

Complimentary

Holiday Edition 2018

Outlook

for the Bay Boomer and beyond

Bay

IT'S COLD OUTSIDE,
BUT YOU CAN STILL
STAY FIT AND ACTIVE

RESOLUTIONS
FOR THE NEW YEAR

IT'S TIME FOR
MISTLETOE
& HOLLY

TAMING
THE SEASONAL
WHIRLWIND

IS FACEBOOK
GOOD FOR YOU?

fitness • entertainment • gardening • nutrition

www.OutLookbytheBay.com

Letters to the editor



OUR LANGUAGE CHANGES

Irregardless has always been one of my favorite words, although I've been corrected numerous times. Was delighted to find out that Merriam-Webster has blessed it and allowed it to become part of our ever-changing and fascinating language.

Everett J., Annapolis

ANNAPOLIS SYMPHONY

Thank you for including an article on the Annapolis Symphony. Have enjoyed their productions in the past and often forget that it's right here in Annapolis to enjoy.

Your magazine is unusual in its level of useful and interesting articles. So glad we have it available.

Suzie, H., Arnold

GRANDKIDS DEPART

Enjoyed "Empty Nest for Grandparents." Most people aren't aware, especially parents, that we, too, go through a separation anxiety when those young ones leave for their new adventures. Maybe it's just the passing of time, but when the first two of our grandkids left for far-off colleges, it was as upsetting for us as it was when ours did the same so long ago.

Janie S., Easton

OUTLOOK

Love OBTB! You've created a wonderful resource. Always look forward to getting the next issue.

Linda M., Charlotte, N.C.

AUTUMN'S SPLENDOR

Please accept our apologies for a misprint in our Fall edition article "Autumn's Splendor On Your Plate" found on page 38. A few of the ingredients for roasted Brussels sprouts and cauliflower are listed out of sequence.

The Brussels sprouts should be combined with: 2 medium heads of cauliflower florets; 1/4 cup of extra virgin olive oil; 2 Tbs. sugar. The four additional ingredients for the vinaigrette should be: 1 Tbs. extra virgin olive oil; 2 garlic cloves, minced; 1 tsp. kosher salt; 1/2 tsp. freshly ground black pepper. We hope this error has not caused any inconvenience.

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

Don't Miss A Single Issue!
Subscribe Now!

Send To: _____

Address: _____

City: _____ State: _____ ZIP Code: _____

Email: _____

1 year (6 issues \$24.95)

2 years (12 issues \$38.95)

3 years (18 issues \$52.95)

Please enclose your check made out to:

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

Features

- 5 TAMING THE SEASONAL WHIRLWIND
- 6 IT'S TIME FOR MISTLETOE AND HOLLY
- 8 VOLUNTEERING IN THE SEASON OF GIVING
- 10 IT'S COLD OUTSIDE...BUT YOU CAN STILL STAY FIT AND ACTIVE!
- 11 FRUITCAKE? TRY MORE CREATIVE HOSTESS GIFTS
- 24 HOME FOR THE HOLIDAYS
- 28 RESOLUTIONS FOR THE NEW YEAR
- 37 CREATING GREETING CARDS
- 39 FAREWELL 2018. WELCOME 2019
- 40 THE THREE KINGS

Articles

- 9 B.I.G. IS BACK
- 12 DRIVING SAFELY
- 13 REIKI BRINGS CALM AND PURPOSE
- 16 WHEN DINING OUT, IT'S HARD TO GO QUIETLY
- 18 BAWLOMORESE: A FUNNY LANGUAGE?

- 20 TO HUG OR NOT TO HUG
- 23 BOOMERS GUIDE TO AGING GRACEFULLY
- 26 COLORING: IT'S NOT JUST FOR KIDS
- 36 RACHEL CARSON'S WAR AGAINST DDT
- 38 THANK YOU
- 41 LOCAL BIVALVES STRUGGLE TO MAKE A COMEBACK

In Every Issue

- 2 YOUR THOUGHTS
- 4 FROM THE DESK
- 17 YOUR LEGAL COMPASS: CHARITABLE REMAINDER TRUSTS
- 29 ASK THE UNDERTAKER: "NO WAY SIR"
- 31 DR. DAVID: WISDOM IN RETIREMENT
- 34 GET TO KNOW THE NEIGHBORS - HOGSHEAD
- 35 BAY REFLECTIONS: MIND THE GAP
- 42 BOOKS: OLD, NEW AND OBSCURE
- 44 DEAR VICKI

- 46 HOLIDAY ACROSTIC
- 47 OUTLOOK *for* THE BAY: NATURAL ORNAMENTS

Departments

- 14 BAY NUTRITION: CRAVING FOR CRANBERRIES
- 15 BAY HEALTH: A TO ZZZZZ'S SLEEP APNEA
- 19 BAY NUTRITION: GINGERBREAD MEN MAKE TASTY ORNAMENTS
- 21 BAY CONNECTIONS: IS FACEBOOK GOOD FOR YOU?
- 22 BAY NUTRITION: QUICK AND EASY HOLIDAY RECIPES
- 27 BAY NUTRITION: DELIGHT YOUR GUESTS WITH THE NONTRADITIONAL
- 28 BAY CONNECTIONS: FLYING WISH PAPER
- 30 BAY GARDENING: OH TANNENBAUM FACTOIDS
- 32 BAY NUTRITION: MEDICINAL BENEFITS OF FALL'S FAVORITE FRUIT

On the Cover:

A 2018 rendition of Norman Rockwell's "Freedom From Want," put together by the staff at *OutLook by the Bay*.

Photo by K.M. Sodergreen, Sodergreen@aol.com

OutLook

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

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

Managing Editor Mick Rood
MickRood@aol.com

Operations/Accounting Cindy Rott
Cindy@OutLookbytheBay.com

Art Director Emma Stultz
Emma.Stultz@gmail.com

Distribution Manager Marguerite Guare
MDGuare@aol.com

Columnists Dr. Jim David
James519@comcast.net

Victoria Duncan
Victoria2Write@aol.com

Jessica L. Estes
jestes@ERAlawgroup.com

Ryan Helffenbein
Ryan@LastingTributesFuneralCare.com

Elyzabeth Marcussen
EMarcussen@HospiceChesapeake.org

Henry S. Parker
HspSbp@gmail.com

Drs. Passaro and Wooddell
www.WPDentalGroup.com

Contributing Writers Barbara Aiken
barbara.s.aiken@gmail.com

Carolyn Campbell
carolyn@sisna.com

Natalie Canavor
NCanavor@gmail.com

Mary Chaput
AGChap01@AACounty.org

Phil Ferrara
PFerrara65@comcast.net

Christine Feldman
cfeldmann@aapl.net

Capt. James Graybeal
jamesgraybeal@gmail.com

Tricia Herban
mtherban3@gmail.com

Katie Glover
Kathryn.A.Glover@gmail.com

Peggy Kiefer
kineykiefer@aol.com

Leah Lancione
LeahLancione@gmail.com

Molly Laurysens
laurysens@aol.com

Kater Leatherman
KaterLeatherman@gmail.com

Kathryn Marchi
johnmarchi1@gmail.com

Dr. Meenakshi Bhattacharjee
minakshi12@aol.com

Neil Moran
nmmoran188@gmail.com

Ellen Moyer
ellenmoyer@yahoo.net

Nancy J. Schaaf
nanjan@hotmail.com

Sharon Schultz
pinkladyeps@gmail.com

Maureen Smith
rsmith0636@verizon.net

Louise Whiteside
louisemw@wispartel.net

Circulation Jack Hovey
OutLookbytheBay@aol.com

Photographer R.C. Murphy
OutLookbytheBay@aol.com

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

Contact OutLook by the Bay
210 Legion Ave. #6305
Annapolis, MD 21401
410.849.3000

ISSN#1948-044X

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

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

FROM THE DESK

This really can be the most fun time of year, don't you agree? Some of us do approach it with dread: the workload, memories of better times or sometimes not such great times, thoughts of holidays past or events that didn't turn out as expected. Well, we've all had them. But here we are again – facing one of the two of the biggest holidays of the year as we close out 2018 to begin anew.

So what's to like about it after we get past all the negatives? Well there's the delight in the family, although Uncle Crazy will probably be joining us again this year. Regardless, there's still the fun of enjoying the best food ever. Really, have you ever had a bad turkey experience? Not a good example, because, yes, we have and I suspect many other families have too.

There was that year when we cooked the turkey on a spit in the fireplace of an historic home in Plymouth (circa 1630). The turkey was suspended on that metal rod at 6 a.m. By 5 p.m. in the cold house lit only by a few flickering candles (1600s accuracy) the turkey was still leaking pink! Of course back in the day, wild turkeys didn't have today's inbred 20 pounds of breast meat. They were scrawny and therefore it made more sense to roast them on a spit on an open fire. The anatomy of today's bird just isn't the same. Lesson learned.

While living in Plymouth, on the edge of a cranberry bog, we enjoyed getting into the swing of an historic town. With three young ones, it was a lot easier to bring them on site than trying to explain how this all took place a few centuries ago. So we opened an historic house for the day -- Thanksgiving Day to be exact -- and attempted to reenact what a holiday celebration would have been like way back then. Of course, we had an audience as the tourists poured through to get an up-close look at how a home may have operated in 1600s Plymouth.

We were costumed in what we imagined a Pilgrim family would be wearing, including bonnets and aprons. The meal, of course, was usually a disaster, but a fun disaster. It's not all that difficult to eat around the undercooked bird or to scrap off the edges of the overdone cornbread that had sat in the spider (a three-legged wrought iron pot) in the hot coals too long. The baked beans were usually edible. Yes, that was a common victual back in the day and it's not a particularly fussy food as it can sit back in the brick oven happily for most of the day. Squash was simple enough to boil down to mush, but peeling it in an authentic manner wasn't such an easy task.

A decision was made to forgo the venison and swan, as it would not appeal to the tourists. We also bypassed the lobster. Not that we wouldn't have enjoyed that treat, but those crustaceans were considerably more costly than they were in the 1600s. Back then one just had to reach down into the depths of the Atlantic and pull out whatever was needed. We opted for a few clams instead.

We did enjoy homemade *crane berry* sauce -- not all that common back then due to the tartness, but we sweetened it up a bit to make it palatable. Stewed pumpkin was a life-saving staple for that first settlement so we spent some time getting it boiled up in the kettle suspended over the hearth. There were neither apples at the first Thanksgiving nor were there potatoes; both were introduced later. But they did have a small sampling of local nuts, grapes, dried blueberries and maybe strawberries.

And of note, no self-respecting New Englander would ever think to have an outdoor party at the end of November, the harvest had been *gotten in* weeks before. That November date was President Lincoln's idea back in 1863, when he no doubt was attempting to bring a bit of togetherness to a very bleak time in American history.

And one has to wonder, which of the Pilgrim fathers decided to invite the neighbors. Really, 90 guests with only four surviving Pilgrim mothers to pull together a feast that's talked about to this day? The guests, by the way, the local Wampanoag tribe, stayed for three days. To their credit, they did bring a dish to pass -- in the form of four deer.

It all worked out though, as it usually does, and in the words of someone who was there: "*And although it be not always so plentiful as it was at this time with us, yet by the goodness of God, we are so far from want ...*" (That from Governor Winslow in 1621.) And there began the tradition that to this day so many of us happily expend lots of energy in an effort to replicate, while creating fond memories.



Taming the Seasonal WHIRLWIND

By Barbara Aiken

Fall and Winter festivities have begun. Are you already feeling anxious and overwhelmed by the planning, buying, wrapping, mailing, decorating, cooking and baking to come? Take a step back from the impending frenzy and pare down your 2018 and future holiday seasons. There are many ways to do this and to manage the seasonal whirlwind. Here are some suggestions that could work for you:

1. At season's end, purchase Christmas cards on sale for next year. Then address, sign and stamp your cards during the Summer months.
2. Start your holiday letter early. Add to it as time goes on. And how many times have we heard, mail early. Get cards, letters and packages out to avoid the lines at your local post office. Better yet, purchase postage online and have mail ready for pickup. Go to www.USPS.com for easy-to-follow instructions.
3. Buy gifts during sales, well ahead of gift-giving time.
4. Wrap your gifts as you purchase them to avoid a mass wrapping that will take hours. Purchase wrapping supplies on clearance.
5. Bake and cook in November, then freeze those goodies so they are ready to pull from the freezer with ease.
6. If you're not hosting Thanksgiving, begin your Christmas decorating in November to free up time closer to the big day.
7. Pair down your home decorating; purge items you no longer use during a Spring or Summer cleanup. Use fresh greens that can be tossed at season's end.
8. Instead of lots of gifts, give one item to each recipient or barter—you help a friend with their painting project and they help you prune your roses. Wrap up a tiny box with the "gift of giving" written inside.
9. Limit your activities. Pick two or three events to attend, then take time to absorb the meaning of the season.
10. Don't expect perfection. It rarely occurs in life. Breathe deeply and laugh at the imperfections.

Another way to tame the season is to get children and grandchildren involved in making items for the holidays. This can be a soothing method to calm seasonal jitters, laugh out loud and bring your family closer. There are many ideas for crafting and decorating; use your imagination. Here's a list of possibilities:

1. Make your own gift wrap from brown paper. Stamp with a decorative cut potato that has been dipped in festive color or do a free-form design with brush and paint; metallic paint looks great.
2. Make a pine cone treat for the birds. Tie a sturdy string to a pinecone, then "smush" some peanut butter all over it and

roll in bird seed. Hang outdoors for your feathered friends. Consider decorating an entire tree with goodies for the avians.

3. On a moonlit evening, make candy by boiling maple syrup to about 240 degrees, then spooning it over the snow until it hardens. Everyone enjoys this. Watch the little ones around this molten syrup.
4. Make colorful paper chains, string cranberries or popcorn to adorn your tree or mantel.
5. Use cotton wool or cotton balls to frost your tree. Children will adore tossing it to see where it lands.
6. Enlist the kids to bake cookies or other goodies to give as gifts to neighbors.

How about some old-fashioned family fun and remembrance to soothe the soul? These items have brought many families joy and togetherness over the years:

1. Pull out the old slides, projector and screen. Many young people have never seen this setup. Before the slides begin, encourage hand silhouettes on the projector screen.
2. There's always the "read a book together" idea and perhaps an oldie black-and-white standard movie such as "Miracle on 34th Street."
3. Angels in the snow never get old for the young and young at heart.
4. Put up a memory tree to recall family and pets that have gone before. It can bring a gentle bittersweet touch to the season. Find your favorite photo of a loved one, make a copy, punch a hole and tie to a small Christmas tree with pretty ribbon or buy inexpensive frames and hang.
5. Play board games such as Scrabble, Parcheesi, checkers or Monopoly. Try your hand at Tiddlywinks.
6. Grab the vinyl. Children probably have never seen a long playing record or phonograph. The mellow sound (with possible static) may "wow" them. You may rediscover the nuance and delicate pleasure of the turntable.
7. Pop some Christmas crackers around the dinner table. The memorable photos of folks wearing silly paper crowns will bring smiles in years to come.

The holiday season should be filled with joy, love, togetherness, discovery, giving, creation, interaction, tradition, remembrance and rediscovery. Simplicity and planning ahead free you up to enjoy the miracles of this magical time. Don't allow the immediate gratification of today's world to take over your celebration; reach back to move forward. The past has such celebratory gifts to give. Grab an idea and make it your own this season.

Barbara can be reached at barbara.s.aiken@gmail.com

IT'S TIME FOR MISTLETOE AND HOLLY!



WHY ARE
THESE PLANTS
SYMBOLIC
DURING THE
CHRISTMAS
SEASON?

By Leah Lacione

“Oh by gosh, by golly, it’s time for mistletoe and holly” goes the famous holiday song sung by “old blue eyes” himself, Frank Sinatra. And, like the lyrics state, holly and mistletoe are synonymous with the Christmas season. Sure, Christmas trees, wreaths and candy canes are also symbols of the holiday season, but mistletoe and holly are the unsung heroes of Christmas because they’re always present even if they don’t get all the attention. So, what’s the story about these two Christmas emblems? Let’s find out.

Mistletoe “is the English common name for most obligate hemiparasitic plants in the order Santalales. They are attached to their host tree or shrub by a structure called the haustorium, through which they extract water and nutrients from the host plant.” (<https://en.wikipedia.org/wiki/Mistletoe>) The original species, *Viscum album*, is native to Europe and the British Isles.

This plant, known to prompt a kiss between couples standing under it, is a parasite!

According to the book, *Stories Behind the Great Traditions of Christmas* by Ace Collins, “for centuries this waxy, green-leaved plant has been tacked over doorways all around the world during the month of December.” Collins points out that the Old English word mistletan, which mistletoe is derived from, means dung twig. “The name implies that the plant sprang to life from bird droppings on tree branches.” As such, to people from the first and second century, this origin, though foul, signified “God’s power to bring life from death, to create something beautiful and robust from something ugly and useless.”

Throughout ancient history, mistletoe was revered because it continued to thrive on trees even during bleak Winters. Collins notes that even before Christ, early Greeks and Celts also viewed mistletoe as sacred ... again because “only God’s powerful touch could bring a new plant out of Winter’s dead-wood.” Thus, people of different faiths regard it as a symbol of life, hope and security. This flowering plant remains beautiful and strong when others struggle to survive. Collins’ book recounts tales of Scandinavian warriors halting battle if mistletoe was seen overhead, folks hung it over doorways and barns to fight off enemies or beasts, and parents in the Middle Ages tied it above babies’ cribs to ward off sickness and evil spirits. Though toxic if ingested raw, throughout history it has been used in medicines for epilepsy, palsy and tuberculosis and even in modern-day research for cancer treatments.

Over the years, the legend of mistletoe’s restorative power spread, making it a symbol of love, so that if a couple who passed under it and kissed, God would grant them eternal love. Christians adopted mistletoe as a religious image since, “like mistletoe, God’s love and true faith could survive even the most barbarous times and the darkest days.”

As for holly, when Christianity spread to Western Europe,



“some people wanted to keep the greenery, to give it Christian meanings,” according to WhyChristmas.com. So, what was heretofore used for the pagan Winter solstice festival was given Christian associations. “The prickly leaves represent the crown of thorns that Jesus wore when he was crucified. The berries are drops of blood that were shed by Jesus because of the thorns.”

Collins’ book on Christian traditions also details the rich history and significance of holly, which has been “associated with Christmas for almost seventeen hundred years, (and) was also an important facet of December life hundreds of years before Christ was born.” Like mistletoe, holly was also used during ancient Winter solstice festivals by Romans and even earlier by Celts, particularly the Druids. Collins explains that the Druids in ancient Celtic society of England were judges, educators, historians, doctors, astronomers and astrologers. It was a group with a close tie to nature, “The Druids believed a constant war was going on between the ‘Oak King’ and the ‘Holly King’ for control of the forest.” Holly was always victorious in the Winter because the oak lost its leaves while the holly survived and even flourished in the dark, brutal season. Therefore, holly was considered the most powerful plant in the woods and people picked it and put it in their homes to “protect them from the evil they believed

infused the season of night. The also thought that holly, the plant that could tame the bitter wind, had the power to bring peace and understanding. During disputes, angry parties would stand under holly trees to work out their differences.”

Romans also used holly to decorate their homes and as gifts, during the week-long festival honoring Saturn. Wreaths with bright red berries were considered to bring good luck. Eventually, as many Romans began to convert to Christianity until it became the state religion, holly was still used as a decoration in homes, but the meaning was altered.

This holiday season, whether you attribute spiritual significance to this time or not, it’s illuminating to look at our customs and symbols with fresh eyes, to research the implication of our customs. You may never look at mistletoe the same way again! What was a silly ritual or tradition now may carry a deeper meaning.



Peace, hope and comfort

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


www.hospicechesapeake.org 410.987.2003

Established in 1979, we serve patients and families in Anne Arundel and Prince George’s Counties. We also offer bereavement programs for youth and adults through Cheseapeake Life Center.

Since the holidays are meant to be a season of giving, take full advantage of the spirit by volunteering your time and talents to those in need. #Giving Tuesday -- the Tuesday following Thanksgiving in the U.S. -- has been described as a global day of giving fueled by the power of social media and collaboration. Though Thanksgiving, Black Friday and Cyber Monday have kicked off the holiday season in the past, #GivingTuesday is intended to get people involved in their communities and/or get in the mood with end-of-year giving. Visit www.givingtuesday.org to check out a directory of organizations, nonprofits and charities in your area. The following is a sampling of local nonprofits that seek volunteers all year round, but also feature special holiday programs and initiatives to spread holiday cheer and lend a hand to those less fortunate.

VOLUNTEERING IN THE SEASON OF GIVING



Happy Helpers for the Homeless: Happy Helpers for the Homeless, headquartered at 1550 Catons Center Drive in Halethorpe, is a nonprofit organization that provides food, toiletries and clothing to the hungry and homeless in downtown Baltimore and Glen Burnie. Volunteers are needed on Saturdays at 11 a.m.-1:30 p.m. to help prepare for the distribution of bag lunches and other items on Sundays from 1 to 4 p.m. For more information, visit www.happyhelpersforthehomeless.com or

contact Bobbi Coffman at 443.433.2416.

Holiday Sharing Program: The Maryland Department of Social Services Holiday Sharing Program has been matching donors to seniors and/or families in need during Thanksgiving and Christmas holidays for 36 years. Donors shop for food, clothing and toys for the holiday and personally deliver to the households. Volunteers are needed through Jan. 1, 2019. For more information or to become a donor volunteer, call the Holiday Sharing office at 410.269.4462 or email at community.programs@maryland.gov

The Sharing Foundation: The Sharing Foundation is a nonprofit 501(c)(3) organization that assists the working needy and special situation families in Anne Arundel County. Since these working families do not qualify for government assistance, often they are not able to supply their children with things like books, school supplies and presents for the holidays. In partnership with the Anne Arundel County Public Schools and many businesses, organizations and individuals in

By Leah Lancione

the community, the foundation provides Christmas presents to more than 500 children each year. For more information, visit www.thesharingfoundation.org/programs/santas-share-your-christmas-program/ or call 443.603.1560.

SPAN (Severna Park Assistance Network) Holiday Caring Program: The SPAN Holiday Caring Program provides holiday food baskets and gifts to children in need. Sponsors are matched with a SPAN client family, and then purchase the food and/or gifts and deliver the donations to SPAN for distribution. To participate in the program, visit www.spanhelps.org (and click the link for the printable sponsor form), or call 410.647.0889.

Helping Up Mission: The Helping Up Mission (<https://helpingupmission.org/>) in Baltimore is a “community of hope” that helps men fighting addiction and homelessness “get their lives back.” Volunteers are needed for Thanksgiving and Christmas banquet service as well as throughout the year. To learn more about the volunteer process, whether it’s to chip in with meal service or kitchen duty or to provide educational training or tutoring, call 410.675.HELP.

For a more extensive list of volunteer opportunities in your neighborhood, check out the Anne Arundel County Volunteer Center (www.aacvc.org) to find an organization or nonprofit that best suits your individual talents.

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

B.I.G. IS BACK

By Steve Frantzic

Do you have piles of books sitting around the house that you don't know what to do with? Do you realize that there are many underserved populations around the world and within the U.S. who desire books to increase their literacy or improve their knowledge? Parole Rotary's Books for International Goodwill (B.I.G.) was designed to help solve both problems. Over the past 20 years, B.I.G. has distributed more than 8 million books to more than 30 countries and to U.S. locations including Indian reservations and veterans hospitals. B.I.G. is the largest-volume, volunteer-based book distribution project in the world, processing more than a half million books per year. While all types of books are useful, priority is given to nonfiction, textbooks and children's books.

Above and beyond helping people to de-clutter their homes and promote literacy, B.I.G. impacts the environment in a positive way. Thousands of cubic feet of landfill space has been saved by reusing books that would have been placed in the trash. B.I.G.'s theme is "Keeping Books Alive." B.I.G. "is a win-win operation, helping people find a home for their books, promoting literacy, and helping the environment."

Recipients reveal great satisfaction in the books they receive by helping to finance some of the shipping costs and taking care of the distribution logistics. The fact that past recipients come back for future shipments indicates the utility of the books they have received.

Since B.I.G. deals with financially strapped schools, libraries and literacy programs, their willingness to have some "skin in the game" tells a great deal.

B.I.G. is a registered nonprofit. It has received recognition for its efforts from the national Points of Light Foundation, Books for Africa, the Annapolis Arts Council (Annie Award), Rotary International and Gov. Larry Hogan.

After a two-year hiatus searching for a new location, B.I.G. has moved into a new warehouse at 451 Defense Highway (Route 450, two miles west of the Annapolis Mall). For those who wish to contribute books, the drop-off shed is open 24/7 starting Nov. 1. Volunteers are always needed to help sort and pack books. Volunteers work Mondays, Wednesdays and Fridays from 9-3 (or any portion thereof) and the second and fourth Saturday mornings of each month from 8-12. B.I.G. is financed by gifts, grants and book sales. More than 40,000 high-quality used books are made available about every six weeks for purchase at very reasonable prices. The inaugural sale at the new location will be Saturday, Dec. 8, from 8-2. Financial contributions can be made to B.I.G. (c/o the Parole Rotary Club, P.O. Box 6327, Annapolis, MD, 21401-6327). For further information on volunteering or donating, call 443.336.2617, email 4bigbooks@gmail.com or check the B.I.G. website at www.big-books.org



ERA Law Group, LLC

A NEW ERA OF ATTORNEYS

Isn't it time?

410.919.1790

LAST WILL
& TESTAMENT

DURABLE FINANCIAL
POWER OF ATTORNEY

HEALTH CARE POWER
OF ATTORNEY

ADVANCE DIRECTIVE
AND LIVING WILL

It's COLD outside... BUT YOU CAN STILL STAY FIT AND ACTIVE!

By Leah Lacione

Like animals who instinctively hibernate during the cold Winter months, we humans avoid going outdoors when the brisk winds blow and snow blankets the ground. And now we're so busy with the rush of holiday shopping and family get-togethers that it's difficult to stay focused on our fitness. Though it's comfortable inside, it's no time to slack on your daily exercise. The slower routine nurtures sluggishness and studies show that continual inactivity can actually weaken the immune system. So, beyond exercising indoors, opportunities abound in Maryland for Winter workouts. Many folks find cold-weather activities invigorating, such as ice skating, cross-country skiing, Winter hiking and snowshoeing.

So, what is snowshoeing? It's really just a form of hiking. As the Maryland Department of Natural Resources DNR puts it, "If you can walk, you can snowshoe." It's a low-impact aerobic exercise that you can do at your own pace. The footwear worn for traipsing on the snow is a snowshoe that "works by distributing the weight of a person over a larger area so the foot does not sink completely in the snow." DNR says that Deep Creek Lake in Garrett County would be a grand place to go. It's a virtual "Winter wonderland" with an annual snowfall of 100 inches. There are miles of trails in its four state parks—perfect for snowshoeing.

If you don't feel like driving three and one-half hours from the Bay area to Deep Creek Lake or Herrington Manor State Park—another popular spot for snowshoeing—you could try Kinder Farm Park in Millersville, if enough snow has fallen. The park has a 2.8-mile paved perimeter trail and several miles of natural trails. Kinder Farm Park also offers year-round disc golf with an

18-hole course for a fun way to get in some physical activity. Quiet Waters Park in Annapolis is also open year-round (7 a.m. to dusk), and boasts 340 acres with six miles of paved trails that may be an option for snowshoeing if there's snow on the ground. If not, Winter hiking is fun. For even more ideas, log onto www.TrailLink.com which shows maps and trail conditions and most everything that you'll need to know on your walk.

The DNR (dnr.maryland.gov/publiclands/pages/January.aspx) encourages people to layer on a hat, scarves, long johns, thick clothing and jackets and enjoy all that Maryland state parks have to offer during the chilly months. The site also offers a guide to all parks with trail maps and pertinent information.

Shape magazine says there are many benefits to hiking in the Winter despite frosty temperatures. And though a little more planning may be required, thanks to requisite cold-weather gear and layers, it's well worth it to take in views you may not see on your regular-weather hikes. Not to mention, the magazine affirms that cold weather hikes tend to burn more calories because "your body burns extra energy just to keep your internal furnace roaring and trudging through the snow adds extra resistance." *Shape* also reminds potential hikers that trails are less crowded than in warmer months in addition to being bug-free.

So, if burning a ton of calories while enjoying the beauty of a holiday wonderland peeks your interest, check out REI's "Clothing and Gear Tips for Cold-Weather Hiking" at www.rei.com. REI is a good place to stock up on hiking essentials and also a source of gift-giving ideas for the active people in your life with items such as insulated pants and boots, snowshoes, heavy-duty outerwear and more. And if you decide to hit the trails this Winter, don't forget to wear sunglasses and sunscreen. It's important to protect your skin against sun damage all year long.

Bay Bytes

If you're at all curious about medicinal herbs and their healing properties, log onto NCCIH.NIH.gov/Health/HerbsataGlance.htm or www.herbalremediesadvice.org/Herbs.html for lots of good information.

The holidays are here! And holidays mean invitations. You're invited to your co-worker's home for a formal dinner or to a party at the home of that new young couple on the block. Or to Aunt Susie's home for a long weekend or an evening of turkey and pumpkin pie.

Whatever the occasion, someone is offering you hospitality, fellowship and an opportunity to share the season's joy. Since your formative years you've known that, as a guest, arriving empty-handed at your hosts' doorstep is a no-no. Forgetting to express your thanks and appreciation is decidedly not de rigueur.

So, on receiving an invitation, what's your first impulse?

A bottle of wine? A box of fancy chocolates? Well maybe! But these hostess gifts lack imagination. No doubt your hosts already have sufficient quantities of such goods. So, what might be something unusual, unconventional, yet useful to give to your hosts?

What could you bring that might make their eyes light up, yet not cost you a bundle?

Well, the first few questions you might ask yourself are: Who are my hosts? What do I know about them? What are their ages and stages of life? What do they enjoy?

Now you've narrowed down your possibilities. Aunt Susie, age 80, already owns more serving trays and wine glasses than she'll ever need, but would she appreciate a set of beautiful guest towels or a box of handmade soaps for her downstairs bathroom? That young couple who just moved in on your block always seem to be puttering in their garden. Maybe they would appreciate an herb garden, a lovely planter or even a bird feeder. Your friends who have a growing family might love an item of holiday decor, such as two or more huge stockings to hang on the mantel, playful tree ornaments or a box of gingerbread man cookies. No doubt you have a foodie friend who would like a cookbook containing the latest pesto recipes. Do your

FRUITCAKE?

Try More Creative Hostess Gifts

By Louise Whiteside

Generic gifts that are usually well received include journals or planners to be used in the new year, homemade jams, preserves or relishes in decorative jars, candles of all sizes and shapes, and books with humorous or pithy affirmations.

So, you get the idea: Try to think outside the gift box when planning to thank your generous hosts. Bring them something memorable, meaningful and how about something revealing of your persona?

hosts enjoy playing parlor games or assembling jigsaw puzzles? World-traveler friends might be thrilled with clever luggage tags or accessory bags.

For thousands of gift suggestions, log onto any of the following websites:

www.CrateandBarrel.com
www.TheGrommet.com
www.Uncommongoods.com
www.marthastewart.com
www.realsimple.com
www.southernliving.com
www.housebeautiful.com/shopping/g1974/host

Be a friend. It will be the best gift you'll ever give!

DRIVING SAFELY

It's Not All About Experience

By Sharon Schultz

The latest benchmark report released by the Maryland Motor Vehicle Administration shows an alarming increase in the number of adults aged 65 and older who had traffic accidents in the last five years. The numbers have been escalating. In 2013, seniors were in 11,098 crashes; 70 of which caused fatalities. In 2014 there were 11,869 crashes with 86 fatalities, in 2015, 12,716 crashes with 104 killed, and 14,747 accidents and 104 deaths occurred in 2016. And the most recent numbers showed a whopping 14,988 crashes and 92 fatalities in 2017.

According to the MVA statistics, the average number of traffic incidents for all five years was highest during the months of October, November and December. Autumn is typically a season of transition for Maryland drivers. Our mid-Atlantic driving climate is responsible for bringing us mostly dry, clear roads in the Summertime, but not so much in the Wintertime. Fall seems to be the period in between that allows drivers time to make those necessary seasonal driving adjustments safely.

Older licensees are the most experienced drivers on the road today, having had decades of practice, but driving can present new challenges for this age group. It's not so much about understanding or interpreting traffic signs and situations, but more about impaired physical responses that inevitably come with age. It's a time when performing basic driving skills, like turning your head to check the blind spot, or braking hard and fast to avoid a crash, may become dangerous safety issues for the older driver. Now factor in seasonal conditions, like sleet, snow and icy roads, which can challenge any driver.

Staff members from Mayo Clinic, the internationally acclaimed medical research and treatment facility, compiled seven practical tips to help older adults stay safe behind the wheel.

1. **STAY PHYSICALLY ACTIVE.** Staying active with regular exercise will improve your overall physical strength and flexibility, making it easier to turn your head to check traffic or to lift your leg quickly to brake.
2. **HAVE YOUR VISION AND HEARING TESTED REGULARLY.** With age there are eye afflictions, such as glaucoma and cataracts, which can make seeing clearly more difficult. Impaired hearing may cause a delay in noticing emergency vehicles approaching and taking the appropriate action. New or updated eyeglasses and/or hearing aids can help compensate for these conditions.
3. **MAINTAIN YOUR HEALTH.** Keeping healthy will help keep you safe behind the wheel. Follow the doctor's orders when managing chronic conditions that could affect your ability to drive safely, such as seizures and diabetes. Know the effect of your medications as they could affect safe

driving if not used as directed. Strictly heed prescription labels that warn of possible sleepiness or dizziness.

4. **KNOW YOUR LIMITATIONS.** You are the best person to know what you can and can't handle physically. For example, carpal tunnel syndrome is a condition that is a common result of repetitive movements. So if your hands hurt when you grip or turn the steering wheel, invest in a steering wheel cover with a cushioned grip or consult your doctor for a referral to a physical therapist for further relief.
5. **KNOW THE CONDITIONS.** Before sliding behind the wheel, it always helps to know what road conditions you may encounter along the way. It may be safer to plan your trip during daylight hours when visibility is best. Consider delaying your trip if roads are slippery or there is poor visibility. Avoid traveling during rush hours when traffic is heaviest. You should be physically and mentally prepared. Anger, alcohol and automobiles do not mix under any circumstances.
6. **DON'T USE THE CELLPHONE.** Distracted drivers are linked arm and arm with drunk drivers as the top two causes of traffic accidents. For distracted drivers, using the cellphone is the biggest and most common driving distraction hands-down. Talking and texting has become such a common distraction for all drivers that the use of hand-held cellphones while driving is now illegal in most states, including Maryland. As we age, our natural ability to process information slows down. Program your GPS or call for directions before you drive to your destination. Anticipating and eliminating distractions is key to driving safely.
7. **STAY CURRENT.** Change is the one constant in our lives that everybody can relate to, and driving is no different. Many drivers earned their license to drive as teenagers. A lot of changes have taken place over the years: roads, laws, procedures, vehicles, etc. Consider taking a defensive driving course designed for older drivers. Some automobile insurance companies offer discounted rates for seniors who complete recognized driver safety courses.

In 2015, Maryland reported a driving population of 4.1 million licensed drivers with 693,581 drivers over 65. By the year 2030, 25.8 percent will be 60 and older.

Current statistics indicate that an increasingly substantial number of licensed drivers are older, seasoned drivers. For safety, staying focused and driving cautiously remain the best options while operating a motor vehicle.

Sharon is a retired driving instructor and a proud "Bay boomer" from Anne Arundel County. She can be contacted at spcs924@hotmail.com

REIKI BRINGS CALM AND PURPOSE TO UPPER MARLBORO

By Elyzabeth Marcussen

Hospice of the Chesapeake has reiki, the Japanese healing art, to thank for having Denise Holliday as a volunteer.

When her mother was in hospice care in North Carolina in 2007, a volunteer offered to perform reiki on her mother and her family. Holliday said she felt an immediate calm. "It had such a profound effect on me," she said.

After her mother died, she told herself she was going to have to find a way to give back. At first, she thought about financial support, but raising five children less than seven years apart made that impractical. Before long, it was 2017. The 10th anniversary of her mother's death was like a timer going off. She went to **Volunteermatch.org** and started looking at the volunteer needs of area hospices when the word "reiki" caught her eye in a position posted by Hospice of the Chesapeake.

Bingo.

Since then, she has been kind of a healing arts cheerleader. Training for reiki led the Upper Marlboro real estate agent to get certified for Comfort Touch and aromatherapy. She considers all of these modalities as tools in her volunteer tool belt, which she wears in a few different capacities. Primarily a patient care volunteer, she has

also made weekly calls to patients and their caregivers, represented the nonprofit at outreach events and just recently began the intensely emotional and vital mission of staying with patients through final hours as a vigil volunteer. "I don't even think people realize how many different ways they can give back," Holliday said.

The healing arts provide Holliday a gateway to getting to know a patient and their family -- a kind of peaceful introduction in an often tense environment. One of the most rewarding aspects to her service as a volunteer is the sense of calm that she leaves behind after her visit. "The family can sense it, they can see that she or he is finally resting, finally sleeping."

Holliday devours every learning opportunity offered to volunteers that she can. And why not? They are free. Plus, what she learns she can apply to her own life and share with her family. "To be a better practitioner for others, you need to do self-treatment," she said, adding that every so often her daughter will plead with her, "Mommy! Reiki my back!"

It's been a full year of volunteering for Holliday, and now she's looking for ways to involve her children, ages 14 to 20, and her husband, Donnell, in volunteering with the organization. "I'm hoping it can become a family thing," she said. "We can learn so much from our children."

Elyzabeth can be reached at EMarcussen@HospiceChesapeake.org

To find out more about becoming a healing arts volunteer with Hospice of the Chesapeake, contact Terri Fevang at 667.219.2889 or tfevang@hospicechesapeake.org

DISCOVER YOUR BEST SELF.



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

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



4000 River Crescent Drive, Annapolis, MD
gingercove.com



Craving for Cranberries

By Barbara Aiken

It's that time of year when the petite red orb, the cranberry, plays a special role in meal planning. The rest of the year, cranberry juice may be a thirst quencher for some, but cranberry sauce or relish, bread or muffins, tarts, shrub or cordial don't often make it to the dinner table or party.

The cranberry has been used for thousands of years by Native Americans as a food source and for its medicinal and health benefits; the red juice was used as a dye in the production of textiles and other items. The leaves of the plant were sometimes brewed as a tea or smoked in place of tobacco. It is believed that the early Colonists were most likely familiar with cranberries, but learned more about them from the Indian tribes they encountered in North America.

The name "cranberry" was likely derived from the fact that the flower of the plant resembles the head of a Sandhill crane. The Colonists called it the "crane berry." Some dubbed it the "bearberry" as bears were often observed foraging for them.

By the mid-19th century, settlers began to cultivate the cranberry for commercial use. This hand-harvesting was backbreaking work. By the late 1800s the wooden cranberry scoop was invented, easing the task. Industrial sorters soon followed, further reducing the amount of labor. Today there are cranberry farms and bogs across the northern United States and southern Canada.

Of the numerous cranberry varieties, the Howes cranberry named for Elias Howes in 1843 is still the most popular variety today. This colorful, glossy berry from Massachusetts is frost-resistant and of good quality.

Some of you may recall the cranberry scare of 1959. Aminotriazole was the culprit and source of the first chemical food scare in the U.S. Traces of the herbicide were found in some berries from the Pacific Northwest. The Department of Health, Education and Welfare informed America that this chemical had been found to cause abnormal tumors in rats. No cranberry sauce for Thanksgiving or Christmas in 1959! My family wouldn't have a cranberry in the house for years thereafter. This caused a massive drop in the cranberry market, resulting in huge revenue losses.

The cranberry scare is long over and food-borne health alarms from chemicals and other culprits are unfortunately commonplace for many crops. Since 1959 the cranberry has made a mighty comeback and most holiday tables are adorned with this crimson fruit. Whether a glob of cranberry jelly from a can (Ocean Spray 1941) or a warm, sweet-cooked sauce or cold relish, the cranberry is holding its own as a holiday tradition.

Here are four of my favorite, time-tested cranberry recipes. You'll find these concoctions simple to prepare and delicious.

SPICY CRANBERRIES, PEARS AND ORANGES

Serves 8 as a sauce

- 1 (16-ounce) can whole-berry cranberry sauce
- 1/3 cup sugar
- 1 Tbs. lemon juice
- 1/4 tsp. ground cinnamon
- 1/4 tsp. ground ginger
- 6 medium pears, peeled and sliced
- 2 oranges, peeled and sectioned

Combine cranberry sauce, sugar, lemon juice, cinnamon and ginger in a heavy saucepan. Bring mixture to a boil over medium heat, stirring often. Remove from heat.

Combine pears and oranges in a 2-1/2 quart casserole; pour cranberry mixture over fruit. Cover and bake at 350 degrees for 40 minutes or until pears are tender. Serve warm or chilled.

FESTIVE CRANBERRY CORDIAL

Makes 3 cups

- 2 cups crushed fresh cranberries
- 2 cups sugar
- 2 cups vodka

Combine ingredients and store in a covered jar in a cool place for at least three weeks. Strain and serve as an after-dinner drink.

OLD VIRGINIA CRANBERRY SHRUB APPETIZER

- Cranberry juice
- Orange or mango sherbet
- Fresh mint sprigs for garnish

Place one scoop of orange sherbet in each coupe glass. Pour cranberry juice over the top about 1/2 way up the sides of the sherbet. Garnish with mint if desired. Serve with consommé spoon. How easy is that!

CRANBERRY NUT BREAD

Makes 1 loaf

- 2 cups sifted flour
- 1 cup sugar
- 1-1/2 tsp. baking powder
- 1 tsp. kosher salt
- 1/2 tsp. baking soda
- 1/4 cup butter
- 1 tsp. grated orange peel
- 3/4 cup fresh orange juice
- 1 well-beaten egg
- 1 cup fresh cranberries, coarsely chopped
- 1/2 cup chopped pecans or walnuts

Sift the dry ingredients together. Cut in butter with a pastry blender. Combine peel, juice and egg. Add to dry ingredients, mixing just to moisten. Fold in berries and nuts. Turn into greased 9 x 5 x 3-inch loaf pan. Bake at 350 degrees for 60 minutes or until a skewer comes out clean. Cool. Wrap and store overnight for best flavor.

This holiday season, enjoy the delights of the historic, tart cranberry. You're sure to find one or more of these simple recipes that will be a hit at your holiday gatherings.

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

A TO ZZZZZZZZ'S SLEEP APNEA

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

Snoring is the most common indication that you may be suffering from obstructive sleep apnea. Obstructive sleep apnea remains a growing concern in adults in the United States. Commonly undiagnosed, sleep apnea is a chronic sleep disorder that has been scientifically linked to an increase in a range of systemic health conditions. If you snore or wake suddenly gasping for air, you should seek medical attention as soon as possible to prevent the development of secondary health risks.

Sleep apnea occurs when the airway becomes blocked, commonly caused by collapsed soft tissues at the back of the throat. When the airway is blocked, oxygen is cut off from the entire body. Patients typically wake up repeatedly throughout the night with a loud snore or gasping for air. Some patients wake as many as 500 times a night.

Those with sleep apnea do not get a restful night's sleep, even if they have little or no memory of waking. Interrupted sleep can interfere with a patient's health and overall well-being. Testing for sleep apnea is as simple as a noninvasive sleep study. While anyone could have sleep apnea, there are certain risk factors that increase a patient's likelihood of developing sleep apnea. If one or more of these risks factors apply to you, consider talking to your dentist or physician about participating in a sleep study. Factors include:

- being over 40
- having a large neck diameter

- having a family history of sleep apnea
- suffering from diabetes
- being a man
- being obese

While the only way to be sure you have sleep apnea is by conducting a sleep study, patients typically experience similar symptoms like chronic headaches (especially in the morning), dry mouth after sleep, waking up gasping for air, loud snoring, chronic fatigue, depression and trouble concentrating.

If you believe you may have sleep apnea or have been recently diagnosed with it, you may be a candidate for oral sleep appliance therapy or "mouth guard." Sleep apnea oral appliances are less obtrusive and more discreet than a traditional CPAP machine and work by moving the jaw forward, which increases the size of the upper airway, thus reducing the air resistance that leads to sleep apnea and snoring. The appliance should be custom-fabricated for optimal comfort by your dentist.

Dr. Woody Wooddell and Dr. Joe Passaro opened the doors to their dental practice in Davidsonville in 1981. Drs. Wooddell and Passaro provide expert restorative and esthetic dental solutions. Visit their website at www.wp dentalgroup.com or call 410.956.5555 for more information.

ESTATE PLANNING AND ELDER LAW ATTORNEYS SINCLAIRPROSSER LAW, LLC

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



*(not pictured Alexander M Pagnotta)
Colleen Prosser, Victor A. Lembo,
Jon J. Gastor, Nicole Livingston*

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



Offices in Annapolis, Bowie, Millersville and Waldorf

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



When Dining Out, IT'S HARD TO GO Quietly

By Leah Lancione

The Vanier Institute of the Family says that, “Across cultures and time, food sharing is an almost universal medium for expressing fellowship; it embodies values of hospitality, duty, gratitude, sacrifice and compassion. The shared meal is an opportunity not only to eat, but also to talk, to create and strengthen bonds of attachment and friendship, to teach and learn.” With that in mind, it is important to get to the bottom of why restaurants have become so loud! If sharing a meal is a time of shared communication, wouldn’t a noisy atmosphere hinder effective conversation?

Both *Zagat* and *Consumer Reports* surveys have found that excessive noise is the top complaint diners have -- ahead of service, crowds, or even food quality. So, why is it that restaurant owners are allowing or even creating a loud dining environment?

In an article on the Grub Street blog entitled: “Why Restaurants are Louder than Ever,” restaurant critic Adam Platt pinpoints the beginning of the “Great Noise Boom” in the late 1990s. He claims Mario Batali “had the genius idea of taking the kind of music that he and his kitchen-slave compatriots listened to while rolling their pastas and stirring their offal-rich ragùs (Zeppelin, the Who, the Pixies, etc.) and blasting it over the heads of the startled patrons.” Platt says restaurateurs followed Batali’s lead in making the “front-of-the-house buried in a wall of sound.”

So, is it just that restaurant staffs have turned up the volume to create an energetic or hip mood, or are there other factors contributing to the noise? The food and entertaining magazine *Bon Appétit* offers its three reasons why restaurants have become such noise pits:

- Loud restaurants draw people in. Restaurateurs have found that louder restaurants are perceived as lively and successful. Very few people want to socialize in a silent room.

- Modern design trends amplify the noise. In restaurants with minimal or no textiles on the tables or floors, sound isn’t absorbed.
- Loud music makes us “drunk.” There’s scientific proof that the louder and faster the music, the faster (and often more) people eat and drink.

Other sources admit the possibility that restaurant owners learned over time that patrons would eat faster and, yes, eat and drink more, when the music and/or ambiance is so loud they want to dine and dash! In the journal *Flavour*, professor Charles Spence, an experimental psychologist at the University of Oxford, notes, “A growing number of restaurateurs and bar owners have come to the realization that they can increase their turnover simply by turning up the background music—as the volume goes up, people drink more.”

The Washington Post, in its Sunday reviews of restaurants, now contains a snippet as to how many decibels the noise level is, including a comment such as “Sound check: 76 decibels / Must speak with raised voice,” which is helpful in making your dining selection.

So, how do we remedy the problem of noisy eating environments, while trying to enjoy the companionship and good conversation of friends? Go to **Yelp.com** or **TripAdvisor.com** and type in your choice of dining establishment, then read the reviews to determine if that is where you would enjoy a meal. Many of the comments focus on the noise level.

Bay Bytes

Go to **www.annapolisexperience.com/blog/** for places to see and things to do in the greater Annapolis area, including a calendar of what’s happening. Suggestions are listed for tours or dining, as well as historical facts and photos of the area.



CHARITABLE REMAINDER TRUSTS

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

With the holidays fast-approaching, things can get quite hectic, what with family gatherings, holiday decorating and shopping for that unique, but perfect gift for each of your loved ones. This year, you may want to consider a charitable remainder trust.

What is a charitable remainder trust? A charitable remainder trust is an irrevocable trust that allows the donor, or another individual you name, to receive each year either a fixed-dollar amount from the trust or a percentage (at least 5 percent) of the value of the trust. The right to receive this distribution is either for the individual's lifetime or for a period not to exceed 20 years. At the end of the term, the amount remaining in the trust is distributed to a qualified charity. Generally, a qualified charity is one that has been deemed tax-exempt by the Internal Revenue Service.

Moreover, the charity will serve as trustee of the trust and will be responsible for investing and managing the asset(s) in order to produce income for you. Because the charity is also the remainder beneficiary, it has an incentive to increase the value of the trust, which in turn, benefits not only the charity, but you as the income beneficiary of the trust.

What are the tax benefits of a charitable remainder trust? There are three primary tax benefits. First, after you have transferred the asset(s) to the trust, you may take an income tax deduction, spread over five years. You are not, however, allowed to deduct dollar for dollar the amount that you gave. Rather, you are only allowed to deduct the amount of the "gift," which is the amount donated less the amount of income you are expected to receive. For example, if you donate \$100,000 to the trust but are expected to receive income of \$30,000, then you are only able to deduct \$70,000.

Another benefit is that whatever the charity receives at the end of the trust term, is not subject to estate tax. Similarly, the donation will not be subject to gift tax for the amount of the

"gift." However, if the income beneficiary of the trust is someone other than the donor or their spouse, then there may be a gift tax imposed on the amount of the income that is paid to the income beneficiary.

Finally, because the charity is tax-exempt, there is no capital gains tax on the sale of the asset(s) in the trust. So, you can turn non-income-producing property that has increased significantly in value from the time at which you acquired it, into cash without having to pay capital gains tax on the profit. This enables you to invest the full proceeds of the sale into an income-producing asset. For example, you own stock that currently is worth \$200,000, but you only paid \$10,000 for it 20 years ago. If you were to sell the stock, you would have to pay capital gains tax on the \$190,000 profit. On the other hand, if you transferred the stock to a charitable remainder trust and the trust sold the stock, there would be no capital gains tax. Furthermore, the full \$190,000 profit could be invested in a mutual fund that would pay you a portion of the income it produced.

Fixed annuity or percentage of trust? You can elect to have either fixed annuity payments or a percentage of the current value of the trust. If you choose the fixed annuity, you will receive a fixed dollar amount each year. This is beneficial if the trust has a lower than expected income return because you will still receive your fixed payment. Sounds great, but be careful. The higher your annuity is, the lower your income tax deduction. Also, if the trust does not generate enough income to cover your annuity payment, then the trust's principal will be used. The more principal that is used, the less likely it is that the charity would receive anything at the end of the trust term and consequently, the less likely it is that the charity would accept your donation in the first place.

Conversely, if you elect a percentage of the value of the trust, your payments will reflect any gains or losses in value of the investments each year. It is important to note that once you make a decision, you cannot change it later. If you are considering a charitable remainder trust, consult a qualified attorney and financial planner before making a final decision.

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

There's going to be a brand new year. Another opportunity to get it right.

BAWLOMORESE: A FUNNY LANGUAGE?

By Ellen Moyer

The language of Baltimore is spoken in Merlin, otherwise known as the legendary wizard who advised a maybe mythical King Arthur. In Baltimore, Merlin means Maryland. It represents the funny English dialect of slurred vowels and dropped consonants known as Bawlmoresese. There are four or five spellings for the latter, for which letters don't seem to matter.

Having grown up in Baltimore County in the Bawlmoresese magic triangle that includes Towson, Glen Burnie, Fell's Point and Hampden, I didn't know this was funny speech country; no one had told me.

Every year while visiting in Michigan, I would be taunted with "what's wooder?" A drink from the tap was the answer. "No wooder here," would be the answer given by the locals from Kalamazoo!

Back in Baltimore, if you listened carefully for the funny speech patterns that the natives were supposed to have, one could hear other words that did indeed seem a bit odd. The letter A was often missing. Annapolis, the state capital was 'Naplis, The Bay, Chess peake. Aspirin replaced aspirin, far for fire and Oreos for the Baltimore baseball team, cigarette for cigarettes. Pitcher for picture, meer for mirror. A beach vacation comes out *go een downey owe shin*. Good grief, where did this talk come from?

Maryland was colonized by a good number of Englishmen from northern England. George Calvert and his Lord Baltimore sons and Francis Nicholson, the Ogles, the Taskers, the dignitaries of the capital city, all came from Yorkshire or northern England. Could there be a connection?

Sure 'enuf. According to Wikipedia there is a Yorkshire, England, dialect. There is even a Yorkshire dialect society that "exists to promote use of the dialect in both humor and in serious linguistics." There is even a Yorkshire Dictionary and guide to the Tyke Tongue. *Wooder* for water, the word I was teased about, is in its dictionary.

To this nonprofessional linguist, the accents of Yorkshire, England, and Baltimore, Maryland, seemed related. They both used a short A and dropped consonants k, p and t and shared a lot of sound-alike words like *wooder*.

Where did the dialogue patterns of northern England come from? English is a Germanic language derived from one of the oldest linguist family trees, the Indo-European, that probably began with a group of farmers and herders who lived north of the Caspian Sea 5,000 years ago. As the population increased, people migrated east and west carrying their spoken word and linguistic patterns with them.

Eventually the population moved north through Europe to what is now Germany, Netherlands, southern Denmark and the coast of the North Sea. By the time the Romans left England in 410 AD, people from these homelands had moved into northern

England and throughout the United Kingdom, communicating with each other in the spoken word of Old English influenced by Old Frisian for the next 700 years.

Old English was spelled as it was pronounced and spellings differed with regional accents throughout the English Isles. In 895 Alfred the Great used the Northumbrian Dialect and transcribed the religious books of Pope Gregory and the philosophy of Bede into a unified Old English.

In 1066, William the Conqueror brought the Normans to England with another Germanic-based language. Modern English evolved during the Elizabethan Age. It can be read in the texts of William Shakespeare and the King James Bible and the diaries of Sam Pepys and the dictionaries of Samuel Johnson and Noah Webster. Today, several billion people in the United Kingdom of England, Scotland, Ireland, Wales, Australia, New Zealand, America, Canada, South Africa and Pakistan speak this language -- with different accents, of course.

After the American Revolution in 1776 a funny thing happened among the upper class of England. They developed a prestigious accent and modified the R sound. The dropped R of the upper class is the *ca* for car accent of the Boston Brahmins and mainline Philadelphia. But in Baltimore there was no cause for adopting the prestige language of England's upper crust. The Englishmen, Irish and Scots who sailed out of Liverpool and York and Wexford and Cork were blue-collar working class folk. They came to Baltimore to work the shipyards of Fells Point and the Mills of Hampden. Baltimore was a thriving entrepreneurial working class city of the Industrial Revolution, spelling opportunity for the poor of Europe.

A friend tells a story about meeting a tour guide in Moscow several years ago who asked if she knew the city of Bawlmor where everyone was called "hon". He had heard about it, he told my flabbergasted friend, from a sailor from the area who helped him learn to speak English. Hampden, on Baltimore's West side around 36th Street, is the center of hon. Here they celebrate their roots with a *Honfest* Spring Festival that looks like a street revival of John Waters Hairspray.

The accent of Bawlmoresese comes to us over the centuries. It is an amalgamation of events and the merging of cultures and the qualities that make up human nature that bring us to where we are today. The accents of spoken words that began with the Kurzons 5,000 years ago bring us closer to unknown people and places from the Black Sea to the North Sea and across the English Channel and the Atlantic Ocean. Listen! Is that Merlin the legendary wizard from Wales whispering *hon* to King Arthur, in *Merlin*-speak?

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

Why would you let the past steal your present?

Gingerbread Men Make Tasty Ornaments

By Penelope Folsom

Here's a yummy recipe to make with grandkids on a freezing December day. These cookies keep well and can be made right after Thanksgiving to hang on the Christmas tree. They'll stay crisp right through the holidays, but make enough so that the Christmas elves can snatch one or two.

1/2 cup unsalted butter, softened
1/2 cup dark brown sugar, packed
1 egg
3/4 cup dark unsulfured molasses
3 cups all-purpose flour
1/2 tsp. baking soda
1/4 tsp. baking powder
2 tsp. ground ginger
3 tsp. cinnamon
1 scant tsp. ground cloves
1/2 tsp. nutmeg
3/4 tsp. salt

Cream butter and sugar until fluffy. Beat in the egg and molasses. Sift together dry ingredients and slowly add to butter mixture. Chill dough for an hour. Roll out to a thickness of 1/8 inch on floured surface. Cut into desired shapes. Place on cookie sheet and decorate with raisins or leave plain. Bake 10 minutes until crisp. Cool on wire racks. After they've cooled they can be decorated with a simple white icing. After decorating, tie a thin piece of red ribbon around the neck, attach a hook and hang on tree.

We double this recipe as we have many different size cookie cutters that we like to use.

A MODERN PAPER STORE



with traditional roots

PAPER IN THE PARK

MENTION THIS AD FOR
25% OFF
ANY ONE ITEM*

- * Lots of holiday invitations & cards
- * Custom invitations and notecards
- * Stationery and thank you notes
- * Unique gifts
- * Beautiful wrapping paper, ribbon and much more!

487 Ritchie Hwy Ste 104 • Severna Park, Maryland 410.544.8830
paperinthepark@verizon.net • mypaperinthepark.com

*excludes printing, Swell and special orders

Some believe that hugging is the most effective form of nonverbal communication. In some cultures, a hug and a kiss on the cheek(s) is a common greeting between friends. In China and Japan, in place of a hug, people often nod their heads (like a bow) to each other as their greeting. In the United States, it may be more subjective—whether you like to hug or are less touchy-feely. From person to person it may be a question of personality, whereas across cultures it may be an issue of what's acceptable.

Conceptual Artists Brainard and Delia Carey, who started the "Free Hug Movement" in 1999, wrote an entire book on hugging called: *The Art of Hugging: A Heartwarming Guide to Everyone's Favorite Gesture of Love*. The book details various types of hugs, the health benefits associated with hugs, as well as the potential spiritual results. Though hugging is often viewed as a way to show affection, compassion or condolence, intimacy or offer a greeting, when and how to give a hug is a topic for debate.

THE CAREYS DESCRIBE THESE TYPES OF HUGS:

- the forgiving hug
- the protective hug (as parents/relatives to children)
- the hug in wartime, e.g., one soldier shielding another from danger or the one demonstrating the ultimate sacrifice or the embrace from a loved one after a deployment
- the last embrace (to someone dying)
- the joyous hug, say on New Year's Eve, after a sports victory, etc. and
- the bear hug

So, whether you give someone a hug as a sign of forgiveness, to say goodbye or for any other reason, what are the health benefits associated with it? Well, *Psychology Today* cites a 2010 study that illustrated how touching offers a boost to the immune system.

Despite highlighting the different types of a hug someone can

engage in and the health benefits, the question remains when is it appropriate to hug and when is a handshake called for? For one, in a work setting, it's clearly best to refrain from hugging unless you know the co-worker well or, for instance, when a colleague retires. But there are other times that you must assess the situation before

offering an embrace—no matter what type.

Psychology Today recommends trying to gauge the other person's signals. Don't give a hug without thinking about it first. "If you're an over-hugger, you need to pause before you lunge to test out the other person's body language. If he or she is standing straight as a board and shows no signs of bending toward

you, either let the other person initiate the hug, or if you must touch, hold out your hand." The article also states that studies show women often prefer not to be hugged by a man they're not in a relationship with. Also, if you gauge the situation and decide it's OK, or even fitting, try to assess what type of hug would be appropriate. You wouldn't give a bear hug at a funeral or to someone who isn't a close friend or relative.

Taking everything into account, it's prudent to judge the social environment, the potential receiver of the hug and the message you want to impart. The website Science of People says to "strategically decide how to greet people based on the impression you want to make." This mentality works in all scenarios, not just when greeting someone. If you take into consideration the other person's comfort level, as well as your own, make the decision you can be confident in. If you're unsure about it, maybe a "hand-hug" (handshake) is best, or even a gentle pat on the back or a side hug (one arm around a shoulder). Also, there's nothing wrong with asking someone, "May I give you a hug?"

Just in case you're already a hugger, or at least never skip an opportunity to hug your grandkids, The Hug Your Kids Foundation promotes a "Global Hug your Kids Day" every July 16. And now with the holidays upon us, remember to fill these days with oodles of appropriate hugs!

TO HUG OR NOT TO HUG, THAT IS THE QUESTION

By Leah Lancione

Bay Bytes

Looking for a place to resell some of your accumulated treasures? Log onto **Amazon.com** and type in Amazon Trade In to determine the amount offered for items such as books, electronics and games. If your items are accepted, you will receive an Amazon gift card.

IS FACEBOOK GOOD FOR YOU?

By Kater Leatherman

Facebook, the largest social media network in the world, had 2.23 billion active monthly users in the second quarter of 2018. Although initially its aim was to fulfill a human need to connect with others, there are consequences that are leaving many to wonder if it is a good thing. Some American psychologists have even identified a Facebook Addiction Disorder.

Obviously, Facebook is a platform for people to be seen and heard. The problem is that social media is fueling a narcissist, or self-cherishing, epidemic in our society. Self-cherishing people believe they are the center of the universe, that everything they do should be of interest to others, and that what they have to say is important and worthy of your time.

Curiosity makes Facebook a good resource for finding people from our past. It delivers high marks for seniors who enjoy keeping up with their younger family members. It also offers a variety of interesting entertainment, ways to support social causes, and most people enjoy the avalanche of birthday wishes.

But most of us don't care what someone had for breakfast. Some posts can really wind us up, like the ones we wish hadn't landed in our feed. There are the travel pictures, which can leave us thinking that everyone else is having more fun. And, of course, some people are nervous about the actual or potential misuse of their data.

It's human to try and make life better than it is by looking for external circumstances. But it only feels better as long as we're engaged. With Facebook, isn't acquiring more friends, getting a slew of "likes," and reading comments to validate your opinions a temporary solution to make you feel better?

There are many millennials with whom I have spoken, who are getting off Facebook because the pull to compete and compare is making their lives miserable. According to a new report, 41 percent of respondents were quitting because they felt it was a waste of time and 35 percent found social media was making them think negatively. Some millennials are also opting out of Twitter, Instagram and the dating site Tinder.

Facebook, because it is an escape from reality, effectively filling in gaps of time throughout the day. It is also an effortless way to connect, but it's a pretend connection. Interacting with people on a personal level, which takes more energy and time, is what social media has taken from us.

Whatever the reasons, it still comes down to considering the overall effect that social media has on you. Take some time to contemplate the following question: Does it add to my life? If not, then it probably doesn't belong in my life.

Kater can be reached at katerleatherman@gmail.com



Dentistry is our passion.

We proudly provide the highest quality dental care for routine and complex treatments as well as exceptional service to our patients.

New patients are always welcome!

WOODDELL & PASSARO
Restorative and Esthetic Dentistry

3102 Davidsonville Road | Davidsonville, MD 21035

410.956.5555 | www.wpdentalgroup.com

Read our article "The A to Zzzz's on Sleep Apnea" in this edition of Outlook!

QUICK AND EASY HOLIDAY RECIPES

By Carolyn Campbell

The following are four recipes that take little time during this hectic season, but will be enjoyed by all. Try them for your family or give them as gifts.

THREE-INGREDIENT CHEESE BALL

This flavorful cheese ball takes only minutes to make, and yet tastes as if it contains a multitude of ingredients. Many neighbors say it's their favorite "neighbor gift" that I bring. It's also a regular feature on my holiday table, paired with a plate of favorite crackers.

2 8 oz. blocks of cream cheese
1 envelope powdered Good Seasons Italian salad dressing
3/4 cup chopped pecans.

Simply mix the cream cheese and dressing powder together, form it into a ball and roll it in the nuts. It couldn't be easier. The process is even simpler if the cheese has been left out for a while to soften slightly. Use your hands to mix the ingredients together and form them into a ball.

SUPER-EASY STUFFED MUSHROOMS

This recipe is a great appetizer and also works well as an accompaniment to meat dishes. These stuffed mushrooms are very flavorful and easy to make at the last minute. This recipe makes a lot and can be easily adjusted to make more or fewer mushrooms.

1 lb. Jimmy Dean pork sausage
1 8 oz. block of cream cheese
1 1/2 lbs. whole mushrooms

Remove mushroom stems by twisting them until they break off. Simply stir together equal parts of sausage and cream cheese and fill center of mushrooms. Place under heated broiler until sausage mixture is browned.

PEANUT BUTTER CARAMEL POPCORN

When the ingredients in this recipe are combined, the peanut butter "unsticks" the stickiness of the Karo syrup, making it especially

easy to form into popcorn wreaths and popcorn balls. The peanut butter flavor is quite mild, and I've had people say they thought these were traditional caramel popcorn balls. Sometimes I use this recipe to make peanut butter popcorn wreaths as neighbor gifts, placing them on a paper plate and filling the center of the wreath with red and green Hershey kisses to add a little Christmas color. This recipe is also quick to make and always delicious, whether the popcorn is shaped as a ball or wreath or simply eaten from a bowl.

1 cup sugar
1 cup light corn syrup
1 cup peanut butter (creamy or chunk style)
1 tsp. vanilla (optional)
3 qts. (12 cups) popped popcorn

Measure popcorn into a big pan with tall sides. Pour corn syrup and sugar into a heavy saucepan or cast-iron pressure cooker. Bring syrup and sugar mixture to a vigorous boil and cook 30 seconds, stirring constantly. Remove pan from heat and add peanut butter and vanilla. Stir mixture briskly with spoon until smooth. Pour syrup over popped corn in the tall pan. Stir syrup through corn quickly, before syrup cools. With a long-handled spoon in each hand, mix syrup through popcorn as you would toss a salad. Work from the outsides of the mixing pan toward the center, lifting the popcorn and then dropping it gently back into the center of the pan. Count 200 strokes, until each floweret of corn is coated with syrup. With a pan of lukewarm water at your side to wash your hands as needed, form popcorn into balls or wreaths. Makes about 10 small popcorn balls.

EASY RED HOLIDAY PUNCH

This is another very easy recipe that looks festive in a holiday punch bowl.

4 cups cranberry juice
4 cups pineapple juice
1 1/2 cups sugar
8 cups ginger ale - or desired amount

Mix first three ingredients. Stir until sugar dissolves. Add ginger ale before serving.

Bay Bytes

There are nearly 60,000 books in the public domain that can be downloaded for free at Gutenberg.org to read on your kindle or online as a epub book.

A Boomer's Guide to Aging Gracefully

By *Natalie Canavor*

Many of us have launched into middle age and beyond without a healthy infrastructure to stand on. We've eaten mountains of food just because it tasted good. We've lived lives brimful of cigarettes, alcohol or other in-the-moment sources of pleasure. We've put strenuous exercise off for a few decades until we might be more in the mood.

Now what? Must we really look, act and think of ourselves as growing old?

Of course not. Our generation knows that perception is everything, or close enough. This mini-guide will help you show the world that you are vigorous, adventurous and fully awake, with the least investment of time and energy.

Use these ideas to supplement the self-improvement books that line your shelves, or toss them out and adopt this alternative route. Here goes:

KNOW WHAT TO AVOID:

- Bowling.
- Travel in hot climates where long sleeves and turtlenecks look odd.
- Carrying large-print editions of books or the *New York Times*.
- Wearing socks under sandals.
- Talking about doctors, insurance or the medical test you're sweating.
- Acknowledging you "were there" when JFK died, when the oldies were born, when marijuana came onto the scene, when competitive sports were thought unsuitable for women.
- Saying you're collecting a pension. Better: You're a free agent with resources, or you're managing your portfolio, or you're lucky enough not to have to think about money.
- Admitting there could have been a world before television. Or the Internet. Or the iPhone. Or Facebook. Or iTunes or YouTube.

HANDLE MEMORY CHALLENGES STRATEGICALLY:

- When you lose the thread during a conversation and the other person looks at you expectantly, say: "Let's not go there. I just can't deal with that right now."
- When you can't bring to mind a word, place, name or previous conversation, challenge the other person: "I bet you don't remember the name of the restaurant we went to for your birthday" Or, "Where did you put my ___?" Or, "I loved what you said about ___ yesterday. Would you share it with Andy now?"
- If you are in process of fetching something and forget what it is, tell your audience, "I just realized I lent it to Jane and that girl hasn't returned it."
- If you forget something you were just told and the other person calls you on it: "I heard you, but you said just the opposite the other day, I distinctly recall."
- When you're losing an argument or can't remember your points, derail the conversation with an irrelevant and irrational

response: "I must say that you look totally pulled together today. Where did you find those shoes?" Or, "Did I ever tell you about my first sexual experience?"

CULTIVATE THE ILLUSION OF YOUTH:

- Offer romantic explanations of why you can't talk about your "premature" crow's feet and laugh lines, such as: your undercover stint in a mysterious "overseas agency."
- Detail your years as a professional con artist or gambler.
- Or, your time in a witness protection program.

MAKE PLAYFUL SPUR-OF-THE-MOMENT SUGGESTIONS THAT ARE VERY UNLIKELY TO BE ADOPTED:

- Let's hitchhike to the shore and walk on the beach at dawn!
- Let's romp in the fountain at Lincoln Center!
- Let's make our own marshmallows and roast them over your stove!
- Let's build a bonfire on your lawn and invite the whole neighborhood!

WHEN SOMEONE ELSE SUGGESTS AN ACTIVITY YOU'RE DESPERATE TO AVOID, HAVE A PREPARED RESPONSE IN MIND:

- Whitewater canoeing? Super! Do you think my tennis elbow will be a problem?
- Eat Ethiopian food at the street fair? Wonderful! But did I tell you about that parasite I picked up in Mogadishu ...
- Climb those rocks? Yes! As soon as my shin splint heals.
- Offer truly adventurous ideas which, you're sure every rational person will refuse, or the logistics are prohibitive:
- Let's go skydiving on Sunday - so what if it's snowing!
- Let's drive to the airport and get on the first airplane leaving - wherever it goes!
- Let's sign up to swim with the sharks in Fiji!
- Let's crash that new hip-hop club the kids are so crazy about!

AND LAST AND SO OFTEN USED - KNOW HOW TO CONTROL THE CONVERSATION:

- Use the techniques of misdirection and diversion that PR people teach politicians and CEOs. Notice how often our leaders answer questions as if the ones they'd prefer had been asked, rather the ones actually posed. This keeps them out of hot water and positions them to deliver the message they planned. Some examples:
 - What you really want to know is ...
 - I don't remember that happening, but I do recall ...
 - What's really important to talk about is ...
 - I agree with some of that, and I'm sure you'll agree that ...

Natalie wastes decades of experience as an award-winning journalist, magazine editor and corporate communicator by creating advice like this. Contact her at ncanavor@gmail.com

Today do something that will improve the life of someone else.

HOME FOR THE HOLIDAYS: MANAGING DISHARMONY

By Dr. Jim David

Thanksgiving and Christmas are family get-together times that are rewarding and fulfilling for many if not most people. But they are also very challenging for some people. My own memories are positive and wholesome, filled with savory smells and tastes of favorite holiday foods and joyful, enriching, mischievous conversations.

However, if there's someone you'll encounter during the holidays that you know will be very challenging for you, the wisest course is definitely Benjamin Franklin's admonition, "An ounce of prevention is worth a pound of cure." In more contemporary language, we say that it isn't what happens to us in life, it's how we respond to it or manage it.

To navigate the choppy seas of dealing with difficult, exasperating or toxic family members, friends or acquaintances, I've developed a five-part program entitled "COSTS", which is an acronym for Centered, Observational, Separate, Think on Your Feet, and Social Support. Let's explore each component.

Centered: To deal with difficult people, you have to stay connected to the absolute certainty of your essential goodness, just as you are right now. The paths to this state of being are

many and varied, but a key element is to stay with your breathing. You use your breath to connect your thinking head with the feelings in your body so you feel more whole and more

centered. Staying centered and self-aware takes daily practice. This process will enable you to be more self-validating and self-valuing as a counterbalance to being overly dependent upon affirmation from others. You will reduce overreacting to challenging people.

Observational: Once you become more and more centered, you will be more observational, which means to observe with dispassionate clarity what is happening inside of you and outside of you. Inside, you observe the thoughts that come into your mind, the feelings that come into your body, and what you are inclined to say and do. Then evaluate them to determine whether they are negative or positive. If they are negative, you replace them with a positive thought, feeling, word or action.

Outside, you stay an observer by pretending you are in the audience rather than being on the screen. Also, practice observing without judging, keeping your mind in neutral. You have to stay centered to stay observational. Practice this with friendly people so you have the skill when you need it.

Separate: Staying separate depends upon staying centered and observational. Separate means retaining a clear sense of separation between the difficult or toxic person and you. You say to yourself, "I am I and you are you." It involves staying outside of the other person's frame of reality. If you get sucked in to their frame of reality, you are finished. How do you do that? You stay with your breathing. You stay in touch with yourself by staying with your breath. You follow your breath to stay self-aware and connected to the feelings in your body and your thoughts.

Bay Bytes

St. Anne's Episcopal Church in Annapolis offers a free concert on Thursday evenings through the Fall and Spring. For upcoming programs, log on to <https://stannes-annapolis.org/music/>

Think on Your Feet: This entails developing different responses that enable you to diffuse, manage and de-escalate a potentially explosive encounter. The basic strategy is to stay centered, observational and separate so you can think on your feet by considering what is going on inside of you, the other person and the context or situation. Then you can decide which response makes sense. Some options are (1) leave (2) silence (3) humor (4) assertiveness (5) active listening (6) aggressiveness (7) change the subject (8) agreeableness (9) truthfulness and (10) mirroring. Again, it is imperative to practice all of these skills with friendly people so you can remember them when dealing with difficult people.

Mirroring means to make believe you are a mirror. You take in what is said to you and mirror or repeat it to the other person without adding any of your own agenda. It is wise and effective to reflect both the feelings and the facts sent. For example, the difficult person says, "You haven't called me in months!" Your mirroring reply could be, "You're disappointed that I haven't called you in a long time." Doing the mirroring gives you four advantages (1) It will de-escalate the other person's emotions if you deliver it in a caring, supportive tone of voice, (2) It puts the ball back in the other person's court, (3) It keeps you out of the other person's emotional field, reducing your emotional reaction and (4) It gives you time to think on your feet.

Social Support: This is the other half of centered. When we are centered we are self-approving, self-validating and self-loving. But that is only half of our self-image. We also need positive feedback from others. As social beings, we need people who love and affirm us. It is wise to have many sources or areas of social support, such as your neighborhood, church or synagogue, work and hobbies. Dealing with difficult or toxic people is very draining. We need friends and social support to re-energize ourselves.

May your holidays be a time of love, peace, joy and COSTS!

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

Bay Bytes

RetailMeNot.com offers promo codes for deep discounts. Check out the item you're about to purchase for possible substantial savings.

COLORING: IT'S NOT JUST FOR KIDS

By Sharon Schultz

The next time you are shopping for the baby sitter's best friend, crayons and coloring books, you may want to give it a second look with you in mind. Here, with eyes open, you will discover the brilliantly detailed world of adult coloring books.

Over the last several years, adult coloring books have become popular with adults of all ages, but the benefits for older adults seem to outweigh even the pleasure of performing the task. Many adults find that the concentration needed to color the intricately detailed designs found in the books geared toward adults, is a great stress reliever. As they become engaged with the drawing, determining color choices and paying close attention to their application, the stress that has built up during the day melts away.

Coloring can reduce anxiety and improve your mood. It stimulates both the logical and creative parts of the brain and helps to improve brain function and memory, two very important benefits.

Think of coloring as therapy. Art therapy has long benefited older adults. Studies show that seniors who take an active role in art projects feel less depressed, need less medication and visit the doctor's office less frequently. And while the simple act of coloring is not yet considered a bona fide form of art therapy, the use of creativity that is required for the project is thought to help improve a person's overall quality of life.

Carl Gustav Jung is one of the pioneering scientists who studied the therapeutic benefits of coloring books for adults in the early 1900s. A psychiatrist from Switzerland, he is credited with introducing analytical psychology. For this study, Jung focused on Mandalas, geometric and spiritual symbols from India, said to represent the cosmos or universe. When Jung presented the Mandala drawings to his patients to color, they became calmer during the process and their stress levels were reduced. Subsequent studies have shown that adults who color achieve a deeper, more relaxing state of mind. Some therapists today introduce adult coloring books to their patients as a precursor to conventional therapy.

Renowned Spanish psychologist Gloria Martinez Ayala is an expert on "crayon therapy" for adults. Ayala says that when a person is coloring, two key areas of the brain, logic and creativity, are used. Logic is used when choosing a color to use for a shape. Creativity kicks in when mixing and matching the colors to be used. Since coloring requires the use of both brain hemispheres in unison, it creates a stress-free meditative environment for the therapeutic artist.

THE CHILDHOOD PASTIME
OF COLORING CAN
REDUCE STRESS AND
ANXIETY IN ADULTS.

Coloring a picture may also help promote a positive sense of self-accomplishment with the finished result. Many adults reconnect with their inner child as memories of coloring books resurface. Prepare to return to a time of less anxiety, less stress and less responsibility.

Coloring books geared to the adult differ in quality from the children's coloring books found in toy stores and on magazine stands everywhere. Books that specifically target adults are constructed with higher-quality materials, with more intricate designs. Here are a few of the popular adult coloring books currently on the market:

- Johanna Basford titles, including Secret Garden, Lost Ocean, Magical Jungle, World of Flowers and Johanna's Christmas, are self-explanatory as to their content, but there the simplicity ends. Basford's collection of 10 x 13 coloring books is delightfully detailed and ink-ready! The average cost for a Johanna Basford coloring book is \$10.99, available online or through www.johannabasford.com
- The Coloring Café at www.thecoloringcafe.com features a nice assortment of themed coloring books and all-occasion "cardlets" from illustrator Ronnie Walker. Choose from four, 48-page 8.25 x 8.25 coloring books, as well as purse size journals, a travel book and mailable birthday and all-occasion cards. Also available in kits with coloring pencils, the cost is typically under \$10.
- Dover Publications found at www.doverpublications.com offers a treasure chest of coloring books for grown-ups by individual illustrators. BLISS coloring books include titles like Dream, Celebrate, Flowers, Dazzle, Seashore, Shop, Sweets, Love, Joy, Inspiration and more. The 5 x 7 books contain 46 illustrations and cost \$9.99. Creative Haven Coloring Books for Adults feature both designs and themes. Mandalas, Abstracts and Mosaics describe the designs contained within. Themed books such as Beautiful Butterflies, Belles & Blossoms, American Landscapes and Amazon Animals give testament to the wide assortment of titles available for just \$5.99 each. Dover Masterworks is a higher-quality product designed for the more experienced color artist.

Besides choosing from a plethora themes and designs to color, there is also a selection to be made regarding the coloring medium. Choose between color pencils and color ink pens, or, choose both.

The iconic coloring book, a simple pleasure that was fun and fascinating in younger years, has come full circle to bring a simple pleasure that is calm and relaxing in the twilight years.

Sharon is a writer and photographer, a proud "Bay" boomer from Anne Arundel County. Contact Sharon via email at spcs924@hotmail.com.

DELIGHT YOUR GUESTS WITH THE NONTRADITIONAL

By Louise Whiteside

Can you count the times you've eaten the same holiday dinner? For me, it was oven-roasted turkey with cornbread stuffing and giblet gravy. For you, it may have been oven-roasted turkey with a traditional stuffing and a traditional gravy. If you know how many times you've had that same Thanksgiving or Christmas dinner, my guess is your age was about the right number. Well, tradition is tradition, and you may still prefer to feast on the classic holiday bird, bursting with stuffing and roasted to perfection under a butter-soaked cheesecloth. Nothing wrong with that! However, if you're in the mood to try a few innovative cooking techniques and new taste experiences, here are some alternative suggestions for preparing that celebrated holiday fowl.

Deep-frying whole turkeys – a technique that started in the South – has now become immensely popular nationwide. Rather than producing a greasy turkey, the deep-frying process seals the outside, yielding a deliciously juicy bird with a crispy skin. Deep-frying equipment suitable for both indoor and outdoor cooking is available at local hardware and department stores. A few rules of thumb to keep in mind when deep-frying a turkey:

- A bird weighing no more than 14 pounds is best for deep-frying.
- Do not stuff the bird.
- Make sure the bird is completely dry before immersing it in hot oil.
- Many chefs recommend injecting a turkey with a seasoned marinade.
- Cooking times are very short for deep frying, about three minutes per pound.
- Keep a fire extinguisher handy for either indoor or outdoor deep-frying.
- Be careful to follow the manufacturer's directions for the equipment you use.

For a tasty, juicy turkey this holiday season, and to save oven space and time, cook your holiday bird in your slow cooker. In most cases you'll need either a small turkey or a large Crock-Pot. A slow-cooked turkey may be stuffed before cooking. Rub a layer of olive oil on the bird. Then dry-rub it inside and out with your favorite seasonings, including salt and pepper. For the best flavor, season a bird 24 hours in advance of cooking. Place vegetables around the bird, if desired, and begin cooking at the high setting. Internal temperature of a fully cooked bird should be 180 degrees. No basting is necessary, but if you wish to have a crisp top, baste once or twice with whole cream or egg whites.

Grilling your bird on a gas or charcoal grill will keep it moist and flavorful, giving it that wonderful

taste of charcoal or wood chips. Before grilling, inject the bird with the marinade of your choice or mix together:

- 6 Tbs. chicken stock
- 1 Tbs. bourbon
- 1 Tbs. Cajun seasoning

Season the inside of both cavities with Cajun seasoning or salt and pepper. Set up your grill for indirect grilling, with the heat source off to one side, rather than directly under the food. Place the bird breast side up, with a drip pan underneath, cover the grill and cook until the skin is nicely browned and the internal temperature is 180 degrees. Cover with aluminum foil if the bird is browning too quickly. Let it rest 10 minutes before carving.

Other alternatives you may want to explore include rotisserie cooking, smoking and pit cooking. If you're experimenting with a new cooking method – and you have the time – give it a trial run: Deep-fry a chicken or a smaller piece of meat in advance, and let your family test it out before the big day.

Try out some unusual rubs or marinades. Have fun and be creative; your holiday dinner may never be the same. One exception: The kids can still have their drumsticks.



Flying Wish Paper

By S. Horgan

"Contented with little, wishing for more ..."

We like to think that's not who we are, but the truth is, we spend a good part of our lives discontented and wishing for more. We wish for new cars and bigger kitchens, great vacations and faster boats. More hair. Less fat.

We know we should be planning, not wishing. We should be prepared to work for what we want. And yet, we still want and wish it would just happen. Isn't that what makes us work harder and push for more? But what about those wishes that can't be earned or bought. What about the wish that your spouse heals from an illness, that your children don't forget about you, that we all live in peace and harmony. There's not much we can physically do to achieve these wishes.

Try release. Let the wish go.

Introducing Flying Wish Paper. This clever package allows you to write your wish on a square of paper, roll it into a tube, light it with a match (included) and the wish magically lifts off and rises into the air. It's actually pretty amazing. The idea of passing your wish to a higher power or to the universe is powerful and can be healing.

Flying Wish Paper can be lit inside, at a dinner party, for a friend's birthday or just about anywhere you want to carry out the act of letting your private wish go. Of course us precaution when using open flames.

Try it. Write it, light it and release it! Then move on and make it happen.

Editors note: Flying Wish Paper can be purchased at Paper in the Park in Severna Park.

Resolutions FOR THE NEW YEAR

By Penelope Folsom

Have you made resolutions in the past, the kind that don't make it beyond the first 10 days of the New Year? Would you like help pulling together a more realistic list? Here are a few suggestions that might last for 365 days or maybe even forever! See if some of them work for you:

1. Be more open to new ideas, new challenges, new friends. Act in a more generous manner and new opportunities will present themselves.
2. Live a healthier life including exercise, rest, better nutrition and a positive mental attitude.
3. Take on a new hobby or interest, one that you've been thinking about but haven't had the time or gumption to pursue.
4. Make the effort to stay in touch with family and friends instead of waiting for them to contact you.
5. Lose those pesky 10 pounds. This time not by crash-dieting, but by resolving to be satisfied with one serving per meal, enjoying three tablespoons of whatever dessert is being offered, having only no-cal or low-cal liquids between meals and by starting the day with a healthy breakfast.
6. Make an honest effort to engage in healthy exercise five days a week, even if walking is your only choice.
7. If you can't find a group to join, then start one such as a book club, bridge club, walking group or conversational Spanish. Two or more people will do.
8. Smile more and keep your thoughts and actions positive and upbeat.
9. Help where it's needed. Find a place to use your skills to benefit others, either through a job or through volunteering.
10. Take a course on a subject that has roused your curiosity, such as digital photography, understanding foreign policy, learning about an unfamiliar computer program, mastering tennis, watercolors or skiing. For a comprehensive list of classes, retreats, learning vacations, workshops and seminars, log onto **ShawGuides.com** or contact local colleges.
11. Try learning a foreign language and then make plans to visit the country where it is spoken.
12. Widen your circle of friends even if it means getting out of your comfort zone. Try a group that you're not really certain about.

Last, hang a sign near the bathroom mirror as a daily reminder for 2019: "Procrastination is no longer an option!"

There is no perfect time so why not start today?

"NO WAY, SIR"

By Ryan Helfenbein

On Aug. 27, flags were ordered to be flown at half-mast out of respect for Sen. John S. McCain. In many countries this concept of having the flag flying below the summit on a pole is viewed as a sign of admiration, mourning, distress and, in some cases, a salute. According to most sources, this tradition began in the 17th century to make room for an "invisible flag of death" flying above. To many of us today it is an attention-getter and reminds us of the person(s) to be remembered.

Flying a flag at half-mast is only one of the many long-standing traditions that are carried out in honor of a fallen soldier. Another very common tradition is that of the folding of the flag over the casket at the gravesite. This is a military honor offered to all veterans who were honorably discharged from the US military. If you watch the honor guard closely, they fold the flag a total of 13 times in the form of a triangle. Many today believe that this is to represent the original 13 Colonies, but that is not the case. Each of the folds represents 13 individual symbols of remembrance and respect for the individual and country. Individual folds stand for everything from womanhood to our national motto of "In God We Trust." With the flag completely folded and tucked, it has the appearance of a cocked hat. According to the

American Legion flag-folding procedures, this is done to remind us of "the soldiers who served under Gen. George Washington and the sailors and Marines who served under Capt. John Paul Jones and were followed by their comrades and shipmates in the U.S. Armed Forces, preserving for us the rights, privileges and freedoms we enjoy today."

Nowhere is the level of respect for our military dead greater than at the Tomb of the Unknown Soldier in Arlington National Cemetery. The service members who volunteer for this duty of honor must commit two years of their lives to guard the Tomb. They must live in the barracks under the Tomb, cannot drink any alcohol on or off duty for the rest of their lives, cannot swear in public for the rest of their lives and cannot disgrace the uniform or the Tomb in any way. Since 1930, the Tomb of the Unknown Soldier has been patrolled continuously, 24 hours a day, seven

days a week. In 2003, during Hurricane Isabelle, the assigned military members patrolling the Tomb respectfully declined the offer of suspending their duty. They simply responded, "No way, Sir." Completely drenched, withstanding torrential rain and wind, they patrolled the Tomb. Afterward they said that guarding the Tomb was not just an assignment, it was the highest honor that can be afforded to a service person.

Arlington National Cemetery truly does go into a veteran's records to be sure all aspects of military service is honored. For example, I recall one service we oversaw at Arlington where the veteran received full military honors. This consisted of a caisson, band, casket bearers, firing party and six honor guards marching in front of the band. The chaplain leaned over to the widow as they approached the graveside saying, "Mrs. Williams, those six honor guards are to represent something your husband did during his military career. You will never know what that was, but it was so admirable that those six servicemen are there to honor that deed."

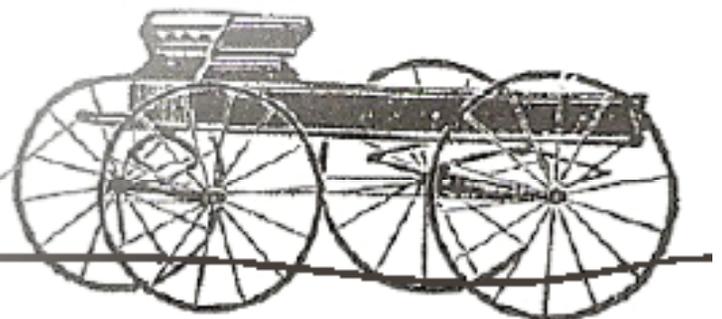
Honoring those who put their lives in jeopardy to guarantee the freedom we enjoy today is something that is beyond commendable. This final salute is often done in a variety of ways, ultimately leaving those who are

left behind with a sense of pride and a strong feeling of respect.

During the holidays, to further honor those who served, wreath-laying ceremonies will take place on Dec. 18 at more than 1,400 military cemeteries throughout our country, as well as at sea and abroad. To donate or to volunteer with Wreaths Across America, log onto www.wreathscrossamerica.org

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

During Hurricane Isabelle, completely drenched, withstanding torrential rain and wind, they declined the offer of suspending their duty.



OH TANNENBAUM FACTOIDS

By Penelope Folsom

According to some historians, Christians and many pagans have been celebrating Christmas with a tree since the early 7th century. Often the center of the entire celebration, the Christmas tree, probably originated in Germany. It's a tradition that most families adhere to year after year, decorating it in their own unique way. Here are just a few interesting facts about this long-held tradition.

1. It takes a tree an average of seven to 10 years to mature to the popular height of 6 feet.
2. In 2002, approximately 20 percent of United States households had a real tree, almost 50 percent had an artificial tree and the remaining 30 percent had no tree.
3. Tinsel, first made in Germany in the 1600s, was originally created from silver. Because it tarnished easily, lead was added to the mix. Later when lead toxicity became known, plastic tinsel was introduced.
4. Thomas Edison's assistant, Edward Johnson, came up with the idea of electric lights for Christmas trees in 1882, just three years after Edison perfected the light bulb. Johnson's lights replaced the hazardous candles that had typically been used.

5. In the first week, a fresh tree in your home will consume as much as a quart of water per day.
6. Although the first Christmas tree probably appeared in Germany, the first decorated tree appeared in Latvia in the early 16th century.
7. Eighty-five percent of artificial trees are manufactured in China. On average, the homeowner keeps it for six to nine years before disposing of it. It can take hundreds of years to disintegrate in a landfill.
8. Early European trees were decorated with lit candles, apples, nuts and homemade cookies. Early Americans used paper, fabric and tin for decorations.
9. In part because Christmas trees had some pagan origins, English Puritans condemned the tradition of Yule logs, holly, mistletoe and the like. Oliver Cromwell preached against "the heathen tradition" of Christmas carols, decorated trees or joyful expressions that desecrated "that sacred event."
10. According to the Maryland Department of Agriculture, when you buy a tree directly from a farmer, that dollar will circulate through the local economy four times, which strengthens our communities. A real Christmas tree is biodegradable, which means it can be easily recycled for mulch and other purposes such as preventing soil erosion.

Bay Bytes

World Artist Experiences, which has a goal to promote understanding between nations, offers many opportunities throughout the year to be part of their Ambassador Series or Cultural Immersion Experience. Featuring talent from many different countries, there are concerts, lectures, movies, etc. Most are free. For updates, log onto www.worldartists.org

For even more information on Christmas trees, log onto www.christmasarchives.com/trees.html or to cut your own, log onto www.marylandchristmastrees.org

WISDOM IN RETIREMENT

By Dr. Jim David

Mental health at every age includes diet, sleep, exercise, positive thinking, friends and awareness. The ingredients are endless. But what will transport us into wisdom as we age and eventually retire? As Proverbs 3:13-18 poetically reveals, wisdom is more precious than gold. Hopefully, the following thoughts will be “golden nuggets” for you.

Fresh Eyes: A few years ago we visited a beautiful and historic Mexican city, Guanajuato. While there we enjoyed an art museum containing thousands of paintings and sculptures. All of the art was of Don Quixote and his sidekick, Sancho. Only recently, and I am a bit embarrassed to admit this, it has dawned on me the incredible wonderfulness of this art experience and of every artistic expression, whether it be music, dance, humor, juggling, singing, etc.

Marcel Proust famously said, “The real voyage of discovery comes not in visiting new lands but in seeing with fresh eyes.” But how do we activate our potential to think new thoughts or grasp another person’s perspective? Most of us have heard the saying, “Experience is the best teacher.” While this is valid, another saying is perhaps equally valid, “Reflecting upon experience is the best teacher.”

Reflection: The pathway to wisdom is to take the time every day to be still and listen. Psalm 46 urges, “Be still and know that I am God.” How totally foreign this is to our hurry-up culture. We are so hard-working, productive and high-achieving in our American culture. Some say we are “human doings” rather than human beings.

This reminds me of an ancient American Indian story about where to find God, peace, understanding, bliss and wisdom. The search led to exploring the four directions as well as the sky and the earth, but the goals were not found. Only when the searchers looked inside themselves were the goals of peace, wisdom, bliss and God achieved.

Connecting with our inner self, true self, core self and inner wisdom may come about through many different paths. We may practice mindfulness, sit alone in silence in nature, meditate and contemplate. Like exercise, taking the time to be still and connect with ourselves requires great intention and commitment.

Cultural Bubble: Fish depend upon being in water to obtain life-giving oxygen. We also depend on oxygen to live. Yet, most of the time we, like fish, are unaware of our dependency. So also is living in our cultural bubble of believing that retirement is ideal and something to be attained at any cost.

Have you noticed that wealthy people and self-employed

people seem to avoid retirement? Their work is fulfilling and rewarding so they continue doing it. In the book, *The Blue Zones*, we learn that native, agrarian Okinawans have no word for retirement. Their lifestyle is full and satisfying with no need or thought of retiring. Whether we retire or not, we must develop a counter-cultural mind that we have the wherewithal to be productive and fulfilled, irrespective of our age or life style. We should realize that we possess “Crystallized Intelligence,” the term Arthur Brooks, the CEO of the American Enterprise Institute, uses to describe the generational wisdom we hopefully accrue as we age.

Volunteerism: Have you ever met a sad volunteer? The prayer of St. Francis of Assisi says, “It is in giving that we receive.” Erik Erikson theorizes in his seventh developmental stage of generativity, that some of our fulfillment comes from aiding others to do well. We mentor and guide our children, employees, students, prisoners and the handicapped so that they can become the agents of their destiny.

Volunteers are happy people. We feel good about ourselves when we give back to society -- we who have been given so much.

People Need People: Remember that iconic Barbara Streisand song? “People who need people are the happiest people I know.” Recent research reveals that even brief, cursory contact with other people has a dramatic, positive therapeutic impact on our frail human psyches. Conventional wisdom tells us we need a few trusted friends for emotional intimacy. A greater truth is that every human interaction is mood altering; we are either uplifted or dejected.

What keeps us socially engaged rather than socially isolated? The brief answer is we must like ourselves in order to like and reach out to other people. As we move into “crystallized intelligence” or wisdom, we must surround ourselves with love to keep oxygen in our lungs. Friends, whether casual or intimate, are as essential as the air we breathe.

Conclusion: What do you need to do to strengthen your retirement wisdom? Is it to reflect daily so you can see with fresh eyes? Is it to escape our cultural bubble that says older people are past their prime and practically useless? Do we volunteer and surround ourselves with people who love us? Erikson’s eighth and final developmental stage begins at age 65. He labels it “Ego Integrity Versus Despair.” As we reflect on our life, do we perceive our glass of water as half empty or half full? It is never too late to live a meaningful life, to live with wisdom and love.

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

Medicinal Benefits of **A Favorite Fruit**

TO ADD TO THE HOLIDAY FESTIVITIES

By Meenakshi Bhattacharjee

If the only thing you have ever done with a pumpkin is carve it and put a candle in it, you are not alone. Many people tend to think of pumpkins as little more than a holiday decoration or a pie filling, but you may want to rethink this plump orange plant.

Pumpkin is one of the widely grown fruits, incredibly rich in vital antioxidants and vitamins. Though this humble backyard fruit is low in calories, nonetheless, it carries vitamin A and flavonoid poly-phenolic antioxidants such as lutein, xanthin and carotenes in abundance.

Low in calories? Yes, because 100 grams of fruit provides just 26 calories and contains no saturated fats or cholesterol. It is rich in dietary fiber, antioxidants, minerals and vitamins. Pumpkin is one of the food items recommended by dieticians in cholesterol-controlling and weight-reduction programs. It is one of the best-known sources of beta carotene, a powerful antioxidant known to give orange vegetables and fruits their vibrant color and which is converted to vitamin A in the body. Consuming foods rich in beta carotene may reduce the risk of developing certain types of cancer, offer protection against asthma and heart disease and delay aging and body degeneration. Here are some more specific benefits of eating pumpkin:

Blood pressure: Eating pumpkin is good for the heart. The fiber, potassium and vitamin C content all support heart health. Consuming adequate potassium is almost as important as decreasing sodium intake for treatment of hypertension. Increased potassium intakes are also associated with a reduced risk of stroke, protection against loss of muscle mass, preservation of bone mineral density and reduction in the formation of kidney stones.

Cancer: One particular type of cancer where research has shown positive benefits of a diet rich in beta carotene is prostate cancer, according to a study conducted by the Harvard School of Public Health's Department of Nutrition. Beta carotene has also been shown to have an inverse association with the development

of colon cancer in the Japanese population.

Eye health: The antioxidants vitamin C, vitamin E and beta carotene, all of which pumpkin has, have been shown to support eye health and prevent degenerative damage.

Fertility: For women of child-bearing age, consuming more iron from plant sources such as spinach, beans, pumpkin, tomatoes and beets appears to promote fertility, according to Harvard Medical School's Harvard Health Publications. The vitamin A in pumpkin (consumed as beta carotene then converted to vitamin A in the body) is also essential during pregnancy and lactation for hormone synthesis.

Immunity: Plant foods like pumpkins that are high in both vitamin C and beta carotene offer an immunity boost from their powerful combination of nutrients.

Pumpkin is a storehouse of many antioxidant vitamins such as vitamin A, vitamin C and vitamin E.

Nutritional content: The fruit is a good source of the B-complex group of vitamins like folates, niacin, vitamin B-6 (pyridoxine), thiamin and pantothenic acid. It is also a rich source of minerals like copper, calcium, potassium and phosphorus. And pumpkin seeds are an excellent source of dietary fiber and mono-unsaturated fatty acids, which are good for heart health.

As with anything else, pumpkins have their downside. It is the total diet or overall eating pattern that is most important in disease prevention and achieving good health. It is better to eat a diet with a variety than to concentrate on individual foods as the key to good health. Pumpkin is safe in food amounts and considered possibly safe in medicinal amounts for most people. Here are some fine points:

Pregnancy and breast-feeding: Not enough is known about the use of pumpkin in medicinal amounts during pregnancy

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

and breast-feeding. Stay on the safe side and stick with usual food amounts.

Lithium interacts with pumpkin: Pumpkin might have an effect like a water pill or "diuretic." Eating pumpkin might affect how well the body gets rid of lithium. This could increase how much lithium is in the body and result in serious side effects. Talk with your health care provider before using this product if you are taking lithium. The dose might need to be changed.

As for preparing pumpkin, you can start by cutting your pumpkin down the middle. Scoop out the seeds and guts, and set them aside for later. Place your pumpkin cut-side down in a baking dish with about a cup of water, and bake for about 90 minutes or until the flesh is tender. Then, simply



scoop out the flesh and puree in a food processor. Once you've made your pumpkin purée, it's ready for use in all your favorite pumpkin recipes, from pies to pancakes. Any extra can be stored in the freezer for several months, which means you no longer need to rely on canned pumpkin.

And then for the guts: These are the stringy pieces that surround the seeds of your pumpkin, and they can be one of the most difficult parts to use. I suggest using these icky innards to make some pumpkin stock. Pumpkin stock is perfect for adding flavor to soups or casseroles, and you can freeze any extra for later use.

As for the seeds, they are a tasty Fall favorite, and there are plenty of ways to use them. After you've separated the seeds from the guts and rinsed them thoroughly, place them in a single layer on an oiled baking sheet. Stir them around to coat them with oil. Add a little salt for classic roasted pumpkin seeds, or add some brown sugar and cinnamon for a sweeter treat. The roasted seeds also make a tasty and crunchy outer layer for your candied apples, and they go great in brownies and other baked goods, as well as a delicious garnish for salads.

In colder climes, a pumpkin you'd otherwise throw away could be a tasty snack for a furry or feathery neighbor. And any pumpkin seeds you don't want to toast up for yourself will make a yummy treat for birds.

Finally, fruit butters are delectable additions to a Fall or Wintery breakfast, and pumpkin butter is one of the easiest to make. Simply place two cups of your pumpkin purée into a saucepan with a cup of brown sugar and a cup of water or apple cider. From there you can add whatever spices you choose. We suggest familiar pumpkin pie spices such as cinnamon, nutmeg, cloves and ginger, along with a pinch of salt. Stir all the ingredients together, and bring to a boil. Turn down the heat, and allow the mixture to simmer for about 25 minutes. Once your pumpkin butter has cooled, store it in a glass jar in the refrigerator, and use it for breakfast on toast or biscuits. It makes a great topping for pancakes and oatmeal, too.

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

All the LEGO bricks ever produced could be stacked from the Earth to the Moon ten times. Each year, more rubber tires are made by LEGO than by Goodyear. The name LEGO comes from the first two letters of the Danish words leg and godt. What does leg godt mean?

FAVORITE TOYS: PLAY WELL

A. Follow the leader
 B. Armwrestler
 C. Vroom
 D. Off duty
 E. Rocooco
 F. Immature
 G. Thomas the Tank
 H. Emerged from the
 I. Troth
 J. Odder

K. Yurts
 L. Sesame Street
 M. Pocket change
 N. Lincoln Logs
 O. Added together
 P. Yabba dabba doo
 Q. Where the Wild
 R. Erector Set
 S. Leggy
 T. Lobbed

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

You'd Better Tell Them Now!

Lasting Tributes
Funeral, Cremation & Services
 CREMATION & FUNERAL CARE, P.A.

Quality Service... Affordable Pricing
 410.897.4852

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

Hogshead.

A GEM OF HISTORIC ANNAPOLIS

By Susan R. Chase

Annapolis has a gem in the historic district that bears visiting. The Hogshead, an Historic Annapolis (HA) site on Pinkney Street, is well worth the time. It's a hidden treasure with which many longtime residents are not familiar.

A nonprofit preservation and history organization, HA is the driving force behind many building restorations in town, such as the William Paca House and Garden, James Brice House and Shiplap House. According to Glenn Campbell, senior historian for HA, the building now called Hogshead was restored in the late 1960s to 1970s as a bicentennial project to show structures typical of revolutionary times. The Chesapeake-style architecture and gambrel roof would suggest it was built in the late 1700s. However, interestingly that particular house was not mentioned on the 1798 tax list as being located at the Pinkney Street site. The house was likely located elsewhere and then moved to Pinkney Street. (The basement is newer than the rest of the structure.)

Recent archeological excavations revealed that its cellar foundation actually has two brick floors, the original one dating back to 1810 to 1820, and the second added in 1850. It was probably a rental property for a tradesperson, with the family all living and working in the same dwelling. In contrast, the Paca House and other houses of grand design were built for and occupied by the wealthy.

Hogshead was set up to represent a shop or home typical of working class people during Colonial times. The house displays many replicas of artifacts used by tradespeople who lived in houses such as this, leaving the visitor to imagine what life must have been like during those times. Visitors can picture it as a milliner's shop, a printer's home, a tavern or other business trades that existed in Annapolis during those early years.

Longtime HA volunteer William "Speedy" Hogarth, now

retired, chose the name for this house. A hogshead was a large barrel used for transporting tobacco, or "sotweed," as it was known then. A popular Maryland crop during Colonial times, tobacco was valued and traded as money.

Today, Hogshead is staffed with volunteers who portray characters who might have lived during those times. Some characters actually existed and some are composites of those

who lived and worked then. Visitors can conjure up who might have used some of the tools of the trade, imagining how differently they lived.

Pat Turlington, a volunteer for HA for more than 25 years, has been portraying the role of Mercy, an indentured servant. When we met, she was outfitted in Colonial dress including her petticoat and apron. She demonstrated how pockets were constructed in the 18th century in contrast to today. At that time, pockets were pouches, tied around the waist and hidden under outer clothes. Petticoats had slits that permitted access to the pouch to fish out whatever they kept hidden and safe.

During a visit to Hogshead, you'll have the opportunity to meet different tradespeople, see the clothing, touch tools made from animal horns, hold flax and linen, discover utensils used in cooking, carpentry, writing,

washing and more. You will gain a personal insight into the lives of people who lived in buildings like this one. It will take you back in time to appreciate our heritage and the roles that tradespeople, "the middling folk," played in building the Annapolis of today.

Hogshead is located at 43 Pinkney Street, just a short walk from City Dock. From April to December, hours are from noon to 4 p.m., Saturdays and Sundays only. Admission is free. Donations made to Historic Annapolis are gratefully accepted.

Saturday, Dec. 15, from 3 p.m. to 6 p.m., Hogshead will host an open house featuring holiday activities. Admission for this event includes Hogshead and the William Paca House. Cost: \$10 for adults, \$5 for children. Historic Annapolis members and volunteers will be admitted free.



“Grandma, what’s that sign mean?”

Some childhood memories live on in perfect detail, don’t they? My grandmother would watch me after school until my parents got off work. This day she was driving me to the store.

“That’s a speed limit sign. It tells you how fast you are allowed to drive your car. So right now, we can drive at 45 miles per hour.”

I looked at her, thought about the sign, and then looked at the speedometer. “Then why are you going 55?” I responded.

Grandmother was quiet for a while and then she said, “There are all sorts of rules in life, rules that adults and kids have to follow. The important thing for you to remember, however, is to always do as I say, not as I do.” This was said with an air of finality that even then I understood to mean: end of discussion. Her answer became a common refrain in our house growing up. Do as I say, not as I do.

If we are honest, we all live with some of that ambiguity in our lives. We tell people online or in person what they should do even if we struggle to practice the same advice. We all are tempted to make bold moral stands or boastful explanations about how we would react in a certain situation. Occasionally, we all have shaded the truth to shield feelings, failed to correct others when they assume something nice, but inaccurate, about us or massaged a story so that our good deeds were better and our bad deeds were softened. It is human nature to hold a strong set of abstract beliefs, but not always be able to follow through on those beliefs fully when they come in the messiness of real life.

“Mind the gap,” is the famous announcement in the London subway stations as passengers are exiting the trains. The meaning behind this is that there may be some difference between the floor of the car and the floor of the station and that people needed to pay attention so as not to fall.

MIND THE GAP



By Rev. Patrick DeVane

WHAT ACTIONS ARE YOU TAKING THAT SUPPORTS THE CAUSES YOU CHAMPION?

Bay Bytes
Design your own greeting card at Spark.Adobe.com/make/card-maker It's fun and it's free.

This seems to me to be good advice to all of us in life as well. Where has the gap grown between what we believe and what we do? Where would we do well to “mind the gap” between what we say and what we do? Where do we risk falling because the gap we have is too great? We can all point to examples of others, as well as moments in our lives where we neglected to mind the gap and paid the price.

So how do we mind the gap? Minding the gap does not involve living some sort of morally perfect existence. It simply means that we continually strive to make what we say match what we do. So we must look to both our actions and our beliefs if we are to reduce the divide between the two.

What actions are you taking that support the causes you champion? How are you serving and living so that others see the truth behind what you believe?

As a Christian, I believe the way I live my life reflects not only on how people think of me, but also how they view my church and my faith. I work hard to mind the gap so that when people see what I do, they are drawn to know more about what I believe.

In the same way, when was the last time you paid attention to those things you say you believe? Do you still believe them? How often do you reflect on whether your beliefs are helpful as you seek to lead a full and productive life?

Often unspoken beliefs shape and drive us in ways we barely consider. Imagine how helpful it would be if we all spent more time reflecting on what we actually believe so that when it came time to speak or act upon it, we had a clear place to start.

Minding the gap is what helps you to find authenticity and character. Being known as a person who lives out what you believe is good for you and for all of us. As much as I loved my grandmother, if we all lived an ethic of, “Do as I say and not as I do,” we would miss opportunities for growth, beauty and perspective that could aid not only us, but the whole world. How will you mind the gap?

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

RACHEL CARLSON'S WAR AGAINST DDT

By Kater Leatherman

She remains one of the most quietly influential women of our time and it was her pioneering work as a marine biologist, conservationist and author that triggered the modern environmental movement. Rachel Carson's controversial best-seller, *Silent Spring*, came out in 1962 with a dark warning that we might be destroying our world. More specifically, the problem was a relatively new, yet potent, synthetic pesticide called DDT.

In 1944, *Time* magazine wrote that DDT was one of the great scientific discoveries of World War II. It was considered to be a miracle substance, saving hundreds of thousands of lives from malaria and typhus. In fact, DDT came to be known as the insect bomb because it was so effective in killing insects and bugs, yet wasn't obviously toxic to anything else including humans.

At the time, Carson was working for the federal Fish and Wildlife Service overseeing publications about its conservation work. There, biologists were conducting studies at the Patuxent Research Refuge where they found reason to believe that the health of plants, fish and, in particular, birds, were endangered by the toxic chemical.

Carson wanted to get the message to people beyond the small Fish and Wildlife publications that DDT was causing collateral damage to our environment and to wildlife. She decided to write an article about the dangers of DDT for *Readers Digest*. They rejected it, believing that housewives wouldn't want to know about toxic substances, let alone have any interest in the subject.

In order to understand what fueled her life's passion, it's important to go back. Rachel Louise Carson was born in Springdale, Pennsylvania, on May 27, 1907. Her beginnings were humble, living with her parents and two siblings in a home along the Allegheny River north of Pittsburgh without central heat and running water.

While she may not have had much in the way of creature comforts, her mother, Maria, enriched Rachel's inner world. Maria loved nature and all that it offered, believing that children should study nature, not books. And, so Rachel's "classroom" was comprised of daily visits with her mother to explore the surrounding woods and fields on their 65-acre farm. Maria's clear, yet strong message to her daughter was that if you love nature, you will want to protect it.

After World War II, DDT was released for civilian use. The U.S. Department of Agriculture promoted the pesticide to farmers. Cheap, effective and long-lasting, DDT could now practically wipe out the black fly and mosquito population. By 1951, malaria had been eliminated from America altogether. The

attitude of the day was to manipulate nature to our advantage with little regard for the consequences.

Already a best-selling author of two books, *The Sea Around Us* (1951) and *The Edge of the Sea* (1955), and inundated by fan mail and requests for speaking engagements, Carson retreated to the coast of Maine and built a home. There, her interest in the environment was once again peaked when she heard about a U.S. Department of Agriculture program to eradicate the fire ant. Twenty million acres in the South were saturated with pesticides, killing black birds, meadowlarks, armadillos and opossums.

Carson grew more outraged. "Everything that meant most to me as a naturalist was being threatened and nothing I could do would be more important." In 1958, she signed on with Houghton Mifflin and started writing her third book, *Silent Spring*.

She was driven, not only by the dangers of pesticides and chemicals to the environment, but to human health, specifically that these substances could potentially cause cancer. In 1962, four years after she started the book, the manuscript was submitted. Her publisher, William Shaun, called it "a brilliant achievement."

Carson never called for the elimination of DDT, but she was opposed to its indiscriminate use. Still, advocates for DDT -- especially the chemical companies and their lobbyists -- fought back with a vengeance. She was accused of being a communist (supposedly because she was unmarried), attacking not only her credentials but her character as well (including the fact that she was a woman). One chemical company threatened to sue her publisher. To defend her critics, she reminded those who would listen that pesticide manufacturers financed the studies of their own products' safety.

Within two weeks of its publication on Sept. 27, 1962, *Silent Spring* had sold 65,000 copies. Before long, it had become a best-seller. Carson, deluged with requests, agreed to only two interviews -- a magazine article and a television appearance. Even though she was suffering from breast cancer and undergoing treatments at the time, she endured the rigorous interviews to get her message out there.

Less than two years after *Silent Spring* was released, Rachel Carson's cancer had spread to her brain. She was 56 years old when she died on April 14, 1964. In 1969, The Fish and Wildlife Service named one of its refuges on the coast of Maine as the Rachel Carson National Wildlife Refuge. Her now famous book changed the way we think about the environment and the role that it played in our life. Environmental regulations were written to implement laws and, in 1972, the use of DDT was finally banned.

Kater, a yoga teacher, professional organizer and home stager, can be reached at katerleatherman@gmail.com

... pesticide manufacturers
financed the studies of
their own products' safety.

... housewives do not
want to know about
toxic substances.

Have you ever received an invitation with the wording “no gifts please” and thought, how should I acknowledge the guest of honor while complying the request? Why not create a handmade card and add your own sentiment or meaningful photo to commemorate the occasion? Handcrafted cards take just a few minutes to create and make a lasting impression.

Here are some tips for creating a unique and thoughtful card. Start by keeping a spare basket or desk drawer full of pretty paper that you know will someday come in handy. It’s also helpful to keep a file folder with photos of family and friends that you’ve collected over the years, knowing that they will one day be put to good use. You can make two cards out of a thicker sheet of regular 8 1/2 x 11 letter-size paper. Simply lay a standard sheet down horizontally and trim right down the middle of the sheet so the two cut pieces measure 8 1/2 x 5 1/2. Once you fold these two sheets in half and score the crease with a tablespoon, you have two cards that measure 5 1/2 x 4 1/4 when folded, which is a standard A2. An A2 card uses an A2 envelope, which is a standard size, so it should be easy to find in your stationery collection or at your local paper store. You can also purchase plain prefolded notes that you can embellish on your own.

Once you’ve created the card, create a special sentiment that’s

appropriate for the occasion. Whether you print the sentiment, clip it out of a magazine or handwrite it, make sure the message captures your thoughts or feelings for the recipient’s special occasion. The message can appear on the outside of the card or inside, it’s up to you. Then if you’d like, embellish the card with ribbon, glitter, dried flowers, rubber stamp impressions, scraps of paper or photographs.

With the approaching holidays, it’s a great time to make your own, especially since there are so many beautiful accents and trims available. Strips of wrapping paper, ribbon or a sprig of pine are great additions to any card. It’s also a great opportunity to use your photos from travels over the past year. Simply trim the photo to size and glue or tape to an accent paper backing, and then attach to the front of the folded card. Add a sentiment or handwritten note and you have just created a memorable card that will stand out among the rest.

Once you get the hang of it, create a few extras to keep on hand for the next occasion that sneaks up on you. It’s fun, it’s easy and you’ll find yourself enjoying it more as you become more adept at creating your own masterpieces.

Susie, co-owner of Paper in the Park, can be reached at PaperinthePark@verizon.net or 410.544.8830.

CREATING GREETING CARDS

By Susie Hill

BECAUSE IT'S OLD
THE THOUGHT NO LESS SINCERE
BECAUSE SO OFTEN TOLD

With all
GOOD WISHES
and Hearty
Greetings
for Christmas and
the New Year.

Happy
Christmas to
You.



By K. Sodergreen

There isn't a better time than the holidays to review the rules of etiquette that we learned so long ago. Interesting isn't it how much of it has fallen by the wayside? Many of the rules, however, should still be respected and followed regardless of how long they've been around or what the contemporary dictates of our electronic age seem to be.

FOR EXAMPLE, A HANDWRITTEN THANK-YOU IS A MUST:

- **In response to an event at someone else's expense.** This could include a day on a friend's boat, dinner at their home, drinks or dinner out. It doesn't matter if you brought a hostess gift or were effusive in your verbal thanks. Two days is de rigueur, and yes, it should be handwritten. This takes only moments.
- **After receiving wedding gifts.** It seems to be a bit lenient, but the prevailing opinion is to acknowledge gifts within a year. A conscientious couple, however, would make a concerted effort to write their notes long before a year has passed. Procrastination, as we all know, somehow just makes the job more laborious.
- **On receiving holiday or birthday gifts.** You should convey your thanks within one week and again, handwritten really is the acceptable way to do this.

And then for those who somehow let the thank-yous slip by, the Christmas greeting card is always a great vehicle for catching up. Examples: "We so appreciated that you had taken the time this Summer to include us in your picnic," or, "I've now finished the book that you had sent for my birthday, which was so appreciated."

And while we're on Christmas cards, do you really think anyone enjoys receiving a

card with a preprinted John and Mary Smith? Are you really so busy that you don't have just a few moments so that each recipient can receive just a sentence as to what you've been up to, and signed with a real signature? If you have the time to address, stamp and lick each envelope, you should certainly have a few moments to personalize it.

THEN THERE ARE SECOND-LEVEL THANK-YOUS ONE SHOULD DO AFTER:

- **Receiving emails. Confirm or answer promptly.** When an email is received, common courtesy dictates a quick response. Realistically that should happen within 24 hours, if only to say, "I've received your email and will get back to you shortly." How else would the sender know if it actually made it through, or like much of our email, did it end up in the spam folder?
- **Acknowledging phone calls.** These are similar. A maximum of 24 hours to respond, even if it's the same trite phrase, "I'll get back to you on that."

There are certain cases when you are entitled to a free pass, as in acknowledging acts of condolence, but again, the holidays are a great time to catch up with a note such as, "Wanted to thank you so much for taking the time ..." or, "We so appreciated the flowers." Tardiness is, of course, excused or overlooked in this case.

Think back to the times when you've entertained or sent off a gift, never to get a response on the outcome. In this day of electronic wizardry, we're never quite sure if some of our efforts haven't dropped into the great beyond, never to be appreciated.

To make the task easier, keep a box of stationery, some all-purpose cards and a supply of stamps on your desk. It takes just a few brief minutes to pen a thank-you or a short note to someone who needs to be acknowledged and thanked.

Kass can be reached at MyPaperinthePark.com or 410.544.8830.

Bay Bytes

Planning a train trip this Winter? Log onto **AMTRAK.com** for the 10 percent discount on your next adventure. They offer private rooms for sleeping as well as an auto train to Florida.

Farewell 2018. Welcome 2019!

By H. Meister

Here we are about to close out 2018 and welcome the New Year! Maybe some of us will be spending a moment to look back over our past and give some thought to what we've learned along the way.

Here are a few favorites that we've gleaned over the years, many of which you already know. They could bear repeating.

- Enjoy every minute -- it could all be over tomorrow.
- Whenever possible and if appropriate, smile. There's too much unhappiness surrounding us. Smiling seems to make it so much better for both you and those nearby.
- Give an unexpected gift. It needn't be large. It can be just to share freshly baked cookies, a small bouquet or an interesting book.
- Unless your input is requested, zip it! It's your opinion. If not asked to share it, keep it to yourself. Stick with polite conversation.
- Accept what you know can't be changed. Make peace with it and move on.
- Before ending your day, think of five things that you did well, rather than reviewing what didn't work out. Pat yourself on the back for the good that you did, whether it was completing a task, creating something new, offering assistance to someone or just staying out of mischief for the day.
- Trust but verify. Too many undocumented "facts" are being thrown around. Before believing or trusting what you've read or heard, find a reputable source to confirm it.
- Everyone makes mistakes, usually a lot of them. Make the most of yours. Learn from them, lick your wounds and then get back out there and try again. (It's said that Edison failed over 1,000 times!)
- Listen, listen, listen. How else will you learn? As a good listener, you'll be considered fascinating. Go figure, but try it!
- Second opinions show good judgment, not mistrust, be it the requirement for a new roof, a medical procedure or a car repair.
- Compliment those around you. They'll never forget you!
- And last, at the end of the day take time to breathe and be still. Preferably, spend some time outside in the quiet of the evening air. Pause for just a few minutes, look up and maybe give some thought to saying thanks.

Peace on Earth

Vivaldi: *Gloria*

with Chamber Orchestra,
plus:

- Select Ensemble
- Seasonal Selections
- Audience Participation



Antonio Vivaldi



Saturday, December 1, 2018, 7:00 p.m.
The Todd Performing Arts Center at
Chesapeake College, Wye Mills, MD



Tickets are \$20.00 for adults; children
through high school are admitted free.
For more information call 443-262-8146

OR visit

www.qachorale.org

Family traditions impart a certain magic, spirit and texture to our everyday lives. Meg Cox, the author of *The Book of New Family Traditions*, defines family ritual as “any activity you purposefully repeat together as a family that includes heightened attentiveness and something extra that lifts it above the ordinary ruts.” These traditions often tell the story of a family by offering insights into our origins, culture and religious history. For many, the holidays are a perfect occasion to honor our familial traditions.

A favorite holiday tradition in many families is the nativity display. As a young girl, my grandparents’ nativity scene was fascinating. In my child’s mind, the nativity stable and figurines became a fabulous dollhouse. Just as I would arrange the furniture and people in my dollhouse, it allowed me to position the figurines to create the nativity scene.

Many of us heard biblical stories of Jesus’ birth. Matthew, the only evangelist to write about the Magi, revealed minimum information about the kings. Matthew said the kings came from the East by following a bright star in their search for the newborn king. After presenting their gifts of gold, frankincense, and myrrh, the wise men returned to their individual kingdoms.

Over the years, the sparse gospel story has been embellished with details that are now associated with the Magi story. A cleric named John of Hildesheim researched legends and composed the story of the Magi in *History of the Three Kings*. From his research, we now know the kings’ names to be Balthasar, Melchior and Gaspar. He also wrote that many years after visiting the newborn king, the Magi saw another bright star in the sky. They knew that it was a signal for each to travel from his kingdom to the Hill of Victory where they had built a church many years before. They previously had agreed that this spot would be their final resting

place. After their deaths, the people buried them on that hill.

Only recently did I learn more about the three kings. While on a river cruise in Germany, I toured the Cathedral in Cologne. The guide began by telling the history of the cathedral and mentioned that interred in the shrine on the high altar were the skulls of the three kings. How did they find their way from the East to this magnificent shrine in Germany?

Obviously, the burial on the Hill of Victory proved not to be their final place. Helena, the mother of Constantine, decided that relics were needed for a new church being built in Constantinople.

While travelling, she found the relics of the kings and brought them to the church where they were enshrined. However, in the 5th century during a period of civil unrest, the king gave the relics to the church in Milan for safekeeping. Eventually in 1163, the relics were placed in the Cologne Cathedral and here they remain.

By Nancy J. Schaaf

The beautiful seven-foot reliquary is found on the high altar at the front of the church. It is stunning with gold- and silver-embossed figures and precious stones. Within the reliquary, the skulls of the three kings are entombed in three stacked wooden sarcophagi coated in precious metals. There is a removable shield that gives access to the interior of the tomb and is opened only on Jan. 6, the Feast of the Epiphany. Within this space can be seen the outline of three skulls wearing jeweled crowns.

“No one can prove the bones are theirs, but no one can prove they aren’t,” says Martin, a local Cathedral guide.

Few outside of Cologne know of this treasure. When next in Germany, put the Shrine of the Magi on your not-to-be-missed list. The exquisite reliquary and what it contains will make it worth the trip.

THE THREE KINGS



LOCAL BIVALVES STRUGGLE TO MAKE A COMEBACK

By Ellen Moyer

The oyster is old, probably 542 million years old, when visible life was just emerging on planet Earth. It was artfully created with a mission: to keep the waters of Earth clean in order to support emerging aquatic marine life.

Millions of years later when man arrived, the purpose or importance of the oyster was not known. They did know, however, that this interesting bivalve, easily reached by hand in shallow sea water, was very good to eat. Around the world, heaps of ancient oyster shells, called middens, testify to people gathering for oyster feasts. The oyster, curiously protected by an asymmetrical shell, which is rare in a symmetrical natural world, was indeed a nutritious protein morsel high in Vitamin B 12 and the minerals zinc, magnesium and calcium. So popular were oysters that they were being cultivated before the Christian era.

Oysters spawn in the Summer months, permanently attaching themselves to stone or other shells in brackish water. They never move again except to open their lopsided shells to feast on micro plankton pushed down rivers from limestone sources. As many as 50 gallons a day can be filtered by a single oyster! At their peak 200 years ago, oysters could filter the entire Chesapeake Bay in three to four days. Today it takes a year.

Long ago, the Romans favored oysters, on the half shell, roasted or stewed. They were the first to market them. Ancient classic authors referred to the lascivious Roman oyster parties. For years the oyster was identified with the myth that it stimulated the libido. In 2007, research identified a rare amino acid found in high concentrations in oysters that indeed stimulated interest in sex, giving credence to the myth.

While oysters are found along coast lines and at the mouths of rivers, worldwide the highest population was found at the Hudson River and second, the Chesapeake Bay. Of note is that thousands were employed in harvesting the oysters. This often involved breaking up reefs that in some places were 5,000 years old to satisfy the palates of rich and poor alike. And back in the oyster craze time of 19th century America, there were oyster parlors, oyster stalls, oyster lunchrooms and oyster carts.

An oyster-loving public, driven by greed, proceeded to rake the oyster reefs of the Hudson clean. Hand harvesting was replaced by dredge operations that quickly devastated the New England and New York oyster beds. Attention then turned south to the Chesapeake Bay. Oyster pirates from out of state sent their dredges to Maryland. The Maryland General Assembly acted to protect its resource with legislation authorizing only

state residents to harvest oysters. In 1865 annual permits were required for oyster harvesting, thus fomenting 100 years of oyster wars. Dredgers not content with deep water, challenged the hand tongs in rivers, and pirates continued to poach oyster beds. In 1868, Maryland founded the Oyster Navy, which was headed by Naval Academy graduate and confederate officer Hunter Davidson. They were outmanned and outgunned and no match for the pirates. The first patrol boat, Leila, would be outfitted with two howitzers. One of the canons was later found in a snow drift in Reisterstown in 1938.

The 1880s were boom years for Maryland oystermen as 15 million bushels of Bay oysters were shipped annually as far away as China. Crisfield became the Queen City of the oyster trade. With more than 600 sailing vessels -- skipjacks and bugeyes built specifically for harvesting oysters from October through March -- it was the largest trading city. It was a rough town where immigrants and unsuspecting youths were shanghaied. Gamblers and prostitutes matched the revelry of the West and merchants got rich on the Bay's bounty of oysters. Dredgers could make \$2,000 a year when the average income was \$500. Watermen and their families did the hard work and remained poor. In this rowdy paradise local saloons staged no-holds-barred

**...200 YEARS
AGO, OYSTERS
COULD FILTER
THE ENTIRE
CHESAPEAKE
BAY IN THREE
TO FOUR DAYS**

boxing matches between Virginia and Maryland oystermen. It was a time of greed, big economic pride, violence, guns and death. It couldn't last forever, and it didn't. The oyster beds became depleted. Parasitic disease killed the reef-making oysters, employment fell, and packinghouses -- 60 in Baltimore -- closed. Some family businesses such as McNasby's in Eastport held on for a while, and like the largest packing plant in St. Michaels, became a local maritime history museum telling the stories of when the Bay supplied half the world's supply of oysters.

Today, the oyster recovery program works to restore historical oyster beds, in an attempt to bring back a balance to the natural aquatic habitat the oyster provided for millions of years and to establish an industry in oyster farming. Less than 400,000 bushels are harvested in what 100 years ago was the grandest oyster habitat in the world.

Only time, weather and climate changes that impact water temperature and salinity will determine whether the oyster population will prosper once again.

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

Why not give the gift of friendship or a listening ear?

BOOKS:

Old, New and Obscure

PRESIDENTS AND THE MEDIA: THE COMMUNICATOR IN CHIEF

By Stephen Frantzich

Routledge Publishers, New York (2018)

In an era when the president's relationship with the media is the subject of much heated debate, retired Naval Academy professor Stephen Frantzich's compelling new book offers timely and insightful analysis of these important dynamics.

In *Presidents and the Media: The Communicator in Chief*, Frantzich delves into the precarious symbiotic relationship in which presidents attempt to use the media to promote their agendas and careers, while the media use coverage of the president to seek greater audiences and profits. He contends that each of these institutions needs the other, and that the public in a democracy needs them both. This objective analysis of modern presidents and the media examines the long-term patterns that have characterized this relationship and places Donald Trump's use of social media and his conflicts with the media in the context of other presidents.

Based on extensive research, the book looks into the internal workings of the White House press operations, revealing both standard operating procedures and innovations tied to particular presidents. Over time, the importance of various presidential media strategies has waxed and waned, based both on the skills of the president and varying calculations about the inherent advantages and disadvantages that each strategy brings.

The book uses an expansive definition of media, which includes editorial cartoons, entertainment programs and emerging social media. Each medium plays a role in fleshing out the public's impression of a president. Presidents with the foresight to use new media approaches and venues in creative ways can gain a significant advantage. The advantages and disadvantages of President Trump as the tweeter-in-chief are discussed in detail.

Frantzich's comprehensive account illuminates the tension-filled interdependent relationships between the president and the press from the perspectives of the nation's chief executive, the media and the public. His crisp writing and engaging analysis shed important light on the evolving strategies and techniques that presidents and the media use in their efforts to inform and shape the opinions of the American people.

~ *Brendan Doherty, a political science professor at the Naval Academy, presents his views, not those of the Naval Academy or the U.S. Navy.*

IN THE ENEMY'S HOUSE: THE SECRET SAGA OF THE FBI AGENT AND THE CODE BREAKER WHO CAUGHT THE RUSSIAN SPIES

By Howard Blum

HarperCollins, New York (2018)

This book is captivating if you enjoy mysteries. The mystery is not only who did it—who stole US nuclear secrets after World War II - but how it was done. The Russians operated through a code within a code within a code, which makes it amazing that it was cracked. The process was laborious, secret and extremely frustrating. First, only one person was engaged in the project. Later, he was joined by an agent with field experience who could actually order stakeouts, wire taps and all the usual devices used to catch criminals.

This is, ultimately, the behind-the-scenes "who done it" that resulted in the trial of Julius and Ethel Rosenberg. Along the trail, the intrigued reader gets to navigate the halls of government and the FBI chain of command, and to come to know and admire two unlikely US comrades in arms.

~ *Tricia Herban*

NEWS OF THE WORLD

By Paulette Jiles

Morrow Company, New York (2016)

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

In Wichita Falls he is offered a \$50 gold piece to deliver an orphaned 10-year old girl to her relatives in San Antonio. She

has lived for four years with the Kiowa Indians, who adopted her after killing her parents and sister. She has no knowledge of the English language and knows no other parents and home than the Kiowa. The U.S. Army has "rescued" her from the only home she remembers.

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

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

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

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

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

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

The novel reads quickly and is one of those books that you don't want to put down. The writing is captivating, the description of the territory traveled is vivid and *News of the World* will open your eyes to a long-lost society.

~ Peggy Kiefer

CLARA AND MR. TIFFANY: A NOVEL

By Susan Vreeland
Random House, New York (2012)

This historical novel is engrossing both for its detailed descriptions of the craft of making stained glass lamps and windows and for the historical dramatization of the life of Clara Driscoll, a brilliant artist who worked for Tiffany's intermittently from 1888 to 1909. Her department was instrumental in executing glass commissions for churches and the private mansions then being built in New York. In addition, the 27 women designed and created the many exquisite table and floor lamps for which the company became known.

The novel presents a working person's perspective on city life beginning with the rooming house experience where respectable men and women could live and through which they made friends and professional relationships—sometimes lasting romantic engagements. Transportation is a major theme. Clara buys a

bicycle, which in turn necessitates special clothing, and allows her a new-found sense of personal freedom as she tours farther and farther afield under her own power.

Labor relations come into play as the men's union at Tiffany's tries to cut the women out of their area of work. The women march in protest and after many months the strike is resolved with the women continuing to receive equal pay and hours as the men. Female employees at the firm must be single and many episodes detail the painful decisions that they make as they choose between marriage and career. In fact, Clara leaves Tiffany twice for that very reason.

The romantic story line brings the book to life as it portrays historical fact from a human perspective. *Clara and Mr. Tiffany* creates a nuanced ensemble, weaving together social change and human needs during a period of increasing industrialization.

~ Tricia Herban

ORHAN'S INHERITANCE

By Aline Ohanesian
Algonquin Books, Chapel Hill (2015)

Armenian history is not a common area of study for American students. Yet it is amazing how the genocide of the Armenian people by the Turks in the early 1900s is disturbingly similar to the Holocaust against the Jews, gypsies and other ethnic groups later in the 1900s.

Aline Ohanesian, an Armenian, has presented the Armenian genocide as a backdrop for a novel of unrequited love, family history and a mystery involving a will and a family home.

Orhan Turkoglu is the protagonist of Ms. Ohanesian's first novel, although there is a third-person narrator who tells the story through several other characters.

Orhan's 93-year-old grandfather, Kemal, dies in 1990, and leaves his thriving rug business to Orhan. Surprisingly, however, the grandfather leaves the family home in Anatolia to a stranger named Seda Melkonian, who is now 90 and living in a nursing home in Los Angeles. Not surprisingly, Orhan soon boards a plane to California to unravel this mystery, confront this mystery woman and get the family home returned.

So begins the story of Seda and the secrets she reveals after Orhan finally gains her trust, plus the trust of her niece and one of the nursing home attendants.

Ms. Ohanesian does tend to use flowery phrases, which tend to get a bit tiresome at times, but she does make the determination of the Turks to wipe out the Christian Armenians come to life.

One by one, members of Seda's family (she was known as Lucine in her younger days) disappear, and the deportation of the Armenian people is told in sometimes too much detail. The murders, rapes, torture and violence in the forced march is reminiscent of the Jews being marched to the gas chambers.

There are many interesting characters in this novel, including Seda's niece, Ani, who is devoted to the Armenian *baykar*, or cause, and is organizing a "genocide exhibit" at the nursing home.

Does Orhan regain the family home? Is the love story ever completed? These are questions you can answer by reading *Orhan's Inheritance*.

~ Peggy Kiefer



Vicki

INHERITANCE WOES

Money often seems to bring out the worst in people after a death and this is exactly what is going on with your children. Inheritance is a gift and not a right and they can only make you feel guilty if you allow that to happen. Clearly, your husband saw that you needed this gift and he left it to you. That's all you need to know -- and all they need to know.

At a joint conference so there can be no chance of misunderstanding, I would explain the facts to your children. It would be an excellent idea to have your attorney or financial adviser there for support or present via telephone. I would answer your children's questions at this time, if you feel that the questions are appropriate, but you have no need to account to them for how you are handling this income. If you so desire, you can assure them that they will be the beneficiaries when you pass, but that is not even necessary.

Allow them a short period of time to vent their feelings and then acknowledge their displeasure and ask if they have any other comments. Make the point that acknowledgment does not always mean agreement. Then end the discussion after being very clear that the subject of the trust is closed. Going forward, refuse to be browbeaten or harassed by any questions or demands. If you need an out, simply tell them that the money is being taken care of and that they will be informed in due course—when you die.

Remember that people will treat you exactly how you teach them to treat you. If they have not treated you with respect in the past, now is a fine time to learn. It's never too late for a teachable moment, and it sounds like this is much needed. Also, be aware that setting a boundary like this is not a punishment, it is simply an appropriate boundary. Be prepared for some pushback and even some distance for a while until your children become accustomed to receiving a firm NO from a parent who means what they say and sticks to it. Stay strong!

Dear Vicki,

When I was recently widowed, I incurred both considerable debt and inherited a small family trust that had been set up by my husband's family. According to my husband's will, the trust was dissolved upon his death and he had named me as his beneficiary for the balance. Our children are furious and believe that this money should be passed to them since they are blood relatives. While I'd love to be able to afford to give it to them, this is really my only security and it is also the only way that I can get out from under the debt that I now owe. I feel conflicted because, while I am assured that this money is legally mine, I am being hounded by my children on how I am handling this money and being beaten up with their demands that it be saved for them. I feel both guilty and angry. Your opinion, please.

Dear Vicki,

I'm scratching my head about how to handle an extended holiday visit from my West Coast family. Love that they want to come, but since we've downsized and redecorated, our space is tighter and we've invested quite a bit of money in new décor. Our grandchildren are very active and when they are bored (always), they treat furniture like a jungle gym. I'm afraid we are going to be crawling on top of each other and that our place will be wrecked. I need ideas on how to set some reasonable house rules and also some ideas of how to entertain everyone. We've done the DC monument/museum thing too many times. Any ideas are welcome—I want this to be an enjoyable visit for everyone!

Bay Bytes

Check out **TheSeniorList.com** for discounts on restaurants, retail, travel, pharmacies, etc. Most require an AARP card. The site posts a printable list for easy reference.

HOLIDAY HOUSE RULES

Unless you want to host them at an Airbnb, the best course is to follow the Boy Scout motto: Be prepared! And yes, I'm a big believer in house rules for visiting grandchildren. Just because they may jump on beds and swing from the rafters in their homes, you don't have to make the same allowances at your place. It's perfectly OK and understandable for you to have different expectations and it's a good lesson for the children to learn. On arrival as you introduce them to your new digs, I'd throw out a comment about the need for new house rules since there is less space and more of a need for consideration and restraint. Decide upon a few absolutes and communicate those wishes clearly. Don't go overboard with too many rules because you also want to be welcoming. You could even write a little jingle about this or make up a cute reminder sign if you are feeling creative!

But be prepared that this envelope will be pushed and be ready with what I jokingly call "lesson plans." Stock up in advance with some age-appropriate activities, games, craft supplies and books. When they start climbing on the furniture, gently remind them that they cannot do that at your house. Instead, they can do this. For example, cover your table with a protective cloth and let them decorate candy houses such as those at Trader Joe's or hand them a scavenger hunt that you've prepared. Teach them a new card game. Dole out these inexpensive activities or games, as needed, rather than giving them all to your grandkids in one fell swoop.

Be prepared with some outings, too. If you've done the DC thing, branch out a bit further. Depending upon their age, make a trip to Gettysburg or to one of the great museums in Baltimore. If weather allows, get them outside to ice skate at Quiet Waters

or to go for a hike. A really fun thing we recently discovered is the Turkey Hill Ice Cream Experience, in Columbia, Pa., —an easy 1 1/2 hour drive from Annapolis (turkeyhillexperience.com). Stop first for lunch in York, Pa., at a fun, family-friendly restaurant named "Isaac's" (www.isacsrestaurants.com) just off of Queen Street where every sandwich is named after a different bird. Then, on for a short jaunt to Columbia where you have made advance reservations for a tour and the tasting lab. There, your grandchildren will learn a lot about this favorite icy desert and even get to create and mix up their own flavors of ice cream. When they are full of creamy goodness, they can then make a video commercial for Turkey Hill, which they will later be able to view on your home computer. This is a fun experience for all ages and well worth the drive and reasonable entrance fee. Just be sure you make those advance reservations, especially during the busy holiday season!

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

#1 Regret at the end: Never pursuing a dream or aspiration.

NATURAL ORNAMENTS: CRYSTALS ON THE BAY

By Henry S. Parker

Deep in the Fall, on the eve of the holiday season, the first ice begins to rim the edges of the Bay's quiet coves. To the north, near Havre de Grace, this might be in late October. Further south, by the Bay's mouth, it could be well into December. For some, this harbinger of advancing Winter might trigger melancholy. For others, alert to the beauty of natural processes, it could uncork the holiday spirit.

Few things are more beautiful than crystals of ice. Their images have filled books of nature photography and inspired Christmas ornaments. On a crisp, calm Fall morning, perhaps armed with a magnifying glass, you can discover for yourself the spreading latticework of interlocked crystals that turn liquid water into ice. You have probably wondered how this happens. This involves a little science.

The two hydrogen atoms and single oxygen atom that bond to produce a water molecule are oriented to create a positive and negative side, forming a *bipolar* tetrahedron shape. This allows adjacent water molecules to bond together (opposites attract) strongly enough that it takes a lot of energy to break the bonds, and even more to change water's state from solid to liquid. Among other features, this creates water's strong *surface tension*, evident when a water bug literally walks on water. The substantial energy needed to break the bonds—between both molecules and atoms—also gives water an unusually high *heat capacity*, defined as the amount of energy required to raise the temperature of a substance by a specified amount. An equivalent amount of energy would be released as water cools.

Water's heat capacity is higher than any other naturally occurring substance on Earth, except ammonia. As a result, water bodies modify climate because they heat up and cool down more slowly than adjacent land masses and the atmosphere.

It's common knowledge that water freezes at 32 degrees Fahrenheit during normal atmospheric pressure. But if the pressure goes up, the freezing temperature goes down, and vice-versa. Adding dissolved substances, like the salts in seawater, also lowers the freezing temperature. At open ocean salinities water

won't freeze until the temperature drops to nearly 28 degrees Fahrenheit.

When water starts to freeze, ice crystals begin to form and link together into a latticework arrangement. This spreads water molecules farther apart, making the water less dense. Thus ice "floats" on liquid water and insulates the slightly warmer, denser waters below, along with resident aquatic life.

Now consider what happens in sea water. As the temperature drops to the freezing point, ice crystal formation effectively squeezes out about 70 percent of the salts. The cold, salty water below the ice sinks. At polar latitudes it flows along the bottom toward the equator where it wells up to the surface and flows back to the poles as a warm, salty current (hence the Gulf Stream in the North Atlantic). Like endless conveyor belts, these flows of deep and surface waters redistribute global heat and help to stabilize the Earth's temperatures. But some scientists are concerned that global climate change could interrupt these conveyor belts, with

potentially catastrophic consequences.

About three-fourths of the Earth's fresh water is stored as ice, most of it on Greenland and Antarctica. In northern latitudes, sea ice has been steadily declining in recent decades; while around Antarctica, it has been increasing. Chesapeake Bay last froze over during the Winter of 1976-77 when shipping and the seafood industry came to a standstill, island communities were cut off, ice floes carried away boats and shoreline structures, and a massive iceberg emerged above the Chester River. Could this happen again? The recent warming climate makes it unlikely anytime soon.

But ice will still form on the Bay and ice crystal beauty will still delight the discerning eye. So take a break from holiday decorations, head on out on a clear frosty morning, and enjoy the sparkling ornamentation of the natural world.

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

THE BAY LAST FROZE OVER
DURING THE WINTER OF 1976-
77 WHEN SHIPPING AND THE
SEAFOOD INDUSTRY CAME
TO A STANDSTILL, ISLAND
COMMUNITIES WERE CUT OFF . . .



The Gardens of ANNAPOLIS

Premier Independent Senior Living

Free
First Month's Rent*
Waived
Entry Fee or Security
Deposit*

*New lease signed by July 31, 2018
Certain restrictions apply

Visit Us
APPLY ONLINE NOW!

For additional information, see our website
gardensofannapolis.com.

Call today for a tour of our newly remodeled
apartments **844-830-6933**.



We now offer
onsite
Home Health Care
& **Compassion Care**
options to meet
your needs!



**Enjoy a premier 62 and
better community that
offers residents an active,
worry-free lifestyle.**

- No Entrance Fees
- Maintenance-Free Living
- Transportation Services
- Heat & Water Included
- 24-hour Emergency Maintenance
- Well-equipped, Spacious Apartment Homes
- Full Size Washers and Dryers
- Spacious Gathering Areas
- Community Dining Room / Evening Meals Available
- Hair Salon
- Emergency Response System in Each Apartment
- Resident Activity Director
- Bocce Ball Court / Shuffleboard
- Fitness Room / Wellness Center
- Game / Billiards Room
- Bistro
- Movie Theater
- Library
- Computer Center
- Pet Friendly

931 Edgewood Road, Annapolis, MD 21403
Phone: 884-830-6933 • Fax: 410-295-5645

gardensofannapolis.com

Professionally Managed By Cove Property Management

