

Complimentary

Fall 2018

Outlook

for the Bay Boomer and beyond...

by the Bay

**ANGST
REVISITED:
EMPTY NEST
SYNDROME**

**Autumn Spices
Warm the Body**

**FISHING POLES
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**THE
Gift
OF
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Letters to the editor

FAMILY HISTORY

Just read the newest *Outlook by the Bay* and think it's the best issue yet. Really liked so many of the articles and especially Passing on Family History by Maureen Smith! It may inspire me to start the autobio that has been in my brain for years! (Also enjoyed especially the articles written by Kater Leatherman.)

Keep up the good work.

Jane G., Annapolis

CRABBY

Ah, such a tragedy that the Annapolis boy from Baltimore, the 'crab cake snob' and lover, left his native roots to become a NY Yankee and chose to eat his crab cakes in the Bronx and not in Orioles' land. Chesapeake Bay crabs might have provided him a more savory swimmer and perhaps luck.

Phil F., Arnold

MEMORY LANE

I read Kater Leatherman's article about Peace Pilgrim and remember meeting her when I was 9 or 10 years old. We met in front of a church in Cecilton, Maryland, that has since been torn down. My father found her message interesting and offered her dinner and a place to rest for the night. I forget what we had for dinner, since we found our guest so interesting. We all stayed around the table talking until homework and bedtime. The next day on our way to school, we took her back to the church.

Many conversations later, we were all talking PEACE! Later in life, I named my boat PAZ, (PEACE in Spanish, now named ELF).

Captain Rick, Annapolis

CORRECTION FOR SUMMER GRILL: TRYING BURGERS WITH A TWIST

Please accept our apologies for a misprint during layout in our Summer edition article "Summer Grill: Trying Burgers with a Twist." In the recipes Lamb Burgers with Garlic Mint Mayonnaise and Hot Pepper Burgers with Avocado and Grilled Onion, some of the ingredients are listed out of sequence.

For the lamb burgers the ingredients list should read: 1 large egg; 1 lb. ground lamb; 1/2 cup soft, fresh white or wheat breadcrumbs; 3 Tbs. fresh parsley, chopped; 1/2 tsp. kosher salt; 1/2 tsp. freshly ground black pepper; 2 garlic cloves, minced; 2 shallots, minced; 1 English cucumber; 4 brioche or hamburger rolls, lightly toasted.

For the beef burgers the ingredients list should read: 2 jalapeno peppers, seeded and minced; 3 Tbs. cilantro, chopped; 1 tsp. ground cumin; 1 tsp. kosher salt; 1/2 tsp. freshly ground black pepper; 1-1/2 lbs. ground beef; 1 red onion, sliced in rings; 4 brioche or hamburger rolls, lightly toasted; 4 slices pepper-Jack cheese; 4 tomato slices; 1 peeled and sliced avocado; 1/4 cup pickled jalapeno pepper slices.

We hope these errors have not caused any inconvenience.



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If you don't take a chance, how will you advance?

OutLook

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FROM THE DESK

So what exactly is grit and why do some people have it and others don't? Why do some people exceed all expectations and others languish even though there was the promise of a bright future? In a recent article I read online, it was suggested that "grit" might very possibly be the secret ingredient to success.

So, here we go again, like the question we raised a few issues ago, what's an adult? Well in this issue let's define what "grit" is and why some have it and others don't. (And maybe this begs another question: Why do I ask so many questions? Shouldn't I have most of the answers at this age?) But back to grit, if we don't have it, is it too late to find our "grit?"

So I asked Linda, who is a great source of verifiable information. She's worked with the public – specifically children -- for probably 30 years. She can spot "grit" in the youngest of students, almost to the point of being able to make a fairly accurate prediction of where children are headed and how successful they're going to be as human beings. She's able to see who will be able to take on life's challenges and successfully surmount obstacles thrown in their path and continue moving forward. Her take on it was that it's problem-solving from different perspectives. It's successfully dealing with the ups and downs; it's saying to yourself, I can do this. It's a strength from within. It's someone who possesses resiliency to the vagaries of life, which is my favorite take on it.

It can also be defined as perseverance, tenacity and maybe passion. People who have grit welcome a challenge, and they have doggedness, which may come from character. From personal experience, they seem to have endurance, never let go, they're passionate, they never give up. They have tenacity; they don't fear failure.

Maybe this is what started it: Not too long ago I connected with two soon-to-be members of AARP who were venturing out to start new companies. Both start-ups were similar to jobs they'd been doing all these many years, but they were now taking the risk of being in charge. No more guaranteed paychecks or insurance coverage. Their new circumstances are going to take lots of *grit* because they're both still at the tuition-paying stage and need to be aware that their retirement years will come all too soon. But they've both stepped out of their secure environments and are going into an uncertain future. Now that's grit.

Well why do some of us hold back and others surge forward? And further, do we all have to have grit? And then, did you ever wonder if it's not grit, then is it mediocrity? Is that so bad? Do we all have to be on the inside track of climbing the success ladder or can we enjoy where we are or maybe at this age, enjoy what has been?

Interestingly, I discovered that the word grit was probably first used in 1808 in American English. And then I was tempted to question Kory Stamper, a well-known lexicographer who appears on page 24 of this issue as to the word's origin. I took a look at her current book *Word by Word* and noticed that she used the word only once and then it was in reference to the coffee in her office, which she also referred to as anachronistic. This is, by the way, what a lexicographer does. They have fun playing with words.

Still not satisfied with what I'd been coming up with, I asked Siri. So Siri what's grit? Her answer: "indicating the grade of fineness of an abrasive." Well that was helpful!

But here's a good final answer: Grit is what many of us would like or at least want in our children and grandchildren -- to be able to overcome obstacles and complicated situations. To be able to problem-solve and move forward. To be resilient, and to be able to create and maintain a successful and rewarding life. That's grit.



Nothing says Fall like pumpkins! These large fruits -- yes, they have seeds -- grace patches toward the end of September to early October. Planted from the last week in May to mid-June, they take 90-120 days to grow and become ripe and ready for picking. So, what's the story behind these plump relatives of squash and gourds that have a thick, ribbed shell, stringy pulp and tons of seeds?

To start, pumpkins are native to North America and are commonly grown for commercial use—both for food and recreation. Pumpkins play a special part in every Thanksgiving in the U.S., with pumpkin pie being the traditional dessert served. Derivatives like pumpkin roll, pumpkin cheesecake, pumpkin cookies and pumpkin-spice lattes are also popular this time of year. Of course, carved pumpkins, or jack-o'-lanterns, are central figures in the celebration of Halloween, lighting up many of our porches.

Wikipedia explains that the word pumpkin comes from the Greek word *pepon*, which means "large melon." The French modified it to *pompion*, then the British tried *pumpion*, which the American Colonists later evolved to *pumpkin*. Children's books like *Seed, Sprout, Pumpkin, Pie (Picture the Seasons)* by Jill Esbaum describe how pumpkins invoke the season through their arrival in fields and their scent, e.g., pumpkin spice, in homes and stores everywhere. Pumpkins have become an indisputable symbol of Fall. As such, there are countless cookbooks devoted to recipes that highlight pumpkin flavor. *Purely Pumpkin* by Allison Day offers pumpkin recipes, both savory and sweet, for every meal of the day, whether it's beverages, bread, soups, desserts or healthy and hearty dishes.

So, how did pumpkins become so beloved and anticipated in Autumn? According to the History Channel, the tradition of carving pumpkins into funny or spooky faces Halloween night originated in Ireland -- albeit with turnips or potatoes, not pumpkins. When Irish immigrants came to America and encountered pumpkins, the new Halloween ritual began.

In addition to their decorative nature, pumpkins are nutritious. A WebMD article even goes as far as to call pumpkins a "low-calorie superstar." With a good supply of beta carotene (that is converted in the body to Vitamin A), a hearty dose of fiber that helps keep you fuller longer, and high water content, pumpkins are a source of lutein and zeaxanthin, "two antioxidants that are thought

to help prevent cataracts and slow the development of macular degeneration." The WebMD article also notes pumpkin contains 20 percent of the recommended daily amount of vitamin C.

Many beauty websites and blogs also tout the benefits of pumpkin-based facial masks, peels and scrubs (some with honey, oatmeal, an egg, milk and cinnamon), thanks to the many vitamins and natural fruit enzymes in the pulp that can brighten, smooth and rejuvenate skin. Some beauty experts also say pumpkin facial treatments can help lighten dark age spots, smooth and hydrate skin and prevent acne.

For a do-it-yourself pumpkin face mask that contains just four simple ingredients: pumpkin puree, an egg, raw honey and apple-cider vinegar, visit <https://livingthenourishedlife.com/pumpkin-face-mask-recipe/> Popular beauty blogger Farah Dhukai offers her how-to guide on YouTube for a "Glowing Skin Peel" using pureed pumpkin, papaya and an egg.

Also, two skin care brands carried at department stores, Ulta and Sephora, offer their own ready-to-use pumpkin facial treatments like Peter Thomas Roth's Pumpkin Enzyme Mask (\$58), Kate Somerville's ExfoliKate Intensive Exfoliating Treatment (\$24), OLEHENRIKSEN's Moment of Truth 2-in-1 Polishing Sugar Mask (\$42), or TooCoolForSchool's

Pumpkin Sleeping Pack (\$20). A cheaper option can be found at Target: Urban Skin Rx Purifying Pumpkin Pore Detox Mask and Scrub (\$16.99). Also, Andalou Naturals Pumpkin Honey Glycolic Mask (\$12) is available on Amazon.com.

Any way you look at it, pumpkins play a big role during the Autumn months. Entire Fall festivals pay homage to the whimsical pumpkin. In Laconia, the weekend-long New Hampshire Pumpkin Festival draws more than 40,000 visitors each October and features an iconic Jack-O'-Lantern Tower! Circleville, Ohio (25 miles south of Columbus), hosts a Pumpkin Show (the oldest and largest in the state) every October, with giant pumpkins, vendors, food, rides, music, a parade, "Miss Pumpkin" and "Little Miss Pumpkin" pageants, and the world's largest pumpkin pie. The town is even home to a pumpkin-topped water tower! For more information, visit www.pumpkinshow.com

Maryland is home to many town pumpkin patches and Fall festivals as well. Summers Farm in Frederick presents the Maryland Pumpkin Festival each October with a pumpkin hunt, pumpkin-sculpting demonstration, face painting, live entertainment and fireworks.

Don't miss all the festivities and enjoy one of many things American Indians introduced to the Pilgrims. It was a valuable addition to the limited availability of foods for the new settlers.

The Origins of Pumpkins A Favorite Fall Fruit

By Leah Lancione

Both versatile and delicious - from a fun Fall decoration to a nutrient-packed food.

Let's face it, some people are naturally more flexible. Though increased flexibility can be achieved through stretching and exercises based on stretching (yoga, barre or Pilates), it's helpful to bear in mind that factors such as age, gender, exercise or athletic experience, injuries or chronic conditions, and lifestyle can contribute to one's flexibility. According to WebMD.com, flexibility refers to the range of motion for a joint. "The degree of flexibility that a person has is influenced by muscles and connective tissues, like ligaments and tendons." So, genetics is a big part of the equation too.

WebMD also points out that the amount of flexibility needed for your body may be dependent on the activity you want to achieve. "The appropriate amount of flexibility that you need is specific to the primary movements of your daily life or sport." So, if you're a grandparent who needs to bend down to pick up young grandchildren a lot, improving range of motion in your back, knees or hips through stretching may be a good idea. If you walk or run daily, you needn't work toward doing the splits, but proper stretching will help with potential post-exercise hamstring quadricep strain or even prevent shin splints.

It's important for everyone to stretch and work on improving flexibility. Stretching helps your body to move more easily. Not just for athletic endeavors, but for normal activities like getting in or out of a chair or bed, entering and exiting the car, reaching for objects, bending over, getting dressed and more. There are various stretches that target specific areas, so all muscles, tendons and joints can work effectively to help you move and complete necessary activities. The National Institutes of Health (NIH) offers 20 age-appropriate stretches for every part of the body—from the neck and shoulder all the way down to the back, hips, thighs, calves and ankles. Visit <https://go4life.nia.nih.gov/exercises/flexibility> to give them a try.

The NIH recommends warming up with a light walk before doing stretches to prevent injuring a muscle. However, if you are doing endurance or weight training, complete your stretching routine *after*, not before. Additional tips include continuing to

breathe regularly during stretching, holding each stretch (without bobbing or jerking) for at least 10 to 30 seconds, and no locking of joints. It's important to discuss a new stretching routine with your doctor if you have inhibited range of motion due to an injury or another condition. Your doctor, specifically a physical therapist, or even a certified fitness trainer, can help you determine whether static (holding a specific position with a muscle being stretched to a point and then repeating), dynamic (moving

a limb through its full range of motion and repeating), or both, are best for your goals.

Besides enhancing your flexibility and range of motion, stretching regularly can be beneficial in other ways. The Sports Injury Clinic found at www.SportsInjuryClinic.net reveals that stretching can develop sports performance, prevent injuries and muscle soreness, improve posture and provide stress relief.

Getting into the habit of stretching every day, holding each stretch for 10 to 30 seconds, three to five times (repetitions) will have a great impact on your health and should be an integral part of your daily fitness routine that also includes some type of endurance and weight training exercises. Remember the following mantra: "Life is like gymnastics ... it's better if you're flexible!"

Regular STRETCHING Offers Daily Benefits

By Leah Lancione



Explore the Synergy of Music and Film With the Annapolis Symphony

By Leah Lancione

The Annapolis Symphony Orchestra will officially open its 2018-2019 Masterworks Season, “Watch the Sound, Hear the Movie,” with an opening night celebration Oct. 5 and 6 at Maryland Hall for the Creative Arts. Marking its 57th season and the 14th under the direction of renowned Music Director and Conductor José-Luis Novo, the symphony continues to provide memorable experiences and classical music enrichment for people of all ages.

Once again, the symphony will welcome audiences into an enchanting world of symphonic music presented by 70 master musicians and internationally-known guest artists. For the first time, however, they will showcase the fascinating connection between film and music by featuring brief films during three concerts. Novo explains: “For years I have wanted to include visual arts in the symphony’s repertoire. As Maryland Hall recently opened the Faith Goldstein and Jesse Cunitz Center for Film and New Media, the concept is a perfect fit.”

Executive Director Patrick Nugent says the core of the 2018-2019 season will highlight music that has become well-known through film, but not just the catchy background music or an opening or ending score. “We’ve chosen to dedicate this season to exploring the impact particular works have had on films ... that will intrigue both movie buffs and music lovers alike. Audiences will learn to appreciate the subtle or palpable effect music plays in capturing attention, enhancing the film’s storytelling or evoking emotion,” Nugent says.

For opening night, Oct. 5, the mood will be set and the movie theme initiated with an illustrious prelude party, complete with a red carpet, international delicacies and an open bar. The first concert, entitled “Ode to Freedom,” will open with George Gershwin’s “An American in Paris” and feature French pianist Pascal Rogé. He will present Maurice Ravel’s Piano Concerto in D Major for the Left Hand. Capping off the event will be an

encore party with an opportunity to mingle with the maestro and guest artist.

The season’s second concert, “Love Stories, Oscars & Fairy Tales,” held Nov. 16 and 17, will highlight the genius of Charlie Chaplin through his movie “The Rink” that will be accompanied by live period music. Violinist Netanel Draiblate will also headline the concert, performing John Corigliano’s “The Red Violin Chaconne.”

Nugent acknowledges that “thanks to our longstanding partnership with the Annapolis Film Festival,” the third offering in the concert series, on March 1 and 2, is a collaborative effort called “Moonlight & Movie Music.” The Annapolis Film Festival will present a short film with complementary score selected by Maestro Novo.

In a special treat for Annapolitans on March 29 and 30, the U.S. Naval Academy Glee Club will join the symphony for “Cosmic Depth” and a performance of Ludwig van Beethoven’s Symphony No. 9, conducted by Maestro Novo, as well as Eric Whitacre’s “Deep Field,” conducted by the Naval Academy’s Dr. Aaron Smith.

On May 3 and 4, the Masterworks Season will culminate with “Fantastic Light,” a performance of Wolfgang Amadeus Mozart’s Piano Concerto No. 20 by international artist and a local favorite, Brian Ganz of Annapolis. The evening will close with French composer Hector Berlioz’s dream-like *Symphonie Fantastique*—an apropos ending for a concert series that delves into the imaginative, inspired, and symbiotic realms of film and music.

For more information, or to purchase tickets, call 410.263.0907 or visit www.annapolissymphony.org Subscriptions are also available as well as group and student rates. Nugent says the Annapolis symphony is thriving, thanks to its board, loyal supporters and the devoted efforts of the Friends of the Annapolis Symphony Orchestra (FASO). He encourages anyone who hasn’t attended a concert to take advantage of this cultural and community treasure.

2018 - 2019 Schedule
Oct. 5 & 6 - Opening Night Celebration
Nov 16 & 17 - Love Stories, Oscars & Fairy Tales
Dec 14 - Holiday Pops with Cathie Ryan
Mar 1 & 2 - Moonlight & Movie Music
Mar 29 & 30 - Cosmic Depth
May 3 & 4 - Fantastic Light
410.263.0907

O Say Can You See Ft. McHenry

By Edree Hovey

If you're thinking of soaking up a bit of American history while enjoying an interesting Fall walk and experiencing the beauty and tranquility of the Bay, why not give Ft. McHenry a try? Even if you've been there before, the refurbished visitors center and lack of Summer crowds make it a worthwhile day trip. It was just over 200 years ago when the Brits sailed up the Bay after destroying Bladensburg and sacking the White House. Their intention was to take Baltimore. Britain was invading with more than 500 warships. Our newly established U.S. Navy had a flotilla of not quite a dozen ships. With all that power and after more than 25 hours of bombardment, to say nothing of the rockets' red glare, the Brits lost. They withdrew from Baltimore Harbor and headed down to New Orleans for more of the same at the hands of Maj. Gen. Andrew Jackson.

While Britain was attempting to undo the American upstarts, Frances Scott Key was composing the most well-known tune in all of Christendom – with apologies to Britain's "Rule, Britannia." Key was, as every school kid knows, detained on a British ship while trying to negotiate the release of an American prisoner.

Before Key penned the words to what eventually became known as the "Star Spangled Banner," Mary Pickersgill had, along with friends, stitched up what today is the most recognizable flag in the world. And yes, it was Mary Pickersgill – Betsy Ross just happened to have a better public relations team. There will be a few 5th

grade teachers out there who aren't going to accept that without clarification, so log onto www.nps.gov/people/mary-pickersgill.htm for the real story. And, as every East Coast resident knows, that original flag, a whopping 30' x 42' (reduced to 30' x 34') can be seen at the Smithsonian's Museum of American History in Washington, D.C.

Fast Facts:

Hours: Daily 9 a.m. - 6 p.m.

Cost: Free with Interagency Senior Pass. \$15 for others over 16.

Special Events: Flag raised and lowered each day at 10 a.m. and 5 p.m., weather permitting.

Contact: Call 410.962.4290 or go to www.nps.gov/fomc/index.htm

A trip to Fort McHenry promises to be a fun-filled, fact-finding, low-key day of activities. Start in the visitors center where a small but impressive exhibit is housed. There's an ongoing excellent 10-minute movie on the history of this star-shaped fort that stands guard at the entrance to the harbor. When the film ends, the drapes are parted and the American flag is revealed, flying majestically over the fort, a sight that makes one pause to appreciate where we are and what we have.

From the visitors center, take the short walk into the fort. Not much goes on here, but it is open, accessible and has lots of nooks and crannies that are worth exploring. Trying to understand how they fit more than 1,000 men and huge arsenals of ammunition into such a small area on that fateful night is a puzzle. More amazing, there were only a handful of American casualties as the Brits bombarded the fort through the night of Sept. 13 -14.

Find a U.S. park ranger and ask your most difficult questions. They are walking encyclopedias and always happy to share their vast knowledge.

If you happen to be there during the flag change, they welcome audience participation in folding a reproduction flag. Don't forget your camera.

To end your day, stroll the one-mile-plus walk around the perimeter of the grounds. It shouldn't take more than 45 minutes. If you've planned ahead, there are picnic benches to enjoy your lunch or early dinner with a view of the Bay.

Bay Bytes

For free samples of products you may be thinking of purchasing, log onto FreeSamples.org Discount coupons are also offered by many local restaurants.

FISHING POLES AND UKULELES: SECRETS OF THE LIBRARY

By Christine Feldmann

Most people know the Anne Arundel County Public Libraries (AACPL) offer books, music and movies, but did you also know you can borrow a fishing rod, ukulele, or Wi-Fi Hotspot with your library card?

Your county's public libraries offer so many money-saving and life-enriching services. We invite you to take advantage of all we have to offer.

Fishing rods are available at the Eastport-Annapolis Neck and Mountain Road libraries thanks to a partnership with the Maryland Department of Natural Resources. The rods and reels can be reserved through the library's online catalog at <https://catalog.aacpl.net> and picked up at and returned to the two participating branches.

For the musically inclined, ukulele kits can be checked out at the Glen Burnie Library. The eight available kits (found in the library's catalog) include a soprano ukulele (in a padded bag), a tuner and a helpful quick reference card. The program is a result of a partnership with the Baltimore Ukulele Club and the Anne Arundel County Library Foundation. Many libraries across the county offer ukulele programs and monthly "strums" with fellow music lovers. Check out the library's newsletter, *Library Happenings!* for a complete list of events or online at www.aacpl.net/events

A family pass for Historic London Town and Gardens is also available to borrow at most Anne Arundel libraries. AACPL offers 26 passes throughout the county to this destination. A family pass admits up to four people.

Most recently, the library started offering Wi-Fi hotspots, thanks to a generous donation from the Helena Foundation to the library foundation. A Wi-Fi hotspot is a small device about the size of a pack of cards that uses cellular data to connect to the internet. You can connect your phone, computer, Roku or other Wi-Fi-accessible device to the hotspot and use the service to browse the web, check social media, stream movies and more.

Hotspots can also be placed on hold in our online catalog to be picked up or returned to any branch. They can be checked out for one week and users can connect up to 10 devices at one time. So a whole

family can take advantage of the device. Hotspots are portable, so you can access the internet from anywhere with high-speed connectivity and they come with unlimited data.

These four resources are just a few of the hidden gems available at your public

library. Stop in to any of the library's 16 branches or visit our website at www.aacpl.net and discover more that your library card can offer.

Don't forget to visit our newest location at Westfield Annapolis Mall. Discoveries: The Library at the Mall offers books, movies, laptops and programs for all ages and is open everyday. The easiest and fastest way to find us is to park on the second level of the Green Garage and take the escalators down to the main level. We are next to Crate and Barrel, across from Under Armour and outside of the former Lord and Taylor.

See you at the library!

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

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PUTTING THE GARDEN TO BED

By Neil Moran

Gardening in the Autumn is like no other time of year. The weather is cooler and you don't feel the pressure of all the things there are to do in the Spring; like getting the containers filled with flowers, mulching the flower beds and keeping up with the grass that seems to need mowing a couple of times of week. Not to mention the other to-do things around the house, like painting and cleaning out the gutters. And if you do visit a garden center this time of year you won't be bumping elbows or carts with the person next to you.

In short, you can take a little breather. Go ahead, take in a deep breath and smell the cool Autumn air.

Now that you've caught your breath there are a few things you can and probably should do in the Autumn to prepare for Winter. This is one time you're allowed to procrastinate a little. For instance, if you don't get all of your perennials cut back, so be it, the seed heads will be food for the birds. And go ahead, leave the tall plants, like the grasses and sedges, they'll add Winter interest to your landscape.

DECORATING FOR FALL

Before you begin the work of putting your gardens to bed for the Winter, make sure to honor the season by doing a little Fall decorating with pumpkins, corn stalks, containers of mums and anything else your heart and imagination desires. Enjoy the extended Fall we experience around the Bay area.

Fall is also the time to plant garlic and some of your favorite Spring flowering bulbs, like daffodil, tulip and hyacinth. Make sure if you're buying bulbs that they feel firm. If you can crunch them with your fingers, it's an indication they've dried out. In fact, any bulbs that have been sitting on a store shelf for two or more weeks are probably going to be a little dried out. Purchase good bulb stock from a local garden center or mail order companies like the Netherlands Bulb Company, Brecks and Jung Seeds. Also, if it is getting a little difficult to bend over to plant your bulbs, consider purchasing the Propluggger (propluggger.com).

FALL CHORES

So we can't put it off any longer, work that is. Remove all the dead or dying annuals and cut back the perennials to just a few inches above the ground. Cart the

foliage from these plants off to your compost pile. Next Spring you will have some well-composted organic matter for your garden. Any diseased

plant material should be kept out of the compost pile.

Spent flower heads on woody shrubs like Pinky Winky hydrangeas, spireas and lilacs can be clipped back before Winter sets in. You can do a light pruning of trees and shrubs to remove dead or dying limbs or stems, but leave the more extensive pruning for late Winter. The Arbor Day Foundation has some good information and guidelines on their website on when and how to prune.

DIVIDING AND RELOCATING PERENNIALS

Fall is undoubtedly the best time to divide and relocate perennials. Not all perennials are easily divided, so you may want to do a little research before you start hacking away on your plants. Hostas are one of the easiest plants to divide. Other easy-to-divide perennials include asters and chrysanthemums, bee balm, black-eyed Susans, coneflowers, coreopsis, astilbe, goldenrod, lamb's ear and yarrow. Cut down the foliage first (do this with all the perennials you want to divide in the Fall) and slice through a section of the plant with a sharp spade shovel. Prepare a hole like you would planting any plant by digging a hole twice as wide and deep as the root ball. Water around the root system before refilling the hole you've dug.

TAKE CARE OF THE TURF

Early Fall is a good time to fertilize your lawn with an organic fertilizer like Espoma's Fall Winterizer. This will help promote a healthy root system going into Winter. Milorganite is a cheaper alternative when it comes to using an organic-based product to feed your lawn. Milorganite can be spread on the lawn any time of the year. It is also purportedly a deer repellent.

According to turf experts I've talked to over the years, it is best to make sure your lawn is cut fairly short going into the Winter. I'm not talking about scalping it, but rather cut it to about three inches high. This, they say, helps to prevent snow molds that can take hold in tall, wet grass.

CHECKLIST OF OTHER FALL GARDENING CHORES:

1. Put all tools in their proper place so you can find them next Spring.
2. Apply a thin coat of lubricant to pruning tools to prevent rust.
3. Clean out the bird feeders.
4. Take power equipment in for repairs or maintenance in the Fall so you're not waiting on it in the Spring when you're ready to garden.
5. Dump the potting soil from Summer containers into a compost bin or otherwise find a place to store it so you can reuse it next year.
6. If you have a riding lawn mower, take the battery out and store in a warm location. Some people charge up the battery before storing it.

Neil is a freelance writer and copywriter. He can be reached at nrmoran188@gmail.com

Building Healthier, More Satisfying Relationships With Family Members

By Kater Leatherman

Nobody seems to challenge us more than those people we love the most and who are usually family members. Although we'll have many relationships over the course of our lives, sustaining healthy ones with our family members seems to require extra patience, time and attention.

So, what is it about family relationships that make them so complicated? For one thing, there's the shared history -- the longest being with our siblings or cousins. Then there's the compatibility issue, especially if personalities range from intense to laid-back. Out of obligation, guilt or duty, we not only seem to take liberties but tolerate more from them than anyone else.

We have this illusion that people are supposed to make us happy when really they are in our lives to expand our awareness. Every member of your family is a mirror, reflecting what you most need to learn. Conflict, therefore, has less to do with them and

more to do with your process in life. Whether it's understanding, compassion or patience, no one will test it like your family.

Here are eight ways to build healthier, more satisfying relationships with them:

- Take care of yourself first. If a family member is toxic, it's OK to love them from afar. You don't have the power to change them, so give up trying.
- The common denominator in every relationship is you. It's your responsibility to initiate communication if you want to solve a problem.
- Any relationship is defined by the person who wants it the least (they also have more power). If you are disgruntled with a family member, lower your expectations.
- If the relationship matters to you, apologize. Decide if it is more important to be right or loving.
- Resolve conflicts through love, not blame. Be direct in your communication; say what you mean and mean what you say.
- Anger is our worst enemy. If you don't forgive, you are financing a thought form that may be compromising your health.
- To build trust, listen without pre-evaluating, judging or interrupting. Also, keep your word. Once you break a confidence, you become energetically connected to that person.
- Last, it never hurts to acknowledge what you love and appreciate about someone.

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Pascal Rogé

When *The Feminine Mystique* was published in 1963, housewifedom was turned on its ear. Readers learned in the introduction of the book what author Betty Freidan dubbed “the problem that has no name.”

American women who were going about their daily activities -- cleaning and cooking and caring for their children -- were wondering if this was all there was. For these mostly educated, suburban housewives, the book hit a nerve and sold more than 3 million copies in the first three years and was eventually translated into numerous foreign languages.

Born Bettye Naomi Goldstein on Feb. 4, 1921, in Peoria, Ill., her father, Harry, owned a jewelry store and her mother, Miriam, stayed at home. When Bettye’s father got sick, her mother took a job as a writer for the society page of a local newspaper. To an impressionable young Bettye, the opportunity for her mother to work outside the home seemed much more appealing.

However, Bettye’s early years were not happy ones. Friedan wrote that her mother made her feel bad about herself and nothing she did was satisfactory. Born into a Jewish family and living in a community where their social life was not free and equal in those days added to her unhappiness. “It was miserable being ‘different’ in Peoria,” she wrote. Feelings of isolation and having witnessed the injustice of anti-Semitism would chart the course of her life.

In 1938, she left home to attend Smith College where she excelled by winning a scholarship prize her first year. The following year, her poetry was published in various campus publications. In 1941, she became editor-in-chief of the college newspaper, causing some controversy with her growing interest in feminism, liberalism and antiwar attitudes. Four years later, she graduated summa cum laude with a major in psychology.

Another coveted fellowship scholarship sent her to the West Coast at UC Berkeley. There, she dropped the “e” from her first name, thinking it sounded pretentious and stayed in California for a year before moving to New York City. It was there that she met her husband, Carl Freidan, a theater producer. They had three children before divorcing in 1969.

The Feminine Mystique grew out of a Smith alumnae questionnaire that she was asked to do for a 15th college reunion in 1957. She surveyed 200 students and found them to be depressed, anxious and bored. From there “the problem with no name” was coined. After the reunion, Betty wanted to publish an article about it, not write a book, but no magazine was interested.

Yet when the book finally came out six years later, it caused a sensation and quickly became a best-seller.

Many who read it no longer felt like they were alone in their somewhat unexplainably dissatisfied lives. It also brought more white, middle class women into the fold of feminism.

In her autobiography, *Life So Far*, Freidan wrote, “I never set out to start a women’s revolution. I never planned it. It just happened. I would say, by some miracle of convergence of my life and history, serendipity, one thing leading to another.”

Critics included a significant number of women who were threatened by their fixed identities. Advertisers thought her book would cut into their product sales. It would later be deemed racist and classist. One conservative publication’s 2005 roster named *The Feminine Mystique* among the “ten most harmful books of the 19th and 20th centuries.”

After *The Feminine Mystique* came out, Freidan continued to be a rabble-rouser, protesting the Vietnam War and even signing a pledge to refuse paying taxes. In 1966, she co-founded the National Organization for Women to help build the movement for women’s

equality. She supported abortion rights, homosexuality and pornography. In 1970, testifying before the Senate, she was instrumental in the rejection of G. Harold Carswell to serve on the Supreme Court due to his discriminatory views on race and feminism.

In addition to *The Feminine Mystique* (1963), Friedan wrote *It Changed My Life: Writings on the Women’s Movement* (1976), *The Second Stage* (1982), *The Fountain of Age* (1993), *Beyond Gender* (1997) and her autobiography *Life So Far* (2000).

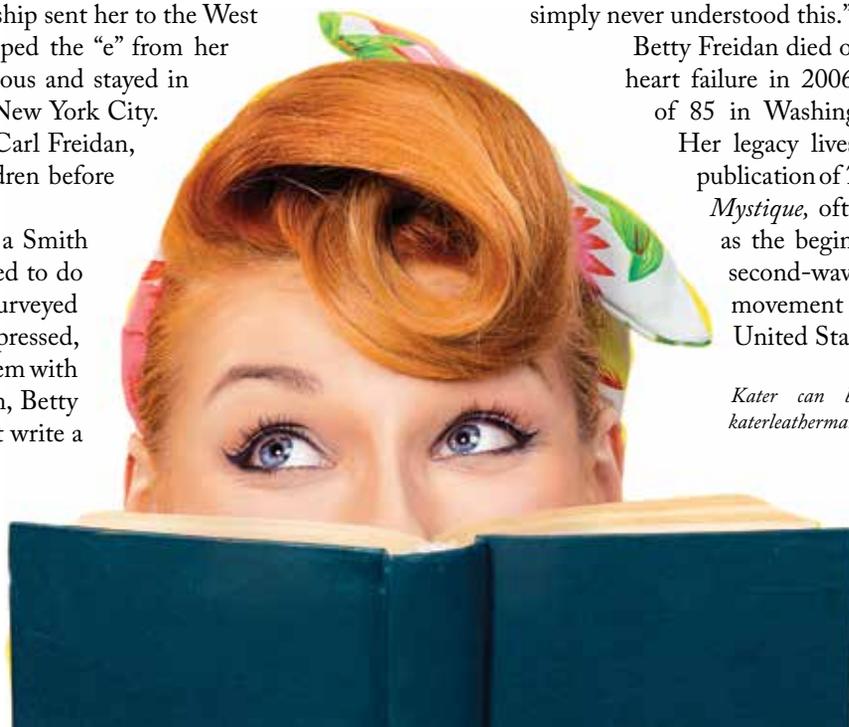
Her husband, Carl Friedan, was quoted as saying, “She changed the course of history almost singlehandedly. It took a driven, super-aggressive, egocentric, almost lunatic dynamo to rock the world the way she did. Unfortunately, she was that same person at home, where that kind of conduct doesn’t work. She simply never understood this.”

Betty Freidan died of congestive heart failure in 2006 at the age of 85 in Washington, D. C. Her legacy lives on in the publication of *The Feminine Mystique*, often regarded as the beginning of the second-wave feminism movement in the United States.

Kater can be reached at katerleatherman@gmail.com

REMEMBERING THE PROBLEM WITH NO NAME

By Kater Leatherman





WHO IS RESPONSIBLE FOR PAYING A DECEDENT'S DEBTS?

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

The last thing anyone wants when a loved one dies is to be harassed by that person's creditors. Unfortunately, it happens all too often. The mail comes, and in it, a letter from a creditor expressing their condolences and wanting to know who is responsible for paying the bills. Having just lost a loved one, you are not sure what your obligations are, nor is that your top priority. Likely, you toss the letter aside; you will deal with it later.

But the creditor will not be deterred and a couple weeks later, another letter comes. This time, the creditor references the prior letter that received no response and again asks who the responsible party is. Having had some time to process everything, you read the letter and notice it is an official "attempt to collect a debt." You get worried that you may be in trouble if you do not pay. So, you assume responsibility for the debt and set up a payment plan with the creditor. Or, you try to negotiate the debt and only pay a portion of it. This makes the creditor happy because you just assumed a debt for which you may not have been liable. But, at least the creditor is gone and will not bother you anymore, right? But at what cost?

I hear this a lot and usually only after the person has already assumed the debt and/or made payment, which is too late. Unfortunately, creditors know that right after a death you are not in the right state of mind to be dealing with them and often take advantage of the situation. Do not succumb to the pressure.

Legally, the only person responsible for a debt is the one who incurred the debt, or who guaranteed a debt. Once that individual dies, the only responsible party is that person's probate estate. Generally, creditors have six months from the date of the decedent's death to file their claim against the decedent's estate. If the creditor fails to file their claim, in a timely way, the creditor is forever barred from collecting it. This is true even if a probate

estate is not opened within six months; the creditor still has an obligation to file their claim with the register of wills for the county in which the decedent lived at death, to preserve their claim. And, if the decedent did not have any assets to probate, even if the creditor files a timely claim, they will not be paid, as there will not be any assets in the estate from which to pay them.

Although the general rule applies in most cases, it is important to note the difference between unsecured and secured creditors. Typically, unsecured creditors are the ones sending these types of letters, as their debts are not tied to any assets from which they can collect the debts (credit card companies, for example). Secured creditors, on the other hand, have collateral which may be sold to pay off their debt. (For example, a mortgage company has the right to foreclose on the property, securing the debt if payment is not made.)

Secured creditors are not necessarily bound by the general rules since secured creditors always have the right to sell the collateral to pay off their debts any time payment is not made. So, if you want to keep the property that secures the debt, make sure payments continue to be made. But, if the collateral's value is insufficient to cover the entire debt, the secured creditor becomes an unsecured creditor as to the outstanding amount. In that case, the secured creditor must also timely file a claim, or any portion of the debt for which the collateral does not cover will be forever barred.

Also note an important rule for surviving spouses that a mortgage company cannot accelerate the loan if you are still residing in the property. If a surviving spouse is living in the property that secures the mortgage, the mortgage company cannot require that spouse to pay the balance in full, but must continue to accept the regular monthly payment.

So, the next time you or someone you know receives one of these letters, let the creditor know you are not the responsible party.

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

Persistence is so often the key to success!

GREENHOUSE GARDENER THROUGH THE SEASONS

By Neil Moran

It won't be too long before shorter days and chilly winds bring on the beginning of Winter. Claire Jones has the perfect remedy for the blahs that can accompany that time of year. A greenhouse. Come inside in the middle of the Winter and it will feel just like Summer. It will also look like Summer with flowers blooming on benches and radishes and lettuce growing in containers. Even in the coldest part of Winter the sun penetrating the clear polycarbonate panels can bring the temperatures up to 70 degrees inside.

The 60-year-old Jones is out to prove you can grow plants -- from orchids to okra -- all year in a greenhouse, at least in her growing zone (6b).

Jones is a landscape designer, home decorator, and a passionate container gardener based north of Baltimore. Last year she purchased a greenhouse from an Amish shed company in Lancaster County. She wanted it partly so she would have a place to put the plants she acquires for her business, which includes creating beautiful flowering containers for her clients.

"I really got frustrated. I'd buy all these wholesale plants and I'd have to store them. I was at the vagaries of the weather," says Jones. "If there was a frost I'd have to cover my plants, or bring them inside. It was a lot of work."

Annuals in cell packs and tropical house plants, including orchids, line the shelves in her greenhouse, which is 10 feet by 12 feet. Several pairs of worn-out looking gloves dangle above the potting bench, a testimony to the time she spends caring for plants.

The greenhouse has been a welcome addition, to say the least.

"I've always wanted a greenhouse and they were so expensive," says Jones. "I was very excited when I found one at this Amish shed company, and after talking to my husband I said, 'I'm going to do it.'"

The greenhouse arrived on a flatbed truck and was lowered onto a foundation she had at the ready. It came built to her specifications and fully assembled with very durable polycarbonate

panels that add wind protection while allowing light to reach the plants inside. The panels also create solar energy, warming the greenhouse, even on a cloudy day. Jones says it can get pretty warm in the greenhouse on a sunny Winter day.

"If I have a really sunny day, it can get up to 90 or 100 degrees in there, I'm opening the doors," Jones says. "It's like a dance to keep this greenhouse at the proper temp, you're either cooling it or heating it."

Besides growing beautiful orchids and tropical house plants "under glass," Jones is growing healthy veggies, which gives her

fresh, out-of-season lettuce, collards, radishes and other greens. The vegetables are grown in wide, shallow containers she sets up on benches inside the greenhouse.

During the cooler Winter months Jones' greenhouse is heated using a kerosene heater. She says the heater uses premium kerosene, which runs her about \$15 per week during the coldest period of the year. The heater runs mostly at night. A 50-gallon water tank sits in a corner in the greenhouse, soaking up heat during the day and releasing it at night.

It can get a little too hot inside a greenhouse in the Summer. Jones bought a silver mesh cloth that she drapes over the top of the greenhouse, which provides shade to the plants and helps maintain lower temperatures. Fans and plenty of ventilation is also needed during the heat of the Summer.

Jones said she paid \$3,000 for her greenhouse and another \$900 to hook up electricity. She said the least expensive greenhouse kit she found browsing the internet was \$12,000 and it had to be assembled.

Jones keeps "crazy busy" during the Summer months, but then things slack off for her late in the Fall. This is when her Christmas decorating business kicks in. Jones isn't decorating for just anyone. In 2011, 2015 and 2017 she was selected to decorate the White House.

Jones also frequently gives presentations around the country at such prestigious garden events as the Northwest Flower and Garden Show in Seattle and the Philadelphia Flower Show. She writes about her passion for gardening, particularly container gardening, at *The Garden Diaries*. Claire can be contacted through <https://thegardendiaries.blog/about/>

Neil is the author of the money-saving garden tips booklet, Store to Garden: 101 Ways to Make the Most of Garden Store Purchases. He can be contacted at www.neilmoran.com

HOW ABOUT SOME MID-WINTER FRESH,
OUT-OF-SEASON LETTUCE, COLLARDS,
RADISHES OR OTHER GREENS?





What Does Mary Say?

Dear Mary,

I always thought that when I retired, I would get to spend time traveling and doing activities with my friends. But over the past few years, several of my close friends have been diagnosed with dementia. I wish this weren't true, but I am so uncomfortable around them, especially those who have moved into an assisted living place. But I feel guilty for not visiting. Help!

Dear Reader,

It is not unusual to feel uncomfortable when someone doesn't remember you or seems confused or agitated when you are around. Those living with dementia, as well as their caregivers, often feel isolated, lonely and sometimes hurt that people they have been so close to tend to shy away. Too often, friends stop calling just when they are needed the most. Friendships matter; friends help us navigate life's ups and downs. This is true, even when someone has dementia. Even when your friends with dementia don't remember who you are, their emotional memories will remember how you made them feel and they will find comfort in your presence. So I hope you will reconsider your decision and take some time to visit your friends.

Visits need not be lengthy. Take your cues from each of them as they may all differ in their needs. Don't take it personally if they can't recall your name or seem not to recognize you. If they look confused when you say hello, mention your name and how you know them. Don't ask them if they remember you or an event; they may not. In fact, erase the word "remember" from your vocabulary when you are visiting.

Try not to have unrealistic expectations based on things you may have done together in the past. Focus on the now. It may help to take a couple of old photos from a trip or activity you did together or a memento that may trigger a real or emotional memory. Play some music that you enjoyed together; dance if you like or just sit and listen together. A gentle touch is important and probably most welcome.

Be relaxed, be yourself and be flexible! Things may not go exactly as you planned. Accept that you have to initiate conversation. As you leave, smile, ask if you can visit again and

wave goodbye. If possible, visit with some regularity even if only for brief periods of time.

Be prepared that some visits may leave you sad, but keep in mind that research has shown that your visits will have a lingering positive impact on your friends long after you are gone.

Dear Readers,

Check out this edition of *Outlook by the Bay* for the Fall 2018 Caregivers' Educational Workshop Series. This series focuses on caring for someone with dementia and includes a new "Afternoon Break" session. For more information or to register for any (or all) of the free workshops, call 410.222.4375 or go online to www.aacounty.org/aging

You will be able to find the Winter/Spring 2019 schedule in the Winter edition of *Outlook by the Bay*. Winter/Spring topics include:

- Discover the Programs
- What the Sacred Sorrow of Grief Can Teach Us
- The Mechanics of Caregiving, Legal and Financial Advance Planning, Successful Transitions
- Accepting a New Reality: Joining Them on Their Journey
- Communicating through Behaviors: Part II, and
- Safe Passages.

If you wish to be added to the National Family Caregivers Support Program's mail/email list to receive information regarding workshops, support groups, conferences or other events, call 410.222.4375 or email caregiver_support@aacounty.org

Mary Chaput, program director, Respite Care Referral & Family Caregiver Support Program, can be contacted at 410.222.4339 or agchap01@aacounty.org

A calm sea does not make a skilled sailor.

BIRDS OF MIGRATION FLOCK TOGETHER

By Phil Ferrara

That season is here again! Both the snowbirds and the winged birds are beginning their annual migration to the warm lands of the South.

Look up into the beautiful Autumn sky. Look seaward to the waters of the Chesapeake Bay. Both on the water and above, the water birds are migrating. You can easily see the human "snowbirds." They are aboard their yachts slowly moving southward "down the ditch" to the warmer weather at the end of the Intracoastal Waterway. You see them overnighting at Annapolis, Kent Island and Patapsco River yacht havens. They are ubiquitous on the Chesapeake Bay every Autumn. The transoms of their boats are emblazoned with names of faraway places like Boston, New Haven, Hyannis and Block Island. They are on their migration southward to their Winter nesting grounds for golf, pickle ball, swimming and a myriad of other activities and pleasures.

Migrating southward with them are their avian partners. You will see them launching into the blue skies and over the water and along the fields and marshlands of the Chesapeake Bay. They are geese, hawks, great blue herons and a myriad of other winged creatures seeking their Winter feeding and breeding grounds in Central and South America and other places to our south.

But let them both go! Let them migrate to their places of warmth and enjoyment and breeding. You have many pleasurable things to do right here in the Chesapeake Bay region all Fall, Winter and Spring until they return.

Now as Autumn arrives, we can enjoy watching the migration of the birds. There are numerous places along the Chesapeake Bay shoreline and in the mountains to the west and north of the Bay region where the migrations can be observed. At the same time we can enjoy the wonderful mid-Atlantic Autumn weather and benefit greatly from the healthy outdoor activity. There is fun galore hiking, camping and foliage and bird watching in the mountains and forested fields of the Bay region.

One place to observe the geese migration is the Merkle Wildlife Sanctuary along the Patuxent River. Late September through October is the perfect time to go. There are many observation points and miles of trails that will take you through

beautiful fields and forests. Details can be found at <http://dnr.maryland.gov/publiclands/Pages/southern/merkle.aspx>

(Directions: Proceed south on Route 301 to three miles past the Route 4 intersection. Turn left on Croom Station Road, go 1.8 miles to a left onto Croom Road, Md 382, go 2.6 miles to a left onto St. Thomas Church Road, and three miles to a left into the sanctuary.)

Similar migration opportunities can be found at outdoor gems such as Wye Island NRMA, the Blackwater National Wildlife Refuge and Eastern Neck National Wildlife Refuge where tundra swans abound in a November migration. Input those names to your browser for details and directions.

For hawk migrations, travel west to the Appalachian Trail and watch them from the South Mountain cliffs at the obelisk in Washington Monument State Park near Boonsboro, Maryland. For directions and details for the short walk to the cliff overlooks from the parking lot, log onto <http://dnr.maryland.gov/publiclands/Pages/western/washington.aspx>

Would you like a greater challenge? Try the hike on the Appalachian Trail southbound for 3 miles one-way to the Washington Monument obelisk, starting at the Route 40 A.T. trailhead. That would be an exhilarating Autumn experience! (Directions: Proceed west on I-70. Get off at Exit 42 and proceed north on Route 17 for about 1 1/2 miles. Turn left, westbound, onto Route 40. Proceed for about 3 miles to a large parking area on your left at the A.T. trailhead).

Or how about an exciting road trip? Hawk Mountain, Pennsylvania, is one of the best places to observe and learn about migrations of hawks, eagles, falcons and various other raptors. Thousands of birds use that flyway along the Blue Mountain chain to travel their migration route. It is an hour north of Harrisburg. Go during weekdays to avoid crowds. Stay overnight at one of the many places nearby in the Reading area and along I-78.

Listen to the calls of the migrating flocks high overhead. Their songs are beckoning you. Bring your binoculars, gather your friends, and assemble your picnic and outdoor supplies. Enjoy the call of the wild!

The author, an avid biker and traveler, operates the Piedmont Trekkers biking club. Interested bikers and outdoor enthusiasts with questions may reach him at pferrara65@comcast.net

Gather your
friends, assemble
your picnic and
outdoor supplies
and enjoy the
call of the wild

Today do one thing that will improve the life of someone else.



Fall 2018 Family Caregiver Educational Workshop Series

NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM



When we are no longer able to change a situation, we are challenged to change ourselves.

~Victor Frankle

Come join us as we learn together and support one another on this caregiving journey.

	Location	Presenter	Topic
9/13/18 6:30-8:30pm	Pascal Senior Center	Ann Morrison, Ph.D., RN	What is Dementia?
9/27/18 6:30-8:30pm	North County Office	Dept. of Aging & Disabilities Staff	Communicating through Behaviors with Dementia Live®
10/11/18 1:00-3:00pm	Pascal Senior Center	Marjorie Cotterman, RN	When I Can No Longer Provide the Best Care
10/18/18 1:30-3:00pm	North County Office	Mikki Firor, MS, Gerontologist	Intimacy and Dementia
10/22/18 1:30-3:30pm	North County Office	Dept. of Aging & Disabilities Staff	Communicating through Behaviors with Dementia Live®
11/8/18 6:30-8:30pm	Pascal Senior Center	Ann Morrison, Ph.D., RN	Research Updates in Alzheimer's Disease: The Cutting Edge
11/29/18 6:30-8:30pm	North County Office	Mary Chaput, M.S., CDP	Communicating through Behaviors II
12/6/18 6:30-8:30pm	Annapolis Senior Center	Jeannie Finnegan, CDP	Sensory Stimulation and Activities for Those with Dementia

For the entire 2018-2019 Caregivers Educational Workshop Schedule, call 410-222-4375 or go on-line to www.aacounty.org/aging.

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

To register for *Communicating through Behaviors*, call 410-222-4375/4339.

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Anyone needing accommodations must contact Mary Chaput at 410-222-4339 or agchap01@aacounty.org at least seven days in advance of the event. TTY users, please call via Maryland Relay 7-1-1. All materials are available in an alternative format upon request.

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NATURE'S MEDICINE CABINET IS STOCKED!

By Leah Lancione

As Fall approaches and the threat of another menacing flu season looms, it would be a good idea to discover natural ways to keep yourself healthy and your home free of germs without using toxic chemicals. The adage, “An ounce of prevention is worth a pound of cure,” surely has its merits. Not only can you boost your immune system by getting enough sleep, avoiding tobacco and limiting alcohol, but nutrient-rich foods like fruits, nuts, seeds and vegetables—as well as medicinal staples like shiitake and maitake mushrooms and garlic—can ramp up your immunity. Just as you want your body fit and clean inside and out, your home should also be free of anything toxic. Here are a few natural home remedies to get you started on a path to clean living:

VINEGAR

The various types of vinegar all have different and powerful capacities. For example, white vinegar can be used to quell foot odor by soaking feet in a concoction of one part vinegar to two parts water. Similarly, pouring one cup each of white vinegar and baking soda down a stinky garbage disposal, then flushing with hot water can get rid of pesky odors.

One cup of white vinegar combined with two cups of water in a spray bottle can help deter spiders in the home. Spray the solution on known entry points like door frames, windows, air vents, in cabinets, under sinks, etc.

LEMON

Lemons are useful for many reasons. Not only do they add flavor to water and certain recipes, they can be used for many other things. *The Old Farmer's Almanac* notes lemons have many health applications, from gargling the juice for a sore throat to sucking on a lemon for an upset stomach, to rinsing with the strained juice and an 8-ounce glass of water after shampooing to increase hair's shine. Lemons are valuable tools in the kitchen and elsewhere in the home because they have a powerful property to clean.

The Old Farmer's Almanac says to put the rinds down the

garbage disposable to combat odors with its fresh citrus scent, clean utensils with a cloth dipped in lemon water, rub a cut lemon on cutting boards, rolling pins and other wooden kitchenware to suppress odors. Another cleaning use involves mixing one-part lemon juice to two-parts water to scrub china and enhance luster. Cut lemons placed in a pot, covered in water and simmered for an hour makes for an all-natural and nontoxic air freshener for the home. Beyond the kitchen, lemons can be cut up and frozen in the Winter to be later transplanted in the garden soil in the spring to deter squirrels and cats from digging.

You can also restore hardened paint brushes by dipping them into boiling

lemon juice and then lowering the heat and leaving them to be cleansed for 15 minutes. Then rinse them with soapy water. There are many more indispensable uses for lemons. Just check out the almanac or do a Google search to discover all the possibilities for an all-natural, inexpensive and nontoxic alternative cleaner!

BAKING SODA

Baking soda (sodium bicarbonate) is another versatile substance you likely have in your home that can be used in many ways. Not only is baking soda an awesome deodorizer for your refrigerator, pantry or kitchen sink cabinet, it can be sprinkled in stinky athletic shoes. Wellness Mama at <https://wellnessmama.com/> points out you can also make your own personal deodorant with baking soda, coconut oil, organic corn starch or arrowroot powder and shea butter (as well as essential oils if desired) that is effective and much healthier than the commercial brands that often contain aluminum and other toxic additives. Visit <https://wellnessmama.com/1523/natural-deodorant/> for one recipe for making your own antiperspirant.

Baking soda is also an efficient oven cleaner. By sprinkling baking soda on grease and grime, and even burnt spots, and then spritzing with water, you can create a scrubbing paste that does quite a job. Leave the paste on for several hours and you'll be amazed how much gunk can be wiped away! Similarly, baking soda combined with washing soda and salt makes for a powerful stain remover for tubs, sinks and floors. Check out the recipe here: <https://wellnessmama.com/1348/scouring-powder/>

Baking soda can also be used as a tooth paste or polish as well as a gentle, nonabrasive facial exfoliator (one tablespoon mixed with a little water and scrub upward in a circular motion for 15-30 seconds). Another good tip for the bathroom is to soak hairbrushes in warm water and baking soda to remove any hair product residue. Similarly, to sanitize toothbrushes after someone's been sick, immerse them in water with one tablespoon baking soda for two to four hours and then rinse with hydrogen peroxide to eliminate germs.

If you or one of the grandkids happens to get stung by a bee or have an itchy mosquito bite, add a little water to baking soda

to make a paste and apply to the bite area to relieve itchiness and irritation.

If you're experiencing body aches from a cold or the flu, a warm bath with baking soda combined with Epsom salts and an essential oil like eucalyptus, lavender, tea tree or rosemary can help soothe the body and ease symptoms.

CINNAMON

Everyone knows cinnamon gives a nice flavor to teas, oatmeal, butter toast and baked goods, but did you know it can also help cure athlete's foot? According to **motherearthliving.com** soaking feet for a few nights in a row in cinnamon tea -- made with boiling water and a few cinnamon sticks -- can do the trick. Cinnamon tea made with a cup of boiling water and a teaspoon of cinnamon bark can help with nausea. Note: This is not suitable for pregnancy-related nausea.

The site also suggests sprinkling the spice along windowsills to deter ants.

MISCELLANEOUS HOME REMEDIES WORTH NOTING

COLD TEA BAGS for puffy eyes: The caffeine contained in tea bags can help with the shrinking of blood vessels

around the eyes and the cool temperature helps ease inflammation. Just wring out wet tea bags, place them in the refrigerator until cool and then apply to the eyes.

ALOE for sunburn relief: The anti-inflammatory agents contained within the aloe plant can help with soothing sunburned skin. Just snap an aloe leaf in half, squeeze out the gel and apply liberally. Pure aloe is recommended, not the processed store-bought kind that has other unnecessary additives.

ICE for headaches: The National Headache Foundation says applying an icepack to the forehead or temples can help get rid of a headache. The University of Hawaii also maintains that applying an ice pack to the carotid arteries in the neck can reduce the pain associated with a migraine.

TENNIS BALL for achy feet: Roll your foot from heel to toe over a tennis ball or to gently massage your feet and arches and stretch tight foot muscles.

Before you spend a lot of money on a store-bought solution to some of life's daily challenges, try doing a little research online for an easy and inexpensive solution that may already be hiding in your cupboard or medicine closet.



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Bay Nutrition

With the arrival of the cooler Fall weather, we once again heat up the oven inside after a Summer of grilling outside. Our thoughts turn to baking and cooking with the abundant harvest bounty of fruits and vegetables such as beets, potatoes, squash, pumpkins and apples.

Adding spices to our harvest produce increases the flavor and provides additional benefits for our well-being. These aromatic, warming spices contain chemical compounds, especially in their oils, that stimulate the cardiovascular system, relax nervous system, boost the immune system and aid healthy digestion. Autumn is an excellent time of year to experiment with cooking, baking and drinking tea with sweet or spicy, warming seasonings like cinnamon, ginger, turmeric, cardamom and allspice. These spices have a thermogenic effect, literally heating up the core temperature of the body, which increases blood circulation and boosts metabolism to provide comfort.

Cinnamon is a light brown spice with a fragrant aroma and a zesty sweet flavor that is used in both sweet and savory dishes. Highly aromatic and one of the best warming spices, cinnamon stimulates circulation. It also increases healthy digestion, calms an upset stomach, and relieves nausea. Its active component, cinnamaldehyde, has been shown to increase insulin sensitivity and lower cholesterol levels.

Cinnamon adds a delicious flavor and aroma when sprinkled on fresh fruit such as apples or on a steaming bowl of oatmeal. Add a dusting of cinnamon to coffee, cider, hot chocolate or tea for an antioxidant boost. Cinnamon is widely used in various baked goods such as apple and pumpkin pies and cookies, especially snickerdoodles. The spice is added to chili or dusted on sweet potatoes, butternut squash and applesauce.

Turmeric is another warming spice mainly known for its anti-inflammatory action, specifically for joint and chronic pain conditions such as arthritis. It is also a great digestive spice that protects against ulcers. Curcumin, the key active component in turmeric, increases blood flow and strengthens cardiovascular function and helps support the liver's detox processes.

Turmeric is a favorite seasoning in Indian or Thai curries. Turmeric flavors egg scrambles and frittatas. It is delicious when sprinkled on roasted Fall veggies or added to rice dishes. Soups benefit from the turmeric seasoning, and for a special boost, add it to tea. Turmeric colors American processed cheese, mustard, butter, yellow cake mixes, popcorn and dozens of other products.

Ginger, a popular spice known for its medicinal properties, is used during cooler Fall months as it warms by stimulating circulation to push blood to move from the core out to the periphery of the body. Ginger, rich in the phytonutrients called gingerols, is known for its antiemetic properties to helping

suppress digestive upset including nausea, indigestion, motion sickness, vertigo and morning sickness. Ginger also appears to have strong anti-inflammatory properties and reduces pain by blocking inflammation pathways in the body. Some studies have shown ginger can also reduce osteoarthritis symptoms.

Ginger, the dried root of the perennial plant, is a favorite ingredient in cookies, breads and candy. Ginger's tangy and sweet spicy flavor adds a delicious taste to tea with lemon, ginger ale, sauces, gingerbread cookies, salad dressings or soups.

Cardamom is another warming spice that freshens breath, promotes appetite, and improves digestive and liver functions. The powerful ingredient in cardamom is cineole, which is an anti-inflammatory and antispasmodic agent that helps improve digestion and respiratory ailments. Cardamom is safe and effective for morning sickness.

Cardamom has a delicately sweet, pleasant bite and earthy flavor. Cardamom adds flavor to traditional foods, such as pumpkin zucchini bread or honeyed baby carrots. Its pungent flavor is delicious in teas, breads and soups.

Allspice not only adds flavor to our dishes, but is also rich in health-promoting and disease-preventing features due to its antioxidant and anti-inflammatory elements. Certain active compounds in allspice are known to have anti-flatulent properties. These increase the motility of the gastrointestinal tract and aid in the digestion by facilitating enzyme secretions inside the stomach and intestines.

The essential volatile oils in allspice act as a rubefacient, which means that it irritates skin areas, expanding blood vessels to increase blood flow that makes skin feel warmer. Its oil is a popular home remedy for arthritis and sore muscles, used either as a poultice or in hot baths.

The spice contains minerals such as iron, which is essential for red blood cell production in the bone marrow, and potassium which regulates heart rate and blood pressure. Allspice is rich in vitamin A, vitamin B6, riboflavin, niacin and vitamin C, a powerful antioxidant

Ground allspice features a sharp spicy bite and aroma that closely resembles a mixture of black pepper, nutmeg, cloves and cinnamon. It is used to flavor desserts, side dishes, main courses and beverages, including mulled wine and hot cider. It is an essential spice found in pumpkin pie and fruitcake. Combine allspice with soy sauce, lime juice and oil to form a marinade for chicken. Allspice adds flavor to Fall veggies like squash, beans and carrots.

These aromatic-baking spices can be blended to create layers and depth of flavor. It is amazing how spices add fresh life to many Fall menu classics.

Nancy, a retired educator and registered nurse, can be reached at Nanjan30@hotmail.com

Autumn Spices The Warm Body & Soul

By Nancy J. Schaaf

Spices add fresh life to many Fall menu classics as well as boost the immune system and aid healthy digestion.

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There is a saying that grandmothers are just antique little girls. Gray hair doesn't mean a person is fading away. Older people can still be young at heart despite our aging bodies. Young people need to understand that we still see the world through young eyes -- it's the rest of our bodies that don't always come to the party.

But to keep staying young at heart, try these mental and physical suggestions:

1. Indulge in wishful thinking.

Whether you wish upon a star or trust in miracles, never stop believing that your wildest dreams are within reach. In a world where too many aspirations are stifled by naysayers and reality junkies, wishful thinking has garnered a negative reputation. However, wishful thinkers are the ones who turn ordinary ideas into extraordinary things.

2. Do something that scares you every day.

This thought from Eleanor Roosevelt is a powerful reminder of how to stay in the game. She advised people not to be afraid to take on the world with an unbridled, maturing perspective. When we try something new, we're enthusiastic. That is an attractive trait. People appear younger when they are engaged and curious. So don't give up on living life. The present offers many joys for us to grab. Forcing ourselves safely out of our comfort zones will remind us of the times when we were constantly learning and each experience was a scary new adventure.

3. Stay informed.

We can stay up to date by listening to and watching the news and reading the papers. Use the internet as an information tool. Stay up with trends, news items and facts. We can also be a source of reasoned wisdom when the young folks get panicked by ridiculous media hype. We've lived through it before and survived a few crises. We can help them see that hype is often just that.

4. Develop a sense of meaning in life.

The current performers in the nationally-renowned Young@Heart chorus range in age from 73 to 89. Some have prior professional theater or music experience, others have performed extensively on the amateur level, and some never stepped onto a stage before turning 80. None of the current Young@Heart performers were in the original group formed in 1982, but they keep alive the spirit of the early pioneers and continue to push the group into glorious directions, says founder Bob Cilman. To develop a sense of meaning in life, focus on something larger than yourself.

5. Find a passion.

Finding an activity that you are passionate about gets you

out of bed in the morning. This passion could be anything from meaningful work to an interesting hobby, volunteer work or a favorite cause. Or you can commit yourself to a hobby you love, such as gardening, attending the theater, dancing or reading.

Girls with Grandmother Faces: 10 SECRETS FOR Staying Young

By Carolyn Campbell

6. Keep exercising and stay active.

If you're able, make time in your life for a low-impact sport such as golf, biking or swimming. Strive to take a 30-minute walk several days a week. Join clubs and pursue outings that will give you opportunities to interact with people and experience new things. We are told about physical exercise regularly, practically from our birth. There's a reason for that; it works. It keeps your bones and body in shape and your muscles flexible. The great thing about getting older is that you have a better understanding of which exercise works best for you.

7. Be spontaneous.

By being spontaneous, we can live for the moment and worry less about what will happen in the future. The present offers many joys for us to seize. We can challenge ourselves to explore new ideas and develop new skills. Realizing that most human abilities follow a "use it or lose it" pattern can motivate us to stay active in all realms of life.

8. Feel free to reminisce.

Reminiscing is an important activity for everyone. We all cherish our happy memories and enjoy talking about them. Even a young child will sometimes say: "When I was a baby." Reminiscing can bring back the joy of our youth, reminding us of the good times and helping us to feel young at heart.

9. Stop placing limits on your heart's desires.

It's easy to pass up opportunities to swing on the park swings or order a double decker ice cream cone because we feel that it isn't how an adult would act. It's too easy to walk away from a fun temptation, saying we are "too old." Then we have wistful thoughts, our minds pulling us back to the zoo we wish we had visited, our favorite children's book we wished we had re-read, that old kids' movie we'd really like to watch again. Stop placing limitations on your heart's desires simply because of the number of years you have accumulated. Feel free to indulge in a bit of carefree fun.

10. Follow the example of Peter Pan.

We have to grow old, but we don't necessarily have to grow up. I plan to watch more Rolling Stones concerts while I ride my exercise bike, take more leisurely shopping trips and swim in the ocean again. I may be a little older, but I don't feel older. I plan to stay young at heart, regardless of the number of candles on my birthday cake.

GETTING TO THE ROOT OF ROOT CANALS

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

If you have a severely damaged, decaying tooth or a serious tooth infection (or abscess), your dentist may recommend a root canal treatment. Root canals are used to repair and save your tooth instead of removing it.

The pulp is soft tissue inside your tooth that contains nerves, blood vessels and provides nourishment for your tooth. It can become infected if you have:

- A deep cavity
- Repeated dental procedures that disturb this tissue
- A cracked or fractured tooth
- Injury to the tooth (even if there's not a visible crack or chip)

If left untreated, the tissues around the root of your tooth can become infected. When this happens, you will often feel pain and swelling and an abscess may form inside the tooth and/or in the bone around the end of the root of the tooth. An infection can also put you at risk of losing your tooth completely because bacteria can damage the bone that keeps your tooth connected to your jaw.

Many times when a root canal is indicated, the patient complains of pressure pain and sensitivity in the tooth. Another symptom is sensitivity

to hot foods and liquids. Your dentist will take X-rays to get a clear view of your tooth and the surrounding bone and may refer you to dentist who specializes in the pulp and tissues surrounding the teeth. This specialist is known as an endodontist.

During the root canal procedure, an opening is created in the top of your tooth. The tooth's nerve is removed from inside the tooth and from the areas in the root, known as the root canals. The inside of the tooth and each root canal is then cleaned and the tooth may be treated with germ-killing medicine. Next, the root canals are filled with a rubber-like material to seal them against future infection and a temporary filling is placed on the tooth to protect it until a definitive restoration like a permanent filling or crown can be placed.

After root canal treatment, your tooth and the area around it may feel sensitive for a few days. You can talk with your dentist or endodontist about how to relieve any discomfort you may have. Also, your dentist or endodontist may prescribe antibiotics if the infection spread.

You will need a follow-up visit with your dentist about two weeks after the root canal procedure. At this visit, your dentist will remove the temporary filling that was placed on the tooth during the root canal procedure and replace it with a regular filling or a crown to protect your tooth from further damage. A metal or plastic post may also be placed in the root canal to help make sure the filling materials remain in place. This helps support a crown if you need one.

With proper preventive dental care and good home care, your restored tooth can last a lifetime.

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

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IRREGARDLESS, OUR LANGUAGE KEEPS CHANGING

By *Natalie Canavor*

What's in a word?

A rabbit hole of history, a shifting landscape of meaning, an embodiment of where we grew up and when, says professional lexicographer Kory Stamper.

Stamper is one of a scant 35 lexicographers at work in the U.S. today. She has labored happily for 20 years at the premier dictionary publisher Merriam-Webster, where she and her colleagues invest their days reading everything from Old English fragments through Shakespeare to Supreme Court briefs, movie scripts and social media posts. It's all in the interest of understanding and describing how we use the English language today.

"The goal is to be descriptive, not prescriptive," Stamper stresses. "It's not about right or wrong and rules—it's about context. Language is people and people change." Does language change generationally? "Yes," she says, "this happens commonly and lexicographers run into it all the time."

Well, don't we all. Judging by anecdotes, it's safe to assume that most over-55 folks feel baffled and sometimes annoyed by some of the language we hear from younger people -- read "grandchildren." We find some of the words unfamiliar because of their electronic fixation, but technology has always been a source of new words, Stamper observes.

"If we go back before the Industrial Revolution to Isaac Newton, who revolutionized science, we see he invented words like 'acceleration' and 'force.' Today's technologies give us a word boom. All the medical terms we use now, for example, and appropriated language like 'mouse' for our computer devices." And new food words come as we expand our tastes via immigrant populations.

As a lexicographer, Stamper doesn't pass judgment on absorbed and invented words. "English has always been very flexible because countries like America, England and Australia have all been shipping ports and centers of commerce. This brings people in contact with different languages and thinking, so we're willing to make up new words much faster. I tell people that North America in particular has an open door policy on language."

For dictionaries, the issue is sustainability. "We watch the language come in and see if it sticks. Some words I find incredibly ugly—like 'bromance.' When it hit our desk—ugh! But if a word sticks around I have to get over it. As lexicographers we have no idea what will stick and what will not. Some perfectly useful

words don't, others are picked up decades later, and some fade out of use."

Jargon born of our work or leisure activities illustrates this come-and-go nature. Business jargon particularly provokes the language critics, and Stamper agrees that words like "onboarding" (for bring a new staff member into the fold) and "incentivize" can render language meaningless. But when she analyzed her own use of language when talking to friends who share her hobbies, spinning and knitting, she found that "the language we use is bizarre. It's the nature of all jargon to sound like nothing."

SO MUCH TO READ

The rocketing array of media channels is a challenge for Stamper and her colleagues. "People don't realize that social media is a hybrid type of language that falls between informal spoken English and the written, which tends to be more formal. It's more akin to how we write letters, but most of those are unpublished, so they don't give us a lot of evidence. Today the amount of English we have access to grows exponentially. So the terrifying part is to keep tabs on so much." She recently added cover letters for online job applications to her source material. It was supplied by a friend who's a job coach.

Do older people become word curmudgeons? "I have," Stamper says. "But there's plenty of linguistic discrimination on both sides. Older people feel that younger ones don't care about language and think they're creating terrible new words. On the flip side, they look at older folks like us and think we don't listen to what they say, and care about things that don't matter."

However, she observes that because of digital media, the gap between generations is actually shrinking. "All generations at this point are online in some way, so we run into the same basic internet slang. Even if a parent or grandparent doesn't know LOL, they can Google it. So while any gap feels big, the further we move into the modern era, the gap becomes a lot smaller."

A bigger gap, which Stamper says remains very much with us, is regional difference. The English we speak is based on the neighborhood we grew up in, our age, plus family and other factors. When we relocate, we typically adapt our word use and pronunciation to the new place. Stamper, for example, grew up in the West, but has lived on the East Coast her whole adult life. "I mostly speak the dialect around me, so don't have much of the American West language left in me -- unless I visit my family." Then words like "y'all" come back, and even "all y'all" for more than two people.

If the English language sounds more interesting than you thought, check out Kory Stamper's 2017 book, *Word by Word: The Secret Life of Dictionaries*. She calls it her "love letter to the English language." It's selling well, thanks to her witty and irreverent take on the subject and her own life as a lexicographer.

Despite all our modern mobility: “Regionalism is still alive and well. The last 100 years of TV and radio haven’t done away with it. The speaking community disperses, but only some of the smaller ones are dwindling.”

We all speak regional dialects, Stamper says. One of her favorite regional words is peculiar to the Philadelphia area -- “jawn.” It mostly stands in for the word “thing,” but can express anything from “hand me that jawn over there” to “side jawn,” signifying an illicit romantic interest, to a general situation: “That jawn’s all wrong.” It demonstrates how a word may come and go, and come back again. While area locals don’t use it these days, Stamper says “jawn” has recently become popular with local media and transplants like herself, to the annoyance of old-timers. Is it in the dictionary? Yes! “If a word meets our criteria for entry—widespread printed use for a certain period of time—it gets in.”

MOVING PAST WORD PREJUDICE

Another example of a word that challenges Stamper’s own sensibilities is “irregardless.” She considers it “the most hated word in the English language.” For years, when people called Merriam-Webster to ask whether the word was in the dictionary and thus legitimate—yes, lexicographers get many calls like that—she answered “no” with conviction. Recently she looked it up and to her embarrassment, there it was.

“I felt it was a made-up word that got into the dictionary through constant use.” Further investigation revealed that “irregardless” appears several times in Shakespeare plays, Supreme Court briefings and more. It’s dialect, she concludes, which is

often the reason we disdain how other people speak.

The idea of “correctness” was born after the Industrial Revolution, Stamper says, when the landed gentry felt threatened by the new wealth of merchants and manufacturers. One way of protecting themselves was to define their own use of language as more correct, intelligent and morally good. Prescriptive guides emerged. But the dictates have always applied mainly to writing—definable as a dialect that nobody speaks natively. “Everyone grows up speaking something different, a vernacular, and the rules are not written down. But nobody speaks written language. It’s acquired in school, so we need English classes to teach us the rules of grammar.”

However, something unprecedented is happening to English, literally before our eyes: social media. “It enables the spread of language in a way I’ve never seen because of its ability to move across the world instantaneously,” Stamper says. “Vernaculars can overlap to the point that it’s not clear what group or socioeconomic class the person posting belongs to.”

Tracking the impact this may have on English is right in line with Kory Stamper’s lifelong fascination with the language, and the four billion words on file at Merriam-Webster. “We tend to think of English as a singular monolithic thing. But it’s so varied. And it just keeps moving.”

Natalie is a magazine writer and editor, former communications director, and the author of seven books including Business Writing for Dummies, the college textbook Business Writing Today, and with a hypnotherapist, Workplace Genie: An Unorthodox Toolkit to Help Transform Your Work Relationships and Get the Most from Your Career. She can be contacted at NCanavor@gmail.com

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Bay Trekking

The Fall air is as crisp as a red delicious apple. Daydreams revolve around Autumn splendors—crackling bonfires, hot fragrant cider, luxurious cashmere sweaters, fluffy eiderdowns, harvest moons and long walks through rustling carpets of leaves. Adventure pulls and a weekend away sounds divine. What a perfect time to explore Irvington, Virginia.

This area of Virginia's Northern Neck is brimming with wineries, excellent cuisine, natural beauty, history and charm. About a three-hour drive from Annapolis, Irvington is a worthy destination. On your way to Irvington, stop at The Hague Winery in Hague, Virginia, where you may have a friendly chat with the owner over cheese and bread and a tasting of some fine wines. Their chardonel and meritage are excellent.

This area is lush with history. Visit the Georgian architecture of Stratford Hall (1738), the birthplace of General Robert E. Lee. This striking brick home and its surrounding grounds are delightful. You can take a tour of the house and wander the property, discovering its outbuildings and gardens. Drive to the historic mill and look across the Potomac River to the Maryland shore beyond.

The Stratford Hall property has its own accommodations, The Inn at Stratford Hall, complete with dining room. This is a possible choice for an overnight stay if you want to spend more time taking in its 1,900 acres via foot, bike or watercraft.

George Washington Birthplace National Monument is worthy of a visit. A 50-foot obelisk (1890) stands at the entrance to the national park in the location that was originally thought to be the site of George Washington's home. A house, built as a memorial (1930), is open for tours. The original foundation of the home, overlooking Pope's Creek, was later discovered and is laid down in oyster shell, enabling visitors to visualize the footprint. There are Colonial gardens, a burial ground and a working Colonial farm to explore.

A few minutes' drive from Irvington, Historic Christ Church (1735), built by Robert "King" Carter, one of Virginia's most prominent figures, is a fine example of Georgian architecture and is perhaps

the best preserved Colonial church in Virginia. This beautiful and impressive structure retains the original high-backed pews.

Steamboats were a lifeline for the people and for the economy (1813-1937) of Irvington and its surroundings. A visit to the Steamboat Era Museum is a must that will engage all ages. This gem of a museum spells out the importance of the steamboat with its interpretive exhibits.



FALL INTERLUDE IN Irvington

By Barbara Aiken

Check out the array of interesting shops in Irvington. There are fine boutiques, antique and gift shops that will catch your eye. Stop for coffee or a delicious breakfast or lunch at The Local. For dinner, visit the Trick Dog Bar and Bistro with its tantalizing menu. Look for the statue of Trick Dog—if you rub the statue it's said you'll gain good luck.

You may want to spend your nights at the Tides Inn located in Irvington. This dog-friendly, comfortable inn opened its doors in 1947. Located on a peninsula with breathtaking water views, the inn envelopes guests with the graciousness and warmth of old Virginia. Consider arriving via

water—their marina is top-notch. There's a lot to occupy all ages at the Tides. Their offerings include golf, bike

rentals, oyster roasts, board games, kayaks and canoes, kids programs, spa treatments and other amenities to make your stay memorable.

The Tides has several fine restaurants. Local oysters are on the menu as well as many traditional Virginia staples such as corn pudding and ham. Don't

miss the evening s'mores, fire-roasted on the terrace or beach. Also located in Irvington, the Hope and Glory Inn is highly acclaimed. This magical inn boasts a range of inspired options. Hope and Glory is part of the Dog and Oyster Vineyard. From the main inn, the shops and restaurants of Irvington are a stroll away. Close to town, the vineyard provides "tents," which are not tents at all, but charming, small cottages with views of the vines and Carter's Creek.

You can't miss the Dog and Oyster—their entry off the highway is marked by two gigantic corkscrews. They offer fine wines for tasting and you may be lucky to catch a wine and oyster pairing event. Ask them how they came up with their name.

Fall is a lovely time to visit Irvington. Pack your bags and delve into some of the wonders of Virginia's Northern Neck. You'll be glad you did.

Barbara, an avid traveler, can be reached at barbara.s.aiken@gmail.com

STAY:

Hope and Glory Inn:
www.hopeandglory.com/
The Inn at Stratford Hall:
www.innatstratfordhall.org
Tides Inn: www.tidesinn.com/

LEARN:

George Washington Birthplace National Monument: www.nps.gov/nr/travel/presidents/george_washington_birthplace.html
Historic Christ Church:
<http://christchurch1735.org/>
Steamboat Era Museum:
www.steamboatermuseum.org
Stratford Hall: www.stratfordhall.org
Town of Irvington:
www.townofirvingtonva.com/

ANGST REVISITED

EMPTY NEST SYNDROME FOR GRANDPARENTS

By Leah Lancione

We've all heard of "Empty Nest Syndrome" experienced by parents when their last child graduates high school and either goes to college or moves away from home. The loneliness, emptiness and even boredom associated with this major life change not only happens to parents, but often to grandparents as well. Grandparents who may have played an active role in the rearing of their grandchildren may feel the sudden and overwhelming emotions that come when a child—now grown—moves away or no longer needs such attention or support. Countless websites and blogs cover the difficulties of being a "long-distant grandparent."

Psychotherapist and counselor Diane Stainton (www.counselling-directory.org.uk), says this empty nest syndrome for grandparents, who likely had their own children when young, are now facing the painful feelings of their grandchildren becoming adults. This is rarely commented on in society. She explains that these heart-rending feelings arise once grandchildren no longer want to spend time with "pops or nan" in the way they did when they were younger. She says, for baby boomers who had to experience the empty nest once when their children moved out, these feelings of sadness may be heightened -- especially since it's likely that the first time it struck, they were younger, had more going on in their lives: work, an active social life, time-consuming hobbies, etc. Now that boomers are retired and have more time on their hands, solitude and feelings of isolation are more common.

Stainton recommends seeing a therapist if you are feeling the anguish of the last grandchild growing up, so you can discover ways to "reflect on and understand feelings and thoughts and explore ways to move forward." She says talking to a professional may help to come to terms with this loss and, ultimately, accept this new stage of life. It is possible grandparents may be able to see this new chapter as a blessing in disguise.

On the website for grandparents, 50 Connect, Dr. Lynda Shaw offers some tips for getting through the time when your last grandchild "flies the nest." Among them:

- Show your grandchildren proper enthusiasm and support when they announce they're going to college or moving out. You'll feel better if they know they have your full support—especially since it's an emotional time for them as well.
- Once your grandchild is settled in new surroundings, make sure to stay in touch and offer an open invitation to visit you. Don't corner them to give you an exact date and time right away. Hopefully they'll extend an invitation for you to visit them as well.
- Just as you did when your children first moved out and you experienced empty nest syndrome the first time, get back into your old hobbies or pursue new interests since you'll have more time now that you're relieved of some of your grandparenting duties.
- Consider how your son or daughter or in-laws are likely feeling. You may be able to spend time together easing each other into this new chapter of life.

Never forget the saying: "A grandparent's love is strong and deep, filled with memories to cherish and keep." Just because your grandchild no longer wishes to be spoiled rotten or showered with hugs, kisses and constant attention, it doesn't mean their love for you has faded. It's just matured and diversified. Continue to be a best friend, a confidant and source of support and they will continue to seek your wisdom and appreciate your tenderness with them.

Bay Bytes

Searching for a last-minute travel deal including hotels, cruises and vacation packages? Go to GoLastMinute.com for an extensive list of opportunities for travel in the next 30 days.

Bay Bytes

If you're looking for a fun day's hike -- or longer -- log onto HikingProject.com where you'll find an extensive list of great trails throughout the U.S. and the world. Log on for locations, maps, elevations and detailed descriptions.

Welcoming THE STILLNESS AND QUIET OF AUTUMN

By Katie Glover

With my upcoming birthday approaching, like many of us, I experience mixed emotions. On the one hand, it's exciting to celebrate a birthday and to have friends and family wishing you well and enjoying the day. Yet at the same time those of us with Summer birthdays remember that Summer is almost over. The longer days and somewhat slower pace will soon be behind us as the post Labor Day routine resumes.

First, in my younger days as a student and now as an academic administrator, mid-August has always been a time when I begin anticipating the resumption of a rhythm and routine that is both comforting and familiar -- even with the rigidity and stress it can impose. Like many of us, I also anticipate the arrival of cooler weather, brilliantly colored leaves and the first fire in the fireplace. And don't we all look forward to eating crisp apples instead of juicy plums and peaches, butternut squash instead of corn on the cob, and the heartier soups and stews that replace the lighter and fresher foods of the Summer?

Fall is often a juxtaposition of endings and beginnings, of death and rebirth. Trees begin to shed their leaves, most gardens look bedraggled and tired, and the bright greens of Summer are replaced by the deeper, earthy reds and browns of Autumn. As the Summer draws to a close and we end one year of life and start a new one many of us will take stock of the year that is past and look forward to the year ahead, making plans and setting goals. Often I invite others to look back with me. It's always fun to discover what they think were the highlights of our year, the successes and the failures, the things done and the things not done, the moments when we weren't our best selves, and, sometimes, the times when we were at our worst.

When we take stock of our lives we consider both the being and doing of life. It's my guess that we tend to focus more on the doing than on the being. Summer often offers time to just be, to sit on the beach and watch the waves, to dangle feet off a dock and to admire the beauty of creation. If we allow it, Fall can also be a

time of being, especially as the days get shorter and evenings are spent indoors. Allowing this time for being instead

of doing can be rich and rewarding, a time for dreaming and imagining, of acknowledging the opportunities and challenges of each season of the year and season of our lives.

Recently I began rereading Madeleine L'Engle's *Crosswicks Diaries*, having read them the first time in my 20s and finding them out of reach. I couldn't really relate to them, but knew that when it was the right season it would be time to come back to them and find what was needed. In picking up the first book, it was a surprise to find the number of passages that I actually remembered. Some of them were funny anecdotes of interactions with family, friends and folks in the local village, while others were poignant and thought-provoking observations of her life, her relationships and her experiences in a changing world. The third book in the series is more philosophical or theological than experiential. In many ways it offers a context and vocabulary with which to more deeply engage with the stories and events that she shares in the first two books.

At this time of changing seasons and preparation for a different rhythm and routine, I am particularly grateful to L'Engle for writing about the difference between the *chronos* moments and *kairos* moments of our lives, of time that is quantitative (*chronos*) and time that is qualitative (*kairos*). For people of faith *chronos* represents human time and *kairos* is God's time.

The being and doing described above gets at the heart of the concept of *kairos* and *chronos*. As we age we are often more keenly aware that much of our adult life has been spent in *chronos* and that there is a deep yearning for *kairos*. The moments and phases in our lives when we can or must slow down—whether during a vacation, in retirement, or because of diminished capacities—can be *kairos* time or being time if we allow them to be. The arrival of Autumn may bring with it busier days and weeks, but there is also greater quiet and stillness in nature as animals prepare to hibernate and the noisy insects of Summer are silenced. Perhaps this is our invitation for the stillness and quiet that allows for more being than doing.

Katie serves as vice president for administration and institutional effectiveness and teaches in the area of practical theology at Virginia Theological Seminary in Alexandria and can be reached at kathryn.a.glover@gmail.com

Allowing this
time for being
instead of
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THE COMMUNITY CIRCLE

By Ryan Helfenbein

On June 28, 2018, our Annapolis community was forever changed as a tragic event took place in our backyard. Five families lost a loved one, and so many others were impacted that day by these inexplicable shootings. Tragic events stop us in our tracks. They put us all in a “what if” mindset and leave us wanting to offer our help and support. However, affected families often want to be left in solitude, with just close family and friends to provide comfort. Undertakers witness this tug of war between who is considered “close” almost daily. The community circle surrounding families after a loss can be wide. This could be the barista in the local coffee shop who poured them their favorite cup of coffee each morning on their way to work, the clerk at the local grocery store with whom a joke was always shared, or even the local bartender who knew exactly what should go in their glass during happy hour. We see this with the local car mechanic, dry cleaner and so much more today. How do we respect the needs of the family and still acknowledge an extended need to grieve?

Those not directly affected, but who feel a sense of hurt, can contribute to informal memorials to show their caring and support. These are often located near the place of the tragedy, where cards, banners, balloons, flowers and other expressions of love can be placed. This allows individuals to share their words and remembrances with the community while respecting the family’s need for privacy. These items are often times collected and later provided to the individual families, offering an extension of support and love from individuals they may not have ever met in person.

Many community members find solace in attending a vigil, where candles are lit in remembrance of those who lost their lives. Often these events involve speakers and

religious leaders who give voice to the pain experienced, and provide comfort to those left behind. During these events we frequently find an opportunity for all to be involved through a biodegradable balloon release. This typically allows each person to share a message either verbally or on a small note card to be released into the air with a balloon. Fortunately through these events along with memorial runs, charitable donations, simple words of support through the use of social media, and many others, we are witnessing opportunities for community members to both receive and show their love and support.

Undertakers typically stand ready to lend a helping hand to communities in tragic situations. For example, shortly after 9-11 many funeral directors, including my business partner, stopped what they were doing, left their own families and gave several days and weeks of their time to assist with the needs of the grief-stricken. During the events following the Sandy Hook Elementary shootings in 2012 undertakers from all over the country provided grief dogs and memorial outreach to the community of young children who were left confused and lost by the events that took place. To bring this much closer to home, after the *Annapolis Gazette*

incident, three firms from Pennsylvania and an affiliate of the industry in Ohio contacted my funeral homes to see how they can be of help.

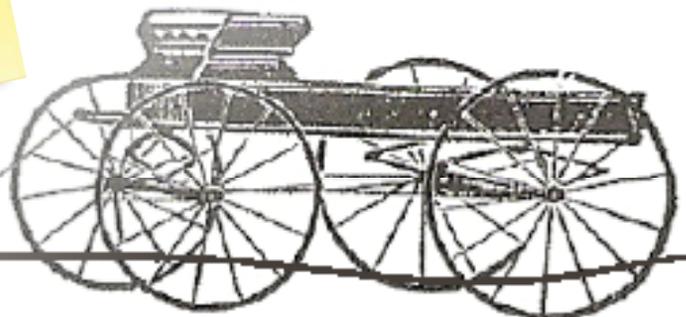
May the families affected by the tragic event on June 28 be forever in our prayers and those who feel a sense of hurt and grief also continue on their path to healing. Share your memories through public outreach and ultimately continue to remember the pleasant times had with the ones for whom we grieve. In one way or another, directly related or not, that tragedy had an effect on all of us. May we all continue to remain Annapolis-strong.

...we are witnessing opportunities for community members to both receive and show love and support.

Bay Bytes

If you or your group is searching for volunteer opportunities with the U.S. government in any of the 50 states, log onto **Volunteer.gov** where you will be able to search by location, dates or interests and abilities. Agencies participating include the U.S. Forestry Service, NOAA, Fish and Wildlife Service and others primarily focused on outdoor work.

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



GET TO KNOW YOUR NEIGHBORS: VISIT THE USNA

By Cindy Rott

The United States Naval Academy is not the off-limits compound that many perceive it to be, although there have been times when security has restricted entrance. With proper ID, visitors are typically welcome. The USNA hosts a plethora of activities each week, most of which are open to the public. During daylight hours, walking on is easy. Park downtown and just show your driver's license at the gate.

Once you've entered one of the three gates, what is there to do? Appreciate the beauty, for starters. The "Yard," as the midshipmen call their campus, is one of the most scenic pieces of property in the greater Annapolis area. A personal favorite is to walk or jog the four-mile perimeter. There is very little traffic, lots to look at and the terrain is very level. Visiting in the late afternoon is always enjoyable as the midshipmen are out of class and many are practicing intramurals, club or varsity sports and much of the activity taking place on the fields is worth watching.

While jogging or walking the perimeter, you might witness helicopters landing, Marines rappelling out of choppers, rugby practice, sailing teams gearing up, midshipmen marching in formation, weddings, taps and baseball games. Hospital Point, the expansive grassy field that is bordered by water on three sides, is a great place to walk as there is little traffic and the Severn River is worth a look as sailboats glide past. Often after a group walk with my "walking buddies," we'll stop in at the Drydock Restaurant in Dahlgren Hall for sandwiches and a cold drink. Some remember it as the old ice-skating rink, but few know there is now a small counter-style restaurant open to the public on the lower level.

If you are coming on base with out-of-town guests, the first stop should be the visitor center just inside the main gate. It features a 13-minute film, a few interesting displays, as well as a well-stocked gift shop. This is the place to sign up for a walking tour, which is always a hit. These are scheduled for most days, some at a cost. Private tours with a group of 16 or more can also be arranged by contacting www.usnabsd.com/for-visitors/group-tours/

The chapel and crypt of John Paul Jones are a short walk from the visitor center and are open to the public except on federal holidays, or during weddings, funerals, etc. Both are beautiful and worth seeing. Anyone may attend chapel services, which are Catholic or Protestant. Most other religions are represented at different times in different locations. Log onto www.usna.edu/Chaplains/services for scheduled times.

The Naval Academy Museum www.usna.edu/Museum located in Preble Hall is just a short walk from the chapel. It is open almost every day and features a small gift shop on the lower level.

Noon formation in front of Bancroft Hall is also a treat, weather permitting and if classes are in session.

Then not to be missed are any of the many artistic productions which are offered throughout the year, including performances by the Men's or Women's Glee Clubs, Gospel Choir, Drum and Bugle Corps, Pipes & Drums as well as the distinguished artist series. Another favorite is the Halloween Concert, which sells out every year. For more information call 410.293.8497

The Blue Angels show in the Spring is the most popular event of the year, and can be viewed from many places in the Annapolis area including the academy grounds. This is definitely worth taking the day off to see, or to treat your out-of-town guests. Usually it takes place over two days during graduation week. During that week there are many activities open to the public, including dress parades and concerts. Herndon, the annual climbing of an obelisk to signify and celebrate the end of plebe (freshman) year is a favorite event.

Should you have young Summer visitors, there's a Navy All Sports Camp for fifth through eighth graders. It is a one-week program that is offered and is a great way to entertain young guests as they are taught to march, salute and to speak Navy lingo, ending in a chow time. The academy also offers Kidshipmen Club, which is held year round and features lots of fun and free events for the young ones.

Navy sports are a great way to see some awesome athletics up close and personal. Check out <https://navysports.com> for a composite calendar where you can check all of the many different sports schedules. Lacrosse and football are always great to watch, but did you know you can attend many of the other sports including baseball, squash and gymnastics? Check out the website, which will also let you know when the shuttle bus is running. Park at the Navy stadium for \$5, and the shuttle bus will drive you onto the academy grounds, sometimes right to the sporting arena. (You will still need an ID.)

Although the academy is typically open to everyone, it's always a good idea to determine if there have been any changes in grounds activities by logging on to www.usna.com. And for the most current information or to find a special event, check out the *Capital Gazette* or the USNA website.

Bay Bytes

As a member of AARP you are eligible to take an annual hearing test in the privacy of your home using your phone. For instructions and information, log onto www.aarp.org/benefits-discounts/all/national-hearing-test/

THE HAPPIEST VOLUNTEER: A PERSON WHO WANTS TO DO GOOD

By Elyzabeth Marcussen

During the gala fundraising season, Holly Frye-Atcherson is one of those volunteers who is sometimes misidentified as a staff member at Hospice of the Chesapeake's administrative offices in its Pasadena headquarters. She is there that much.

When she isn't, the Cape St. Claire resident can be found at one of the nonprofit's many events – selling golf pro swings at the golf tournament, getting people to bid on silent auction items at the gala and taking pictures at its employee appreciation event. She even walks the runway at the fundraiser for the children's hospice and grief program, Fashion for a Cause.

Since she started by helping her friend Darlene Monaco and the other hard-working Gala Committee volunteers with the silent auction table at the 2013 gala, she has conservatively given more than 800 hours of volunteer time, and each of those hours served with a smile. Not only is Frye-Atcherson one of the organization's most dedicated, results-driven volunteers – she is perhaps the happiest.

"I enjoy working with everybody here. I have met some of the nicest people and I love that they are all giving people who want to give back," Frye-Atcherson said.

Philanthropy Events Coordinator Megan Lawton said Frye-Atcherson is instrumental in the success of the gala's silent auction. She's dogged in her pursuit of donations and has coached a team of volunteers to talk up the items to gala guests. The results are hers and their reward:

This year's silent auction raised \$39,725, more than \$10,000 over what was raised in 2017, which was itself nearly \$7,000 more than in 2016.

"We like that math, and it is in no small part due to Holly," Director of Advancement Chris Wilson said. "Her creativity and tenacity have been instrumental in the development of several key components for our signature events."

It is driven by a strong sense of purpose. "I know hospice is good and doing good things," Frye-Atcherson said. "And I'll need it one day, as we all will. I want to be sure that it is sustained. Anything I can do to make the fundraising part or any other part of it better

or easier, I'm here to help."

Chief Advancement Officer Shauna Chabot said having a dedicated volunteer who understands the importance of the mission is a gift to the organization in and of itself. "Once she knows what needs to be done, she does it – cheerfully, skillfully and without hesitation."

Frye-Atcherson takes the praise in stride, giving credit to Hospice of the Chesapeake and the committees she serves as not being bogged down by unnecessary red tape. "I get to say, 'This is what has to get done, and I'm going to get it done.' I am a person who wants to see it happen."

It helps that she enjoys the work. "It warms my heart. I'm just the kind of person who wants to do good."

Elyzabeth can be reached at EMarcussen@HospiceChesapeake.org

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THE GIFT OF Friends

Friends come in all ages, shapes, colors, etc. We might have old friends, new friends, professional friends, dear friends, family friends, church friends, pool friends, neighborhood friends or hobby friends. Friends are life-giving. They reduce our stress level. They elevate our mood. They actually help us to sleep longer and deeper. Let's look at different friend categories to help us to see more clearly how to make and keep friends.

Old Friends

Old friends are precious like old family treasures. They take us back to our roots. We may have kept alive our friendships from grade school, high school and college. If not, track down your old friends. Use Facebook. Telephone them. An old friend's voice and laughter soothes us.

Pool Friends

We go to the pool most mornings. Some friendships develop due to frequency of contact. We go at the same time. We see and talk with the same people. We smile, laugh, share stories, discuss current events and affirm one another. We open up to one

another. Life-giving! What is your equivalent of our pool friends?

New Friends

Making new friends is not the easiest thing to do. Especially as we get older, making new friends may be very challenging. We recently relocated to a retirement community. Lots of opportunities for new friends! We've made a list of their names and contact information. They give us new life, new excitement. Life-giving. We have similar demographics so we match up well. We are doing our

best to practice the old adage, "Smile and the world smiles back."

Dear Friends

Dear friends move us into greater self-disclosure. We share ourselves more deeply. We reveal who we are in our innermost being. We admit feeling inadequate or stupid or inferior at times. Miraculously, our dear friends reciprocate. They tell us who they are. They share their hopes, joys and struggles. We don't fear being rejected. We feel safe in their unconditional love and acceptance.

Animal Friends

Our animal friends refresh and renew us. They provide moments of pure bliss and peace – like Sadie, our son's miniature schnauzer, who sleeps on my lap. Schedules, pressure, stress all disappear. Our animal friends are endlessly therapeutic.

Family Friends

Hopefully, family friends are also dear friends. Do we spend time with them? Do we call? Do we help each other? Maybe vacation together? We are particularly thin-skinned with family. We can so easily offend and emotionally wound one another. We also may find greater, more satisfying delight with one another than with nonfamily friends.

Professional Friends

Professional friends, like all categories of friends, come with varying levels of closeness or intimacy. Our closest, most intimate professional friends meet monthly in our peer support group. We share our struggles, disappointments, failures and triumphs. We are close.



Church Friends

Partly due to frequent geographic relocations (14 in 21 years), we have always stayed rooted in our church friends in each new location. Church people are generally welcoming. We joined committees. We work on projects. We supported one another. We connected. We were not alone.

Friendship Facts

Social Science Research reports that social isolation is growing in our country. The number of people who report that they have no one to talk to has doubled in the past 30 years. Even when living in close physical proximity, large numbers of people elect to shut themselves off from any meaningful human contact. A friend told me that he and his wife deliver meals on wheels to 30 houses one day each week and their visits are the only contacts for those people. Most unfortunately, when we are unhappy for some reason, we tend to build walls instead of bridges.

While we know from frequently replicated research that friendships reduce our stress level, many people decline social interaction. A needed palliative is for each of us to identify neighbors in need and to initiate contact over and over again. We will surely benefit, probably more than those whom we are contacting.

Being a member of a small group (six to 10) has immeasurable benefit. The small group could be a book club, a dinner group,

Jungian, card club or faith-sharing. The degree of benefit correlates with the depth of our openness and sharing. Our friends calm us, exhilarate us, lift our moods, strengthen our psychoneuroimmune systems and enable us to rebound more quickly from surgeries and illnesses. A highly reported study of women with advanced breast cancer who attended weekly support groups lived twice as long as women who did not attend.

Ideally, our spouses are our best friends. We can't afford to take a day off from renewing this friendship. It has to be rebuilt every day.

Men and women address friendship in different ways. Men tend to do things together while women enjoy simply being together. Men tend to do hidden or indirect intimacy while women excel at sharing their thoughts and feelings. Integrating these two polar opposites is wise.

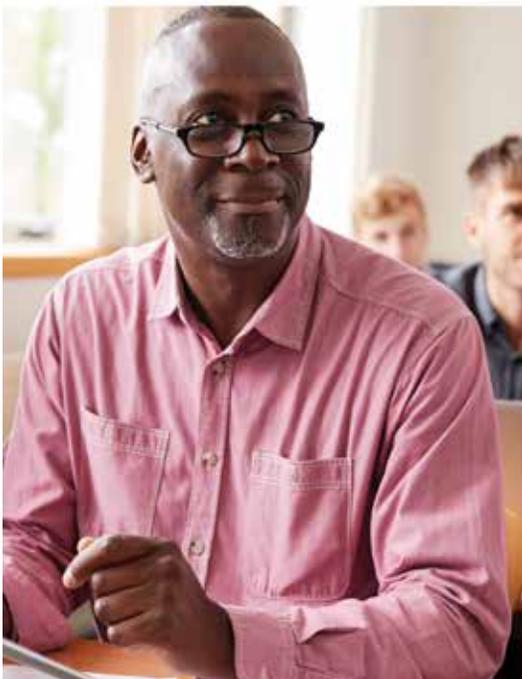
In today's world, which is saturated with nonintimate technology connecting, if we don't initiate face-to-face time with others, we probably will not have many friends. To have a friend, we must be a friend. Also, remember to spend time with those whose eyes light up when they see you; their nonverbal presence speaks truth. Lastly, remember to saunter and lollygag, because friends require slowing down and just being with one another.

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

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Bay Trekking

The Honga River on the Eastern Shore is one of Maryland's shortest rivers at just 14 miles long and is one of the widest, measuring a mile across, at its broadest reach. The river moves south to Tangier Sound and the Chesapeake Bay from Church Creek near the Choptank River. The Honga is actually a strait, probably at one time linked to the Choptank. The land was once heavily forested with oak, which was used for shipbuilding, the town's principal industry until nearly all the trees were gone.

Dorchester County, founded in 1669, was named for the Earl of Dorset. Church Creek, a town just south of Cambridge, with a population of 125, is the home of the Old Trinity Church, the oldest church building in the US in continuous ecclesiastical use. Built in 1675, it is listed on the National Register of Historic Places.

The Honga moves south past the Harriett Tubman Museum and the Blackwater National Wildlife reserve until it emerges as a strait bordered on the west by Hooper's Island and on the east by Dorchester County.

Hooper's is a 20-mile narrow chain of three islands — well, really two -- since the lower island, that in 1920 had a village and a post office, is now under the water of the Chesapeake Bay. The area is a top-notch oyster, crabbing, hunting and fishing territory, which draws sportsmen from all over the mid-Atlantic where they enjoy its bounty. It's an ideal location to spend time in this quiet, isolated "paradise." Today, in its 50th year, the William T. Ruark Fishing Tournament is the island's biggest event. The Riverside Lodge and house rentals provide accommodations for competitors in the small village of Fishing Creek, population 163.

The irony is that remote Hooper's and the Honga territory is one of the earliest populated places on the Eastern Shore. Early Colonists in the Chesapeake Bay region were in search of economic opportunity or escape from religious persecution

in England. Henry Hooper was one of the first patenting land in the 1650s. A wealthy Englishman, Henry brought his wife and 14 children and servants and slaves to work a tobacco farm on

2,481 acres of Hooper's land. A friend of the Calverts, Maryland's proprietor, Hooper was appointed the county's first justice of the peace and served in Maryland's legislature in 1694. Another wealthy Englishman, Capt. John Keene from Surrey, England, also received a commission as justice from Lord Baltimore as did the old established English Lake family, devoted adherents to King Charles I. A land surrounded by swamps and water, the Honga territory was remote, demanding self-sufficiency and independence from its residents. Over time this characteristic promoted strong

community ties and a sense of pride that kept families together for generations.

Hooper's Island Light, built in 1901, is a caisson light and is listed on the National Register. Hooper's Island Boats, specially designed for commercial oyster and crab trotlines, is part of the island's shipbuilding business. "Rosie Parks," the skipjack that consistently won the races at Sandy Point, was built in 1955 in Wingate on the Honga. It is now part of the historic boat exhibit at the world-class Chesapeake Bay Maritime Museum in St. Michaels, where it is joined by the 1934 workboats "Dorothy Lee" and "Martha Dovetails" built by Bronza Parks.

While visiting, Old Salty Cafe in the old school house, is the place for great crab cakes, a business that flourishes in the multiple crab-picking houses that line the island. Phillips Seafood, operators of seafood restaurants throughout the East Coast, has been in business here since 1914. The women of Hooper's opened the first restaurants and accommodations establishing the state's seaside resort, Ocean City.

This lowland is a rapidly eroding area, losing 24 acres a year. Just a two-hour drive from Annapolis, there once was steamboat service from Baltimore to Hoopersville, which ended in 1929.

A boat trip up the scenic Honga and a day of fishing or crabbing, or just watching the ebb and flow of the water and the wildlife, can melt away big-city tension. Maybe this is a place to note on your visit to-do list.

Ellen, a former mayor of Annapolis, can be contacted at eomoyer@gmail.com

The Honga River

By Ellen Moyer

... in 1920 there was a village and a post office, but now the village is under the water of the Chesapeake Bay.

Bay Bytes

The International Club of DC (<http://internationalclubdc.com>) presents many international cultural experiences such as concerts, theater, museum visits, outdoor activities and educational opportunities as well as culinary events. Partnered with more than 80 embassies in Washington, D.C., club membership is free.

How much time are you spending on things that don't really matter.

Orchids are exotic plants, yet more and more they're found in the most unexpected places, well outside of the tropics. I've spotted them indoors as delicate table décor or rising proudly in the background in a studio during a television news broadcast. These beautifully subtle plants with fragile blossoms have apparently earned a prominent place in today's trendy indoor living spaces.

Growing orchids does not require possession of a working green thumb, but there are specific techniques to be observed by both beginners and experienced growers. Growing orchids indoors requires specific light, temperature and humidity conditions, proper watering and fertilizing techniques – and the right orchids.

Orchids come in a multitude of varieties, colors and shapes, all displaying beautiful, delicate blossoms. But when choosing an orchid for the indoor garden, you should go well beyond what appeals to the visual senses. Your choice should be based on the needs of the plant.

The typical orchid loves light in varying degrees. Some species thrive in bright sunlight all day. Angraecum and Vanda orchids require high light and will do very well in a window with an unobstructed southern exposure. Windows that face east or west with some sun exposure are dubbed as medium-high light and are generally conducive to growing orchids that require bright medium light. Try Phragmipediums and/or Oncidium.

Dendrobiums may be used here as well. Eastern and western exposures without direct sunlight usually present a medium-low light environment perfect for Phalaenopsis orchids.

Surprisingly, there are orchids that do exceptionally well in very low-lit spaces. Windows facing north with obstructed lighting can host the lovely Jewel orchid, which prefers low light.

Indoor temperature and indoor humidity levels are the next environmental factors that must be considered when selecting the right orchid. Most plants generally prefer warm to medium-warm temperatures, while some will adapt to colder temperatures. Since orchids come from the tropics, it is easy to understand how humidity plays a significant part in their growth. Orchids

require at least 50 percent humidity. To easily increase humidity in an otherwise dry-air space, place some pebbles in a shallow tray and fill it with water. Then place a grouping of orchids on top of the pebbles. When watering the plants, the excess water drains from the plants into the tray creating humidity.

All living things need water and orchids are no different, even down to the amounts of water required to bloom and grow. But the proper watering of orchids begins with the soil.

The soil that orchids are potted in differs from the standard potting soil used for most houseplants. Orchids use a mix that includes bark, stones, tree fern and other materials to allow greater airflow among the plant's roots. While over-watering plants in this type of potting mix is not typical, underwatering a plant can be. It is important to make sure the plant absorbs as much water as possible as it drains from the pot. Allow the excess water to drain from the pot

before watering the plant again. Most plants should be watered every four to five days, or weekly, or according to directions.

Fertilizing strikes a note of fear in some would-be home gardeners. Luckily, orchids don't get very hungry. When they do, it's best to check the information that accompanied your orchid for specific fertilizing directions. Generally, orchids are fertilized during every other watering when the plant is experiencing new growth of leaves and blossoms. Most hardy orchids will bloom every year whether fertilized or not.

Once the last bloom has fallen, if the stalk is still green, trim it back by cutting right above the second or third node. This may not only stimulate continued growth but produce a new stalk in the process. Orchids should be repotted every two years or as needed. Do not repot during the plant's active growing season.

Now that orchids' growing environment has been established, it's time for the selection process. For the beginner, there is one variety of orchid that wins hands-down for its hardiness, adaptability and longevity.

The Phalaenopsis orchid is one of the most popular orchids found in homes, probably because it is also one of the easiest orchids to grow. The plant's common name is the "Moth Orchid," which seems a surprising distinction when taken out of context. However, when you look at the flowers, the reason for the nickname becomes clear. The delicate, colorful blossoms appear to hover in the air above the plant base.

So, where is the best place to purchase an orchid?

How about at your local food market, yet another unusual place. Grocery stores from Shoppers to Wegmans and Harris Teeter, all offer a variety of orchids in assorted sizes and colors. Prices can range from \$12 up to \$75 and more.

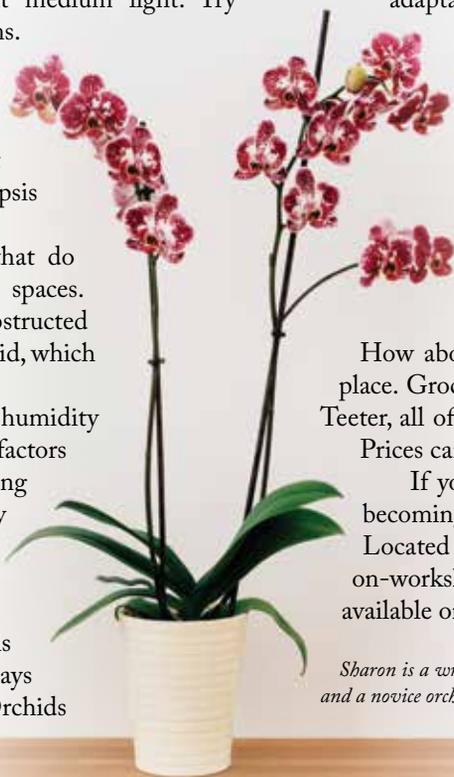
If you plan to grow orchids, you may want to consider becoming a member of the Maryland Orchid Society. Located in Baltimore, there are regular meetings, and hands-on-workshops. Information and membership forms are available on the website at www.marylandorchids.org

Sharon is a writer/photographer, a proud "Bay" boomer from Anne Arundel County and a novice orchid grower. She can be contacted at spcs924@hotmail.com

HOW TO GROW ORCHIDS

By Sharon Schultz

Growing orchids does not require a working green thumb



How much are you now paying for your skin care? Your hair care products?

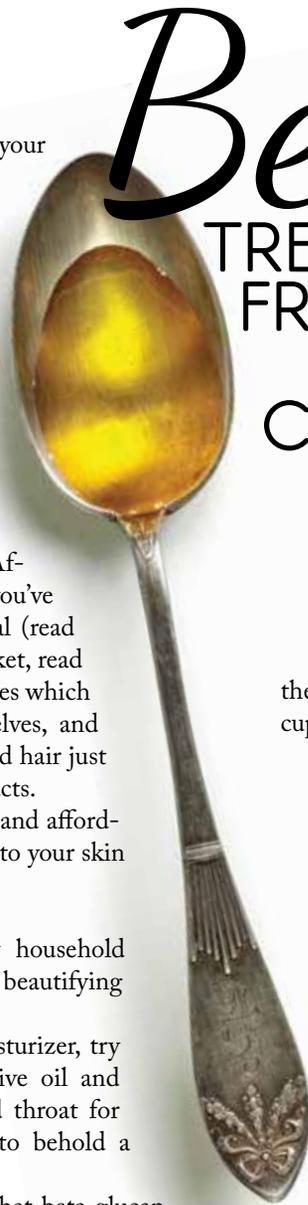
If you're anything like me, you've fallen prey to TV, radio and magazine ads for years, promising you "a lotion that will take 20 years off your age," or a hair conditioner that "will give your hair shine, radiance, illumination and bounce," and other fanciful assurances.

Well, if that \$100 face emollient or the \$50 restorative hair infusion is affording you the results you had hoped for, by all means continue to use them. After all, success is unarguable. If, however, you've felt let down by some of the commercial (read "expensive") beauty products on the market, read on to learn about a few homespun remedies which are available right on your kitchen shelves, and which are known to pamper your skin and hair just as successfully as many more costly products.

(Note: In addition to being effective and affordable, the following products are harmless to your skin and hair.)

First, let's consider some ordinary household products demonstrated to be capable of beautifying your skin.

1. Olive oil. For a wonderful moisturizer, try mixing equal parts salt and olive oil and gently massaging your face and throat for five minutes. Wash your face to behold a sunny glow.
2. Oatmeal. Research has shown that beta glucan from oats can penetrate skin and fight wrinkles. For oily skin: Make a mask using dry oatmeal and an egg white. Mix until it feels sticky, apply it evenly to your face, leave it on for 15 minutes and rinse. For dry skin: Mix a cup of oatmeal with a mashed ripe banana, add enough milk to make a paste, apply it to your face and leave it there for 10 to 15 minutes. As a bonus, it will also exfoliate your skin.
3. Mayonnaise. Treat yourself to a soothing facial with whole-egg mayonnaise from your refrigerator. Gently spread the mayonnaise over your face and leave it on for 20 minutes. Wipe it off and rinse with cool water for a smooth, refreshing feeling.
4. Yogurt. For a great facial, and to cleanse your skin and tighten the pores, smooth plain yogurt on your face, let it sit for 20 minutes, and rinse.
5. Honey. Honey has been a beauty secret of such queens as Cleopatra of ancient Egypt and Queen Anne of England. Honey is a natural humectant — a compound that helps skin retain moisture. Mix one-fourth cup of oat-



Beauty

TREATMENTS FROM YOUR KITCHEN CUPBOARD

By Louise Whiteside

meal with a half cup of water in a large microwave-safe container. Microwave for two minutes, allow it to cool, and stir in one-fourth cup of honey until thoroughly blended. Spread the mixture over your face and leave it on for 12 minutes. Rinse with cool water and enjoy the results.

Now that you have gorgeous skin, having experimented with these treatments, let's examine a few equally amazing kitchen-cupboard techniques for treating your hair.

1. Olive oil. Olive oil again! Use it to condition your hair naturally. Mix together an egg yolk with three teaspoons each olive oil, honey and lemon juice. Work this mixture through your hair and leave it on for 15 minutes. Rinse and shampoo as usual. Your hair will be soft, shiny and moisturized.
2. Flat beer. Flat beer strips away soapy film and brings new life to your hair. Mix three tablespoons of flat beer in a half cup of warm water and pour it over your head as you shower. After completing your shower, rinse your hair. Flat beer also serves as a great styling lotion.
3. Baking soda. Baking soda removes the residue from hair spray and styling gels. Blend one tablespoon of baking soda with your regular shampoo. Alternately, mix a tablespoon of baking soda with a cup of water and massage it into your hair and scalp. It will strip away film and leave your hair shiny and bouncy.
4. Honey. For a thorough conditioning, massage one-fourth cup of honey into your scalp and cover your hair with a plastic bag for 15 minutes. Rinse with hot water.
5. Bananas. For dry hair, mash a banana with a tablespoon of almond oil, rub it into your hair, leave it on for 20 minutes, and rinse.
6. Vinegar. Put a shine in your hair with an apple cider vinegar rinse. Mix a half cup of apple cider vinegar with two cups of warm water and pour it over your hair after shampooing.
7. Unflavored gelatin. Give your hair a lovely, expensive salon look. Dissolve a teaspoon of unflavored gelatin in a cup of warm water, creating an instant setting lotion.

Why not try some of these kitchen-shelf beauty treatments and witness the outcome for yourself? Although there's no guarantee that you'll be pleased with the results, you nevertheless may save a bundle of money on a home-grown beautifier.

NAVY ANNOUNCES COMMISSIONING DATE FOR USS SIOUX CITY

By Capt. James Graybeal, USN (Ret)

The future USS Sioux City (LCS 11), a Freedom-class Littoral Combat Ship, will be commissioned a United States Ship (USS) on Nov. 17, 2018, in Annapolis. More than 5,000 people are expected to attend the commissioning ceremony at the United States Naval Academy. "The secretary of the navy designated the Naval Academy as the site of the commissioning because of its strong naval heritage and in recognition of Annapolis' support of the U.S. Navy," said Vice Adm. Walter E. Carter Jr., Superintendent of the U.S. Naval Academy.

"Annapolis looks forward to hosting this great event, said Mayor Gavin Buckley. "This is a tremendous opportunity for businesses in our community to show their support for the Navy and for people living in and around Annapolis to attend a once-in-a-lifetime event, experience the Navy and visit the Naval Academy."

"We're proud there will be a US Navy ship carrying the name of Sioux City," said Bob Scott, Mayor of Sioux City, Iowa. "The citizens of Sioux City are honored to be the namesake city for this great ship and look forward to following and supporting the crew and their families for decades to come."

Designed to be agile and stealth surface combatants, Littoral Combat Ships are capable of engaging and defeating enemies who challenge our freedom of navigation in shallow contested areas like the Persian Gulf and the South China Sea. The ship incorporates innovative construction, manning, training and operational concepts designed to be forward deployed around the world for long periods of time.

"The crew has been preparing for this day, the most important in any ship's life, for many months," said Cmdr. Randy Malone, commanding officer of the future USS Sioux City. "After 33 years in the Navy, I can assure you that this is an exceptional crew and we could not be prouder and more excited to take the USS Sioux City around the globe in defense of freedom."

"A ship's commissioning is perhaps the most patriotic event you will ever attend," said retired Navy Rear Adm. Frank Thorp, Commissioning Committee chairman. "Watching a ship come to life and transition from a hunk of steel to a commissioned US Navy ship is a once in a lifetime opportunity."

The USS Sioux City Commissioning Committee was established to coordinate the events leading up to the commissioning. They have set a goal of raising \$800,000 to fund the events, honors for the crew and a legacy fund to support educational opportunities for the crew and their families for the life of the ship.

Sponsorship opportunities are available for individuals and companies interested in supporting the commissioning of the USS Sioux City. Becoming a sponsor includes invitations to the week's events and priority seating for the commissioning ceremony.

For more information, please visit USSSiouxCitylcs11.org

Captain Graybeal can be contacted at jamesgraybeal.com

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Autumn's Splendor On Your Plate

Pleased as you've been with Summer's watermelon, home-churned ice cream and blue crabs, you may be ready to indulge in Autumn's heartier fare.

Root vegetables are a perfect choice for Fall dining. There are so many to choose from: deep ruby or perhaps golden beet root, turnips and rutabagas, sweet potatoes and yams, parsnips, celery root, kohlrabi, onions and carrots of many hues. Though available year round, now these sturdy veggies seem to speak to Fall and provide a comforting and nurturing element to the season. You may have a bountiful harvest in your vegetable garden ready to pluck from the soil at a moment's notice.

Here are two satisfying side dishes that have pleased my family and friends for some time. They're quick and easy to prepare, they allow for advanced preparation and are delicious and nutritious.

ROASTED BRUSSELS SPROUTS AND CAULIFLOWER

Serves 12

1 1/2 lbs. Brussels sprouts
1 Tbs. extra virgin olive oil
2 medium heads of cauliflower, cut into florets
2 garlic cloves, minced
1/4 cup extra virgin olive oil
1 tsp. kosher salt
2 Tbs. sugar
1/2 tsp. ground black pepper
10 bacon slices
1 Tbs. chopped fresh parsley
2 Tbs. white wine vinegar
1 tsp. chopped fresh thyme

Preheat oven to 450 degrees. Rinse Brussels sprouts and remove any discolored leaves. Trim stems; cut in half lengthwise. Combine sprouts and the next three ingredients in a large roasting pan; toss to coat. Spread into one layer and roast at 450 degrees for 45 to 50 minutes or until tender and browned. Stir after 30 minutes.

While the vegetables are roasting, cook bacon in your preferred manner until crisp. Remove bacon and drain on paper towels. Reserve 2 tablespoons of bacon drippings. Crumble bacon. Whisk together drippings, vinegar and the next four ingredients.

Drizzle vinaigrette over the roasted vegetables. Add crumbled bacon, parsley and thyme. Toss to coat.

You can cut this recipe in half or quarter it. Turkey or other lean cuts of bacon can be used, but you won't

get the tasty drippings that make this so delectable. You can prepare the veggies ahead of time and store them in the fridge, ready to pop in the roasting pan.

This makes a hearty side dish and is great on its own as a light lunch paired with some crusty bread. It may be a way to tempt children to try these robust veggies.

HONEY-GLAZED ROOT VEGETABLES

Serves 12

1-1/4 lbs. parsnips, peeled and sliced 1/2 inch thick
1/2 cup extra virgin olive oil
1-1/4 lbs. carrots, peeled and sliced 1/2 inch thick
1/2 cup honey
1-1/4 lbs. celery root, peeled, quartered and sliced 1/2 inch thick
6 thyme sprigs
1-1/4 lbs. golden beets, peeled and sliced 1/2 inch thick
Salt and freshly ground black pepper
2 Tbs. sherry vinegar

Preheat oven to 425 degrees. In a large bowl, toss the parsnips, carrots, celery root and golden beets with the oil, honey and thyme sprigs and season with salt and black pepper. Divide the vegetable mixture between two large, rimmed baking sheets. Cover both sheets with foil and roast for 40 minutes, rotating the pans from top to bottom and back to front half way through until the vegetables are tender. Remove the foil and roast for 10 minutes longer until glazed. Return them to the bowl, stir in the vinegar and season with salt and pepper.

If you can't find golden beets, use the deep red variety. If there's a vegetable you don't care for, omit it or perhaps add something you prefer. Like the prior recipe, this one can also be reduced by half or quartered. The vegetables can be cut up the day before and kept in the refrigerator. You can prepare this dish early in the day and reheat with good results. This sweet and tangy side dish brings the celebratory colors of Fall to the table.

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

Are you letting fear hold you back? Get out there and do it.

VISITING THE FINGER LAKES

By Kathryn Marchi

For many folks, the end of Summer is sad; thoughts of colder weather makes one shiver before it's really here. The good news is that Autumn can be just as nice and the foliage is beautiful to behold. Perhaps one will relish cooler weather and less humidity and think about heading north.

The Fall foliage is near peak in the northern part of New York state Oct. 1-15. A trip to the Thousand Islands, New York, once beckoned my husband and me for a foliage adventure.

Getting to Thousand Islands was actually a fairly easy trip, once we got on the main thoroughfare. The area located on Alexandria Bay, New York, is actually composed of more than 1,000 islands of all sizes that straddle the United States in the state of New York and Ontario in Canada. The proper location is at the outlet of Lake Ontario at the head of the St. Lawrence River.

There are several boat tours available. It takes about two hours to tour the area while a well-informed tour guide can point out the highlights and the history of some of the lavish homes along the riverbank. There are other points of interest to be visited aside from the boat tour. On Heart Island stands Boldt Castle, a private mansion built in the early 20th century by an American millionaire, George Boldt. The mansion was supposedly built as a full-sized Rhineland Castle. The structure is open to the public from May to mid-October. For those interested in boats, there is the Antique Boat Museum in nearby Clayton, New York. It features the largest collection of antique and classic boats in North America. Well worth the visit.

An interesting side note: That well-known salad dressing, Thousand Islands, was concocted there. Lore has it that at the end of the 19th century a salad craze hit the United States. Apparently, lettuce began shipping in from California. A local fisherman's wife made a sauce to counteract the bitter taste of the lettuce when she served her husband's shore dinner. The recipe became popular and it was soon named after the Thousand Islands.

Not to be missed is the chance to drive through the Finger Lakes area between Lakes Cayuga and Seneca where you'll find some excellent wine tasting. A good starting place would be Seneca Falls, a town located on the northern shore of Lake Cayuga in the heart of the Finger Lakes. From there it is possible to take the Cayuga Lake Wine Trail. Many other wineries are located on Seneca Lake as well. A

special highlight: The movie, "It's a Wonderful Life," was filmed in Seneca Falls and a museum is available for a visit.

If you are a NASCAR fan, a stop in Watkins Glen is easy since it's also in the Finger Lakes area. Racing goes through Oct. 20, but you can check out the Watkins Glen website for a more detailed schedule. Watkins Glen State Park is another attraction worth a stop. It is reputed to be the most famous of the Finger Lakes parks with its many beautiful waterfalls and rock formations.

This brings us to our last destination of Corning, New York, home of the Corning Glass Works Museum featuring the art, history and science of glass. It contains the largest collection of art glass in the world. Founded in 1957, it contains 45,000 glass objects, some over 3,500 years old. Besides the beautiful glass creations, it also has hands-on experiences for creating personal glass pieces. Special exhibits include the exquisite stained-glass windows of Louis Comfort Tiffany. Access to this museum is convenient, right off the interstate. Parking is available at the visitor's center and folks can take the short walk to the museum. A bus is also available for transport to and from the building. After visiting the museum, a tour of the town of Corning is recommended. There are many quaint shops and restaurants in the town center. Be sure to try out the area's specialty: macaroni and cheese served in many creative ways.

This trip touched on some interesting places on the way to our designated destination, Thousand Islands. We always use our trusty Atlas for planning the journey, but the internet is our source for determining whether or not we wish to stop and visit. Sometimes we realize that we did not allow enough time to see everything so we plan a return trip. The Finger Lakes region certainly warranted more time than we had.

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THE POWERFUL EFFECTS OF *Prayers* ON THE HUMAN BRAIN

By Dr. Meenakshi Bhattacharjee

Spiritual practice aims to connect the individual with God or a higher power, to open one to the divinity dwelling within the self, and to make one fully present to life in the here and now. These are not goals that lend themselves to being measured in double-blind experiments. The sense of deep peace and radiant well-being experience that spiritual practitioners in different religious traditions report cannot be tested by scientific means.

Prayer is an essential component in many religious tradition and faith systems, but what does the act of prayer mean for those who engage in it? How does the human brain react to the practice? Beliefs are based on four key components of perceptions, emotions, cognitions and social interactions, which are also deeply interconnected. These components all intersect in the workings of the human brain, which enables us to have all of our beliefs. Our beliefs begin to develop the moment that we are born, and we are preprogrammed to believe in certain ways. However, these ways are shaped by everything we think, feel and experience over our lifetime.

Religious and spiritual experiences are typically highly complex, involving emotions, thoughts, sensations and behaviors. These experiences seem far too rich and diverse to derive solely from one part of the brain. It is much more likely that many parts of the brain are involved. Additionally, very different patterns of brain activity may appear, depending upon the particular experience the individual is having. For example, a near-death experience might result in different activity patterns from those found in a person who is meditating. Such evidence indicates that more than a single "God nodule" is at work—that, in fact, a number of structures in the brain work together to help us experience spirituality and religion.

The temporal lobes are clearly important in religious and spiritual experiences. The amygdala and hippocampus have been shown to be particularly involved in the experience of visions, profound experiences, memory and meditation. However, Andrew Newberg, professor and director of research at Myrna Brind Center of Integrated Medicine, Thomas Jefferson University and Hospital, feels that the temporal lobe must interact with many other parts of the brain to provide the full range of religious and spiritual experiences. Newberg has studied faith and religion for

decades, specifically where these tenets intersect with neuroscience. In a recent study, the doctor injected subjects with a harmless radioactive dye. Then, while they engaged in prayer or meditation, he monitored their brain activity to see how the religious act impacted them. After being injected, the dye goes to the part of the brain where blood flow is strongest -- the most active part of the brain. The scans showed that the frontal lobes and the language

area of the brain experienced noticeably increased activity.

"To the brain, talking to God is indistinguishable to talking to a person," Interestingly, though, while atheists and nonbelievers spend time meditating or contemplating God's existence, no impact on the brain is observed in the frontal lobe. The term "hard-wired" suggests that we were purposefully designed that way. Neuroscience cannot answer the question of purposeful design. However, what we can say is that the brain has two primary functions that can be considered from either a biological or evolutionary perspective. These two functions are self-maintenance and self-transcendence. The brain performs both of these functions throughout our lives. It turns out that religion also performs these two same functions. So, from the brain's perspective, religion is a wonderful tool because religion helps the brain perform its primary functions. Unless the human brain undergoes some fundamental change in its function, religion and God will be here for a very long time. The main reason God won't go away is because our brains won't allow God to leave. Our brains are set up in such a way that God and religion become among the most powerful tools for helping the brain do its thing—self-maintenance and self-transcendence.

Research provides the link between religion and health. By understanding how the brain works during certain religious experiences and practices such as meditation and prayer, we can begin to understand how religion affects psychological and physical health. For example, our model of brain activity during meditation indicates that there may be very demonstrable reasons why people who meditate frequently experience lower blood pressure, lower heart rates, less anxiety and depression.

Dr. Bhattacharjee is executive director of the Center for Applied Algal Research at Rice University in Houston and can be reached at minakshi12@aol.com

Celebrate Live Music THROUGH TWO LOCAL CONCERT GROUPS

By Betty Knupp

The South County Concert Association, founded in 1975, is celebrating 43 years of offering its subscribers and guests a variety of concerts presented by nationally and internationally recognized artists. Its goals have remained the same—bringing fine music and entertainment to its stage. SCCA began in its first season offering four concerts, which included Jerome Hines and the Norman Luboff Choir.

The association now features six shows. It continues to offer attractions that range from vocal and instrumental soloists to large choral, instrumental and dance groups. During those years, SCCA has presented well-known groups such as The New Christy Minstrels, Roger Wagner Chorale and the Glenn Miller Orchestra. In more recent years, the board has included in its series one or two local groups each year, in a desire to support the arts including the Maryland. Annapolis Symphony, Londontowne Symphony, Annapolis Chorale, Capitol Steps and Brian Ganz.

During the 2018-19 season, the association is offering the following concerts. Concerts offered by the Anne Arundel Community Concert Association (AACCA) are listed next.

South County Concert Association (SCCA) Concerts at Southern High School Route 2, Harwood

- **Maureen McGovern** Thursday, Sept. 20, 2018
- **Ilya Yakushev, pianist** Monday, Oct. 29, 2018
- **Vocal Trash** Monday, Dec 10, 2018
- **Maryland Live Ernest**
- **Green: Kiss Me Kate** Sunday, Feb. 17, 2019
- **Vox Fortura** Saturday, Mar. 23, 2019
- **Shenandoah Run** Saturday, May 11, 2019

Because of a reciprocal agreement with AACCA, SCCA subscribers can also attend their concerts at no additional cost, and vice versa.

Anne Arundel Community Concert Association (AACCA) Concerts at Severna Park High School 60 Robinson Road, Severna Park

- **Derik Nelson & Family** Tuesday, Oct. 2, 2018
- **My Funny Valentine** Thursday, Nov. 1, 2018
- **U.S. Navy Commodores** Saturday, Jan. 26, 2019
- **The Malpass Brothers** Tuesday, Feb. 12, 2019
- **Sergei Teleshev** Sunday, Apr. 7, 2019

Open to all subscribers, AACCA was founded in 1951 and is celebrating its 67th year, under the leadership of Gale Gillispie, who has served as their long-term president.

Steve Dougherty is the new president of SCCA. In June, he replaced Frank Gouin who died on Aug. 2, after serving for 13 years.

People are curious about how concerts are selected. For the past 15 years, SCCA and AACCA have partnered with Live-on-Stage, located in Nashville, Tenn. Every Summer, several SCCA Board members attend its conference and showcase to hear about 30 groups perform for 15-20 minutes. Those who attend evaluate and recommend concerts for the board to consider for the next season. What fun to go and be entertained for two days by performers from all over the U.S. and Europe!

Subscription and Other Information About South County Concert Association

The cost of a subscription is \$55 per adult and \$10 for children, which allows subscribers to attend all of the concerts listed previously. An individual ticket at the door is \$25. The subscription cost is based on our nonprofit, all-volunteer organizations. Last season, SCCA provided outstanding entertainment to more than 900 subscribers.

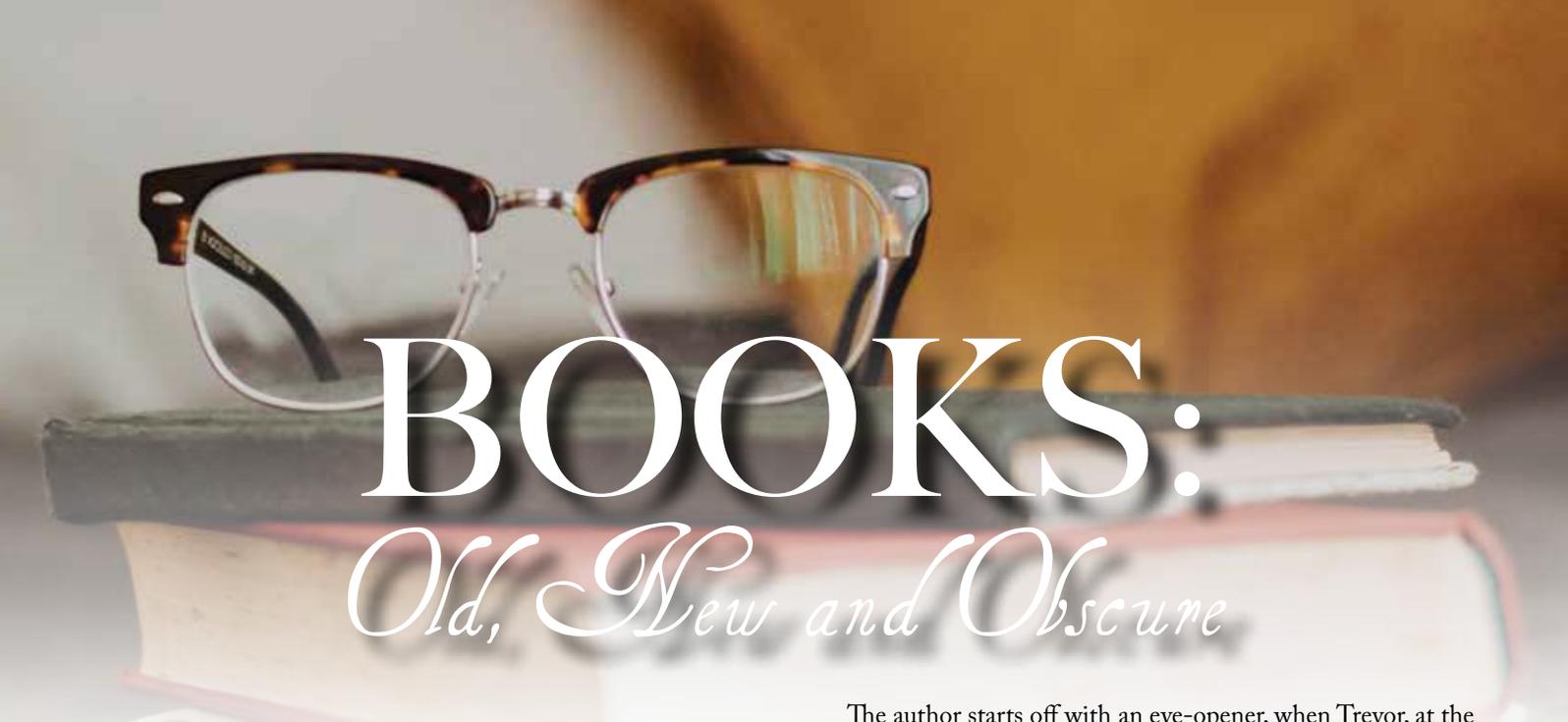
All concerts begin at 7:30 p.m., except for occasional Sunday afternoon concerts that begin at 3 p.m. The concerts are purposely scheduled on different nights of the week during the Fall, Winter and Spring months. Southern High School and Severna Park High School have very good acoustics, excellent facilities and adequate parking.

In addition to the concerts, SCCA offers opportunities each year for students in local schools to enjoy master classes and concerts during the school day. The association realizes these young people are our future concertgoers and is proud to provide students access to outstanding music and contact with professional musicians. Patron donations make that possible. Also, with patron support, SCCA offers two annual scholarships to deserving high school seniors pursuing further study in the arts.

For more information on SCCA or to receive a brochure with an application, contact Betty Knupp, membership chairwoman, at 410.956.4881 or knuppster@aol.com Online, we can be found at is www.southaaccountyconcerts.org To contact AACCA, contact Gale Gillispie, president, at 410.647.4881. For more information online, log onto aaconcerts.weebly.com

Betty is a founding member of South County Concert Association who has served on its board of directors for 43 years in a variety of roles and is currently vice president and membership chair.

Never lose. Either win or learn.



BOOKS:

Old, New and Obscure

HOW TO THINK; A SURVIVAL GUIDE FOR A WORLD AT ODDS

By Alan Jacobs

Crown Publishing, Penguin Random House, N.Y. (2017)

If you think this title sounds like just what all of us need in these fractious times, you may be right. If you think that reading a carefully annotated history of thought may be a bit challenging, you may also be right. But I recommend this short book for its strengths.

For example, the point is made that once your mind is made up, you not only stop hearing what is being said, you also even stop thinking. I had not thought about this before, but I realize that, at least in my case, it is true. Another neat observation is that “when we’re in the presence of like-minded people, we come to rely on keywords, and then metaphors, and then myths—and at every stage habits become more deeply ingrained in us, habits that inhibit our ability to think.”

One of my favorite discussions relates to an economic concept, that of *sunk costs*. Sunk costs are the effort, money or belief that has been “invested” in a product or an idea. When sunk costs are high, people are tempted to throw “good money after bad.” In Jacob’s words, “such people are fixated on their sunk costs, on what is irretrievably *past*, rather than on the best available decision *right now*; this fixation leads to the all-too-common reaction – an ‘escalation of commitment.’”

The discussion continues into the benefits of truly listening, even taking the risk of changing your mind! This is a helpful and potentially hopeful book.

~ Tricia Herban

BORN A CRIME

By Trevor Noah

Random House, New York (2016)

Being one of the few people who didn't know who Trevor Noah is, I read this book with an unbiased mind and didn't see Trevor on the Comedy Show until after I had finished *Born a Crime*.

The author starts off with an eye-opener, when Trevor, at the age of 9, was thrown out of a minibus by his mother. She thought the driver from another African tribe was trying to kill him.

Noah was born to a black mother who became pregnant after an affair with a white Swiss man 22 years her elder. In Africa at that time, this was considered a crime, hence the name of the novel. He developed a loving relationship with his father in spite of the fact they did not live together. His relationship with his mother was very strong and he attributes this to his success in later life.

Born a Crime is a well-written memoir about life under apartheid and the time immediately after it ended. It explores several subjects, such as mother-son relationships, political problems in South Africa, injustice in the police force and the problems of a biracial person in that country. Trevor could never walk down a street with either parent or they would be arrested.

Trevor Noah was six years old when apartheid legally came to an end in 1991. But the black population, who outnumbered the whites by a ratio of 5 to 1, were separated by the whites into more than a dozen groups and encouraged to fight among themselves. This kept them from uniting against the whites. Many of the facts about apartheid are visited here.

Trevor's mother, Patricia Nombuyiselo Noah, is Xhosa, a tribal group often considered intellectual. She is extremely religious and attributes her luck in life to Jesus. She was involved with politics as well as religion, which caused problems in her life as well as her son's. But they always remained very close.

The second half of the book deals with Trevor's adolescence and early adulthood. Always a shy person and basically a loner because of his biracial designation, he becomes a successful entrepreneur, starting a food delivery system as well as another business copying CDs.

After his mother remarried he has a tumultuous relationship with his stepfather, Abel. When Abel beats him, he moves out of the house. When his mother is shot in the head by Abel, but survives, she attributes her recovery to her faith in Jesus.

Trevor Noah adds a bit of humor to this novel, which keeps it from becoming too heavy. He ends up replacing John Stewart and working as a comedian and host on the Comedy Hour.

~ Peggy Kiefer

Last Spring the students in Mara Cho's third grade class begged her to do just one more project before the end of school. With the last day of school just hours away, she wasted no time and immediately rose to the challenge.

The children wanted to do a project that would help homeless people and help the environment too. The teacher remembered seeing something on the internet that would serve both purposes well.

The vibes in Ms. Cho's third grade classroom at Hebron-Harman Elementary School in Severn, seems chaotic at first glance. There is a steady hum of conversation as students tend to the hundreds of plastic shopping bags that are strewn about the classroom. But it takes only a moment to realize that this is a happy, organized kind of chaos.

Ms. Cho explains that the children are making sleeping mats for the homeless people from plastic shopping bags. The teacher recalled seeing a video on the internet about a sleeping mat that was made from ordinary plastic grocery bags, the kind that everyone accumulates.

The plastic bags are folded and cut into strips that are looped together, then rolled up into a ball of plastic "yarn." Then, using a large, plastic crochet hook, the plastic yarn is "crocheted" into a 2.5 foot by 6 foot sleeping mat using a simple, single crochet stitch. The plastic bag sleeping mats are well insulated and quite durable – ideal for a homeless person sleeping on the ground.

It takes approximately 700 plastic grocery store bags to make just one sleeping mat. Ms. Cho and her class are happy to complete just one mat by Winter.

The students are so committed to their homeless project that they worked over the Summer making the plastic bag yarn, a step in the process that each child can do individually at home. Many of the students have grandparents nearby to assist them and/or teach them how

to crochet. Others hope that adults from the community who know how to crochet will volunteer to take some plastic yarn to help them crochet the sleeping mat.

Once the sleeping mat has been completed, Ms. Cho plans to contact one of the many nonprofit organizations working with the homeless in Baltimore. Her goal is to deliver the finished mat this Winter when it will provide the greatest comfort for the lucky recipient.

If you would like to help Ms. Cho's third-grade students complete their sleeping mat for the homeless, please email Mara Cho at mcho@aacps.org

Making sleeping mats for the homeless is a project that can be done by individuals as well as by groups, not to mention finding a worthwhile use for all those non-biodegradable plastic shopping bags. Going online to search the internet for "making homeless sleeping mats from plastic bags" yields several detailed videos showing exactly how it's done. Choose "How to Make Sleeping Bags for the Homeless from Plastic Bags," or "How to Prep Grocery Bags to Make Sleeping Mats for the Homeless," and there's more. There are many area churches that work with the homeless.

They will gladly accept your valuable contribution.

Sharon is a writer/photographer and a proud "Bay" boomer from Anne Arundel County who can be contacted at spcs924@hotmail.com

MAKING A DIFFERENCE, ONE GROCERY BAG AT A TIME

By Sharon Schultz



**IT TAKES 700
PLASTIC BAGS
TO MAKE ONE
SLEEPING MAT.**

Bay Bytes

Thinking of taking a pet along internationally? Before you go, check out BringFido.com or www.APHIS.USDA.gov/aphis/pet-travel for the rules in other countries.



Harichi

Bay Bytes

Are you interested in joining or starting an online self-help group? Log onto www.mentalhelp.net/selfhelp where groups range in focus from allergies to bereavement to Lyme disease to Wilson's disease and everything in between.

Dear Vicki,

I work in a large nonprofit agency and a co-worker recently shared that she thought another male co-worker had made a suggestive comment to her. I was shocked and, frankly, think she is overreacting to an innocent statement made in jest. When she asked me to support her complaint of sexual harassment, I refused. The male co-worker has always treated me with respect and I've never seen him act in any untoward way with any employee. Thus, she has accused me of being out of touch and guilty of not supporting my gender. It's true that I'm of an older generation, but I think this is just an overblown, attention-grabbing action of somebody wanting to jump on the "Me, too" bandwagon. I believe that I did the right thing, but am upset nevertheless at her accusations.

Before I put anyone into a lather, let me emphasize that I understand that sexual harassment does happen and needs to be firmly addressed. However, I implore everyone to use common sense and reason before flinging accusations around. The stakes are very high. Careers, families, reputations, and yes, even lives can be wrecked with such an accusation. If there is any chance that something said was misheard or misinterpreted, please try to clarify the intent and substance of the offense before upping the ante by making it official. If it was an innocent remark run amuck, you will be doing yourself a favor, too. Proving such an accusation, especially without corroborating

evidence from other parties, is often a lengthy and difficult process and can put the accuser through a wide range of embarrassment and negative emotions. If an accusation is found to have no merit, it also reflects poorly on the accuser.

Sexual harassment is a very serious matter and not a game to be played or a group to be joined. Women, as well as men, need to be responsible adults and handle these matters in a professional and grown-up manner. And by all means, don't support someone else's delusions just to support your gender!

ME TOO?

If you haven't seen or heard anything that would qualify as sexual harassment, then you did the absolute right thing. For those of us who are "of a certain age," we know what true sexual harassment looks like in the workplace and most of us probably experienced it when we were younger. That wasn't acceptable any more than today's rush to accusation for any little thing is right. The pendulum has swung too far in the opposite direction and the result is that the workplace is becoming a minefield of mistrust and misunderstanding.

Dear Vicki,

I've been a worrier all my life, but it is getting worse as I get older, especially when I'm trying to go to sleep. As soon as I shut my eyes, I start dwelling on something that has upset me either recently or in the past or things that I am concerned about that may happen in the future. My mind keeps picking at this until I am wide-awake and in a state! How can I turn off these worries?

Bay Bytes

Looking for a few online courses to become immersed in over the Fall months? Log onto **Coursea.org** for an extensive and interesting list of free courses available to everyone.

NAGGING VOICES

What you are describing are obsessional thoughts and they can certainly interfere with sleep and general well-being. Everyone has trouble with these nagging voices inside our heads from time to time, but when it becomes a chronic problem, it's time to get some help. I can suggest a couple of ideas, but if you don't get any relief from these techniques, please talk to your family doctor who may suggest a medication or a visit to a mental health counselor to give you additional assistance.

Although this may sound too simple, this technique can be effective for daytime hours: When you start to dwell on unpleasant thoughts, sternly say to yourself, "Stop it!" Repeat this several times, as needed. You may also place a rubber band around your wrist and snap it each time your mind returns to your unwanted thought. This creates an uncomfortable feedback loop and helps to train your mind to move onto something else.

At bedtime, borrow some wisdom from yoga and the practice of mindfulness. For example, try the "4-7-8 breath" developed by Dr. Andrew Weil: Place the tip of your tongue behind your upper teeth. Exhale completely through your mouth with a "whooshing" sound. Close your mouth and inhale through your nose to a count of four. Then hold your breath for a count of seven and then exhale through your mouth with a "whoosh" to a count of eight. Repeat until you feel relaxed and sleepy.

Music or guided meditations also may help to switch your mind to sleep mode. I often recommend the guided meditations of Belleruth Naparrstek, which are available at Amazon or Barnes & Noble. There are even a few on YouTube if you want to give it a free try.

What works best for me is a technique that I call "changing the channel." When I can't sleep due to intrusive and unwanted thoughts, I imagine my mind as a television tuned into a station with loud static and jarring images. I take a few deep breaths and imagine changing the channel to something more pleasant. Your new channel needs to be something that is detailed enough to hold your attention. Because we've moved often and lived many places that I loved, I try to envision myself walking up to the front door of one of our past homes. I enter and try to remember each room as it was down to the smallest detail. Usually by the time I make it to the kitchen, I'm asleep!

At times, I've also "changed the channel" to walking through the plot of an interesting movie or book I've just enjoyed or to recalling a memory of a special day or vacation. What you want is to switch your mind to something involved and pleasant enough to hold your attention away from the unpleasant thoughts that want to intrude.

Hope some of these suggestions help, but don't be shy about asking for more help if needed. Chronic insomnia takes a toll on your health and you need those zzzz's!

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

FALL QUIZ-ACROSTIC
Clever anagrams abound in books and
movies. The title of the book *Rocket Boys* is
an anagram of the title of its movie
adaptation, *October Sky*. If you anagram
VIVIAN DAREBLOOM, a character in the
novel *Collin*, what do you get?
ANAGRAMS: VLADIMIR NABOKOV

A.	A doctoral post
B.	Napping
C.	Alon
D.	Goes it!
E.	Stok
F.	Alban Cuts
G.	Martin Cuts
H.	Swimmer
I.	Vegetard
J.	Love not!
K.	Amak
L.	Dormitory

M.	Integrat
N.	Kitchen-ize
O.	is Beakly
P.	Provak
Q.	No city date here
R.	Leveth
S.	Doth
T.	Cuth
U.	Kyath
V.	Office wath
W.	Vision

In the end you'll only regret the chances you didn't take.

FALL QUIZ-ACROSTIC

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

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Directions

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

In this puzzle, the terms in all capital letters are ANAGRAMS of the terms you need to provide on the numbered blanks.

- I'M A DOT IN PLACE (3 wds.)
- Seizing
- Perhaps NOVA will do a show about this English river
- Bumps heads (3 wds.)
- Cheat
- Embarrass
- RADIUM CAME to her (2 wds.)
- Whom you might find in THE CLASSROOM
- Hobo
- Symbol of the constancy of sweethearts (2 wds.)
- She might lead scouts on a hike around A LAKE
- Where you might find a DIRTY ROOM
- RELATING u and dv is studied in _____ calculus
- WOMAN HITLER to some (hyph.)
- Lord Byron poem, "She Walks _____" (2 wds.)
- Nullify
- True of THE COUNTRYSIDE (4 wds.)
- Collection of sacred Zoroastrian writings
- Two together
- Pledge
- City less than 2.5 hours from TOKYO on a bullet train
- Clerical workers (2 wds.)
- Breach

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

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

Some days it's just a bad day, not a bad life.

Picture a dump truck full of plastic waste pulling up to a scenic shoreline and disgorging its contents. That's essentially what's happening to the world's oceans every minute of every day. So much plastic refuse enters the seas—eight million metric tons per year—that by 2050, its combined weight could surpass that of fish.

The trash you can see is bad enough. The oceans' surface waters teem with unsightly plastic residue including shopping bags, discarded balloons, water bottles, Styrofoam cups and abandoned fishing nets. This debris can accumulate within gyres, where it tangles with, strangles and chokes marine life. For example, nearly 80,000 tons of plastic wastes swirl within the "Great Pacific Garbage Patch," an area twice the size of Texas. But the visible debris is a tiny fraction—perhaps 1 percent—of all the plastic in the seas. Much of the remainder is called "microplastics."

Microplastics are tiny fragments, less than five millimeters in diameter; many are smaller than the width of a human hair. They consist of degraded larger pieces, synthetic microfibers from clothing and polyethylene "micro beads," used for exfoliants and other purposes in health and beauty products. Some eight trillion microbeads enter U.S. waters every day.

We don't yet know much about microplastics, including their abundance in the oceans, but what we have learned is alarming. Scientists believe that they comprise most of the oceans' plastic waste. They've found microplastics in the bodies of many marine species. They worry that the ingestion and accumulation of microplastics by filter feeders (from shellfish to large marine mammals) can impede nutrition, that it may bring in hitchhiking alien species and adhering chemical contaminants, toxins and pathogens, and that it could cause physical damage to internal organs.

Scientists suspect that microplastics bound up in sea ice may be released as the oceans warm. Many microplastics end up in ocean sediments where they will persist for years and could poison resident fauna. One study found more than 500,000 particles per square meter on the bottom of an English river. Scientists fear that the tiniest particles can be absorbed through the membranes of marine animals, with unknown physiological and behavioral

consequences. They have discovered that, when oysters ingest microplastics, their reproductive ability is cut in half.

Plastics have invaded the Chesapeake Bay. A recent University of Maryland study found microplastic debris in 98 percent of Bay surface water samples. A 2016 Chesapeake Bay Program technical report synthesized current knowledge and identified research and data gaps. These gaps are substantial, especially in the Bay, where research on microplastics pollution is in its infancy. We must fill these gaps to effectively guide appropriate public policy.

WHAT CAN BE DONE?

Actions must include keeping plastics out of the oceans, their removal from waters when possible and mitigation measures when they cannot be removed. This requires a synchronized program of research, innovative technology, education and public policy.

Research will provide better information about the extent, nature and consequences of plastic debris in the worlds' oceans, with a particular focus on coastal areas. Major unanswered questions include: What plastics sources are the main culprits? Which forms are the most insidious? How much is represented by microplastics? How does the debris enter the oceans? Where does it all go? What are its biological effects on aquatic life, from plankton to whales? How are plastics passed through oceanic food webs?

Innovative technology approaches include improved sampling methods. For example, scientists have used a fluorescent dye that binds to plastic to count tiny plastic fragments. Continuous plankton recorders, towed behind research and commercial vessels to sample plankton, may be modified to quantify and characterize microplastics debris.

Public education, for all ages and constituencies will help build support for appropriate public policy measures.

Effective public policy should include programs and legislation to further coordinated public and private research and education; to reduce the world's use of microplastics; to stem the flow of plastics into the seas; and to support mitigation efforts, including removal of plastics from waterways. We are already making some progress: More than 40 countries have joined the United Nations Clean Seas program to reduce the world's use of microplastics in cosmetics and "disposable" products like plastic shopping bags. The United States enacted the Microbead-Free Waters Act of 2015 that bans the use of microbeads in toothpaste and certain cosmetic products.

These are important first steps, but far more is needed. You can help. The more you learn about the rapidly growing scourge of ocean plastics pollution, the more effectively you'll exercise your role as a citizen advocate for plastics-free seas.

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

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By Henry S. Parker



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