

Complimentary

Winter 2017

OutLook

by the Bay

for the Bay boomer and millennial

Winter Adventures

By the Chesapeake Bay

SHIPWRECKS IN THE BAY

Swimming in Mussolini's Pool

Diet While Dining Out

FUN WAYS

To Get Through the Winter Months

Repositioning Cruises
Someone Has to Do It

fitness entertainment gardening nutrition

www.OutLookbytheBay.com

Letters to the editor

HATS OUT WEST

Outlook's From the Desk on Thanksgiving was the best since Art Buchwald's annual syndicated article from all those years ago! Thank you for that.

Now, as to things not to do. Hats at dinner. Out West, that tall Stetson, by custom, only has to come off at weddings and funerals. And at weddings it's optional.

Thanks, *Al N., Brandywine, Md., and Pagosa Springs, Colo.*

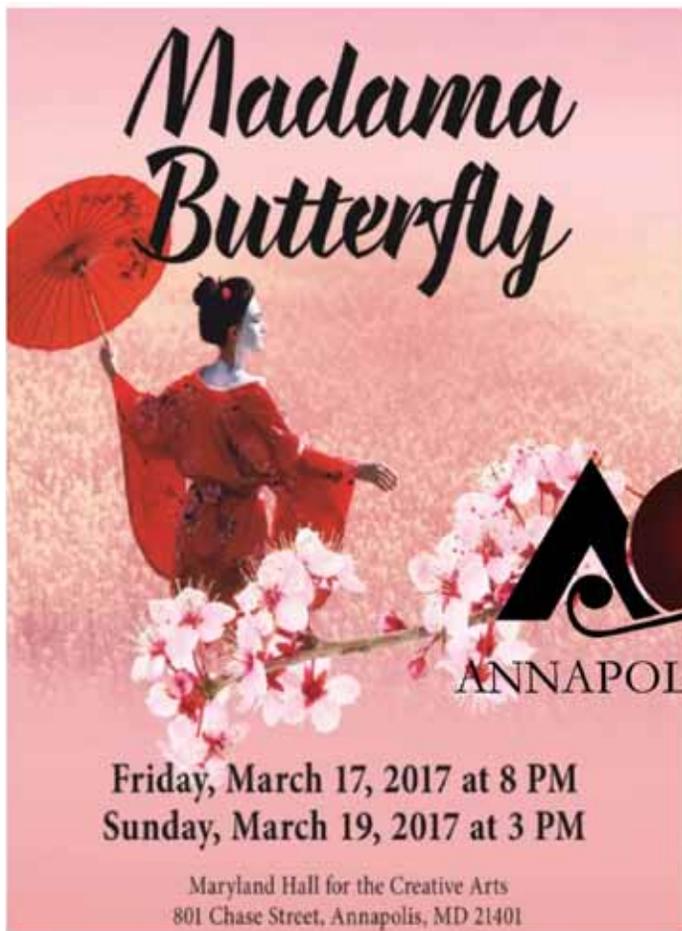
PURSUING PUTTERING

Black Friday, for those who choose not to join the "huddled masses" yearning for this season's best deals, was the perfect day to pursue puttering! Kater Leatherman's article advocating the art of wandering from room to room and picking up whatever catches your fancy was a pleasant first step on my path to preparing for this holy day season. Thank you!

Linda M., Charlotte, N.C.

ON THE COVER

Linda and Phil Ferrara enjoy the outdoor pastime of snowshoeing, skiing and hiking as well as frequent travel. Linda, a retired principal of local elementary schools, is currently serving on the Anne Arundel County school board nominating committee. Phil, a graduate of the USNA and former naval officer, retired from Mobil Oil Corp. and currently leads the Piedmont Trekkers.



**Madama
Butterfly**

ANNAPOLIS OPERA

Friday, March 17, 2017 at 8 PM
Sunday, March 19, 2017 at 3 PM

Maryland Hall for the Creative Arts
801 Chase Street, Annapolis, MD 21401



TAKE A
CHANCE ON **LOVE**

MARYLAND Live! CASINO
Rams Head Center Stage
7002 Arundel Mills Circle Hanover, MD

Features

- 6 FUN WAYS TO GET THROUGH THE WINTER MONTHS
- 14 LET THERE BE LIGHT
- 15 VALENTINE'S DAY: SHARE THE LOVE
- 21 TAKE A CHANCE ON OPERA
- 26 SIMPLE WAYS TO KEEP YOUR HOME WARM
- 33 REPOSITIONING CRUISES
- 36 PREVENTING WINTER COLDS
- 38 5 EASY STEPS TO END THE SUGAR CRAVING

Articles

- 5 SWIMMING IN MUSSOLINI'S POOL
- 11 A YARN FOR OTHERS
- 12 TO PULL THE PLUG OR NOT?
- 19 DOGA IT'S GOOD FOR YOU
- 22 PAPER: WHAT IS IT REFLECTING ABOUT YOU?
- 24 SALUBRIOUS SLEEP: SLUMBER YOUR WAY TO GOOD HEALTH
- 30 U.S. ROUTE 1 SOUTH TO KEY WEST
- 32 THE JOY OF INTIMACY
- 37 BEST COMPUTER ETIQUETTE TIPS
- 40 THE BOOMER'S GUIDE TO AGING GRACEFULLY
- 44 IT BEGAN WITH A ROAR

In Every Issue

- 2 YOUR THOUGHTS
- 4 FROM THE DESK
- 8 CHART YOUR COURSE: WHAT IS ELDER LAW
- 31 ASK THE UNDERTAKER: THAWDAWG AND THE DIGGERS
- 35 BAY REFLECTIONS: IN PRAISE OF STAYING PUT
- 42 BOOKS: OLD, NEW AND OBSCURE
- 45 DEAR VICKI
- 46 ACROSTIC - WINTER QUIZ
- 47 LAST WORDS: SHIPWRECKS IN THE BAY

Departments

- 9 BAY HEALTH: HOW GOOD IS THE QUALITY OF THE AIR YOU BREATHE?
- 10 BAY GARDENING: WINTER GREEN
- 16 BAY CONNECTIONS: AT 55 OR 100, SENIOR CENTERS OFFER VARIETY
- 17 BAY GENERATIONS: RETURN OF THE BOOMERANG ADULT
- 18 BAY TREKKING: WINTER ADVENTURES BY THE CHESAPEAKE BAY
- 20 BAY NUTRITION: DIET WHILE DINING OUT!
- 23 BAY HEALTH: ARE YOUR TEETH SENSITIVE TO SALTY FOODS?
- 27 BAY HEALTH: ARE YOU A GOOD CANDIDATE FOR LASER VISION CORRECTION?
- 28 BAY NUTRITION: CAN YOU GO MEATLESS?
- 34 BAY GENERATIONS: CONNECTING TO YOUR GRANDKIDS WITH SOCIAL MEDIA

When in doubt – start somewhere.

Publisher and Editor-in-Chief **Tecla Emerson Murphy**
Editor@OutLookbytheBay.com

Managing Editor **Mick Rood**
MickRood@aol.com

Operations Manager **Cynthia Rott**
Cindy@OutLookbytheBay.com

Art Director **Emma Stultz**
Emma.Stultz@gmail.com

Marketing Representative **Marguerite Guare**
MDGuare@aol.com

Columnists **Dr. Jim David**
James519@comcast.net

Michael J. Dodd
MJDMD1@gmail.com

Victoria Duncan
Victoria2Write@aol.com

Jessica L. Estes
JEstes@ByrdandByrd.com

Ryan Helfenbein
Ryan@LastingTributesFuneralCare.com

Elyzabeth Marcussen
EMarcussen@HospiceChesapeake.org

Henry S. Parker
HspSbp@gmail.com

Drs. Passaro and Wooddell
www.WPDentalGroup.com

Contributing Writers **Joanne R. Alloway**
JRWrite@aol.com

Natalie Canavor
NCanavor@gmail.com

Phil Ferrara
PFerrara65@comcast.net

Tricia Herban
MTHerban3@gmail.com

Peggy Kiefer
KinseyKiefer@aol.com

Ellen Kittredge
www.EllenKittredge.com

Leah Lancione
LeahLancione@gmail.com

Molly Lauryskens
Lauryskens@aol.com

Kater Leatherman
KaterLeatherman@gmail.com

Kathryn Marchi
JohnMarchi1@gmail.com

Kathleen A. McCarthy
KMccarthy@dslextre.me.com

Neil Moran
www.northcountrygardening.com

Ellen Moyer
EllenMoyer@yahoo.com

Rev. Dr. Amy E. Richter
ARichter@StAnnes-Annapolis.org

Martha Thorn
MarthaThorn@gmail.com

Louise Whiteside
LouiseMW@wispartel.net

Circulation **Jack Hovey**
OutLookbytheBay@aol.com

Photographer **R.C. Murphy**
OutLookbytheBay@aol.com

Subscriptions **S. Hill**
OutLookbytheBay@aol.com
\$24.95 per year (bimonthly - 6 issues)

Contact **OutLook by the Bay**
210 Legion Ave. #6805
Annapolis, MD 21401
410.849.3000

ISSN#1948-044X

OutLook by the Bay is distributed throughout Anne Arundel County, in sections of the Eastern Shore and Baltimore. It is available free of charge in seniors centers, county libraries, hotels, coffee shops, doctor offices, supermarkets, senior communities, book stores, restaurants, private clubs, real estate offices, health clubs, hospitals and at all of our advertisers and is mailed to select homes in the Bay area.

OutLook by the Bay is published bimonthly by OutLook by the Bay, LLC. No part of this magazine may be reproduced in any form without express written consent of the publisher. Information obtained in OutLook by the Bay is protected by the First Amendment of the United States Constitution and is intended for reader interest only. Do not substitute it for the advice of a qualified healthcare professional, legal or financial adviser. Reader discretion is advised. OutLook by the Bay, LLC does not verify the accuracy of any claims made in connection with advertisements and accepts no responsibility for errors and omissions. All rights reserved. Submissions should be sent to editor@OutLookbytheBay.com by the first of the month preceding the publishing date.



FROM THE DESK

Recently, while catching up with a longtime friend, we slipped into a lengthy discussion about where we are and how we're doing. This quickly fell into a more philosophical discussion than our usual, how are the kids and will you be traveling this year?

It was a long lunch and the question that we repeatedly came back to was whether we are doing what we're supposed to be doing. Did we in the past? And are we now? And according to whose barometer -- the world, our friends, ourselves, our long-gone parents? Who's judging? And if they are, by what parameters? Do we care?

By digging into this hefty topic, were we just looking for trouble? At this age shouldn't we just be allowed to sit back and enjoy all that we've accomplished and in some cases all that we've contributed to the world?

Over our main course -- the predictable salads -- we decided this wasn't the time to sit back and enjoy all that had gone on in our lives during the past decades. It didn't take much to come to the conclusion that there wasn't a better time to use all that we'd learned. And *all* was the operative word, because between us a few amazing things had been accomplished, not the least of which was the launching of successful kids. But in addition there were a couple of small businesses created, time squeezed out to complete educations, the gaining of knowledge through travel, books written, enjoyment of interesting friendships and involvement in community activities.

We reviewed the past years and wondered where the tenacity, strength, will power, persistence and time had come from? How'd we do it and were lessons learned? If lessons were learned and skills were acquired, why weren't we using them now? Or, were we using them?

But back to the central question: Are we where we're supposed to be? And why are we here? Not by physical location necessarily, but were we now doing what we were meant to do and did it matter? We did settle on a conclusion. As much as I'd like to add it was a firm, nonnegotiable conclusion, there was wiggle room for corrections and other ideas. (And apologies to those who wear the collar who will no doubt view this as an oversimplification of one of life's mysteries).

It was over dessert. Yes, we did have dessert, a treat we felt we deserved as a reward for behaving with salads. If we were and had been moving forward at our *highest potential*, if there was a *passion* for what we were doing, if *satisfaction* was achieved from a task or vocation well done, and if we felt there was a *purpose* to our efforts and that we were making a *contribution*, then we were doing what we were supposed to be doing. We were where we should be.

No doubt you've noticed that there are more question marks than absolutes in this commentary, which speaks volumes. For now, though, we have decided we are where we're supposed to be, doing what we should be doing and interestingly -- finding it very satisfying. Maybe we could say that where we are at the moment is sorta like the whipped cream we ordered to top off our dessert. A scrumptious and well-deserved ending.

Swimming in Mussolini's Pool

SHARING VETERANS' LORE WITH STORYCORPS

By Elyzabeth Marcussen

Charles Dixon, 96, sat patiently as ABC2News digital content producer Andrea Boston attached a microphone to his shirt and set her camera on a tripod pointed in his direction. Dixon was in his Linthicum home of 60 years, his daughter Celia and son Charlie, looking on with pride. This was a good place to be. A 30-minute delay was a blip in time compared to his service in the Army's 1st Armored Division's 91st Field Artillery Battalion for much of World War II.

Boston flicked on the camera and asked Dixon to tell his story. He began in 1941 when his one-year draft assignment became three and one-half years of dodging artillery, battling Rommel's Army in Tunisia, gutting out a Winter in Anzio, Italy, in an encampment dug into the ground, and moving up a highway through a series of towns in western Italy following the invasion of Normandy.

He ticked off bombings and battle moments as if checking off a shopping list. His voice warmed as he reminisced about traveling the Italian countryside and seeing the sights. He went to Rome where he met the pope (but couldn't remember which one was in at that time), swam in Mussolini's pool, saw the Italian dictator and his girlfriend hanging from their heels at a service station in Milan and set up an impromptu bar in a Novara kindergarten stocked with beer and cognac he bought in town and sold to the troops who had come to rest on their journey.

The storytelling got more difficult when he began to recount the day in 1945 when he arrived at a rest stop in a train station at Lake Como on the border of Italy and Switzerland. "A man came up and said, 'Dixon.' And I said, 'Yeah.' And he said, 'You're going home.'"

Holding back tears, he swallowed and said: "You'll have to excuse me, but I lost my mother over there, she died while I was there."

The room was quiet, affording him the dignity to share his story. Moments like these are becoming rarer as our World War II veterans reach the end of their long and storied lives. That is why Hospice of the Chesapeake tagged along with Boston so that they could record his tale to share with StoryCorps.

The National Hospice and Palliative Care Organization's We Honor Veterans team has partnered with StoryCorps to launch a pilot program to record, preserve and share the stories of America's veterans and their families. "StoryCorps is an amazing oral history project that has collected interviews from participants of all backgrounds into the largest single collection of human voices ever gathered," said Katherine Kemp, NHPCO access specialist. "They have recently released an app that makes interviewing, recording and sharing easier than ever and we thought this would be a perfect opportunity for our partners to gather stories from veterans, their families, caregivers and anyone who has a story to tell."

As a partner, Hospice of the Chesapeake is working to record stories like Dixon's to share via StoryCorps on the We Honor Veterans community page (<https://storycorps.me/communities/we-honor-veterans>). The stories may even be archived at the American Folklife Center's Veterans History Project at the Library of Congress.

That's important since with today's technology, there is no reason why anyone's story can't be told and shared for generations. Veterans like Dixon, who gave the world more than three years of his life overseas to defeat Hitler and Mussolini, deserve as much. Using your smart phone, audio or video device to spend 45 minutes listening to amazing tales of human spirit and history is an amazing way to thank them for their service and make sure theirs is a legacy that will be heard long after we are gone. You can hear Dixon's story at <https://storycorps.me/interviews/you-laughed-a-lot-and-you-cried-a-lot-hospice-of-the-chesapeake-patient-charles-dixon-96-talks-about-his-years-in-the-army-in-wwii/>

If you're interested in recording your story or the story of another veteran, email Elyzabeth Marcussen at emarcussen@hospicechesapeake.org

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

Don't Miss A Single Issue!
Subscribe Now!

Send To: _____

Address: _____

City: _____ State: _____ ZIP Code: _____

Email: _____

1 year (6 issues \$24.95)

2 years (12 issues \$38.95)

3 years (18 issues \$52.95)

Please enclose your check made out to:

OutLook by the Bay LLC, 210 Legion Ave #6805, Annapolis, MD 21401



FUN WAYS to get through THE WINTER MONTHS

By Leah Lancione

Winter: The days are shorter, it gets dark earlier and it's colder. On top of that, the holidays are over, which is always a little sad, and it'll be months until Summertime. All of this combined with the fact that the weather forces everyone indoors most of the time, it can be depressing. If you find yourself experiencing the "Winter blues" there are a few things you can do to perk yourself up.

HAVE A MOVIE MARATHON

Since the Winter blues may make you feel less motivated to do anything productive, take advantage of being stuck indoors and have a movie or TV marathon. Purchase "I Love Lucy: The Complete Series" for \$45 on Amazon.com or choose a show on Netflix to binge-watch like "The Wonder Years," "Lost" or "Mad Men." Make it a true movie-TV marathon by popping some popcorn!

BAKE COMFORT FOODS

Think, baked cinnamon rolls, breakfast casseroles, chili, homemade soup and sandwiches, baked macaroni and cheese, hearty Winter salads or vegetable stew. And, don't feel bad if you're craving more dense, rich and comforting foods — you are not alone. *Shape* magazine "diet doctor" Mike Roussell says, "Seasonal changes in food cravings are a good example of the tight link between food and our hormones and emotions." So, as long as you haven't completely scrapped your healthy diet, an occasional splurge here and there isn't a sign you're suffering from seasonal affective disorder (SAD).

COMPLETE A BIG JIGSAW PUZZLE

Puzzles aren't just for little kids. In fact, Social Psychiatry Blog explains why certain activities like crossword puzzles and jigsaw puzzles exercise your brain and make you less likely to experience memory loss, dementia and even Alzheimer's disease.

"The brain produces a chemical known as dopamine that is chiefly responsible for learning and memory. The production of this chemical increases in the brain at the time when it is engaged in solving the jigsaw puzzle." Set one up on a card table and do a few pieces whenever passing by. Jigsawjunkies.com provides a detailed 2016 list of its top picks for puzzles, ranging from Ravensburger, Jumbo and Falcon to Springbok, New York Puzzle Company and White Mountain.

TAKE ADVANTAGE OF POST-HOLIDAY SALES AND SHOP ONLINE IN YOUR PJs

If you're not completely shopped out, you can take advantage of after-Christmas sales and buy birthday, Valentine's and anniversary presents early. Sit back in your pajamas and slippers and let your fingers do the work. Enjoy not having to fight the crowds, stand in lines or even having to get dressed.

PLAN A SUPER BOWL PARTY

If you're feeling lonely or miss having your friends and family over, consider planning a Super Bowl Party. This year, Super Bowl LI will be held on Feb. 5. Any large retail supermarket will carry team-themed plates, cups and whatever else you need to serve guests. Ask guests to dress up in their favorite team apparel or even bring a dish from one of the cities representing the two teams.

INVITE FAMILY AND FRIENDS OVER FOR BRUNCH

If the Super Bowl isn't your thing and the idea of watching a football game for four hours sounds tedious, how about inviting friends and family over to a Sunday brunch. It can be potluck style or you can showcase your culinary expertise.

Did you accomplish all that you set out to do today? If not, why not?

VOLUNTEER FROM HOME

There are countless nonprofits and charities that need help and you don't have to venture out to chip in. You can do mailings, provide social media support, perform communication tasks, or any other of the virtual volunteer tasks listed on sites like Volunteermatch.org or Crisistextline.org where you can sign up to be trained to serve as a crisis counselor at your laptop. You can make a difference right from your desk or favorite comfy chair!

GO THROUGH YOUR HOME FOR ITEMS TO DONATE

Even though going through the house looking for items you can donate to a charity may seem tiresome, just think of the good these items will do for people in need. Organizations like Goodwill, Salvation Army, Disabled American Veterans, DC Coalition for the Homeless, Habitat for Humanity (gently-used tools) or even Chesapeake Treasures (Hospice of the Chesapeake's resale-consignment shop in Severna Park), all welcome like-new items! Not to mention, your home will be less cluttered and you'll have a jump-start on Spring cleaning!

START A "FINER THINGS CLUB"

Take a cue from the late great popular television series "The Office," and start a "Finer Things Club" with a few close friends

or family members. Once a month, or even once a week if you so choose, invite folks over for lunch, use only fine china, have classical or jazz music playing, and pick a topic to discuss from art, literature, music or culture.

REARRANGE YOUR FURNITURE

Decide if you want to re-create rooms to be serene for relaxation or stimulating for socialization. HGTV.com encourages homeowners to become artists when they design and decorate their living spaces. HGTV experts say, "Look at your space as a painter looks at a work of art. There are visual tricks that painters use to create the appearance of depth in a space." Have fun researching design tips to play with your existing pieces of furniture, artwork and photos.

Though Winter can last longer than the expected three months, take heart in knowing that you are only limited by your own imagination. You don't have to stare out the window and wait for Spring. Do whatever brings you joy on these cold and sometimes unbearable long days. Playwright Anton Checkov famously declared, "People don't notice whether it's Winter or Summer when they're happy."

Peace, hope and comfort

Caring for life throughout the journey with illness and loss is the mission of Hospice of the Chesapeake. We are here for you through every season.


www.hospicechesapeake.org 410.987.2003

We understand that making hospice decisions can be overwhelming and confusing to patients and their families. Our care team is here to help.

CHART YOUR COURSE: A LEGAL NAVIGATION GUIDE

WHAT IS ELDER LAW?

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 an estate planning and elder law attorney, I often get asked what the difference is between these two types of law. Many of my clients think the only difference is one's age – if you are 65 or older, it is called elder law and if you are younger than 65, it is called estate planning. Although most of my elder law clients tend to be older, the real difference is the focus of the representation.

Generally, the focus of estate planning is to make sure you have legal documents in place that provide the following: (1) the ability to control your property while you are alive and able, (2) planning for you and your loved ones should you become disabled, and (3) after you die, making sure your assets go to the people you love without unnecessary cost or delay. Usually, these documents include financial and health care powers of attorney, advance directives or living wills, last will and testaments and perhaps, trusts.

Moreover, estate planners may focus on reducing one's tax liability at death and ensuring that one's beneficiaries pay as little as possible to Uncle Sam. In that regard, the financial power of attorney usually will have a provision to allow the named agent to give away your assets so at death, your gross estate is below the taxable limit. Similarly, an estate planner may advise a person to set up a revocable living trust in order to avoid probate and its associated costs.

But what if you suffer a sudden illness or injury, or are diagnosed with a disease that affects your mental capacity and you need the money for your long-term care? If you have made provisions to give your money to a family member or anyone else, it may be gone. Worse still, if you try to apply for Medicaid to help pay for your long-term care, you may be placed

under penalty because you gave away all your assets and you may be ineligible for benefits for a period of time. Or, if you have a revocable living trust and you transferred your house to it in order to avoid probate and now you apply for Medicaid, your house will be counted as an asset and will have to be sold and the proceeds spent down before you will be eligible for benefits.

This is where an elder law attorney can help. Elder law focuses on long-term care planning and how to pay for it. For those of you who read my column regularly, you know that long-term care is required when an individual is unable to perform the basic activities of daily living such as bathing, dressing, eating, using the toilet, walking and transferring, for a period exceeding 30 days. Long-term care can include home care, adult day care, respite care and assisted living or nursing home services. And, in this area, those types of costs can be daunting. Most people simply cannot afford to pay more than \$100,000 a year.

Depending on one's medical condition, one might require long-term care, but be under the age of 65. For example, if you have a child or a younger adult who is disabled and requires long-term care, you would most likely want to consult an elder law attorney to determine what, if any, benefits are available to help pay for that care even though the disabled person may not be elderly.

An elder law attorney not only is able to advise a client about public benefits, including Medicaid and veterans benefits, that may be available to help pay for long-term care, but is also able to assist with the qualification and application process. As part of this process, elder law attorneys often try to preserve a client's assets from the high costs of long-term care. This is especially true if there is a dependent spouse or child at home, or if the individual does not have long-term care insurance to help pay those costs.

Finally, elder law also encompasses special needs planning. Elder law attorneys are well-versed in the different types of special needs trusts that may be available to a disabled individual and can advise which option is the best for a particular client. So, elder law is not just for the elderly.

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



HOW GOOD IS THE QUALITY OF THE AIR YOU BREATHE?

By Kater Leatherman

Anxious? Stressed out? Feeling tired? Take a breath.

Deep breathing is one of the master keys to good health. Considered the bridge between the body and mind, it increases circulation, helps digestion and improves sleep. It also oxygenates the blood and allows for better concentration. Breathing, when conscious, is the gateway to the present moment. All good.

But what about the quality of air that you inhale? According the World Health Organization, roughly nine out of 10 people live in or near areas with excessive air pollution. Resulting medical conditions include premature deaths, lung cancer and altered brain function. Procter & Gamble recently released a report that polluted air can contain more than 200 chemicals that age the skin.

While you might feel powerless to do anything about this, there are some things you can do. Here are five tips for improving the quality of air that you breath:

1. Get out in nature and take in some fresh air, away from traffic, and do it every day if possible.
2. Invest in a good-quality ionic air purifier for your home. Air out your rooms and sleep with your bedroom windows cracked, even in the Winter. Moving air is best so, during the warmer months, turn the thermostat up on the air conditioner and supplement with ceiling fans.
3. Use an ionic air purifier that plugs into your car cigarette lighter. For air travel, purchase a lightweight, battery-operated purifier that can be hung around the neck. To order, go to www.weinproducts.com
4. There are six houseplants that, as soon as you bring them home, will begin to filter household air of harmful gases like carbon dioxide, carbon monoxide and formaldehyde. You can also use them in your office since chemicals in modern building materials can cause itchy, burning eyes, headaches and scratchy throats. They are

dieffenbachia Camille, schefflera, white butterfly plant, peace lily, English ivy and tree philodendron.

5. Avoid buying anything that smells toxic such as synthetic fragrances in laundry products and those plug-in air fresheners that unfortunately, emit 20 different volatile chemicals into the air. Test your home for radon, which is the second leading cause of lung cancer in the U.S. today. If you cook with gas, turn on your exhaust fan in your kitchen. Even small amounts of carbon monoxide are dangerous because it binds to hemoglobin (the molecule that carries oxygen in our blood) much faster than oxygen, resulting in headaches, nausea and drowsiness.

Kater teaches yoga and is the author of three books. Visit her website at www.katerleatherman.com or email katerleatherman@gmail.com

Escape the winter doldrums
Visit Queen Anne's County!

MARYLAND'S GATEWAY TO THE EASTERN SHORE.

STEVENSVILLE. KENT NARROWS. QUEENSTOWN. CENTREVILLE.

Waterfront dining, romantic accommodations,
charming small towns.

MARYLAND
VisitMaryland.org

410.604.2100
visitQueenAnnes.com

QUEEN ANNE'S COUNTY
MARYLAND

WINTER GREEN

By Neil Moran

With all the travel, food and fun of the holidays finally behind us, perhaps we can turn our attention to our houseplants. January is a good time to take stock of the plants we have inside. Is it time for some changes? Is your dumb cane drooping? Is the spider plant that you were once so excited about getting to be old hat? If you can bear the thought, this might be the time to relegate some of your golden oldies to the compost pile and look for some new plants to get your blood flowing and lift your spirits again. New shipments of houseplants should arrive any day now in the stores and nurseries around the Bay area.

How about the rest of your houseplants? If you spent more time on the boat than inside taking care of your houseplants this past Summer, it might be starting to show in the form of yellow leaves and crusty soil. A little TLC will whip them back into shape. Start by checking the surface soil around the inside edge of the pots for signs of a white residue, which is a salt deposit from regular fertilizing with inorganic plant foods. You can either flush the salt through with warm water (the kitchen sink is a good place for this job), or repot the plant. Plants should be repotted at least once per year.

Replace old potting soil with a good quality houseplant potting mix. I really like the Scotts and Peters brands of potting mix. These two are moist to the touch right out of the bag and hold water quite well. While you're at it, you may need to graduate your houseplant to a larger pot. It is necessary to move a plant to a larger pot only if it is severely root bound; then, only move up to a pot that is the next immediate size (about two inches wider). Untangle any girdling roots and clip dangling roots that won't fit into the new pot. Make sure all of your pots have good drainage.

How about the bugs? If you brought your houseplants in from outside without inspecting them first for bugs, you should have your antenna checked. The great outdoors is a great place for bugs, and a great place for bugs to congregate is on plants, unless you're a deer tick! They'll love

you even more when you share your warm, cozy house with them, so much so that they'll breed like crazy so they can share the bounty with their offspring.

Insects to watch out for on houseplants include the tiny pale green to brown aphids, which like to cling to the stems and under the leaves of plants. Also look for spider mites (the webbing is a dead giveaway) and whiteflies, which are no relation to the housefly. Another critter that likes to hang out around houseplants is the fungus gnat, which will burrow into the potting mix. They don't cause much damage, but can be a nuisance, especially when a special guest bends over to get a close-up of your beautiful houseplants only to have a gnat dive bomb their nose! Control gnats by shallow cultivating with a plastic fork around the base of the plant. A nontoxic insecticide with the main ingredient pyrethrin will eliminate all of the above mentioned insects. Apply this two to three times per week until the insects are under control.

To feed or not to feed? Many of the books say to quit feeding houseplants in the Winter, but I believe a half serving of a plant food, such as Miracle Grow or Peters Plant Food, about every two weeks will help keep your plants green and disease-free.

Speaking of Winter, be careful not to position your houseplants so close to the windows that the leaves touch the glass. Ouch! This can mean frost burn when the mercury dips. Also, make sure that the window you're using to provide life-giving photosynthesis to your plants is free of drafts. A cold, drafty window will contribute to the demise of your cherished houseplants in a hurry.

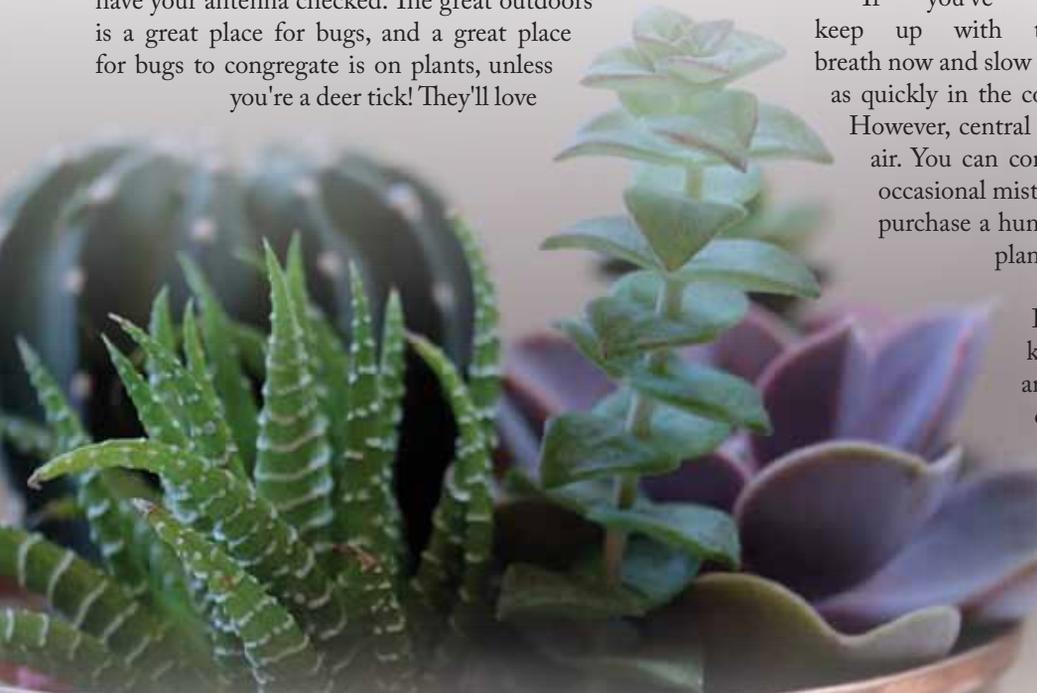
I've got a thermometer by my bay window, as this is the first time I've grown plants in this location. I monitor it regularly and try to keep the temperature at 68 degrees, which is about right for most houseplants during the Winter months.

If you've been hustling all Summer to keep up with the watering, you can catch your breath now and slow down a bit. Plants don't dry out, or transpire as quickly in the cooler temperatures of late Fall and Winter. However, central heating may suck the humidity out of the air. You can compensate for this by giving your plants an occasional misting with room temperature water or you can purchase a humidifier and point it in the direction of your plants.

Finally, remember the first knuckle rule: If the potting mix feels moist up to the first knuckle, then don't water. Overwatering and underwatering are the biggest threats to otherwise healthy houseplants.

Once your houseplants are in good shape you can look forward to the Spring catalogs.

Neil, who is a horticulturist and garden writer, blogs at www.northcountrygardening.com



A Yarn for Others

By Penelope Folsom

Do you have extra time on your hands now that all the holiday hoopla has been packed away? Are you a knitter or a crochet aficionado? Many boomers learned the skill while quite young and still enjoy pulling out their needles during quiet times. And most will agree, there isn't a better pastime to be involved with while tuned in to the latest episode of "Poldark" or "Doc Martin." Or even when traveling as a passenger in a car, plane or train.

If your needles have cooled and you haven't created anything for a while, maybe during these cold Winter months you'd enjoy resurrecting that old skill. And if you haven't been yarn shopping

in awhile, you may be pleasantly surprised by the variety of yarns now offered, many very reasonably priced.

Patterns are everywhere and many are free. Start by going online to www.Ravelry.com and log in and they'll provide endless ideas with free detailed instructions for your next project. Pinterest.com also features many patterns. Simply log on and type in *free knitting patterns*.

While pulling out those unused skeins of yarn, give some thought to knitting some hats for kids in faraway countries who don't have such luxury. A starting place to send mittens and hats to those in need overseas is www.knitting4peace.org. Then, if you would be interested in knitting sweaters or hats for mariners who are far out to sea during these long Winter months, log onto <http://cas.seamenschurch.org/christmas-at-sea> located in Port Newark, N.J. Both sites will provide free patterns. When completed, put them in a large envelope and ship them off to the address provided.

So it's time to get those needles out and warmed up again while having some fun creating your own color schemes and even your own patterns. Your efforts will pay off by keeping your fingers warm and then helping to keep someone else warm through these cold Winter days.

Always Connected



At Collington, we're connected to nature...and to the warmth that lives here all year round.

We believe retirement should be a time to enjoy cherished traditions and new experiences, exciting possibilities and quiet relaxation—plus so much more. That's why we offer retirement living that combines easy access to entertainment, arts and culture, myriad lifelong learning opportunities, wellness programs—and a maintenance-free lifestyle that lets you enjoy it all.

Visit us online or call to learn more.

Collington.Kendal.org

301-893-7049

A Not-for-Profit Continuing Care Retirement Community

10450 Lottsford Rd., Mitchellville, MD 20721

Collington
A KENDAL AFFILIATE
Together, transforming the experience of aging.®

TO PULL THE PLUG OR NOT: Reasons for Ditching the Boob Tube

By Leah Lancione

What? Get rid of the television? To some, getting rid of TV would be akin to pulling the pacifier out of a baby's mouth. Though TV can be a useful tool for education and entertainment, it can also be viewed as robbing people of time better spent. Since time is fleeting and something we all want more of, we might consider pushing aside activities that steal precious moments. Beloved children's book author Theodor Seuss Geisel so aptly expressed our collective feeling on the passage of time when he asked, "How did it get so late so soon?" At the end of our lives, I guarantee we won't be pining away for just one more TV program or soap opera, but rather more time with loved ones.

Joshua Fields Millburn and Ryan Nicodemus, known as "The Minimalists" to the millions of folks who read their books, listen to their podcasts or follow them on social media, created a list of reasons they ditched their TV over five years ago. They declare on their website (www.theminimalists.com/tv/), "It's liberating not to have a TV. Television sucks the life out of our lives. It takes our money, our time, our attention, our awareness, our freedom, our relationships and our creativity." Here are some reasons that may help you decide if dumping the TV (or at least cutting back significantly) is for you:

TIME

"TV viewing robs us of our most precious asset: our time. Even with the internet, the average person watches more than five hours of television a day." The Minimalists recommend instead reclaiming this time and instead doing the things you love. For example, play more golf, join a bowling league, take art classes, write your memoir or spend more time outdoors. Not to mention, if you spend more time with people, your relationships will undoubtedly improve.

MONEY

The Minimalists site the overwhelming monetary costs associated with television viewing that include the TV itself, the monthly cable or satellite bills and all the extra fees for cable boxes, DVRs, HD service, premium channels, etc. Just think of the money you'll save each month just by pulling the plug on cable. *U.S.*

News & World Report (<http://money.usnews.com>) says the average monthly cable bill is just under \$125. Save that every month and by the end of the year you'd have a hefty vacation fund.

ATTENTION

If you've ever tried to write a letter, study for a test, read a book or engage in a meaningful conversation while watching TV you know it's like a vacuum and sucks up most of the attention. The Minimalists say that although we think we're multitasking, we're not. "TV distracts us from our tasks, which causes us to either: a) take more time to complete the task, or b) it reduces the quality of what we're working on." As TV controls your attention, often your awareness of what's going on around you is blocked out, causing relationships to suffer.

CREATIVITY

The Minimalists claim, "If we are constantly consuming, then we are not creating." Again, instead of contributing something to others or growing as a person, chronic TV watchers often withdraw from real life only to passively watch the simulated version of it on TV. There are countless studies on the effects of TV watching and whether it actually diminishes children's ability to use their imagination. Studies or not, it's a simple fact that if you're sitting in front of a TV, you're obviously not engaging in some type of creative activity.

PSYCHOLOGICAL BENEFITS

The Association for Natural Psychology says that without television and seeing fewer movies, you can achieve better emotional and psychological stability. "It can be a major factor in overcoming numerous

Bay Bytes

If you'd like to start investigating possibilities for Summer employment, log onto www.coolworks.com/older-bolder/ or www.summerjobfinder.com/members/retirees/ Both offer a wide choice of different seasonal possibilities.

mental health disorders, including depression.” The association cites the “roller coaster ride” the artificial stimulation of TV takes our brain on—often resulting in depression or mania.

Research has also shown there is a direct correlation between time spent watching TV and irritable moods. Television can provide an escape from everyday problems, but long-term this escapism prevents one from engaging in needed self-reflection, one study concluded.

So, if pulling the plug all together seems too drastic, why not first try giving yourself a week or a month-long mental vacation from

TV and see if the outcome is more creativity, more time to reflect, more quality time with loved ones, more focused attention on things that matter, a heightened awareness of life and the needs of people around you. More simply, you have more time to be an active, not passive, participant in life.

Leah is no longer a chronic TV watcher. Though she's always preferred a good book to a television program, through the years she got more and more drawn into long-running series like "Lost," "The Office" and "Friends." After having children, she realized the importance of limiting time in front of the screen.

After years of trying to get her husband to ditch the television, he compromised and pulled the plug on the cable. So, though Leah's home is not completely free from TV, by just getting rid of cable there's been a marked difference in the amount of time her family sits in front of the screen mindlessly watching anything remotely entertaining. Now there's a lot more time spent playing real games or drawing, reading and being outside. Next target: Getting her husband to stop watching football. Stay tuned!

Bay Bytes

To give your home that lived-in look while you're out of town, consider purchasing a programmable device that mimics the light from a TV screen. Log onto FakeTV.com for ordering information.



Happy New Year!

Dentistry is our passion.
We proudly provide the highest quality dental care
for routine and complex treatments as well as
exceptional service to our patients.
New patients are always welcome!

– Dr. Joe Passaro & Dr. Woody Wooddell

3102 Davidsonville Road | Davidsonville, MD 21035

410.956.5555 | www.wpdentalgroup.com

WOODDELL & PASSARO
Restorative and Esthetic Dentistry

Read our article “Are Your Teeth Sensitive to Salty Foods?” in this edition of OutLook!

LET THERE BE LIGHT

By Victoria Duncan

Alice recognized that the Winter

Gloomies were back. She remembered feeling this way every year after the Christmas tree came down and when she was faced with the five or so extra pounds on the bathroom scales. The post-holiday bills waited on her desk and the weather reflected her outlook: grim and gray. Short of booking an extended trip to Florida, she wondered what she could do to perk herself up.

Our friend Alice has lots of company. When the days are short and sunlight is in limited supply, millions of Americans (mostly women) are estimated to be afflicted with similar feelings of apathy, lack of energy and cravings for carbohydrates. If you're one of those who regularly feels down during the Winter, you could be experiencing a mood disorder known as SAD, or seasonal affective disorder.

If you think these feelings are all in your head, you're right, but maybe not in the way that you think. Deep within your brain, hormonal changes occur in response to certain times of the year. Experts have found that we produce less serotonin, a major feel-good neurotransmitter, when we are exposed to the reduced amount of natural sunlight in the colder and darker seasons of the year. Lower serotonin can lead to feelings of depression, fatigue, increased appetite, difficulty in concentration and weight gain. Some folks only experience mild irritability and lethargy, while others suffer from debilitating symptoms that interfere with their personal relationships and their jobs.

The first line of attack must be to obtain a correct diagnosis. If you think you are suffering from SAD, check with your medical

doctor to rule out other physical problems or some other form of depression. A correct diagnosis is essential to finding the right treatment, which may include dietary adjustments, exercise, medication or counseling.

Treatment could be as simple as turning on a light! Light therapy, the primary treatment for SAD, is prescribed in one of two ways. In dawn simulation, a special type of light comes on when you are still asleep and gradually becomes brighter.

Traditional light box therapy, proven to be more effective than dawn simulation, involves sitting in front of a light for a specific amount of time, usually 30 minutes daily. Commercially available light boxes usually providing 10,000 lux (a measurement of light intensity), must be used for effective treatment and may be covered by insurance plans. Based upon your symptoms, your physician will recommend the best time of day and amount of time for treatments. This treatment, which must be daily during the darker months, is easily accomplished while eating breakfast or reading the newspaper. Because light therapy works by stimulating your brain to produce more serotonin, most people will experience increased feelings of well-being in a short time, between a couple of days and two weeks.

So, let there be light! Instead of heading for that chocolate bar, turn on the light – a specialized light, that is – to perk yourself up on those gloomy days of Winter. Even if you don't suffer from SAD, get outside on a crisp sunny day for a brisk walk. It will boost your mood, cut down on your carb cravings and make your Winter much more enjoyable.

INSTEAD OF HEADING FOR THAT CHOCOLATE BAR, TURN ON THE LIGHT -

Cautions: Consult your doctor for an accurate diagnosis and effective treatment plan. Light therapy may be inappropriate for those with certain eye problems or those taking medications that produce light sensitivity,

While light therapy is generally safe, side effects may include headache, eyestrain and nausea.

Avoid full-spectrum, ultraviolet or tanning lights.

Vicki is a licensed professional counselor and can be reached at Victoria2Write@aol.com



Valentine's Day: SHARE THE LOVE

By Penelope Folsom

Do you know of a caregiver who is involved in the nearly round-the-clock care of a loved one? Here are our favorite suggestions for an unexpected Valentine's Day treat:

- Deliver a meal, either homemade or one purchased locally.
- Offer to give the caretaker an afternoon off and take over duties. Bring something along that may interest the patient such as a puzzle, crossword or book.
- Give them a birdfeeder and set it up outside a window where it can best be viewed.
- Help set up their electronics, either by downloading helpful apps to their device or assisting with how to stream TV shows.
- Deliver a basket of goodies filled with various nibbles, crossword puzzles, magazines, books, chocolates or their favorite music on a CD. Even a DVD if they have the

equipment to enjoy it.

- Buy them a gift certificate for a meal delivery.
- Arrange for the local library to mail material, at no cost to the recipient, including books (large-print versions available), magazines, CDs, DVDs and audiobooks. Remember that interlibrary loans are available. In Anne Arundel County call 410.222.6270 for information.
- Hire a cleaning lady for them for an afternoon.
- Take the caregiver out to lunch and provide a companion to stay with the shut-in.
- Purchase a six-month subscription to Netflix to have DVDs delivered to their home.

Perhaps what would be most appreciated is a few hours of your company over a cup of coffee and a few bakery treats, when there'd be time for a long chat.

DISCOVER YOUR BEST SELF.



Ginger Cove, the Annapolis area's premier life-care retirement community, offers unlimited ways to spend today with peace of mind about tomorrow. Avail yourself of art lectures, classes in the state-of-the-art Wellness Center, and evening drinks at the Bugeye Bar. Or hop on the shuttle for trips to museums or concerts. When you discover Ginger Cove, you've found the place you were looking for all along.

We invite you to tour our community, explore our amenities, and talk with our residents. To discover Ginger Cove, please call Joan Williams at 410-224-8141.



4000 River Crescent Drive, Annapolis, MD
gingercove.com



At 55 or 100, Senior Centers Offer Variety

By Martha Thorn

For seniors, age 55 and over, the seven senior centers operated by the Anne Arundel County Department of Aging and Disabilities, are the places to be. Membership is free and when seniors join one center, they've joined them all.

Each senior center is different. Together, they provide active seniors with plenty of choices for trips, workshops, activities, entertainment, volunteer opportunities, intergenerational events, exercise and participation in special groups, games and classes.

Some seniors, especially the younger ones who are still working, wonder about the benefits of joining the senior centers. After all, many work during the hours that the centers are open: Monday through Friday, 8:30 a.m. to 4 p.m.

"Why should we join?" they ask. The answer: "Trips." Everyone needs to take a vacation or a short break from work. In the past, the seniors have taken trips to Switzerland and Ireland. In 2017 they've planned a cruise along the Eastern Seaboard that will include stops in Charleston, Orlando and Miami and will culminate in the Bahamas with stops in Nassau and Cococay. Day trips are also planned to such places as the Kennedy Center, tearooms and dinner theaters. Some trips in 2017 occur on Saturdays. A complete list of trips will be out before January.

Another reason to join is the workshops. Some workshops help seniors prepare for retirement. Others help them develop healthy lifestyles. Still others help with estate and financial planning. AARP offers driver safety classes at the centers. In some cases insurance companies give seniors discounts after they complete the classes.

Intergenerational events help seniors bond with grandchildren, great-grandchildren and their friends.

As seniors age and retire, they continue to enjoy the trips, workshops and intergenerational events, but they may also find more time to take classes and volunteer. Working out and taking exercise classes like aerobics, tai chi, Pilates, Zumba, chair exercises, strength training and yoga become more important. Mind alertness classes become more popular and seniors challenge themselves to keep up with current events, learn foreign languages and how to use computers, including iPads and iPhones. They test their creativity with ceramics, oil painting, watercolors, pastels, portrait painting and art education. Music education, writing, wine education and dancing are also among the many courses that they take at the centers.

Socialization becomes more important and they may sign up in advance to eat lunches at the center, attend more parties and musical programs and play more games like bingo, Scrabble, bridge and card games. Transportation becomes critical. As they stop driving, seniors sign up for transportation to the centers, shopping excursions and medical appointments.

When seniors experience life-changing events like loss of a spouse or loss of health, friends at the centers provide support. Those friendships provide the motivation and inspiration to meet life's challenges and to keep moving. Friends are there to help make the transitions to the "new normal." Another program, Senior Center Plus, provides specialized activities for seniors needing help to participate independently at the center.

No matter where you are on the senior continuum, just turning 55 or pushing 100 (or over), the senior centers have something to offer you. Whether you're still working, newly retired or a long-time retiree, you can make friends, improve your health and challenge yourself mentally and physically.

Check out the senior center nearest to you, or even one further afield, for a list of activities. For more information, call the Anne Arundel County Department of Aging and Disabilities at 410.222.4257, or visit the website at www.aacounty.org/departments/aging-and-disabilities/

Martha retired in 2007 after working for 30 years in the Naval Academy Public Affairs Office. She now volunteers at St. Anne's Episcopal Church and the Annapolis Senior Activity Center. She can be reached at marthathorn@gmail.com

Senior activity centers located within Anne Arundel County:

- Annapolis: Wiley H. Bates Heritage Park, 119 South Villa Avenue, Annapolis. Contact at 410.222.1818 or annapoliscenter@aacounty.org
- Arnold: 44 Church Road, Arnold 410.222.1922. Contact at ArnoldCenter@aacounty.org
- Brooklyn Park: 202 Hammonds Lane, Baltimore. 410.222.6847 Contact at bpcenter@aacounty.org
- O'Malley: 1275 Odenton Road, Odenton. Contact at 410.222.6227 or 301.621.9515 and omalleycenter@aacounty.org
- O'Malley Annex: 1270 Odenton Road, Odenton. Contact at 410.222.0140
- Pasadena: 4103 Mountain Road, Pasadena. Contact at 410.222.0030 or pasadenacenter@aacounty.org
- Pascal: 125 Dorsey Road, Glen Burnie. Contact at 410.222.6680 or pascalcenter@aacounty.org
- South County: 27 Stepneys Lane, Edgewater. Contact at 410.222.1927 or southcenter@aacounty.org

Each center is different, but each, to some extent, provides the following services for seniors: continuing education, social, recreation, health and physical fitness, nutrition, transportation and volunteer opportunities. All centers are nutrition sites providing meals on a regular basis for seniors.

If you live outside of Anne Arundel County, see <http://aging.maryland.gov/Documents/AAADirectoryOct2016.pdf> to find contact information for Maryland's other area agencies on aging.

Return of the Boomerang Adult

Kathryn Marchi

Many articles have been written about how the Great Recession of 2007-2010 was responsible for forcing young adult children back to the family home after failing on their own in the real world. The name "Boomerang Kids" was given to them. To be sure, it was a tough time: lack of jobs, inflated housing costs, excessive student loans and credit card debt. Some worked their way out but others languished, frustrating themselves and their parents. According to the Pew Research Center in 2016, 19 percent of the population in the United States had moved back into the family home, creating what we now call "multigenerational living."

Multigenerational living, defined as two or more adult generations living under the same roof, is not a new concept. Parents, their grown children and other family members have lived together in one dwelling in both Western and Eastern cultures. But in the United States, this trend changed after World War II when rising affluence and a mobile society concentrated on building their own nuclear families. It was understood that grown children cut the "silver cord" and moved out into homes of their own. Their parents either decided to "age in place" or downsize to a simpler, more manageable living space. Much thought was given to a one-floor arrangement with an extra room for a possible live-in helper. After all, due to great strides in medical science, folks were living longer, although age-related health changes were inevitable.

Now we have another interesting phenomenon. It is being reported that the Generation X adults (those born between 1960 to mid 1970s) are now returning to their parents' homes. How could this happen? We thought all was well and that by this time they would be in synch with the world order. These are not kids, they are mature adults. Their reasons, however, are not at all trivial: divorce, illness, job loss, financial ruin or life style changes. It can happen to anyone...

This latest trend may not be such a bad thing after all. It may be the best "multigenerational living" arrangement you will find. Families that I have spoken to about this are happy to share their experiences:

A job loss brought a man home temporarily, but when one elderly parent became ill it was apparent the son could stay in order to help with the home chores, shopping, pet care and maintenance. He provided a much-needed sense of security and assistance. That extra room was very handy.

Another family with small children came home to live temporarily during a home building project. The young couple took over the cooking and yard work and the grandparents delighted in getting to know their grandchildren even better.

One woman developed an illness and had to relocate to an area where treatment could be obtained. It just happened that her parents lived nearby and had that "room" available. She moved into the family home, found suitable employment, and is receiving her treatments. This arrangement provides double security for all concerned.

Family members aren't the only ones participating in multigenerational living. One widow who chose to "age in place" had an empty apartment over her garage. It happened that a middle-aged man needed a place to live so she offered him the space at a lower rate in exchange for house and gardening help.

Then there is the fellow who with his children moved in with his parents. He reported that not only did he have free child care, his parents had help with their home and finances, and the kids were surrounded by a loving family.

In all of these cases and more, you can begin to see that this Gen-X return to the nest can be satisfactory to all concerned. No longer the self-absorbed young adult, these middle-aged adults have matured and mellowed. More than likely they have had responsibilities with jobs and family so they are oriented that way. They are respectful of their parents' privacy and tend to live totally independent lives. They are willing to pay their own way and take care of their personal requirements. And it doesn't hurt that another person living in the house provides security in case of an emergency, health problems or otherwise.

Of course, there can be conflict and problems with this type of living arrangement. Depending on personalities and previous relationship issues, multigenerational living may not work well for some people. The caveat is that before this type of living arrangement becomes permanent, boundaries should be discussed and a trial period set. But the families I spoke with told me that they are actually enjoying getting to know their adult children in a different way. The mutual benefits can far outweigh any problems that may occasionally arise.

Kathryn and her husband Dennis are reverse "empty-nesters" and enjoying every minute of it for most of the reasons listed above. She can be reached at johnmarchi1@gmail.com

...enjoying adult children in a different way...

Why not say yes the next time someone asks you to do something you've never done before.

Winter Adventures

by the

Chesapeake Bay

By Phil Ferrara

The Chesapeake

Bay region is known for the gentle terrain of the Appalachian Mountains with the rolling hills of the Piedmont stretching along the Atlantic coastline. Undulating topography abounds with river valleys, rugged water gaps, rocky peaks and spectacular vistas. These hills and forests beckon us from a hundred miles around to explore and enjoy their fantastic scenery and recreational opportunities. They offer a highly varied outdoor experience for the whole year.

Winter presents a unique way to enjoy the forests, hills and snowy vistas of our local wonderlands in the sports of snowshoeing and cross-country skiing. Both skills are relatively easy to acquire. Snow shoeing is similar to hiking, and cross-country skiing has many of the same motions of ice skating. Both activities involve the use of poles. Nearly every local or state park is suitable for the two sports when snow is on the ground. For an introductory tutorial, log onto either of these sites: www.youtube.com/watch?v=eRjFcZRNR1Q or http://xcski.org/new_skier.php?SubPage=11

Cross-country skis and snowshoes can be found online at numerous major retail sites such as www.rei.com or www.llbean.com or www.cabelas.com. A local Chesapeake retailer that provides cross-country skis is *Ski Haus Sports and Cycleworks*, located at 824 East College Parkway, Annapolis, 410.757.6444 or www.skihaussports.com. Snowshoes are available at *Eastern Mountain Sports* at Annapolis Towne Centre, Annapolis, 410.573.1240 or www.ems.com

Dress warmly with hats, gloves and proper footwear to make the adventure more comfortable. When dressed and equipped, where shall we go? Here are a few ideas among the several score of suitable outdoor sites in our region:

- 1. Wye Island Natural Resources Management Area.** This idyllic setting offers seven miles of trails through forests, fields and along the shores of the Wye River. Panoramic views are endless, and snow-covered trails would be perfect for the novice or experienced snowshoe or cross-country ski enthusiast. Directions: U.S. Route 50 to 12.5 miles east of the Bay Bridge, turn

south on Carmichael Road, cross the Wye Island Bridge after 5 miles, and select any one of five parking areas in the next three miles. (www.bikekinetix.com/t_md/md_state/wye_nrma.php#trail_description)

- 2. Glendening Preserve.** A heavily forested wilderness awaits you. There are six miles of flat trails quietly winding through a seldomly visited forest. Trails pass along the bluffs over the Patuxent River and through dense pine forests. Directions: Route 301 south to Route 4 east. Cross the Patuxent River Bridge. After one mile, exit at Plummer Lane. Travel 1/4 mile, turn right on Wrighton Road and proceed 2/3 of a mile to the parking entrance on the right. (www.jugbay.org)

For those who may wish to travel further, here are two gems to enjoy:

- 3. Savage River Lodge.** This splendid resort is nestled deep inside the Savage River State Forest, just six miles southwest of Frostburg. It features 14 miles of trails through beautiful rolling hills, a pleasant outdoor experience in a secluded forest, and a gourmet restaurant. All snowshoe and ski equipment is available for rent. Location 1600 Mount Aetna Road, Frostburg. Directions: Route 68 to Route 546. Watch for signs. Phone at 301.689.3200. (www.savageriverlodge.com)
- 4. New Germany State Park.** This pristine Winter attraction is located five miles south of Interstate 68 in western Maryland. It offers 10 miles of picturesque stream valley trails that meander beneath towering, snow-covered hemlocks. Frequent Winter snowfalls there create dramatic scenery for outdoor visitors. All snowshoe and ski equipment is available for rent. Directions: I-68 to exit 22, then south on Route 219 for five miles. Phone at 301.895.5453. (<http://dnr.maryland.gov/publiclands/Pages/western/newgermany.aspx>)

Enjoy the adventure of Winter sports and the wilderness escapes of the Chesapeake Bay region. Winter snows are blanketing the forests, and the trails are beckoning. Gather your gear and friends to enjoy the wonders of the great outdoors!

Phil, who is an avid hiker and traveler, operates the Piedmont Trekkers hiking club. Interested hikers and outdoor enthusiasts with questions may reach him at pferrara65@comcast.net

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

DOGA

It's Good for You

By Kater Leatherman

There seems to be no end to what we will do for, and with, our dogs. People love to be with them and they love to be with us. And so, things like DOGA are born.

DOGA, or, doing yoga with your dog, has been around for about 10 years and is gaining popularity. In early 2016, the largest DOGA class was held in Hong Kong with 270 dogs and their owners in attendance.

In a typical class, owners move, massage and meditate with their dogs. Typically in a DOGA class, the dogs are allowed to roam around the room off leash. A dog's nose is the pathway to their environment and this exploration through smell helps to quell their curiosity, figure out where they belong in the pack and settle them down before the class begins. This also gives the instructor the opportunity to determine if there are any problems.

At the heart of what makes yoga so beneficial is breathing and, in DOGA, the way we breathe has a direct effect on our dog's central nervous system. Dogs pick up our energy -- our fears, emotions, and body language -- so when we become still,

so do they. Working with the breath in this way comprises the centering part of the class.

Movements with your dog include seated spinal twist, boat pose, low lunge, triangle and tree pose. Large dogs can aid as a yoga bolster and provide support in balancing poses, but more can be done with small dogs. Dogs under 20 pounds can be held easily and incorporated in yoga poses for strengthening benefits, serving as "weights" for opening up certain areas of the body. DOGA is not recommended for dogs that are extremely hyper, aggressive or hard to control.

After the student has been stretched out, it's time to do the same for the dog. This includes stretching out their legs and learning different massaging techniques to help them relax. These techniques can then be used to keep them calm before a visit to the vet or grooming service.

After about an hour, classes end with rest, or Savasana, where owners can snuggle with their dogs or place them on their bellies. Of course, there is always one of the sweetest connections of all -- gazing into their eyes.

With the world moving so quickly, DOGA provides stability, decreases distraction and relieves stress, in both pet and owner. In addition to being fun, classes deepen our natural bond with them.

So, *unleash* your potential together, *feed* each other's soul and practice namaste -- the Hindu gesture of salutation.

Kater is leading a DOGA class for small, well-behaved dogs at Ridgely Retreat in West Annapolis on Jan. 28 from 1:30-2:30. To reserve a space, call 443.433.0462. For more information, email katerleatherman@gmail.com



MARYLAND EYE ASSOCIATES

**"Trust Your Eyes To The Most
Experienced Cataract Surgeons
In Southern Maryland"**

A GROUP PRACTICE OF BOARD CERTIFIED
OPHTHALMOLOGISTS WITH OVER
• 90 YEARS •
OF COMBINED EXPERIENCE

COMPREHENSIVE VISION SERVICES

• • •

Cataract Consultation & Surgery
Glaucoma Treatment
Medical Eye Care • LASIK
Diabetic Eye Care



**DRS. WANNER, BURGE, DODD,
MILLER, CHANG AND BERRY**

www.marylandeyeassociates.com
866-702-2020

ANNAPOLIS
2629 Riva Rd, Suite #102
Annapolis, MD 21401

PRINCE FREDERICK
800 Prince Frederick Blvd
Prince Frederick, MD 20678

DIET WHILE DINING OUT!

By Louise Whiteside

It's January. The holidays are behind us. All the food-laden parties, the sumptuous desserts and the day-long nibbling were fun while they lasted. But now, if you're anything like me, you're noticing a little jump in the numbers on your scale.

So, I imagine that your first reaction is: Diet! And your second is probably: Deprivation! And your third, possibly: No more eating out! (At least for a while).

Well, not necessarily. In fact, it's quite possible to maintain a healthy weight-loss plan while you're out with family and friends, devouring a delicious meal -- with a qualification or two. Read on for a few guidelines to follow while you enjoy your post-holiday dining out.

1. Look at the menu online before you go to the restaurant. Does the establishment you're considering serve healthy-looking foods, such as grilled items and salads? Decide beforehand what you'll order, and stick to it once you get there.
2. Avoid starving yourself before you go out. Otherwise, you'll head straight for the bread basket as soon as you're seated. Have a light lunch (such as a salad), or a snack (such as a handful of almonds) earlier in the day.
3. Sit in a quiet spot. It may sound strange, but people who sit in distracting areas (such as in front of a TV set or a noisy bar) tend to eat more.
4. Be the first to order. You're all ready to pick a light selection, but when your friend orders chicken-fried steak with mashed potatoes and gravy, you're tempted to change your mind. Order first, and stick to that broiled salmon.
5. Ask how it's prepared. Be a nuisance if you have to. What ingredients are used in this dish? Can substitutions be made? How large are the portions? Can it be baked instead of fried? Is it possible to have a baked potato instead of the French fries?
6. Watch out for seductive words on the menu, such as "breaded," or "served in our special sauce."
7. Start your meal with a salad (with low-fat dressing) or a broth-based soup. Low-calorie foods at the beginning of a meal can satisfy your hunger, and you're likely to eat less afterward.
8. Experiment with appetizers. Try having two appetizers in place of an entree, such as a shrimp cocktail, a light "soup of the day" or a salad topped with chicken or seafood.
9. Make friends with the salad bar. Pile on the fresh greens and veggies and avoid the cheese, bacon bits and



croutons. Look for a fat-free or vinaigrette dressing.

10. Select your sides wisely. Ask for steamed veggies, brown rice or fresh fruit, instead of those fried onion rings.
11. Choose the cooking method you prefer. Order your entree grilled, broiled, baked or poached, rather than deep-fried.
12. Drink a little bit of alcohol! Limit your drink to 150 calories, which can consist of:
 - 5 ounces of wine
 - 1.5 ounces of liquor
 - 12 ounces of light beer(Those fancy drinks with the little umbrellas contain a lot of sugar and extra calories.)
13. Cut that meal portion in half. Restaurants typically serve immense portions. Share your meal with a friend, or ask for a box before you start eating, and take home half of your meal for the next day.
14. Do a little trick with dessert: If you're tempted to have that slice of cheesecake, go ahead and order it. Now, eat just three bites and set it aside. You may find that a little taste was all you wanted. Then pass it around the table for your friends to enjoy, and congratulate yourself for not blowing your diet. In the event you're only up for a light dessert, have a bowl of berries, a slice of melon or a small dish of sorbet.

SOME GOOD CHOICES TO MAKE AT YOUR FAVORITE RESTAURANTS

Fast Food: Instead of "fries with that," order a green salad with dressing on the side.

Coffee Bar: Instead of a large latte, have an 8-ounce coffee with milk.

Mexican: Instead of refried beans and dishes smothered in cheese, have fajitas or enchiladas filled with grilled chicken, shrimp or lean meat and just a small amount of cheese.

Japanese: Instead of tempura (which is deep-fried), choose sushi made with shrimp, chicken or veggies.

Chinese: Instead of thick sweet-and-sour sauced dishes, order stir-fried shrimp, chicken or vegetables with steamed brown rice.

Indian: Instead of dishes in a creamy sauce, or deep-fried samosas, order tandoori chicken, "tikka" or "bhuna" dishes.

Italian: Instead of veal or eggplant parmesan and fettuccine alfredo, choose a vegetable or seafood antipasto, minestrone soup or a fish or chicken entree served with vegetables.

Now, enjoy a tasty meal with your friends, follow a few simple guidelines, and still fit into your new Spring outfit.

REFERENCES:

www.prevention.com/weight-loss/weight-loss-tips/weight-loss-tips-cut-calories-restaurants

www.fitnessmagazine.com/weight-loss/eating-help/control-cravings/eat-out-lose-weight/

Take a Chance on Opera

By Jacques Laperriere

Opera at Ram's Head Center Stage at the Maryland Live! Casino?

You bet!!

For the second year in a row, the Annapolis Opera will have a concert in the performing arts heart of the Maryland Live! Casino: Ram's Head Center Stage. The concert, "Take a Chance on Love," will showcase four young professional singers in an evening of popular, musical theater and opera music that celebrates the wise and the foolish in their pursuit of love.

"Maryland Live! is actually a very exciting venue for a performance," said Kathy Swekel, the general director of the Annapolis Opera. "And the hospitality provided by the food and beverage department was first-rate. The Maryland Live! staff took great care of our patrons, many of whom had never been to Maryland Live! Casino."

Ms. Swekel has arranged for a bus to take patrons to and from Maryland Hall for the Creative Arts and Maryland Live! "The concert on **Sunday, Jan. 29** starts at **4 p.m.** and with the bonus of free transportation and no parking worries, why not join in?" she said. Seats are limited so early sign-up is suggested.

As an additional benefit of presenting the concert in the casino, Maryland Live! will give each ticket holder a variety of promotions to the casino.

The next fully staged opera will be on March 17 and 19 at Maryland Hall, when the Annapolis Opera will present Giacomo Puccini's perennial favorite, *Madama Butterfly*. The performance will include a live orchestra, authentic costumes, a beautiful set and English surtitles so that everyone can understand the words of the singers as Puccini's tragic love story unfolds on stage.

The opera is just the culmination of a series of events leading up to it over the past 18 months. The most important of these directly support the production: securing and loading in the set, fitting more than 40 costumes for the cast and weeks of conducting rehearsals.

There are also a series of social and educational events, many of which are open to the public. These vary from year to year depending on the opera being performed, but for the Annapolis Opera, they always include a meet the cast party.

Typically hosted by a restaurant in Annapolis, the party includes the principal and secondary singers, their hosts, and donors, and other friends of the opera. Food is often provided by the restaurant, and may include either a cash or open bar, but the highlight of the event is when the singers present a sneak peek of the production with a performance of some of their favorite selections from the opera.

"The meet the cast party is a great way for the opera company to create a special experience for opera supporters," points out Annapolis Opera President Tom DeKornfeld. "It also provides a social setting for the singers to get to know each other." The cast is comprised of singers from across the country, who are selected a year in advance by artistic director, Ronald Gretz, during auditions. Typically, the cast members have not worked together until the rehearsals begin.

There may also be an event based on some element of the performance. For example, prior to *Madama Butterfly*, the Annapolis Opera will host an exhibition of the company's kimono collection. This will include a public presentation by a local expert for people to learn about these subtle and elegant garments -- how they are made, what they say about the wearer's social status and the significance of the garments' features. Check the Annapolis Opera website in January for scheduling information.

Pre-performance activities also include lectures given by a musicologist, who is also an accomplished singer in her own right. The lectures take place in various locations in the Annapolis area, and some are open to the general

public. For those who are unable to attend a lecture in the weeks leading up to opening night, there is always a lecture immediately preceding every performance right in Maryland Hall for the Creative Arts.

The lectures typically open up with the historical and musical background of the opera to be performed, as well as anecdotes about notable singers who performed leading roles.

With so many opera-related events to choose from this season, either at Maryland Live! or throughout the city of Annapolis, taking a chance on the opera might not be such a gamble.

Tickets to all Annapolis Opera performances may be purchased through the Maryland Hall box office at 410.280.5640 or online at www.annapolisopera.org

PAPER: WHAT IS IT REFLECTING ABOUT YOU?

By Kater Leatherman

Paper may represent more than we think.

It's hard to tell if we're moving toward a paperless society when it seems like we have more than ever. Have you been to a home settlement lately? How about the junk mail alone? Paper is one of our biggest challenges, especially when more comes in than goes out.

Since we already know the problem, let's focus on the solution to see what's really underneath the reason we keep so much paper. First, if your files and piles could speak to you, this is what they might say: Why do you hold on if you don't want, need or use me? An important question, probably more important than 95 percent of the paper we keep.

So, what if the way we handle paper is the way we handle other areas of our lives? Could it mean that if you are holding on to paper that you don't want, need or use that you are also keeping clothes that no longer fit, staying in relationships that aren't fulfilling and protecting beliefs that once served you?

We get locked into patterns of behavior that keep us stuck. It's not enough to know that being disorganized is time-consuming, that missing deadlines is embarrassing and that unsightly paper piles drain our energy. It will make little difference in solving the problem if I tell you that the average person spends one year of life looking for things and 80 percent of the paper you keep is never accessed again.

But here's what will change patterns of behavior. Identifying our fears. Fear can serve as one of life's great teachers, but it is important to face it head-on so you can heal and begin to move forward in a less strained and unencumbered way.

The range of fears is wide, from being afraid that you will or might need that piece of paper someday to feeling guilty about giving away a family memory to making a mistake and not being able to replace something. If you've had a lot of loss in your life, getting rid of paper can trigger more loss. Only you know what your fears are.

A client I once had could not get rid of paper. In our work together, she revealed that throughout her growing-up years, when she couldn't remember something, her mother would say, "You're going to lose your memory." From then on, my client believed that her memory was stored in her papers. Once she understood that the root cause of her fear stemmed from her mother's belief, she could begin to let go and move forward.

Fear is another obstacle that can interfere with getting our affairs in order. Do you have a will drawn up? Have you compiled a file with all of your important papers and, if so, told a trusted person where they are should something happen to you? Life can change in the next breath, so what is keeping you from doing what you know you need to do? Are you afraid of what will surface emotionally and mentally by facing your mortality? You might chalk it up to being lazy or not having time, or that you'll get to it some day. But underneath all of those reasons and excuses is some form of fear.

While going paperless is impractical for most of us, reducing volume is not. You don't have to save every picture of your 40th surprise birthday party. Keep your favorite three books on sailing. Thin out some of those family documents by dispersing them to siblings, nieces and nephews or cousins. Recently, I sent a box of my father's World War II memorabilia to my nephew, who was not only thrilled to receive it, but inspired to pursue a new hobby -- genealogy. You never know how you can affect people's lives by giving something to them. Besides, isn't there more joy in doing that than keeping stuff hidden away in your closets?

There are reasons to keep paper pertaining to family history that's important to you, things that are inspirational, required legal or tax documents, sentimental stuff and things that you just enjoy looking at from time to time, such as photographs, vintage magazines and greeting cards.

With an open mind and a new perspective, paper truly is a mirror that can take us on a very interesting journey of self-discovery.

Kater's third book, [The Paper Diet](#): What you gain by reducing excess paper, can be purchased at www.katerleatherman.com and is also available at Ridgely Retreat in West Annapolis.

Bay Bytes

For snow and ski reports, both downhill and cross-country in Maryland, log onto www.realconditions.com/reportList.cfm?state=MD

Having a positive influence on the next generation is one of the best ways to leave something of yourself.

Are Your Teeth Sensitive to Salty Foods?

By Drs. Woody Wooddell and Joe Passaro

So ice cream sometimes hurts your teeth, as does hot cocoa, so what's next? Now you go and eat a chip or a pretzel and you end up with a toothache?

Salt sensitivity is something that is becoming more prevalent in recent years as more and more people indulge in more acidic foods and beverages. If you notice a toothache after eating or drinking something salty, then you should go in and see what your dentist has to say.

CAUSES OF SALT SENSITIVITY

Your teeth can become sensitive to foods and drinks for a number of reasons, but most of the time, dentists see that worn enamel is the main cause. However, you could also have sensitive teeth due to receding gums that expose more of the root of the tooth.

If you notice a toothache after having a salty snack or drink, you should make sure that you talk to your dentist as soon as possible.

If you notice your sensitivity pain lasts longer than a minute, it could be due to a cavity within the tooth that is allowing the salt to get directly down into the nerve.

Typically with a filling and a fluoride treatment, you will notice much less sensitivity from the salt.

Your dentist will want to do a thorough examination to determine the proper cause of your pain once the cause is determined, the right steps can be taken to alleviate the problem.

The sooner you can get into your dentist's office, the sooner you will be feeling better and be able to go back to eating chips, drinking margaritas or indulging in whatever other type of salty indulgences that you have been missing.

Dr. Woody Wooddell and Dr. Joe Passaro, located in Davidsonville, offer general dentistry services as well as providing expert restorative and esthetic dental solutions. Call 410.956.5555 for more information or visit their website at www.wp dentalgroup.com

ESTATE PLANNING AND ELDER LAW ATTORNEYS SINCLAIRPROSSER LAW, LLC

- ◆ Revocable Living Trusts
- ◆ Health Care Directives
- ◆ Medicaid Planning
- ◆ Power of Attorney
- ◆ Estate Administration
- ◆ Tax Planning
- ◆ Probate/Guardianship
- ◆ Special Needs Planning
- ◆ Elder Law
- ◆ Last Will and Testament



From left to right: Attorneys Nicole Livingston, Jon J. Gasior, Colleen Prosser, and Victor A. Lembo

Sign up for our Free Estate Planning seminars at www.sinclairprosserlaw.com



Offices in Annapolis, Bowie, Millersville and Waldorf

Members of American Academy of Estate Planning Attorneys and National Academy of Elder Law Attorneys

(410) 573-4818 OR (301) 970-8080 · WWW.SINCLAIRPROSSERLAW.COM

Salubrious Sleep

Slumber Your Way to Good Health

By Kathleen A. McCarthy

Rip Van Winkle snoozed for 20 years and didn't wake up early. Sleeping Beauty napped for 100 years, then lived happily ever after. Furry animals hibernate during the Winter season and they don't skip out too soon. As it turns out, we also shouldn't miss out on sleep. The Mayo Clinic reports the healthiest and longest living people sleep seven to nine hours every night.

In this New Year, we'll hear about the latest ways to stay healthy. There will be smart phone apps that can track our blood pressure and weight, super foods that will ward off disease and exercise equipment that'll burn calories. Yet, none of them are likely to protect our health as effectively as enough sleep. Scientists say that sleep is now considered as essential as good nutrition and exercise. Adequate sleep stabilizes diseases by quieting their inflammatory processes, reduces blood pressure by relaxing the heart and blood vessels and it evens out blood sugar levels.

You might not be getting enough sleep if you're drowsy during the day or you nod off when you least expect it. Getting enough sleep has to do with the length of the nighttime in bed. It's the long length of the sleep cycle that gives our bodies and brains the time to go to work. It's only during the nighttime that our hormones regenerate, restore and rejuvenate us from head to toe. It's sleep that crystallizes our memory, clears our thinking and improves our creativity. For many of us, the challenge is to get to bed early. For others, insomnia doesn't let us settle down or it wakes us up in the middle of the night. Either way, if we want to start getting into the habit of an early bedtime or wish to sleep soundly through the night, there's good news. What works for most people is to develop rituals that shift them from the day's busy activities to a state of relaxation and sleep. It's about reducing stress and training the brain to get ready for sleep. You'll know that you've slept the right amount when you're ready to get up rather than coaxing yourself out of bed.

We've gathered a dozen ways for you to prepare for sound sleep:

1. *Provide a Peaceful Place*

Make your bedroom a pleasing, relaxing space rather than a multipurpose room. Psychologists call this a restorative environment. Soft comfortable bedding, a cool bedroom (between 60 and 67 degrees), no distracting lights and only sounds that will entice you to sleep. You don't want a room filled with things that need to be done -- stacks of bills to pay, papers to be filed or clothes to be put away.

2. *Limit Your Use of Electronic Devices at Night*

Computer screens and televisions emit a blue light. This type of light helps increase alertness during the day, yet it can have a negative effect on our ability to get rest. Take a break from your computer or TV viewing in the night. Harvard Medical School found that excessive exposure to a blue light screen throws off a person's circadian rhythm (the natural 24 hour clock of our biological processes). When our circadian rhythm is out of sync, there's a link to depression, diabetes and heart disease.

3. *Drink Early in the Evening*

Drinking alcohol too close to bedtime might make us feel drowsy, but it doesn't help us sleep better. It does the opposite by blocking the deep restful phase of sleep. Caffeine, as well, has to be enjoyed earlier -- six hours before sleep. It, too, circulates in our blood long enough to disrupt the sleep cycle.

4. *Be Good to Your Mind*

The number one reason for insomnia is stress. Insomnia can be reduced by not dwelling on troublesome situations, shifting thoughts to neutral topics and not having any tense conversations before bed. TV and internet news can also be stressful. Read or watch the updates around supertime, rather than just before bedtime.

5. *Eat a Bedtime Snack*

Plan on animal crackers (very low-sugar) and milk or a few slices of turkey before bed. These are sleep-enhancing foods.

6. *Dim the Lights*

Bright lights in bedrooms and bathrooms overstimulate the brain. Instead, use night lights or LED candles on timers to light pathways on the floor. Cover distracting digital displays like surge protectors. Think about moving the bedroom clock away from your view so that you can't watch the clock.

7. *Enjoy Happy Endings*

Have at your bedside funny stories, collections of anecdotes, inspirational passages or comics. Read things that put a smile on your face.

Don't count the days. Make the days count.

8. Practice Relaxation Techniques

Spend 10-20 minutes to breathe deeply, exhale slowly and let your thoughts pass without attending to them. Focus on your breathing. Deep inhalations move calming chemicals throughout your body.

9. Consider complementary and alternative medicine

Chiropractic, acupuncture and yoga techniques promote natural healing and improve sleep.

10. Use Aromatherapy

Inhaling lavender or eucalyptus scents eases the mind.

11. Listen to Soothing Sounds

If you're one who finds white noise or background music a way to relax, then listen to CDs that have the sounds of rainfall, ocean waves, babbling brooks or classical music.

12. Still can't sleep?

Get out of the bedroom. Read or do a quiet activity (puzzles, card games) for 20 minutes then go back to bed. Don't watch TV because screen viewing activates the brain.

Sleep is an easy health investment. There's very little, if anything, to buy, no updates to be downloaded, nothing to maintain. Just choose the rituals that work for you. By routinely getting a good night's sleep, you'll be headed toward a long and healthy life.

Kathleen is a health writer based in Southern California. She can be reached at kmccarthy@dslextrreme.com

Bay Bytes

Four free sites for a genealogical search:

www.familysearch.org
www.findagrave.com
www.libertyellisfoundation.org
www.aad.archives.gov

Bay Bytes

Four more free sites for a genealogical search:

www.cyndislist.com
www.crestleaf.com
www.storyworth.com
www.castlegarden.org

Information on Healthy Sleep:

- Cleveland Clinic. "Tips for a Better Night's Sleep."
- Currey, Mason. "Daily Rituals: How Artists Work" Knopf, 2013.
- Mass, Dr. James B. "Power Sleep" Harper Perennial, 1998.
- Mayo Clinic. "Dreaming about a good night's sleep? Make it a reality with these tips."
- National Sleep Foundation. "Healthy Sleep Tips."

Simple Ways to Keep Your Home Warm

By Leah Lancione

One of the endearing aspects of Wintertime is coming into a cozy home after braving the wind and chill of a cold day. Think, sipping hot tea, curling up by the fire with a good book or taking a warm bath to ease tired muscles and soak wind-chapped skin. How, you might ask, does one create a cozy and pleasant home? Consider these simple and low-tech ways to warm your abode this Winter:

Use Thick Curtains

According to *BBC News Magazine*, an easy way to protect your home from losing heat through the windows is to install thick curtains. An article says “curtains with a thermal lining are a relatively cheap option” and can even “maximize a house’s potential to retain heat” if they are closed as soon as dusk falls. Conversely, by opening curtains during the day, homeowners can take advantage of the natural (and free) warmth provided by the sun. Check it out at www.bbc.com/news/magazine-24757144

Apply Caulk

The Department of Energy (DOE) recommends saving “energy dollars” by sealing air leaks with caulk. “Whether leaks are letting hot air in during the warmer months or letting in drafts during the cooler season, one of the quickest energy- and money-saving tasks you can do is caulk, seal and weather strip all cracks and large openings to the outside.” The department’s website provides instructions for applying caulk to seal off air leaks around windows and cracks throughout your home. Fortunately, you don’t have to be an expert handyman to complete the task. Caulk costs from \$2 to \$10 and the caulk gun runs from \$5 to \$20.

DOE also suggests sealing your fireplace flue damper and caulking around your hearth.

Install a Programmable Thermostat

The Department of Energy says replacing a thermostat with a programmable one can save anywhere between 5 and 15 percent a year on energy bills if homeowners make it so the temperature is 10 to 15 degrees lower when they’re not at home.

Programmable thermostats can be purchased at home improvement stores like Home Depot for as cheap as \$20 or as pricey as \$200 or more. For example, a top-selling programmable thermostat at Home Depot is Honeywell’s Wi-Fi Programmable Touchscreen Thermostat that allows remote access with a smartphone or computer, has a free app for iPhone, iPad and Android operating systems and a pre-programmed energy savings schedule. It costs around \$80.

Use Area Rugs

Use area rugs in areas of the home that are not carpeted such as tiled bathroom floors or even rooms with wood flooring to provide warmth to your feet. This added comfort will be a nice touch especially on cold mornings.

Shower with the Door Open

Showering with the door open will allow some of the hot steam to travel from the bathroom into the bedroom and linger there while you get dressed.

Open the Oven Door

Similarly, a quick and easy way to warm up your extremities and instantly heat up the kitchen area is to keep the oven door open after baking or cooking.

Use a Fireplace Plug and Draft Stoppers

DOE says to keep the fireplace damper closed unless a fire is burning and to plug and seal the chimney flue when not in use to keep warm air from escaping. Similarly, home improvement/repair guru Bob Vila tells homeowners a budget-friendly way to prevent warm air from escaping or cold air from coming in, is to purchase or make a “draft snake” to place around window sills and under doors. Check the details at www.bobvila.com

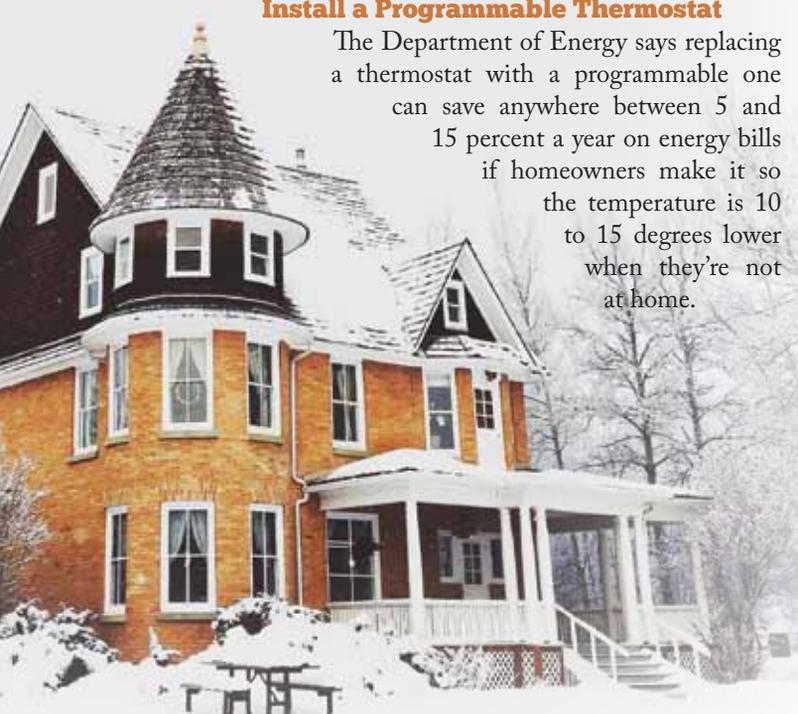
For a do-it-yourself instructional video on making your own draft stopper or snake with old socks, a bag of rice and basic sewing supplies, go to YouTube at www.youtube.com/watch?v=W90tIWdjhlg

Sleep with Flannel Sheets

A quick and simple way to add a little warmth to your bed on chilly nights is to swap out the cotton sheets for flannel. Flannel sheets are thicker than normal sheets and make it so you don’t have to turn up the heat at night. If your bed still seems cold and uninviting after a full day of not being used, consider buying a down or down-alternative comforter to snuggle under and provide added insulation.

Reverse the Ceiling Fan Direction

Many folks don’t know that just by reversing your ceiling fan’s direction from counterclockwise motion to a clockwise fashion can make a big difference. [Energystar.gov](http://energystar.gov) says “In the Winter, reverse the motor and operate the ceiling fan at low speed in the clockwise direction. This produces a gentle updraft, which forces warm air near the ceiling down into the occupied space.”



Are You A Good Candidate For Laser Vision Correction?

By Michael J. Dodd, MD

An estimated 4 million or more people in the United States have had laser vision correction surgery on their eyes. Millions more around the world have had this amazing and successful surgery. Laser vision correction means simply that a high technology laser light has been directed onto the patient's cornea (front surface of the eye) to change its shape and therefore allow the patient to see well without glasses or contact lenses,

This extraordinary laser was developed in New York in 1985. It was approved for use in the United States in 1989, first for photo refractive keratectomy (PRK). Then a few years later in 1992 the Food and Drug Administration approved laser-assisted in situ keratomileusis (Lasik) for general use in the United States. Lasik is a more popular choice because the visual recovery is quick and the discomfort is minimal. PRK gives excellent vision, like Lasik, but the vision takes as long as a week to recover and the discomfort may last a few days rather than a few hours.

So who are candidates for these remarkable treatments? Today, any nearsighted patient who is between -1.00 and -9.00 diopters of myopia and is over 21 years of age (my criteria) and has noted no change in myopia for at least a year is a candidate. This encompasses most nearsighted patient. The numbers I noted in diopters are the same as the ones on all contact lens containers and on any written prescription for glasses. So a patient can check themselves to see if they fall in the range.

What about patients who are farsighted? With very good results, the laser can correct a range of +1.00 to +5.00 diopters. (Note there is a plus sign for farsightedness, versus a minus sign for nearsightedness.)

One other category of refractive error is astigmatism. This is a bit complex and is often combined with nearsighted or farsightedness. For example, a typical prescription written for a patient who is both nearsighted and has astigmatism might be written like this: -3.00 +1.50 x 90. This can be translated as the patient being nearsighted (-3.00) with +1.50

diopters of astigmatism at a direction (or axis) of 90 degrees. Can the laser correct this complex prescription? Yes, and even higher degrees of astigmatism up to +5.00 diopters can be corrected.

In summary, about 95 percent of patients under age 40 who fall within these parameters, assuming there is no complicating medical eye condition, would be candidates for laser surgery.

There is one last optical condition which the laser surgery cannot correct. It is known as presbyopia. This is a condition causing patients over age 40 or 41 to start having trouble seeing up close. The traditional way to solve this is to give "cheaters" or reading glasses. Since this is an aging change in the lens (the focusing part of the eye), performing laser surgery on the corneal surface will not address it. There is quite a bit of research going on now to solve this problem.

Theoretically, there is no upper age limit for laser vision correction. My oldest Lasik patient was aged 68. He had healthy eyes and no cataracts. If a patient has cataracts they are not good Lasik candidates. In any case, cataract surgery today gets nearly the same results as Lasik.

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 reached at 410.224.4550 or mjddm1@gmail.com

Bay Bytes

How about volunteering for organizations that need assistance from around the world without ever leaving your desk? Log onto www.OnlineVolunteering.org for endless opportunities to use your skills.

You've Always Said You Wouldn't Be Caught Dead In That Dress.

You'd Better Tell Them Now!



Lasting Tributes
ETERNAL, HOLIDAY & FUNERAL CARE, P.A.
 Quality Service... Affordable Pricing
 410.897.4852

Preplanning takes care of all the decisions so your family doesn't have to.
www.LastingTributesFuneralCare.com



CAN YOU GO MEATLESS?

By Peggy Kiefer

“What is that you’re eating? It looks gross.” Or, “That looks interesting.”

Vegetarians or vegans frequently hear these comments.

Much has been written about the benefits of switching from a carnivore (meat) diet to an herbivore (vegetarian) diet. Most of us have read or heard that eating too much beef or other meat products can cause weight gain, more chance of developing cancer, diabetes or other dreaded diseases and shorten your life. Many of these premises are partially true and some others mere speculation or “media hype.” How many times have you read that something, i.e., coffee, is bad for your health, only to read a year or less later that it can actually help prevent certain diseases. It’s hard to know what to believe.

But most restaurants have now added vegetarian choices to their menus, or at least will prepare one if asked. Due to this new respectability, perhaps gone are the days that a meatless meal consists of a plate of overcooked, tasteless mixed vegetables (sometimes from a can), or a piece of bland American cheese between two slices of white bread. I have actually been served these “meals” on more than one occasion. On perusing menus lately, I have noticed portabella mushroom meals, vegetable lasagna, eggplant parmesan, pasta primavera (pasta with vegetables and marinara sauce), vegetarian quiches and even soups that are not made with chicken stock as their base, to give a few examples. Vegans have a more difficult time, as they do not eat any dairy products or eggs, which are included in many vegetarian dishes. They often have trouble traveling, as many parts of this country and overseas rely heavily on carnivore menus, or dishes laden with cheese.

Many colleges or hospitals offer courses where they cook vegan or vegetarian meals during the class, pass out samples and

send you home with a booklet of ideas to cook meat-free at home. For cancer survivors there is an organization called “The Cancer Project,” based in Washington, DC, (www.CancerProject.org) that gives classes all over the country.

We probably all remember the four food groups that we learned as children or young adults. That has transitioned to a “new” four food groups. They are vegetables, legumes (examples: beans, peas and lentils), fruits and whole grains. For the best nutrition choices you will want to avoid or limit meat (including beef, chicken, turkey or fish), full-fat dairy products, added oils and high-fat foods such as potato chips and other salty snack foods. This diet could be difficult for a large number of people, so in most cases, it is easier to just cut down on the amount of high-fat and meat products and add more vegetables, fruits and legumes to your

...gone are the days that a meatless meal consists of a plate of overcooked, tasteless mixed vegetables

diet. A good rule of thumb that has been suggested is to make a whole grain (such as quinoa), legumes or vegetables the largest item on your plate and any meats a small portion. This is an easier way to try a vegetarian diet.

One way to ease into a healthier diet is to keep a three-day dietary record of everything you eat. It lets you see exactly what and how much you are eating. You will probably be surprised by the types and amount of food you actually consume each day. I was involved in a clinical trial that involved keeping track of everything I consumed for eight days in a month, and it opened my eyes to how I could change my diet. You need to write down everything you eat, including catsup, mustard, everything in a salad or soup and all parts of a sandwich, which gives you an idea of the detail needed for this record. The only thing you don’t need to record is water unless it is flavored water. A dietician can analyze this food record for you, or you can go on to the University of

If you don't start somewhere, you'll never get anywhere.

Illinois' Food Science and Human Nutrition Department site at www.nat.uiuc.edu/mainnat.html or even easier, www.dietsite.com

Recipes would take up too much space, but in a sidebar to this article there are some delicious variations for meatless meals. For more ideas and actual recipes there are many vegetarian cookbooks. A particularly good one is *Very Vegetarian* by Jannequin Bennett. But if you peruse Google, Amazon or your local bookstore you will find many choices.

To make life even easier, there are many frozen entrees that are good choices for a vegetarian diet. Trader Joe's has an excellent selection, so next time you are there, take a minute to check out the delicious choices they carry.

It may seem daunting at first, and you may get some grumbles from the family, but once they experience how good (and good for you) meatless meals can be, you will have them sold. One word of caution: Be sure to read labels to make sure the frozen or ready-made meals aren't loaded with sodium or sugar.

So, go ahead, be brave and maybe try one night a week where you serve a meatless meal. You might be surprised how tasty it is, and how many, "Hey, this is pretty good," comments you get.

Possible meatless choices:

Asian: veggie egg rolls, Asian veggies on brown rice with low salt soy sauce.

Mexican: black bean and corn enchiladas with red enchilada sauce, cheese and veggie quesadillas, bean and rice burritos, green chili and cheese tamales.

Italian: meatless meatballs, marinara sauces, wheat or rice pasta, vegetable lasagna, veggie pizza, eggplant cutlets or parmesan mushroom raviolis.

Other: corn dogs, veggie burgers, veggie chili, baked beans, sweet potato fries, macaroni and cheese, "Morningstar" riblets or buffalo wings, vegetable soup with beans or brown rice, veggie stirfry, baked potato with salsa.

A MODERN PAPER STORE



with traditional roots

.....

PAPER IN THE PARK

• Lots of invitations & cards
• Stationery and thank you notes • Unique gifts • Wrap • Ribbon and much more!

**MENTION THIS AD AND
RECEIVE 25% OFF ANY ONE ITEM!**

487 Ritchie Hwy • Severna Park, Maryland 21146
paperinthepark@verizon.net • ph: 410.544.8830
WWW.MYPAPERINTHEPARK.COM

U.S. ROUTE 1 SOUTH TO

Key West

By Ellen Moyer

If you are a history buff and thinking ahead to a Summer vacation, an auto trip down U.S. Highway 1, all 2,369 miles of it, from Maine to Florida, is the journey for you. Can't wait for Summer? Route 1 ending in sunny Key West invites a Winter adventure for those inclined to take the scenic route to the land of sunshine and balmy seas.

Route 1 is the nation's longest north-south road, meandering down the Atlantic Coast connecting the great history-making cities of Boston, Providence, New York, Baltimore, Richmond, Charleston, Savannah and Miami. In between, on two-lane roads, small towns have stories to tell about the history of this country.

Started in 1926 by a national commission to organize the nation's road system for the new automobile era, the highway linked one of the first American auto trails, the 1911 Atlantic Highway from Quebec to Miami, with the 300-year old Boston Post Road, a mail road to New York City used since 1643. Then it joined the Lincoln Highway, the Baltimore Pike and the Dixie Highway, plus trails that originally followed native American foot paths and later the wagon wheels of immigrants moving on.

Maine has the second longest stretch of the highway. For 529 miles U.S. 1 wanders through picturesque Atlantic waterfront towns with popular Summer stock theaters and sea excursions to view colonies of sea birds, through Kennebunkport, the Summer home for the Bush family, and then into Freeport, the mecca made famous by L.L. Bean. Just west of Bar Harbor, the two-lane road meets Ellsworth, population 6,500, established as a port town in 1763 to build ships to carry lumber for the king's Navy. It was named after the third chief justice of the Supreme Court, Oliver Ellsworth, who is thought to have suggested our nation's moniker, the United States of America. A flood and a fire 100 years ago wiped out Ellsworth's glory as a shipping center.

All the way up north, U.S. Route 1 ends at the Canadian border at Fort Kent, 4,000 people strong. Strong indeed. This is the biathlon-training center. It hosted the Biathlon World Cup in 2004 and calls itself "the little town that could," a reminder of the Christmas train "*I think I can, I think I can*" and did.

The blockhouse Fort Kent, a national historic site, was built in anticipation of border warfare. The treaty of 1783 that settled the Revolutionary War was vague on northern border details. The area on both sides of the St John's River was big timber country. It was used as a highway for sending logs to mills 400 miles away. A lucrative business on land, it might or might not belong to

Canada.

For the people in Fort Kent the border doesn't mean much. Many of them carry dual citizenship. The old lumber area on both sides of the river thoroughfare is thought of as one big community.

The longest stretch of U.S. Route 1 is 545 miles long in Florida, ending in Key West. Like its northern most point, the southern stop at road mark 0 is a national historic fort. Always an important military post, it was built in 1845. Named for President Zachary Taylor, the fort was occupied by the Union during the Civil War. Today it houses the largest collection of Civil War cannons. During Halloween, Fort Taylor is transformed into a haunted fort.

First visited in 1521 by Ponce de Leon, the searcher for the Fountain of Youth, Key West was Spanish territory until 1763 when Great Britain took possession. Few hurricanes threaten what seems to be a vulnerable territory with its narrow shore line stretching into the Atlantic.

In a famous illegal immigrant-busting activity by the U.S. Border Patrol in 1982 that stopped every car for inspection on the way in and out of the Keys, the town felt shut off. In a snit it declared its independence and named itself the Conch Republic, a day it celebrates every April 23. (Fifteen years later Eastport, cut off from downtown Annapolis for bridge repairs, emulated its southern maritime neighbor and declared itself the independent Maritime Republic of Eastport.)

For the 24,000 people who live in Key West and its thousands of visitors, there are the sunsets viewed from Mallory Square over the great expansive view of water. Mel Fisher's Museum, well worth a visit, shares years of salvage from the shipwrecks surrounding the Keys. Jimmy Buffet stages his Parrot Head in Paradise convention every November. And, of course, Key West was home to two of our greatest writers, Ernest Hemingway and Tennessee Williams.

In the city at the end of the highway with the motto "One Human Family," how appropriate that is for the nation's longest and oldest highway through America's timeline, from sunrise to sunset, from border to border.

Ellen, a former Mayor of Annapolis, can be reached at ellenmoyer@yahoo.com

THAWDAWG AND THE DIGGERS

By Ryan Helfenbein

There are people who truly enjoy this time of year. Perhaps it's the idea of snuggling under a furry warm blanket or waking up to a crisp white snow covering the ground. Whatever it may be, rest assured those people are not gravediggers.

Yes the cold weather presents some challenges for us all, but for the grave diggers in Northern states, it creates challenges year after year. Some call them the "frozen chosen." They are the ones who make it possible for undertakers to see that families can lay their loved ones to rest if temperatures hit below zero and solidify the snow-covered ground. Let me note here, this is very rare in our state of Maryland, but for the states of Michigan, Minnesota and New York, among others, it unfortunately is an annual occurrence.

In the past, families would have to wait for the ground to thaw in order to see that their loved ones were laid to rest. The caskets would be placed into what is called a receiving vault at cemeteries. This was a large mausoleum-like holding area with multiple shelves. Some of these receiving vaults are still in use today during the cold conditions. However, changing state laws requiring a timely burial regardless of conditions are driving technological advances in the field of gravedigging.

Backhoes are always the go-to for a gravedigger today. But for the frozen chosen, they must modify the traditional backhoe to get through the solid ground. We find some using large curved metal teeth with carbide tips to help the outsides of the bucket cut through the ice, a tool known as "frost teeth" in the industry. Afterward, gravediggers take air compressor jackhammers and picks to break the ground up into smaller pieces.

Now this might be OK if the ground was quasi-frozen, but what is done when it is completely frozen for many feet down? How do they dig then? This is where we are finding unique technological advances. One tool is called a ground thawer.

Picture if you will a large 6-foot by 3-foot oil barrel, cut in half lengthwise. It is placed over the gravesite and with the use of propane, a torch is lit and heat is pumped into the barrel. After 24 to 30 hours, the gravediggers can return and scoop out the earth much like they can in the Spring and Summer months.

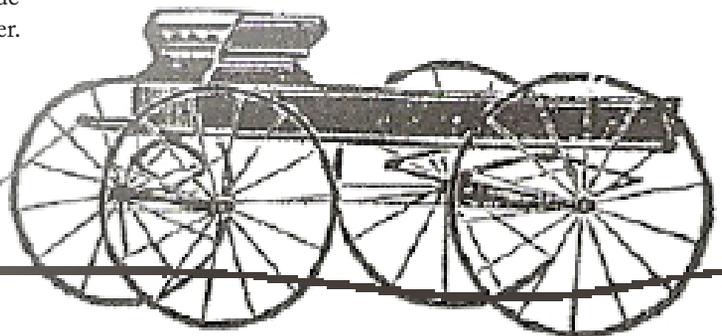
The innovators haven't stopped there. A company in Minnesota has created the *ThawDawg*, a compact ground warmer that is light enough for two people to carry. It, too, is powered by a propane source, but its smaller size leaves it susceptible to wind and frozen condensation turning it off in the middle of the job, leaving the gravedigger to start all over again. With that said, perhaps the option of a ground-thawing blanket will do the trick. Imagine if you will an electric blanket (yes, similar to the one you'll be covering up under this Winter) laid across the ground. It is plugged into an electrical source or gas generator, offering a less cumbersome and more fuel-efficient option. This same blanket is used in the construction industry. We find that the blanket must remain on the grave for 12 to 18 hours, depending on the frost levels and can typically thaw 10 inches deep every four to five hours under favorable conditions.

So when you are covering up with your furry blanket this Winter or frolicking through the snow with young ones in tow, think of those of the frozen chosen in the Northern states. No, they may be all smiles, but rest assured that through the use of "frost teeth" jackhammers, *ThawDawg*' and outdoor electric blankets, grave diggers are doing much better working through the challenges of laying loved ones to rest.

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

Bay Bytes

For the scoop on parking at most major airports, log onto this easy-to-navigate site, www.airportparking.com/ Lists are provided to locate nearby parking lots, costs and hours of operation.



The Joy of Intimacy

By Dr. Jim David

Recently, while we were playing bridge, a close friend asked what had motivated me to become a board-certified sex therapist. I thought about it awhile and decided it originated in my parents being consistently affectionate with one another. While in the eighth grade, after visiting in a friend's home, it dawned on me on the bicycle ride home that not all spouses hugged and kissed each time they met and left each other. It was a startling discovery. Needless to say, our home was very tranquil.

Most of us would probably agree that emotional intimacy paves the way for physical intimacy. As we age, this belief becomes more equally valid for men and women. When we are younger most people believe that for men, sex created love, while for women, being loved sparked physical intimacy.

As men age, due to having external genitalia, they readily become spectators resulting in erectile dysfunction. We have reached saturation levels of "ED" pharmaceutical advertising. We would be wiser to foster greater emotional intimacy rather than medication dependency. Here are ideas to consider.

Touch. As humans, we need touch. Our biochemical makeup changes as we give and receive touch. Research shows that infants deprived of touch fail to thrive; they wither and die. Marasmus describes this phenomenon. The classic text is *Touch* by Ashley Montague.

As aging adults we never outgrow our need for touch. We might need it more as we age and feel more insecure and seek more certainty and reassurance. A wise person said, "Make love 23½ hours a day, then your spouse will agree to have a half hour of physical intimacy." Kindness and staying emotionally connected with one another goes a long way.

Diminishing Desire. You may have noticed that your libido subsided or totally vanished. As women's testosterone levels begin to surpass men's, this is mostly unavoidable. This does not eradicate

the importance and the wisdom of making time for intimate touch. Our desire may activate as we begin caressing.

When you schedule time for physical intimacy, you will have something to look forward to, something to fantasize about, something to prepare for, or something to motivate you to exercise and keep your body in good shape. We never get too old for hugging and kissing.

Diminished Physicality. Some couples believe that the demise of intercourse is the end of physical intimacy. This is a huge mistake. What we physically do when we make love with one another is unimportant. What is important is that when we come together to express our affection for one another by touching each other, that we feel good about ourselves individually and as a couple. We feel loved. Our mood gets elevated and we have a greater sense of well-being. Life is worth living! We are flooded with oxytocin, the feel-good hormone.

Of course, many couples will have uneven levels of desire for physical intimacy. The spouse with the least amount of interest or desire can hopefully be persuaded if and when there is ample caring and kindness the other 23 hours of the day. It's a healthy thing to do, like brushing your teeth, dental flossing and managing food intake.

Greatest Gift. We believe that the greatest gift we give one another in our physical intimacy is abandonment. We feel free to let go and enjoy the pleasures of touching and being touched. We have arousal and abandonment.

When we "make love" we are literally making a more loving life for ourselves. Sexual tension subsides and a greater sense of peace and caring ensues. The world certainly needs more lovemaking. Remember that song, "What the world needs now, is love, sweet love." Ahhhhh, the joy of intimacy!

Dr. Jim 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

Bay Bytes

For help as you wade through endless and impossible-to-decipher medical bills, go to www.FamilyDoctor.org where medical language is clarified and where you can keep a list of what's been paid and all your medical information in one easy-to-navigate site.

REPOSITIONING CRUISES

"SOMEONE HAS TO DO IT"

By Kathryn Marchi

Every Spring and Fall, the world's major cruise lines transfer their ships from one location to another. They call it "repositioning cruising" and it certainly would be counterproductive to their revenue to sail without passengers. As a result, great savings are offered -- sometimes as much as 75 percent off regular fares -- on these one-way cruises.

In keeping with the seasons, cruise lines must relocate their ships to another appropriate region. For example, in the Spring, much of the Caribbean fleet heads to Europe; the South American fleet sails off to Europe or North America and those in Europe and Asia relocate to Alaska. In the Fall, these routes are reversed.

Depending on the itinerary, these cruises can last from seven days to 68 days so there can be multiple days at sea. To offset this, the companies offer themed cruises with special activities that feature enrichment classes with guest speakers, wine or food tasting, dance themes and lessons, theater, cooking demonstrations, fitness classes and more. They also offer stops at a broad variety of ports along the way, many times exploring little-known islands and taking inland adventures. It is said that the pace aboard one of these cruises is a bit more relaxed than a more traditional trip, which appeals to many folks seeking a more restful adventure.

If you Google "Repositioning Cruises," you will find many websites that list the major cruise lines and their 2017-18 schedule. (Specifically, www.cruisecritic.com or www.repositioningcruises.com will give you a detailed account of where these cruises will take you and what you might see or do.)

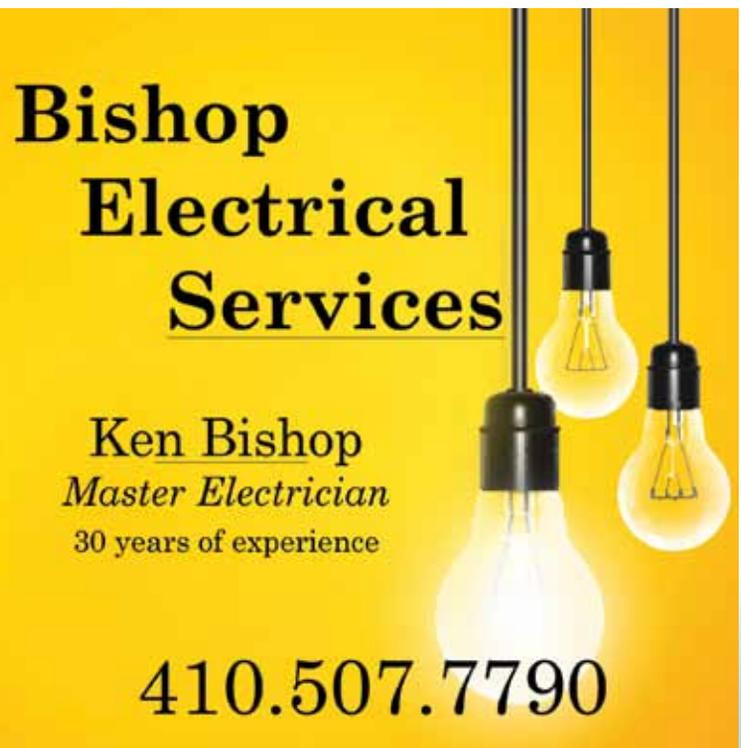
One caveat that recurs, however, is the sometimes high cost of airline transportation to the port of call. Unless you have frequent flyer miles or can manipulate airline prices with a travel agent, you might not realize the huge savings on one of these cruises. That is your choice, obviously, but the benefits of visiting some unusual and interesting places along the way may outweigh that promise of a deep discount.

Herein is a sample of some of the cruises that are being offered during repositioning:

- Alaska to the Caribbean
- Alaska to the Mexican Riviera
- Alaska to Hawaii
- Port Canaveral to Copenhagen
- Transatlantic from the Mediterranean to the Caribbean or reverse
- Seattle, Hawaii, South Pacific to Australia
- Boston to Ft. Lauderdale
- New Orleans to Boston
- Through The Panama Canal (traveling from the east or the west)

**Best staterooms
go quickly –
book early!**

If the prospect of a long and cold Winter is causing you grief, think about booking one of these turnaround cruises. According to the season, you may start out a little cool but you'll end up being nice and warm as you sail away. And then if you dislike hot weather, you will have the opportunity to escape to a cooler climate. Remember to book early, the best staterooms go quickly.



**Bishop
Electrical
Services**

Ken Bishop
Master Electrician
30 years of experience

410.507.7790



Connecting to Your Grandkids on Social Media

By Molly Lauryssens

A recent study conducted by Microsoft and AARP showed that 40 percent of teens are showing grandparents how to go online. Does this statistic surprise you? We're guessing not. Seems these days, youngsters are being born with cellphones in their hands and are ready to write their own code fresh from the womb.

The same study showed that 25 percent of teens communicate with their grandparents several times each week through social media. Doesn't that make you want to be more social media-savvy?

Here are some fun, easy and fulfilling ways to give the greatest gift of all to your grandchildren, the gift of connection.

First, are you on Facebook? Starting a Facebook account is as easy as plugging in your name, email address and creating a password. Voila, you are in. From there you can see what your family is doing, not to mention hook up with loads of people from your past like grade school, high school or college friends. Extra credit if you can download a recent photo of yourself. (Hint: Smartphones make everything so easy.) Don't be timid, just get in there and start playing around.

Next, start a blog for your grandkids. When my granddaughter Ellie was born I decided to share photos and thoughts with her regularly. So I created a space just for the two of us called, LOL ELLIE.

Here I can share stories with Ellie about our adventures together and remind her of some tales from her growing up. I can also tell her things about her dad that he won't ever fess up to! You know all kids are curious about their parents and what they were like growing up. You can use this space to share things about you and your family, give them an idea of where they came from. Show them who they might be like and how they belong. For example, does your grandson love trains? It might be cool for him to know that his great-grandfather worked on them.

Notes: There are many free platforms that offer user-friendly blogs like WordPress, Blogger and Tumblr. Each of these sites can give you step-by-step instructions on how to start a free blog. With WordPress, it's as simple as picking a free template (design or theme). Play around with it! If you don't like

the way one looks, pick another. If you want a custom

photo header, then do a search for that. Once you get the design down, it's easy to play around with the actual blog.

Start a separate email address for your grandchild. This is good for a lot of reasons, but mainly storage. Since free blogs only give you so much space to work with, this will be good to send more of all those photos you've taken. This is where to send a quick note as well, instead of a long-form blog story. What I love about this idea is the thought of giving them the name and password and opening it up with them for the first time. When they see emails and pictures dating back so many years, you know they're going to be super happy. You'll want to witness that.

Now that you are getting used to all this computer stuff, let's get you a Pinterest account going where you can look at all these amazing Pins. What is Pinterest? According to the site, it is the world's catalog of ideas. What is a Pin? "Pins are visual bookmarks that you collect on boards. You can save Pins you find on Pinterest or add new ones from your favorite websites."

Pinterest is wonderful for all the fun and DIY ideas, of course. There are also recipes and projects galore. But I've started a couple separate boards and labeled them with Ellie's name. This is where I like to give her inspiring quotes and Bible verses that resonate with me.

Here's what we know for sure about technology: It is forever changing. Yesterday it was My Space and today it is Facebook. Who knows what tomorrow may bring. But the good news is that you can talk to your grandkids about the latest trends and continue to evolve with the times.

This will help strengthen your connection to them and their world. And, as you know, there is no better way to honor your relationship than with the gift of your time and energy.

Molly is an award-winning reporter and freelance writer, who enjoys having adventures and dancing with her granddaughter, Ellie. She can be reached at Lauryssens@aol.com

Bay Bytes

Log onto Anne Arundel County Library at www.aacpl.net where a book or video can be reserved, questions can be answered, books can be downloaded and books can be mailed for shut-ins.

In Praise of Staying Put

By Rev. Dr. Amy E. Richter

January and February can be a great time to go away.

As a former Midwesterner, I do not take Maryland's wonderful weather for granted. When my husband and I lived in Wisconsin, a land with its own charms, we felt like we earned Spring. Spring came as a reward for slogging through months and months of gray skies, frigid temperatures and dirt-blackened snow. Unfortunately, Spring might not arrive until anytime between mid-May and mid-June. Maryland's Spring just comes, unearned like grace, bringing with it buds and blooms, blue skies, sunshine you can feel on your back -- an actual season to enjoy.

Despite the relative mildness of our Winters and the nearness of Spring, January and February can sound an alarm bell in us: *Escape! Get out! Go south!*

Whether you're getting away or remaining at home, this is an excellent time to contemplate the virtue of staying put. St. Benedict (480-547) created a rule of life for monks that included the vow of stability, the promise to stay in one monastery for life, rather than moving from place to place. Benedict knew that a human temptation when difficulties arise is to think we would be better off if we only were somewhere else, rather than staying put and working to solve the difficulties. The sisters of Our Lady of the Mississippi Cistercian Abbey in Dubuque, Iowa, describe their vow of stability this way:

"We vow to remain all our life with our local community. We live together, pray together, work together, relax together. We give up the temptation to move from place to place in search of an ideal situation. Ultimately there is no escape from oneself, and the idea that things would be better someplace else is usually an illusion. And when interpersonal conflicts arise, we have a great incentive to work things out and restore peace. This means learning the practices of love: acknowledging one's own offensive behavior, giving up one's preferences, forgiving."

Even for those of us who have not taken monastic vows, the invitation remains: Rather than escaping, staying put can be a way of remembering that it's not the place that matters as much for our joy or success, but how *we* are and how *we* behave in the place where we are. There is nothing wrong with taking a vacation, and going away can make us appreciate home even more, but if we find ourselves thinking more and more about escape, getting away, going somewhere else, rather than staying put, it may be time to think about what we're actually trying to escape. Is it just ice and snow? Or is it something more? If it's something more, Benedict's wisdom that we take ourselves wherever we go may be worth pondering; the invitation to look at what in us or in our relationships needs addressing may lead us to something truly life-giving, even in the dead of Winter.

I know many snowbirds who make a point of making a contribution to their Winter communities even as they make contributions to their community here in Maryland. But I know of some who neglect to get involved at home ("I'm gone all Winter so I can't help.") or away ("I'm only here for a couple of months"). Wherever we are, we can open ourselves to the joy that comes from being fully present and contributing as much as we can, rather than using our seasonal presence as a reason not to get involved. Still, it can be a challenge for those who don't stay put to find ways to grow and contribute. As St. Euthymius the Great (377-473) cautioned, "A tree which is often transplanted does not bear fruit. Whoever desires to do good, can do it from the place where he is."

If you are getting away this Winter, consider ways you can *stay put*, even while you're gone: Think about what you expect from being in a different place. Is there something difficult about yourself or someone close to you you're trying to avoid by going away? Address it. You'll only take it with you. Can you make a contribution where you go, rather than just being a visitor or consumer? Can you make a contribution at home that will keep you connected to your home community even while you're away? Can you help someone for whom staying put geographically is not a choice, but a necessity, by giving to an organization or religious community that helps people pay energy bills, helps the homeless or helps people transition out of homelessness?

If you are staying here for the Winter, here's a reason to celebrate: Staying put can bring us one step closer to bearing fruit, even in the coldest months, if we realize that we are never in the wrong place to do good, to live the life to which we're called, and to be the person we are meant to be. And if we don't do these things, no place will fix that for us.

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

Complete Funeral Plans from \$4,495

BARRANCO & SONS, P.A. SEVERNA PARK FUNERAL HOME

*Conveniently located along the Eastern Shore,
Baltimore and Annapolis Corridor*

Over 55 years of service to the community

www.barrancofuneralhome.com 410-647-2400

'Tis the season for a lot of things, among them Winter colds. Despite staying bundled up in chilly weather, folks still get these nasty infections. Our doctors remind us of prevention, such as washing our hands to stop the spread of germs, and still a nagging cold somehow makes its way into thousands of homes across the U.S. The Centers for Disease Control and Prevention estimates that "each year in the U.S., there are *millions* of cases of the common cold." And, we're not talking about just a one-time deal; the CDC says adults get two to three colds per year and youngsters can get even more.

So, what can be done to prevent germs from taking you down for the count for seven to 10 days? Well, the CDC recommends washing hands frequently, but also going a step further and avoiding touching your face as much as possible since germs are primarily transferred from the hands to the mouth, eyes and nose.

Also important, wash well. Don't give your mitts a rinse and go, but rather scrub your entire hands, fingers and even under fingernails with soap and water for at least 20 seconds. If no soap is available, make sure to have an alcohol-based hand-sanitizer for emergency situations.

Though it may be virtually impossible to dodge everyone who has a sniffle or sore throat (usually the first symptoms), do yourself a favor and at least make a concerted effort to refrain from touching, hugging, kissing or shaking hands with them. Yes, this includes grandkids! In fact, take the time to teach your grandchildren, if they don't already know, to sneeze into their elbow—not their hands. Even better, sneeze into a tissue that can be immediately thrown away.

WebMD (www.webmd.com/cold-and-flu/11-tips-prevent-cold-flu#1) lists tips for preventing colds echoing the previous sentiments, but also advises people

PREVENTING WINTER COLDS

By Leah Lancione

to regularly engage in aerobic activity as "it helps increase your body's natural virus-killing cells." Other advice includes refrain from smoking or being around anyone who smokes since it damages the immune system, eat dark green and red vegetables and fruits that are packed with vitamins and phytochemicals, and cut back on alcohol consumption since it dehydrates and weakens your immune system.

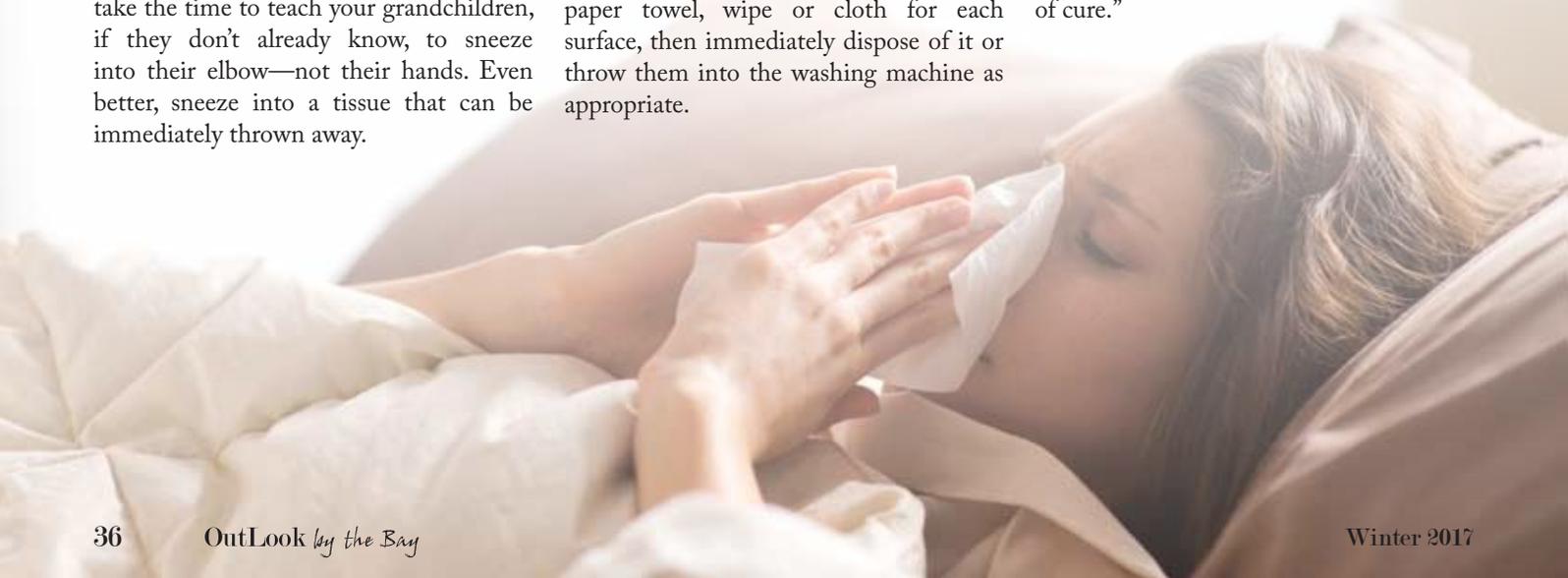
If someone with cold symptoms does invade your space, consider going on a disinfecting mission once they're gone. Experts say you don't have to bleach your house from top to bottom or dispose of anything touched by your ill friend or family member. Instead, either use disinfecting wipes or a household cleaner, one specifically for combatting germs, and wipe down germ breeding grounds like door knobs, counter tops, faucet handles, telephones, pillow covers, hand towels and the TV remote control. Use a separate paper towel, wipe or cloth for each surface, then immediately dispose of it or throw them into the washing machine as appropriate.

Side note: When choosing a household cleaner, opt for those made without antimicrobial pesticides. The Environmental Working Group (www.ewg.org/guides/cleaners) offers a "Guide to Healthy Cleaning" that can steer you in the right direction for safe cleaning products or provide tips for making your own.

MedlinePlus, the National Institute of Health's (NIH)/National Library of Medicine website, also suggests using paper towels or disposable hand towels in the bathroom or kitchen instead of using the same cloth hand towel to prevent the spread of germs. The site also suggests drinking fluids to help your immune system function properly and to eat yogurt that contains "active cultures" since they may help prevent colds, and to get enough sleep.

If you do feel a cold coming on despite your best efforts to avert it, there are a few things you can do right away that may stop the cold in its tracks. **Health.com** says a gargle of warm salt (about a teaspoon) water can help in a number of ways. "The salt draws out excess water in your throat's tissues, reducing the inflammation, and clears mucous and irritants from the back of the throat," notes Philip Hagen, MD, medical editor in chief of *Mayo Clinic Book of Home Remedies*. "The rinse also flushes out bacteria and viruses." The site also says a saline nasal spray is helpful, as is taking a hot shower, getting a good night's rest, eating hot soup or drinking warm tea, and taking ibuprofen to diminish body aches.

Perhaps these steps will be beneficial, proving Benjamin Franklin's proverb that "an ounce of prevention is worth a pound of cure."



BEST COMPUTER ETIQUETTE TIPS

By Edree Hovey

It's not too difficult to imagine what Emily Post would have to say about the proper etiquette regarding today's email. Lacking her specific guidance, however, we've come up with 10 of our best tips that might help you to be a more polite and effective correspondent in 2017.

1. Answer your emails. That's fairly obvious, but in this age of cyberspace there are the occasional transmissions that get dropped into the great black void. Within 24 hours is a reasonable amount of time to respond, if just to say, "I received your note, and will get back to you."
2. Choose your font carefully. Not all typefaces are legible and easily read, especially by aging eyes. Think about increasing the size from 10-point to 12-point.
3. Be very careful with what you put in writing. It's a difficult point to get through to today's teens, but remember, what goes through the internet can be tracked regardless of the delete button and there are many things that are best not put in writing
4. Avoid the discomfort of having sent something to the wrong person. Don't fill in the address of the recipient until the message has been completed and proofed. Then save yourself the embarrassment of pushing "send" prematurely, before you have checked that the addressee is correct. Many people have regretted sending at least one misdirected email.
5. Don't capitalize or boldface every word. It reeks of shouting. Limit boldfacing to mentioning a time or place or website that will need to be referred to later. It's easier to find when the recipient checks back.
6. Use abbreviations only if you know the recipient knows the lingo. U R 2 kind. LOL.
7. Thank-you notes and sympathy notes, regardless of today's technology, should still be written by hand and mailed.
8. It's always easier to find that email again if there's a subject mentioned in the bar that's provided just for that purpose.
9. There's a reason why computer programs come equipped with spell check. Use it, but check their corrections because they are not always what you had intended. Rode versus road, main versus Maine versus mane, etc.
10. Careful with the jokes. They may be funny to you, but maybe not so much to the recipient. Also, be reasonable in sharing your ever-growing picture file.

We are very fortunate to have this wonderful technology readily at hand, but like most things it can be easily abused. Good to keep in mind with your correspondence.



BYRD & BYRD LLC
ATTORNEYS AT LAW

(301) 464-7448
www.byrdandbyrd.com



Elder Law
Estate Planning
Medicaid Planning
Asset Protection
Probate
Family Law
Personal Injury

Not Just Good Lawyers... Good Counsel

14300 Gallant Fox Lane, Suite 120, Bowie, Maryland 20715



5 EASY STEPS TO END THE SUGAR CRAVING

By Ellen Kittredge

Have you noticed these past couple of months that you craved a little more sugar than usual? If so, that is entirely normal since we're offered so many sugar-loaded treats over the holidays and with a chill in the air, we need more carbohydrates to fuel our bodies. Plus, it can be hard to turn down that offer of an extra piece of pie or those wonderful holiday cookies that someone went to great effort to create. And sometimes once we start eating sweets, we just can't stop!

However, we'll soon be thinking of those warm days of Spring when we want lots of energy to get out there and do our best. This change of seasons, as your body prepares for the transition into Spring, can be the perfect time to recommit to treating your body well by giving up the sugar habit.

Would you like to rid yourself of sugar cravings once and for all?

Before we get to the simple and practical steps for claiming independence from sugar cravings, let's first determine if your body might be suffering from a sugar overload. There are at least 44 documented adverse reactions to sugar consumption. Fourteen of these are listed here. Do you see yourself in any of these descriptions?

- Mood swings
- Drowsiness
- Overwhelming fatigue
- Sweet cravings

- Headaches
- Difficulty concentrating
- Depression
- Dizziness and vertigo
- Nightmares
- Severe PMS
- Cold hands and feet
- Ravenous hunger between meals
- Joint pains
- Muscle pains

How could sugar be involved with these conditions? Sugar qualifies as an addictive substance. This is for two reasons:

1. When you have some sugar – even just a little -- you crave more. If you've been staying away from sugar and then indulge, your cravings will come right back.
2. When you take it away you experience withdrawal symptoms. You may experience fatigue, anger, depression or a variety of other symptoms.

Luckily there are lots of ways to get rid of sugar cravings. The first step is to recognize the cravings. The next step is to recognize all the ways that your body feels when you eat sugar.

Once you feel inspired enough to let go of sugar, I'd suggest starting by trying to add healthier foods to your diet. A healthy, well-balanced diet that is high in minerals will give you enough sweetness from fruits and vegetables to satisfy your cravings. The sugar roller coaster that many of us are on is caused by imbalances in our nutrient intake. But there are many other effective means for addressing sugar cravings. Here are my favorites:

1. Drink more water. Dehydration manifests in the body as hunger before the body realizes you are actually just

Bay Bytes
If the instruction book for that holiday gift has already been misplaced, it can be found online at www.ManualsOnline.com or homeappliance.manualsonline.com. The manual can be printed out on your home printer.

Look at all that stuff you've collected. It's time to use it, give it away or throw it out.

thirsty. Keep your daily water intake at one-half your body weight in ounces, and you'll notice many positive effects, including a reduction in sweet cravings.

2. Minimize or reduce caffeine intake. Caffeine causes blood sugar swings and can directly contribute to sugar cravings, so if you are consuming caffeine, either consider quitting the habit, minimizing intake or consuming your caffeinated beverages with food to minimize the effect on your blood sugar.
3. Eat more sweet fruits and veggies. What a great time to increase your consumption of fruits and vegetables. Forgo the pastries and increase your consumption of these delicious and nutritious fruits and veggies, and you'll notice those sweet cravings start to dissipate soon.
4. Examine your consumption of the grounding foods like salt, red meat, eggs and heavy proteins. When you eat too many foods that have a grounding effect on the body, your body automatically strives to balance with a lighter food. Sugar is a "light" food. It makes us feel happy and energetic (at least initially) and provides the perfect balance to something like salt. (Caffeine is also a "light" food, and frequently these grounding foods will cause caffeine cravings too). Try it and see. Eat a few handfuls of potato chips. Do you automatically reach for

a soda? A beer? A sweet fruit or baked good? Or perhaps a sweetened iced coffee? Pay attention to how your sweet cravings are linked to your consumption of the foods just mentioned, and if there is a link, either consider limiting these foods, or pairing them with a more gentle sweet food, something like a piece of fruit. For instance, if you're having salty eggs for breakfast, have a piece of fruit with the eggs to deter any cravings for a harsher sweet (candy, cookie, etc.) that you otherwise would have later that morning,

5. Find sweetness in non-diet ways. Last, but certainly not least, we can all use more hugs, more kind words, more massages and more time spent relaxing with loved ones. Slow down and make time for these things in your life, and you will find you are not reaching into that candy bowl quite as often.

I'd suggest committing to these tactics for one week. You are bound to see a difference once you start the process of getting off the sugar roller coaster. Once you've committed for one week, the second week is easier, and the third week is a breeze.

Ellen is a nutrition and health counselor who helps her clients experience real and lasting weight loss, eliminate cravings, gain more energy and improve overall health and well-being. She be contacted at www.EllenKittredge.com



Is Cremation a Consideration?

Pay tribute to your loved one by placing their cremains in a Lakeside Cremation Bench, a Private Bench Estate, a Private Columbarium, a personalized Pedastal or in a glass niche located in our stunning Chapel Mausoleum. We offer a serene and restful place for everyone.

Call *Lakemont Memorial Gardens* at **410.956.3060** to make arrangements or just stop in and have a cup of coffee. We offer park tours and pre-planning seminars.

We are located at
900 W. Central Avenue
Davidsonville, MD 21035

THE BOOMER'S GUIDE TO AGING GRACEFULLY

(OR LOOKING LIKE YOU ARE)

By *Natalie Canavor*

Most of us have launched into middle age and beyond without a healthy infrastructure to stand on. We've eaten mountains of food just because it tasted good, lived lives brimful of cigarettes, alcohol or other escape mechanisms and put strenuous exercise off for a few decades until a time we'd feel more in the mood.

What's the 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 all, or close enough. This miniguide will help you show the world that you are vigorous, adventurous and fully awake -- with the least investment of time and energy.

Use these ideas to supplement the self-improvement books that line your shelves, or toss them out and be inspired to take this better tack. Open your eyes to the possibilities ahead and prepare for what can, in truth, be your most creative years.

The trick for dealing with a faulty memory is to use your words:

When you lose the thread during a conversation and find the other person looking at you expectantly, say: "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, try, "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 points, switch to an irrelevant and irrational response: "I must say that you look totally adorable today." Or, "That reminds me, I meant to ask, why you were so rude to Sally last week?" Or, "Did I ever tell you about my first sexual experience?"

Keep a constant written log of what you do, where you go, what friends talk about, the names of their kids and grandkids and dogs. Scan it before talking to them. You'll demonstrate your memory with flair -- and be able to correct theirs.

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 best?"
- "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?"



To look good, use your strategic thinking:

Always choose venues with soft lighting. At home stock up on candles and install pink lightbulbs or shades, for that Loretta Young glow.

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

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

It's my ...

- Stint in an "overseas agency" I can't name, sort of like the Foreign Legion, but low profile.
- Early years as a surfing instructor or lion taming trainee or test pilot.
- Experience in the witness protection program that you are forbidden to share.

Or, use the Queen Elizabeth trick. If you look awful without makeup, get up earlier than your partner and put on Layer 1. Later when he's watching, put on Layer 2. Or, wear the first layer alone and let him think it's "just you." (The 16th century Elizabeth added makeup every day without ever washing her face. When she died it was an inch thick. True story.)

When you're not up to it, or you simply want to avoid exercise, use your misdirection skills.

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 of that in the Israeli military.”

Make playful spur-of-the-moment suggestions that are very 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 buy marshmallows and roast them over the stove!
- Let’s build a bonfire on your lawn!

Offer truly adventurous ideas when you’re sure every rational person will refuse, or the logistics are prohibitive:

- Let’s go whitewater rafting on Sunday, 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!
- Let’s all sign up for the marathon in Rome!

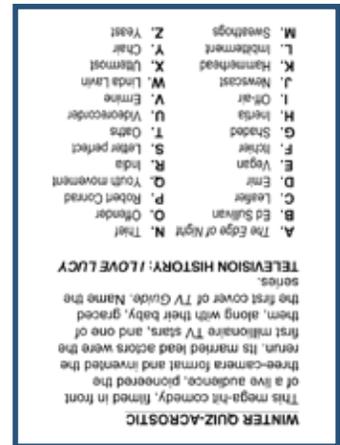
When someone else suggests an activity you’re desperate to avoid, have a ready response:

- 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.

Finally, here are some all-purpose never-do’s:

- Admit there could have been a world before television. Or the internet. Or the delete button.
- Wear socks under sandals.
- Call swing dance the Lindy.
- Hide anything without writing a note you can find.
- Eat chocolate in public, rather than the sticky gummy stuff young people prefer.
- Frequent nude beaches or bowling alleys.
- Suggest confining a toddler to a playpen.
- Share that you find Robert Redford or Jane Fonda sexy.
- Say “kids these days” ... or “young punks” ... or “sonny” or “when I was young ...”

Natalie 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 and can be contacted at ncanavor@gmail.com



CONTAINMENT

A BioTerror Thriller
By Hank Parker

Hank will be signing copies of *Containment*
at the Annapolis Bookstore, Maryland Ave., Jan. 14, 2:00 p.m.



BOOKS:

Old, New and Obscure

THE PAPER DIET WHAT YOU GAIN BY REDUCING EXCESS PAPER

By Kater Leatherman
Kiwi Publishing (2016)

For those of us who “hoard” paper in its many forms without realizing it, this is the book you’ll want to read for the new year, or give to someone who just doesn’t know where to start getting rid of excess paper.

Kater Leatherman, a well-established author in the field of simplicity by creating more space through living with less, has taken on excess paper in her third book. Her techniques are simple and painless, achieved gradually, without stress and with clarifying results. Leatherman’s two other books focus on creating space by eliminating the stuff in your home. In *The Paper Diet*, she teaches us not only to stay on top of paper clutter, but which papers are necessary to save and how long to save them. She addresses a myriad of topics from greeting cards to ATM receipts.

One very helpful tip is setting up a mail center in your home. This becomes the distribution center for all your incoming mail, which is filed, acted on or discarded daily.

Several quotes from the book really bring Leatherman’s point home, such as, “If you don’t know why you are keeping something, then let it go.” Also, “Paper needs to earn a right to take up space in your home ...” Anything that makes you think about what or why you are keeping papers will lead to your thinning-out process.

Leatherman also addresses the emotional arguments people might use for saving the items. *The Paper Diet* is not just a how-to book, it is an arsenal of tools anyone can use to justify saving or letting go of paper. The author knows we are often our own worst enemies, but that we also love progress and success.

Other topics include: Why we keep paper, what to do with personal memorabilia, organizing photographs, what to do with family papers, documents, etc., as well as how many years to keep records such as tax returns and warranties. Although short, this book is chock full of interesting and important information, including chapters on children’s school papers, books, magazines, catalogs and best ways to get rid of personal papers.

I found this little edition very helpful and have already

used some of Leatherman’s techniques successfully. Don’t miss the chance to meet Kater at her book signing on Jan. 18, at 7 p.m. at the Annapolis Bookstore. She can be contacted at www.katerleatherman.com/

~ Joanne R. Alloway

CONTAINMENT

By Hank Parker
Touchstone, a division of Simon Schuster (2017)

My advice? Clear your calendar and settle in for an exciting and fast read of this bio-terror thriller by debut novelist and former Annapolitan, Hank Parker. If you have any looming deadlines or major projects, don’t even think of picking up *Containment* because, once you begin reading, you will be bitten by the need to do nothing but turn the pages until you reach the very end. When you fall headfirst into the chilling world of government epidemiologist Mariah Rossi and CIA agent Curt Kennedy as they fight to save our country from a deadly scourge, you will be infected with the desire to skip meetings, to stay up too late and to forget to walk the family dog, although you might want to check the pet for ticks.

Why ticks? That’s because the author, an expert on bio and agroterrorism, has created an all-too-possible scenario whereby ticks, in the hands of terrorists, are the yucky vectors for a beastly virus set to wipe out millions. A team of highly trained and educated professionals must race from southeastern Pennsylvania to the Far East to try to contain the spread of a horrific disease which is poised to wreck our financial institutions, threaten our government and jeopardize our very existence.

Well-written, with crisp and clean dialogue, tightly plotted and tense, the novel reflects the specialized scientific background of the author. This gives the book authenticity and fuels the nightmarish realization that this type of terror could, indeed, happen. As you read, you realize this is both a very scary premise as well as one very appropriate for the time in which we live. Written in the nonstop action style of Michael Crichton, this is a thrilling read at its entertaining best.

So, read at your own risk, knowing that once you commit,

there is only one antidote that will allow you to return to your pushed aside to-do list, neglected family and kicked-to-the-curb demands: finishing the book. Here's hoping this talented author has another novel in the works. Hank will be signing copies of *Containment* at the Annapolis Bookstore on Saturday, Jan. 14, at 2 p.m.

~ Victoria Duncan

HERE IF YOU NEED ME

By Kate Braestrup

Little, Brown and Company, New York (2007)

Having never heard of a chaplain to a game warden, I approached this book with suspicion. Being a "city girl," a game warden was a shadowy figure who caught the bad guys who were killing animals illegally or sneaking up on fisherman and hunters who were breaking the law by not having a license or were hunting out of season. But anyone who was raised in the country or in a more rural area than Annapolis or Baltimore might relate more personally to *Here If You Need Me*.

This is a true story with names and circumstances changed to "protect the innocent," since it takes place in Maine, a state of small towns where everyone knows everyone and everything. So it was necessary to protect identities. That said, it was a very eye-opening and interesting take on a little-known profession.

Kate Braestrup didn't plan on becoming a chaplain, but when her husband and the father of her four children was tragically killed in a car accident at the age of 39, she decided to do what he was planning and entered a Unitarian Universalist seminary in order to become a chaplain to Maine search-and-rescue workers.

This novel could have become dry and maudlin, but with stories of tracking a suicidal young mother, children who wander off and drunken men who fall through ice or over a waterfall, the author's sense of humor and easy-to-read style hold the attention of the reader.

She relates many stories of comforting parents of lost children and spouses of disappearing husbands or wives with a style of writing that has the reader sympathizing with the chaplain and the distressed relatives who are waiting for news of their loved ones. You also will probably hope the object of the search will be found alive and that her calm attention has helped them through the crisis.

She assures people of all religions (and lack of religion) that she will pray with them, sing with them or just sit with them if that will help in their crisis situations. The book begins with a six-year-old girl who has wandered off from a family picnic. It continues with a man who has driven off in his snowmobile and disappeared, a couple who are high on drugs and have fallen over a waterfall, and a boy who gets drunk and stumbles into a pond and drowns in water he could have stood up in if he had been sober. She also comforts the game wardens who witness many acts of sadness and foolishness and often spend days searching for the victims, sometimes never to find them.

While reading, I sometimes felt the author spent too much time dwelling on the death of her husband, but it doesn't

overshadow the help she provided to many people, both victims and searchers.

One of her classic comments is that she had no idea what the position entailed, and joked that people asked her what does a warden chaplain do, "Bless the moose?" You may ask yourself if you would like a chaplain beside you if you were in a crisis situation, and in fact, if you even knew that such a position existed.

This "city girl" learned much about the wilderness, the beauty and danger it contains, and the dedicated people there to help when needed. See what you think.

~ Peggy Kiefer

TOXIC CHARITY: HOW CHURCHES AND CHARITIES HURT THOSE THEY HELP (AND HOW TO REVERSE IT)

By Robert D. Lupton

Harper One (2011)

This book presents a conundrum: How can doing good in fact be doing harm? How can society's heartfelt, sincere and often costly interventions to help the poor, the homeless, the less fortunate, turn out to be wrong? Why should we stop going on mission trips?

According to Robert Lupton, we as individuals and as a society need to reexamine our basic premises in the light of where they have brought us. He notes that "... we have been evaluating our charity by the rewards we receive through service, rather than the benefits received by the served." Lupton presents convincing evidence that top-down charity creates entitlement and destroys pride and personal initiative.

At the heart of Lupton's thinking is the idea that crisis interventions do not provide lasting change. Lasting change, he argues, results from systemic change that he calls Asset Based Community Development (ABCD). Outsiders, he says, should enter communities they hope to help both humbly and cautiously. He urges listening and learning before getting involved. He advocates the creation of partnerships where all participants contribute and have a stake.

Micro-lending has proved very effective abroad because it builds on a person's abilities and strengths and requires accountability. While raising chickens and selling the eggs is much simpler than entrepreneurial efforts in the U.S., the model still applies. By enabling people to work, society reconnects them to their strengths. Lupton says, "Work, all work, is an invitation from God for us to take an active role as coparticipants in an ever-unfolding creation."

Work offers a purpose for life and it can provide sustenance. But work needs to be augmented by community life. Through "neighboring," community needs can be identified, owned and addressed. For outsiders to become effective agents of community change, they need to become part of the community by living there and helping the residents to identify their strengths, not primarily their weaknesses. By building on their own assets, neighbors can begin to look beyond the present to envision a brighter future.

~ Tricia Herban



IT BEGAN WITH A ROAR

A VISIT TO THE WORLD FAMOUS SAN DIEGO ZOO

By Peggy Kiefer

When one thinks of San Diego, two things usually come to mind: the beautiful weather and the San Diego Zoo. And rightly so, as the average temperatures range around 70 degrees and the zoo has been ranked as one of the best in the world.

But let's concentrate on the zoo, as the weather is subject to the vagaries of nature.

There are three parts to the San Diego Zoo: The downtown 100-acre facility in Balboa Park, which is what most people think of when they think of the zoo. The second is the San Diego Zoo Safari Park, 1,800 acres of animals, botanical gardens and scenery located about 40 minutes north of downtown. A lesser-known but very important third part of San Diego Zoo Global is the San Diego Zoo Institute for Conservation Research.

It is amazing what diversity and beauty are represented in the downtown zoo. This is where you find the famous giant pandas, which are on loan from China, the polar bears and the Australian outback exhibit featuring the koalas, wallabies and kangaroos. None of these animals are found in the Safari Park. There is also an insect house and a reptile house, plus the hippo and orangutan exhibits, also not found at the Safari Park. The Children's Zoo is also a popular feature where Dr. Zoolittle gives frequent shows. A new and not-to-be-missed exhibit called Africa Rocks will open in 2017.

So, what is found at the Safari Park that would encourage a visitor to make the 40-minute drive north to Escondido? First of all, there is more room; the 1,800 acres hold larger exhibits. Many animals such as the giraffe, rhino and other varieties of animals such as the Greater Kudu, Scimitar Horned Oryx and Przewalsky's Wild Horse, to name a few, can roam free in an area, which resembles the plains of Africa. A tram takes visitors out into the savannah for a 25-minute tour, which allows a closer look at animals such as giraffes, zebras and rhinos, which are harder to spot in a walking tour.

Another unique feature of the Safari Park is the cheetah run, where the cheetah runs off leash to chase a stuffed animal that is pulled in front of it on a wire. This is an opportunity to observe the speed of the fastest land mammal as it runs on a track in a fenced-in area. There is also a new, innovative Tiger Trail featuring seven, (as of now) critically endangered Sumatran tigers. It is a five-acre exhibit with almost a full acre per tiger, allowing them to pursue their solitary nature. It also includes bedrooms for the tigers that are not on exhibit.

Not to forget the plant lovers, the botanical collection at the Safari Park is a paradise with a Bonsai exhibit, an Epyphillum house, a Baja and old world succulent garden and a California nativescapes garden. This is often the first area that visitors choose to visit, as the diversity of plants is unbelievable.

Both the zoo and the Safari Park have various programs for children, adults, families and groups. The Safari Park has a very popular program called "Roar and Snore," where guests stay overnight in tents and enjoy the park with all its nighttime sounds. Roar and Snore includes a hot dinner, an evening snack, a hot breakfast and a visit from animal ambassadors and their trainers. It is geared to the group attending: families with children, adults or groups such as Brownies or Cub Scouts.

A popular activity for the members of San Diego Zoo Global, of which there are thousands of very devoted fans, is just walking the many trails of both the zoo and Safari Park. Some patrons regularly arrive early or come late just to enjoy walking among the plants and animals while getting their daily exercise.

The San Diego Zoo is celebrating its "It Began with a Roar" Centennial this year. It all started 100 years ago with the roar of a lion that had been featured in the 1915 Panama-California Exposition in Balboa Park in downtown San Diego.

Volunteers are an important part of San Diego Zoo Global, serving as information guides, interpretive guides and workers in the warehouse, in the offices or the Institution for Conservation Research. There are more than 1,250 active volunteers and another 250 that help out on special projects, working at all locations.

The research institute's focus is on conservation of endangered animals and to end extinction. Much research is being done in San Diego and on six continents around the world by scientists to bring animals back from the brink of extinction. A prime example is the California condor, which was down to only 22 birds in the 1980s and now has a population of more than 400, with more than 200 released back into the wild. The cheetah is another example of an animal that has been snatched from the brink of extinction. The cheetah is a difficult animal to breed and over 150 cheetah cubs have been born at the Safari Park.

It would take a book to mention all the animals, plants, programs and research done by San Diego Zoo Global, so the best thing to do is plan a visit whenever you are in Southern California. You'll be glad you did.

Bay Bytes

How about a pillbox that's smarter than the pill taker? Log onto www.tricella.com for a unique device that will notify you or a family member electronically if a pill was not taken. Pricey, but could be worth it.

Peggy has been a volunteer at the San Diego Zoo Safari Park for more than six years, working as an interpretive guide at the condor, gorilla, elephant and tiger exhibits. She can be reached at kinseykiefer@aol.com



Dear Vicki,

Is it possible for someone to be depressed without being overtly sad? My mother is 85 years old and in good health. However, she has seemed listless and withdrawn lately. She doesn't cry or seem sad though. Could she be suffering from depression?

Dear Vicki,
Over the holidays, I was forced to attend some social functions associated with my business. As a confirmed introvert, these kinds of events make me absolutely miserable. I'd rather have a root canal or a colonoscopy. Seriously. But I can't get out of them in my field. Is there any surefire way to get through these ordeals with less angst?

CONVERSATIONAL QUESTIONS

It sounds to me as if this may be more than just being an introvert. It's possible that you suffer from social anxiety disorder—a type of phobia in social situations that causes significant distress and difficulty functioning in circumstances in which one feels judged or scrutinized. If your dislike of social events is accompanied by physical symptoms such as excessive sweating, blushing, nausea, palpitations or panic attacks, you may want to seek some treatment from a licensed psychologist, social worker or professional counselor. Cognitive behavioral therapy (changing your thoughts) or medication may be helpful in making you more comfortable in these situations.

If your distaste for socializing is not that severe, some tips for making conversation may help. Keep your focus on the other person and practice good listening skills. Listening is a much underrated activity and can go a long way in making social events not only smoother but also more enjoyable. Have a couple of solid questions up your sleeve that never fail to throw the conversational ball to the other person. These three work great: 1). How do you know the host? 2). What do you think about ___? and 3). How do you feel about that? When you ask one of those questions and really focus on the person's answer, your conversational partner will feel both validated and a bit less lonely. Who knows? They may be just as uncomfortable as you are and putting them at ease will help you feel more at ease too!

Vicki Duncan is a licensed professional counselor and welcomes your questions. She can be reached at Victoria2Write@aol.com

SIGNS OF DEPRESSION IN THE ELDERLY

Absolutely. Sadness and crying are not always present in depression, particularly among the elderly. What you are describing—listlessness and withdrawal—are common symptoms, along with loss of appetite, loss of interest, hopelessness and irritability or anger. Physical symptoms of depression may include chronic pain, mental fogging, headaches, gastrointestinal problems and even chest pain. At this time of year when the elderly are often housebound due to inclement weather, even a lack of sunshine can be a contributing factor.

As you can imagine, because so many of these symptoms mimic other disorders, it's not easy to determine what is depression and what may be another issue. If you suspect depression, have your loved one evaluated by a health professional. If you don't feel that your mother is adequately being evaluated or treated for her mental state by her primary care physician, consult a geriatrician. Depression among the elderly is a serious condition that can have severe consequences such as the worsening of other health conditions and even suicide. There are effective treatments that can improve your mother's quality of life. Please don't delay!

In the end we only regret the chances we didn't take.

WINTER QUIZ-ACROSTIC

	I	Q	2	M	3	A	4	T		5	L	6	C	7	A	8	M	—	9	Y	10	H	11	X		12	P	13	M	14	Q	15	G	16	U	17	Z				
18	O	19	D	20	W	21	K	22	A	23	R		24	H	25	B		26	N	27	P	28	Q	29	J	30	L		31	U	32	I		33	K		34	S			
35	N	36	W	37	H		38	I	39	Q	40	K	41	F	42	V	43	L	44	J	45	A		46	S	47	F	48	U	49	O	50	J	51	V	52	P	53	N	54	W
	55	X	56	K	57	O		58	M	59	A	60	S	61	D	62	X	—	63	S	64	G	65	X	66	U	67	P	68	J		69	C	70	T	71	L	72	K		
73	R	74	H		75	T	76	W	77	B		78	B	79	R	80	E	81	L	82	Q	83	S	84	U	85	A		86	Z	87	G	88	F		89	V	90	U		
91	F	92	X	93	W		94	I	95	A	96	Z		97	Q	98	B	99	H	100	O	101	C	102	P	103	U		104	B	105	O	106	H	107	P		108	Z		
109	F	110	N	111	P	112	C	113	X		114	M	115	Q	116	U	117	S		118	T	119	Q	120	L		121	A	122	U	123	K	124	M	125	S		126	D		
127	Y	128	B	129	W	130	R	131	I	132	E	133	C	134	L	135	U	136	A		137	S	138	B		139	B	140	J	141	Y	142	X	143	M		144	E	145	V	
146	G		147	O	148	P	149	E		150	A	151	O		152	Q	153	A	154	B	155	V		156	P	157	C	158	Q	159	A	160	E		161	J	162	V			
163	X	164	T		165	P	166	K	167	S	168	W	169	U		170	L	171	K	172	P	173	Q		174	A	175	I	176	W	177	Y	178	S	179	G		180	L		
181	N	182	Z		183	I	184	L	185	S	186	J	187	F		188	U	189	P	190	Q	191	S	192	Y		193	X	194	S		195	A	196	U		197	M			
198	B	199	R	200	O	201	K		202	H	203	W	204	L	205	Q		206	L	207	F	208	M		209	G	210	K	211	D	212	W	213	C	214	J					

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.

NEW!

Quiz-Acrostics Book 2, published by Puzzleword is now available at amazon.com

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

- | | |
|---|--|
| A. TV soap opera, 1956–1984 (4 wds.) | <u>95</u> <u>153</u> <u>45</u> <u>136</u> <u>85</u> <u>7</u> <u>22</u> <u>150</u> <u>121</u> <u>159</u> <u>3</u> <u>174</u> <u>59</u> <u>195</u> |
| B. TV host to the Beatles, 1964 (2 wds.) | <u>154</u> <u>77</u> <u>139</u> <u>198</u> <u>104</u> <u>128</u> <u>78</u> <u>138</u> <u>98</u> <u>25</u> |
| C. More foliaceous | <u>157</u> <u>6</u> <u>133</u> <u>69</u> <u>101</u> <u>213</u> <u>112</u> |
| D. Middle East leader | <u>61</u> <u>126</u> <u>19</u> <u>211</u> |
| E. PETA member, perhaps | <u>80</u> <u>149</u> <u>160</u> <u>144</u> <u>132</u> |
| F. More restless | <u>47</u> <u>187</u> <u>109</u> <u>207</u> <u>41</u> <u>88</u> <u>91</u> |
| G. Obscured | <u>209</u> <u>87</u> <u>64</u> <u>146</u> <u>15</u> <u>179</u> |
| H. Resistance to change | <u>10</u> <u>202</u> <u>37</u> <u>99</u> <u>74</u> <u>24</u> <u>106</u> |
| I. Not broadcast (hyph.) | <u>131</u> <u>183</u> <u>32</u> <u>38</u> <u>94</u> <u>175</u> |
| J. <i>The Huntley-Brinkley Report</i> , e.g. | <u>29</u> <u>50</u> <u>161</u> <u>214</u> <u>44</u> <u>68</u> <u>186</u> <u>140</u> |
| K. Shark species | <u>166</u> <u>171</u> <u>21</u> <u>72</u> <u>201</u> <u>123</u> <u>56</u> <u>210</u> <u>33</u> <u>40</u> |
| L. Resentfulness (var.) | <u>184</u> <u>5</u> <u>170</u> <u>134</u> <u>206</u> <u>30</u> <u>120</u> <u>71</u> <u>204</u> <u>81</u> <u>43</u> <u>180</u> |
| M. Gabe Kotter's students | <u>124</u> <u>114</u> <u>208</u> <u>8</u> <u>58</u> <u>2</u> <u>13</u> <u>197</u> <u>143</u> |
| N. Robber | <u>110</u> <u>181</u> <u>35</u> <u>53</u> <u>26</u> |
| O. Lawbreaker | <u>147</u> <u>18</u> <u>151</u> <u>105</u> <u>49</u> <u>200</u> <u>57</u> <u>100</u> |
| P. TV's <i>The Wild Wild West</i> star (2 wds.) | <u>67</u> <u>111</u> <u>172</u> <u>102</u> <u>27</u> <u>165</u> <u>12</u> <u>189</u> <u>148</u> <u>52</u> <u>156</u> <u>107</u> |
| Q. Vietnam War Protest, e.g. (2 wds.) | <u>173</u> <u>158</u> <u>39</u> <u>1</u> <u>119</u> <u>97</u> <u>28</u> <u>190</u> <u>205</u> <u>14</u> <u>115</u> <u>82</u> <u>152</u> |
| R. Likely birthplace of chess | <u>199</u> <u>79</u> <u>23</u> <u>130</u> <u>73</u> |
| S. Faultless (2 wds.) | <u>34</u> <u>167</u> <u>83</u> <u>137</u> <u>178</u> <u>60</u> <u>46</u> <u>117</u> <u>185</u> <u>194</u> <u>191</u> <u>63</u> <u>125</u> |
| T. Pledges | <u>70</u> <u>75</u> <u>118</u> <u>164</u> <u>4</u> |
| U. Ancestor of the movie camera | <u>196</u> <u>122</u> <u>16</u> <u>84</u> <u>31</u> <u>169</u> <u>90</u> <u>188</u> <u>48</u> <u>116</u> <u>103</u> <u>66</u> <u>135</u> |
| V. Stoat | <u>42</u> <u>89</u> <u>155</u> <u>162</u> <u>145</u> <u>51</u> |
| W. Star of sitcom <i>Alice</i> (2 wds.) | <u>20</u> <u>168</u> <u>93</u> <u>54</u> <u>203</u> <u>129</u> <u>176</u> <u>36</u> <u>212</u> <u>76</u> |
| X. Of the highest degree | <u>92</u> <u>163</u> <u>55</u> <u>62</u> <u>142</u> <u>65</u> <u>193</u> <u>113</u> <u>11</u> |
| Y. Preside over | <u>177</u> <u>9</u> <u>141</u> <u>127</u> <u>192</u> |
| Z. Single-celled fungus | <u>17</u> <u>182</u> <u>108</u> <u>96</u> <u>86</u> |

Shipwrecks in the Bay

By Henry S. Parker

Did you know that Columbus lies at the bottom of the Chesapeake Bay? No, not Christopher, the famous Genoese navigator, but a vessel named for him. Sixty feet down, close to the mouth of the Potomac River, lie the charred remains of the *SS Columbus*, an historically significant 19th century paddlewheel steamship that burned and sank en route from Baltimore to Norfolk on Nov. 28, 1850.

The *Columbus* is one of thousands of shipwrecks that litter the bottom of the Bay, victims of sea battles, groundings, collisions, fierce storms, aerial bombardment, fires, scuttling and neglect. Many still remain undiscovered, but bit by bit curious divers and serious researchers are finding her sunken secrets.

What lies beneath? The Chesapeake is not a graveyard of galleons. Even the most intrepid treasure hunter would be hard put to find a gold doubloon or a piece of eight. But the wreck remains that speckle the sea floor are time capsules of the region's fascinating maritime history. For example:

- The Annapolis Tea Party. On Oct. 19, 1774, less than a year after the more famous event in Boston, and six months before the first shots were fired at Lexington and Concord, Colonial Marylanders held their own tea party in Annapolis when they sparked the burning of the merchant vessel, *Peggy Stewart*, because she carried a cargo of tea. The doomed ship's remains still lie on now-reclaimed land on the grounds of the U.S. Naval Academy.
- HMS Terrible. On Sept. 5, 1781, seven years after the Annapolis Tea Party, the *HMS Terrible*, a 74-gun British ship of the line, went down in an historic Revolutionary War engagement between the British and French fleets. After having sustained heavy damage in the strategically important Battle of the Chesapeake, she was abandoned and burned near the mouth of the Bay where her remains presumably lie to this day.
- Pirates in the Bay. For nearly two centuries, Chesapeake Bay was a hotbed of piracy. From 1635, when the first documented piratical act occurred near modern-day Havre de Grace, to the 1807 capture of the *General Massena*, the last pirate vessel to ply local waters, the Bay has hosted a rogue's gallery of swashbuckling buccaneers. Even Edward Teach, aka Blackbeard, and "Black Sam" Bellamy ventured into the Chesapeake. It's a good bet that the remains of at least one pirate ship still lie on the bottom of the Bay.
- A Sunken Battleship. In November 1920, the *USS Indiana* (BB-1), the U.S. Navy's first commissioned

battleship (or second, according to some historians) went down in shallow waters of the Chesapeake Bay. Her sinking was not the result of enemy action, grounding, or a collision at sea. Rather, she was sunk deliberately in a test to see if aerial bombardment could sink a 10,000-ton battleship. The jury is still out on that question, but four years after the assault the once-proud vessel, whose career included notable service in the Spanish-American War, was carved up and sold for scrap.

- U-boat in the Bay. There's no evidence that German U-boats penetrated deep into Chesapeake Bay during World War II (though at least two laid mines at the mouth of the Bay). But *U-1105*, the "Black Panther," lies in 90 feet of water in the mouth of the Potomac River a mile or so from Piney Point, Md. After the war, the U.S. Navy took possession of the innovative German sub primarily to study its top-secret outer layer of synthetic rubber, conceived to avoid sonar detection. Her useful purpose completed, she was deliberately sunk by explosives in 1949. Today the wreck site is protected as a Maryland Historic Shipwreck Preserve and is a favorite destination for highly experienced divers.

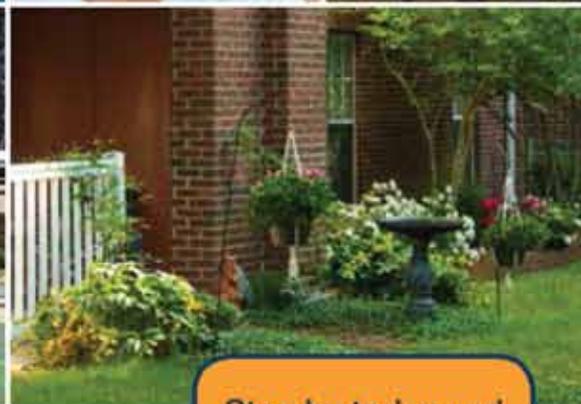
Ready to dive in? First, know that Maryland's submerged archaeological and maritime heritage is carefully protected. The National Oceanic and Atmospheric Administration actively supports preservation of sites of historic or cultural value, and works closely with a host of federal and state partners. The U-1105 Maryland Historic Shipwreck Preserve is such a site. The Maryland Maritime Archeology Program (MMAP) under the Maryland Historical Trust is charged with identifying, researching and protecting submerged archaeological resources. This does not mean important sites are off limits. In fact, visitors are often encouraged, with the obvious legal prohibition on removal of artifacts without required permits.

You don't have to get your feet wet to learn more about the Bay's fascinating underwater heritage. You could start by Googling Donald Shomette, an acclaimed authority on the Bay's underwater archaeology and maritime history. And be sure to check out the online resources of the Maryland Historical Trust (<https://mht.maryland.gov/>) and the MMAP (https://mht.maryland.gov/archeology_underwater.shtml)

So what are you waiting for? Dive in!

Henry S. ("Hank") Parker was co-director of a project that located and recovered remains of a Spanish Manila galleon that was wrecked in the western Pacific Ocean in 1638. His debut biothriller novel, CONTAINMENT, will be released Jan. 10, 2017 (Simon & Schuster/Touchstone).

Do you remember who you were before the world told you who you should be?



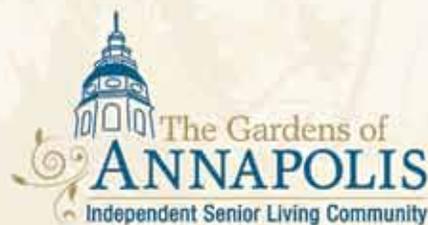
Stop by today and
tour our beautiful
community!
Monday-Friday
8:30am-5:00pm

Independent, Active, *Living at its Finest*

WELCOME TO GARDENS OF ANNAPOLIS, A PREMIER 62 AND BETTER COMMUNITY that offers residents an active, worry-free lifestyle. This locally owned and operated community features on-site amenities including:

- No Entrance Fees
- Transportation Services
- 24-hour Emergency Services
- Spacious apartments well-equipped with emergency response system and full size washers and dryers
- Community areas including dining room with evening meals available, hair salon, game and billiards room, movie theater, library, computer center and bistro
- Bocce Ball and Shuffleboard Court
- Fitness Room and Wellness Center
- Resident Activity Director

Call today! 410-295-5644
www.gardensofannapolis.com



931 Edgewood Road, Annapolis, MD 21403

