

Complimentary

Summer 2018

OutLook

for the Bay Boomer and beyond...

by the Bay

FROSTY & FABULOUS

ALL ABOUT ICE CREAM

Feelin' Crabby

WHY IS MARYLAND
KNOWN FOR ITS CRABS?

ENJOYING A
SUMMER READ
(OR LISTEN!)

10 POSSIBLE HIDEOUTS
FOR THOSE IN SEARCH
OF ALONE TIME

WORKING YOUR WAY **OUT TO SEA**

NATIONAL SAILING
HALL OF FAME
BUILT ON A MISSION
STEEPED IN HISTORY

fitness • entertainment • gardening • nutrition

Letters to the editor

MORE THAN A COOKOUT

I wanted to let Barbara Aiken know how much I enjoyed her article in *Outlook*. I had just returned from Australia and their Anzac Day memorials, so particularly liked the information on poppies. They have started a campaign to knit poppies and "plant" them for Anzac Day. It inspired me to start knitting them too. I have planted some at my home. Once again thank you for your thoughtful message.

Nancy K., by email

LIFE IS LIKE ...

Had tea with a good friend and neighbor yesterday and she mentioned how much she enjoyed *Outlook*. She said she eagerly awaits the magazine and thinks of it as a box of chocolates. She reads a few articles and then closes it, not wanting to read it all at once, but knows it is waiting there for her pleasure when she needs a break from life! This is very high praise as she has very discriminating taste.

Annie Z., Queenstown

ELLEN MOYER

Wanted to thank Ellen Moyer for all the great articles in *Outlook by the Bay* magazine. I find her articles to be packed with interesting information about the rich heritage of our region. Her pages are the first ones that I go to when I get a new addition. Thank you for all that you continue to contribute to our communities.

Stephen B., from iPhone

HAMMOND HARWOOD AND DANVILLE

I was sitting at my kitchen table having my first sip of coffee when I opened up my copy of *Outlook* and saw the article about the Hammond Harwood House, which was excellent! Also the ad for the Garden Party really stood out! Then I turned to the article about Danville, Va., which is where my oldest and dearest friend was born and raised! I can't wait to send it to her! I can see that my day will be taken up with reading this grand magazine! Huzzah on a great read.

Ruth C., Annapolis

WORDS FROM THE DESK

I enjoyed your editorial regarding all the animals you have right in your own backyard. I, too, have visiting blue herons, snowy white egrets, redheaded Muscovy ducks as well as the brown ones, many wood storks, raccoons and a family of otters that swim in the canal behind my house. I also have seen baby possums along with the usual hummingbirds, red cardinals and butterflies. At least once a year, over a hundred black vultures hang out in the trees behind my house. As I live in a subdivision with an older population, many of my neighbors are a bit "uneasy" at seeing so many vultures! It is glorious to be able to enjoy all these beautiful creatures and I feel blessed. *Outlook* always has so many interesting articles.

Nancy S., Daytona Beach, Fla.

UNBUCKET LIST

I've only gotten to page six, and had to tell you I love the "Unbucket List!" What a great idea ... and like all of those, we wonder why we didn't think of it first! As always, I look forward to reading the entire magazine, but it will be hard to equal this offering!

Linda M., Asheville, N.C.

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

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On the Cover:

Former Washingtonian Ken Burton, a retired software designer and developer, is seen assisting Sarah, the granddaughter of a friend. They are trying their luck fishing during the annual regatta on the six-acre lake at Collington Life Care Community in Mitchellville, where Ken lives.

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FROM THE DESK



Vacation time! Is there a more fun or eagerly awaited time of the year? It's when many of us get to kick back and just enjoy. It's also a time when we have the opportunity to reconnect with old friends and family on a more casual basis. Summer get-togethers can most often be lots less stressful than the friends-and-family gatherings during the December craziness with all that needs to be done and tended to.

Summertime is when we entertain more casually – hot dogs on the grill as compared to turkey with every conceivable accompaniment. Really can all that holiday prep top a kosher dog with any of the myriad of toppings from mustard to chili to salsa? And what about the casualness of get-togethers during our all-too-short hiatus from schools, jobs and other obligations? Isn't it just the best to sit around an outdoor fire pit with a few cold drinks and a handful of good friends? It's the time maybe to get reacquainted with some of those pals who have drifted away -- some for no better reason than business or life that's taken over every waking minute. Maybe it's also time to make some new friends or to make the effort to invite the couple next door to an after-dinner walk around the neighborhood or to roast a few marshmallows over the fire pit. Casual always seems so much easier and less stressful on everyone. And is there a better time to do it? Evenings are great for casual get-togethers – it's cooler and always less demanding while chatting it up in the falling dusk.

We've invited a few people over for dessert during the Summer and found it to be more fun, with less pressure and a lot less preparation than the sit-down dinners that tend to take place in the cooler months. Hanging out either on a screened porch lit by candles or anywhere outdoors seems to work well. And now with every conceivable style of fire pit available for purchase, it's easy enough to designate a backyard area for evening group enjoyment.

Then there's family. What a perfect time to reconnect and enjoy each other on a casual level. There's often time even to head to a beach house for a few days or a week where the livin' is easy. There's often more time to reconnect and get to know each other without all the interruptions that tend to take place in our own homes. There's time for beach walks and thoughtful chats or a fun round of corn hole - the outdoor game anyone can play.

Our friend John actually dug a fire pit in his backyard – well maybe his kids actually did the digging, but he places a dozen Adirondack chairs around it and a pile of wood to one side and just lets it all happen. Interestingly, it does. Kids and adults enjoy chatting or roasting a marshmallow or tossing another log in the fire. His casual and interesting way of entertaining, by the way, includes the chilly months. Everyone just hovers a bit closer.

And unlike John's, fire pits don't have to be dug; portable editions are available at many local stores, as well as in catalogs.

We all work so hard during the rest of the year, don't we deserve this break and time off? (And don't miss Rev. Matthews' article on page 20 on the benefits of enjoying the moment.) Haven't we earned it? Even the kids get into it by taking the time to play a pickup game of baseball, walk or run the beach and read whatever the latest hot title is. This, of course, after a moratorium on electronics is declared.

Can you think of a better way to enjoy the lazy days of Summer, an easier way to make new friends or resurrect old friendships, or spend some unrushed, unstructured time with family? So why not get that barbeque and backyard fire pit going and let the fun begin!

If you live in Maryland or have visited for an extended period, you know Marylanders love their crabs. Crabs and beer is as synonymous with Maryland as lobster is to Maine or pizza is to New York City. Maryland's love affair with crabs also applies to all the derivatives—crab cakes, crab balls, crab dip, crab imperial, crab bisque, crab soup, she-crab soup, soft-shell (when the blue crab molts), steamed crabs, etc. To those born and raised in the “Old Line State,” you just can't eat and thoroughly enjoy crabs anywhere else.

Former pro baseball player, Mark Teixeira, who was born in Annapolis, has even been quoted saying: “Being from Baltimore, I'm a crab cake snob, and I'm very particular on where I eat my crab cakes.” Even Actress Robin Wright, who starred on the Netflix series “House of Cards,” admitted the best part of shooting in Maryland was “eating lots of soft-shell crab.” Seafood lovers—specifically crab aficionados—often claim the ‘meat’ of the blue crab is salty-sweet and savory. Consequently, the scientific name for blue crab is *Callinectes sapidus*, which means “savory, beautiful swimmer.”

So, what's the deal? Why is Maryland synonymous with crabs? Well, for starters, the blue crab is the official “State Crustacean.” True Marylanders know that the male blue crabs are called jimmies and the females are called sooks. To distinguish gender, jimmies have a “narrow, T-shaped apron” on the back of their shell (some even say it looks like the Washington Monument), whereas females have a wide apron (that many compare to the Capitol dome). *The Baltimore Sun* also points out that “live females have red-tipped claws, while male claws are both blue.

As Maryland's Department of Natural Resources (DNR) announced the official start of Blue Crabbing Season on April 1, in the Chesapeake Bay and its tidal tributaries as well as the Atlantic Ocean, folks in Maryland are already planning their backyard crab feasts for the Summer. Director of DNR fishing and boating services, David Blazer, summed up crabbing's distinct significance tied to Maryland's identity, describing it as “a unique and rewarding experience that offers everyone a great day on Maryland's waters, a firsthand look at the environment of one of our iconic species, and finally an enjoyable feast that's defined our state's culture for generations.” The crabbing season in Maryland is from April 1 through Dec. 15.

The travel website Tripsavvy (www.tripsavvy.com/maryland-crabs-1039732), reveals Maryland blue crabs have been caught commercially in the Chesapeake Bay since the mid-1800s and are integral to the state's economy. To ensure annual crab harvests are appropriate, the Maryland DNR conducts an annual survey to evaluate and monitor the number of mature females to certify the population is growing.

For anyone wanting to join in the hunt for blue crabs, you

might want to check out the tight regulations that include: time of day and day of the week restrictions, size limits per month, as well as other strict licensing and other rules in place for recreational or professional crabbers. Visit the Maryland Fishing Guide website at www.eregulations.com/maryland/fishing/blue-crabs/ for all the crabbing license information and regulations.

The tight regulations for crabbing are necessary to protect a species that plays a vital role in the Maryland seafood industry.

Maryland is the national leader in supplying blue crabs with 50 percent of the blue crab harvest in the United States provided by the Chesapeake Bay (<https://msa.maryland.gov/msa/mdmanual/01glance/html/seafoodp.html>).

Considering the seafood industry contributes close to \$600 million to the state's economy, it's important that crabbing is closely regulated and organizations like the Chesapeake Bay Foundation (CBF) and the National Wildlife Federation, as well as many others, continue to advocate for building stability in the crab population, managing a sustainable fishery and improving water quality. The CBF asserts that though the Chesapeake Bay's blue crab population “has always been prone to fluctuation,” it “would be strengthened by improved water quality and crab habitat.”

The following “Maryland Blue Crab Feast for Dummies” list provided by Cameron's Seafood confirms that although Virginia may be for “lovers,” as its slogan declares, Maryland is *definitely* for crab lovers:

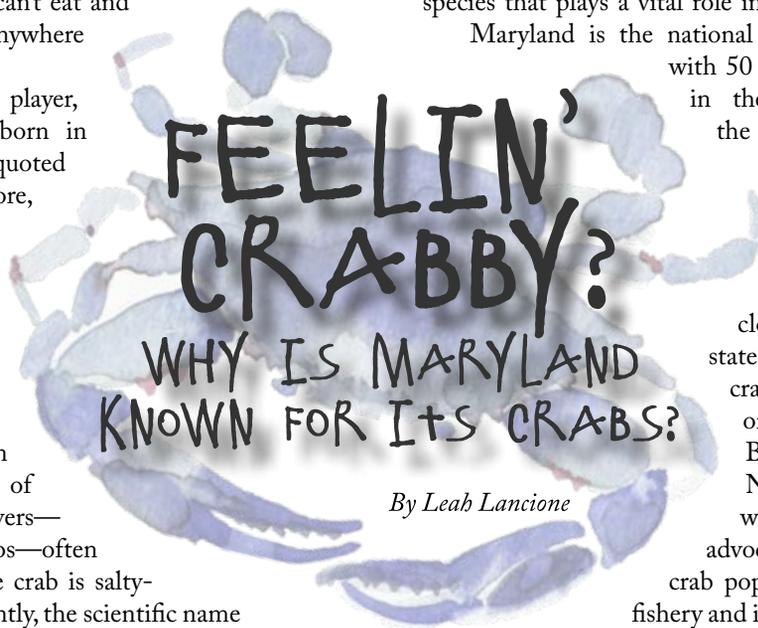
THE ESSENTIALS

- Maryland blue crabs from the Chesapeake Bay steamed with J.O. Spice or Old Bay Seasoning
- Ice cold beer
- Newspaper to line tables
- Melted butter (with or without lemon)
- Crab mallets
- Paper towels or napkins

POSSIBLE SIDES

- Corn on the cob – seasoned with J.O. Spice or Old Bay Seasoning
- Spiced shrimp (seasoned with Old Bay)
- Maryland crab cakes

If hosting your own Maryland crab feast this Summer sounds too daunting, the Annapolis Rotary Club will present “the world's largest crab feast,” the 73rd Annual Annapolis Crab Feast, presented to raise charitable donations for local organizations and community outreach, on Aug. 3, 2018. For more information on the family-friendly event held at the Navy-Marine Corps Memorial Stadium, visit <https://annapolisrotary.showare.com/eventperformances.asp?evt=1>



By Leah Lancione

NANTICOKE RIVER

By Ellen Moyer

The Nanticoke River, the largest Chesapeake Bay tributary on the Delmarva Peninsula, winds its way for 64 miles through a pristine landscape of marshlands, forests and farmlands all the way to Tangier Sound. Biologically diverse, home of the highest concentration of bald eagles in the Northeast, this rural landscape looks much as it did when Capt. John Smith explored the area in 1608-09.

Today the Nanticoke is part of the Capt. John Smith Chesapeake National Historic Water Trail, designated as having "exceptional recreation and ecological significance" and is one of Maryland's network of Chesapeake Gateway Water Trails. Kayakers can meander through this sleepy river along with barges destined for Seaford, Delaware, which is the largest development on this waterway.

Native Americans, who were accomplished canoeists, left evidence in 300 archeology sites of the life of those who hunted and fished and "plied the tidal streams" of the Nanticoke watershed. Long before the English came the village of Kuskorawaok, the Emperors Landing is believed by the descendants of the Chicone tribe to have been a ceremonial feasting ground. Today one of Maryland's oldest Eastern Shore settlements, the town of Vienna, population 271, occupies the ancient emperor's home.

In 1664 Charles Calvert patented his 10,000-acre land grant in Dorchester County, which covered the Emperors Landing and is known as Nanticoke Manor. Seven years later, Maryland's Colonial Assembly designated the spot we know as Vienna as a ferry crossing, which was replaced by a bridge 150 years later.

Vienna was an important gateway on the Nanticoke, formerly founded by the Colonial Assembly in 1706 and designated as the location of the Custom House. An important supply town for the Continental Army in 1775, it was raided by the British numerous times. They were intent on disrupting the town's shipbuilding business and destroying the supplies of food

destined for Philadelphia or wherever the Continental Army was based.

After a 2005 barge accident at a pier of the US Route 50 bridge, divers discovered a ship believed to have been wrecked by a British invasion of the town in 1780. Investigation of the remains suggested the ship was made locally of oak harvested from trees near Annapolis. This one-of-a-kind discovery identified the wreck as the oldest Maryland-made ship found in local waters. It was not suitable for ocean travel, but could carry grain and agricultural products that had been raised in this fertile area.

The British were not done with Vienna. They raided the town again in the War of 1812. In an effort to protect itself, the town militia built a wall from ship ballast near the Custom House. Its crumbling remains can be seen today. It is documented, as are other old homes, by town residents proud of their heritage and the stories of Emperor Landing.

Nearby the Hardsell Plantation, patented to Thomas Taylor in 1665, is on The Historic Register of Historic Places. The grounds house a replica of a Chicone village, which was built with materials and the technology available prior to 1600.

Small towns in the watershed date back 300 years. Mardela Springs, near Salisbury, has a small museum of its history along Barren Creek, which is off the Nanticoke. A number of its 400 residents can trace their heritage back to the first settlers.

North along the Nanticoke, a kayaker can see abandoned structures listed in the National Register of Historic Places. Once an agricultural area known for the sweetest-flavored sweet potatoes found in the state, these structures were built to house and cure the tasty treat, which provided easy access to the ships that carried them throughout the world. A potato blight killed this industry in 1940.

Still, the Nanticoke River continues its 64-mile journey. Barges still navigate it to Seaford, Delaware, and kayakers can get lost in its flora and fauna. Adventurers by boat or car will discover interesting stories of the state's past. Crossing the river on the Route 50 bridge, which skirts Vienna, the view is of a pristine landscape of marshland, much like what Capt. John Smith observed 450 years ago.

In this world of rapid change, the winding Nanticoke River remains constant.

Bay Bytes
Looking for a different vacation this Summer? How about on a houseboat or powerboat or yacht? Rentals are offered by owners on watercraft all over the world. Log on to **GetMyBoat.com** for an extensive list.

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

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SENIOR DOG SHELTER BRINGS *Peace of Mind* TO SENIOR CITIZENS

For many people, a dog is a huge part of the family unit. A dog brings a lifetime of unconditional love and loyalty to its master. Sometimes, a dog is the family unit.

So, what if the unthinkable happens? What if an older pet, living on its own, should need hospitalization or

assisted living services and there isn't any family to help? Isn't that a valid fear of every dog owner who lives alone – who will take care of their fur-baby? The solution comes from a most unlikely source or not, depending on your perspective.

The Senior Dog Sanctuary of Maryland is a nonprofit dog rescue facility located in Severn. Open since 2016, the sanctuary is guided by Executive Director Val Lynch, aka “Top Dog.” The primary mission of SDS is to provide a permanent safe haven for abandoned or surrendered older dogs in a loving and enriching environment. Here, senior dogs can live out the remainder of their lives in a cutting-edge facility cared for by compassionate and experienced staff. It is that loving and compassionate nature that compels staff members to take the care of senior dogs a step further – right out into the community.

Seniors for Seniors is a new and unique community program introduced by the sanctuary to assist the senior citizen who, for example, moves to an assisted living facility, but is unwilling to give up their beloved pet. Seniors for Seniors provides the perfect solution: It takes possession of the dog in such a medical situation. SDS will care for the animal either in their own facility, or place the dog with a vetted foster care provider. And to further ease the mind of the worried pet owner, SDS will

arrange visits between owner and pet either at the shelter or at the assisted living center where the owner resides.

In addition to rescuing senior dogs in need of shelter and helping senior members of the community, SDS has opened the shelter experience to children

as well. The new “Book Buddies” program invites children age 5 and up to read aloud to the senior dogs, bringing together the young and the old. Research shows that reading to dogs lowers the stress of kennel life while the children are able to improve their reading skills. It also gives grandparents a very cool place to take the grands.

The Senior Dog Sanctuary of Maryland exists solely on grants and donations from the public and the private sector. The staff are mostly volunteers and more are needed. Check the SDS website for adoption and fundraising events held during the year. To donate specific items, please see the SDS

Wish List posted on its website at www.seniordogsanctuary.com

The Senior Dog Sanctuary of Maryland is located at 8336 W B & A Road, Severn, Md. Visiting hours are from 10 a.m. until 3 p.m. daily, or by appointment.

For more information about Seniors for Seniors and other programs, to volunteer, to donate

or to adopt, please call 443.742.0270 or email info@sdsanctuary.com

Sharon is a writer/photographer who is retired and can be contacted at pinkladysps@gmail.com

Peace of mind is a critical step in the healing process.

Any regrets on what you haven't done? If you can read this – there's still time.

While many Anne Arundel County Public Library (AACPL) members enjoy our collection of print books, a growing segment is embracing the ease and transportability of eBooks. The Library offers tens of thousands of titles as eBooks and eAudiobooks and recently made it easier to find your favorite novel through the popular app called **Libby**.

Until recently, AACPL users who wanted to download books had to visit multiple sites to pursue the entire selection. Our improved website solved that problem along with the introduction of **Libby**. From OverDrive, this new app has some great features that make borrowing, using and returning electronic and audiobooks even easier. OverDrive is a free service offered by the library that lets you borrow digital content (like eBooks and audiobooks) anytime, anywhere. Here is some info you may want to know about **Libby**. This app:

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- stores multiple library cards, whether you have cards from multiple counties or each family member has their own card. All of the cards have to be from Maryland's Digital Library.
- provides one unified bookshelf that automatically displays all of your loans and holds from all of your libraries
- allows customers to sample any book with a tap — nothing to download or delete
- lets readers try a zoomable graphic novel, or a picture book with read-along audio

It is important to note that while the **Libby** app was created by OverDrive, it is separate from the OverDrive app. The original OverDrive app is still available, so you can choose whichever one you prefer. You don't need both.

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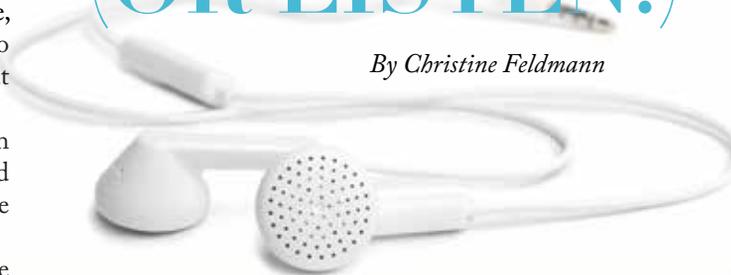
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Christine Feldmann, marketing and communications manager for the Anne Arundel County Library, can be reached at cfeldmann@aacpl.net

ENJOYING A SUMMER READ (OR LISTEN!)

By Christine Feldmann



In the past, one of the most frustrating things about being a "senior" citizen was the fact that we have so much experience and knowledge and no one wants to hear it!

In today's world, however, the number of seniors has risen to the point that they are a force to be reckoned with. Let's face it, *we* are a big business. Finally we are being recognized with discounts on food, products and services. Active adult communities, continuing care facilities, senior centers and assisted living housing have popped up everywhere. Treatment of patients in nursing homes is now being carefully monitored and seniors in general are more respected and recognized. There are so many opportunities for seniors out there and here is just one of them:

The cruise business has become hugely popular over the years. Who doesn't like a cruise ship to exotic places? But many times the expense of such a vacation is prohibitive, forcing seniors to miss this experience. That's where seniors' employment on a cruise ship comes into play.

Cruise lines already provide continuous onboard entertainment and activities that require professionals such as dancers, singers and musicians. But on a daily basis, many plan lectures and classes of all types to keep passengers active and interested. Who better to provide skills for some of these than a knowledgeable senior?

Think about these potential positions:

- Onboard lecturer -- If you are suitably qualified in a field such as art, photography, fashion, astronomy, computers or a language specific to the cruise destination, just to name a few, you could be hired as an onboard lecturer. Even American sign language is popular on one of the cruise ships.
- Arts and crafts teachers -- Perhaps your hobby is knitting, scrapbooking or calligraphy. You could share those or another interesting hobby as an onboard teacher. By all means, let the cruise ship know your particular specialty as the company is always looking for fresh ideas.
- Dance host -- Apparently this is a most popular job onboard a ship. Qualified single men are always needed to dance with the scores of single ladies onboard.

George and Mary, friends of ours, actually worked on cruise

ships and I asked them to share their experiences. It all started when they were walking past a computer class on one of their cruises. George, having worked extensively with computers, stopped to listen and said, "I can do that." After asking the instructor how to get a job like this, he was directed to a "third party," a computer-specific website. Thus began a series of communications that included lesson plans, a trial teaching on Skype, and a trip to Florida to "try out" for the job. At first, Mary went along for the ride. She was a teacher, but not as computer-savvy as her husband. However, they both were hired; Mary, to teach, and George to deal with technical issues and snafus.

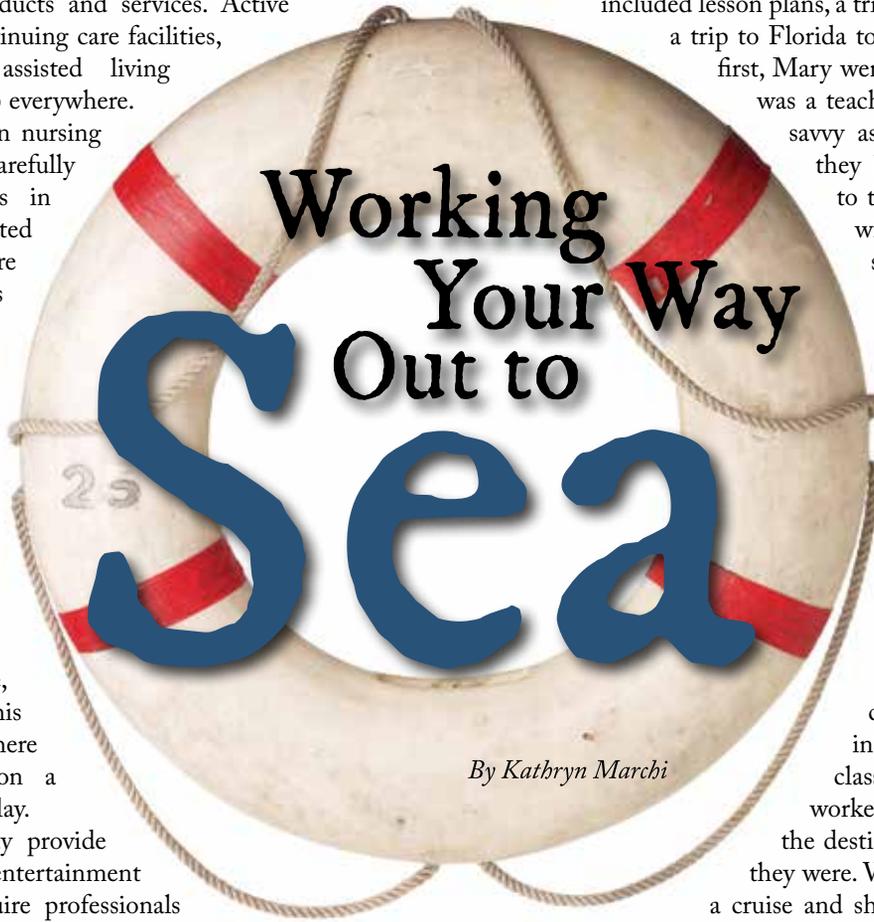
After receiving a list of cruise line openings, they began their seagoing employment. Compensation included room and board, half-priced drinks and onshore excursions. They were treated as crew, wearing the ship's uniform and were invited to attend the captain's happy hours in order to promote their classes. Incidentally, they worked only on sea days and the destination dictated how busy they were. What a great way to enjoy a cruise and share your expertise at the same time.

These aren't the only folks I know who have worked while on a cruise: One gal, a painter, secured a job and taught watercolor classes. Another friend who is a freelance writer, wrote an article about the cruise she was taking and was compensated by an upgrade in accommodations. You may have a skill or hobby that would land you a job onboard ship as well.

If you are interested in pursuing this line of work, Google "Cruise Ship Jobs for Senior Citizens." Or take a look at the book, *How to Become a Guest Speaker on Cruise Ships* by Anthony Dalton. You can also sign up at www.cruiseshipjob.com to see what jobs are actually available. If all else fails, contact the cruise line of your choice directly or simply Google "short-term guest positions" on cruise lines. Asking teachers onboard the ship, as George did, can also get you started on your job.

Cruise ships can take us to exotic places that we might not be able to access by car or bus in an acceptable time frame. Why not take advantage of this type of travel and cut costs by sharing your knowledge and experience with other passengers? Think of the places you could go!

Kathryn and her husband enjoy cruising when not traveling in their RV. She can be reached at johnmarchi1@gmail.com



By Kathryn Marchi

The Ripple Effect: Honoring Veterans From Coast to Coast

By Elyzabeth Marcussen

What does an Honor Salute taking place in San Diego have to do with Hospice of the Chesapeake? Chances are if it's a Marine performing it today, it was made possible by a midshipman in 2011.

That's when second-year Naval Academy Midshipman Kimberly Colby participated in her first Honor Salute. Then, it was called a Final Salute, and it was part of a fledgling partnership to honor veterans with the academy, its Midshipman Action Group and Hospice of the Chesapeake.

"I was very moved – there's nothing quite so raw and real about honoring somebody at the end of their life and offering closure," Colby said. She knew immediately she needed to be more than involved with the program: "I needed to be the project leader."

She would lead the project throughout her time at the Naval Academy, performing 30 to 40 visits while also coordinating other salutes. She also knew this was something that wouldn't end when she graduated. "As soon as I was commissioned, I was set on starting it or building upon an existing program wherever I was."

That is how the Honor Salute program that started in Annapolis went bi-coastal. Now a first lieutenant stationed at Camp Pendleton near San Diego with the Marines Corps,

Colby went about contacting local hospices to establish programs.

She performed her first salute with Hospice of the North Coast in the Summer of 2015. That was followed by her salute at Elizabeth Hospice in early 2016.

She started to bring fellow Marines into the program and now has a dedicated group of 10 to 15 helping her. "It was easy to get others involved when I became platoon commander," she said. "I would basically just ask. After, they would say, 'Ma'am, we want to do it again.'"

Colby will leave active duty in May 2019. And though she still plans to work with the volunteer program, she hopes it can continue at Camp Pendleton and has someone in mind. "One of my Marines, a lance corporal, he's been a very dedicated volunteer."

One is reminded of the ripple effect when we hear of Colby's passion for the Honor Salute. What started as a pebble dropped by an eager mid in the Chesapeake Bay has started another

round of waves in the Pacific Ocean: Colby's story was published in the *San Diego Union Tribune*, picked up by *Stars & Stripes*, and broadcast on Los Angeles TV news.

Colby shared with the *Union Tribune* her advice for current service members: "Go out of your way to honor veterans. It is within our lifetime that we will lose all World War II and Korean War veterans. Their stories and sacrifices should be honored."

Elyzabeth can be reached at EMarcussen@HospiceChesapeake.org

What started as a
pebble dropped by an
eager mid has started
another round of waves

Bay Bytes

Check out these websites if you're interested in touring historic military sites such as Iwo Jima or Normandy:

- www.miltours.com/index
- www.beyondbandofbrothers.com/military
- www.historicaltrips.com
- www.valortours.com
- www.holts.co.uk
- www.militaryhistorytours.co.uk

BRAIN NEUROPLASTICITY: A TWO-WAY STREET

By Dr. Jim David

Most of us grew up learning that babies' brains develop at an amazingly rapid rate. We were also probably taught that our adult brains reached a fixed state like our arms or legs. Now we are bombarded with books and magazine articles extolling our brain's wondrous ability to change. See *The Brain That Changes Itself* by Norman Doidge and *The Woman Who Changed Her Brain* by Barbara Arrowsmith-Young.

While brain scientists have believed in adult brain neuroplasticity since the 1800s, only the recent arrival of functional magnetic resonance imaging (fMRI) has enabled scientists to visually "see" into the brain to confirm its incredible malleability. We now know with certainty that brain change occurs throughout life, regardless of our age. Our brain neuroplasticity enables recovery from stroke, injury, birth abnormalities, symptoms of autism, attention deficit hyperactivity disorder (ADHD), learning disabilities, depression, addictions, obsessive-compulsive disorder (OCD), etc.

Interestingly, brain change works in both directions. Some people excel in negative thinking and beliefs, which freezes or fixates neuronal processing. On the plus side, recent research suggests that seniors with positive beliefs about old age are less likely to develop dementia. This positive effect was true for all study participants, even those with ApoE4 gene, which raises the likelihood of dementia. Positive attitudes reduce stress that interferes with concentration and memory. Stress may also increase one's tendency toward bad health habits such as smoking, overeating, sedentary lifestyle and excessive drinking. (See *Focus on Healthy Aging* newsletter, Vol. 21, Nr. 5, May 2018, Icahn School of Medicine at Mount Sinai.)

What are steps we can take that will lubricate our brain machinery so we stay open to life? We need to strengthen our "brain muscle" just as we need to strengthen all of our muscles.

Dr. Michael Merzenich is considered the world's leading researcher on brain neuroplasticity. His common sense advice to reverse brain decline as we age includes focused attention, determination, hard work and maintaining overall brain health. See his book, *Soft-Wired: How the New Science of Brain Plasticity Can Change Your Life*.

Focused attention occurs whenever we are 100 percent into a given activity. It could be reading fiction or nonfiction, meditating, painting, thinking, composing music or a poem. Being 100 percent in the present moment.

Our brains like determination. When we are 100 percent determined about something, our brains release the neurochemicals needed for our neurons to connect, resulting in brain change. It is similar to putting oil into our car engines.

Hard work encompasses focused attention and determination with the added ingredient of persistence. The harder you try, the bigger the brain change. Think about stroke recovery, overcoming OCD or ADHD or simple fears. Repetition is required until a new neuronal path is created. It is tantamount to repeating a path in the woods until the new way is unalterably established.

Initial changes are also temporary and very reversible. This is important to avoid being discouraged and abandoning the desired change. Even with well-established change, if we are severely stressed we will likely revert to our earlier unhealthy stance. An example is a person who has striven for years to develop a self-belief about being professionally strong and capable, but when censored in some way, returns to a temporary bout of diffidence. In this case, stress is like new snow that obscures a new path.

A therapeutic, clinical application of brain neuroplasticity is the emerging field of neurofeedback, which uses computer technology and auxiliary equipment to measure the metabolic activity of the cerebral cortex. While few clinicians are currently trained in neurofeedback, it could be very effective in treating a wide range of mental illnesses. It has particular relevance for individuals who are disenchanted with psychotherapy and psychotropic medications. See *The Healing Power of Neurofeedback* by Stephen Larsen.

What do you need to achieve and maintain overall brain health? The list is probably boring and uninspired for those of us who are inundated with health and wellness urgings. Our real challenge is to actually act on what we already know.

Here are nine elements needed for brain health, but I am only touching the surface.

First, we need to eat wisely.

Second, exercise feeds our brains with essential oxygen and blood.

Third, quit smoking.

Fourth, severely limit alcohol intake. Would you put dirty oil in your car engine?

Fifth, avoid head injury situations.

Sixth, get enough sleep. Recent research suggests our brains experience a car wash effect while in deep sleep. This drains

You can't create a new beginning but you can make a new ending.

harmful enzymes and neurochemicals, which impede clear thinking. Awake refreshed!

Seventh, avoid stress. Stress muddies our brains. Overreacting emotionally clouds our thinking and injures our body. Stress resides throughout our body, in our stomach, chest, throat, head, legs, arms, etc. Chronic stress kills. We know it when we have it.

Eighth, practice visualization. For brain change, visual rehearsal is just as effective as the physical act of rehearsing. Successful athletes practice visualizing positive results. They see themselves hitting the baseball or golf ball straight and true. They see perfection and excellence results.

Ninth, practice self-awareness. Without being aware of our thoughts and feelings, plus what we are inclined to say and do, we are lost. Awareness enables us to have choice or freedom in managing ourselves. How do we attain self-awareness? We sit alone and silent, following our breathing, quieting our mind, observing without judging, experiencing without thinking, becoming purely aware.

Keep in mind, our brain neuroplasticity works equally well in either direction. As we age we can easily lapse into curmudgeonly stagnation or we can stay vibrant as long as we live. Seems like a relatively easy decision.

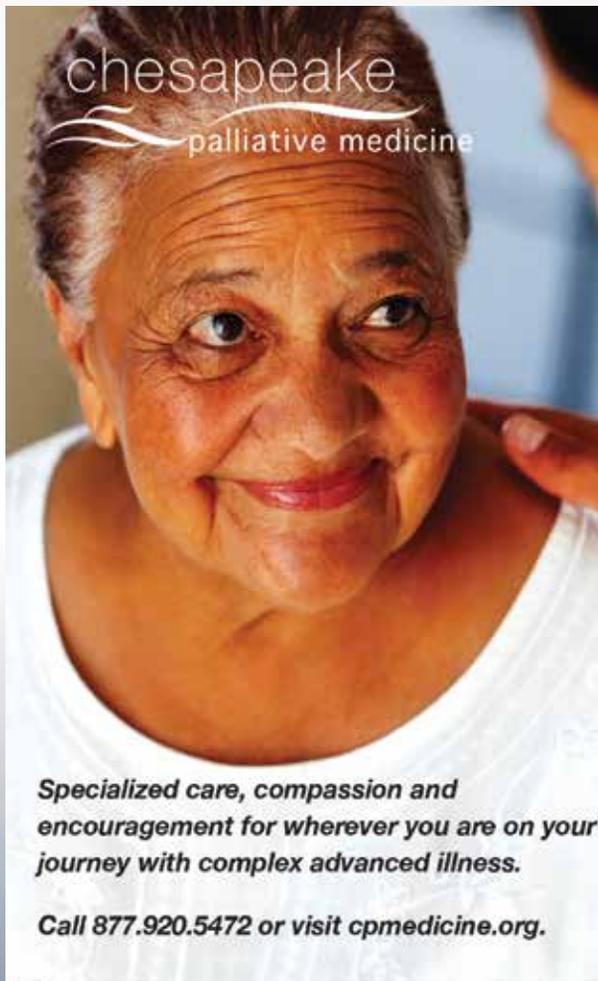
Dr. Jim David is a practicing psychotherapist in Silver Spring. Visit his website at www.askdrdavidnow.com or email at jimsue63@gmail.com

Bay Bytes

Do you have a parent or child who needs assistance when traveling? These sites offer information on obtaining assistance for an entire trip or just for a flight www.flyingcompanions.com or www.firstlighthomecare.com/helping-seniors/travel-companion-program/

Bay Bytes

Visit the Iwo Jima Memorial located in Arlington, Va., to view the Marine Drum & Bugle Corps and the 24-man Silent Drill Platoon on Tuesday evenings through August. It's free and impressive. Bring your own folding chairs or a blanket. Details at www.barracks.marines.mil/Parades/SunsetParade.aspx



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It's Summertime. What's your first clue? The tip-off is different for all of us: Kids playing baseball in the middle of the day. Convertibles driven top-down. Grills, coolers and deck chairs on sale at your neighborhood discount store. Trying on last year's swimsuit!

For me, I'm certain Summer's here the first time I experience sheer frustration while trying to get near the glass counter containing the ice cream! Where do all those people come from?

Ranging in age from two months to 103 years, they all want a sample (or two or three) of the newest flavors: Flavors with the names of extraterrestrial fruits, inebriating beverages and chocolaty goo.

Ice cream is in style and, to my knowledge, has never been out. And its history is long.

How Did Ice Cream

Begin? The sweet, frozen treat that never fails to mesmerize adults and children of all ages apparently pleased the Roman emperor Nero (A.D. 37-68), who ordered ice to be brought from the mountains and combined with fruit toppings. In addition, King Tang (A.D. 618-97) of Shang, China, had a method of creating ice and milk concoctions. Recipes for ices, sherbets and milk ices evolved and were served in the fashionable Italian and French royal courts. After ice cream was imported to the United States, it was served by several famous Americans, including George Washington, Thomas Jefferson, Ben Franklin and first lady Dolly Madison.

The first ice cream parlor in America opened in New York City in 1776. Originally the dessert was called "iced cream," with the name later being abbreviated to ice cream. Agnes Marshall, regarded as the "queen of ices" in England, helped to popularize ice cream recipes, authoring four cookbooks and giving public lectures on cooking. In 1846, Nancy Johnson patented a hand-cranked freezer, which is still used in ice cream production. In the United States, ice cream sodas, served at soda fountains during Prohibition,

sometimes replaced outlawed alcohol establishments, such as bars and saloons.

Ice cream became popular throughout the world in the second half of the 20th century after cheap refrigeration became common. Vendors competed with unique varieties: Howard Johnson's restaurants advertised "a world of 28 flavors," while Baskin-Robbins developed its "31 flavors" (one for every day of the month).

During the 20th century, soft ice cream was introduced (created by mixing more air into the product). The soft ice cream machine was developed for use by such establishments as Dairy Queen, Carvel and Taste-Freez.

So How Is This Delectable Treat Made?

Ice cream is a mixture of milk, cream, sugar and flavoring, occasionally with additives such as eggs, gluten or gelatin, frozen into a soft, creamy concoction. Churned in a hand- or

machine-cranked freezer, the product is aided by the use of ice crystals and rock salt outside the container. Popular variations of ice cream include frozen custard, frozen yogurt and nondairy versions made with coconut or almond milk. In the United States, ice cream must contain 10 to 16 percent milk fat. Products falling below the 10 per cent level are referred to as "ice milk" or "low-fat ice cream."

How Should I Store Ice Cream To Keep It Delicious?

Ice cream should be kept as cold as possible during transport from store to home. Melting and refreezing can create large ice crystals, reducing the smooth texture. It should be stored in the main compartment of the freezer, rather than the door, to keep it below its freezing point. For best results, ice cream should be consumed within a month of purchase.

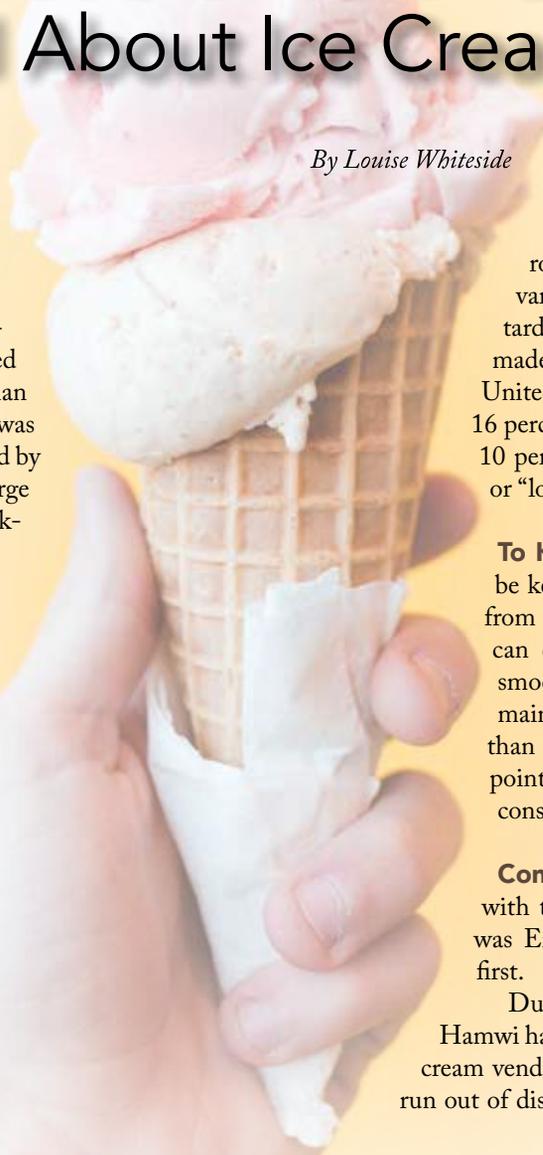
Who Invented The Ice Cream

Cone? Although many people are credited with the invention of the ice cream cone, it was Ernest Hamwi who was believed to be first.

During the 1904 St. Louis World's Fair, Hamwi had a booth and sold waffles next to an ice cream vendor named Arnold Fornachou, who had run out of dishes. To help his fellow vendor, Hamwi

Frosty and Fabulous: All About Ice Cream

By Louise Whiteside



rolled a waffle to hold the ice cream. From this beginning, the cone went through many evolutionary changes. By 1924, Americans were consuming upwards of 245 million cones per year. Today the world's largest ice cream cone company, the Joy Cone Co. of Hermitage, Pa., produces more than 1.5 billion cones per year.

So, add some enjoyment to your Summer. Sample some of the new ice cream flavors. Or, if you're truly ambitious, churn up your own batch of the yummy confection! Here's a recipe that your family might enjoy on one of our sweltering Summer days. It's quick, it's easy, it's versatile, it's delicious and you won't have consumed a day's worth of fat and calories in one sitting.

- 3 1/2 cups whole milk**
- 2 eggs**
- 1 scant cup (or less) of sugar**
- 1 Tbs. vanilla**

Whip eggs until thickened and lemon-colored. Add sugar and continue beating until well blended. Add milk and vanilla and blend. Pour into ice cream maker. As it blends, add any smoothed fruits - as much as it will handle. When the cycle completes, ice cream should be removed

from canister and put in container to store in freezer.

Possible fruits to add include peaches, strawberries, blackberries, raspberries, cherries, blueberries or nuts or any combination thereof.

FOR VARIETY, TRY ANY OF THE FOLLOWING:

- **MINT CHOCOLATE CHUNK:** Add four tablespoons creme de menthe and crushed frozen Oreos at the end of the cycle. Churn just enough to blend.
- **COFFEE:** Add three heaping tablespoons powdered instant coffee with the vanilla.
- **CHOCOLATE CHIP:** Add one cup mini chocolate chips near end of cycle.
- **MINT CHOCOLATE CHIP:** Add a crushed up dark chocolate bar and four tablespoons crème de menthe at end of cycle.
- **FROZEN YOGURT:** Pour large container of yogurt into ice cream maker. If it's plain yogurt add a bit of sugar and vanilla. If it's a flavored yogurt, such as vanilla or blueberry, it's usually OK as is, but the addition of the fruit mentioned in the ice cream recipe makes for a tasty treat.



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EMBASSIES OFFER A PEEK INTO THEIR CULTURES

By Leah Lacione

There are 177 resident embassies in Washington, D.C.—from Afghanistan and Australia to Spain, Tunisia and Zimbabwe. The majority are housed on “Embassy Row,” that section of Massachusetts Avenue, N.W., between 18th and 35th streets, just north of the White House up to the U.S. Naval Observatory, while others are located on Dupont Circle, in Kalorama, Georgetown, or close by.

So, what do these 177 embassies offer to visitors from the U.S. and abroad? For starters, the beautiful mansions on Embassy Row that house these diplomatic missions can be visited by the public—with proper planning. A good starting point is the website www.embassy.org which is a resource for the Washington, D.C., foreign embassy community. According to the site, some countries’ diplomatic presence is “quite modest” while others’ are more “extensive, with specialized offices for particular functions. Several embassies maintain education offices to facilitate their country’s citizens at American schools as well as military staffs here as liaison to the U.S. State Department.”

Washington.org says a host of embassies open their doors to the public for “Cultural Tourism DC’s” and annual “Passport DC.” At different times visitors tour the embassies to discover the music, art, dance and food of countries around the world. Other popular events include the “Around the World Embassy Tour,” European Union Embassies Open House, the National Asian Heritage Festival and an Embassy Chef Challenge.

The recent “Around the World” Embassy Tour held in early May featured 53 embassies—from Brazil and Bolivia, to Malaysia, Nepal, Japan, Korea and Peru, and more—with interactive demonstrations, performances, and ceremonial and everyday fashions on display.

In addition to the “Passport DC” events, some embassies invite U.S. citizens and visitors from abroad to tour their premises

regularly or for scheduled programs, art exhibitions and lectures.

Since 1994, the Embassy Series has “hosted over 600 concerts in 73 different embassies involving more than 800 international artists.” The Embassy Series enables audiences to “participate in a cultural exchange” by listening to a musical performance by an artist from another country. For more information, or to purchase tickets, visit www.embassyseries.org/performances

Some embassies such as the embassy of France ([https://franceintheus.org](http://franceintheus.org)), welcomes “about 1,000 visitors a year to explain its role as a diplomatic representation in the U.S.” Their doors are open to people wishing to explore another culture or see their own country’s embassy.

The International Club of DC, Inc., (www.internationalclubdc.com) hosts concerts, receptions, galas, wine tastings, dances, business development functions, charitable-volunteer events, theater performances and other events in conjunction with various embassies. The club offers members “cultural experiences including art, music, dance, theater as well as the opportunity to sample culinary delicacies from around the world.” Upcoming events include a Saudi Arabia Embassy dinner and cultural presentation, and a Washington Cathedral tour, both in September, as well as a French Embassy Halloween dance and soiree in October, to name a few.

Membership to the International Club of DC, Inc., is free. Interested parties need only fill out the online application. The club, which also boasts its networking opportunities for “internationally-minded” folks, has a membership of more than 47,000 professionals representing 90-plus countries.

For those who want a narrated tour of the prominent buildings on Embassy Row, travel companies like Viator, found at www.viator.com/ and DC By Foot, found at <https://freetoursbyfoot.com/> offer walking tours, usually lasting two hours, and narrated by local experts.

Just think, you can tap into the unique and enchanting cultures of countries around the globe without leaving our nation’s capital!

Bay Bytes

If you’re planning to bring Fido or Fluffy on your next vacation and want to be sure the accommodations are pet friendly, log onto BringFido.com. This comprehensive site also covers pets-are-welcome restaurants, events and tips for air travel.

There’s a price for not living your dream.

YOUR LEGAL COMPASS

CARING FOR AGING PARENTS

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

Caring for your aging parents is not an easy task. More likely, it is frustrating, overwhelming and exhausting, or sometimes, all three at once. In turn, this may cause stress in your life, which can manifest itself in various ways, including illness, depression and/or anxiety, or strained family relationships. Any way you look at it, caregiving is not for the faint of heart. It is a tough job.

Currently, it is estimated that approximately one-third of the U.S. population provides care for a chronically ill, disabled, or aged family member and spends, on average, 20 hours per week providing that care. And, as more people want to age in place, and with the baby boomer generation getting older, the number of family caregivers is expected to rise. There are things you can do, though, to make the job less stressful.

Generally, it is always best to have a plan, and break it down into manageable sections. For caregiving, I suggest organizing it into the following categories: personal, housing, medical and financial. The caregiver and parent should discuss each of these categories and agree on a course of action.

First, it is important to know your parent's personal wants and needs. Satisfying them will depend largely on the type of long-term care your parent is likely to require. Obviously, no one can predict the future, but you certainly can ascertain your parent's current physical and mental conditions, the family's medical history and the lifestyle your parent expects to maintain. For most, living independently for as long as possible is ideal. Usually, this requires that the parent stay healthy both physically and mentally. The more physical and social activities your parent participates in, the more likely they are to maintain their health and independence.

Second, you and your parent should discuss where the caregiving is going to take place. Will your parent be moving,

or will you travel to your parent? This decision will affect your immediate family members, so they should be included in that part of the discussion. Moreover, are you able to care for your parent at home, or would their needs better be met at an assisted living facility or nursing home? To determine the best housing option for your parent, you will need to compare the costs of any modifications to the home as well as the cost of assistive devices needed to continue to reside in their home, with the costs of an assisted living or nursing facility. Likely, the home will need significant modifications, which may include ramps, handrails, grab bars, wheel chair access, widening of doorways, or even the addition of a first floor bedroom or a bathroom accessible to the handicapped. Also, be sure to check if there are any in-home or community services available to assist with transportation, shopping, housekeeping or yardwork.

Next, you should talk about end-of-life care. Make sure your parent has a health care power of attorney and an advance directive or living will. It is imperative that your parent appoints a health care agent to make medical decisions for them in the event they are incapacitated or incompetent. Similarly, they should have a living will or advance directive that states their wishes regarding the use of life-sustaining procedures, including whether they want a "do not resuscitate" order entered in their medical instruction chart. Also, if your parent has any final disposition instructions for their body after their death, they should be included in these documents as well.

Finally, what is your parent's financial situation? Do they have sufficient funds to pay for their long-term care? If not, what programs are available to pay for that type of care? Generally, Medicaid is the only program available to pay for long-term care, but it is a needs-based program so your parent will have to meet the eligibility requirements.

And, most importantly, you need to make sure your parent has a durable financial power of attorney that names an agent to manage their finances if they become incapacitated or incompetent. That agent also should be made aware of what income and assets your parent has and where the assets are located.

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

FIND OUT IF YOU'RE ELIGIBLE FOR VA BENEFITS

By Leah Lancione

There are recurrent reports of veterans who are not aware of, or haven't taken the time to check out, benefits that are available to them from the federal Department of Veterans Affairs (www.va.gov). Perhaps you have heard of backlogged cases at the VA and delayed services and don't think it's worth the hassle. But it could be well worth it, especially since the federal government has been trying to reform the VA bureaucracy in recent years and get services to those who deserve them.

Before we get started on how to claim benefits, remember that if you run into difficulty, check with the offices of your senators or local member of the House of Representatives. Their constituent services staff members are hired to make sure the government is working for you and it very often speeds the process if you seek their help.

VA benefits include four major programs: disability compensation, pensions, free or low-cost medical care and education assistance. There is more here than meets the eye. For example, veterans who incur permanent injuries may qualify for aid to help send their children to college. And VA assistance is not limited to those who served in combat. A "veteran" is defined as someone "who served in the active military, naval, or air service, and who was discharged or released there from under conditions other than dishonorably."

So how do you get started exploring what is available to you or the veteran in your life? For those applying for a VA benefit for the first time, these documents are required: a copy of service discharge form DD-214, DD-215 or for WW II veterans, a WD form, as well as your military service number, branch and complete dates of service.

The Maryland Department of Veterans Affairs (MDVA), located at 16 Francis Street (4th floor) in Annapolis, was opened by the state in 1999 to help vets and their families and dependents in securing benefits earned through military service. Though the VA offers representatives who can help you start and complete your claims and applications, there are no veteran benefits specialists at the Annapolis location. To schedule a meeting with a service officer or with a need for assistance with paperwork, call 800.446.4926, ext. 6450.

Once you schedule a meeting with a MDVA representative, expect a review of:

- your military discharge documents
- the circumstances of your service and medical records

- the VA system—the Veterans Health Administration, Veterans Benefits Administration and the National Cemeteries Administration
- programs available
- how to generate a disability compensation/pension claim based on medical evidence
- developing, preparing and submitting the claim

If you want to begin the process without assistance, the VA website offers a tool called "VA Benefits Navigator" that takes roughly 20 minutes and, after answering a series of questions, reveals what benefits you and your family members are eligible to receive. Depending on your personal history, you may qualify for:

- **Health care:** These benefits include inpatient hospital care as well as outpatient services. The Veterans Health Administration (VHA) facilities offer services ranging from surgery, critical care, physical therapy, mental health, orthopedics, pharmacy, radiology and more. The VHA provides care at 1,240 health care facilities, including 170 medical centers and 1,061 outpatient sites of care of varying complexity serving 9 million enrolled veterans each year (www.va.gov/health). Reservists and National Guard members may also qualify for VA health care if they were called to active duty (other than for training only) by a federal order and completed the full period for which they were called to active duty.
- **Disability Compensation:** A tax-free monetary benefit can be paid to veterans with disabilities that were caused by a disease or injury sustained or intensified during military service. The amount allowed is based on the degree of the disability. Compensation may also be given for secondary disabilities of those deemed related to military service, even if they occurred later.
- **Education and Training:** Veterans may be eligible for educational benefits through numerous GI Bill programs.
- **Home loans:** Through private lenders, the VA assists veterans and their spouses to become homeowners as

Why would you regret getting older – not everyone has that opportunity.

well as help them build, repair or retain a home through home loans and other housing-related programs.

- **Pension:** This program offers monthly payments to certain wartime veterans with financial need, and their survivors. This needs-based benefit is available to those with an income lower than the maximum annual pension rate, is 65 or older, has a permanent nonservice-connected disability, or is a patient in a nursing home, or is receiving Social Security disability benefits. Also, veterans and survivors who require the assistance of another person, or are house-bound, may be able to receive additional payment added to the monthly pension.
- **Life Insurance:** Service-Disabled Veterans' Life Insurance (S-DVI) offers coverage to those who have been given a VA rating for a new service-connected disability in the last two years. S-DVI provides up to \$10,000 of life insurance coverage to vets who separated from service on or after April 25, 1951. Totally disabled veterans are qualified for free coverage and can purchase additional life insurance. Veterans' Mortgage Life Insurance provides mortgage life insurance protection

to disabled vets who have been approved for a specially adapted housing grant.

- **Military Funeral Honors:** The VA National Cemetery Administration staff can assist with arranging military funeral honors at VA national cemeteries. The Department of Defense's "Honoring Those Who Served" program provides military funeral honors, which includes the folding and presenting of the U.S. burial flag and the playing of taps for eligible veterans.
- **Employment Services:** The VA's eBenefits Employment Center (www.vets.gov/employment) allows vets to post a resume for employers. Also available are tools to translate military skills for civilian jobs and search for federal or private sector jobs in the VA Jobs Bank.

For more information or to investigate the VA further and seek benefits that may be available to you or your loved one, visit <https://explore.va.gov> For a list of VA medical centers and outpatient clinics in Maryland or Washington, D.C., as well as other VA resources, visit <http://veterans.maryland.gov/wp-content/uploads/sites/2/2017/04/4-12-17-Resource-Guide.pdf>

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Learning to Linger A Little While Longer

By Rev. Matthew Hanisian

The Summertime is in full swing. That means things like more time with family, crab feasts, perhaps a trip to the shore or vacation time. Shorts and outdoor activities in the beautiful weather should also feature prominently. But, if your life is anything like mine, Summer can feel just as scheduled and intense as the rest of the year: camps for kids or grandkids, time away that needs planning, time out of doors may mean more yard cleanup and maintenance. We can fill a to-do list in a hurry during the Summer!

One key component of enjoying life is to be intentional about the pace of life you set. We live in a world where everyone is busy all of the time, it seems. I was talking with a friend of mine who recently retired at age 72. As he described all that he does in a week, I remarked, "Retirement life sounds just as busy as when you were working!" He agreed and smiled as he added, "Yes, but *mostly* with things I actually *want* to do."

Having an active lifestyle is great. Having a hectic lifestyle is not. We hope the Summer affords us time to simply relax and "be" for a while. Make a habit of carving out a brief moment every day to sit still, close your eyes and simply inhale deeply and exhale deeply. Listen to the sound of your breathing, listen to the sounds around you. Center yourself. Practicing this exercise four or five minutes every day will help you feel calm, settled and ready for what's next in your day. This works especially well if done right before engaging something you know will be stressful.

Another wonderful practice that I wholeheartedly recommend is one I learned the Summer after I completed my first year of seminary. I spent those months at a continuing care retirement facility in Alexandria, Virginia, as I completed the required 400 hours of clinical pastoral education. CPE is a mandatory requirement in most denominations for those who seek to be ordained in their faith. The purpose of CPE is to train people to become better chaplains and pastors, especially around the realities of death and dying. I learned a great deal that Summer; in fact it was one of the most formative points of my seminary experience. The most life-changing discovery, however, involved the art of slowing down, or as one resident explained this

way of being, "Learning to linger a little while longer."

Coming from the high-pressure sales and marketing world before attending seminary, I was still operating at a tremendous pace, especially compared to most of the residents with whom I came in contact. I will admit that practicing "Learning to linger a little while longer," at first felt a bit like I was moving in slow motion, and I was not an expert at slowing down right away. What I found was that operating at just a slightly slower pace

allowed me to experience more in conversations, to get more out of the time I spent with the residents, staff and even my CPE colleagues.

Taking this concept of slowing down and lingering a little while longer with my family and friends, parishioners and those with whom I have even simple conversations has given me room to have deeper more meaningful interactions. Those moments of simply being with the other person and lingering have often

given me just enough time for an added thought or reflection, or simply another moment of being together in silence.

There are many resources available about this practice of slowing down and lingering. There are a plethora of books, articles and even TED Talks that focus on pace of life and slowing down. Be discerning about which advice you choose to follow, disregarding those that don't sound authentic to you. An honest talk with someone you know who does this well might be a good place to start. Another word of caution: Slowing down and lingering a moment longer takes practice. Don't expect to master this particular art overnight or to experience radical change right off the bat. That said, I've found this practice to be invaluable and well worth the effort.

Enjoy your Summer and the time you get to spend with those you love. Make an intentional effort to practice ways of slowing down the pace of your life. Most of all, try lingering a little while longer with those you love, I promise that doing so will be time very well spent.

The Reverend Matthew Hanisian is the rector at St. Martins in the Field, Severna Park, and can be reached at mhanisian@stmartinsintheheld.org

*slowing down
and lingering a
moment longer
takes practice.*

Sunday, Monday, Tuesday and then Someday, that's not a day of the week.

Now that the generation before me is no longer with us, I have a million questions I wish I had asked. What kind of wedding did you have when you married my father? Did you have eight bridesmaids or did you elope? What did you do when you were not able to find a job during the Depression? There is no one now to answer these and many other questions. Unfortunately in our culture, we don't always seek answers from our older relatives.

With this in mind, many of us are writing about our lives to pass information on to our children and grandchildren so they won't have these regrets. Maybe they will be interested, maybe not, but at least we will have done our part to pass on family history. Even my husband has started on his memoirs, a task made easier by using the computer. One friend is actually self-publishing books on his family history. He goes way back several generations in time and I found his accounts fascinating to read.

In preparation for future downsizing, I have taken pictures of the things in my house that have some meaning to me. Maybe the item was a bargain at a garage sale, or maybe it was passed down from a great-grandparent, but my family will now have the story and can make their own decisions about what to keep or what to pitch.

I remember when I had worked for the National Institutes of Health for a number of years, some change was made and I said that I remembered when we used to do it another way. One of the scientists said that I had "corporate memory." So in that vein, we all have "family memory" that cries to be passed on.

Computers have simple programs that convert the spoken word into a typed page.

In many cultures the elder members consider it their duty to pass on the tribal history, and because of this knowledge, they are revered by the community. It is important for children to learn the history of their parents' childhood. Back then, our play was simple, imaginative and devoid of electronics. In my case, we spent most of our time climbing trees, roller skating, running lemonade stands, making paper dolls and playing games like Monopoly.

Another friend has come up with a clever idea. Each month she types (since many young people no longer write or read

cursive) a letter to her grandchildren describing some phase of her life. She keeps it to one page so as not to be boring. This way she passes on stories from her grandparents and parents as well as her own life stories. Usually a picture is also included. Her grandchildren seem to appreciate it and now her children are also requesting copies of the letters.

Many of us live far away from our roots. Our children and grandchildren will not have the strong family connections that we might have had growing up. Many of the stories and family histories were passed down when we were attending weddings, reunions, funerals or Summer get-togethers -- gatherings that don't occur often enough.

What about the many books we have collected over the years? These will also most likely be thrown out or given away. How about a little note left in the books that we found most rewarding to

read with some personal comments on why we felt it was special. I would have loved to have found these little notes from my parents.

I'm sure you will think of other ways to pass on your family stories. And now to make it even easier, computers have simple programs that convert the spoken word into a typed page. Could it be any easier? Why not take action and start your memoir today?

PASSING ON FAMILY HISTORY

By Maureen Smith

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FLIPPING OVER FLIP-FLOPS

By Nancy J. Schaaf

“Flip-flop, flip-flop, flip-flop,” announced my entrance to the swimming pool area. The bright yellow flip-flops fashionably matched my new bathing suit and became the first of many to occupy my closet floor. This simple sandal, often heard prior to being seen, earned its name from the rhythmic slapping noise heard as the sole smacks against the heel while walking. People all over the world are still flipping for this simple shoe that consists of a flat sole held loosely on the foot by a Y-shaped strap that passes between the first and second toes and around the sides of the foot.

This style of footwear has roots in many cultures throughout the world and originated as early as 1500 B.C. with the Egyptians. The modern flip-flop descends from the Japanese type as returning WW II soldiers brought them to the United States. In the 1950s, manufacturers produced the flip-flops in bright colors. Because the footwear is so comfy, it quickly became stylish, especially as Summer sandals. During the 1960s, the casual shoes connected with the beach lifestyle and were worn not only with swimsuits, but with shorts and Summer dresses.

Flip-flops are so fashionable that the sandal is appropriate for any occasion and at a cost that fits any budget. One can purchase a colorful rubber pool shoe for just a dollar -- or spend over \$500 for a gold chain thong sandal. In 2011, the environmentally conscious footwear company Chipkos collaborated with artist David Palmer to create the world's most expensive flip-flops at a price tag of \$18,000. Other than pools and beaches, flip-flops are now seen at churches, offices, malls and at schools. National Public Radio calls flip-flops “the perfect anti-footwear.” As their popularity grows, flip-flops have even been worn to very dressy occasions such as weddings and proms.

Contemporary flip-flops are made from a wide assortment of materials including rubber, foam, plastic, leather, suede and even fabric. Flip-flops are not just plain anymore, often embellished with sequins, beads, ribbons, rhinestones, leather, lace, artificial flowers and bows. For a beach wedding, white flip-flops with pearls are available. Designing flip-flops using various craft items creates a uniquely personal shoe.

Although stylish flip-flops are practical for lounging around the pool, in locker room areas, or taking a stroll along the beach, one needs to ask is the Summer staple shoe beneficial for our feet? Unfortunately, wearing flip-flops puts our feet and toes at significant risk for stepping on something harmful, calluses, chafing, sunburn and even insect bites. We need to carefully consider the material used to

make the shoe and the anticipated purpose. To avoid a flip-flop fiasco, the American Podiatric Medical Association offers several recommendations such as purchasing flip-flops made of quality material such as soft leather with a sole that bends just a little at the ball of the foot. Also, the foot should not hang over the edge of the shoe. The APMA also suggests not wearing flip-flops if walking long distances or hiking as these sandals offer little in terms of shock absorption and arch support. And to avoid injury, don't wear flip-flops while doing outside activities such as mowing the lawn, playing sports or riding a bicycle.

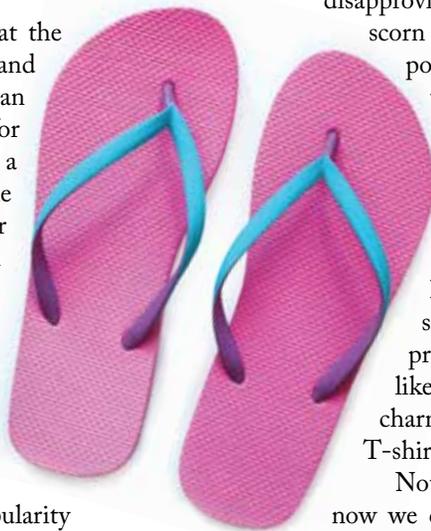
One more warning: Be aware that you risk disapproving glances from strangers when in public places and scorn from friends if you wear flip-flops outside the beach, pool or home. Some regard them as inappropriate attire, the province of slobs.

Flip-flops, however, continue to fascinate and prosper. Flip-flops not only are footwear, but have found their way into clothing and accessories and home and garden decorating. Flip-flop picture frames, clothes hook and candle holders are popular items for home décor. Flip-flop wind chimes create a soothing sound swinging in the breeze in the garden. Even practical items such as pads of note paper are shaped like the sandal. Accessories such as watches, necklaces and charm bracelets are available to match flip-flop decorated T-shirts and shorts.

Not only are flip-flops wearable and used as décor, but now we can eat them, too. Flip-flop cookies and candies are available in stores and online. Talk about inserting flip-flops into mouth!

So, slip on the flip-flops, grab a flip-flop cookie and the flip-flop key chain, stroll noisily past the hanging flip-flop wind chimes, and climb into the flip-flop car! Oops! That has not been created ... yet.

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



NOT ALL DENTURES ARE CREATED EQUAL

By Drs. Joe Passaro, D.D.S and Woody Wooddell, D.D.S.

“You need dentures ...” There is probably no other sentence a dentist can say to a patient that is more emotionally troubling. The image that most people have of dentures is one of loose, ill-fitting plastic replicas of the teeth and gums that are difficult to eat with and adversely affect your speech.

Of course, everyone wants to keep their own teeth for life. After all, there is nothing anyone can make that works as well as your natural, healthy teeth. Unfortunately, unhealthy conditions can arise that necessitate the removal of some or all of your teeth. Dentures are therefore needed to replace the function and esthetics that are lost with the removal of your natural teeth. As you can deduce by their reputation, wearing dentures can be a challenge.

Why is that? The answer can typically be traced to the technique with which the dentures were made. The standard method of taking impressions and fabricating dentures involves taking an impression of the ridges in the mouth where the teeth used to be. It is usually quite a mouthful of material that has little regard for where the denture should end comfortably. As a result, the new dentures frequently cause sore spots and rub areas that are very uncomfortable. Simple tasks such as speaking and eating soft foods can become so bothersome that often the denture wearer has to resort to wearing excessive amounts of denture adhesive, or even worse, deciding that life without dentures is better than the pain of

trying to wear them.

But, there is hope. Fortunately, dentists have the opportunity to learn and master a technique developed by Dr. Jack Turbyfill. This technique involves a much more accurate impression process resulting in a comfortably fitting denture. Most patients don't even require any adhesive to keep the final denture in place! After impressions are taken, a “training denture” is made. It's kind of like test-driving a new car. The patient wears the training denture and can identify any bite, speech or aesthetic problems and make adjustments before the final denture is made. An important component of the process is the level of skill and materials used by the lab that fabricates the denture. The final denture duplicates the comfort of the training denture and provides unparalleled satisfaction in wearing dentures. The Turbyfill Denture Technique gives dentists the skills to provide beautiful and comfortable dentures, unlike most any other dentures you will ever see or wear.

If you already have or need dentures, remember that all dentures are not created equal. It is possible to have dentures that don't diminish your quality of life.

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



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In December 2005, the National Sailing Hall of Fame in Annapolis was created, dedicated to preserving the history and impact of sailing on our culture. NSHOF's mission had its roots in the action of British beer mogul Sam Whitbread decades earlier. Over a beer with friends in the Royal Navy, Whitbread proposed a Round the World yacht sailing challenge. This competition of 40,000 miles would follow the routes of the square-rigger clipper ships in the 1800s. Competitive racing of sailing cargo ships, he reasoned, though a thing of the past, could be revived.

Known for speed, the clipper ships, which originated in Baltimore before the Revolutionary War, were engaged to deliver cargos of tea and opium from China to the 1848 California gold rush. Clipper captains routinely raced each other to ports-of-call; it was a dollars and cents thing. The 1866 Great Tea Race paid a bonus for the first tea runner that arrived in London from Shanghai. After 99 days at sea over a 14,000-mile journey, the clipper Taeping docked in London 28 minutes ahead of Ariel and one hour 15 minutes ahead of Serica. Held up by the tide, Fiery Cross, which would win this informal challenge three times, finished fourth.

In 1872, a formal race between two speedy Clippers, Cutty Sark and Thermopylae, was set for Oct. 18, on the route from Shanghai to London. Leading by 400 nautical miles, Cutty Sark broke a rudder. A new one was constructed on board as Thermopylae sailed by, arriving in London in 115 days, a week before Cutty Sark. The two continued informally to challenge each other until steam and the Panama Canal ended the era of the speedy golden age of clipper ship transport. Today, of the more than 200 cargo clippers, only the Cutty Sark and City of Adelaide survive. Cutty Sark is a museum ship in England and the older City of Adelaide is undergoing preservation.

Sam Whitbread launched his Round the World Yacht Challenge in 1973. Seventeen boats from seven countries signed on to the challenge; 14 finished the race, which was marred when three crew members swept overboard, never to be seen again. The winner, amateur sailor Mexican Captain Ramon Carlin with his

son and wife aboard a Swan 65 yacht, arrived in Southampton after 152 days at sea. A documentary, "Weekend Sailor," was filmed in 2016 to tell the story of this extraordinary venture.

Despite the deaths in the inaugural race, the Whitbread Round the World continued to become the longest, most demanding, most perilous team sporting event in the world. Mountain climbers set out to conquer Mt. Everest. Sailors step up to conquer their Everest, the Whitbread Volvo/Round the World Yacht Race.

The Whitbread came to Annapolis in 1998, with Gov. William Donald Schaffer agreeing, if Baltimore would also be included as a port of call. On Sept 21, 1997, Annapolitans gathered at the City Dock to watch on a big screen the live start of the Whitbread race from Southampton, England. Seven months later, in April 1998, 10 boats sailed up the Chesapeake to the Annapolis City Dock. They were greeted by hundreds of citizens eager to see Maryland's entry in the race, Chessie, captained by Baltimorean George Collins. On a sunny

National Sailing Hall of Fame

Built on a Mission Steeped in History

By Ellen Moyer

May 3, thousands of small craft lined the Chesapeake south of the Bay Bridge to bid farewell to the boats as they headed across the Atlantic to New Rochelle, France. Chessie did not win the trophy, but an American boat captained by Paul

Did you know that the secret to being a good listener is to stop talking?

Cayard gave the USA its first win in the grueling and prestigious race that touched on six continents, crossed four oceans and has been staged every four years from its birth in 1973

The following year Whitbread sold Round the World to Volvo of Sweden. The Volvo returned to Annapolis twice, in 2002 and 2006. It has not been back since. Our competitor for the sailing capital, Newport, R.I., is now a port of call for the Volvo Round the World. A week of events, attended by thousands, celebrates the power of sailing on our lives, in our art, literature, music and economy. Now in its 40th year, environmental challenges such as cleaning the ocean from plastics, which strangle oceans habitats, are now part of this venture.

Unlike the original race where each team, with great secrecy, designed their own boat, today's boats are now designed by Bruce Farr of Eastport. The focus of the challenge is now on the relationships of teamwork, leadership and self-reliance. Life aboard the boats includes nine months of freeze-dried food and an effort to reduce the onboard weight where everything in the challenge is about speed. Winning brings prestige and a crystal trophy.

After the experience of the 1998 Whitbread in Annapolis, committee members launched an Annapolis Maritime Hall of Fame to recognize the local people invested in the city maritime industry. Over six years 19 people were inducted into the Annapolis Hall of Fame including old timers such as Herbie Sadler, famous for his crabs; Peg Wallace, founder of the Maritime Museum; Stuart Walker, small boat champion; and Arnie Gay, father of Annapolis as a sailing center.

Regrettably, the local hall of fame ceased operation after 2005 when NSHOF was installed. The commemorative plaques of honorees disappeared for 10 years. Found in the attic of the Annapolis Maritime Museum by researcher Mike Miron, they were returned to life on Feb. 25, 2016, in a ceremony at Boat Yard Bar and Grill, their new home.

Meanwhile NSHOF moved into the historic Captain William Burtis House located on state land. Built about 1885, it is the last structure of a home in the historic city representing the working waterfront in a time when watermen ruled Annapolis in the rough-and-tumble Hell Point neighborhood.

For over a decade, NSHOF has been conducting Stem educational programs for area youth based on navigation tactics of the speedy boats. Historic boats such as Captain John Smith's Barque, Lafayette's, Hermione, tall ships such as Baltimore Pride and the Mystic Whaler, regularly visit the City Dock to tell the stories of a time when boats and ships were the supreme means of transportation. Living aboard ship for months at a time was harsh living. Life in the speed challenge of the Volvo Round the World Yacht Race is not so comfortable either. A dozen crewmembers share bunks; each are allowed one change of clothes and all feast on that freeze-dried food while navigating a spacious, fickle, unforgiving ever-changeable force of nature.

The NSHOF is being courted by Newport, R I. Should it leave this city for a home in Newport, perhaps the Annapolis aritime Hall of Fame could be resurrected to carry on the mission of preserving the history and impact of sailing on our lives. The maritime industry in Annapolis is after all our largest private industry, employing 2,000 people. It dates back to Thomas Todd's boat building in the 1650s. Annapolis has 400 years of sea stories to tell.

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

Bay Bytes

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SUMMER GRILL: TRYING BURGERS WITH A TWIST

By Barbara Aiken

It's Summer grilling time, but before you roll out the usual burgers, why not try some different taste twists with the American classic. I promise you'll have guests coming back for more.

LAMB BURGERS WITH GARLIC MINT MAYONNAISE

Serves 3-4

1 large egg	1/2 tsp. freshly ground black pepper
1 lb. ground lamb	2 garlic cloves, minced
2 shallots, minced	1/2 cup soft, fresh breadcrumbs
1 English cucumber	3 Tbs. fresh parsley, chopped
1/2 tsp. kosher salt	4 Brioche or hamburger rolls

Preheat your broiler, gas or charcoal grill. Whisk egg in a medium bowl and add lamb and the next six ingredients; combine using your hands. Shape into four patties and broil or grill for 4 minutes each side or to your desired doneness. Cover with foil to keep warm.

Slice a portion of the English cucumber into thin rounds. Lightly toast the rolls. Spread the cut sides of the rolls with garlic mint mayonnaise (recipe below). Place patties on bottoms of rolls and top with cucumber slices and add roll tops.

GARLIC MINT MAYONNAISE

1/2 cup mayonnaise	1/4 tsp. kosher salt
1/2 Tbs. fresh mint, minced	1/8 tsp. ground red pepper
1/2 tsp. fresh lemon juice	2 garlic cloves, minced
1/2 tsp. lemon zest	

Place all ingredients in a small bowl and mix together well. Cover and refrigerate until ready to use.

CHICKEN BURGERS WITH GARLIC ROSEMARY MAYONNAISE

Serves 4

1 lb. ground chicken
4 brioche or hamburger rolls, lightly toasted
1/2 tsp. kosher salt
1 cup arugula
1/4 tsp. freshly ground black pepper
1 tomato, thinly sliced

Preheat your broiler, gas or charcoal grill. In a medium bowl, add the chicken, salt and pepper and half of the mayonnaise mixture; combine using your hands and then shape into four patties. Chill in the refrigerator for about 30 minutes to firm them up.

Grill the patties for about 8 minutes per side or until 165 degrees on a meat thermometer. Lightly toast the rolls and spread some of the remaining mayonnaise mixture on each cut side of the rolls. Place a thin slice of tomato on the bottom half of the roll and top with some arugula. Add the chicken burger and roll tops.

GARLIC ROSEMARY MAYONNAISE

1 cup mayonnaise
1/4 cup fresh rosemary leaves, chopped
1 garlic clove, minced

Place all the ingredients in a small bowl and mix together well. Cover and refrigerate until ready to use.

HOT PEPPER BURGERS WITH AVOCADO AND GRILLED ONION

Serves 4

2 jalapeño peppers, seeded and minced
1 red onion, sliced in rings
3 Tbs. cilantro, chopped
4 brioche or hamburger rolls, lightly toasted
1 tsp. ground cumin
4 slices pepper jack cheese
1 tsp. kosher salt
4 tomato slices
1/2 tsp. freshly ground black pepper
1 peeled and sliced avocado
1-1/2 lbs. ground beef
1/4 cup pickled jalapeño pepper slices
Mayonnaise (optional)

Preheat your broiler, gas or charcoal grill. Combine first five ingredients in a large bowl. Add ground beef and combine with your hands. Shape mixture into four large patties; chill until ready to cook.

Grill onion slices in 2 teaspoons of olive oil until tender and lightly browned. Add a pinch of kosher salt and a grind of black pepper.

Grill patties 5 minutes, turn and grill another 3-5 minutes or to your desired doneness. Top each with a slice of cheese during last minute of cooking.

Toast the rolls under a broiler or on the grill top.

Place a tomato slice on bun bottom; add avocado slices, sautéed onions, pickled jalapeño slices. Spread bun tops with mayonnaise if desired.

If a particular ingredient is not to your liking, omit it or switch it up with something you do enjoy. Though 80 percent ground beef works best for juicy burgers, use 90 percent if watching those fat molecules. Maybe a ciabatta or pretzel roll is more to your taste. Go for it. Make these Summer delights your way.

For beef and lamb burgers a rich Zinfandel or a medium bodied cabernet work well. Alternatively, a light red such as a Chianti or pinot noir pair perfectly. During Summer's heat, put a slight chill on your red. For spicy toppings, red or white sangria is a heat-taming partner. The chicken burgers pair well with pinot grigio or a steel-aged chardonnay or soft New Zealand sauvignon blanc. Your favorite beer is a familiar burger partner.

The basic burger with ketchup, lettuce and tomato is yummy, but give these delicious concoctions a try over the Summer with family and friends. Make your next burger with a twist!

Barbara has been delighting friends and family with her cooking and baking skills for more than 40 years. She can be reached at barbara.s.aiken@gmail.com

REMEMBERING PEACE PILGRIM

By Kater Leatherman

Does anyone remember Peace Pilgrim, the silver-haired woman who, for 28 years, walked well over 25,000 miles around the United States wearing a blue tunic and pants. Her mission? To spread her message of peace.

"When enough of us find inner peace," she said, "our institutions will become peaceful and there will be no more occasion for war."

Born Mildred Lisette Norman on July 18, 1908, in Egg Harbor City, N.J., she described her childhood as "a very quiet life ... I had a woods to play in, and a creek to swim in and room to grow."

She was married at 25, lived a conventional, materialistic lifestyle and was very much what they called a flapper in those days, while wearing the latest styles of clothing. After her marriage ended in divorce, Peace Pilgrim began to seek a life that was more meaningful. While walking through the woods one night, she had a spiritual awakening. Because of that experience she decided to give her life over to something beyond herself.

To prepare for her walking pilgrimage, in 1951 she walked the entire length of the 2,050-mile Appalachian Trail, the first woman to do it in one season. But it was in Pasadena, Calif., on Jan. 1, 1953, that she stepped out from the Rose Bowl parade to officially become Peace Pilgrim. Leaving her identity and possessions behind, she

carried only a pen, comb, toothbrush and map. The front of her tunic said "Peace Pilgrim" and on the back was her motto, "Walking Coast to Coast for Peace." She carried no money.

"I own only what I wear and carry. I just walk until given shelter, fast until given food," she said at the time. "I don't even ask; it's given without asking. I tell you, people are good. There's a

spark of good in everybody."

Over time, she became a nondenominational spiritual teacher, mystic, pacifist and vegetarian activist. When she died in Knox, Ind., on July 7, 1981, she was on her seventh cross-country trip.

Anyone can become an advocate for peace. It begins by cultivating a peaceful mind in spite of what is happening around you. Because when you're peaceful, those around you will be too. But it takes daily practice and, for some of us, it may be harder than walking across the country.

On a radio program the day before Peace Pilgrim's death, the host read her vow aloud: "I shall remain a wanderer until mankind has learned the way of peace."

In closing, he added, "She appears to be a most happy woman."

"I certainly am a happy person," Peace Pilgrim responded. "And I want to wish you all peace."

Kater can be reached at katerleatherman@gmail.com

Bay Bytes

If you have concerns about the safety of the sunscreen or cosmetics you're using, log onto www.CosmeticsDataBase.com which will list ingredients and any known effects on health.

MARYLAND'S Bohemian CONNECTION

By Barbara Aiken

What does Bohemian mean? Today we think of eclectic décor: colorful, fanciful, flowing fashion and an unconventional lifestyle. Why do these things come to mind?

The geographical region of Bohemia is part of the Czech Republic, formerly Czechoslovakia. The capital city, Prague, lies in Bohemia. The name Bohemia developed from a Celtic group known as the Boii many thousands of years ago. Through the ensuing years, the Bohemian people became associated with the Roma people or gypsies of Western Europe. These Roma or gypsies were nomadic and often dabbled in the artistic world, dressed in bright, billowy clothing and led unorthodox lifestyles. Over time, this way of life became associated with free-thinking, artsy types who danced to their own beat. Today that association still applies.

Maryland has its own touch of Bohemia evolving from one Augustine Herman (1621-1686). Born in Prague, Augustine first relocated to the Netherlands, worked for the Dutch West India Company and then made his way across the ocean to New Amsterdam, now New York City. Herman was an explorer, merchant, cartographer and privateer. He sailed aboard his frigate *Le Grace* for a number of years in the Caribbean seizing treasure from Spanish galleons and delivering it to the Dutch governor of New Amsterdam, Peter Stuyvesant. He was certainly a man with wanderlust.

In 1659 Herman was dispatched to Maryland by Peter Stuyvesant to investigate Maryland's Eastern Shore. At the time, the English, Dutch and American Indians all claimed the area as their own and much fighting arose. When his work was complete, he returned to his family in New Amsterdam.

Having taken a particular liking to the gently undulating landscape around the Bohemia River and Maryland's Chesapeake Bay region, Herman revisited the place with his family in 1660. He asked Cecilius Calvert, the Second Lord Baltimore, if he could receive land in exchange for drawing a map of the area. Herman took a decade to produce what was at the time the best representation of the Chesapeake Bay coastline. This map is still well regarded today. Lord Baltimore agreed to bestow Herman with 4,000 acres of land between the Bohemia River, originally named the Oppoquemine River by the Susquehannock Indians, and Elk River in return for this map. Herman dubbed his land "Bohemia Manor." Over time, Augustine Herman would amass about 20,000 to 30,000 acres of property in the area. This location was chosen by Herman for its proximity to the Chesapeake and

Delaware bays, making it significant to the lucrative trade routes of the day.

Augustine Herman built his home at Bohemia Manor overlooking the Bohemia River. The house would stand for more than 125 years.

In 1663, Augustine Herman was the first naturalized citizen of Maryland. His family was also naturalized by order of Cecilius Calvert. In the following years, Herman was known as a well-respected plantation owner and also held many county offices. Bohemia Manor was a 17th century center of trade and commerce.

Herman was granted the title of "Lord" by Cecilius Calvert, a rare occurrence for a non-Englishman. He was grateful to Lord Calvert for all he had done for him and Herman suggested naming a portion of the vast land area known as Baltimore for Lord Calvert. Thus, Cecil County was born.

The Chesapeake and Delaware Canal that joins the Delaware River with the Chesapeake was a vision of Herman's. The canal would be built 150 years into the future. It wasn't until 1804 that work began on this canal. After stops and starts, the waterway was completed. This 14-mile long, 450-foot wide and 35-foot deep canal was dug by hand using picks and shovels and it remains in use today.

No one is sure where the grave of this great Bohemian pioneer lies. Many believe that he is somewhere in the earth of his beloved Bohemia Manor. There are stories that a grave stone existed at one time, but may have been shipped back to his homeland. Others say that his remains were dug up and moved to an unknown location. One legend says that he may be buried with his cherished stallion, Casperus.

Bohemia Manor, the Bohemia River, National Bohemian Beer "Natty Boh," St. Augustine Chapel, Augustine Herman Highway (Route 213) are all named for Augustine Herman and his homeland. There are many other places associated with Herman - schools, cemeteries, places of business. Chesapeake City was originally named The Village of Bohemia.

A man with many talents and great vision, Augustine Herman was a significant part of Maryland's history. He was instrumental in expanding trade and developing new roads and settlements throughout this area of Maryland's Eastern Shore. How cool is that for Maryland to have a Bohemian connection to the past?

Barbara enjoys history and is particularly interested in the history of Maryland. She can be contacted at barbara.s.aiken@gmail.com

CHECK THE BOX, ASK THE QUESTIONS

By Ryan Helfenbein

It never fails to amaze me when I see the amount of toys kids collect over the years and how much needs purging each Spring to make room for the new ones. We find tricycles, princess castles, Legos and more. Each year, my wife researches the charities that would benefit the most from our donation to ensure that the toys will go to homes with children that will enjoy them. I'm sure she is not alone in wanting to be sure that her donations will do the most good. We see acts of generosity across this great nation when people donate toys, cars and clothing to give them a second life. Individuals can even give of themselves with organ and body donation. However, unlike the research my wife does to find just the right organization to receive our family's unused items, how much can we truly learn about the process of body donation?

First, we must understand that body donation and organ donation are two very different things. Organ donation is offered by organizations approved by the state, as well as prominent universities. These organizations can take vitally needed organs from a dead person and use them for those who are living and in need, or for medical studies. One local example is the Johns Hopkins Brain Study Program at their Bayview campus. Organ donation is, in my opinion, something that is simply nothing short of amazing. According to the United Network for Organ Sharing, there are currently over 114,000 people waiting to receive organs. Unfortunately, about 20 of those on the list lose their battle every day. Families who choose to share a gift of this magnitude in their time of grief show us all the meaning of true generosity. To learn more about organ donation, one good resource is Living Legacy at www.thelf.org. And further, Maryland residents can check the box when applying for their driver's license, to specify that they would like to be an organ donor.

Body donation, on the other hand is completely different. It typically involves waiving all rights to the body upon death and donating it whole as a cadaver, whereas organ donation is intended for the sole purpose of benefitting those in need. What is difficult to research is what happens between the time a loved one leaves the care of their family and the time cremated remains are returned. Beyond learning that body donation supports medical education and research, investigation yields little in the way of answers.

Body donation usually implies that cremated remains can be returned to the family after its involvement with the research or educational process is complete, which can often take a considerable amount of time. However, one might rightly ask,

given the varied uses for donated bodies during the weeks and months of research and training, how can a family be certain that the cremated remains returned are those of their loved one? It is kind of like my son's Batman tricycle. After we donated it to the charity, we did not wait for it to be returned to us, we simply released it from our care and thought of it no more, leaving us with only the memories of him riding it. Some view body donation the same way.

Body donation arguably also does not provide the oversight or care that families receive from a more traditional experience. Some of the differences are merely inconvenient, such as a long wait for certified death certificates so that business matters can

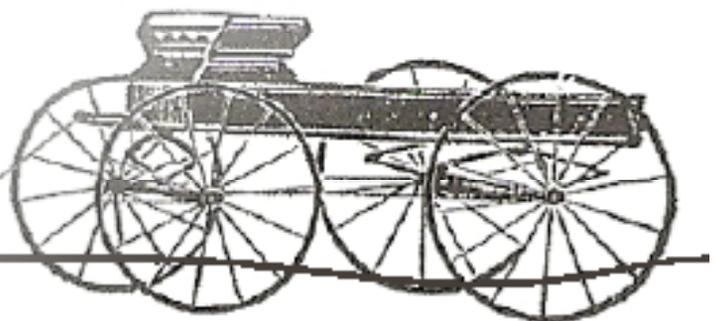
be addressed. Body donation offers little assistance in securing certified death certificates or advice on how many to obtain. Other differences, however, are not only matters of convenience. Response to the place of death is something that your local

undertaker strives to provide as promptly as possible -- often within the hour, with sufficient staff to handle the transfer, no matter what obstacles are involved. Body donation programs operate with the staff on duty, so response times can be severely extended and available staff limited. This can become quite upsetting when the departed is at home. There have been reports of instances in which the family has been asked to assist with the transfer of remains to the transport vehicle because insufficient staff was provided.

Generosity and sharing are cornerstones on which our communities are built, and can be, for the recipient, life-altering or even life-saving. As with all things, proper research about exactly what to expect is essential in making these irreversible end-of-life decisions. Occasionally, someone will approach me with questions about body donation, but step-by-step detailed information is nearly impossible to obtain. Ask the hard questions and be sure you're satisfied with the answers.

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

Generosity and sharing are
cornerstones on which our
communities are built



Every once in a while in the wide world of books, we come across one that elevates our consciousness to a better understanding of life. One such book is *The Five Things We Cannot Change ... and the Happiness We Find by Embracing Them*. Written by David Richo, it addresses the realities of human existence called the five “givens,” assuring us that once they are accepted, we will be able to minimize emotional exhaustion, disappointment and stress. The five givens are:

1. Things change and end.
2. Pain is a part of life.
3. Things don't always go according to plan.
4. No one is loving and loyal all the time.
5. Life is not always fair.

After reading his book, it occurred to me that there could be five givens for almost anything, including relationships, eating, exercising -- and life at home.

The Five Givens Of Life At Home

By Kater Leatherman

So, here are my *five givens* of life at home:

1. **You are in a relationship with everything you own.** The more stuff you have, the more you have to insure, protect, polish, organize, distribute and keep track of. As you contemplate this, notice if you tend to intensify your attachment to objects by exaggerating their importance to the point where you feel that they are the source of your happiness.

2. **Maintaining an orderly home requires keeping up with dirt and decay.** To avoid siphoning your energy from all that has to be done, keep up with things that need to be fixed as well as the places that draw your attention to dirt -- entrances, floors and the area around your sinks. Break it down by reminding yourself of this formula: A little + often = a lot!

3. **The mail comes in, trash accumulates and paper piles up.** The best defense, and a real time saver, is to get in the habit of handling things every day. It won't get any better until you finally decide to build in the habit of taking those action steps on a consistent basis.

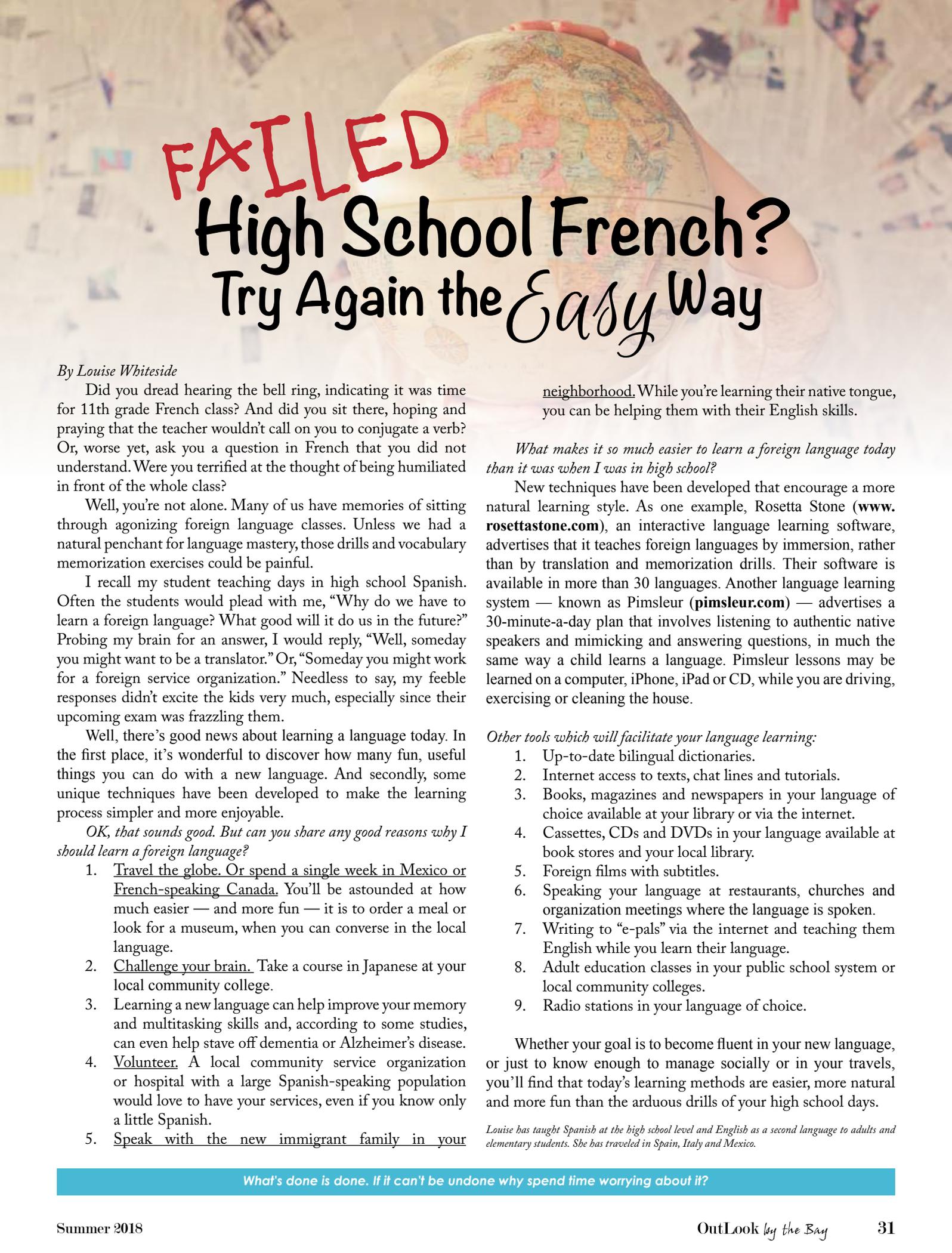
4. **More stuff comes in than goes out.** To maintain balance, adopt the one in, one (or two) out guideline when bringing things home. Donate that pair of shoes when you buy new ones. Avoid overstocking your pantry by only replacing items when you consume them. Purge old magazines when the new issue arrives.

5. **The Universe abhors space.** This means that when space is created, something always fills it up unless you consciously make the effort to keep it clear.

Give yourself permission to leave an empty or half-empty shelf in your linen closet, pantry or bookcase.

“Sorry, folks,” David Richo would say to those seeking immunity, “you’re still going to have to deal with the five givens.” Then remember what American philosopher and self-help author Wayne Dyer said: “When you change the way you look at things, the things around you change.”

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FAILED

High School French?

Try Again the *Easy* Way

By Louise Whiteside

Did you dread hearing the bell ring, indicating it was time for 11th grade French class? And did you sit there, hoping and praying that the teacher wouldn't call on you to conjugate a verb? Or, worse yet, ask you a question in French that you did not understand. Were you terrified at the thought of being humiliated in front of the whole class?

Well, you're not alone. Many of us have memories of sitting through agonizing foreign language classes. Unless we had a natural penchant for language mastery, those drills and vocabulary memorization exercises could be painful.

I recall my student teaching days in high school Spanish. Often the students would plead with me, "Why do we have to learn a foreign language? What good will it do us in the future?" Probing my brain for an answer, I would reply, "Well, someday you might want to be a translator." Or, "Someday you might work for a foreign service organization." Needless to say, my feeble responses didn't excite the kids very much, especially since their upcoming exam was frazzling them.

Well, there's good news about learning a language today. In the first place, it's wonderful to discover how many fun, useful things you can do with a new language. And secondly, some unique techniques have been developed to make the learning process simpler and more enjoyable.

OK, that sounds good. But can you share any good reasons why I should learn a foreign language?

1. Travel the globe. Or spend a single week in Mexico or French-speaking Canada. You'll be astounded at how much easier — and more fun — it is to order a meal or look for a museum, when you can converse in the local language.
2. Challenge your brain. Take a course in Japanese at your local community college.
3. Learning a new language can help improve your memory and multitasking skills and, according to some studies, can even help stave off dementia or Alzheimer's disease.
4. Volunteer. A local community service organization or hospital with a large Spanish-speaking population would love to have your services, even if you know only a little Spanish.
5. Speak with the new immigrant family in your

neighborhood. While you're learning their native tongue, you can be helping them with their English skills.

What makes it so much easier to learn a foreign language today than it was when I was in high school?

New techniques have been developed that encourage a more natural learning style. As one example, Rosetta Stone (www.rosettastone.com), an interactive language learning software, advertises that it teaches foreign languages by immersion, rather than by translation and memorization drills. Their software is available in more than 30 languages. Another language learning system — known as Pimsleur (pimsleur.com) — advertises a 30-minute-a-day plan that involves listening to authentic native speakers and mimicking and answering questions, in much the same way a child learns a language. Pimsleur lessons may be learned on a computer, iPhone, iPad or CD, while you are driving, exercising or cleaning the house.

Other tools which will facilitate your language learning:

1. Up-to-date bilingual dictionaries.
2. Internet access to texts, chat lines and tutorials.
3. Books, magazines and newspapers in your language of choice available at your library or via the internet.
4. Cassettes, CDs and DVDs in your language available at book stores and your local library.
5. Foreign films with subtitles.
6. Speaking your language at restaurants, churches and organization meetings where the language is spoken.
7. Writing to "e-pals" via the internet and teaching them English while you learn their language.
8. Adult education classes in your public school system or local community colleges.
9. Radio stations in your language of choice.

Whether your goal is to become fluent in your new language, or just to know enough to manage socially or in your travels, you'll find that today's learning methods are easier, more natural and more fun than the arduous drills of your high school days.

Louise has taught Spanish at the high school level and English as a second language to adults and elementary students. She has traveled in Spain, Italy and Mexico.

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

ATTRACTING BENEFICIAL CRITTERS TO THE GARDEN



MONARCH BUTTERFLIES

As many of you know, monarchs (*Danaus plexippus*) like milkweed (*Asclepias* spp.). In fact, the caterpillars can't survive without this plant. However, there are other edibles that you can bring into your yard or garden for them to feed on. While monarch larva will need milkweed to feed on, the females need to replenish themselves with plants such as chives, (*Allium schoenoprasum*), May

night salvia (*Salvia x superba* 'Mainacht'), and Siberian wallflower (*Erysimum marshallii*), all of which are hardy in our region.

Got fruit trees or fruiting shrubs? Monarchs like to draw the liquid from different types of fruit. Watermelon, mushy slices of banana, strawberries and oranges all suit their palate. Monarchs eat somewhat like a child with a sippy cup. They have a straw-like pipe they use to suck up liquids, which is the main reason they eat the drippy liquids from rotting fruit.

We need to supply monarchs with these edibles if they are to survive. Common milkweed thrives along the edges of my garden and out on the roadside. However, milkweed is generally in short supply around the country, due to loss of habitat and how we view weeds in general. Milkweed seed can be purchased from many different catalogs, including Prairie Moon Nursery out of Winona, Minn.

We can offer other edibles to the monarchs by placing rotting fruits in a shallow plate or pan. Keep the fruit moist by adding water or fruit juice. We can also plant different types of fruit trees and shrubs, allowing some of the fruit to naturally fall from the vine and become an edible for monarchs and other critters. Finally, you can simply mix four parts water and one part sugar in a glass and pour it into a shallow container. Place the container among your flowering, nectar-producing plants. Keep an eye out for monarchs, which may not show up until mid-Summer in this region.

GARTER AND RED BELLY SNAKES

With a real live-and-let-live attitude when it comes to critters

By Neil Moran

Being at the top of the food chain can cause many of us to ignore what those below us are eating. However, as gardeners we're in a prime position to see what critters further down the rung are munching -- and it may surprise you!

While *we're* growing edibles to eat fresh out of the garden, preserve for the Winter or give away, a whole host of critters are enjoying a smorgasbord of nutritional food, sometimes right under our noses. These beneficial critters help keep things in balance and add to the beauty of our existence. One more reason it's best to avoid using harmful pesticides in the garden.

If you want to attract these beautiful creatures, you need to know what will bring them to the dinner table.

SWALLOWTAIL BUTTERFLY

Take, for instance, the lovely black swallowtail butterfly (*Papilio machaon*). To see one flutter about, you'd think that's all they have to do all day. However, when you're not looking, they're swooping in to feed on fennel, parsley, carrots, dill and Queen Anne's Lace (*Daucus carota*). Think about what these beautiful creatures feed on the next time you're ordering seeds for your garden.

There are over 550 species of swallowtails, residing mainly in tropical areas. However, they can be found on every continent except Antarctica. The famed Swedish botanist, Linnaeus, chose *Papilio*, which is Latin for "butterfly" to name the genus. For the specific epithet, or species name of the swallowtails, he applied the names of Greek heroes. The species *machaon* honored Machaon, the son of Asclepius, who was mentioned in the *Iliad*.

in the garden and even in my home, I've found it's not an attitude shared by everyone in my household. So when I'm spooked by the sudden garter (genus *Thamnophis*) or red belly (*Pseudechis porphyriacus*) snake that slithers out from under a weedy patch in the garden, I simply shake it off and feel thankful that there are critters like these harmless varieties of snakes to help me control the slugs and other pesky critters who want to munch on my leafy vegetables.

In fact, that's one reason I can give for allowing the weeds to get a little out of hand in my garden (besides the fact I get a little tired of weeding by mid-July). The snakes like the cover to hide during the day. At night they'll come out and feed on the critters that feed on my plants. And of course, I appreciate being at the top of the food chain so I can eat slug-free broccoli and cabbage.

TREE SWALLOWS

Every Spring I wait patiently for the tree swallows to take up residence in the nesting box I provided by my garden. I'm not sure what I'd do if they didn't arrive every year. Having them around the garden seems as natural as having garden tools and watering cans.

These migratory birds feed on insects, which they skillfully catch in midair. They also dine on small quantities of fruit. It helps to plant a nice variety of native and non-native plants that will attract insects for the tree swallows and other birds.

Unfortunately, the tree swallows don't stay long enough. Their main objective while they are here is to build a nesting box and get their offspring off to a good start, and then they're gone for another year. I miss them when they leave like I miss the Summer

mornings after Fall arrives and the weather gets markedly cooler.

CEDAR WAXWINGS

My first encounter with these beautiful birds came when I observed them eating the berries off of some winterberry (*Ilex verticillata*) plants outside the office window where I was working at the time. In the Fall they gather by the hundreds to eat the berries off of shrubs and small trees, preferring the berries from winterberry, serviceberry (*Amelanchier canadensis*), dogwood (*Cornus* spp.) and other small fruit-bearing plants.

Cedar waxwings (*Bombycilla cedrorum*) are such pretty birds, sporting a "shiny collection of brown, gray and lemon-yellow, accented with a subdued crest, rakish black mask, and brilliant red wax droplets on the wing feathers," as described by the Cornell Lab of Ornithology. They're a little harder to spot in the Summer, unless you find yourself canoeing on a river; they normally work the rivers most of the Summer in search of flying insects, although I have seen them occasionally among the thick brush by the road.

PLANT A DIVERSE GROUP OF EDIBLES FOR THE CRITTERS

The more diverse plant offerings you have in your yard or property the better it attracts beneficial and beautiful critters. I'm not against planting some of the beautiful hybrid annuals and perennials out on the market. However, if you include native plants in your landscape, it will be like the old saying goes: "If you build it, they will come."

Neil Moran is a freelance writer and blogs at www.northcountrygardening.com

THIRSTY PLANTS

By Edree Hovey

Now that you've gotten all those seedlings in the ground and all those ornamental ceramic pots filled to brimming, don't forget the most important part to keeping those plants healthy and flourishing. Water is the magic ingredient. If you want to be rewarded with blooms and foliage throughout the long, hot Summer, water those plants often and thoroughly.

Some plants will let you know immediately if their water needs have been neglected. Impatiens and their larger cousin New Guinea impatiens are rather dramatic in their attempt to get our attention. If you've planted them in the ground, you'll find them lying prone and if in a hanging basket or planter they'll drape dramatically over the side in a grand show of neglect. Usually, it's not too late to revive them. Try copious amounts of water and return in a few hours. If they haven't been ignored for too long, they most often will have perked up and will be back to their colorful selves. This, of course, is not the way to treat any plant that you love. But a weekend away with the Summer sun beating down on them -- if for only a few hours -- these moisture-loving, shade-tolerant plants can get beyond revival.

Other plants, not quite so drought-sensitive, such as petunias, geraniums, fragrant nicotiana, marigolds, sweet

alyssum and the like, aren't quite so theatrical with their water needs but still require a good soaking every day or two depending on the weather. Although geraniums purportedly don't mind occasional dry spells, it's been my experience that they perform better if they're watered fairly regularly. I've found that watering as often as every day, providing they have good drainage, keeps these colorful, sun-loving plants happy. The more popular foliage plants such as any of the ivies and any of the ornamental ferns also appreciate frequent watering. The best test to determine if water is needed is to push a finger down an inch into the soil. If it feels dry, it is. Get out the watering can.

If you have a small vegetable patch or even a container of patio tomatoes, there is no doubt they love water. Again, be sure there's good drainage because it's a rare plant that enjoys a soggy root system.

And if you are searching for an easy pick-me-up to give a boost to your flowers and foliage plants you can crate a plant tea. Purchase a bag of dehydrated nutrient-rich cow manure, available at any farm supply store or garden shop. Add one or two cups of the dried mix to a gallon of water. Use this beneficial tonic once every 10 days on all the plants that you care about and watch how they'll perform for you.

In the Bay area, with the proper care, you will get to enjoy your efforts throughout the long Summer months and well into the Fall with lots of colorful blooms and fresh vegetables.

AGING IN PLACE IN ANNE ARUNDEL COUNTY

By Lyle Fowlkes

Here at our Home Chesapeake, members have been a dentist, an attorney, a gerontologist, a lobbyist, a college professor, a senior Olympic gold medal swimmer, an analyst at a 3-letter agency and a military officer. *What, you ask, do AHC members with backgrounds like these share when they meet for coffee and discussion?*

Our AHC members share a vision for successful aging in Anne Arundel County. Together we grow stronger and more resilient every day. We discuss ways to plan for our future. We apply our skills and talents to create a social network — “a village” — in our county. Our advocacy helps us navigate the inevitable physical and emotional changes in our lives.

Growth of the aging population is a factor across America. By 2030 older Americans will represent 20 percent of our population. Aging at home is the preferred choice of almost all older Americans. Ten years ago, a small group of Anne Arundel citizens led by Maureen Cavaiola met with the first village founder, Susan McWhinney-Morse, to discuss the creation of one of the first villages in Maryland. Today AHC is a vibrant living organization that is recognized as a national pioneer in creating innovative approaches for growing older. AHC is one of over 200 active villages in 45 states and eight countries with another 150 being developed. Just as you plan for your estate, your will and your legacy, you should also plan for aging and the changes it brings. Each of our members develops their own master aging plan (MAP). The overarching goal of the MAP is to help each one of us think about and implement our wishes to age in place.

The aging process creates unique challenges for us, our families and friends.

Many of us met with our attorneys and walked away with a will and perhaps a power of attorney for health care. (If you have not taken that first step, be sure to do it now—regardless of your age.) During our twice-monthly coffee and discussion meetings, we consider an infinite variety of questions, for example:

- If you are part of a couple, what if a partner dies? Will the survivor continue to live in the home? Will your wishes prevail over those of your children or siblings?
- If you live alone, what if you become incapacitated?

Will you stay in your home? Have you designed your home to be more accessible?

- In either of the above scenarios, what will you do to implement your decision?
- What if, in either situation, incapacity is permanent? What then?
- If you are sufficiently incapacitated and a continuing care retirement community is not an option, what will you do?
- If you have to give up driving, what options are there for getting out and about? Have you considered a ride-sharing service like Uber or Lyft?
- Where do you keep your passwords and other critical documents? These include documents such as birth certificates, marriage license, home deeds, auto titles, etc.?
- How are your bills paid? If you couldn't do it, who would?

These questions and others are part of your MAP, and sharing them with others can help you find the answers.

One of the key features of At Home Chesapeake is that we are not a service provider. Many villages facilitate access to community services, ongoing civic engagement opportunities and help to navigate the networks of aging and health care services. Although AHC provides a list of service providers that have been recommended by our members, such as roofers, painters, plumbers or carpenters who could retrofit your home for aging, we do not arrange those services for our members. We have chosen to focus on the problem of social isolation, which has been identified as the single most important factor that affects aging at home and in the community. To combat loneliness, we developed the concept of “coffee and discussion.” This social glue brings together our community and creates the high level of trust among our members. Social glue happenings include pot luck dinners, crab feasts, talks on critical subjects for seniors by community experts, visits to historic sites, get-togethers with other villages in Maryland and attendance at the National Village Gathering. Truly, our independence as seniors results from interdependence with others sharing the same experiences.

At Home Chesapeake is a 501(c)(3) nonprofit organization. We have no paid staff, but we get loads of hugs! Visit www.athomechesapeake.org and www.vtvnetwork.org for more information, or talk with any of our members. They would be happy to share their personal experiences and advice with you.

For more information, contact Bettie Jo Farrar at bettiefarrar04@gmail.com

10 POSSIBLE HIDEOUTS For Those in Search Of Alone Time

By Penelope Folsom

There are occasions when many of us think how wonderful it would be if we could have just a few uninterrupted hours. It would give us the time to complete that task that we've been meaning to get to, such as finishing a long-ago-started art project or typing our memoir, or starting something new or completing something on our "to do" list. Maybe just taking time to catch our breath and get away from the hustle and bustle of life. There are places available worldwide, and it takes a bit of research, but here are a few of the more practical suggestions:

1. Try artist residencies (<http://thewritelife.com/writing-residencies/>). These offer as much quiet time as you'd like. There's also the possibility of socializing with other artists or writers, if that would be something that would enhance your adventure.
2. People have been known to take long rides on Amtrak (www.amtrak.com). Passenger cars now feature drop down tables similar to those found in airplanes, as well as plug-ins for your electronics. Also featured are club cars and a business class, which can be quieter. Or, opt for a suite where you can close the door and really be alone. Trains go up and down the coast as well as transcontinentally, giving you as much time to yourself as you'd like.
3. Monasteries can be found at www.RetreatFinder.com. Often they offer both room, board and food and are reasonably priced. Some feature "silent retreats."
4. Cruise ships (www.cruise critic.com) offer a port near you. Opt for a room alone or travel with a companion, with the agreement that certain hours of the day are yours alone to hole up in a quiet corner with an endless ocean view. The cooking and cleaning is left to the professionals, and there's room service.
5. It may be as simple as heading to a park bench, picnic table or the beach. Choose wherever you're most comfortable. Bring along your reclining

beach chair and a thermos of a hot or cold treat and start your project.

6. Try that unused room in your home. It could be the guest room or the living room where no one dares to tread. Instead of just heating and cleaning it, why not set up a desk in front of a window to begin your project. It can be off limits to others.
7. There are cabins that are available, but it might take a bit of research to find them. The National Park Service has 42 artist-in-residence programs. It's necessary to apply for space. Log onto www.nps.gov/getinvolved/artist-in-residence.htm
8. There are many resorts within easy driving distance, such as nearby Bedford Springs (<http://visitbedfordcounty.com/springs/>), or for a wide selection log onto www.HomeAway.com. Travel alone or with your significant other with the agreement that you each have a designated time out so you can work on your project. Most resorts have quiet corners tucked away; ask at the desk. Or, put out the "Do Not Disturb" sign and hunker down in your room.
9. For a real adventure, and if you have time to plan ahead, there's also Yaddo in New York (www.Yaddo.com), MacDowell Colony in New Hampshire (www.macdowellcolony.org/about.html), Millay Colony for the Arts (MillayColony.org), Omi International Arts Center (OmiArtsCenter.org) and Wildacres Retreat (wildacres.org), as well as others that are often free for the artist or writer, but require an application process.

10. And lastly, why not your friend's boat? Anchor or tie up in a local harbor or nearby quiet cove and let the captain dinghy to shore, leaving you the much-needed uninterrupted time.

Why not start the search now? Find the perfect place to start or complete that project while the weather is ideal for travel. There isn't a better time to find your secret hideaway.



EXERCISE SHOULD FIT YOUR LIFESTYLE

By Leah Lancione

Experts say if you choose an exercise regime that fits your lifestyle, you are more likely to succeed, meet your goals and stick with it. To make this happen, some things to consider would include your schedule, budget, fitness level and health, where you live, and even your personality. Before starting any new exercise routine, it's wise to check with your physician first. You don't want to try anything that would aggravate a chronic condition, allergies or an impairment of any kind.

Schedule. If you have a busy schedule, consider exercising in smaller increments a few times a day to meet the recommended daily activity level for seniors. The American Heart Association advises 150 minutes of moderate or 75 minutes of vigorous exercise a week to improve cardiovascular health. The goal should be 30 minutes a day, five times a week, or, if your schedule is jam-packed—two or three segments of 10-15 minutes a day. The Centers for Disease Control and Prevention (CDC) also endorses 150 minutes of “moderate endurance activity” a week for folks over 65. The CDC website Healthline (www.healthline.com/health/everyday-fitness/senior-workouts) offers examples of daily and weekly exercises to consider adopting.

Budget. Before you tap into a fitness craze like HIIT (high intensity interval training), CrossFit (high intensity training that incorporates different sports and exercises), mindful movement (exercise with pre- and post-meditation) or something else, consider what's required: gym or health club membership, equipment, a personal trainer, individual class costs, workout gear or shoes, and accessories. All factors should be considered if budget is an issue. The point is to break a sweat, not the bank!

Fitness Level and Health. Although moderate exercise is safe for most folks, experts from the Mayo Clinic recommend that when you do consult with a doctor, mention the following:

- You've never done the activity before.
- You have heart disease.
- You have asthma or lung disease.
- You have type 1 or type 2 diabetes.
- You have kidney disease.
- You have arthritis.
- You're being treated for cancer, or you have recently completed cancer treatment.

Environment. If you live in a community with safe walking or biking trails or sidewalks, make full use of them to get in your daily activity. If your neighborhood isn't prime for walking and you don't have a treadmill, check out the local parks that feature walking and hiking trails.

Quiet Waters Park (600 Quiet Waters Park Road) in Annapolis offers walking trails open to you, and your pet if you wish, though there is a \$6 parking fee (\$5 with handicapped tags and free to veterans and dependents with military ID). The park is open 7 a.m. to dusk daily, except Tuesdays. Similarly, Kinder Farm Park (1001 Kinder Farm Park Road) in Millersville has a 2.8-mile paved perimeter trail and several miles of natural trails available. Kinder Farm Park features the same hours of operation and parking costs.

If you want to try something new, check out what the YMCAs in Arnold (1209 Ritchie Hwy) and in Pasadena (26

Bay Bytes

There may still be time to pick up a short-term position at a park, hotel or resort. Log onto **CoolWorks.com** Be sure to check out the category Older and Bolder.



Magothy Beach Rd.), have to offer. With hours of operation Monday through Friday 5 a.m.-10 p.m. and on weekends 7 a.m. to 6 p.m., you may be able to fit in a class, swim laps or work out on equipment around your schedule.

Personality. You may ask, "What does my personality have to do with exercising?" The answer is - a lot. "Knowing what motivates you, what you really enjoy doing and how your personality affects your routine can help create lasting behavioral change so you stick with a routine," says Jessica Matthews, senior adviser for health and fitness education for the American Council on Exercise (ACE), personal trainer and ACE health coach (www.womenshealthmag.com/fitness/g19923245/best-workout-for-your-personality).

If you need support and continual inspiration to keep going, but prefer to exercise alone, the best option may be to enlist the services of a personal trainer.

If you're confident in your abilities to "chart your own course" and remain self-motivated, find a good workout video to do in the privacy of your own home. Examples include, Absolute Beginners - Cardio & Strength Training Workout for Seniors (for sale on Amazon), Leslie Sansone for Seniors - Walk Aerobics (for sale on Amazon), Balance & Strength Exercises for Seniors: 9 Practices, with Traditional Exercises, and Modified Tai Chi, Yoga & Dance Based Movements (for sale on Amazon).

YouTube also offers free fitness videos that are appropriate for older and active

adults; options of 15, 20 and 30 minutes are offered as well as seated and chair routines. HASfit is a good choice as the trainers show both standing and seated and modified exercises that range from low-impact cardio to standing abs and more with good narration instruction.

Some people, who may be more extroverted, need to be challenged by healthy competition or are motivated by the social component attached to exercising with others. So group fitness, such as a local walking club, a water aerobics class, or yoga, spinning, or Zumba at a gym may be the right choice.

Another good option for those motivated in a group setting, is the Arundel Olympic Swim Center on Riva Road, which has drop-in, pay-as-you-go adult aquatic fitness classes like water aerobics and aqua health, as well as scheduled (by registration) classes in aqua zumba, swimming masters and more. Visit www.aacounty.org/services-and-programs/arundel-olympic-swim-center-adult-fitness-classes for more information or to register for a class.

If water fitness isn't your thing, Annapolis Senior Center offers community college-sponsored daily physical fitness classes over the Summer that range from aerobics (cardiovascular conditioning), tai chi, yoga, Pilates, weight training and even line dancing. For more information or to register, call 410.222.1818 or visit www.aacounty.org/departments/aging-and-disabilities/senior-center/annapolis-senior-center

Whatever exercise you decide to try, make sure it meets as much of the criteria listed above as possible. Only you know what inspires you to overcome challenges and reach goals—in fitness and in life. There's a popular mantra that's worth adopting: "Motivation is what gets you started. Habit is what keeps you going." If you do physical activities that "tickle your fancy," the greater the chance it'll become a lifelong habit.

Leab, a mother of two children, squeezes running into her daily schedule. To challenge herself, and, more importantly, to raise money for two children's charities (Cannonballs for Kayne Foundation and St. Jude Children's Research Hospital), she completes a local half-marathon once a year.

Running is not only a relatively inexpensive way to stay in shape, but a passion. A few years back she adopted the mantra: "There may be a day when I can no longer run, but today is not that day!"

Bay Bytes

How about picking your own vegetables and fruits this Summer? Log onto www.PickYourOwn.org to find local farmers and produce offered. Location, hours and costs are provided.

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

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IMPORTANT NEWS FOR MARYLAND STATE RETIREES

By Sharon Schultz

Maryland state retirees who are Medicare-eligible participants in the Maryland Employee and Retiree Health and Welfare Benefits Program were notified by mail in May that their prescription drug coverage ends on Jan. 1, 2019. The Maryland Department of Budget and Management said that effective that date, prescription drug coverage for state Medicare-eligible retirees will have been removed from the health care package they received upon retiring. To avoid any gaps in coverage, Medicare-eligible state retirees were advised to enroll in a Medicare Part D prescription drug plan, either with Medicare or one of the other private Medicare-approved insurance options in the insurance marketplace. Note that any dependents on the plan who are not Medicare-eligible will not be affected and will continue to receive benefits until age 65, or if they become disabled.

A bill signed into law in 2011 set the date ending the coverage. Jan. 1 was selected to coincide with the federal government's plan to close the coverage gap, also known as the "doughnut hole," in Medicare Part D plans. Part D is like Medicare Parts A and B, but it only covers prescription drugs. The reasoning was that by waiting until July 1, 2019, the coverage gap would be reduced, and retirees made whole by the difference between the actual cost of the drug and the amount that Medicare Part D covers.

However, the U.S. Congress, in passing the federal budget recently, moved up the date for the coverage

gap reduction from July 1 to Jan. 1. That action prompted the Maryland General Assembly to follow suit. On March 27, 2018, SB 187 amended the date of prescription drug plan termination to Jan. 1, 2018.

The Department of Budget and Management's Employees Benefits Division urges retirees not to wait. State prescription coverage for Medicare-eligible retirees ends at midnight on Dec. 31, 2018. Open enrollment for Medicare runs from Oct. 15, 2018, through Dec. 7, 2018. If you have not enrolled in Medicare Part D by Dec. 7, 2018, you will not have a prescription drug plan on Jan. 1, 2019, and will have to pay full price for medications.

The following resources are available to state retirees who are Medicare-eligible and will lose their current prescription drug coverage:

- Medicare – 800.MEDICARE
- State Health Insurance Acceptance Program – 800.243.3425
- Medicare Part D Plans - www.medicard.gov/part-d/
- Help to pay for Medicare Part D coverage, call Social Security at 800.772.1213 or visit www.socialsecurity.gov
- Maryland State Employee Benefits Division – 410.767.4775, email ebd.mail@maryland.gov or visit the website at www.dbm.maryland.gov/benefits

In late September, the Maryland Department of Budget & Management Employee Benefits Division will mail open enrollment packets to retirees' homes that will contain additional information.

Sharon is a writer and photographer who retired from her job as senior manager of court operations for the Maryland judiciary in Baltimore City. Contact Sharon via email at pinkladysps@gmail.com

Medicare-eligible state of Maryland retirees must enroll in Medicare Part D by Dec. 7, 2018, to remain eligible for prescription drug coverage.

Bay Bytes

If you're searching for a vacation rental anywhere in the world and want to eliminate rental agency costs, try going through the owner at VRBO.com or HomeAway.com or Rentalo.com

Why Wait to Celebrate Someone's Life?

By Kater Leatherman

Exit strategies for dying are definitely changing. The days of services with open caskets now seem so outdated. Over the years, the increasingly popular celebration of life has gained favor, where friends and family come together to share and remember the life of the deceased in a less formal and more positive way. But why wait until they're gone?

Take M.B., an 85-year-old woman who was diagnosed with colon cancer. Very bravely, she decided to go "organically," meaning that there would be no radiation and/or chemotherapy treatments to prolong her life. Hospice was contacted to keep her comfortable in the months remaining while she lived at home. When M.B. began to decline more noticeably, her friends organized a celebratory event to honor her life.

At the local Quaker Meeting House, folks walked into a room with tables of food, flowers and her favorite soft music playing in the background. While we waited for M.B. and her family to arrive, I struck up a conversation with a woman about death and dying. She shared with me about her mother's death and how grateful she was that the doctor encouraged the family to let her go, that her body was ready.

"So often, we are encouraged to make bad end-of-life decisions," she said. "The medical industry is built around fighting cancer. There's a lot of money in treating diseases and keeping people alive. We have to take responsibility for finding a better way to die."

I couldn't have agreed more, adding that people also have some control over when they let go. Mothers, in fact, often wait for their children to leave the room, while fathers seem OK surrounded by their loved ones when they take their last breath.

Someone announced that M.B., her husband and two adult children had arrived. When they wheeled her in, everyone stood up and sang "We love you ... oh yes we do." M.B. was then helped to the head table, flanked by her husband on the right and her daughter and son on the left. The mike was passed around. People began to share their memories. Love was in the air.

We can learn a lot about someone when people gather to share their stories. One of the advantages of honoring someone before they die is that you can talk to that person about something they experienced. When M.B.'s daughter took the mike, she emphasized M.B.'s thirst for learning, theater, singing, writing and reading - all interests that she had gratefully inherited.

"She was the fun, engaging mom who put on fairytale puppet shows and loved to explore the shoreline on Martha's Vineyard. We didn't need to coax her to come out and play. She had to coax us. Inside the house, there were books all over the place on a variety of topics."

Reaching for her husband's hand, M.B. looked luminous and at peace as she listened. All the stories were interesting, numerous and varied -- from how much they were inspired by her wisdom to how she helped them through tough times to how she encouraged them to stop making excuses and step up to life.

Someone asked if she would like to speak about her work. She had a manuscript, a memoir that is in the process of being published called *Life on Earth Changes and So Do I*. She told us that nature is where we come from, that the natural world has to be a part of our lives.

Off to one side of the room was a table displaying letters, photographs, her PhD certificate, mementos, articles she had written and a mind map where she had noted "values/beliefs, abilities, talents, friends and places."

Her son, one of the last to speak, reiterated M.B.'s playful nature when he was growing up. He shared that she painted beautiful water colors, practiced yoga long before it became mainstream and started the first recycling group in Summit, New Jersey. It could have been his vulnerability or the fact that he was so proud of his mother's accomplishments, but what made it one of most touching moments that day was that M.B. was there to hear him say it.

Someone then handed her a beautiful box, a little bigger than a shoebox. Inside were love notes and letters from all who attended and those who couldn't be there. Then we gathered in a circle, held hands and sang her two favorite songs, *Simple Gifts* by Elder Joseph Brackett and *If I Had a Hammer* by Lee Hays and Pete Seeger. The videotaped event ended with a group photo, more food and a line of people waiting to say their good-byes.

It was truly a memorable celebration for a woman who led an extraordinary life. Other than those in the room that day, we will never really know how many peoples' lives were changed by M.B.'s presence and her passion for life.

She passed away a little over three weeks later, holding the hand of her beloved husband and surrounded by family.

Kater can be reached at katerleatherman@gmail.com

Bay Treats

I scream, you scream. We all scream for ... orchids? According to the International Dairy Foods Association survey conducted in 2017, vanilla remains the favorite ice cream flavor. "Vanilla has long been the best-selling ice cream flavor not only because it is creamy and delicious, but also because of its ability to enhance so many other desserts and treats. It tastes great topped by whipped cream and fudge sauce in a sundae, with root beer in a float or atop a warm slice of apple pie," explains Cary Frye, the association's vice president of regulatory and scientific affairs.

But beyond that, did you know vanilla comes from an orchid plant? The beautiful, delicate vanilla orchid, which has mystified and enchanted people for centuries, is the only plant in the orchid family that humans consume. Valued as one of the most aromatic and intoxicating spices on earth, the vanilla orchid grows primarily in Madagascar, Tahiti and Mexico. The exotic spice is extracted from the beans which grow on the vanilla plant's flowering vines. The greenish yellow flowers, which bloom for only one day, are large and grow in groups of 20 or more.

Currently, vanilla is found in an estimated 18,000 products on the market. Over 2,000 tons of vanilla beans are produced worldwide each year and it takes five to seven pounds of green vanilla beans to produce one pound of the extract. As it is laborious to grow, process and ship, it is one of the most expensive spices in the world, averaging about \$300 per pound, second only to saffron.

Everything from food to cleaning supplies to beauty products adds vanilla flavor or scent. Cookies, cakes and liquors such as vodkas and rums, and even Coca-Cola and Pepsi, contain this popular flavor. The pleasing scent is used in perfumes, fabric softeners and candles. Vanilla also has health benefits: The soothing scent calms the brain region that processes emotions, reducing stress. As an antacid, vanilla eases upset stomachs.

The United States is the primary buyer of vanilla in the world. In her book *Eight Flavors*, Sarah Lohman writes that Americans consume about 5.4 grams of vanilla annually, "a little over 2 vanilla beans every year. It doesn't seem like much per person, but it adds up to over 638 million beans consumed in the United States each year."

Purchasing vanilla is confusing. Vanilla extract and vanilla flavoring or imitation vanilla enhance the taste of the food you are cooking or baking, but they are extremely different. Pure vanilla extract is a concentrated liquid form of the spice that is made by brewing vanilla beans with ethyl alcohol and water. Imitation vanilla with a slightly bitter aftertaste is typically made with synthetic vanillin. Because the demand for vanilla is very high and because it is so expensive, synthetics are often used instead of natural vanilla. Depending on the food that you will be cooking or baking, chefs recommend using

the real vanilla extract to achieve a richer taste. However, if budget is a concern, the imitation flavorings may be acceptable.

If you prefer to purchase the bean itself, note that one bean is equivalent to one tablespoon of pure vanilla extract. Vanilla beans are expensive, retailing in some specialty shops or online for as much as \$2 or more each. The best vanilla beans are the products of orchids that grow only in tropical climates. Bourbon vanilla

beans from Madagascar are regarded as superior, making them most popular. Bourbon vanilla is rich, dark and creamy with an overwhelming sweet, buttery aroma. In comparison, Mexican vanilla is smoother and darker than vanilla from

Madagascar while Tahitian vanilla contains more floral notes. Vanilla beans are best stored in a tightly sealed container away from light or heat. Do not refrigerate the beans because as they dry, they release moisture, causing mold.

Homemade vanilla extract is a great way to use the beans and it is easy to make. Needed are an 8-ounce glass bottle, seven vanilla beans, and one cup of 70 proof vodka. You may substitute bourbon or rum. The first step is to slice each bean once lengthwise and place in the bottle. Next, pour in one cup of vodka or other alcohol, making sure to completely submerge the beans. Shake the bottle once or twice a week. The last step is most difficult. You will need to wait eight weeks for your alcohol to turn into vanilla. But once it does, you will be delighted with its flavor. Store out of direct sunlight at room temperature.

You can experiment and use a variety of different vanilla beans to create a unique exotic flavor. For example, the floral, fruity, cherry-like notes of the Tahitian variety combine well with the nutty-chocolate flavor of the bourbon varieties. Your vanilla can be enhanced by using your own secret ingredient. No matter how you enjoy this fragrant delicious spice, the fact that it originates from a lovely delicate orchid is amazing.

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

VANILLA: THE ICE CREAM ORCHID

By Nancy J. Schaaf



It's not too late to give up your history and start fresh

Is there a better way to enjoy a Summer day than an early-morning or late-day walk through the stillness of the woods. Here are five of our favorites that are close by and offer meandering walks along quiet, mostly shaded trails.

1. **Smithsonian Environmental Research Center** in Edgewater serves as a laboratory and research center on 2,800-acres along the Rhode River. Open Monday-Saturday 8:30 a.m. to 4:30 p.m., there are miles of quiet trails to explore through the woods and along the water. There are benches and observation areas to watch as the ospreys and eagles glide by. The website for directions and special programs can be found at www.serc.si.edu

2. **Quiet Waters Park** offers a paved trail almost five miles in length that travels around the periphery of the park. A great destination for an early-morning or late-day walk when there aren't quite so many people. Closed on Tuesdays, but parking is available across from the entrance in the lot along Hillsmere Drive. The trail winds through the woods to the South River. There are picnic tables available in covered shelters or just settle on a bench and enjoy. Leashed dogs and bikes are welcome and there's a seasonal concession stand. Lifetime senior (over 60) pass is \$40. Military connection with ID allows free entry. For hours, special events and other information, log onto www.aacounty.org/RecParks/parks/quietwaters/

3. **Cross Island Trail** is one of the most pleasant and under-used trails in the Bay area. The trailhead is tucked

back off Love Point Road in the Terrapin Nature Park, which offers shaded parking. A dirt trail leads to the beach or a paved trail winds through the woods and past creeks all the way to Kent Narrows, a distance of about six miles. No need to pack a lunch as there are four or five excellent restaurants located on Kent Narrows. Enjoy a snack or a meal and then head for the under-used trail behind the Chesapeake Exploration Center that goes out to a spit of tranquil land.

For more information and a map, log onto www.trailink.com/trail/cross-island-trail/

4. **Calvert Cliffs State Park** offers six different trails of about three miles each that will take the hiker down to a quiet beach on the Bay. With a bit of intense scrutiny it's almost guaranteed that you'll find a shark's tooth or fossil washed up along the beach. The park is open from sunup to sundown and the fee is \$5 per car. Backpack a picnic to enjoy down at the water's edge. Learn

more at <http://dnr.maryland.gov/publiclands/Pages/southern/calvertcliffs.aspx>

5. **Severn River Run** allows a quiet walk through the trees along the headwaters of the Severn so try this little-known trail. It has a few minor hills and can be slippery after a rain, but it's a delightful out-of-the-way treat on a quiet Summer day. It has few amenities, but the stillness and views along the water make it all worthwhile. To find the access point, travel along Indian Landing Road to just past Larue Road and park on the right. Look for the trailhead a few yards down on the left. Another access point is on Veteran's Highway where it parallels Route 97. Pull into the driveway at 8737 Veteran's Highway, Millersville, and park on the left. Access to trail is easily visible.

Why not bring a few friends, backpack a picnic and cold drinks and enjoy the quiet and coolness of a walk in the woods?

FIVE FAVORITE COOL WALKS

By Penelope Folsom

Bay Bytes

If you're searching for outdoor entertainment through the Summer, log onto www.ArtsAmerica.org where you will find more than enough free or reasonably priced outdoor fun.

SUMMER QUIZ ACROSTIC
 The lyrics of the popular song "Hall, Hall, the Gang's All Here" were written during World War One by D. A. Esrom. The melody is taken from a song that debuted nearly forty years earlier in which zany Gilbert and Sullivan operas?
OPERA: THE PIRATES OF PENZANCE
 A. On the Brink
 B. Pseudonym
 C. Savoy Theatre
 D. Eddy
 E. Only
 F. Fats
 G. A Farwell to Arms
 H. The Merry Widow
 I. Entabaria
 J. Patsy
 K. Sings
 L. Zoro
 M. Nihil
 N. High
 O. Edged
 P. Father song
 Q. Inward
 R. Nabs
 S. Cynosure
 T. Egal
 U. Twill

BOOKS:

Old, New and Obscure

STRAPLESS: JOHN SINGER SARGENT AND THE FALL OF MADAME X

By Deborah Davis

Penguin Books, New York (2004)

If you have never heard of the American portrait painter, John Singer Sargent, perhaps you have viewed his most famous painting, that of Virginie Amelie Gautreau, also known as "Madame X," the basis of this novel.

Deborah Davis gives a comprehensive view of the art of the 1880s and how little has changed since then. It seems amazing that a strap falling off the shoulder of the model would cause such a furor when we think of the rampant nudity and semi-nudity that we see every day, not just in art, but also in social media and everyday life.

But cause a furor it did, almost derailing the career of a talented artist, and tarnishing the reputation of a darling of the social calendars in that time, to the point where she withdrew from the spotlight for a time and blamed Sargent for this scandal. Sargent had to repaint the portrait, adding two straps on the shoulder this time, before the critics could be silenced.

The legendary "Madame X," was born Virginié Amelie Avegno, later Gautreau, after she married, but she was always known as Amelie. Her career as a famous beauty and socialite began in the brilliant and decadent setting of Paris and then to the city of New Orleans in the height of its antebellum notoriety. She was in demand at all the elite parties and social events of the time. One of the signs of notoriety was having your portrait painted by a famous and talented artist such as John Singer Sargent. This was also important to him to be chosen to paint such a well-known and popular beauty.

But the strap off the shoulder was their downfall. The Belle Époque salon in Paris had displayed many of Sargent's paintings after many years of turning him down, and was anxious to hang this one as well. The patrons who viewed the showing were dismayed and thought it was scandalous.

Lest you think this is all that happens in *Strapless*, there are several colorful characters, most of them who actually lived in that period. Dr. Samuel-Jean Pozzi, a noted physician as well as a dashing and adventurous gynecologist, is well documented in

the plot. Also Albert Bellaroché, another artist who may have been the love of Sargent's life, plays an important role in the life of Amelie and Sargent. The composer, Richard Wagner, also is mentioned several times, along with well-known socialites and "hangers-on" of that period.

Sargent had the last laugh in his ongoing dispute with Amelie. He took her name off the portrait and just called it "Madame X." But to show how much he prized the painting, in spite of the scandal, he hung it in his studio for several years during the furor.

This book might compel you to see the actual portrait that has made the rounds of major art galleries. Last I heard it was hanging in the Metropolitan Museum of Art in New York. There are also several other books featuring the art of John Sargent and his famous portraits.

See you at the Gallery!

~ Peggy Kiefer

PROMISE

By Minrose Gwin

Harper Collins, NY (2018)

What is it about Palm Sunday and tornadoes? When my family moved to northern Indiana in 1982, we were told of the destruction caused by the tornado outbreaks across six states on Palm Sunday 1965. The 47 tornadoes killed 217 people and injured more than 1,500. Friends told us about barns and homes reduced to match sticks and farm animals flung across the county.

On Palm Sunday 1936 a massive tornado raced through Tupelo, Mississippi, reportedly preceded by a fireball. The official death toll of the F-5 (highest on the Fujita Scale) storm was between 216 and 233 and more than 1,000 people were injured, many losing limbs. Minrose Gwin, author of the novel *Promise* and granddaughter of survivors of the tornado, writes that those statistics are inaccurate because the number of dead and injured African-Americans, one-third of the population, were never recorded.

Those facts form both the setting and plot intricacies of this novel. *Promise* reads like a cross between historical report and suspense thriller. Vivid and sometimes graphic descriptions portray the hours leading up to the storm and the following six

Step out of your comfort zone and see what you can achieve.

days while citizens search for family members in trees, under mud, in makeshift hospitals and in box car villages set up in early recovery efforts aided by the Civilian Conservation Corps.

Most compelling, though, is the story of Dovey, an African American woman who supports her family by doing the laundry of the wealthy white families. The story of Dovey, her husband, granddaughter and great grandson is intertwined both before and after the storm with that of the McNabb family, whose laundry Dovey washed and mended. To describe the plot in more detail would share secrets and spoil the suspense for the reader.

The book includes brief background notes and 15 pages of historical photographs; interestingly only one includes an African-American. With rich and often poetic language, Gwin breathes life into the characters and illuminates the unequal, yet complex relationships between races and classes made explicit during a natural disaster.

~ *Mary Barbera*

A SQUARE MEAL: A CULINARY HISTORY OF THE GREAT DEPRESSION

By Jane Ziegelmand and Andrew Coe
HarperCollins, NY (2016)

The Great Depression was the first time that city dwellers faced acute poverty in large numbers. It was also the first time that their hungry rural relatives migrated in droves to the city. It was a time of shocking economic and social upheaval. Those in power attempted to distinguish between the deserving poor—women, children, the disabled—and the undeserving who were merely lazy or drunkards or shiftless.

Malnutrition became common as government employees and social workers promulgated three levels of diets, based on available food, affordable food and the number of calories thought to be needed by persons (men) in various professions. Home economists and agricultural extension agents offered recipes and ways to make ends meet.

Although one-fourth of the country's women were employed, no help was available for them. They were part of an invisible army of the hungry. Breadlines and soup kitchens were only for men. Both the settings and the implications of associating with such riff-raff made visits to such places inconceivable.

It wasn't until schoolteachers began noticing that children were absent repeatedly that home visits revealed that they couldn't come to school because they had no shoes or Winter clothing. More significant, such visits uncovered widespread malnutrition.

For every effort to ameliorate the situation, another argument for not creating dependence arose. In order to support the women, Eleanor Roosevelt urged dietary restraint at the White House. She instituted simple meals based on the recommendations of government dietitians.

This fascinating book tracks food ways over several decades, including discussions of both kitchen design (apartment kitchenettes) and preservation (refrigeration and the development of frozen foods).

Food stamps supplanted breadlines as the crisis wore on. Recovery and full employment only arrived when the country prepared to enter World War II. Compassion and coercion went hand in hand during this grim period of our national history.

~ *Tricia Herban*

MY LIFE, MY LOVE, MY LEGACY

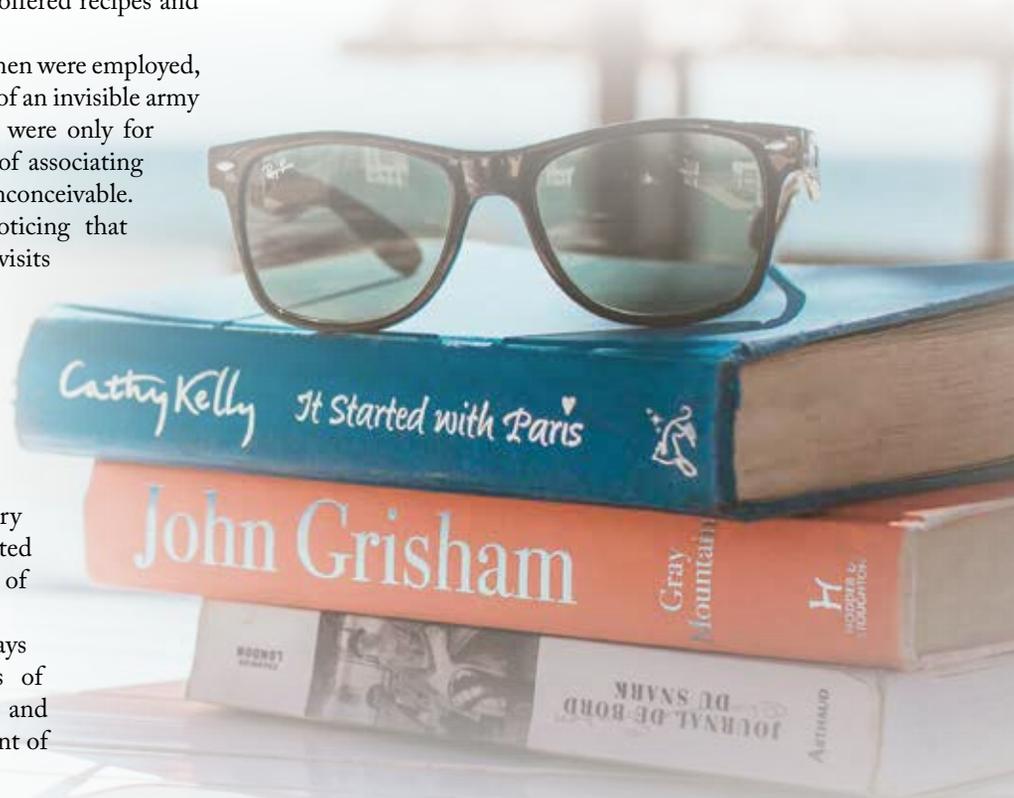
By Coretta Scott King
Henry Holt and Co., NY 2107

Coretta Scott was born in 1927. She lived 80 years, through times of amazing social transformations, many of which she helped shape. When she went north to Boston to study voice, her goal was to make her way as a singer. She believed that her magnificent singing voice was a gift from God and that it was her calling to use it in her ministry.

When she met a young divinity student, Martin Luther King, and fell in love, she anguished over the prospect of sublimating her career to his calling to the ministry. It wasn't that she didn't believe in fighting segregation—she had already begun that battle on a personal level while a student teacher at Antioch College where she was involved with the NAACP and other student rights organizations.

Once married to Martin Luther King, Loretta Scott embarked upon a life of active service, parenthood and self-discovery. After his death, a death that they had both anticipated for years, she took on the mantle of nonviolence, speaking throughout the world, singing to raise money for the King Center and directing its board. In the 40 years remaining to her, Loretta, worked tirelessly to create and preserve the King legacy. She moved at the highest levels of society as an international celebrity. There is much to learn about this amazing woman—both what she accomplished and what the world looked like from her unique perspective.

~ *Tricia Herban*



Bay Trekking

After a lifetime of long road trips all over the United States and parts of Europe, we have lamented more than once that we could have used some particular item that was left at home. We often travel for up to eight hours before pulling over for the night. The distances can often feel endless. With the help of a few traveling friends, we have put together the following check list of handy items as well as a few things that can relieve the monotony of a long road trip.

COOLER with ice packs can be invaluable. Doesn't have to be large. Pack bottled drinks such as water or iced tea and snacks

UTENSILS such as plastic forks, spoons, plastic plates and a sharp knife, so that you don't have to rely on road food. Having a supply of peanut butter and bread for easy-to-make sandwiches as well as fruits and trail mix are welcome additions.

MAPS, the old-fashioned paper type, are still a good backup for directions. Sometimes it's easier to see the big picture.

THERMOS for coffee can be a nice addition. Many coffee shops will fill it for you.

AUDIO BOOKS or **CDs** from the library or purchase them for a welcome diversion. There are also endless podcasts available to listen to, either on your speaker or with ear buds.

EXTRA CLOTHING such as a raincoat, sweater, hat and walking shoes. Even a fold-up umbrella could come in handy.

CAMERA takes up little room even though you have an iPhone. The camera can often take a better shot.

FLASHLIGHT is always a good idea even though most iPhones come equipped with one.

ADDRESS BOOK, although most phone numbers are already recorded in your iPhone, it is still worth having a purse-sized address book, which can also have those hard-to-remember passwords. Encode them, of course, so that only you understand them.

EZ PASS because if you haven't gotten around to picking up one yet, look at the lines at the toll booths and you'll know why an EZ pass is a must. Log onto www.ezpassmd.com for information. The pass allows discounts at some of the tollbooths.

MAGNIFYING GLASS for hard-to-read print. They're small and take up little space. Find one with a light that

By Edree Hovey

will be a welcome addition to nighttime map reading.

GAMES such as a book of crossword puzzles or download an app such as, "Are You Smarter than a Fifth Grader?" for an amusing way to help pass the time.

CUPS with lids. Pour in your favorite drink when you're tired of the fast food iced delights.

PAPER TOWELS for the occasional spill or to clean the inside of the windows. Hand wipes are also a good idea.

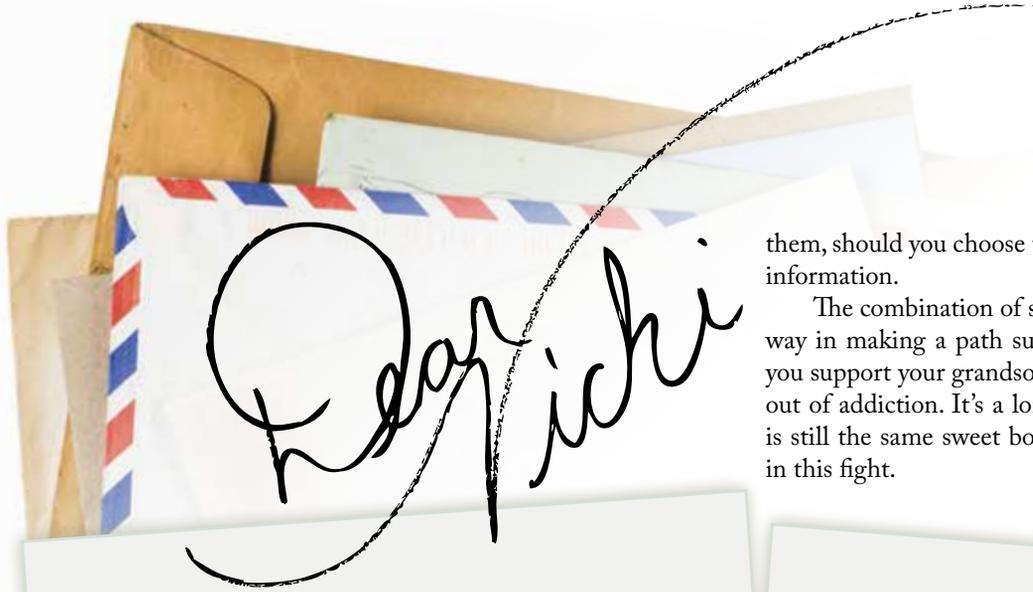
MUSIC appropriate to your destination as in a mix of beach music or popular oldies. Also, if you don't know the words, there's an app for that: Download MusicID, which will not only identify the song, but provide the words so you'll get to sing along.

ELECTRONICS to include your laptop and iPhone, and don't forget the chargers.

Why not keep a *bring along* list of everything you need to remember and keep it in your favorite suitcase or even in the glove compartment - you can check it before departing.

SUMMER ROAD TRIP





Dear Vicki,

Recently at a social gathering, the topic of drug abuse came up. The negative comments about addicts being low-life losers broke my heart because my grandson has struggled with addiction for a number of years. It has torn apart our family and I feel a great deal of shame about it. Please tell your readers that addiction happens in good and caring families too. My grandson may be an addict, but I remember when he was a dear little boy who collected baseball cards and wanted a pet frog. I love him still.

them, should you choose to do so, without divulging any personal information.

The combination of support and education often goes a long way in making a path such as yours more bearable. It will help you support your grandson as he tries to make the arduous climb out of addiction. It's a long and difficult journey but, indeed, he is still the same sweet boy inside. Do your best to stand by him in this fight.

Dear Vicki,

It's wedding season again, and last year it nearly broke our budget! Our grown children had many childhood friends who spent a great deal of time at our home. In fact, sometimes they almost seemed like our own kids. Well, these kids are now starting to marry and have babies and we are invited to showers, teas, weddings, baptisms, etc. We appreciate being included, but live on a retirement income and cannot afford lavish gifts. Even worse are the destination weddings that now seem to be the rage. I don't have the budget for this, but don't want to hurt anyone's feelings either. What should I do?

DRUG ADDICTION AND GRANDCHILDREN

Indeed, you are so correct and my heart goes out to you and your family. Drug addiction is a disease and a plague in our society that most certainly happens in all types of families. No one type of family background is immune from this scourge. And, just like you, family members of the addict often suffer guilt and embarrassment in silence. Current estimates are that 45 million people in our country are impacted by addiction. You are not alone.

There are a couple of resources that I can recommend. No doubt you already know about Alcoholics Anonymous and the companion support group for families called Al-Anon. While Al-Anon is aimed at people with any type of addiction, there is another more specific group for family and friends of people who are addicted to drugs. Nar-Anon (nar-anon.com) meetings are held to offer support and encouragement to those whose lives are being affected by a loved one struggling with addictions. The meetings are led by lay persons who have walked in your shoes. Meetings are confidential and geared to help ease the isolation and shame that you mention.

Also, check out the national resource Facing Addiction (facingaddiction.org). This is a powerhouse of a site offering information, resources and opportunities to get involved in the fight to address the public health crisis of addiction. If you educate yourself with some facts and figures, the next time an ill-informed acquaintance makes a hurtful remark, you can correct

I DO, I DO, I DON'T

Recently I read that the average destination wedding attendee spends more than \$600 including the airfare, hotel and gifts. Add that up to multiple weddings and it amounts to a chunk of change!

Honesty is the best policy, coupled with a timely RSVP. Simply decline politely as soon as you know that attending the wedding is not something that fits in your budget. Gifts need not be lavish either. Most engaged couples have a wide price range of items on their registry. If not, just choose something thoughtful and simple that is affordable for you. A beautiful card with a sincere message and a nice photo frame is always in good taste.

If you are pressed about your reasons for forgoing the festivities, warmly say that you wish the new couple the very best and wish you could attend but that you can't make it. Whether or not you want to add that attending would pose a financial burden is completely up to you. Weddings are wonderful, but not if they squeeze you financially. And take heart: Weddings tend to be cyclical. They grow, peak and then diminish in frequency as your grown children age. This won't be a problem forever!

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

SUMMER QUIZ-ACROSTIC

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

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Directions

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

- Henry Paulson's book about the financial crisis of 2008 (3 wds.)
- Pen name
- Tellurian
- University ritual often held in the fall
- Hemingway classic (4 wds.)
- Franz Lehár operetta (3 wds.)
- Euphoric
- Inched
- Comic opera's rapid-fire musical number (2 wds.)
- Directed toward the center
- Castigate
- Cooperative, supportive associate
- Slacks fabric
- Small whirlpool
- First public building lit entirely by electricity (2 wds.)
- Solitary
- Chew slowly and thoroughly
- The Lass That Loved a Sailor: H.M.S. _____*
- The part of a classical temple above the columns
- Nothing
- Don Diego de la Vega
- Ottoman Empire military commander
- Captures
- Center of attention
- Alike (obs.)

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

Quiz-Acrostics and Quiz-Acrostics Book 2, published by Puzzleworm, are available at amazon.com.
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DDT IS A CHEMICAL CLOAKED IN MYTH.

The synthetic compound was created in 1874. In 1939 the Swiss chemist, Paul Hermann Müller, discovered its powerful insecticidal properties, leading to its commercialization. Müller, who was not a medical researcher and lacked a medical degree, received the 1948 Nobel Prize in Medicine.

During World II the U.S. military dispensed DDT to troops to successfully control disease-carrying insects. Post-war DDT use dramatically expanded, primarily to fight malaria. Initial results were spectacular; the mosquito-borne disease declined significantly. DDT was also widely used in agriculture. It seemed that the world had acquired a safe, effective, “miracle” product that would protect people, livestock and crops. But myths about DDT abounded:

MYTH NO. 1: “DDT IS GOOD FOR ME.”

DDT’s early successes led to complacency and hyperbole. Photographs from the 1950s show tanker trucks liberally dosing neighborhoods with sticky clouds of DDT, as children frolic in the chemical mist. Authorities advised parents to spray their children before they went outside. A popular ditty of the time declared, “DDT is good for me!” The U.S. was soon producing nearly 200 million pounds of DDT annually. Then came Rachel Carson’s *Silent Spring* in 1962, and the public learned that DDT had some nasty side effects.

MYTH NO. 2: RACHEL CARSON WAS THE FIRST DDT TOWN CRIER.

True, *Silent Spring* substantially raised public awareness of the chemical’s hazards, but there were worries from the beginning. Many citizens already feared the potential toxicity of pesticides. A 1945 *National Geographic* article reported that scientists were concerned about DDT killing beneficial insects, including pollinators, with resultant damage to plants, fish and birds. The War Production Board, on releasing DDT for public sale, warned the chemical could “upset the balance of nature.” Some states banned or restricted its sale; others issued warning labels. The U.S. Public Health Service, professional entomologists, and even Monsanto cautioned about potential dangers, including to humans. Newspaper and magazine articles echoed the concerns. These worries predated *Silent Spring* by more than a decade.

MYTH NO. 3: DDT WAS BANNED AFTER SILENT SPRING.

By 1970 substantial evidence confirmed that widespread DDT use caused environmental damage. The pesticide killed beneficial insects as well as targeted species, disrupting ecosystems. Bioaccumulation of the chemical threatened birds higher in the food chain. Top avian predators, like eagles, ospreys and peregrine falcons were particularly susceptible, as high concentrations of DDT inhibited calcium production causing

thin egg shells. Populations of these species plummeted through the 1960s, including in Chesapeake Bay. And the very insects that DDT targeted were developing resistance to the toxin, including 19 species of malaria-transmitting mosquitoes. Three-fourths of India’s malaria mosquitoes became immune to DDT.

Startled by these observations, the U.S. government enacted DDT controls in 1972, but not an outright ban. DDT was prohibited in agriculture, but still allowed if public health was at risk. Even Rachel Carson had acknowledged that DDT would remain an important weapon in the anti-malaria arsenal.

MYTH NO. 4: DDT IS ON THE WAY OUT.

The 1972 U.S. policy did not extend to other nations, but many established their own restrictions. The 2001 Stockholm Convention (with nearly 200 nations now subscribing) limited DDT use to malaria control, established a DDT Register, and aimed to eliminate the insecticide by 2020. Global use of DDT has steadily declined since the convention, as have malaria mortalities. But half the world’s population remains at risk from malaria, which still kills over 400,000 people annually, especially in Africa and Asia. So global DDT use is still widespread,

and actually increasing in some countries, including India, which accounts for four-fifths of the world’s usage. The insecticide is also applied against other vector-borne diseases, including dengue and leishmaniasis.

MYTH NO. 5: THE SCIENCE ABOUT DDT IS SETTLED.

There is scientific consensus that widespread use of DDT harms the environment. But our knowledge of the chemical’s effects on human health is far less certain. It’s clear that exposures to large concentrations are toxic, but studies of the effects of small doses, even persistent, have had mixed results. Clearly more long-term research is needed. Even when the science should be settled, it’s not. A recent backlash against Carson’s *Silent Spring* claims, falsely, that the DDT “bans” that it catalyzed have caused millions of deaths from vector-borne diseases. Carson has even been compared to mass murderers like Hitler, Stalin and Pol Pot. Her detractors would presumably favor returning to the 1940s *status quo*.

Where do we stand now? Detractors aside, there is a global consensus to completely eliminate DDT. There is also growing appreciation for alternative, safer disease vector management approaches, from removing stagnant, mosquito-breeding pools, to greater use of organic pesticides, and even to manipulating the genomes of insects to make them disease-resistant. The bottom line: DDT still has staying power, but its days are numbered.

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

DDT: MYTH, REALITY AND THE FUTURE

By Henry S. Parker



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