

Complimentary

Spring 2018

OutLook

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

Memorial Day
MORE THAN A COOKOUT

EVERY PERSON A
GENIUS

EARLY ANNAPOLIS
DECORATING DECISIONS

**LEAVE
YOUR
LEGACY**

LEDERHOSEN ASIDE,
WHAT ABOUT DNA TESTS?

**TOASTING
MOMS & DADS**

fitness • entertainment • gardening • nutrition

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Letters to the editor

MARLBORO MAN

I knew a Marlboro Man, Mike, when I lived in St Louis 13 years ago. (I thought he was the only one and not one of several.) He was very proud of the job he'd done as the Marlboro Man. He smoked and may have died of a lung-related disease.

C. Hooper, Annapolis

I met Bill, the first Marlboro Man, in 1969 when I was working for a filmmaker. We have been good friends for all these years. He's still going strong at 92!

Mary M., Annapolis

FROM THE DESK

There are, as usual, several fine articles in the Early Spring *Outlook*, but the piece that gave me the greatest pleasure—and food for thought—was the editorial. Applying the perspective of several decades, wars, elections, and tens of thousands of news cycles to the barrage of information striking daily is important. You're not a Pollyanna and neither am I, but we can recall the turbulent years Americans have surmounted and, in many ways, built a better nation and even world from, passion, anger, and division. Thank you for reminding us where we've been and pointing out that the sky isn't actually falling. And when I reached page 14 and Ellen Moyer's, "Has Anyone Seen the Marlboro Man?" it struck me as a good example of a big, positive change that came from years of strife and legal action. It was a reminder that we shouldn't expect issues with major

Bay Bytes

If you're searching for new employment in retirement or simply looking for a new direction, log onto either of these sites for help in navigating the job search: www.monster.com or www.careerbuilder.com

social, religious, economic, or cultural impact to be resolved rapidly, neatly and calmly in a democracy.

D. Norton, Annapolis

ADDRESSING OUR CHALLENGES

We appreciate the editorial comments and they brought us to these reflections: It seems that every generation has risen to address the significant challenges of their time. But if we dwell on the overflow of blessed community and abundance, the danger is not addressing the challenges of our time, such as the millions of desperate refugees that we block from a new life here, even when most of us have such family histories and our nation is actually a diverse community of refugees. We have the domestic gun violence, politicians that cannot come to common agreement to move us ahead, climate change that is a global challenge, continuing racial biases that hurt and distance people, and on and on. Perhaps the greatest blessing of our time would be to have the courage, perseverance and determination to face the vulnerabilities in this era and extend those blessings as other generations have blessed us.

Mike and Betty C., Annapolis

USEFUL INFO

Very much liked Leah's rundown on writing by voice. The estate plan article was useful info, as was the poison cosmetics primer. Doesn't leave much for beautification!

Natalie C., Annapolis

On the Cover:

Bridget and Richard Murchake were seen recently enjoying a game of cornhole. Now living at Ginger Cove, they also enjoy travel, bridge, billiards and the companionship of many friends. Born in Washington, D.C., Richard moved to Annapolis as a young boy. He is former director of operations for the Capital Gazette Newspapers, Inc. Bridget is a native of Waterford, Ireland, and is a longtime community volunteer, including at the former Crownsville State Hospital.

Retirement is the great equalizer.

Features

- 5 EARLY ANNAPOLIS DECORATING DECISIONS
- 7 THE LIGHT HOUSE BISTRO RESTAURANT
- 16 MAY IS LYME AWARENESS MONTH
- 20 IS CONTINUING CARE RETIREMENT THE RIGHT CHOICE?
- 23 SPRING'S SONG OF LOVE
- 26 MEMORIAL DAY: MORE THAN A COOKOUT
- 28 TOASTING MOMS AND DADS
- 30 TRAVELING WITH GRANDCHILDREN

Articles

- 6 CREATE YOUR OWN UNBUCKET LIST: HOW AND WHY
- 8 SAVING FAMILY TREASURES
- 10 CREATING A WINDOW INTO YOUR SPIRIT WITH SOULCOLLAGE
- 12 EVERY PERSON A GENIUS

- 13 LEDERHOSEN ASIDE, WHAT ABOUT DNA TESTS?
- 14 LEAVE YOUR LEGACY
- 24 HAPPINESS VERSUS MEANING
- 35 GIVE BACK: BE A LITTER PICKER-UPPER
- 41 ADDING A BEDTIME RITUAL FOR BETTER SLEEP
- 44 TRENDY OR BIBLICAL: ARE ESSENTIAL OILS RIGHT FOR YOU?

In Every Issue

- 2 YOUR THOUGHTS
- 4 FROM THE DESK
- 9 YOUR LEGAL COMPASS: WHAT YOU DON'T KNOW CAN HURT YOU
- 25 BAY REFLECTIONS: STARTING WITH KINDNESS
- 27 ASK THE UNDERTAKER: MANAGING THE UNEXPECTED
- 42 BOOKS: OLD, NEW AND OBSCURE

- 45 DEAR VICKI: CONFLICT AND MARRIAGE
- 46 SPRING ACROSTIC
- 47 OUTLOOK *for* THE BAY: KEEPING THE INVADERS AT BAY

Departments

- 15 BAY HEALTH: ARE DENTAL PROBLEMS CAUSING YOUR HEADACHES?
- 17 BAY CONNECTIONS: GETTING THE FAMILY TOGETHER
- 18 BAY TREKKING: DESTINATION DANVILLE
- 22 BAY TREKKING: GREENBURY POINT
- 32 BAY GARDENING: NATURAL LAWN CARE
- 34 BAY TREKKING *and* BEYOND: THE GRAND HOTEL
- 36 BAY TREKKING: IN THE FOOTSTEPS OF HISTORY
- 38 BAY CONNECTIONS: GET IN ON THE CORNHOLE ACTION THIS SUMMER!
- 40 BAY GARDENING: A PRIMER FOR AN INDOOR HERB GARDEN



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FROM THE DESK

It's such a treat living in the Bay area. While sitting at my desk this past week, intentionally placed in front of a huge window, this was what I observed:

A fox. It was two in the afternoon, not his usual hunting hour. Mr. Fox strolled through the backyard heading for the henhouse. To head off a visit from the Animal Protection Service, the chickens are entirely fenced in; the only way to enter is breaking through the latched gate or digging a very deep hole.

We do let them free-range, but only when we're close by. We learned that rule early on when Mr. Fox dropped by and grabbed one. We scared him off and he dropped his intended meal. His plan for dinner was a bit ambitious as the hen was nearly half his size. The hen was only mildly traumatized and ran off with just a few ruffled feathers. A couple of weeks later we found another of the girls being held down by a chicken hawk. I'm sure that's not the specific species of hawk, but that's what he was at that moment. It was another ambitious plan as that hawk wasn't that much bigger than the hen. Not too difficult to scare him off. The chicken got up shook her feathers and ran off to join her sisters.

And then in our ongoing quest to enjoy nature we observed a 5-foot-tall blue heron, a not infrequent visitor, who was standing guard over the fishpond waiting for an unsuspecting fish to swim within striking distance. He is fond of koi -- usually the bigger the better. Needless to say we've switched our allegiance to "feeder fish," five for \$1 at the pet store. It would take a discerning eye to determine which particular breed we currently have swimming around in the tranquil, but threatened waters of the backyard pond. Of course that heron has an appetite for frogs and Spring peepers too. The good news is, he'll never curb that population. They're voracious breeders as witnessed by the burgeoning number of tadpoles that can be seen darting about and the near-deafening racket on a warm evening.

We have raccoons, too. They're fond of unsecured trashcans. Apparently they also enjoy chicken eggs, but that's not going to happen. As alluded to earlier, the coop is built something like Ft. Knox, the creation of an ambitious husband with under-utilized tools and an ongoing discount at Home Depot.

Our birdfeeders and birdbaths attract a wide variety of our feathered friends, including Baltimore Orioles returning from their Winter hiatus. Towhees, warblers and bluebirds are also frequent visitors. The bright cardinals and goldfinches are a year-round visual treat. With all this activity, red-shouldered hawks are attracted and they're not here for the seed! They're carnivorous and it's not the squirrels that they're after. Which is unfortunate, as those cute little furry acrobats aren't shy about chewing through garage doors or tasty wiring in cars or metal feeders. Their appetites are insatiable and not discerning.

It appears that an occasional coyote walks through, too, as they like to leave their scat around the chicken coop. They've been seen a couple of miles up the road, but we haven't had a sighting yet.

If this isn't enough of nature at its finest, we also have chameleons and a healthy population of chipmunks, mice and voles, which I suspect are kept in check by some of our carnivorous visitors. And, of course, we have osprey, who return each year with their preference for last year's nest.

We did have rabbits that were fond of our favorite perennials, but nature balanced that out with the hungry foxes. Bats emerge during the evening hours and can be seen diving for flying insects with their near insatiable appetites. As discerning as they are, they have chosen to not take up residence in the built-to-specifications bat house that hangs unoccupied and forlornly in a tree.

The deer look to our yard for dessert, coming through in packs of five or more. Have you ever looked out on a snowy evening to find a herd of deer nibbling your favorite shrubs?

No one goes hungry in this yard.

So what's the good news out of all of this? Well, we keep the local nursery happy with our ongoing need for replacement plants. We have a minimum of biting and flying insects, this without the use of pesticides or chemicals, which is more for the safety of grandbabies, but also so's not to interrupt or jeopardize nature's plan. (Don't miss Neil's article on page 32.)

The best news is that we get to enjoy a wide variety of nature's finest without going farther than our own yard. And from where I sit, I imagine it's all part of a grand scheme, one we can all help to foster - one that's in place for all of us to enjoy.



Tecla

When a young family moves to a new house – often their forever home – it’s exciting and challenging. How will the rooms be used? Where will the furniture go? Who gets which bedroom? Man cave or girls’ retreat? Today, we have HGTV and a host of resources available to provide inspiration on decorating and guidance on lifestyle. It was 207 years ago in Annapolis, when the same kinds of questions presented themselves to the new family moving into the house at 19 Maryland Avenue, now known as the Hammond-Harwood House.

Today Hammond-Harwood House is an historic house museum. The beautiful Georgian-era home, built in 1774, has been preserved and contains one of the finest collections on the East Coast of 18th and early 19th century American paintings, furniture and decorative art.

The interpretation in the museum – how the period rooms have been furnished and decorated – focuses on the Loockerman family who moved here in 1811. About 30 percent of the pieces in the house either belonged to the family or have a close connection to the family. Let’s think about Frances Chase Loockerman, who lived in Hammond-Harwood House for 45 years. Frances, born in 1780, was the oldest daughter of Judge Jeremiah Chase and his wife Hester Baldwin Chase. They lived on King George Street in Annapolis. In 1803 Frances married Richard Loockerman, a handsome, charismatic, clever, rich young man from the Eastern Shore. He was also a young man with some issues, as we say now. He drank to excess, he gambled without restraint, he was a very poor manager of money. He probably also had some form of mental illness that affected mood and impulse control. Frances’s parents were 19th century helicopter parents. They worried about their daughter and her young family, understanding that Richard’s character was likely to present challenges. Solution: Buy an extremely large, elegant house for Frances, right around the corner from their home.

When Frances moved in, all of the walls were white, never having been painted by Matthias Hammond, the fellow who commissioned the house but never lived in it. Frances had free rein on the decorating, painting the walls and furnishing the rooms. She had to keep in mind creating an elegant look, in keeping with the beauty of the architecture’s design, as well as practicality. In 1811, when the family moved in, she and Richard had four young

children with six more to arrive in the ensuing years.

Thanks to 21st century research, we know what some of her decorating choices were and those are being replicated in the Hammond-Harwood House. This Spring, visitors will be able to see the beautiful entranceway to the house just as Frances would have staged it. The wall color has been painted a deep golden yellow, as discovered by Dr. Susan Buck, a paint historian from Colonial Williamsburg. Dr. Buck, a world expert at this kind of work, took samples from the walls, doorways, wainscoting, cornices and ceiling of the room. Analysis in her lab yielded the results for the 1811 timeframe: gold walls, light gray trim and reddish brown baseboards. She conducted testing on 18 layers of paint.

A large black-and-white painted canvas floorcloth is also a new feature of the entryway. It’s likely Frances’s father bought her a decorative piece like this as they were very popular at the time. The new Hammond-Harwood floorcloth was designed by curator Rachel Lovett and made by decorative painter Betsy Greene of Baltimore. She had a special table constructed so that she could paint the design on the full 22-foot length. Floorcloths were the laminate of the early 1800s. They were less expensive than carpet, easy to clean and available in a variety of designs. Perfect for a young family 200 years ago, the floorcloth today looks bright and elegant in the space. Frances’s answer to the timeless question of what color to paint the walls proves to be a good one, even after 207 years.

History is alive for us today in Annapolis. It surrounds us as we walk past brick buildings spanning the centuries, on our beloved, but uneven, brick sidewalks. Tourists come from far and wide to experience the well-preserved city that we can enjoy every day. Places like Hammond-Harwood House, with its “before” and “after” decorating renovation, show us that those who came before us faced some of the same

challenges and enjoyed some of the same pleasures as we do today.

Beginning April 2, the Hammond-Harwood House at 19 Maryland Avenue is open daily except Tuesdays. Hours are noon to 5 p.m., with tours on the hour from noon to 4 p.m. The garden, gift shop and “Architect and Apprentice” exhibition are free. There is a small admission charge for the tour. Find more details at www.hammondharwoodhouse.org For programs and events, call 410.263.4683.

Early Annapolis Decorating DECISIONS

By Barbara Goyette

2018 SECRET GARDEN TOUR

DATE: Saturday, June 2, and Sunday, June 3

TIME: Noon to 5 p.m.

TICKET PRICE:

- \$30 per person
- \$35 day of the event
- 10 percent discount for group tour of 10 or more

For reservations call 410.263.4683, ext. 10, or go to <http://hammondharwoodhouse.org/secret-garden-tour/>

CREATE YOUR OWN UNBUCKET LIST: WHY AND HOW

By Natalie Canavor

Remember the bucket list, from the 2007 movie of that name starring Jack Nicolson and Morgan Freeman? It left many of us with a new compulsion—to create a lifetime to-do list before, well, kicking that bucket.

Unfortunately, while the idea sounds like fun, it leads us to articulate dreams that may be hard to fulfill or even undesirable. Then we feel bad about ourselves. I know people who feel inadequate because they can never quite bring themselves to book that walking tour of Timbuktu, dive off a cliff in Mexico, spend a week's income on a famous restaurant or write the book they think is in their head. Take a look at your own bucket list, whether it's in written form or hovering in your mind. For how long have the must-do items made you feel defensive? How many items are things you believe you want to do, but somehow, the time is never right?

Take this resistance seriously. Except, perhaps, for adventures that affect your health and well-being, don't you want to free yourself from your own unrealistic expectations? Here is a way: *Create an unbucket list.* Start by brainstorming all the things you want never to do again whether for physical, mental or emotional reasons. Then write them all down.

You'll find this an enjoyable task with major payoffs. It gives you a giant step toward ending the frustration you feel about the undone so you can truly make the most of every day. You'll discover valuable insights into what really matters, and clear the decks to concentrate on those things. You may find yourself moving in new directions you didn't expect.

Everyone's list will be different. As an example, here are the immediate thoughts that occurred to me when I began the unbucket process myself.

I WANT NEVER AGAIN TO:

- See a horror movie, especially with vampires
- Spend a lot of time with people who deliver monologues
- Hem a skirt or iron a shirt
- Go to Disneyland
- Travel with a two-ton suitcase
- Live without a dishwasher

I introduced the unbucket concept to a handful of people and their on-the-spot responses included:

I WANT NEVER AGAIN TO:

- Zipline
- Do nonessential housework
- Smile at a rude waiter or contractor
- Go whitewater canoeing
- Drive anywhere without a GPS
- Keep up with the newest technology

Notice that once such ideas are expressed, it becomes easy to identify how to avoid the experience in the future. No need to zipline, watch vampire movies, hem a skirt, drive without a GPS. Solve the take-it-all-with-me suitcase problem by throwing out all but the smallest, or go nowhere without porters, or ask a savvy friend to edit the pile. Don't go near boring monologue speakers, or develop a repertoire of excuses for moving on when they pop up unexpectedly.

But even more interesting is that upon giving more serious thought to unbucketing, everyone I spoke with later came up with deeper aspirations, as I did myself. A few examples:

I WANT NEVER AGAIN TO:

- Worry about things I have no control over
- Volunteer for a responsibility that keeps me up at night
- Be dependent on anyone
- Feel sloppy and out of shape
- Feel stuck in a house, a relationship or an occupation
- Behave in close-minded ways
- Care too much about what people think of me
- Keep reliving yesterday's negative experiences
- Watch a child or animal being mistreated
- Spend time with people who bring me down

These are more cosmic hopes. But here, too, the act of stating them leads to the practical. In some cases you can just say no, like decide not to accept too much unnecessary responsibility or exclude negative people from your life. You can decide to speak up or get help when you witness mistreatment,

Of course serious change, like wanting to escape a situation or stop worrying, takes planning and time. But stating what you don't want puts you ahead because negative goals can translate into positive pathways. If you want to feel less anxious, you can choose meditation or yoga or more exercise. If you want to get in better shape, consider a gym, daily walk or a trainer. If you want to stay open-minded, you might decide to take a class or join a group of people you don't ordinarily associate with. If you finally decide to write that book, you can take lessons, read how-to books, join groups, set aside an hour per day—whatever works for you.

Start building your unbucket list and find out if it frees you to live more in the moment, and gives you more space for the things that bring you satisfaction and joy. Treat the list as an ongoing project. At the end of every day, take a few minutes to think: Was this a good day? What made it a good day? Can I do more of that? And just as important, what didn't I like? What took away my time, made me feel bad, interfered with what I most enjoy?

Keep refining your unbucket list and each tomorrow will be better than today.

*Natalie is a professional magazine writer, former communications director, and author of *Business Writing for Dummies* and several other books on communication. Reach her at ncanavor@gmail.com*

THE LIGHT HOUSE BISTRO RESTAURANT

CHANGING LIVES ONE MEAL AT A TIME

By Bill Lang

The Light House Bistro is celebrating its one-year anniversary at 202 West Street, Annapolis. The restaurant was opened to help create jobs and teach skills that allow previously homeless individuals to learn a profession and find employment. Now the 50-seat restaurant is turning heads as locals and tourists discover an impressive menu and a dining room full of historic Annapolis artifacts.

Serving breakfast, lunch and dinner – with a welcoming happy hour – the Bistro servers, hosts and back-of-the-house staff members are now certified culinary graduates. Guided by General Manager and Director of Culinary Services Beth Rocca, the Bistro provides life-changing skills, experience and opportunities to help people rebuild their lives and become self-sufficient.

At the Bistro you are surrounded by artifacts once thought expendable, now repurposed to enhance the dining experience. You'll notice the refinished 1950s Naval Academy chairs used by plebes in the USNA dining hall. The pendulum lights are from an old Pepco plant. The bar stools, tables and waiting benches are handcrafted from reclaimed barns. Many pieces are

from Bowen's Farm Supply in Annapolis. Set against the old brick wall is an original pew from St. Anne's church where The Light House Shelter began almost 30 years ago.

The restaurant uses the season's freshest ingredients, producing elegant presentations and great tasting food prepared daily. Whether it's a friendly breakfast or family dinner the Bistro team strives to deliver a memorable meal that satisfies your eyes, taste buds and heart. The Bistro is host to many private parties and caters family and business events.

Another a real plus, the Bistro offers a cooking class every month. For May the focus is seashore cooking, for June it's a farm-to-table theme.

"Have a meal or a meeting with us and help sustain our social enterprise that trains and employs people determined to move from homelessness to stability and a promising future," shared General Manager Rocca.

Open every morning at 8 a.m., information can be found on cooking classes, the menu, private parties and catering at www.LighthouseBistro.org or call 410.424.0922.



Hammond-Harwood House

2018 SECRET GARDEN TOUR

The Tour continues an Annapolis tradition and a treasured annual event taking guests through one of Annapolis' most historic and "must-see" neighborhoods and into lovingly tended gardens. It opens the gates of private gardens not normally seen by the public and invites you in to enjoy the beauty and tranquility of the gardens visited as well as discover ideas suitable for your own plantings and outdoor living areas.



Tour includes a member's only garden. 1/2 price HHH membership with the purchase of the SGT ticket will be available for purchase at the day of ticket sales or through HHH.

Tickets – online at www.hammondharwoodhouse.org
Tickets: \$30 in advance, \$35 day of event.
For info/tickets call 410-263-4683 x10
Day of Event Ticket Sales: 137 Charles Street



SATURDAY, NOON-5PM **JUNE 2, 2018**

SUNDAY, NOON-5PM **JUNE 3, 2018**

Family is our greatest treasure, but the question often becomes what to do with those *material* family treasures? If you need to declutter and downsize, you may need to find a new home for those possessions. If you want to keep them, two questions remain: If it's not time to bestow a family heirloom find ways the item can be stored safely or assimilated into your household décor. The website "The Family Curator" at <https://thefamilycurator.com> offers step-by-step tips for preserving family keepsakes. Whether it's photos, papers, books, a quilt or memorabilia, there are techniques for organizing and protecting these precious mementos.

Author, The Family Curator creator, Denise May Levenick, offers the following "5 Things to Do Right Now to Save Your Family Heirlooms." They are:

1. Move your heirlooms out of the garage. For a practical home solution, keep treasures inside your home where conditions are comfortable, typically about 70 degrees with moderate humidity.
2. Trade cardboard for archival banker's boxes. These large acid-free boxes can hold a lot of papers or photos, and keep any crumbling artifacts from falling out.
3. Wash your hands. Old photos, documents and other items may have accumulated dust and grime. Wash your hands before and after handling. Levenick advises wearing white cotton or nitrile gloves when touching photographs and documents.
4. Keep the family together. If you have multiple collections, label them appropriately by owner and date.
5. Keep your treasures in the dark. Light, pets, dust or increased handling can accelerate the deterioration of keepsakes left out. A better approach is storing items in acid-free boxes you can bring out easily when desired.

Now, if storing the keepsake isn't an option and nobody else in the family wants it, there are historical societies that may

be interested in your letters, old documents or photographs if they have some historical significance. Donating to such an organization does mean saying goodbye to the original, but you can always take a photograph of it or use a scanner to save a digital copy. This way, your family treasure can be shared with others for years to come. If your keepsake is an antique, take a photograph of it then consider trying to sell the original to a collector.

If the only choice for you is to keep and display the original family treasure, do it in a way that will protect it for years to come. If it's a photo or an old document, exhibit it in an area that isn't exposed to too much light. "An acid-free mat or spacer will also help prevent your document from touching the glass of the picture frame." (See <https://thegenalogyguide.com/how-to-preserve-your-family-treasures>). Often old photographs can stick to the glass if they aren't framed

Saving Family TREASURES

By Leah Lancione

properly.

Genealogy Guide also recommends frequent cleaning (with a damp cloth) of medals, coins, silver or other metal keepsakes, and keeping them in an acid-free box. If the heirloom is a quilt or textile and you want it seen, just remember that placing it where it can be touched or in direct sunlight means increasing the chances of damage. Instead of laying a quilt on a chair or sofa, consider placing it on a guest bed where it not only looks attractive, but serves a purpose. Log onto the National Quilters Circle for advice on preserving keepsake quilts.

If your family treasure is a tea set, china or something that can't be hung on the wall or simply archived in a box, consider enlisting the help of a professional home organizer or decorator. Such a professional can help you discern what items in your house are clutter and how to create a living space that integrates your family heirlooms and practical home furnishings.

Just remember the wisdom author William Faulkner once shared: "Our most treasured family heirlooms are our sweet family memories." Tangible items crumble and fade, but memories last a lifetime.



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YOUR LEGAL COMPASS

WHAT YOU DON'T KNOW CAN HURT YOU

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

Inherent in the institution of marriage is the idea that from that day on, each spouse shares in both the joys and hardships of the other. And, for most, it means that either spouse can act for the benefit of the other simply because they are married.

Unfortunately, this is not necessarily the case. If you have separate bank accounts, investments, individual retirement accounts, etc., and one of you becomes incompetent, the other does not have the right to access the money unless there is a power of attorney in place authorizing it. So, if your spouse's income is being deposited in a separate account and he or she becomes incompetent, you will not be able to use that money to pay bills or for any other purposes. Only a power of attorney or legal guardian would be authorized to access those funds. Thus, it is imperative that both spouses have financial powers of attorney in place in the event either becomes incompetent. If not, the only alternative is for the competent spouse to seek guardianship of the other and that can be costly.

Similarly, if you are married and you die without a will, your spouse does not automatically get everything. Instead, it depends on several factors. First, if you have any joint accounts, those accounts will pass automatically to the joint account holder. Second, if you have a named beneficiary on any account or asset, that account or asset will pass automatically to the designated beneficiary. This could include retirement accounts, life insurance, annuities, bank accounts, investments, stocks, bonds, etc., that specifically list a beneficiary, or that is designated as pay on death or transfer on death. Hopefully, you do not have any former spouses named as beneficiaries on retirement accounts or life insurance policies unless, of course, that is what you specifically intended. This happens more than you may realize.

Next, your family situation has an impact. Do you have children? If so, and if you die without a will, your spouse will not

get everything. Further, the amount he or she gets is dependent on whether you have minor children. If you have minor children, your spouse will receive one-half of whatever passes through probate (non-joint or beneficiary designated assets). If you have adult children, then your spouse will receive one-half plus \$15,000. Even if you do not have any children, your spouse still may not get everything. Might you have a surviving parent? If so, and if you die without a will, then your spouse will receive one-half plus \$15,000. Only if you do not have any surviving children or parents will your spouse get everything if you die without a will. Is this what you intended?

Conversely, another common misconception is that if you are married and have a will that names only your children, your children will get everything. Perhaps you are in a second (or third, fourth, etc.) marriage and you want to make sure your children inherit everything, so you write a will leaving everything to them. Unfortunately, Maryland law does not allow you to disinherit a spouse. Regardless of what your will says, your spouse will have the right to elect a statutory share. In fact, even if you leave your spouse a portion of your estate, he or she can always elect to take a statutory share. The amount of that statutory share is dependent on whether you have surviving issue. If you have surviving issue (children, grandchildren, etc.), your spouse will receive a one-third share of your net estate. If you do not have surviving issue, then your spouse will receive one-half of your net estate. And, if you think putting your assets into a trust to avoid probate and thus, your spouse's election of their statutory share, think again. Maryland courts have ruled that if you put your assets into a trust, it is subject to your spouse's statutory share election.

And finally, to set the record straight, there is no such thing as common law marriage in Maryland. Just because you and your significant other lived together for a time, that does not give you the same legal rights as a spouse would have upon the other's death. In fact, couples living together and who have joint accounts, but are not married, could face significant tax consequences upon their partner's death. Be smart and be prepared.

Jessica L. Estes is an elder law and estate planning attorney at ERA Law Group, LLC in Annapolis. She can be reached at 410.919.1790 or via email at jestes@eralawgroup.com.



Phyllis Windle flipped through the pages of magazines, intent on finding a particular image.

“I need a peach,” she said.

Ida Thompson opened a clear plastic portfolio labeled “Food” that was filled with magazine clippings. “I have a tomato,” she said.

“It needs to be a peach,” Windle said.

Other participants around the table in the library of Bowie’s Church of the Redeemer picked through magazines, particularly the gardening periodicals. Berries. Pumpkins. Pomegranates. No peaches.

Windle looked only slightly defeated as she finished the collage she had spent the last hour piecing together without the peach. It still told a story. And she was in a safe place to share it.

She was one of a handful of people attending a SoulCollage workshop, a creative expression support group that seeks to provide insight and healing for those experiencing loss and transition. Its facilitator, Chesapeake Life Center’s Bereavement Program Coordinator Roberta Rook, has been leading since the nonprofit began offering the monthly group sessions in 2006.

A two-and-a-half-hour session begins with participants scouring through magazines and other printed images that they will use to create collages on 5-by-8-inch cards. It ends with each person discussing their creation with the group, guided carefully and compassionately by Rook.

How each of the members gets from the beginning to the end is a very personal journey that can vary not only from person to person, but from month to month for each person. Some come

CREATING A WINDOW INTO YOUR SPIRIT WITH SOULCOLLAGE

By Elyzabeth Marcussen

...getting from the beginning to the end is a very personal journey that can vary not only from person to person, but from month to month

in with a very clear image in their mind about what to recreate during the time set aside to create two cards. Others use the process of browsing through the images to inspire them. Some of the cards may have literal clues to a specific meaning. Others are simply evocative of the moment of their creation.

As scissors snip and glue sticks glide, there is friendly chatter that creates a warm and easy atmosphere, which helps to make the room and moment safe. Someone dropping in on the gathering might think it was an evening of scrapbooking. But when one participant hints of darkness with gothic imagery and another peeks into the ethereal, it reminds us that there is difficult

work going on here. These creations are helping each of their creators to process the anguish of the jarring life changes that come from loss.

“It’s a very intuitive process,” Rook said, which is why clippings of words are

not usually employed. “It keeps the collage fluid. Words set a perimeter.”

After about 90 minutes have passed, Rook gently asks the group to wrap things up. Some leave the room to brew some tea while others clean up the scraps and box up the magazines. Then, each participant inserts cards into a display stand and discusses what they mean.

The others listen intently, and are careful to not apply their own meaning to the work when the floor is opened for people to comment. Rook steers the discussion, asking the creator of the card what roles certain elements of the collage play in their thoughts.

Each of the cards is placed with others that have been created in a wooden box participants have personalized. Each card becomes a page in what is essentially a visual journal of the creator’s grief process.

Pat Wickersty pointed out that there is purpose in the name SoulCollage, as she views each card as a snippet of its creator’s spirit. It also explains why she has kept coming over the last eight years. She cares deeply for the people who participate, many whom have come and gone still have an impact on her. “You share each other’s spirits and grow to love each other.”

WHAT:
SoulCollage Grief Support Group

WHEN:
5 to 7 p.m. on the first Monday of the month

WHERE:
Church of the Redeemer
7300 Race Track Road, Bowie

REGISTER:
Call Chesapeake Life Center at 888.501.7077 or email griefinfo@chesapeakelifecenter.org



You never hear anyone say, “I came too young.”

Before moving to Ginger Cove, we lived in Timonium and owned a second home near Solomons. After my husband died in 2003, I sold both homes and moved to Ginger Cove. Because my daughter and her family live in Annapolis, Ginger Cove was the logical choice. I only knew one person there but that didn't last long.

Most days, I'm up early for the 8:15 exercise class or use the equipment in the exercise room. I often participate in the “Splash Down” water aerobics class. During the warmer months, I work in the Woodland Garden. Several times each month, we drive to the Patuxent Nursery to purchase additional plants. Before I arrived, the garden hadn't been attended to for about a year and I saw it as an opportunity to garden by the water again. The joy of seeing the garden reborn was amazing.

I also like to kayak. Sometimes a group of us go to together. Mah Jong and bridge are two other activities I enjoy. We have a movie group that goes to the theater about once a month. Sometimes, I take bus trips to museums, plays, and concerts. There are often cocktail parties before dinner. As Chair of the Building and Grounds committee, I attend Executive Committee meeting once a month, Resident Club Meeting once a month, and hold a Building and Ground Committee meeting once a month. I also attend meetings for the Book Club, the Resident Health committee, and the Foundation.

No two days are the same!

If you're considering moving to Ginger Cove, don't wait. You never hear anyone say, “I came too young.” But you hear, “I should have come sooner.”

A handwritten signature in black ink that reads 'Carolyn'.

- Carolyn, resident since 2006



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A few years ago we rode a train from Paris to Tours, France, where with good friends, we embarked on a bus tour of several memorable chateaus in the Loire Valley. To our surprise, we visited the last home of Leonardo da Vinci. His chateau was and is 500 yards from the castle of his benefactor, King Francis I of France. Frankly, we were awe-struck by the experience of walking through his home, seeing his private chapel, imagining his presence there.

Leonardo da Vinci is now viewed as the archetype of the Renaissance man or woman, someone with encyclopedic knowledge and wisdom. Someone who integrates information across a wide spectrum of disciplines. Someone who seamlessly synthesizes the left brain of science with the right brain of the arts and creativity. Someone we now term a "genius."

Walter Isaacson, noted history professor and former CEO of the Aspen Institute, chairman of CNN and editor of *Time Magazine*, has written several biographies of men viewed as geniuses. Most notable are Albert Einstein, Benjamin Franklin, Da Vinci and Steve Jobs. Walter Isaacson, in his own way, could be added to this list because of his demonstrated ability to excel in both the world of business and in literature.

What are the ingredients of genius? What is genius? Why should we care about it? Can each person be a genius in his or her own inimitable way? Does our world, Mother Earth, need genius now more than ever?

The dictionary definition of genius is extraordinary intellectual power manifested in creative activity. Many of us may not have extraordinary intellectual power, but each of us does possess some talent that gives us enjoyment and enrichment. We each have our own unique abilities. The list is endless, but may include writing original software, painting, problem-solving, facilitating or planning.

We also have the ability to activate our latent talent. The following list encompasses the characteristics possessed by such geniuses as Stephen Hawking, Einstein, Franklin and Da Vinci.

Curiosity: Albert Einstein said, "I have no special talent. I am only passionately curious." Different cultures engender curiosity by counseling children. For example, advising them to be wise, to be good, to be careful, to question, to be open.

Quiet Time: Without leisurely time to reflect there is no possibility for creative genius to emerge. Our traditional geniuses either had time or took time to reflect, to think. This, as you know, is sorely lacking in our frenetic, modern world.

Deep Relaxation: Entering into a meditative or hypnotic state allows the information stored in the left hemisphere of our brain to traverse our corpus callosum and then merge with the creativity stored in the right hemisphere of our brain. (The corpus callosum is that bundle of nerves that allows communication between the left and right sides.) How many of us take the time to do this? Read *Tapping In* by Laura Parnell.

Intense Observation: Da Vinci studied people. He intensely observed the tongue of a woodpecker. He created the Mona Lisa smile. He dissected cadavers to understand the human body. How easy for us today! We Google information. But to think new thoughts we must activate our corpus callosum to connect the two hemispheres of our brain. Einstein's corpus callosum was three times normal size because he exercised it repeatedly.

Variable Intelligence: We all have different gifts, IQ levels and EQ (emotional quotient) skills. Genius is present when we trust ourselves and joyfully celebrate ourselves in our uniqueness. Pure intelligence without creativity is barren. There are other variables too numerous to address here, but they include passion, energy, playfulness, enough sleep, having a benefactor or financial freedom, ambition, imagination and thinking "outside the box."

Our fragile planet has pressing challenges. World population is exploding. Environmental sustainability is severely threatened. Species extinction is growing. Political sanity is elusive. Water shortages are spreading. We face the daunting challenge of securing economic well-being for each person while achieving environmental sustainability. On the plus side, globalism is reducing extreme poverty. Read *Common Wealth: Economics for a Crowded Planet* by Jeffrey D. Sachs.

Each of us is called to energize our latent talents, to spark our curiosity. Hawking was exemplary in saying, "I always wanted to know how everything worked." Sir Winston Churchill reminded us that, "A pessimist sees the difficulty in every opportunity. An optimist sees the opportunity in every difficulty." Take a moment to Google the Ray Stevens'

lyrics from his 1970s song "Everything is Beautiful." Remember Deepak Chopra's wisdom that, "The healthiest response to life is joy." Or, "The most creative act you will ever undertake is the act of creating yourself."

Dr. Jim David is a practicing psychotherapist in Silver Spring. Visit his website at www.askdrdavidnow.com or email at jimsue63@gmail.com

EVERY PERSON A GENIUS

By Dr. Jim David

Genius is present when we trust ourselves and joyfully celebrate ourselves in our uniqueness.

Surely by now everyone has seen the **Ancestry.com** commercial in which the gentleman exclaims, “I traded in my lederhosen for a kilt” after using the company’s test kit to uncover his Scottish, not German, heritage. Ancestry.com (www.ancestry.com/dna/), one of the most popular, or at least most advertised, ethnicity and genealogy testing brands, says 7 million people have found out about their genealogy makeup through its services. Similar DNA testing networks, like 23andMe and MyHeritage DNA, also provide services and kits that connect individuals with their roots and even distant relatives.

So, what does the DNA testing process entail? Quite simply, each kit will have a tube for you to provide a sample of your saliva for testing. You send it to the lab with the provided mailer, and in six to eight weeks, you will be notified that your results are ready. These results include a map or a breakdown of your unique family history.

Ancestry.com asserts that it uses the latest autosomal testing technology combined with advanced DNA science and “the world’s largest online family history resource” to reveal genetic ethnicity. “It maps ethnicity going back multiple generations and provides insight into such possibilities as: what region your ancestors are from and identify relationships with unknown relatives through a dynamic list of DNA matches.” The company also asserts it can estimate one’s origins in more than 350 regions around the world.

Another DNA testing service, My Heritage DNA (www.myheritage.com) offers the same type of information about family history and ethnic origins. Once DNA is submitted to the lab, the technicians “extract DNA, amplify it and translate the biological information into digital raw data. Then algorithms calculate the ethnicity estimate, determining which segments of DNA originate from different regions in the world.” Then the DNA is compared to others’ DNA to locate close and distant relatives.

Unlike Ancestry.com, the My Heritage DNA kit consists of a cheek swab (no blood or saliva required) that is mailed to the lab for analysis, and results are ready in three to four weeks.

Another ancestry service, 23andMe (www.23andme.com), claims to be “the first and only genetic service available directly to you that includes reports that meet FDA standards.” 23andMe provides ancestry reporting, through DNA testing,

for 150-plus regions around the world. Their kit includes a saliva collection tube that is then sent to a lab for processing. In six to eight weeks the company will send an email once the online report is available. Depending on how much you want to spend, you can either choose just ancestry or an ancestry + health service. The ancestry service entails getting an analysis of where your DNA is from as well as an overview of the diverse group of people who share your DNA. The Ancestry+Health service includes information on how your genes “play a role in your well-being and lifestyle choices.” It also reveals if you’re a carrier for certain inherited conditions.

If money is the main factor in choosing a service since they all virtually provide the same type of detailed ancestry report, the following is a cost breakdown: Ancestry.com’s kit costs \$79, the MyHeritage DNA kit costs \$75, and the 23andMe Ancestry kit is \$99. (The Ancestry + Health kit is \$199.)

Whatever you decide, or what path you want to take in researching your ancestry, make sure the service guarantees the privacy of your DNA and other personal information.

Lederhosen Aside, What About DNA Tests?

By Leah Lancione

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Leave Your Legacy

By Molly Laurysens

Wouldn't it be wonderful to let your adult daughter know that up until she was 10 years old, she loved to go fishing and would even bait the hook? How about reminding your adult son how he prided himself on being a master sous chef with aspirations of becoming a world class chef?

These might be the kinds of things you can share with your family in writing your memoir. Have you ever considering doing this? What an awesome gift that would be.

It can be a daunting idea. That's understandable. But it's practically guaranteed that once you get over that initial hurdle of being overwhelmed and learn how to organize your thoughts, you won't want to stop writing and sharing stories. That's why we've put together a list to help you contemplate where to start:

- Consider your audience and how you want to present it. Are you writing this solely for your children and grandchildren? There are a few ways you can give it to them. You can put your story in an easy-to-use and free blog. And really, if you can read and follow directions, you can set up a blog. Or maybe you want to have something to print out yourself. All you will need for this is a dependable computer with a word processing system. You might also consider self-publishing, which is a whole other ball game with lots more options. The point here is to just decide: No matter what the end product is, your story is a gift and your family will have it whether you are here or not. Maybe you do want a traditional book? That's fine. Just don't let that researching stop you from the project at hand.
- How will you tell this story? The great thing is, this is your story! How much detail you do or don't add is entirely up to *you*. It's highly recommended to come up with an outline first to help keep you on task.
- The outline can go any number of ways. How does it flow? Chronologically? Or start at the end and work your way back: How I got to here? For example, you can decide to spend a chapter on early memories and your parents. Then maybe you want to go through your teen years and high school. Did you join the service? College? That may be a chapter or two all by itself. Then marriage and your own kids can come next. Or perhaps you want to dedicate a chapter or more to each child or grandchild? Who knows, you may want to include an entire chapter on one epic family reunion. That's the

beauty of this, you can do it any way you want.

- Once you have an outline, sit down and write! Follow your outline. And a word to the wise, write unabashedly. Don't edit yourself as you write, it slows the process down. Write out the story. Get it all down, the logistics and the details, then go back and edit later. This simple process will help you push through and tell your story without getting lost in the process.
- Some fast tips on writing: Be yourself and don't worry about researching a lot of historical stuff because that can pull you away from your story. For instance, if you were talking about something that happened on 9/11, a brief sentence or two can frame that. Be as succinct as possible. Tell your story in the easiest and most efficient way possible. Don't try to go all Shakespearean on us. Focus on the details that pertain to you and your family. This will help keep all of you connecting.
- Once you get on a roll, you may discover that you want to add or subtract from your outline. That's OK, too. Leave some wiggle room for some unexpected and fun things to write about.
- Share your intentions with a trusted child. Who will be entrusted with dishing out your juicy tales? Stick with family to do this!

Here are some things you can ask yourself before or during the process?

- What did I dream of doing when I was a kid?
- What was important to your family when you were young?
- Who were my best friends?
- What did we do for fun?
- How did we celebrate family time?
- What was your favorite sport?
- What did you believe about a certain political event and why?
- What was it like growing up?
- Where did you go on vacations?
- What was Summer like?
- What were your first thoughts on meeting your spouse-to-be?
- What was your favorite job?
- Career?
- Is there anything you would do differently?
- Tell us something we don't know about each of us.
- If only ... This is that one question you can ask yourself and it may or may not end up in your book, but think, "If only I'd have known then what I knew now, I would have ..."

Ask yourself these questions with your children or grandchildren in mind, but remember, this is your story and your legacy. You've already hashed out the details, now you get to play historian.

Molly can be reached at laurysens@aol.com

ARE DENTAL PROBLEMS CAUSING YOUR HEADACHES?

By Drs. Woody Wooddell and Joe Passaro

Headaches can make it difficult to concentrate and can impact the overall quality of your life. When suffering from chronic headaches, patients do not always think of telling their dentist. If you have headaches every day, especially if they occur in the morning after waking up, they may be related to your dental health.

Patients with chronic headaches often clench or grind their teeth in their sleep, a condition known as bruxism. Because bruxism frequently occurs during sleep, many people don't even realize they have the disorder. Left untreated, bruxism can damage the health of your mouth and jaw. It can lead to damaged teeth and gum disease as pressure from the jaw muscles places undue forces on the tooth structure.

In many cases, there is also tooth misalignment affecting the health and function of the bite. Patients who grind their teeth may notice, in addition to frequent tooth damage, that the bite feels "off" or it is difficult to close the jaw comfortably. This is the result of ever-increasing tension in the jaw muscles that are also pulling the jaw joint out of alignment and possibly damaging the joint. When the bite is not properly balanced, this is called malocclusion. Malocclusion causes the surrounding teeth and gums to sit off balance and creates tension and pain in the

face, jaw, neck and even the upper back. A misaligned bite can compromise the health of the teeth and gums.

Patients who grind their teeth or have malocclusion are more prone to having broken or excessively worn down teeth. The right treatment will restore balance to bite function, relieve pressure on jaw joints and provide a long-term result. With a bite analysis, your dentist can work with you to build a personalized treatment plan that will help align the bite in order to prevent further damage.

Custom-designed night guards can help protect patients from clenching or grinding their teeth during sleep. Many patients who experience daily headaches find almost overnight relief once they begin wearing a night guard. The night guard is designed to allow the jaw to rest without tension during sleep and it protects the teeth from damage.

Be sure to discuss any concerns you have about your bite or unexplained headaches with your dentist.

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



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To help people defend themselves against a difficult-to-diagnose sickness, the Lyme Disease Association promotes Lyme Awareness Month in May, when ticks are often most active. The group urges states to join in, as Maryland did last year when Gov. Lawrence J. Hogan declared May "Tick-borne Disease Awareness Month."

Taking the cue here, let's explore what this disease is, how to control it and how to prevent it.

Lyme disease can be a very serious and tough to diagnose disease. It is one of the fastest growing infectious diseases in the country. The Centers for Disease Control and Prevention (CDC) says Lyme disease is caused by the bacterium *Borrelia burgdorferi* and is spread to humans bitten by an infected blacklegged tick. Symptoms include fever, headaches, fatigue and often a skin rash called erythema migrans. Wikipedia defines erythema migrans as a circular expanding rash that is often called a "bull's-eye" that appears within one to four weeks. In many cases, this rash is not present.

Often misdiagnosed, the CDC explains that if Lyme disease is "left untreated, the infection can spread to joints, the heart, and nervous system."

Since there is no reliable test to confirm infection, a diagnosis is usually given along with a prescription for a few weeks of antibiotics after an investigation of symptoms. The CDC says people diagnosed with Lyme disease who are treated with the proper antibiotics in the early stages of the disease will often recover quickly. Antibiotics commonly used for oral treatment include: doxycycline, amoxicillin or cefuroxime axetil. The CDC says "people with certain neurological or cardiac illnesses may require intravenous treatment with antibiotics such as ceftriaxone or penicillin."

The CDC recommends that people who know they are going to be outdoors, especially from April to September when ticks are most prevalent and active, use insect repellent (with 20 percent of DEET), picaridin or IR3535. Ticks should be removed promptly.

MAY IS LYME AWARENESS MONTH

By Leah Lancione

Pesticides should be applied where ticks are and their habitats should be cut back. It's also recommended to avoid wooded or brush areas, stay in the middle of a trail when hiking, use products with permethrin on clothing, boots and gear, bathe or shower immediately after being outdoors and inspect your body gear and pets for ticks. If you tumble-dry clothing for 10 minutes it can often kill ticks. If clothes are damp or need to be washed, use hot water.

Prevention applies to pets, too. It's important to thoroughly inspect your pets for ticks after each time they're outdoors. It may also be beneficial to talk to your veterinarian about tick preventatives. If you find a tick, remove it right away. The American Red Cross sells a tick-removal tool called a "Tick Nipper" that can be used on people or pets. You can find it at www.redcross.org/store/tick-nipper Such tools are also available at drugstores and stores like Walmart, Target or Amazon.com but if you don't have one, use tweezers.

FOR YOUR YARD

Though you can't eliminate ticks, it's wise to do what you can to make your yard less tick-friendly. The CDC describes landscaping techniques: Clear tall grasses and brush near your home and lawn's edge and mow frequently. Remove trash, wood stacks or any debris that could be a place for ticks to hide, and place a three-foot wide barrier of wood chips or gravel between lawns and wooded areas and around patio and playground equipment to confine tick migration. The CDC asserts that there are also deer-resistant crops you can plant in your garden since deer and rodents often carry the ticks.

Pesticides can also be applied to reduce the number of ticks in your yard. Check out the Environmental Protection Agency's rules and regulations concerning spraying in your area. It may be more appealing to consult a professional pesticide company to administer it safely and effectively.

In 2015, 95 percent of confirmed cases of Lyme disease were reported from 14 states: Connecticut, Delaware, Maine, Maryland, Massachusetts, Minnesota, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont, Virginia and Wisconsin. These are the states where infected ticks are most common, however the disease is now crossing the borders and appearing in many other states.

For more information, log onto www.lymedisease.org or www.lymediseaseassociation.org

there is *no reliable test*
to confirm infection

What's your plan for the rest of your life?

Family reunions are great. It just takes someone to plan it. If just the thought of that sends you to bed with a migraine, find the family organizer. There's bound to be at least one in every family, then offer to help.

Ask a few of the more adventurous family members where a great reunion site would be. It can be a mountain retreat, a seaside cottage on the Outer Banks, a cruise ship or even a house rental in Europe. Pick a time that would work for most everyone, even though there is no ideal time, but often the Summer months tend to be best if young people are involved. Try to plan it according to their vacations.

The dates can be spread across two weeks so that people can arrive and depart to meet their schedules. It's unlikely that you'll find everyone available on the same week regardless of how much advance notice they have. There's also the issue that there are family members who are sometimes at odds with each other. Plans can be made accordingly. Not to encourage childish behavior, but realistically, conflicts exist even in the best of families.

A cruise ship reunion would be the exception to a drop-in-whenever plan, and in this case, the longer the notice the better. A cruise departing from somewhere warm: Miami, Aruba or New Orleans, would be very popular during the January school break. A cruise can be the easiest of all to arrange as it eliminates the need to plan for meals and entertainment.

Set up a website early, sending out feelers as to dates and locations and then make the decision as to where and when. If you

have a large family or are including extended family, no matter the date and location you choose, it will never be convenient for everyone, but work at keeping the majority satisfied.

Divide the cost of housing by the approximate number of people and have them commit with a check. Money tends to cement a decision. If some family members can't come, ask them to send a video of themselves and a short message telling what they've been up to.

Once at the destination, have a set amount that each should contribute to the "pot" to feed the group. This should be agreed to beforehand. If that sum is used up in the purchase of food, everyone divvies up again. Take turns making the meals and assign them even before they arrive. Let each family take a night to prepare the evening meal -- it's always fun to sample and share someone's favorite recipe. Have a plan for activities, but don't demand that everyone participate. There are hiking, walking, museums, kayaking and cultural events to attend, sights to see and, of course, shopping. Have a good list of what's available, including hours and admission fees if applicable.

Maps of the area are very helpful, which could be something tucked into a welcome bag along with sunscreen and some literature obtained at the local welcome center.

Take lots of pictures. With all the digital technology out there it would be easy for the creative one in the group to compile a book through www.SnapFish or a DVD of memories.

Recipes of favorite meals enjoyed could be included, music listened to can be recorded on the DVD and even recaps of the more humorous moments.

Most important to remember is that you're there to have fun. When things don't go exactly as planned, remember it next year when you get together. You'll all be laughing at how you had to choke down Aunt Bertha's favorite eggplant and broccoli casserole or how a hurricane threatened, but never materialized. Keep it light and enjoy each other and pass the torch to whomever volunteers to plan the next one.

Getting the Family Together

By Penelope Folsom



DESTINATION DANVILLE

By Barbara Aiken

There's nothing like the Commonwealth of Virginia in Spring and Summer. Trees wear cloaks of green and flowers kaleidoscopically burst forth. What a sublime time for a jaunt to Danville. Located in the south-central section of the state and about four hours from the D.C. metro area, Danville is a destination worth the drive.

The county seat of Pittsylvania County, Danville is a quaint and easy-to-navigate town of about 43,000. Bisected by the picturesque Dan River, Danville is abrim with history and examples of fine architecture spanning the Victorian and Edwardian eras. It exudes southern hospitality and offers opportunities for outdoor activities, cultural arts and entertainment, to say nothing of excellent restaurants, a fine university and a vibrant downtown area.

In 1793, Danville was a tobacco town. Known as the birthplace of "bright leaf" tobacco, Danville built its wealth and notoriety on this botanical gold. The bright leaf evolved accidentally when a slave watching the wood drying fire in a tobacco barn let the fire wane. He reignited it with charcoal and the resulting high heat turned the tobacco a golden hue. When sold, consumers loved it, making "bright leaf" a preferred tobacco enjoyed around the globe. Visit the Danville Tobacco Warehouse and Residential District filled with architectural styles such as craftsman and Colonial Revival. There are specialty, arts and antique shops to explore. Be sure to spy the area's historic murals. Near the River District you can check out the theatrical and stage productions of Averett University and The Historic North Theatre.

The Museum of Fine Arts, listed on the National Register of Historic Places is a "must-see." This Italianate home (1857) was built by Major William T. Sutherlin and holds treasures such as quilts, furniture, artwork and clothing from the Victorian

Period. When Richmond fell in 1865, Jefferson Davis, president of the Confederacy, resided here during the final seven days of his government.

Leaving the museum, continue on foot for a 90-minute walking tour of Victorian and Edwardian homes on "Millionaires Row." Many homes are marked in the sidewalk with a golden tobacco leaf identifying them as homes of tobacco barons. These architectural gems blossomed from the wealth garnered from the tobacco and textile industries.

Did you know that Danville was the birthplace of Lady Astor, first female member of the British Parliament? Nancy Witcher Langhorne married Waldorf Astor and when he joined the House of Lords his seat in the House of Commons was open. Nancy ran for the seat and won. She and her sister Irene Langhorne were born in the late 1870s in the cottage at 1102 Main Street which in 1921 was moved to 117 Broad Street. The cottage is open by appointment. Irene married artist Charles Dana Gibson. She was the inspiration for Dana's famous "Gibson Girl" paintings. Using Irene as his muse,

Dana's paintings exude his wife's interests, style in clothing and hair. You may recall the famous "Gibson Girl" hairstyle of lush locks piled high with soft, wispy tendrils spilling forth.

In 1882 textiles became important to the Danville economy and remained so for 125 years. Dan River Mills (1892-2006) was associated with cotton fabric that thrived during the war years 1939-1945, producing cloth for military uniforms. In the 1960s imported textiles drained the life from the mills. The factory buildings on the banks of the Dan remain as a ghostly vestige of their past vitality.

Other points of interest are The Riverwalk Trail, Tank Museum and winery tour. The Riverwalk Trail follows the banks

DON'T MISS:

- Averett University
www.averett.edu
- The Historic North Theater
thenorththeatre.com

DRINK:

- Tomahawk Mill
tomahawkmill.com
- The Homeplace
thehomeplacevineyard.com
- Hunting Creek
huntingcreekvineyards.com

EAT:

- 616 Farm to Table
www.dine616.com
- Golden Leaf Bistro
www.goldenleafbistro.com
- The Main Street Coffee Emporium
547 Main Street, Danville, Va.
434.792.4252

of the Dan River for 9 miles. This is a favorite of walkers, bikers and runners. The trail connects at several locations which can be found on the trail map. Consider the Tank Museum for a trek through the military past via the combat vehicle. This museum is dedicated to the men and women of the armed services and is well worth a visit. If grapes are your passion, take a wine tour. Tomahawk Mill, The Homeplace and Hunting Creek are some of the wineries in the area.

When it's time for a break, stop in the Main Street Coffee Emporium for a delectable beverage and bite to eat. Danville offers many dinner options. In the warehouse district, the Golden Leaf Bistro has exceptional food and

LEARN:

- Danville Museum of Fine Arts and History
www.danvillemuseum.org
- Danville, Va.
www.VisitDanville.com
- Danville Walking Tours
www.danvillehistory.org
- The Langhorne House
langhornehouse.org
- The Tank Museum
tankmuseum.org

PLAY:

- Danville Parks & Recreation
www.playdanvilleva.com

STAY:

- Comfort Inn & Suites
www.choicehotels.com
- Fall Creek Farm Bed & Breakfast
www.fall-creek-farm.com

ambiance. Another great option is the innovative and modern flair of 616 Farm to Table. Their menu is ever-changing, based on fresh ingredients of the season.

If traveling with your dog, try Comfort Inn & Suites; it's agreeable and convenient. Though not fido-friendly, Fall Creek Farm offers over 100-year-old log cabins on its 50-acre farm.

Consider Danville as your destination for a warm weather getaway. It's a step back in time filled with friendly folks.

Barbara enjoys traveling as often as possible. She can be reached barbara.s.aiken@gmail.com

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Is Continuing Care Retirement the Right Choice?

If you are a baby boomer, the reality is you are one of the 76 million people (born between 1946 and 1964) who helped shape the world we live in now. **Senioradvisor.com** points out that boomers influenced everything from politics, the arts and technology to child-rearing and senior care.

Since boomers reached the traditional retirement age of 65 starting in 2011, many may find themselves in a complex living situation: taking care of elderly parents, helping raise grandchildren, enjoying hobbies or a new vocation, or maybe even needing some assistance themselves. As such, it is important to explore living options for the future. Finding a suitable living arrangement for elderly parents or for you and your spouse, can be challenging since there are so many different housing options for people over 55—from assisted living and nursing homes to Continuing Care Retirement Communities (CCRCs) and age-restricted and independent living communities. So, which is the right choice?

Recently I had the opportunity to chat with Joan Williams of Ginger Cove, a CCRC located in Annapolis. Our discussion clarified what a CCRC offers, which should give all of us a better understanding of the various options.

1. Question: What distinguishes a Continuing Care Retirement Community (CCRC) from an assisted living facility or nursing home?

Answer: A CCRC is an age-restricted community (usually a minimum of 60 years of age) that provides an individual the full continuum of residency: independent living, assisted living and skilled nursing care, with on-site medical services, if needed. All other facilities such as assisted living and nursing homes do not offer the full continuum of care; their services are limited in scope to particular levels of care. It's important that one become familiar with the terms of senior housing, because, as with most things, they can mean very different things.

2. Question: Is a CCRC, like Ginger Cove, required to meet specific credentials or certification to carry such a distinction?

Answer: CCRCs are not required to meet specific credentials or certifications to be a CCRC, but they certainly must offer residents the three distinct levels of care through the continuum and meet the many federal and state regulations pertinent to the industry. Along with a limited number of

CCRCs in the state, Ginger Cove has received a special accreditation -- it's not at all something that most CCRCs have. As a matter of fact, less than 15 percent of all CCRCs nationwide have earned the accreditation. Voluntary accreditation is a mark of integrity, a sign of quality and is a distinguishing feature when someone is considering retirement living.

3. Question: Are all staff members certified caregivers, nurses, doctors or other medical personnel?

Answer: At a CCRC, all clinical staff must maintain certifications and continuing education relevant to their positions. Here at Ginger Cove, these include registered nurses, licensed practical nurses, medical technicians, geriatric nursing assistants and social workers.

4. Question: Can a CCRC offer the full gamut of care to individuals at all stages of life and health?

Answer: Except for emergent hospital care, CCRCs offer the full continuum of services and care to meet an individual's health needs over time.

5. Question: Is the goal to allow individuals to maintain their independence until assistance is needed?

Answer: At Ginger Cove, and probably at other not-for-profit CCRCs, our primary objective is to provide the highest level of independence, dignity and security with residents making their own decisions. Residents are active, engaged and enjoy stimulating and healthful programs, classes and trips.

6. Question: What type of accommodations do CCRCs offer to make all levels of care possible?

Answer: CCRCs offer apartments or cottages in various sizes for independent living: private suites or rooms for assisted living and private or shared rooms for skilled nursing care.

7. Question: Is a CCRC more expensive than other senior living communities? If so, why is it more beneficial in the long run to choose a CCRC over another facility?

Answer: The cost of living at a CCRC may not necessarily cost more than other types of senior housing, depending on the level of services needed and the type of contract the community offers. Generally, though, the benefits of choosing a CCRC over other types of senior housing are that costs are

By Leah Lancione

predictable, there is a strong emphasis on customer service and satisfaction, the communities offer enriching programs for active lifestyles, and, of course, that they promise life-long residency, with medical services on campus, if needed.

It is important that folks become fully educated about the different types of communities out there and ask detailed questions about services and fees. This is such an important decision, I encourage involving one's trusted lawyer or financial adviser in the evaluation and decision process.

8. Question: Why is a CCRC more advantageous than another type of senior living community, i.e., how does someone know that this is the right option for them?

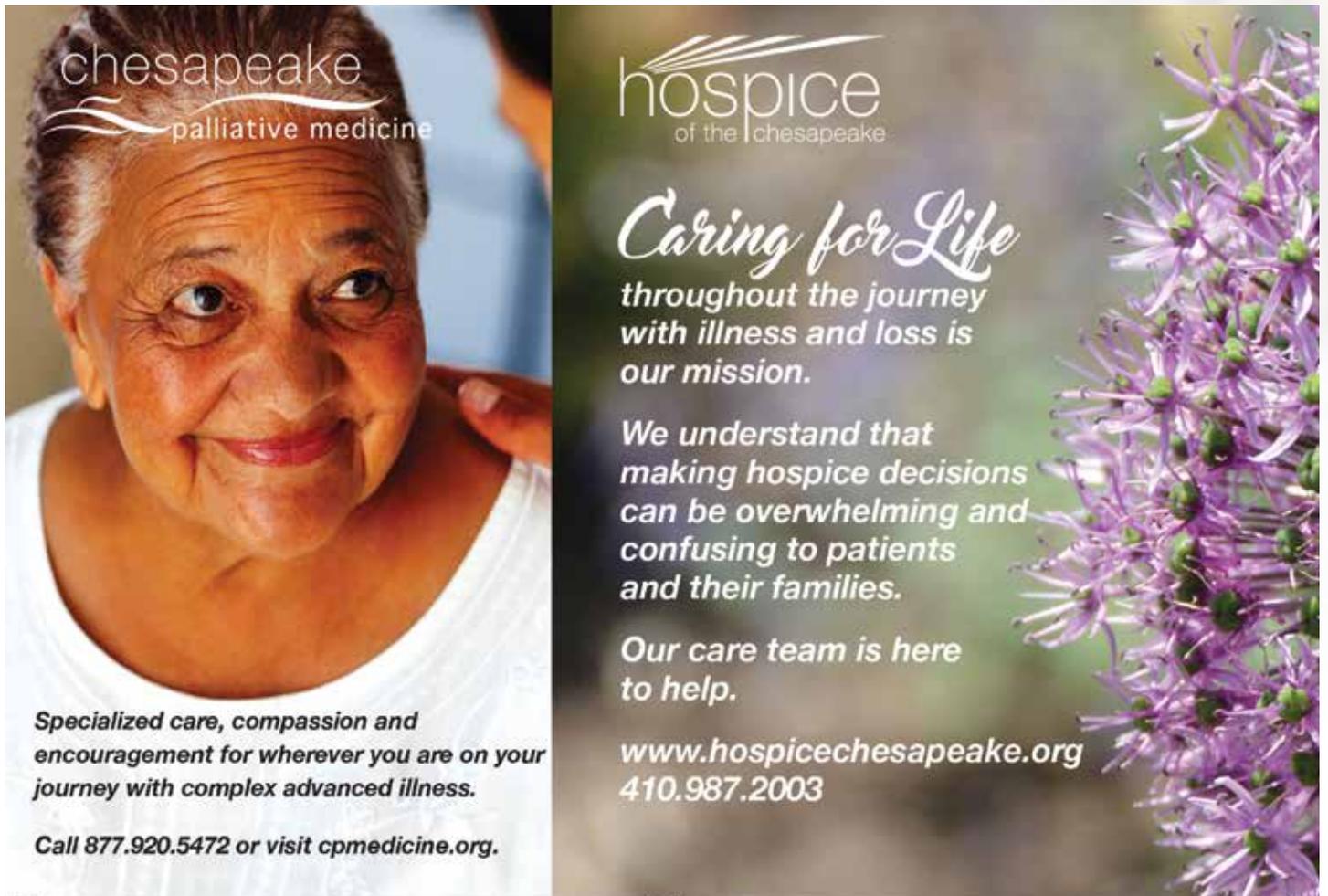
Answer: In my 12 years of experience, a CCRC is more advantageous because the resident and their family have complete peace of mind knowing that the community has all the services they will ever need, and is contractually obligated to provide a continuum of care for them in the future, regardless of the situation. At non-CCRCs, at an assisted living facility, for example, the resident will be asked to leave if their level of care exceeds the level of services the facility can legally provide (high-level, 24-hour nursing care are not services provided by assisted living facilities) and the family will be forced to make other accommodations

quickly, often under stressful circumstances. If the resident was living at a CCRC, however, the transition to a higher level of care, including a short or long-term stay in 24-hour nursing, is stress-free and seamless.

9. Question: At your community, how do you assist potential residents in discerning if this is the right life move for them?

Answer: We appreciate that making a decision like this is a big one, and we work with prospective residents every step of the way. It is not uncommon to work with someone for a year before they decide to make the move! One particular approach that has received good feedback is that prospective residents stay in one of our guest apartments for a few days so they can experience and enjoy the lifestyle prior to making their decision. I also work closely with financial advisers and sometimes other family members to ensure that all parties understand the financial plan and services and amenities included. It's fun to meet and work with prospective new residents and to see them so content and happy after they make the move – it's the best part of my job!

For more information on CCRCs, log onto AARP's website at www.aarp.org/caregiving/basics/info-2017/continuing-care-retirement-communities.html or visit www.GingerCove.com



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Greenbury Point

By Ellen Moyer

Pensacola, Florida, is the center for naval aviation. But in the pioneer period of aviation advancement, Greenbury Point at the mouth of the Severn River was the first aviation base.

Greenbury opened in July 1911, and by September, USNA graduates Lts. Theodore G. Ellyson, John Rodgers and John Tower were the first to test pilot gasoline engine airplanes. Two thousand pilots were trained at the 231-acre site that shared space with the Naval Academy shooting range and the dairy farm. After three years of access - by water only - and dodging a stray bullet or two, the aviation base was moved to Pensacola.

Though planes were no longer flying in and out of the field at Greenbury Point, the site continued its pioneering activities. For 80 years it served as the wireless communication center responsible for maintaining contact with submarines and the Atlantic fleet. Low-frequency radio towers stretching 1,200 feet in the air covered the site. Their mission was to communicate with "all the ships at sea." By 1999, satellite systems rendered the landmark towers obsolete. On a gray and cold Winter day in 1999, 16 of the towers were dynamited. Three towers were retained as landmarks for planes flying into the Thurgood Marshall BWI Airport and for ships plying the Chesapeake Bay. Walking trails through natural habitat cover the peninsula today. Knowledge of the first pioneering Naval aviation station 100 years ago and the communication center that served through World War II and the Cold War that followed has faded with time. Nicolas Greenbury, born in England in 1627, gave his name to this geographical location. Arriving on the sailing ship Constant Friendship with his wife and two children (he would parent two more), he settled on 350 acres near Providence in a home he called Whitehall. Whitehall would later become the residence of Gov. Horatio Sharpe. The Georgian mansion that he built there is a National Historic Landmark. Greenbury, commander of the military for Anne Arundel

and Baltimore counties, arrived two decades after the Battle of the Severn in 1655. Later, Puritans seeking religious freedom moved to the forested peninsula that was heavy with deer, bear and mountain lions. It was a favorite hunting ground for the Native Americans, at the invitation of Catholic Lord Baltimore, Charles Calvert.

Thomas Cromwell's insurgency over King Charles I influenced the New World 3,000 miles away. In this first and only battle fought somewhere on the south side of the Severn River, on land near Horn Point or Back Creek, the Puritans of Providence were victorious over the forces of Gov. Thomas Stone. Two

men were executed before a plea for clemency was granted. A fort on the point of the peninsula protected the Providence settlement from invasion by water. Later the area known as Towne Creek would be purchased by Nicolas Greenbury and named for him, as it was customary for property to carry the name of the owner.

The Greenbury Point also served Bay navigation with two lighthouses. The first, built in 1848, contained a farmhouse with a light on the roof. By 1891 the house gave way to erosion. A screw pile lighthouse replaced it in 1892, but damaged by ice in 1918. It lasted until 1934 when the current spider buoy was erected. Greenbury Point has lost 500 feet of its shoreline to erosion. The first fort and two lighthouses are now under water. Bears and mountain lions no longer roam the hunting grounds of the Susquehannock Indians. Nicolas Greenbury and his wife are buried in the churchyard at St. Anne's in Annapolis. The town of Providence is an archeological exploration site. Trees and shrubs cover the first Naval aviation training center. Hikers occasionally see deer on a wooded path where open spaces reveal the awesome views of the waters of the Chesapeake Bay and the tanker ships at anchor waiting for the end of their journey at the Port of Baltimore.

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

Bay Bytes

For burial details for veterans, including free headstones and other services, log onto **Cem.VA.Gov/Hmm/** or check with the local VFW or American Legion.

Put the pill makers out of business and get out there and get some exercise!

Spring peepers, with their cacophony of sounds, are recognized as nature's way of announcing that Spring has arrived. It's a delightful and welcome harbinger of the warm days to come. Wherever there's a marsh or even a small still pool of standing water, the tree frog can be found singing his three-note peep. Peep? It can be more like a deafening jangle of a million jingle bells.

On overcast days and warm nights, the primarily nocturnal male competes with his lusty and endless three-note song of love. It is a riotous competition as each tries to outdo the other with a deeper bass or faster pace of song. The louder and deeper and faster the song, the more likely the *pseudacris crucifer* is to attract a mate.

She doesn't sing and does not reach the breeding state until three years of age. Should she survive the threat of snakes, salamanders, birds, pollution, toxins and even larger frogs, she will choose her mate between March and June. She then finds a pool of fresh water, free of any fish, and there deposits her 900 to 1,000 eggs. After that, she heads for the woods to pass the Summer months.

The larvae emerge in 6 to 12 days, morphing into wiggly tadpoles after two months. With no parental concern or involvement, the larvae, later becoming tadpoles, exist on a diet

of bugs, detritus, small spiders, ants and other small insects. Reaching adulthood before the first frost, the peeper will hibernate in soft mud or in forest debris allowing his body to partially freeze during the frosty days of Winter. The frog's production of glucose acts as an antifreeze to keep the cells from rupturing. He'll be among the first of the amphibians to emerge in the Spring.

The tree frog, easier to hear than to see, has been difficult to study. Spending his days in piles of decaying leaves and even reeds of swaying grass, the peeper, with his round adhesive toe pads, is also found up to three feet high on tree trunks.

Small, elusive and difficult to monitor, it appears that with the encroaching development and disappearance of open areas, their numbers are dwindling. Currently, the

tiny harbinger of Spring is listed as threatened or protected on some state lists. The Spring peeper population, as it is with much of the Bay's fauna and flora, is on the decline. With better stewardship of what remains in our ecological system, perhaps this trend will someday reverse itself, allowing the tree frog to continue as the familiar town crier heralding the arrival of the emerging days of Spring.

Spring's Song of Love

By Edree Downing



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Read our article "Are Dental Problems Causing Your Headaches?" in this edition of Outlook!

Happiness Versus Meaning

By Kater Leatherman

Ever wake up wondering what it's all about, Alfie? There may not be anything wrong with your life, but something seems to be missing. So what's going on? It could be a lack of meaning.

To have meaning in your life is not the same as happiness. Happiness tends to be self-serving as in *what can I do to make myself be happy?* Creating a meaningful life comes from serving others. In fact, research shows that people with the most meaningful lives were “givers.” Those who claimed to be happy were “takers.”

Raising children is one way to distinguish between happiness and meaning. They don't necessarily make us happy all the time. There's a ton of work to raise them, but they do bring meaning to our lives.

On a personal note, I walk every morning and carry a bag to pick up litter. I don't love doing it; in fact, some days it really annoys me. But it feels good to know that I had a hand in making the roads I have cleaned look better for everyone to see. Now, picking up trash adds meaning and purpose to my walks and the exercise is no longer just about getting my needs met.

We know that money doesn't guarantee happiness, but

if one has meaningful work that generates money, well that is something to be grateful for. Of course, what makes it meaningful is that it is probably serving others in a positive way.

In his memoir, *I Can See Clearly Now*, Wayne Dyer offers these words: “Serve without hesitation, ignore the demand of the ego and ask for nothing in return.” To succeed in bringing more meaning into your life restores inner strength because those who have none will eventually perish. Ultimately, life means taking the responsibility to find the right answer to your problems. And, as we age, we have to seek out opportunities to contribute and give to others.

So, here are seven ways to bring more meaning into your life:

1. Have a sense of belonging. If you don't want to join a group, start one. If you aren't a “group” person, schedule one-on-one time with people whose company you enjoy. Research now indicates that loneliness can damage your physical health as much as smoking.
2. Send a letter to someone close to you; tell them what you love and appreciate about them. Or pick up the phone; you can turn someone's day around by reaching out.
3. Beyond volunteering for an organization offer to walk a neighbor's dog that is cooped up all day. Share your talents in the spirit of mentoring a young person. Find ways to make an older person feel needed by listening to them.
4. Avoid overreaching. Meaningful living is less about the next accomplishment and more about small acts of kindness.
5. Create an affirmation as a continual reminder of why you are here and keep it where you will see it everyday. Here are three examples:
“I am inspiring others.”
“I am creating a life of service.”
“I am choosing to make every encounter a positive one.”
6. Revisit some of the activities and hobbies that you enjoyed doing as a child.
7. Strive to slow down and be more aware of your experiences. Spend time in stillness so that ideas come to you rather than always looking for something.

Try any or all of these seven steps to bring meaning to your life.

Kater can be reached at katerleatherman@gmail.com

There's still time to make a difference!

As we sat in a circle on the cold cafeteria floor, I could not believe the faces around me. My disbelief turned to amazement as they began to speak. We had just begun the first meeting of the Kindness Club our church was sponsoring at one of our local middle schools. While this group had been planned for weeks, it was a new club that was beginning in the middle of the Spring. We had no idea if any students would attend or even be interested in practicing intentional acts of kindness in their school community. It was a delight to see 12 eager faces join us. The leader asked, "What made you decide to come today?" As some were sharing about invitations from friends and other reasons, one girl quietly raised her hand. She shared that she had experienced bullying first hand and said that middle school can be hard. She said that by spreading kindness, she hoped other students might not have to encounter the same level of bullying she experienced.

The continued violence in schools and ongoing national discussion over how to keep our children safe make this club especially timely and important. While different sides can argue strongly for their viewpoints on what should be done, we can all acknowledge that we have a cultural problem and we must address it. These problems, however, have no easy answers. In my experience, anyone giving a simplistic answer to a difficult problem does not truly understand the issue. So as we face these difficult issues, how can we be part of the solution? Our church is beginning with kindness.

Kindness may seem like a strange answer to the violence in our schools. Many see kindness as a pleasant enough thing, but hardly useful in real issues. In fact, for many, kindness equals weakness. If I am kind then others will take advantage and I will be played for a fool. It is much better, we are told, to keep our guard up and never let anyone get the better of us. In this view, kindness is simply too small to make a difference. I believe, however, that kindness has the power to change the world. In a recent series of studies at Stanford University, researchers discovered that by simply observing others being kind, the participants of the study were more likely themselves to practice kindness. The researchers state, "We find that people imitate not only the particulars of positive actions, but also the spirit underlying them. This implies that kindness itself is contagious."

As a Christian, my tradition teaches that each person is free to turn from his or her current life (to repent) and live in the grace and forgiveness God offers. For

many, the word repent brings up images of sidewalk preachers shouting into bullhorns as they condemn all within earshot. This is not the true picture we find in the Bible, though. In the Book of Romans, the Apostle Paul states that God's kindness leads to repentance. It is not anger and denouncements, but the kindness of God that invites people into new life.

Could it be that kindness has always worked this way? Perhaps it has always seemed too little, while it subversively found its way into our lives and spread through our actions and attitudes. In that first meeting, the students had so much enthusiasm that we decided to meet every other week instead of monthly as we had originally planned. There is much to do in showing kindness to others and the students could not wait to get started.

Afterward, I reflected on the honesty and openness of the students. It was moving to witness their compassion and care -- their desire to make a difference. I pray that their example spurs each of us to a kinder way. May we each believe in and practice the subversive and contagious power of kindness. May we reject the lie that some problems are too big for us to address and change through intentional kindness. These 12 students believe that they are making a difference in their school and in the world with what they are doing. They are right and they are showing the way. May we share their faith and hope, and may kindness lead us to a new and better world.

For more information log onto www.scientificamerican.com/article/kindness-contagion/

Patrick DeVane is the senior pastor of College Parkway Baptist Church in Arnold and can be reached at pdevane@mac.com

Starting with Kindness

By Rev. Patrick DeVane

Kindness may seem like a strange answer to the violence in our schools.



Memorial Day: MORE THAN A COOKOUT

By Barbara Aiken

Memorial Day is more than the kickoff to Summer and an excuse for get-togethers, grilling and a game of horseshoes. So much more. On the last Monday of May each year Memorial Day is celebrated to honor the men and women of our U.S. military who have died for our freedom—those who have made it possible for us to enjoy this holiday and know that we are free each and every day of our lives.

Just three years after the end of the Civil War, in May of 1868, Gen. John A. Logan proposed a day of national remembrance for the more than 620,000 soldiers who had fallen during the Civil War. He called it Decoration Day since folks would decorate the graves of Union and Confederate soldiers with flowers and other items. This sacred day memorialized those military personnel who had fallen in World War I and eventually those who perished in all U.S. wars. Memorial Day became the official moniker in 1968 and a federal holiday in 1971.

On Memorial Day, many people still place decorations on the graves of our fallen and recent tradition calls for the placing of a red poppy or an American flag on the graves of our brave defenders. Parades, filled with marching bands, veterans groups and servicemen and women are held throughout our nation. Since 2000, a moment of silence is observed at 3 p.m. in remembrance. It is a sobering thought to know that it is believed that more than 1.2 million military combatants have given their lives from the time of the Revolutionary War to the recent war on terrorist groups. The vast majority of those died in the Civil War and World War II.

The popularity of wearing and placing red poppies on the tombstones of the fallen sprang from a poem written in 1915 by Canadian military surgeon, Lt. Col. John McCrae, entitled "In Flanders Fields." It recounts the red poppies that sprang from dormancy across Flanders Fields

in Belgium following more than two weeks of heavy artillery bombardment during World War I. This wartime tilling of the soil resulted in an eerie contrast between the carnage and new life represented by the blood-red poppy.

In 1918, based on her reading of the poem and time spent teaching disabled veterans at the end of the Great War, Georgia native and teacher Moina Michael conceived of the idea of folks wearing red poppy flowers to recognize those who died in times of war. Moina obtained and sold silk poppies and donated the money collected to military personnel in need.

In 1922 the Veterans of Foreign Wars (VFW) was recognized as the first veterans' group to sell poppies. A couple of years later the VFW established their "Buddy" Poppy initiative. With the paid help of disabled veterans in need, paper poppies were crafted and then distributed for donations on both Memorial Day and Veterans Day. Proceeds from the donations collected have gone toward maintaining state and national veterans rehabilitation and service programs and partially support the VFW National Home for Children. The red poppy became and remains today the memorial flower of the VFW.

This Memorial Day, enjoy time with your family, hug your loved ones and give thanks to the men and women in uniform. Donate for a poppy and pin it to your lapel. Attend a parade and cheer for our military. Place a poppy or flag on the grave of a fallen military member, perhaps an ancestor or relative.

Barbara is the wife of a retired military officer. She can be reached at barbara.s.aiken@gmail.com

In Flanders Fields

By John McCrae

**In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.**

**We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.**

**Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.**

Managing The Unexpected

By Ryan Helfenbein

Recently I met a woman who shared an experience she had on a beautiful Caribbean cruise. She woke up one morning at port to look out to see what a glorious day it was going to be on the island of Puerto Rico. The palm trees swaying in the wind, blue water surrounding the ship and two ambulances and a hearse waiting at the gate. She asked herself, "Where could my family find help in a situation like this?"

Before we get into the question of death occurring away from home, let's explore the question of who is to be called when a death occurs. First and foremost, even though they are sometimes compared to buzzards waiting to pounce, funeral directors cannot move a body until a doctor agrees to sign the death certificate. Often this can simply be a verbal commitment to a nurse or hospice over the phone. If a nurse or hospice is not present where death occurs, a phone call will need to be placed to the nursing staff or hospice for them to then talk to the doctor. Once a signature is confirmed, an undertaker can be contacted and will arrive shortly after to take the decedent into their care.

Now, if death occurs unexpectedly, and the individual was not under the care of a nurse or hospice, then the first call would be to 911. The police and paramedics would come in to investigate, contact the primary care physician and ultimately determine who will sign a death certificate. Once the doctor has given the verbal commitment of signing the death certificate, the officer or paramedic will then turn to the family and ask that they call the undertaker.

Perhaps the death is suspicious, unattended or accidental. This would often result in the individual having to be transported to the medical examiner's office (which in Maryland is located in Baltimore) for a post mortem examination. This ultimately has the medical examiner signing the death certificate. In this situation, the survivors would contact their undertaker in the next day or two in order to coordinate transportation from the medical examiner's office to see that the necessary steps are taken to bring the decedent closer to home.

Getting back to my friend's situation in the case that death occurs, let's say, 100-plus miles from home. What is to be done then? There are all kinds of gimmicks out there that travel programs and cruise ships attempt to sell us at a premium in case this happens. But it is your neighborhood undertaker that has exactly what you are looking for and it is extremely inexpensive. It is called travel protection and it eliminates the concern of "what to do if death occurs away from home." Understand when it comes to transporting the deceased from out of state or even out of the country, there are additional charges, which are out of

the control of the funeral home. Special documentation, permits and even airfare are often involved. Studies have shown that the costs of repatriation and relocation after a death total between \$2,500 and \$15,000. Travel protection offered by undertakers today, provides

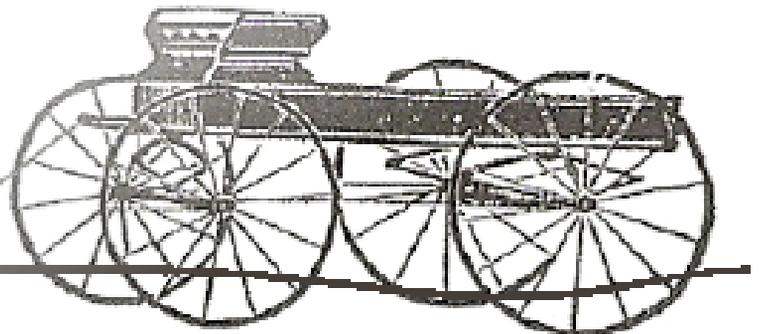
individuals who make a one-time phone call the guarantee that their loved one will be transported home from anywhere in the world at no expense to the survivors beyond a one-time fee, typically at \$450 per family member.

Vacations are meant to relieve the stress that we put ourselves through day in and day out. A time to relax, a time to enjoy the world around us and definitely not a time to think about the disheartening "what if's." Know that no matter where we may die, our neighborhood undertaker has a plan in place to not only eliminate the stress of what needs to be done, but also eliminate the unnecessary added expenses in the case when death occurs away from home.

So, the next time you take that vacation with the ones you love, think about your next cocktail selection and when to take a dip in the pool, knowing that you've taken the necessary steps in advance of death far from home.

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

Time to think about the "what if's"





Toasting Moms & Dads

By Louise Whiteside

Flowers. Candy. A new necktie or socket wrench? A family brunch? Cards that read, "I love you." The second Sunday in May and the third Sunday in June are days to honor the incredible pair who reared, taught, disciplined and tolerated us throughout our formative years and beyond. Moreover, as parents ourselves, we too may be the recipients of such lavish praise. Most moms and dads are indeed worthy of recognition for the nurturing, long and unselfish, we gave our progeny.

It may seem like it, but have these two Sundays in the Springtime, dedicated to honoring our parents existed through time immemorial? Far from it. So how did these traditions begin?

Mother's Day (Sunday, May 13)

In 1908, at St. Andrew's Methodist Church in Grafton, West Virginia, a young woman named Anna Jarvis held a memorial service for her mother, Ann Reeves Jarvis.

Anna's mother, who had died in 1905, had been a peace activist, caring for wounded soldiers during the Civil War. Her daughter, Anna, wanted to set aside a day to honor all mothers. She believed a mother was "the person who has done more for you than anyone in the world." By 1911, all U.S. states observed the holiday, and in 1914 President Woodrow Wilson signed a proclamation designating Mother's Day, held on the second Sunday in May, as a national holiday to honor mothers.

Anna Jarvis later grew to resent the commercialization of the holiday, believing that companies (such as Hallmark Cards) were exploiting the idea of Mother's Day and overlooking the original intent of sentiment as opposed to profiting from it. Anna organized boycotts of Mother's Day and was later arrested for disturbing the peace. At age 84, she died alone, blind and penniless.

The name of the holiday, "Mother's Day," is written in the singular possessive for a reason: Anna Jarvis specifically noted that the word, "Mother's," should be written in the singular, so that each family would honor its own mother, not using the plural possessive, commemorating all mothers in the world.

Celebrations honoring motherhood, are held around the

world on different dates, such as Mothering Sunday in the U.K. and the Eastern Orthodox celebration in Greece. Some ex-Communist countries, such as Russia, celebrate International Women's Day instead of Mother's Day. While dates and celebrations vary, Mother's Day traditionally involves honoring mothers with gifts of flowers, candy, cards and festive meals.

If your parents are no longer living, here are some ways to keep the memories alive:

1. Do something you and your parents enjoyed together -- go to a play, have a picnic, listen to music you both enjoyed.
2. Write your thoughts and feelings in a journal with a private letter or a poem.
3. Visit their final resting places and leave flowers.
4. Plant or donate a tree in your parents' memory.
5. Create a scrapbook with pictures and mementoes.
6. Volunteer or make a donation to a cause that was meaningful to your parents.
7. Spend time with another mother or father doing something you enjoyed with your own parents, such as taking a walk in the park, a hike or going a concert.

Father's Day (Sunday, June 17)

Most historians consider Sonora Smart Dodd of Washington state to be the first person to have proposed Father's Day in 1910. Sonora Dodd's father was a Civil War veteran named William Smart. Sonora's mother died giving birth to her sixth child, leaving a widowed husband, William, to raise five children. When Sonora married and had her own family, she realized how difficult it had been for her father to raise five children as a single parent. After hearing her pastor give a sermon about the newly established Mother's Day, she proposed a Father's Day, to be observed on June 5, her father's birthday. The pastor moved the date to June 19, the third Sunday of the month.

In the early days, the tradition was to wear a rose if a father was alive, and a white flower if he had died. Sonora campaigned for Father's Day to be celebrated nationally, collaborating with men's goods manufacturers,

such as makers of neckties and tobacco pipes. (By 1938, a Father's Day Council was founded by the New York Associated Men's Wear Retailers to promote Father's Day.)

In 1916, President Woodrow Wilson pushed to make Father's Day official, but failed to get enough support from Congress. It was not until 1966 that President Lyndon Johnson signed a proclamation to make Father's Day the third Sunday in June, and not until 1972 that President Richard Nixon made Father's Day a permanent national holiday.

In terms of gifts fathers want, most seem to want family time. According to a Fox News report, approximately 87 percent of dads said they would like dinner with the family. About 65 percent of fathers said they would rather receive nothing than another tie! Only 18 per cent of dads said they would like a personal care product such as after-shave or cologne, and only 14 per cent said they would like car accessories.

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TRAVELING WITH GRANDCHILDREN

By Kathryn Marchi

When planning a trip with grandchildren, no matter what mode of travel, there are many ways to help make it a pleasantly memorable experience.

Gone are the days when children either slept or scuffled with each other on a trip in a car or train. Counting cows until the next cemetery or listing license plates only kept them interested for so long. Today's kids have their techno stuff to keep them occupied: iPods, smart phones, personal DVD players, portable electronic games, and if they're not so lucky, one built-in DVD player for everyone. These gadgets do keep them quiet and occupied, but prevent the children from being a real part of the trip. They are unaware of their surroundings and, as a result, are not communicating with others. They might as well be at home on the sofa!

So, how can grandparents deal with these changes in "kid travel" and pry them away from their electronic gadgets? How can grandchildren enjoy and perhaps learn from the trip? Remember, we don't have the stamina to make too many trips with them so when we do, we want to make it count.

Here are some ideas that might help in planning a pleasant trip with grandchildren. They can be applied or expanded upon whether traveling by

car, train, airplane or ship.

Obviously, the age of grandchildren factors into the entertainment level or type of games or special planning. Younger children are a bit easier to plan for, but older children can be difficult since they are more attuned to their electronic games. In a long car or train ride, the old "goodie basket" containing coloring or sticker books, playing cards, puzzles, books and even some neat snacks is always a good thing to take along for passing the time. Of course, if your grandchild is prone to motion sickness and can't enjoy reading or coloring, you might find some "mental" games with words or perhaps give in to audio tapes.

Once a final destination of your trip is determined, researching places of interest there and along the way is a great way to involve grandchildren and create interest. Do this together and make a list of important things they might want to see. For example, when traveling to Niagara Falls, the route can include Lancaster, Pennsylvania where there are trains and related museums and the very interesting Amish country. (Even little girls like to ride on a train!) When traveling to Boston, Sturbridge Village is a great place to stop and tour.

If you plan to visit museums or cathedrals, you might want to research special exhibits and other notable displays and list them for review right before the tour so that the grandkids will

Bay Bytes

If you're curious about the chances of whether you or someone you know has Alzheimer's, log onto Google and type in Alzheimer's test. Lots of sites will pop up that will offer insights and even written tests to determine if it should be looked into further.

If not now - when?

have a purpose for the visit. For older kids this is also a good way for them to organize their own tour and their “ownership” of it. Keeping lists like this prevents confusion and frustration over having too many things to do and see. It also keeps boredom at bay.

Enroute, be sure to stay at hotels or RV parks that have either indoor or outdoor swimming pools or other activities nearby, such as miniature golf courses or bowling alleys. Plan to stop early to allow adequate time for these.

In a car or motor home, scheduling time for this breaks up the trip, provides much-needed exercise and keeps the child’s interest.

Bringing along a favorite stuffed animal or doll (remember to keep it small!) is another great way to enhance your younger children’s journey. The trip can be “seen” through the toy’s eyes and at the end of the day, these experiences can be written in a journal. If the child is too young to write, he or she can dictate thoughts and impressions. For those older children, “journaling” is a proven way to reinforce those all-important writing skills and teachers will be very pleased with that when school starts up again.

Taking along stuffed animals and dolls also provides comfort to a frightened child during an airplane trip, as well as staving off homesickness during the first few days away from home.

For younger children, another way to add interest to a trip is to “loan” them a digital camera -- with supervision, of course. This type of camera is much better than your “Brownie Hawkeye,” since pictures are readily seen and deleted if necessary, downloaded later to a computer, or printed out to put in a special album for recording the trip and creating memories. Upon return, this is a great way to share the trip with parents and friends. Older children generally have their own cell phones or MacBook, which have excellent cameras. Pictures can be managed, labeled to be shared right away on social media or emailed to folks back home.

Buying souvenirs is always on a child’s list when traveling. To prevent arguments and overspending, make certain each child has spending money. The amount can be decided beforehand. This is a great way to teach fiscal responsibility.

One extremely important issue when traveling with grandchildren, either inside or outside of the U.S., is a



Bay Bytes

Would you like to know what health screenings you should be doing at this age? Log onto www.USPreventiveServicesTaskForce.org/BrowseRec/Index

letter of permission from their parents. This is a *must!* You should carry this letter, and proof of health insurance, with you at all times. Of course, when you travel outside of the United States, a current passport is also required, so be certain you have all of these documents with you upon departure. If the children do not have their own passports, make sure application is made for them way ahead of time. If inoculations are needed for the trip, schedule them well beforehand as well.

We, as grandparents, cherish the time spent with our grandkids. Whether at home or on a trip, we love being with them and enjoy seeing the world through their eyes. But when traveling together, we do not want to appear to be “teaching” or “managing,” so the idea is to include the child in every detail whenever possible. We want them to “own” the experiences and have fun.

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NATURAL LAWN CARE

By Neil Moran

Several years ago I switched from chemical to organic fertilizers to feed my flowers and shrubs and have never looked back -- except to see how well they're growing.

I decided to do the same for lawn care, and boy am I glad I did!

Natural lawn care is an alternative to using synthetic fertilizers and pesticides that are potentially harmful to people, pets and the environment. The chemicals in these products can also have a punishing effect on the soil, disturbing the natural microbial activity that fosters healthy plant growth.

The "perfect lawn" that is being supported by chemical inputs is like an addict on crack. You have to continually feed the lawn with chemical fertilizers and pesticides or the lawn will look worse than an aging rock star. This is because the soil essentially dies from overuse of all those chemicals, leaving it starving for more synthetic fertilizers.

Natural lawn care provides a better way to grow a nice-looking lawn, while also protecting the fragile waterways we enjoy around the Bay Area.

However, there are a couple of drawbacks to this method that no doubt discourages people from breaking the chemical habit. First, to get a great-looking lawn this way takes time. I'm talking at least a couple of years. We live in a society that expects instant results. The other drawback is you're going to have to put up with a few weeds, like perhaps some innocent clover and a few dandelions.

"You have to have a different set of expectations for your lawn," says Jim

Bay Bytes

For all the best information appropriate to this area on gardening, pests, lawn care, etc., log onto <https://extension.umd.edu/hgic>

Agabedis, owner of Minuteman Landscaping in Brighton, Mass. He says a totally weed-free lawn using natural or organic lawn care methods can't be achieved.

What can be done with natural lawn care practices is a nice, lush-looking lawn that isn't supported by potentially

harmful fertilizers and pesticides and is

100 percent safe for your kids, pets and wildlife. A lawn that is being grown the natural or organic way is also less susceptible to drought, insects and disease, according to Agabedis, who has been in the natural lawn care business for more than 30 years. The natural microbes that build up in the soil support a healthier turf that can withstand some of the vagaries of nature.

Using organic and natural lawn care methods is kind of like making a long-term investment in the stock market. Switching to a natural lawn care program and feeding with organic fertilizers will actually cost a little more up front. However, according to a study by Environmental Grass Roots Education, once an organic lawn care program is well underway, a homeowner can expect to save up to 25 percent over a traditional lawn care program of pesticides and fertilizers. Try getting that kind of a return from the stock market.

HOW TO ACHIEVE A GREAT-LOOKING LAWN -- ORGANICALLY

The secret is in growing healthy turf. Here are some steps you can take to have a nice lawn with these methods, which include using inputs of organic fertilizers. Bear in mind that if you don't think you're up to the task you can hire a natural lawn care operator. That is, if you can find one in your area.

EXAMINE YOUR SOIL

Take a shovel or a soil probe and see what type of soil you have. A sandy loam is best, but you can also grow good grass in a soil profile that includes a fair amount of clay. Pure sandy soils are going to dry out during the heat of the Summer and most likely be susceptible to weed growth.

Take a soil sample to get a proper read out of your lawn. Cooperative extension offices should have one available for

about \$25. The box you pick up will have directions on how to take a sample. The sample is then sent to a university testing lab. The lab will send you the results of the testing and recommend what you need to do to adjust the pH, if needed, and add nutrients to the soil.

RAISE THE MOWING HEIGHT

Keep your blades sharp on your mower and adjust the deck so you're mowing at a height of 3 to 3 1/2 inches, says John Harrison, head of public relations and product support at Espoma, a company out of New Jersey that sells organic fertilizers for lawns and gardens.

"When it comes to cultural practices the critical one is to raise the mowing height," Harrison says. "Scalping the lawn puts so much stress on the lawn and gives tremendous opportunity for undesirables to come into the lawn."

During hot, dry weather I like to keep the grass even a little higher than the suggested height. Also, never take off more than one-third of the grass at one time. If you do it causes the grass to clump up which effectively blocks out light, air and rain. Besides, nobody likes to see clumps of grass in their yard. Mulching mowers are a good choice as the grass can be returned to the soil without clumping up. Grass clippings contain nitrogen, the major nutrient responsible for greening up your grass, so always return the clippings to the lawn.

WATERING AND AERATING

Water in the mornings, preferably with a lawn irrigation system that can be put on a timer. If you can afford it, add a rain sensor that can monitor rainfall so you don't water when

we're already getting plenty of rain. A saturated lawn can cause yellowing of the grass blades and potential diseases, especially in low, poorly drained areas.

Aerating a lawn allows air, water and nutrients to penetrate the soil. However, don't aerate your lawn too often. This may come as a surprise, but Agabedis says to leave those microbes well enough alone. When it is time to aerate you can rent an aerator or have a lawn care company do the job for you.

FERTILIZING

The problem with synthetic pesticides and fertilizers is they harm the microbes in the soil that work so hard to strike an ecological balance in the rhizosphere, or root zone of the plant.

Fortunately, there is a better way. Organic-based fertilizers, such as Espoma's Organic Lawn Food provide a slow release of nutrients, including nitrogen, that won't wash away with irrigation or after it rained. Espoma has a seasonal, four-step program to ensure your lawn is getting the right nutrients at the right time.

The best grass I've ever encountered was inside a prison, where I taught horticulture to prisoners. A group of organic gardeners inside the walls had no choice but to go organic as chemicals are by and large banned inside a prison. They used a combination of compost, mechanical weed pulling, proper watering and mowing to produce the most lush lawn I've ever seen.

Growing a great-looking yard the organic way is an achievable goal. It's also a worthwhile goal for you, your grandkids, pets, wildlife and the environment.

Neil, a frequent contributor to Outlook by the Bay, maintains a blog at www.greenindustrywriter.com

SOBERING FACTS ABOUT SYNTHETIC FERTILIZERS AND PESTICIDES

- 40 to 60 percent of nitrogen from fertilizer runs off or leaches away, ending up in ground or surface water, including wells. The nitrogen in slow-release organic fertilizers is much less likely to leach into the soil.
- 60 to 70 million birds die from pesticide poisoning each year in the US alone.
- Close to 70 million pounds of pesticides (including herbicides) are applied to US lawns each year. This is approximately 10 times the amount applied to American farmland, acre for acre.
- As of 2004, about 70 million tons of fertilizer are used on US lawns a year.
- The Virginia Cooperative Extension, in its publication Nutrient Management for Lawn Service Companies, states that some fungicides and pesticides can kill 60 to 90 percent or more of the earthworms where they are applied.

(Source: Planet Natural)

There's never been a better time to get involved!

Bay Trekking and Beyond

Every Fall we make a trip to Canada. Last Fall we decided to add the Grand Hotel on Mackinac (pronounced Mackinaw) Island, Michigan. It is a National Historic Landmark and friends have been recommending this trip for years. I've always been intrigued that the island has no cars on the road as they were banned in 1898. People move around on horses, horse drawn carriages, bikes or on foot. One feels transported, if not to another country, definitely to another world.

After Googling Grand Hotel we decided on the History Weekend observation. The Grand Hotel sits above the town for all to see after a quick 15-minute ferry ride. A beautiful sight. Walking the town area was first on our agenda. Interestingly we could have been in Ocean City -- lots of shops selling touristy items, an occasional boutique and restaurants galore. The surprise was the 18 fudge shops. Accomplished candy makers have been making this treat by hand for well over 125 years. Sugar arrives in town by boat and on a busy day, 10,000 pounds of fudge is returned to the mainland, all from orders by island visitors. It's a not-to-be-missed treat.

A carriage took us up to the hotel, where we were greeted by the 660-foot veranda spanning the front. It is the longest in the world. White rocking chairs welcome guests to enjoy the amazing view of the water to include the Straits of Mackinac where Lake Huron and Lake Michigan meet.

Our room was located down a long hallway with beautiful antique sofas, pictures and mirrors. There were two canopied double beds, patterned wallpaper and drapes in the hotel's signature colors of greens and geranium reds. Convinced we had the best room in the hotel, we discovered that every room has a unique decor.

That first evening began with drinks and appetizers at a reception for the History Weekend crowd. Then on to the main dining room that seats over 700 people. Every five-course meal is served by waiters in tuxedos. Guests are required to dress properly for dinner, which again helps to create a special dining atmosphere. Musicians play softly in the background. Did I mention that every afternoon there is high tea in the lobby area with a harpist and amazing floral decorations?

In the morning there is an incredible breakfast buffet. From there we learned of the history of the area from Bob Tagatz, an award-winning historian and also the hotel's concierge.

We learned that the 200-room hotel opened its doors on July 10, 1887, and was financed by two railroads and a steamship company. Today additions have raised that room number to 393. They say 1,500,000 feet of Michigan white pine was carried across the ice during the Winter to erect this enormous classic revival structure during a remarkable period of only 93 days. One

would wonder how this hotel on a rather remote little island could prosper, but these were prosperous times and many families were making fortunes. The large cities that created this wealth were less than pleasant with pollution and noise. An escape to Mackinac Island offered relief with a mild climate, fresh air and unsurpassed beauty.

From the beginning the Grand Hotel offered much more than comfortable rooms and elegant dining. They were providing an "experience." For amusement early on there were staged sporting events and competitions, often with music included. Today there are tennis courts, lawn sports,

a golf course and a swimming pool. The pool gained celluloid immortality in 1947 when Metro-Goldwyn-Mayer filmed "This Time For Keeps" starring Esther Williams.

Another film in 1980, "Somewhere In Time," starring Christopher Reeve and Jane Seymour made the hotel a star. Receiving only lukewarm reviews, today the movie has become a cult flick for romantics. Each October hundreds gather, dressed in period costumes, for a special "Somewhere In Time" weekend celebration at the hotel.

There are more than 700 staff members of many nationalities who work together for the six-month seasons. There is a sign, "If you don't get a smile from our staff, your room is free." The organization that is required to prepare so much quality food for so many people, to keep the rooms in pristine condition along with the grounds, the flowers, the golf course, tennis courts, pool area and stables -- is amazing. Much of the staff returns year after year.

After Bob Tagatz's lecture and another on the shipwrecks in the area, the history portion of our weekend was concluded. The rest of the time was spent walking the island, taking a guided tour in a carriage, and enjoying the music, food and other activities at the hotel.

If you have a special event coming up in your life and you are looking for a more-than-special place to celebrate, save up your dollars and consider the Grand Hotel. The next History Weekend will take place this September.

The Grand Hotel

By Maureen Smith

This year the season runs from May 3, thru the end of October.

Costs run pricey to very pricey depending on your perspective.

**Log on to:
www.grandhotel.com
for information**

GIVE BACK: BE A Litter PICKER-UPPER

By Kater Leatherman

Even if humans don't do anything to intentionally pollute the environment, we're doing it anyway, and every day. We eliminate body waste, generate garbage and expel carbon dioxide. At the very least, and the one thing we can do, is pick up other people's trash.

The main causes of littering are laziness and ignorance acted out by narcissistic people who don't care. Poor parenting and education are also to blame. But, let's go a little deeper. If those who litter really understood their connection to Mother Earth -- that we're all in this together and that what we do affects others -- they might think before fouling our planet.

Some can justify their bad habits. My father used to toss the plastic "pull tab" off the top of his pack of cigarettes because "you can't see it." Others don't feel responsible for public areas and roads. But here's the problem, and most of us already know this. Our tax dollars are not hard at work cleaning up the planet. And when the local government does get around to spending money, we've all witnessed the incredulous way that their workers follow each other on the side of the road instead of fanning out to pick up trash.

Some interesting facts about litter:

- Cigarette butts comprise 50 percent of all litter items.
- People are more likely to litter outside their own neighborhood.
- Women use trash bins more than men.
- Men litter more than women.
- Older people are more likely to litter when they are alone.
- Young people are more likely to litter when they are in a group.

- Litter begets litter; people are more likely to litter in an area that is trash-strewn.

While the personal consequences are lame -- there is no fine for most littering -- the environmental toll is heart-wrenching. An estimated one million birds and 100,000 marine mammals and sea turtles around the world die each year when they become trapped in plastic or eat it. Litter is one of the biggest threats to all whales and dolphins, not to mention the pollution that runs into all bodies of water.

There's not enough space on a page to list all the things that Mother Earth gives us daily, so why not return the favor? If you walk, carry a trash bag. Let other people see you doing it. It may not feel like you are making a difference, but you are. It feels good to know you've had a hand in making the world a better place.

A recent Facebook post: "Seriously people, throw out your trash." Or, as Bill Nye says more eloquently, "To leave the world better than you found it, sometimes you have to pick up other people's trash."

Kater can be reached at Katerleatherman@gmail.com

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Shortly before noon on Dec. 23, 1783, General George Washington left his accommodations at Mann's Tavern in Annapolis. He acknowledged the cheers and well-wishes of his fellow Americans as he approached the east steps of the Maryland State Capitol in the city which was serving as the capital of the newly free United States of America. Assembled within were the members of the Congress of the United States, awaiting George Washington's entry. They welcomed the general with respect and considerable heartfelt sentiments. While he stood before the members of Congress, all knew that he had come to resign his commission as commander-in-chief of the Continental Army. The ensuing moments were filled with much emotion and even tears as Gen. Washington spoke his nearly 300 farewell words, himself choked by his feelings. "... Happy in the confirmation of our independence and sovereignty ... having now finished the work assigned me, I retire from the great theatre of action, I here offer my commission, and take my leave of all the employments of public life."

Washington's resignation of his commission cemented the principle of our republic that civilian control of the military would remain in the hands of its citizens. The president of the United States would serve as the commander-in-chief of the armed forces.

Upon completion of this momentous event, now citizen George Washington, along with his aide-de-camp, David Humphreys, mounted their horses and rode west toward Virginia.

It was a cold and cloudy December, but riding fast, they reached the Potomac River the following morning, having travelled the old Colonial byways, familiar to us today as modern Anne Arundel and Prince George's County roads.

They crossed the Potomac at the ferry near Alexandria. Once again on his beloved Virginia soil, he felt the tug of home on that Wintry Christmas Eve as he galloped down the right bank of the Potomac River on the last few miles to his Mount Vernon plantation.

You too can follow in these same footsteps of history where George Washington brought to a close the final act of our American revolution. Bicycle and walking paths connect our Chesapeake Bay region to Mount Vernon, following close to the Colonial pathways of centuries past. Bike trips of varying lengths can be planned to fit your time and interests. Go to <http://www.mountvernon.org/plan-your-visit/directions->

IN THE FOOTSTEPS OF HISTORY A Bicycle Journey With George Washington To Mount Vernon

By Phil Ferrara

[parking-transportation/visit-mount-vernon-by-bike/](http://www.mountvernon.org/plan-your-visit/directions-parking-transportation/visit-mount-vernon-by-bike/)

A short-distance option of 10 miles one-way is to start in the Jones Point Park at the south end of Alexandria's Old Town. There you may begin your bicycle journey on the Mount Vernon Trail, enjoying the river and marsh views along your route. Be sure to pack a lunch and stop to enjoy the Potomac's many points of interest. There are numerous other parking lots downriver along the trail that will shorten the length of the bike ride to Mount Vernon.

Another option is to park your car at Theodore Roosevelt Island, and bike downriver along the Mount Vernon Trail 18

Bay Bytes

A gift for those who have everything: a flag that flew over the Capitol in Washington, D.C., on their memorable day -- birthday, retirement or anniversary. It will be delivered after the designated day. Takes a bit of time, but it's a real keepsake. Log onto www.aoc.gov/flags for information.

Bay Bytes

To discourage deer from nibbling on your hostas and other prized perennials, try Milorganite, which is available at most farm supply stores. Composed of a waste byproduct, it not only discourages our four-legged visitors, but acts as a fertilizer too.

miles to the plantation. This longer trip will enable you to enjoy the scenic views of the Potomac and observe the landings and takeoffs at Reagan National Airport. Spoil yourself by stopping at one of the many ice cream shops along Union Street at the foot of Duke Street as you bicycle on the trail through Old Town Alexandria. If you feel energetic, bike onto or over the Woodrow Wilson Bridge. It is a connecting side trail that will take you all the way to National Harbor a distance of two miles.

A challenging and sightseeing bicycle option of 75 miles round-trip starts at the park on Cherry Hill Road in College Park. That route follows the Paint Brush Trail through the University of Maryland to the scenic Northeast Branch Trail. It continues to the recently opened Anacostia River and Boardwalk Trail that traverses the beautiful marshlands along the banks of the Anacostia River. From there bicycle over the Frederick Douglass Bridge, passing Nationals' Stadium, to a short half-mile road connection to District of Columbia off-road trails. Then choose a scenic Potomac River crossing at either the George Mason or Arlington memorial bridges. Those will intersect the Mount Vernon Trail for your ride downriver along the Potomac to the 18th-century home of George Washington. For more, see www.anacostia.net/maps/trail_map.html

When you arrive at Mount Vernon, great historical venues await you, including museums and exhibits and the mansion itself. The museum and education center welcomes visitors with

a brief film introducing George Washington. The center presents an impressive rendition of Washington's entire life in the Colonial Era, the Revolutionary War and the first presidency. For anyone interested in history, this museum and education center is a "must see." One could easily spend two or three hours viewing the exhibits and watching the numerous short history films. Visitors then

continue to tour the mansion and the estate's 18th century buildings that supported Washington's 8,000 acres of farms and orchards. While you walk through the mansion and climb the steps to the second floor, you will grasp the walnut banister where your hand will rest on the very handprint of George Washington himself. Later take a moment to stand on the east

porch. The mansion's spectacular view of the Potomac will be an enduring memory.

Full details for visiting are at www.MountVernon.org Open 365 days per year, ticket prices with hours of operation are listed.

As you follow in these footsteps of history, reflect upon the emotions that George Washington experienced as he completed eight years of uninterrupted warfare in the American Revolution while serving as the military leader of all Colonial forces. At the age of 51 he was seeking to resume a life of normalcy.

Phil operates the Piedmont Trekkers hiking club. Interested hikers and outdoor enthusiasts may reach him at pferrara65@comcast.net

Bicycle and walking paths connect our Chesapeake Bay region to Mount Vernon.



GET IN ON THE CORNHOLE ACTION THIS SUMMER!

What's a Summer party or event without lemonade, barbeque eats and a good old game of cornhole? This is the game that has caught on and is now played in backyards across the United States and throughout the world. So, what is cornhole and how is it played? And, did you know it's considered a sport by many of its governing bodies?

The American Cornhole Association (ACA) (www.playcornhole.org) is "the first largest governing body for the sport of cornhole" with 30,000 members worldwide. The American Cornhole Organization (ACO), yet another governing body with its own sanctioned rules, products and tournaments, livestreams tournaments as well as podcasts and a "Hole Nation" show with episodes aired on its website (<http://americancornhole.com>).

The ACA explains that it's rumored that cornhole began in the 14th century in Germany and reemerged in the hills of Kentucky over 100 years

ago. Though the origins are unknown, Cornhole, much like its cousin horseshoes, is a beloved outdoor recreation activity that everyone can play no matter their age or athletic ability. The ACA avows, "If you can aim and toss a corn (or bean) bag 30 feet, you can master cornhole."

Sometimes called beanbag toss, soft horseshoes or even corn toss, in most

instances this fun backyard sport is known as cornhole. According to Wikipedia, cornhole is "a lawn game in which players take turns throwing bags of corn (or beans) at a raised platform with a hole in the far end. Play continues until a team or individual reaches (or exceeds) 21 points and wins the match.

The only equipment needed is two cornhole platforms (4 by 2 feet rectangular plywood that is at least a 1/2 inch thick) and eight canvas bags filled with corn or beans. The hole in the platform must be 6 inches in diameter and be centered one foot from each side and 9 inches from the top. The front of the platform should be 4 inches from bottom to top at a near 90-degree angle to the deck face. The back of the platform should be 1 foot from the ground.

By Leah Lancione

Bay Bytes

EverFest.com/find lists events that are taking place all over the U.S. and at some international sites. It can also be searched by preference, such as food, arts, fests or books, or whatever event you'd prefer.

Easy to store and portable, Cornhole can virtually be transported and played anywhere—in the backyard, in a parking lot, on a pool deck, at the beach or even in a basement or rec room if space permits.

THE RULES

Though rules are not mandatory for a laid-back family game of cornhole, the following are the official regulations of the ACA for sanctioned tournament play. The ACA states these “rules are not a mandate, but rather a guideline to promote consistent and standard cornhole play.”

The cornhole court should be a rectangle 10 feet wide by 45 feet long. The two cornhole platforms should be placed 33 feet apart, as measured from each hole, or 27 feet from the bottom edge of the platform. The two 4- by 3-foot areas on both sides of the platforms are designated as the “pitcher’s box.” Each player must remain in the pitcher’s box while pitching the cornhole bag.

The two foul lines include one for adult play -- 30 feet from the beginning of the hole in the opposite platform (and parallel to the front of the platform) -- and for juniors -- 21 feet from the beginning of the hole on the opposite platform.

Cornhole can be played as singles or doubles. In doubles, two individuals compete against two other contestants. In doubles, players on one team pitch from one platform area and the other players pitch from the other platform. However, in singles, both players pitch from the same platform. The rules are the same for singles and doubles.

Cornhole matches are divided into innings with each contestant pitching all four bags in an inning. For singles, the top of an inning is completed when the first player pitches all four bags, and the bottom of the inning is done when the second player pitches all four bags. In doubles, the top of an inning is finalized when both players on a side have pitched all four bags, and the bottom of the inning is when the remaining contestants pitch all four of their bags.

A player scores three points for a bag that makes it into the hole, which is called a bag-in-the-hole or hole-in. One point is awarded for a bag that doesn’t make it into the hole, but lands anywhere on the platform, which is called a bag-in-the-count). A cornhole bag that falls anywhere else receives no points. If a bag on the platform is knocked into foul territory by another bag, it should be returned to the scoring area. Similarly, a bag that is knocked into the hole by a foul bag must be returned to its original position.

Pitching alternates between players or teams until each person or side has pitched all four bags. A player can choose either the left or right pitcher’s box, but in any one inning, all bags must be tossed from the same side. Also, each contestant has 20 seconds to throw their bag, with time starting once they step foot into the pitcher’s box.

After an inning, the player who scored the most will pitch first in the next inning. If neither pitcher scores, the player who pitched last goes first in the next inning.

Again, the first team or player to achieve 21 points wins—whether at the top or bottom of an inning. If a match is tied at 21 or more at the end of an inning, the game goes on until one team or player achieves the higher score at the end of an inning. If one team or individual scores seven points at the end of an inning before the other side has scored a single point, the game is considered a “skunk” and is over.

The ACO hosts many tournaments throughout the year for world singles, world doubles, social singles and doubles, juniors, seniors, women and co-ed. The ACA website also lists locales in Maryland that host cornhole tournaments, like the Rosedale American Legion Post 180 and Wilmer Park in Chestertown. Also, the Maryland Cornhole Organization (MCO) based in Salisbury will host a tournament or league at any Maryland establishment or for any business, nonprofit, charity event or party. For more information, visit www.marylandcornhole.net/mco-tournaments.html or email dale@marylandcornhole.net. All MCO events are open to the public.

Proper cornhole boards and equipment can be found at Dicks Sporting Goods stores, Walmart, Home Depot, or on Amazon.com. It’s not that difficult and kind of fun to make your own. Visit the DIY Network at www.diynetwork.com/how-to/outdoors/structures/how-to-build-a-regulation-cornhole-set Whether you want to take this popular pastime more seriously this Summer or just want to have fun in the backyard, here’s to many hole-ins!

SPRING QUIZ ACROSTIC
 Whose brainy insights include: "Always go to other people's funerals; otherwise, they won't come to yours." "Why buy good luggage? You only use it when you travel." "The future ain't what it used to be," and "It ain't over 'til it's over."
 BASEBALL LEGENDS: YOGI BERRA
 A. Gabby B. Apolonius C. Slay D. Entopy E. Baring F. Auctioneer G. Langford of H. Lustrous I. Lowell J. Elyett K. Growth L. Ethvine
 M. Newell N. Dely O. Sagady P. Yoo-hoo Q. Outrune R. Grevous S. Tony T. "Both Sides Now" U. Evelyn Waugh V. Rot out W. Riveted X. Awhite

Bay Bytes

Looking for an adult Summer camp adventure? Log onto Chautauqua Institute (<http://chq.org>) for a listing of fun-filled weeks. Or log onto Shaw Guides (ShawGuides.com) for even more adventures at camps specific to your interests.

Have you accomplished all that you've set out to do? If not why not start now?

A PRIMER FOR AN INDOOR HERB GARDEN

Spring is the best time of year for planting an herb garden. With today's emphasis on nutritious fresh meals, growing your own herbs is a great idea. If you have only a small yard or lack a deck or porch, a windowsill herb garden is the answer. Generally, herbs are easy to grow indoors and require very little maintenance for the plants to thrive. One necessary component for a successful indoor garden is a windowsill that receives plenty of sunlight so that the herbs grow into lush and healthy plants. A south or southwest window is perfect if it gets at least six hours of sun daily. As for containers, just about anything can be used if it has ample drainage holes. Several different herbs can be grown in one container if the sun, water and soil preferences are the same. If space is really limited, try growing just a few favorite herbs that don't grow too wide or tall.

By: Nancy J. Schaaf

Consider planting hearty and easily grown herbs such as chives, basil, parsley, dill, mint, sage, rosemary and thyme, as these plants often grow better indoors where you can regulate the amount of sunlight. A windowsill garden is a convenient place to grow fresh herbs as it may be in the kitchen or nearby. They are readily available to snip a few leaves for your recipes. The difference is clearly noted when using the stronger flavor found in fresh herbs as opposed to the dried herbs in jars. And potentially, as you harvest, the plants will grow fuller.

Chives grow successfully indoors if the plant has plenty of sun and adequate water. Chive plants develop bright purple blossoms, which are edible, and the bright green stems have a mild garlicky, oniony flavor. Chives are usually chopped and add a light onion flavor to cottage cheese, stir fries, egg or potato dishes, salads, cream and tomato sauces. Chive butter, a compound butter made by blending chopped fresh chives into butter, is frequently

served with grilled steaks or roasted poultry. The stem's green color adds to the visual presentation and can be used as a garnish.

Sage is another plant that does well growing in an indoor container if it receives strong, direct light. The plant has the benefit of being both useful and beautiful, making it a perfect addition to kitchen gardens. This is a very powerfully flavored herb. It has a peppery bite with a light, herby flavor and aroma. Sage is best known for complementing sausages, poultry, pork, beef, lamb, veal and fish. The aromatic herb is also used around the holidays when preparing turkey and stuffing. Additionally, it also makes a pleasant tasting tea.

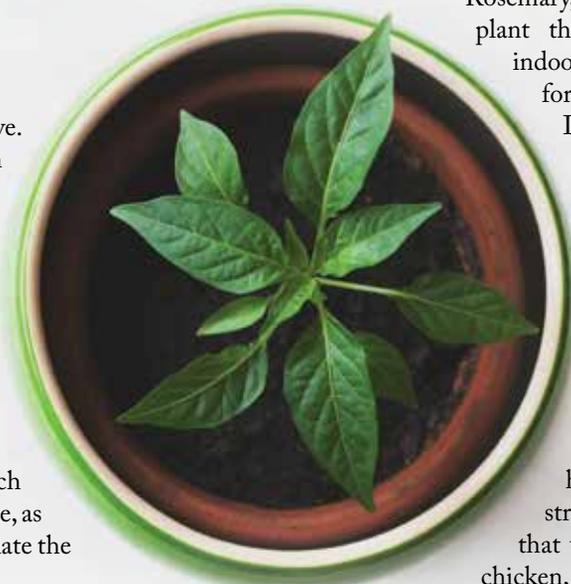
Rosemary, a lovely ornamental plant that is easy to grow indoors, is a favorite herb for culinary seasoning.

It has brilliant green leaves and its flowers are vivid blue, soft white or pastel pink when it blooms in the Spring. Both the leaves and the flowers are edible with a strong fragrance. Rosemary has a distinctive, strong peppery flavor that works well with beef, chicken, fish, lamb, pork, veal and wild game. Rosemary is often

an ingredient in recipes for breads, cream cheese, cream sauces, herb vinaigrettes, marinades, sauces and salad dressings.

Basil plants are among the most popular herbs to grow and one of the easiest. An aromatic herb found in a variety of recipes, it grows successfully indoors. Basil grows best in full sun and its smooth or crinkled leaves span from rich green to deep purple depending on the variety. Snip a few leaves for use in soups, sauces and salads, or make a pesto from scratch with the fresh basil. Basil can likewise be used fresh in salads, on sandwiches or even as a wrap for cheese cubes.

Thyme is a highly aromatic herb with tiny purple or pink flowers and thrives in a container environment. It is low maintenance and grows best in well-drained soil with full sun. The thyme leaf is green and has a strong, fresh, lemony flavor that



ADD SOME FLAVOR TO YOUR LIFE

It's all about choices. How will you choose to live the rest of your life?

works best with vegetable dishes and fish. It is a popular seasoning in egg and cheese dishes such as quiche, frittatas and omelets.

Dill weed's feathery appearance is a pretty addition to any herb garden. Growing dill is easy, but it requires six to eight hours of direct sunlight daily. Dill is one of those versatile herbs that does well in a wide array of dishes. The herb is best known as the key ingredient in dill pickles. Its flavor is a combination of anise, celery and parsley. It is an outstanding seasoning for breads, fish, dips, gravies, sauces and in salads. Dill added to butter, cream cheese and sour cream is delicious.

Parsley grows nicely indoors with either full sun or partial shade. Not much maintenance is required to grow parsley on the windowsill. Just add a little water, harvest and this plant continuously grows new leaves. Parsley is an attractive plant, as well as a wonderful culinary herb that often is wasted when used as a garnish. Very flavorful, it is best used fresh with fish, meats, soups, and sauces. Chopped parsley can be sprinkled on

salads and vegetables. When added to pesto, parsley enhances the texture of the sauce.

All types of mint, including sweet mint, spearmint, peppermint and chocolate mint are fast-growing, spreading plants. As mint plants can grow vigorously, it is a great choice for a container to control the plant's spread. Mint prefers partial sun, but with frequent watering, it can survive full-sun conditions. Mint plants are easy to identify because of the spicy scent and its square stems. Fresh mint leaves complement lamb, fish, poultry and vegetables. Mint blends well with green or fruit salads and beverages such as punch, lemonade and tea.

A windowsill herb garden is a fantastic way of growing your own fresh herbs. Add some flavor to your life by including any of these in your recipes. You will be amazed at the difference fresh herbs can make in your favorite recipes.

Nancy, a retired educator and registered nurse, can be reached at nanjan30@hotmail.com

Adding a Bedtime Ritual for **BETTER SLEEP**

By Kater Leatherman

Most of us have a morning ritual, but what about one in the evening just before you go to bed?

Transitions are best done gradually and a bedtime ritual is a clear transition point in our day. Watching television or being on the computer can make it harder to fall asleep. The blue light emitted by screens suppresses the production of melatonin. Give yourself at least 30 minutes of gadget-free transition time before hitting the hay. Reading a book or magazine is a better option.

Before turning out the lights, center yourself by taking a few conscious breaths. Give yourself a few minutes to reflect on your day and declare what you are grateful for, even the little things. Then send some positive thoughts out into the world. Some people meditate before they sleep to help calm the mind.

This ritual also helps to neutralize your worries and fears. The opposite of fear is to trust in life. When reflecting, realize that everything in your day is designed to teach you something. If you

don't believe this, consider this quote: "More people would learn from their mistakes if they weren't so busy denying them."

Darkness is nature's sleeping pill and research shows that adequate rest is now becoming one of most important things we can do for our health. So in addition to a bedtime ritual, here are eight other ways to sleep a little more soundly:

1. At night, stay away from stressful activities, which will only wind you up and make it harder to fall asleep.
2. Turn down the thermostat. Being too warm can make you restless. The ideal snooze temperature is 65 degrees.
3. Avoid sugar two hours before you go to bed. Sugar causes an energy surge that can keep you awake.
4. Similarly, avoid alcohol three hours before bedtime. It may help you get to sleep, but once it wears off, you're more likely to wake up in the middle of the night.
5. Declutter your sleep space. A messy room sends signals to your brain to take action, and that may be a deal-breaker when it comes to falling asleep. Clutter can also create anxiety and overwhelm you.
6. Turn your digital clock away from you. For one thing, there is enough light from the LEDs to reduce melatonin production. You only need to hear the alarm, not know what time it is.
7. Pets should sleep in their own bed. Studies show that people who sleep with their pets are awakened at least one time during the night.
8. Last, turn your bedroom into a technology-free zone.

Kater can be reached at katerleatherman@gmail.com



BOOKS:

Old, New and Obscure

NEWS OF THE WORLD

By Paulette Jiles

Morrow Company, New York (2016)

News of the World is a captivating historical novel taking place in Texas in 1870. Captain Jefferson Kyle Kidd, a retired warrior of two wars and a man of senior years, travels around north Texas reading from assorted newspapers to paying audiences who are starved for information of the world. This was well before our present saturation of ever-present news from many kinds of media. This was Captain Kidd's only source of income.

In Wichita Falls he is offered a \$50 gold piece to deliver an orphaned 10-year-old girl to her relatives in San Antonio. She has lived for four years with the Kiowa Indians, who adopted her after killing her parents and sister. She has no knowledge of the English language and knows no other parents and home other than the Kiowas. The U.S. Army had "rescued" her from the only home she remembers.

Captain Kidd reluctantly agrees to transport this girl, who he names Joanna, through hostile Texas territory to unite her with her aunt and uncle. Understandably, the girl is not cooperative. She runs away at every opportunity, deliberately loses her shoes and acts like an untamed savage.

The captain and Joanna travel in a wagon pulled by a reluctant horse, while towing another horse behind them while the captain is trying to civilize this young girl and earn his living reading the news of the world to eager audiences.

They encounter many adventures. There are dangers along the way including men who want to kidnap her for their child prostitution ring, crooks who want to steal their goods and the generally hostile terrain.

Joanna and the captain, who only have each other, gradually develop a friendship and cooperate in fending off enemies. A particularly interesting encounter is when Joanna shows the captain how to use dimes as bullets to kill the child molesters.

When they finally reach San Antonio, there is not a happy reunion. Her aunt and uncle, a dour couple, do not want the responsibility of taking care of this young girl whom they have never met; Joanna wants nothing to do with them. They put her to work as a house and yard servant as she keeps trying to escape.

Captain Kidd is faced with the dilemma of what to do in this situation. Should he leave Joanna to her fate or become a "kidnapper" and keep her with him.

The novel reads quickly and is one of those books that you

don't want to put down. The writing is captivating, the description of the territory traveled is vivid and *News of the World* will open your eyes to a long-gone way of life.

~ Peggy Kiefer

THE SPARK: A MOTHER'S STORY OF NURTURING GENIUS

By Kristine Barnett

Random House, New York (2013)

Autism is a frightening diagnosis, much like cancer and Alzheimer's disease. Parents dread it and developmental professionals find it a remarkable challenge. If you have been dismayed by the incidence of autism in our country, you might find this book truly remarkable.

Kristine Barnett's first child, Jake, retreated into a world without speaking for many years. He would watch the sunbeams cross the room. He would make three-dimensional designs with yarn, completely filling the room. But apparently, he had nothing to say—or else he was unable to comprehend and speak. Which was it?

Professional therapists would spend hours with him, entreating him to just initiate basic motions and to respond to simple requests. He remained indifferent. In despair, Kristine decided to defy professional recommendations and to break the mold. Instead of trying to get Michael to repeat monotonous actions, she chose to find time to develop new ways of engaging him. They went outside. They became engaged by nature. They discovered the stars. And then, gradually, excited by these stimuli, Jake began to respond.

It turned out that Jake was a prodigy, with exceptional math skills. His lack of responsiveness was in part the result of boredom. He didn't relate to the tasks being presented to him.

Kristine and her husband themselves were, and are, most unusual for their commitment and creativity. Kristine ran a home day care. She home-schooled Michael. She reached out to other parents in similar situations with advice and encouragement.

The Spark is a remarkable story that will brighten your day.

~ Tricia Herban

LA BELLE CREOLE: THE CUBAN COUNTESS WHO CAPTIVATED HAVANA, MADRID AND PARIS

By Alina Garcia-Lapuerta

Chicago Review Press (2014)

MADEMOISELLE: COCO CHANEL AND THE PULSE OF HISTORY

By Rhonda K. Garelick

Random House, New York (2015)

Coco Chanel may not appear to be a person of interest to the male sex, but was she ever! She had more lovers than one can count and was a Nazi spy. For real, yes! Her life was amazing, interesting and incredible.

From a psychological perspective, it is easy to say that this young girl, orphaned by her mother's death and her father's abandonment, had good reason to spend her life trying to make up for her youthful deprivations. The remarkable thing is that she was so successful. She was a brilliant assimilator. She quickly learned to speak as the Parisians do, losing her country patois. She watched the monied and wellborn and became comfortable with their style. Yet, she was endowed with a body that didn't conform.

Chanel lacked the hourglass figure in vogue at the end of the 19th century. She was tall and slim as a pencil. Clearly the way out of this predicament was to create a different identity so appealing that others would prefer it. The first step on that road was to have a man's tailor dress her in chic riding clothes in which she looked sensational and which were comfortable. She learned to ride astride and she wore pants. Next, she cut bangs and bobbed her hair. She was unique and totally unlike the submissive Victorian woman.

With no one to fall back on, she cultivated lovers and was fortunate to find men who were sufficiently captivated by her modern persona to set her up in business—first as a milliner and then as a fashion designer/couturier. From then on, she instinctively knew how to market her products. She continued to innovate, developing not only a full line of clothing and accessories, but also perfume. Her first fragrance, Chanel No. 5, was lighter than others on the market and became an instant sensation, assisted by the fact that she first gave samples to her most prestigious clients and then had the scent sprayed in the air of her showrooms! If women couldn't afford her clothing, at least they could adopt her perfume.

She was the first to design sportswear, beginning with bathing suits. Until she created them, polite women didn't swim, they just walked on the beach trapped by their corsets and voluminous skirts. After Chanel, instead of corsets, women wore sportswear and even pants. Chanel was the first to develop a recognizable brand—the double C found on her buttons, shoe buckles and shoulder bags. She was the first to use metal chains as decoration.

An extensive list of artists—Picasso, Cocteau, Stravinsky, Iribe—comprised her social circle. She designed costumes for Diaghilev's Ballets Russes and Cocteau's plays and she slept with just about everyone, including the husbands of her close friends. She may also have had lesbian relationships, though no proof exists. Chanel was the ultimate opportunist.

So when Paris was captured during World War II, she continued to live at the Ritz, sheltered by a ranking Nazi officer. Although she had closed her business, she continued her social life—as a Nazi spy. And when the war ended, she reversed course, staying out of sight and managing not to be arrested as a collaborator. Just as Coco had invented a past more to her liking, she reinvented herself once again after the war. This book will tell you how her story ends.

~Tricia Herban

Drawing on memoirs, letters, press reports of the day, portraits and other historical documents, this work of nonfiction presents a rounded portrait of a woman whose full name was Maria de la Mercedes Santa Cruz y Montalvo. Born in Cuba of wealthy parents, she lived her life on the world stage bolstered by the experiences of a life of luxury. The book presents vistas of life in early Cuba and a society based on a slave economy. Although an outpost by European standards, life there was by no means primitive.

Yet that background made Mercedes into an exotic subject of interest. Her gifts for socializing, singing and appreciating the arts enhanced her position as a hostess. Her flirtations, her marriage, her efforts to resolve financial embarrassments in Cuba while living on the Continent, all make fascinating reading. Most illuminating is the back-and-forth nature of relationships across the ocean and the legal entanglements resulting from financial transactions among relatives.

The importance of titles and lineage are a repeated refrain as Mercedes catches the eye of Bonaparte Napoleon, king of Spain. After a marriage he arranged, her fortunes improve and she enjoys motherhood and happiness. The story continues in Paris as Mercedes develops friendships with the artistic elite, runs a successful salon, writes novels, sings on stage and becomes a patron of the arts.

~Tricia Herban

HOTEL SCARFACE: WHERE COCAINE COWBOYS PARTIED AND PLOTTED TO CONTROL MIAMI

By Roben Farzad

New American Library (2017)

Not exactly a rollicking account of the drug underworld in mid-century Miami, this exhaustive book provides multiple portraits of the international drug trade. Ironically many of the main players came over to the states as members of the Pedro Pan (Peter Pan) airlift of young children, sent here to escape Castro's Cuba. Raised in public schools, they soon found that they could make more money running drugs than after getting law degrees from prestigious northern universities. America was their land of opportunity.

In a city overwhelmed by the arrival of 125,000 Cubans—many sprung from Castro's prisons—there was no order and the law was that of the moment. Miami was the Wild West. Safety was an individual matter and the characters in this book all packed heat. Exiles brought the cocaine habit to Miami from the bordellos and casinos of Cuba. And along with the cocaine came their modus operandi—bribery.

All the names you know—Paul Newman, Teddy Kennedy, Arnold Schwarzenegger—partied there. Ferraris, Porsches, Rollsies, Benzes, Maseratis and Lambos, diamonds and Rolexes were currency of the realm. Crack was king.

From Central American countries to the Iran-Contra Affair, this book follows the drugs and the money. There are loyalties, deceptions, lies, murders and more sex, booze and cocaine than can be imagined at the Mutiny Hotel at Sailboat Bay, the focus of this book. It isn't a happy story as most of the characters wind up dead or imprisoned. But it is a real-life account of a world where money was everything and everyone could be bought—the cops, the feds, and always, the dealers.

~Tricia Herban

TRENDY OR BIBLICAL: ARE ESSENTIAL OILS RIGHT FOR YOU?

By Molly Lauryssens

Before using any oil, it is important to first speak with your doctor. Some essential oils can interact with certain medications and others can cause rashes or skin irritations. Every person is different. And since essential oils are not regulated by the FDA or any other regulator, you have to be open and honest with your health professionals at all times.

Before there were pharmacies on practically every corner, nature provided the medicinal power. Essential oils from plants, seeds, leaves and herbs were often used to protect against certain diseases, for their healing properties and as supplements for their nutritional value.

Essential oils date back to ancient times; they are even in the Bible. The three wise men traveled from afar to bring baby Jesus an offering of gold, frankincense and myrrh. In those days, they were used like a form of currency or prestige. Indeed, these oils have been here for a long time.

Different manufacturers have their own particular way of processing oils through methods like cold-press or steaming. But a true essential oil is pure and has little to no help from humans after processing.

How can essential oils be used? They are typically used in diffusers or by applying to the skin. Dispersed through a diffuser, the scent fills the room, and keep in mind, a little goes a long way. Generally, you just need a few drops of pure-grade therapeutic oil added to water to get the benefits, which can include calm and relaxing an environment. Diffusers also add moisture to the air. In addition, you can simply smell the

oil through its bottle to calm anxieties.

In topical use, you can rub the oil directly on your body. Depending on the potency of the oil, you may need to dilute it with what they call a carrier oil like coconut or vegetable oil. It is always best to test a small area of your skin to see how it reacts first. Other oils like lavender and chamomile can be added to your bathwater for a spa-like pampering. For oils like frankincense you can even add a drop or two to your favorite moisturizer to help your skin.

Finally, a third way to benefit from oils is to ingest them. It is absolutely critical that you read labels and make sure that the individual oil is safe to consume. Some oils like citrus or lemon can be added to water for a refreshing flavor boost, but don't apply to the skin if you are going out in the sun. Other oils can be used in cooking and recipes. There are many oils that you can add while baking to help enhance the flavor of foods, think cinnamon. But remember, a little goes a long way and you have to be sure you are reading the labels. Some oils are dangerous to ingest because they are poisonous.

Keep in mind, not all oils are created equally. Since this market is not regulated, there are no official rules on how much essential oil goes into every drop. Sometimes, the additives are the things that we can react to.

Oils can be a wonderful supplement to living a holistic lifestyle. But we take literally the "all-natural" label. These products have not been tested vigorously and need to be carefully and respectfully monitored. Children and pregnant women should not be using essential oils.

OILS CAN
CALM
ANXIETIES

Sources include www.WebMd.com/skin-problems-and-treatments/ss/slideshow-essential-oil# and www.Poison.org/articles/2014-jun/essential-oils

Bay Bytes

For the ultimate in reclining chairs that focus on stress and pain relief, as well as other products designed with your comfort in mind, log onto www.Unwind.com



Dear Vicki,

I am in my mid-fifties and twice divorced. On one hand, I feel like swearing off men forever but, on the other hand, I hate being alone. I've considered online dating, but I don't know if I want to risk having my heart broken again. Is it worth it?

Dear Vicki,

This is a vague question because I don't want to be identified. Are there any similarities between grief over the death of a loved one and a life experience that negatively changes your entire world?

HINGE MOMENTS

You are right, that's pretty vague! First, let me reassure you and my readers that I always protect the identity of the person asking a question. I change the question enough to make sure that the writer will not be recognized while retaining the essence of the issue.

Next, yes, there are a great many similarities. We can experience grief over many life experiences beyond the death of a loved one. In her wise and compelling memoir, *Here if You Need Me*, author Kate Braestrup calls the minutes right after everything changes "hinge moments." These hinge moments are those times in our life when nothing looks the same after an event: They can be positive, a marriage proposal or the birth of a child or negative, e.g., a death, finding out about an affair, a financial setback, a political defeat, a medical diagnosis. The ground shifts under our feet and sometimes it even disappears from under our feet and we find ourselves in unwanted territory knowing that our life will never be the same.

As such, we can expect a similar grieving process for those major negative hinge moments as we experience with the death of a loved one. Often the kicker though, and I expect you are experiencing this, is that there is little public patience or even acknowledgement of this type of grief. It can be very lonely to grieve a hinge moment other than a death. If there is shame involved with the circumstances, it can be even more damaging and isolating.

So, what to do? In my own devastating and private hinge moment, a rather useless therapist urged me repeatedly to take care of myself. So deep in grief, I didn't know what that meant and she seemed helpless to explain it. What I've come to understand now is that there are certain things that we can do to help ourselves through these tough times:

1. Simplify to the basics: Food, water, gentle movement, sleep and healthy choices that bring comfort. Ice cream is OK!
2. Reach in and dig deep: This may be faith and prayer, meditation, guided imagery, journaling, spiritual self-help books, uplifting music, etc.
3. Reach out: Just ask for help. Often friends want to help but don't know how or feel awkward about it. Seek counseling if your grief becomes more than you can handle or spiritual direction from a qualified professional if you are having difficulty reaching in. The latter is particularly helpful in times of grief.
4. Hang on: You will laugh again and feel happiness even though it might not seem that way now. Time passes and it does heal in its own way. Just be gentle with yourself in the meantime.

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

SEARCHING VERSUS PROTECTING MY HEART

I wish I had an easy answer, but only you can decide if it is worth it. While I understand the pain surrounding broken marriages, there are no guarantees in matters of the heart. It's a simple, but difficult choice: Either you must accept the loneliness of being single and find other meaningful ways to fill your life, or you must accept the risk.

Here are a couple of steps that may help you decide:

1. Consult a counselor about your relationship patterns. A solid understanding of what contributed to the breakdown of your marriages may help you avoid certain pitfalls and make wiser choices.
2. Imagine yourself in five years and then in 10 years. What will your life look like without a partner? With a partner? This simple exercise often puts many things into perspective.
3. Educate yourself about relationships and online dating. Reading *Getting the Love You Want* by Harville Hendrix will help you to understand how healthy relationships thrive. And for a candid and thoughtful discussion of online dating, listen to podcaster Meg Robinson as she interviews a woman who is "single, sixty and searching for online love." You can access Meg's great podcast via iTunes with your iPhone, iPad or computer using this shortcut link: [ttp://bit.ly/TheMegRobinsonShow](http://bit.ly/TheMegRobinsonShow)
4. Investigate various options. There are many online dating services so find the one that suits you best. There are sites for mature singles, services for singles of specific faiths and even a new site that puts women in the position of making the first move. (www.bumble.com).

Try to step back from your fear to make an informed and thoughtful decision, knowing that what you choose to do will impact the rest of your life. There are no guarantees except for the one that says doing nothing will most likely result in the same situation. Only you can decide if risking your heart again is worth it. Good luck!

SPRING QUIZ-ACROSTIC

	1	K	2	E	3	S	4	F	5	L		6	A	7	H	8	F	9	L	10	T	11	O		12	B	13	S	14	T	15	F	16	R	17	U	18	C	19	Q									
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37	B	38	E	39	K	40	N	41	W		42	B	43	R	44	P	45	D	46	I	47	X	48	H		49	G	50	H	51	M	52	I	53	K	54	O	55	U	56	R								
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75	V	76	B	77	G		78	F	79	P		80	C	81	I	82	H	83	R	84	O		85	T	86	Q	87	N		88	T	89	V	90	A		91	U											
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127	W	128	X	129	J		130	G	131	R	132	A	133	V	134	D	135	J		136	E	137	S	138	U	139	L		140	X	141	P	142	U	143	H		144	W										
145	Q		146	F	147	B	148	U	149	W		150	I	151	D		152	E	153	M		154	F	155	L	156	G		157	R	158	O		159	X	160	O												
161	Q	162	N		163	G	164	W	165	T	166	V		167	K	168	E	169	H		170	T	171	A	172	H		173	F	174	R	175	U	176	B														

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Directions

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

Quiz-Acrostics and Quiz-Acrostics Book 2, published by Puzzleworm, are available at amazon.com.
Sheila can be reached at acrostics@aol.com or visit her web site: www.quiz-acrostics.com

- | | | | | | | | | | | | | |
|---|-----|-----|-----|-----|-----|-----|-----|-----|-----|----|-----|----|
| A. Butyraceous | 6 | 24 | 132 | 171 | 101 | 61 | 90 | | | | | |
| B. Adage | 30 | 42 | 115 | 37 | 176 | 12 | 147 | 76 | | | | |
| C. Suspension or postponement | 64 | 18 | 123 | 80 | | | | | | | | |
| D. Deterioration | 26 | 117 | 121 | 134 | 151 | 45 | 31 | | | | | |
| E. Cleansing | 152 | 136 | 38 | 2 | 168 | 106 | 97 | | | | | |
| F. Use of a stethoscope | 154 | 104 | 4 | 74 | 146 | 95 | 78 | 8 | 66 | 15 | 173 | 72 |
| G. Brushed aside (2 wds.) | 126 | 99 | 109 | 33 | 59 | 77 | 156 | 163 | 130 | 49 | | |
| H. Dazzling | 169 | 82 | 172 | 143 | 7 | 57 | 50 | 48 | | | | |
| I. Most downcast | 46 | 81 | 62 | 52 | 32 | 150 | | | | | | |
| J. Grommet | 135 | 69 | 129 | 23 | 116 | 58 | | | | | | |
| K. Expansion | 98 | 53 | 119 | 1 | 167 | 39 | | | | | | |
| L. Tie or link together | 5 | 21 | 139 | 29 | 9 | 155 | 111 | | | | | |
| M. Staircase component | 51 | 153 | 70 | 65 | 28 | | | | | | | |
| N. Supreme being | 94 | 40 | 63 | 162 | 87 | | | | | | | |
| O. Wisdom | 84 | 54 | 100 | 27 | 22 | 160 | 158 | 11 | | | | |
| P. Drink endorsed by the Yankees in '50s and 60's (hyph.) | 108 | 34 | 92 | 141 | 79 | 44 | | | | | | |
| Q. Surpass | 71 | 120 | 145 | 19 | 86 | 20 | 161 | 68 | | | | |
| R. Sorrowful | 16 | 83 | 157 | 43 | 174 | 36 | 131 | 56 | | | | |
| S. An outcome opposite to what was expected | 137 | 122 | 3 | 13 | 102 | | | | | | | |
| T. Joni Mitchell hit (3 wds.) | 88 | 103 | 113 | 67 | 14 | 170 | 25 | 165 | 110 | 10 | 105 | 85 |
| U. <i>Brideshead Revisited</i> author (2 wds.) | 148 | 124 | 175 | 55 | 118 | 138 | 114 | 142 | 96 | 91 | 17 | |
| V. Dispel (2 wds.) | 166 | 75 | 89 | 73 | 93 | 133 | 35 | | | | | |
| W. Captivated | 41 | 144 | 164 | 60 | 127 | 125 | 149 | | | | | |
| X. For a short time | 159 | 140 | 128 | 112 | 107 | 47 | | | | | | |

Think of the possibilities and let that be your guide.

REPEL BOARDERS: Keeping the Invaders at Bay

By Henry S. Parker

Exotic aquatics are invading the Bay. More than 100 non-native species have infiltrated the Chesapeake's waters, sometimes displacing local life forms, damaging ecosystems, fouling structures and spreading diseases. They enter the Bay in various ways: in ships' ballast water, when deliberately or accidentally introduced by humans, or as opportunistic colonizers in a changing global climate. So, will the Bay become an alien seascape, overrun by strange creatures like northern snakeheads, Chinese mitten crabs, and veined rapa whelks? Not anytime soon, as few new arrivals actually become established, and most that do settle in aren't considered problematic. But the Chesapeake is changing in troubling ways. If we don't stem the rising tide of exotic invasions we may lose some of our most familiar, best-loved residents.

We *have* taken steps to combat the invaders. Governments have led the way, partnering with academia, businesses, environmental groups and regional organizations. The 1990 Non-indigenous Aquatic Nuisance Prevention and Control Act and the 1996 National Invasive Species Act laid the foundation. Individual states, including Maryland, have undertaken their own management, research and public education initiatives. These efforts have had results. For example, the Chesapeake Bay Nutria Eradication Project has eliminated this invader from a quarter million acres of the Delmarva peninsula.

... the Chesapeake is changing in troubling ways

But control of invasives has been hampered by limited funding and events largely beyond our control—notably, changing climate, unpredictable human behavior and unintended consequences. Warming waters and altered currents will inevitably deliver new species to the Bay. People act in confounding ways. When officials passed laws prohibiting possession of northern snakeheads their populations *expanded* around the Bay, leading to speculation that snakehead owners ditched their contraband fish into local waterways. And, even as ships have routinely adhered to open-ocean-exchange ballast water regulations, the concentrations of invasive organisms in ballast water of Baltimore-bound ships, *and* the volume of ballast water discharged into the Bay have quintupled since the regulations took effect.

So, what more can we do? Well, we can *eat the invaders*.

Before you gag at the notion of tucking into a toothy northern snakehead or a furry mitten crab, consider that many people consider these species to be quite edible. In fact, their culinary appeal is largely responsible for their introduction to the U.S.

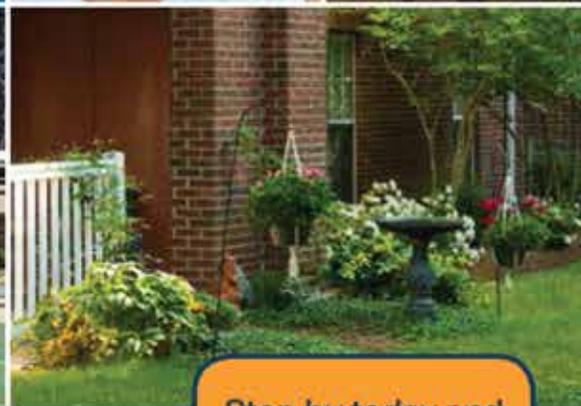
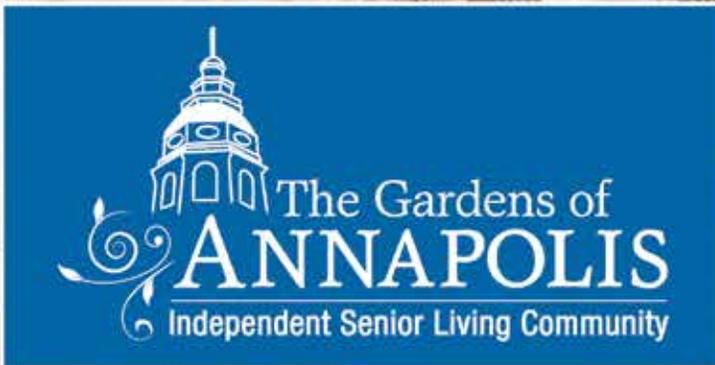
Other notorious Bay invaders can also be tasty. Green crabs, veined rapa whelks, blue catfish and even mute swans and nutria have made their way to the dinner table.

Would you like to help control the invasives? Then put them on your menu (Catch of the day, anyone?). Here are a few recipe suggestions to tantalize your taste buds (Google searches will turn up full recipes):

- **Blue catfish:** These are now a popular game fish in the Bay. You can try them baked, fried, citrus-grilled or Cajun pecan-cruste.
- **Green crabs:** These can be the basis for bouillabaisse, gumbo, étouffée, crab risotto and moleche (fried soft-shell crabs).
- **Veined rapa whelks (tapane):** For a meal of these large sea snails consider rapane in butter and wine sauce. The recipe calls for thin slices of whelk simmered in a sauce of olive oil, red and hot pepper, parsley and lemon juice. The whelks are first fried in butter and one glass of semi-dry white wine. Not mentioned is how many glasses of wine to wash it down.
- **Northern snakehead:** Before you stop reading, consider that in 2011, a Baltimore chef prepared an all-snakehead dinner at the Alewife Tavern in Baltimore. A highlight: blackened snakehead with piña colada salsa and strawberries.
- **Chinese mitten crabs:** First know that one authority advises "... it is actually the gonads ... that are considered a delicacy and these can only be eaten when (the crabs) are sexually active ... " If you're still interested, mitten crab soup made with whole crabs; lots of onions, garlic and various spices; potatoes, rice, and again, a glass of white wine is a palatable option.
- **Nutria:** These aquatic rodents, sometimes called ragondin, can make good table fare. According to one Louisiana chef, "More people are eating nutria than ever before." It's not clear about the baseline. Recipes include ragondin salad, soupe au ragondin, and the ever-popular smothered nutria Cajun style.
- **Mute swans:** What? Eat these beautiful birds? And they're protected in Maryland. But several states, including Virginia and Delaware, allow mute swan hunting. Roast swan dates back to Elizabethan feasts. Some contemporary diners find swan meat to be tough, stringy and fishy. Others describe a pleasant, gamey taste. You won't find many recipes, but here's one that stands out: gourmet swan meat burgers, liberally seasoned with Worcestershire sauce.

So, what are you waiting for? Do your part and eat the invaders!

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



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