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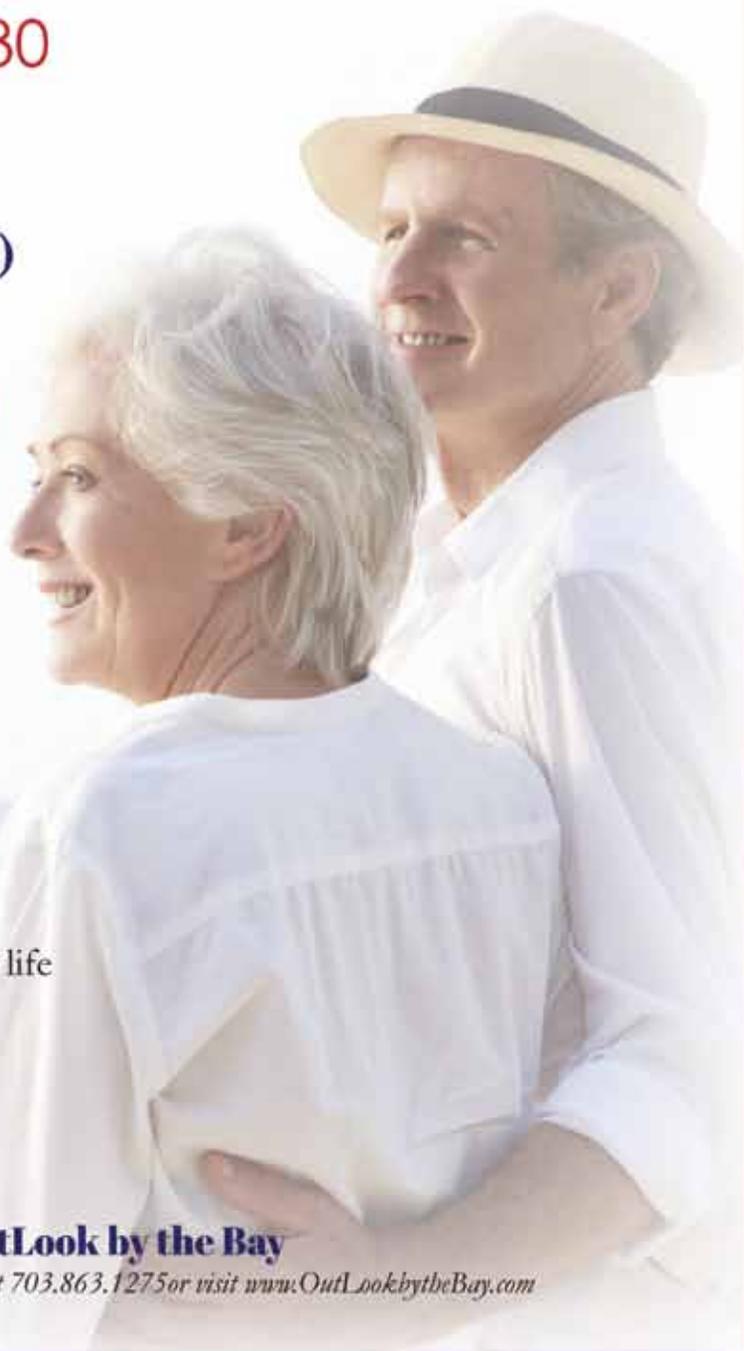
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Bay Bytes

If you use a tanning solution, you may want to check out this tell all site: <http://abcnews.go.com/Health/safety-popular-spray-tans-question-protected/story?id=16542918>

Never regret growing older – Not everyone has that privilege.

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FROM THE DESK



Recently we had dinner with good friends to celebrate their 50th wedding anniversary. We asked the usual questions: What's your secret? How did you do it? They danced around, throwing out different words like tolerance, good humor and patience. As with many long-term relationships there didn't seem to be one clear-cut answer. They did let us know that life hadn't always been as carefree as it now appeared to be. She aptly pointed out that there isn't a marriage that hasn't gone through some either very dry periods or tough times caused by financial problems, health issues, personality clashes or all of the above plus many more. The bliss of a long-term relationship, she said, just isn't going to carry anyone for 50 years. Statistically, more than one-half of today's first marriages fail, and sadly, even more fail the second and third time around.

They both said it's difficult to pinpoint what exactly keeps couples together with all the upheavals, problems and roadblocks. In hindsight, they felt that the most trying times had been the middle years when that flush of excitement of the newness of marriage had worn off. She said that within a decade of the wedding much of that fun was gone. There had been the new home, new job, new location, new interests, new baby, new friends, an endless and dizzying parade of excitement. Then it got down to the mundane: he worked too late, she had too much to juggle, the wedding day glow was gone, the children's wants were incessant and no one seemed to care. It then morphed into "never enough" -- time, money, energy, caring, space, etc. Trying not to be negative, she said those middle years become somewhat of a day-to-day struggle and she remembers wondering if it was as good as it was going to get. In hindsight, they both said that for those who got through those middle years and kept it together, there were rewards. Their children are off leading satisfying and committed lives of their own, products of a semi-stable home, she said.

Now, after all those long and sometimes difficult years, they found they could enjoy the results of keeping it together. They could enjoy this perspective despite admitting there were times when one or the other had the urge to end it. Still, they knew that terminating the relationship wouldn't be good for anyone, most especially the children they committed to raise. As most of us have seen, shunning that responsibility can have disastrous results. They also took the view that another relationship might be nothing more than exchanging one set of problems for another. In the end, trusting a known commodity proved better than taking a chance on something untried and unfamiliar.

After all the years of struggle, holding it together and putting everyone else first, their observation was that there's now a shared, deserved contentment to be enjoyed.

Retirement, they said, is here. They're taking the time to get back to enjoying each other and the things delayed for so long -- places to visit, reconnecting with longtime friends, books to be read, a new hobby and grandkids. There's even a bit of extra money, as every cent is no longer committed to straightening teeth or paying for one last education.

From where I sit, it looks like all it took was commitment, perseverance, persistence, hard work and long hours. And it seems from their perspective it was well worth all the trauma, drama and effort -- much like life in general. We all agreed that turmoil would have been there, with or without marriage. As they so aptly pointed out, it was better with the partner who somehow chose to hang in through it all than trying to go it alone or connecting midstream with an unknown.

Letters to the editor

CELLPHONES

To the Editor,

I was cheering out loud when I read "From the Desk" in the last issue about smart phone use in public places. I can't control others when I'm out in the world, but I can at home. I am tempted to put a sign on my front door that says, "Leave your cellphone in the car, please!"

Kater L.

West River, Md.

SUMMER CAMPS

Dear Editor,

I wrote a response to the writer of the adult Summer camps article. Just thought you would like to see it.

Many thanks,

Jeanne Kelly

Founder and artistic director, Encore

ENCORE

Dear Joanne,

I read with great interest your article on adult Summer camps in the *Outlook By the Bay*, Spring 2016.

There are so many great camps listed, but as founder and artistic director of Encore Creativity for Older Adults, I wish our fabulous Encore Chorale Institutes would have been listed. Encore is based in Maryland.

Our Encore Chorale program is the nation's largest choral program for older adults and our Summer choral institutes draw older adult singers from all over the country.

This Summer will mark the ninth year for our Summer choral institutes at beautiful Washington College in Chestertown, Md., July 18 – 22 and also the famed Chautauqua Institution in N.Y., Aug. 28 – Sept. 2.

Singers eat, sleep and drink choral music for five days, enjoy movement classes, vocal technique classes and challenging choral rehearsals. They also enjoy attending professional concerts every evening. Each camp draws about 85 singers. The singers perform a grand finale concert on the final day of camp.

Our children love sending us away to camp and we are grateful!

Please visit our website at <http://encorecreativity.org> to learn more about our exciting nonprofit organization.

Many thanks,

Jeanne Kelly

Founder and artistic director, Encore Creativity for Older Adults.

THANK YOU

Dear Ms. Murphy,

From my desk to yours. Just a note of thanks for such a great magazine! I find it to be a great addition to my reading materials. It is truly original in its many

varied, useful and introspective articles and the various websites and resources that are shared -- all in a magazine not loaded with annoying and numerous ads. It is so refreshing in subject choice and chock full of so much important material for such a small magazine. I immediately signed up when I stumbled across it in a waiting room, and would pay to subscribe if necessary without a moment's hesitation. It's an excellent publication, the type I wished there were a lot more of to highlight our local area, and so far beyond.

From your desk, to mine... and this note of thanks, from my desk back to yours. Thanks for such a publication that is truly useful and fascinating. It's the type of publication you can't wait for next issue!

Sincerely,

Sharon S.

Cape St. Claire, Annapolis

Bay Bytes

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CHART YOUR COURSE: A LEGAL NAVIGATION GUIDE

VETERANS' BENEFITS

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

As we commemorated our independence this July Fourth, I am reminded of the sacrifices our veterans have made, make and continue to make so we can retain our freedoms. These veterans served our country and as they age, many require some form of long-term care. Yet, very few veterans are aware of the benefits that may be available to assist them in paying for that long-term care.

If you are a veteran or surviving spouse of a veteran and your income is not sufficient to cover your long-term care expenses, you may qualify for a nonservice-connected improved pension benefit called Aid and Attendance through the U.S. Department of Veterans Affairs (VA). This benefit provides a monthly, tax-free income for the veteran or surviving spouse who needs assistance with at least two activities of daily living and who is in a nursing home or other facility, or paying for in-home care.

There are four basic eligibility requirements for the Aid and Attendance benefit: (1) The veteran or surviving spouse must be 65 or older, or permanently disabled; (2) The veteran's discharge from the military must be anything other than dishonorable; (3) The veteran must have served at least ninety (90) days on active duty; those days do not have to be consecutive unless service began after Sept. 7, 1980, in which case two years continuous active duty is required, or any length of active duty if the veteran has a service-connected disability discharge; and (4) One of those days must have been during a period of war.

The following is a current list of the periods of war for VA purposes:

- Mexican Border Period - May 9, 1916, through April 5, 1917, for veterans who served in Mexico, on its borders or adjacent waters.
- World War I - April 6, 1917, through Nov. 11, 1918.
- World War II - Dec. 7, 1941, through Dec. 31, 1946.
- Korean War - June 27, 1950, through Jan. 31, 1955.
- Vietnam War Era - Feb. 28, 1961, through May 7, 1975, if the veteran served in the country or certain waterways of Vietnam during that period; otherwise, the period of war is from Aug. 5, 1964, through May 7, 1975.
- Persian Gulf War - Aug. 2, 1990, through an unknown future date to be set by law or presidential proclamation.

In addition to the eligibility criteria, the veteran must also meet the entitlement requirements. In order for a veteran to be entitled to the benefit, the veteran must pass the income and asset tests. Generally, if the veteran's liquid assets are less than \$80,000 and his or her income is less than his or her unreimbursed medical expenses, then the veteran or surviving spouse will be eligible for the benefit.

With regard to the income, the VA counts all gross household income, but allows a deduction for unreimbursed medical expenses. Such expenses include, but are not limited to, health insurance premiums (Medicare, supplemental insurance, etc.), prescription copays, doctor copays, nursing home or assisted living facilities or in-home caregivers.

Similarly, when determining a veteran's applicable assets, the VA looks at all household assets except the equity in a primary residence and household furnishings, vehicles, prepaid burial plans, term life insurance, irrevocable trusts and qualified annuities. Everything else is counted toward the veteran's net worth. Although there is no specific amount of assets that a veteran can retain and still qualify for benefits, if the veteran's countable assets total \$80,000 or more, a claims examiner will determine if the veteran's net worth is excessive and cause for denial of the benefit.

The VA's standard when evaluating the veteran's net worth is whether or not the veteran has sufficient means to pay for his or her own care given age and the cost of such care. If a veteran is eligible for the benefit and if he or she has a dependent spouse, then they will be entitled to \$2,120 per month. If the veteran is single, then he or she will be entitled to \$1,788, and if a surviving spouse is eligible, he or she will receive \$1,149 monthly.

As with any government benefit, the application process can be daunting. If you need assistance filing an application for benefits, contact a VA-accredited consultant. Not only can they assist you in making sure you have a fully developed claim, but by law, they are not allowed to charge for help with filing an application.

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





FEEL ITALY, FEEL GREAT™

By Susan Rosapepe

A fellow traveler once said to me, “The second your feet touch the ground in another country, your life is changed forever.” I was at JFK waiting for my flight to Italy, and soon discovered truer words were never spoken. At this time in our lives, most of us have probably traveled a lot. It’s intoxicating, this travel bug. But what can we do now that would be different, fun and not wear us out like some getaways do?

A trip to Italy can be many things. Try planning a trip there, and you will find no less than a dozen people who have become experts. They share with you their own discovery of the best of the best coffee shops, trattorias, cityscapes, wineries, markets, classes, etc. Or perhaps you have been there several times yourself and your head is spinning at the possibilities as you try to create another trip of a lifetime. You are exhausted before you leave.

Why not consider a new focus on an old tradition? The Roman emperors had it figured out when they took their regular escapes to soothe their battle-worn bodies in the healing waters of Italy’s mineral springs. In the first century BC, Pliny the Elder wrote of the healing properties of the waters of the Contursi Terme area near Salerno. The therapeutic effects of the baths and the waters were brought to light for the first time in 1231 in the manuscript *Balnea Contursi*.

Surprisingly, the natural environment has remained almost unchanged for centuries, and the thermal springs of Contursi in the Campania region have retained their curative reputation for both bathing and drinking. Heated by the molten core of the earth and laden with minerals, the waters of Contursi Terme hot springs emerge at a temperature of approximately 109 degrees.

Recent analyses have shown that the waters in this special region of Italy contain the highest percentage of carbon dioxide in Europe, resulting in many claimed cures. The thermal mud used in the spa for therapeutic and cosmetic benefits comes in a pure white mineral matrix and is different in appearance and content from the traditional gray mud commonly used in other spas.

Today, Italians visit these baths with their doctors’ prescriptions in hand for the sole purpose of treating many different health conditions including arthritis, rheumatism, general joint aches and pains, most dermatologic conditions and many vascular conditions. Italy is a country that practices socialized medicine, and the Italian government pays for Italians’ visits to the Terme, the Italian word for thermal baths.

Whether your motivation is to soothe your own battle-worn body or not, this special region offers stunning views, lush landscapes and soothing thermal pools at some wonderful, authentic and almost secret family resorts. This experience can be all you want it to be.

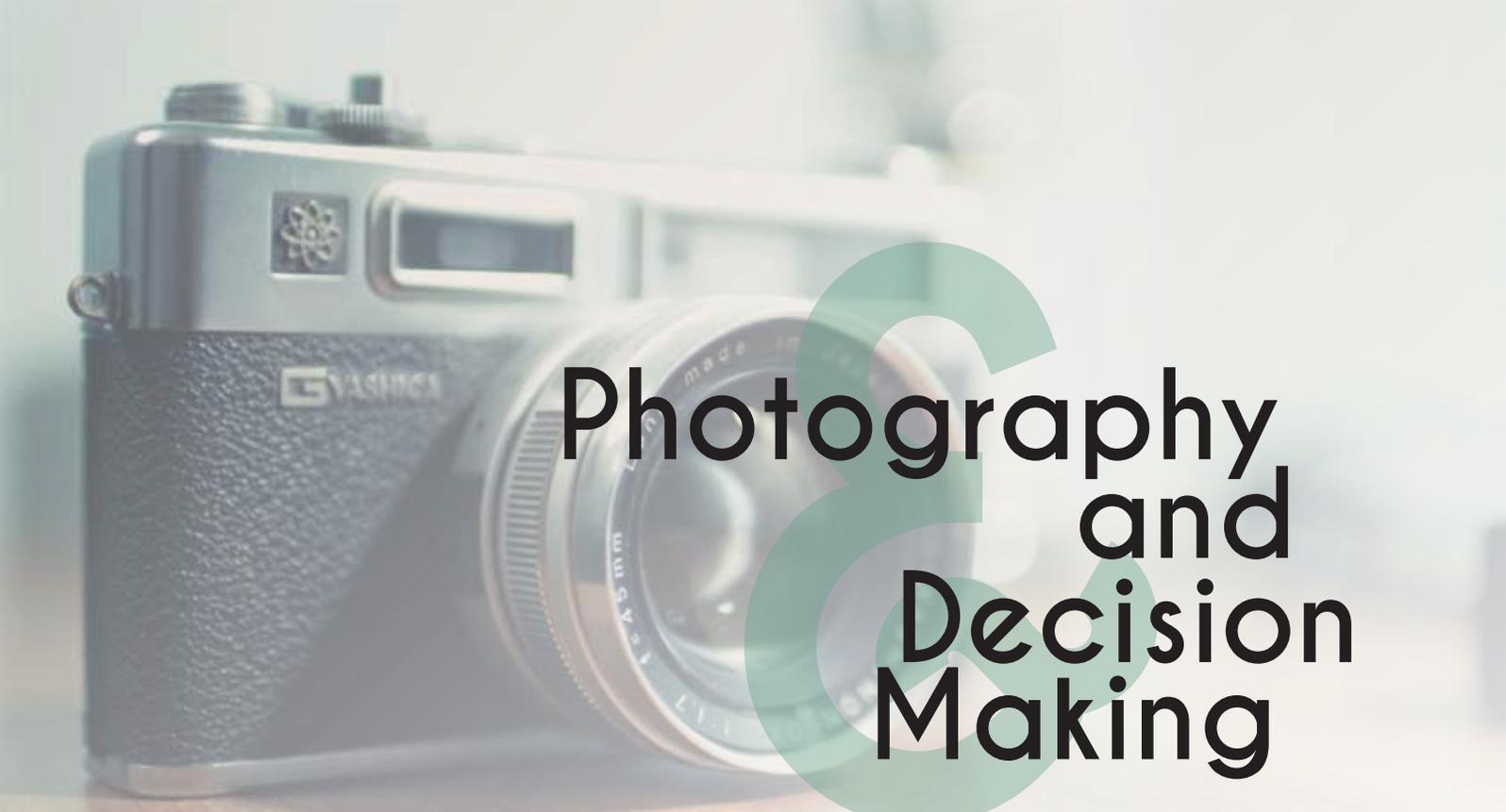
A guided excursion from these resorts will introduce you to the heart and soul of the Campania region. You can visit exclusive wineries and meet the vintners, take cooking classes from a renowned chef, walk the paths of the ancient philosophers through Greek and Roman ruins with a private historian (Paestum, Pompeii and Herculaneum are all close by), visit artisan workshops where colorful ceramics and unique local art are created and exhilarate at the breathtaking Amalfi and Cilento coast views. Above all, I promise, you won’t go hungry. The food is incomparable in this part of Italy.

The Contursi area has a moderate year-round climate with the occasional surprises from Mother Nature. Best times to visit are Spring and Fall and the pools are open all year. Contursi Terme village is less than an hour from the Naples airport and is easily accessed from the Italian autostrada. It is about a three-hour drive south from the Rome airport. Train service is also available.

This is the Italy portrayed in the books and movies when they spin stories around this culture. In fact, it is said that in visiting this area, you discover the true, authentic Italy. You become part of the family and you feel it with every person you meet.

So, why stress over your next getaway? You can have the best of all worlds on your visit to Italy... an Italy you likely have not experienced yet. Feel Italy, feel great!

Susan, who lives in Annapolis, and Gerry Gaeta, who is currently in New York, are co-owners of Rosapepe Retreats, a boutique tour company that runs trips to the family-owned Terme in Contursi Italy. To learn about upcoming tours or for information on bringing your own group on a custom tour, visit the website www.RosapepeRetreats.com or email Susan@RosapepeRetreats.com or call 513.813.0772.



Photography & and Decision Making

By Riccardo Barbieri

Everyday life is filled with making decisions, some big and some small. We make personal decisions including medical, romantic and career ones. We decide things at the supermarket, with investments, in management situations and with our finances. Some are simple and seem straightforward, while others are complex and demand a much more thoughtful approach. What these decisions have in common is that they are made in an environment filled with uncertainty, one that is filled with imperfect and/or unknown information. In other words, filled with ambiguity, doubt, skepticism, vagueness, ambivalence and perplexity.

It is no different in the art form of photography. Light, composition and subject are at the core of photography. Each one of these introduces a decision-making opportunity.

A decision must be made regarding light. An understanding of the direction and color of light sources is an important key to learning how, when and where to photograph a subject. Understanding angles between the camera, the subject and the light source allows the photographer to record a subject according to what he decides is correct. This means making a decision about wanting macro shading to show form or micro shading to show texture. In other words, these decisions introduce contrast to the photograph. Deciding to put the light source to the left or right over the shoulder will introduce the wanted texture and contrast. If more contrast is desired, then

increase the phase angle to be sidelight. However, contrast and dynamic range may increase too much for the camera to record in a single exposure. Exposures must be more precise to keep the dynamic range within the intensity range that the camera is capable of recording. And a high-contrast scene offers another opportunity to practice decision-making: expose for the dark area of the scene or for the light area. Each decision has its own ramifications.

Next a decision must be made regarding composition. Photographic composition is the art of arranging the subject into specific proportion or relation into artistic form through framing in the viewfinder. The arrangement of the visual elements in the scene, and how it draws in the viewer, make the composition. Many photographers agree that composition is a critical

aspect to the success of a photograph. On the other hand it is completely subjective and therefore the photographer must simply use his artistic vision. Following composition rules is one option; ignoring them another.

Lines or curves that lead the viewer to a subject is an aspect of composition. Patterns and texture are part of the composition and can be used to enhance the subject. Of course the photographer must decide where to place the main subject in the viewfinder. Objects toward the corners of the frame, and especially in the bottom corners, can have greater impact. However, if the objects

The main subject
should hold the
viewer's attention and
be something that
attracts the viewer

Why not say "Yes" to a new adventure?

are not the main subject, be careful that they don't distract from the subject; objects in the foreground or background may be placed out of focus by clever use of the aperture setting. Strong shapes (triangles, rectangles, circles) have a way of attracting the viewer's attention. It is usually good to decide to use shapes to lead the viewer to the subject and not distract the viewer.

Last, a decision must be made about the subject. The subject is the dominant element in the scene and how the light falls on it and how the photographer decides to show it off (the composition) will make or break the photograph. Generally the subject should be very sharp unless the photographer decides to illustrate blur due to motion. When trying for motion blur effects, the blur should be large rather than small. Small blur appears to most viewers as a poor photo, a mistake. Out-of-focus photos add a mysterious "feeling," but must be used carefully and in the correct context. The main subject should hold the viewer's attention and be something that attracts the viewer (it may be pleasing or repulsive, but should attract the viewer to the subject).

David Kennerly is one of the youngest winners of the Pulitzer Prize for photography. At age 27 he was appointed President Ford's personal photographer. Kennerly said: *"In photography everything can be taught, except how to see."*

What I think Kennerly had in mind is that today's cameras have such amazing technology that they can do everything

but make a great photograph for you. That "but" refers to light, composition and choice of subject. Composition is the aspect of the medium that is 100-percent dependent on the photographer's efforts. The light and the choice of subject are present; it is the photographer's decision how to use both of them. It is the one part of photography that the camera cannot do on its own.

Make every image count. Learning to critically evaluate what is in the viewfinder before pressing the shutter button to improve your photography faster than "spraying and praying" and returning home with thousands of images that you then try to figure out what were good and bad. The time to decide if the image is good is before you press the shutter. If you decide not to do an in-viewfinder assessment, you'll likely return home, download the images, and realize you blew it and then try things like removing unwanted or unsightly items in post processing, spending an inordinate amount of time that could have been corrected on location in just a few seconds.

Photography offers an abundance of decision-making opportunities and most of them are completely subjective. After all, it is a wonderful art form.

Dr. Barbieri is a retired applied mathematician who did decision theory analysis at the Lawrence Livermore National Laboratory, NASA and the NSA. He can be reached at eastside10029@hotmail.com

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Summertime and Sunglasses

By Michael J. Dodd, MD

With the days longer and the temperature warming, we all look forward to spending more time outdoors. Protection from the sun is an important health consideration. Ultraviolet (UV) light from the sun can damage the skin and cause skin cancer. UV light can also damage the eyes. Good suntan lotion (at least 30 to 50 SPF), wide brim hats and sunglasses are necessary for sun protection.

Here we address which types of sunglasses are best for sun protection.

Sunglasses are available almost everywhere: drug stores, fishing shops, golf courses, the internet, optical shops and some eye doctors' offices. It is difficult to know which offer true protection and which are just for style. The best sunglasses for protection of the eyes (and eye lids) must have UV blocker, preferably UV A and UV B, which are the more dangerous UV rays. Sunglasses which have UV protection have a label attached which states they will block UV light. The label may say "UV 400." Sunglasses that do not protect from UV will not have such a label. Many sunglasses sold in drug stores do not have UV protection, so be careful to look for the label. This may seem confusing because many people believe that if the sunglasses are very dark, they protect. This is not true. The chemical which gives UV protection in the sunglasses does not tint the lenses. In fact, you can order UV protection in clear prescription glasses if you are willing to pay a little extra, and no tint is present. When ordering prescription sunglasses, always ask for UV protection.

UV light from the sun (and tanning booths) can damage the eyes from the front (the cornea) to the back (the retina), as well as in between because it may increase the incidence of cataracts.

Most high-end sunglasses have built in UV protection. But be sure to check the labels. The best ones block 99 to 100 percent of the UV light. Some expensive sunglasses have mirrored surfaces which reduces glare on very sunny days, but the mirrored surface alone does not offer UV protection.

There is one other important thing to know. You should wear sunglasses (as well as suntan lotion) when outdoors even on cloudy days since UV rays penetrate clouds.

Many of my patients ask which color tint is best. There is no right answer; it is the patient's choice. In general, green tint gives the best color perception and good contrast in bright conditions. Gray tint also gives good color perception, but does not enhance contrast. Amber tint brightens in cloudy or overcast skies, but distorts colors. UV protection is available with any tint.

Photochromic lenses, sometimes called Transitions, become dark when exposed to UV light. These lenses offer UV protection, but may not achieve 99 to 100 percent. It is best to ask your eye care professional where you purchase the lenses what the percentage of protection is.

What about polarized sunglasses? Are they safe to wear? Polarized lenses remove horizontal rays of light, which eliminates glare from horizontal surfaces like water surfaces or windshields. Polarized lenses do not block UV light. However, there are polarized sunglasses available with UV block, so check the label.

Don't forget when you are on the water that sunlight reflects from the water surface and this includes UV light. This reflection also applies to snow and even sand. That is why a wide brim hat alone is not totally protective; you still need suntan lotion and sunglasses.

Have a safe and happy summer!

Dr. Dodd is a practicing ophthalmologist at Maryland Eye Associates located in Annapolis, Prince Frederick and Upper Marlboro, as well as an instructor at the University of Maryland Department of Ophthalmology. He can be reached at 410.224.4550 or mjdm1@gmail.com

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INDIVIDUALIZED DENTAL TREATMENT PLANS PROVIDE THE BEST RESULTS

By Drs. Woody Wooddell and Joe Passaro

When it comes to our dental hygiene, we are mostly given the same instructions as the next person: Brush twice a day for two minutes, floss once per day and see your dentist at least once every six months.

However, when it comes to dental treatment approaches, a one-size-fits-all treatment method might not be the best way to go.

Recently, a team of researchers from the University of Michigan School of Dentistry conducted a study that suggested that dental visits should actually vary depending on the person. Their study looked at a group of about 5,000 patients, about 50 percent of whom had some level of gum disease, which is representative of the greater U.S. population. It was found that people with high-risk conditions often still faced tooth loss, even though they were getting their recommended twice per year preventative cleanings.

Admittedly, there were a few shortcomings with the study. The researchers failed to mention the oral hygiene habits of the

patients who were studied. This information is important because how well people care for their teeth at home is just as important as the frequency of dental visits. Prevention is a big part of oral health, so it is important that this component is not overlooked.

From this and other similar studies, the American Dental Association has started to move away from recommending twice per year dental appointments in favor of suggesting custom-tailored treatments. These treatments should be based on medical history, current health and risk factors.

If dental patients are dealing with red, swollen and tender gums that seem to be pulling away from the teeth and bleed easily – all signs of gum disease – they may need dental cleanings and checkups every three or four months instead of every six.

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An Old-Fashioned Summer Picnic

By Barbara Aiken

What is a picnic? Mr. Webster states in part, “An outdoor pleasure excursion, usually one with a meal carried along and shared by the participants.” Picnic is derived from the French “pique-nique.” Picnics, made fashionable by Victorians, can take on many forms. Picnics are bread and cheese purchased from a purveyor and nibbled while perched on a stone wall or ice cream cones from a vendor eaten on the street. They may not be the most romantic of picnics, but they’re picnics according to the definition. Anytime food is consumed out of doors it seems to taste more scrumptious than when eaten inside. I have no idea why.

Now that Summer is here, it’s time to dust off the picnic paraphernalia and pack up a bounty of picnic treats. Opportunities abound for eating outdoors. There are Summer concerts under the

stars, and family-friendly events perfect for toting along a meal. Parks and other recreational areas provide fine settings for picnics. Road trips are ideal for picnics—just pull over to a safe spot along a picturesque byway or find a picnic table with a view. Munching under the stars in your own backyard is a fabulous venue for an al fresco event. Spread a blanket, lie down and gaze at the night sky before you nibble on your picnic fare. Boats are romantic picnic venues. Whether you have a canoe, wooden picnic boat or some other floating picnic spot, it’s perfect for indulging in Summer finger food. A quiet beach may be the ultimate picnic venue. Find a public beach or perhaps, “lucky you,” you have a beach of your own along the Bay or on a river.

Following Victorian (1837-1901) style, some folks pack up the finest china, silver and crystal, complete with arranged flowers, Champagne, tea sandwiches and chocolate-dipped strawberries. Others prefer a simple affair with paper cups, plates, napkins and plastic utensils and serving up hearty wraps and potato salad with veggie sticks and iced tea. It’s your choice of how you conjure up your picnic experience.

Some of the best Summer picnic foods include hard-boiled eggs, quiche, prepared sandwiches and wraps, cold fried chicken, chilled soups, chips and dips, salads such as tossed greens, crudités, cheese sliced or whole fresh fruit or kabobs, sturdy cookies or dessert bars, plain cake such as pound and nix the frosting for a hot Summer day.

Try taking a simple “skewer” food along. Just select the combination of items you like and thread them on wooden skewers or decorative picks. Here are a few suggestions to get you started:

Fairy Wands

Per serving, thread one of each onto a 6”-8” skewer: strawberry, pineapple cube, cantaloupe ball or cube, red grape, green grape, watermelon ball or cube and top off with a slice of star fruit. Voila, a fairy wand of fruit.

Picnic Food Safety:

FDA: www.fda.gov/Food/ResourcesForYou/Consumers/ucm109899.htm

Picnic Venues:

Quiet Waters Park—Summer Concert Series:
<http://fqwp.org/summer-concerts/>

Local and State Parks; Beaches:

- City of Annapolis: www.annapolis.gov/government/city-departments/recreation-and-parks/parks-and-trails
- Maryland State Parks: <http://dnr2.maryland.gov/publiclands/Pages/default.aspx>
- Public Beach Picnic Spots: www.baydreaming.com/chesapeake-bay-living/chesapeake-bay-beaches/

A year from now, you'll wish you started today.

Watermelon Skewers

On small picks, stack a watermelon cube, small basil or mint leaf, cube of feta and another watermelon cube. Drizzle with reduced or good quality balsamic if desired.

Italian Skewers

On small picks, place a half or whole calamata olive, a bit of basil leaf, a grape tomato and a slice of cooked and chilled chicken sausage. Spicy sausage is especially good, but use whatever you like. There are lots of flavors to choose from. If you don't like olives, use feta or another type of cheese cube.

Deli Skewers

Onto six- to eight-inch wooden skewers, thread a mozzarella cube wrapped in a thin slice of salami, a drained and halved canned or jarred artichoke heart, grape tomato or half of another type of small tomato, an olive of your choice.

Be careful with mayonnaise-based foods. If you know you won't have success keeping such foods at the correct cold temperature, don't take them along. Be sure to keep cold foods cold and hot foods hot. No one wants to become ill from mayonnaise that's been in the sun too long.

There's all manner of picnic gear to choose from: old-fashioned hampers fitted out with all the necessary trappings to backpacks filled with the same. Pack individual servings of food in Mason jars or plastic containers to include salad dressing to keep salads crisp. Add lettuce and tomato to sandwiches just before serving. Use ice packs or bags of ice (ice serves double-duty cooling drinks) to chill foods. Bring water, especially if you drink wine or other alcoholic beverages. Consider diluting wine with still or sparkling water. Summer heat and time spent on the water can increase your chances of getting tipsy. Don't forget the cork screw.

You can find net tents to cover foods that help keep insects at bay. A damp washcloth scented with lemongrass essential oil in a sealed plastic bag for each guest is a nice touch for cleanup and will deter insects. Don't leave your soda can uncovered lest a curious wasp or bee invades. Bring along your bug spray and sunscreen.

Take trash bags, paper towels and moist wipes to aid with cleanup. And as always, leave nothing but footprints. This Summer, find several perfect spots for picnic fun. The possibilities are endless.

Barbara picnics year-round and enjoys the planning, preparation of food and setting up the scene. She can be reached at barbara.s.aiken@gmail.com



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Happy Birthday National Park Service

By Ellen Moyer

On Aug. 25, 2016, the National Park Service (NPS) will celebrate its 100th birthday. President Woodrow Wilson signed the law creating the new agency to preserve, protect and manage America's natural wonders and open space. Unlike Europe, America was bereft of castles, cathedrals and ancient towns visited by so many. America's land was and is our story. There is nothing like our National Park System anywhere else in the world.

In 1906, President Theodore Roosevelt, the nation's greatest patron of our natural habitat, added five new national parks, 18 national monuments, four game reserves, 51 bird sanctuaries and 100 million acres of national forest to America's inventory of places to be protected for all time and for all people.

The story of the National Park System, a radical and unique idea at the time, began with a tree. The giant sequoia, 240 feet tall and 15 feet across, was first seen by Galen Clark in the Yosemite Valley. Amazed at the grove of behemoth trees, he lobbied to protect them from the lumber barons. Joined by California's senator, President Lincoln in 1864, signed the Yosemite grant, the first of its kind, putting the site under the protection of the state. It would become a national park in 1890 after much prodding by John Muir, who believed our wilderness areas were food for our soul. Muir was the founder of the Sierra Club and often cited as "the father of the national parks."

Although Yosemite was at the heart of the creation of the NPS system, it wasn't the first national park. In 1872, President Ulysses Grant designated Yellowstone, the mysterious land of geysers and multiple species of wildlife, as our first national park. By 1916, America had 35 national parks and thanks to President Roosevelt, scores of other protected and preserved places, which were accessible to all. Today we have about 400, which were visited by 307 million people in 2015.

Memories are made in our parks. In 1945, my father drove us across the country to visit his parents in California. The sites

and experiences are still fresh in my mind. We followed U.S. 40 to St Louis and then picked up the 2,451-mile "Main Street of America," route U.S. 66.

It was along this route that I first saw lava and brought home a black basalt volcanic bomb my kids would share in elementary school show and tell. This is where I first saw Native Americans who were selling their handmade crafts along America's most traveled road.

Route 66 crossed national monument land of the Painted Desert, with its treeless panorama where I gawked at the multiple-colored soils and the Petrified Forest, where I walked across Rainbow Bridge, a petrified tree of a type that inhabited this desert area 2.5 million years ago. These areas would become national parks in 1962.

The drive from Flagstaff down Oak Creek Canyon to Sedona, a one-gas station town surrounded by awesome red cliffs is forever engraved in my mind. The natural wonders of our land are our natural castles and cathedrals and symbols, memories of things past and present

Maryland is home to 18 national parks and monuments visited by 6.5 million people annually. They include Antietam Battle field where 23,000 soldiers died in 12 of the bloodiest hours of the Civil War, as well as Assateague Island National Seashore, a memorial to water and wind; Fort McHenry, birthplace of the national anthem; Chesapeake Water Trails; the C&O Canal Historic Park; and the new Harriet Tubman Underground Railroad National Monument. The National Park Service protects and manages them all.

On Aug. 25, take time to visit one of our national treasures. Give a handshake of thanks to a park ranger. Travel with your family. And remember, memories that may stay with us and may be passed on to another generation, are made in our national parks. Begun as a radical idea to protect and preserve a natural wonder, endorsed by President Abraham Lincoln in 1864, the National Park System represents America's greatest achievement.

Ellen, a former mayor of Annapolis and an avid traveler, can be reached at ellenmoyer@yaboo.com

Milking the Nectar Out of Summer

By Kater Leatherman

If you were going to make a list of what Summer most represents, what would it be? Taking time off? Meandering through the farmers market? Being a local tourist or rediscovering your backyard? Summer, with its warmth and light, is a generous season that calls us to kick back, indulge and explore.

One of Summer's many blessings are longer days. Longer days mean more time outdoors, which strengthens our connection to nature. Fresh air is good for the soul, but it also boosts creativity. In a recent study of hikers, four days without technology improved their creativity by 50 percent. Nature's beauty is also a gift that cultivates appreciation and gratitude.

Naturally, with every season comes changes, so make this the time to hit the reset button on your life. Consider what one thing could you do to make this Summer memorable. Perhaps creating more face time with friends and family. Or, choosing to resist the one thing that you can't keep up with or that creates a chronic sense of urgency. It might even be deciding to let go of anything that you spend more time taking care of than enjoying.

Summer is also about rearranging and lightening the load around the house. Freshen up those guest rooms for out-of-town guests and while you're at it, swap your bedroom linens. Gather your beach gear so you don't ruin a perfectly good day looking for everything. And don't forget to rotate your clothes, toss expired foods from the pantry and purge files, all of which will help to clean out the closets and drawers in your mind, too.

Think about an activity that you might like to revisit. Returning to a favorite haunt from your youth, star gazing in a backyard hammock, skipping stones along the shore -- they all bring a sense of vibrancy to life. Carving out time for deliberate fun also means untethering yourself from anything with an on or off switch.

Consider it inexcusable if your Summer vacations tend to be chaotic and leave you feeling more tired than rested. The culprit may be too many activities and not enough relaxation. There is no contract that says you have to be busy all the time. Author and philosopher Sam Keen writes, "Summer is when laziness finds respectability." Think slow mornings, bare feet, afternoon naps and driving for sno-cones after dinner. Vacations are also a great opportunity to practice the art of living more "organically," i.e., allowing life to unfold naturally rather than forcing outcomes.

Because of limited growing seasons in most regions, Summer is the best time to savor the bounty of local foods. The bottom line is that

taste is what really matters. Unfortunately, early harvesting, shipping, chilling and warehouse storage all prevent produce from developing their full flavor. Life is too short to eat foods that lack flavor and your health too important to sacrifice nutrients lost in transit.

Summer will be gone before you know it, so now is the time to treat yourself to something new and different. Contemplate what you love to do and what you want to try, or learn. Maybe making the most of your Summer is as simple as learning how to live more fully in the present moment.

No matter how you spend these months, your life will never go out of style if you are doing what you love, sustaining balance and feeling content with what you have today.

*Kater 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*



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ANNAPOLIS in the Summertime

By Ellen Moyer

Last Summer, I road-tripped 14,000 miles to Alaska and back. I drove through Canada's most awesome landscapes on the Alaska Highway, which is still wilderness, still primitive with no cellphone service. Everywhere there were grizzly bears and huge buffalo, mountains, lakes, trees and more trees, glaciers, hot springs, and a *wow* around every bend of the road.

This Summer I am home and wondering what to do. It's not Alaska, but there is more than enough that I've found right here in our hometown and much of it is free.

If you like music, mark off your Thursday nights at City Dock, beginning at 6:30 p.m. The **Art in Public Places** sponsors "**Thursday Night With the Stars**" featuring a potpourri of local musicians who play an array of ragtime, country, jazz, blues and soul.

Outdoor concerts are also featured at Annapolis Maritime Museum, Maryland Hall and Whitmore Park on Calvert Street, so pack up your comfy chair and pick your spot for a real treat.

There are street festivals too on Maryland Avenue and **First Sundays** on West Street that present the area's crafters, artists and

Thursday Night with the Stars on the Dock at 6:30 p.m.

June 30 - Kings of Crownsville, a finalist in the Baltimore Blues Festival. This six-piece sounds of New Orleans music team opens the Summer season on the City Dock.

July 7 - Mark Brine, an award-winning folk-style country classic singer and songwriter, has recently returned to Baltimore from Nashville and will share the songs of "Yesteryears Country Greats."

July 14 - The Eastport Oyster Boys, our local "goodwill ambassadors," bring a variety of music celebrating life on the Chesapeake Bay. "Good hat, good dog, good boat."

July 21 - Jazz Mosaic, who play contemporary blues and jazz, performs with the popular Arthur brothers.

July 28 - Peacherine Orchestra plays the ragtime sounds of the 1900-1920. Peacherine has appeared at the Kennedy Center and venues up and down the East Coast.

Aug. 4 - MEGA, the piano and vocal students of the area's music teachers, strut their stuff.

Aug. 11 - One Accord, three guys with Rusty Mack, sing Christian and contemporary folk music.

Aug. 18 - Michael Hochman's band of local artists "To Be Determined" features a variety of contemporary and swing tunes you can tap your feet to.

Aug. 25 - TJ Shaw ensemble with vocalist Tish Martinez shares sultry sounds of the blues.

Sept. 1 - The Sunset Band closes the season with the popular contemporary music of vocalist Tony Spencer.

Fridays on the Dock:

July 1, and Sept. 2 - Both dates usher in holiday weekends with music from 2 - 8 p.m. capped by the Army Jazz Band on the Sept. 2.

July 8, Aug. 12 and Sept. 9 - If you enjoy dancing or watching dancers, enjoy the fun of a tango. Dancing 'til 10 with lessons offered.

music. Reynolds Tavern has chosen the evenings of first Sundays (July 3, Aug. 7, Sept. 4) to partner with **Art in Public Places** to showcase award-winning films with an art theme. Don't miss

Some days you just have to create your own sunshine.

the 8:30 p.m. showings of "Thirty Minutes from Stardom," the unheard of stars behind the country singer greats, the Academy Award documentary "Exit through the Gift Shop," and the inspiring story of art collectors "Herb and Dorothy."

New to the Arts and Entertainment District is another *under the stars* event. Every Wednesday beginning July 13, West Street features **Dinner Under The Stars** (www.dinnerunderthestars.org).

Want to be more active? Pick up a copy of the *Art in the City* book, published by Art in Public Places, found at 49 West or the Visitors Center and follow the maps for art tours by foot or bike. Make a Summer of discovering the works of world-class artists and the first-of-their-kind monuments in our cultural city. Tour the many art galleries to complete our city art gallery without walls and than relax and socialize at an outdoor cafe.

While in a discovery mode, learn more about your state by following the **Department of Agriculture Ice Cream Trail** (<http://marylandsbest.net>) There are nine stops, all in rural areas where the cows live. Spend the Summer filling your ice cream passport and treating your taste buds on road trips with a grandchild or a friend.

There are ticketed events too. Stop in Eastport at the **Annapolis Maritime Museum** for a boat ride to the **Thomas Point Shoals Light House**, the Bay icon purchased by the city 10 years ago from the U.S. Department of the Interior.

All Summer long the 50-year celebration of musical theater under the stars continues at the **Annapolis Summer Garden Theater** featuring the Tony Award-winning musical "Rent" and the hysterical romp by Mel Brooks in "The Producers" in August.

So mark off your calendars... Wednesday night **Dinner under the Stars**, Thursday night **Music With the Stars**, Friday dance a **Tango under the stars**, First Sunday's crafts, art, music capped with award-winning **Films under the stars**. Then fill in the days with walking and biking city art tours, and driving Maryland's **Ice Cream Trail** and add a few street fests and ticketed events and enjoy. It's "summertime, and the living is easy."

There's plenty to do in Annapolis. Not even mentioned here are sailing to hidden coves, fishing, crabbing, paddle boarding or kayaking. These, too, are access-free.

Ellen, a former mayor of Annapolis, can be reached at EllenMoyer@yahoo.com

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Maryland Blues, a Good Thing

By Barbara Aiken

A Maryland Summer highlight is folks gathered around a newspaper-covered table to crack, pick and devour tasty Maryland blue crabs. The fun of teaching children the art of “crabmanship” is an adult delight.

Let’s begin with “Crab 101.” The Latin for the Maryland crab is *Callinectes sapidus*, which means “beautiful savory swimmer.” A crab in the Chesapeake Bay will survive for about three to four years before being harvested. Some believe that crabs can live for around eight years, however, due to molting it’s hard for experts to determine age. They are considered scavengers and eat almost anything to include fish, oysters and insects. These cannibals will eat other crabs, especially during the soft-shell phase. Those that prey on the blue crab include striped bass, croaker and, as noted before, other blue crabs. According to the National Oceanic and Atmospheric Administration (NOAA) the largest crab caught in the Chesapeake Bay was 10.72 inches wide and weighed 1.1 pounds.

“Jimmy” the male crab can be spotted by its blue claws and the T-shaped apron on its underside that resembles the Washington Monument. The female “sook” has an apron that resembles the Capitol dome. She also sports red fingernails, so look for scarlet tips on her claws. The sook meat may be denser than the jimmies.

Blue crabs are caught as hard-shells, peelers (before they molt) and soft-shells. Various cooking methods are used for hard- and soft-shells. Hard-shells are most often steamed and must be cooked live. Before cooking, toss out any dead crabs; you’ll invite food poisoning if you don’t. Peelers are pre-molting crabs. They’re caught and held in tanks until they shed their old shell and sold as soft-shells. Soft-shells remain so for only about 12 hours and many consider these a delicacy. The gills and stomach of the soft-shell are removed prior to cooking so the remaining entire crab can be consumed. Often they are sautéed or deep fried.

For those unfamiliar with the skill of “crabmanship,” there are several methods used to extract the luscious sweet meat. I’ll describe how I do it, using a knife rather than a mallet to avoid bits of sharp shell from mingling with the meat.

1. Use your hands to remove the legs and claws to include the knuckles.
2. Use a small sharp knife to pry off the apron.
3. Insert a thumb into the crab and separate the top from the bottom of the body.

4. Scrape off the lungs or “dead man’s fingers” and discard with the stomach sac that is located below the head—don’t eat these, they taste unpleasant.
5. On each side of the body there’s a slot-like area. Use the knife to cut through this area on both sides. This exposes the meat and you can use your fingers, or a cocktail fork to extract it.
6. Snap each claw and leg in half at a joint. Pull gently and the meat may come out easily—the legs don’t contain much meat.
7. Use the knife to cut through the claw shell at about the mid-point; separate the shell and work the meat out.
8. The yellow “mustard” or “tomalley” of the crab is the liver and pancreas. You may find bright orange roe in female crabs. Both are edible.

An article about the Maryland blue crab wouldn’t be complete without a crab cake recipe. Here’s my favorite:

Jumbo Lump Crab Cakes *Makes about 6*

1 lb. jumbo lump crab	¼ cup mayonnaise
1 egg	½ tsp. kosher salt
1 Tbs. Dijon mustard	¼ tsp. cracked black pepper
dash of Tabasco	¼ - ½ cup fresh bread crumbs

In a small bowl, mix the egg, mustard, hot sauce, mayonnaise, salt and pepper. Add the crab and bread crumbs and combine gently. Form into cakes and bake for 12 minutes at 350 degrees. Place under the broiler for a few minutes to brown.

If you don’t want to splurge on jumbo lump, get backfin or lump. If you don’t like hot sauce omit it or add a dash of Old Bay. Serve with corn on the cob and coleslaw and pair with a chilled sauvignon blanc, or picpoul de pinet.

If preparing Maryland blue crabs at home isn’t for you, there are many area restaurants that serve them in various forms. Check out True Blue Maryland for a restaurant listing. Not all crabs dished up will be Marylanders. You may want to inquire before dining. And for even more information about Maryland’s favorite log onto www.seafood.maryland.gov

Barbara has lived in Maryland for over 42 years and knows her way around Maryland blue crabs. She can be reached at barbara.s.aiken@gmail.com

INSTRUMENTS OF PEACE

MUSIC VOLUNTEERS SHARE THEIR PASSION TO BRING HEALING TO HOSPICE PATIENTS

By Elyzabeth Marcussen

Bruce Sponsler's mom always said, "God gives us gifts. No matter how big or small, you should try to share it."

So when the Glen Burnie man retired last year after four decades of teaching physical education, he called Hospice of the Chesapeake to see how he could share his gift with patients.

One day, he volunteered at the Rebecca Fortney Inpatient Care Center in Pasadena and visited a dying woman and her daughter. Sponsler was warmly welcomed, but he felt he probably didn't make a good first impression. "(The daughter) didn't say what she was probably thinking, seeing some guy carrying a banjo," he laughed.

Undaunted, he played and sang softly for the little family. He could feel the comfort it brought at a difficult time.

At a very different visit, Sponsler was greeted by a large crowd at a patient's home. There, his upbeat songs were accompanied by the boisterous voices who used smartphones to find the lyrics.

"It's not the instrument. It is how you play the instrument. How you present your healing art," he said. "Whether it's two people in a room playing quietly or 10 people in a home singing along with the lyrics on their phones."

Music is one of the many healing arts used by the nonprofit as part of a holistic approach to caring for people experiencing advanced illness. Other therapeutic offerings include massage, pet therapy, aromatherapy, beautician services, scrapbooking – pretty much anything that makes a person find peace and comfort. These are called complementary therapies, as they are offered in concert with the medical, social and spiritual care of the care team.

Hospice of the Chesapeake has more than 110 volunteers trained to serve as healing arts volunteers. These are often creative people looking for a meaningful way to share not only their talent, but their passion. For Lisa Salkov of Baltimore it started with a ukulele. The vocalist originally gave it to her boyfriend as a gift, but started to teach herself how to play it and quickly fell in love. It makes her so happy, she said her boyfriend said it was the best gift she ever gave him.

"I love it with such a passion," Salkov said. "It's very personal to me."

Because of her intense connection with the instrument, she was a bit hesitant at first to share it with strangers. But playing for the patients on Saturdays at the Fortney center has changed that. "Working here has opened me up. Sharing something so intensely important to me and seeing the reaction, looking at their face to see the lines of pain are gone," she said. "It's almost selfish. What you get is just so nurturing to the soul."

Terri Fevang of Towson said as much when she spoke of her music practice. "This is not performing.

It is absolutely a service – it is a ministry," Fevang said. "We are not here for us; we are here for everyone else."

Fevang is not a healing arts volunteer. She is a certified music practitioner or therapeutic musician, a professional who uses the language of music to create a healing space for the patients. By healing, she doesn't mean curing, but rather making a person whole. "We use music to balance the body, mind and spirit," she said.

A variety of patients can benefit from the holistic healing of music – from trauma victims to cancer patients. Along with Hospice of the Chesapeake, Fevang's practice also includes Anne Arundel Medical Center, Mercy Hospital and private clients. Her internship was at the University of Maryland Shock Trauma and she also has helped cancer patients. "There is no downside to music when used thoughtfully and intentionally by somebody who knows how to do it."

To become certified, Fevang had to complete five separate modules of coursework, do independent study and participate in clinical internships. This has given her the experience and knowledge to use her instrument – the keyboard – to respond to a patient's needs in a most immediate way. "Moment by moment I am creating a human connection through live music," she said. "Your skill level, your connection to your instrument, your knowledge, your desire to give your music away; you're bringing yourself, your humanity, life and joy and sadness. You're bringing it all back into that room."

You don't have to be certified or even a professional musician to volunteer at Hospice of the Chesapeake. However, you do need to complete patient care volunteer training – either two full days in person or 30 hours online. Like most of the training opportunities the nonprofit offers, it is free for volunteers.

Salkov said that though it was a bit of a commitment, the plus side is she has become interested in other healing arts and has taken the training to qualify her as a comfort touch and aromatherapy volunteer. "There is so much that you can learn. And so much that you can give."

Elyzabeth is the communications specialist for media at Hospice of the Chesapeake at the John & Cathy Belcher Campus in Pasadena. She can be reached at 443.837.1559 or emarcussen@hospicechesapeake.org

LEARN THE HEALING ARTS: BECOME A VOLUNTEER

To inquire about becoming a healing arts volunteer with Hospice of the Chesapeake, contact Kris Carpenter-Zyla at 410.987.2003, Ext. 1328, or kcarpenterzyla@hospicechesapeake.org

For details on volunteering, visit <https://www.hospicechesapeake.org/volunteer>

To see a video of Lisa Salkov playing for a patient at the Rebecca Fortney Inpatient Care Center, visit <https://vimeo.com/user36238218>

CREATE A MEMORY BOOK THIS SUMMER

By Leah Lancione

There's nothing better than making memories with loved ones. Almost as special is the keepsakes you may have that capture those moments in time for you to relive and cherish forever, whether it's a journal entry, a home video or photo album. With modern technology, folks can create their own memory books or albums with the help of free apps or online services like Shutterfly, Mixbook, Mypublisher or even iPhoto for Mac users. Below is a summary of popular online photo booksellers, but the best thing to do is check out homepages and decide which seems the most user-friendly to you and which one is offering the best promotions at the time.

In addition to a memory book created thanks to modern technology, some prefer a more homemade feel by putting together an album or scrapbook the old-fashioned way. Folks at the Curriculum Corner website www.thecurriculumcorner.com provide a guideline for completing a memory book throughout the Summer *with* a grandchild. Together you will make and then record the memories together starting out at the beginning of the Summer vacation and ending just before school starts, or at the beginning and end of a shorter visit.

For a Summer-long activity, choose a regular time to work on the project, adding pages as you go. A good opening page could be what the two of you hope to do, see or accomplish during the visit. Purchase a three-ring binder or scrapbook with blank pages. Include photos, drawings or journal entries. For young grandchildren, record their height and weight and a handprint to see if any growth occurs over the course of the Summer. Each

entry thereafter can be a "Summer adventures" page with other specific pages interspersed throughout. The site recommends a page devoted to travels, some with writing prompts such as who is my hero, who is my best friend, etc. and more.

Supplies needed for this project include: binder and three-hole punched pages or scrapbook with blank pages, markers (Sharpies are a good choice), stickers (found at Michael's, AC Moore or any big department store that has an art supply aisle) photo corners and tabs or an adhesive-like, double-sided mounting tape, scissors and photo paper if you'll be printing out the photographs yourself with an ink-jet printer.

Shutterfly (www.shutterfly.com)

Shutterfly offers everything in personalized photo gifts from books to home décor, mugs, calendars, prints, cards and stationery and more. Focusing on its book-making capabilities, Shutterfly offers books starting out at \$15.99 and sizes ranging from 8x8, 8x11, 10x10 and 12x12 that can be tailored to a specific occasion or life event. The three routes for getting the job done include: custom, simple and make my book paths. Just upload your photos from your computer, Instagram, Facebook or Shutterfly album to get started.

- Custom path: Users can add, move and resize pictures and text as they wish, and can choose from an extensive collection of backgrounds, layouts and embellishments to personalize their memory book. Each page can hold up to 30 pictures and up to 1,000 per project.
- Simple path: With this option, Shutterfly will place and arrange users' pictures for them in a pre-styled

photo book, choosing from 40-plus styles, backgrounds and layouts. Then users can just rearrange photos and add captions as they see fit.

- Make my book path: This new option allows users to have the whole book designed, styled and created by a skilled expert within three business days—all for an extra \$9.99 design fee if you decide to order the book.

With all three routes for getting your Shutterfly book done there are a variety of cover choices as well, from glossy or matte to hard, soft, leather or even crushed silk. If the project sounds daunting, the site offers a video tutorial. So just let your creative juices flow and let your grandchild take part too. Most kids these days are already masters of modern technology.

MOST KIDS THESE DAYS ARE ALREADY MASTERS OF MODERN TECHNOLOGY.

When was the last time that you did something for the first time?

Mixbook (www.mixbook.com)

Mixbook also offers cards, prints, calendars and other schemes for photographs, but also photo book options perfect for a Summer memory book. Folks need not pay a subscription or become a member -- you just pay for the end product. Photos can be easily dragged and dropped from your computer or uploaded from virtually any third-party service like Facebook, Instagram, Smugmug, Dropbox, Flickr and more. A range of styles to choose from for every occasion and nearly 300 themes are available, or users can start their book from scratch. Thousands of backgrounds and stickers are also available to customize the book. A particularly useful option is the capability for multiple users to contribute and edit the book, so family members or friends can log on and do their part from another location. Prices range from \$15.99 to \$25.99 and above, depending on the size, cover and binding chosen.

MyPublisher

From the Shutterfly brand, MyPublisher allows users to download their free BookMaker software to design a photo book or premium album on their own or download the templates to design a product in Adobe InDesign and then simply upload the PDF files once complete. Like Shutterfly, MyPublisher also offers services in which the design professionals will take over the project with users' photos and design the photo book based on their preferences and style choices. Also worth noting, MyPublisher offers a free photo book for first-time customers.

MyPublisher also offers photo retouching services where clients can upload their pictures, provide instructions of desired changes and in two to four days the photos are ready, starting at \$9.99 a photo.

Whatever method you choose to make your book of Summer memories, make it a special joint effort that is enjoyable so that even the collaboration on the project itself will be a cherished memory.



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A JUDICIAL PRIMER

By Albert W. Northrop

Antonin Scalia served on the United States Supreme Court from 1986 to 2016. His recent death has caused the usual firestorm about judicial vacancies, especially on the Supreme Court. Considering the notoriety of Scalia's death and the controversy over his successor, it presents a chance to give a brief overview of the federal courts and a description of how local courts operate. America's democracy is preserved by having three equal branches of government. This basic framework was devised from an analysis of the ideas of John Locke (1632-1704), Jean-Jacques Rousseau (1712-1778) and especially Montesquieu (1689-1755). It followed that the delegates who attended the Constitutional Convention in Philadelphia were afraid of European monarchies and unrestrained power of any kind. Our government's duty is to restrain itself and yet maintain peace and good order in the public. When the power of any branch is usurped by the others, the power of the people is the ultimate loser. Public control over the executive and legislative branches is maintained by electing their members and having short terms of office.

Some form of these elements can be applied to the judicial branch both on the federal level and the state level.

I see the selection of judges to any court as different from the selection of our elected officials from the other two common branches of government. The judiciary doesn't decide whether we spend more money on guns or on butter. The judiciary doesn't decide the time frame within which automakers must comply with stricter emissions levels. Judges hear the facts and apply the law to those facts.

Admittedly, judicial "interpretation" of the

law may appear at times as enacting or creating law. From time to time we hear of a member of the bench as being an "activist judge." I would suggest that this is the exception rather than the rule.

In Maryland, setting aside administrative law judges, there are five different courts. The first is the Orphans' Court. The Orphans' Court is our probate court and also hears cases involving the guardianship of the person and/or property of a minor. With probate in mind, the Orphans' Court is the one court where at some point most everyone will have some contact. With two exceptions, Orphans' Court judges are in fact elected to four-year terms. The two exceptions are Montgomery and Hartford counties where the Circuit Court sits as the Orphans' Court. Again, with the two exceptions just noted, Orphans' Court judges are not required to be attorneys and they sit part time.

Next we have the District Court, which is likely familiar to most people. If you've ever been to traffic, small claims or landlord/tenant courts, you went to the District Court. The District Court also handles misdemeanor cases and civil cases where the amount in controversy does not exceed \$30,000. If the amount in controversy is \$5,000 or less then the District Court has exclusive original jurisdiction over the "small claim." Domestic violence and peace order cases are also filed in the District Court. There are a number of exceptions to and limits on the jurisdiction of the District Court, too numerous to list here. District Court judges are appointed by the governor for a 10-year term subject to reappointment.

The next level is the Circuit Court. The Circuit Court is the general trial level court. It takes appeals from the District Court and from the Orphans' Court. Its general jurisdiction includes regular civil claims without monetary limit, felony criminal cases and domestic relations (divorce and child custody) cases. Domestic violence cases can be filed in the Circuit Court as well as in the District Court. The juvenile courts, now with one exception, are in the Circuit Court. The exception is Montgomery County where the District Court

Bay Bytes

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Done is better than perfect.

sits as the juvenile court. In cases where juries are permitted, they are found only in the Circuit Court.

Circuit Court judges are appointed by the governor and then sit for nonpartisan election, in the next general election. If the electorate confirms the governor's appointment, the Circuit Court judge then serves for a 15-year term subject to reappointment and reelection after that term.

The first fully appellate level court is our intermediate court of appeals known as the Court of Special Appeals. Appeals from the Circuit Court are heard in the Court of Special Appeals. Court of Special Appeals judges sit in panels of three to hear cases. There are a total of 15 Court of Special Appeals judges. They are appointed by the governor by and with the advice and consent of the state Senate to a circuit and are subject to election in that circuit at the next general election following the expiration of one year from the date of the occurrence of the vacancy the judge was filling. The judge is then subject to reelection every 10 years thereafter.

Maryland's highest appellate court is the Court of Appeals. Appeals from the Court of Special Appeals are heard in the Court of Appeals. In certain instances the Court of Appeals may "take" a case from the Court of Special Appeals

before the appeal is heard there. Court of Appeals judges are appointed and stand for election as are Court of Special Appeals judges. There are seven Court of Appeals judges and they sit as an entire panel.

Orphans' Court judges can continue to serve for as long as they continue to be elected. All other judges in Maryland have a mandatory retirement age of 70 years. They can, however, be recalled with the approval of the Court of Appeals to sit periodically as "senior status" judges.

Maryland judges can be removed from office. The Judicial Disabilities Commission is the vehicle for such removal. A description of that process would take another article.

Realize that this is but a thumbnail sketch of the Maryland judiciary. The Maryland constitutional provisions and the provisions in the Courts and Judicial Proceedings Volume of the Maryland Code contain more pages on this topic than this entire publication. To get more information, readers are invited to visit the Maryland judiciary website, mdcourts.gov

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SUMMER QUIZ-ACROSTIC
 Author, pediatrician, psychiatrist, and social activist, this doctor wrote the bestselling book on the subject of child care. He also won an Olympic gold medal in rowing while attending Yale University. Who was this doctor?
SENIORS IN AMERICA: AAPP
 A. Psychotropic drug
 B. Aortic
 C. Rivastigmine
 D. Edwardian
 E. Nimitz
 F. Trusts
 G. Newsreels
 H. North Carolina
 I. Go-Go boots
 J. Bittynia
 K. Eight
 L. Naid
 M. Am session
 N. At board
 O. Microtubule
 P. Nut
 Q. Newsreels
 R. Sals
 S. Flew
 T. Otherworldly
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 V. Keep the Faith



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How to Be a Good Crew

THE TOP TEN THINGS TO DO (AND A FEW NOT TO DO)

By Henry S. Parker

Ever stand on the shores of Chesapeake Bay and watch a fleet of racing sailboats, wishing you were out there yourself, trimming sails, hiking out over the windward rail, perhaps even taking a turn at the helm yourself? That dream could be easily realized. It's a buyer's market for aspiring crew members, with skippers constantly looking for eager recruits. But the buyer should beware.

Just as captains should carefully screen future shipmates before welcoming them aboard, crews should evaluate skippers before signing on. Keelhauling went out of favor years ago, along with the cat-o-nine-tails and walking the plank. But 21st century skippers can be tempted to invoke such remedies for misfits on their vessels—and modern crew members may sometimes contemplate mutiny. It's important that captains and crews be as well matched as possible.

If you're interested in crewing on a Chesapeake Bay sailboat—and want to be invited back—there are a number of things that you can do, and a few you *shouldn't* do, to ensure a good experience, whether you're signing on for a long cruise or only a day sail. Here's a countdown listed in, more or less, increasing order of importance:

- **No. 10: Prepare.** Be in shape before you show up (think Steven Katz in Bryson's classic book, *A Walk in the Woods*). Learn as much as you can in advance about the boat, the crew and the skipper. Waterfront scuttlebutt should clue you in if the vessel is a disaster waiting to happen or if the captain is a Queeg. Think about taking a sailing course. And do some reading; you'll find plenty of highly accessible primers on the fundamentals of sailing. *What not to do: Report aboard with a raging hangover and several overstuffed bags, asking to be escorted to your stateroom.*
- **No. 9: Use Your Head.** A day at sea can be unpredictable, often requiring rapid responses to changing conditions. As a crew member you'll need to be resourceful and inventive. Above all, you should practice common sense. *What not to do: stupid stuff.*
- **No. 8: Stay Calm in a Crisis.** Stuff happens, especially on the water. I was once on a boat where a dog went over the side, followed by a child who wanted to save his pet. Someone started screaming, "They'll all drown!" Fortunately crew and captain kept their heads

and carried out an easy rescue. *What not to do: Call 911 on your cellphone when the fog starts to roll in.*

- **No. 7: Be Yourself, within reason.** Don't pretend to be something you're not, especially trying to pass yourself off as an experienced sailor when you don't know a starboard tack from a larboard rail. Even if you can fool your shipmates (unlikely, for long), you may end up being assigned an important task that you have no clue about how to tackle. I know a skipper (we'll call him Harry) who signed up a seemingly experienced crew member ("Fred") who had also been a naval officer. As they prepared to moor in a quiet cove, Harry asked Fred to handle the anchor on the foredeck. When the signal was given, Fred jumped over the side, holding the anchor. *What not to do: Be rude, crude, lewd or nude.*
- **No. 6: Adapt.** Unless you're crewing on a luxury yacht, you'll have to accept certain inconveniences, if not outright deprivations: no long, hot showers, intermittent sleep, infrequent drenching with cold sea spray, gobbling cold meals on a pitching deck, trying to use the head when the boat is heeled at a 30-degree angle. And forget about personal appearance. The saving grace: You and your shipmates are all in the same boat. *What not to do: Complain to your shipmates that you only had six hours of sleep the previous night. Yes, I heard someone do this.*
- **No. 5: Communicate Well.** And above all, listen well. Ask questions. Make an effort to get to know your teammates; they'll all have interesting stories and you can learn a lot from them. Open up about yourself, if asked, but don't dominate the conversation. Bite your tongue, especially when it comes to criticism. (Some

say a bitching sailor is a happy sailor, but that sentiment is way overrated.) Silence can be golden. But do speak up if you see something wrong; your report could make the difference between corrective action and disaster.

What not to do: Complain in a loud voice, when assigned an unpleasant task, that you're "too old for this (stuff)."

- **No. 4: Learn.** Even the most experienced sailors have something to learn about boats and the sea, and the most experienced sailors will be the most likely to admit it. The first rule about learning is to be a good observer. Pay attention to what's going on around you. Note what was done when things went well—and when they didn't. Ask questions. Volunteer to help out with unfamiliar tasks so that you'll be able to do them yourself. Learn nautical terminology, including parts of the boat, points of sail and navigation aids. You don't want to be the person who, when ordered to trim the jib, asks where the shears are kept. And practice knot tying. That skill will come in handy, sometimes when you least expect it.

What not to do: Spend all your free time with your head buried in the latest best-seller.

- **No. 3: Follow Orders.** Remember that the captain's word is law, within limits. You'll almost certainly be tasked with performing some seemingly mindless, boring, thankless or otherwise unpleasant job, like swabbing a deck, cleaning a head, taking the midnight-to-two-a.m. watch, or preparing a meal when it's blowing a gale. Perform the task without question, complaint or delay. Of course, there's an exception to this rule: if the captain has asked you to perform a clearly dangerous task. If you believe this to be the case, you're within your rights to point this out, and even to consult a wise, more experienced hand. After all, you're sailing on a pleasure boat, not a commissioned naval vessel. You have no obligation to put yourself or your crew members in harm's way. *What not to do: Fall asleep on watch.*

- **No. 2: Be a Team Player.** This is nothing more than the nautical version of, "All I Really Need to Know I Learned in Kindergarten." The principles are universal: Be respectful and considerate of your shipmates; pitch in to help when something needs to be done; carry out assigned duties cheerfully and conscientiously; avoid unnecessary arguments; commit to the boat, the captain and the crew; help create a positive environment. *What not to do: Denounce the boat, criticize the crew and trash the skipper when things don't go right.*
- And the absolute, **No. 1** rule is: **Have Fun!** Sailing is not always a barrel of laughs. Weather conditions can be miserable, sleep in short supply, the food barely edible, your fellow crew members grim and grouchy and your boat may be wallowing in last place on the race course. But you're

just as likely to be leading the fleet on a sparkling day on the Bay with the pleasing prospect of a round of celebratory drinks with new friends on the other side of the finish line. No matter what Neptune dishes up, keep that sense of humor and remember that smiles are contagious.

Henry S. ("Hank") Parker is an avid sailor on cruising and racing boats, a sometime boat owner and a former sailing instructor, he grew up in a sailing family on the Maine coast where his father owned a boat yard and did not give his children the option not to sail. He can be reached at hspspb@gmail.com

Bay Bytes

Are deer chomping on your prized (and expensive) perennials? Try a product sold as a fertilizer with the name **Milorganite** – An interesting side effect of this fertilizer – deer don't like the odor and will usually steer clear.



BUDGET REDECORATING

By Kater Leatherman

You want a home that reflects who you are. You want it to feel and look right. You want results. You may even want to hire an interior decorator, especially if the service includes an affordable bottom line. But professional decorating may cost a lot, resulting in rooms that might reflect someone else's tastes, style and preferences.

These days, a dollar saved sometimes requires tapping into your creative juices and doing it yourself. This is where budget redecorating can help. It is an investment in your life now because you are working with what you already have, such as treasures waiting to be rediscovered in the basement, attic and storage areas. With a few guidelines, you'll have an opportunity to use the resources that are already yours.

Whether you have a house full of heirlooms, are an empty nester or in the process of downsizing, begin by determining what is most important to you. Where do you spend most of your time? How does it feel to be in your home? Is there a place that you can call your own? What would you like to let go of? What don't you like about your home? As you move forward, these are some questions to focus on.

Stand at the door of each room. Does it invite you in? Is the furniture pressed up against the walls like a waiting room in a doctor's office? Don't be afraid to try new angles for your furniture. Place your sofa or bed on a diagonal. To encourage conversation, build a semicircle of furniture around the focal point of the room -- a fireplace hearth, a piece of artwork, wall unit or picture window. Make sure you can move around without having to navigate through an obstacle course. A traffic pattern that flows easily is key. Sometimes, just removing clutter can transform a room.

Cherished objects can be showcased in a variety of ways. Turn a dull-looking china cabinet into a photo gallery. A trunk can double as a coffee or end table. Use objects from your past in place of art work. For example, hang a grouping of your favorite

record album covers or old family photographs. Avoid overdoing; too much and you don't see anything. Allow the eyes to rest by leaving a good amount of blank space on the walls.

To refresh the look of your bedroom, rummage through your linen closet and switch out your comforter, duvet or bedspread with a spare one. Change out the photos in your frames. See if an existing plant would be happier in another room.

Good lighting doesn't have to be expensive either. Sometimes, changing the type of light bulb can make a difference. If you have a lamp that is too small for the table it's on, add some height by setting it on top of a stack of books. Almost everyone has a mirror in storage, so use it to enhance the light in a room.

It matters to clear clutter, to say goodbye to things that have served their purpose in your life...

Color your walls in soft colors to make a room look bigger. Use deeper or brighter tones to make a statement or accent a wall. Complement with a shade of white or

off-white for the moldings, doors and windows. When deciding, choose colors that are soothing to your eye.

Benefits of decorating yourself go way beyond visual. You feel accomplished when you move furniture around to make a room more functional. It's gratifying to breathe life into possessions that you've brought out of hiding. It matters to clear clutter, to say goodbye to things that have served their purpose in your life, because clutter takes up valuable space -- in your surroundings and in your head.

"Do what you can, with what you have, where you are." Theodore Roosevelt advised. By reconsidering, repurposing and rearranging, you can inspire a new look and do it without breaking the bank. Trust your eyes as well as your instincts. Knowing what you love and what feels good will create a home that is authentically you.

*Kater is a home rejuvenator, professional organizer and home stager. She has authored two books, *The Liberated Baby Boomer* and *Making Peace With Your Stuff*. She can be contacted at katerleatherman@gmail.com*

Bring 'em Home

By Ryan Helfenbein

According to a recent article published by the American Automobile Association, 38 million people traveled this past Memorial Day weekend, the second highest travel volume since 2005. With all this traveling, one has to ask at some point, what if someone dear to you died when out of town? Who would the family call, what would be done, and how in the world would they get them back home? Yes, leave it to an undertaker to take the nervousness of travel and amplify it by mixing in the question of a death out of town. This is actually a commonly asked question and one for which we should all have the answer.

The quick answer is to always call your hometown undertaker. Yes, no matter if it is cruising the Mediterranean or simply visiting family in a neighboring state, the immediate phone call is to our hometown undertaker. A way of thinking of this is kind of like a club or fraternity. Undertakers have associates all over the world who assist each other – and no, they are not corporate, these are family-owned and operated firms. When you reach out to your hometown undertaker to let them know that a death occurred and you are out of town, they then reach out to the local contact in that area to act on their behalf. This not only minimizes potential communication issues, due to a family dealing with just one dark suit, but it actually eliminates the risk of being double-charged. In the land of an undertaker, there exists a fee called “Professional Service or Basic Services of Funeral Director and Staff.” This fee is a non-declinable fee that is incurred when contracting with a funeral home – per funeral home. So if one had contacted the funeral home where the passing occurred, and then called the hometown firm, they could incur two of these non-declinable fees. That could be to the tune of several thousand dollars! This can not only be a savings on the expense of contacting two firms, but eliminate a tremendous amount of confusion as to what exactly each firm is doing. The hometown undertaker orchestrates all the moving parts in seeing that the individual is brought back home, and the family only has one bill to be concerned with.

“OK, so I’ve got my home town “Digger O’Dell” to take care of things for me, but what about transportation?” When it comes to transporting the individual the undertaker will advise whether they will need to be flown via airplane or escorted on land. This all depends on the proximity of where the death occurred to

the hometown firm’s location. First let’s understand that if the family chooses cremation, then typically cremation is completed at the location where the death occurred and then the cremated remains are transported to the hometown undertaker – again, all orchestrated by the hometown undertaker.

The transportation situation is different if a traditional burial or visitation before cremation is planned. It would be highly recommended, if not required in some situations, that the necessary preparation (embalming) be completed. For ground transportation the only added expense is typically mileage to and from. But if the body is to be transported by air, there are some additional and a bit more costly expenses involved. First is the airfare and the next is the acceptable vessel permitted by the FAA to fly the individual back home. These two expenses together typically exceed the \$1,000 range.

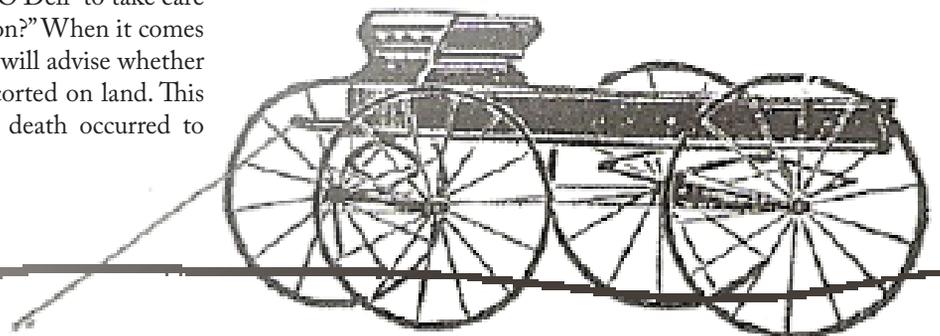
With airfares being all over the place today, and the varying expense of the FAA-permitted vessels used, modern day funeral firms are offering a program called MASA. This is a transportation insurance program

offered through progressive funeral homes that provide a cost savings when the situation of death away from home might arise. This program is a one-time \$425 flat rate fee paid in advance that provides the coverage to the individual for paying all, yes *all*, expenses associated with bringing that person home. This newly offered program provides exceptional coverage and can save on a tremendous expense, allowing a family to focus on the situation.

Family reunions, vacation weekends or simply a road trip away from home, no matter what it may be in our future, it helps to understand what must be done if something ever happens while traveling out of town. Simply pick up that phone and call your hometown undertaker.

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

...it helps to understand what must be done if something ever happens while traveling out of town.





Living Love

By Dr. Jim David

One of our four precious granddaughters asked me, “What is love?” Interestingly this question was also the most searched phrase on Google in 2012. And here is my reply.

Psychotherapists sometimes remark about the intricacies of mental health, saying, “It’s easy to understand, but difficult to put into practice.” For example, we know that being accepting or nonjudgmental enables love. How easy is that for us to implement? We readily give notional assent, but real assent may elude us.

What keeps us from being more loving, kind, thoughtful, caring and empathetic, etc.? Probably for some it’s our life style, our busy-ness or our stress level. Sleep deprivation, myriad worries and task obsession all weigh us down. They obstruct us from living love.

DEVELOPMENTAL PERSPECTIVE: LOVE IS A FEELING

When we are young we hopefully feel loved by our parents, siblings, grandparents and friends. We may be more loved than loving.

The teenage years come with hormonal flooding that confirm us in the belief that *love is a feeling*. Society cements this belief with songs and stories that many of us endlessly revere.

Of course, both loving and being loved does feel very wonderful. But as we age, we notice that feelings come and go. We don’t always feel loving. As we mature, we may decide that we have the power to regulate ourselves and we come to believe that *love is a decision*.

LOVE IS A DECISION

As an act of our free will we can decide to act in loving ways. Gary Chapman, in his best-selling book *The 5 Love Languages: The Secret to Love that Lasts*, outlines how varied we are in experiencing love. Some of us feel loved with *words of affirmation*, some with *quality time*, others with *receiving gifts or acts of service*, some with *physical touch*. He has a psychometric to identify and rank our preferences in the five spousal love languages.

Historically, in his book, *The Art of Loving*, Erich Fromm presents an encyclopedic exposition of the many and varied types of love. He explains how the ancient Greeks used seven words to define seven different types of love. The New Testament of the Bible in I Corinthians 13 reminds us that, “Love is patient, kind, etc.” Two popular descriptions of love are, “The love in your heart

wasn’t put there to stay, love isn’t love until you give it away,” and, “Love is when you care just as much about the other person’s needs and feelings as you do about your own needs and feelings.” Developing empathy requires mindful practice.

LOVE SIMPLY IS

As we grow older some of us grow more content with ourselves and wiser about life. Anthony DeMello captures this perspective in his book, *The Way to Love*. He conceptualizes love as having four qualities; it is indiscriminate, gratuitous, unself-conscious and epitomizes freedom.

The indiscriminate quality of love means we are not selective about whom we decide to love. We extend love equally to the CEO and the cleaning lady. We stop judging people as worthy or unworthy. We begin seeing them as doing the best they are capable of doing given their life circumstances. This is obviously easy to understand intellectually, but difficult to do.

The gratuitousness quality of love means that we love without expecting any type of reward. When we only seek the company of those who give us emotional gratification while avoiding those who don’t. Our seeming love may camouflage our selfishness.

The unself-consciousness quality of love means that love is so natural and spontaneous that it is blissfully unaware of itself. Love simply is. We’ve all known someone like this. They are simply loving. It’s in their DNA.

The final quality of love is freedom. “The moment coercion or control or conflict enters, love dies. Think for a while of all the coercion and control that you submit to on the part of others when you so anxiously live up to their expectations in order to buy their love and approval or because you fear you will lose them.

Life doesn’t get easier. You get stronger.



Bay Bytes

If you're traveling this Summer and want to bring Fido along, log onto www.DogFriendly.com or PetsWeCome.com for lists of pet-friendly hotels, parks, etc. that would welcome your pet.

ourselves, with everyone and everything. This experience comes from quieting the mind and relaxing the body so we are OK just in being. This entails solitude, silence and paradoxically being in community. Obviously, to achieve this takes commitment.

Second, we synthesize love as a feeling, a decision, and it simply is. Each of us probably has our own unique path. I recommend meditation. Choose whatever form or style of meditation suits you. Create your own meditation style. Maybe it means walking in the woods or on the beach. Perhaps sailing the Chesapeake. Whatever equips you to be at peace with yourself, with your life, with others, with God (however you imagine God to be), then your love will be indiscriminate, gratuitous, unself-conscious and free.

Third, love like many culinary delights, takes seasoning and time. Actually, it's an endless journey.

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 or email james519@comcast.net

Each time you submit to this control and this coercion you destroy the capacity to

love, which is your very nature, for you cannot but do to others what you allow others to do to you. Contemplate then all the control and coercion in your life, and hopefully this contemplation alone will cause them to drop. The moment they drop, freedom will arise. And freedom is just another word for love." (*The Way to Love: The Last Meditations of Anthony De Mello*, pp. 105-109.)

HOW DO WE GET THERE?

First, we begin by structuring each of our days to allow ourselves the time to experience being OK with

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Summer TIME

By Rev. Dr. Amy Richter

The town clock is on the steeple of the church I serve. Every quarter hour, during hours when such sound isn't disrespectful to the neighbors, the clock chimes. The clock's prominent place, high above Church Circle in the middle of Annapolis, reminds me that one of the functions of the keeping of time is to help people participate in the life of a community. We can gather at an agreed-upon time and conduct business according to an agreed-upon schedule. Keeping track of time helps us be good neighbors.

However, we also know how quickly we can turn time from an aid to a tyrant, from a guide to an idol, something we try to manipulate through time-saving devices and schemes or supplicate, promising the clock god what we would do if we only had more of its precious treasure.

In *Gulliver's Travels*, when the Lilliputians first see Gulliver's watch, they take it to be "the God that he worships" because "he seldom did any Thing without consulting it. He called it his Oracle and said it pointed out the Time for every Action of his Life." Christian McEwan notes the plethora of clocks around us—on our phones, our ovens, our computers—and calls them "a pantheon of tiny fretful gods, each one berating us under its breath for not meeting our commitments right this minute."

These witty criticisms give me pause. I love trying to do as much as I can in my work, in my family life and play, my spiritual life, my study and continued learning. I want my life to be poured out in service and discovery, not cautiously dispensed like bitter medicine from a dropper. Maintaining a schedule helps me keep commitments and allot time for my various pursuits. I also slip too often into thinking if there's still a blank space on my schedule, I should fill it. It's this neglect of allowing for unscheduled time that too frequently has me bowing at the altars of those "tiny fretful gods," moving hurriedly on to the next appointment or activity, rather than paying attention to the appropriate time, which is not always the same as clock time.

A grace of Summer is that nature itself makes Summer a time for slowing down. Days of longer daylight invite lingering over conversation or taking longer walks. Heat makes us want to take our time, move less, sit more. When one's work allows

the luxury of a Summer vacation, one can make time apart for exploring new things or relaxing in a favorite familiar place. One can "waste" time in the Summer and it seems less a squandering of a precious commodity and more the savoring of a blessed gift.

I take my vacation in the Summer every year. And every year I return determined to carry back into my time-sensitive world the restorative power of time spent lolling, wandering and not paying any attention whatsoever to a clock.

For me, the practice that has worked best began during a leisurely Summer holiday and I've carried it on throughout the years. It's a simple practice, and it does take a small investment of time each day, but it's never time misspent. It's the practice of giving thanks. Some people call it *counting blessings*, although counting sounds too much like work. Every day I try to pay attention, to notice some good, some beauty, some grace -- something I would miss if I weren't looking or standing still long enough to take it in. I try to be as specific as I can in naming it: the way the light caught my husband's silvering hair, the tortoise-colored fur of the neighbor-cat's belly as he rolled on the sidewalk imploring me for a rub, the contented smile on the woman's face after she looked up at the town clock and evidently decided there was enough time to sit on the bench for a moment in the shade. I write these things down, because if I don't, I'll forget, because I do have to go on to the next thing on my calendar and pay attention elsewhere.

I give thanks because I believe these things are gifts, and the opportunity to notice them is a gift, and the time in which they occur is a gift. I find that the noticing and the giving of thanks keeps me in the present, even just for that moment, and that is a way to stop time. When the clock chimes the next quarter hour, I can hear its bell not as a chiding, but an encouragement. Its melody says, "*Be where you need to be, with whom you need to be. There is always enough time to look for the gift or the opportunity to be one.*"

The Rev. Dr. Richter is the rector of St. Anne's Church in Annapolis and can be reached at ARichter@StAnnes-Annapolis.org

Activity doesn't mean achievement.

The Gift of **Life** for People **over 50**

By Elsa Lane

Every day, it seems like there's a new announcement about organ donation. Heart, liver and kidney transplants have become almost commonplace—and advancements are being made that were unimaginable just a few years ago. Beyond the major organs, now faces, hands and arms can be donated, transforming the lives of recipients

But for all the advancements in the field of organ donation, one thing sadly remains unchanged: There simply aren't enough organs made available for all the people waiting for them.

Right now, more than 120,000 people are waiting for the gift of life. They're men, women and children of all ethnicities and ages (some even just a few days old), from all across America, who are on waiting lists because their organs are failing from illness, injury or birth defects.

Even though a record number 31,000 transplants were performed last year, it's still not enough. Every day, 22 people die waiting for donor organs, according to **OrganDonor.gov**

Why aren't people getting the organs they need? There are many factors at work, but two big reasons rise to the top:

- **Not enough people are registered.** Most people over 18 in the U.S. (95 percent) support the idea of organ donation. But barely one-half have registered. That means about 40 percent of us approve of donation, but haven't signed up. Imagine how many lives would be saved if most people registered.

- **Very few people die in a way that allows for organ donation.** Most often, a person becomes a donor by dying from brain death while on artificial support. Only about three people in 1,000 die this way.

So what does this mean for older adults? As you might imagine, older adults make up the majority of people on transplant waiting lists. Two out of every three candidates on waiting lists are over 50.

But here's a fact that might surprise you: People over the age of 50 also account for more than one-third of all organ donors.

Unfortunately, many older Americans tend to rule themselves out as donors. Whenever folks over 50 are asked about signing up, the number one reply is, "I'm too old, and believe me, honey, no one would want my organs."

That's a shame, and it's also untrue. There's a huge need, and absolutely no age limit to organ donation.

What matters is the health of your organs when you die. The oldest donor in the U.S. was 92 when he died of a brain aneurysm. As a liver donor, he saved the life of a 69-year-old woman. That's why donation organizations such as Donate Life Maryland recommend signing up and letting the doctors determine what can be donated should the occasion arise.

My friend's mother donated her corneas when she died in her 70s. It was a source of pride and comfort to the family, knowing that someone's sight would be restored thanks to their mother's generous gift. In fact, many donor families report that saying yes to donation helps them cope with their grief.

When it comes to registering as an organ donor, don't rule yourself out. Sign up! Imagine what a precious and remarkable legacy you could leave behind. Just ask the people who are living—and seeing—today, thanks to someone who said yes.

Facts about the Gift of Life:

One organ donor can save up to eight lives

Eight major organs can be passed along: Heart, two kidneys, two lungs, pancreas, intestines and liver. Sometimes a liver can be divided to save two people.

Improve the lives of 50 more

Through the donation of your eyes, and tissues such as heart valves, corneas and ligaments, you can restore the sight and health of up to 50 people.

Sign up anytime online

No need to wait for a trip to the Motor Vehicle Administration. It's easy to sign up online. You can go to **www.donatelifemaryland.org** or **organdonor.gov** and click on your state. You can also change your status at any time.

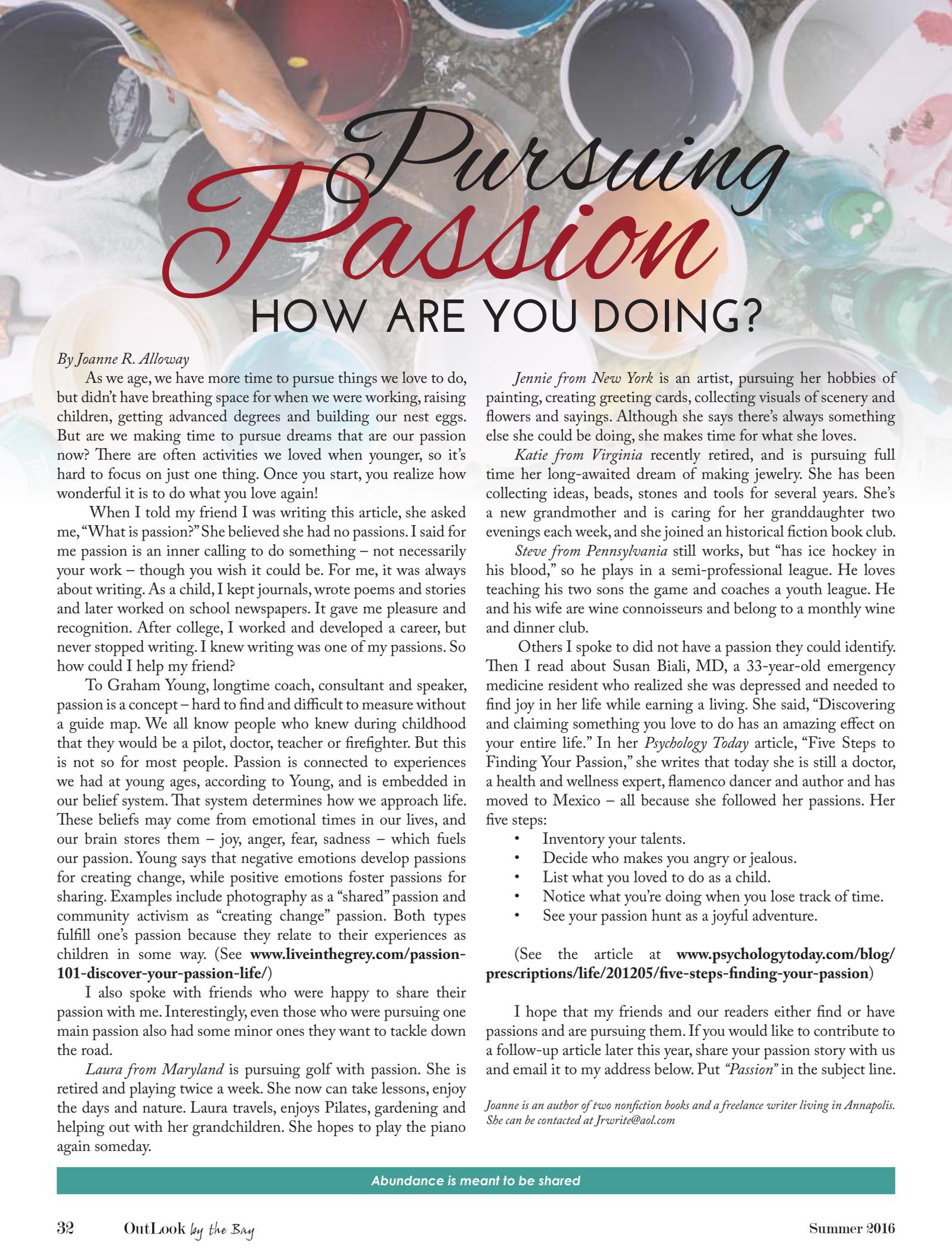
Treat yourself to the facts

There are many myths and misperceptions about organ donation, which can prevent people from signing up. Get the real story from credible websites such as **Organdonor.gov** from the Department of Health and Human Services and Donate Life America.

For more information

An excellent resource for current data and information about the allocation process is the Organ Procurement and Transplantation Network (OPTN) website. For insight and real-life stories from the donation communities, visit the Facebook pages of **Organdonor.gov** and Donate Life America.

Elsa is a freelance writer, food enthusiast, backyard farmer and organ donation advocate who lives on the Eastern Shore. She can be reached at ElsaHLane@gmail.com



Pursuing Passion

HOW ARE YOU DOING?

By Joanne R. Alloway

As we age, we have more time to pursue things we love to do, but didn't have breathing space for when we were working, raising children, getting advanced degrees and building our nest eggs. But are we making time to pursue dreams that are our passion now? There are often activities we loved when younger, so it's hard to focus on just one thing. Once you start, you realize how wonderful it is to do what you love again!

When I told my friend I was writing this article, she asked me, "What is passion?" She believed she had no passions. I said for me passion is an inner calling to do something – not necessarily your work – though you wish it could be. For me, it was always about writing. As a child, I kept journals, wrote poems and stories and later worked on school newspapers. It gave me pleasure and recognition. After college, I worked and developed a career, but never stopped writing. I knew writing was one of my passions. So how could I help my friend?

To Graham Young, longtime coach, consultant and speaker, passion is a concept – hard to find and difficult to measure without a guide map. We all know people who knew during childhood that they would be a pilot, doctor, teacher or firefighter. But this is not so for most people. Passion is connected to experiences we had at young ages, according to Young, and is embedded in our belief system. That system determines how we approach life. These beliefs may come from emotional times in our lives, and our brain stores them – joy, anger, fear, sadness – which fuels our passion. Young says that negative emotions develop passions for creating change, while positive emotions foster passions for sharing. Examples include photography as a "shared" passion and community activism as "creating change" passion. Both types fulfill one's passion because they relate to their experiences as children in some way. (See www.liveinthegrey.com/passion-101-discover-your-passion-life/)

I also spoke with friends who were happy to share their passion with me. Interestingly, even those who were pursuing one main passion also had some minor ones they want to tackle down the road.

Laura from Maryland is pursuing golf with passion. She is retired and playing twice a week. She now can take lessons, enjoy the days and nature. Laura travels, enjoys Pilates, gardening and helping out with her grandchildren. She hopes to play the piano again someday.

Jennie from New York is an artist, pursuing her hobbies of painting, creating greeting cards, collecting visuals of scenery and flowers and sayings. Although she says there's always something else she could be doing, she makes time for what she loves.

Katie from Virginia recently retired, and is pursuing full time her long-awaited dream of making jewelry. She has been collecting ideas, beads, stones and tools for several years. She's a new grandmother and is caring for her granddaughter two evenings each week, and she joined an historical fiction book club.

Steve from Pennsylvania still works, but "has ice hockey in his blood," so he plays in a semi-professional league. He loves teaching his two sons the game and coaches a youth league. He and his wife are wine connoisseurs and belong to a monthly wine and dinner club.

Others I spoke to did not have a passion they could identify. Then I read about Susan Biali, MD, a 33-year-old emergency medicine resident who realized she was depressed and needed to find joy in her life while earning a living. She said, "Discovering and claiming something you love to do has an amazing effect on your entire life." In her *Psychology Today* article, "Five Steps to Finding Your Passion," she writes that today she is still a doctor, a health and wellness expert, flamenco dancer and author and has moved to Mexico – all because she followed her passions. Her five steps:

- Inventory your talents.
- Decide who makes you angry or jealous.
- List what you loved to do as a child.
- Notice what you're doing when you lose track of time.
- See your passion hunt as a joyful adventure.

(See the article at www.psychologytoday.com/blog/prescriptions/life/201205/five-steps-finding-your-passion)

I hope that my friends and our readers either find or have passions and are pursuing them. If you would like to contribute to a follow-up article later this year, share your passion story with us and email it to my address below. Put "Passion" in the subject line.

Joanne is an author of two nonfiction books and a freelance writer living in Annapolis. She can be contacted at Jrwrite@aol.com

Abundance is meant to be shared

SUMMER WEEKEND FUN TRIP

By Albert Northrop

If you're looking for a Summer weekend adventure, why not delve into some history? Why not delve into some aviation history? It's only about five easy hours away.

On Dec. 17, 1903, two bicycle shop fellas, one named Orville and one named Wilbur, made history when they made the first controlled power airplane flight at Kitty Hawk, North Carolina. Wait a minute. Back up. The Wright brothers made those flights at Kill Devil Hills. Kill Devil Hills as a town did not exist in 1903. After their historic flights the two brothers walked the four miles to the nearest named settlement to find a weather bureau office from which to send a telegram to their father, letting him know of their successful flight. That weather bureau office was in Kitty Hawk. Though Kitty Hawk gets the notoriety, historical accuracy belongs to what is now Kill Devil Hills

Regardless, a Summer weekend outing will take you to both. Google might suggest you venture south on I-95. I'd suggest, instead, heading south on Rt. 301, across the Harry Nice Bridge and then left on highway 17 toward Virginia Beach. Once you get to the Hampton/Newport Beach/Norfolk area, take I-64 south to highway 168. Follow 168 south and follow the signs. The Wright Brothers National Memorial is, in fact, at Kill Devil Hills, four miles south of Kitty Hawk. Trust me, you'll see the signs.

OK, you've now seen the Wright Brothers National Memorial. Been there, done that. Was it worth the five-hour trip? There's more to this trip than that. It just depends on when you go. By the time you read this, a number of Summer events may have passed. But we'll start with May. (There's always next year.)

In late May you can enjoy the Outer Banks Brewfest in Nags Head. There's a nominal fee but you'll get your money's worth with far more than just the 80-plus samples of craft beer from all over the country. Note, you must be 21 or older.

There are kite festivals usually in June, July and late September in either Nags Head or Kill Devil Hills. Admission is free.

You don't have to go to the Pacific to watch championship surfing competition. You can take in six days of such off of Jennette's Pier in late September. This event is free to spectators. The Eastern Surfing

Association is the largest amateur surfing organization in the world and this "Grand Finale" championship is not to be missed if you enjoy surfing.

Would you like to go for seafood on a budget of under \$5? Once again in Nags Head in mid-October you can sample seafood, listen to live music and entertainment, see the works of regional artists and more at the Outer Banks Seafood Festival. Again, admission promises to be under \$5.

Is there any question but that there would be an annual celebration of the Wright Brothers' first flight? Would it surprise anyone that it would be on Dec. 17? There are programs for all ages as well as guest speakers.

Admission is included with the cost of admission to the Wright Brothers Memorial.

All of this is there and more including the usual array of restaurants, museums, specialty shops and the beach. The key, of course, is the Wright Brothers National Memorial. It will be there whenever you go. Check the internet for specific dates from one year to the next. Also be aware of possible traffic delays depending on your route and Summer roadwork.

Al Northrop serves on the Prince George's County Circuit Court. He was admitted to the practice of law in 1975. He recently published his first book and can be reached at pagosacowboy@gmail.com

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Ways to Connect with Visiting Grandkids

By Leah Lancione

If you are a “practicing” grandparent who wants to be actively engaged in your grandchild’s life, there’s no surprise that the best way to connect is by sharing time together. Depending on their age or whether they live close by or not will likely determine whether your rendezvous is for a day or a week. It’s probably not a good idea for a young grandchild to spend a week away from mom and dad, but certainly a well-planned day visit, a few times a year or more frequently, is worthwhile. On the other hand, a week or longer is valuable for resolidifying your relationship with an older grandchild.

A sleepover with grandkids can be thrilling, fun-filled, special and exhausting all in one. To make the most of your time together, focus on age-appropriate activities so nobody is bored or overwhelmed. The following ideas for special dates with grandchildren are classified by age.

1 to 5

Though there’s a big difference between a 1-year-old and a 5-year-old, the activities they find enjoyable are often the same but modified slightly due to energy level, physical dexterity and attention span. For example, toddlers love picnics at the park with easy-to-make peanut butter and jelly sandwiches just like a 4- or 5-year-old would. However, 1- to 3-year-olds may get tuckered out quickly running around on the playground equipment and need a nap soon after lunch. Not to mention, you may need a nap too as you will play a more active role by pushing them on the swings, helping them up ladders or catching them at the end of a slide. On the other hand, 4- and 5-year-olds will likely make friends and run around for hours, making full use of the jungle gym and other equipment while you simply keep an eye on them.

Another fun and stimulating activity with younger grandchildren is to visit the local library. Kids at this age love

to pick out books and either crawl up into your lap for a good story, or attend one of the weekly story times provided by the library. These interactive classes often include song and dance time in addition to a story read by one of the librarians. Most libraries also feature a “Kids Corner” with puzzles, games, blocks and even a computer set up for little hands.

Taking an excursion to the local fire station or farm where they can climb aboard big shiny vehicles is always a hit with little ones too.

If staying indoors is more your speed, or the weather isn’t cooperating for outdoor fun, you can never go wrong with imaginary play with dress-ups. Go through your closet and look for dresses, neckties, hats, fashion or costume jewelry (nothing sentimental

or expensive) that doesn’t have tiny parts that could be swallowed. Young girls love playing in high heels so pull out a pair you don’t mind being traipsed around in by little feet! Get in on the action playing house, school or even doctor if you have spare supplies to pull out of the first-aid kit.

6 to 11

Around 6 years old, youngsters start to mature a little and may not be quite as interested in playing house or getting in dress-ups, but they will surely enjoy a nature hike. Kinder Farm Park (www.kinderfarmpark.org) in Millersville has a 2.4-mile paved perimeter trail and several miles of natural trails perfect for leisurely walks and bird-watching adventures. Also, the B&A Trail (which spans 13.3 miles from Annapolis to Glen Burnie)

features the awe-inspiring Planet Walk exhibit. Stainless steel sculptures and 10 planet stations representing the solar system are showcased along the 4.7 miles between Severna Park and Glen Burnie. Visit The Friends of Anne Arundel County Trails at www.friendsofatrails.org for more information.

Kids this age enjoy being inventive so flex your artistic muscles at some place like The Clay Bakers pottery and glass fusing studios in Annapolis and Easton or at Pic-N-Paint Pottery in Pasadena where you can paint, decorate, glaze and take home your choice of pottery.

Speaking of creating, you and your grandchild can get in the kitchen and bake goodies. Think cookies, brownies, pies, cupcakes or cake, that you can enjoy together later on. Or, if you think you’ve got a young wannabe chef, buy ingredients for a fancy, but fun-to-make, meal or dessert and set up the dining area like a swanky restaurant.

And for everyday meals, for this sometimes picky age, let

It’s not necessary to plan every hour of every day - it is after all vacation time!

them gently know that they will eat what you serve, but you'll try to make it good and what they'll enjoy. Invite them to come to the grocery store with you to shop and pick up a few items that they particularly like.

Do a scavenger or treasure hunt in your neighborhood. Let your fingers do the walking first, on Pinterest where folks have "pinned" countless ideas—even with downloadable lists or templates.

12 to Teens

Older grandchildren may be more challenging to entertain, but with some extra determination and flexibility, you can break through their tough or indifferent outward expressions.

Let them whip out their iPad, iPhone or even gaming device to play games. If you're not up to date on modern technology or gaming, they'll probably get a kick out of showing you all their skills and being the "teacher" for once.

Catch a matinee or evening showing of a recently released blockbuster or even check out a local community theater for a play or musical.

Take them shopping – a favorite pastime of teens. Set a spending limit, check with parents on buying something that's actually needed and go get it! They'll love it!

Let things get sentimental and nostalgic and break out the family photo albums to look at your grandchild's mom or dad when they were young.

Create a game night with old favorites like Monopoly, Uno, checkers, chess or Trivial Pursuit! Maybe you could even up the stakes with a poker night using real cash.

If you're in good shape and have lots of energy, bowling is always an enjoyable way to spend time with your teen grandchild.

For the girls, get a manicure and pedicure together or create a spa day experience at home by purchasing supplies at a drug store, Sephora or Ulta. Visit Teen Vogue at www.teenvogue.com/gallery/spa-day-at-home for a sample list of items to create the spa atmosphere. Necessities include scented candles, body scrub, scented bath salts, facial masks, cucumbers, etc.

Lastly, make the visit with your grandchild meaningful and volunteer together. Check out your local animal shelter to see if there are dog-walking opportunities or as a handler for a pet adoption event. The SPCA of Anne Arundel County allows teens (ages 13 to 17) to volunteer with an adult and the Maryland SPCA also seeks "nursery nannies, cat cuddlers, or dog deputies." If you're not an animal lover, consider donating time to the Maryland Food Bank or check out the Anne Arundel County Volunteer Center (www.aacvc.org/) for community service opportunities.

Whether your grandchild is visiting for a day or a week or more, be sure to prepare yourself and your home ahead of time. If your grandchild is very young, make sure to properly childproof your home for safety hazards and any prized possessions are secure from little hands. **Grandparents.com** says to have lots of potential activities in mind, but don't try to plan every hour of every day because it's vacation time and should be relaxed. The site also has suggestions for how to make your visits with grandkids gratifying for everyone.

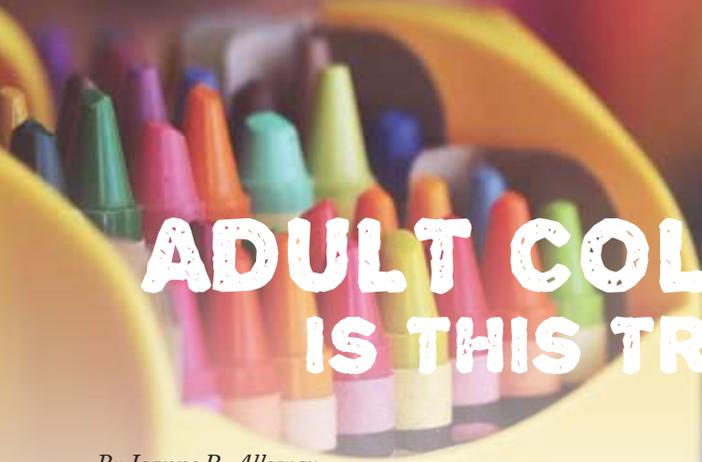


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ADULT COLORING BOOKS IS THIS TREND FOR YOU?

By Joanne R. Alloway

Coloring books were once only for children; we all colored as youngsters and then with our own kids. I have always loved coloring, so when I saw these “adult” coloring books, I had to get one! Along with it, I bought colorful pencils and a sharpener. The first evening I used my new stuff, I lost track of time. I was hooked and bought books for my sister, mother, friends or anyone I thought might enjoy this restorative, relaxing hobby.

This new craze of adult coloring books has been fueled by social media. It is not unusual to see someone’s completely colored page on Facebook, Pinterest or Instagram. Adult coloring books are varied; they’re available in diverse themes, sizes and genres. Topics range from Star Wars to animals, to Harry Potter to scenery and fairies or abstract designs and patterns. A varied selection can be found in many of the popular retail stores. Currently I have two – floral designs and Bible blessings. Colored pencils, gel pens or thin markers work better than crayons. And, it’s better to buy a book with thicker paper, so if you use gel pens or markers, they don’t bleed through the paper. There’s no right or wrong way to color – simply have fun. Let your mind escape and create something pretty. I’ve had great times coloring with a few girlfriends and a glass of wine.

Some people like going to Starbucks, but there are also coloring “Meetup” groups online. In D.C., there’s a group of 190 members who gather for weekly coloring events. Both men and women of all ages enjoy creating color pages. It’s also an interesting and relaxing way to disconnect from all of our electronic toys. And to give credulity to this new craze, in 2015, 12 million coloring books were sold.

Five of the top 10 best-selling books on Amazon are adult coloring books. Why? According to Dr. Michal Ann Strahilevitz, a behavioral economist, these four reasons contribute:

- Coloring releases your “inner child.”
- Nostalgia from this childhood activity feels good.
- Relaxation creates a stress-free zone and reduces anxiety.
- Creating this way without artistic skills still produces something pretty.

Learn more at www.forbes.com/sites/kateharrison/2016/02/02/the-adult-coloring-craze-continues-and-there-is-no-end-in-sight/#105dea9c643b

Kelly Fitzpatrick noted in a CNN health report that the American Art Therapy Association (AATA) believes that creating art explores feelings, reconciles emotional conflicts, fosters self-awareness and self-esteem, among other things. Although

coloring is not therapy – as there is no therapist – the ATAA researched adult coloring in 2005, finding that anxiety and stress levels dropped, especially when compared to a doodling group, where nothing changed.

“Inside the Adult Coloring Book Craze,” an online article by Robin Stein, tells about a cancer patient and mother of three, who uses coloring to help overcome the stress of her situation. The patient remarked that it’s soothing to make a beautiful picture and think of where you’ve been and mentally where you want to be. It’s

THERE’S NO RIGHT
OR WRONG WAY TO
COLOR – SIMPLY
HAVE FUN.

also been found that coloring is a useful therapeutic tool for hospital patients overall. Some patients, including former and current military with PTSD diagnoses, are encouraged to color. It gives them a quiet time to think of positive things and to complete something they can share with family. Other adults simply enjoy coloring with their children or to de-stress from the workday.

The highest selling coloring book, “My Secret Garden,” was produced by Johanna Bassford of Scotland. Over six million copies have been sold since 2013. Canadian artist Steve McDonald usually displays his “grand cityscapes” in art galleries. His client list of 1,000 has doubled since he published his “Fantastic Cities” coloring book. His clients like finishing his line drawings with their own colors.

Coloring is not for everyone; there are negative vibes from some. *New Yorker* writer Adrienne Raphel calls it a “Peter Pan” market – the exploiting of childhood experiences and objects, such as coloring books. She explains in her article, “Why Adults are Buying Coloring Books for Themselves,” that when adults regress to using coloring books, attend adult Summer camps and other culture shifts – analogous to Millennials going back home to live with parents – they’re avoiding real-world issues in their lives or are experiencing psychological retreat. Her comments are based on published studies and books. See www.newyorker.com/business/currency/why-adults-are-buying-coloring-books-for-themselves

Whatever your opinion is of adult coloring books, it’s worth a try. You may be pleasantly surprised.

Joanne has authored two nonfiction books, and is a freelance writer living in Annapolis. Contact her at jrwrite@aol.com

"Now I Lay Me Down to Sleep"

Kathryn Marchi

A good night's sleep is golden; we all function so much better the next day. Indeed, the world takes on a rosy glow when we are refreshed when waking in the morning after a good night's sleep. We can take on just about any task that comes our way.

For many of us, especially after retirement, sleep does not come easily. After a restless night of tossing and turning, we do not face the next day with energy or enthusiasm. We look forward to enjoyable activities with family and friends, but lack of sleep puts a real damper on this. If we are tired to begin with, we become even more tired as the day goes on, making it even more difficult to fall asleep. Have you ever heard the saying, "I am too tired to go to sleep."

Two doctors I recently spoke with on this subject gave me some simple tips for falling asleep more easily and staying that way all night.

- Refrain from exercising or drinking any caffeinated drinks after 4 p.m. Avoid alcohol within three hours of your bedtime.
- Establish a routine for bedtime just as you did with your young children. You need to signal your body to "wind down" before that time in the evening. If possible, try to get to bed around the same time each night.
- Create a quiet, restful atmosphere in your bedroom. Make sure your mattress and pillows are comfortable and keep the thermometer at a cooler temperature.
- If you are a light sleeper to begin with, use ear plugs, eye masks, noise machines or dark draperies, whatever works, to ensure a consistent good night's sleep.
- Watching television or reading in bed is not conducive to falling asleep easily. Your brain needs to associate your bed with sleeping.
- Watching television or working at your computer right up until bedtime will delay getting to sleep. Your brain connects the light from both to daylight, and needs time to shut down.
- If you watch TV or use your computer, it's best to find something soothing. Sometimes news broadcasts or programs can

upset your mind and cause you to stay awake longer.

- Lighten up on evening meals and avoid spicy foods. You should finish eating several hours before bedtime.
- As a rule, if you haven't fallen asleep in 20 minutes or so, get up and do something quiet and restful such as reading or listening to music. Be sure to keep lights dim so your brain is not cued to wake up.
- If you need to nap during the day, make it a short one and before 5 p.m.

If all else fails, you might look at your sleeping situation a little more critically. This is not an easy thing to do, especially if your sleeping partner could be the cause of your lack of sleep. Conditions such as sleep apnea, snoring, restless leg syndrome or insomnia can wreck a good night's sleep. As hard as it may be, you might want to consider sleeping in separate rooms. Many couples have solved their sleeplessness in this way and found it to be just the right solution for both parties.

It must be said that sleep deprivation can be detrimental to one's physical and mental health. For this reason, it is important to find the right combination to ensure that you get enough sleep. The suggestions above can be a start. You can Google "sleep hygiene" for more information.

Kathryn lives with husband Dennis on Maryland's Eastern Shore. Their best sleep occurs when they are on the open road in their RV! She can be contacted at marchi-wre@mris.com

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ORGANIZE!

LIVE IN A CLUTTER-FREE HOME

By Louise Whiteside

Now, where did I put that oregano? I had those car keys a minute ago! I think I already paid this bill — or did I?

Does this sound familiar? If you're anything like me, your first thought after reading these comments might be, "Oh, well, it's just another senior moment."

But not necessarily. Your challenge, and mine, may be something a little simpler but more elusive: It may be a matter of plain old organization.

If you have felt at times as if you were wading through endless piles of unneeded junk and still, at other times, you couldn't find something you were holding in your hands an hour earlier, read on for a few tips on neatening up your living space. It's easier than you think.

Ready? Start with the part of your home that's most troublesome to you. We all have at least one: Is it your entryway closet? A bedroom chest of drawers? Your pantry?

Once you've settled on the area of most distress, gather several large plastic tubs and a black permanent marking pen. Remove the contents of this area of greatest heartburn, and dump everything into a container large enough to hold all the items, whether they consist of sweaters, makeup, boxes of crackers or magazines. Now ask yourself the following questions as you sort, one by one, through the items:

1. When was the last time I used this?
2. Do I no longer need this?
3. Does this belong in another place?

Label your large plastic tubs with a marker as follows:

1. Throw away
2. Donate
3. Relocate
4. Keep

Now, take the "throwaways" to the trash can and dump them immediately.

Place your "Donate" items in your car to be dropped off the next time you're near a donation center.

Decide which items belong in a different location, and relocate them where they belong. (You can deal with these when you work on the next area of your home.)

Now, consider the items you've decided to keep. Where and how will you store them? Make a shopping list of the types of containers you'll need to stow them in.

On the subject of containers: They come in all different sizes, shapes and materials. Some are beautiful, for visible storage. Others are utilitarian, to hold things you want out of sight. Your lifestyle will dictate how you choose to display or hide your keepsakes. But just to give you a small sample of the types of containers available to you in discount and arts and crafts stores, you'll find glass canisters for storing dry goods such as crackers and cereals, plastic tubs in all sizes for storing bedding, towels, table linens and out-of-season clothing, flat boxes for under-bed storage, wicker baskets for hats, gloves, scarves, music and DVD equipment and beautifully decorated cardboard boxes for photographs, mail and hobby items. Have fun shopping for just the perfect containers for your needs.

A serviceable spice rack can hang hidden on a wall inside your pantry, while a lovely Lazy Susan-type can be proudly displayed on a kitchen counter. And why not place a beautiful ceramic bowl on a table in your entryway to hold car keys, sunglasses and other items you need for coming and going?

Well, congratulations! You have now succeeded in uncluttering one area of your home. After you've had a little time to rest, repeat the process with the next space, and the next.

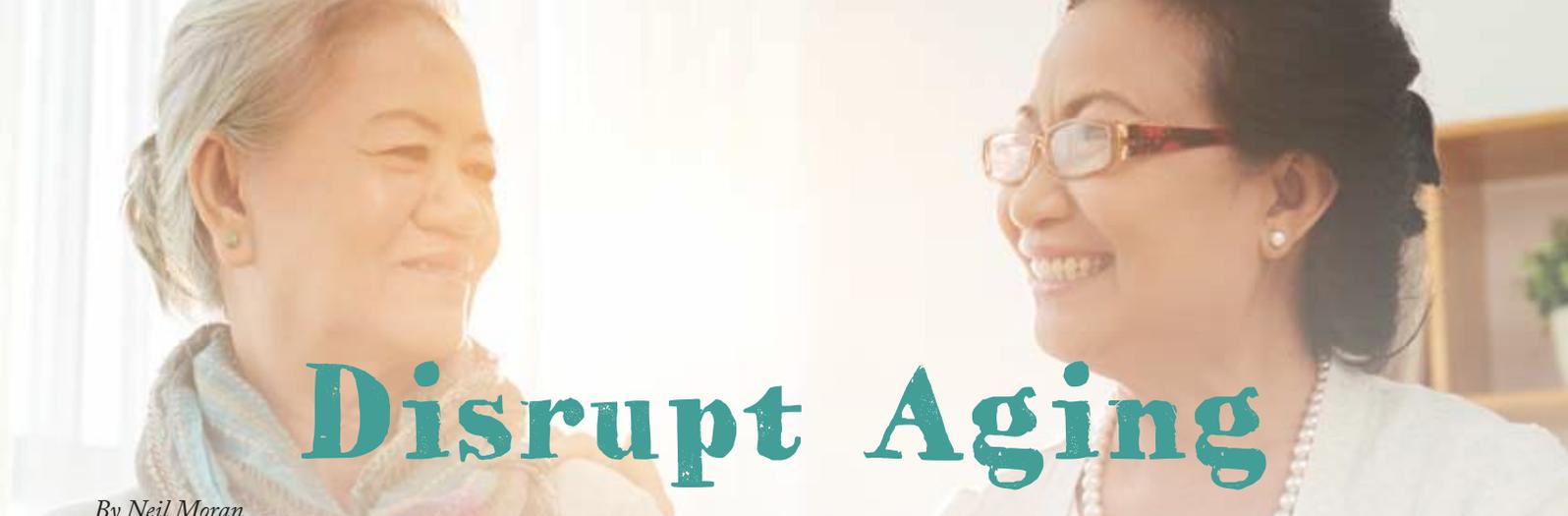
Before you know it, you will be living in a bright, tidy space, surrounded by possessions that you use, love and treasure. Now, at last, you can invite your guests over without scurrying around to hide things in the basement. The cliché, "Your home is your castle," is so apt. You deserve to live in one!

REFERENCE:

Payne, Vicki. *Easy Home Organizer: 15-Minute Step-By-Step Solutions*. Sterling Publishing Co., Inc., New York (2007)

Bay Bytes

Have you gotten back the results of the doctor ordered lab tests and have no idea what they mean? For a better understanding, log onto <http://LabTestsOnline.org/understanding>

A photograph of two women smiling and talking. The woman on the left is older with short grey hair, wearing a light blue scarf. The woman on the right is younger with dark hair, wearing glasses and a pearl necklace. They are both smiling warmly at each other.

Disrupt Aging

By Neil Moran

Jo Ann Jenkins, CEO of the American Association of Retired People, took kindly offense to the well-wishers at her 50th birthday party. She appreciated the surprise party her husband had arranged for her, but was miffed at the usual “over the hill” gifts she received -- like the black balloons and coffee mugs with the cute sayings. Though lighthearted and well intentioned, the comments nevertheless pointed to what supposedly lies ahead for folks over 50: an inevitable period of physical and mental decline.

The optimistic and energetic AARP cheerleader wants to change this perception of aging both for individuals and society at large. She has detailed her plan to reshape the way people think about aging in her book released this past April, *Disrupt Aging: A Bold New Path To Living Your Best Life At Any Age*.

The book is a manual of sorts for people over 50 as well as policy makers and even young folks, who like it or not, have to live with us older men and women. Jenkins’ says her goal is to “change the conversation around aging.” Since we are indeed living much longer lives it’s time to start rethinking what it means to grow older.

Just last year AARP joined with other organizations concerned about the elderly to try to uncover the perceptions people have about aging. They found that older folks want to be self-sufficient, active, build positive relationships with others and simply have fun. However, they’re being held back by cultural views that see aging as an inevitable period of “deterioration, dependency, reduced potential, family dispersal and digital incompetence.”

The report concluded that “these deep and negative shared understandings make the process of aging something to be dreaded and fought against, rather than embraced as a process that brings new opportunities and challenges for individuals and society.”

For Jenkins, it’s a call to action to change some of these perceptions that are not only held by society at large, but by seniors themselves. Every day the negative stereotypes are reinforced by such comments as, “I’m having a senior moment,” or “I’m too old to learn this new technology.” Such statements can be a self-fulfilling prophecy. In fact, Jenkins provides stories of many older men and women who are taking on new challenges, adapting to technological changes and staying mentally and physically fit.

The AARP chief acknowledges, and in fact addresses at length, some of the realities of getting older, including ageism, health and financial challenges, and the sacrifices that come with

being a caregiver. She also addresses the simple challenge of what to do with this next stage of life when the kids are gone and you’re no longer defined by the 9-5 rat race.

In chapter three, *Design Your Life*, she implores the over-50 crowd to take charge of their lives and make the best of the years that lie ahead. For many over-50 types, this may be the time when they can really do what they want to do. This can range from choosing an encore career, volunteering in the community or spending more time on a hobby.

Jenkins tells the story of Arianna Huffington, who didn’t let age hold her back when she founded the Huffington Post at the ripe age of 55. With little to no tech skills (at the time) she turned the digital newspaper into what has been described as the “most powerful blog in the world.” Yet, even Huffington wanted to design her own life in her later years, which she didn’t want to be one of a workaholic, which she had become. She sold the company and embarked on achieving meaning in her life through other nonprofit pursuits.

Many seniors may not aspire to such a lofty goal, but the point is well taken that we shouldn’t let age hold us back. Sixty isn’t the new 40 in Jenkins’ world, but rather 60 as it should be -- a point in life where we have the wisdom and knowledge to make a positive contribution to society, whatever that role might be.

The book contains a lot of solid information, in the AARP tradition, regarding how to make the best of this later stage in life. She implores people to take control of their health, get a handle on finances and put a life of experiences to work for personal and professional gain. She doesn’t just give a nod to these aspirations, but goes into detail on things like living better off financially by, among other things, including a list of companies that are most likely to hire people over 50.

Baby boomers are changing the rules on aging and Jenkins gives plenty of examples of people having success in this stage of life. She says most of us want to “continue to be regarded as an integral and inspirational asset to society,” and that we’re more “focused on living than aging.”

In *Disrupt Aging* Jenkins gives the reader not only a lot to be hopeful for as we age, but a road map for getting there.

Neil has had success in his encore career as a freelance writer and landscaper. He is the owner of Haylake Business Communications and Haylake Landscaping LLC and can be reached at nrmoran188@gmail.com

Baby Boomers are changing the rules on aging

What's Really In That Tasty Ice Cream Treat?

By Leah Lancione

I scream, you scream, we all scream for ice cream! Unless you're lactose intolerant or vegan, you probably love ice cream or at least indulge in a frozen treat from time to time. Just the sound of an ice cream truck brings back memories of neighborhood kids flocking to purchase one of the many popular novelty treats sold Summer after Summer. As sweet a memory as that is, and how beloved ice cream still is to kids around the world, there's a dark side nobody wants to talk about.

The following is a list of some ingredients found in many, if not all, highly processed ice cream products. Examples of popular brands loaded with unhealthy, possibly toxic, ingredients include: Good Humor's King Kone, Klondike Bars, Ice Cream Sandwiches, McDonald's Vanilla Soft Serve Cone, Dippin Dots, Baskin Robbins Chocolate Chip Ice Cream and Dairy Queen Blizzards.

Putting aside the sheer calorie count and fat and sugar content of ice cream products, many share dangerous food additives, artificial coloring, hidden trans fats and more. It is important to note, however, that some of these ingredients are GRAS (generally regarded as safe) by the U.S. Food & Drug Administration (FDA), but are actually banned in Europe and elsewhere.

Mono and diglycerides: These are widely used emulsifiers that help keep oil and fat from separating. "This additive is a byproduct of oil processing – including partially hydrogenated canola and soybean oils – which contain this artificial trans-fat that is so detrimental to our health (<http://foodbabe.com/2015/07/31/theres-no-safe-level-ingredient-almost-everything/>)." The Environmental Working Group (www.ewg.org) also claims that these emulsifiers have hidden trans fats in trace amounts, though U.S. products, in accordance with FDA regulations, can carry a label that states "No Trans Fats."

Soy lecithin: This is a naturally occurring fatty compound found in animal and plant tissues. It is comprised of choline, fatty acids, glycerol, glycolipids, phospholipids, phosphoric acid and triglycerides. "Although given the GRAS distinction by the FDA, soy lecithin may not be as safe as manufacturers make it out to be. Some of the more commonly recognized side effects of ingesting soy lecithin include "bloating, diarrhea, mild skin rashes, nausea, and stomach pain (<http://draxe.com/what-is-soy-lecithin/>)," according to nutritionist Dr. Josh Axe.

Carrageenan: Though the jury is still out on this one, many are suggesting this thickening agent found in many health foods and beverages, and derived from a type of seaweed,

is a safe, natural food additive. However, countless studies show carrageenan can cause inflammation and various gastrointestinal issues. According to *The Cornucopia Institute*, "Animal studies have repeatedly shown that food-grade carrageenan causes gastrointestinal inflammation and higher rates of intestinal lesions, ulcerations, and even malignant tumors (www.cornucopia.org/wp-content/uploads/2013/02/Carrageenan-Report1.pdf)."

Caramel color: According to *Consumer Reports* (www.consumerreports.org), caramel color is "the most common coloring in foods and drinks—and it can contain a potential carcinogen." Added to products to achieve a brown color, some forms of this artificial coloring contain a chemical called 4-methylimidazole that may be a carcinogen.

High-Fructose corn syrup: According to the FDA (www.fda.gov), HFCS is derived from cornstarch. When cornstarch is broken down into individual glucose molecules, the end product is corn syrup, which is essentially 100 percent glucose. To make HFCS, enzymes are added to corn syrup to convert some of the glucose to another simple sugar called fructose. HFCS is in almost everything—from ketchup and juice to cereal, bread, pickles and more. "Studies have shown that the reactive carbonyl molecules (in HFCS) can cause tissue damage that may lead to obesity, diabetes, and also heart disease (<http://saveourbones.com>)."

Partially hydrogenated Soybean Oil: Unfortunately, the U.S. Department of Agriculture (USDA) concedes that the majority of soybean crops grown in the United States are genetically modified organisms, or GMOs (www.ers.usda.gov). There is increasing evidence that genetically engineered or GMO crops may be damaging to human health. "Besides the health hazards related to the trans fats created by the partial hydrogenation process, soybean oil is, in and of itself, not a healthy oil," says renowned osteopathic physician and best-selling author, Dr. Joseph Mercola (www.mercola.com).



Dextrose: Webster's Dictionary (www.merriam-webster.com) defines dextrose as a predominantly natural form of glucose. Dextrose is made when starchy plants, like corn, wheat or rice, are broken down into monosaccharides. Though it's derived from natural sources, it is still processed.

Propylene glycol: By definition, it is "a liquid alcohol that is used as a solvent, in antifreeze, and in the food, plastics, and perfume industries." According to the U.S. Department of Health and Human Service's Agency for Toxic Substances and Disease Registry (ATSDR), "Propylene glycol is used by the chemical, food, and pharmaceutical industries as an antifreeze when leakage might lead to contact with food (www.atsdr.cdc.gov)." However, the FDA classifies it as GRAS for use in absorbing extra water and keeping moisture in certain medicines, cosmetics or food.

Polysorbate 80: It is defined as "is a nonionic surfactant and emulsifier often used in foods and cosmetics. This synthetic compound is a viscous, water-soluble yellow liquid." It is used as an emulsifier in foods (like ice cream) as well as in cosmetics, soaps and medicines. A recent article in the *LA Times* cites evidence that the consumption of such emulsifiers "promotes inflammatory bowel disease and a cluster of obesity-related diseases known as metabolic syndrome (www.latimes.com)."

TBHQ: Tertiary butylhydroquinone, or TBHQ, is an additive used in processed food to prevent foods from going rancid and to extend shelf life. Unfortunately, the Centers for Science in the Public Interest (CSPI) notes a government study that shows TBHQ in "increased the incidence of tumors in rats." Studies also link TBHQ to "liver enlargement, neurotoxic effects, convulsions and paralysis in laboratory animals (www.healthline.com)."

Do you still want to give in to your craving for ice cream or serve it to your kids and grandkids? You're better off avoiding products with these potentially harmful food additives. Though the FDA does currently deem many of the above additives as GRAS, that doesn't mean they won't be banned in the future as the public becomes more aware of GMOs and toxic ingredients in food. All nutrition and health experts agree that reducing sugar (in all forms) from the diet is recommended, not to mention artificial colorings, dyes and trans fats, so saying goodbye to ice cream is a smart choice, or at least opting for healthier versions if you can't resist it all together. Examples of healthier (but still not perfect) options include: So Delicious Dairy Free Minis or one of Julie's Organic ice cream products that is certified USDA as organic and made without pesticides, hormones or any artificial ingredients. Best bet: Read the label.

For more information on food additives you should avoid, visit the Center for Science in the Public Interest at www.cspinet.org/reports/chemcuisine.htm or the Environmental Working Group's Food Scores database at www.ewg.org/foodschores

WHY NOT MAKE YOUR OWN?

Making your own ice cream is a whole lot easier than you think and there's some even better news that goes with it. When you make your own, even with whole milk, the calories and fat are drastically reduced from your favorite snack. And why not consider using low fat yogurt with 149 calories and 3 grams of fat?

Ice cream made with whole milk is very satisfying and in most cases homemade is more delicious than anything found in the freezer case of your local grocery store.

Easy-to-use ice cream freezers are available at Target, Walmart, Best Buy, etc. and can be purchased for \$30 on up depending on make, model and size. Amazon.com and eBay even carry old-fashioned hand crank version. Give this recipe a try and chances are you'll never go back to store-bought.

BASIC VANILLA

3 1/2 cups whole milk
2 eggs

1 scant cup (or less) sugar
1 Tbs. vanilla

Whip eggs until thickened and lemon-colored. Add sugar and continue beating until well blended. Add milk and vanilla and blend. Pour into ice cream maker. As it blends, add any smooched fruits – as much as it will handle.

When cycle completes, ice cream should be removed from canister and put in a plastic container in the freezer. The consistency is often slightly different from store-bought, but a small price to pay for calories and fat saved.

Possible additions:

Peaches, strawberries, blackberries, raspberries, cherries, blueberries or nuts or any combination.

And for different flavors, try any of the following:

- Mint Chocolate Chunk – add 4 Tbs. crème de menthe and 1/2 cup crushed frozen Oreos at the end of the cycle with just enough time to blend.
- Coffee – Add 2 to 3 heaping Tbs. powdered instant coffee with the vanilla.
- Chocolate Chip – Add 1 cup mini-chocolate chips toward end of cycle.
- Mint Chocolate Chip – Add a chopped up dark chocolate bar and 4 Tbs. crème de menthe at end of cycle.

FROZEN YOGURT

Pour container of favorite yogurt into ice cream container. If it's plain yogurt, add a bit of sugar and vanilla. If flavored such as vanilla or blueberry, it's usually OK, without any additional sweetener. Fruits of your choice can be added during process.

BOOKS:

Old, New and Obscure

THE WRIGHT BROTHERS

By David McCullough
New York (2016)

David McCullough has done it again—another articulate, comprehensive entertaining book of history. He tells of the Wright brothers, Orville and Wilbur, and in so doing takes us on a ride through the early years of the 20th century. Imagine a world in which bicycles were still being perfected and automobiles were just creating a need for paved roads. Into this world came the flying machine, born from the ingenuity and determination of two young men.

Their struggle to develop an airborne machine parallels Edison's with the light bulb. Many experiments and much patience and brilliant observation went into the warped wing design alone. Imagine sitting in the open, balancing on a virtual perch between two sets of wings. No one believed in the newfangled contraption. The U.S. military wasn't interested until after the brothers had contracts with European powers!

Therein lies the most interesting part of the book. The reader follows the brothers throughout their lives all the way to Europe where they became international stars and acquired a veneer of finesse well beyond the simple life of rural Ohio. The brothers collaborate and complement each other's strengths. When one is injured, the other braves the public and goes to Europe. His flying demonstrations attract crowned heads of Europe and as flying is weather-dependent, crowds return day after day until they can see the modern miracle—the American miracle.

Wilbur died of typhoid at age 45 in 1912. But Orville lived on until 1948. When he died at 77, he had seen the airplane fulfill his predictions as a military weapon in World War I, where both

sides used planes as spotters, as bombers and to carry machine guns. By war's end, the stunts that he and Wilbur demonstrated for an amazed public had become commonplace maneuvers in dogfights that included waves of planes. Passenger flights had become accepted and the days of looking for a safe field to land were but a memory. Time had been transformed. The Wright brothers conquered two continents, admired as much for their graciousness and honesty as for their scientific acumen and vision.

~ Tricia Herban

THE PURSUIT OF HAPPINESS AT WORK: FOR ENTREPRENEURS AND THE PEOPLE WHO WORK FOR THEM

By Doug Hickok
Amazon.com (2016)

Written by executive coach, Doug Hickock, this book presents solid research, guidance and sound business sense that will have you smacking yourself on the head and wondering why you didn't think of these strategies first. But you didn't, and that is exactly why you should read and implement this blueprint for increasing the happiness and satisfaction that both you and your employees experience at work. This is no complicated or wordy academic discourse. It's brief. It's basic. It's brilliant!

When all is said and done, will it matter that you were here?

In addition to entrepreneurs, any HR director, nonprofit manager, or department head in a larger concern will find invaluable assistance in this well-organized manual that will help not only to recruit and retain personnel but also aid in creating a environment where these employees can thrive and serve the organization to the best of their abilities.

In the first two sections, the author provides an interesting overview of the current research in the booming field of happiness studies and applies these principles to the workplace. The book becomes solution-oriented in parts three and four. In part three, the author helps readers to measure their own workplace happiness, troubleshoot areas for improvement and create their own "Workplace Happiness Map." Part four presents eight different statements identified by employees as what is most important to them concerning work. Using these observations, Hickock helps the reader to identify those actions that will create a solid state of well-being at work for employees versus a short-term "feel good buzz." Finally, the author wraps the book up with a step-by-step guide on how to roll out a happiness plan within your workplace.

No matter what type of business or organization you own or manage, you will benefit from reading this gem of a business guide. If you want enhanced well-being, a healthier bottom line and richer work satisfaction for yourself and for your employees, Doug Hickock gets you there.

~ V. Duncan

BREACH

By Marie Dunn

Amazon.com (2016)

Breach starts with a twist and takes you on a lightning-speed journey. The morning begins with Cal, a Georgetown student, and his girlfriend, who unbeknownst to him is a Syrian-trained terrorist who has devised a plot against Washington, D.C.

While you expect to hate his girlfriend, Lana, she is a complex character who begins to question the ISIS ideologies that drove her to bring jihad to America.

The FBI is searching data bases to verify an online threat, but before they can determine its legitimacy, chaos erupts. A family of a military man listed in a classified Syrian operation is murdered, and the other names listed in the file are all targeted.

Dunn's mastery at building suspense is evident when we learn the Assistant Director Bill Carr and his special assistant, Jessica Murphy, are the only two who have accessed the breached classified file. Both their families are on the target list, and in spite of their suspicions of one another, they must work together 24/7 to find the source of the breach.

The tension heightens when the assistant director's wife disappears after Jessica is tasked with moving her to a safe location. Suspicion and tempers explode while the ISIS plot spins out of control around them.

Breach is Marie Dunn's fourth novel and an exceptional debut in the thriller genre. It will keep you on the edge of your seat until the last page.

~ Sue Ellen Russell

ONE SUMMER: AMERICA, 1927

By Bill Bryson

Doubleday (2013)

Every year is eventful, a critical time in many ways. Nevertheless, 1927 does seem to have been exceptional as this carefully researched and delightfully written book demonstrates. Bracketed by Charles Lindberg's epic flight to Paris, the book follows histories as varied as a low-life murder trial, Prohibition's unintended consequences and the development of baseball. As Bryson develops his tale, various chronological threads weave it together.

Baseball lore began with Babe Ruth, but came to include Lou Gehrig and many other greats of that Summer. Team mates and owners, bats and balls all get their due. Likewise, the quasi-reputable sport of boxing with Jack Dempsey and his famed opponent, Gene Tunney. Prohibition led to the rise of organized crime and the brilliant success of Al Capone, a success that although it lasted less than two years, has become the stuff of legend.

Much of this book is about the rise of modernity and the American century. Before Lindberg's flight, America hadn't made its mark. Afterward, national pride swelled and manufacturing took off. A stream of inventions sparked constant change. Silent movies were replaced by talkies, creating unprecedented demand for smooth-talking actors and decimating the Broadway stage of greats such as Clark Gable. Movies were the fourth largest industry and one-sixth of the population attended every day. Moreover, the talkies invaded Europe, bringing the influence of American language, style, and ideas wherever they were shown.

Print communication was ascendant as new publications—*Time*, *Readers' Digest*, *American Mercury*, *Smart Set* and *The New Yorker*--were joined by *True Story* and others of its ilk. Newspapers included the *New York Times*, *Chicago Tribune*, *New York Daily Mirror*, *Illustrated Daily News*, *Evening Graphic* and many more with a total readership of 36 million or 1.4 per household.

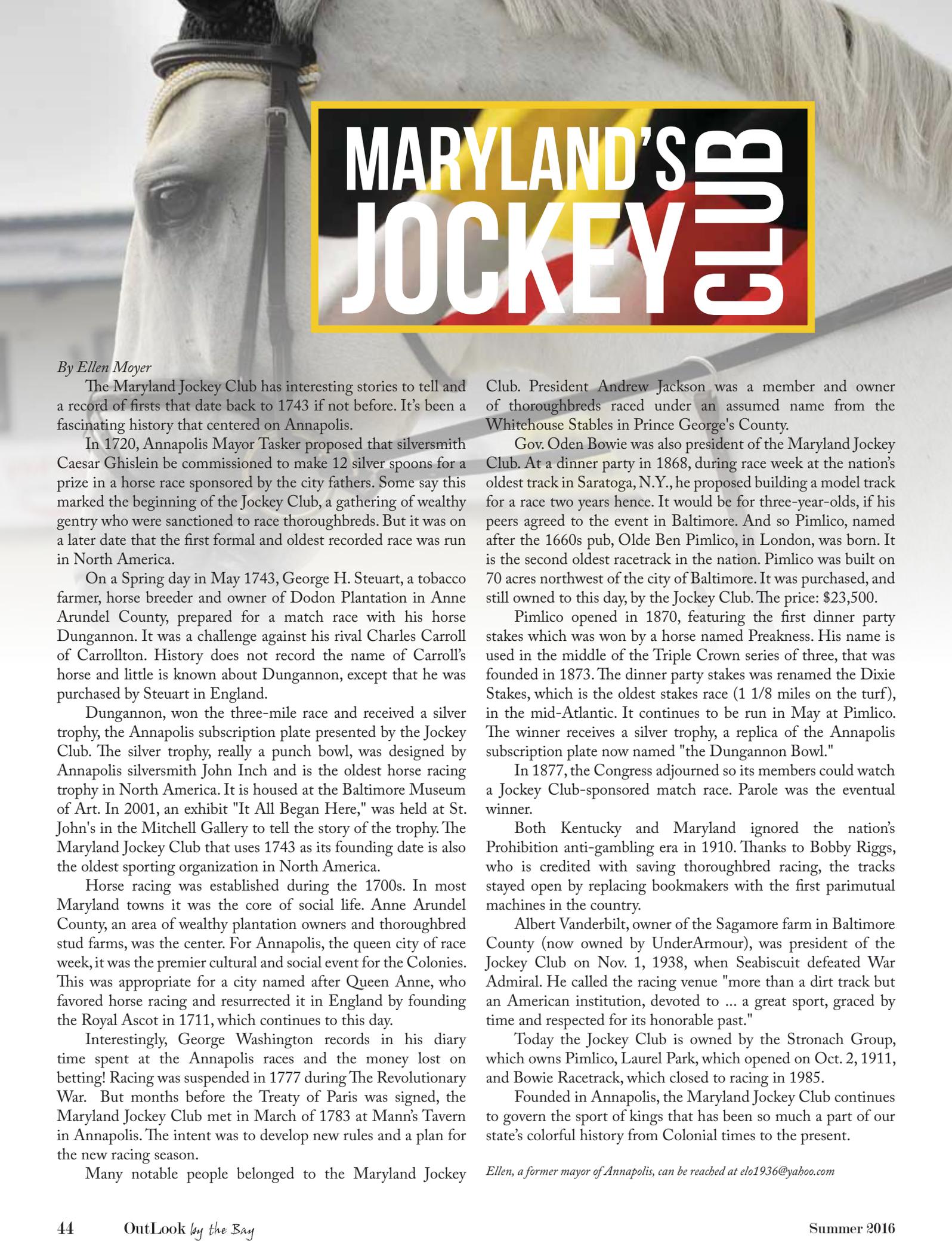
Race relations were evolving and many proponents surfaced with Nazi ideas, eugenics and concepts of a master race—ideas which appealed to Lindberg among others. The Klu Klux Klan

was in its heyday as well, all of which led to the end of open migration into a country significantly populated by Jewish, Irish and Italian immigrants. Even as this door slammed, America gained dominance in finance, banking, military might, invention and technology. Indeed, the Summer of 1927 bears the close scrutiny of Bill Bryson's compelling narrative.

~ Tricia Herban

Bay Bytes

Looking for a few suggestions to obtain pain relief? Log onto www.TheAcpa.org for helpful ideas.



MARYLAND'S JOCKEY CLUB

By Ellen Moyer

The Maryland Jockey Club has interesting stories to tell and a record of firsts that date back to 1743 if not before. It's been a fascinating history that centered on Annapolis.

In 1720, Annapolis Mayor Tasker proposed that silversmith Caesar Ghislein be commissioned to make 12 silver spoons for a prize in a horse race sponsored by the city fathers. Some say this marked the beginning of the Jockey Club, a gathering of wealthy gentry who were sanctioned to race thoroughbreds. But it was on a later date that the first formal and oldest recorded race was run in North America.

On a Spring day in May 1743, George H. Steuart, a tobacco farmer, horse breeder and owner of Dodon Plantation in Anne Arundel County, prepared for a match race with his horse Dungannon. It was a challenge against his rival Charles Carroll of Carrollton. History does not record the name of Carroll's horse and little is known about Dungannon, except that he was purchased by Steuart in England.

Dungannon, won the three-mile race and received a silver trophy, the Annapolis subscription plate presented by the Jockey Club. The silver trophy, really a punch bowl, was designed by Annapolis silversmith John Inch and is the oldest horse racing trophy in North America. It is housed at the Baltimore Museum of Art. In 2001, an exhibit "It All Began Here," was held at St. John's in the Mitchell Gallery to tell the story of the trophy. The Maryland Jockey Club that uses 1743 as its founding date is also the oldest sporting organization in North America.

Horse racing was established during the 1700s. In most Maryland towns it was the core of social life. Anne Arundel County, an area of wealthy plantation owners and thoroughbred stud farms, was the center. For Annapolis, the queen city of race week, it was the premier cultural and social event for the Colonies. This was appropriate for a city named after Queen Anne, who favored horse racing and resurrected it in England by founding the Royal Ascot in 1711, which continues to this day.

Interestingly, George Washington records in his diary time spent at the Annapolis races and the money lost on betting! Racing was suspended in 1777 during The Revolutionary War. But months before the Treaty of Paris was signed, the Maryland Jockey Club met in March of 1783 at Mann's Tavern in Annapolis. The intent was to develop new rules and a plan for the new racing season.

Many notable people belonged to the Maryland Jockey

Club. President Andrew Jackson was a member and owner of thoroughbreds raced under an assumed name from the Whitehouse Stables in Prince George's County.

Gov. Oden Bowie was also president of the Maryland Jockey Club. At a dinner party in 1868, during race week at the nation's oldest track in Saratoga, N.Y., he proposed building a model track for a race two years hence. It would be for three-year-olds, if his peers agreed to the event in Baltimore. And so Pimlico, named after the 1660s pub, Olde Ben Pimlico, in London, was born. It is the second oldest racetrack in the nation. Pimlico was built on 70 acres northwest of the city of Baltimore. It was purchased, and still owned to this day, by the Jockey Club. The price: \$23,500.

Pimlico opened in 1870, featuring the first dinner party stakes which was won by a horse named Preakness. His name is used in the middle of the Triple Crown series of three, that was founded in 1873. The dinner party stakes was renamed the Dixie Stakes, which is the oldest stakes race (1 1/8 miles on the turf), in the mid-Atlantic. It continues to be run in May at Pimlico. The winner receives a silver trophy, a replica of the Annapolis subscription plate now named "the Dungannon Bowl."

In 1877, the Congress adjourned so its members could watch a Jockey Club-sponsored match race. Parole was the eventual winner.

Both Kentucky and Maryland ignored the nation's Prohibition anti-gambling era in 1910. Thanks to Bobby Riggs, who is credited with saving thoroughbred racing, the tracks stayed open by replacing bookmakers with the first parimutual machines in the country.

Albert Vanderbilt, owner of the Sagamore farm in Baltimore County (now owned by Under Armour), was president of the Jockey Club on Nov. 1, 1938, when Seabiscuit defeated War Admiral. He called the racing venue "more than a dirt track but an American institution, devoted to ... a great sport, graced by time and respected for its honorable past."

Today the Jockey Club is owned by the Stronach Group, which owns Pimlico, Laurel Park, which opened on Oct. 2, 1911, and Bowie Racetrack, which closed to racing in 1985.

Founded in Annapolis, the Maryland Jockey Club continues to govern the sport of kings that has been so much a part of our state's colorful history from Colonial times to the present.

Ellen, a former mayor of Annapolis, can be reached at elo1936@yahoo.com



Dear Vicki,

When I saw some recent photographs, I could no longer fool myself about how old I look. I'm thinking of plastic surgery, but it seems so vain. Yet I can't stand looking so haggard either. I'd like to look as young as I still feel inside! Any advice?

MIRROR, MIRROR ON THE WALL

It can be incredibly challenging to see the march of time on your face but, as a former nurse, I know that all surgery carries significant risk. With that said though, a competent and gifted plastic surgeon can work wonders and many people are happy with their surgical outcomes. This is a very personal decision with no right or wrong answers.

Before you rush off to surgery, first examine some key areas that contribute to your feelings of well-being and life satisfaction. Attend to any glaring issues before scheduling your surgery. In doing so, you may decide to delay or skip the surgery or to choose a less invasive procedure. If you decide to go forward, some forethought will stand you in better stead to appreciate the results and to accept the inevitable aging process that will continue after your recovery.

Begin with your physical health. Are you reasonably fit and at an appropriate weight? Sometimes, dissatisfaction with one's appearance can be due more to factors within our own control than to the aging process. Do you have habits such as smoking or drinking too much alcohol that need to be addressed? How well do you sleep? Getting enough rest not only makes one look better but will make you feel better also. Finally, do you follow through with preventative health measures such as medical and dental checkups? In other words, rule out the cause of your perceived haggard appearance as being due to any medical issue.

Take stock of your emotional health. What's your level of satisfaction with your closest relationships? Do you maintain a positive outlook? How do you handle stress? Unhappiness and strain take a toll on our appearance. We not only wear our heart on our sleeves but, more importantly, on our face. Perhaps a few sessions with a therapist or life coach would be helpful in identifying some underlying issues contributing to your self-

image and also teach you a few new tricks from the exciting field of positive psychology so you can learn to maximize all the good things already in place in your life.

How about your spiritual well-being? Signs of aging can evoke fears of decline and death. A spiritual source of strength serves as a reminder of the bigger picture and aids in filling an emptiness within. If this resonates as an issue, consult a pastor, priest, spiritual mentor or a pastoral counselor about your concerns.

Finally, check in with your financial health. Are financial worries weighing you down and wearing you out? Plastic surgery is expensive and not covered by insurance. Can you afford the substantial cost of this choice without straining your budget?

Once you've taken these steps to address any problems that may be fueling your unhappiness with your appearance, reassess your desire to have plastic surgery. Perhaps it won't seem as necessary. It may be that you are happier settling for a makeover and wardrobe change to update your image. Another possibility is that you might opt for a few minor noninvasive "touch-ups" to refresh your appearance. A reputable plastic surgeon or dermatologist can offer you an extensive menu of services that fall short of the big guns of a full face-lift.

However, if you decide to go forward with more extensive work, the time you spent on reviewing your present state of well-being will be worthwhile. Such a review or tuneup is always a good idea whenever you are making any significant change or decision. For that matter, a tuneup for ourselves is similar to the tuneups we do for our cars. It is just good self-care and will extend the life and performance of the equipment.

Dear Vicki,

Recently, a close friend was in a bad accident and suffered an amputation of his leg. He was an outdoorsman and now believes that part of his life is over and that he is a burden to his family. His physical health is healing, but emotionally, I think he is in trouble. He has made some private comments to me about life not being worth living and I fear that he is hoarding his pain pills. I don't want to betray his confidences, but I'm not sure that his family knows what bad shape he is in.

TO BE A FRIEND

To be a friend sometimes requires taking a stand that may not be initially seen as loyal and caring. This is one of those times. Do not delay. Call his family immediately and share what you know. Have someone remove those pain pills from his possession and alert his physician pronto. With the right treatment, your friend can heal physically and emotionally and go on to live a full life. His family will thank you and he, also, will someday thank you for your intervention.

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

SUMMER QUIZ-ACROSTIC

	1	N	2	A	3	H	4	U	5	I	6	T		7	V	8	T	9	D	10	G	11	J	12	O	13	H	14	A	15	P	16	K	17	L	18	E					
19	S		20	F	21	O	22	Q	23	J	24	C	25	N	26	B	27	A	28	V	29	M	30	T		31	D	32	G	33	T		34	F	35	I	36	U	37	O	38	Q
39	N			40	B	41	A	42	Q	43	D	44	C	45	H	46	R	47	I		48	V	49	U	50	O	51	M		52	A	53	G	54	O	55	P	56	I	57	H	
		58	S	59	D	60	I	61	F	62	V		63	E	64	A	65	M		66	J	67	R	68	I	69	V	70	Q	71	S	72	C	73	P	74	B	75	D	76	A	
		77	I	78	O	79	U	80	V		81	U	82	L		83	J	84	V	85	C		86	A	87	C	88	N	89	M	90	G	91	U	92	E		93	N			
94	V			95	G	96	H	97	E	98	T	99	D		100	A	101	N	102	O	103	K		104	T	105	A		106	H	107	N	108	Q	109	T		110	E			
111	U	112	P			113	M	114	H		115	T	116	R	117	J	118	M	119	A	120	L	121	H		122	I	123	O	124	A	125	L		126	O	127	Q	128	N		
129	H	130	T			131	G	132	J		133	T	134	M	135	D	136	E	137	Q	138	K		139	Q	140	K	141	P	142	O	143	D		144	V	145	C	146	B		
147	A	148	M	149	R	150	F	151	O	152	I		153	T	154	D	155	H	156	V		157	P	158	H	159	J	160	G	161	V	162	C	163	Q	164	M	165	O	166	A	
		167	F	168	V	169	H		170	T	171	O	172	R		173	K	174	S	175	J	176	M		177	A	178	U	179	B	180	F	181	H	182	N						

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Directions

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

A. LSD, e.g. (2 wds.)

B. Shel Silverstein's *A Light in the* _____

C. Brook

D. Era named for the son of Queen Victoria

E. Blockhead

F. Wrenches

G. Bill

H. Twelfth state to ratify the Constitution (2 wds.)

I. Nancy Sinatra's mod footwear (hyph./2 wds.)

J. Ancient region in northwest Asia Minor

K. Dick Van Patten TV series, _____ is *Enough*

L. Species of freshwater annelids

M. Where you'll likely find jazz musicians (2 wds.)

N. Call to passengers (2 wds.)

O. Music structure involving very small intervals

P. Coarse

Q. The work of Wolf Blitzer and Lester Holt

R. Toboggans

S. What a relief!

T. Transcendental

U. Thomas the Tank Engine, e.g. (hyph.)

V. Bon Jovi's fifth album (3 wds.)

119 86 166 100 64 105 177 147 124 14 41 52 27

2 76

40 26 146 74 179

162 24 44 87 72 85 145

143 9 135 31 59 99 43 154 75

18 136 92 110 97 63

61 167 150 34 180 20

131 32 160 53 10 95 90

114 181 13 3 96 121 129 57 169 155 45 158 106

152 56 122 5 77 60 35 47 68

66 159 83 23 117 132 175 11

103 16 138 140 173

82 17 120 125

89 113 118 176 65 29 51 164 134 148

1 107 39 101 88 93 25 182 128

126 37 54 102 78 165 123 151 171 142 50 12 21

141 112 15 157 73 55

137 127 139 70 22 38 108 42 163

172 116 67 149 46

19 174 71 58

109 30 104 8 6 170 115 133 98 33 130 153

36 49 79 81 91 4 111 178

80 161 156 7 69 168 62 94 144 28 48 84

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Gardens in the Bay

By Henry S. Parker

You say you don't have a green thumb. You sow seeds and most don't sprout. The scattered survivors are plagued by pests, pruned by predators and overwhelmed by weeds. The hardy few that hang in until harvest yield yellowing leaves, discolored fruit or misshapen tubers—at a cost that exceeds the outlay for a full season of perfect produce handpicked from the gleaming aisles of Whole Foods.

But don't despair. You may have a *blue* thumb, capable of coaxing bounteous crops from watery environments. Want to find out? Then join a community of Chesapeake Bay oyster gardeners who are converting tiny shellfish seed into fully grown mollusks.

Oyster gardeners have practiced their skills in the Bay for years, but interest has recently expanded. Today these amateur growers turn out a quarter million adult bivalves annually, deriving the satisfaction of not only producing healthy crops, but of also knowing they're contributing to improving the Bay's environment.

A single adult oyster can filter 50 gallons of water a day, which is sort of like a person drinking 60,000 gallons of Gatorade in a 24-hour period. When they strain water through their gills, oysters pull out a lot of things that can harm marine life, including pollutants, light-blocking sediments and excess nutrients. In the past, the Bay's once multitudinous resident oysters could filter the estuary's entire volume of 10 trillion gallons in less than a week. But degraded growing conditions and diseases have decimated populations in recent decades. Numbers are only 2 percent of what they once were, and the Bay's water quality has suffered accordingly.

Enter oyster gardening. The idea is that Bay oyster populations could be restored if enough human volunteers were deputized to nurture baby oysters in sheltered conditions until they're ready to transplant into designated protected areas. The idea has caught on and efforts are paying off. Not only does oyster gardening help to grow the Bay's oyster populations and improve water quality, but it can also expand habitats for other important species and serve as an excellent marine education tool for students of all ages.

Want to volunteer? You'll need access to a dock; a willingness to devote perhaps eight to 10 hours over the course of a year to tend your baby oysters, innate curiosity and a gardener's desire to help things grow. Here's a brief guide to a step-by-step process you can follow:

- Educate yourself. A good place to start is the website of the Chesapeake Bay Foundation (cbf.org then link to Maryland Oyster Gardening Program). Also check out other resources such as *Oyster Gardening for Restoration and Education*, available from Maryland Sea Grant's website (mdsg.umd.edu). Note: A number of area organizations sponsor and support oyster gardening efforts, including the Chesapeake Bay Foundation, Maryland Sea Grant, the Severn River Association, the Magothy River Association, Project Oyster West

River, the Virginia Institute of Marine Science and the University of Maryland Center for Environmental Science, whose Horn Point Oyster Hatchery is one of the largest seed oyster producers on the East Coast.

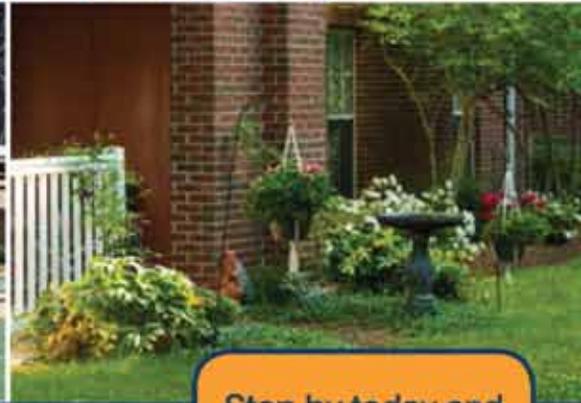
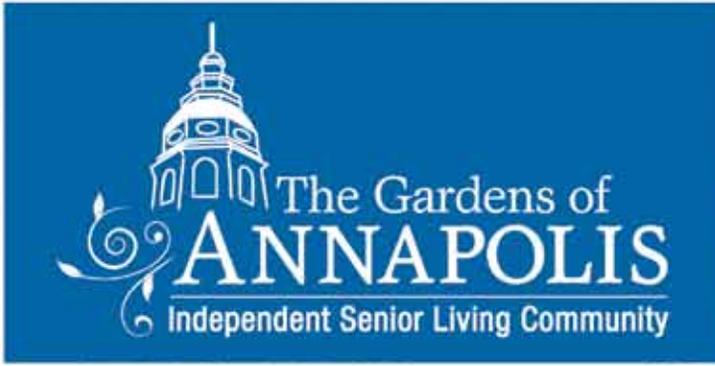
- Take an introductory Fall workshop from the Chesapeake Bay Foundation.
- With CBF's guidance, construct a set of wire mesh oyster cages to hang from the dock. CBF will supply you with several thousand seed oysters to plant in the cages, where they'll be secure from predators like crabs—and humans.
- Monitor your cages until the oysters have grown to a one- or two-inch length, which takes about 10 months). You'll need to be sure the cages remain underwater and above the bottom so that they won't dry out or smother and where currents can easily deliver natural food. It's also important to periodically remove growth from the exterior of the cages.
- When the oysters are large enough, CBF staff members will collect them (no, you don't eat them) for transplanting into designated "sanctuary reefs" around the Bay. These reefs will also provide habitats for other important species like rockfish and blue crabs.
- Start over with the next batch of juveniles while basking in the satisfaction of having helped to save the Bay.

And the Bay's oyster gardeners *are* a satisfied lot. Some even wax rhapsodic. Here's how Vern Penner, who raises his crop at a community pier in the Amberley area of Annapolis, puts it: "Oyster (gardening) is like underwater beekeeping because it's beneficial to man and nature and the oyster, like the bee, does the heavy lifting."

So what are you waiting for? Go gardening!

Henry is an adjunct associate professor at Georgetown University. He can be reached at hpsphp@gmail.com





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