitation that your grandmother saved from her 80th birthday party.

Possessions, paper or otherwise, are like money. You can't take them with you, so you might as well either enjoy or share them. Chances are you won't miss anything if you never see it again. And if you do, it's OK. The memory is yours to keep.

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



# Let's Explore Cecil and Harford Counties

By Barbara Aiken

Harford and Cecil counties in northeast Maryland are just waiting to be explored. It's the perfect time of year when the trees are bursting with color and the land is popping with vibrant bulbs. There's a treasure trove to discover, so let's get started.

About 90 minutes from Annapolis, Conowingo Dam is a dramatic structure. This hydroelectric plant, built in 1928, spans the mighty Susquehanna River and is one of the largest of its kind in the U.S. Driving down Route 1 in Harford County, take a right before traveling across the dam into Cecil County and follow the signs to the viewing area. You'll likely spot folks taking pictures of the bald eagles that gather here.

Continue to Dove Valley Winery in Rising Sun, the first winery in Cecil County, and make friends with resident dogs Bentley and Panda. For a small sum you can sample wines produced at this family-owned establishment. They have numerous events during the year; be sure to check out their website. Before leaving, inquire about Gilpin's Falls Covered Bridge, one of six remaining such bridges in Maryland. The proprietor can direct you to its location a short drive away.

Gilpin's Falls Covered Bridge (1860) graces an area along Route 272. This deep rouge bridge is beautifully reconstructed. Stay awhile and take a walk through this visage of the past—wander down to the water and spread out a blanket for a picnic.

Onward to the area's second covered bridge, Fox

Catcher Farms Covered Bridge, also known as Big Elk Creek Covered Bridge (1850-1860), located within Fair Hill Nature Center. Follow signs to this majestic structure nestled over the creek. With the proper permits, you can catch and keep trout from

Big Elk Creek. This nature center is home to an equestrian facility and the annual Fair Hill Point-to-Point steeplechase event is held here each Spring.

By now it's time to check in to your bed and breakfast and relax a little after the discoveries of the day. A good choice

would be the Ship Watch Inn, ideally located in Chesapeake City. This inviting inn sits near the Chesapeake and Delaware Canal (C&D) and all rooms have access to deep porches facing the water. The view is stunning and you may see tugboats, freighters, barges or other vessels outside your door as they pass through this 14-mile long, 450-foot wide and 35-foot deep canal. Scrumptious

breakfasts are served al fresco on the porch or in the cozy dining room when the weather doesn't co-operate. Other fine choices for a stay in Chesapeake City are the Blue Max Inn, Old Wharf Cottage or Inn at the Canal.

Dining choices abound and the short drive to the town of North East will provide a memorable meal at Steak and Main where the food and service is outstanding. Ask to be seated in one of the window seats, which provide a perfect view of the charming street beyond.

After a good night's rest try the two-mile out and back walk to Turkey Point Lighthouse (1833) located in Elk Neck State Park. The lighthouse isn't

## EXPLORE:

- C&D Canal Museum; 410.885.5622; [www.nap.usace.army.mil/Missions/CivilWorks/ChesapeakeDelawareCanal/CanalHistory.aspx](http://www.nap.usace.army.mil/Missions/CivilWorks/ChesapeakeDelawareCanal/CanalHistory.aspx)
- Day Basket Factory; [www.daybasketfactory.com](http://www.daybasketfactory.com)
- Fair Hill Nature Center; [www.fairhillnature.org](http://www.fairhillnature.org)
- Historic Little Wedding Chapel; 410.398.3640
- Miss Clare Cruises; 410.885.5088
- Turkey Point Lighthouse; [www.dnr.state.md.us](http://www.dnr.state.md.us)

## Bay Bytes

Seasonal employment opportunities are available to seniors such as tour guide, hospitality, park ranger and many more throughout the world. Log onto [www.summerjobfinder.com/members/retirees/](http://www.summerjobfinder.com/members/retirees/) to find one that's right for you.

## STAY:

- Blue Max Inn; [www.bluemaxinn.com](http://www.bluemaxinn.com)
- Inn at the Canal; [www.innatthecanal.com](http://www.innatthecanal.com)
- Old Wharf Cottage; [www.bayardhouse.com](http://www.bayardhouse.com)
- Ship Watch Inn; [www.shipwatchinn.com](http://www.shipwatchinn.com)

always open, but the view from the surrounding 100-foot cliffs out to the Chesapeake Bay is majestic.

Stop by the Day Basket Factory, established in 1876, on the main park road. You may catch folks making these famous white oak baskets and find a creation you can't resist.

In existence for over 90 years, the Historic Little Wedding Chapel in Elkton has seen thousands of couples pass through its doors looking for a speedy wedding such as singer Billie Holiday and actor Cornel Wilde. This quaint chapel may be one of the last of its kind. While in Elkton, take a stroll around where you could stop by Lyons Pharmacy for a milkshake.

Back in Chesapeake City there are shops and antique stores to browse and historic homes to see. Visit the C&D Canal Museum or take a cruise with Miss Clare Cruises. After a spin around town, dinner is waiting at the Bayard House (1780). A

## EAT AND DRINK:

- Bayard House Restaurant; [www.bayardhouse.com](http://www.bayardhouse.com)
- Dove Valley Winery; [www.dovevalleywine.com](http://www.dovevalleywine.com)
- Lyons Pharmacy; [www.lyonsrx.com](http://www.lyonsrx.com)
- Steak and Main; [www.mysteakandmain.com](http://www.mysteakandmain.com)

window table overlooking the canal is the perfect ending to the day. Good food and a charming atmosphere abound in this eatery, famous for its Maryland crab soup.

Take the time to explore Cecil and Harford counties and experience their many charms. You won't be sorry.

*Barbara enjoys traveling as often as possible and can be reached at: [barbara.s.aiken@gmail.com](mailto:barbara.s.aiken@gmail.com)*



## Is Cremation a Consideration?

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# TIPS FOR PASSING THROUGH TSA WITHOUT ANY MAJOR HICCUPS

By Leah Lancione

Planning for your next dream vacation or even just a visit to a friend or family member? Well, besides planning your itinerary or packing bags, it's important to prepare for an encounter with Transportation Security Administration (TSA) at the airport. "TSA has evolved from a one-size-fits-all security screening approach to a risk-based, intelligence-driven strategy designed to improve both security and the passenger experience," says the administration's official website ([www.tsa.gov](http://www.tsa.gov)) of the Department of Homeland Security, which also lists prohibited items, special procedures, videos and travel tips.

It behooves travelers to find out in advance what items are to be checked in luggage or are suitable to carry on, or are prohibited. Since travelers are encouraged to get to the airport two hours before departure for domestic travel and three hours for international travel, why prolong the process? It is also recommended that travelers contact the airlines on their particular size restrictions for carry-on bags.

A good starting point before packing luggage is to take advantage of the, "Can I bring my ..." tool online that allows travelers to determine what to pack and what to leave behind. The rule of thumb is a quart-sized bag of liquids, gels, cream, aerosols and pastes is acceptable for passing through the security checkpoint, as long as those individual items don't weigh more than 3.4 ounces or 100 milliliters. This is called the "3-1-1 rule." Note that passengers need only a driver's license, military ID card or a passport as identification to board an airplane for domestic flights, but a passport is required for trips abroad.

TSA also offers a helpline called "TSA Cares" that provides travelers with medical conditions, special needs or disabilities assistance during the screening process. Such individuals can call 72 hours in advance of travel to get questions answered. Special precautions must be taken with labeling medications or any medical creams or liquids (in excess of the 3.4 ounces or 100 milliliters limit). For those with a disability or medical condition, you don't have to take your shoes off like everyone else, but they may go through a visual or physical inspection.

If you want to pack your own snacks, you are allowed to in a carry-on or checked bag, but it will go through X-ray screening and anything that is liquid, like juice, has to comply with the 3-1-1 rule. Items like fresh whole fruit are permitted in both, so if you don't like airplane food, taking a few apples or oranges may be a good idea.

If you're a frequent traveler, TSA now offers something called "TSA Pre," a new expedited screening process for passengers who qualify as low-risk. This program means that as a "trusted traveler,"

you don't have to remove shoes, laptops, 3-1-1 liquids, belts or light jackets during the screening. TSA Pre members receive a number to use when making flight reservations that will appear on your boarding pass. Participating airlines also designate special lanes for program members.

The U.S. Customs and Border Protection's (CBP) Global Entry program ([www.globalentry.gov](http://www.globalentry.gov)), available at major U.S. airports, is another shortcut for folks who travel abroad often. As a member of this program, you cut down on wait times, bypass long customs and immigration lines and gain access to expedited entry benefits in other countries. To apply, you have to create an account, complete an application and pay a \$100 nonrefundable fee. If your application is accepted, the CBP will alert you to schedule an interview.

The website [Independenttraveler.com](http://Independenttraveler.com) offers some additional tips for making your rendezvous with TSA swifter. "Stow everything except your ID and boarding pass in your carry-on bag," so that when you reach security, the site says, "you're not finding stuff in random pockets, messing with your phone, dropping credit cards and keys, and spilling cash all over the place." The goal is to breeze through the security machine without causing any delays. Another good idea is to take a mental inventory beforehand of the items you will have to remove, including shoes, belt, jacket and jewelry, as well as items in the carry-on that need to go through the scanner. If you don't wear slip-on shoes, consider loosening the ties or buckles beforehand so you can slide them off easily. The fewer items you have to remove and put back on, the faster you'll get through security and onto the plane.

Some experts advise travelers to scrutinize the lines in front of the scanning machines beforehand. For example, a longer line of couples or individual passengers may be quicker than a shorter line with families, little kids and or babies in carriages.

Now that you know what to do to whiz through TSA without causing a ruckus, it may be time to stock some supplies to support your airport preparation. [Amazon.com](http://Amazon.com) offers a wide range of TSA-approved 3-1-1 toiletries containers priced from \$6 to \$20, depending on how many you need. Also available, and maybe worth the investment, is a TSA-approved laptop bag that ranges from \$30 to \$250, depending on your style and size preference. Travel guide writer Eugene Fodor says, "You don't have to be rich to travel well," so it's quite possible that if you follow these tips and prepare in advance, your passage through TSA won't mar the beginning of your journey.

**If you're a frequent traveler, TSA now offers something called "TSA Pre," a new expedited screening process for passengers who qualify as low-risk.**

# TAKING CHARGE OF YOUR MEDICAL CARE

By Kathryn Marchi

During a recent medical event, it became clear that I had to better manage my own health care. At least five physicians were weighing in on my case and not all were in the same medical system. Each doctor requested appointments and testing, and to make matters worse, their offices were not nearby. A great deal of time was spent driving to one or the other.

At times two or three doctors wanted the same blood work and tests --- MRI, CT scan, PET scan, ultrasound and EKG. The referrals literally piled up on my desk. There were numerous medical records filed with individual doctors' offices. Pertinent information was shared with me by phone or email, but that didn't help with communication among the doctors. Something had to be done to collect and consolidate all of this medical data for dissemination to the proper sources.

Not long into this process I decided to start my own medical file and keep it at home, which was a simple "fix." I then decided to coordinate doctors' visits and the protocol they prescribed. The following is a plan, which may help you in making your medical care more organized and easier to manage.

- It is important to encourage doctors to talk to each other. Some will be willing to communicate with others and some have to be prompted. If you have a business card from a consulting doctor, leave it during your appointment and specifically ask that they speak to that doctor about your case. Sometimes all that is necessary is a phone call or email between doctors. As long as you are a patient of both, they can speak freely about your medical condition.
- If you have several referrals for the same test, such as blood work or an X-ray, schedule only one and ask that the results be sent to the other referring doctor(s) and to you for your files. This keeps you from having to repeat tests unnecessarily. Doctors will usually accept timely test results from other physicians, but they don't accept results of examinations by other doctors. Those must be repeated, especially if you are having a pre-surgical workup.
- With technology as it is today, information is easily shared through the Internet. Ask your doctor to send your scans or other test results to you and the other medical persons involved in your case. But always keep a hard copy for your own files for copying and hand-carrying, if necessary. Having a copy in your hands is more satisfactory than relying solely on the Internet.
- Many doctors have email addresses that they share with patients. When communicating your concerns or questions, email your doctor and include any other doctors that are involved. Just remember to keep it brief and only email when necessary. Absent that, call their scheduling nurse and

ask that a message with pertinent information about your latest medical test or appointment be sent to your doctor.

- If you are scheduled to have two separate tests at the same facility, call their scheduling nurses and try to set them up on the same day. This is especially important when undergoing procedures such as a biopsy or sigmoidoscopy that require anesthesia and a prep of some kind. It may take a little more time to schedule this way, but it does save running back and forth several times.
- One commonality for all of your doctors is an updated list of allergies and current medications. It is important that all of your medical caretakers have the same list. A good rule is to keep that list with you at all times.

As mentioned, communication among your doctors is very important in coordinating your health care. Absent that, a complete medical file kept at home will at least keep you in the loop and you can readily share with all of your medical professionals. It is usually necessary to be forthright and to remember to request the information, regardless of how it can be attained: personal delivery, faxing, emailing or regular mail. This series of steps is tried and true and worth any extra effort. Other than making your medical treatment much easier, it is a learning tool for you to intelligently discuss your health situation at appointments.

With this type of organization, you and your health care professionals should be on the same page. Doctors are invested in your health care and your efforts will ensure a proper diagnosis, outcome and follow-up from all parties involved, without unnecessary redundancy.

Remember, take charge of your medical care.

## Bay Bytes

If you've been curious about alternative medicine, a good site to find some answers would be at the National Center for Complementary and Alternative Medicine at [www.nccam.nih.gov](http://www.nccam.nih.gov)

# ESSENTIAL OILS: HEALING AROMAS OR JUST HYPE?

By Leah Lancione

Just think back to your grade school history class when you studied ancient civilizations. Do you remember reading about people using plants for medicines in addition to ritualistic ceremonies? What about the story of the three kings bringing baby Jesus gold, frankincense and myrrh? Well, the latter two gifts are essential oils. Just to give you an example of how essential oils have been regarded as a staple in many cultures' medicines and religious rites, in the Hebrew Bible, these two oils were "components of the holy incense ritually burned in Jerusalem's sacred temples during ancient times," according to [www.history.com](http://www.history.com). The ancient Greeks and Romans used incense, plant resins and essential oils to combat many ailments. "By this time, medical practitioners had recognized and documented the substances' antiseptic, anti-inflammatory and analgesic properties."

Today, frankincense and myrrh are still commonly valued for their therapeutic properties and used in Chinese medicine, Ayurveda (traditional Indian medicine) and aromatherapy.

...IT IS BELIEVED THAT THEIR AROMAS TRIGGER RECEPTORS IN THE BRAIN.

## WHAT ARE ESSENTIAL OILS?

So what are essential oils exactly? According to PubMed, "essential oils are the basic materials of aromatherapy. They are made from fragrant essences found in many plants. These essences are made in special plant cells, often under the surface of leaves, barks or peels, using energy from the sun and elements from the air, soil, and water." (Go to [www.ncbi.nlm.gov/pubmedhealth](http://www.ncbi.nlm.gov/pubmedhealth))

Essences are extracted, distilled with steam and/or water from plants or are mechanically pressed to make essential oils.

There are over 200 commercially available essential oils. The University of Maryland Medical Center (<http://umm.edu/>) says each essential oil contains its own mix of active ingredients that determine its purpose. "Some oils are used to promote physical healing while others are used for their emotional value."

## HOW ARE THEY MADE?

The second edition of *Essential Oil Safety* by Robert Tisserand and Rodney Young explains that the primary method for isolating essential oils in ancient times was hydrodistillation, or boiling the plant in water. A modern process entails letting

steam pass through the plant. "The use of water or steam subjects plant constituents to lower temperatures than would be needed for simple distillation, and is preferred because it carries a lower risk of decomposition."

## WHEN DID THE USE OF OILS BECOME POPULAR?

Historians trace the use of plants for medicines, herbal remedies, religious rites and fragrance cosmetics, back to the ancient civilizations of China, India and Egypt. In her book *Authentic Aromatherapy*, Sharon Falsetto reveals the Egyptians "not only used the plant itself for various ailments and religious practices, but the oil extracted from such a plant was used to heal, perfume and beautify, too." She notes that hieroglyphics depict images of the uses of aromatic plants.

The ancient Greeks and Romans also employed herbs for medicinal, cosmetic, therapeutic and hygienic purposes. Hippocrates, who is commonly known as "the father of modern medicine," is believed to have promoted the medicinal benefit of fumigation with aromatics and even used it in Athens to combat the plague." (See <http://essentialoilsacademy.com>)

## WHAT ARE SOME OF THE MODERN USES?

Essential oils are used aromatically, topically or in a bath, internally or externally (around the home). Aromatherapists, nurses, physical therapists, pharmacists, and/or massage therapists, as well as educated consumers, can administer topical or aromatherapy treatments, however, only qualified practitioners should prescribe taking essential oils by mouth. Some essential oils are actually toxic if consumed.

In some countries in Europe, it is actually common for patients to be given a choice between a traditional medicinal treatment and a natural remedy involving essential oils. Pharmacies have both prescription medicines and holistic alternatives like essential oils.

The term aromatherapy (the treatment of disease and injury using aromatic essential oils) was



coined by French Chemist Rene-Maurice Gattefosse, who experimented with the medicinal uses of essential oils on soldiers during World War I. Legend has it that he discovered the therapeutic properties of lavender essential oil after burning his hands and arms in a lab experiment gone awry. After placing his hands in a case of lavender, he sustained minimal tissue damage or scarring, thanks to the healing properties in the lavender oil.

There are many reports of essential oils' healing and antiseptic properties against bacteria with some being more effective than others. Some essential oils also work well in concert with antibiotics or prescribed drugs.

### WHAT AILMENTS OR CONDITIONS DO THEY TREAT?

Many people use essential oils to contend with:

- A medical condition including relief from nausea, constipation, arthritis, insomnia, wounds, scars, ear infections and inflammation.
- To elicit a mood or mental state such as seeking tranquility, calm from stress, reduced depression or relief from anxiety.
- To effect an emotional or spiritual response as in enhancing relaxation, complementing meditation or freshening the air.

The range of potential uses is endless, from relieving anxiety, to alleviating pain from an injury or medical condition, soothing a bite or burn, improving concentration, eliminating odors, correcting skin

disorders, easing premenstrual cramps, improving circulation, calming babies, diminishing swelling and combating congestion, to name a few.

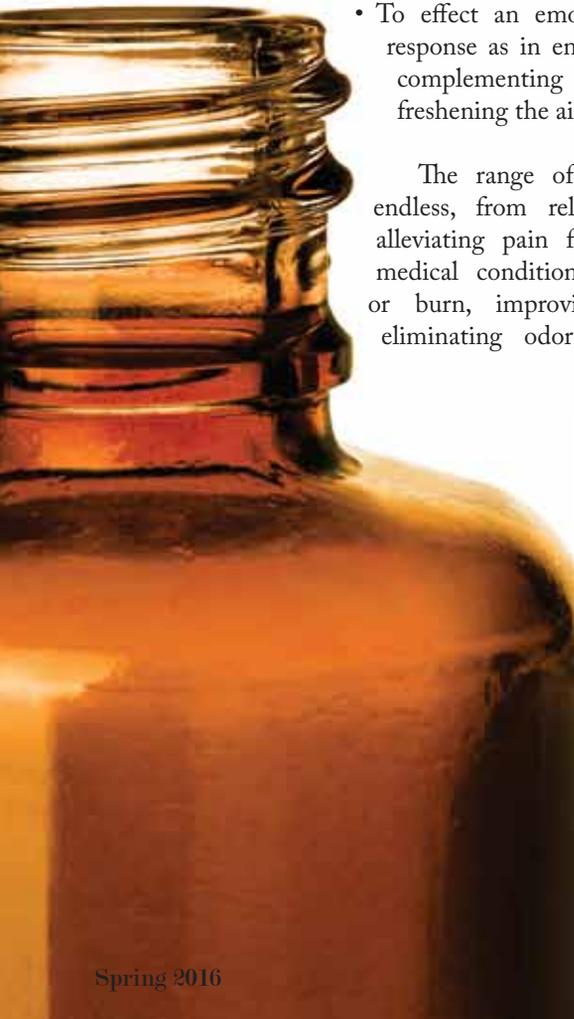
Though researchers say there isn't conclusive evidence defining how essential oils work specifically, it is believed that their aromas trigger receptors in the brain.

### SAFETY PRECAUTIONS

Tisserand and Young's *Essential Oil Safety* offers the following general safety guidelines to prevent adverse reactions:

- Do not apply undiluted essential oils to any part of the body.
- Before applying to the skin, essential oils should be appropriately diluted (depending on the oil used).
- Adding undiluted essential oils to bathwater is not advised.
- Individuals with a personal or family history of atopic dermatitis, a history of skin contact allergy or perfume allergy, or a current skin condition, may be at greater risk of adverse skin reactions.
- Undiluted essential oils should only be bought in bottles fitted with integral drop dispensers.
- Child-resistant bottle caps should be used for the more toxic essential oils.
- Keep essential oils away from children.
- Do not ingest, essential oils are for external use only.

If you want to try your hand with essential oils, it's a good idea to first check out the National Association for Holistic Aromatherapy's website ([www.naha.org](http://www.naha.org)). The site lists educational resources and also has a search tool for finding an aromatherapist near you. He or she will instruct you as to which essential oils to use for particular conditions and how to apply them. Wherever you purchase the essential oils, whether from an aromatherapist, online, or in a store, it's important to make sure the label says 100 percent pure.



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# BOOKS:

## *Old, New and Obscure*

### THE BOOK OF UNKNOWN AMERICANS

By Cristina Henriquez  
Random House, New York (2014)

With immigration being such an important and timely topic in an election year, *The Book of Unknown Americans* is especially relevant.

The setting is a small town in Delaware, just over the state line from Pennsylvania. Somehow we don't often think of Delaware as a place where immigrants would settle. The Rivera family has risked everything to travel from their comfortable existence in Patzcuaro, Mexico, to come to the United States seeking medical care for their daughter, Maribel. Arturo Romero has taken a menial job at a mushroom farm so the family can have legal status.

With no English skills, they are very limited in their ability to communicate, which causes multiple problems for the family. Luckily they come to an apartment complex in which there are immigrants not only from Mexico, but Panama and other Latin American countries.

The novel can get rather convoluted and confusing at times as the reader is deciphering who all the different families are and how they relate to one another.

The Romeros -- Alma, Arturo and daughter Maribel -- are the main characters, but the chapters see-saw back and forth between the Toros family -- Mayor, Celia and Rafael -- a troubled young man named Garrett and other assorted neighbors, all of whom are Hispanic.

The Romeros have sacrificed to come to Delaware so their disabled daughter Maribel can go to a special school. She has been injured in a freak accident, which her mother blames on herself. Mayor Toro, a shy introverted neighbor, develops a special bond with Maribel, which adds to the interest in the plot.

What the reader might find interesting about *The Book of Unknown Americans* is the understanding they might develop about the problems and heartaches caused by the status of the immigrants in the United States. Also what many readers realize is that they could have the same problems if they were forced to be immigrants in a non-English speaking country.

The ending of the story leaves many questions in the reader's mind. What could have been done to ease the problems and pains of the residents of the run-down apartment building? Could the tragedy at the end of the book have been prevented if the main characters had a better grasp of the English language? Several questions may leave you pondering, but the book may come to mind when you read or listen to the latest news about the immigration problems of our country as well as many other countries that are experiencing the same problems.

A final point to think about may be the story that the author, Cristina Henriquez tells of her favorite comment a reader made about her book. She mentioned that her family was driving down a busy street and saw a group of Hispanics waiting for a bus. She said to herself, "They have a story to tell." And that is what I think *The Book of Unknown Americans* wants to leave with us.

~ Peggy Kiefer

## ELEPHANT COMPANY

By Vicki Constantine Croke  
Random House, New York (2014)

This charming book illuminates a little-discussed aspect of World War II -- the war in Burma. The area became of strategic interest to the Japanese, and hence a battleground for the Allies. The final chapters of this story detail the impact of the war and provide a fitting climax to a true tale about the life of a British man who spends the majority of his career managing elephants for the Bombay Burmah Teak Co.

Billy Williams arrives as a green young man, driven to the fringes of society by his solitary nature and his love of animals. These characteristics form the basis of his success. His job entails supervising natives who both cut the teak trees and harvest them, using elephant labor. Without the elephants, the job could not be done. As Williams comes to know the elephants, he develops a kinship with them. He respects their familial nature and realizes that they have a language that enables them to communicate, expressing a variety of emotions. Through touch and eye contact, Williams becomes a true interpreter of elephant behavior.

For months at a time, he is out in the bush—a solitary white man. As the company representative, he is the boss. He is responsible for the elephants, the uzis -- their trainers -- and the families who live in those rural areas. He learns to care for both animals and people, using the medical supplies furnished him. Despite his rugged existence and being prey to all manner of tropical diseases and fungus, he thrives, delighting in the mysteries of nature. He also lives surprisingly well with western style meals, freshly laundered clothing and the best whiskey—a lifestyle provided by the company.

The reader comes to know and understand Williams as a man of wisdom, courage and human failings. His life is improbable and sympathetic. So as not to spoil the story, we will only say that the war comes with tanks, airplanes and all manner of danger. Billy Williams becomes a hero, known as Elephant Bill. His loyalty to his elephants, the uzis and the Burmese people never wavers. Williams is a man worth getting to know.

~ Tricia Herban

## BUCK A COMPILATION OF SHORT STORIES

By Albert W. Northrop  
Pagosa Cowboy Press (2015)

In the words of Monty Python, “and now for something completely different.”

This self-published book by a local author is not about the Chesapeake Bay, nor about the greater reaches of Annapolis, and not even about anything Maryland. That, however, is not meant to dissuade any of us coastal and sea lovers from enjoying it.

*Buck* is a series of short stories, each intended to stand on its own. It helps just the same to read the first three chapters to set the stage. From there you can pick any chapter that catches your fancy.

The main character, Buck Sims, is what the author describes

as a modern day mountain man in southwest Colorado. He has a knack for happening by at just the right moment to right a wrong or fix a problem. His legend, however, is due to having saved a lame elk from a hungry wolf. He nurses the elk back to good health but when the time comes to set it free, the elk decides he's content with free food, a warm stable and, hopefully, no more wolves. The story of the elk doesn't end there. In time, circumstances occur which generate the even greater legend. The elk allows Buck to ride it.

The stories aren't just about a man and his elk. A woman comes along to compete for Buck's attention. The adventures multiply and by the time I was finished with all of them, I was anxious for volume two.

There's a bonus at the end. Totally unrelated to Buck and his elk and totally independent of either of them, there are four more short stories. As a friend of mine pointed out, there's a little something in each of them that he could relate to.

I got my copy of *Buck* from Amazon in paperback, but it is also available as an e-book.

~ Ron Medlin

## THOMAS JEFFERSON AND THE TRIPOLI PIRATES: THE FORGOTTEN WAR THAT CHANGED AMERICAN HISTORY

By Brian Kilmeade and Don Yeager  
Penguin Random House (2015)

One of the problems that Thomas Jefferson inherited when he became president in 1801 was ongoing impressment and enslavement of American ships and seamen on the coast of Africa, miles and months away from the shores of his nascent republic. European powers made annual payments to protect their subjects, something which Jefferson could ill afford fiscally and which he felt was ignominious politically.

Consequently, over a period of four years, Jefferson managed to persuade Congress to build a navy and then to wage outright war against the Barbary pirates whose kingdoms included Tripoli, Tunis, Algiers and Morocco. This book tells the dramatic story of brave diplomats and seamen who survived and conquered the elements, disease, captivity, the foreign culture of tribal Muslim societies and the loneliness of being an ocean away from home and the world they cherished.

Forced to develop their own battle plans and diplomatic arrangements in isolation, across the globe from the government they served, these men demonstrated remarkable stamina, ingenuity, courage and commitment to the cause of defining their new country as sovereign, independent and unconquerable. There is much to learn in these pages about naval warfare, military customs, American political maneuvering and presidential power. Admirable men such as Stephen Decatur, William Eaton, Tobias Lear, William Bainbridge, Edward Preble, Richard O'Brien and James Leander Cathcart made the seas safe for Americans and earned America international respect.

~ Tricia Herban

Some people are like clouds, when they disappear the sun comes out!

# SIX

## MAJOR PHASES OF THE Retirement Experience

By Steven R. Fleming

In working with people, I am often asked the same question: "What can I expect in terms of my retirement journey? Are there any typical patterns that have been identified in research?"

My answer? "Yes, there are some general patterns and phases of the retirement journey." Research by gerontologist Dr. Robert Atchley of the American Institute of Financial Gerontology that began in the mid-1970s identified six major phases of the retirement experience. An understanding of these phases can make the understanding of the retirement journey easier for many.

1. **PRE-RETIREMENT:** Although few people make formal preparations for retirement, most people develop expectations and fantasies about what retirement will be like. Realistic expectations make the transition go smoother; denial or unrealistic fantasies create problems. Take some quality time to pre-plan for your retirement years.
2. **HONEYMOON:** Following retirement there is a euphoric period when people "try to do all those things they never had time to do." Like a child in a room with new toys, many newly retired people try to experience everything at once. Howard Sank calls it "playing hooky time." It is easy for personal expenses to get out of hand during this honeymoon phase as well as wear yourself out.

3. **DISENCHANTMENT:** After the honeymoon ends, boredom and emptiness can develop. This can also be a time of depression. The grass isn't as green on the other side as you expected, and you can easily get "stuck" in these feelings. Get help if this happens.

4. **REORIENTATION:** During this period, people begin to reassess the realistic choices available. They start developing new interests. Vital involvement in things that matter and bring satisfaction, not just busyness, is essential in this phase.

5. **STABILITY:** By this time, you can develop a satisfying and stable retirement routine. You can carve out a meaningful lifestyle based on personal choices. Atchley says that people (a) pass into this phase directly from the honeymoon phase; (b) experience it only after some painful growth; or (c) never attain it.

6. **TERMINATION OF ACTIVE RETIREMENT:** When a person moves from independence to dependence due to illness or increased frailty, it can be said that the "active phase" of retirement has ended. Another way of saying this is that people have left the third age (characterized by alertness and activity) to their fourth age (marked by decline and debility). Of course, you need to plan for this fourth age while still competent and able to make the decisions necessary to get through the last years of life.

With hope, sharing this research will stimulate your own thinking about retirement. Ted Carr, commenting on this research on the website [www.retirementjourneys.com](http://www.retirementjourneys.com) put it this way: "... I want to leave you with this thought: Atchley's retirement model helped me understand what I experienced and why; that my experience, no matter how personal and unique, is normal; and offered a preview of what will come next in my retirement journey. It reassures me that somehow I am on the right track!"

*Steve has spent his life working with people in their life journeys. To learn more or to find free resources you can use log onto [www.SRFLifeRetirementCoach.com](http://www.SRFLifeRetirementCoach.com)*





Dear Vicki,

My husband and I are of retirement age and are happily married. However, he is somewhat older and is my entire world. Always wanted more family, but we basically just have each other. I am fine during the day, but wake at night feeling anxious and worried about what I will do without him -- the feeling of being alone and no one caring. What can I do?

Losing a beloved spouse is something that most of us fear as we grow older. Being without additional family may add another layer of potential loneliness, although having children does not grant anyone immunity from becoming isolated and bereft. Becoming a burden to our children and family is almost as universally feared as loneliness itself.

While there is no foolproof way of guarding against such a crisis, there are certain things you can do now to strengthen yourself so that you might better weather such a strain. A buzzword in the burgeoning field of positive psychology right now is "resilience." Specifically, psychologists and neuroscientists are studying why some people bear up better than others during the toughest times in life. The good news is that there is some evidence suggesting that there is a natural increase in resilience as we age. From resilience research, we can glean these strategies for you to consider:

- **Shore up your resources.** If your husband is your entire life, invest outwardly. Make a list of your interests and see where you can become involved outside of the home. Join a club. Take a class. Volunteer. Develop a hobby. Think now of how you will spend your time if you are left alone and begin to put some of those pieces into your present life.
- **Invest inwardly.** Beef up or begin a spiritual practice. Return to church or synagogue. Consider yoga or learn to meditate. Attend to your own health with preventative care, good nutrition and appropriate physical activity.
- **Build or repair relationships with others.** This could be included in the above section, but is so important that it deserves its own bullet point. Friends are going to be the soft place for you to land if you lose your partner. If you have been neglecting these relationships or have let some lapse, now is the time for you to invest in and rejuvenate these connections. Many women are

widowed in their later years and form connections as their own warm and supportive "family of choice." Make time now, when you are not in crisis, to foster these relationships.

- **Ask for help.** If you have always been a person who goes it alone (or only with your husband), you may find yourself exhausted and overwhelmed if you are widowed. Practice asking others for assistance in small ways, such as: collecting the mail when you are away or providing you with a ride to the car repair shop. You need to become comfortable with reaching out to others so that it will be a natural process later.
- **Manage stress constructively.** Light exercise, creative pursuits, breath work, massage, journaling and talking with a good friend or therapist will help you with the challenges of today. When you have cultivated these practices, facing future problems will be easier than starting from scratch.
- **Tie up loose ends.** From a practical standpoint, tie up all financial and legal loose ends now. Visit an attorney together to update your wills and to make sure you have specified end-of-life choices. Ask your husband to help you put a plan into place for the eventuality of what each of you would do should the other pass away first. Do you want to be buried or cremated? Any special requests for memorial services? Would you need to sell your home and relocate? Do you understand your financial and insurance matters? The more prepared you are, the better off you will be in the future.
- **Review your life.** Nobody gets to this point in life without having survived challenges. Just as you got past some of those difficult times, you will manage future challenges also. You have many strengths and you will draw on those strengths in times of crisis. Think back to some strategies that helped you survive through other losses. Remembering those incidents will help you to feel more confident, capable and resilient.

Finally, like you, I have struggled with similar concerns. When anxiety strikes me in the middle of the night, I find it helpful to use some simple mindfulness practices. Focus on your breathing while silently repeating a mantra such as "All is well. (Inhale). In this moment. (Exhale)." This can do wonders for calming your mind. Tweak this mantra to find a phrase that is comforting for you. Feel yourself in the room, beside your husband, safe, warm and relaxed. Know that this moment will not last forever, but do not let fears of tomorrow rob you of the joy of today.

For further reading on resilience, check out these books:

- *101 Mindful Ways to Build Resilience: Cultivate Calm, Clarity, Optimism, & Happiness Each Day* by Donald Altman
- *Bouncing Back: Rewiring Your Brain for Maximum Resilience and Well-Being* by Linda Graham and Rick Hanson
- *The Resilience Factor: 7 Keys to Finding Your Inner Strength and Overcoming Life's Hurdles* by Karen Reivich and Andrew Shattell, PhD.

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

Activity doesn't mean achievement.

# SPRING QUIZ-ACROSTIC

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

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## Directions

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

- Scant attention (2 wds.)
- Road Scholarship organization
- Carped at
- Deadlock
- The west
- Jewish New Year (2 wds.)
- Old Age, Survivors, and Disability Insurance Program (2 wds.)
- Yearns
- Morsel
- In command (3 wds.)
- Earlier incarnation of *AARP The Magazine* (2 wds.)
- Apiece
- 401(k), e.g. (2 wds.)
- Prince Charles' or Prince Harry's relationship to the Duchess of Cambridge (hyph.)
- Alexander Haig's position in Nixon administration (3 wds.)
- Friendly
- Axe-like tool
- Plant louse
- Gathered, as with fabric
- Focus of Medicare Part D (2 wds.)

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

SPRING QUIZ-ACROSTIC  
 What is the second-largest membership organization in the United States and the largest Protestant church? It was founded by Dr. Charles F. Johnson in 1913.  
 Why do you think you should be a member?  
 Charitable (but never for-profit) organization.

## PLUMED MAJESTY BY THE BAY:

# The Great Blue Heron

By Henry S. Parker

Anyone who doubts that birds are descended from dinosaurs should consider the great blue heron. Perhaps you've encountered one feeding in a quiet marsh on a dewy Chesapeake Bay morning. If you were lucky, you got close enough to observe it, as it stood motionless, long neck crooked and cocked, piercing eyes fixed on the shallows, stalking its prey. Then the lightning strike, neck uncoiling as if released from a spring, dagger-like bill stabbing down, impaling an unwary fish. Or, if you were not so lucky, the plumed predator saw you first, rising quickly from the marsh with a guttural burst of harsh squawks, neck drawn into the body in an S-shaped curve, beak thrust forward, long legs trailing behind, wings pumping slowly across a six-foot span, looking for all the world like a feathered pterodactyl.

Though not as ancient as pterodactyls, great blue herons have been around for a long time, persisting virtually unchanged for some two million years. Highly adaptable, they're found all over the U.S., from seashores to swamps, riverbanks to grasslands, farmlands to backyard fish ponds, even, sometimes, in the heart of a city. They're particularly abundant in Chesapeake Bay which hosts over half of the Atlantic coast's breeding population.

Dinosaur-like or not, the great blue is a beautiful blue-gray bird with a white head adorned with feathery black plumes, a beak like a yellow lance, and impossibly long, chestnut-colored legs. In the Bay they begin to breed in late Winter, when they arrive from southern wintering grounds and assemble in large colonies in isolated areas called rookeries. One "heronry" in southern Maryland boasts some 2,000 birds.

The great blues' stick-built, reusable nests are typically constructed in tall trees, often more than 100 feet above the ground. Early in the breeding season, rookeries serve as a sort of avian dating bar. Resplendent in their colorful new Spring plumage, males and females scope out the possibilities and strut their stuff in an elaborate courtship ritual involving neck-craning, sinuous bowing, feather-fluffing, sensual touching and the occasional romantic utterance that sounds like a cross between a *coo* and a croak.

When the hook-up is successful, females lay three to seven eggs, incubated by both parents until they hatch after about a month. Initially subsisting on their parents' regurgitated food, surviving chicks—usually only one or two of the hatch—are ready to leave the nest some two months after birth. Adults may live for 15 years.

Great blue herons may eat about anything, including fish, crustaceans, frogs, insects and small birds and mammals. They've been known to take adult muskrats in Chesapeake Bay, kittens on Smith Island and gophers on soccer fields in San Francisco. A photographer once snapped a photo of a great blue in a New

York City parking lot with a Norway rat clutched in its beak.

With its evolutionary longevity, amorous proclivities and omnivorous diet you might think that great blue herons are in little danger of decline. And in fact, studies show that their numbers are presently stable or even increasing. A 2013 survey documented over 14,000 breeding pairs in Chesapeake Bay, in 407 colonies, making this species the most abundant and widespread water bird now breeding in the Bay.

But great blues have not always been so successful. Their numbers plummeted in the 19<sup>th</sup> century when thousands were shot for sport or for their feathers, which were used to adorn hats and clothing. When DDT was in widespread use in the 1960s the number of breeding colonies in the Bay had dropped to about a dozen. The Lacey Act of 1900 that prohibited trade in feathers, the Migratory Bird Treaty Act of 1918 and the banning of DDT reversed these declines. But many threats still exist and we can't afford to be complacent.

One worrisome trend merits special attention. Though the number of breeding colonies in the Bay has remained stable, the size of the colonies has been substantially declining. In 1985 average colony size was 110 breeding pairs. Today it is only about 35. Ironically, recovering populations of bald eagles may be responsible. Eagles tend to nest in heron rookeries. Are heron chicks enticing prey for eagles? We don't yet know, but it's a distinct possibility.

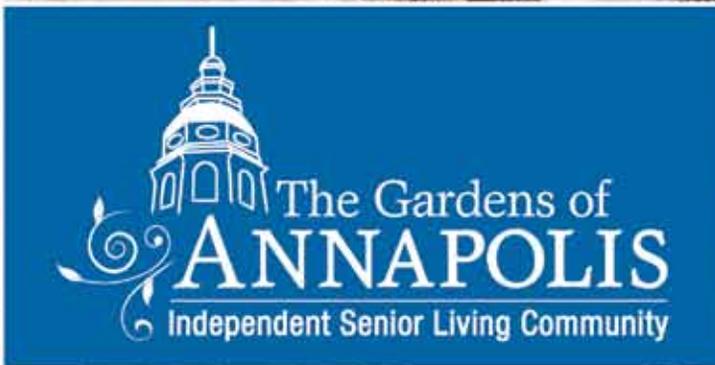
Other threats are better documented. These include deteriorating water quality, loss of habitat and nesting sites and a variety of human intrusions. Fish hatcheries and backyard fish ponds are essentially feedlots for foraging herons and fish farmers may seek permits to shoot predatory birds.

The great blue heron is an iconic symbol of Chesapeake Bay and we all have a stake in its protection. What can you do?

- Learn all you can about these magnificent birds.
- Help protect nesting sites from development, logging and other degradation.
- Minimize disturbance to nesting sites by maintaining a distance of at least 600 feet.
- Support efforts to monitor and improve Bay water quality.
- Upgrade to a Chesapeake Bay license plate adorned with a picture of a heron. Funds go to Bay protection and education.

*Henry is an adjunct associate professor at Georgetown University. He can be reached at [hspshp@gmail.com](mailto:hspshp@gmail.com)*

*Photo: U.S. Fish and Wildlife Service*



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