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by the Bay

for the Bay Boomer and beyond...

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On the Cover:

Jim Saylor, writer and artist, graces our Fall cover. As a political analyst and scholar and former journalist, he now spends half his day writing books and the other half painting landscapes, portraits, and still lifes. He and his wife Terry live in the community of Providence.

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OutLook

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

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FROM THE DESK

It's harvest time and the beginning of Fall. A time for bringing in the sheaves. It's the time when the farmers put up and preserve the produce that they've so carefully nurtured through the Spring and Summer. It's the time when they'll harvest their crops to be enjoyed throughout the Winter months.

For many of us, our harvest time is much like what the farmer enjoys. It's the gathering in of the results of our long-term efforts. We worked diligently not only in preparing for our lives, but then in our vocations, whether it was a profession or running a home. Now coming into our retirement years, we get to enjoy the harvest or rewards. It's a time to appreciate what we set out to accomplish, be it a field of corn, a passel of departed children, the culmination of a project, a life's dream or a lifelong career. This just might be what it was all about.

It's time for many of us to reap what we've sown. We're in the home stretch. Most of what we've sown, with luck, is good. We've worked hard and much of it was productive and satisfying and worthwhile. There were roadblocks and detours and even a couple of mountains along the way, but through it all and with our occasional not-so-great labors, we did accomplish something if sometimes only lessons learned.

Like the farmer's poorly timed crop or outside circumstances such as bad weather, the yield can be disappointing. Maybe though something was learned. Perhaps it was poor timing, bad seed, lack of harrowing, need for more nurturing. Many problems are seen more clearly in hindsight.

There's not always a clear-cut reason for a failure, but don't forget all the knowledge or discoveries made along the way. Like most of us, perhaps you'd do it differently if you had to do it over, but keep in mind what we've learned through some tough lessons! Think of the knowledge that we've gained.

It's Fall, and for the farmer, there are crops to be gathered, crops that he's so carefully tended, nurtured and given his undivided attention to. Isn't this similar to what we've been doing? And then like the farmer, do we dare say it's the end of the season or growing period? Is it time to harvest and enjoy what we've worked so hard for? Maybe like the farmer, it's already time to start planning for what's next or next year's bounty.

If you're close to or in the retirement range, not only is there now the time to enjoy the fruits of your labors, but like the farmers of old, we have the opportunity to leave something behind. Give back. Farmers called it gleaning, as in Biblical times when part of the crop was left behind for those less fortunate. Should we be doing likewise?

Many of us treasure what we've done and the life that we've lived. Even when it was not so good, it was part of the journey and more than likely something good was or will be left behind. Look at what we've learned -- if only not to do it that way again.

We've earned our time off, so let's enjoy it. Let's celebrate the bounty. It's there for us to embrace and appreciate. All too soon the longer nights of Winter will be on us, so let's enjoy what we have now, while we still have the vision, temerity and energy to work with it.

P.S. Don't miss our Boomer Fest on Friday, Sept. 30, at the Riva Trace Baptist Church, 475 W. Central Ave (Route 214), Davidsonville, where we'll have lots of interesting exhibitors and break out sessions featuring lots of information to take away.



Tecla

Letters to the editor

THANKS FOR THE STORY ABOUT ROCKY MOUNT, VA.

As luck would have it, we had planned a trip to the Crooked Road, and your article in *Outlook* was very helpful. We had dinner at Bootleggers and then heard some Irish music at the Harvester Center, both well worth the trip from Floyd, Va., where we were staying.

Bob A., Crownsville

HOW TO BE A GOOD CREW

Henry:

I saw your article in *Outlook*, and I'm interested in crewing on a sailboat. I'm an older guy and enjoy recreational sailing on the local rivers and bay. I took basic keel boat lessons at the Naval Academy, and I crewed on a boat last Summer -- we sailed around the Maine coast, near Thomason and Camden Maine. I'm willing to do anything on the boat -- I'm interested in improving my sailing skills. Looking forward to hearing from you.

John M., Annapolis

Hi John:

It sounds as if you have some great experience and you should be able to link up with a skipper in the Annapolis area. *Spin Sheet* magazine maintains a database of sailors looking for opportunities to crew. Here's a link to where you can sign up: www.spinsheet.com/create-crew-listing/#.V5IIsaIoqly

Skippers have a separate site where they can seek/select crews from the database.

You might also consider going down to the Annapolis Yacht Club before one of the Wednesday night races and checking around to see if anyone's looking for a crew. Here's a link: www.annapolisyc.com/racing/wnr

The Severn Sailing Association also hosts a number of races and regattas and you may be able to connect with a skipper through them. See http://www.severnsailing.org/content.aspx?page_id=0&club_id=549086

Several local organizations bring sailors and crews together. You might check out the Annapolis Sailors Club that caters to sailors more interested

in cruising than racing. You can find them at www.meetup.com/Annapolis-Sailors-Club/

Another local possibility is Wanderlusters Sailing Club of Annapolis. See <http://wanderlustersailing.org/>

You could also join a forum. For example, you might want to check out SailNet at www.sailnet.com/forums/racing/14006-looking-crew-annapolis.html or CruisersForum at www.cruisersforum.com/forums/f138/annapolis-md-area-61133.html

Finally, here's a link to a relevant article www.chesapeakeliving.com/finding-sailing-crew-is-a-never-ending-search-heres-why/

Hope this helps and best of luck. And feel free to contact me at any time.

H.S. Parker

hspsbp@gmail.com

LONG-TERM MARRIAGE

Deep thoughts. Great editorial.

You know the marriage is going to last when you open your second bottle of Tabasco sauce.

Best proof for the existence of God = LONG MARRIAGES!

Jack C., Annapolis

COVER BOY

In answer to all the ladies wanting more information on the sailor featured on our Summer cover. The shot was taken awhile back while Dr. Dieter Meister was visiting from Germany. Now retired from his pediatric practice outside of Munich, he resides in Bern, Switzerland.

Bay Bytes

Log onto www.Fandango.com and enter your zip code for movies in your area. Location and show times of local movies are listed as well as previews, ratings, reviews and suitability for kids.

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TRANSITIONING INTO FALL

By Kater Leatherman

The end of our long hot Summers always bring Autumn's near-perfect temperatures, colorful foliage and the breathtaking sight of the harvest moon. There's also stillness in the air that begs to be savored, especially before the stormy holiday season sets in. But for many people, transitioning out of Summer is difficult. Days gradually get shorter, nests are emptied when kids leave for college and the absence of our delectable Summer produce are all reminders that change is here.

These days, life asks a lot of us and moving through change with grace requires effort. Even positive change is stressful, especially now. We live in a time where our safety and security feels threatened in a way that many of us have never experienced before. More and more, we are having to accept that the only things we can change is ourselves and our home environment. A home that has space, light and order seems to make life go down a little easier.

With the Summer behind us and a new season to embrace, here are 10 ways to smooth out the transition into Fall:

1. Go through your house and put away things that remind you of Summer. Recycle anything that harbors a negative memory or that you don't want anymore. This is a great

way to let go of what is past and prepare for the new season.

2. Provide extra nourishment to those areas in your home that bring you the most pleasure. If you have a room just for you, give it a fresh new look by moving the furniture around, changing the pictures in the frames and rearranging the bookshelves.
3. Sort through your Summer clothes and keep only what you love, fits and makes you look beautiful. Always take an inventory of what you have before buying more clothes.
4. Instead of buying stuff, invest your money in life experiences. Studies show that spending money on things only gives you a temporary lift, whereas memories create an emotional reserve that you can call on over and over again.
5. Eating foods in season costs less, tastes better and will give you more nutritional value. Autumn's dense, antioxidant-rich root vegetables are warming, protect us against illness, as well as cleanse toxins from the body. Emphasize the use of warming seasonal spices such as

cinnamon, which also helps reduce blood sugar, and cloves to ease joint pain.

6. Bring Autumn colors indoors by making table centerpieces with Winter squash, apples and pumpkins.

7. If you suffer from seasonal affect disorder, invest in a light box. Side effects from lack of light include depression, daytime drowsiness, weight gain and loss of interest in life.

8. Clean windows attract more solar heat. For a streak-free shine, sponge with a solution of water spiked with ammonia. Squeegee off the excess and wipe any drips with a paper towel.

9. Reduce stress down the road by changing the furnace filter. Have your chimney cleaned and checked by a professional. To cut your heating costs, remove the screens and replace them with storm windows.

10. The change of season is a great time to reflect on what is working in your life and what isn't. Once you commit to making a change, break it down by determining what the next action step is.

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Kater teaches yoga and is a home stager, professional organizer and space expert. She is the author of two books, The Liberated Baby Boomer and Making Peace With Your Stuff. Visit her website at www.katerleatherman.com

Relax and Recharge AT COVE POINT LIGHTHOUSE

By Leah Lancione

If you live in Maryland, you know the Chesapeake Bay is a state and national treasure. If beholding its beauty and the copious flora and fauna that it depends upon appeals to you, plan your next vacation or weekend trip to the Cove Point Lighthouse. This retreat situated on the west side of the Chesapeake Bay in Calvert County will surely awaken your sense of adventure and love of nature.

The Cove Point Lighthouse, located in Lusby at 3500 Lighthouse Boulevard, is an active lighthouse situated on a seven-acre point of land in one of the narrowest parts of the Bay. Both the lighthouse and its accompanying keeper's home, which were built in 1828, have been repurposed, the latter to serve as a vacation accommodation or event rental that offers spectacular views of Calvert Cliffs. An historical gem and popular attraction, Cove Point is the "oldest continuously operating" light station on the Bay and is open to the public daily June through August and on weekends and holidays in May and September.

In 1986 the lighthouse was officially automated with ownership transferred from the U.S. Coast Guard to Calvert County in 2000. Tours provided by The Calvert Marine Museum

began in 2002. This spot is not just a historic site for tours, but also offers visitors the opportunity to rent either one or both sides of the keeper's house.

The two-and-one-half story keeper's house features two rental units—each with three bedrooms, two full bathrooms, one-half bath, kitchen, washer and dryer, Wi-Fi, central A/C and heat, plus a screened porch for a relaxing respite. Vacationers can stay for either three, four or seven days. Though the house has been completely refurbished, many of the home's nostalgic features have been retained along with historical photographs and museum artifacts adorning the walls.

The home is also fenced in, providing vacationers a private entrance and beach access. Such privacy on this eye-catching vista is a bonus since visitors can survey the grounds and museum, explore the Calvert Cliffs close by as well as other local attractions and then return to their remote lodging.

For a week stay during the high season (May 1-Sept. 30) rates are \$2,100 for one side and \$3,800 for both. During the low season rates are \$1,300 and \$2,200.

The vacation rentals by owner listing for Cove Point Lighthouse features reviews by past visitors that describe memorable vacations, treasured family reunions, romantic getaways and more. So if you want to experience a place with breathtaking views, a tranquil atmosphere and a rich historical past, consider taking the hour-and-15-minute drive from Annapolis to Lusby. The Cove Point Lighthouse awaits you.

For more information on Cove Point Lighthouse, visit www.calvertmarinemuseum.com/200/Cove-Point-Lighthouse or www.facebook.com/lighthousecovepoint/



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THE BEAT GOES ON: PLAYING A MUSICAL INSTRUMENT AGAIN (OR FOR THE FIRST TIME)

By Victoria Duncan

"It's never too late." Larry Claussen, retired director of Columbia Institute of Fine Arts in Falls Church, Va., says as he leans back in the wing chair in his well-appointed, historic Annapolis home. We are discussing the notion of retirees either beginning to play a musical instrument for the first time or returning to an instrument that they previously played after a long hiatus of letting their talent and proficiency languish. I'm asking because I recently read an intriguing article about the benefits of taking up an instrument in later life.

Claussen himself could be called a renaissance man. He speaks five languages, is an accomplished musician and leads historic tours of Annapolis. Throughout his life, music has been important to him, although he did not set out to make it his profession. He began playing the violin in third grade, the piano in fifth grade, and dabbled in the pipe organ during high school. While at William and Mary

College, he practiced three to five hours each day and performed



family demands took precedence. After a career in information technology, Claussen agreed to take over the reins of the Columbia Institute of Fine Arts on a temporary basis when the director resigned due to illness. He remained in that position for nine happy years until he retired and relocated to Annapolis.

"One of the things that I noticed was that most of the kids who came to the institute for lessons had parents who had once played an instrument. But when I asked if they still played, the excuses came tumbling out. I used to joke that I was going to write a book someday about all of the excuses." Claussen pauses. "You know, music is so great because it trains the mind and that is true for anyone at any age. I would go to work on the parents trying to break down their own resistance. If they would start practicing again, it set an example for their children."

"Or for our grandchildren?" I ask, thinking that many of us don't have children at home any longer.

"Absolutely!" Claussen nods. He noted that the most common excuse offered was the fear of not being able

to play as well as you once did. "I think they were let down in advance at the idea because they didn't want to be disappointed in their performance. They remembered how hard they'd had to work to get as good as they were." Ouch. That hit home! After taking piano lessons for 14 years myself, I agreed. I knew that I couldn't begin to play what I once had breezed through and the frustration of stumbling through a once well-known piece kept me away from the piano for years.

"That shouldn't be an excuse." Claussen added. "It comes back. You may never play as well as you once did, but you can play many things well. The more you play, the better you will get. And the value of music is endless. It raises serotonin levels in the brain which boosts feelings of well-being and fights depression. It gives you joy and satisfaction."

BENEFITS OF TAKING UP AN INSTRUMENT LATER IN LIFE:

GROWING YOUR BRAIN:

After just six months of piano lessons, older adults show robust gains in memory, verbal fluency, planning ability and other cognitive functions.

IMPROVING YOUR ABILITY TO DISCERN SOUNDS:

Musicians hear better in noisy environments, which is a task that becomes increasingly difficult as we age.

RELIEVING STRESS:

Playing music reduces blood pressure, reduces heart rate and helps to alleviate insomnia, anxiety and depression.

ENHANCING YOUR COORDINATION:

It improves your eye-hand coordination and activates that part of the brain that controls motor skills.

in the orchestra and in a chamber music group that often entertained in costume at Colonial Williamsburg events. However, after graduating with degrees in both history and economics, his life took a different turn: work and

Another common excuse is someone had once told you that you had no talent. "In my opinion, that is child abuse." Claussen frowns. "It just makes me furious. That is no excuse either. If you have the desire, you can learn to play an instrument and there is value in that." Claussen relates the story of a retired foreign service professional in his 70s who always wanted to play the violin. He began taking lessons at the institute and while he never became truly proficient, he had a ball doing it. "It fully engaged him and brought him joy."

Asked to give some practical advice, Claussen ticked off these points on his fingers: "If you have an instrument you want to play, get it refurbished at a quality music shop. Find an instructor. It will give you focus and discipline. Often professional musicians are the best instructors or can point you in the right direction. Lower your expectations and just start with something mildly challenging. Commit to a schedule."

Having just passed another birthday and taken this advice to heart, I have set a challenge for myself. My goal is to learn one piano piece for each year of my life. While a lady may not want to divulge her age, that's a lot of playing, even though the music

I choose will be much easier than what I once played. I haven't found an instructor yet, but that's up next. In the meantime, while my fingers are not flying over the keyboard as they once did, I am playing and finding it rewarding to reacquaint myself with a passion from my younger years.

OUT OF THE ATTIC AND INTO THE SCHOOLS

Really not interested in playing but have an old instrument gathering dust in your attic? Consider donating it! The Annapolis Symphony, Coldwell Banker Real Estate Brokers and Anne Arundel County Public Schools are partnering to collect old musical instruments in any condition. They are being refurbished, repaired and put into the hands of students who would otherwise not have the opportunity to play an instrument. Instruments may be dropped off at any Coldwell Banker office or for more information, log on to www.annapolissymphony.org/play-it-forward

During a recent daytrip to Chestertown, I stumbled across a wonderful, independent music shop and recalled Larry Claussen's final piece of advice: "Have fun!" As a teenager, I'd always wanted to play the drums—much to the horror of my grandmother, who was a classically trained pianist. There, in the window of the music shop, was a beautiful set of hot pink drums. What could be more

fun than that? And I just read that 90 minutes of drumming can burn 500 calories. That sounds much better than jogging to me. Maybe it isn't too late after all!

Smile like a kid again.

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Read our article "Common Medications that Can Lead to Cavities" in this edition of OutLook!

CHART YOUR COURSE: A LEGAL NAVIGATION GUIDE

FIDUCIARY ACCESS TO DIGITAL ASSETS

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 I type this article on my computer, which I then email to the editor of *Outlook by the Bay* magazine, I am reminded of a time when that was not possible. A time when most homes did not have a computer and the internet did not exist, and instead we had to rely on typewriters and the Postal Service. Over the past 25 years, technology has advanced at a rapid rate and now there is email, Facebook, Shutterfly, PayPal, Amazon, iTunes and the list goes on and on. In fact, I now have to keep a digital diary with all my user names and passwords. But what happens to these accounts if I become incapacitated, incompetent or die? Who will manage the content or information on these sites?

Companies such as Apple, Yahoo and Google, for example, are required to keep your information private, so if something happened to you, and you were not able to manage those accounts, no one would have the authority to access the information or content, or to close or shut down the account. In response, the Maryland Legislature has enacted the Maryland Fiduciary Access to Digital Assets Act, which takes effect Oct. 1, 2016.

Under this new law, a “digital asset” is defined broadly as any “electronic record in which an individual has a right or interest.” Moreover, in accordance with the law, you may now designate a “fiduciary” – a personal representative, guardian, agent, or trustee, to receive any or all of your digital assets, including the content of electronic communications received or sent by you. But, the onus is on you to make a valid designation.

In order for your designation to be valid, you must either use the custodian’s (Apple, Yahoo, or Google) online tool to direct the custodian to disclose or not to disclose some or all of your digital assets, or you must provide for such disclosure or nondisclosure in your will, trust, or power of attorney documents. If you do not specifically

authorize the disclosure in accordance with the law, then your fiduciary will not have access to your digital assets.

Furthermore, if you only authorize the disclosure in a power of attorney document, but do not include the authorization in your will, then when you die, your personal representative will not have access to your digital assets. Similarly, if you have a trust, but do not have the authorizing language in your trust document, then your trustee will not be able to access your digital assets.

Practically speaking, what does this mean for you? First, you should take inventory of how many digital assets you have and create a digital diary to include the custodian of each account, the user name and password for each account, and to what information or content, if any, you would want your fiduciary to have access.

Next, you should visit the custodian’s website to determine if it has an online tool that you can use to designate a fiduciary. If the custodian does have such a tool, you should consider whether or not that is the best way to designate a fiduciary. For example, if you choose to use the online tool to designate a fiduciary, it is important to also note that if this tool allows you to modify or change your designation at any time, then this designation will override any designation you may have made in your will, trust or power of attorney documents.

On the other hand, you may want to pick and choose, based on the type of account, what information or content your fiduciary is authorized to access. In that case, the online tool may better suit your needs as opposed to a blanket authorization in a will, trust or power of attorney.

Finally, you will need to review your current documents – durable general power of attorney, will and trust, if you have one, to make sure those documents indicate whether or not your fiduciary is authorized to access your digital assets. If those documents do not have such language, it would be a good idea to update those documents, as it seems we are accumulating more and more of these type of assets. Likewise, if you do not have a durable general power of attorney, will or trust, now would be a good time to get them.

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

What's done is done. If it can't be undone why spend time worrying about it?

2016-2017 Family Caregiver Workshop Schedule

“Oh, the Places You’ll Go!”

Anne Arundel County Department of Aging and Disabilities
National Family Caregiver Support Program



Caregiving is a journey with twists and turns along the way. Circumstances change, needs change, and sometimes you may doubt you're doing the right thing or if you're doing enough. Be patient with yourself, don't be afraid to ask for help, and join us for the journey!

ALL WORKSHOPS ARE SCHEDULED 6:30-8:30 PM.

	Senior Center	Presenter	Topic
9/7/16	Arnold	Ann Morrison, Ph.D., RN, CS	Making the Connection: Brain Change & Behavior
9/13/16	South County	Dept. of Aging & Disabilities Staff	Communicating through Behaviors & the Virtual Dementia Tour®
10/4/16	Pasadena	Dept. of Aging & Disabilities Staff	Communicating through Behaviors & the Virtual Dementia Tour®
10/12/16	O'Malley	Margo Carey, RN	Caregiver 101: Bathing & Nutrition
11/9/16	Pascal	Kim Burton, Director of Older Adult Programs, MD Coalition on Mental Health & Aging	Recognizing and Responding to Depression
11/15/16	O'Malley	Dept. of Aging & Disabilities Staff	Communicating through Behaviors & the Virtual Dementia Tour®
3/7/17	Annapolis	Ben Ogundip, PT	Mechanics of Caregiving
3/14/17	Pascal	Dept. of Aging & Disabilities Staff	Communicating through Behaviors & the Virtual Dementia Tour®
4/11/17	Arnold	Dept. of Aging & Disabilities Staff	Communicating through Behaviors & the Virtual Dementia Tour®
4/12/17	Pascal	Nicole Absar, M.D.	Different Types of Dementia, Diagnoses & Treatment
5/10/17	O'Malley	Jeannie Finnegan, CDP	Meaningful Pursuits
5/16/17	Annapolis	Dept. of Aging & Disabilities Staff	Communicating through Behaviors & the Virtual Dementia Tour®
6/13/17	St. John Lutheran Church, Linthicum	Dept. of Aging & Disabilities Staff	Communicating through Behaviors & the Virtual Dementia Tour®
6/14/17	South County	Jennifer Fitzpatrick, MSW, LCSW-C	Travel with a Dementia Loved-One

To register for a speaker workshop, call 410-222-4375/4339 or Register on-line at: <http://www.aacounty.org/Aging>.

To register for *Communicating through Behaviors & the Virtual Dementia Tour®*, call 410-222-4375/4339.

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GOING BACK TO SCHOOL: ONLINE OR ON CAMPUS?

By Leah Lancione

Once you have made the decision to go back to school, either to earn a bachelor's or graduate degree, or for no better reason than pursuing further knowledge, and you know what course of study you want to pursue, the next step is choosing the location—on campus or online. Colleges and universities across the country are adding virtual programs to their traditional on-campus course offerings. There are pros and cons associated with both settings, but which is right for you largely depends on your lifestyle, study habits and preferences.

U.S. News & World Report has reported that students should consider the following factors when deciding whether to enroll in an online course of study or take the traditional on-campus route:

- **Cost:** Do a cost comparison to see whether online or in-person classes are cheaper at the school of your choice. People tend to think online is cheaper, but that's not always true. Also factor in book fees or any extra software required.
- **Difficulty:** Don't assume online courses will be easier than those conducted by an instructor. Success in a classroom or online environment depends on your ability to stay disciplined, study, actively participate and set priorities. If managing time wisely is not your strong suit and your writing skills are not up to par, an online program may not be the best choice for you.
- **Accessibility of support services:** "While many online programs are ramping up support services for students, experts say some have a long way to go before they rival the offerings of on-campus counterparts." Make sure the resources you need will be available outside regular school hours. Also, make sure the online program incorporates a virtual library.
- **Accreditation:** Verify that the school has been evaluated and meets all requirements necessary to prove the curriculum, faculty, courses and degrees are legitimate.

- **Financial aid:** If tuition is an issue, check to see if the college or university provides financial aid, scholarships or grants for online students as well as those attending on-campus classes.

You should also consider whether an online program offers the courses you wish to take if pursuing a degree. Some online programs may only offer certain courses on a limited basis or for particular semesters. If you have a strict timeline make sure the online program can provide you with the classes you want, when you want them.

Though convenient for students who don't have the time or desire to drive to campus, **BestonLineUniversities.com** says online programs require the capacity to be self-motivated, self-disciplined, independent (since you won't be under constant supervision) and organized. Online students must also be able to express their ideas extensively through writing whether via email, in online chats or forums, assignments, papers or blog entries.

Everybody learns differently. If you have a short attention span or get bored easily, maybe you need to be in a classroom setting with an instructor lecturing or among students engaging in discussions to stay focused. However, if the flexibility of logging on to do classwork and take tests or quizzes on your schedule appeals to you, an online path may be best. Not to mention, it is possible, and quite feasible, to do both. Combining online and on-campus classes is considered a "blended" approach.

An Inside Higher Ed (www.insidehighered.com) article that analyzes the future of online and blended learning says, "Online education can offer personalized pathways through course content with short lecture videos and well-timed quizzes that help students retain knowledge," but also stresses that the "most effective approach" is one of a blended learning scenario in which students can still interact with students and professors face to face.

In the end, you have to choose the pathway that best suits your needs. Do your research and take advantage of college advisers who can help you design a roadmap to achieving your education goals. Whether you choose the online route or decide to join the masses on campus, you will get out of your education what you put into it.

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APPLE TIME

By Ellen Moyer

Fall is here. There is a crispness in the air. And I have an urge for that first bite of my favorite Winesap apple fresh off the tree.

It is apple harvest time. Adams County, Pennsylvania, beckons.

This is the home of the National Apple Festival. Once America's leading producer of our number one fruit, the county is still in the nation's top 10 apple producers. Musselmen's Applesauce grew up here just west of the Civil War battlefield at Gettysburg.

Take a weekend and explore what apple country has to offer. The blue highway is a favorite, so head west on the original National Road U.S. Route 40 passing through golden fields of farmland with maple trees popping red and yellow on the way. But if you are a destination driver, take Route 15 out of Frederick, heading north toward Gettysburg. And then like it or not, Pennsylvania offers only two-lane blue highways through the battlefield toward

Apple country. And apple country it is. Orchards everywhere are open for tours, selling produce or pick-your-own. And finally it's on to the festival grounds for apples of every type -- candied, pies, juice or by the bushel. Take your pick and fill up the car for Halloween apple treats and Winter crunching. After all, "an apple a day keeps the doctor away."

Why not make it a weekend overnight adventure? There are plenty of options for things to do. For history buffs there is the Gettysburg battlefield to explore. If you'd rather relax around country-style meals than stop in Thurmont, Maryland, for good down-home eats. Thurmont also has the historic old iron furnace to explore. Another option is to head west on I-70 to Hancock. Need exercise? Pick up the C&O Canal Trail for an early morning walk past the crumbling remains of cement factories along the Potomac River.

Still interested in apples? Go on to Berkley Springs (<http://berkeleysprings.com>) where you'll find George Washington's favorite spa. Time it right and you can catch the fiddler music and apple butter making at the annual Berkley Apple Festival. End the day with a dip in the warm water and a massage and apple pie a la mode at the Country Inn (www.thecountryinnwv.com). A perfect October retreat dictated by the shiny red, sometimes yellow, apple.

Ellen, a former mayor of Annapolis can be contacted at ellenmoyer@yahoo.com

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BIKING

IS IT FOR YOU?

Kathryn Marchi

Who doesn't love Autumn? The heat may still be around in September and early October, but the humidity is greatly diminished and the evenings are so much cooler. Swimming may be over for those with outdoor pools, but lots of people still walk, run and play tennis to maintain their physical fitness. However, another good way to accomplish that is to ride a bike. Not only can you stay in shape, but you can also take in the lovely Fall colors and enjoy some great weather.

Bikes today are so much lighter and more aerodynamic than ones we had in our childhood. I recall my Lady Schwinn with thick tires, no gears, a front basket and a skirt cover over the back wheel. (Did I actually wear a skirt when I rode?) It was a very heavy bike and I spent most of my time standing up and pumping to get some speed going. It did coast downhill very well, though.

That brings us to bikes of today. There are numerous models available, many with extra features for specialized bike riding. Since most of us are not going to join Lance Armstrong in a race, let's concentrate on bikes for recreational riders. This means people who simply enjoy bike riding around the neighborhood or the various bike paths that are popular today. It could also include those who join bike clubs and do long-distance trips or "off road" biking. Bikes may vary for these purposes, but the safety features and equipment are much the same.

We'll begin with the types of bicycles that are available for these semi-serious riders. For starters, it has been suggested that beginners should start with any bicycle that fits them and is in good repair and then look around for a more suitable one when cycling becomes a more serious hobby. Since bikes come in all price ranges, from \$50 to \$1,000-plus, this might be the best course to take. Of course, the many accessories are there for the taking and can add more to the total.

Road Bike: light, strong frames, thin tires for less friction and an easier but faster ride on paved roads, gears and hand brakes.

Utility Bike: rear internal hub brake, chain case and mudguards, kickstand for parking, upswept handlebars for a comfortable grip and easier steering at low speeds.

Mountain Bike: sturdier, heavier frame, knobby tires, shock absorbers for maneuvering through rocks and mud, gears and hand brakes.

"Hybrid" or "Comfort" Bike: a combination of road, utility and mountain bikes, which feature a more "relaxed" upright positioning that is easier on the neck and lower back. They also feature flat handlebars with integral twist gears, and somewhat wider tires that ride better over the variety of surfaces you may encounter. This type of bike is recommended for the semi-serious biker.

It would be an omission if I did not mention the "adult" tricycle. This has become very popular with seniors, folks with balance problems and handicapped individuals. This tricycle is quite easy to operate because it has a step-through mount, the rider can rest both feet on the ground when stopped and no matter how slowly it moves, the rider will not lose balance.

No matter, the bike (or "trike") safety is foremost. Bike shops or catalogs offer all sorts of equipment for cyclists, and much of which is listed below should keep you safe and comfortable as you ride.

- Helmet: (Don't leave home on your bike without one!)
- Portable pump and/or spare tire
- Water bottle
- Lights
- Foam-padded seat
- Sturdy shoes with rigid soles
- Suitable clothing for all weather conditions; no loose and flowing fabric.
- Gloves



As a well-equipped bike and rider, the next very important item is safety on the road:

- On a public road, bikers are governed by the same “rules of the road” as motorists.
- Cyclists must always be on the alert.
- At intersections, hand signals must be given before turns.
- Avoid riding too close to parked cars; a suddenly opened car door can knock you off your bike.

When riding on a bike trail or path, follow these rules:

- Always keep right.
- Always pass on the left and give a warning, “On your left.”
- Observe speed limit of 15 mph.
- Cyclists should always yield to all other trail users.
- Respect the rights and privacy of adjacent property owners.

These are your basic rules, but it might behoove you to look for a course in bike safety. Your local bicycle shop or a cycling club, such as The Baltimore Bicycle Club, offer such courses.

If you decide to take cycling seriously, it’s time to visit your local bike shop where you could tell the salesperson what type of biking you want to do. You will be shown what’s available in your correct frame size. You’ll find that there is a correlation between the bike seat height and your height as well as your arm length to the handlebars, so adjustments might have to be made to suit

you. The salesperson will also provide instructions on how to use the hand brakes and gears so that you can take a test ride before signing on the dotted line. Of course, the shop is happy to provide you with every available accessory. You should be well armed with information so you’ll know exactly what you need.

Riding a bicycle can be lots of fun. If you start out slowly on casual rides around your neighborhood with a few friends, you may work up to joining an organized biking club for longer jaunts on the many bike paths and trails that are available in our area.

Besides the fresh air and camaraderie, regular cycling is one of the best exercises for your body. It’s easy on the joints, increases muscle strength and circulation, helps with weight loss or maintenance, and relieves stress! So, maybe now is the time to get on your bike and stay healthy with a smile on your face.

Websites:

- www.bikewashington.org links to Cross Island trail on Kent Island and Balto/Annapolis trail in Severna Park
- www.baltobikeclub.org links to bike safety, group rides, special events, calendar of events
- www.dnr.state.md.us search biking or bike trails
- www.seniorcycling.com
- For information on adult tricycles, start with Google.

Kathryn lives in Symphony Village with her husband Dennis. Biking is a favorite recreational sport for her and others living there. She can be contacted at marchi-wre@mrs.com



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Snap, Splinter, Pop: Prevent Breaks with Calcium

By Kathleen McCarthy, RN, MPH

More than a million Americans break bones every year. Sports and accidents cause many fractures, but at older ages bones break because they're low in calcium. You might have heard about seemingly minor mishaps: someone who stepped off a curb and broke an ankle, another who had fallen, not forcefully, on a wrist that cracked. These fractures happen because the inside of bones that should be solid with calcium have hollowed out.

Bone-weakening results from calcium that has been shifted out of the bones and into priority areas of the body. Our brain, heart, and muscles require a steady supply of calcium. When we don't take in calcium, these areas take it from our bones. This depletion takes place slowly. Over time bones become brittle, weak and porous.

This low bone mass develops because the strong bones of our youth don't have the staying power as they age. In childhood and young adulthood, our bones undergo a process of rapid strengthening and rebuilding with calcium. After age 30, this process slows and calcium isn't used as efficiently. Half of us don't take in enough calcium. Often there aren't any symptoms of low bone mass until a fracture happens. Low bone mass can worsen and end up as osteoporosis. Among those of us who are 50 years of age and older, 43 million have low bone mass. Another 10 million have osteoporosis. In a *2015 Report on Bone Health*

and *Osteoporosis* from the U.S. surgeon general, osteoporosis is described as looking like termite damage.

GOOD NEWS

We can improve our bone strength. Just as we need calcium, recent research has found that we also require vitamin D. Vitamin D helps with absorption of calcium. Calcium is measured in milligrams. Vitamin D is measured in International Units. Vitamin D is often taken as a capsule because there aren't enough foods that can be eaten on a daily basis that'll provide the 600-800 IU required.

As we grow older, we need a higher amount of calcium and vitamin D because our digestive tract doesn't absorb them well. Here's the recommended requirements based on age:

- Women 51-70 years: Calcium 1,200 mg + vitamin D 600 IU
- Men 51-70 years: Calcium 1,000 mg + vitamin D 600 IU
- Everyone over 70: Calcium 1,200 mg + vitamin D 800 IU

HERE'S A LIST OF FOODS HIGH IN CALCIUM:

- Yogurt, plain, low-fat 8 ounces = 415 mg
- Milk 2 percent 8 ounces = 300 mg
- Cheddar cheese 1.5 ounces = 300 mg
- Mozzarella part skim 1.5 ounces = 300 mg
- Orange juice, calcium fortified 6 ounces = 260 mg
- Sardines or salmon, canned, with bones, 3 ounces = 200-300 mg
- Cereal, calcium-fortified, 6 ounces = 100-1,000 mg

Would you rather take calcium tablets? There are two types of calcium supplements offered: calcium carbonate and calcium citrate. Calcium carbonate is inexpensive, commonly available, and must be taken with food. Calcium citrate can be taken on an empty or full stomach. Both supplements are combined with vitamin D.

The strategy is to keep bones solid. Taking these nutrients on a daily basis helps slow bone loss. Strong bones mean that if you fall then you're less likely to have a severe fracture. The amount of calcium in bones is a measure of strength. Having a straight spine and strong hips are keys to good physical functioning and staying independent.

Kathleen McCarthy, RN, MPH is a health writer based in Southern California. She can be reached at kmccarthy@dslextreme.com

For more information on calcium:

- *Calcium and Milk: What's Best for Your Bones and Health?* www.hsph.harvard.edu/nutritionsource/calcium-full-story
- *Calcium Fact Sheet for Consumers* <https://ods.od.nih.gov/factsheets/Calcium-Consumer/>
- *The Surgeon General's Report on Bone Health and Osteoporosis: What It Means to You*
- http://www.niams.nih.gov/Health_Info/Bones/SGR/surgeon_generals_report

Other sources:

- *Calcium Intake in the U.S. Population. What We Eat in America* NHAMES 2009-2010
- Food Surveys Research Group Dietary Brief No. 13. September 2014. www.ars.usda.gov/ba/bhnrc/fsrq
- *The Essentiality of Calcium* National Institutes of Health. Office of Dietary Supplements. Calcium Fact Sheet March 2013. <http://ods.od.nih.gov/fact-sheet/Calcium-Consumer/>
- *54 Million Americans Affected by Osteoporosis and Low Bone Mass* The National Osteoporosis Foundation. June 2, 2014. www.nof.org/news/54-million-americans-affected-by-osteoporosis-and-low-bone-mass/

What Does Mary Say?

By Mary Chaput

Dear Mary,

My parents and I had "the conversation" and it went surprisingly well. They have agreed to have someone come to the house a few times a week to help them with some personal care and take them to the grocery store and other errands. But none of us know where to even start to look for this kind of help, what to ask or what to expect.

Dear Reader,

Home care assistance can be found in many ways -- by word of mouth, through referral sites, through your parents' physician or by talking with your local area agency on aging.

If your parents live in Anne Arundel County, you can start by calling the Respite Care Referral Program (RCRP). This program maintains a registry of self-employed home care workers who provide in-home care, generally at a lower cost than home care agencies. The program has completed a background investigation and reference checks on all applicants, who then complete the three-day companion-caregiver training or one-day home health aide training for certified nursing assistants offered by the Department of Aging and Disabilities.

RCRP staff can help identify independent contractors who will meet your parents' needs; staff will also provide you with helpful information to assist you in the hiring process.

If you would rather contract with a home care agency, RCRP staff can provide you with a list of agencies that work in the county. When working with an agency, you may want to ask the following questions and also check with the Better Business Bureau:

- How long has agency been in operation?
- How are workers screened?
- What is the training level and experience of its workers?
- What are the company's supervision and emergency procedures?
- What is the total cost of services needed?
- What is the company's policy if a worker does not show up as scheduled?

There are pros and cons to hiring either independent contractors or home care agencies to support your parents as they age in place. Give the Respite Care Referral Program staff a call (410.222.4377 or 4339) and we can help you determine what will work best for you.

Dear Mary,

My parents have passed away and so I am no longer in the caregiver role. Surprisingly, after a few months of catching up on my sleep, I find that I miss providing that care. I am retired and just looking for something to do for 20 hours a week or so. Any ideas how I can put my experience to work?

Dear Reader,

The other side of the Respite Care Referral Program discussed in the previous letter is the training and support it provides to home care workers who are independent, self-employed contractors.

Clients and families are often looking for assistance with meal preparation, shopping, transportation to doctors' appointments, bathing and other daily activities. The respite care program provides names and phone numbers of registry members for them to contact. As self-employed contractors, respite care workers negotiate with and are paid directly by the client.

As a respite care worker, you would make your own schedule. You can work as much or as little as you like in the areas of the county you wish to work!

Respite care workers are expected to provide personal and supportive in-home services to elderly and to disabled persons of any age. Workers assume responsibilities for the health, safety and mental well-being of the client. Workers perform tasks that are needed to maintain clients in their homes and assure a safe and sanitary environment.

In order to qualify as a companion-caregiver on the referral registry, you must complete the application process and a three-day training program which includes the virtual dementia tour and ethical standards. At the completion of this training, attendees receive a Companion-Caregiver Certificate of Attendance. Licensed Certified Nursing Assistants (CNA/GNA) will complete one day training and receive a Home Health Aide Certificate of Attendance. The training also includes the virtual dementia tour and ethical standards.

Applications to join the registry can be downloaded from the department's website at www.aacounty.org/aging or you can call 410.222.4377.

Mary can be contacted at agchap01@aacounty.org

TO OUTSOURCE OR DIY... THAT IS THE QUESTION!

By Leah Lancione

So you have a soiree coming up and need the house cleaned. Your beloved pet needs to be walked and cared for while you travel. You have loads of work that requires a creative touch or skill you don't possess—like restoring family photos or proofreading. Never fear, help exists. You can outsource home chores or projects through online marketplaces like Fiverr (www.fiverr.com), which offers countless services including web analytics, social media marketing, Photoshop editing, photography, business writing, creative writing, travel planning, online lessons and more.

Before you delve head first into Fiverr, it's probably best to analyze your needs and decide whether it's better to do it yourself (DIY). You could end up saving money, considering the time and energy you would have invested. Just like a business owner who needs to figure out which activities to outsource and which to do in house, you must determine what will increase *your* efficiency. Not to mention, outsourcing the right projects can free time up for you to focus on other tasks that you are better able to do.

The website Mindtools.com instructs businesses to look at projects that are “high in strategic importance” and to outsource if by doing so it will have a positive impact on “operational performance.” You can apply this methodology to your life as well. Take a cost-savings approach by doing chores yourself that utilize your strengths, but save for the experts those which are time-consuming and beyond your skill set. If you do decide to outsource, Fiverr is a good place to explore. So, what is it? According to Wikipedia, Fiverr is “a global online marketplace offering tasks and services, beginning at a cost of \$5 per job performed, from which it gets its name.” Customers across the globe take advantage of freelancers who want to submit their services, otherwise known as “gigs.”

The Fiverr website tells customers: “browse, buy, done” from any of the three million services available. It sounds easy, and it is. It is free to sign up for a membership, and the company guarantees secure transactions. Users can browse the categories with gig listings, read descriptions, view sellers' examples (if provided) and

purchase. Note: there is a processing fee of 50 cents for purchases up to \$10 and 5 percent on those above \$10.

Another online marketplace for outsourcing work you need done is Task Rabbit (www.taskrabbit.com). Wikipedia describes Task Rabbit as matching freelance labor with local demand by “allowing consumers to find immediate help with everyday tasks.” Tasks range from moving help, grocery delivery, handyman work, house cleaning, shopping and more.

The Task Rabbit website claims to connect clients with “same-day help in three simple steps.” These steps include selecting the chore you want done and submitting a request so Task Rabbit can find “taskers” (freelancers who do the work) in your area. Then you decide if you want the job done immediately or at a future time for a set rate. After that, you are matched with the tasker, and, finally, you pay for the job electronically and securely through the app once the job is done. Note: Tasks can be cancelled or rescheduled with at least 24 hours' notice.

An added benefit, is Task Rabbit taskers have to go through a complete background check and in-person “onboarding” before they are approved to sell their services to clientele. The site also claims every task is insured up to \$1 million.

Here are a few more things to consider if you're trying to decide whether or not to outsource a home repair or DIY. Ask yourself these questions before jumping into a DIY project:

- Are the repairs subject to intense regulation (local permits or HOA approval)?
- Do the repairs require special and expensive tools?
- Is specialized knowledge or skill necessary?
- Is a lot of labor involved?
- Is the project dangerous?

If you answered yes to any of the above questions, it may be best to outsource the job to get it done on time without any potential oversights.

Bay Bytes
 Check your hearing using a landline phone at www.nationalhearingtest.org for a \$5 fee.



COMMON MEDICATIONS THAT CAN LEAD TO CAVITIES

By Drs. Woody Wooddell and Joe Passaro

Did you know that many of today's common drugs can lead to tooth decay? It is true. Side effects brought on by medications can lead to a wide array of oral health issues, including:

- Gum and tooth color changes
- Abnormal bleeding of the gums
- Inflammation of the gums
- Enlarged gums
- Dry mouth
- Cavities
- Bone loss

To date, there are roughly 400 medications for which dry mouth has been identified as a side effect. Saliva in the mouth prevents the growth of germs and bacteria. So, when there is not enough saliva in the mouth, the teeth and gums become more prone to infection and decay. The most common types of medications that can lead to dry mouth and, ultimately cavities, include:

- Cough syrups
- Antidepressants
- Pain medication
- High blood pressure medication
- Parkinson's Disease medications
- Antihistamines
- Decongestants
- Sedatives
- Antacids

So how can you prevent cavities caused by using medications? You start by trying to prevent dry mouth. If you are experiencing severe dry mouth, you should talk with your doctor about the side effects and if it is possible to switch you to another medication.

If not, you can talk with the doctor about artificial saliva products, which could help prevent the growth of bacteria. You should also avoid caffeinated beverages, which contain excessive amounts of sugar. Instead, up your water intake throughout the day. Avoid salty and spicy foods, which may cause pain or discomfort to a dry mouth. Lastly, you can chew on sugar-free gum or suck on sugarless candy in order to promote saliva production.

Just because you have to take medication does not mean you have to put your oral health at risk. Try these simple tips to help negate the side effects of medication and protect your teeth and gums from decay.

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

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SAVE A BUNDLE ON YOUR GROCERY BILL!

By Louise Whiteside

“Oh no! The cost of my favorite coffee has gone up by 30 cents since the last time I went shopping!”

“Who can afford to buy any kind of meat nowadays?”

“Those display racks at my supermarket are so seductive, I end up buying things that I’ve never heard of and certainly don’t need!”

Does this sound familiar? Yes, but there’s also good news: A little foresight and a few clever tricks can keep us from falling into the supermarket trap. Read on and save!

SAVE ON PRODUCE

The produce department at your grocery store sprays those fruits and veggies with water to keep them fresh, but this also adds weight. So, shake those priced-per-pound greens before you bag and pay.

Visit farmers’ markets. Buy direct from the folks who grow the produce, and cut out the middleman. A helpful hint: Go to the market late in the day; sellers may reduce their prices in order to avoid hauling those tomatoes home.

Eat seasonally. Sure, your supermarket sells fresh plums year round, but do you really want to pay the premium prices for fruits grown in Argentina in January? Buy the fruits and veggies that are in season and locally grown, and save mightily.

Freeze! If you have the freezer space, purchase extra at-peak fruits and veggies. Your favorite cookbook will have detailed instructions for freezing. You’ll love eating delicious peaches or corn on the cob in the dead of Winter.

SAVE ON MEATS

Buy bulk packages of meat on sale. Often your supermarket holds sales on meat or poultry in sizable packages. Again, take advantage of available freezer space. Divide large portions of meat or poultry into family-sized helpings and freeze for another day. Better yet, before freezing, roast or slow-cook your bargain-sized purchase and then slice, dice or shred the meat into smaller servings for future stews, casseroles or barbecues.

Buy less tender cuts of meat. The USDA grades red meat cuts into three main categories: prime, choice and select. Prime beef has the most fat marbling, making it the most tender, flavorful and expensive. Select beef, on the other hand, is the leanest and least expensive. It has little fat marbling, so it tends to be tougher and less flavorful. But with a little imagination, you can remedy that by:

1. Marinating in sauce in a covered container or sealable bag

in the refrigerator for several hours or overnight.

2. Adding tomato paste, salt pork or bouillon while cooking.
3. Adding anchovies (really), which contain glutamate and inosinate, two compounds known to heighten the taste of beef.

SAVE ON DAIRY PRODUCTS

Deli versus dairy: Deli and gourmet cheese costs much more per pound than the same kind of cheese a few aisles over in the dairy section.

Nearly double the shelf life of a carton of milk by:

1. Keeping it cold (below 40 degrees).
2. Adding a pinch of salt or a teaspoon of baking soda when milk nears its expiration date.

OTHER SAVING TIPS

Look for coupons. Coupons can be found nearly everywhere: In Sunday newspapers, magazines, in-store dispensers, on the backs of cash register receipts, inside food packages and online such as the following:

- Supermarket websites such as www.kroger.com
- Manufacturers’ sites such as www.kraft.com or www.generalmills.com
- www.coupons.com
- www.smartsource.com
- www.redplum.com

Join a warehouse club, such as Costco, Sam’s Club or BJ’s Wholesale Club.

These stores offer big savings on food and household goods, as well as pharmacy items, eye exams and eye glasses, tires, books and even clothing. Warehouse clubs charge an annual membership fee, which easily pays for itself with the savings you enjoy.

Shop your neighborhood dollar store. Your dollar store carries household items, snack foods, kitchen gadgets, plastic bags and wrap, health and beauty products and a multitude of other bargain items for, yes, \$1 apiece. Bargain-brand cleaning products contain the same basic ingredients from one brand to the next. You may find the same brands of snack foods at your dollar store as at your supermarket, but at better prices (please be sure that products are securely wrapped). Your dollar store is also an excellent place to buy gift wrap, gift bags, ribbon and party supplies at fabulous savings and no one will ever know the price you paid but you!

Keep moving. Narrow aisles and lots of end caps are designed to make you slow down and browse. Keep your shopping list in hand and stay in motion.

Avoid shopping when hungry. You’ll buy more food on impulse when your appetite influences your decisions. Shop after a meal or, at least have a snack before you leave home.

Finally, the key to saving big money at your grocer is to stay awake and aware. Check unit prices on items; don’t be tempted by alluring displays, buy only what you came in for and be sure to look over your register receipt for errors before you leave the store.

Now, use those fabulous savings for a marvelous vacation!

REFERENCE:

It Pays To Be A Senior: 1,147 Incredible Discounts, Benefits, Sweet Deals, and Giveaways for Folks Over 50 FC&A Publishing, Peachtree City, Ga. (2011)

Why You Should Be Listening to Podcasts

By Terry Portis

As a child I used to enjoy listening to Radio Mystery Theater on many nights just before I went to sleep. I was drawn in by the story and suspense. The show ran from 1974 to 1982 on CBS Radio. The show would always close with the sound of a door swinging shut and the narrator saying, "Until next time, pleasant ... dreams?" For me the introduction of podcasts has brought that same thrill of discovery that I had back then.

WHAT IS A PODCAST?

Podcasts got their name from combining parts of Apple iPod and broadcast. Podcasts first came onto the scene in a big way in 2005 when Apple added support with their devices. Today you can use almost any device to access them. Podcasts are simply prerecorded broadcasts that can be subscribed to. There is usually no charge and almost anyone can start a podcast from their living room. BBC and NPR are two broadcasters who got into the podcast phenomena early on.

HOW DO I GET PODCASTS?

To listen to a podcasts you just get an app for Android or Apple devices. The app does all the work for you. These are usually free and also help you search and find podcasts that you might be interested in. Once you subscribe to a podcast, new episodes are delivered automatically. To get started on Apple devices you can just use the built-in Podcast app. For Android (or Apple) Stitcher

Radio is a popular app that is also free. **Stitcher.com** also lets you listen to podcast right on your computer.

FOUR POPULAR PODCASTS TO GET YOU STARTED

1. "This American Life" is a public weekly radio show hosted by Ira Glass.
2. "The TED Radio Hour" describes itself, as is a journey through fascinating ideas, astonishing inventions, fresh approaches to old problems, new ways to think and create. Based on talks given by riveting speakers on the world-renowned TED stage.
3. "Stuff You Missed in History Class" is a personal favorite that covers strange and unusual people, places and events in history.
4. "Criminal" is a podcast about crime. Not so much the "if it bleeds, it leads" kind of crime, but something a little more complex. Stories of people who've done wrong, been wronged or gotten caught somewhere in the middle."

I have put a quick document up with resources for you to get more information. It is available here: <http://tinyurl.com/4-podcasts>

Dr. Terry Portis is director of the Center on Aging at Anne Arundel Community College. He holds a doctorate in counseling psychology and can be reached at tdportis@aac.edu



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TIME TO START PLANNING FOR THE FIRST BLUSH OF SPRING

By Pat Jurgens

Is there anyone alive not thrilled by the first flowers of Spring? Green shoots rising from the warming Earth – the hope, the excitement of new life emerging, the warm season returning. Daffodils in bright yellow, their perfume lingering in the fresh morning air, tulips in their colorful reds and yellows and mixed rainbow hues. Snowdrop, crocus, pansy, violets, hyacinth and iris, and isn't it interesting that even those of us who are not gardeners know them all?

These are the flowers from childhood, those that we grew up with. Violets were picked between cracks in the sidewalk for a May basket. Snowdrops bloomed through the last snow cover. Crocus was the first bulb in the garden to show its lavender blue head. I'm sure you remember them.

And now, it's time to get those bulbs planted. There's still time and good selections are still available.

This Spring, why not enjoy your yard filled with the first flowers of the season, rather than envying your neighbor's display.

ORDERING THE BULBS

So if you haven't purchased locally, go ahead and get on the web and find what's available. Peruse the many offerings, or order catalogs to pour over. Bulbs really should be ordered by early Summer, so that suppliers can mail them to your locale at the appropriate time for Fall planting. However, it's not too late, and no doubt you've noticed that most garden supply stores in your area still carry a wide variety. However, for fun and ideas, try one or more of the following catalogs:

- www.johnscheepers.com
My personal favorite, and a company with a longstanding reputation of excellence. Started in 1908 by a young Dutchman in the U.S.



- www.vanengelen.com
Sister company to John Scheepers, for wholesale purchases and large quantities of bulbs at reasonable prices.
- www.brecks.com
Large, established U.S. importer of Dutch bulbs with strong company presence in Holland. Lifetime plant guarantee.
- www.dutchgardens.com Century-old company founded in Holland. Most bulbs grown in the Northern Sand District of NW Holland coast.
- www.michiganbulb.com
Well-known discount bulb company. Both positive and negative reviews.
- <http://habj.net/bulbs.html>
Holland America Bulb Farm in Woodland, Wash. Home of Woodland Tulip Festival.

PLANTING THE BULBS

This is a simple process, requiring only that you get down on your knees and dig a hole for each bulb. If that is problematic, engage a grandchild or young neighbor to help.

Before you have purchased the bulbs, plan where your bed or beds will be located and prepare the soil. It should be well drained but not sandy. Buy a metal bulb planter to make things easier.

1. Dig the hole. The general rule is three times as deep as the bulb. Follow supplier's instructions. If you're planting many bulbs, it's easier to dig a trench.
2. Add higher phosphate fertilizer 5-10-5 or "bone meal." Mix the fertilizer with some soil in the hole.
3. Place bulbs in the ground, roots down.
4. Cover with soil, leaving no air pockets.
5. Water thoroughly, adding soil as needed.

ENJOYING THE FLOWERS

In the Spring you'll be happily surprised when the shoots start sprouting, and you reap the rewards of a colorful Spring garden and the lovely scent of flowers.



EYE SYMPTOMS THAT SHOULD NOT BE IGNORED

By Michael J. Dodd, MD

What if you have a red eye? Should you go to the emergency room or see your eye doctor, or hope it goes away? Here we discuss some eye symptoms which should be evaluated by a doctor.

A common eye symptom, is the red eye. There are multiple causes of red eyes. Most are caused by an infection of the protective membrane of the eye known as the conjunctiva, hence the term “conjunctivitis.” In addition to the redness, there is a discharge of mucus or purulent material (puss). Occasionally this can resolve on its own, but if it lasts more than two days, you should see a doctor. A topical antibiotic eye drop will usually clear it up. Sometimes the cornea (the clear front surface of the eye) can get infected and will cause symptoms similar to conjunctivitis, but with more blurry vision. This too needs to be evaluated by an eye specialist.

Sometimes patients suddenly will develop a bright red wing-shaped hemorrhage on the white of the eye. This is caused by a broken vessel under the conjunctiva and can spread around the eye and occasionally include all the white of the eye. This looks frightening but is harmless and does not affect eyesight. This type of hemorrhage is often seen in patients who take blood thinners. But you should get this diagnosis confirmed by an eye doctor.

Patients may develop a red eye and throbbing pain with light sensitivity. This may be an inflammation inside the eye itself known as uveitis. This should be evaluated by an ophthalmologist and requires specialized treatment with multiple office visits.

It could also be a sign of an acute attack of glaucoma, which requires rapid treatment by an ophthalmologist, possible laser surgery and multiple office visits.

Sudden loss of vision in one or both eyes should always be seen by an ophthalmologist as quickly as possible. There are a variety of disorders, which can be the cause of this symptom including:

1. a hemorrhage in the eye related to diabetes, retinal detachment or macular degeneration;
2. an inflammation of the optic nerve;
3. a stroke and
4. miscellaneous other disorders.

What about pain in and around the eye? Moderate to severe pain in the eye should be evaluated by an eye specialist as quickly as possible. The causes are too many to list, but briefly they include injuries (foreign bodies), uveitis, acute glaucoma and sinus infections.

A last symptom which should not be ignored is double vision. This is different from blurry vision, which means letters or objects are not sharp and clear. Glasses may resolve blurry vision. Double vision means that there are two different images of the same object. In other words, if you are watching TV you would see two TVs side by side or one on top of the other. Double vision is always annoying and makes any activity difficult, especially driving a car. Double vision is always abnormal and needs a careful work-up by an ophthalmologist.

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

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An Artist at Heart?

RETIREMENT IS YOUR OPPORTUNITY

By Vikka Mollrem

Did you ever dream about taking up art or some other creative skill, but never got around to it because work, school, family and the normal routine of daily life got in the way? Now, with family grown and full-time work behind you, you may think it's too late.

Maybe not. Consider the stories of five people who had full-time careers. Since they retired, they pursued their passion for art, finding enjoyment, fulfillment and artistic success. The five are members of the Muddy Creek Artists Guild, a group of about 100 artists in southern Anne Arundel County, a source of motivation, creativity and friendship.

I'll start with my transition: I never took art classes in school, but in my late 20s, accompanying my husband to Bangkok, Thailand, with no obligations and nothing else to do, I joined a batik studio. (Batik is a fabric art using wax to paint designs onto fabric before dyeing it.) At the studio, I practiced waxing designs on fabric three hours a day, three days a week. It was easy there, because the studio had staff to do all the messy work of dyeing, wax removal and cleanup.

Two years later I began my career in the U.S. Agency for International Development. My husband and I started a family, we traveled the world and batik went by the wayside.

Fifteen years ago, retired and with free time at last, I took up batik again. I had much to learn. I watched YouTube instruction videos and joined an online community of fabric dyers. I took sketching and watercolor courses locally that gave me technical knowledge. I found a batik partner and we tried selling at regional boutiques, but it was not as satisfying as creating designs.

Batik is satisfying because no matter how well one plans, the finished product is always surprising; you can't predetermine how the dyes will react to the wax or the fabric.

DAVID: I've dreamed of becoming an artist my entire life and following retirement last year I decided to follow that dream.

Before retiring, I spent 23 years in the Navy and another 20 in the finance industry. Both offered education and travel opportunities that kept the vision of my dream job alive. I was able to attend the Army Printing School at Ft. Belvoir, London College of Printing in London and visit a variety of cities, countries and art galleries throughout the world.

Starting a few years before retirement I began drawing with my grandchildren. That rekindled my desire to draw. At a high school reunion an old friend convinced me to try painting. I started taking classes at Maryland Hall and at Anne Arundel Community College. Since then, encouragement from instructors, family and friends convinced me I had made the right choice.

While retirement has its own challenges, I've found becoming involved in the art community provides camaraderie and fellowship with a group of people with similar passions who support each other, work together and enjoy each other's company.

RUTH: Like Dave, I was always drawn to art, but thought of it as more hobby than career. I majored in natural resources, married my high school sweetheart who was in the Navy and raised four children. Because of frequent relocations, my priority and full-time career was to provide a stable, consistent home environment where my children could learn and thrive despite the disruptions.

By the time they were grown, my husband and I lived in Northern Virginia, where one day I visited the Torpedo Factory Art Center with its dozens of working artists' studios. That trip sparked my interest in taking art classes. Watercolor was my favorite, which I studied and practiced until people began to buy my art and friends asked me to teach them.

When we moved to Deale, the spare bedroom became my studio. Now I take part in shows, have paintings in galleries, teach a course in watercolors and do a bit of private teaching. All my art is a teachable skill. If you can do handwriting, you can do watercolor. The challenge – and the



creative joy – of using watercolors is that, because the paint is fluid, things don't always turn out the way you expect, so you have to be able to revise your plans as you go and let the painting tell you where to go with it.

STEVE: I loved my first art course in 8th grade, but the teacher thought I was messy and gave me a D – the only D I ever got! Thinking I had no talent, I did not pursue studio training, although I was turned on to art in college by a professor of art history. A few years later, an artist friend encouraged me to pick up a paint brush and I was hooked

For the next 40 years I had a full-time clinical psychology practice and, with my wife, raised two daughters. I loved all of this, though it left little time for painting. Occasionally I took random classes in oil painting, mostly at the Corcoran, and did an artist residency at the Vermont Studio Center.

Then, seven years ago, I retired to Shady Side. I built a dedicated art studio in my home. I learned to pace myself, keep distractions under control and not be afraid of the new freedom in my life, all of which took getting used to. Now I spend probably 50 hours a week in my studio—not always busy painting, but doing things related to art.

When I was younger, I showed and sold my work; now I feel no rush to sell anything or to paint only what others might like to buy. My work is mostly figurative and is guided by a more personal set of standards. In some ways, it's not such a dramatic change from my past career. I have always studied people, and they are now the focus of my art. Some of my pieces take years to complete. I am grateful to have art as a daily presence, and feel like my "retirement" was really only the beginning of a new, rewarding stage of life.

ANITA: Before my senior year in high school, I was faced with the choice of taking a fourth year of math or another art class. I loved both -- so I went to my art teacher for advice. She suggested wisely that I take math. Now that I have retired from ARINC in Annapolis after 24 years in software development, I've returned to that decision and chose art.

I took advantage of local art classes at St John's College and Maryland Hall. Through the guild I am able to participate in art exhibits and feel a part of a community of other artists. Because

of those experiences I dared to begin to call myself an artist. I also found a group of artists that meets weekly where we all paint differently and work on our own projects. But each week we drag paints, canvases, paper, brushes and many other materials into one large room, and create separately, but together. Group members are welcoming and generous with constructive suggestions.

Once you make up your mind to start exercising that right brain in an artistic activity, give some thought to what you'll need.

GETTING TRAINING: Take advantage of the great resources available in the Annapolis area. Maryland Hall and many of the senior centers offer a wide range of classes, and Anne Arundel Community College will most often waive the tuition fee for people over 60.

FINDING TIME AND SPACE: You'll want to dedicate time every week, and a couple of uninterrupted hours, so you can practice, practice, practice. You'll need a space where you can lay things out and where it's OK to spill or leave half-finished work.

SPENDING MONEY: Some art forms are cheaper than others, but for any of them, you'll want to purchase quality equipment and supplies. Put a budget together and look for deals.

SHOWING WORK: It may take time before you are producing things that you are happy with, and no matter how good you get, you will make mistakes. Keep at it – you will get better.

DEALING WITH THE EXCESS: It's hard to destroy something you worked on, but eventually you will have more art than you can store. Paint over it, use the backside, cut it up for collage or greeting cards, or throw it out. It's OK, you'll create many other great pieces.

KEEPING FRESH: Most of all, have fun. Take classes, try new techniques, and especially, find a group of folks like yourself who will share their art and ideas.

Vikka can be reached at VikkaMolldrem@gmail.com

Find out more about the Muddy Creek Artists Guild and its artists at www.muddycreekartistsguild.org or on Facebook at www.facebook.com/MuddyCreekArtistsGuild/ and on Instagram at www.instagram.com/muddycreekartists/

These artists and 18 others will feature their work at their home studios at the guild's studio tour on Oct. 15 and 16.

Bay Bytes

Anne Arundel County Department of Aging provides assistance with in home care, transportation, nutrition programs, insurance counseling, etc. Log onto www.aacounty.org/departments/aging-and-disabilities/services-and-programs/ to discover all that they offer.

You have the power to decide this isn't how the story is going to end.

Want to Play Dress-Up with Your Hair? **BUY A WIG!**

By Leah Lancione

For some, wearing a wig regularly is a godsend -- a remedy for thinning or lost hair due to an illness, medication or hereditary condition. However, folks should know that there are many who choose to wear a wig for other reasons. If styling your hair has become a chore or your locks just don't look like they once did, you may want to consider investing in a wig -- or even two.

According to the website Wig Allure (www.wigallure.com), people (predominately ladies) often purchase and wear wigs to "attain the body, beauty and fullness a regular head of hair may not achieve." Without having to sit in a salon for hours to achieve a desired style, color or cut, "most wigs come "prestyled" and there are hundreds of styles to choose from, with a variety of lengths, shapes and sizes."

Some women also prefer employing a wig to cover graying hair instead of routine touch-ups or continual coloring jobs that are time-consuming, cost a lot and can wreak havoc on your hair.

Save time each morning because there's no styling involved with prestyled wigs.

Wigs can be pricey, but you must take into consideration how much time and money you spend with regular trips to the beauty salon. Also, the good news is, if you have to wear a wig due to a medical condition, most insurance will cover them with a doctor's prescription.

Most wig companies provide an extensive array of wigs (whether human or synthetic hair) that feature pieces that are highlighted, streaked, cut and styled to mimic the appearance, texture and natural movement of real hair. Customers can even have wigs customized, thinned out, streaked or altered in any way to suit their personal tastes.

Most wigs these days weigh less than two ounces and can be fitted to prevent slippage.

According to www.breastcancer.org most women choose wigs made of synthetic hair over those manufactured with real hair because of the price. "A wig made of real hair could cost between \$800 and \$3,000 or

more, and it requires more care than you give your own hair." A synthetic wig, which requires little upkeep or attention, can cost anywhere from \$30 to \$500. The site also recommends women purchase the best quality wig they can afford, that is easy to care for and fits well.

In addition to whether the wig is synthetic, real hair or a synthetic/human hair blend, factors that determine the price of a wig include: the quality, length, color, the cap (monofilament, lace front or capless), texture (curly, wavy or straight) and manufacturing (hand-tied or mass-produced), says Hair Wizz (www.hairwizz.com).

A lace front wig has human or synthetic hair tied by hand to a sheer lace base, which goes over the scalp.

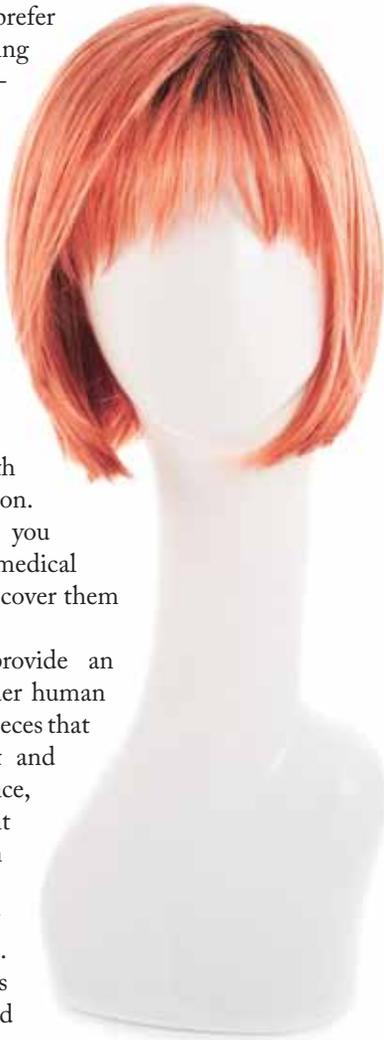
Experts say monofilament wigs, also known as "skin wigs," are the most realistic because the movement of hair begins at the scalp. These types of wigs "give the illusion of natural hair growth since the sheerness of the fabric at the scalp blends in with the actual color of the skin."

If you're still not sure about investing in a wig or two, do a Google search of celebrities who wear wigs and you'll be surprised how many women you thought had gorgeous hair actually wear wigs, extensions or hair pieces.

Wigs.com offers the following buyer's guide for wigs: "Like selecting a diamond, choosing a wig requires some understanding and appreciation for details." The site recommends considering the "4 Cs."

- **Cut:** Narrow down your search by length, texture and hairstyle. You may want to stick with a style you're accustomed to or want to go for a drastic change.
- **Cap Size:** Though average-size wigs tend to fit most customers, petite and larger sizes are also available. To figure out the right size, measure the circumference of your head from the front hairline, behind your ear to the nape of your neck, to the other ear and back to the frontline.
- **Composition:** Consider how the wig and cap are constructed, i.e., a wig with human hair or synthetic. Do you want to pay more for a human hair wig that lasts longer, offers more styling versatility and provides the most natural look and feel, but is more expensive? Or, do you want a synthetic wig that is prestyled so it can be worn right out of the box, is less expensive, but won't last as long and offers less versatility for styling.
- **Color:** Experts recommend sticking close to your natural hair color at first and then easing into a more dramatic change if desired.

If sporting a wig is in your future, try to remember all the benefits that come with it. And though it may be an adjustment at first, it may end up being a blessing and a boost to your self-confidence.



Seniors Revive the Art of Sewing

By Martha Thorn

Many seniors stopped sewing when they began raising families and going to work. Now, as students in an Annapolis Senior Activity Center class, some are relearning this skill. Others are taking the first step to learn how to sew and benefit from the advice of those who have been doing it for a long time.

"I used to make ponchos and seat covers out of Army blankets," said Delores Hawkins, "but I haven't done any sewing in years.

"I've been away from it for so long that I've probably forgotten how to thread a needle," she jokes. Now she has joined the Annapolis Senior Activity Center's Jewelry Club and has been bartering jewelry for alterations.

While Hawkins is just getting back into sewing, Greta Wilson is going full steam ahead. Wilson learned how to sew in the 7th grade. Now she's meeting new people and sharing her knowledge with others.



The Annapolis Senior Activity Center is one of seven centers operated by the Anne Arundel County Department of Aging and Disabilities. To learn more about these centers, see the web at www.aacounty.org/departments/aging-and-disabilities/senior-center/

Wilson loves colorful fabrics and when it's on sale, she stocks up. The fabric never sits for long, because she's always anxious to make her next creation.

About 10 seniors take the class. Some work on individual sewing projects, making dresses, tops, skirts, pants and accessories such as purses, hats and wall hangings. Others, like Mary Johnson, do quite a bit of hemming and other alterations. A few have made and donated blankets and sports pillows to nursing homes.

Annapolis Senior Activity Center volunteer Janice Adams teaches the class and sometimes donates fabrics and sewing machines to the students.

"It's a fun class for people to learn how to sew and meet new people," Wilson says. "I can't wait until Thursday when I go to class. It's one of the high points of my week."

The free sewing class meets from 10 a.m. to noon on Thursdays. To register, center members can stop by the front desk or call 410.222.1818.

Martha retired after working for more than 30 years in the Naval Academy Public Affairs Office. She now volunteers at the Annapolis Senior Activity Center and can be reached at marthathorn@gmail.com

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BE PROACTIVE AND PREVENT FALLS

By Leah Lancione

As the Fall approaches, the National Council on Aging (NCOA) wants to remind you to be proactive in preventing falls. The 9th annual Falls Prevention Awareness Day (FPAD) will be held this year on Sept. 22, with the theme: Ready, Steady, Balance: Prevent Falls in 2016.

NCOA says that “one in three older Americans falls every year making falls the leading cause of both fatal and nonfatal injuries for people over 65.” The council (www.ncoa.org/healthy-aging/falls-prevention) also notes that beyond broken bones, bruised bodies or head injuries, falls can lead to senior citizens being depressed or afraid to remain active. Fortunately, falls can be prevented by being cognizant of the potential causes that include:

- Loss of coordination and balance
- Lower body weakness
- Vitamin D deficiency or arthritis
- Poor footwear or foot pain
- Impaired or weakened vision
- Medications, sleep aids, sedatives or antidepressants that can cause dizziness
- Chronic conditions
- Environmental or home hazards

With those factors in mind, if any of the above factors affect you, a parent or loved one, NCOA offers six tips for reducing the likelihood of a fall:

1. Enlist support by taking simple steps to stay safe. Have a discussion about risks or consult a health care provider who can provide input and recommendations.
2. Discuss current health conditions. Find out if your loved ones are having difficulty managing their own health and welfare. Are they being proactive in regularly addressing concerns with a physician or health care provider?
3. Make sure their vision is up to par by asking when was their last eye exam and how well do their glasses, contacts or bifocals fit their needs. The

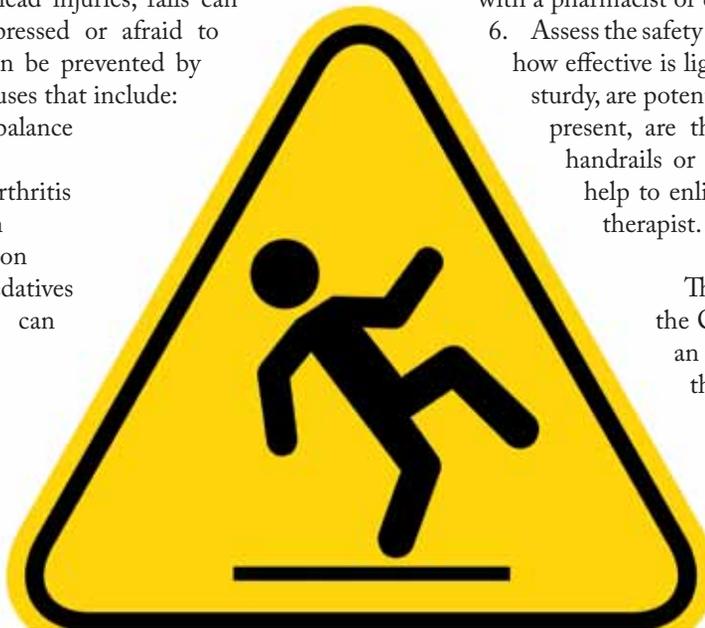
Centers for Disease Control and Prevention (CDC) says, “In 2014, almost half of seniors 65 and older with severe vision impairment fell.” (www.cdc.gov/HomeandRecreationalSafety/Falls/pubs.html)

4. Check their mobility – are they using walls and furniture for support? If so, consult with a physical therapist.
5. Have a dialogue about current medications and how well they are working. Ask whether there are side-effects or any challenges with taking them on schedule. Confer with a pharmacist or doctor.
6. Assess the safety of the living space. For example, how effective is lighting, are railings in place and sturdy, are potential obstructions like loose rugs present, are the stairs dangerous, are there handrails or aids in the bathroom? It may help to enlist the help of an occupational therapist.

The startling fact purported by the CDC is that “every 20 minutes an older adult dies from a fall in the United States.” That should be enough to make folks vigilant about the potential risks of falls. In addition to the six tips listed earlier, it’s important for you or your loved one to exercise to improve balance, coordination, flexibility and lower body strength. Tai chi

and yoga are two forms of exercise that can be modified to suit the age or fitness of any individual. Those who are physically impaired or unable to participate in such exercises, they can even improve their lower body dexterity and strength while seated. Visit www.cdc.gov/steadipatient.html#tabs-851928-2 for instructions on performing the simple chair rise exercise the CDC recommends for older patients.

The Anne Arundel County Department of Aging & Disabilities offers “fall prevention” talks led by health care professionals throughout the year at various senior centers and other places. Visit the department website at www.aacounty.org/departments/aging-and-disabilities/ for more information or resources.



Bay Bytes

To stay up to date on safety issues in the country of your destination, log onto www.step.state.gov (Smart Traveler Enrollment Program) where you can enroll with the nearest embassy in the country of your destination. Provide your contact information and they will contact you if there are any incidents that you should be made aware of.

We all have shoulda, coulda, woulda's. It's time to move on.

Planning Ahead

By Ryan Helfenbein

Imagine if you will, waking up one morning and getting into your car to head out for your daily chores, only to realize that your car isn't working. It won't even start! So you call your neighbor and ask for a ride to the nearest car dealership later that afternoon so you can buy a new car. When you arrive at the dealership, you walk in and simply state to a complete stranger, "My car doesn't work anymore, what do you have and how much should I pay you?"

Is this how we buy cars? Better yet, is this how we purchase anything? Perhaps if you have the name Warren Buffett or Bill Gates, but for us average folks, we are going to learn a bit before going into that dealership, aren't we? We are going to understand what car is going to suit our needs, what amount we can spend and what add-ons we might want to make it our very own.

Unfortunately for years and years this was the way most people dealt with the loss of a loved one. We'd wait until the situation occurred, meet with a strange dark-suited person, become educated on a topic we do not want to learn about and then hand over a check for what most of us would agree to be a large amount of money. Why not shop for funerals like we do everything else, become educated on a rare topic and establish a budget well in advance?

This process of planning ahead has become more popular over the years, but it is nothing new. After all, the Egyptians were doing this when they built the Great Pyramids. Consumers today plan in advance for a number of reasons, the three most common of which are to remove the risk of emotional overspending, express their wishes and reduce the burden on the family.

Emotional overspending is something many individuals can avoid by planning in advance. A good example of this is a recent trip my family and I took to Orlando. We set a strict budget and it did not include going to Disney, but rather some of the other parks in the area. Do you know, Disney is so good at marketing that they had my 3-year-old daughter constantly asking to spend 3 minutes on the lap of a princess at Disney World! It was so difficult to say no and the urge to emotionally overspend on our budget was stronger than ever.

The point is that we had all the intentions of not taking the marketing bait of Disney, and we didn't, but it was very difficult not to spend that extra \$90 per person for 3 minutes of princess

time for my daughter. This is often the same when someone experiences a loss and enters into the funeral buying process with no prior knowledge, only to purchase the shiniest casket because it is felt mom should have the "best." By making plans in advance, an education on the options is better absorbed and we can then make smart decisions on exactly what would be "best" for our needs, wants and as importantly, our wallet.

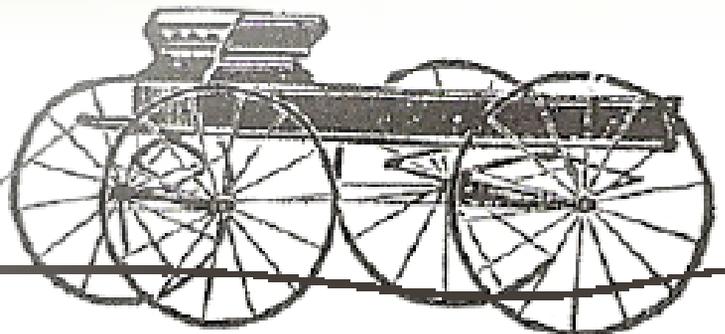
Expressing your wishes is something we hear much about from the Hollywood celebrities who die. For example, Elizabeth Taylor wanted to be late to her own funeral. Sure enough, the hearse came late that day. Another would be that of a gentleman I had the pleasure of meeting prior to his death. He was the party master, known to all as the man who always threw the best party in town. So on July 30 of this year, some streets of Easton, Md., were closed to do a second line celebration with musicians from New Orleans playing for all to hear and join. Unique, one-of-a-kind celebrations are something that people desire today. By planning ahead, these details can be ironed out well in advance.

Finally, removing the burden from the family and simplifying the process to only a phone call is by far the most common response as to why so many people are deciding to plan in advance. Completing necessary documents ahead of time, understanding and deciding what would be best for my family, noting plans in a fashion for all to understand and to have everything financially protected can truly be one of the most powerful gifts we can leave for our surviving relatives.

Rather than spending an afternoon learning a difficult topic at a stressful time with a strange dark-suited individual, give your family the gift of ease and allow them to take that time to be home with one another. Whether it be a car or another large purchase, it's always best to do your research, establish a budget and plan ahead. In the world of undertaking, we can do just that and narrow the process down to a phone call. It can truly be that simple for those left behind.

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

...do your research,
establish a budget
and plan ahead



CORNHOLE

GET IN ON THE FUN!

By Joanne R. Alloway

If you haven't heard of Cornhole or haven't played it yet, you're in for some fun! Cornhole is an outdoor lawn, beach or picnic-style game in which players take turns throwing bags of corn (much like the old bean bags) at a platform that has a hole at the far end. A bag in the hole nets 3 points; a bag on the platform is worth 1 point. The game ends when a player or a team reach 21, or for more serious players, whoever wins two of three matches. The history of Cornhole is mostly unknown, but one story claims the game was first played in 14th century Germany. It is very popular at Midwest tailgating events and more recently, has become a national favorite – with an annual World Championship event on ESPN television. www.espn.go.com

HERE'S ALL YOU NEED TO PLAY:

- two sets of bags (four bags in a set)
- two platforms
- two to four players
- a flat area to set up your platforms.

Complete **Cornhole sets** are available at local sporting goods stores, Walmart, Sears and Amazon, and cost between \$60 and \$100. Once purchased, it's wise to keep your bags inside and out of the rain. The bags really are filled with corn and wild animals will tear them up for food while you think they are drying in the sun.

The bags should be of two different colors or patterns for each set; they are six inches square and weigh 15 or 16 ounces, depending on the fabric used. **The platforms** are two by four feet with a six-inch hole centered from the top. It should be angled with the top edge of the playing surface 12 inches above the ground and the bottom edge is only three to four inches from the ground. When setting up an adult court, place the holes 27 feet apart, low ends facing each other. With children, distances are shortened according to their abilities.

Decide who will go first and which side of the board you'll throw from. Pick your bags. You're ready to play.

PLAYING THE GAME:

During each **inning** or **frame**, each player will throw four bags from the left or the right of **the pitching box** – which is both sides of the platform. The front edge of the platform forms **The Foul Line**; a player must not step over the foul line while

pitching bags. You and your opponents take turns throwing your bags. When all eight bags have been thrown, add up the scores. Whichever team earned the most points in that frame goes first on the next round. Detailed instructions can be found at www.cornholehowto.com for both how to play as well as building plans if a woodworker is available to build the boards.

Scoring and Winning: A bag in the hole is worth 3 points, one that landed and remained on the platform is worth 1 point. Add up each team's score. Equal points cancel each other out; only

one team can score per frame. If your team scores 6 points and the other team scores 3, your team earns 3 points, but if both teams earn 6 points, no one gets points. Whoever scores most will go first again. Continue playing frames until one team scores 21 points with a lead of 2 points. The first team to win two games wins the match. There are different sets of scoring rules. As in card games, they can be regional or whatever the group agrees upon. It's all in good fun.

A FEW HINTS:

- Make sure your platforms are on solid ground, and won't move when the bags hit them.
- Keep young children and pets away from the playing field and being pelted by flying cornbags.
- Balance yourself by holding something (another bag, drink) in your non-throwing hand; it helps.
- Try different techniques of throwing the bags (to knock your opponent's bags off the platform) in your spare time.

It's easy, it's fun. There's minimal equipment involved, a short learning curve and it's appropriate for all ages. Why not give it a try at your next get together and include the young ones. They'll love it.

Joanne is an author of two books and a freelance writer living in Annapolis. Write to her at jrwrite@aol.com

CORNHOLE LINGO

For serious or casual players, this game has its own vernacular.

HERE ARE A FEW:

1. **Woody, Boarder** – a bag that ends up on the board
2. **Holer** – a bag that ends up in the hole
3. **Holy Moly Triple Cornholy** – throwing three bags in the hole
4. **Corn on the Cob** – when a player puts all his bags on the board

You'll have to take the stairs! There is no elevator to success.

The International Club of Annapolis, Still Active at Fifty-four

By Vern Penner

The International Club of Annapolis turned 54 this year and continues to grow and run along the same successful lines established in 1962, with the very same, continuing purpose: to promote the discussion of foreign affairs, to learn about other countries, and to keep the membership informed about ongoing international developments.

ICA began in collaboration with St. John's College, and its very first dinner meeting was held in the Maryland Room at Carvel Hall. Seventy-five people were in attendance to hear the French ambassador speak. The cost of the dinner was \$2.50 including tip and a hat was passed to raise money for postage to cover publicizing future events. Initially, each table had a card indicating the language that would be spoken at the table as requested by members, but this idea was subsequently dropped.

What was adopted was a formal constitution and by-laws which established a president and board of directors elected by the membership at large. For a time, the group sponsored other activities such as people-to-people exchanges. The club venue also changed over time from Carvel Hall to the Annapolis Country Club and then stayed for 28 years at the Bay Ridge Inn. In 1999, the club began meeting at what is now the DoubleTree Hotel off Riva Road where it currently gathers.

What hasn't changed is the club's core activity, which is a good meal and post-dinner remarks by an invited dignitary, usually an ambassador resident in Washington, followed by a question and answer period. Meetings are held the first Wednesday evening of every month except July and August, and the program chair schedules speakers from all over the world; last year, we heard from several Middle Eastern ambassadors and got new perspectives on that world "hot spot". All discussions are off-the-record, so presentations are often very candid, and speakers have been quite willing to answer questions on controversial topics. A fact sheet drawn from open sources provides background information on the speaker's country.

It's a slightly old-fashioned evening as cellphones are generally put away, and conversation flows through the hours allotted for socializing and dining.

The program begins at 6:00 p.m. with a social hour (and cash bar), an hour to enjoy dinner, and an hour for the speaker's program and a question-and-answer period. Dinner cost is now \$30 per person, but still includes the tip.

ICA gladly welcomes new members, and anyone interested in joining can find information on our website **ICAnnapolis.org** or contact the current membership chair, Deni Sayani, at **ICAMembership@outlook.com** (410.721.7060). You can sign up online for membership and also for dinners as announcements are sent throughout the program year. Annual membership is currently \$20 per person. Come enjoy an evening with a lovely dinner and interesting company and gain a wider perspective and appreciation of the world we live in.

Vern, retired US ambassador to the Cape Verde Islands, currently lives in Annapolis, and can be reached at vernpenner@hotmail.com

Bay Bytes

Type in your search bar the ingredients that you would like to use in your next culinary delight. Websites using those ingredients will pop up with many wonderful and different recipes.

Bay Bytes

To learn about indoor air quality and all the pollutants we're breathing inside our homes and public buildings, log onto www.sciencenews.org/search?st=indoor+air+quality

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NECESSARY PLAY

By Rev. Nancy Lincoln Reynolds

Recently, driving home from Florida to Annapolis with my two young adult children, we started a discussion on the state of the world. If you have not had such a conversation with someone in their 20s or 30s, you are missing out on some insightful revelations. It is clear that the world I knew as a youth was quite different than that of this generation. The world I knew was not punctuated by fear or teen suicides or terrorism. There was no onslaught of information by way of iPhones or the internet, either uninvited or initiated. Instead, books, radio and eventually, TV, introduced me to the world beyond a household that had family dinners at 6 p.m. each day and played card games and music together in the evening. Strangers knocking on the front door were cause for excitement, not calling 911.

A proverb in the Old Testament instructs, "Raise up a child in the way in which he should go, and, when he is old, he will not depart from it." This, I believe, presupposes that one knows "the way" and is able to impart that knowledge. To my mind, these are not small feats.

As I consider all that surrounds us these days, I think maybe kids are right when they say that we did not raise or equip them for the world that they encounter: terrorist attacks, regular violence, wars, episodic outbursts of hatred and political chaos. Providing a "way in which one should go" has failed in many cases.

Things do sometimes seem to be falling apart, and we desperately seek to reinstate a center to life that will hold. I wonder what that might look like. Perhaps it would involve not so much what burdens of this chaotic world we carry as how we carry them.

This Summer we were surprised by the insertion of Pokemon Go! into our chaotic world. For at least a day or two the sightings of Pokemon characters gained at least equal footing in the news along with explosions, gun violence and war. For those of you unfamiliar with the phenomenon, Pokemon Go! is the virtual fulfillment of its original form introduced in the '90s. The game then was a collectible card game of

Japanese origin based on the Pokemon video game series. Today's version uses IOS and Android devices (our cell phones), which allows location-based "sightings" of Pokemon characters, and one collects them via

the downloaded app. The experience raises questions such as, "Are they really there?" and prompts laughter, conversation with other Pokemon seekers and outdoor excursions. They have been "captured" in the sanctuary of the church, on the Naval Academy campus, in our car and "at sea" on the Chesapeake Bay.

I am struck by the correlation between this playful diversion and the proverb. Truly, original Pokemon was an aspect of "raising up" of youth in the '90s from which they have not departed as adults. I believe the inclusion of looking for even the smallest of happiness in child-raising is critical.

The real search in Pokemon Go! may turn out to be its quest for much-needed reprieve from fear. When we ponder what raising or equipping might be most useful for children today, we may find that it involves the possibility of finding hope, surprise and joy in each day. The inclusion of imagination and play in child-raising is necessary not in spite of fear and chaos, but because of it. Good mental health in young people and adults emphasizes the importance of these things. Religious traditions consider hope and possibility to be keen aspects in the redemption of evil and confusion. Productivity in any workplace is increased when opportunity for recreation and reprieve is provided. These are the basics of coping and resilience.

The conversation in my car inevitably turned to evaluation of my parenting skills. "I tried to allow you all to be in childhood as long as possible ... to not grow up too quickly ... so that you would have a foundation for seeing good and happiness no matter what," I announced. "We know," they responded. "But maybe that didn't actually prepare us in any practical way for the real world we have to live in. In your day you watched pictures of the Cuban missile crisis on television, turned it off and went outside to play. Bad things happened at a distance. In the sixth grade, we had to worry about bombs and gunshots in our schools."

Undaunted and admittedly too whimsically, I continued, "So, what images do you see when you look at the clouds today?" My son protested, "There you go again. Looking for things in the sky has no practical value. What good does it do?"

Pause.

Silence.

Then, "Earlier I saw a duck."

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



THE ROAD TO CONTENTMENT

By Kater Leatherman

Say what you will, but there aren't many people who are truly content. If you know one, this might be a person whose energy is calming. They appear to be at ease with themselves, tend to go with the flow, seem settled into the moment. They don't cling, crave or chase. You might imagine them thinking that *today, I have everything I need.*

You're drawn to what they have, so you find yourself asking, "What would it take to stop seeking and decide that just for today I am enough, that what I do is enough and that what I have is enough?" You already know the endless pursuit of more. Bigger and better supports the economy (or maybe an addiction), but it also adds fuel to the fire of your angst. Besides, what would happen if you got more, bigger and better? Then would it be enough? Could you really say, "I am going to stop here."

In her memoir, *This Is Not the Story You Think It Is ...* Laura Munson writes: "What a waste ... all those years of wanting, of suffering from not having. All the trouble begins when we open our eyes and start thinking. Wanting things."

How can you want more if you aren't content with what you already have? Is it more that you want or is it the habit of wanting more? It might take an event to turn your life upside down and make you realize that what you have is plenty, that what you have is all you really need and that everything worth having is inside of you anyway.

People who subscribe to contentment's many benefits accept and enjoy the life that they have now. Striving for the perfect life or filling up space with more stuff or holding onto the notion that there is a better place to live has, on some level, failed to satisfy them. At some point, they finally learn to appreciate, acknowledge and accept what is right in front of them. This is a gift that money can't buy.

Contentment equals acceptance. When a contented person's life doesn't go according to plan, they accept that it could have

been disastrous otherwise. They know that accepting others for who they are supports everyone's sense of well-being. And they won't waste time trying to figure out why they didn't get that promotion or wonder if their soul mate will ever show up. They trust the process.

Note to self: Being content is sometimes confused with complacency. Could it be that we're not used to being in our natural state of being, which is to feel calm and relaxed? Perhaps the beauty of growing older is that we have the ability to move past our restless younger years and outdated habits and begin to build an inner life that isn't dependent on people, places and things to make us feel good.

If you are serious about attracting contentment in your life, place an intention statement, written in the present tense, where you will see it every day -- on your bathroom mirror, desk or refrigerator. It might read, *I am content right now.* Or, *Today, I have enough.* Until it becomes a part of your life, read it every morning when you wake up and before you go to bed at night. Also say it throughout the day, especially when you find yourself wanting a different outcome, something you don't need, a better stove, food when you aren't hungry.

Expect to feel discomfort when you don't give in to your impulses. Breathe deeply to help quell your anxiety and fear. Say that intention statement to yourself, many times if necessary, until you begin to feel calm again. This is how change happens. With daily practice, contentment will become so familiar that longing for forces outside of yourself will no longer hold as much appeal.

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

Bay Bytes
To find a farm that allows pick-your-own produce such as apples or pumpkins, as well as lots of info on where and what's available, how to store, etc., log onto www.pickyourown.org/MD.htm

Live your life and forget your age.

THE STORY BEHIND A SUCCESSFUL GOLF COMMITTEE IN THE WORDS OF GOLF LEGENDS

By Elyzabeth Marcussen

With the abundance of golf tournaments offered around Chesapeake Bay, an avid golfer could sign up for one for every week of the season.

While that's great for golf fans, it presents a challenge to the nonprofits and the golf committees that run those tournaments. It's a challenge Hospice of the Chesapeake's Golf Committee gets better at each year. Now in its 14th year, the tournament has gone from a small gathering with revenue of \$20,000 to a sold-out event on two courses with 220 players bringing in nearly six times that amount.

What makes this committee so successful? The best way to break it down would be to refer to the sage words of wisdom from one of the sport's most esteemed players:

"Competitive golf is played mainly on a five-and-a-half-inch course ... the space between your ears." **Bobby Jones**

Golf tournaments require the same kind of fiscal planning and marketing skills needed to run a successful business. The hospice nonprofit's Director of Advancement Chris Wilson said she has a dream team of professionals known for their business acumen. Co-chairs Tech USA founder, CEO and Chairman Tom Howell Sr., and Whitehall Management LLC President and CEO Lou Zagarino, CHA, are joined by a list of people well known to the Baltimore-Washington business corridor: Jimmy Wilburn, Tony and Laura Toskov, John Warner Sr., Tom Hogan, Gene Welch, Gene Wetzel, Alan Levy, Brenda Fraley Garver, Charlie Bagley, Mylon and Tyler Staton, Doug DeVaughn, Randy Pleasant and Ken Stanley.

Zagarino said that with so many headstrong people there are bound to be high-level discussions. But the mission – raising money to support patients and their families – keeps them focused. "Ten of us can talk at one time. But we still hear each other and keep the mission at the forefront."

Hospice of the Chesapeake's 14th annual Golf Tournament will be held Oct. 6 at Queenstown Harbor Golf Course. For sponsorship information or to register your foursome, contact Megan Boyle at mboyle@hospicechesapeake.org or 443.837.1531

The committee understands that to raise more money for hospice they have to care about what their customers are getting. "We want to make sure we have good value, good food and good quality people to help them," Howell said.

"A bad attitude is worse than a bad swing." -- **Payne Stewart**

The glue to making this dynamic group act in concert is that each member has an emotional tie to the nonprofit. It's a strong motivator for them to succeed. "We all know where the money is going," Zagarino said. "We know how important it is to raise it."

"It's a funny thing, the more I practice the luckier I get." -- **Arnold Palmer**

Be prepared to roll up your sleeves when you're on this committee. After a committee meeting, the real work begins, with each member scrolling through their contacts lists for sponsors and foursomes, researching vendors for golf gifts and calling in favors.

"At the next meeting, they are calling each other out," Wilson laughed. "They're pointing fingers and saying, 'You need to sell more raffle tickets,' and 'Where's your foursome?'"

And they're turning their own pockets out, too, setting an example with in-kind and monetary donations that total in the tens of thousands of dollars.

"People rarely succeed unless they have fun in what they are doing." — Dale Carnegie

OK, so maybe Dale Carnegie is not famous for golfing, but he obviously understands the success of a good golf tournament. It's supposed to be fun.

For all its hard work and commitment, the committee has a good time. They genuinely look forward to each meeting. After it has officially adjourned, the group stays for a half an hour or so to catch up on their friends' lives. "We all know each other, like each other and respect each other," Zagarino said.

"The golf committee is a fun committee, that's what's contributed to our success," Howell said. "We take our mission, add happiness and laughter, and then make people's lives better."

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



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

BEING A MONK

By Dr. Jim David

Recently my wife and I visited the Trappist Monastery of the Holy Spirit in Conyers, Georgia, about 35 miles east of Atlanta. It is quite a tourist friendly place. They have a very large Christian gift store, a gardening shop, a wonderful museum, a dining facility, a retreat center, walking paths and, of course, an inspiring chapel.

The museum captured our full attention. It displays the history of monasticism beginning with eastern religion monasteries several thousand years before Christ and ends with contemporary conferences attended by monks of many different spiritual traditions.

We learned that all monasteries are designed for contemplation and peaceful meditation, with the ultimate goal of connecting with God.

Western Christian monasticism has evolved from solitary, hermitage life into vibrant, productive communities, which balance time together with time alone. The guiding five principles of modern monastic life are work, community, prayer, solitude and silence. Let's explore these five principles to see how we might apply them to ourselves.

WORK

We commonly view work as a means of earning money to provide for our material needs. The monks view work as serving one another. This highlights our interdependency, our interconnectedness. Labor is a big part of being human. We wash clothes, garden, drive a car, have a job, open a door.

The challenge is to either find work that is intrinsically rewarding or to make it with our attitude. When we sweep the floor or assemble a mechanical object, whatever we do, when we do it with a positive, purposeful attitude, the work becomes fulfilling and meaningful.

My older brother playfully accuses me of never working a day in my life. I joyfully agree with him because my work has consistently been inherently satisfying.

The monks also believe in not being dependent upon others for their livelihood so they support themselves by creating stain glass windows; providing natural burial spaces and making biscotti, fudge and fruitcake. All of it is of the highest quality.

COMMUNITY

Most of us realize we are social beings. We are made for relationship. Unfortunately, our preeminent national value is individualism. Our culture of cars, air conditioning, movies, smart phones, internet, etc., support our being alone (in a world falling apart!). Remember *Bowling Alone* by Robert D. Putnam?

Remember *The Blue Zones: 9 Lessons for Living Longer from the People Who've Lived the Longest* by Dan Buettner? Those who live longer tend to also live well because they have strong, daily experiences of family and community. The monks realize that

Fanny Brice had it right, that "people need people." How easily we isolate ourselves from one another.

PRAYER

The monks pray together seven times each day as well as individually. Some people consciously pray constantly. Some people view each moment of each day as a prayer.

However we view prayer, regardless of whether we pray or not, at some level of awareness we all possess a yearning for a meaningful life. Viktor Frankl eloquently expressed this in his classic book, *Man's Search for Meaning*.

The monks probably have one large advantage over us. Their daily schedule has allotted times for prayer, reflection and meditation. For us, we have to discipline ourselves to carve out time for prayer.

SOLITUDE

Solitude entails being alone, but without being lonely. I tell my meditation mentees that they need not ever fear being alone, because they can always stop and take the time to connect with themselves and with God present within them.

We seem now to fear solitude. We are umbilically connected to our electronic gadgets. Even when we are with others, we cannot stop ourselves from checking our phones for texts, voicemail and email. We don't mean to be rude; we're just hopelessly addicted.

SILENCE

Silence and solitude are closely connected. To varying degrees, we all have a need to get away from "it all." We need a respite. Silence enriches our solitude as we take the time to connect and be OK with ourselves. Try riding in your car without music or news or recorded books. You might find it refreshing.

My wife believes "the sweetest sound of all is the sound of silence." As we age, that belief seems increasingly valid. Someone also said, "the language of God is silence." Sometimes there is wisdom in "observing without judging, experiencing without thinking."

CONCLUSION

Some believe that the "monk life" can only be achieved by monks. I believe there is something of the monk in everyone. We can make our lives wholly devoted to contemplation – a life of work, community, prayer, solitude and silence. Monks don't have a special edge on the God market. We are all equally entitled. And it's found everywhere: at work, at home, in our cars, restaurants, beaches, airports and church or temple.

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 at james519@comcast.net

THE BOOMER'S GUIDE TO *Aging Gracefully* (OR LOOKING LIKE YOU ARE)

By Natalie Canavor

We all want to age gracefully and attractively. But now they tell us we should have started working on that decades ago. All those years of fine dining, television, spectator sports and deferred exercise didn't give us much of an infrastructure. What's a boomer to do now? Must we really look, act and think of ourselves as growing old?

Of course not. Our generation knows that perception is everything, or close enough. Here are some tips to help you show the world that you're vigorous, adventurous, interesting and fully awake. All that with the least investment of time and energy. You have the tools.

USE YOUR WORDS!

When you lose the thread during a conversation and find the other person looking at you expectantly, say sadly, "Let's not go there. I just can't deal with that right now."

If you go upstairs to fetch something and forget what it is, tell your audience, "I just realized I lent it to Jane and the silly girl hasn't returned it."

If you forget something you were just told and it's noticed: "I heard you, but you said just the opposite the other day, I distinctly recall ..."

When you're losing an argument and can't remember your talking points, switch to one of these irrelevant, irrational responses:

- "Did you know you have a piece of spinach caught in your teeth?"
- "I must say that you look totally adorable today."
- "That reminds me, why were you so rude to Sally last week?"
- "Did I ever tell you about my first sexual experience?"
- Put the burden of remembering on other people:
- "It's been so long ... when was the last time we met?"
- "Where did you say you saw my ..."
- "Which restaurant that we ate in last month did you like the most?"
- "I bet you can't remember my best friend's name."
- "That was a great idea you had the other day. Share it now with the group?"

USE YOUR STRATEGIC POWERS!

Bring a light pair of binoculars on walks so you can stop and scan the horizon before anyone notices that you're panting. Say you've spotted an unusual bird, or want to smell the wildflowers, or simply love listening to the quiet.

To avoid hiking, tenting and decathlons, share that you "had your fill in the Israeli military."

Make playful, spur-of-the-moment suggestions that are unlikely to be adopted:

- "Let's hitchhike to the shore and walk on the beach at dawn!"
- "Let's romp in the fountain at Lincoln Center!"
- "Let's build a bonfire on your lawn and roast marshmallows!"
- Offer truly adventurous ideas when you're sure every rational person will refuse, or if not, figure the logistics are prohibitive:
- "Let's go whitewater rafting this weekend. So what if it's February!"
- "Let's drive to the airport and get on the first airplane leaving -- wherever it goes!"
- "Let's crash that new hip-hop club the kids are so crazy about!"
- When someone else suggests an activity you're desperate to avoid, have a supply of responses ready:
- "Whitewater canoeing? Sure! Do you think my tennis elbow will be a problem?"
- "Eat Ethiopian food at a street fair? Sounds great! But did I tell you about that parasite I picked up in Bombay ..."
- "Climb that mountain? Count me in! As soon as my shin splint heals."

USE YOUR CREATIVE SKILLS!

Choose venues with soft lighting. At home, stock up on candles and install pink light bulbs or shades, for that Loretta Young glow.

Check your home and office environments and get rid of diplomas, awards, graduation photos, grandkid pictures and everything else that dates you.

Offer romantic explanations for your "premature" crow's feet and laugh lines:

"Oh that. It's my stint in an overseas agency I can't name, sort of like the Foreign Legion but low profile."

"It's the fallout from my early years of training as a test pilot."

"Being in the witness protection program was pretty stressful. Of course, I'm not at liberty to share the details."

BUT NEVER:

Admit there could have been a world before television, the internet, delete buttons, GPS systems and plastic wrap.

Wear socks under sandals.

Call swing dance the Lindy.

Eat chocolate in public, rather than the sticky gummy stuff young people like.

Frequent nude beaches or bowling alleys.

Suggest confining a toddler to a playpen.

Admit that you find Robert Redford or Cher sexy.

Say "kids these days," "young punks," "sonny" or "when I was young."

Natalie Canavor, a newcomer to Annapolis, wastes decades of experience as an award-winning journalist, magazine editor and corporate communicator by creating advice like this. She is also the author of four books including Business Writing for Dummies.

BOOMER

In addition, Boomer Fest will feature an "Appraisal Roadshow" by nationally known antiques and art appraiser, Todd Peenstra. Bring your family treasure to Todd Peenstra's booth to discover its value.

fest

Boomer Fest 2016, an over 50 lifestyle expo, is coming to the area on Friday, Sept. 30 and not to be missed! This FREE event will offer a wealth of valuable information, entertainment and fun. The expo features more than 40 exhibitors and boasts an

assortment of workshops and seminars to be held throughout the day. Inside the expo you can chat with a wide variety of senior-focused resources such as housing representatives, lawyers, transition and "next step" specialists, plus providers of dementia care, celebration planning and home maintenance.

Anne Arundel Medical Center will be on site with a health resource village offering a variety of medical screenings and information about nutrition, healthy habits and fitness. Flu shots will also be offered if available.

AARP Maryland and Anne Arundel Community College are among Boomer Fest's valued partners and will be not only exhibiting but hosting key educational sessions.

Other Boomer Fest highlights include:

- Critically acclaimed author, professor, speaker, mother and wife Iris Krasnow
- "Ask the Undertaker" columnist Ryan Helfenbein
- Licensed professional counselor, Vicki Duncan of "Dear Vicki" fame
- Yoga demonstrations by guru Kater Leatherman
- Free hearing screenings provided by Advanced Hearing Group

**Friday 9 a.m. – 4 p.m. Sept. 30,
Riva Trace Baptist Church
475 W. Central Ave (Route 214)
Davidsonville**

Baltimore Coffee & Tea Co.

The Department of Aging will be offering transportation from the following three locations:

- Pascal Senior Activity Center, 125 Dorsey Road, Glen Burnie
- South County Senior Activity Center, 27 Stepneys Lane, Edgewater
- O'Malley Senior Activity Center, 1275 Odenton Road, Odenton

Anne Arundel County senior centers will be closed on this day, but parking will be available in each of the three listed senior center lots. Pickup times and return times are as following:

- | Pickup times: | Return times: |
|---------------|---------------|
| • 8:30 a.m. | • 10:30 a.m. |
| • 10:30 a.m. | • 1:30 p.m. |
| • 1:30 p.m. | • 3:30 p.m. |

To sign up for this transportation service, call 410.222.0292 or 410.222.0293. Please sign up before Sept. 26. All requests after this date may not be guaranteed.

Mark your calendar and plan to join us for this exciting extravaganza showcasing the latest resources, products and services for older adults, baby boomers, caregivers and their families.

For more information log onto www.OutLookbytheBay.com or call Jacqueline Reid Ploof at 703.863.1275.



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Moving On with a Little Help

By Mick Rood

We have written exhaustively in these pages about how to downsize, either to stay more comfortably where you are or to move into a smaller home. Tips galore have been dispensed for those of you who want to do this on your own. But what if you just want to throw in the towel on this daunting task and pay someone else to organize this senior ritual?

It turns out you now have plenty of options for downsizing and/or planning a move. As was recently pointed out in the *New York Times* business section (Sunday, July 24, 2016), entrepreneurs are pouring into the burgeoning national field of senior move management. These firms have their own trade group – the National Association of Senior Move Managers. A fledgling group of 22 members in 2002, NASMM now has almost 1,000 practitioners on its roster to meet an obvious baby boomer need.

Firms are listed in the sidebar that you may want to engage before you declutter in place or clean up to move. But what can you expect in the process? Here are some key factors:

Realize You Are Not Alone. The late Katherine Graham, once the tough-as-nails publisher of the *Washington Post*, said in her memoir: “There are certain experiences – childbirth is one, moving is another – that nature and time definitely draw a

curtain on, so you forget in between times how painful they are.”

In other words, you didn’t make the trepidation up here. The North American Nursing Diagnosis Association recognized what is called *relocation stress syndrome* as a bona fide nursing diagnosis in 1992. This term often has been applied to seniors moving into assisted living or nursing homes, but just moving voluntarily later in life causes angst. And you don’t need a laundry list of anxiety symptoms medical professionals describe to know the experience is going to be painful, so it just might be worth it to pay for some help.

Give it Plenty of Time. Experts say to give the process a minimum of six weeks. You will need that to decide which belongings you need to part with and how you will do so. The do list may be longer than you imagine. Senior move specialists make

it their business to know where your stuff can be sold or discarded, how to deal with family members who may be interested in your belongings, arrange hookups with utilities and help you visualize how the furnishings that you keep will look in your new home.

Ann M. Roe of St. Michael’s, a Realtor who works the Eastern Shore for Benson & Mangold Real Estate, says, “I don’t believe there is any way to alleviate all of the stress.” Taking a less clinical approach, she says homeowners just have to get around to treating it as a business deal. Roe uses the analogy of “cleansing the palate

of your home.” If you want your home to “taste” good to buyers, it has to have clean lines. Repainting with light, neutral colors, making things navigable by clearing out some furniture and boxing up mementos are all part of that process.

“There are companies, small and large, that offer services to help you sort and pack, clean, stage and rearrange, and move when the time comes,” Roe says.

Make First Impressions Count. In your first encounter, make sure you can trust a senior move manager. You know the questions. How long have you been doing this? Do you have any sort of accreditation? How much do you charge (usually by the hour)? References? If

you decide to hire the move manager, some will be able to take you all the way through the moving process.

What You Should Expect to Pay.

Companies don’t bandy their fees about, but area professionals say a good moving manager should cost you between \$30 and \$60 an hour. This can add up, but these companies note that just several hours of advice can save you money and stress if you want to keep services to a minimum. Nationally, the NASMM found in a survey of members two years ago that half of those responding charged between \$41 and \$50 per hour. Look at it this way, the *New York Times* said you could pay \$100 an hour there.

Mick Rood is a lifetime reporter and editor, most of it in Washington, D.C., who is still at it part-time in Southern California. He values, in no particular order, thoroughbred racing, golf, gardening and history. Reach him at mickrood@aol.com

HERE ARE SOME SUGGESTIONS FOR SENIOR MOVE MANAGERS TO CONTACT:

- Susan von Suhrke runs Timely Transitions out of Crownsville, offering expertise in shedding belongings for the big move or helping make your current quarters more liveable. Reach her at 410.440.5259.
- Connie Wigton of Flawless Transitions recently broadened her move organizing services by merging with Dave Allen, an auctioneer, appraiser and moving professional, to form Delmarva Transitional Services. Reach her at CSLewes@gmail.com and 443.529.5940.
- Charna Kinneberg in Abingdon, has had Senior Transitions, Inc., operating since 2002 with the motto, “Before you call the movers ... call us!” Get her at mdseniortransitions@gmail.com or 410.515.1199.
- Monica Kenny of American Transitions specializes in senior relocation management from decluttering, staging and selling your home with their real estate partner, through placement in your new home. Call 443.409.0100 or www.americantransitions.com

PASSES TO PARKS HERE AND THERE

By Penelope Folsom

Discount passes are available for seniors at many of the local and not-so-local parks. Different guidelines are in place for each as to cost and age of passholder, which can be discovered by going online either by state or logging on to a specific park site. The following are three of the most useful passes that would appeal to those in the Bay area.

Anne Arundel County. Persons age 60 and over may obtain a lifetime senior citizen permit, which is a card that must be shown along with valid ID to gain vehicle entry. A lifetime senior permit costs \$40. Call 410.222.7317 for more information or log onto www.aacounty.gov/departments/recreation-parks/

A FEW OF THE COUNTY PARKS:

- Downs Park
- Fort Smallwood Park
- Hancock's Resolution
- Jonas Green Park
- Jug Bay Wetlands Sanctuary
- Kinder Farm Park
- London Town & Gardens
- Thomas Point Park
- Quiet Waters Park

State Parks. To qualify for the Golden Age Pass you must be 62 years of age or older. For \$10, this is a lifetime pass and is good for free entry (cardholders only) into all state parks that charge to enter. A few have coin-operated gates during the off-season that cannot be opened with this card. For more information call 410.260.8186 or to apply online go to <http://dnr2.maryland.gov/publiclands/Pages/goldenage.aspx>

A FEW OF OUR STATE PARKS:

- Assateague Calvert Cliffs
- Cedarville
- Deep Creek Lake
- Jane's Island
- Patapsco Valley
- Patuxent River
- Point Lookout
- Sandy Point
- St. Clements Island
- Susquehanna
- Tawes Garden
- Wye Oak

National Parks. For U.S. citizens or permanent residents age 62 or over, the cost is \$10 for a lifetime pass, which may be obtained in person at most federal recreation sites. If obtained through the mail, the cost is \$20. Applicants must provide documentation of residency or citizenship. Golden Access and Golden Age Passports are no longer sold, but will still be honored. Annual passes are free to U.S. military members and dependents, and can be obtained at a federal recreation site with proper ID. For further information log onto <http://store.usgs.gov/pass/senior.html>

A FEW OF OUR NEARBY NATIONAL PARKS:

- Antietam
- Assateague
- Ft. McHenry
- Harper's Ferry

Apply now. It's easy. Then log onto the different websites to discover all the wonderful programs that so many of the parks will be offering well into the Fall months.

Other senior passes are offered nationwide. To discover if a pass is available, Google your intended stop and determine how and where one can be obtained.

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It's Tailgating Time

By Barbara Aiken

Fall is here—it's time to clean out the cooler and ready it for tailgating season. Thoughts are moving from humidity-drenched beachy days to crispy, cool sporty ones. Football season is upon us and for many, tailgating is the party scene of choice. We smile at passionate fans who support their teams by painting their faces and waving flags.

But eating before the game is important too and tailgating foods should be simple and quick to prepare. If grilling, try a variety of premarinated kebabs. Add separate veggie kebabs which usually cook more quickly than meats. A large sub sandwich can be easily cut into individual portions if you don't want to grill.

Prepared ahead, a crock pot of chili, meatballs, baked beans or stew will stay warm for hours. Casserole dishes such as macaroni and cheese heated before you leave, then wrapped in foil with a thick layer of insulating newspaper and tied up with string will keep things warm.

A variety of soups in thermoses is fun. Label each to reveal the goodness inside. Think bread bowls for serving thick stews and chili. Just purchase appropriately sized bread loaves, hollow them out and pack them for the feast.

There are many chilled side dishes to choose from such as potato, macaroni and vegetable or fruit salads. Deviled eggs are always a hit. Don't forget to include some premeal nibbles such as nuts, chips, dips, cheeses, crackers, baguette, charcuterie and crudités.

To save work, cookies and cupcakes from the bakery decked out in football-themed décor work well for a sweet ending.

5. Freeze bottles of water to use for coolers and drink them as they melt.
6. Hot cocoa or cider is always welcome. Remember the keg or other boozy treats. Provide juices and sodas for the kids and those who don't imbibe.
7. Use foil pans, sturdy plastic and paper ware in your team colors for easy cleanup. Bring trash bags and wet wipes or a water dispenser, liquid soap and paper towels. A large, empty laundry soap dispenser works well for hand-washing water.
8. Keep equipment in one tote. A housecleaning tote or perhaps a suitably sized tool box to hold your gear such as tongs, ladles, seasonings and spatulas work well. Label everything to avoid hunting for items. Use a six-pack carrier for condiments.
9. If grilling, don't forget the charcoal, lighter, propane, utensils and something for trekking out remaining hot coals.
10. Don't do it all yourself—delegate.

The standard fare of tailgating parties includes burgers, hot dogs and sausages flamed over a portable grill. But this year you could change it up and wow your guests. I've fixed this "hobo pack" recipe many times to rave reviews. Assemble them ahead and grill in foil at the gathering. The German potato salad is a worry-free side dish that is sure to please.

Here are 10 basics for a tailgating organizer:

1. Know how many are taking part. Will children be there?
2. Meet at a specific venue location or at some other convenient spot so everyone can go in one or two vehicles. This way you can park next to each other and stay together.
3. Know your venue. Is alcohol allowed, glassware or grills?
4. Arrive three or four hours before the game begins—this allows time for setup, cooking, eating, and cleanup before the big event.

Southwest Chicken Hobos

Serves 4

- 1 pineapple sliced 1/2" thick
- 1 large bunch cilantro
- 2 limes, thinly sliced, rind removed
- 4, 4-5 oz. chicken breasts, thinly sliced
- 2 large red onions, sliced into 1/4" rings
- 2 cups fresh or jarred tomato salsa
- 4 fresh jalapenos, sliced in rings
- 2 cups corn tortilla chips, crumbled
- 2 cups pepper jack cheese

Lay out four sheets of foil large enough to hold the ingredients for one hobo pack per person. Layer the ingredients in the order given, dividing evenly. Cook the packs bottom down for 7-10 minutes over direct heat and move to the perimeter of the grill to finish slowly—check meat for doneness. Eat right out of the foil.



German Potato Salad

Serves 10-12

- | | |
|-----------------------|--|
| 1 cup diced bacon | 2/3 cup sugar |
| 1 cup chopped celery | 2/3 cup cider vinegar |
| 1 cup chopped onion | 1-1/2 cup water |
| 3 Tbs. flour | 1/3 cup chopped fresh parsley |
| 1 tsp. kosher salt | 2 tsp. celery seed |
| 1/2 tsp. black pepper | 2 quarts potatoes
(boiled, peeled, sliced 1/8" thick) |

Preheat oven to 375 degrees. Cook bacon until crisp. Reserve 1/4 cup bacon fat. Add celery and onion; cook over medium heat for 3 minutes. Add flour, salt and pepper; cook 2 minutes. All at once, add the sugar, vinegar and water; whisk as you bring it to a boil. Cook 1 minute. Add parsley, celery seed and reserved bacon and combine.

Place potatoes in an oiled 13"x8"x2" casserole and pour the dressing over. Mix gently. Bake for 45 minutes or until bubbly.

This "make ahead" dish keeps well without refrigeration and can be served at room temperature, perfect for transporting.

Stay safe and respect your tailgating neighbors. Introduce yourselves to those around you and perhaps make some new friends for a future tailgating extravaganza. Go team!

Barbara enjoys preparing foods out of doors. She can be reached at barbara.s.aiken@gmail.com

Pearl

By Ellen Moyer

Pearl is heading south. Pearl is the guardian of Back Creek. She is an osprey and she mates for life, so Mr. Pearl is joining her on this journey of more than 1,500 miles to South America. In decent weather they can fly 170 miles a day, usually at night.

Pearl has a home on the channel marker at the head of Back Creek. The Department of Natural Resources does not like birds living on its channel markers, so when Pearl goes south our DNR guys boat by and knock her home down. They are wasting their time, which they know.

This is Pearl's favorite nesting spot. Mr. Pearl picks it every year.

A decade ago, with the help of BGE, the city planted four platforms for osprey to call home. The platforms are sited next to the water, high up for scanning the water for fish, the favorite food of osprey, the kind of conditions these large birds like ... well, the osprey never chose a one. Instead they nest high up on a light pole near WNAV, or over U.S. Route 50 with cars whizzing under them or near Truxtun Park, not far from a vacant platform made just for them and, of course, at the entrance to Back Creek.

Pearl is kind of a mascot, although she hasn't officially been named our Back Creek ambassador. In the morning and evening, her high squeaks announce her arrival as she and her family search

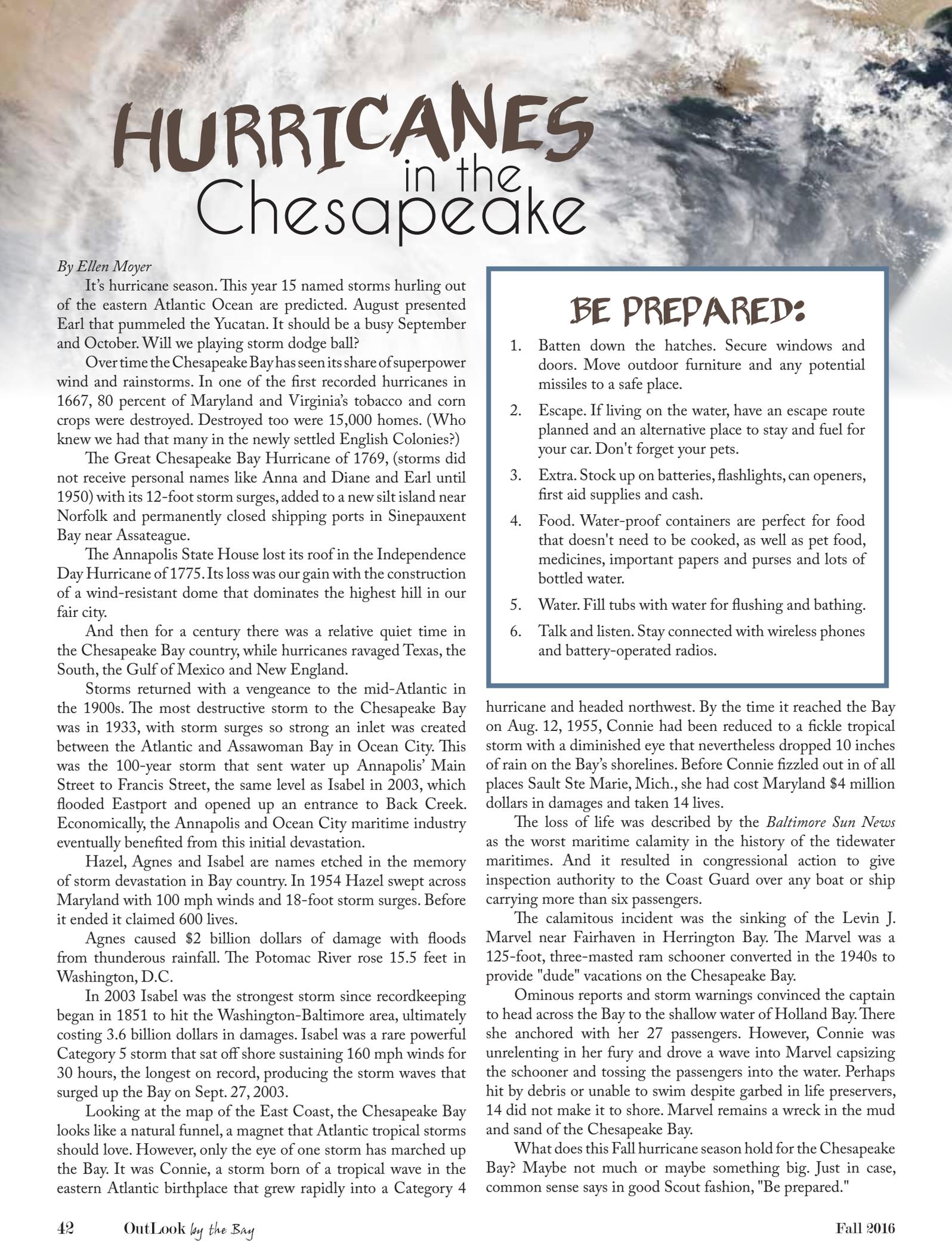
for fish below. Usually she finds something, diving down feet first to snag a fish and fly away. Occasionally she chases a long-legged crane that is usurping her territory. This is Chesapeake Bay country. Oblivious to people, she is teaching her two young ones how to fly, hunt and feed themselves. Soon they will be on their own flying south too.

Osprey live worldwide, everywhere except in Antarctica. Fish hawks, they live on or near the waters edge. (While there is a cove in sight near by, how do you explain the nest over U.S. Route 50 on Kent Island?)

The Chesapeake Bay is a favorite habitat though development has squeezed out tall places for building a home. That's why we humans in urban spaces give a helping hand with manmade platforms on telephone poles that the Osprey seem to ignore.

Come March, Mr. Pearl will be back scouting for a home for his mate, building another nest with big sticks. Two weeks later Pearl will be back. She will join him at the channel marker into Back Creek. How do they know where to meet up? One of nature's mysteries ...

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



HURRICANES in the Chesapeake

By Ellen Moyer

It's hurricane season. This year 15 named storms hurling out of the eastern Atlantic Ocean are predicted. August presented Earl that pummeled the Yucatan. It should be a busy September and October. Will we playing storm dodge ball?

Over time the Chesapeake Bay has seen its share of superpower wind and rainstorms. In one of the first recorded hurricanes in 1667, 80 percent of Maryland and Virginia's tobacco and corn crops were destroyed. Destroyed too were 15,000 homes. (Who knew we had that many in the newly settled English Colonies?)

The Great Chesapeake Bay Hurricane of 1769, (storms did not receive personal names like Anna and Diane and Earl until 1950) with its 12-foot storm surges, added to a new silt island near Norfolk and permanently closed shipping ports in Sinepauwent Bay near Assateague.

The Annapolis State House lost its roof in the Independence Day Hurricane of 1775. Its loss was our gain with the construction of a wind-resistant dome that dominates the highest hill in our fair city.

And then for a century there was a relative quiet time in the Chesapeake Bay country, while hurricanes ravaged Texas, the South, the Gulf of Mexico and New England.

Storms returned with a vengeance to the mid-Atlantic in the 1900s. The most destructive storm to the Chesapeake Bay was in 1933, with storm surges so strong an inlet was created between the Atlantic and Assawoman Bay in Ocean City. This was the 100-year storm that sent water up Annapolis' Main Street to Francis Street, the same level as Isabel in 2003, which flooded Eastport and opened up an entrance to Back Creek. Economically, the Annapolis and Ocean City maritime industry eventually benefited from this initial devastation.

Hazel, Agnes and Isabel are names etched in the memory of storm devastation in Bay country. In 1954 Hazel swept across Maryland with 100 mph winds and 18-foot storm surges. Before it ended it claimed 600 lives.

Agnes caused \$2 billion dollars of damage with floods from thunderous rainfall. The Potomac River rose 15.5 feet in Washington, D.C.

In 2003 Isabel was the strongest storm since recordkeeping began in 1851 to hit the Washington-Baltimore area, ultimately costing 3.6 billion dollars in damages. Isabel was a rare powerful Category 5 storm that sat off shore sustaining 160 mph winds for 30 hours, the longest on record, producing the storm waves that surged up the Bay on Sept. 27, 2003.

Looking at the map of the East Coast, the Chesapeake Bay looks like a natural funnel, a magnet that Atlantic tropical storms should love. However, only the eye of one storm has marched up the Bay. It was Connie, a storm born of a tropical wave in the eastern Atlantic birthplace that grew rapidly into a Category 4

BE PREPARED:

1. Batten down the hatches. Secure windows and doors. Move outdoor furniture and any potential missiles to a safe place.
2. Escape. If living on the water, have an escape route planned and an alternative place to stay and fuel for your car. Don't forget your pets.
3. Extra. Stock up on batteries, flashlights, can openers, first aid supplies and cash.
4. Food. Water-proof containers are perfect for food that doesn't need to be cooked, as well as pet food, medicines, important papers and purses and lots of bottled water.
5. Water. Fill tubs with water for flushing and bathing.
6. Talk and listen. Stay connected with wireless phones and battery-operated radios.

hurricane and headed northwest. By the time it reached the Bay on Aug. 12, 1955, Connie had been reduced to a fickle tropical storm with a diminished eye that nevertheless dropped 10 inches of rain on the Bay's shorelines. Before Connie fizzled out in of all places Sault Ste Marie, Mich., she had cost Maryland \$4 million dollars in damages and taken 14 lives.

The loss of life was described by the *Baltimore Sun News* as the worst maritime calamity in the history of the tidewater maritimes. And it resulted in congressional action to give inspection authority to the Coast Guard over any boat or ship carrying more than six passengers.

The calamitous incident was the sinking of the Levin J. Marvel near Fairhaven in Herrington Bay. The Marvel was a 125-foot, three-masted ram schooner converted in the 1940s to provide "dude" vacations on the Chesapeake Bay.

Ominous reports and storm warnings convinced the captain to head across the Bay to the shallow water of Holland Bay. There she anchored with her 27 passengers. However, Connie was unrelenting in her fury and drove a wave into Marvel capsizing the schooner and tossing the passengers into the water. Perhaps hit by debris or unable to swim despite garbed in life preservers, 14 did not make it to shore. Marvel remains a wreck in the mud and sand of the Chesapeake Bay.

What does this Fall hurricane season hold for the Chesapeake Bay? Maybe not much or maybe something big. Just in case, common sense says in good Scout fashion, "Be prepared."



Dear Vicki,

My son recently accused me of playing favorites. He says that his sister's children get more attention from me than do his own children. At first, I felt defensive and hurt. Afterward though, I admitted to myself that he was right. I never realized my favoritism or knew that it was so apparent. How can I fix this?

PLAYING FAVORITES

It's natural that we find certain relationships a bit easier and more rewarding than others. Some of this could be due to age, gender, geographical proximity or shared interests. Just as when we were raising our own children, there may be times when one child seems easier to relate to than the other. In healthy families, the ease with relating to one child or another will fluctuate as the children themselves grow and develop and neither child will feel left out.

At the same time, while we might be aware of these temporary preferences, it is never acceptable for those feelings to become apparent to our children or grandchildren. Kids can sniff out favoritism like a dog can sniff out food! The emotional pain involved with being on the short end of favoritism is profound and can last a lifetime. It's no picnic being on the other side either. The perks of receiving preferential treatment is offset by the resentment and jealousy that the slighted parties direct toward the favored one.

Try to identify what is behind your preferences. Have a conversation with your son and take responsibility for inadvertently showing favoritism. If it is that you share common interests with certain grandchildren, seek out the opportunity to spend one-on-one time with the others to develop a shared bond. Search for things that you can enjoy together. If geographical distance is the issue, make sure that you are doing your part to foster a special relationship with the faraway grandchild. Visits, phone calls, email (when allowed), snail mail and care packages are all in order. Remember birthdays, of course, but also more minor holidays and happenings such as back-to-school and first-lost-tooth moments.

If you relate better to one gender than the other, think outside the box. Teach that grandson to make cookies or take your granddaughter fishing. Avoid gender stereotypes and allow your

grandchildren to teach you about their interests. If you love babies but dislike toddlers, just deal with it. You're a grown-up after all and the challenges that come with certain stages are temporary. Your relationship with that grandchild is what is important and the memories of you will last a lifetime.

As you can see, there is really no excuse for showing favoritism. However, I applaud your honesty and desire to address your son's concerns. Ask that he continue to give you feedback as you monitor yourself and your relationship with each of your grandchildren. He will respect you for asking and you will be vigilant knowing that someone is keeping a close eye. It's easy to be cavalier and become sidetracked with whichever relationship feels best at the moment. With a little effort and self-awareness though, we can make sure that each child equally enjoys the blessings and warmth of that special grandparent-grandchild bond.

Dear Vicki

My daughter is divorced, struggling financially, and is very unhappy. A big part of the problem is how her grown children disrespect her and use her. They both have dabbled in drugs and, in my opinion, are alcoholics at the very least. She bails them out of one bad situation after another. In doing so, she has emptied her own retirement fund and will probably need to work for her entire life. Her misery wears on me, but I am also tired of trying to help her when she won't do anything different.

MODELING BOUNDARIES

In short, your grandchildren probably won't learn to be independent and responsible if they have a parent who enables their dysfunctional lifestyle. But in this case, it's your daughter's choices that are keeping her stuck in the middle of chaos and financial woes. Each of us have the ability to change our life and learn to handle our challenges in a better way. Continuing to do the same thing while hoping for a better result? Insanity!

What can you do? Model healthy boundaries. Instead of listening to the same old story and becoming frustrated because your daughter won't take any advice from you, stop making suggestions. When she relates the latest drama, simply reply with something along the lines of, "That must be difficult" or "I'm sorry that things are tough right now." Without someone to engage with over the drama, your daughter will run out of steam and begin to realize that it is up to her to change—or not.

Your daughter needs to sit with her own problems without you trying to bail her out too. When she comes to you and says that she needs to change something, then encourage her to seek counseling or to attend an Al-Anon group. Both of these avenues will help her learn about tough love and support when she is ready to make different choices.

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

BOOKS:

Old, New and Obscure

THE 100-YEAR-OLD MAN WHO CLIMBED OUT THE WINDOW AND DISAPPEARED

By Jonas Jonasson
Hachette Books (2012)

Just from the title, you know that this book must be a bit quirky. In fact, it is whimsical. The tale is pure fiction—a gentle mystery told through a series of utterly improbable flashbacks that take the main character, Allan Karlsson, a native of Sweden, through most of the major international historic events of the 20th century.

Of course, when you are 100 years old, you have some limitations. Allan climbs out the nursing home window in his bedroom slippers. He decides to skip his birthday party, you see. He doesn't want to meet the mayor and hates the matron of the establishment who was as committed to his not having any alcohol as he was determined to enjoy his daily drink! But rather than fight the battle, he chooses to abandon the field and return to the outside world.

With little money in his pocket and no plan at all, Allan becomes a contemporary picaresque. Like Sancho Panza, he makes friends and reasons his way uniquely through unforeseen circumstances. In fact, all the circumstances of his life have been unforeseen. His inheritance was unforeseen. The fact that he would continue to receive a stipend until he finished his education led him to almost receive degrees in all the major subjects. In fact, the inheritance was quite used up before he graduated.

And his diverse, if incomplete, education led him into a sequence of amazing experiences through which he met American presidents and heads of state throughout the world. His optimistic philosophy that things would happen as they might was not quite that of Dr. Pangloss in *Candide*, but it made him almost unflappable. His ingenuity and sense of irony enabled him to survive a stint in a Siberian prison and numerous other challenging predicaments.

If you enjoy history and would take pleasure in spending a few hours on a mystery sprinkled with improbability and occasional laugh-out-loud moments, this is definitely the book for you. Soon you will be suggesting it to all your friends.

~ Tricia Herban

WHAT ALICE FORGOT

By Liane Moriarty
Berkley Publishing Company, New York (2009)

What if you woke up from a nap or a fall and thought you were 10 years younger? This is the basis of the novel *What Alice Forgot* by award-winning author Liane Moriarty. Probably this would resonate more with the 30- to 50-year-old age group, but it makes an interesting premise if you can deal with the overdone amnesia theme.

Alice Love falls off her bike at the gym, hits her head, and when she wakes up she thinks she is 29 years old, newly married, pregnant with her first child and very much in love with her husband Nick. Actually she is 39 years old, has three children and is in the midst of a bitter divorce.

To add to the confusion, she is now very slim and uptight when she was average weight, easygoing and actually hated the gym.

A subplot of the novel is her relationship with her sister, who she remembers being very close to but they are now estranged. Her sister, Elizabeth, has problems of her own, as she has had several miscarriages and is rather envious of Alice's ability to have children so easily.

Add a very pleasant but rather boring new boyfriend, who happens to be the principal of the school her children attend and a very difficult "friend," and the story gets rather interesting. We mustn't forget Alice's formerly shy mother who in the last 10 years has married husband Nick's rather annoying father and is now salsa dancing.

Spend more time planning your future. It's where you'll be spending the rest of your life!

Are you confused yet? The plot does weave in and out quite a bit and the reader has to stick with it. It is not a novel that is easy to put down and come back to a week later.

The last 10 years of Alice's life have been quite eventful, which makes the gap in her memory even more difficult. She doesn't remember her children or her best friend who was killed in a car accident. She has no idea why her marriage is on the rocks and the divorce is so acrimonious.

Since she looks perfectly normal to everyone in her life, no one understands what is happening to the once well organized, in-charge Alice.

You will have to read the book to find out the end of the story. You may think it is rather unbelievable or might think it is very romantic, but that is up to you.

What Alice Forgot is quite engaging and well written, if a bit difficult to follow at times.

~ Peggy Kiefer

STATION ELEVEN

By Emily St. John Mandel

Vintage Books, a division of Penguin Random House,
New York (2014)

Station Eleven is a novel of contrasts. If you are a fan of dystopian novels, or audaciously dark ones, *Station Eleven*, by Emily St. John Mandel, may be a good read for you. If you enjoy a story of friendship, love, celebrity and hope, it also is for you.

The novel opens on a snowy night at a performance of "King Lear," starring a prominent Hollywood actor, Arthur Leander. During the performance he suffers a heart attack and an EMT named Jeevan Chaudhary leaps on stage to give him CPR, which is not successful, and Arthur Leander dies. Jeevan's life later intersects with the other characters in the novel. Kirsten Raymonde, a child actress who is in the play, watches in horror. Her life also intersects with Jeevan along with Arthur's son and his best friend. Are you confused yet?

To add to the drama a terrible flu begins to spread around the world the same night, one with a 99 percent mortality rate. This is another currently popular pandemic plot, but it is a bit more positive than most. It doesn't go into graphic detail about death and devastation, but paints a picture of the desperate attempt of civilization to survive and hope for the future.

Jump ahead 15 years and Kirsten is an actress with a small troupe of survivors called the Traveling Symphony. They move among communities of other survivors of the new emerging world and are performing Shakespeare and music.

The novel spans decades, moves back and forth in time, and paints a vivid picture of life before and after the flu pandemic. To add to the tension and suspense, a violent self-proclaimed prophet threatens the stability and safety of all who defy him. His life intersects in strange ways with the troupe.

Lest you think all is doom, gloom and depression, there is a beauty and joy about the friendships that develop, the cooperation of the survivors and an interesting study of their "Museum of the Lost Times," including cell phones, computers and other technology that we take for granted today. It does not dwell on the looting and savage behavior that is featured in many novels of catastrophes and "end of life as we know it." *Station Eleven* has

many twists and turns and the reader has to stick with the story.

There is a surprising and relatively happy ending that may help you to appreciate the beauty of the world as we know it and the value of friendships.

If you are looking for a challenging, interesting novel that has won many literary awards, *Station Eleven* may just fit the bill.

~ Peggy Kiefer

THE LAST JEWS IN BERLIN

By Leonard Gross

Carrol & Graf (1992)

When the *New York Times* called this book a "page turner," the reviewer wasn't kidding. I had never thought about the fact that many Jews who lived in Germany were not deported to the camps because they went underground. In France, there was an active resistance movement that spirited German Jews through the Spanish Alps to freedom, but Berlin, Germany's *uber* city, also had a resistance movement proficient in finding hiding places, in creating false documents and identities, and in assisting escapes.

This book details the stories of six groups of people throughout the war. It includes two hair-raising escapes from the Gestapo and many close calls. Not only were the Nazis on the lookout for Jews, but there were Jews who bought their safety by identifying and turning in other Jews. Thus, no one could ever feel safe in the daylight while out shopping, working or performing the normal functions of life. For those in hiding, especially when they were hiding in plain sight, there was no "normal."

Their lives were further complicated by the fact that many had no jobs and had to remain hidden. They had no source of sustenance except what was covertly given to them by sympathetic friends, neighbors or shopkeepers. Moreover, food was rationed so anyone who gave food to a Jew was actually sacrificing precious calories as well as money.

Due to the extreme risk of harboring a Jew, many were given occasional shelter but were frequently turned out. They were literally homeless. Despite this fact, in order to avoid suspicion, they had to be shaved, wear presentable clothes and appear purposeful regardless of their hunger or lack of sleep. Sleeping on park benches and in the woods was not conducive to a visual level of social acceptability.

One woman sewed for an income. A man developed a business trading in jewelry. Some benefitted from relatives who provided food from their homes in the country. But most spent their time in the dark, either hiding or rehearsing their stories and practicing quick exits into their hiding places. A blustery front was an effective disguise accompanied by false papers and friendly witnesses. Each day brought a new challenges and the only goal was survival.

As the war drew to a close, increased air raids heightened the danger, but offered cover as Jews could get papers by claiming to have lost theirs when their homes were destroyed. Fear of the oncoming Russians replaced fear of the Nazis, but finally, it was over. There was silence. The survivors were victorious and they rejoiced in the sunlight.

This is a lovely book. Fascinating, compassionate, informative and interesting.

~ Tricia Herban

FALL QUIZ-ACROSTIC

	1	L	2	H	3	K	4	B	5	A		6	U	7	D	8	R	9	Y		10	X	11	A	12	I	13	U	14	V	15	R	16	O	17	W		
	18	K	19	Q		20	M	21	S	22	O	23	B		24	L	25	R	26	K	27	Q	28	W	29	V		30	F	31	H	32	O	33	B	34	L	
35	S		36	P	37	A	38	C	39	H	40	W	41	B		42	X	43	G	44	M	45	J	46	E	47	V	48	H		49	W	50	E	51	W	52	Y
53	U		54	W	55	M	56	V	57	O	58	L		59	M	60	V	61	Q	62	S		63	E	64	X	65	S		66	C	67	D	68	G	69	I	
70	W	71	V	72	A	73	M	74	E	75	B	76	R	77	H		78	K	79	N		80	U	81	C	82	J	83	N	84	Y	85	W		86	H	87	G
88	Y		89	W	90	R	91	I	92	E	93	H	94	L	95	M	96	G	97	F	98	B		99	R	100	B	101	H	102	E		103	B	104	Y		
105	R		106	F	107	P	108	T		109	C	110	B	111	T	112	M		113	D	114	C	115	S		116	N	117	K	118	Y	119	P		120	L		
121	M	122	Y	123	T	124	J	125	I	126	R	127	C		128	P	129	X		130	G	131	B	132	P		133	A	134	T	135	W	136	P	137	R	138	H
139	S	140	Q	141	C		142	A	143	H	144	R	145	D	146	B		147	L	148	F	149	R	150	P		151	Y	152	Q		153	O	154	F	155	U	
	156	A	157	M	158	K	159	B	160	R	161	E		162	R	163	V	164	D	165	C	166	J	167	Q	168	U		169	R	170	V	171	S		172	P	
173	M	174	E	175	B	176	N	177	R	178	J		179	Q	180	B		181	L	182	B	183	Q		184	C	185	N	186	M	187	S	188	H				

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Directions

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

- A. Iridescence
- B. Overwhelmingly shocking (hyph.)
- C. Naval Support Facility Thurmont (2 wds.)
- D. Horned endangered mammal
- E. Location of First Lady's office (2 wds.)
- F. Pulsate
- G. Disgraced
- H. Famed 1889 World's Fair structure (2 wds.)
- I. 1996 Tony winner for best musical
- J. Clearly perceptible
- K. Introduce or intrude
- L. Architectural feature of Greece's Erechtheum
- M. Constant (hyph.)
- N. Michigan's state bird
- O. Horse opera
- P. Aristocracy
- Q. Military branch that split from the army (2 wds.)
- R. JFK's assassin (3 wds.)
- S. Bring shame
- T. Coarse and stringy
- U. Expels
- V. Rank of Franz Ferdinand of Austria
- W. Peanut butter's frequent partner (2 wds.)
- X. Wan
- Y. Drivel

156	133	11	142	72	37	5					
4	103	159	23	131	98	182	110	41	75	146	175
100	180	33									
38	81	184	109	127	114	165	66	141			
164	113	145	67	7							
102	174	92	161	63	46	74	50				
97	154	30	148	106							
68	87	43	96	130							
31	93	2	101	48	77	86	143	138	188	39	
125	91	12	69								
45	124	82	166	178							
78	26	18	117	158	3						
147	1	24	58	34	181	120	94				
55	186	95	112	59	44	157	20	73	121	173	
176	185	116	83	79							
22	32	153	16	57							
119	107	128	136	132	36	172	150				
27	179	19	152	140	61	167	183				
15	126	160	8	76	90	144	177	137	25	162	169
105	99	149									
115	187	65	21	171	35	139	62				
111	134	123	108								
155	6	168	13	53	80						
60	56	47	170	29	71	14	163				
85	70	49	89	40	54	51	135	28	17		
64	42	10	129								
9	151	52	122	88	84	104	118				

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FARMING THE BAY

By Henry S. Parker

Eat more seafood! That should be a rallying cry for nearly all Americans. After all, fish and shellfish are highly nutritious, with many species not only low in fat, but also rich in lean protein and healthful Omega-3 fatty acids that benefit both the brain and the heart. Furthermore, it takes far less feed and water to produce seafood than it does for beef, poultry or pork, and the production rates of fish and shellfish are comparatively high.

Yet Americans eat less than half the amount of seafood that the average global citizen consumes—about 15 pounds per capita annually compared with over 36 pounds worldwide. In contrast Americans eat 53 pounds of beef every year, 58 pounds of chicken and 600 pounds of dairy products. Reasons for our low seafood consumption include cost, relative inaccessibility of fresh product, a perception that seafood is difficult to prepare and concerns about quality. And most of our seafood comes from overseas. The U.S. imports over 90 percent of the seafood that it consumes (one-third of this is shrimp). This causes an annual trade deficit of over \$11 billion just for fisheries products. Further, only about 1 percent of all food imported into the U.S. is formally inspected.

So should we just encourage our fishermen to increase their catch from the high seas? Unfortunately, that's not an option. Most of the world's major fish stocks are either fished out, in decline or already yielding the absolute maximum needed for sustainable production.

There is a much better option: farming the seas, that is, aquaculture, the propagation and rearing of aquatic species in controlled or selected environments. It's an ancient enterprise, having been practiced for millennia in Asia, and now accounts for about half the seafood produced in the world. Globally, some 600 species of fish and shellfish are now farmed. Nearly two-thirds of this is in fresh water, with much of that in China (think carp). The annual value of the world's farmed seafood products approximates \$125 billion. In short, aquaculture is big business worldwide and is growing rapidly.

But when it comes to farming the seas, the U.S. is a dollar late and a day short. Our annual aquaculture output is less than 2 percent of world production and the value is only \$662 million—nearly half of this is catfish raised in fresh water ponds. As the world's second-largest seafood consumer, and with so much of our seafood supplied by imports, we are missing a major opportunity to produce more domestically farmed fish and shellfish.

Dramatically expanding U.S. aquaculture is a good idea not only in terms of our fisheries trade deficit, but also because

it can provide well-paying jobs and economic opportunities for depressed fishing and rural communities; encourage marketable new technologies, equipment supply enough to assure sustainable production; help protect and conserve aquatic habitats; support maritime recreation, including sport fishing; and provide nutritious products for a rapidly growing world population, even as terrestrial farmland is in increasingly short supply.

The Chesapeake Bay estuary is one of the most productive environments on earth, with 4,500 square miles of shallow, nutrient-rich, protected aquatic habitats. The Bay has enormous potential for sustainable, controlled, and well-managed production of high-quality seafood. After decades of resistance, primarily from watermen who have historically believed that farming seafood would threaten their wild-harvest livelihoods—aquaculture is beginning to take root in the Bay. Oyster farming is leading the way, bolstered by significant declines of natural stocks and a growing understanding that this could be an alternative economic opportunity for watermen. And cultivation of these bivalves can not only supplement scarce local supplies, but also contribute to restoring oyster reefs and improving Bay water quality.

Virginia has been in the vanguard of commercial oyster farming. In the early 1990s the state's Marine Resources Commission, in partnership with the Army Corps of Engineers, established a streamlined permitting process for oyster cultivation. Today, Virginia has the largest oyster farming industry on the U.S. East Coast.

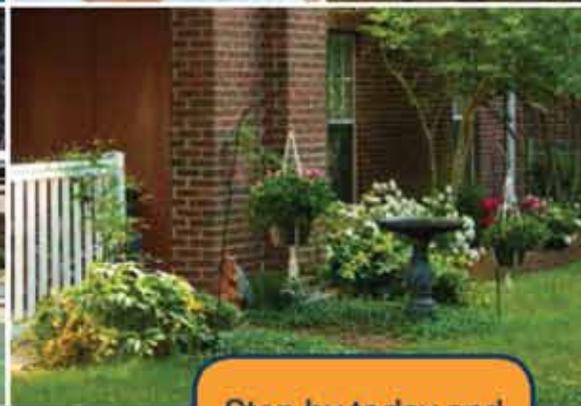
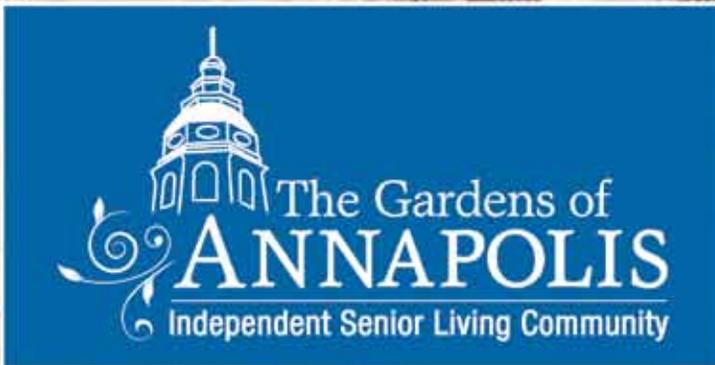
In comparison, Maryland has been slow to adopt aquaculture-friendly regulations, and would-be entrepreneurs have had to deal with bureaucratic red tape and stifling delays in obtaining permits. But there are signs that this is changing. A newly proposed federal-state regulatory framework promises to speed up the permit process and expand the size of leases for permitted operations. With recent advances in research that have led to improved, disease-resistant and environmentally appropriate oyster stocks, oyster farming in Maryland could become a major success story in the not-too-distant future.

That would be a future we should all champion. A viable oyster-farming industry throughout Chesapeake Bay would have substantial benefits for consumers, the marine economy and the environment.

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

Bay Bytes

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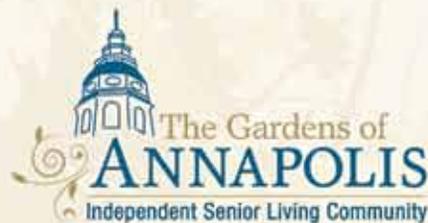
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